

# Texas Health Community Impact Grant - 2023/24

TARRANT COUNTY

FORT WORTH 76104, 76105, AND 76119

## 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

### Taste Project

Culinary School of Fort Worth

Texas Christian University

Pathfinders

Workforce Solutions

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

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Tarrant County  
Community Health Improvement  
Texas Health Resources

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## You can help.



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

# I-HEAL: Improving Health Equity Among Low-Income Adults

## About this Grant

Currently, the I-HEAL grant applies to individuals with diabetes or high blood pressure who live in 76104, 76105 and 76119 (Fort Worth) and will expand to 76010 and 76011 (Arlington) in 2024. By integrating multidisciplinary services in a nontraditional setting of a pay-what-you-can restaurant and providing culinary job training, this grant is poised to improve health outcomes and quality of life for up to 5,000 residents.

By streamlining services that are not typically offered in one central location, the negative impact of social determinants of health will be reduced, health equity will be improved, and people from all backgrounds will feel valued.

## Program Milestones to achieve by December 2024

By integrating services to improve access to job training, employment, healthy food, nutrition counseling, and financial literacy education and coaching, the grant will:

- Improve health outcomes in 200 low-income adults age 18+
- Improve quality of life in 5,000 low-income adults age 18+



## Healing through Food

For many adults from low-income communities, food can represent financial stress, poor health, and even death. Food insecurity, lack of access to nutrition and disproportionately higher rates of diabetes, high blood pressure and depression plague citizens of Fort Worth and Arlington who deserve better.

Food can also heal. Through an innovative program, I-HEAL: Improving Health Equity Among Low-income Adults, individuals with diabetes and/or high blood pressure receive job training, nutrition education, access to healthy foods, financial literacy and employment in a non-traditional setting: a restaurant. Daily nutritious meals, paid restaurant work experience, classroom instruction, on-site training, and financial coaching are on the menu at Taste Community Restaurant, a pay-what-you-can-afford approach to empowering the community to help while serving individuals in need.

Through I-HEAL, and with the help of community partners, underserved individuals have a seat at the table in directing their own health. With the food, tools and training they need in one convenient location, people can live healthier lives by managing chronic health conditions and social determinants of health, and benefiting from a sense of community.

**\$748,314.24**

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

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



# FORT WORTH 76104, 76105, AND 76119

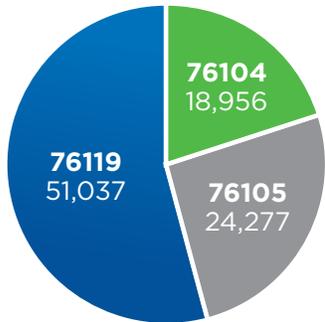
As an example of the data used to analyze the ZIP codes and determine areas of focus in each Texas Health Community Impact region, the following information is a snapshot for Fort Worth 76104, 76105 and 76119. **For Arlington 76010 and 76011 data, please refer to the Arlington version of the I-HEAL grant fact sheet.**



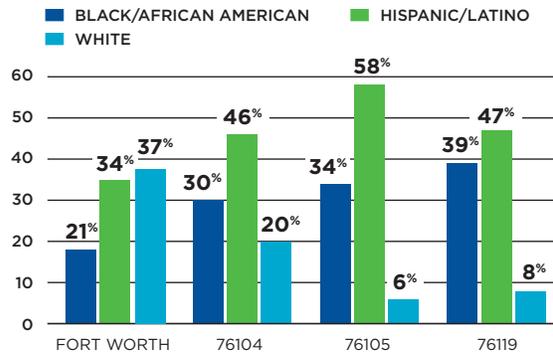
**FOR ADDITIONAL DATA AND DEFINITIONS**  
Review the Community Health Needs Assessment by scanning the QR code or visiting [TexasHealth.org/CHNA](https://TexasHealth.org/CHNA)

## DEMOGRAPHICS

Out of **940,437** Fort Worth residents, **10.2%** reside in high-need ZIP codes.

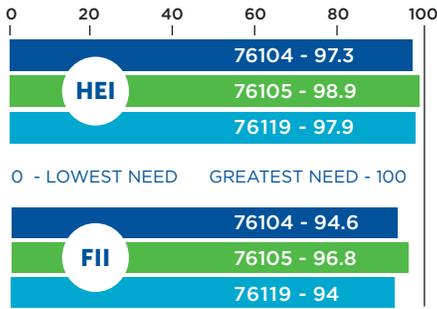


Source: CensusReporter.org



## 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 are trying to address the whole person—not just a disease.



Sources: <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>

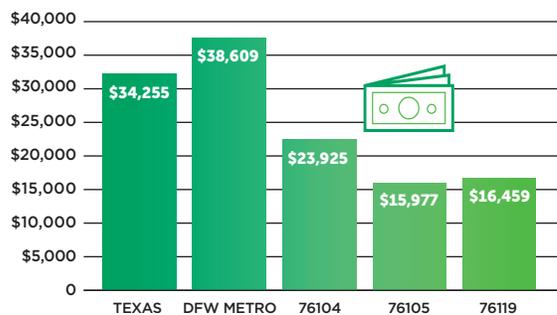
### Health Equity Index (HEI)

incorporates estimates for six different social and economic determinants of health that are associated with poor health outcomes.

### The Food Insecurity Index (FII)

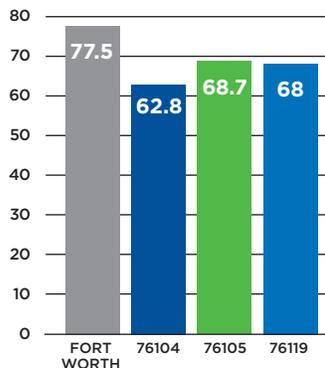
is a measure of food access that is correlated with economic and household hardship.

**Per capita income** for residents of 76104, 76105 and 76119 is less than the state and DFW Metro averages.

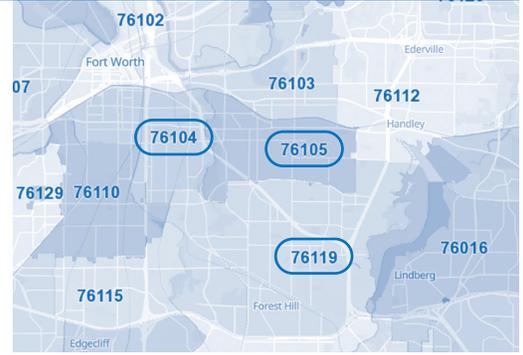


Source: censusreporter.org

## LIFE EXPECTANCY



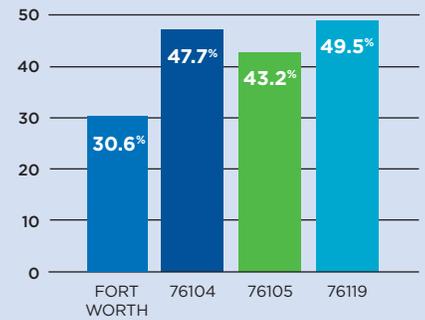
Source: City Health Dashboard



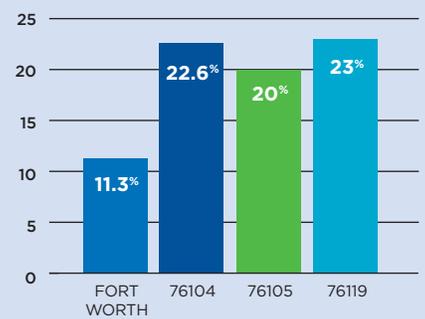
## CHRONIC DISEASES

Residents also face many health concerns—including diabetes and high blood pressure—both of which are prevalent in minority populations.

### High Blood Pressure



### Diabetes



Source: City Health Dashboard



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