

# Charting a Course for Upstream Community Health Improvement Investments

## BACKGROUND

The Mission of Texas Health Resources (THR) is *to improve the health of the people in the communities we serve*. We rely on our Mission and our faith-based framework to design programs that improve societal well-being, determine service offerings and design programming that help people to take charge of and improve their health. While our mission remains constant as it is the foundation that drives us, over the years we have learned to effectively move the needle on population health and well-being we must move from a hospital-centric approach that treats people when they are sick, to a consumer-centric approach that offers more preventative care and maximizes a person's health potential. We must also expand our focus beyond clinical care because statistically, only 20% of what affects health is associated to clinical care.

## PURPOSE

There is increasing pressure on the vulnerable members of the communities we serve. Across North Texas, significant differences in life expectancy and health outcomes exist from zip code to zip code. The conditions we live in influence our ability to live a healthy lifestyle. Access to healthcare, education and jobs in safe, clean environments go a long way in improving the health of the community. To address these health disparities, Texas Health has reframed how we engage with the communities we serve. This initiative is called...

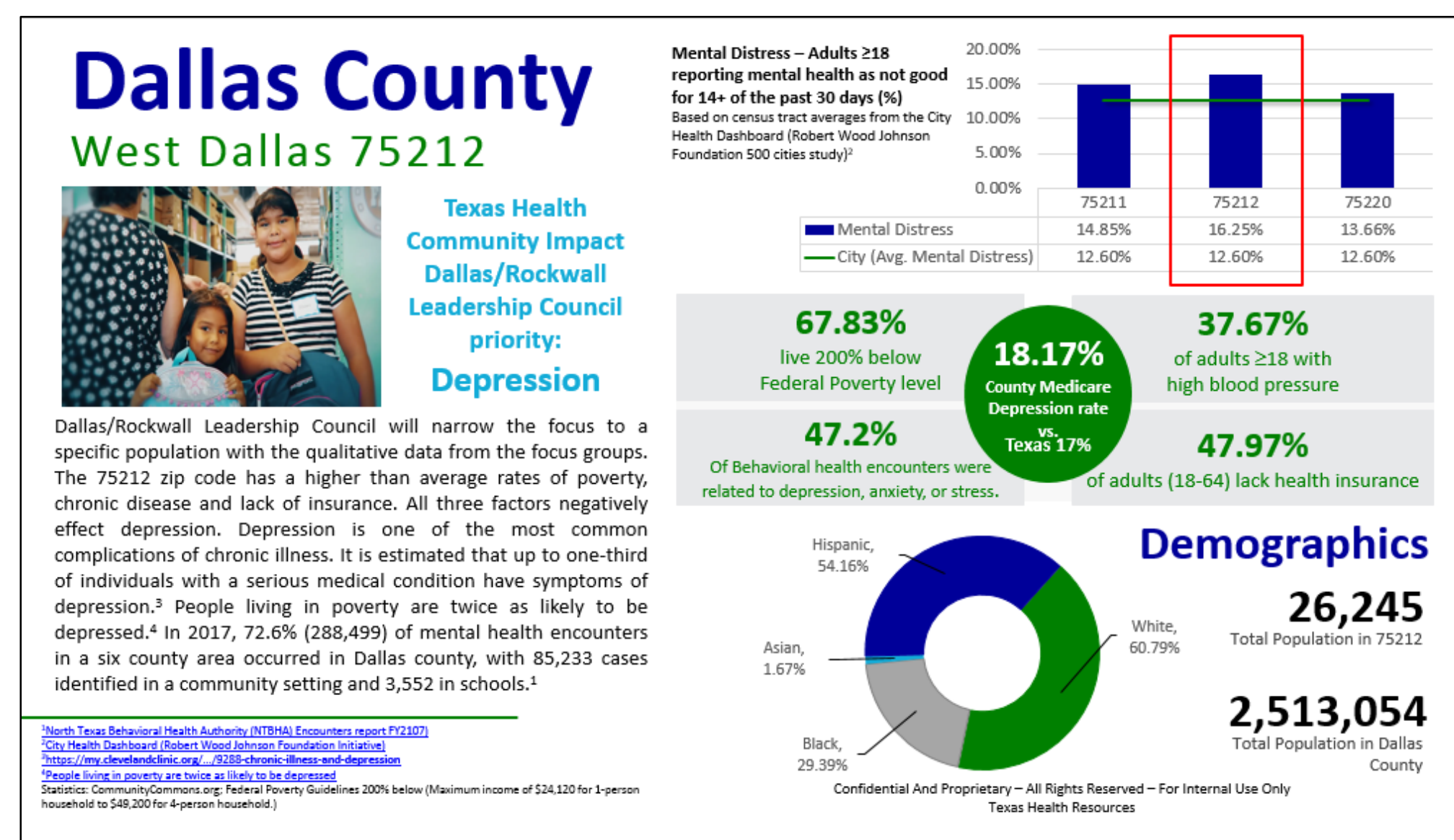
## Texas Health Community Impact

## METHODOLOGY

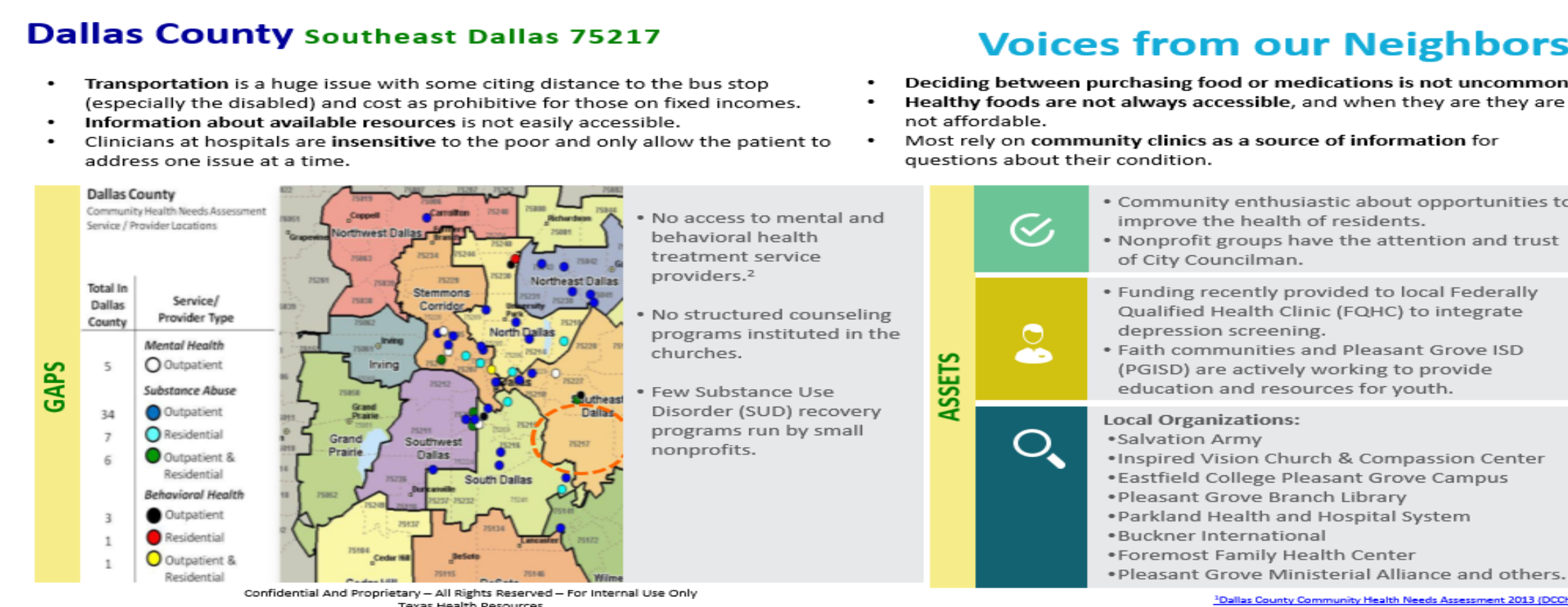
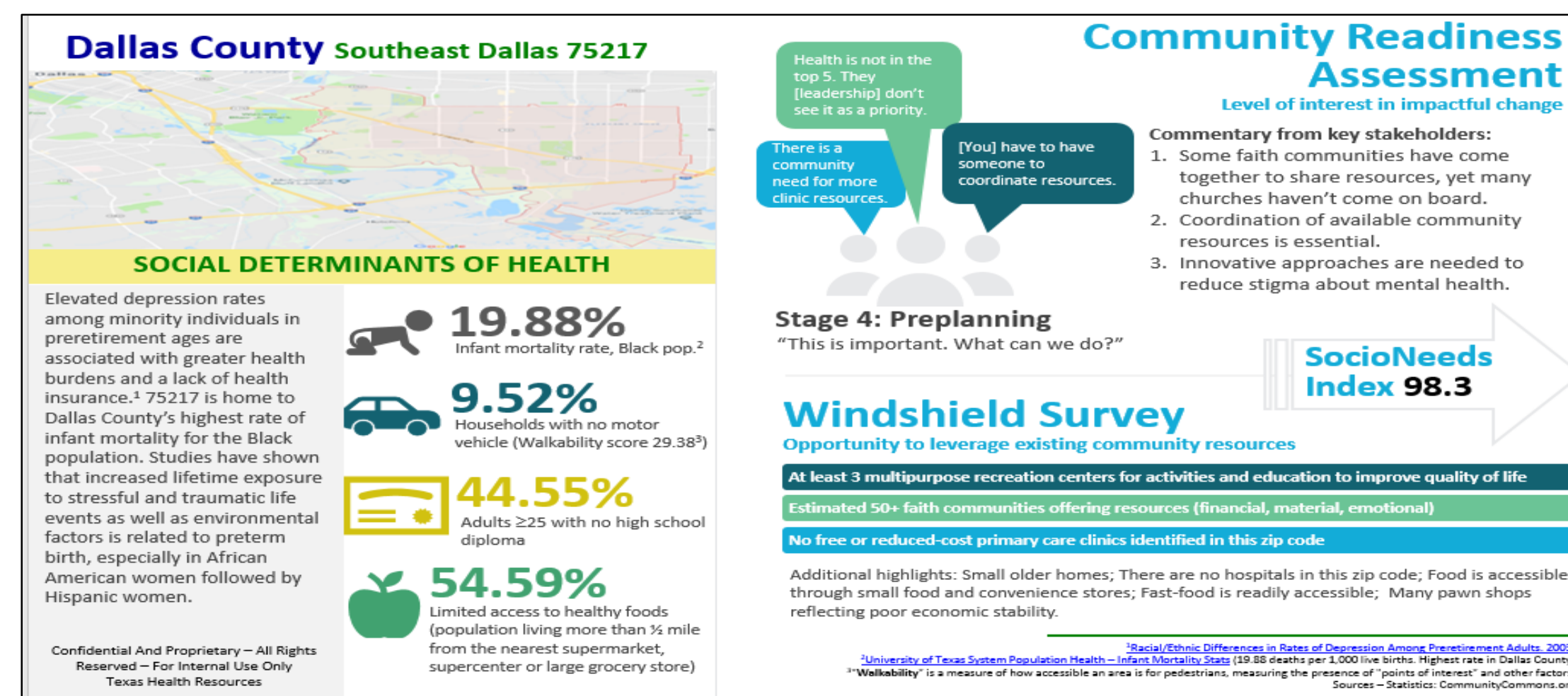
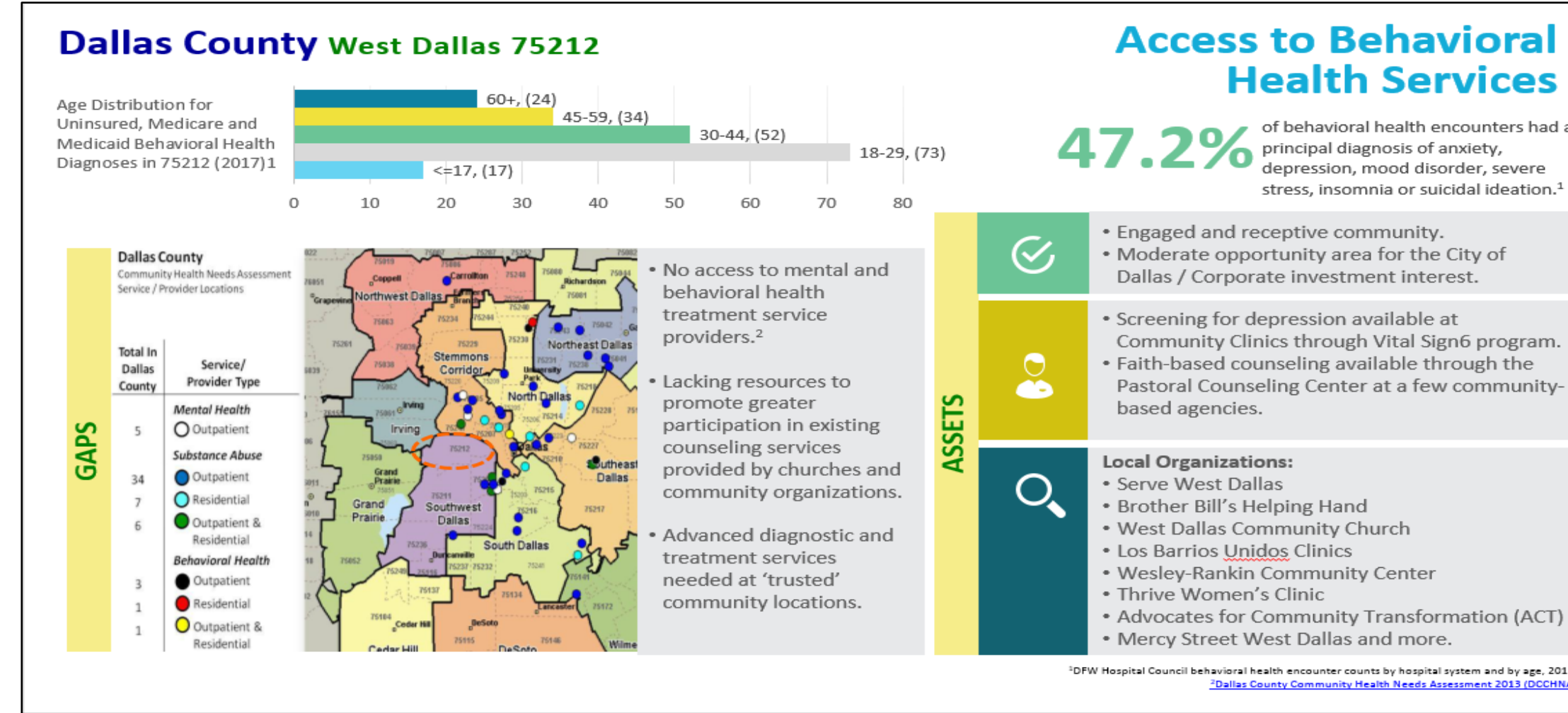
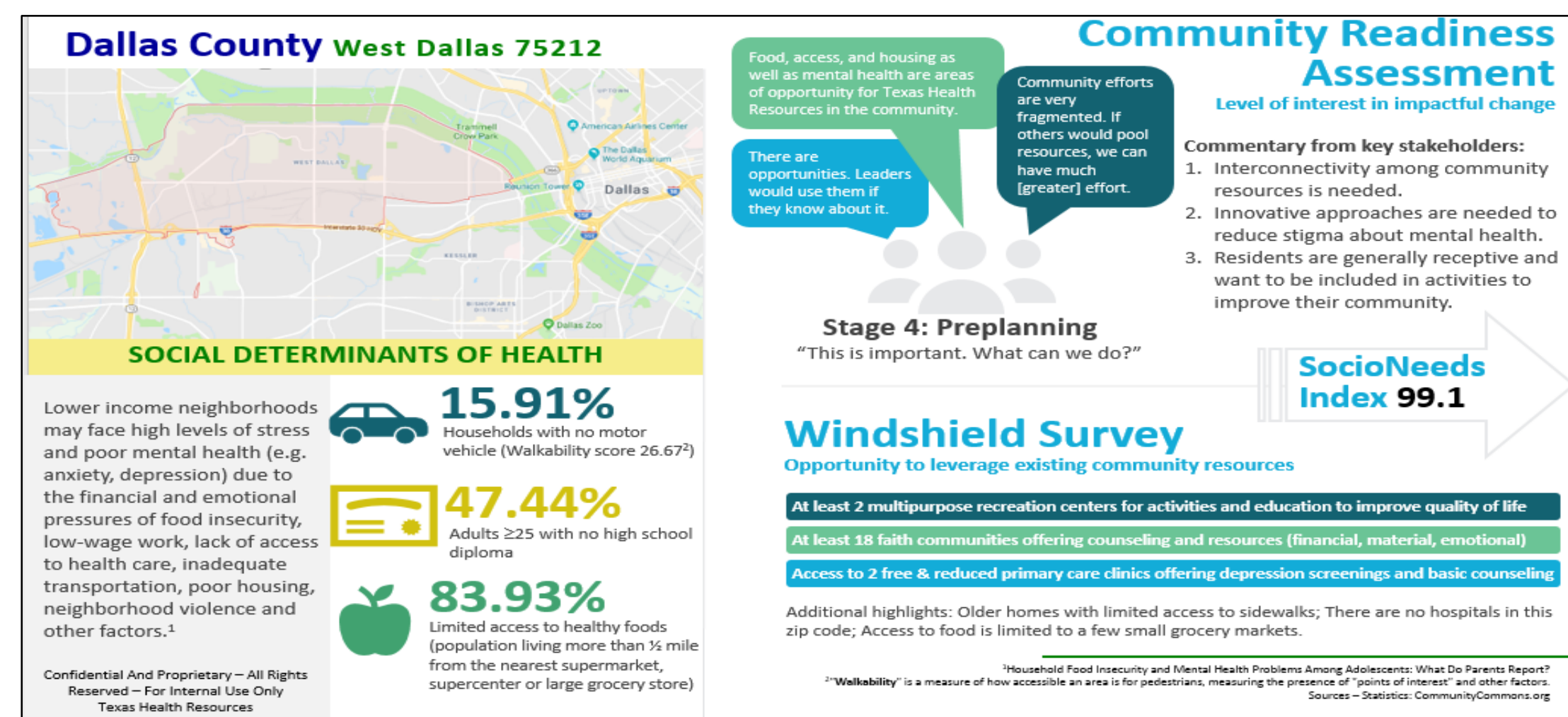
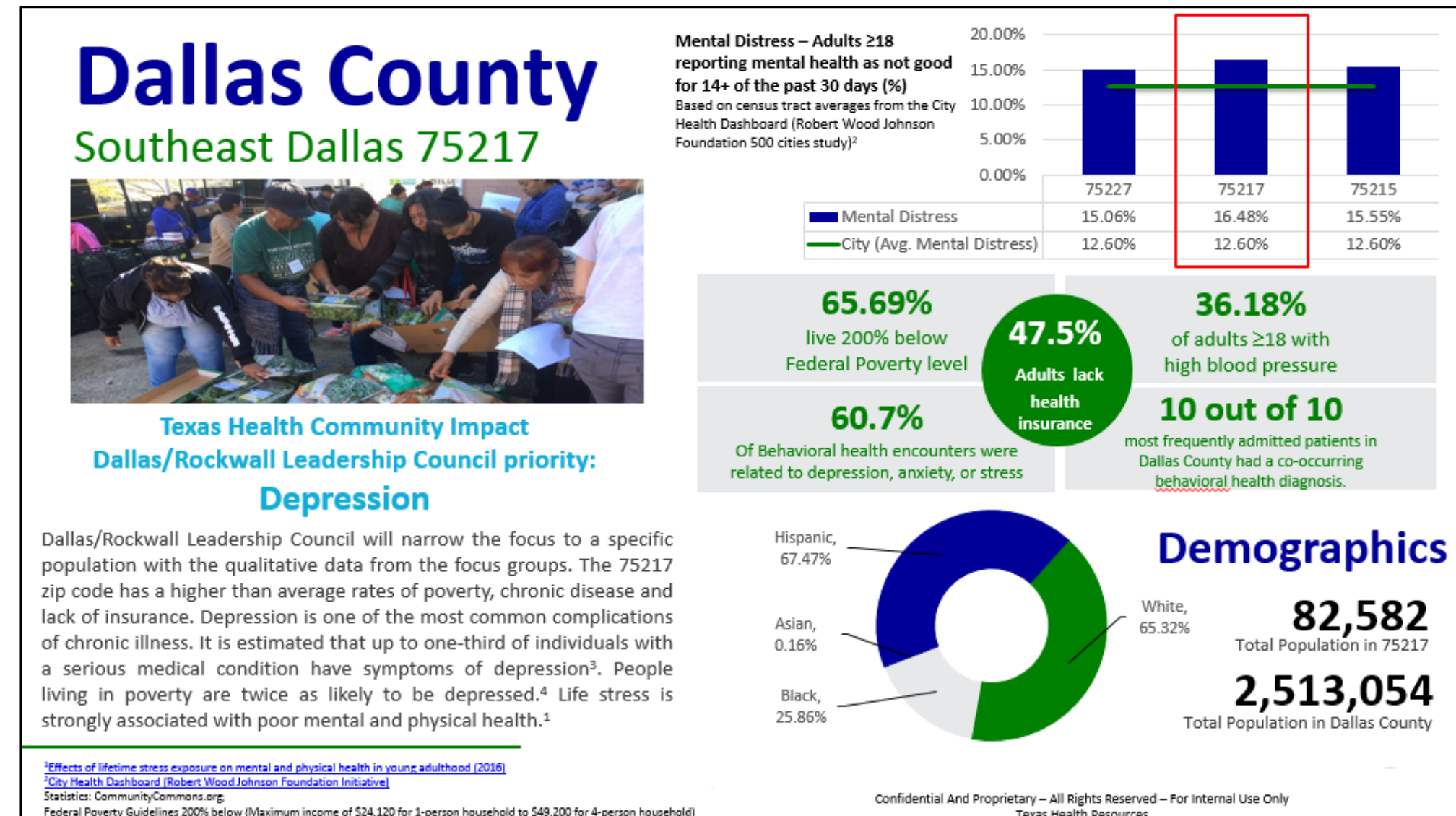
Texas Health Community Impact's service area spans across 12 counties, and the methods/procedures used were identical for each region served. The data presented in this presentation is specific to Dallas County.

Dallas County has 161 zip codes. The Community Health Needs Assessments conducted in 2016 narrowed this focus to 17 identified priority zip codes to be ranked by the Texas Health Community Impact Dallas/Rockwall Leadership Council. Each Council member ranked the priority zip codes based on experience (perceived need) and as a measure of socioeconomic need (SocioNeeds Index). Through this process, 10 zip codes were identified. Additional analysis with data gathered through a windshield survey, community readiness assessment, and focus group meetings with community members lead to further narrowing the focus. Ultimately, two Dallas County zip codes were prioritized: 75212 (West Dallas) and 75217 (Southeast Dallas).

The last step is to determine the zip code's top health priority. By layering the focus group information with the hospital discharge data from the DFWHC Foundation Warehouse and Texas Health utilization data, we were able to define the area of highest need, the most vulnerable population and the greatest health concern.

**DATA REPORTS 75212**

## DATA REPORTS 75217



## RESULTS AND RECOMMENDATIONS

Analysis of the secondary health data sets and primary qualitative data resulted in the decision to focus on depression. The following are key themes:

- \* Mental distress in West Dallas (75212 – 16.25%) and Southeast Dallas (75217- 16.48%) are above the 12.6% average for the City of Dallas.
- \* Depression rates among the Medicare population for Dallas County is 18.17%, compared to the state average of 17%.
- \* 47.2% of behavioral health encounters in West Dallas and 60.7% in Southeast Dallas had principal diagnoses of anxiety, mood disorder (depression), severe stress, panic disorder, insomnia or suicidal ideation.

An individual's zip code can be more impactful than their genetic code:

- \* In West Dallas (75212) and Southeast Dallas respectively, 83.93% and 54.59% of the population has limited access to healthy foods.
- \* Neither West Dallas (75212) or Southeast Dallas (75217) have behavioral health treatment facilities within the zip.

Key themes from the focus groups include:

- \* Adequate access to mental health services is an issue; users report wanting an alternative other than medication.
- \* There is a high need for reliable, affordable same-day transportation, as well as inexpensive healthy foods and medications.

Fortunately, there are strengths across the region, such as good infrastructure with faith communities and agencies offering food, clothing and primary care services, including counseling. Opportunities to target depression in youth and adults have been identified through engagement with local stakeholders.

## REFERENCES

*Limited access to healthy foods:* One child in every seven will be born into poverty in the U.S. Research published by the Department of Health indicates that children in the poorest households are three times more likely to have a mental illness than children in the best-off households.

*Behavioral Health services:* Texas is challenged by high percentages of uninsured, high degrees of obesity, and fewer mental health providers.

[Poor Mental Health Report: The Links between child poverty and mental health problems](#), The Children's Society, March 2016

## The Silver Tsunami in North Texas