

Community Impact Grant - 2021/22

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

LifePath Systems

Community Garden Kitchen
Community Health Center of McKinney
Community Lifeline Center
Hope Clinic of McKinney
Wellness Center for Older Adults

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

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About Beyond Blue

Beyond Blue seeks to provide a holistic approach to identify a person's needs by strengthening collaborative efforts between primary health, behavioral health and community food resource organizations while providing integrative social connections. Beyond Blue envisions a community where all adults have optimal behavioral and physical health and are socially connected in order to live full and meaningful lives.

Program Objectives to reach by December 2022

- Decrease depression and anxiety among low-income individuals age 18+ in McKinney (75069).
- Increase food security within low-income individuals age 18+ in McKinney (75069) by increasing access and navigation to healthy foods.

\$475,000

Amount awarded from the Texas Health Community Impact initiative for grant cycle two, as result of the promising results from grant cycle one.

Meet Annie*



Sometimes, when life is difficult, we can feel overwhelmed and unsure of what or how much help we need. That was the case for Annie, a mother in McKinney who was struggling financially and emotionally during the pandemic.

Annie was referred to Beyond Blue for assistance and was grateful for help with food and transportation needs. Annie was also screened for depression and anxiety and her testing revealed she had both. She was initially resistant to the idea of counseling, but agreed to participate in Beyond Blue's Life Skills training, where she learned to cope and manage her life. The training gave her the confidence to proceed with regular counseling which encouraged her to attend Beyond Blue social events with her son, both participating with great enthusiasm.

The team was willing to meet Annie where she was and to create growth opportunities as they built a relationship with her over time. The staff once described Annie as negative and sad, but the case manager now says, "she is one of the bright lights, appears happy, laughs and has a renewed hope."

*Name changed to protect confidentiality.



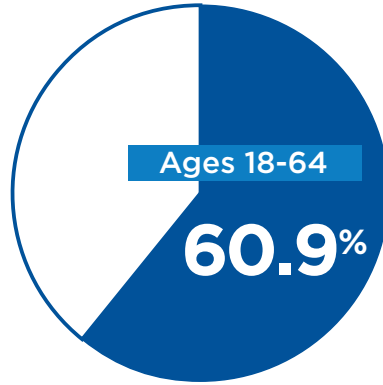
East McKinney 75069

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 East McKinney 75069.

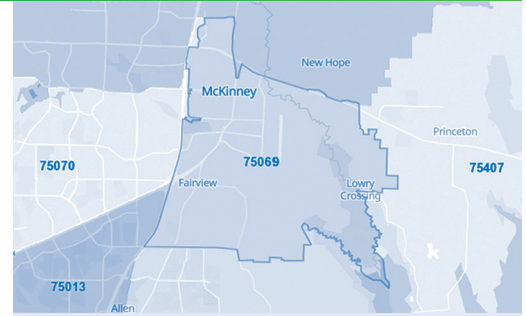
POPULATION DATA



White	51.5%
Hispanic/Latino	34.9%
Black	9.8%
Asian	1.7%
2+ Races	1.4%
Other	0.1%



Source: www.city-data.com/zps/75069.html



LARGEST AREAS OF NEED IN EAST MCKINNEY

Census Tract of Focus - 309

Frequent Mental Stress

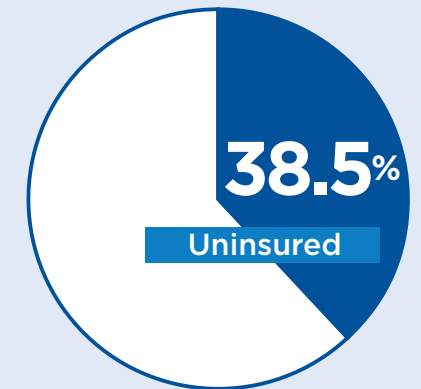
17.1%

compared to **12.3%** of McKinney adults



Limited Access to Healthy Food

93.9%



Between April to July 2020, ZIP code 75069 reported the **greatest number of confirmed COVID cases** in McKinney



Source: Census tract #309; City Health Dashboard; Coronavirus impact data: Texas Department of State Health Services & City of McKinney website



SOCIAL DETERMINANTS OF HEALTH

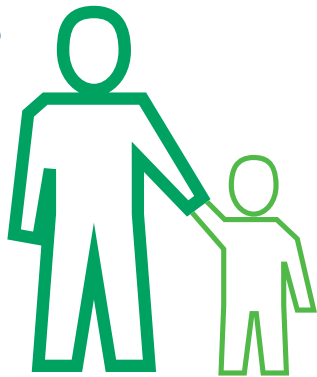
Census Tract of Focus - 309

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.

healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health

24.3%

Families Living **BELOW** Poverty Level



80.8%

Households with Children Receiving **SNAP**

51.1%

EXCESSIVE Housing Cost



COMPARED TO

30.5% McKinney Households

1,000,000 lbs. 2021

50,000 lbs. 2019

In a response to the pandemic, Beyond Blue partner Community Lifeline Center, reports they are **on target to distribute more pounds of food** this year compared to 2019.

Maps obtained through <https://www.unitedstateszipcodes.org/>
Doctors on the medical staffs practice independently and are not employees or agents of Texas Health hospitals or Texas Health Resources.

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