

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

LifePath Systems

Community Health Center of McKinney

Community Lifeline Center

Hope Clinic of McKinney

McKinney Roots

Wellness Center for Older Adults

Vintage Church

St. Peter's Episcopal

St. Andrew's Episcopal

Honi's Coffee House

Meals on Wheels Collin County

McKinney Senior Recreation Center

City of McKinney Housing & Community Development

McKinney Chamber of Commerce Senior Services Alliance

McKinney Seniors Helping Seniors Bed Start

Meet Veronica.



Have you heard of PEARLS? It's a national, evidence-based treatment program for depression impacting seniors. Thanks to Veronica Simes and the Beyond Blue collaborative, PEARLS launched in June 2019. Veronica knows the senior community has a desperate need for help with depression and social isolation, but has not been able to address the issues alone. Now that the collaborative is in full motion, progress to help is underway. Veronica is eager to assist this underserved population!

Veronica Simes MS, LPC-Intern, NCC, CDP, under the supervision of Vanessa Moore Hundley M.Ed., LPC-S

About the Texas Health Community Impact initiative

The Beyond Blue collaboration is an effort comprising six nonprofit agencies that joined to create innovative new programming to increase access to food, transportation, and behavioral health services for low-income adults ages 55+ in McKinney 75069. Texas Health considers the \$450,000 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

- Enhancement of mental health programming through a collaboration and greater access to fresh, healthy food
- Expanded transportation through the Project Independence Program
- Engagement of seniors in community-based activities— raising awareness that participation in activities such as volunteering and group exercise programs can reduce social isolation
- Shared case management tools and curated knowledge/resource database to enhance client experience across unified service provider touchpoints

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

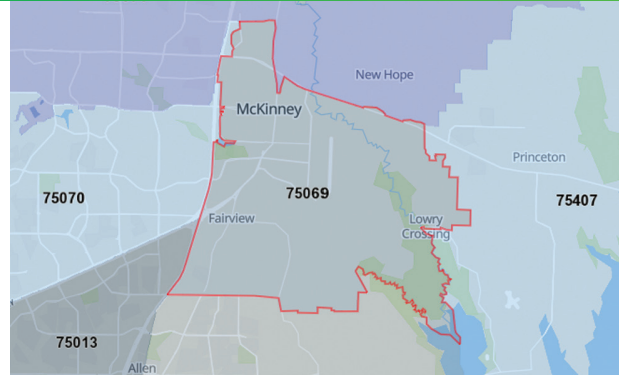
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McKinney 75069

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 McKinney 75069.



Population Data for Collin County: McKinney 75069*

37.4%
live 200% below federal poverty level

35.2%
are Hispanic

17.4%
of the Medicare population with depression, vs. 17.0% in Texas

27.4%
under age 65 lack health insurance

14.2%
have mental distress (mental health is poor for 14+ days in past 30 days)

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

16.1%

food insecurity rate

8.2%

households with no motor vehicle; no public transportation is available

19.3%

age 25+ do not have a high school diploma

Community Readiness Assessment**

Local leaders said

- Within the community, there are high rates of depression and chronic disease
- Access to behavioral health resources is limited due to transportation constraints
- There are issues with social isolation

Focus Group Key Findings**

- There is limited access to transportation, and there are no public transportation options
- Access to grocery stores, pantries, medical care, pharmacies is not within a reasonable distance
- There are multiple recipients of Meals on Wheels who save their food during the week to make it last over the weekend
- Residents have difficulty managing chronic conditions
- There is a high need for awareness of what resources are available

Windshield Survey Key Findings**



safe neighborhoods and schools



strong faith community



parks within walking distance



*Statistics: CommunityCommons.org; **Texas Health Community Health Improvement 2018
Federal Poverty Guidelines 200% below (Maximum income of \$24,120 for 1-person household to \$49,200 for 4-person household)

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