

Texas Health Community Impact Grant - 2023/24

TARRANT COUNTY

ARLINGTON 76010 AND 76011

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

Taste Project

Culinary School of Fort Worth

Texas Christian University Pathfinders

Workforce Solutions

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

Beth Harrison, Program Manager

Tarrant County
Community Health Improvement
Texas Health Resources

ElizabethHarrison@TexasHealth.org

You can help.



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

I-HEAL: Improving Health Equity Among Low-Income Adults

About this Grant

Individuals with diabetes or high blood pressure who live in 76010, 76011 (Arlington) or 76104, 76105 and 76119 (Fort Worth) will have the opportunity to participate in I-HEAL. By integrating multidisciplinary services in a nontraditional setting of a pay-what-you-can restaurant and providing culinary job training, this grant is poised to improve health outcomes and quality of life for up to 5,000 residents by December 2024. By streamlining services that are not typically offered in one central location, the negative impact of social determinants of health will be reduced, health equity will be improved, and people from all backgrounds will feel valued.

Program Milestones to achieve by December 2024

By integrating services to improve access to job training, employment, healthy food, nutrition counseling, and financial literacy education and coaching, the grant will:

- Improve health outcomes in 200 low-income adults age 18+
- Improve quality of life in 5,000 low-income adults age 18+



Healing through Food

For many adults from low-income communities, food can represent financial stress, poor health, and even death. Food insecurity, lack of access to nutrition and disproportionately higher rates of diabetes, high blood pressure and depression plague citizens of Arlington and Fort Worth who deserve better.

Food can also heal. Through an innovative program, I-HEAL: Improving Health Equity Among Low-income Adults, individuals with diabetes and/or high blood pressure receive job training, nutrition education, access to healthy foods, financial literacy and employment in a non-traditional setting: a restaurant. Daily nutritious meals, paid restaurant work experience, classroom instruction, on-site training, and financial coaching are on the menu at Taste Community Restaurant, a pay-what-you-can-afford approach to empowering the community to help while serving individuals in need.

Through I-HEAL, and with the help of community partners, underserved individuals have a seat at the table in directing their own health. With the food, tools and training they need in one convenient location, people can live healthier lives by managing chronic health conditions and social determinants of health, and benefiting from a sense of community.

\$748,314.24

Amount awarded for the 2023/24 grant cycle as result of the innovative concept and potential reach.

TexasHealth.org/Community-Impact

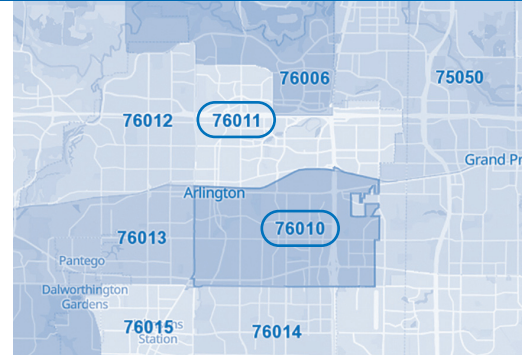


ARLINGTON 76010 AND 76011

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 Arlington 76010 and 76011. **For Fort Worth 76104, 76105 and 76119 data, please refer to the Fort Worth version of the I-HEAL grant fact sheet.**

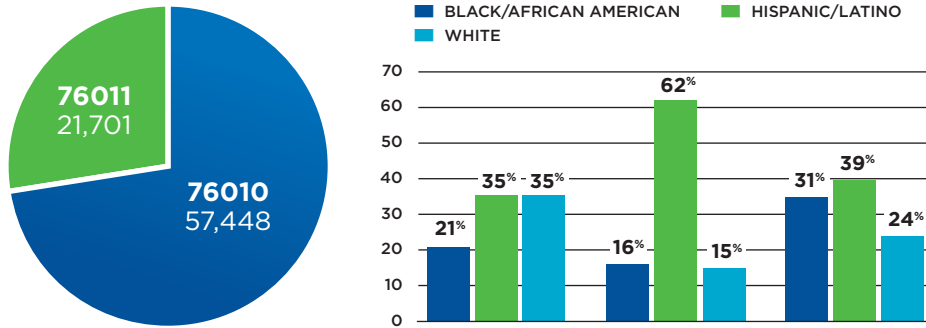


FOR ADDITIONAL DATA AND DEFINITIONS
Review the Community Health Needs Assessment by scanning the QR code or visiting TexasHealth.org/CHNA



DEMOGRAPHICS

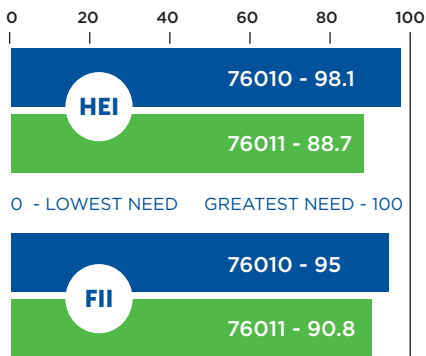
Of the **392,802** Arlington residents, **20.1%** reside in high-need ZIP codes.



Source: CensusReporter.org

SOCIAL DETERMINANTS OF HEALTH

Conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.



Health Equity Index (HEI)

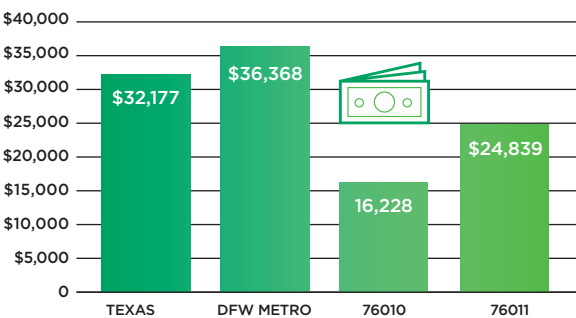
incorporates estimates for six different social and economic determinants of health that are associated with poor health outcomes.

The Food Insecurity Index (FII)

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

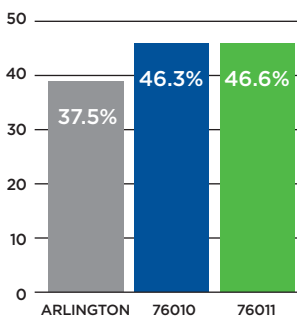
Sources: <https://www.healthypeople.gov/2020/topics-objectives/topic/social-determinants-of-health>

Per capita income for residents of 76010 and 76011 is less than the state and DFW Metro averages.



Source: censusreporter.org

OBESITY RATE for Adults Age 18+

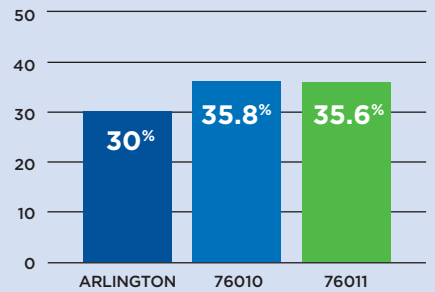


Source: cityhealthdashboard.com

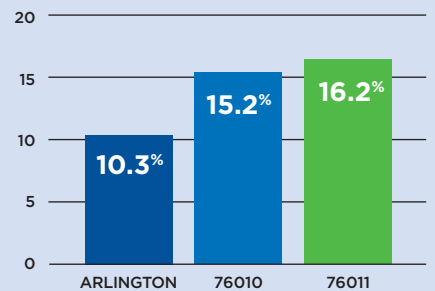
CHRONIC DISEASES

Residents also face many health concerns including diabetes, high blood pressure, and depression, all issues prevalent in minority populations.

High Blood Pressure



Diabetes



Source: City Health Dashboard



TexasHealth.org/Community-Impact