

Community Resource Center

Program Objective

The Community Resource Center at Texas Health Allen provides free, comprehensive healthcare to Collin County residents with chronic conditions who have limited access to care. Program enrollment is six months and services include medical management, nutrition counseling, on-site food pantry, and referrals to community resources.

Statement of Need*

Although Collin County includes areas of significant affluence, more than 150,000¹ residents lack health insurance, and more than 50,000¹ are unemployed. Data shows higher rates of diabetes, high cholesterol, hypertension, and coronary disease among these individuals. Limited health education and a shortage of community resources in parts of the county leave many individuals without the support they need to manage their conditions.



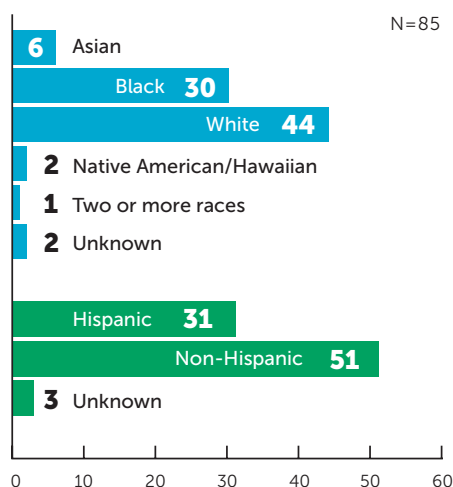
Outreach

The Community Resource Center's reach relies on strong community relationships and proactive outreach. Staff engage residents through community events, health and job fairs, and back-to-school initiatives, and distribute information about the center and its program through clinics, community centers, and faith organizations.

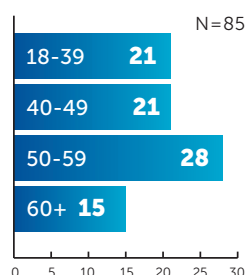
Mutual referrals are central to Community Resource Center's whole-person approach, connecting patients to housing, transportation, food access, behavioral health, and employment services. The Community Resource Center continues to expand its reach through collaborations with Assistance Center of Collin County, Hope Restored, LifePath, Samaritan Inn, Julia's Center, CityBridge, Allen Community Outreach, and Common Good Medical and others.

Demographics

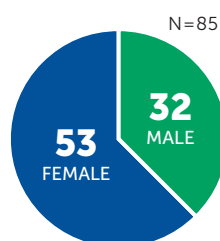
NUMBER OF INDIVIDUALS REACHED



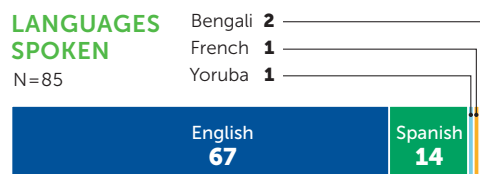
AGE GROUP BREAKDOWN



GENDER BREAKDOWN



LANGUAGES SPOKEN



The American Heart Association —Dallas has supported the Community Resource Center in numerous ways, including through donations of validated blood pressure monitors, blood pressure kiosks, pillboxes and weight scales.



¹ Texas Health Resources. (2025). 2025 Community Health Needs Assessment. <https://www.texashealth.org/-/media/Project/THR/shared/Documents/PDFs/Community-Health/Community-Health-Needs-Assessments-2025/Texas-Health-Resources-2025-Community-Health-Needs-Assessment.pdf>
^{*} Silver, S. R., Li, J., & Quay, B. (2022). Employment status, unemployment duration, and health-related metrics among US adults of prime working age: behavioral risk factor surveillance system, 2018–2019. *American journal of industrial medicine*, 65(1), 59–71.

Patient Story

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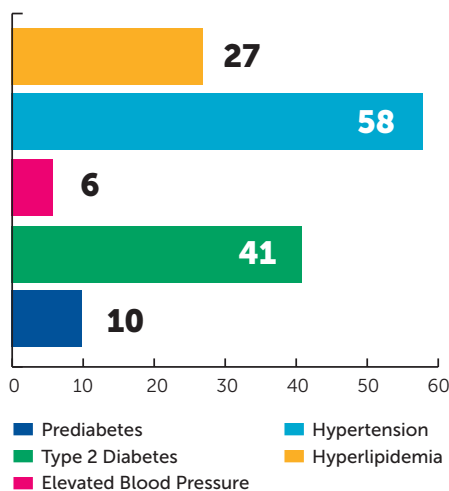
If it wasn't for this program, I would have either been back in the hospital again or I wouldn't be here right now. I've re-discovered how to cook things from scratch, and I'm more aware of what I'm putting into my body and how it's affecting me. These people saved my life. — KARI



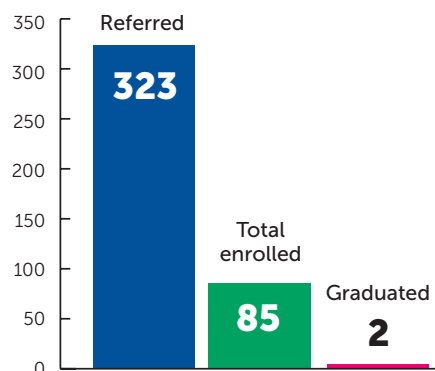
COMMUNITY RESOURCE CENTER: Path to a healthier future

For years, Kari's congestive heart failure felt like a weight she couldn't escape. Without insurance, she had to stop medications for more than four years and her health worsened, until one day she ended up in the Emergency Department at Texas Health Allen — terrified, as her body was giving out. It was there she was connected to the Community Health Resource Center. "If it wasn't for this program, I would have either been back in the hospital again or I wouldn't be here right now. These people saved my life," she said. The Community Resource Center team made sure she could keep getting her medications, but what meant even more, she said, was how they treated her with respect and compassion. They taught her how to track her labs, understand her levels, and recognize what her body needs. The nutrition education opened her eyes to what's hidden in packaged foods. "I've re-discovered how to cook things from scratch, and I'm more aware of what I'm putting into my body and how it's affecting me," she said.

NUMBER OF ENROLLED PATIENTS BY DIAGNOSES*



PATIENT STATUS



HOSPITAL UTILIZATION**

	N=85	BEFORE First Appt.		AFTER First Appt.
Emergency	19	vs.	10	
Inpatient	9	vs.	1	
Outpatient	6	vs.	0	

OUTCOMES/CLINICAL IMPACT*

For 2 Patients Graduated Enrollment vs. Graduation

0.10% Decrease in A1C	3.07% Decrease in weight
22.40% Decrease in Systolic Blood Pressure	25.29% Decrease in Diastolic Blood Pressure

OUTCOMES/PROGRAM IMPACT

2,164 Pounds of food distributed
9.97 Pounds per visit

ENGAGEMENT

265 Unique visits to the center

217 Visits to produce hub



* Patients may have more than one diagnosis.

** Before first appointment refers to the number of visits three months prior to the first appointment at the Community Resource Center. After first appointment refers to the number of visits three months after the first appointment at the Community Resource Center. Doctors on the medical staffs practice independently and are not employees or agents of Texas Health hospitals or Texas Health Resources. © 2026 Texas Health Resources. MB 4737 5/26