

ANNUAL REVIEW 2014

North Texas Community Health Collaborative (CHC)

ORGANIZATIONAL STRUCTURE

The North Texas Community Health Collaborative (CHC) is comprised of healthcare, public health, data analysis, health disparities and strategic planning professionals. Organizations include:

1. American Diabetes Association
2. Arlington Chamber of Commerce
3. Baylor Scott & White Healthcare System
4. Office of Health Equity
5. Cigna Healthcare Central Region
6. Cook Children's Health Care System
7. Dallas Medical Society
8. DFW Hospital Council Foundation
9. Diabetes America
10. Healthy Industry Council
11. Healthy Tarrant County Collaboration
12. Injury Prevention Center, Parkland
13. JPS Health Network
14. Meals On Wheels, Inc. of Tarrant County
15. Methodist Health Systems
16. Metrocare Services, Dallas
17. MHMR of Tarrant County
18. Parkland Health and Hospital System
19. Regional Health Partnership 9
20. Regional Health Partnership 10
21. Regional Health Partnership 18
22. Sanofi
23. Tarrant County Public Health
24. Texas Health Resources
25. Texas AHEC East DFW Region
26. United Way of Tarrant County
27. United Way of Dallas County
28. UNT Health Science Center
29. UT Dallas
30. UT Southwestern Medical Center
31. UT School of Public Health Dallas (DRC)
32. YMCA of Metropolitan Dallas



**We would like to
pay tribute to
Dr. Ron Anderson
for being a champion
of community health.**

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OBJECTIVES IN 2014

The CHC is working towards understanding health and disease disparities in the community while creating plans to promote healthier lives for North Texas residents. The focus is on the prevalence of diabetes, with an estimated 500,000 people suffering from the ailment in the Dallas-Fort Worth area. The cost of diabetes to the state is \$12 billion a year. According to the U.S. Census Bureau, Texas has the highest number



of uninsured people (24.6 percent) in the country. In Dallas County, 33.1 percent of its residents are uninsured. Annually, there are more than 200,000 hospital admissions attributed to diabetes in Texas. Due to the high number of uninsured, the cost exceeds \$3.5 billion (Mendoza et al 2014). In addition to the economic burden, diabetes is often a co-morbidity with other chronic illnesses, such as heart disease, kidney disease, neuropathy, retinopathy, pneumonia and other metabolic complications (Mendoza et al 2014). In 2010, 35 percent of the top-5 inpatient diagnoses in Dallas County had diabetes as an underlying condition (Mendoza et al 2014). Such intimidating numbers have inspired the development of a Diabetes Strategic Plan. The CHC is working with community leaders in high-diabetes prevalence zip codes in Dallas and Fort Worth to discuss steps to improve health and reduce the disease. Zip code 75227 in Dallas and 76112 and 76119 in Fort Worth were selected as high-diabetes frequency zip codes.

COMMUNITY MEETINGS IN DALLAS 75227

Feb. 28, 2014: CHC met with community leaders in the area, including pastors, elected officials and healthcare providers, to share the information regarding high-diabetes prevalence (12.5 percent) in zip code 75227. The lunch meeting took place at Greater Bethlehem Baptist Church (7031 Forney Road). CHC and the community leaders identified disparities associated with higher-diabetes prevalence in the community.

Diabetes Associated Disparities Zip code 75227

Community Level

- Food Desert/No access to fresh produce
- Lack of Nutrition Education
- Lack of Cooking Education
- Safety (Dogs/street lights)
- Parks and Recreations
- Public Transport
- Nutrition and PA in schools
- Access to health care
- Lack of support groups
- Education related to health care options for Uninsured people

Individual

Pre-diabetes
Family history
Prevention
Obesity reduction
Weight Management

Diabetes

Undiagnosed
Screening
Treatment
Management

Diagnosed
Treatment adherence
Management

Education and Support

Nutrition education/training

- Fresh food purchase
- Healthy meal planning
- Cooking
- Healthy eating

Physical Activity Promotion
Developing Self Esteem
Behavior change
Participation in support groups
Diabetes monitoring
Transportation

Community leaders suggested that residents were not aware of such a high prevalence or resources available to them. A comprehensive resource list in a hard copy, tri-fold format was prepared by the CHC to educate the community with diabetes facts and resources in the community.



A comprehensive resource list in a hard copy, tri-fold format was prepared by the CHC

10 EDUCATION PROGRAMS

NEAR ZIP CODE 75227*

Parkland Health & Hospital System
Southeast Dallas Health Center
9202 Elm Road
Dallas, TX 75217
214-266-1600; www.parklandhospital.com

Baylor Health Care System
Baylor Senior Health Center at Mesquite
1650 Republic Parkway, Suite 150
Mesquite, TX 75150
972-279-7575; www.baylorhealth.com

Baylor Health Care System
Baylor Family Health Center at Mesquite
1575 I-30
Mesquite, TX 75150
214-265-3728; www.baylorhealth.com

UT Southwestern Hospital Program
5959 Harry Hines Boulevard
Dallas, TX 75390
214-648-5305; www.utsouthwestern.edu

Baylor Health Care System
Baylor University Medical Center
4000 Junius Street
Dallas, TX 75246
214-920-6499; www.baylorhealth.com

Baylor Health Care System
Ruth Collins Med Provider Center
434 Swiss Avenue
Dallas, TX 75246
Phone: 214-265-3728; www.baylorhealth.com

Parkland Health & Hospital System
East Dallas Health Center
3320 Live Oak
Dallas, TX 75204
214-266-1000; www.parklandhospital.com

Parkland Health & Hospital System
Blitt-Flowers Health Center
303 E. Overton Road
Dallas, TX 75216
214-266-4257; www.parklandhospital.com

Veterans Affairs North Texas Health Care System
Diabetes Self-Management Education Program
4500 S. Lancaster Rd
Dallas, TX 75216
214-857-4270; www.northtexas.va.gov

Children's Medical Center Dallas
Diabetes Education Program
1935 Medical District Drive 4th Floor, Suite #F4400
Dallas, TX 75207
214-456-5959; www.childrens.com

* Please call for details

DIABETES PROGRAMS

GET ACTIVE!

United Way Dallas
214-978-0000; www.unitedwaydallas.org

The Concilio
214-818-0481; theconcilio.org

Camp Sweeney
940-665-2011; www.campsweeney.org

The YMCA of Metropolitan Dallas
972-560-3894; www.ymcadallas.org

Park South YMCA
214-421-5301; www.ymcadallas.org/locations

Dallas County Agrilife
214-904-3050; http://dallas-tx.tamu.edu

Dallas County Master Gardener Association
214-904-3053; www.dallascountymastergardeners.org

NORTH TEXAS COMMUNITY HEALTH COLLABORATIVE

This information is provided by North Texas Community Health Collaborative. This is a group comprised of professionals from local organizations with expertise in public health, data analysis, health disparities and strategic planning. The Dallas-Fort Worth Hospital Council Research Foundation serves to facilitate the collaborative's efforts in North Texas. This collaborative is working towards understanding health and disease disparities in the community while creating plans to promote healthier lives for North Texas residents. For more information please contact 469-648-5031 or e-mail community@dfwhcfoundation.org.



www.dfwhcfoundation.org

Brought to you by the North Texas Community Health Collaborative



RESOURCES FOR DIABETES PREVENTION AND MANAGEMENT

FOR ZIP CODE 75227 AND SURROUNDING AREAS

DID YOU KNOW?

In zip code **75227**:

- Diabetes is higher than the U.S. rate
- Diabetes is higher than the Texas rate
- 11% of the residents have diabetes
- Of those, 37% are males and 63% females
- 34% of hospital visits are made by diabetics
- 35% of the patients are uninsured
- Diabetes hospital visits cost \$70,909,175.00

Aug. 22, 2014: CHC organized a follow-up meeting to discuss progress and share the resources' tri-fold. Members discussed CHC efforts regarding the area's stray-dog and public transportation problems. CHC also discussed the possibility of a grant award from the Aetna Foundation for diabetes education and training in the 75227 zip code.

COMMUNITY MEETINGS IN FORT WORTH 76112 AND 76119

Quick facts about 76112 and 76119:

76112	76119	Zip codes in Fort Worth with highest incidence of ER visits
38,993 residents	42,761 residents	Diverse population demographics
4679 / 12%	8,125 / 19%	Have diabetes
15333/ 40% (9% diabetes)	18598/ 43% (9% Diabetes)	Of ALL those who went to the emergency room (%diabetes)
6991/18% (11% diabetes)	8126/19% (10% diabetes)	Of those who went to the hospital /non-emergency room (%diabetes)
30,805 / 79%	27,367 / 64%	Are overweight or obese
11,698 / 30%	11,973 / 28%	Have high blood pressure
17,547 / 45%	11,973 / 28%	Exercise regularly
10,528 / 27%	10,690 / 25%	Eat five or more servings of vegetables and fruits daily



June 18, 2014: The CHC and the Healthy Tarrant County Collaboration invited community leaders and elected officials for lunch and conversation about the overall health of residents in 76112 and 76119 zip codes. This was an opportunity discuss data results and to learn more from residents and leaders. A live resource list was shared with attendees. The meeting was held at the Tarrant County College Opportunity Center (5901 Fitzhugh Avenue).



Tarrant County Commissioner Roy C. Brooks (l to r), Fort Worth City Council member Gyna Bivens and Forest Hill Mayor Gerald Joubert at the June 18 meeting.

Nov. 12, 2014: The CHC and Healthy Tarrant County Collaboration hosted this meeting on diabetes prevention at Tarrant County College Opportunity Center. The meeting took place within Fort Worth’s “high diabetes prevalence” areas in zip codes 76112 and 76119. The event was an opportunity to prioritize and form task forces to conduct “action plans” for the area. **Shenequal Robertson** of The American Diabetes Association (ADA) served as keynote speaker to discuss education available to diabetic patients and the community. **Tarrant County Commissioner Roy C. Brooks** was also a speaker and promised to provide complimentary training space to ADA for education.



Shenequal Robertson of The American Diabetes Association during her presentation.



Tarrant County Commissioner Roy C. Brooks works with attendees on action plans.

76112 & 76119
WHERE CAN I FIND INFORMATION?

DIABETES PREVENTION & MANAGEMENT PROGRAMS
The following programs are held in community locations. Most offer a series of classes that provide good information and tools. Most can be brought to a community, church, or neighborhood location.

Diabetes Prevention Program (YMCA)
Contact: Shelley Parker at 817-566-1049 or sparker@ymcafw.org
<http://www.ymcafw.org/about-ymca/diabetes-prevention.aspx>
This program helps people at high risk avoid developing diabetes.

DiabetesSalud! (North Texas Area Community Health Centers)
Contact: Gabi Hernandez, CHW, 817-546-6517
This is a one-on-one diabetes education program targeted to diabetics 35 yrs. of age and older. Program aims to improve HgA1c and diabetes care management. Program is offered in English and Spanish and is free to the community.

Diabetes Screening & Nutrition Counseling (Meals on Wheels of Tarrant County)
Contact: Sherry Simon, RD/LD, 817-258-6427; simon@mealsonwheels.org
This free program goes to adults with disabilities and older adults who are homebound.

Health For You (United Way, Senior Citizen Services of Tarrant County, Tarrant County Public Health, and Texas Health Resources)
Contact: 1-888-730-2372 or 817-321-4976
Free classes available to groups of people who either have diabetes, or are at high risk. Classes may be offered in English or Spanish.

SmartSteps (JPS Health Network)
Toya Norton 817/702-7355 tnorton@jpshealth.org
Laura De Hoyos 817/702-2883, ldehoyos@jpshealth.org
Free classes at various community clinics- Call for times and locations
www.jpshhealthforlife.org

Tarrant County Diabetes Collaboration
Tarrant County Diabetes Collaboration - Work with your health care providers and take control of your diabetes. (Free Classes offered)
Contact: 817-454-4978 or Email: tcdeemail@yahoo.com
http://www.tcdc-diabetes.org/TCDC_web/Welcome.html




CHC WELCOMED HEALTH ACCESS AND EQUITY COMMITTEE

In 2014, the CHC welcomed new members from Health Access and Equity Committee chaired by **Mina Kini** of **Texas Health Resources**. The committee conducted the study **“Cultural and Linguistic Competence in Health Care”** in Dallas and Fort Worth. Cultural and linguistic competence is recognized as a crucial aspect of quality, particularly with the diverse North Texas patient population. The study details strategies for reducing disparities. Results indicated many hospitals are addressing language and cultural needs. Outcomes from the study will serve as initial reporting standards.

CHC PUBLISHED A PEER-REVIEWED ARTICLE

The results showed that the zip codes with the highest prevalence of diabetes had very few fresh food supermarkets, food banks, parks, sidewalks and hospitals (except for clustered medical clinics) indicating that addressing these disparities may be a prominent strategy for reducing the high prevalence of diabetes in these zones in Dallas County. The strength of this research is DFWHC research Foundation’s comprehensive data registry, which allowed us to analyze the patient data up to the zip code level to identify the high diabetes prevalence areas. Full publication can be accessed at “Mendoza, Theresa; Sharma, Sushma; Daughy, Pamela; Cooper, Crystee; Young, Carol; Tubb, Larry; Jenkins, Kristin; and (CHC), Community Health Collaborative of North Texas (2014) Environmental Disparities Present a Challenge for Diabetes Prevention and Management Efforts in Dallas County, Journal of Health Disparities Research and Practice: Vol. 7: Iss. 2, Article 3.”



CHC SUBMITTED AETNA REGIONAL GRANT

The CHC submitted an Aetna Regional Grant in July 2014. Results of the submission are expected in December 2014, with a start date of January 2015 if successful.



CHC seeks funding to implement culturally and linguistically appropriate community based diabetes prevention and management efforts in high diabetes area. The objective of this program will be to promote healthy lifestyle, developing self-esteem and improving eating and physical activity behavior by education and community engagement. This program will empower the community to improve health behavior by training members of the community as diabetes ambassadors, providing them an opportunity to educate other community members, and by eliciting culturally relevant healthy lifestyle messages from the community for the community.

REDESIGNING THE HEALTHY NORTH TEXAS WEBSITE

The Healthy North Texas website at www.healthyntexas.org is a resource for education and awareness. The site has interactive reporting capabilities. Its health and population data serves 7.1 million residents over a 12-county region including Collin, Dallas, Denton, Johnson, Parker, Tarrant, Ellis, Erath, Johnson, Kaufman, Wise and Rockwall.

In a November meeting, CHC discussed a potential redesign of the website. The discussion focused on ways to make the website more user-friendly. The committee also discussed ways to incorporate regional health resources into the website including the Diabetes Education and Awareness Resource (DEAR) website.

Recommendations will be sent to Healthy Communities Institute (HCI) in California. HCI manages the website and will conduct the redesigning work.



CHC SNAPSHOTS



Lori Milner, PhD is the chair of CHC. She is the executive director of the DFW Area Health Education Center. Here she is seen during a presentation at June 18 Community Meeting in Fort Worth.



Susie Marshall is the executive director of GROW North Texas. Here she is seen during a CHC presentation Nov. 11.

For information, please contact Danette Tidwell at dtidwell@DFWHCFoundation.org.

