

Community Impact Grant - 2021/22

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

United Way

Area Agency on Aging
Aging and Disability Resource Center of Tarrant County
North Central Texas Council on Governments
My Health, My Resources
Meals on Wheels, Inc. of Tarrant County
Tarrant Area Food Bank
Recovery Resource Center
Healthy Tarrant County Collaboration

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

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About Project Empower

Individuals who are age 18+ in Arlington (76010/76011), and Parker County (76082) will be invited to participate in **Project Empower**. In addition to creating an innovative referral and asset mapping partnership, Project Empower will leverage strong current programs and resources:

- Healthy food access (fresh produce through Gardens on the Go, Urban Farms, meal and produce delivery, healthy food maps and culturally relevant nutrition education)
- Behavioral health access (case management, peer counseling, cognitive behavioral therapy and evidence-based treatment programs for substance use disorder and trauma)
- Self-efficacy support (navigation, information and referral)

Program Objective to reach by December 2022

Empower 1,200 residents 18+ who live in 76010, 76011, and 76082 to take steps to alleviate depression and anxiety, consume healthy food, improve self-efficacy and/or overcome barriers of access with transportation assistance or innovative delivery mechanisms.

\$524,999.75

Amount awarded from the Texas Health Community Impact initiative for grant cycle two, as result of the promising results from grant cycle one.

Meet Hai



When the pandemic began, Hai was concerned about COVID-19. At 83 and with an underlying health condition, she's at higher risk. She lives alone and speaks little English, which makes communicating her needs more difficult.

That is where Meals On Wheels of Tarrant County (MOW), a partner of Project Empower, and their bilingual caseworker Kimmie come in. Unable to leave her home, MOW helped Hai secure a free cell phone and internet service for ordering groceries online and calling her home health worker when needed. MOW delivers meals to Hai — and she is grateful for their smiling faces even when socially distanced — but MOW also serves her in other ways. Kimmie checks in with Hai regularly and assists her with interpreting her mail, completing social services forms and paying bills online. In February the MOW meal delivery volunteer discovered Hai had fallen and called for help.

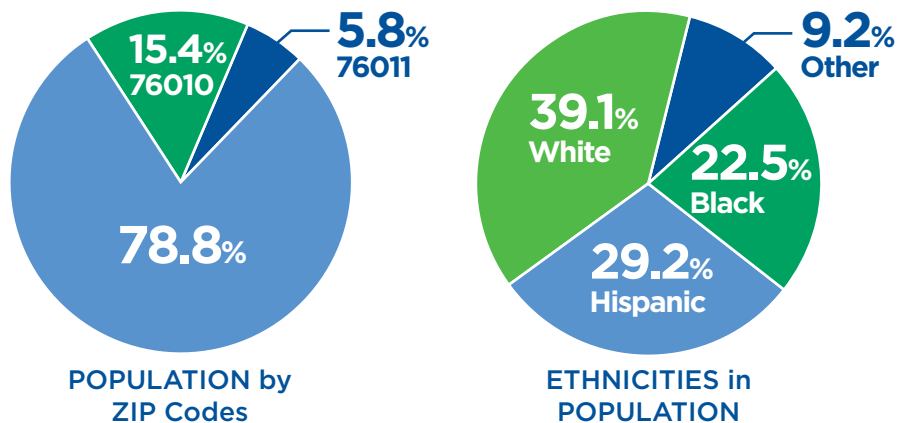
Kimmie, who has been with MOW for 10 years, is involved in the local Vietnamese community and brings a personal passion for assisting immigrants like Hai. "Meals On Wheels is amazing," Hai said with Kimmie interpreting. "They save lives. I am very grateful."



Arlington 76010 and 76011

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 information for Arlington 76010 and 76011. For data on Parker County 76082, please [click here](#) and open the Project Help, Hand, and Hope file.

DEMOGRAPHICS - City of Arlington 2019



*City Health Dashboard (2018) <https://www.cityhealthdashboard.com/tx/arlington/city-overview?metric=1423&dataRange=city>

SOCIAL DETERMINANTS OF HEALTH

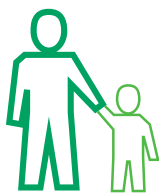
Conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

Source: <https://www.city-data.com> and health.texas.org

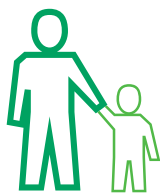


13%
Food Insecurity Rate for Tarrant County

14.6% Poverty in Arlington
41.1% - ZIP Code 76011
52.2% - ZIP Code 76010



ZIP Code 76010
75.3%
 HOUSEHOLDS with children Receiving **SNAP**



ZIP Code 76011
64.1%
 HOUSEHOLDS with children Receiving **SNAP**



Frequent Mental Distress - Poor Mental Health 14+ Days

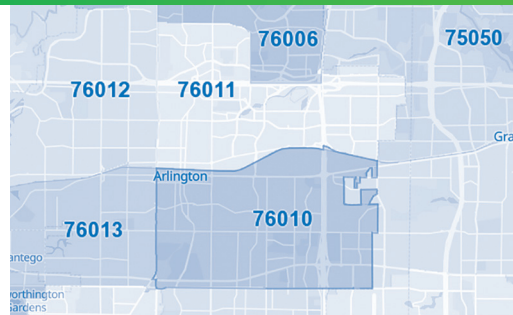
Compared to all other Texas counties with more than 1,000,000 people, Tarrant County ranks the worst in the ratio of residents to mental health providers.

ZIP Code 76010 **19.4%**
 ZIP Code 76011 **16.8%**
 Tarrant County **13.8%**



LOOKING FOR ADDITIONAL DATA?
 To review the Community Health Needs Assessment, please visit TexasHealth.org/CHNA

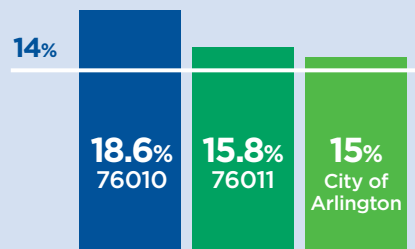
Maps obtained through <https://www.unitedstateszipcodes.org/>
 Doctors on the medical staffs practice independently and are not employees or agents of Texas Health hospitals or Texas Health Resources.



POPULATION DATA

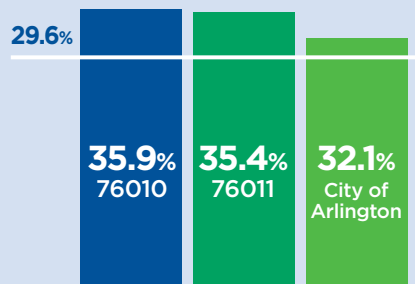
FREQUENT MENTAL DISTRESS

Avg. Across Dashboard Cities



HIGH BLOOD PRESSURE

Avg. Across Dashboard Cities



DIABETES

Avg. Across Dashboard Cities

