

Texas Health Community Impact Grant

It is said that a person's ZIP code has a greater impact on their health than their genetic code. So, let's reach out into our communities to make a real difference in the health and well-being of our neighbors through Texas Health Community Impact. This data-driven, outcome-focused approach pinpoints specific ZIP codes to collaboratively address social determinants of health before the resulting problems surface in the form of chronic disease and premature death.

Collaborating Organizations

United Way of Johnson County

East Cleburne
Community Center

HOPE Medical-Dental Clinic

Keene Seventh Day
Adventist Church

Cleburne Fire Department

Johnson County Hunger Coalition

Meals on Wheels of Johnson and
Ellis Counties

North Central Texas Council
of Governments

Operation Blessing

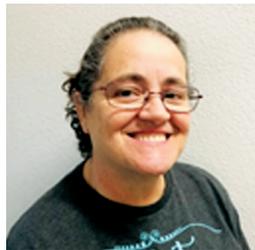
Tarrant Area Food Bank

Texas A&M AgriLife Extension

Texas Veterans Commission

Workforce Solutions North
Central Texas

Meet Dee.



Every Tuesday for the last four years, Dee has been an entertaining, friendly bingo participant at the E Cleburne Community Center. Upon hearing about the new monthly Senior Share program, Dee immediately volunteered to help ensure seniors can get the nutritious food they need — even offering to provide rides. Bringing joy and ensuring fellowship and food security for seniors is important to Dee. She would like to see more opportunities in Johnson County. She is not alone. In fact, thanks to the Johnson County Supporting Our Seniors collaborative, additional opportunities have come to fruition in E. Cleburne and Keene. With compassionate, helpful neighbors such as Dee joining the JCSOS efforts, imagine the positive, lasting impact for the community!

About the Texas Health Community Impact initiative

To address the local priorities identified by Texas Health, Johnson County Supporting Our Seniors proposes to build a multi-sector, multi-system, multi-agency collaborative to address depression and social isolation and increase access to healthy food for low-income adults ages 55+ in East Cleburne 76031 and Keene 76059. Texas Health considers the \$300,000 grant awarded to the collaborative as seed money for use as further financial support is gathered in the communities to meet long-term goals.

Highlights

- Never-before collaboration between the cities of Cleburne and Keene.
- Never-before multi-sector collaborations (university, faith communities, nonprofit organizations, public sector).
- Addressing mental health through the Program to Encourage Active, Rewarding Lives (PEARLS), a national, evidence-based treatment program for depression impacting seniors, as well as Celebrate Recovery.
- Using WellWare software to integrate data collection across organizations.
- Increasing socialization opportunities through educational activities (such as May the Force be with You, a class to help seniors learn how to use technology), exercise/fitness programs with measurable outcomes and more.
- Addressing healthy food access through nutrition education (such as Cooking for One classes), enhanced congregate meal offerings and implementing a Senior Share program. Congregate meals occur when food is served in a community setting, such as a senior center or faith community. Senior Share is a supplemental food assistance program intended to bring nutritious food to seniors in a community setting.
- Sustainability through a strong network of volunteers.

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

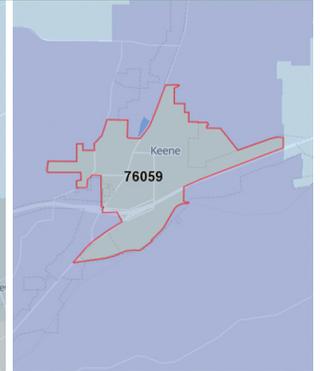
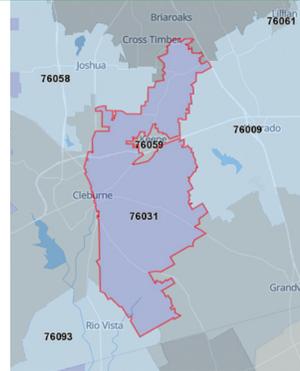
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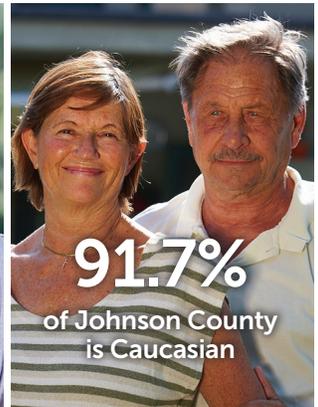
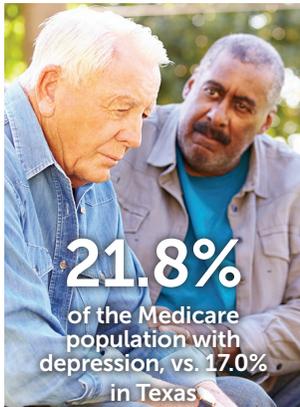


Cleburne 76031 and Keene 76059

As an example of the data used to analyze the ZIP codes and determine the areas of focus in each Texas Health Community Impact region, the following is information for for East Cleburne 76031 and Keene 76059.



Population Data for Johnson County: East Cleburne 76031 and Keene 76059*



Social Determinants of Health*

Studies have found that access to public transportation and living in a highly populated city 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.¹



food insecurity rate, vs. 17.0% in Texas



use public transportation for commute



mental health care provider rate per 100,000 population for Johnson County, vs. Texas at 102.3

Community Readiness Assessment**

Local leaders said

- There is a strong need for community health education
- Financial means for individual health and wellness are limited
- There is an opportunity for local agencies to collaborate and share resources for greater positive impact

Focus Group Key Findings**

In 76031, there are high needs for

- Reliable, affordable transportation
- Access to affordable, nutritious food
- Community connectivity through social gatherings and resource sharing

In 76059, there are high needs for

- Access to affordable, nutritious food
- Compiling and communicating local resources and events
- Reliable, affordable transportation
- Affordable mobile medical and dental clinics, as well as mental health services for the uninsured and underinsured

Windshield Survey Key Findings**



no grocery stores



strong faith community presence



limited social spaces

SOURCES:
*Statistics: CommunityCommons.org, Federal Poverty Guidelines 200% below (Maximum income of \$24,120 for 1-person household to \$49,200 for 4-person household)
¹ <https://www.citylab.com/transportation/2015/12/study-transit-density-mental-health-depression-turin/417969/>
**Texas Health Community Health Improvement 2018

Doctors on the medical staffs practice independently and are not employees or agents of Texas Health hospitals or Texas Health Resources.

