

# Texas Health Community Impact Grant - 2023/24

**COLLIN COUNTY**

FARMERSVILLE 75442 and PRINCETON 75407

## 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

American Heart Association

City Bridge Urgent Care

Assistance Center of Collin County

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

**Danelle Parker, Director**

Collin County  
Community Health Improvement  
Texas Health Resources

[DanelleParker@TexasHealth.org](mailto:DanelleParker@TexasHealth.org)

## You can help.



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

# Driving Equitable Health in Collin County

## About this Grant

Driving Equitable Health addresses the escalation of hypertension, food and nutrition insecurity, and mental health issues leading to higher rates of chronic diseases within under-resourced communities through a clinic-to-community approach to self-managed healthcare. Together, the American Heart Association (AHA), City Bridge Urgent Care (CBUC) and the Assistance Center of Collin County (ACCC) will take a holistic approach for patients to self-manage their chronic disease health risks by providing the tools, resources, referrals, training on best practices and counseling needed to overcome the obstacles to making healthy choices for disease prevention and management.

## Program Milestones

### To achieve by December 2024

Improve health outcomes of underserved Collin County residents by increasing opportunities to access quality healthcare, education on nutrition and chronic disease management, and health coaching to empower participants to adopt healthier lifestyle habits.

- Provide 500 patients with a self-monitoring blood pressure kit.
- Provide all patients with health counseling related to nutrition, exercise prescription, mental health and other lifestyle choices that impact their health.
- Screen all patients for food insecurity and offer nutrition counseling.



## Transforming Lives Through Collaboration

The American Heart Association (AHA) created a collaboration with community clinics to provide a much-needed health intervention that addresses the escalation of hypertension and provides a clinic-to-community linkage that empowers patients to take preventative action to improve their health. Several national and international hypertension guidelines have now endorsed the use of SMBP monitoring for the diagnosis and management of high blood pressure.

*"The American Heart Association is honored to collaborate with two trusted organizations to provide evidence-based education and lifestyle recommendations to impact the cardiovascular health of Collin County residents for years to come. The collaboration with Assistance Center of Collin County and City Bridge Urgent Care will be critical to helping us meet residents where they are as we establish educational opportunities, share evidence-based resources, and provide support for long-term behavior changes throughout far east Collin County."*

NORMA CANDELARIA, SENIOR DIRECTOR  
HEALTHCARE SYSTEMS, AMERICAN HEART ASSOCIATION

**\$350,000**

Amount awarded for the 2023/24 grant cycle as a result of the innovative concept and potential reach.

[TexasHealth.org/Community-Impact](https://TexasHealth.org/Community-Impact)



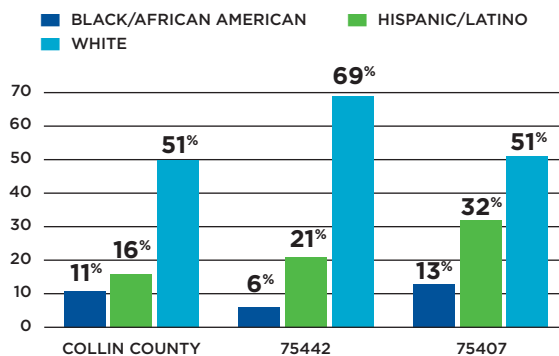
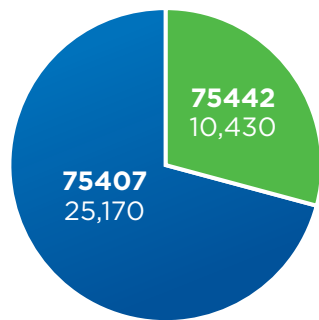
As an example of the data used to analyze the ZIP codes and determine areas of focus in each Texas Health Community Impact region, the following is a snapshot of information for Farmersville 75442 and Princeton 75407.



**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 **1,109,462** Collin County residents, **35,600** reside in our high-need ZIP codes.



Source: CensusReporter.org

## SOCIAL DETERMINANTS OF HEALTH

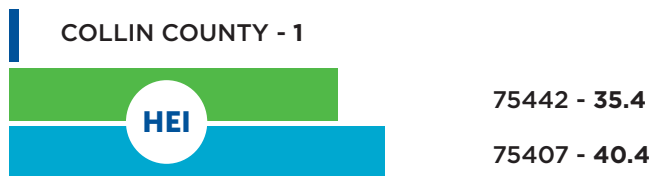
Conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. Through Texas Health Community Impact grants, we're trying to address the whole person—not just a disease.

### The Health Equity Index (HEI)

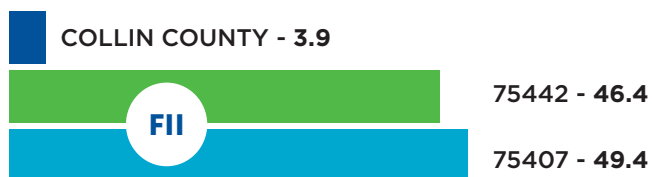
incorporates estimates for six different social and economic determinants of health that are associated with poor health outcomes. The data, which covers income, poverty, unemployment, occupation, educational attainment, and linguistic barriers, are then standardized and averaged to create one composite index value for every ZIP code in the United States.

### The Food Insecurity Index (FII)

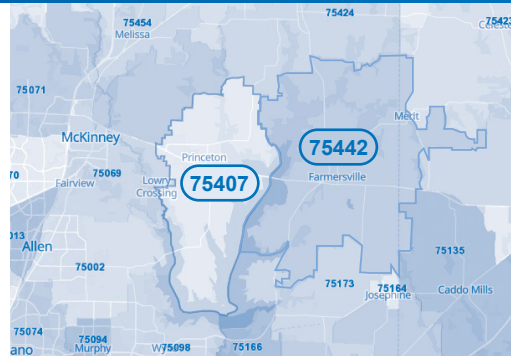
is a measure of food access that is correlated with economic and household hardship.



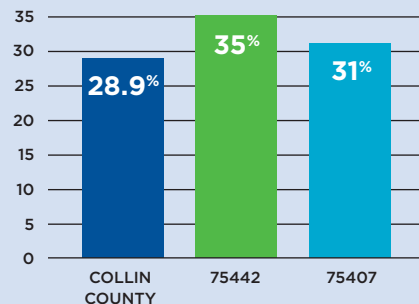
<https://www.texashealth.org/-/media/Project/THR/shared/Documents/PDFs/Community-Health/Community-Health-Needs-Assessments-2022/Harris-Methodist-Hospital-Fort-Worth-CHNA-2022.pdf>



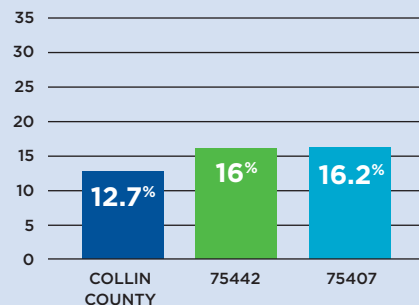
Source: <https://www.healthytexas.org/> 0 - LOWEST NEED GREATEST NEED - 100



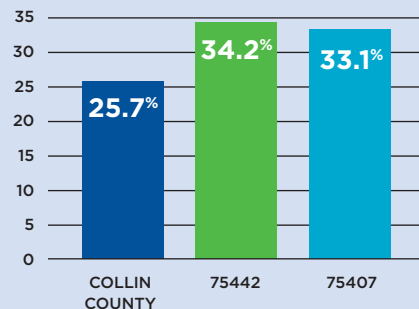
## Blood Pressure Prevalence



## Poor Mental Health: 14+ Days



## Obesity



Source: <https://www.healthytexas.org/>  
Source: City Health Dashboard



[TexasHealth.org/Community-Impact](https://TexasHealth.org/Community-Impact)