

# Texas Health 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

United Way of Tarrant County

Meals on Wheels of Tarrant County

The Women's Center of Tarrant County

Parker County Committee on Aging

My Health, My Resources of Tarrant County

Mental Health Connection

Healthy Tarrant County Collaboration

North Central Texas Council of Governments

Sixty and Better

University of Washington (Health Promotion Research Center)

## Meet Michael.



Michael was frustrated that he was unable to clean his house due to lack of mobility and the time he was investing caring for his dying mother. Even though he declined to participate in the Texas Health Community Impact Tarrant/Parker collaborative's Program to Encourage Active, Rewarding Lives (PEARLS), the PEARLS counselor offered to find help to clean his house.

When the PEARLS counselor provided an update on the house cleaning assistance, Michael spoke more openly about his situation. After the PEARLS counselor listened to him, she asked if he would consider PEARLS again, and he agreed.

After the cleaning company came by his house, Michael's demeanor quickly changed. He seemed hopeful and engaged in the PEARLS session, where he is now gaining skills necessary to take action and make lasting life changes.

## About the Texas Health Community Impact initiative

To address depression/social isolation and the social determinants of health in the populations identified by Texas Health, CHOICE – TPC (Community Health Opportunities Impact Collaborative for Equity in Tarrant and Parker Counties) will build a multi-sector, multi-system, multi-agency collaborative project to address health inequities in Springtown 76082 (Parker County), and East Arlington 76010 and Southeast Fort Worth 76119 (Tarrant County). Texas Health considers the \$1,150,000 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

- Newly formed collaboration spanning two counties and three ZIP codes
- Working with the University of Washington to pilot a new hybrid tele-delivery of PEARLS – a national, evidence-based treatment program for depression impacting seniors
- Delivering meals and screening for depression using the Patient Health Questionnaire (PHQ)-2 tool, followed by referrals to PEARLS, MHMR services and Chronic Disease Self-Management Program as appropriate.
- Dedicated case manager and peer support specialist.

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

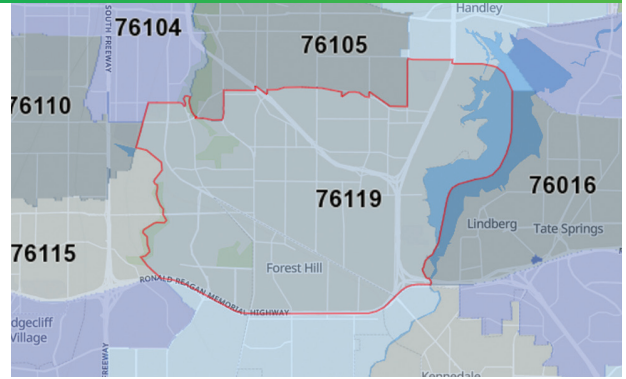
Kimberlin Moore, Program Manager for Tarrant and Parker Counties  
Community Health Improvement  
Texas Health Resources

[KimberlinMoore@TexasHealth.org](mailto:KimberlinMoore@TexasHealth.org)  
682-236-6110



# Fort Worth 76119

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 Southeast Fort Worth 76119.



## Population Data for Tarrant County: Southeast Fort Worth 76119\*



### 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.<sup>1</sup>



limited access to healthy foods



households do not have a motor vehicle



uses public transportation

### Community Readiness Assessment\*\*

#### Local leaders said

- There is a strong need for collaboration among agencies
- Community members experience frequent mental distress - especially among age 20 and younger
- There is limited access to resources
- The available resources are limited

### Windshield Survey Key Findings\*\*



tobacco and alcohol advertised



strong faith community presence



limited grocery stores

### Focus Group Key Findings\*\*

- Residents shared there are significant problems with anxiety, stress, and depression
- There is a great need for affordable, healthy foods
- Behavioral health services are limited

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)  
<sup>1</sup> 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.

