

Texas Health Community Health Improvement (CHI)

Reduce SILOS

Achievements | 2022



Program Objective

Reduce SILOS (Social Isolation and Lift Outcomes for Seniors) is a free program for adults age 50+ designed to serve low-income individuals that report feeling lonely or socially isolated. Each participant is paired with a Community Health Worker (CHW) to create their own connectivity plan specific to their interest and community. The CHW remains available to each participant for a period of 12 months and screens the participant at 3, 6, and 12-months. The goal is to connect the individual to available resources and community activities, making an overall impact in the participant's depression, disconnectedness, and loneliness.

Statement of Need

Those impacted by social isolation or loneliness are more likely to have a health condition or physical challenge. Not being connected to friends and family can lead to a higher chance of having heart disease (29%), a stroke (32%), and dementia or loss of memory (50%). Texas Health is moving upstream to address social isolation and loneliness to improve health outcomes through the Reduce SILOS program.

Targeted ZIP Codes

TARRANT COUNTY: 76010, 76011, 76013, 76014, 76103, 76104, 76105, 76106, 76110, 76111, 76112, 76115, 76116, 76117, 76119, 76134, 76164

PARKER COUNTY: 76082

Partnering Entities

- Texas Health Arlington Memorial
- Texas Health Fort Worth
- Texas Health Physicians Group

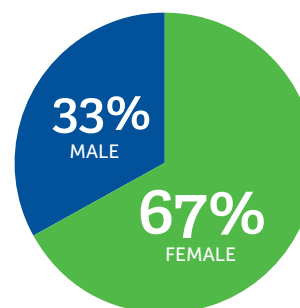
Demographic of People Served

65 years

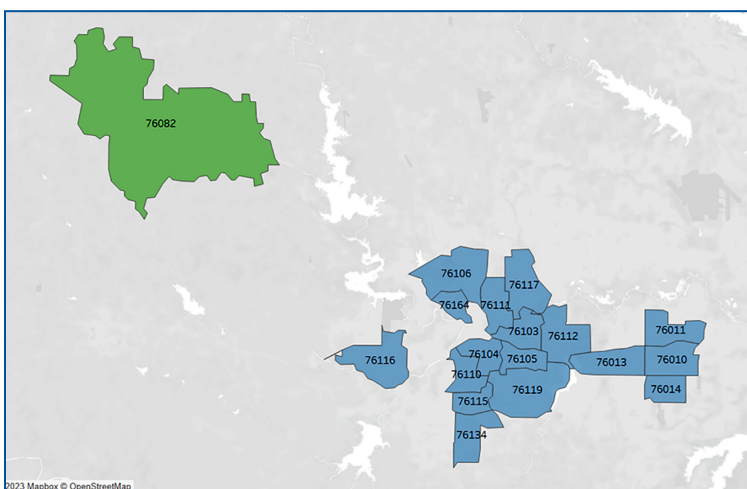
Average age of Reduce SILOS participants

60%

Percentage of those served through the grant that are low-income



Break down of participants by gender



Visit the [Reduce SILOS page](#) to learn more about the program.



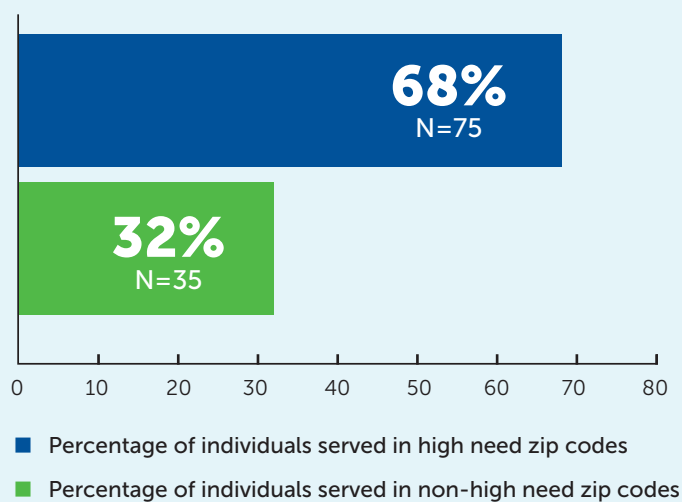
To learn more about our community health improvement programs, please email us at THRReduceSILOS@TexasHealth.org



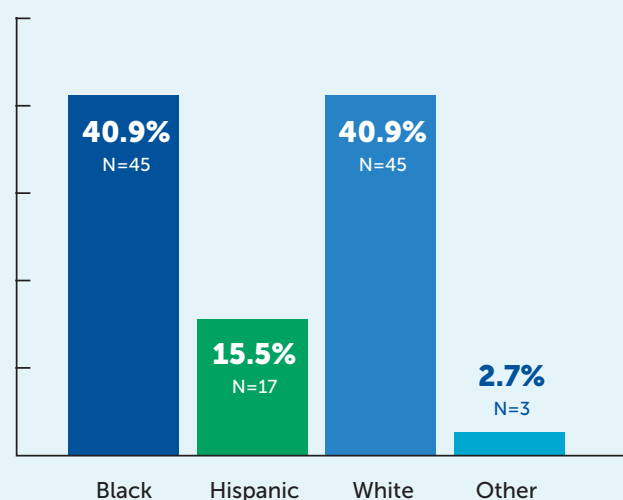
Texas Health.

Reduce SILOS - Demographics

TOTAL NUMBER OF INDIVIDUALS SERVED (N=110)



DEMOGRAPHIC OF PEOPLE SERVED



Activities/Output

1.3

Average number of referral types for social engagement and services. Each participant can be referred up to three intervention types.

1,742

Total number of patients initiating the screening tool.

110

Number of participants enrolled in Reduce SILOS.

275

Of the 1,742 screened, 275 patients requested to be contacted about social services interventions.



Outcomes

75%

Percentage of participants reducing social disconnectedness

45%

Percentage of participants reducing their depression scores

67.5%

Percentage of participants improving their social support