

# Texas Health Community Impact Grant - 2023/24

DALLAS COUNTY

DALLAS 75211, 75212, 75227 AND 75217

## 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

### Wilkinson Center

Elite Research

Neurocycle

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

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Texas Health Resources

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972.800.9934

## You can help.



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

## Health Nutrition Innovation

### About this Grant

The Wilkinson Center is a nonprofit organization that aims to transform the lives of Dallas families by providing pathways to self-sufficiency with dignity and respect. Through access to financial coaching, stress and mind management skills, and nutritional services individuals with incomes at or below the poverty level will address social determinants of health stressors to enhance overall wellbeing by alleviating economic instability, decreasing the rate of complications associated with chronic disease, and closing nutrition education gaps.

### Program Milestones

#### To reach by December 2024

- Participants will be enrolled in a 6-month program aimed at improving financial wellbeing and self-sufficiency
- Provide access to resources that promote increased use of mind and stress management skills
- Improve resiliency, gratitude, autonomy, hope, and confidence among older adults in the target communities
- Offer wraparound services such as dental/eye care services, healthy foods, mental health services, and workforce development



## Mindful Approach to Health and Wellness

The Health Nutrition Innovation project will provide under-resourced Dallas communities access to practical resources that promote optimal health and wellness.

"For years, Wilkinson Center has provided financial coaching to individuals in Southeast Dallas. We understand the effects of finances and food insecurity on people's social health determinants. With Texas Health Community Impact funding and collaboration with Elite Research, LLC and Dr. Caroline Leaf, we will expand coaching services and access to healthy food. Most importantly, through this project, we will introduce stress reduction and mind-management training via the Neurocycle app as a new complementary resource to benefit residents in West and Southeast Dallas communities. We are thrilled to work on this project to better understand how coaching, nutrition education, and stress management can work in tandem to improve overall well-being," said Rachael Berhe, program director for Wilkinson Center.

With access to a tailored suite of free resources including financial coaching, nutrition education services, and stress reduction and mind management skills, individuals will be better positioned to explore and prioritize options that benefit their health and wellness. Success in this effort involves equipping individuals with the tools and resources to support decision-making, fostering improved physical, mental, and financial health.

**\$400,000**

Amount awarded to Wilkinson Center—a first-time grantee—for the 2023/24 grant cycle.

[TexasHealth.org/Community-Impact](https://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 information is a snapshot for Dallas 75211, 75212, 75227 and 75217.

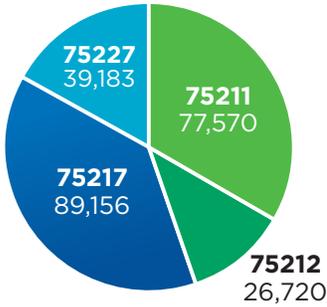


**FOR ADDITIONAL DATA AND DEFINITIONS**  
Review the Community Health Needs Assessment by scanning the QR code or visiting [TexasHealth.org/CHNA](https://TexasHealth.org/CHNA)



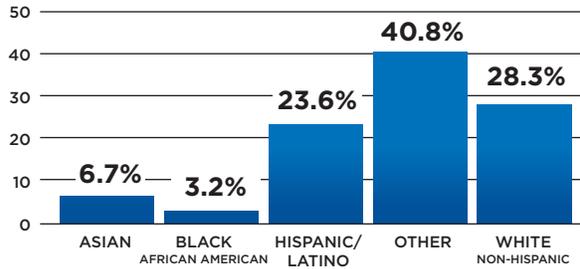
## DEMOGRAPHICS

Out of **2,586,050** Dallas County residents, **8.6%** reside in high-need ZIP codes.



Source: 2022 Community Health Needs Assessment

### Race/Ethnicity in Dallas County



## SOCIAL DETERMINANTS OF HEALTH

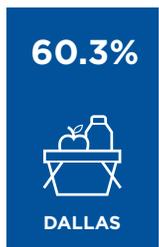
Conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. Through Texas Health Community Impact grants, we're trying to address the whole person—not just a disease.



Sources: <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>; 2022 Community Health Needs Assessment

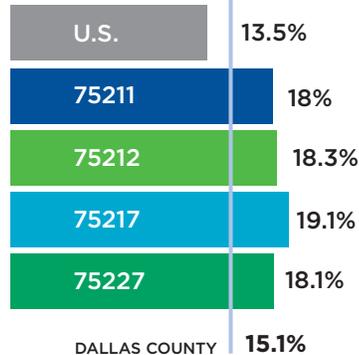
### Limited Access to Healthy Foods

The range is from 0% to 100%, where a lower values indicate better outcomes.



Source: <https://www.cityhealthdashboard.com/tx/dallas/metric-detail?m>

### Poor Mental Health 14+ Days

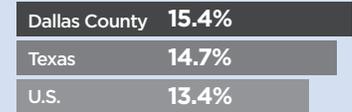


### Per Capita Income for Residents



Source: <https://www.healthintexas.org/indicators/index/view?indicatorId=253&periodId=244&localeId=2631>; <https://www.healthintexas.org/indicators/index/view?indicatorId=818&periodId=227&localeId=139305>

### People Living Below the Poverty Level



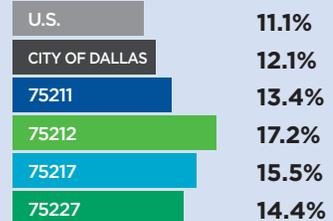
### Older Adults Living in Poverty by ZIP Code



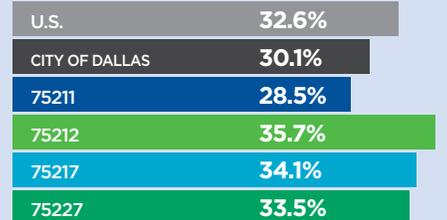
### Chronic Diseases

Residents also face many health concerns—including diabetes and high blood pressure—both of which are prevalent in minority populations.

#### HIGH BLOOD PRESSURE



#### DIABETES



Sources: <https://www.healthintexas.org/indicators/index/view?indicatorId=253&periodId=244&localeId=2631>; <https://www.healthintexas.org/indicators/index/view?indicatorId=818&periodId=227&localeId=139305>



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