

Texas Health Community Impact Grant - 2023/24

TARRANT COUNTY

FORT WORTH 76104, 76105, AND 76119

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

Eastside Ministries

W.I.T.H (What's in the Head)
Adolescent and Young Adult Counseling

Community Crossroads –
Salt and Light Dental Clinic

True Love Sanctuary

McMillan United Methodist Church

Anew Vision Reentry Services

Morningside United Methodist Church

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

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Texas Health Resources
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You can help.



To be part of the change, scan this QR code or [click here.](#)

The Railroad Project Collaboration

About this Grant

The Railroad Project Collaboration's goal is to partner with our neighbors in their journey to mental, financial, and physical wellness. We will continue to address lack of access to healthy foods in Fort Worth ZIP code 76119—and extend into 76104 and 76105—with events to provide basic needs assistance and increase outreach to young adults ages 17-25; host monthly or bi-monthly diabetes and blood pressure screenings; and provide blood pressure monitors to 90% of households served.

Program Milestones to achieve by December 2024

- 3,000 total clients attend The Railroad events in 76104, 76105, and 76119.
- For those identified with chronic diseases, we aim to control blood pressure and diabetes through education and healthy habits such as weight loss and no gaps in medication.
- For individuals with depression, we aim to provide monthly counseling and coaching.

\$954,000

Amount awarded to The Railroad—a second-time grantee—for the 2023/24 grant cycle to build upon their accomplished work in 76119 and expand into neighboring ZIP codes 76104 and 76105.

Meet the Alexander Family

For the Alexander family—a mother and her adult son and daughter—life is challenging. They're homeless and have been off and on for two decades. They struggle with physical and mental health issues and don't have reliable transportation or solid job skills.

The Railroad Project Collaboration grant is committed to helping families like the Alexanders navigate out of their current circumstances and into long-term productive lives. East Side Ministries (ESM), a Railroad grant partner, has been working with the Alexanders since 2021. The family battles self-efficacy—there have been accomplishments and setbacks.

"It's a journey with many stops," said Denise Bell-Blakely, ESM executive director. "We work with clients whose trajectory is difficult to re-direct for various reasons—generational poverty, locked out of systems of wealth and legacy, and a lack of access to resources does not equal a quick turnaround."

Over time, however, the family has begun to visualize a healthier future. They had the idea to employ themselves through a package delivery job with a schedule they could control. The ESM team helped repair their vehicle and build a plan for delivering packages for Uber. The family can cash out their earnings daily to keep a steady cash flow and manage their finances. They have applied for low-income housing and expect to have a place to live soon.

"Providing a safe place for clients to participate in envisioning a better life, supporting them with the basics of food and clothing, and counselors who think outside the box and seek answers with clients, not for clients, is a formula for long-term and lasting self-evolution," Bell-Blakely said.

TexasHealth.org/Community-Impact



FORT WORTH 76104, 76105, AND 76119

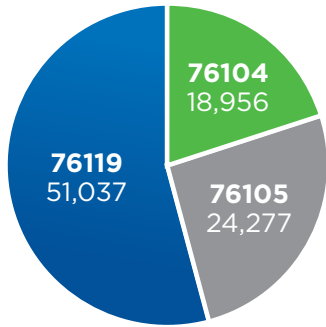
As an example of the data used to analyze the ZIP codes and determine areas of focus in each Texas Health Community Impact region, the following information is a snapshot for Fort Worth 76104, 76105 and 76119.



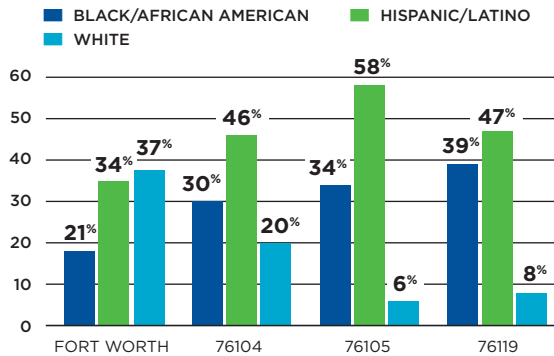
FOR ADDITIONAL DATA AND DEFINITIONS
Review the Community Health Needs Assessment by scanning the QR code or visiting TexasHealth.org/CHNA

DEMOGRAPHICS

Out of **940,437** Fort Worth residents, **10.2%** reside in high-need ZIP codes.

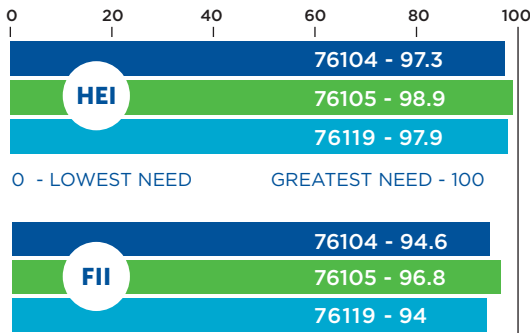


Source: CensusReporter.org



SOCIAL DETERMINANTS OF HEALTH

Conditions in the environments in which people are born, live, learn, work, play, worship, and age affect a wide range of health, functioning, and quality-of-life outcomes and risks. Through Texas Health Community Impact grants, we're trying to address the whole person—not just a disease.



Health Equity Index (HEI)

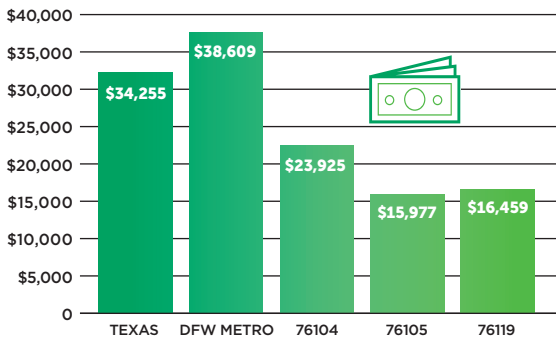
Formerly the SocioNeeds Index, HEI incorporates estimates for different social and economic determinants of health that are associated with poor health outcomes.

The Food Insecurity Index (FII)

FII is a measure of food access that is correlated with economic and household hardship.

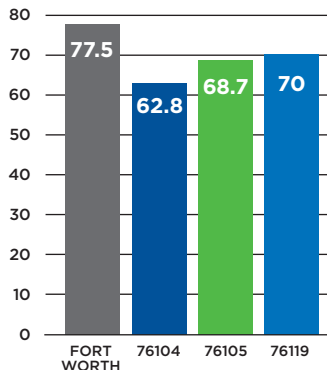
Sources: <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>; 2022 Community Health Needs Assessment

Per capita income for residents of 76105 and 76119 is less than half of the state and DFW Metro averages.

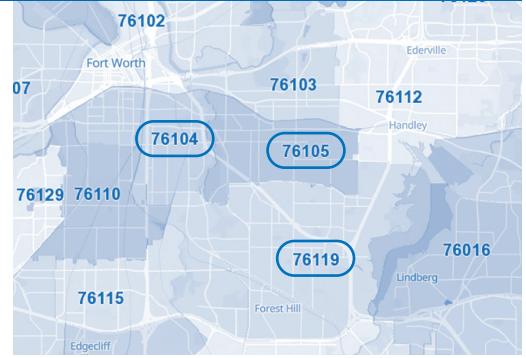


Source: censusreporter.org

LIFE EXPECTANCY



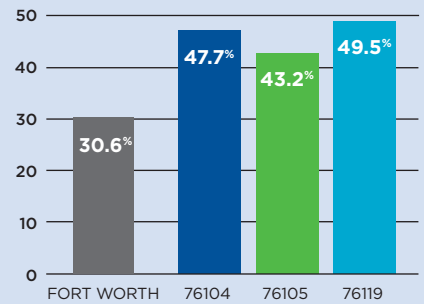
Source: City Health Dashboard



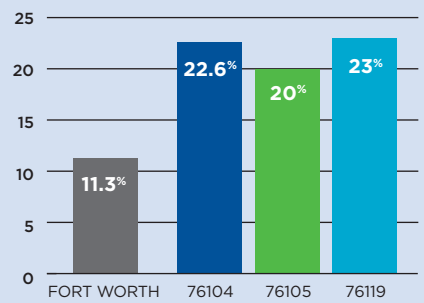
CHRONIC DISEASES

Residents also face many health concerns—including diabetes and high blood pressure—both of which are prevalent in minority populations.

High Blood Pressure



Diabetes



Source: City Health Dashboard



TexasHealth.org/Community-Impact