



## **Texas Health Community Impact**

**Marsha Ingle, Sr. Director, Community Health Improvement**

10/04/2018



**Texas Health**  
Resources®

## INVESTING IN OUR COMMUNITIES

North Texas is our home, and it's where our hearts are set on giving back.  
Here are some examples of our impact last year.

16

### PROVIDED \$864 MILLION

OR MORE THAN \$2.4 MILLION A DAY, IN CHARITY CARE AND COMMUNITY BENEFIT



### VOLUNTEERED 10,538 HOURS

TOWARDS 650 COMMUNITY SERVICE PROJECTS, A \$330,000 VALUE



### AWARDED \$2.2 MILLION

IN TEXAS HEALTH GRANTS & SPONSORSHIPS TO CHARITABLE ORGANIZATIONS



### SUPPORTED 129,649 PEOPLE

THROUGH OUR FAITH COMMUNITY NURSING PROGRAM

#### FAITH COMMUNITY NURSING PROGRAM

- 5,200 VACCINES GIVEN
- 2,000+ EVENTS
- 89 FAITH COMMUNITIES
- 238 UNPAID PROFESSIONAL  
NURSES VOLUNTEERING





# The Broken Porch





# Community Health Improvement (CHI)

## Texas Health Resources

**Mission:** *To improve the health of the people in the communities we serve*

**Vision:** Partnering with you for a lifetime of health and well-being

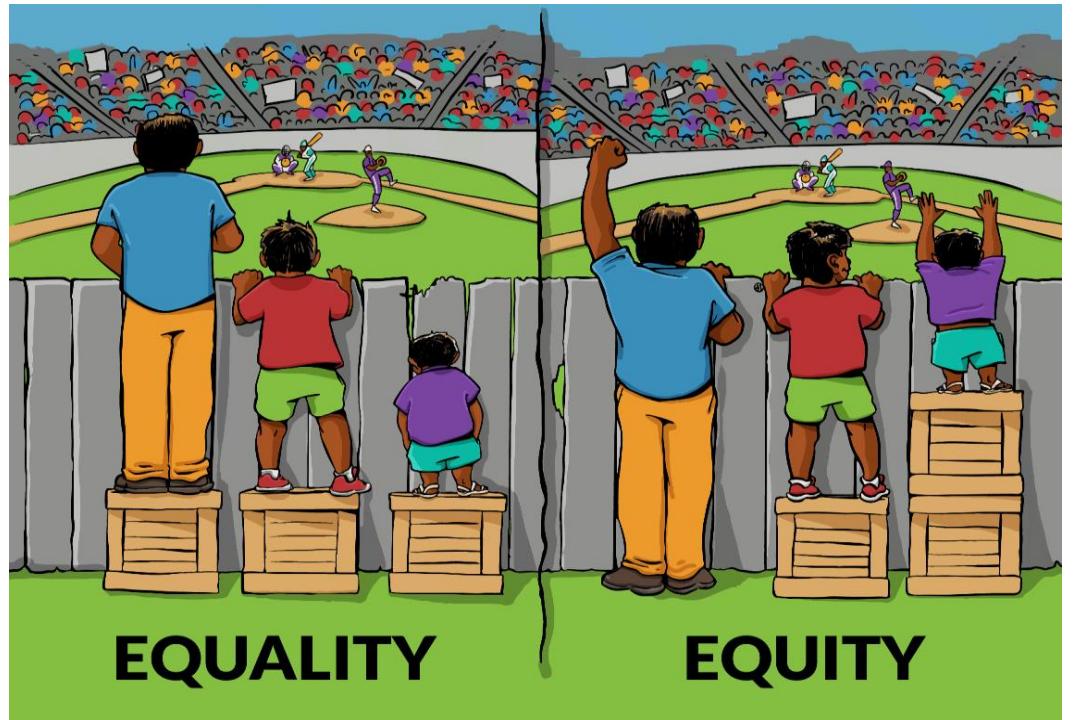
**Our Texas Health Promise<sup>SM</sup>:** Individuals Caring For Individuals, *Together*<sup>®</sup>

## Community Health Improvement

**Purpose:** Transform health outcomes by serving as a proactive and collaborative catalyst

### Guiding Principles

- View our communities through *health equity* lens
- Use data to target *underserved* populations
- *Meet* people where they live, work, play and pray
- Care for the *whole person*
- Innovate





# Social Determinants of Health

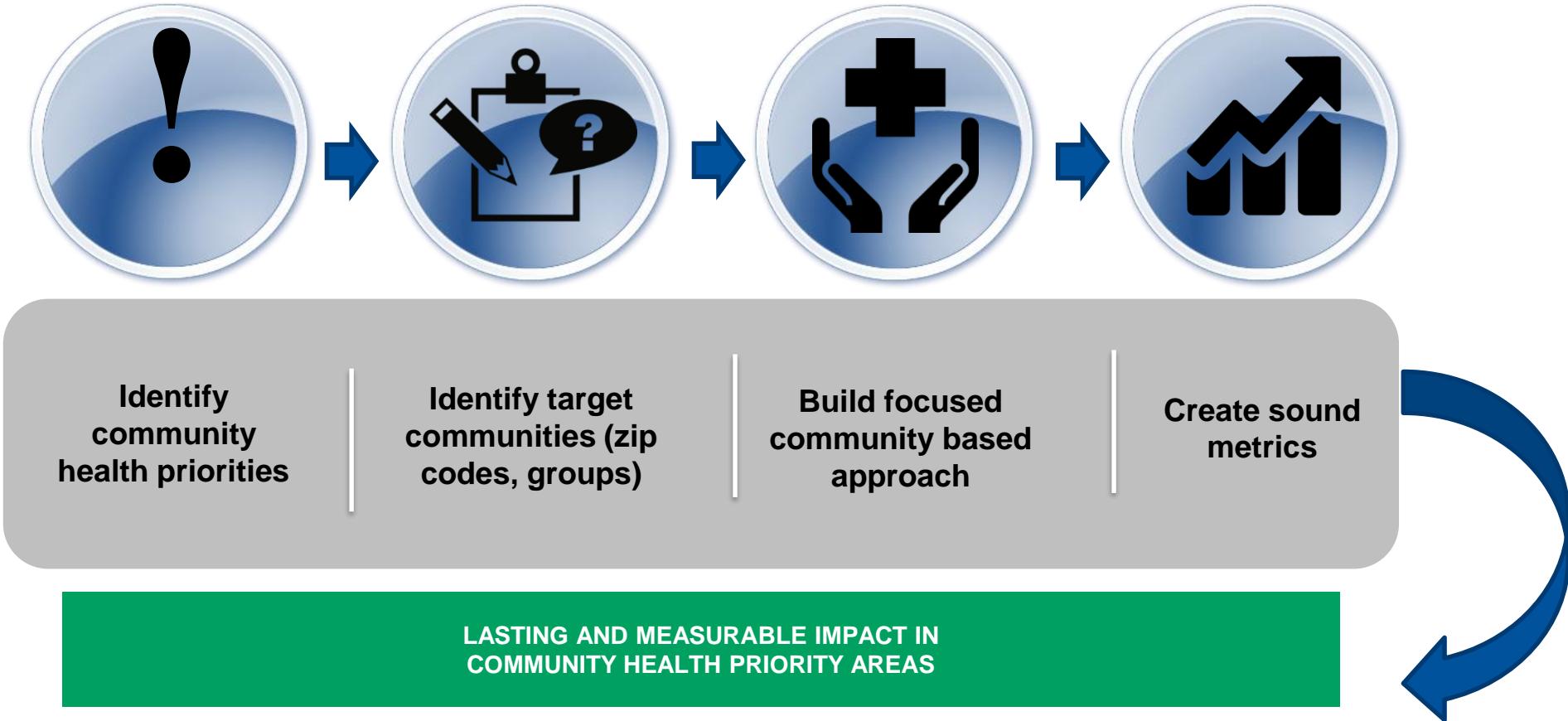
Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education			
Support	Walkability				

## Health Outcomes

Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations



# Community Health Needs Assessment



**Behavioral Health**

**Chronic Disease**

**Awareness, Health Literacy & Navigation**



# Data Collection

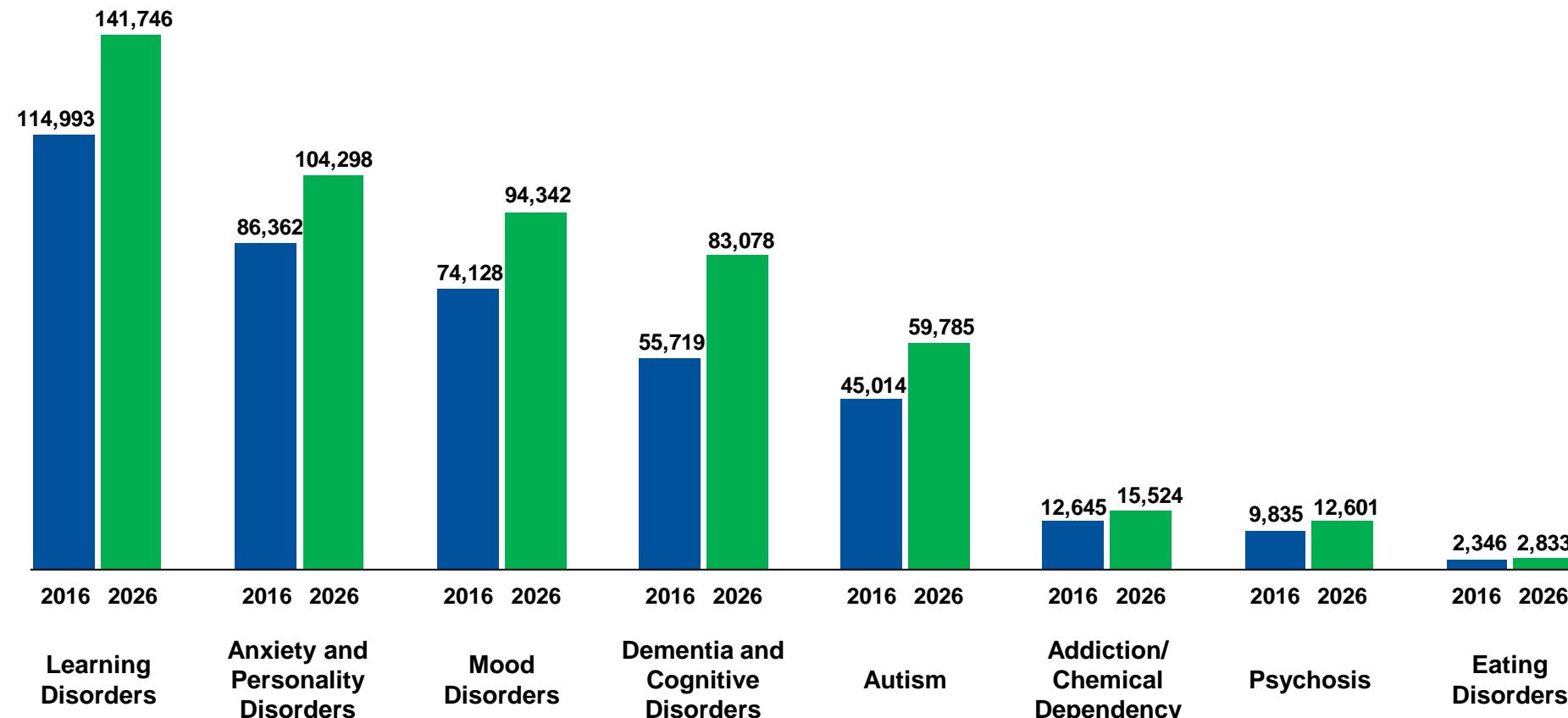
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- Windshield Survey
- Community Readiness
- Focus Groups
- Health Data



# Learning disorders shows the highest OP need in the Dallas/Rockwall region

Dallas/Rockwall County OP Behavioral Health volume projections, 2016-2026  
(# of outpatient encounters)

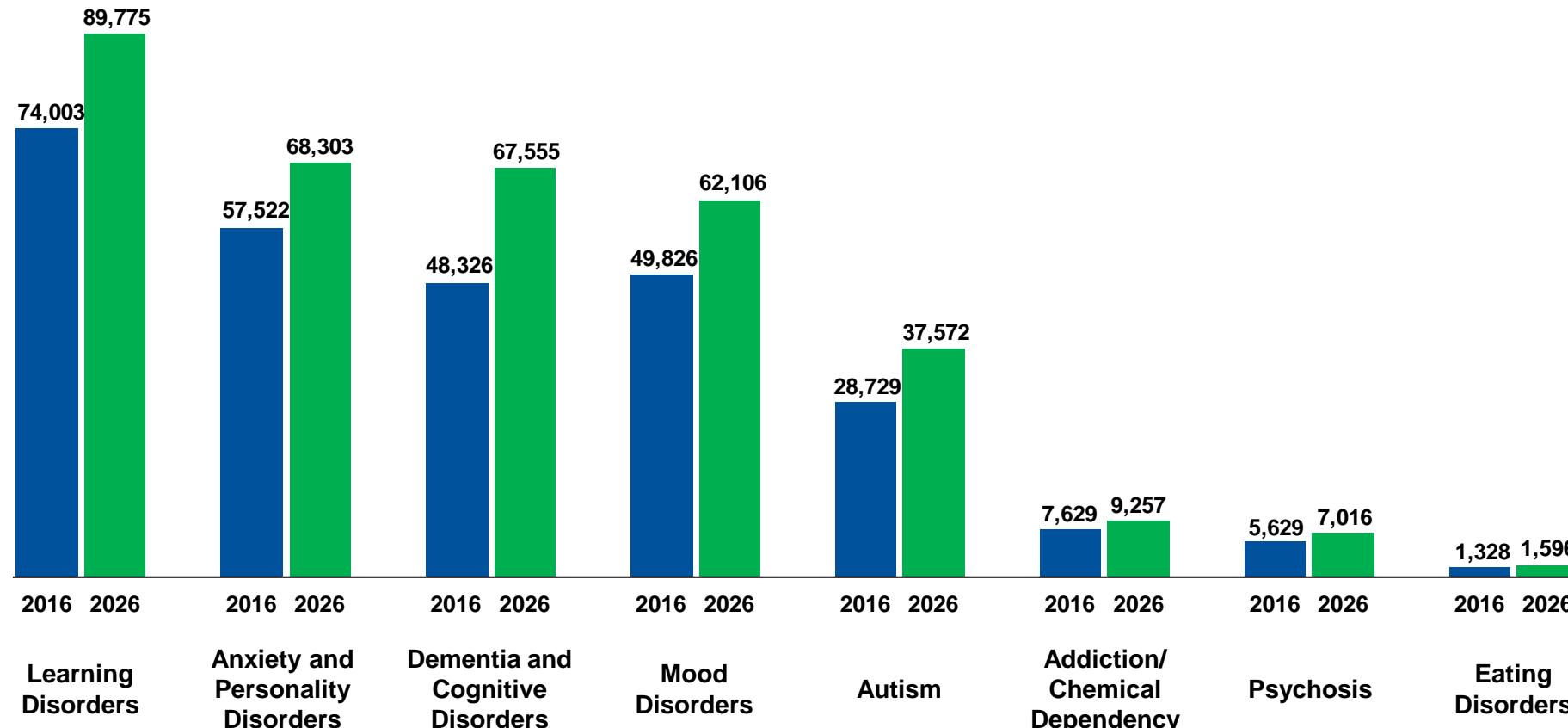


Source: Sg2, 2018

# Learning disorders has highest OP need in Tarrant County region followed by anxiety and personality disorders



## Tarrant County OP Behavioral Health volume projections, 2016-2026 (# of outpatient encounters)



Source: Sg2, 2018



- 1. Transportation**
- 2. Affordability (esp. Meds)**
- 3. Access to Healthy Foods**
- 4. Availability of Services in Area**
- 5. Education, Awareness & Advocacy**
- 6. Mental Health Counseling Services**
- 7. Affordable Housing**

**Others**

- A. THR = Community Group Catalyst**
- B. Dental Services**
- C. Medicaid Providers**
- D. Exercise Groups**

	Dallas	Denton & Wise	Collin	Tarrant & Parker	Southern
1. Transportation	✓	✓	✓	✓	✓
2. Affordability (esp. Meds)	✓	✓	✓	✓	✓
3. Access to Healthy Foods	✓	✓	✓	✓	✓
4. Availability of Services in Area	✓	✓	✓	✓	✓
5. Education, Awareness & Advocacy	✓	✓	✓	✓	✓
6. Mental Health Counseling Services	✓	✓	✓	✓	✓
7. Affordable Housing	✓	✓	✓	✓	✓
<b>A. THR = Community Group Catalyst</b>	✓	✓	✓	✓	✓
<b>B. Dental Services</b>	✓			✓	
<b>C. Medicaid Providers</b>		✓	✓		
<b>D. Exercise Groups</b>	✓				✓

# Dallas County

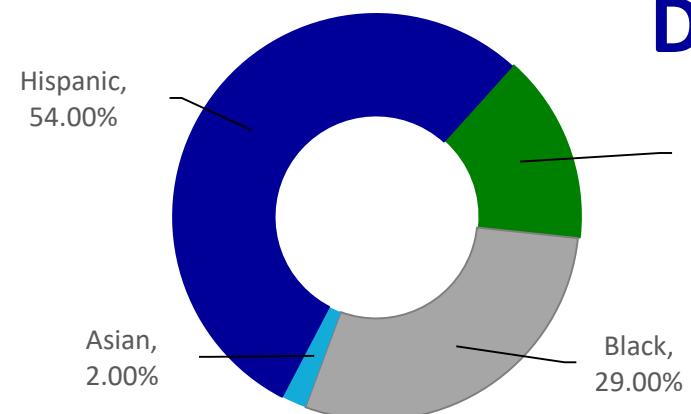
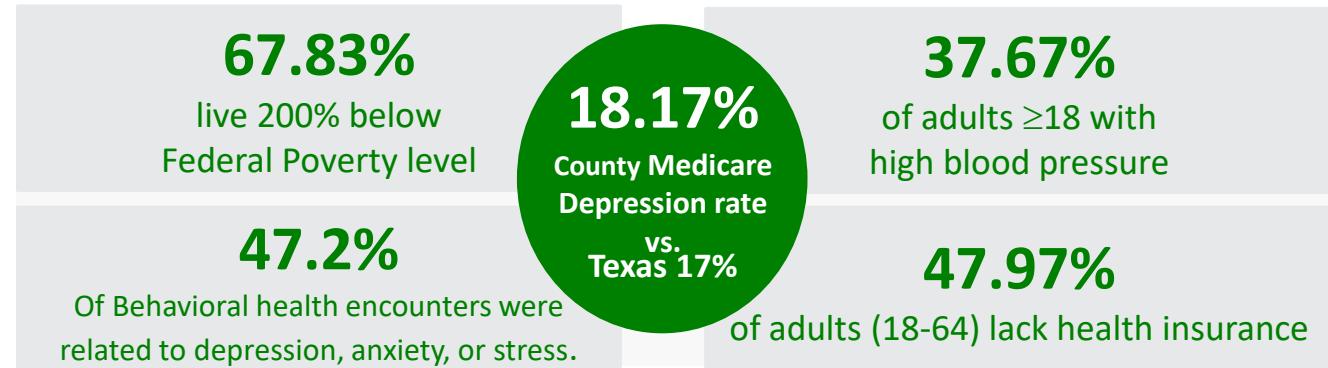
## West Dallas 75212



Texas Health  
Community Impact  
Dallas/Rockwall  
Leadership Council  
priority:  
**Depression**

Dallas/Rockwall Leadership Council will narrow the focus to a specific population with the qualitative data from the focus groups. The 75212 zip code has a higher than average rates of poverty, chronic disease and lack of insurance. All three factors negatively effect depression. Depression is one of the most common complications of chronic illness. It is estimated that up to one-third of individuals with a serious medical condition have symptoms of depression.<sup>3</sup> People living in poverty are twice as likely to be depressed.<sup>4</sup> In 2017, 72.6% (288,499) of mental health encounters in a six county area occurred in Dallas county, with 85,233 cases identified in a community setting and 3,552 in schools.<sup>1</sup>

**Mental Distress – Adults  $\geq 18$  reporting mental health as not good for 14+ of the past 30 days (%)**  
Based on census tract averages from the City Health Dashboard (Robert Wood Johnson Foundation 500 cities study)<sup>2</sup>



## Demographics

**26,245**

Total Population in 75212

**2,513,054**

Total Population in Dallas County

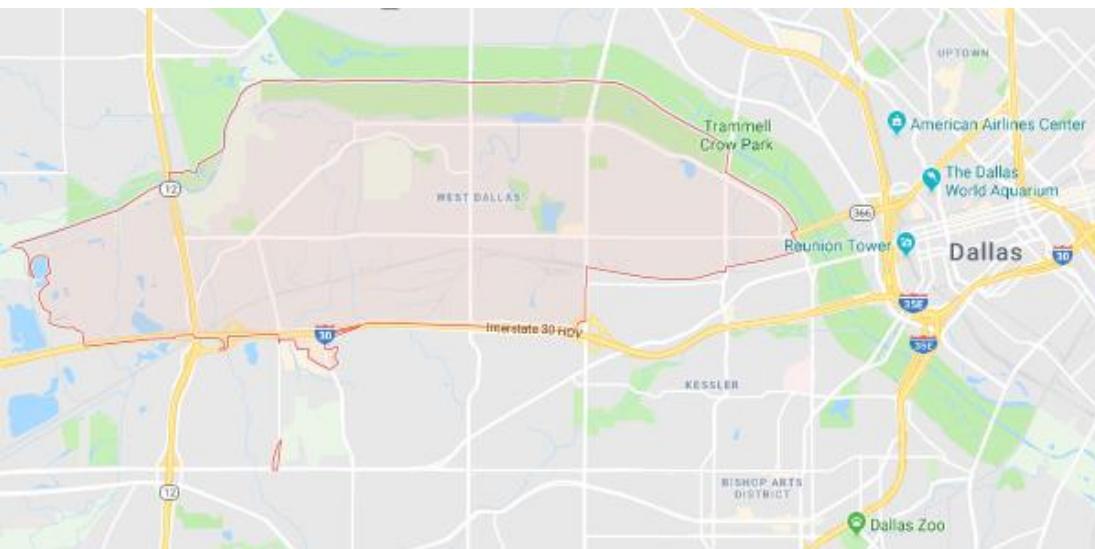
<sup>1</sup>North Texas Behavioral Health Authority (NTBHA) Encounters report FY2107

<sup>2</sup>City Health Dashboard (Robert Wood Johnson Foundation Initiative)

<sup>3</sup><https://my.clevelandclinic.org/.../9288-chronic-illness-and-depression>

<sup>4</sup>People living in poverty are twice as likely to be depressed

# Dallas County West Dallas 75212



## SOCIAL DETERMINANTS OF HEALTH

Lower income neighborhoods may face high levels of stress and poor mental health (e.g. anxiety, depression) due to the financial and emotional pressures of food insecurity, low-wage work, lack of access to health care, inadequate transportation, poor housing, neighborhood violence and other factors.<sup>1</sup>



**15.91%**

Households with no motor vehicle (Walkability score 26.67<sup>2</sup>)



**47.44%**

Adults ≥25 with no high school diploma



**83.93%**

Limited access to healthy foods (population living more than ½ mile from the nearest supermarket, supercenter or large grocery store)

# Community Readiness Assessment

Level of interest in impactful change

## Commentary from key stakeholders:

1. Interconnectivity among community resources is needed.
2. Innovative approaches are needed to reduce stigma about mental health.
3. Residents are generally receptive and want to be included in activities to improve their community.

Food, access, and housing as well as mental health are areas of opportunity for Texas Health Resources in the community.

There are opportunities. Leaders would use them if they know about it.

Community efforts are very fragmented. If others would pool resources, we can have much [greater] effort.

## Stage 4: Preplanning

"This is important. What can we do?"

**SocioNeeds Index 99.1**

## Windshield Survey

Opportunity to leverage existing community resources

At least 2 multipurpose recreation centers for activities and education to improve quality of life

At least 18 faith communities offering counseling and resources (financial, material, emotional)

Access to 2 free & reduced primary care clinics offering depression screenings and basic counseling

Additional highlights: Older homes with limited access to sidewalks; There are no hospitals in this zip code; Access to food is limited to a few small grocery markets.

<sup>1</sup>Household Food Insecurity and Mental Health Problems Among Adolescents: What Do Parents Report?

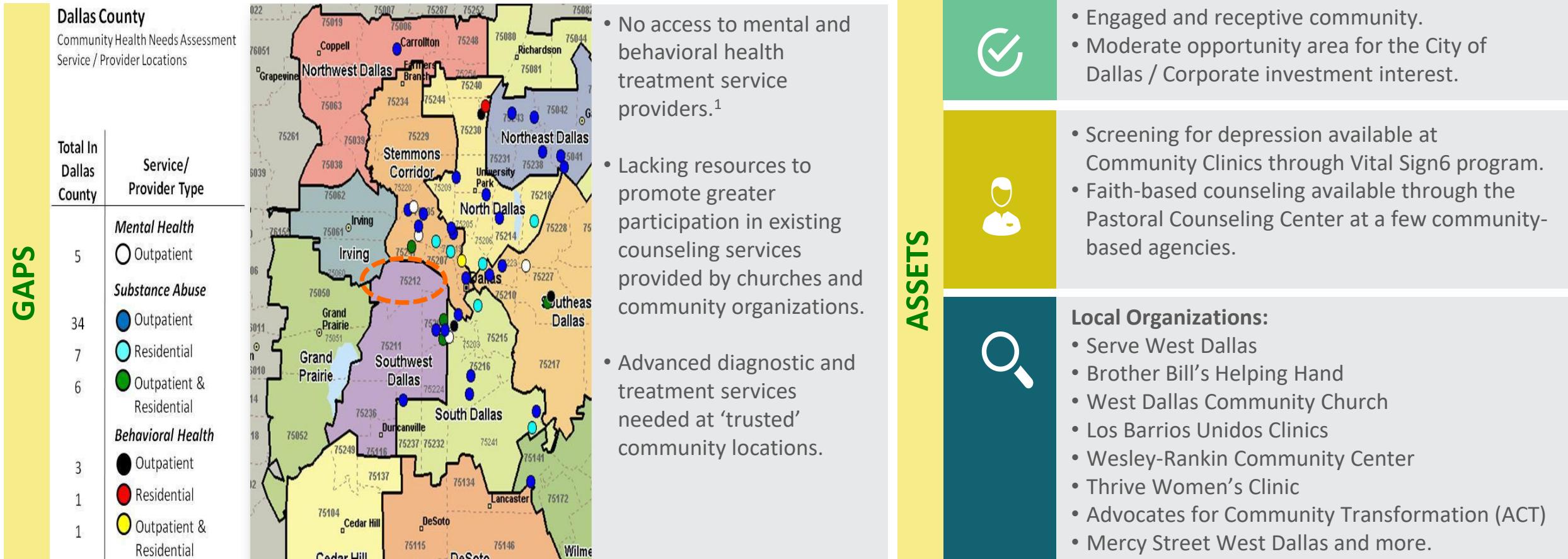
<sup>2</sup>"Walkability" is a measure of how accessible an area is for pedestrians, measuring the presence of "points of interest" and other factors.

Sources – Statistics: CommunityCommons.org

# Dallas County West Dallas 75212

# Voices from our Neighbors

A focus group session in 75212 revealed that housing issues and violence related to substance abuse among teens has driven community members to avoid use of public spaces and seek recreational resources in nearby cities. Parents also report experiencing depressive episodes due to the loss of a child to violence.



# Dallas County

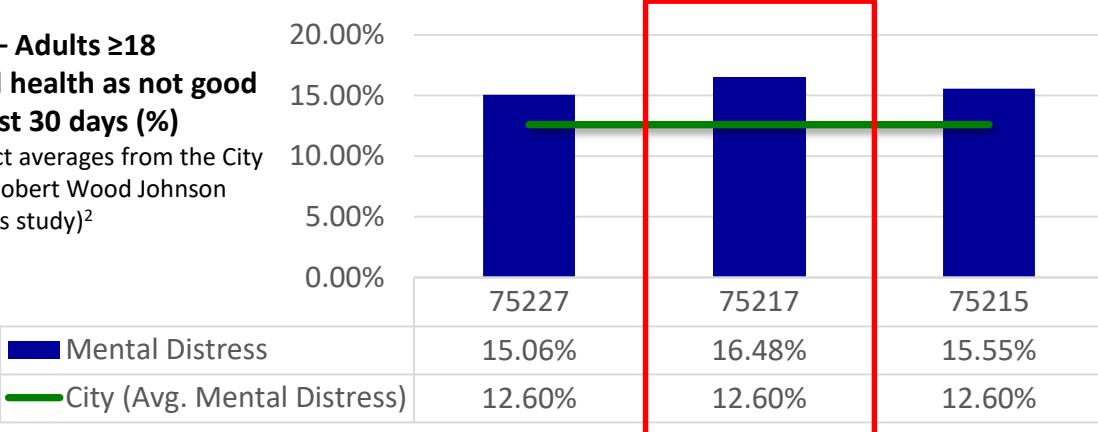
## Southeast Dallas 75217



### Texas Health Community Impact Dallas/Rockwall Leadership Council priority: Depression

Dallas/Rockwall Leadership Council will narrow the focus to a specific population with the qualitative data from the focus groups. The 75217 zip code has a higher than average rates of poverty, chronic disease and lack of insurance. Depression is one of the most common complications of chronic illness. It is estimated that up to one-third of individuals with a serious medical condition have symptoms of depression<sup>3</sup>. People living in poverty are twice as likely to be depressed.<sup>4</sup> Life stress is strongly associated with poor mental and physical health.<sup>1</sup>

**Mental Distress – Adults  $\geq 18$  reporting mental health as not good for 14+ of the past 30 days (%)**  
Based on census tract averages from the City Health Dashboard (Robert Wood Johnson Foundation 500 cities study)<sup>2</sup>



**65.69%**  
live 200% below  
Federal Poverty level

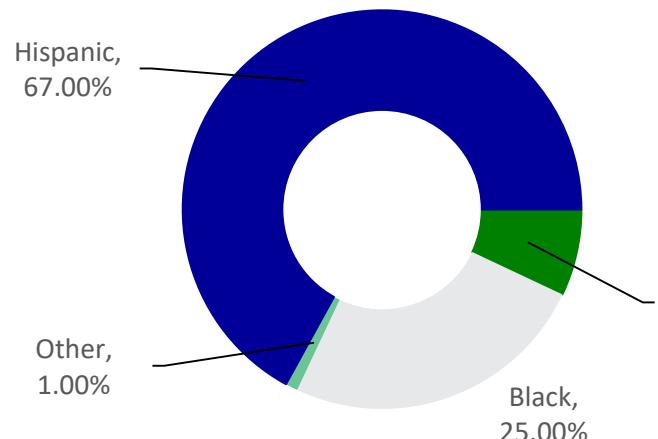
**60.7%**

Of Behavioral health encounters were  
related to depression, anxiety, or stress

**47.5%**  
Adults lack  
health  
insurance

**36.18%**  
of adults  $\geq 18$  with  
high blood pressure

**10 out of 10**  
most frequently admitted patients in  
Dallas County had a co-occurring  
behavioral health diagnosis.



## Demographics

**82,582**

Total Population in 75217

**2,513,054**

Total Population in Dallas County

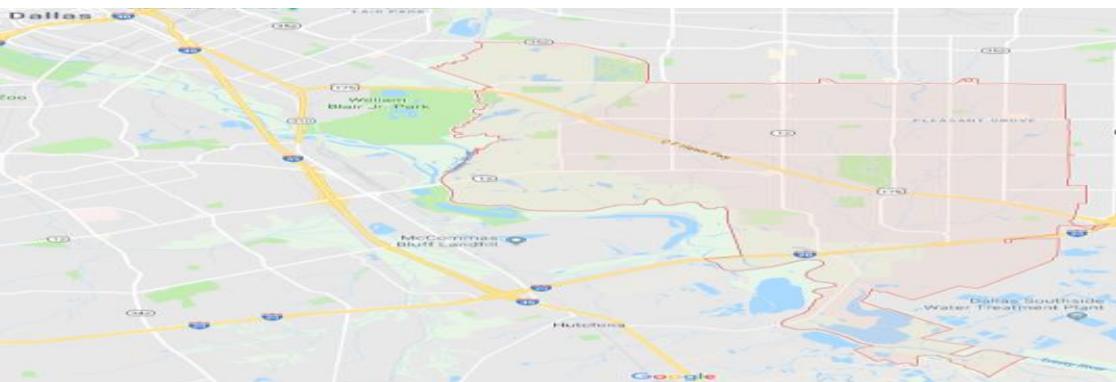
<sup>1</sup>Effects of lifetime stress exposure on mental and physical health in young adulthood (2016)

<sup>2</sup>City Health Dashboard (Robert Wood Johnson Foundation Initiative)

Statistics: CommunityCommons.org;

Federal Poverty Guidelines 200% below (Maximum income of \$24,120 for 1-person household to \$49,200 for 4-person household)

# Dallas County Southeast Dallas 75217



## SOCIAL DETERMINANTS OF HEALTH

Elevated depression rates among minority individuals in preretirement ages are associated with greater health burdens and a lack of health insurance.<sup>1</sup> 75217 is home to Dallas County's highest rate of infant mortality for the Black population. Studies have shown that increased lifetime exposure to stressful and traumatic life events as well as environmental factors is related to preterm birth, especially in African American women followed by Hispanic women.



**19.88%**

Infant mortality rate, Black pop.<sup>2</sup>



**9.52%**

Households with no motor vehicle (Walkability score 29.38<sup>3</sup>)



**44.55%**

Adults ≥25 with no high school diploma



**54.59%**

Limited access to healthy foods (population living more than ½ mile from the nearest supermarket, supercenter or large grocery store)

Health is not in the top 5. They [leadership] don't see it as a priority.

There is a community need for more clinic resources.

[You] have to have someone to coordinate resources.

# Community Readiness Assessment

Level of interest in impactful change

## Commentary from key stakeholders:

1. Some faith communities have come together to share resources, yet many churches haven't come on board.
2. Coordination of available community resources is essential.
3. Innovative approaches are needed to reduce stigma about mental health.

## Stage 4: Preplanning

"This is important. What can we do?"

**SocioNeeds Index 98.3**

## Windshield Survey

Opportunity to leverage existing community resources

At least 3 multipurpose recreation centers for activities and education to improve quality of life

Estimated 50+ faith communities offering resources (financial, material, emotional)

No free or reduced-cost primary care clinics identified in this zip code

Additional highlights: Small older homes; There are no hospitals in this zip code; Food is accessible through small food and convenience stores; Fast-food is readily accessible; Many pawn shops reflecting poor economic stability.

<sup>1</sup>Racial/Ethnic Differences in Rates of Depression Among Preretirement Adults. 2003.

<sup>2</sup>University of Texas System Population Health – Infant Mortality Stats (19.88 deaths per 1,000 live births. Highest rate in Dallas County)

<sup>3</sup>"Walkability" is a measure of how accessible an area is for pedestrians, measuring the presence of "points of interest" and other factors.

Sources – Statistics: CommunityCommons.org

# Dallas County Southeast Dallas 75217

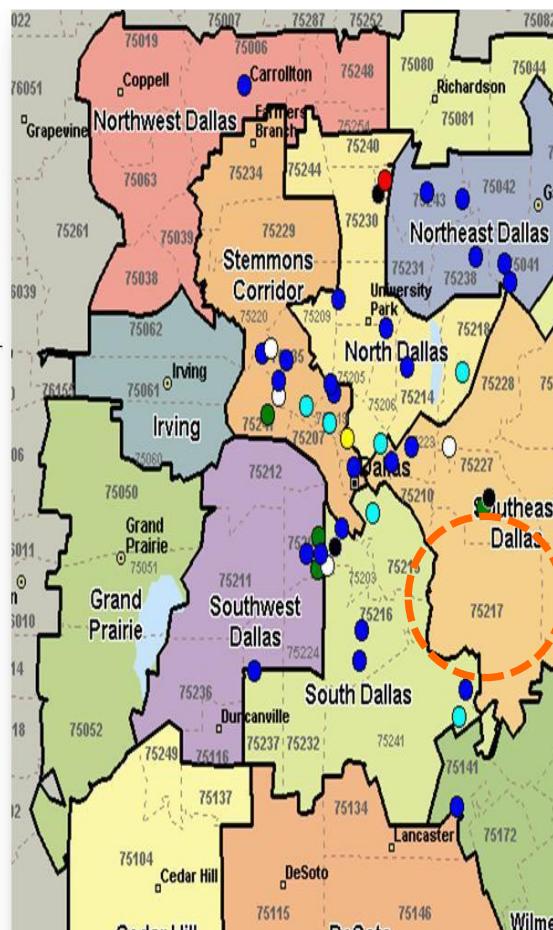
# Voices from our Neighbors

- **Transportation** is a huge issue with some citing distance to the bus stop (especially the disabled) and cost as prohibitive for those on fixed incomes.
  - **Information about available resources** is not easily accessible.
  - Clinicians at hospitals are **insensitive** to the poor and only allow the patient to address one issue at a time.

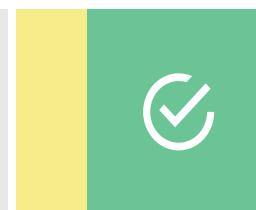
- Deciding between purchasing food or medications is not uncommon.
  - Healthy foods are not always accessible, and when they are they are not affordable.
  - Most rely on community clinics as a source of information for questions about their condition.

**GAPS**

Dallas County	
Community Health Needs Assessment	
Service / Provider Locations	
Total In Dallas County	Service/Provider Type
5	<i>Mental Health</i> ○ Outpatient
34	<i>Substance Abuse</i> ● Outpatient
7	○ Residential
6	● Outpatient & Residential
	<i>Behavioral Health</i>
3	● Outpatient
1	● Residential
1	○ Outpatient & Residential



- No access to mental and behavioral health treatment service providers.<sup>2</sup>
  - No structured counseling programs instituted in the churches.
  - Few Substance Use Disorder (SUD) recovery programs run by small nonprofits.



- Community enthusiastic about opportunities to improve the health of residents.
  - Nonprofit groups have the attention and trust of City Councilman.



- Funding recently provided to local Federally Qualified Health Clinic (FQHC) to integrate depression screening.
  - Faith communities and Pleasant Grove ISD (PGISD) are actively working to provide education and resources for youth.



## Local Organizations:

- Salvation Army
  - Inspired Vision Church & Compassion Center
  - Eastfield College Pleasant Grove Campus
  - Pleasant Grove Branch Library
  - Parkland Health and Hospital System
  - Buckner International
  - Foremost Family Health Center
  - Pleasant Grove Ministerial Alliance and others.

# Rockwall County

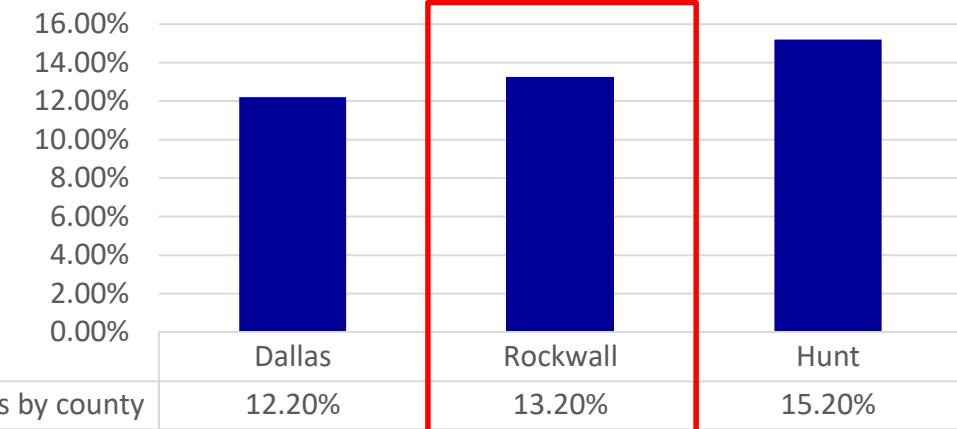
## 75032



Texas Health  
Community Impact  
Dallas/Rockwall  
Leadership Council  
priority:  
**Depression**

Dallas/Rockwall Leadership Council will narrow the focus to a specific population with the qualitative data from the focus groups. The 75032 zip code has a higher than average rates suicide and limited access to healthy foods. The zip code has a mix of urban and rural areas, many of which are not accessible without vehicles. Rockwall has no public transportation system. Studies have found that access to public transportation and dense surroundings have a profoundly beneficial impact on mental health, reducing the risk of depression, especially for women and elderly, by increasing opportunities to move around and have an active social life.<sup>1</sup>

Mental Distress  
– Adults ≥18  
reporting mental  
health as not  
good for 14+ of  
the past 30 days<sup>1</sup>



**14.4%**

Rate of suicide versus  
Dallas County 10.4%

**12,322**

Behavioral health related  
hospital visits<sup>2</sup>

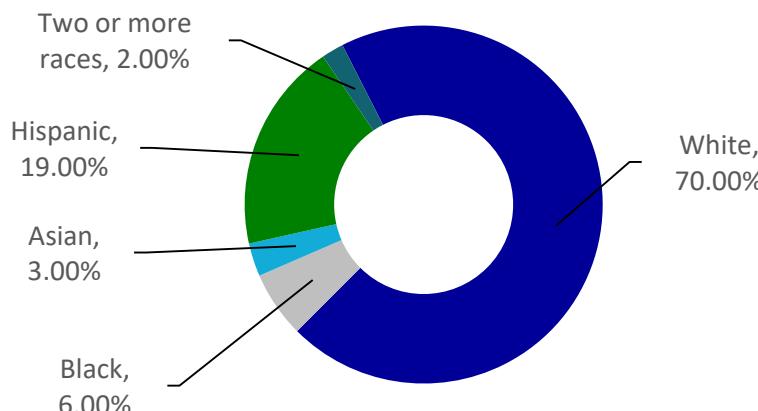
**17.82%**  
County Medicare  
Depression rate  
vs. Texas 17%

**53%**

Of food insecure children are likely  
Ineligible for government assistance<sup>3</sup>

**4,593 (1.16%)**

Mental health encounters through the  
North Texas Behavioral Health Authority<sup>2</sup>



## Demographics

**31,174**

Total Population in 75032

**88,010**

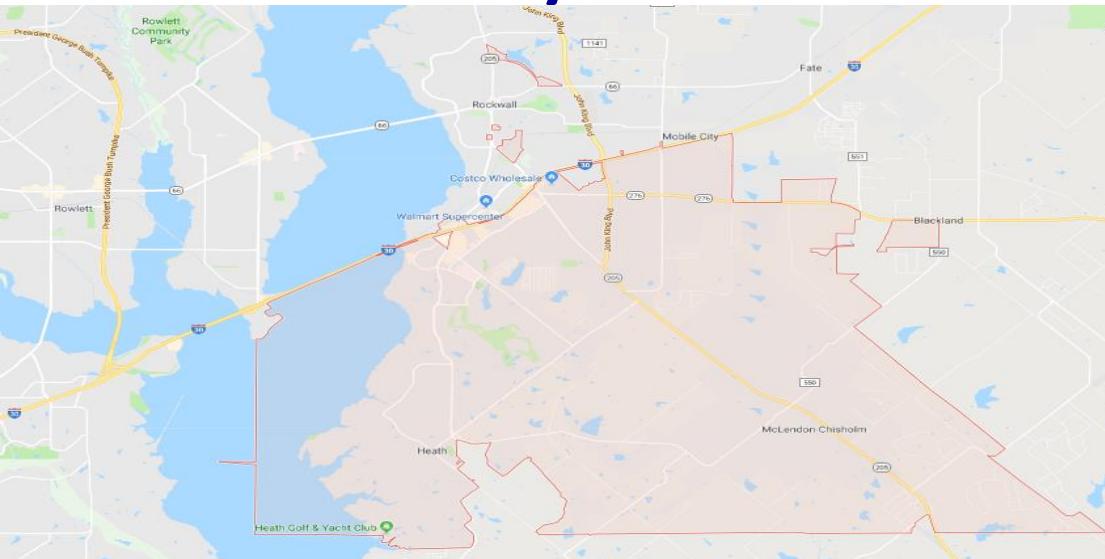
Total Population in  
Rockwall County

<sup>1</sup>International Journal of Environmental Research and Public Health

<sup>2</sup>DFW Hospital Council Behavioral Health Needs Assessment (2016)

<sup>3</sup>Healthy North Texas Community Dashboard: Rockwall

# Rockwall County 75032



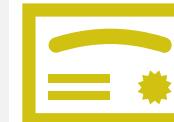
## SOCIAL DETERMINANTS OF HEALTH

Older adults with barriers to transportation face difficulties in other areas: healthcare, shopping, employment, and recreation. For older adults to have independence and social interactions, they must be mobile. A community that facilitates mobility for older adults enables them to live independently longer. According to AARP, the average retiree spends \$6,852 per year, or \$571 per month, on transportation.<sup>1</sup>



**13.91%**

Households with no motor vehicle (Walkability score 29.38<sup>2</sup>)



**9.69%**

Adults ≥25 with no high school diploma



**71.30%**

Limited access to healthy foods (population living more than ½ mile from the nearest supermarket, supercenter or large grocery store)

# Community Opinion

## Commentary from local stakeholders:

1. Stigma is alive and well, and hinders timely care-seeking behavior, especially for mental health issues.
2. Priorities include building awareness and increasing education.
3. Resources are available; people are not seeking care.

There is a lot of stigma related to mental health, Rockwall ISD has been working to tackle some issues in school, but people generally will deny any issue with mental health.

Having someone out in the community that can go door to door providing education would be of benefit for the underserved.

Culturally relevant resources would be good.

## Windshield Survey

Opportunity to leverage existing community resources

Only 1 identified recreation center accessible to underserved communities for activities and education to improve quality of life

At least 10 faith communities offering counseling and resources (financial, material, emotional)

Access to 2 free or reduced-cost primary care clinics offering depression screenings and referrals to resources for counseling

Additional highlights: Majority of this zip code is rural with many manufactured homes on acreage; Several communities with large newer homes; Various retail stores and access to fast food at the northern border of the zip code; Most places are accessible by car only.

<sup>1</sup>The Silver Tsunami in North Texas

<sup>2</sup>"Walkability" is a measure of how accessible an area is for pedestrians, measuring the presence of "points of interest" and other factors.

Sources – Statistics: CommunityCommons.org

**SocioNeeds Index 5.9**

# Rockwall County 75032



## GAPS

- Few nonprofit organizations with resources dedicated to serving low-income / underserved communities.
- Star Transportation system which was too expensive, is no longer an alternative to lack of a public transportation system.
- No formal Substance Use Disorder (SUD) recovery programs.
- Behavioral health facilities serve the insured for outpatient services primarily.

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Texas Health Resources



- Faith communities offer community resources such as food pantries, ESL education, etc.

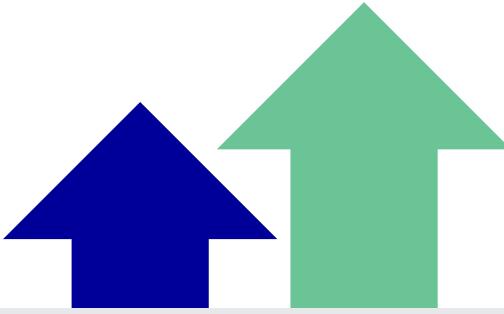
- Community well-connected with one another.
- Willingness among community members to donate resources and volunteer as needed.

- Access to behavioral health providers - Estimated 95/100,000 compared to Dallas county (122/100,000);
- Behavioral Health Services provided by: Lakes Regional Medical Center and Texas Health Presbyterian Rockwall.

## Local Organizations:

- Meals on Wheels
- Rockwall County Helping Hands
- North Central Texas Council on Government
- Grace Clinic
- Lake Pointe Church
- Lake Pointe Park Community Center
- Rockwall United Methodist Church
- YMCA

<sup>1</sup>DFW Hospital Council Behavioral Health Needs Assessment (2016)





# Next Steps

**Released Request for Proposals for the following areas:**

- **Texas Health Community Impact Tarrant/Parker Leadership Council:** \$1,150,000 to address depression and food insecurity among low income older adults 55+ in 76010 and 76082 to include transportation; as well as chronic disease and food insecurity in 76119
- **Texas Health Community Impact Southern Leadership Council:** \$900,000 to address depression and food insecurity among low income seniors 55+ in 76401, 76031, 76059, 75143 and 75161
- **Texas Health Community Impact Dallas/Rockwall Leadership Council:** \$1,350,000 to address depression and health access among low income individuals ages 10-34 in 75212 and 75217, and individuals 25-54 in 75032
- **Texas Health Community Impact Denton/Wise Leadership Council:** \$900,000 to address resiliency and food insecurity among youth and adolescents ages 12 to 21 in zip codes 75057, 76266 and 76426
- **Texas Health Community Impact Collin Leadership Council:** Approved \$900,000 to address depression and food insecurity among older adults 55+ in 75069 and depression and health access in youth ages 12-18 in 75074



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**Thank You.**