

Community Impact Grant 2019/20



Garden on the Go.



Those facing food insecurity can count on Garden on the Go to come to their rescue. Through the Community Health Opportunities Impact Collaborative for

Equity in Tarrant and Parker Counties (CHOICE-TPC) program, residents in need are offered a contactless way to buy fresh, seasonal produce for only \$5 per bag. (An equivalent bag of produce at a local store would cost around \$11.)

Farmacy Vouchers also help people live healthier by allowing patients of the North Texas Area Community Health Centers (NTACHC) to buy fresh, frozen, and canned produce. Low-fat milk and eggs can be purchased at participating stores in locations where healthy foods are not easily obtained.

By increasing access to healthy foods through the implementation of Garden on the Go and Farmacy Vouchers, CHOICE-TPC is making a difference in the lives of many in ZIP code 76119. In fact, more than 60,000 pounds of produce have been sold and NTACHC patients have redeemed 86% of their vouchers!

Community Health Opportunities Impact Collaborative for Equity in Tarrant and Parker Counties (CHOICE-TPC)

Southeast Fort Worth 76119

CHOICE-TPC addressed depression by embedding screening processes for partners and implementing cognitive behavioral therapy. Food insecurity was addressed by working with Healthy Tarrant County Collaboration to prepare food environment maps and distribute Farmacy vouchers at a local community clinic to underserved residents of the ZIP code.

- MEALS ON WHEELS trained volunteers to screen participants for depression using a two-question tool.
- THE WOMEN'S CENTER trained volunteers to offer PEARLS (Program to Encourage Active and Rewarding Lives), an in-home case management program to address depression and teach life skills.
- MY HEALTH, MY RESOURCES delivered case management, peer support services and cognitive behavioral therapy for those needing more intensive services.

PROGRAM OBJECTIVES

- Reduce depression by one stage of severity as measured by the PHQ-9 among low-income individuals with chronic condition age 18+ in Southeast Fort Worth (76119) by December 2020.
- Address food insecurity as a social determinant of health concern within low-income people age 18+ with chronic condition in Southeast Fort Worth (76119) by increasing the number of places offering healthy foods by December 2019.

Texas Health considers the \$1,150,000 grant awarded to the collaborative as seed money as further financial support is generated in the communities to meet long-term goals. This grant covers three areas: East Arlington, Southeast Fort Worth, and Springtown.

The grant was designed and launched in a pre-pandemic world. COVID-19 has had a significant impact on grant objectives and execution. Although the collaboration made adjustments to planned activities because of the pandemic, the grant's success related to original goals was impacted.

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 on Governments
Sixty and Better

University of Washington (Health Promotion Research Center)

IMPACT OF COVID-19



Leveraged external funding to address increase in food insecurity



Transitioned to telephonic/virtual format for depression intervention



Doubled the Garden on the Go offerings from twice a month to weekly in Southeast Fort Worth



In April 2020, 76119 was on the top-10 list of ZIP codes with the highest coronavirus cases in Tarrant county

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

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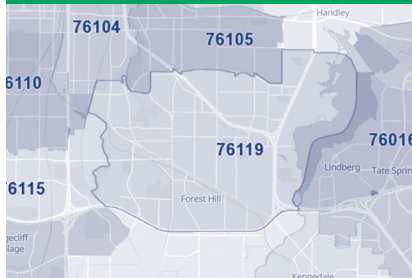


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Texas Health

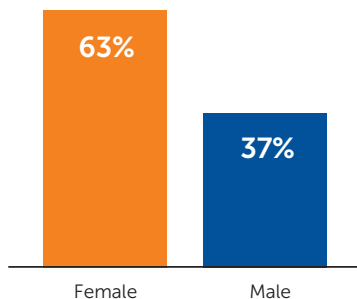
Tarrant/Parker Counties: 76119 - CHOICE TCP



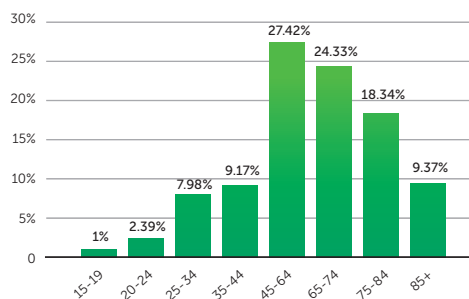
Data used to analyze ZIP codes and determine the areas of focus in each Texas Health Community Impact region are included within the Community Health Needs Assessment (CHNA), available at [TexasHealth.org/CommunityHealth/Community-Health-Needs-Assessment](https://www.texashealth.org/communityhealth/community-health-needs-assessment). Insight into the 2019-2020 grant is below. This grant covers three ZIP codes, and the data cannot be broken down by ZIP code. Therefore demographic and outcome sections reflect aggregate data from all areas.

Demographic Information for 430 Grant Participants

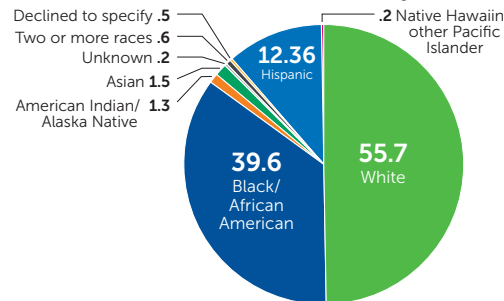
Gender



Age Group



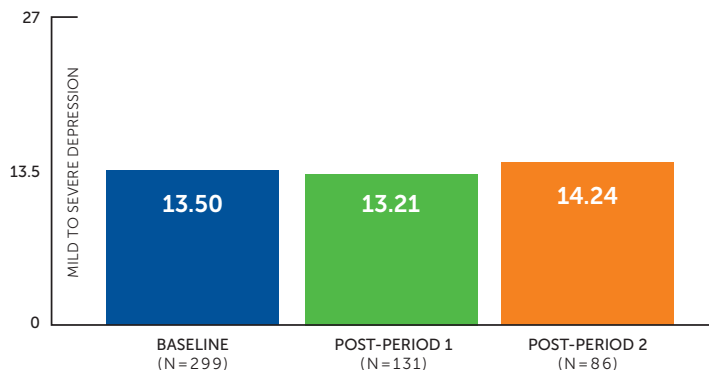
Race/Ethnicity



Program Outcomes for 299 Grant Participants

Measuring Impact on Depression

Using the Patient Health Questionnaire - 9 (PHQ-9) Assessment Tool



The chart displays a sum of data from all participants who received counseling through CHOICE TPC by one of these partners: My Health, My Resources (MHMR) of Tarrant County (baseline N = 219; post-period 1 N = 99, post-period 2 N = 68), The Women Center of Tarrant County (baseline N = 57; post-period 1 N = 29, post-period 2 N = 18) and The North Central Texas Council on Governments (baseline N = 23, post-period 1 = 3).

Initially, 299 participants completed the baseline data (Time 1). 131 (43.8%) participants completed the assessment at post-period 1, and 86 (28.8%) participants completed the assessment at post-period 2. Yielding an attrition rate of 71.2%. The results show a slight improvement in depression severity at post-period 1 (M = 13.21) when compared to baseline (M = 13.50). The results show no improvement depression severity at post-period 2 (M = 14.24) when compared to baseline (M = 13.50).

The high attrition rate and limitations in data collection impacted the ability to determine whether the changes observed were statistically significant.

Objective for Decreasing Depression Unmet

The pandemic presented challenges. This grant has established a foundation which, given more time, could lead to future improvements. Texas Health awarded a second grant to evaluate this potential.

Objective for Addressing Food Insecurity Achieved

Across the board, improvements associated with the program objectives for this grant were observed.

- At 3 months, the food environment maps were developed to identify existing retail stores to improve food availability.
- At 6 months, Garden on the Go and Farmacy Vouchers were established to sustain food availability and distribution.

Social Determinants of Health Activities



Navigation

915 individuals were navigated to mental health or case management services. Of those, **358** (39.1%) were from 76119



Access to Health Services

488 individuals participated in the HomeMed medication management program. Of those, **312** (64%) were from 76119



Access to Behavioral Health Services

794 individuals were screened for depression using the Patient Health Questionnaire-2 (PHQ-2) assessment tool. Of those, **372** (46.8%) were from 76119

284 (35.8%) individuals across all of the grant partners were assessed further using the Patient Health Questionnaire-9 (PHQ-9) assessment tool

123 eligible individuals were enrolled in counseling (Program to Encourage Active, Rewarding Lives (PEARLS) or Cognitive Behavioral Therapy) for their behavioral health needs



Food Insecurity

780 individuals were identified for meal distribution. Of those, **367** (47.0%) were from 76119

50,788 new meals were provided to eligible individuals. Of those, **19,886** (39.2%) were distributed to individuals from 76119

467 individuals received nutrition counseling. Of those, **290** (62.1%) were from 76119

The data collection for Cycle One grants had limitations, resulting in some inconsistencies.

*SOURCES: Participant demographic data: Year-end report from the United Way of Tarrant County (UWTC). Coronavirus Impact data: Texas Department of State Health Services & Community Impact Dallas-Fort Worth Newspaper. Program output and outcome data: Data Collection Tool and Cohort Tracker from the United Way of Tarrant County and partners. Maps obtained through <https://www.unitedstateszipcodes.org/>

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