

Texas Health Community Impact Grant - 2023/24

COLLIN COUNTY

PLANO 75074

Vision. Leadership. Teamwork.

Texas Health Community Impact uses cross-sector collaborative grants to address local community needs in resourceful and innovative ways. This data-driven, outcomes-focused approach pinpoints North Texas ZIP codes most in need of our help and drives how we engage with leaders, influencers and existing resources within those underserved areas. Together, we're responding to health disparities, eliminating root causes of chronic disease and providing tools that instill life-long health and well-being.

Collaborating Organizations

American Heart Association

City Bridge Urgent Care

Assistance Center of Collin County

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

Danelle Parker, Director

Collin County
Community Health Improvement
Texas Health Resources

DanelleParker@TexasHealth.org

You can help.



To be part of the change, scan this QR code or [click here.](#)

Driving Equitable Health in Collin County

About this Grant

Driving Equitable Health addresses the escalation of hypertension, food and nutrition insecurity, and mental health issues leading to higher rates of chronic diseases within under-resourced communities through a clinic-to-community approach to self-managed healthcare. Together, the American Heart Association (AHA), City Bridge Urgent Care (CBUC) and the Assistance Center of Collin County (ACCC) will take a holistic approach for patients to self-manage their chronic disease health risks by providing the tools, resources, referrals, training on best practices and counseling needed to overcome the obstacles to making healthy choices for disease prevention and management.

Program Milestones

To achieve by December 2024

Improve health outcomes of underserved Collin County residents by increasing opportunities to access quality healthcare, education on nutrition and chronic disease management, and health coaching to empower participants to adopt healthier lifestyle habits.

- Provide 500 patients with a self-monitoring blood pressure kit.
- Provide all patients with health counseling related to nutrition, exercise prescription, mental health and other lifestyle choices that impact their health.
- Screen all patients for food insecurity and offer nutrition counseling and referral to local food assistance programs (pantries, foodbanks, etc.) when appropriate.



Transforming Lives Through Collaboration

The American Heart Association (AHA) created a collaboration with community clinics to provide a much-needed health intervention that addresses the escalation of hypertension and provides a clinic-to-community linkage that empowers patients to take preventative action to improve their health. Several national and international hypertension guidelines have now endorsed the use of SMBP monitoring for the diagnosis and management of high blood pressure.

"The American Heart Association is honored to collaborate with two trusted organizations to provide evidence-based education and lifestyle recommendations to impact the cardiovascular health of Collin County residents for years to come. The collaboration with Assistance Center of Collin County and City Bridge Urgent Care will be critical to helping us meet residents where they are as we establish educational opportunities, share evidence-based resources, and provide support for long-term behavior changes throughout far east Collin County."

NORMA CANDELARIA, SENIOR DIRECTOR
HEALTHCARE SYSTEMS, AMERICAN HEART ASSOCIATION

\$350,000

Amount awarded for the 2023/24 grant cycle as a result of the innovative concept and potential reach.

TexasHealth.org/Community-Impact



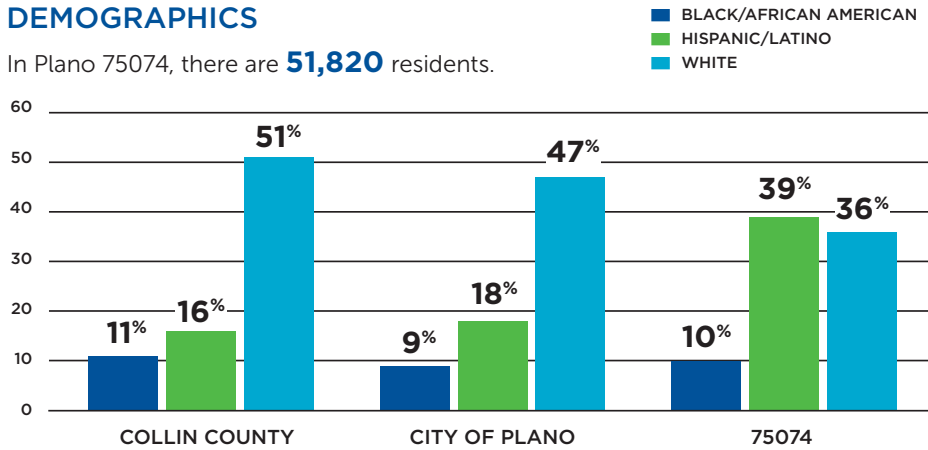
As an example of the data used to analyze the ZIP codes and determine areas of focus in each Texas Health Community Impact region, the following is a snapshot of information for Plano 75074.



FOR ADDITIONAL DATA AND DEFINITIONS
Review the Community Health Needs Assessment by scanning the QR code or visiting TexasHealth.org/CHNA

DEMOGRAPHICS

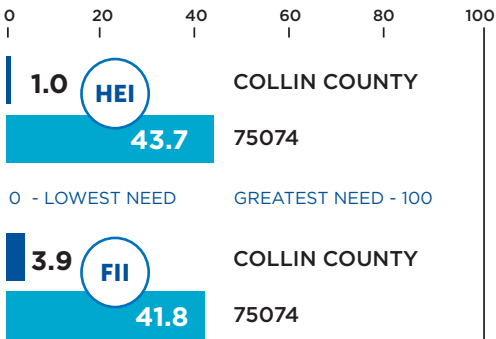
In Plano 75074, there are **51,820** residents.



Source: [CensusReporter.org](https://censusreporter.org)

SOCIAL DETERMINANTS OF HEALTH

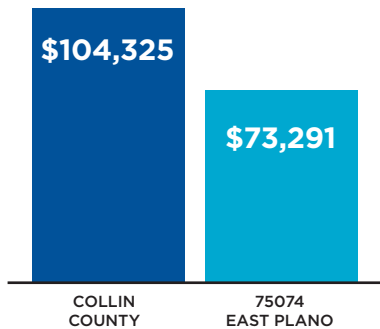
Conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. Through Texas Health Community Impact grants, we are trying to address the whole person—not just a disease.



Sources: <https://www.healthynextexas.org/indexsuite/index/healthequity?localeType=3&parentLocale=2617>
<https://www.healthynextexas.org/indexsuite/index/foodinsecurity?localeType=2>

Wealth Gap in Collin County

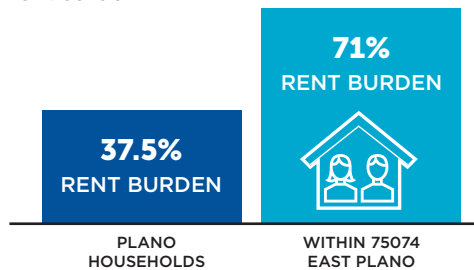
Median Household Income - 2021



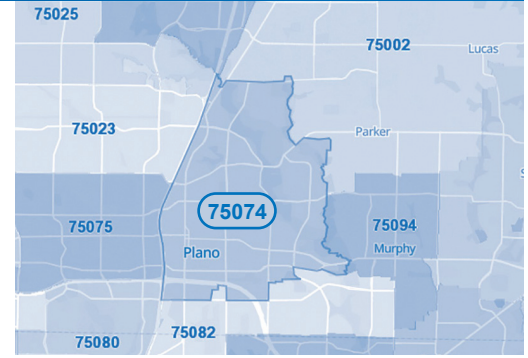
Source: <https://censusreporter.org/>

Lack of Affordable Housing

Renters spending 30% or more of household income on rent. In census tract 032008, percentage of households experiencing rent burden:



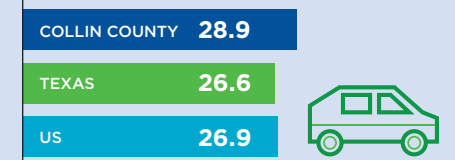
Source: <https://www.point2homes.com/US/Neighborhood/TX/Plano-Demographics.html>



Transportation

Lengthy commutes cut into worker's free time and can contribute to health problems such as headaches, anxiety, and increased blood pressure. Longer commutes require workers to consume more fuel, which is both expensive for workers and damaging to the environment.

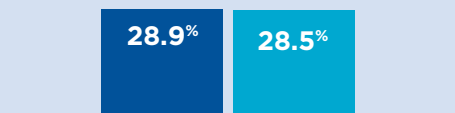
MEAN TRAVEL TIME TO WORK IN MINUTES



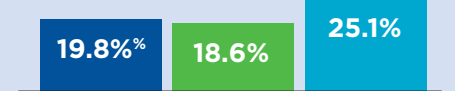
Source: <https://www.texashealth.org/-/media/Project/THR/shared/Documents/PDFs/Community-Health/Community-Health-Needs-Assessments-2022/Texas-Health-Presbyterian-Hospital-Plano-CHNA-2022.pdf>

■ COLLIN COUNTY ■ CITY OF PLANO
■ 75074 - EAST PLANO

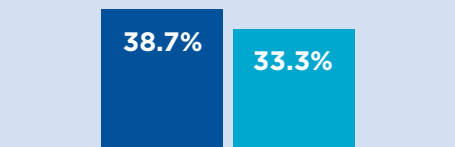
Blood Pressure Prevalence



Females age 65+ who received Preventative Care



Adults who are Sedentary



Source: <https://www.healthynextexas.org/>



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