

Community Impact Grant

It is said that a person's ZIP code has a greater impact on their health than their genetic code. So, let's reach out into our communities to make a real difference in the health and well-being of our neighbors through Texas Health Community Impact. This data-driven, outcome-focused approach pinpoints specific ZIP codes to collaboratively address social determinants of health before the resulting problems surface in the form of chronic disease and premature death.

Collaborating Organizations

Senior Connect

Carevide of Kaufman

First Baptist Church of Kaufman

GrandCare Systems

Dr. Joanne T. Radeke, Ph.D.,
M.S. Psy Pharm,
Clinical Psychologist

Elmo Volunteer Fire Department

River of Life Church, Kemp

STAR Transit

The Center

Trinity Valley Community
College (Nursing)

Christina Wright, MBA, RD, LD

CareFlite

City of Kemp

Kemp Community Servants

Kaufman Independent
School District

Kaufman Sheriff's Department

Sharing Community Resources
Coalition of Kaufman County

Meet Darlene.



Before Darlene started coming to the Community Center in Kemp, she spent all day, every day at home caring for her disabled sister, Jean, and sewing for people as a source of income. When she started going to the Community Center for help, Darlene brought Jean, and insisted on serving the participants and cleaning up afterward. With the start of the Connections Project, the daily lunches provided are partnered with workforce development opportunities. As result, Darlene is now a MET employee at one of the congregate meal sites. According to the Community Center, Darlene is a huge asset to their efforts and is visibly happier, even teaching participants how to sew and doing crafts with her peers. Additionally, Jean enjoys being a part of the group, listening to the stories everyone shares and helping when she can (holding the door is her favorite). Darlene's family is very glad that she can be a part of the Connections Project. In fact, Darlene's daughter shared that the Community Center is her "happy place" and Darlene requested her ashes be spread there when she passes away.

About the Texas Health Community Impact initiative

To address the local priorities identified by Texas Health, Connections Project proposes to build a multi-sector, multi-system, multi-agency collaborative project to address depression and social isolation and increase access to healthy food for low-income adults ages 55+ in Elmo/Terrell 75161 and Kemp 75143. Texas Health considers the \$300,000 grant awarded to the collaborative as seed money for use as further financial support is gathered in the communities to meet long-term goals.

Highlights

- Never-before multi-sector collaborations (faith communities, nonprofit organizations, public sector).
- Addressing mental health through the Program to Encourage Active, Rewarding Lives (PEARLS), a national, evidence-based program for depression impacting seniors.
- Addressing food insecurity by adding two congregate meal sites, assistance with online grocery shopping and deliveries (which increases access to groceries for those with limited/no income), and offering a mobile food pantry. Congregate meals are when food is served in a community setting, like at a senior center or faith community.
- Increasing socialization opportunities through educational activities and more.
- Connecting 7th and 8th grade students with senior "Pen Pals," so students can work on their writing skills while building a relationship with an isolated senior.
- Sustainability through a strong network of volunteers.

To join the cause or for more information, please contact:

Susan Huffman, Program Manager for Ellis and Kaufman Counties
Community Health Improvement
Texas Health Resources

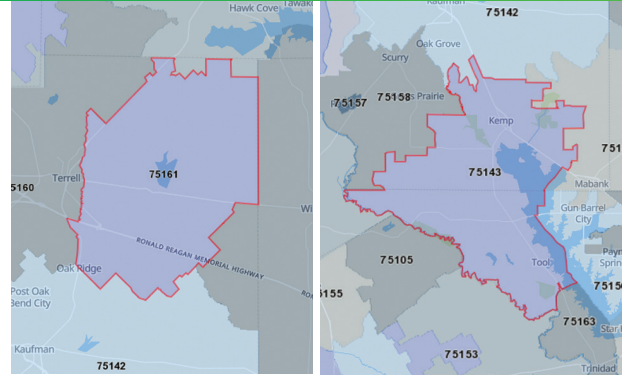
SusanHuffman@TexasHealth.org
682-236-7986



Elmo-Terrell 75161 and Kemp 75143

As an example of the data used to analyze the ZIP codes and determine the areas of focus in each Texas Health Community Impact region, the following is information for Elmo-Terrell 75161 and Kemp 75143.

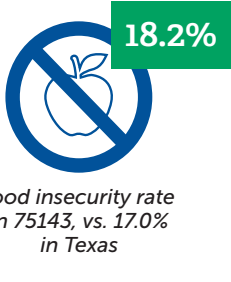
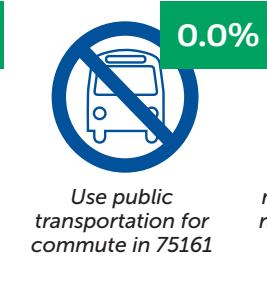

Population Data for Kaufman County: Elmo-Terrell 75161 and Kemp 75143*



 <p>46.8% live 200% below federal poverty level</p>	 <p>18.6% of the Medicare population with depression, vs. 17.0% in Texas</p>	 <p>23.7% of those ages 25+ do not have high school diplomas</p>	 <p>16.6% of people with a disability are between ages 16 and 64</p>	 <p>82.8% of Kaufman County is Caucasian</p>
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Social Determinants of Health*

Studies have found that access to public transportation and living in a highly populated city have a profoundly beneficial impact on mental health, reducing the risk of depression, especially for women and elderly, by increasing opportunities to move around and have an active social life.¹

 <p>18.2% food insecurity rate in 75143, vs. 17.0% in Texas</p>	 <p>0.0% Use public transportation for commute in 75161</p>	 <p>89 mental health care provider rate per 100,000 population for Kaufman County, vs. Texas at 102.3</p>
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Community Readiness Assessment**

Local leaders said

- There is a strong need for help for aging individuals
- Chronic conditions, such as heart disease and mental health, are identified issues
- There is limited access to health care providers

Focus Group Key Findings**

75161

- The Elmo community does not have reliable Internet or mobile phone coverage
- Mental health is a major challenge, and there are no counselors or psychiatrists in the area
- There is a high need for communication about local resources and events

75143

- Support groups or counselors for behavioral health are not available in Kemp
- Access to education for chronic and behavioral health issues does not exist
- There is a high need for a place where elders can exercise

Windshield Survey Key Findings**

 <p><i>no nearby grocery stores</i></p>	 <p><i>strong faith community presence</i></p>	 <p><i>limited social spaces</i></p>
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SOURCES:
 *Statistics: CommunityCommons.org, Federal Poverty Guidelines 200% below (Maximum income of \$24,120 for 1-person household to \$49,200 for 4-person household)
¹ <https://www.citylab.com/transportation/2015/12/study-transit-density-mental-health-depression-turin/417969/>
 **Texas Health Community Health Improvement 2018

Doctors on the medical staffs practice independently and are not employees or agents of Texas Health hospitals or Texas Health Resources.

