



COMMUNITY HEALTH NEEDS ASSESSMENT

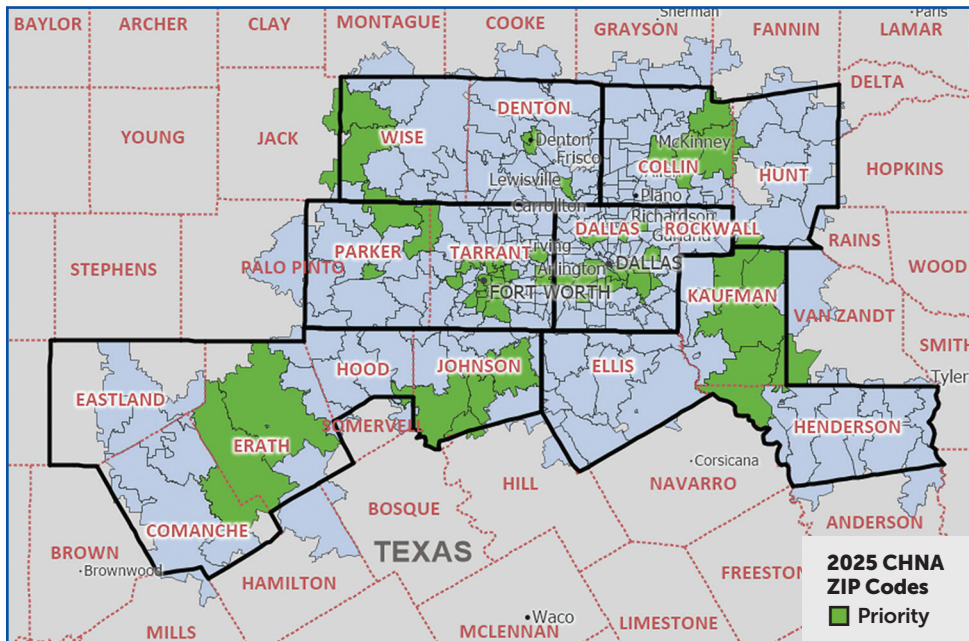
Implementation Strategy | 2026-2028



Texas Health Resources is committed to improving the health of the people in the communities we serve. Guided by the 2025 Community Health Needs Assessment (CHNA), we carefully reviewed data and community input to identify the most pressing health needs. This report highlights the priority areas selected through this review and outlines our actions and goals to address them across our 16-county service region. While the plan provides a structure, it also reflects our ongoing commitment to listen, adapt, and respond to the evolving needs of the people in our communities.

Approach and Resources

Texas Health approaches the CHNA implementation plan as a comprehensive system-wide strategy. The framework makes it possible to apply diverse resources toward sustainable, high-impact solutions. Through shared commitment and alignment, we amplify our impact and transform community health. This strategy is guided by data and shaped by the voices of our communities, ensuring we focus on what matters most and build solutions that last. Because health needs and resources differ from region to region, strategies and programs are developed, adjusted, and extended to additional areas to meet the evolving needs of each community. By working together with our communities, Texas Health promotes healthier futures by collaborating to design and implement innovative solutions.



Priority ZIP Codes

Before initiating the primary and secondary analyses for the 2025 CHNA, Texas Health reassessed both its 2022 CHNA priority ZIP codes and its broader entity service areas to align with current community needs. For 2025, Texas Health expanded this review by incorporating internal non-medical drivers of health (NMDOH) screening data to identify ZIP codes where a high proportion of Texas Health patients reside and where greater needs are evident. While these priority areas help guide targeted CHNA strategies, Texas Health continues to address the needs of individuals across its full-service area and, when appropriate, beyond it.



Implementation Strategy Priority Areas

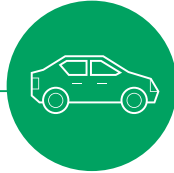
Better physical and mental health begins with addressing the non-medical drivers that influence health.

Recognizing this impact, Texas Health works to improve both physical and mental health by focusing on NMDOH. This approach supports an overall goal of prevention and management of chronic diseases and mental health conditions while simultaneously addressing the non-medical barriers that hinder individuals from achieving overall health and well-being. Based on extensive community feedback and analysis of data, the following NMDOH have been identified as top concerns:



Healthcare Access, Navigation, and Literacy

With an overall goal of improving an individual's ability to navigate and utilize the healthcare system, healthcare access, navigation, and literacy includes improving access to affordable care, assistance in navigation through the continuum of care, and strengthening health knowledge to allow for informed decision-making.



Transportation

Transportation directly affects a person's ability to access healthcare, healthy food, employment, and other non-medical support. Without reliable, affordable, and safe transportation, individuals may face delays in care, increased isolation, and limited opportunities for maintaining overall well-being.



Connectedness

Having a sense of belonging, social support, and meaningful relationships within a community is directly linked to better health outcomes. Connectedness includes fostering connections that help build resilient, healthier communities.



Food Insecurity

Food insecurity refers to the lack of consistent access to safe, nutritious, and affordable food. Addressing this issue supports overall well-being by ensuring individuals can obtain healthy foods and gain the knowledge needed to make informed choices about nourishing their bodies.

While four priority areas have been identified as the most urgent concerns, Texas Health recognizes that multiple NMDOH factors play a critical role in shaping overall well-being and that these factors are often interconnected. To enable a focused and achievable approach, the implementation plan concentrates on these four points as a primary focus, while remaining flexible to incorporate additional NMDOH initiatives as community needs evolve and new prospects develop.



Priority Area: Healthcare Access, Navigation & Literacy



Impact Goal:

Enhance access to healthcare and community services by expanding navigation support and educational outreach for both medical and non-medical needs.



Planned Actions

- Expansion and replication of successful [Texas Health programs](#) in additional priority ZIP codes, building on models that have already demonstrated positive outcomes in our communities.
- Scale up programs that have demonstrated measurable success in improving patient wellbeing and that integrate healthcare access with interventions addressing non-medical health barriers.

Target Populations

With insurance being a significant barrier across North Texas, programs will be targeted to uninsured and underinsured individuals.

Planned/Potential Collaborations*

- 211
- All Community Outreach
- American Heart Association
- Arlington Urban Ministries
- Community Crossroads
- Cornerstone Network
- Delighted to Doula
- Grace Place
- Healing Hands Ministries
- Local public health departments
- Mission Arlington
- Freedom Pantry & First Refuge
- Prestonwood Pregnancy Center
- Ruth's Place
- United Way of Metropolitan Dallas
- United Way of Denton County
- United Way of Tarrant County
- Women, Infants and Children (WIC)

* Identified organizations include both existing and new potential collaborators. For current collaborations, efforts are underway to broaden and strengthen these relationships and focus on expanding the scope of collaboration.

Priority Area: **Connectedness**



Impact Goal:

Identify key challenges to connectedness to support the development of effective strategies.



Planned Actions

- Complete a comprehensive review of research and population data
- Develop a targeted strategy informed by research and data analysis
- Implement strategy that will address challenges to connectedness

Planned/Potential Collaborations*

- City community centers
- Local universities
- Local public health departments
- Meadows Foundation
- United Way of Denton County
- YMCA

Target Populations

Current research points to young adults (18-34) and older adults (50+) as having significant barriers. Texas Health expects to target these populations, but further analysis will be completed to determine final target population.

* Identified organizations include both existing and new potential collaborators. For current collaborations, efforts are underway to broaden and strengthen these relationships and focus on expanding the scope of collaboration.

Priority Area: Food Insecurity



Impact Goal:

Develop a system strategy that aligns and integrates existing Texas Health programs, demonstrating measurable success with community resources for coordinated and effective delivery of services.



Planned Actions

- In alignment with the strategy, strengthen existing programs and explore opportunities for new partnerships and outreach.
- Expand and develop programs that integrate healthcare delivery and connectedness with food access

Target Populations

Families and communities identified as being food insecure with a focus on households with children, pregnant or postpartum individuals, and patients with diet-sensitive chronic conditions.

Planned/Potential Collaborations*

- Allen Food Pantry
- Bonton Farms
- Community Lifeline Farmers
- Farmers markets
- Food banks
- Good For You community partners
- Independent school districts
- La Tiendita
- LVT Rise
- Ruth's Place
- Shiloh Field Community Gardens
- Tabor Farms

* Identified organizations include both existing and new potential collaborators. For current collaborations, efforts are underway to broaden and strengthen these relationships and focus on expanding the scope of collaboration.

Implementation Strategy Priority Area: **Transportation**



Impact Goal:

Support policy change and infrastructure development to enhance access to healthcare and community resources.



Planned Actions

- Expand transportation networks to connect communities with healthcare providers, especially in rural regions.
- Evaluate impact of infrastructure projects and policy changes to guide future investments.
- Collaborate with coalitions and nonprofits to amplify policy change efforts at local, state, and federal levels.

Planned/Potential Collaborations*

- 211
- Catch a Ride Network
- NCTCOG
- Public transit services
- Rideshare programs
- Rural transit
- Texas Mobility Leadership Circle

Target Populations

Residents living in ZIP codes with a high transportation barrier will first be prioritized. This will further be targeted by assessing ZIP codes having limited access to public transit systems. The following prioritized ZIP codes were identified as having the highest barrier to transportation:

Dallas: 75042; 75051; 75116; 75150; 75180; 75203; 75210; 75211; 75212; 75215; 75216; 75217; 75220; 75224; 75227; 75231; 75233; 75243

Denton: 75057; 76201; 76205; 76209; 76431

Kaufman: 75142; 75160

Southern: 76401; 76009; 76031; 76059

Tarrant: 76010; 76011; 76040; 76103; 76104; 76105; 76106; 76110; 76111; 76112; 76114; 76115; 76116; 76117; 76119; 76133; 76134; 76140; 76164

* Identified organizations include both existing and new potential collaborators. For current collaborations, efforts are underway to broaden and strengthen these relationships and focus on expanding the scope of collaboration.