

# TARRANT COUNTY HOSPITAL DISTRICT/JPS HEALTH NETWORK 2017 COMMUNITY HEALTH NEEDS ASSESSMENT REPORT

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SUBMITTED TO:



*Centered in Care*  
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## Table of Contents

|   |     |
|---|-----|
| INTRODUCTION.....   | 1   |
| Overview of JPS Health Network.....   | 1   |
| Previous CHNA.....  | 1   |
| Purpose and Geographic Scope of the Assessment.....   | 1   |
| PROCESS AND METHODS.....  | 3   |
| Approach and Community Engagement Process.....  | 3   |
| Quantitative Data: Review of Secondary Data.....  | 4   |
| Qualitative Data: Interviews and Focus Groups.....  | 5   |
| Environmental Scan of External Programs.....  | 6   |
| Tarrant County Long-Range Planning Process.....   | 6   |
| Limitations.....  | 6   |
| FINDINGS.....   | 8   |
| Demographics: Who lives in Tarrant County?.....   | 8   |
| Social and Physical Environment: What is the Tarrant County community like?.....  | 13  |
| Community Strengths and Resources.....  | 22  |
| Health Conditions.....  | 25  |
| Information and Coordination.....   | 82  |
| Community Suggestions for Services and Programs.....  | 72  |
| HEALTH NEEDS OF THE COMMUNITY.....  | 75  |
| APPENDIX A. JPS Health Network CHNA Advisory Committee.....   | 76  |
| APPENDIX B. 2015 BRFSS Data from Texas Department of State Health Services (DSHS) and Tarrant County Public Health..... | 76  |
| APPENDIX C. Environmental Scan of External Programs.....  | 80  |
| APPENDIX D. Additional Relevant Assessment and Planning Reports.....  | 112 |
| APPENDIX E. Top Five Leading Causes for Inpatient Admissions, by Diagnosis and Age Group, 2016.....                     | 113 |

## INTRODUCTION

### Overview of JPS Health Network

JPS Health Network is the County's public hospital system that provides medical services to Tarrant County residents, including underserved residents. The network includes John Peter Smith Hospital, a 573-bed acute care hospital in Fort Worth; home to the county's only Level I Trauma Center and only Psychiatric Emergency Center. JPS also operates more than 40 outpatient clinics and 20 school-based health centers across Tarrant County, providing 1.7 million patient encounters annually, including more than 120,000 emergency room visits.

In 2017, JPS Health Network conducted a community health needs assessment (CHNA) to gain a greater understanding of the health issues facing Tarrant County residents, how those needs are currently being addressed, and where there are opportunities to address these needs in the future. In addition to identifying broad health issues facing residents, the 2017 CHNA delved deeper into behaviors and health outcomes across the cancer continuum of care, exploring behaviors and health outcomes around prevention, screening, treatment/health care utilization, and survivorship. A comprehensive CHNA examines multiple factors of health that can identify community-wide health issues and facilitate data-informed strategies in programming and partnerships.

JPS Health Network also serves as the anchor institution for the Texas 1115 Medicaid Waiver Regional Health Partnership 10 (RHP 10) and provides oversight to the Delivery System Reform Incentive Payment (DSRIP) programs. As the anchor institution, JPS is responsible for conducting a community health needs assessment (CHNA) for RHP 10, which is comprised of Ellis, Ennis, Erath, Hood, Johnson, Navarro, Parker, Somervell, Tarrant, and Wise counties. The report that follows covers Tarrant County. The RHP 10 CHNA can be found at the following: [2017 RHP 10 CHNA](#)

### Previous CHNA

In 2013, JPS Health Network conducted a CHNA to identify and prioritize health issues for Tarrant County residents. The 2013 CHNA informed the hospital's program planning and provided a foundation for the development of an implementation plan.

As a result of the key findings from the 2013 CHNA, JPS Health Network identified the following three priority areas, each of which aligned with identified community health needs: behavioral health and palliative care, community focused and care coordination, and specialized services. Since the 2013 CHNA, JPS Health Network has provided a variety of services and programming via DSRIP programs to address these specific needs in the community: [DSRIP ONE SHEETERS](#). For an overview of the health priorities and programming identified in the previous CHNA, please see the 2013 Implementation Strategy on the JPS Health Network website:

[https://www.jpshhealthnet.org/sites/default/files/jps\\_draft\\_implementation\\_strategy\\_08-19.pdf](https://www.jpshhealthnet.org/sites/default/files/jps_draft_implementation_strategy_08-19.pdf)

### Purpose and Geographic Scope of the Assessment

JPS Health Network partnered with Health Resources in Action (HRIA), a non-profit public health organization, to conduct its 2017 CHNA. The 2017 CHNA builds upon the 2012-2013 process to further advance JPS Health Network's community efforts and priority topic areas. This report describes the process and findings from this effort to achieve the following goals:

- Examine the current health status of Tarrant County and its sub-populations, and compare these rates to state indicators
- Explore the current health priorities—as well as new and emerging health concerns—among residents within the social context of their communities
- Identify community strengths, resources, and gaps in services to guide planning and direction

**Definition of the Community Served by JPS**

JPS Health Network serves residents from across Tarrant County, with population concentrations in Arlington, Fort Worth, and Haltom City (Figure 1). These three incorporated areas have the largest populations in Tarrant County and the highest percent of residents living below poverty. For this CHNA, the community served by JPS was defined as the populations residing in these three incorporated areas as well as Tarrant County overall. Specific community differences were highlighted where appropriate.

**Figure 1. Map of Tarrant County**



DATA SOURCE: Courtesy of the [Texas Almanac](#). Image available on the Internet and included in accordance with [Title 17 U.S.C. Section 107](#).

When looking at JPS Health Network patient origin, Table 1 shows the top zip codes with inpatient discharges exceeding 600 for 2012 and 2016. These zip codes represent about 56% of all discharges in 2012 and 46% in 2016. Compared to 2012 where there were 16 zip codes with over 600 discharges, there were 13 zip codes in 2016. Zip codes 76119 and 76104 had the highest number of discharges in both 2012 and 2016.

**Table 1. Top Inpatient Discharges\*, by Zip Code, 2016**

|          |             | 2012   |         | 2016   |         |
|----------|-------------|--------|---------|--------|---------|
| Zip Code | City        | Number | Percent | Number | Percent |
| 76119    | Fort Worth  | 2,066  | 6.4%    | 2,136  | 6.9%    |
| 76104    | Fort Worth  | 1,807  | 5.6%    | 1,631  | 5.3%    |
| 76105    | Fort Worth  | 1,353  | 4.2%    | 1,356  | 4.4%    |
| 76106    | Fort Worth  | 1,442  | 4.5%    | 1,220  | 4.0%    |
| 76112    | Fort Worth  | 1,373  | 4.3%    | 1,222  | 4.0%    |
| 76116    | Fort Worth  | 1,189  | 3.7%    | 1,063  | 3.5%    |
| 76102    | Fort Worth  | 950    | 3.0%    | 937    | 3.0%    |
| 76133    | Fort Worth  | 868    | 2.7%    | 885    | 2.9%    |
| 76110    | Fort Worth  | 1,039  | 3.2%    | 867    | 2.8%    |
| 76010    | Arlington   | 1,440  | 4.5%    | 838    | 2.7%    |
| 76115    | Fort Worth  | 828    | 2.6%    | 762    | 2.5%    |
| 76111    | Fort Worth  | 767    | 2.4%    | 642    | 2.1%    |
| 76103    | Fort Worth  | 686    | 2.1%    | 647    | 2.1%    |
| 76117    | Haltom City | 895    | 2.8%    |        |         |
| 76114    | Fort Worth  | 693    | 2.2%    |        |         |
| 76107    | Fort Worth  | 607    | 1.9%    |        |         |

DATA SOURCE: JPS Health Network

\* Includes all zip codes with discharges exceeding 600

## PROCESS AND METHODS

The following section describes how data for the CHNA was compiled and analyzed, as well as the broader lens used to guide this process. This CHNA defines health in its broadest sense, recognizing that multiple factors—from lifestyle behaviors (e.g., diet and exercise) to clinical care (e.g., access to medical services) to social and economic factors (e.g., employment opportunities)—affect a community’s health. The beginning discussion of this section describes the larger social determinants of health framework which helped guide this overarching process.

### Approach and Community Engagement Process

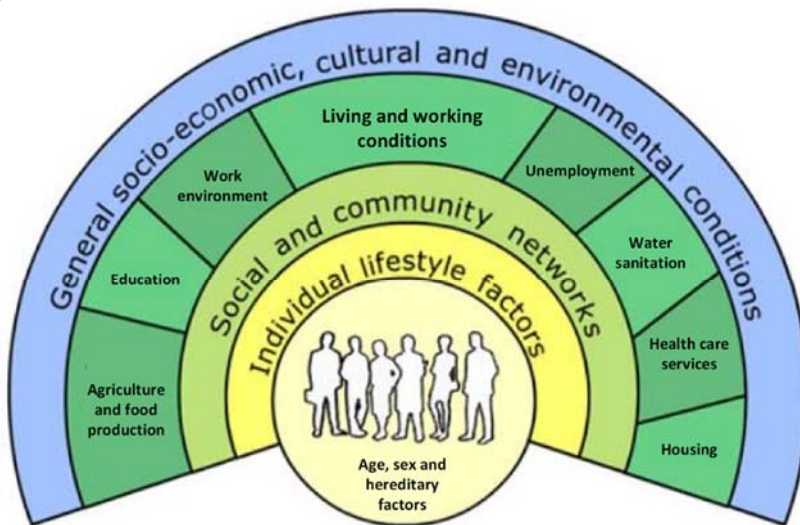
The CHNA employed a participatory approach so that the process was informed by diverse perspectives. This approach helps guide the methods and questions so they are salient to the community and aid in building support and buy-in at the community level for both the assessment and subsequent planning processes. As part of this effort, JPS sought input from a 30-member Advisory Committee – that included local health department representation – at several stages of the assessment (Appendix A). The Advisory Committee participated in a kick-off meeting to brainstorm a list of potential stakeholders followed by a presentation of preliminary findings to inform the report. A steering committee of JPS staff was engaged in bi-weekly conference calls and e-mails throughout assessment planning and implementation, finalized the list of potential stakeholders for interviews and focus groups and gave feedback on data collection instruments.

### **Social Determinants of Health Framework**

It is important to recognize that multiple factors affect health and that there is a dynamic relationship between people and their environments. Where and how we live, work, play, and learn are interconnected factors that are critical to consider. That is, not only do people’s genes and lifestyle behaviors affect their health, but health is also influenced by more upstream factors such as employment status and quality of housing. The social determinants of health framework addresses the distribution of wellness and illness among a population—its patterns, origins, and implications. While the data to which we have access is often a snapshot of a population in time, the people represented by that data have lived their lives in ways that are constrained and enabled by economic circumstances, social context, and government policies. Building on this framework, this assessment utilizes data to discuss who is healthiest and least healthy in the community as well as to examine the larger social and economic factors associated with good and ill health.

The following diagram provides a visual representation of this relationship, demonstrating how individual lifestyle factors, which are closest to health outcomes, are influenced by more upstream factors such as employment status and educational opportunities (Figure 2). This report provides information on many of these factors, as well as reviews key health outcomes among the residents of Tarrant County.

**Figure 2. Social Determinants of Health Framework**



SOURCE: Dahlgren & Whitehead 1991.

### **Quantitative Data: Review of Secondary Data**

To develop a social, economic, and health portrait of the community served by JPS Health Network, through a social determinants of health framework, existing data was drawn from national, state, county, and local sources. Sources of data included, but were not limited to, the U.S. Census, U.S. Bureau of Labor Statistics, and Texas Department of State Health Services. Types of data included self-report of health behaviors from large, population-based surveys such as the Behavioral Risk Factor Surveillance System (BRFSS), public health disease surveillance data, as well as vital statistics based on birth and death records. JPS Health Network also provided hospitalization data (e.g., inpatient admissions and discharges, and emergency department rate for ambulatory care sensitive conditions).

BRFSS data for Texas and Tarrant County presented throughout the report was provided by the Texas Department of State Health Services. The Texas BRFSS is administered annually via telephone (landline and cellphone since 2011) throughout the calendar year (from January to December). Survey data was weighted by the CDC, accounting for the probability of selection and the distribution of the adult population in Texas. The survey included a question asking for the respondent's county of residence – if a respondent did not answer the question, no county was assigned for that response and they were only included at the state-level analysis. Tarrant County Public Health also conducts the BRFSS for Tarrant County every five to six years, separately from Texas Department of State Health Services. Tarrant County Public Health BRFSS uses the Texas BRFSS questionnaire and includes additional Tarrant County-specific questions. In 2015, Tarrant County Public Health administered the BRFSS between September and December. It is important to note that 2015 BRFSS data from the Texas Department of State Health Services varied from 2015 BRFSS data from Tarrant County Public Health, given the different sample sizes and different survey distribution time periods. BRFSS data from Texas Department of State Health Services are presented in the report to enable comparisons with Texas and over time. Throughout the report, when BRFSS data between these two sources was notably different, a footnote is included below the corresponding figure or table. Appendix B details the BRFSS data where there were notable differences between the two sources.

### **Qualitative Data: Interviews and Focus Groups**

While social and epidemiological data can provide a helpful portrait of a community, it does not tell the whole story. It is critical to understand people's health issues of concern, their perceptions of the health of their community, perceived strengths and assets of the community, and the vision they have for the future of their community. Secondary data was supplemented by focus groups and interviews. In total, **three focus groups and eleven interviews were conducted with 40 individuals from Tarrant County in February 2017**. Focus groups were held with 29 service providers representing the following areas of expertise: **aging population, chronic disease, and cancer**.

Eleven interviews were conducted with individuals representing a number of sectors including business, hospitals or health care, housing, and substance abuse. Focus group and interview discussions explored participants' perceptions of their communities, health needs and assets, and suggestions for future programming and services to address these issues. All focus groups and interviews included standard questions exploring behaviors and health outcomes across the cancer continuum of care. In addition, a cancer-specific focus group and key informant interview were conducted with representatives in order to delve deeper into health outcomes around prevention, screening, treatment/health care utilization, and survivorship.

A semi-structured moderator's guide was used across all discussions to ensure consistency in the topics covered. Each focus group and interview was facilitated by a trained moderator, and detailed notes were taken during conversations. On average, focus groups lasted 90 minutes and included 8-12 participants, while interviews lasted approximately 30-60 minutes. Participants for the focus groups were engaged by JPS staff and partners.

### **Qualitative Analyses**

The collected qualitative information was coded and then analyzed thematically for main categories and sub-themes. Analyses identified key themes that emerged across all groups and interviews as well as the unique issues that were noted for specific populations. Frequency and intensity of discussions on a specific topic were key indicators used for extracting main themes. While community differences are noted where appropriate, analyses emphasized findings common across Tarrant County. Selected

paraphrased quotes – without personal identifying information – are presented in the narrative of this report to further illustrate points within topic areas.

### **Environmental Scan of External Programs**

A review of programs was done to assess the existing health services landscape in Tarrant County. The health topics represented in this environmental scan align with the topics covered in the CHNA and include: aging, cancer, chronic disease, food, physical activity, and obesity, violence, injury, and trauma, mental health, substance use, homelessness, maternal and child health, oral health, tobacco use, communicable disease, and immunizations. Programs were identified through the interviews and focus groups conducted as part of the qualitative data collection described earlier. Additional programs were found through organizational reviews done online. The purpose of the environmental scan is to highlight existing areas of service and identify gaps and opportunities for growth. A detailed list of all programs identified during the environmental scan process can be found in Appendix C. The environmental scan is not a comprehensive list of all organizations in Tarrant County, for more information please visit: <http://www.tarrantcares.org/>.

### **Tarrant County Long-Range Planning Process**

In addition to the qualitative data collected and analyzed by HRiA for this CHNA, the report integrates relevant qualitative findings from the Tarrant County Long-Range Planning Process. In March 2016, the Tarrant County Commissioners Court adopted a resolution to begin a thorough and transparent process to engage the community in the conversation about Tarrant County's current and future health care needs and what role JPS will play in providing that care. Tarrant County Commissioners Court enlisted the expertise of Health Management Associates (HMA), a nationally recognized health care consulting firm, to guide it through a review of future health care needs and the role that the JPS Health Network can play in the community. As part of this process, information was gathered through community forums, focus groups, and interviews with a wide variety of individuals invested in the health care delivery system in Tarrant County. Between November 2016 and January 2017 HMA conducted two focus groups (20 participants), four community forums (158 participants), and dozens of interviews to obtain input on health care needs and future direction of the health care delivery system in Tarrant County. For more information, see: <http://www.tarrantcounty.com/en/administration/jps-information/hma.html>

In addition to the Tarrant County Long-Range Planning Process, it is important to acknowledge other assessment and planning work occurring in the region. Relevant reports can be found in Appendix D. These reports were reviewed and incorporated into the CHNA where relevant.

### **Limitations**

As with all data collection efforts, there are several limitations related to the data that should be acknowledged. A number of secondary data sources were drawn upon for quantitative data in creating this report. Although all the sources used for this purpose (e.g., U.S. Census, Texas Department of State Health Services) are considered highly credible, sources may use different methods and assumptions when conducting analyses. Additionally, due to the collection of data from multiple sources, data presented in this report covers a variety of time periods. Therefore, figures and tables may not be directly comparable with each other. It should also be noted that for the secondary data analyses, in several instances, sub-county level data (e.g., city, zip code, etc.) was not available.



While efforts were made to speak with a diverse cross-section of individuals, the interview and focus group findings represent a sub-set of community stakeholders and may be limited in their generalizability. While the interviews and focus groups conducted for this study provide valuable insights, results are not statistically representative of a larger population due to small sample sizes and non-random recruitment techniques. Lastly, it is important to note that data was collected at one point in time, so findings, while directional and descriptive, should not be interpreted as definitive.

## FINDINGS

### Demographics: Who lives in Tarrant County?

The health of a community is associated with numerous factors including the demographic distribution of age, race/ethnicity, educational attainment, income, and employment status, among others. Who lives in a community is significantly related to the rates of health behaviors and outcomes of the area.

*“[We are] growing fast, constantly growing. There are neighborhoods you drive through and six months later, they have a different look and dynamic.” – Focus Group Participant*

Focus group and interview participants described the Tarrant County region as comprised of a mix of age groups, including aging adults, young families, and middle age persons. Several participants observed the growth of the region, which has led to substantial housing and commercial development. Despite population growth and change, several participants noted a strong sense of community in the region. As one focus group participant stated, *“Our bigness still has a community feel to it. People like moving here because there’s a hometown feeling.”*

### Population

According to the U.S. Census, Tarrant County had a population of nearly 2 million between 2011 and 2015 (Table 2). Fort Worth was the most populated city in Tarrant County with 796,716 residents, nearly double the population of Arlington with 379,716 residents.

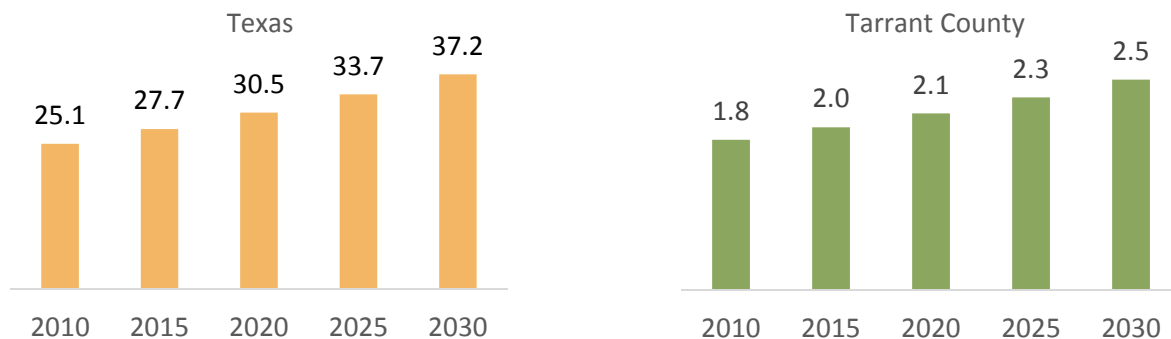
**Table 2. Total Population, by Texas, Tarrant County, and Cities, 2011-2015**

| Geography      | Population |
|----------------|------------|
| Texas          | 26,538,614 |
| Tarrant County | 1,914,526  |
| Arlington      | 379,716    |
| Fort Worth     | 796,614    |
| Haltom City    | 43,625     |

DATA SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2011-2015

Figure 3 presents the projected population for Texas and Tarrant County through 2030. The statewide population is projected to increase by nearly 50% and the countywide population by nearly 40%, which supports focus group and interview participants’ personal observations of population growth.

**Figure 3. Population Projection in Millions, Texas and Tarrant County, 2010-2030**



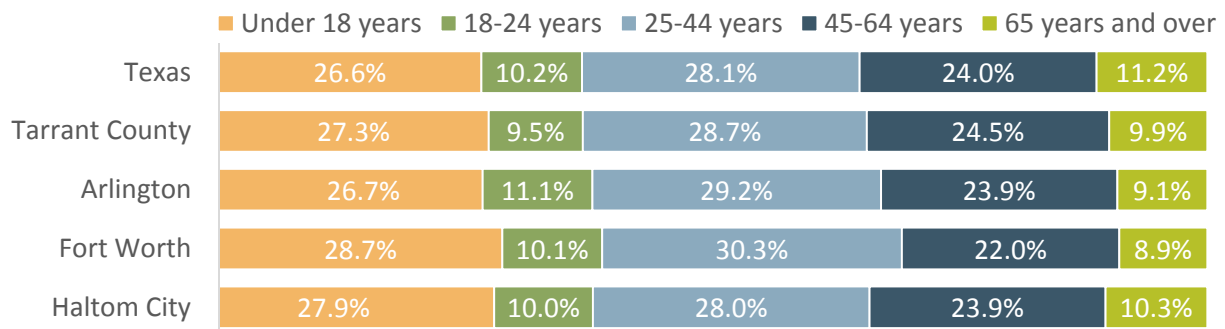
DATA SOURCE: Texas Demographic Center, Migration Scenario Data Tool, 2010-2030

NOTE: Population projections assume net immigration from 2010 to 2030 to be equal to that from 2000 to 2010

### Age Distribution

Figure 4 shows that Tarrant County had a similar age distribution as the state. Residents 45 years of age and older comprised about one-third of the countywide population, as well as Arlington, Fort Worth, and Haltom City. Participants specifically mentioned the region has a growing and vibrant population of aging adults, many of whom are involved in the community. Concerns about meeting the needs of this rapidly growing population also emerged in conversations. One interviewee observed, “I am not sure our system is ready for the need [as the boomer population ages]. The sheer numbers are overwhelming – the resources aren’t there.” Comparing 2006-2010 and 2011-2015 American Community Survey data indicates that the aging adult population (65 years and older) has increased by 13.8% (data not shown).

**Figure 4. Age Distribution, by Texas, Tarrant County, and Cities, 2011-2015**

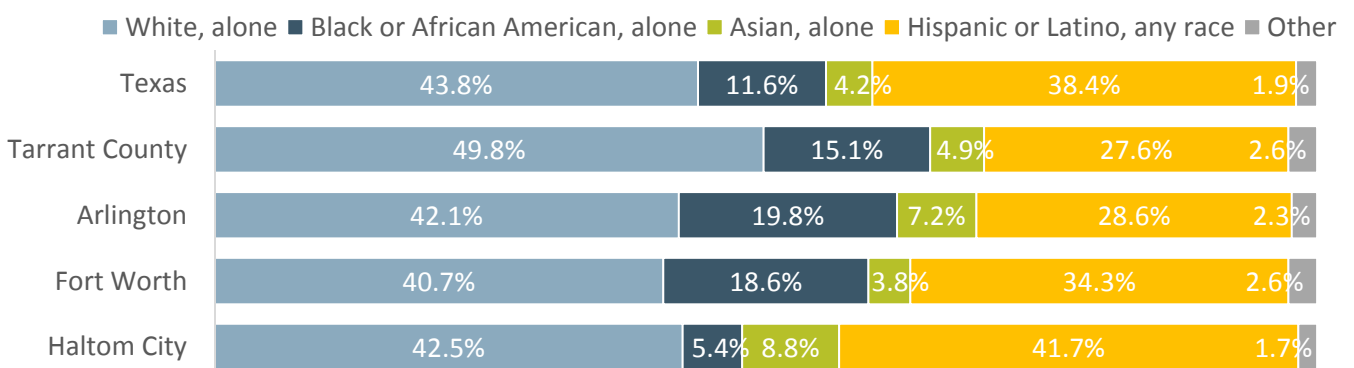


DATA SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2011-2015

### Racial and Ethnic Diversity

Interview and focus group participants also stated that Tarrant County has a very diverse population, including Asians, African Americans, and Hispanics. Quantitative data demonstrates that approximately half of Tarrant County residents identified as White and slightly over a quarter as Hispanic (Figure 5). However, Arlington, Fort Worth and Haltom exhibited greater racial/ethnic diversity than the county and state. Nearly one in five residents in Arlington and Fort Worth identified as Black (19.8% and 18.6%, respectively) and over two in five residents in Haltom identified as Hispanic (41.7%).

**Figure 5. Racial and Ethnic Distribution, by Texas, Tarrant County, and Cities, 2011-2015**

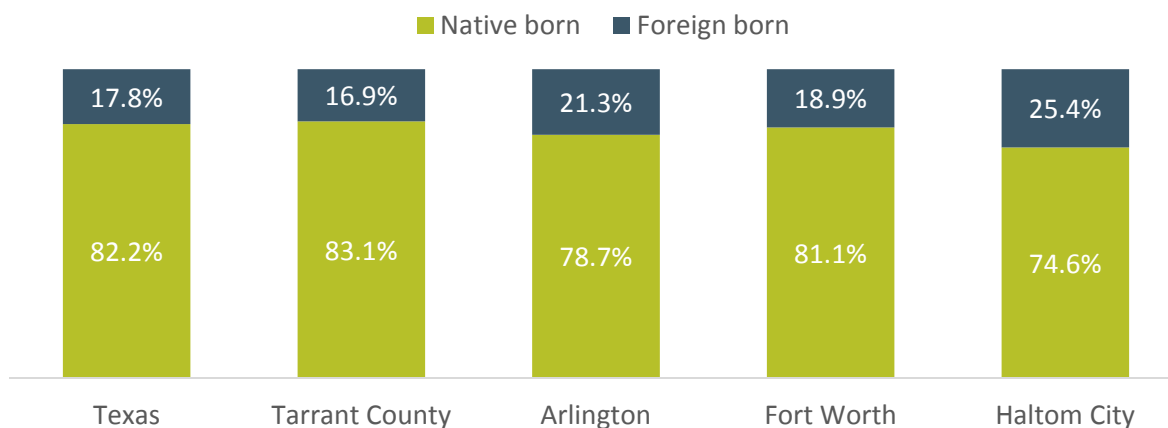


DATA SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2011-2015

NOTE: Other includes American Indian and Alaska Native, Native Hawaiian and Other Pacific Islander, Other race, or Two or more races

Numerous participants also noted that the region has a growing number of refugees and a large number of undocumented residents. Diverse populations (e.g., refugees, migrant workers, undocumented residents) were described as facing unique barriers to accessing health and other services that included: limited qualifying programs, challenges navigating the health system due to linguistic and cultural barriers, and being particularly vulnerable in the current political climate. Figure 6 presents nativity data and shows that Tarrant County had a similar proportion of foreign born residents as the state (16.9% and 17.8%, respectively), while nearly a quarter of Haltom City residents were foreign born (25.4%). It is important to note that this data likely undercounts undocumented residents as it is challenging to collect accurate data on this population.

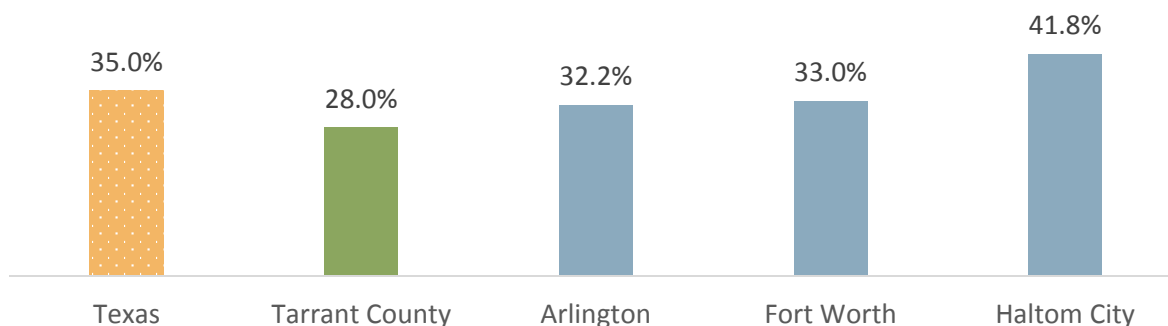
**Figure 6. Nativity, by Texas, Tarrant County, and Cities, 2011-2015**



DATA SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2011-2015

Newcomers, interviewees noted, also face challenges in accessing the system due to language and cultural differences. Providers shared that the diversity of immigrant and refugee groups in the community creates challenges in reaching everyone effectively. According to the U.S. Census, less than a third of Tarrant County residents spoke a language other than English at home (28%), which is below that of the state (35%) (Figure 7). About a third of residents in Arlington and Fort Worth spoke a language other than English. Haltom City had the largest proportion of residents that spoke a language other than English (41.8%), above that of the state

**Figure 7. Percent Population 5 Years and Over Who Speak a Language Other Than English at Home, by Texas, Tarrant County, and Cities, 2011-2015**



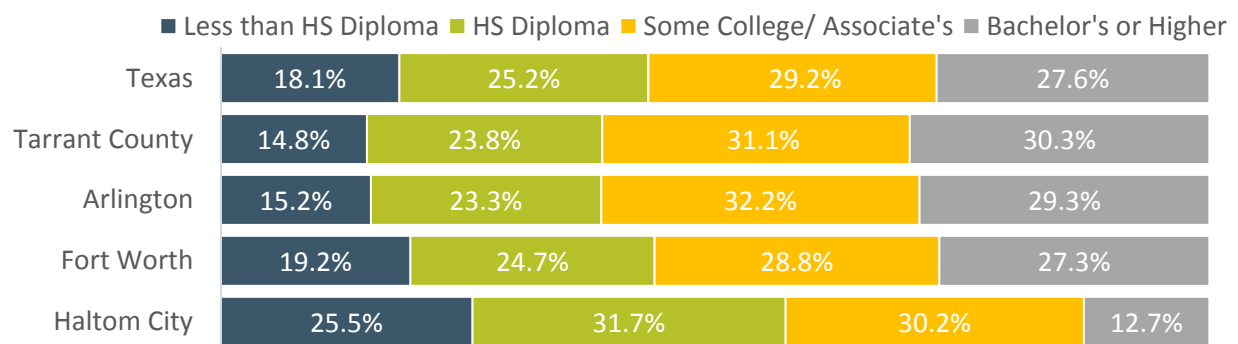
DATA SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2011-2015

### Educational Attainment

Educational attainment in Tarrant County was higher than that of Texas; a majority of county residents had at least some college or an associate’s degree (61.4%) (Figure 8). Education levels in Arlington were similar to those countywide and education levels of Fort Worth were similar to those statewide (over half of residents have at least some college or an associate’s degree). In contrast, less than half of Haltom City residents have at least some college or an associate’s degree (42.9%).

A few interview participants shared their perspectives on the education system and noted more needs to be done to enhance opportunities for the region’s students. These participants cited low reading levels, and heavy administrative staffing as barriers. However, some optimism was also expressed: *“Education has been a big issue but the mayor [of Fort Worth] has been a champion and has a plan.”*

**Figure 8. Educational Attainment for Population 25 Years and Over, by Texas, Tarrant County, and Cities, 2011-2015**



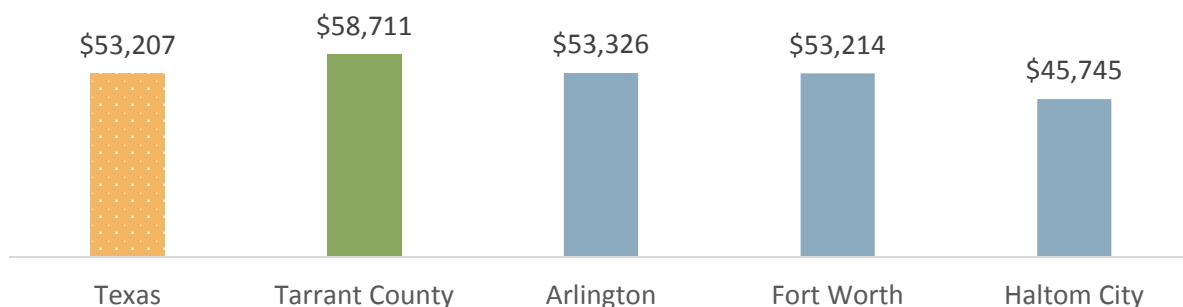
DATA SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2011-2015

### Income, Poverty, and Employment

*“We have the same issues as most, large metropolitan areas. There is a segment of the population that struggles.”* – Interview Participant

Tarrant County was described by interview and focus group participants as economically diverse. As one focus group participant observed, *“there’s low income and high rises right across the street.”* As seen in Figure 9, Tarrant County’s median household income was \$58,711, which was above that of Texas (\$53,207). Arlington and Fort Worth had similar median household incomes as the state (\$53,326 and \$53,214, respectively), while Haltom City’s median household income (\$45,745) was lower.

**Figure 9. Median Household Income, by Texas, Tarrant County, and Cities, 2011-2015**



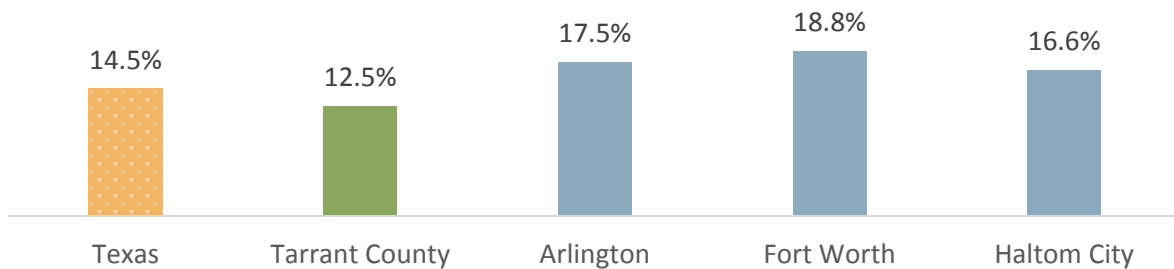
DATA SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2011-2015

Figure 10 shows that while Tarrant County residents overall were less likely to live 100% below the federal poverty level (12.5%) compared to residents statewide (14.5%), residents of Fort Worth, Arlington, and Haltom were more likely to live in poverty. Nearly one in five Fort Worth residents were living below the poverty level (18.8%).

Some participants raised concerns about rising rates of poverty as evidenced by a high number of school-aged children who receive free or reduced lunch and a large homeless population. While several participants pointed to economic growth in the region, some expressed concern about the distribution of economic opportunity.

*“[they are] building homes and apartments where nobody can afford them unless they’re making well over \$100,000... They put infrastructure for those people – Whole Foods, shopping – but on east side of the city nothing is happening, no construction, no new grocery stores.” – Interview Participant*

**Figure 10. Percent Population 18 Years and Over Living Below the 100% Poverty Level, by Texas, Tarrant County, and Cities, 2011-2015**



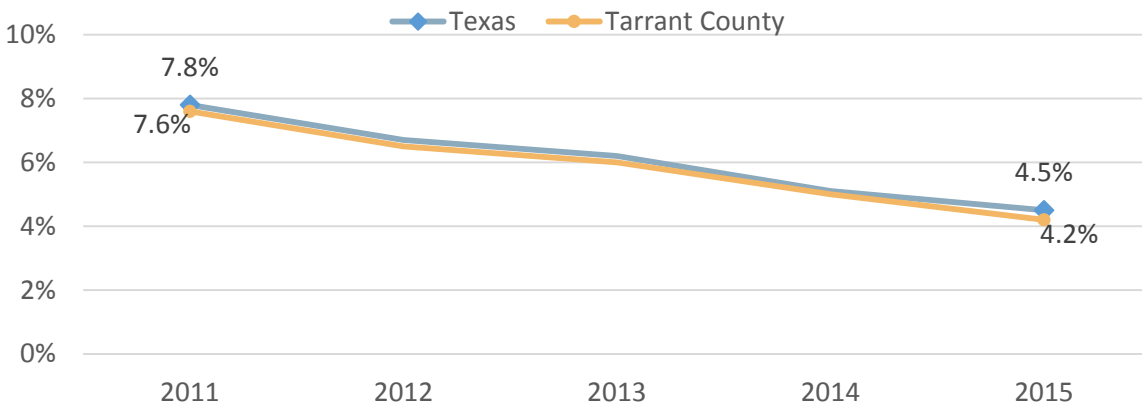
DATA SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2011-2015

Overall, several participants shared that the region enjoys relatively low unemployment and economic growth has occurred recently even in communities that have been depressed.

*“We’ve had really strong employment numbers and the economic development prospect has been very strong.” – Interview Participant*

Data from the U.S. Bureau of Labor Statistics supports these observations; Figure 11 demonstrates a steady downward trend in the countywide unemployment rate from 7.6% in 2011 to 4.2% in 2015, which mirrors statewide unemployment. However, some participants noted that there are challenges to employment for low wage workers, including lack of affordable childcare and public transportation.

**Figure 11. Trend in Unemployment Rate, by Texas and Tarrant County, 2011-2015**



DATA SOURCE: U.S. Bureau of Labor Statistics, Local Area Unemployment Statistics, 2011-2015

### **Social and Physical Environment: What is the Tarrant County community like?**

In addition to who lives in a community, a community's health is associated with what resources and services are available (e.g., safe green space, access to healthy foods). Understanding these contextual factors can help identify the facilitators and barriers to health in a community. For example, healthy foods may not be accessible if the public transportation system is limited. The section below provides an overview of the Tarrant County social and physical environment to provide greater context when discussing the community's health.

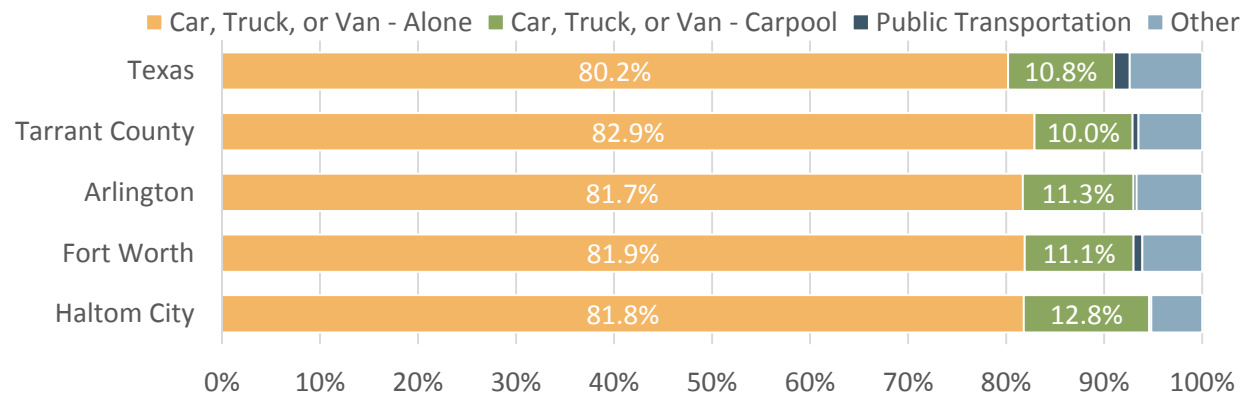
#### **Transportation**

*"Transportation is a huge problem for Tarrant County and it's been talked about for a very long time." – Focus Group Participant*

Concerns about transportation were discussed in nearly every focus group and interview. As one interviewee summed up, *"the public transportation is pitiful here. It's woefully inadequate."* Transportation was also identified as a community concern in interviews, focus groups, and community listening sessions conducted for the Tarrant County Long Range Planning Process. While the region was described by participants as having a small light rail system, some bus routes, and MY RIDE Tarrant, these services were viewed as inadequate given the size of the population; additionally, these services were noted to not exist in some communities, such as Arlington. As a result, according to participants, residents largely rely on private cars. Where public transportation is available, participants stated, timeliness of services and cost are challenges for residents.

Quantitative data demonstrates that the majority of Tarrant County residents, as well as residents statewide, used a car alone to commute to work; the same is true for residents of Arlington, Fort Worth, and Haltom City (Figure 12). Similar to the state, one in ten residents countywide commuted to work via carpool. Less than 1% of residents used public transportation.

**Figure 12. Means of Transportation to Work for Population 16 Years and Over, by Texas, Tarrant County, and Cities, 2011-2015**



DATA SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2011-2015

### Housing

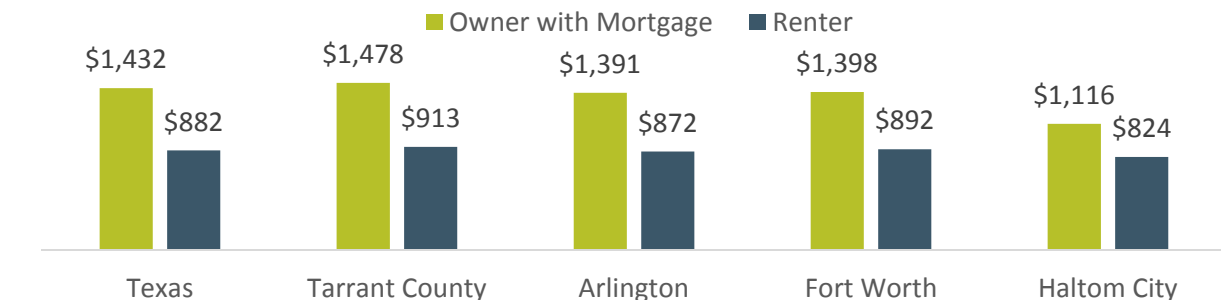
*“People are spending so much on housing—the primary driving source of income spending.”* – Interview Participant

*“There’s good programs for low income housing for seniors, but they’re all full and there’s a wait list.”* – Focus Group Participant

Lack of affordable housing emerged as a prominent theme in interviews and focus groups. As one interviewee stated, *“[housing] has become a huge, huge factor in social vitality, economic livelihood, and the health of the poorest participants of our community.”* Participants reported that the number of affordable rental units in the community is far less than the need. A couple of interviewees shared that while some community organizations, such as the Tarrant County Housing Partnership, have been working to address this issue, more can be done to increase support for the development of affordable housing in the community.

According to the U.S. Census, the majority of housing in Tarrant County, as well as statewide, was owner-occupied; less than 45% of housing in Arlington, Fort Worth, and Haltom City was renter-occupied (data not shown). Median monthly housing costs in the county were slightly higher than those statewide (Figure 13). In contrast, residents of Arlington, Fort Worth, and Haltom City had lower median monthly housing costs than residents countywide and statewide.

**Figure 13. Median Monthly Housing Costs, by Texas, Tarrant County, and Cities, 2011-2015**

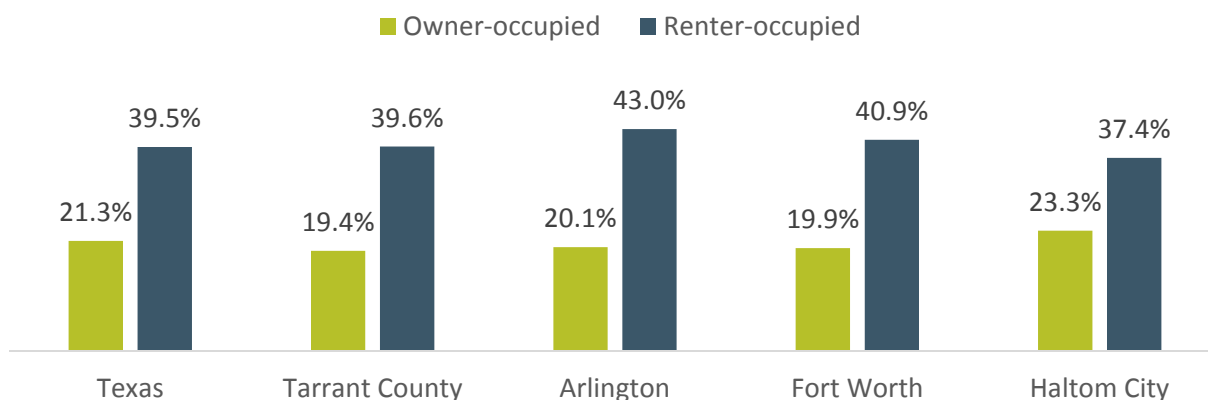


DATA SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2011-2015



According to participants, housing costs comprise a large part of spending for lower income households, leaving few resources for other needs, such as health care, medicines, or nutritious food. As focus group participant explained, *“trying to keep up with housing is really hard when you’re sick. After rent, there goes their medication money and they can’t handle it.”* Figure 14 presents the burden of housing costs among homeowners and renters and supports these qualitative observations. Approximately one in five homeowners in Tarrant County spent 35% or more of their income on their mortgage (19.4%); in contrast, nearly twice as many renters spent 35% or more of their income on their rent (39.6%). A similar pattern is observed statewide as well as for Arlington, Fort Worth, and Haltom City.

**Figure 14. Percent Housing Units Where Occupant Monthly Costs 35% or More of Income, by Texas, Tarrant County, and Cities, 2011-2015**



DATA SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2011-2015

Those working with aging adults expressed concern about those on fixed incomes who are not able to remain in their homes but experience long wait lists for affordable housing. Other participants observed that the high cost of housing contributes to homelessness in the region. According to the 2016 State of Homeless Report, there were 1,938 homeless individuals in Tarrant and Parker Counties, up from 1,914 homeless individuals in 2015.<sup>1</sup>

### **Access to Healthy Food and Physical Activity**

*“People are working all day, are exhausted and they don’t feel like cooking a decent meal for their kids.”* – Focus Group Participant

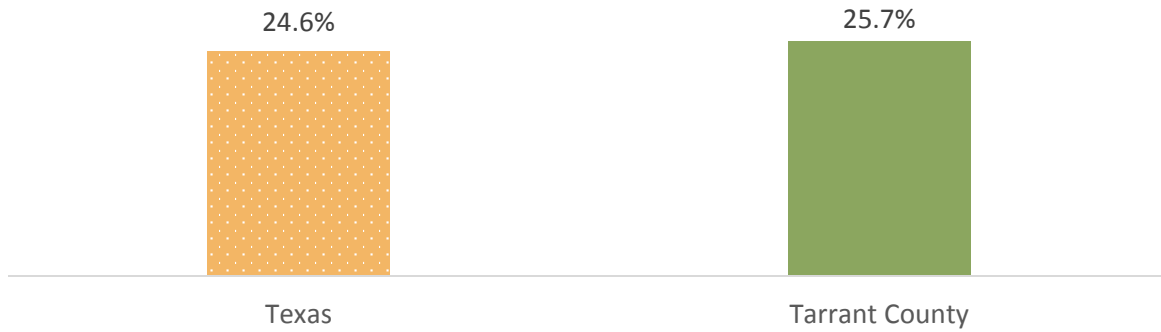
*“Most [of our] clients don’t have anywhere close by, only liquor stores and convenience stores. They don’t have transportation to get to grocery store.”* – Interview Participant

### **Healthy Food**

Focus group and interview participants expressed concern about limited healthy food options in lower income communities of Tarrant County. In 2015, more than one in four low-income residents of Tarrant County reported low food access (25.7%), which was slightly higher than what was reported statewide (Figure 15).

<sup>1</sup>Tarrant County Homeless Coalition, State of the Homeless Report, 2016

**Figure 15. Percent Low Income Population with Low Food Access, by Texas and Tarrant County, 2015**



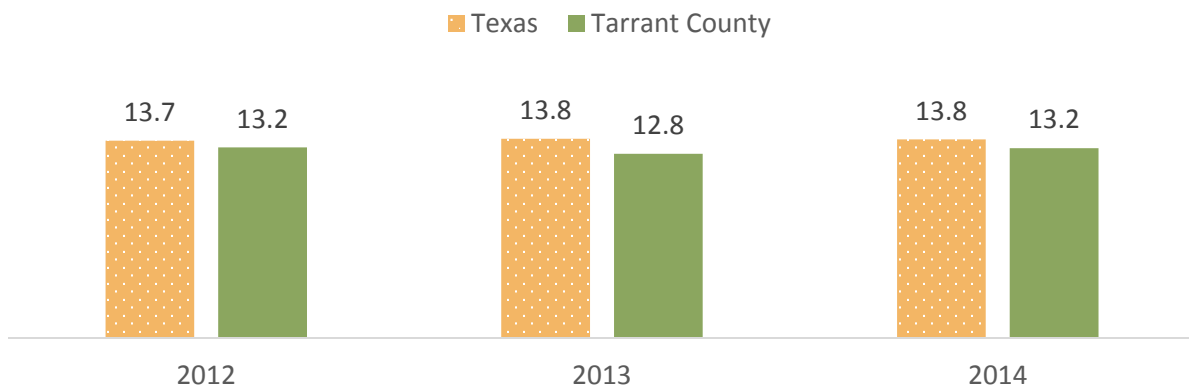
DATA SOURCE: U.S. Department of Agriculture, Economic Research Service, USDA Food Access Research Atlas, as cited by Community Commons, 2015

Participants reported a lack of grocery stores and prevalence of convenience stores and fast food in these communities, which they saw as directly linked to obesity and chronic disease among residents. The higher cost of fresh produce and lack of awareness of the importance of healthy eating and how to cook healthy meals were also identified as barriers to healthy eating.

*“If you go to some neighborhoods, you don’t have any sit down, fully cooked from fresh produce meals available. All you have are the ABC in a box and the Burger King.” – Focus Group Participant*

Between 2012 and 2014, the rate of grocery stores and supermarkets in Tarrant County generally remained constant at approximately 13.2 per 100,000 population, just below the statewide rate (Figure 16). However, according to data provided by the US Department of Agriculture, 30.3% of the Tarrant County population reported living near a farmer’s market in 2016 (data not shown).<sup>2</sup>

**Figure 16. Rate of Grocery Stores and Supermarkets per 100,000 Population, by Texas and Tarrant County, 2012-2014**



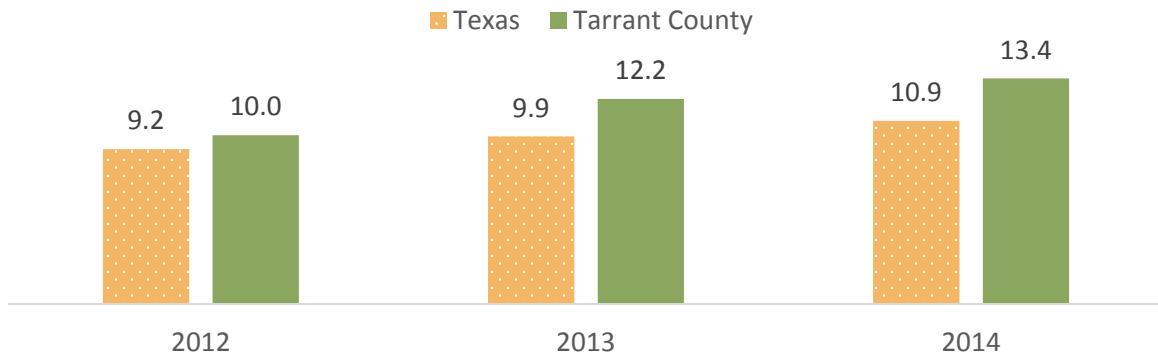
DATA SOURCE: U.S. Census Bureau, County Business Patterns, as cited by Community Commons, 2012-2014

<sup>2</sup> U.S. Department of Agriculture, Agriculture Marketing Service, as cited by Community Commons, 2016

*“Some neighborhoods only have convenience stores that sell sugary drinks and junk food.” – Focus group participant*

Data from 2012 to 2014 shows that the rate of convenience stores per 100,000 population steadily increased both in Tarrant County and statewide (Figure 17). In Tarrant County, the rate increased from 10.0 to 13.4 convenience stores per 100,000 population and was slightly higher than the state rate each year. The rate of fast food restaurants exhibited a similar upward trend from 78.7 to 81.5 fast food restaurants per 100,000 population in 2014 (Figure 18).

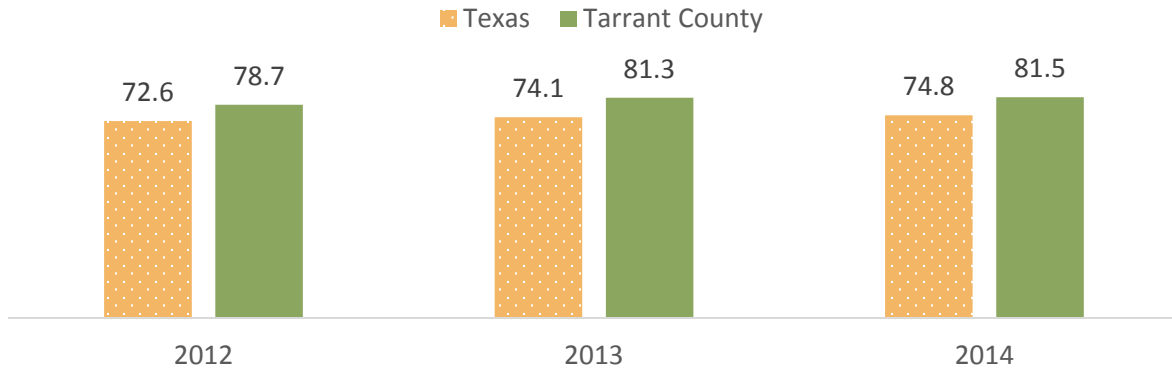
**Figure 17. Rate of Convenience Stores per 100,000 Population, by Texas and Tarrant County, 2012-2014**



DATA SOURCE: U.S. Census Bureau, County Business Patterns, as cited by Community Commons, 2012-2014

NOTE: State data directly calculated from U.S. Census Bureau

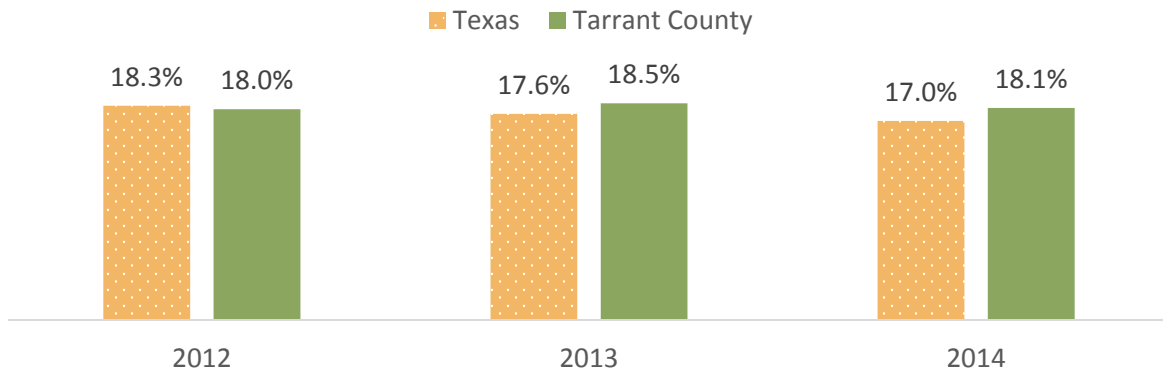
**Figure 18. Rate of Fast Food Restaurants per 100,000 Population, by Texas and Tarrant County, 2012-2014**



DATA SOURCE: U.S. Census Bureau, County Business Patterns, as cited by Community Commons, 2012-2014

Food insecurity among aging adults was mentioned as an issue by some interview and focus group participants. As one interviewee explained, *“we hear stories of people having to make tough moral choices; which bill do I pay and how do I make sure that I get in for food today?”* Figure 19 illustrates that in 2012 the proportion of Tarrant County residents who were food insecure was similar to that observed for the state (18.0% and 18.3%, respectively). However, trend data shows that the Tarrant County food insecure population remained constant from 2012 to 2014 while the statewide rate decreased.

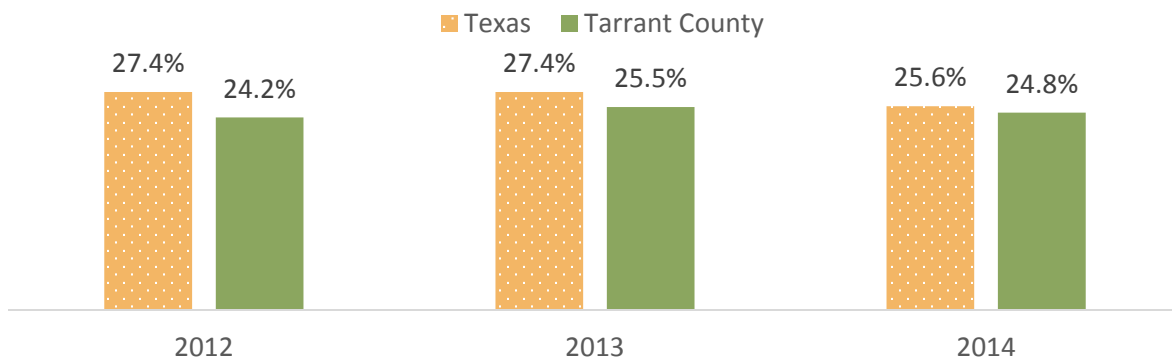
**Figure 19. Percent Total Population Food Insecure, by Texas and Tarrant County, 2012-2014**



DATA SOURCE: Feeding America, Map the Meal Gap, 2014

Upon further analyses of this data by age, we see that approximately one in four Tarrant County residents under 18 years old was food insecure from 2012 to 2014, which was slightly less than that observed statewide for this age group (Figure 20).

**Figure 20. Percent Population under 18 Years Old Food Insecure, by Texas and Tarrant County, 2012-2014**



DATA SOURCE: Feeding America, Map the Meal Gap, 2014

2011-2015 Supplemental Nutrition Assistance Program (SNAP) data shows that 11.8% of Tarrant County households received SNAP benefits compared to 13.4% of households statewide (Figure 21).

**Figure 21. Percent Households Receiving SNAP Benefits, by Texas and Tarrant County, 2011-2015**



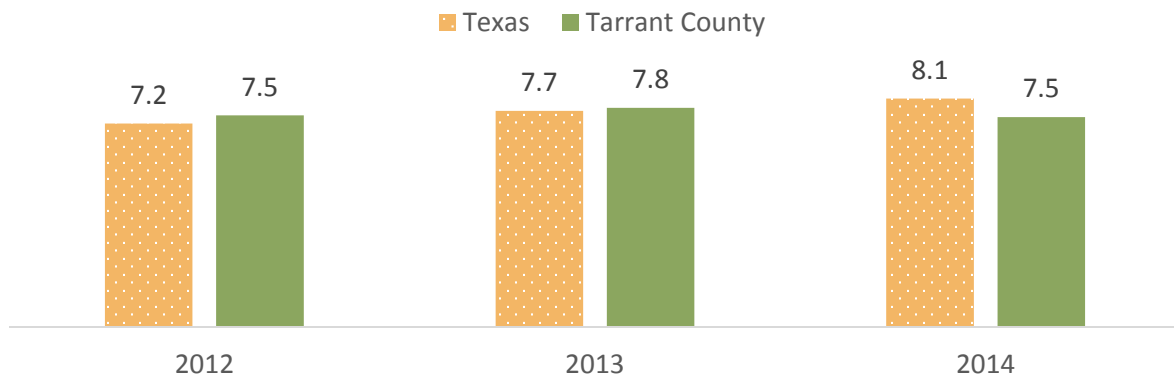
DATA SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2011-2015

Participants observed that a number of community-based efforts are underway to address healthy eating in Tarrant County. Specific efforts mentioned by participants included the Blue Zones Project in Fort Worth<sup>3</sup>, cooking classes at the Tarrant County Food Bank, the school-based *Live a More Colorful Life* program by the Public Health Department, meal programs at senior centers, and efforts by the Healthy Tarrant County Collaboration to increase availability of fresh fruits and vegetables in smaller community stores. A couple of participants suggested that more policy efforts were needed to ensure grocery stores locate in Tarrant County’s food deserts.

### Physical Activity

Access to opportunities for physical activity was reported to be varied across the region. While participants shared that some communities have safe parks, trails, and bike sharing programs, they indicated that these opportunities do not exist in all neighborhoods. Participants cited additional barriers to physical activity, such as a lack of sidewalks in some areas and poor quality of sidewalks in others. According to U.S. Census data, the rate of recreation and fitness facilities in Tarrant County hovered at just below 8.0 per 100,000 population between 2012 and 2014 (Figure 22). In contrast, the statewide trend during this time suggests that there was a steady increase in the rate of recreation and fitness facilities during that time.

**Figure 22. Rate of Recreation and Fitness Facilities per 100,000 Population, by Texas and Tarrant County, 2012-2014**



DATA SOURCE: U.S. Census Bureau, County Business Patterns, as cited by Community Commons, 2012-2014

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<sup>3</sup> <https://fortworth.bluezonesproject.com>

### Crime and Safety

Few participants spoke about crime in the community. While a couple shared that the crime rate seems to be low and the community feels safe, a few participants shared that sexual and interpersonal violence, including child abuse and neglect was reported to be high in the region. Table 3 presents violent and property crime rates by geography. Tarrant County’s violent crime rate (391.9 violent crimes per 100,000 population) is below that of Texas (410.5 violent crimes per 100,000 population). Fort Worth and Arlington experienced violent and property crime rates above those of the county and state.

**Table 3. Violent and Property Crime Rates per 100,000 Population, by Texas, Tarrant County, and Cities 2015**

| Geography      | Violent Crime* | Property Crime** |
|----------------|----------------|------------------|
| Texas          | 410.5          | 2,822.8          |
| Tarrant County | 391.9          | 3,078.9          |
| Arlington      | 502.2          | 3,443.5          |
| Fort Worth     | 525.8          | 3,556.8          |
| Haltom City    | 286.8          | 3,062.7          |

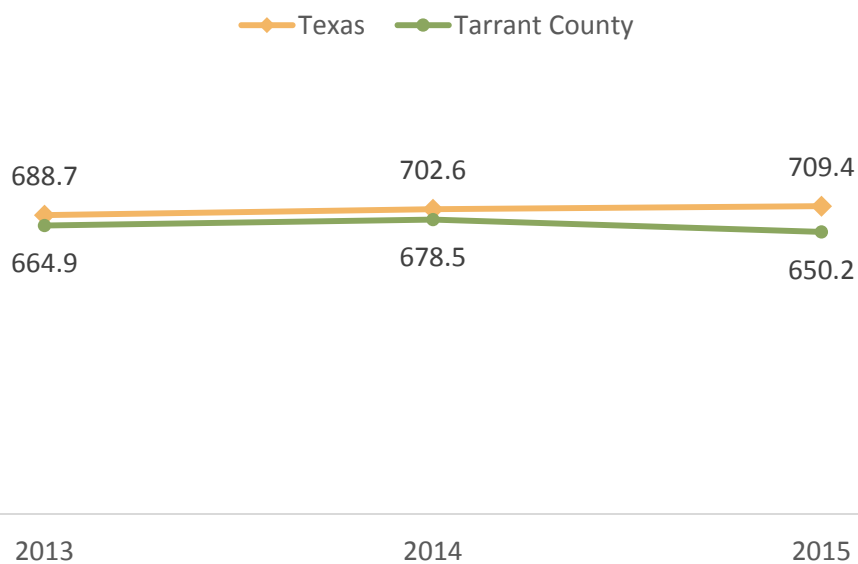
DATA SOURCE: Texas Department of Public Safety, Crime in Texas, Texas Crime Report, 2015

\* Violent crime includes murder and non-negligent manslaughter, forcible rape, robbery, and aggravated assault;

\*\* Property crime includes burglary, larceny-theft, motor vehicle theft, and arson

Compared to Texas, Tarrant County had lower rates of family violence incidents from 2013 to 2015 (Figure 23). Additionally, the family violence incidence rate for Tarrant County decreased from 665 incidents per 100,000 population in 2013 to 650 incidents per 100,000 population in 2015, while the rate increased between 2013 and 2015 for Texas.

**Figure 23. Family Violence Incidence Rate per 100,000 Population, by Texas and Tarrant County, 2013-2015**

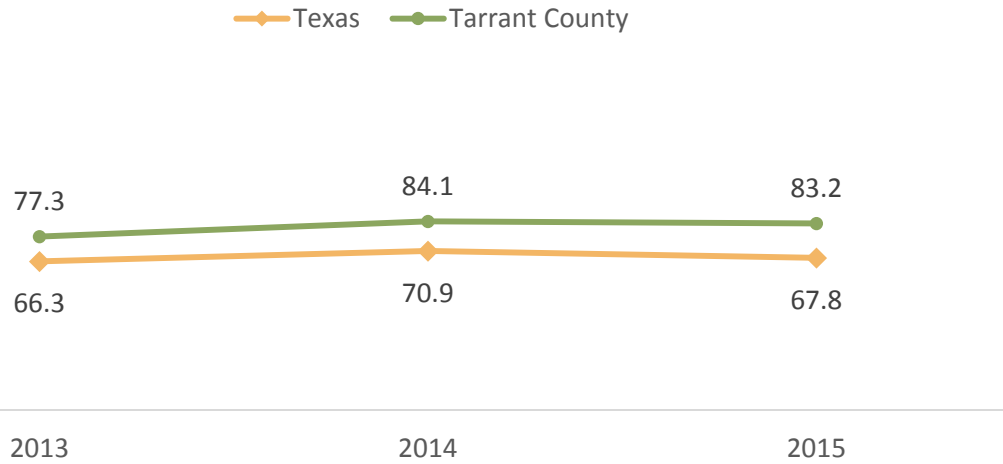


DATA SOURCE: Texas Department of Public Safety, Crime in Texas, Texas Crime Report, 2013-2015

NOTE: Family violence is defined as an act by a member of a family or household against another member that is intended to result in physical harm, bodily injury, assault, or a threat that reasonably places the member in fear of imminent physical harm

Between 2013 and 2015, the sexual assault incidence rate in Tarrant County was above that of Texas and increased from 77 incidents per 100,000 population in 2013 to 83 incidents per 100,000 population in 2015 (Figure 24).

**Figure 24. Sexual Assault Incidence Rate per 100,000 Population, by Texas and Tarrant County, 2013-2015**



DATA SOURCE: Texas Department of Public Safety, Crime in Texas, Texas Crime Report, 2013-2015

Additional quantitative data is presented in the Violence, Injury, and Trauma section of this report.

## Community Strengths and Resources

When asked about community strengths, participants identified several assets including health care resources, generous residents, collaborative organizations, supportive local officials, and a resilient population.

### Health Care Resources

*“In Tarrant County, we have every kind of medical specialty that can be offered in terms of physicians and facilities that is available.”* – Interview Participant

*“Twenty years ago, if cancer was an issue you went to Anderson, or cardiac you went to Cleveland clinic. This is no longer the case because technology is now local and we have recruited practitioners that are skillful in applying technology.”* – Interview Participant

*“The clinics have been huge in terms of access to care and we need to continue to foster that.”* – Interview Participant

Interviewees noted that the region is rich in high-quality health care services. They mentioned JPS Health Network, Cook Children’s, Texas Health Resources, UNT Health Science Center, and the forthcoming medical school. Participants described that the quality of care is high, and includes trauma care, and health outreach to the homeless. One participant also mentioned that the accessibility of high quality specialty care has improved in recent years.

### Generous Community

*“Fort Worth is very philanthropic. The community is very giving. There are so many different charities in the area. Everyone is really willing to contribute to the community.”* – Interview Participant

Numerous participants stated that the civic mindedness of community residents was a substantial community strength. The community was described as *“philanthropic”* and its residents as *“generous.”* Participants indicated that this generosity contributed to the variety and number of services in the community. According to the National Center for Charitable Statistics, there are 1,000 registered nonprofit organizations in Tarrant County, including 333 private foundations.<sup>4</sup> As one focus group participant shared, *“we’re on the receiving end of a lot of good gestures.”*

### Collaborative Organizations

*“The social agencies [in Tarrant and Fort Worth] work well together and government officials also work well.”* – Interview Participant

*“In healthcare, this County is amazing in that we’re willing to share resources and best practices to make sure that all of our healthcare institutions are strong and vibrant for cutting edge, up to date services.”* – Focus Group Participant

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<sup>4</sup><http://nccsweb.urban.org/PubApps/geoShowOrgs.php?id=c48439&code=c48439&v=pf&src=county>



Several participants identified the collaborative nature of organizations working in the county as a strength. As one interviewee described, “[it is] very collegial and easy for non-profits to collaborate including juvenile justice, non-profits, school districts, hospitals, public health, etc.” Another interviewee shared a similar view saying, “[we have] amazing partners working together so you don’t have a hundred representatives running around in a hundred different directions.” However, several participants reported that collaboration among organizations was weak and identified a need for more collaboration to address community needs, especially in light of tight funding.

### ***Supportive Elected Officials***

Some participants shared that the support of city leaders and agencies was an asset of the local community. As one interviewee described, “the city [of Fort Worth] is very in tune; a unique mix. What the city does for its residents is great.”

### ***Resilient Population***

A couple of participants identified the resiliency of residents as a strength of the community. As one interviewee stated, “residents have a resiliency and resourcefulness and the willingness to seek out assistance.”

### ***Environmental Scan of External Programs***

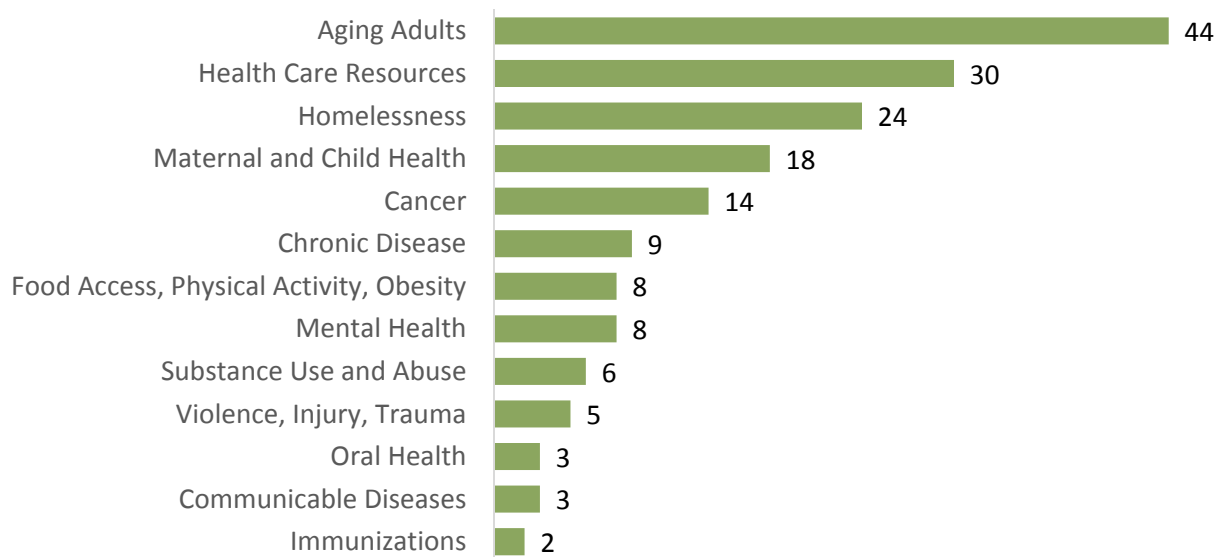
A review of existing programs and services reveals numerous organizations already working on key health issues in Tarrant County. Appendix C provides a detailed listing and description of each of these programs and services, which were identified through the interviews, focus groups, and searches through web pages and organizational reports. Many of these organizations provide multiple direct services and supports related to the health topic or topics that they address. Figure 25 presents the number of health-related organizations or programs focusing on each topic area. The environmental scan is not a comprehensive list of all organizations in Tarrant County, for more information please visit: <http://www.tarrantcares.org/>.

The topic areas of aging, health care resources, and homelessness are well represented in the service landscape of Tarrant County. These programs offer a wide range of services. For example, programs that work in the field of aging address issues ranging from medical care to decreasing isolation among aging adults to the needs of caregivers who care for family members or those suffering from Alzheimer’s disease. Many of the organizations identified in this scan house multiple programs, services, and prevention efforts under one roof. There is also a similar mix of direct service and prevention programs relating to mental health and maternal and child health, though not to the same extent.

Most of the direct services are provided by individual organizations and non-profits. As mentioned, these organizations are also often involved in prevention work. County and city-level organizations, particularly Tarrant County Public Health Department, are primarily focused on prevention programs. Prevention efforts are represented in each of the health topics identified, but are especially focused on chronic disease and HIV prevention. While some programs are population specific – such as those that work with aging adults – most programs are focused on specific health needs and work with diverse populations to provide services. Programs highlighted in the environmental scan are primarily available on the county and North Texas regional level. While programs are available to serve the whole of Tarrant County or the North Texas region, their physical locations are most often in large cities like Fort Worth and Arlington.

In addition to identifying what health needs are being met in Tarrant County, the environmental scan also helps to identify gaps in service and areas for potentially strengthening existing partnerships or programs. Examples of areas where there appears to be limited programming include obesity, substance abuse, and communicable disease. While there are some programs to address food insecurity and nutrition, there is a lack of programs targeting physical activity and obesity prevention, especially among children and adolescents. For communicable disease, there are several programs that primarily focus on the prevention and treatment of HIV/AIDS; however, there appear to be few programs addressing other communicable diseases, such as sexually transmitted infections, other than testing services such as those from the Tarrant County Public Health Department. Substance abuse, including tobacco use, were sometimes integrated with other topic areas (such as mental health) but there were limited stand-alone programs addressing these topics.

**Figure 25. Number of Identified Health-related Organizations/Programs in Tarrant County, by Topic Area**



## Health Conditions

This section of the report provides an overview of leading health conditions in Tarrant County examining incidence and mortality data as well as discussing the pressing concerns that community stakeholders identified during in-depth conversations. Similar to the 2013 CHNA results, chronic diseases and their risk factors—specifically obesity, diabetes, cardiovascular disease, and cancer— were mentioned in the majority of focus groups and interviews. Mental health and substance use were also prevalent themes, with many participants attributing the perceived increase to unaddressed trauma, stress, and poverty.

### Leading Causes of Mortality

From 2013 through 2015, the two leading causes of death in Tarrant County were heart disease and cancer (all-sites) (Table 4). At a rate of 46.2 deaths per 100,000 population, cerebrovascular disease became the third leading cause of death in 2015, surpassing chronic lower respiratory disease. In 2014, Alzheimer’s became the fifth leading cause of death in Tarrant County (31.3 deaths per 100,000 population) with a continued upward trend in 2015 (41.2 deaths per 100,000 population), though notably responsible for substantially fewer numbers of deaths than heart disease or cancer in those same years. These patterns were consistent with statewide data each year (data not shown).

*“Nobody is sick with just one disease anymore; we see multiple comorbidities with chronic illnesses.” -Focus group participant*

**Table 4. Top Five Leading Causes of Mortality, Age-adjusted Rates per 100,000 Population, Tarrant County, 2013-2015**

| Rank | 2013                                       | 2014                                       | 2015                                       |
|------|--|--|--|
| 1    | Heart disease<br>162.3                     | Heart disease<br>158.6                     | Heart disease<br>157.6                     |
| 2    | Cancer<br>155.5                            | Cancer<br>156.1                            | Cancer<br>148.9                            |
| 3    | Chronic lower respiratory diseases<br>45.3 | Chronic lower respiratory diseases<br>45.7 | Cerebrovascular diseases<br>46.2           |
| 4    | Cerebrovascular diseases<br>40.6           | Cerebrovascular diseases<br>45.6           | Chronic lower respiratory diseases<br>44.6 |
| 5    | Accidents<br>29.1                          | Alzheimer's disease<br>31.3                | Alzheimer's disease<br>41.2                |

DATA SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, 2013-2015

### Premature Mortality

The County Health Rankings defines premature death as deaths occurring prior to the age of 75 and calculates years of potential life lost. As illustrated by Figure 26, data from 2011 through 2013 suggests that there were 17,253 deaths in Tarrant County resulting in a total of 6,500 years of potential life lost per 100,000 population. This was slightly less than the statewide calculation (6,600 years of potential life lost per 100,000 population).

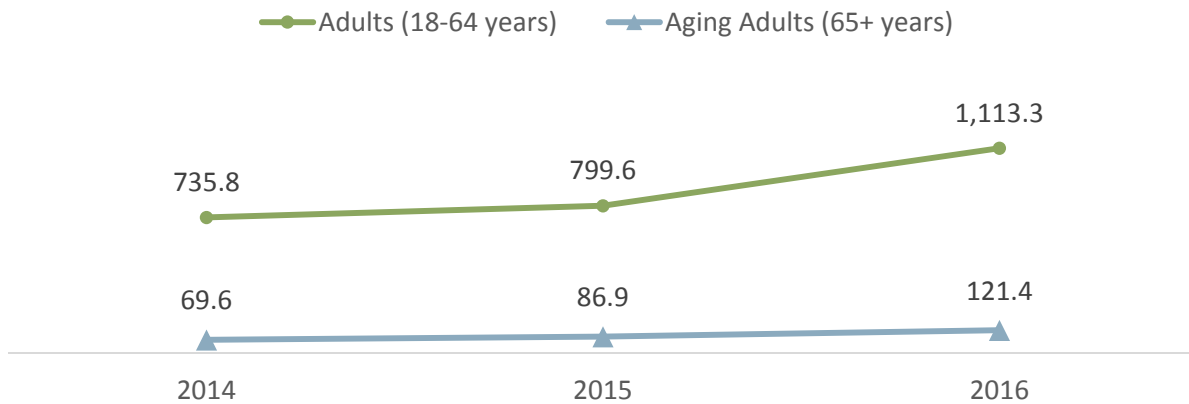
**Figure 26. Premature Mortality, Years of Potential Life Lost Before Age 75 per 100,000 Population, Texas and Tarrant County, 2011-2013**



DATA SOURCE: National Vital Statistics System, National Center for Health Statistics - Mortality Files, as cited by County Health Rankings, 2011-2013

Inpatient admissions data for ambulatory care sensitive conditions (ACSCs) indicates the quality of a community’s preventive care; ACSCs are conditions for which good outpatient care can potentially prevent hospitalization, or for which early intervention can prevent disease complications or severity (e.g., hypertension, asthma, diabetes, etc.). JPS Health Network hospital data shows the emergency department visit rate for ACSCs for both adults (aged 18-64 years) and aging adults (65+) increased from 2014 to 2016 (Figure 27). The readmission rate for ACSCs was about 13% in 2016; visits related to heart failure, COPD, and diabetes had the highest readmission rates (data not shown).

**Figure 27. Emergency Department Visit Rate per 100,000 Population for Ambulatory Care Sensitive Conditions (ACSC), Tarrant County, 2014-2016**



DATA SOURCE: JPS Health Network

Additional local level health data for Fort Worth and Arlington is available through the 500 Cities Project, which is a collaboration between the Centers for Disease Prevention and Control (CDC), the Robert Wood Johnson Foundation, and the CDC Foundation. The purpose of the 500 Cities Project is to provide city- and census tract-level small area estimates for chronic disease risk factors, health outcomes, and clinical preventive service use for the largest 500 cities in the U.S. Maps that show the burden and geographic distribution of health-related variables in Tarrant County for Fort Worth and Arlington can be accessed at [ftp://ftp.cdc.gov/pub/MAPBOOKS/TX\\_Fort%20Worth\\_MB\\_508tagged.pdf](ftp://ftp.cdc.gov/pub/MAPBOOKS/TX_Fort%20Worth_MB_508tagged.pdf) and [ftp://ftp.cdc.gov/pub/MAPBOOKS/TX\\_Arlington\\_MB\\_508tagged.pdf](ftp://ftp.cdc.gov/pub/MAPBOOKS/TX_Arlington_MB_508tagged.pdf).

### Chronic Diseases and Related Risk Factors

Concerns about rising rates of chronic disease and related risk factors among residents, including for a growing number of younger residents, were expressed in numerous conversations. Many of these conversations also attributed the built environment—specifically access to healthy food, poverty, opportunities for physical activity, and transportation—as key contributors to the perceived increase in chronic disease. The following section provides an overview of the prevalence of chronic diseases and related risk factors among Tarrant County residents, including obesity, diabetes, healthy eating and physical activity, heart disease and stroke, and asthma.

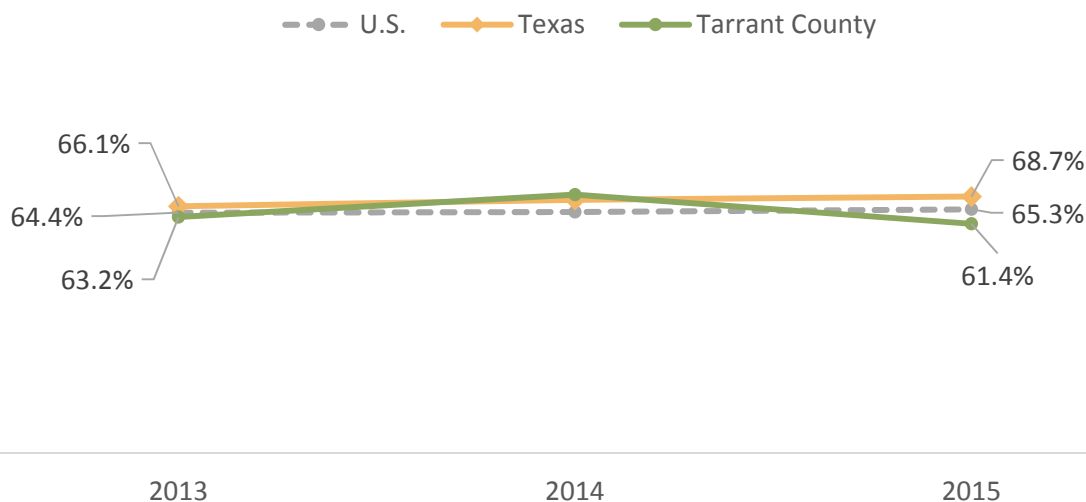
### Obesity

*“I see the high rates of childhood obesity and they extend into adulthood.” -Interview Participant*

Obesity is a major risk factor for poor cardiovascular health that also increases the risk of death due to heart disease, diabetes, and stroke. Obesity was identified by several participants as a concern for the region; childhood obesity was noted as a particular concern. As one focus group participant shared, *“Obesity is the mother of all chronic diseases. In Tarrant County, not only are adults obese, but so are many of our school children.”* Competing time commitments, the availability of accessible and affordable healthy food, and cultural norms were identified as challenges to maintaining a healthy weight.

Quantitative data shows that approximately two out of every three Texas adults were reported to be overweight or obese in 2013; slightly greater than that reported for Tarrant County (66.1% and 63.2%, respectively) (Figure 28). This proportion increased across the state and county in 2014 followed by a slight decrease in 2015.

**Figure 28. Percent Adults Reported to be Overweight or Obese, by U.S., Texas, and Tarrant County, 2013-2015**

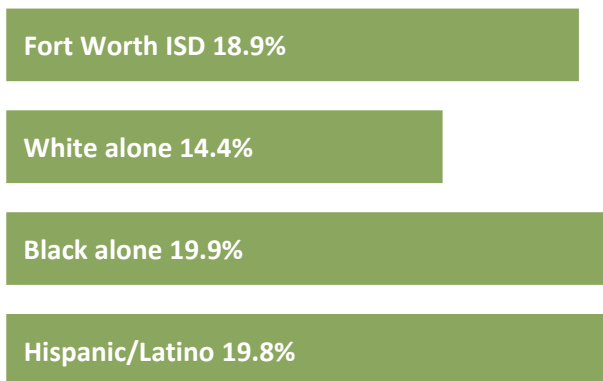


DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013-2015 and for U.S. data, Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance Survey, 2013-2015

NOTE: 2015 BRFSS data from Texas Department of State Health Services differed from BRFSS data from Tarrant County Public Health (See Appendix B for Tarrant County Public Health data)

Figure 29 shows that overall, 18.9% of Fort Worth Independent School District high school students were reported to be overweight in 2015. When this data is further stratified by race/ethnicity, there were notable differences in reports of overweight. Specifically, 14.4% of White students were reported to be overweight compared to 19.9% of Black students and 19.8% of Hispanic/Latino students.

**Figure 29. Percent High School Youth Reported to be Overweight, by Race/Ethnicity, Fort Worth ISD, 2015**



DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015

NOTE: Insufficient sample size for Other/Multiracial

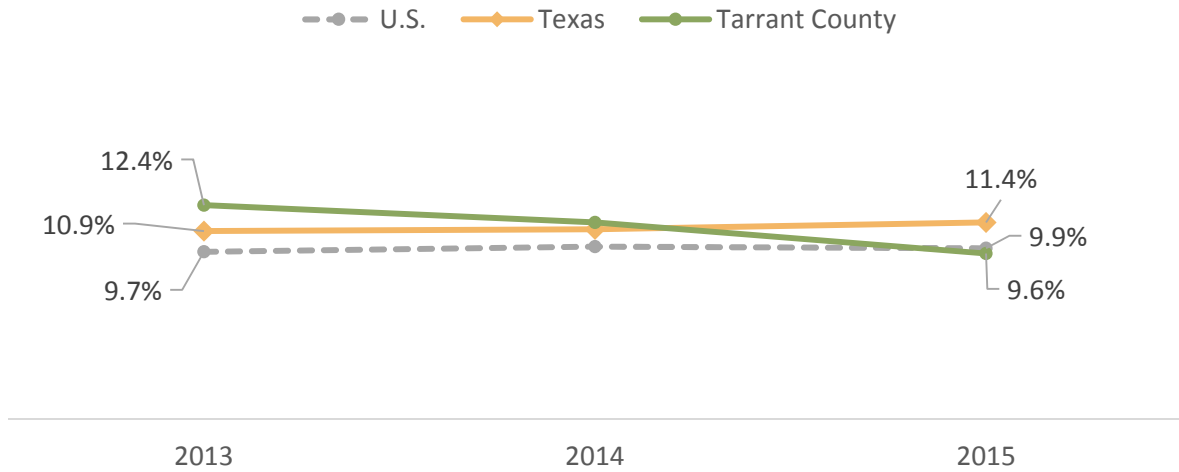
## [Diabetes](#)

*“Diabetes is the highest contributor to costs. It’s going to take generations to change. It affects so many other comorbidities.” – Focus Group Participant*

Diabetes in the region was mentioned as a particular concern among participants because of its high prevalence, its impact on comorbidities, and the costs associated with the disease. As one focus group participant noted: “[Diabetes is] huge, and on the rise.” Many focus group participants talked about the unmet needs of diabetes, particularly due to lack of self-management and delaying care. As shared by participants, this was due, in part, to health insurance coverage that often does not cover certified diabetic education.

In 2013, 12.4% of Tarrant County adults reported to have been diagnosed with diabetes, compared to 10.9% statewide (Figure 30). By 2015, however, this difference was reversed with 9.6% of Tarrant County adults reported to be diagnosed with diabetes compared to 11.4% statewide.

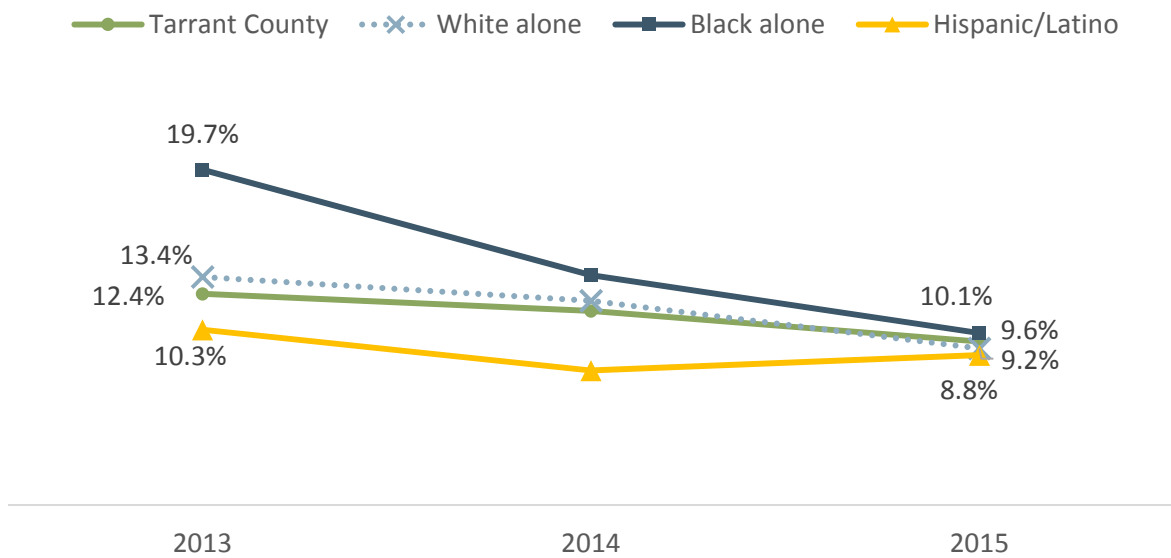
**Figure 30. Percent Adults Reported to Have Been Diagnosed with Diabetes, by U.S., Texas, and Tarrant County, 2013-2015**



DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013-2015 and for U.S. data, Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance Survey, 2013-2015

When this data is stratified by race/ethnicity, there were notable disparities between groups in 2013. However, these disparities appear to have been reduced by 2015 (Figure 31). Specifically, in 2013, 19.7% of Black adults in Tarrant County had been diagnosed with diabetes, well-above the countywide average, but by 2015 this rate had decreased to 10.1%, a level similar to White and Hispanic residents. Of note, this indicator reports adults who were *diagnosed* with diabetes, and does not capture those who may be living with *undiagnosed* diabetes.

**Figure 31. Percent Adults Reported to Have Been Diagnosed with Diabetes, by Race/Ethnicity, 2013-2015**

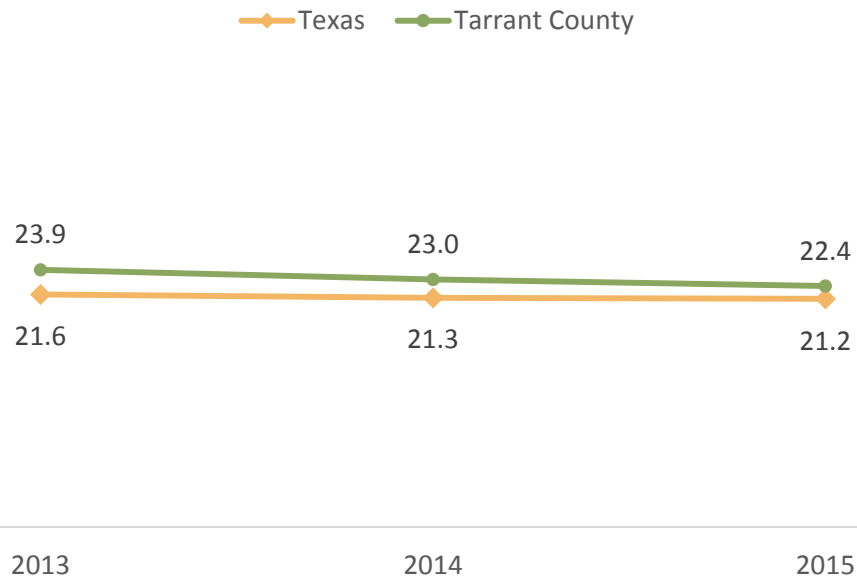


DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013-2015

NOTE: Insufficient sample size for Other/Multiracial

As shown in Figure 32, in 2015 there were 22.4 deaths per 100,000 population due to diabetes in Tarrant County, slightly greater than that observed statewide (21.2 deaths per 100,000 population). The countywide diabetes mortality rate appears to be trending downwards between 2013 and 2015.

**Figure 32. Diabetes Mortality Rate per 100,000 Population, by Texas and Tarrant County, 2013-2015**



DATA SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, 2013-2015

### Healthy Eating and Physical Activity

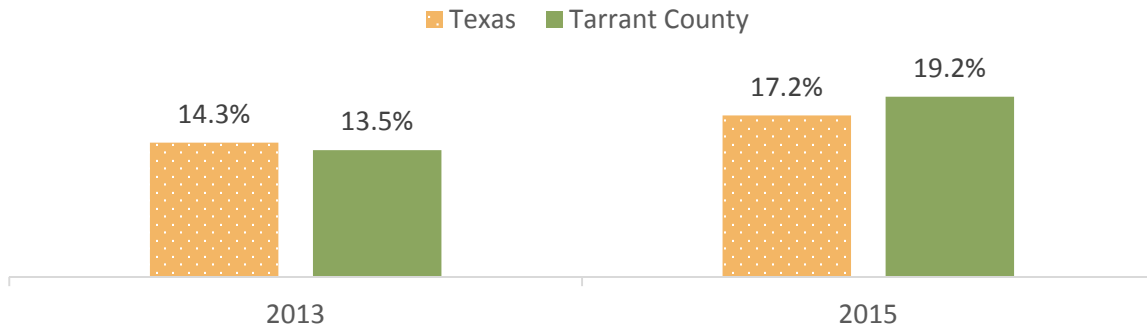
Healthy eating and physical activity are important risk factors for maintaining a healthy weight and reducing one's risk of certain diseases. Focus group and interview participants reported that exercise and healthy eating were ways to prevent chronic diseases such as obesity and cancer. However, residents described competing priorities, such as work, child care, and cultural norms as barriers to maintain a healthy lifestyle. As one resident said, *"People don't have time to exercise or take care of themselves with everything else going on in their lives."*

As described previously, many focus group and interview participants described pockets of food deserts across Tarrant County that impeded access to healthy foods and was exacerbated by limited transportation options. As one participant shared, *"Most [of our] clients don't have anywhere close by, only liquor stores and convenience stores. They don't have transportation to get to grocery store."*

Quantitative data show that the proportion of adults consuming the daily recommended servings of fruits and vegetables increased from 2013 to 2015 at both the county and state levels (Figure 33). In 2013, 13.5% of Tarrant County adults reported consuming fruits and vegetables five or more times a day compared to 19.2% in 2015, surpassing the statewide proportion that year.



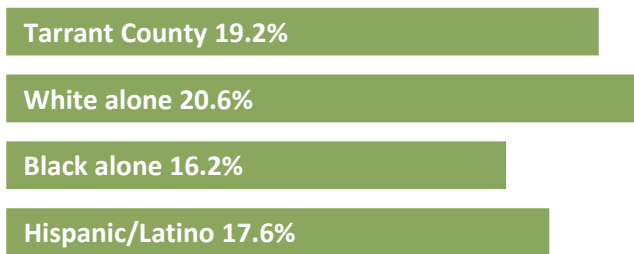
**Figure 33. Percent Adults Reported to Consume Fruits and Vegetables Five or More Times per Day, by Texas and Tarrant County, 2013 and 2015**



DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013 and 2015

When stratified by race/ethnicity, this data indicates that in 2015 16.2% of Black and 17.6% Hispanic/Latino Tarrant County adult residents reported consuming the recommended daily intake of fruits and vegetables, which was less often than residents countywide (Figure 34).

**Figure 34. Percent Tarrant County Adults Reported to Consume Fruits and Vegetables Five or More Times per Day, by Race/Ethnicity, 2015**



DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2015

NOTE: Insufficient sample size for Other/Multiracial

Additionally, more than a quarter of Tarrant County adults reported eating at a fast food restaurant at least two times per week in 2015, which was consistent with adults statewide (Figure 35).

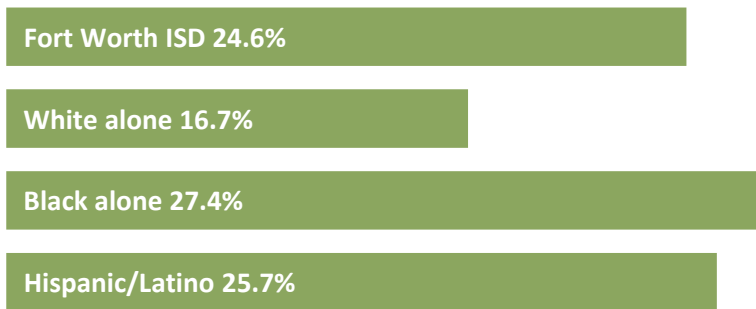
**Figure 35. Percent Adults Reported to Eat at Fast Food Restaurants Two or More Times per Week, by Texas and Texas County, 2015**



DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2015

High School students in the Fort Worth Independent School District were surveyed in 2015 to determine what proportion met the daily fruit/100% fruit juice and vegetable consumption recommendations. On average, one in four students met the daily fruit recommendations, though stratifying this data by race/ethnicity indicates that White students reported fruit intake at recommended levels (16.7%) of less often than of Hispanic (25.7%) and Black students (27.4%) (Figure 36).

**Figure 36. Percent Fort Worth ISD High School Youth Reported to Consume Fruit or Drink 100% Fruit Juices Three or More Times per Day, by Race/Ethnicity, 2015**

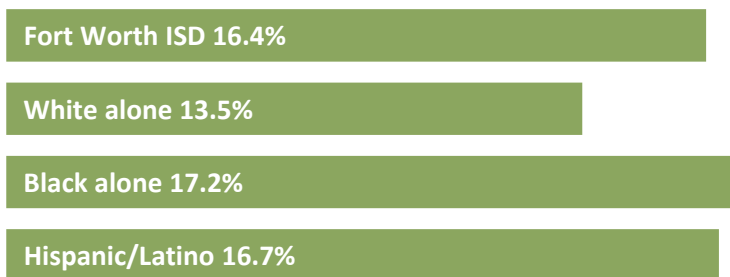


DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015

NOTE: Insufficient sample size for Other/Multiracial

Similarly, while 16.4% of students overall reported meeting recommended vegetable consumption, data by race/ethnicity show that White students (13.5%) were less likely to meet the recommendation than Hispanic (16.7%) and Black students (17.2%) (Figure 37).

**Figure 37. Percent Fort Worth ISD High School Youth Reported to Consume Vegetables Three or More Times per Day, by Race/Ethnicity, 2015**

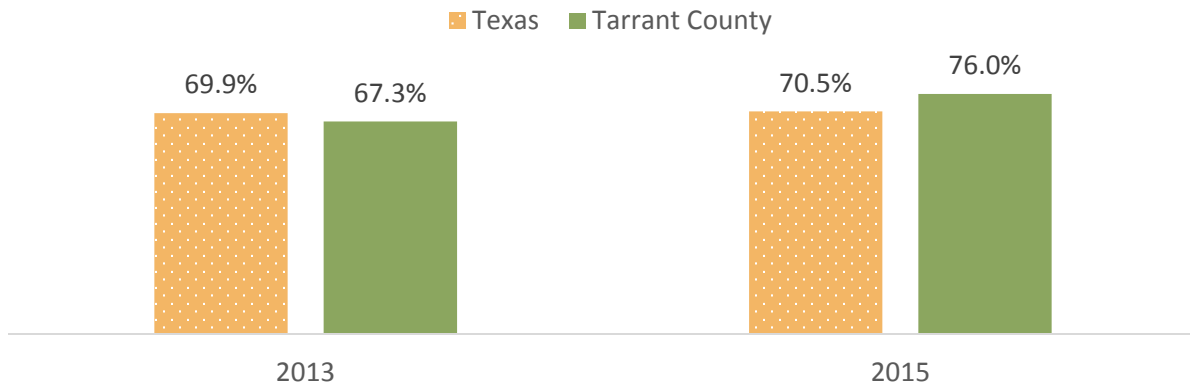


DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015

NOTE: Insufficient sample size for Other/Multiracial

As described previously, focus group and interview participants shared mixed opinions about opportunities for physical activity in the region. Some reported good access to parks and other opportunities for physical activity in more affluent areas of the city; though others stated that these were not equally distributed across the region and commented on the region's lack of infrastructure such as sidewalks and bike routes in less affluent areas. Quantitative data show that between 2013 and 2015, the proportion of Tarrant County adults reporting participation in leisure time physical activity increased from 67.3% to 76.0%, surpassing the statewide average (Figure 38).

**Figure 38. Percent Adults Reported to Participate in Leisure Time Physical Activity, by Texas and Tarrant County, 2013 and 2015**

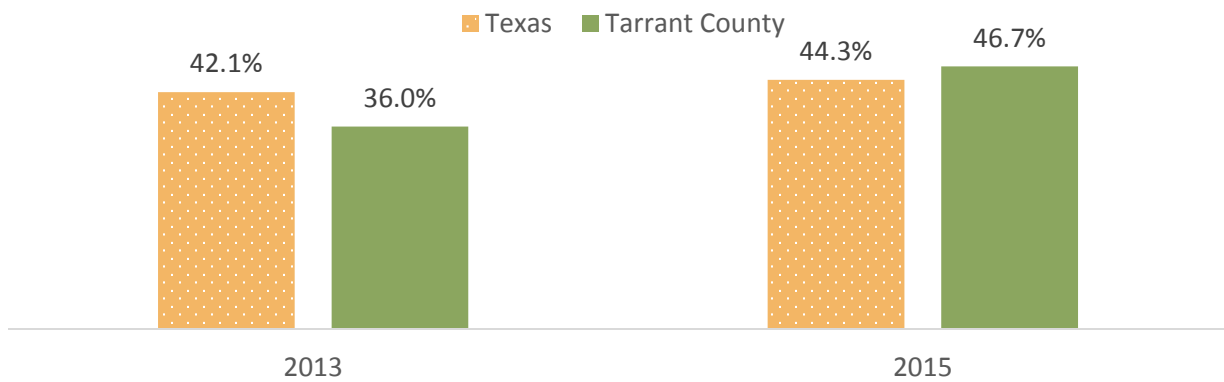


DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013 and 2015

NOTE: 2015 BRFSS data from Texas Department of State Health Services differed from BRFSS data from Tarrant County Public Health (See Appendix B for Tarrant County Public Health data)

As illustrated in Figure 39, between 2013 and 2015, the proportion of Tarrant County adults reported to have met aerobic recommendations also increased, from 36.0% to 46.7%, again surpassing the statewide average.

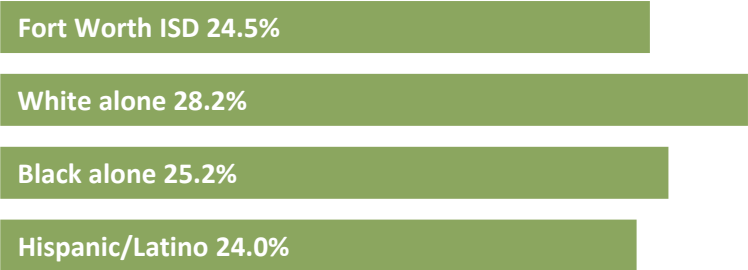
**Figure 39. Percent Adults Reported to Have Met Aerobic Recommendations, by Texas and Tarrant County, 2013 and 2015**



DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013 and 2015

According to quantitative data on physical activity among high school youth, about one in four students in the Fort Worth Independent School District were physically active for at least 60 minutes per day in 2015 (Figure 40). Hispanic/Latino students were less likely to report this daily recommended physical activity level (24.0%) than Black or White students (25.2% and 28.2%, respectively).

**Figure 40. Percent Fort Worth ISD High School Youth Reported to Be Physically Active at Least 60 Minutes per Day, by Race/Ethnicity, 2015**

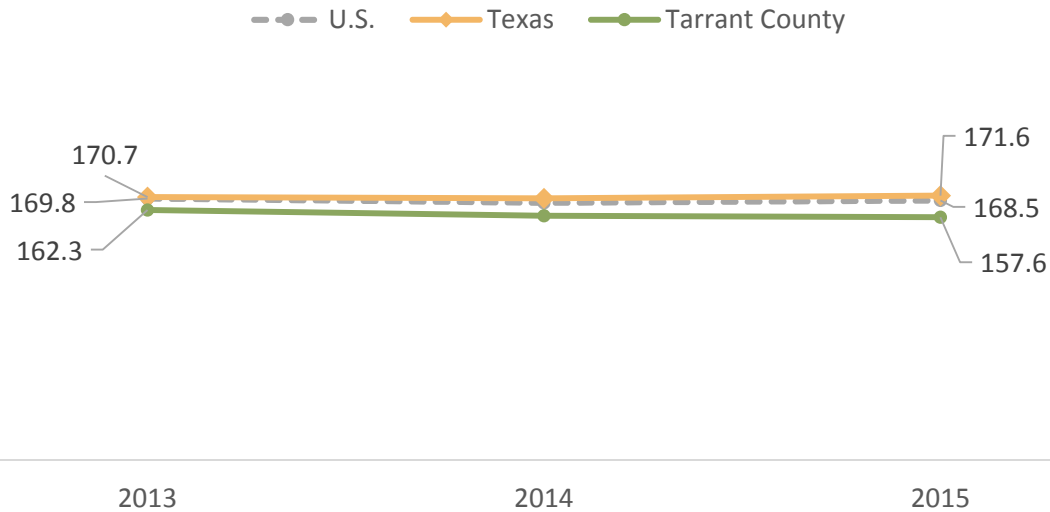


DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015  
NOTE: Insufficient sample size for Other/Multiracial

[Heart Disease and Stroke](#)

Heart disease is the leading cause of death for Black, Hispanic/Latino, and White populations in the United States, and the second leading cause of death for Asians. As illustrated in Figure 41, the heart disease mortality rate among the Tarrant County population steadily decreased from 162.3 deaths per 100,000 population in 2013 to 157.6 deaths per 100,000 population in 2015, slightly below the statewide rate. Figure 42 shows that Black residents in Tarrant County are disproportionately affected by heart disease.

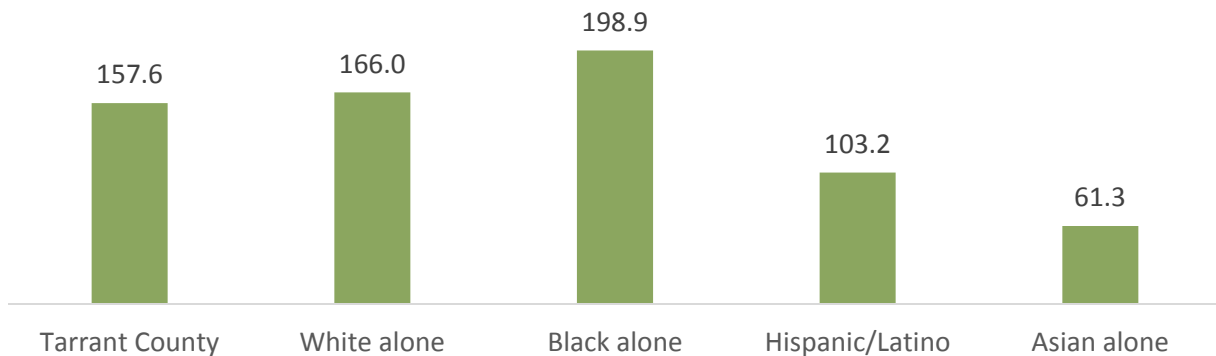
**Figure 41. Heart Disease Mortality Rate per 100,000 Population, by U.S., Texas, and Tarrant County, 2013-2015**



DATA SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, 2013-2015

NOTE: Heart diseases includes ICD-10 codes I00-I09, I11, I13, I20-I51

**Figure 42. Heart Disease Mortality Rate per 100,000 Population in Tarrant County, by Race/Ethnicity, 2015**

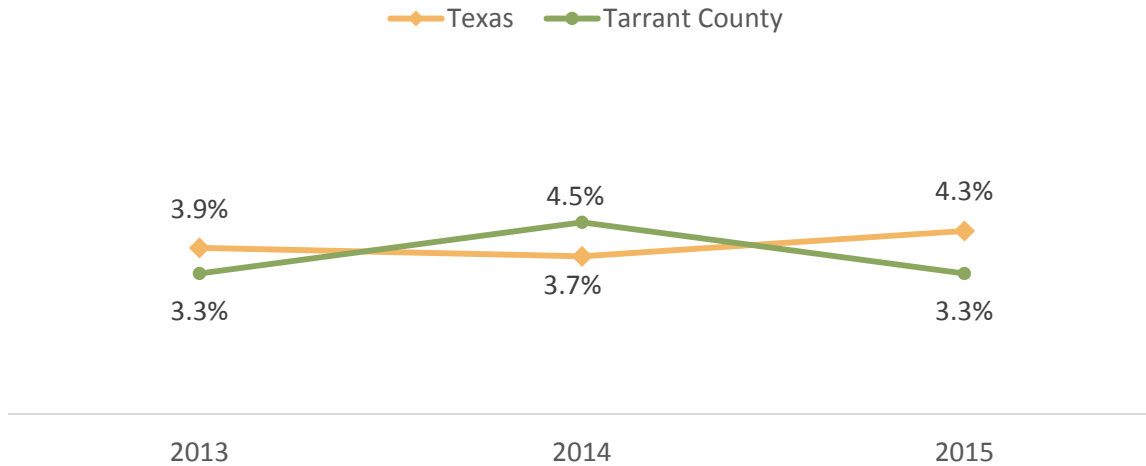


DATA SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, 2015

NOTE: Insufficient sample size for American Indian or Alaska Native

Between 2013 and 2015, the proportion of adults reported to have had a heart attack in Tarrant County remained fairly consistent and ranged from a low of 3.3% to a high of 3.7% which was on par with adults statewide (Figure 43).

**Figure 43. Percent Adults Reported to Have Had a Heart Attack, by Texas and Tarrant County, 2013-2015**

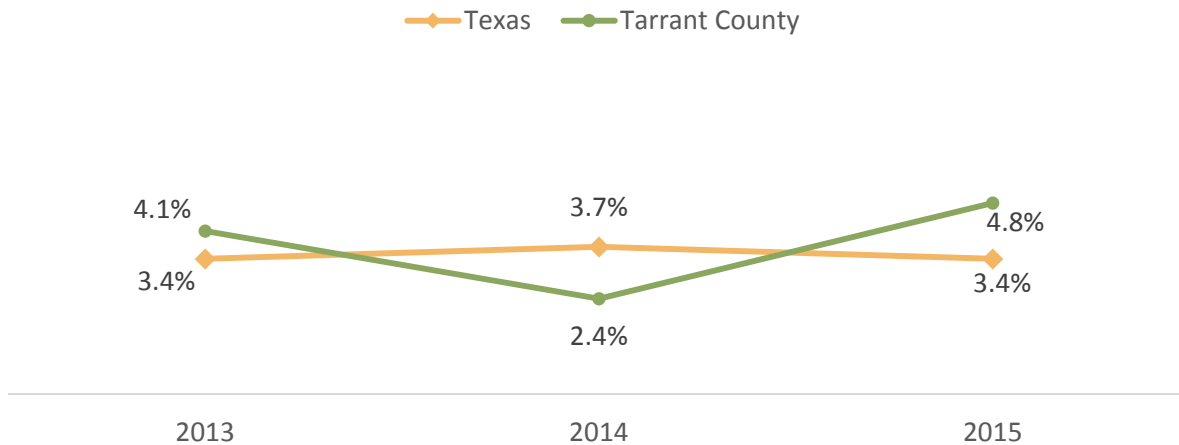


DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013-2015

NOTE: 2015 BRFSS data from Texas Department of State Health Services differed from BRFSS data from Tarrant County Public Health (See Appendix B for Tarrant County Public Health data)

In 2015, 4.8% of Tarrant County adults were reported to have coronary heart disease, up from 2.4% in the previous year (Figure 44). In contrast, the statewide proportion of adults with reported coronary heart disease decreased from 3.7% to 3.4% from 2014 to 2015. Overall, adults reported to have coronary heart disease from 2013 to 2015 remained fairly constant.

**Figure 44. Percent Adults Reported to Have Coronary Heart Disease, by Texas and Tarrant County, 2013-2015**

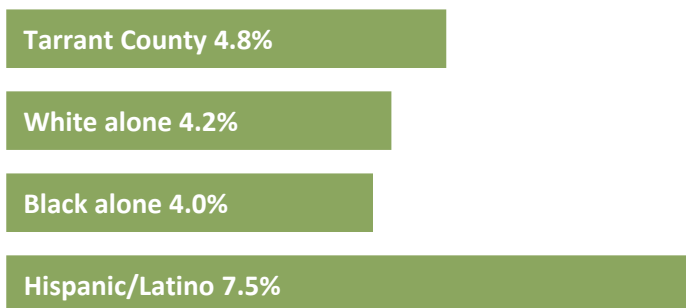


DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013-2015

NOTE: 2015 BRFSS data from Texas Department of State Health Services differed from BRFSS data from Tarrant County Public Health (See Appendix B for Tarrant County Public Health data)

Examining heart disease by race/ethnicity, shows that Hispanic/Latino adults in Tarrant County reported coronary heart disease in 2015 (7.5%) at nearly twice the rate of adults countywide (4.8%) (Figure 45). The proportions of White and Black Tarrant County adults who reported coronary heart disease (4.2% and 4.0%, respectively) were below the countywide average. Interestingly, Hispanic/Latino residents have a lower heart disease mortality rate than all other racial and ethnic groups (Figure 42), despite reporting higher incidence rates of heart disease (Figure 45). This may be attributed to several factors; all data in the BRFSS are obtained by self-report, so rates of disease burden may be underreported or over reported. Additionally, heart disease diagnosis could indicate receipt of treatment, which could reduce the likelihood of heart disease mortality.

**Figure 45. Percent Adults Reported to Have Coronary Heart Disease, by Race/Ethnicity, Tarrant County, 2015**

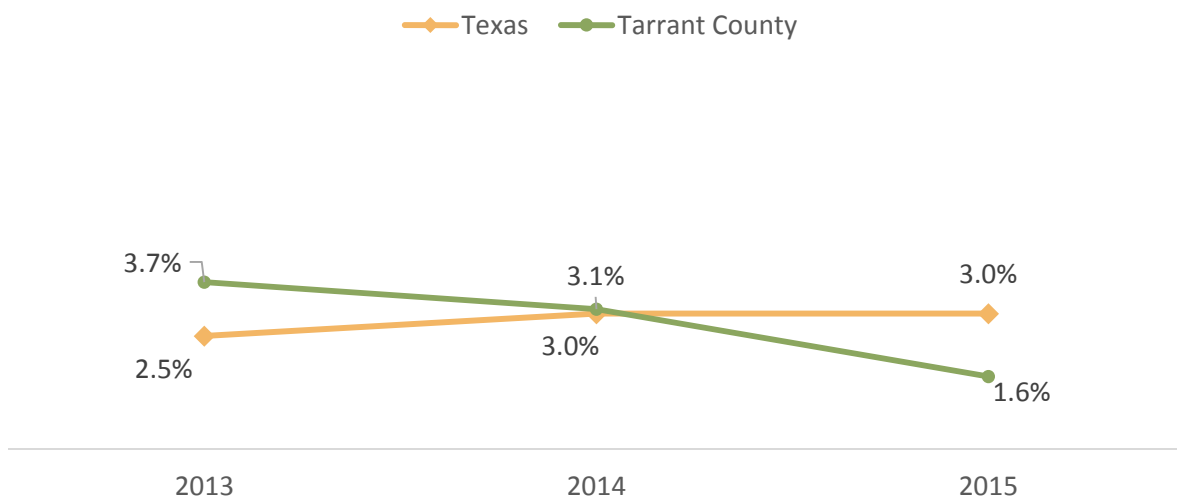


DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2015

NOTE: Insufficient sample size for Other/Multiracial

While in 2013, the proportion of adults reported to have had a stroke in Tarrant County exceeded the statewide average (3.7% and 2.5%, respectively), by 2015 this difference was reversed (Figure 46). In fact, by 2015 the countywide proportion of adults reported to have had a stroke (1.6%) was less than half of what it had been in 2013 (3.7%).

**Figure 46. Percent Adults Reported to Have Had Stroke, by Texas and Tarrant County, 2013-2015**

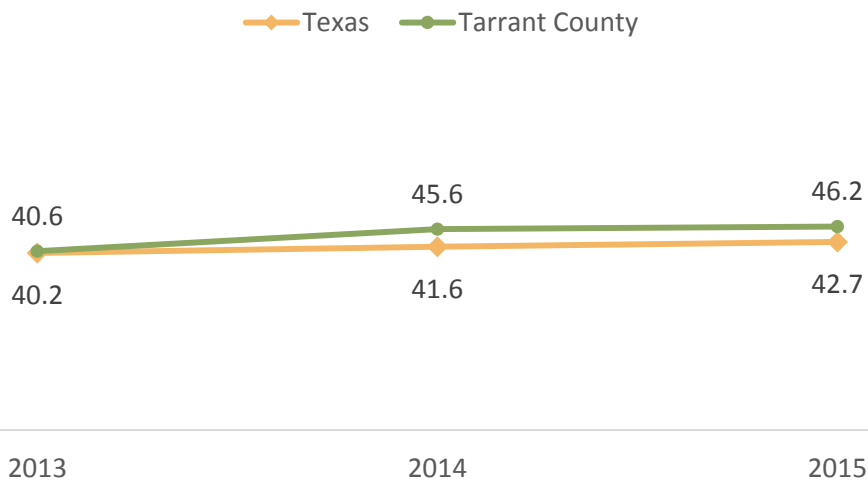


DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013-2015

NOTE: 2015 BRFSS data from Texas Department of State Health Services differed from BRFSS data from Tarrant County Public Health (See Appendix B for Tarrant County Public Health data)

2013-2015 mortality data presented in Figure 47 show the rate of deaths due to cerebrovascular disease in Tarrant County increased from 40.6 deaths per 100,000 population to 46.2 deaths per 100,000 population. These rates were slightly greater than the statewide rate each year.

**Figure 47. Cerebrovascular Diseases Mortality Rate per 100,000 Population, by Texas and Tarrant County, 2013-2015**



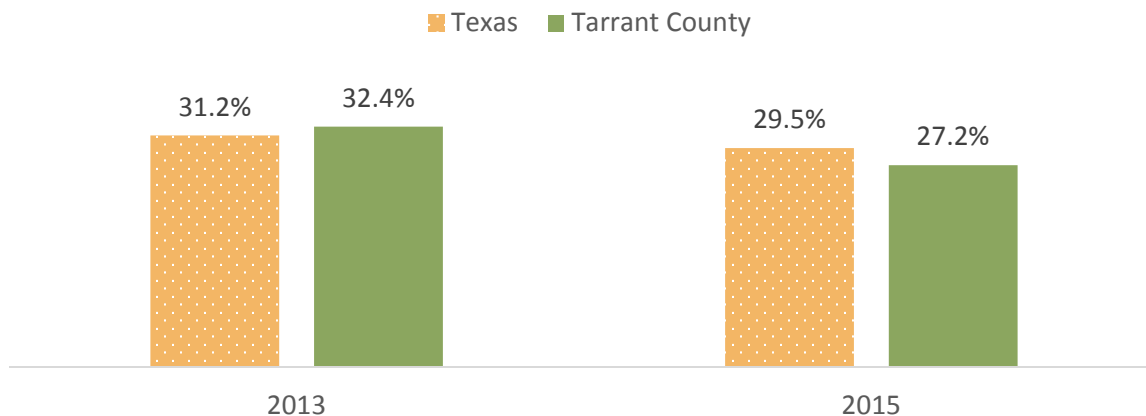
DATA SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, 2013-2015

NOTE: Cerebrovascular diseases includes ICD-10 codes I60-I69

#### *Hypertension and Cholesterol*

Hypertension (e.g., high blood pressure) is one of the major causes of stroke, and high cholesterol is a major risk factor for heart disease. In 2013, nearly one in three Tarrant County adults were reported to have had high blood pressure, though in 2015 that proportion decreased slightly (Figure 48).

**Figure 48. Percent Adults Reported to Have Had High Blood Pressure, by Texas and Tarrant County, 2013 and 2015**



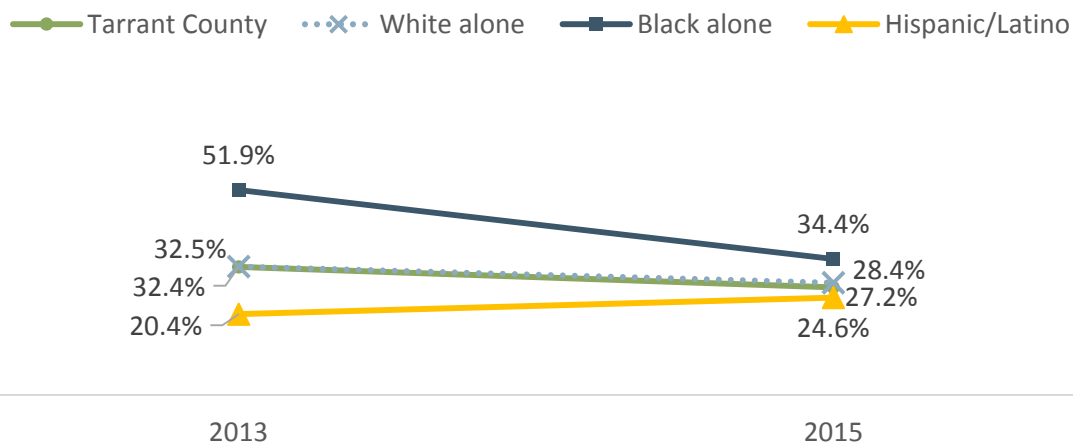
DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013 and 2015

NOTE: 2015 BRFSS data from Texas Department of State Health Services differed from BRFSS data from Tarrant County Public Health (See Appendix B for Tarrant County Public Health data)



When this data is stratified by race/ethnicity, disparities emerge. As illustrated in Figure 49, more than half of Black adults were reported to have had high blood pressure in 2013 (51.9%). While this rate decreased overtime, in 2015 the proportion of Black adults reported to have had high blood pressure (34.4%) remained greater than the 2013 countywide average (32.4%).

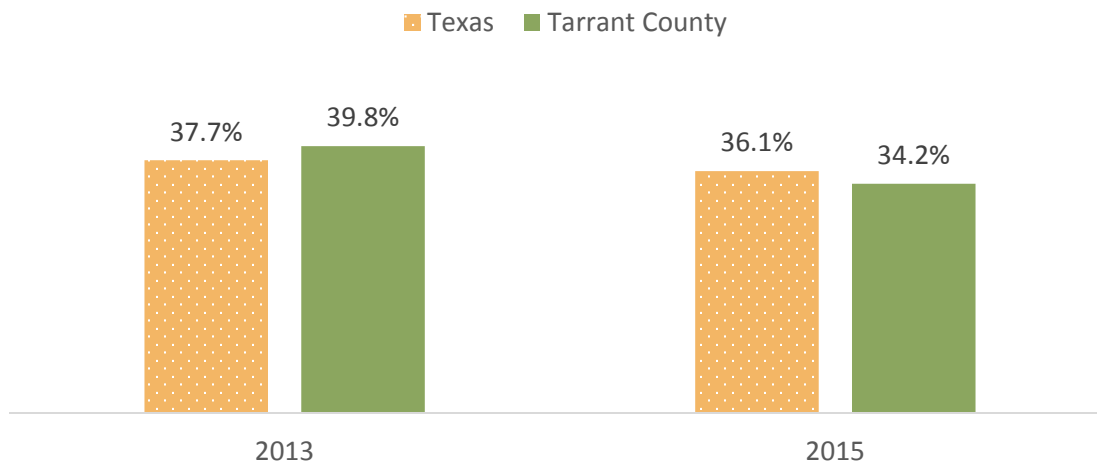
**Figure 49. Percent Adults Reported to Have Had High Blood Pressure, by Race/Ethnicity, Tarrant County, 2013 and 2015**



DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013 and 2015  
 NOTE: Insufficient sample size for Other/Multiracial

In 2015, about one in three Tarrant County adults reported having high cholesterol (34.2%), which was below that of adults statewide (36%) and shows a decrease from 2013 when nearly 40% of Texas and Tarrant County adults were reported to have ever had high cholesterol (37.7% and 39.8%, respectively) (Figure 50).

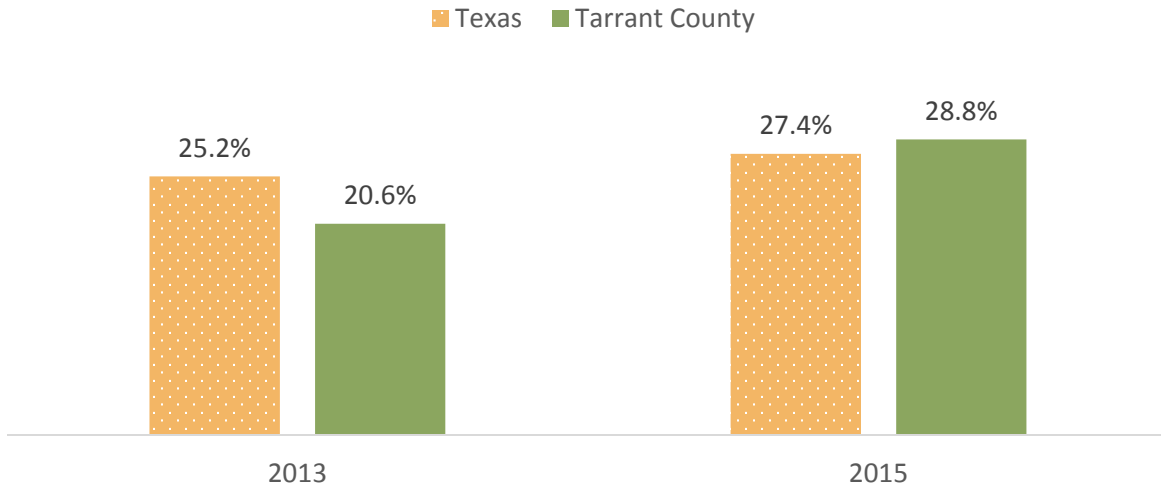
**Figure 50. Percent Adults Reported to Ever Had High Blood Cholesterol, by Texas and Tarrant County, 2013 and 2015**



DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013 and 2015

In 2013, one in five Tarrant County adults reported not having had a blood cholesterol check in the prior five years (20.6%), compared to one in four adults statewide (25.2%) (Figure 51). However, by 2015 the proportion of Tarrant County and Texas adults reporting to have not had their cholesterol checked increased (28.8% and 27.4%, respectively) and the countywide proportion exceeded that of the state.

**Figure 51. Percent Adults Reported to Have Not Had Blood Cholesterol Checked in Past Five Years, by Texas and Tarrant County, 2013 and 2015**

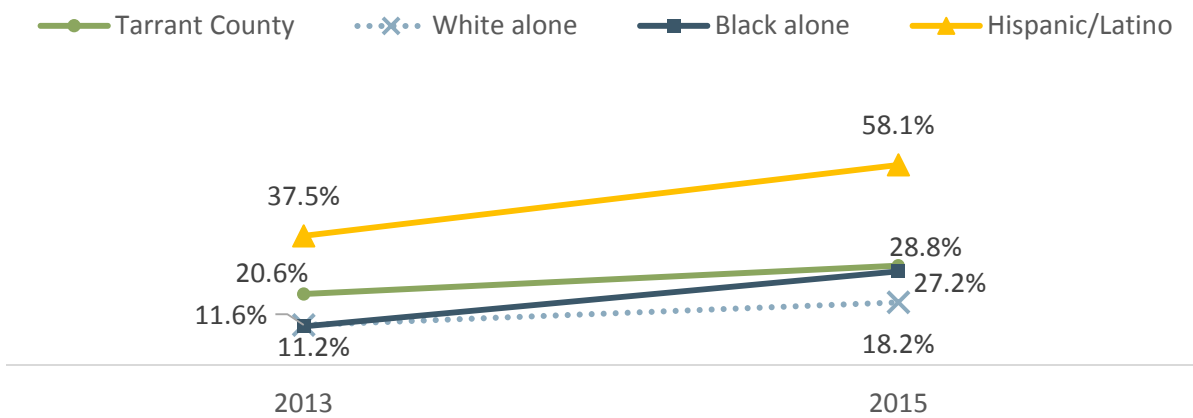


DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013 and 2015

NOTE: 2015 BRFSS data from Texas Department of State Health Services differed from BRFSS data from Tarrant County Public Health (See Appendix B for Tarrant County Public Health data)

Stratifying this data by race/ethnicity, shows that in 2015 more than half of Hispanic/Latino adults reported to not have had a blood cholesterol check in the prior five years (58.1%), which was twice as often as adults countywide (Figure 52).

**Figure 52. Percent Adults Reported to Have Not Had Blood Cholesterol Checked in Past Five Years, by Race/Ethnicity, Tarrant County, 2013 and 2015**



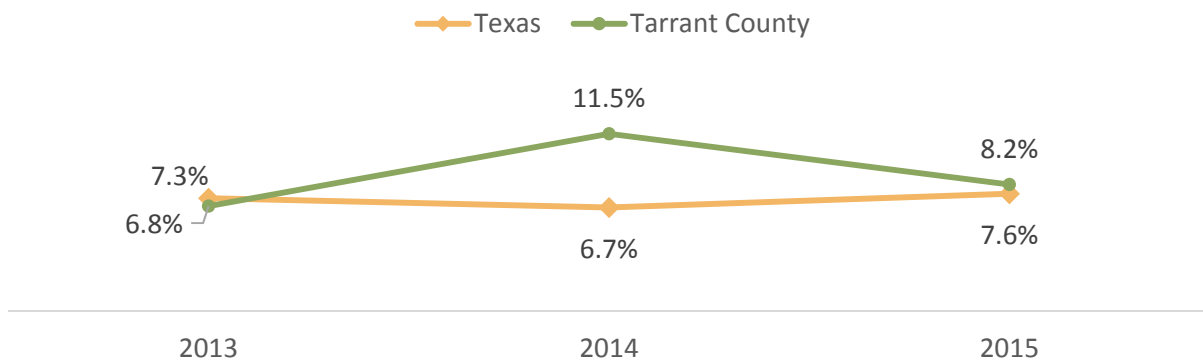
DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013 and 2015

## Asthma

*“In terms of asthma, low-income children are the most vulnerable to the condition.” -Interview Participant*

Asthma is a chronic lung disease that inflames and narrows the airways. Asthma is an important area for public health intervention nationally since the condition is more common and more severe among children, women, low-income, urban, and Black individuals. Asthma, especially among children, was mentioned by one interview participant as a concern, but was not noted by others. In 2014, there was a sharp increase in the proportion of adults reported to currently have asthma in Tarrant County (11.5%) compared to the previous year (7.3%); however, by 2015 this proportion had decreased (8.2%) (Figure 53). The statewide proportion remained relatively constant during this time.

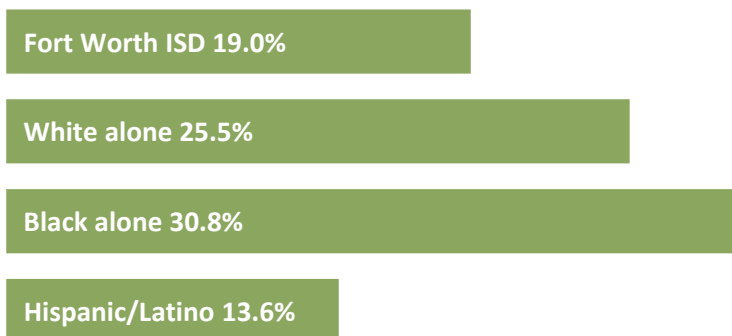
**Figure 53. Percent Adults Reported to Currently Have Asthma, by Texas and Tarrant County, 2013-2015**



DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013-2015

Data from the Fort Worth Independent School District indicates that overall, 19.0% of high school students in 2015 were reported to have ever had asthma (Figure 54). Black students reported to have ever had asthma (30.8%) more than White and Hispanic students (25.5% and 13.6%, respectively).

**Figure 54. Percent High School Youth Reported to Ever Had Asthma, by Race/Ethnicity, Fort Worth ISD, 2015**



DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015  
NOTE: Insufficient sample size for Other/Multiracial

## Behavioral Health

*“Addiction, especially significant substance abuse disorders, have seemingly become more prevalent. Our treatment resources are woefully inadequate in the area.” – Interview Participant*

*“We still aren’t where we should be in recognizing the impact of mental illness in Tarrant.” - Focus group participant*

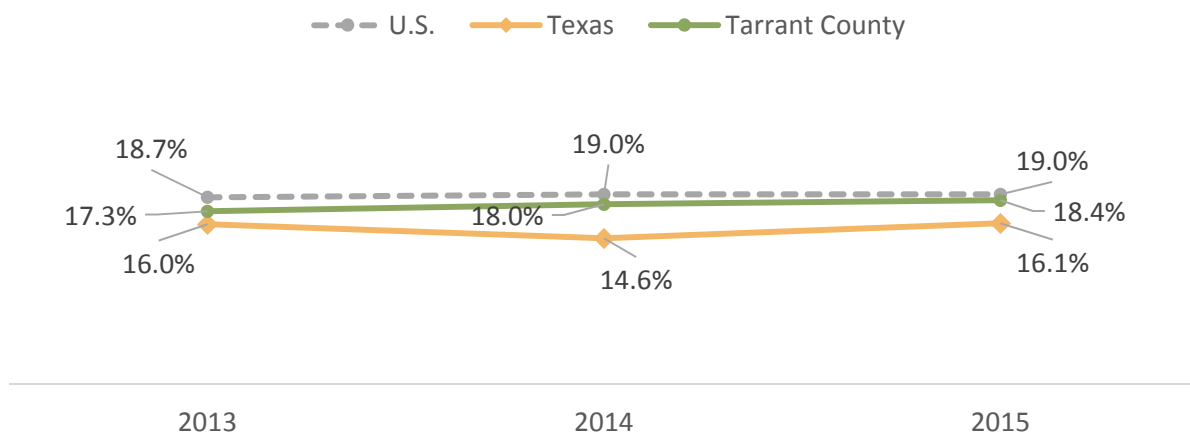
Focus group and interview participants discussed behavioral health, especially depression, stress, and substance abuse, as a significant concern facing the community. These findings are consistent with mental health concerns reported in the 2013 CHNA. The following section examines quantitative and qualitative data related to mental health and substance abuse in Tarrant County and across the state of Texas.

## Mental Health

Focus group and interview participants identified mental health and lack of access to mental health services as a major unmet need in Tarrant County and the entire state of Texas. For example, one interview participant reported: *“Mental health services just don’t exist. JPS does good work but it’s only a drop in the bucket compared to the need.”* Interviewees reported that community residents experience anxiety, depression, and stress, often linked to poverty. Behavioral health concerns for aging adults were identified as a critical and growing health need in Tarrant County; participants mentioned rising rates of dementia and Alzheimer’s as the county’s population ages. Trauma from sexual abuse, and among the region’s veterans and refugees, was also reported to be a community health problem.

Quantitative data show that nearly one in five Tarrant County adults reported a depressive disorder diagnosis (18%), which was slightly higher than adults statewide (Figure 55). According to 2016 inpatient admissions data from JPS Health Network, major depressive disorder was the second leading diagnosis among patients 18-64 years (see Appendix E); important to note is that of the hospital’s 573 beds, nearly a quarter (132 beds, 23%) are for behavioral health.

**Figure 55. Percent Adults Reported Depressive Disorder Diagnosis, by U.S., Texas, and Tarrant County, 2013-2015**

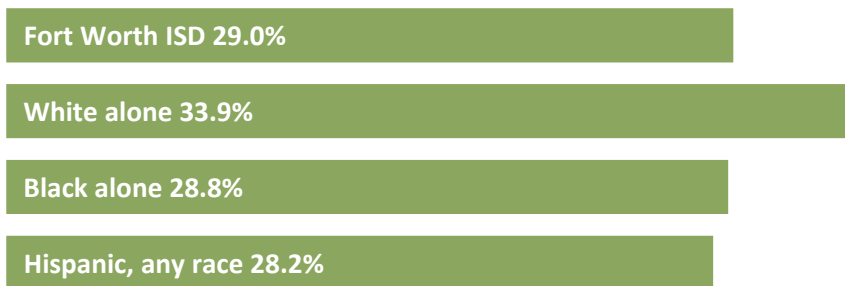


DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013-2015 and for U.S. data, Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance Survey, 2013-2015

NOTE: Depressive disorders include depression, major depression, dysthymia, or minor depression

According to Fort Worth Independent School District data, more than a quarter of high school students reported persistent sadness (29%) in 2015. Proportions were similar across racial/ethnic groups; although, White students were more likely to report feeling sad or helpless for two or more weeks. (Figure 56). Additionally, 2016 inpatient admissions data from JPS Health Network show that diagnoses related to mood disorders were three of the top five leading causes for inpatient admissions among patients under 18 years (see Appendix E).

**Figure 56. Percent Fort Worth ISD High School Youth Reported Feeling Sad or Helpless for Two Weeks or More, by Race/Ethnicity, 2015**

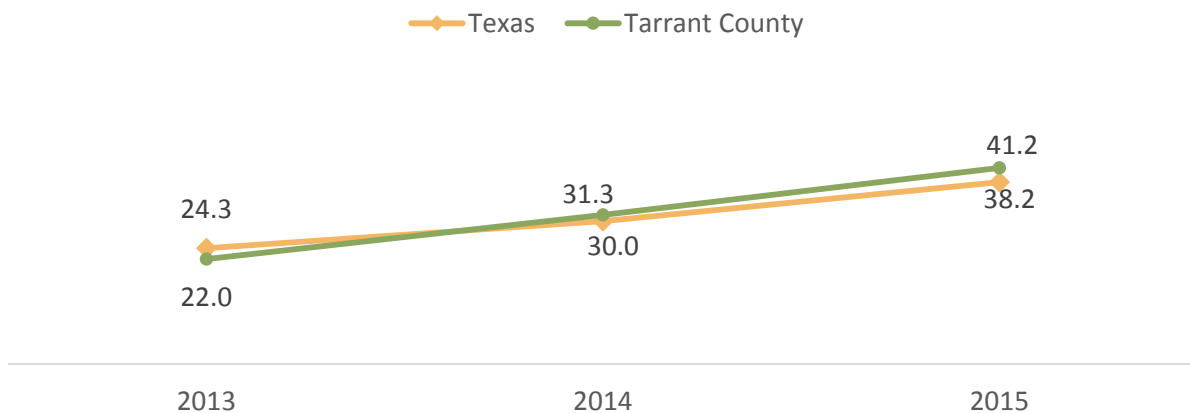


DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015  
 NOTE: Insufficient sample size for Other/Multiracial

*Alzheimer’s Disease*

As the aging adult population continues to grow in Tarrant County, the Alzheimer’s disease mortality rate continues to grow as well. Alzheimer’s disease was the fifth leading cause of mortality in 2014 and 2015 for Tarrant County. As shown in Figure 57, the Alzheimer’s mortality rate steadily increased between 2013 and 2015 for both Tarrant County and Texas, with a slightly higher mortality rate for Tarrant County in 2015 at 41.2 deaths per 100,000 population.

**Figure 57. Alzheimer's Disease Mortality Rate per 100,000 Population, by Texas and Tarrant County, 2013-2015**

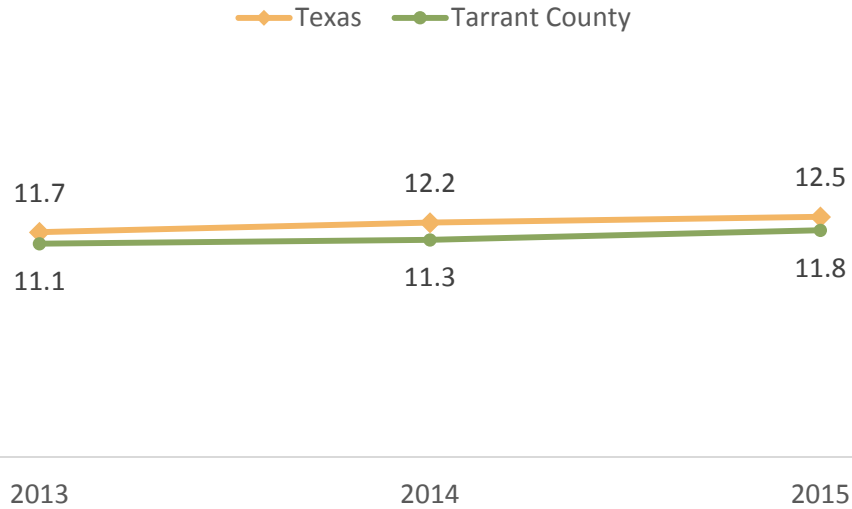


DATA SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, 2013-2015  
 NOTE: Includes ICD-10 Code G30

*Suicide*

Figure 58 shows a gradual upward trend in the suicide mortality rate in Tarrant County, from 11.1 suicide deaths per 100,000 population in 2013 to 11.8 suicide deaths per 100,000 population in 2015; however, the countywide suicide mortality rate remained below that of the state (12.1 suicide deaths per 100,000 population). Among Fort Worth ISD high school youth, Black students reported the highest prevalence of attempted suicide in 2015 (11.2%), (Figure 59).

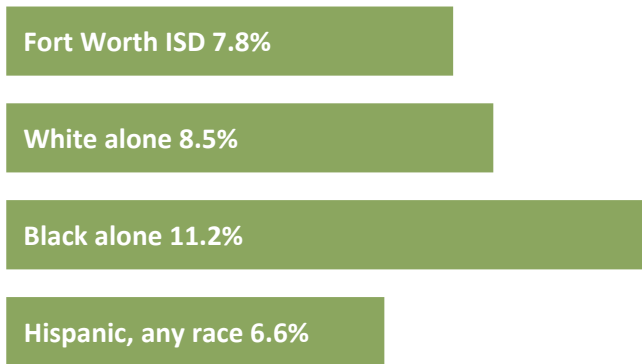
**Figure 58. Age-adjusted Suicide Mortality Rate per 100,000 Population, by Texas and Tarrant County, 2013-2015**



DATA SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, 2013-2015

NOTE: Includes ICD-10 Codes U03, X60-X84, Y87.0

**Figure 59. Percent Fort Worth ISD High School Youth Reported to Have Attempted Suicide in Past Year, by Race/Ethnicity, 2015**



DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015

NOTE: Insufficient sample size for Other/Multiracial

*“The mental health system is doing as best as it can with what it’s got. If you have to wait for months to see a psychiatrist or if you only get medication and no therapy, you’re not getting at the problem.” – Interview Participant*

Although JPS and community-based organizations such as Mission Arlington were described as providing behavioral health services to Tarrant County residents, these services were considered insufficient to meet the need. As a result, participants reported, there are long wait lists for services and many untreated residents. Additionally, emergency services were considered strained: the state hospital and psychiatric care at hospital ERs were reported to be at capacity. Focus group and interview participants stated lack of funding is a substantial barrier to adequate behavioral health care in the county. According to participants, the Affordable Care Act (ACA) and 1115 waiver (as well as the Mental Health Parity Act) have helped to enhance access; yet, lack of Medicaid expansion in Texas and low reimbursement rates continue to hinder access, especially for lower income and undocumented residents. As one interviewee stated, *“we’re treading water and the water is rapidly rising and we can’t make any progress.”*

Focus group and interview participants cited a need for expanded behavioral health services in Tarrant County. A similar recommendation emerged from the stakeholder research conducted for the Tarrant County Long Range Planning Process. Participants recommended more in-patient beds and out-patient services for behavioral health. Participants also saw a need for more opportunities for aging adults to socialize with others to prevent isolation and depression, and more providers experienced in geriatric behavioral health concerns. Additional needs identified included, specialized services such as post-partum depression services for new mothers, PTSD services for veterans, and trauma services for refugees. A couple of participants suggested greater involvement of primary care physicians and pediatricians in screening to identify behavioral health issues early, especially for children and youth. Finally, participants urged greater attention to education and awareness raising about mental health to address stigma and support families of those with mental conditions. As one focus group participant stated, *“mental health is not talked about in Tarrant County.”*

### Substance Abuse

*“An awful lot of us in Tarrant County have been clamoring about the untreated and undiagnosed behavioral health concerns in our community. Addiction, especially significant substance abuse disorders, have seemingly become more prevalent in our community.”—Interview Participant*

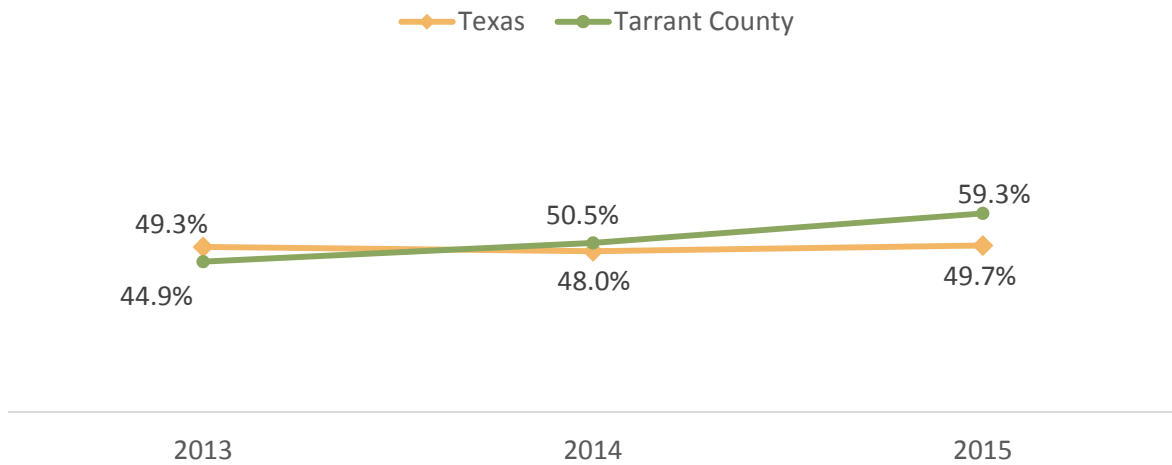
Substance use and abuse affect the physical and mental health of its victims, their families, and the wider community. Stakeholders raised substance abuse as being an important health issue in the community, especially in the context of mental health. For example, participants shared concerns about depression, suicide, and increased use of substances among elders in the community. As one interviewee explained, *“I think that substance abuse disorder is something that is rarely identified in the elderly, not because it doesn’t exist, but because we as a society tend to minimize mental health and substance abuse disorder in the elderly.”* Specifically, participants stated Tarrant County experiences high rates of alcohol, opioids, marijuana, and prescription drug use. In rural areas, use of methamphetamines was reported to be prevalent. According to a review of hospital data from JPS Health Network, diagnoses related to substance use was one of the top 10 inpatient discharges among patients between 18 to 64 years of age (data not shown).

### Alcohol Misuse

As part of the Texas Behavioral Risk Factor Surveillance Survey and Youth Behavioral Risk Factor Surveillance Survey, all respondents were asked about their consumption of alcohol in the past month. A drink of alcohol was defined as one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail, or one shot of liquor. Binge drinking was defined as consumption of five or more drinks on any one occasion in the past month.

The following figures present the percent of adults and youth who reported drinking alcohol in the prior month. As Figure 60 shows, there has been an overall upward trend in alcohol consumption at the county level. From 2013 to 2015, monthly alcohol consumption increased from 44.9% to 59.3% across Tarrant County; in contrast, self-reported alcohol consumption statewide remained relatively stable between 48.0% and 49.7%.

**Figure 60. Percent Adults Reported Alcohol Consumption in Past Month, by Texas and Tarrant County, 2013-2015**



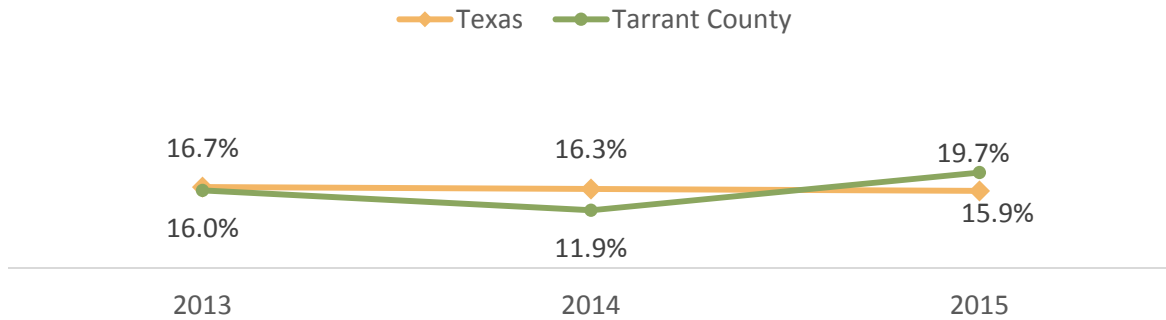
DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013-2015

NOTE: 2015 BRFSS data from Texas Department of State Health Services differed from BRFSS data from Tarrant County Public Health (See Appendix B for Tarrant County Public Health data)

Additionally, for rates of binge drinking, Texas has seen a gradual decrease in self-reported binge drinking since 2013, while Tarrant County has seen an increase. Approximately 20% of Tarrant County residents reported consuming five or more drinks on any one occasion in the past month in 2015—up from 16% in 2014 (Figure 61).



**Figure 61. Percent Adults Reported Binge Drinking in Past Month, by Texas and Tarrant County, 2013-2015**



DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013-2015

NOTE: 2015 BRFSS data from Texas Department of State Health Services differed from BRFSS data from Tarrant County Public Health (See Appendix B for Tarrant County Public Health data)

In 2015, 28% of Fort Worth ISD high school students reported monthly alcohol consumption. White students were more likely to report consuming alcohol (33.7%) than Black and Hispanic students (22.9% and 29.1%, respectively). A similar pattern was observed for binge drinking. As seen in Figure 63, White students were more than twice as likely to report binge drinking (18.7%) compared to Black students (9%).

**Figure 62. Percent Fort Worth ISD High School Youth Reported Current Alcohol Consumption in Past Month, by Race/Ethnicity, 2015**



DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015

NOTE: Insufficient sample size for Other/Multiracial

**Figure 63. Percent Fort Worth ISD High School Youth Reported to Have Consumed Five or More Drinks of Alcohol in a Row in Past Month, by Race/Ethnicity, 2015**



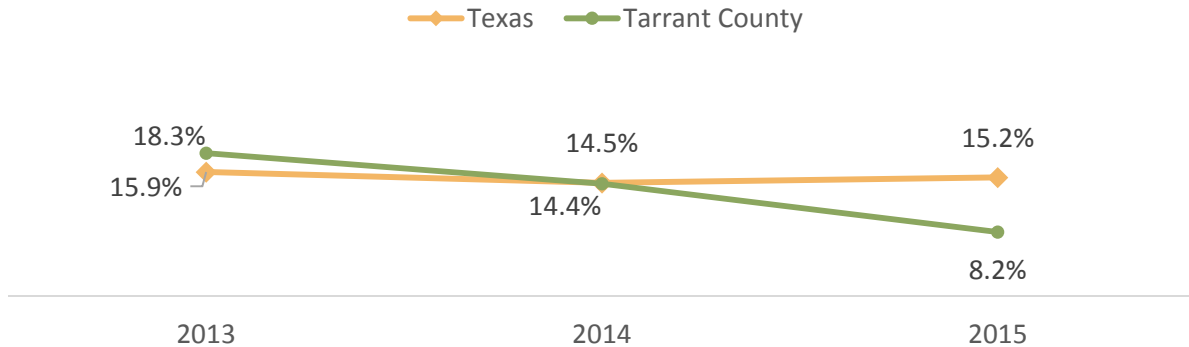
DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015

NOTE: Insufficient sample size for Other/Multiracial

### Smoking

The Texas Behavioral Risk Factor Surveillance Survey also regularly assesses the number of adults who said they currently smoke cigarettes, defined as adults who have smoked at least 100 cigarettes in their life and report smoking every day or some days. Self-reported smoking rates have decreased at both the state and county level since 2013. In Tarrant County, self-reported smoking has decreased two-fold from 18.3% in 2013 to 8.2% 2015 (Figure 64). Similarly, there has been a sharp decrease in the proportion of Tarrant County adults reported to be currently smoking among all race and ethnicities (Figure 65).

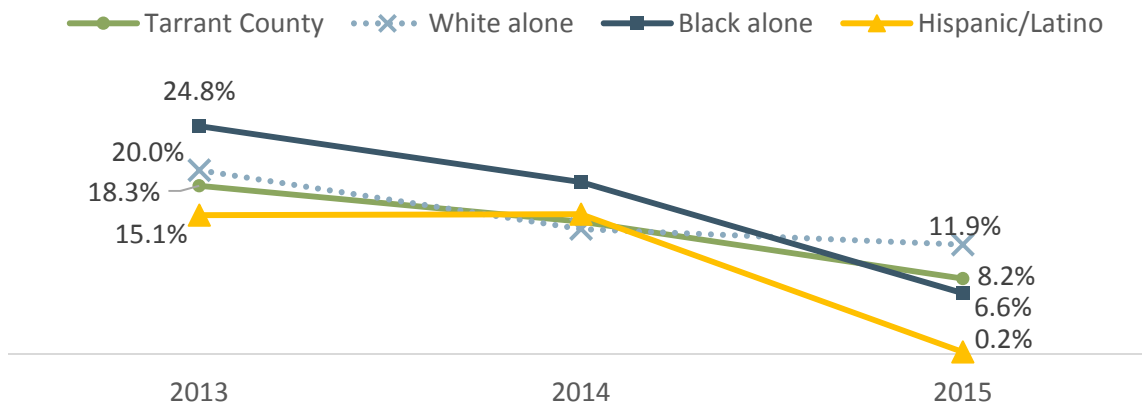
**Figure 64. Percent Adults Reported to Be Currently Smoking, by Texas and Tarrant County, 2013-2015**



DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013-2015

NOTE: 2015 BRFSS data from Texas Department of State Health Services differed from BRFSS data from Tarrant County Public Health (See Appendix B for Tarrant County Public Health data)

**Figure 65. Percent Tarrant County Adults Reported to Be Currently Smoking, by Race/Ethnicity, 2013-2015**

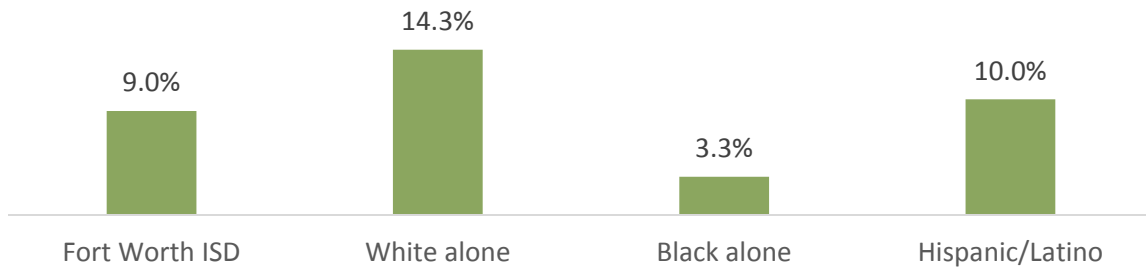


DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013-2015

NOTE: Insufficient sample size for Other/Multiracial

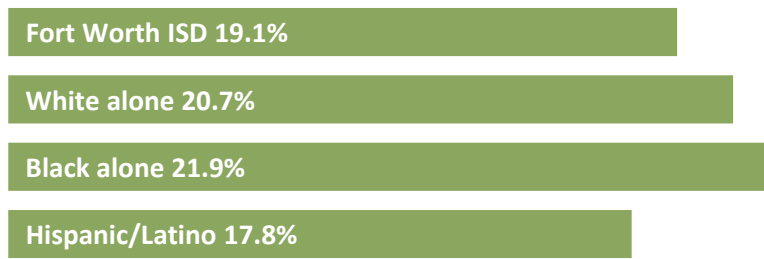
In 2015, 9% of Fort Worth ISD high school students reported smoking cigarettes in the past month, though these proportions vary widely by race/ethnicity. White and Hispanic/Latino students reported smoking cigarettes more than three times as often as Black students (14.3%, 10% and 3.3% respectively) (Figure 66). In contrast, Black students self-reported marijuana use (21.9%) slightly more often than White and Latino students (20.7% and 17.8% respectively) (Figure 67).

**Figure 66. Percent Fort Worth ISD High School Youth Reported Current Cigarette Smoking in Past Month, by Race/Ethnicity, 2015**



DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015  
 NOTE: Insufficient sample size for Other/Multiracial

**Figure 67. Percent Fort Worth ISD High School Youth Reported Current Marijuana Use in Past Month, by Race/Ethnicity, 2015**

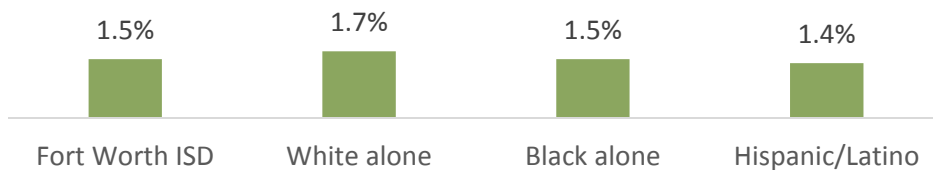


DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015  
 NOTE: Insufficient sample size for Other/Multiracial

*Opioids*

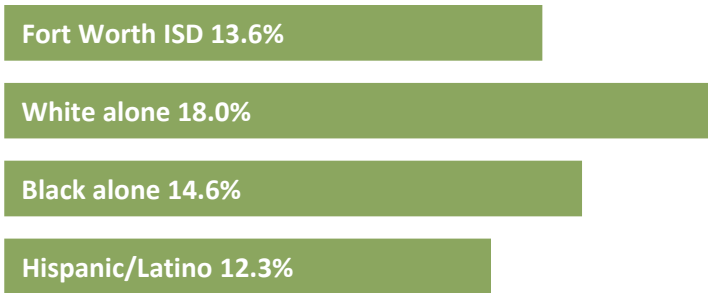
Less than 2% of Fort Worth ISD high school students reported to have ever used heroin in 2015. Though quantitative data in Figure 68 show that prescription drug use is more common in Tarrant County, with approximately 14% of high school students reporting to have ever taken prescription drugs without a doctor’s prescription. White students were most likely to report prescription drug misuse (18%), followed by Black (15%), and Latino students (12%) (Figure 69).

**Figure 68. Percent Fort Worth ISD High School Youth Reported to Have Ever Used Heroin, by Race/Ethnicity, 2015**



DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015  
 NOTE: Insufficient sample size for Other/Multiracial

**Figure 69. Percent Fort Worth ISD High School Youth Reported to Have Ever Taken Prescription Drugs Without Doctor's Prescription, by Race/Ethnicity, 2015**

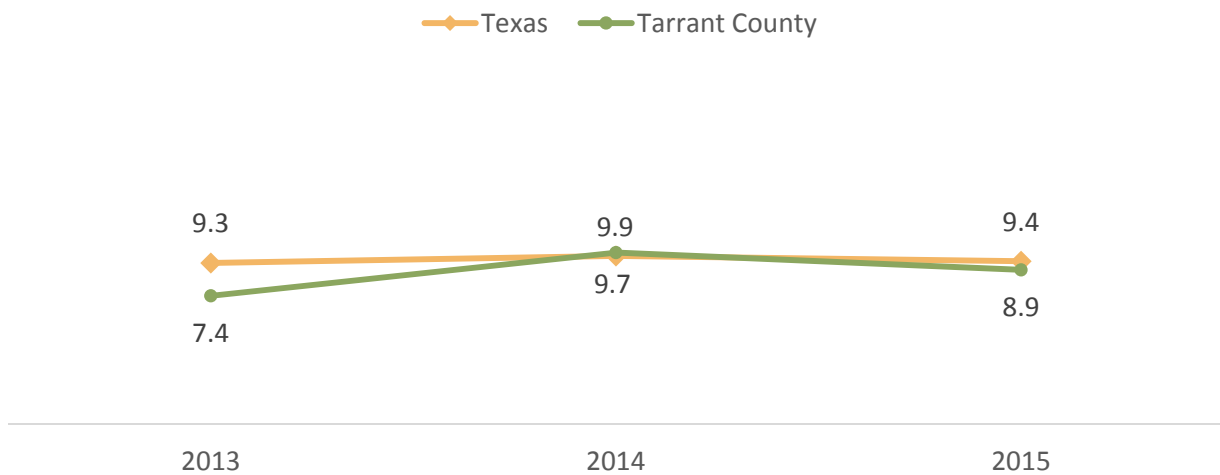


DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015

NOTE: Insufficient sample size for Other/Multiracial

Figure 70 shows that drug poisoning mortality (i.e. overdose) rates have remained steady since 2013, with 9.4 deaths per 100,000 population in the state of Texas, and 8.9 deaths per 100,000 population in Tarrant County.

**Figure 70. Age-adjusted Drug Poisoning Mortality Rate per 100,000 Population, by Texas and Tarrant County, 2013-2015**



DATA SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, 2013-2015

NOTE: Includes ICD-10 Codes X40-X44, X60-X64, X85 and Y10-Y14

**Substance Abuse Treatment**

According to data from local non-profit organizations funded by the Texas Department of State Health Services, in 2014, 7,146 clients received publicly funded substance abuse treatment in Tarrant County. Of those, almost half of the clients received treatment for heroin/opiates and over a quarter of the clients received treatment for meth/amphetamine (data not shown). According to the 2015 National Survey on Drug Use and Health, an estimated 1.4 percent of adults aged 18 or older (3.5 million adults) received substance use treatment in the past year; over half of adults received treatment for alcohol use (55.2%), followed by marijuana use (26.6%), and prescription pain reliever misuse (22.9%).

## Cancer

*“It’s abstract until you have it [cancer]. Until you have someone in your life who has it. Then you’re entering the freeway in a fast lane, because it’s coming fast and furious.” – Focus Group Participant*

*“Cancer is a huge concern. The low-income community is trying to make ends meet. There is not an attention to health because they are working so much, trying to provide for their family and providing quality meals. They are also often underinsured, so the pains, aches, etc. are often neglected or ignored, because they can’t access the system for preventative screenings, etc.” – Interview Participant*

In addition to identifying broad health issues facing residents, the 2017 CHNA examined health behaviors and outcomes across the cancer continuum of care, including prevention, screening, treatment/health care utilization, and survivorship. While cancer did not emerge as a community concern unprompted, when participants were asked about cancer, several reported that they viewed cancer as a concern for residents of Tarrant County. As one interview participant stated, *“it’s a huge issue that comes up every day. It’s normal that you hear about it. People know a lot of people—family, friends—who have cancer now.”* Breast, skin, colorectal, and prostate cancer were among the cancers mentioned by participants. Lung cancer was also identified as a concern, which a couple of participants thought could be addressed by enhanced smoking cessation programs; one participant mentioned that this was particularly needed for lower income women of child bearing age.

The following section presents data captured by the Texas Behavioral Risk Factor Surveillance Survey and the Texas Cancer Registry. Additional findings from the qualitative discussions on these topics are highlighted throughout.

### Cancer Prevention and Screening

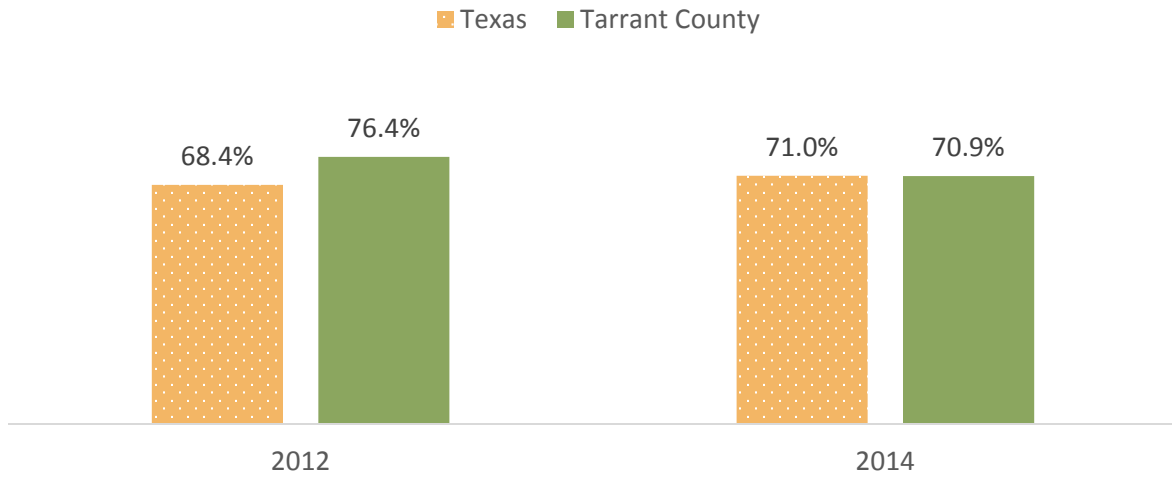
*“Working in early detection, we see so many challenges related to fear... fear of diagnosis, of navigating the system, fear of rejection.” -Focus group participant*

Focus group participants noted that while Tarrant County has good resources for cancer screening, lower income residents are less likely to be screened because they lack insurance or face other barriers. Participants also shared that there have been some recent efforts to raise awareness about the importance of screening, including education events led by one of the commissioners, greater outreach by mobile mammogram units, and activities to promote pre-screening on college campuses. As one provider explained, *“we’re trying to find the most vulnerable and link partners that can get true screening interventions happening.”*

### Breast Cancer Screening

Mammograms, or an x-ray of each breast used to look for cancer, are among the most common breast cancer screening tests. Quantitative data show that over 70% of women across the state ages 40 and older reported having had a mammogram within the past two years (Figure 71). These screening rates have improved across the state of Texas, from 68.4% in 2012 to 71% in 2014. In contrast, breast cancer screening rates have declined in Tarrant County, from 76.4% in 2012 to 70.9% in 2014. This data represents the most current mammography rates available for the county.

**Figure 71. Percent Female Adults (Ages 40 and Older) Reported to Have Had Mammogram Within Past Two Years, by Texas and Tarrant County, 2012 and 2014**

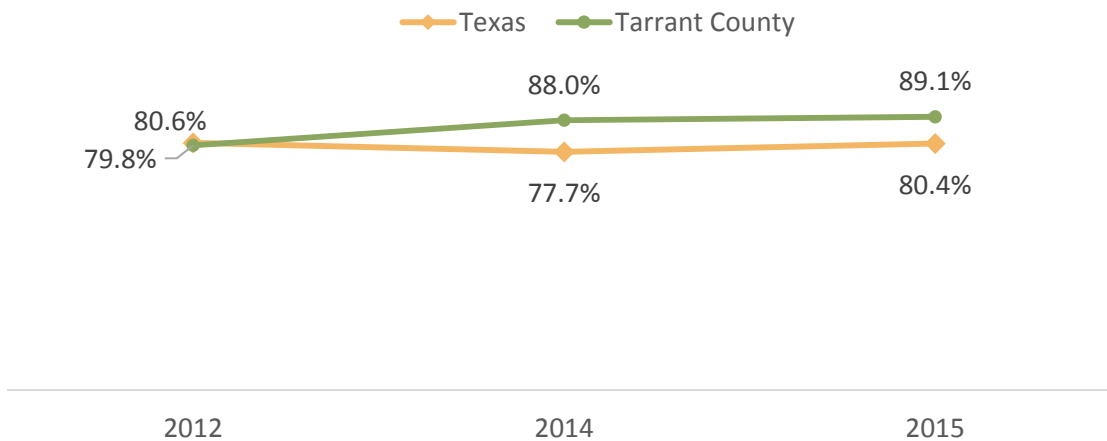


DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2012 and 2014

*Cervical Cancer Screening*

Cervical cancer screening rates were generally high across Texas and Tarrant County. Among women 21-65 years old, 80% of Texas women reported receiving a pap test to screen for cervical cancer in the past three years. Percentages were even higher in Tarrant County where approximately 89% of women were screened in 2015—a steady increase since 2012 (Figure 72).

**Figure 72. Percent Female Adults (Ages 21-65) Reported to Have Had Pap Test Within Past Three Years, by Texas and Tarrant County, 2012, 2014 and 2015**



DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2012, 2014, and 2015

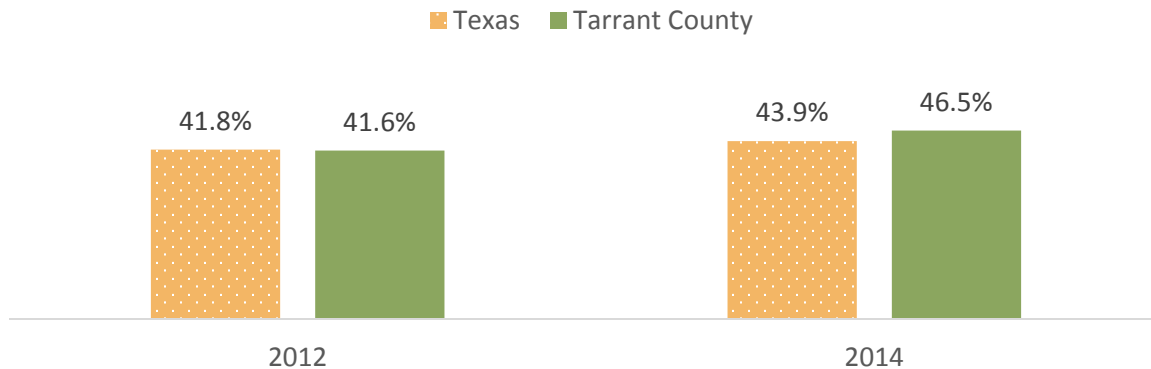
NOTE: 2015 BRFSS data from Texas Department of State Health Services differed from BRFSS data from Tarrant County Public Health (See Appendix B for Tarrant County Public Health data)

*Prostate Cancer Screening*

The proportion of men in Tarrant County who have had a Prostate Specific Antigen (PSA) test within the past two years is higher than the proportion of men in Texas overall. As shown in Figure 73, among adult

men 40 and older in Texas, 44% reported having a PSA blood test in 2014, compared to 47% of adult men in Tarrant County.

**Figure 73. Percent Male Adults (Ages 40 and Older) Reported to Have Had Prostate-Specific Antigen (PSA) Test Within Past Two Years, by Texas and Tarrant County, 2012 and 2014**

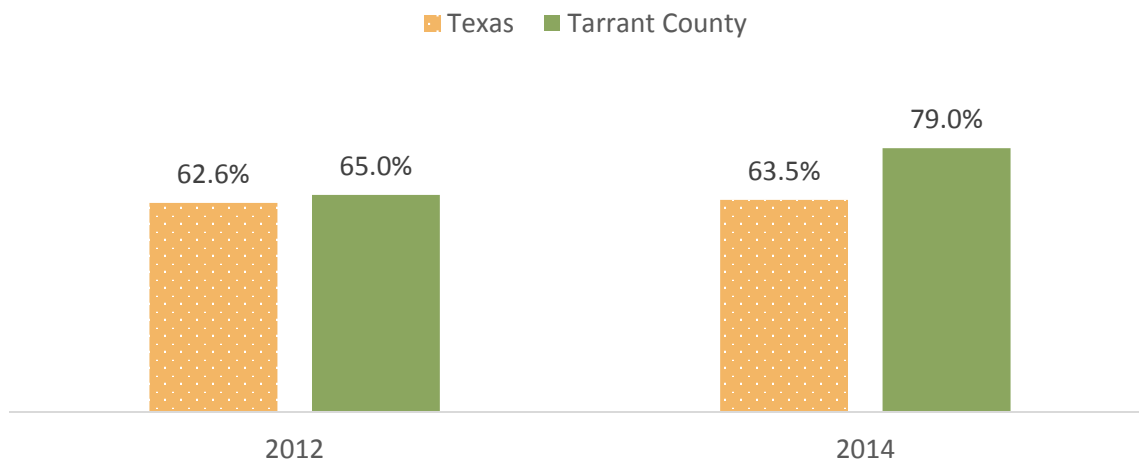


DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2012 and 2014

#### *Colorectal Cancer Screening*

As seen in Figure 74, adults ages 50 and older who reported to have ever had a colonoscopy or sigmoidoscopy in Tarrant County increased from 65% in 2012 to 79% in 2014. Screening rates across the state during these years remained relatively stable at approximately 63%.

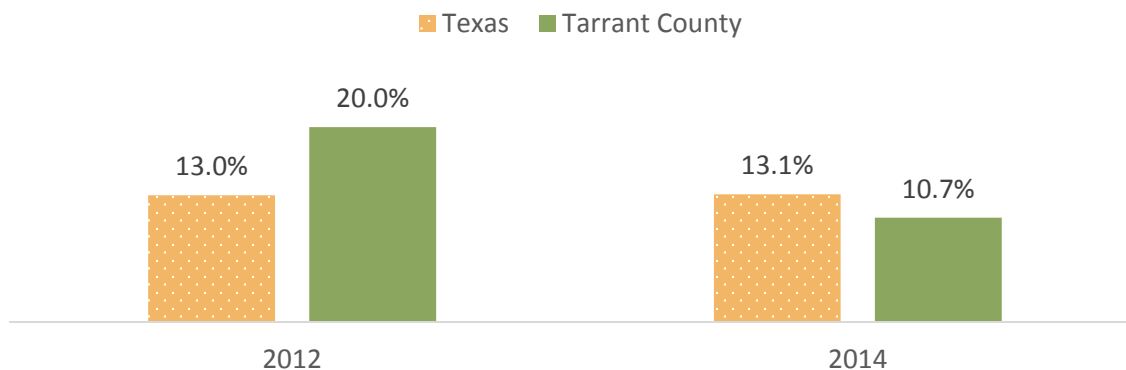
**Figure 74. Percent Adults (Ages 50 and Older) Reported to Have Ever Had Colonoscopy or Sigmoidoscopy, by Texas and Tarrant County, 2012 and 2014**



DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2012 and 2014

While the proportion of adults being screened for colonoscopy or sigmoidoscopy in Tarrant County exceed the statewide rate, this trend is reversed for fecal occult blood testing. In 2012, approximately 20% of adults ages 50 and older reported to have a fecal occult blood test in the past two years in Tarrant County, but by 2015, that proportion dropped by half (10.7%) (Figure 75). Throughout this time the state of Texas remained steady at 13%.

**Figure 75. Percent Adults (Ages 50 and Older) Reported to Have Had Fecal Occult Blood Test in Past Two Years, by Texas and Tarrant County, 2012 and 2014**



DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2012 and 2014

Note: This data does not include the fecal immunochemical (FIT) test, which is another colorectal cancer screening test that is similar to the fecal occult blood test.

### [Cancer Incidence and Mortality](#)

Cancer is among the top two leading causes of death in Tarrant County—similar to statewide and national trends. A cancer incidence rate is the number of new cancers of a specific site/type occurring in a specified population during a year, usually expressed as the number of cancers per 100,000 population at risk. A cancer mortality rate is the number of deaths per 100,000 population, with cancer as the underlying cause of death, occurring in a specified population during a year. The following section details overall cancer incidence and mortality in Tarrant County as well as perceptions of care, followed by quantitative data specific to the five leading cancer types in the region.

*“I think we have good access for the insured patient. The uninsured patient there is none. I have patients with breast cancer and there’s nowhere to go. And there’s no place for someone who is not a resident to go.”* – Focus Group Participant

Overall, participants reported that there was good cancer care in Tarrant County, especially for those with health insurance or resources. They mentioned JPS and a new cancer center downtown. However, access to cancer care, especially after diagnosis, was seen as a challenge for lower income residents. As one focus group participant explained, *“it’s crucial to close that gap from diagnosis to cancer treatment. We’re not doing a good enough job.”* Providers mentioned that access to radiation, chemotherapy, and medicines after treatment, in particular, is a substantial challenge for lower income patients. An additional barrier, providers noted, is that newcomers and undocumented persons are often unaware of their family history of cancer or other health concerns, making prevention and treatment more difficult. As one participant shared, *“one of our greatest health challenges: people don’t know their family history.”*

The challenge of navigating cancer care emerged as another area of concern among focus group and interview participants. Participants observed that the fragmented nature of health care in the U.S. is evident and challenging when negotiating cancer care, resulting in a lack of continuity of care. As one participant described, *“you need a process map...clear steps. Education is good, screening is good. But if they do find out that they have prostate cancer, now what?”* This is more difficult, participants reported, for those who don’t have insurance or who face other health care barriers, such as transportation.

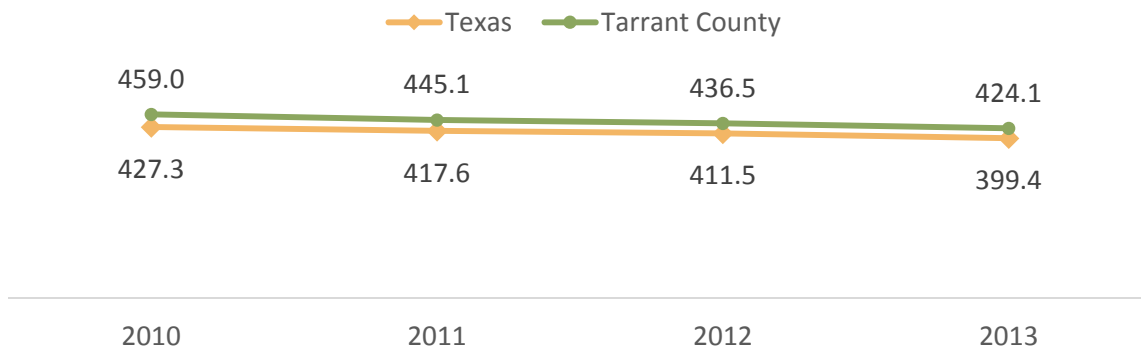


Although some services, such as the Moncrief Cancer Institute, were described as providing such support, more was seen as needed. Some participants suggested navigators to help people negotiate the system. One participant mentioned a need for services to support the families of those going through cancer treatment. For example, one interview participant explained, *“the caregiver is often left out. Caregiver burn out is often overlooked. The children are often left out as well.”* Another participant mentioned that a Tarrant County Cancer Disparities Coalition is currently being formed and offers the possibility of enhancing agency collaboration and continuity of care.

**Overall Incidence and Mortality**

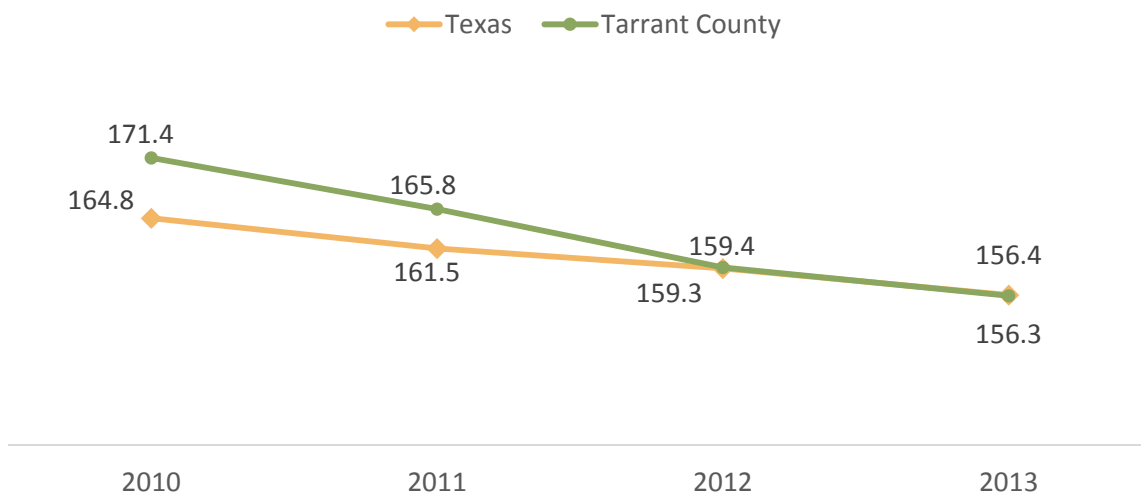
Since 2010 there has been an overall downward trend in cancer incidence and mortality across the state of Texas and Tarrant County (Figure 76 and Figure 77). Tarrant County experienced a decrease in overall cancer mortality from 171.4 deaths per 100,000 population in 2012, to 156.3 deaths per 100,000 in 2013.

**Figure 76. Age-adjusted Cancer Incidence Rate per 100,000 Population, by Texas and Tarrant County, 2010-2013**



DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, 2010-2013

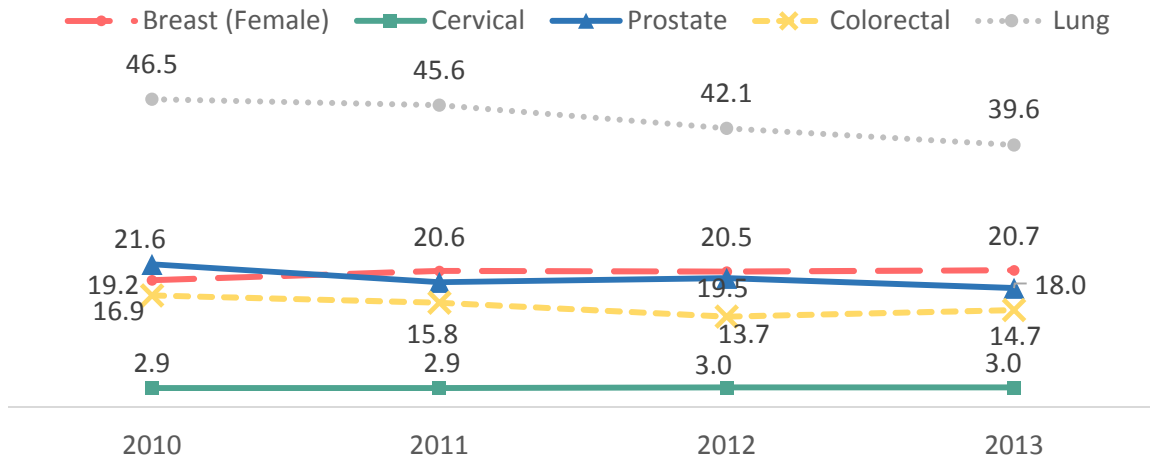
**Figure 77. Age-adjusted Cancer Mortality Rate per 100,000 Population, by Texas and County, 2010-2013**



DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, 2010-2013

As shown in Figure 78, lung, female breast, prostate, and colon cancers were the leading types of cancer deaths in Tarrant County from 2010-2013. The following sections provide incidence and mortality data for each of the five leading cancer types in the region.

**Figure 78. Age-adjusted Cancer Mortality Rate per 100,000 Population in Tarrant County, by Cancer Type, 2010-2013**

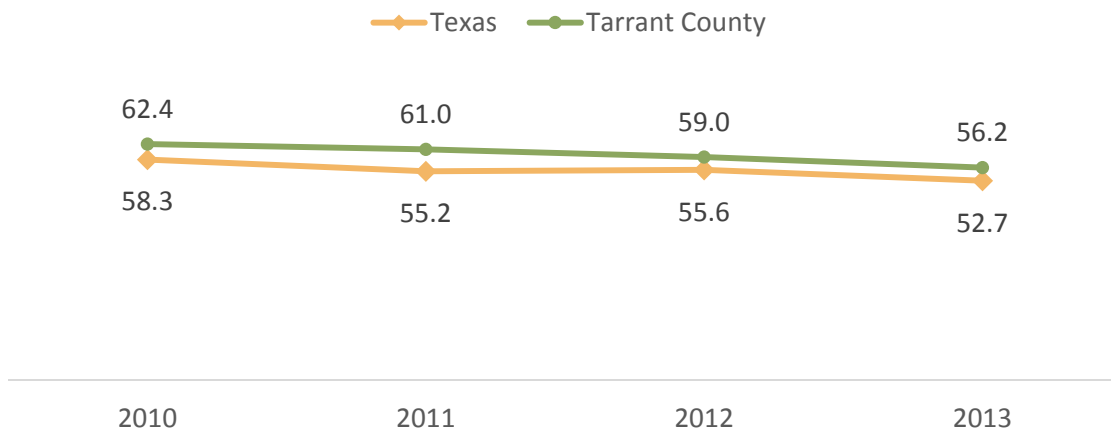


DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, 2010-2013

*Lung Cancer Incidence and Mortality*

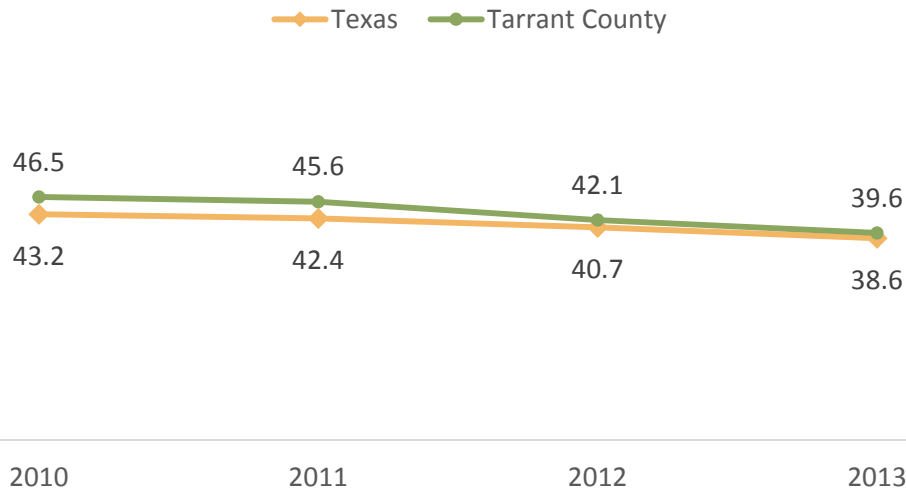
The rate of lung cancer incidence in Tarrant County has declined from 62.4 cases per 100,000 residents in 2012 to 56.2 cases per 100,000 population in 2013 (Figure 79). This downward trend is also observed for lung cancer mortality; in 2013, the state of Texas and Tarrant County experienced 39.6 and 38.6 lung cancer deaths per 100,000 population —a steady decline from 2010 (Figure 80). According to the Texas Department of State Health Services, lung cancer deaths are expected to be higher than all other leading cancer types, with an estimated 741 Tarrant County deaths in 2015 (data now shown).

**Figure 79. Age-adjusted Lung Cancer Incidence Rate per 100,000 Population, by Texas and Tarrant County, 2010-2013**



DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, 2010-2013

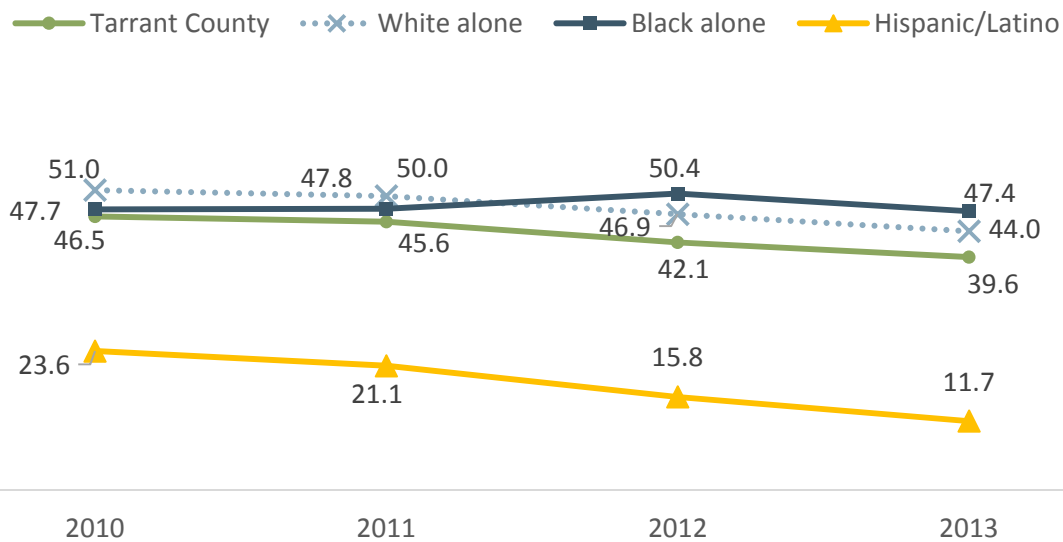
**Figure 80. Age-adjusted Lung Cancer Mortality Rate per 100,000 Population, by Texas and Tarrant County, 2010-2013**



DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, 2010-2013

When stratified by race/ethnicity, Black and White residents died from lung cancer at over three times the rate (47.4 and 44.0 deaths per 100,000 respectively) of Hispanic/Latino residents in Tarrant County (11.7 deaths per 100,000) (Figure 81). BRFSS data presented previously show that smoking rates are highest among White residents (11.9%).

**Figure 81. Age-adjusted Lung Cancer Mortality Rate per 100,000 Population, by Race/Ethnicity, by Tarrant County, 2010-2013**



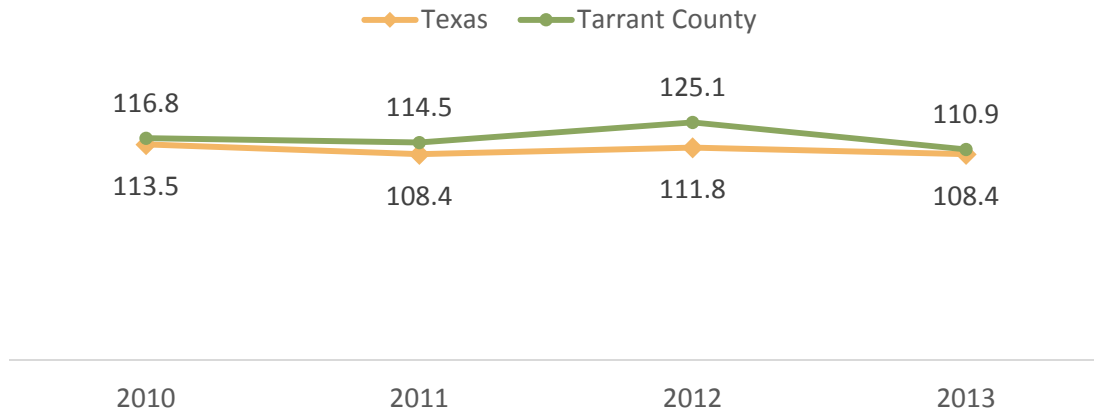
DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, 2010-2013

NOTE: Insufficient sample sizes for Asian/Pacific Islander alone and American Indian alone

### Breast Cancer Incidence and Mortality

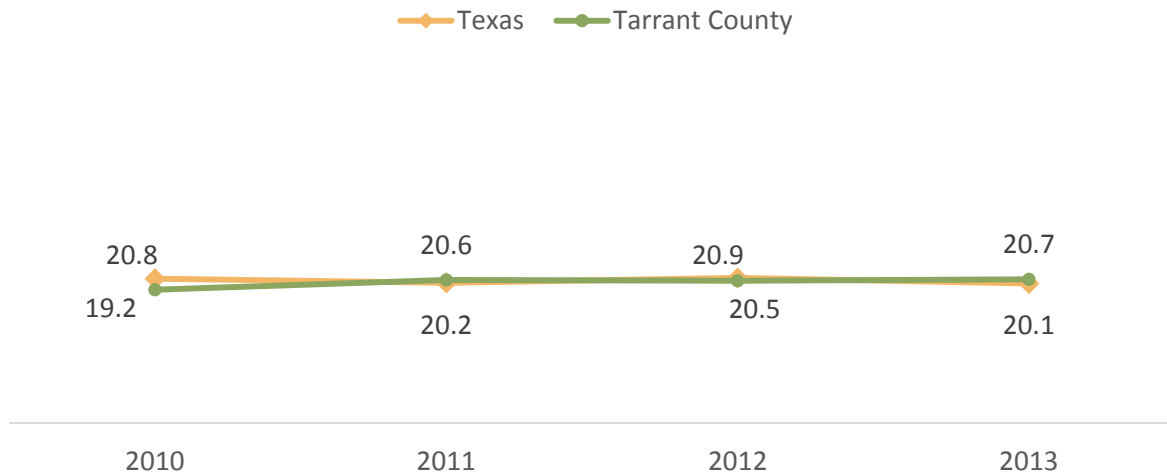
Breast cancer incidence and mortality rates remained relatively stable from 2010 to 2013; though from 2012 to 2013, Tarrant County experienced a decline in breast cancer incidence from 125.1 cases per 100,000 population to 110.9 cases per 100,000 population (Figure 82). According to the Texas Department of State Health Services, the number of new female breast cancer cases in Tarrant County is expected to be higher than all other cancers (data not shown).

**Figure 82. Age-adjusted Female Breast Cancer Incidence Rate per 100,000 Population, by Texas and Tarrant County, 2010-2013**



DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, 2010-2013

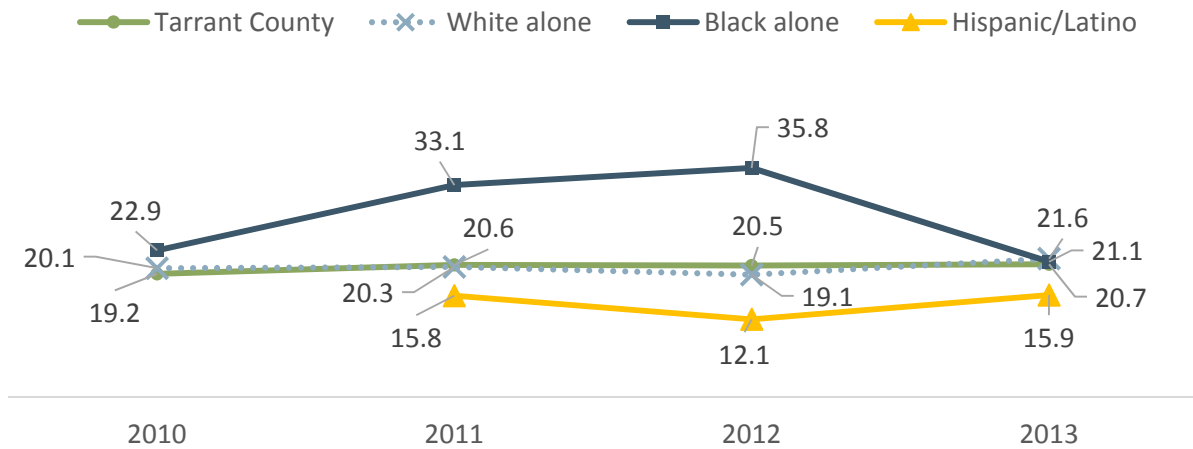
**Figure 83. Age-adjusted Female Breast Cancer Mortality Rate per 100,000 Population, by Texas and County, 2010-2013**



DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, 2010-2013

Figure 84 shows breast cancer mortality rates by race/ethnicity in the region, illustrating that Latinas experienced the lowest rate of breast cancer deaths in Tarrant County with 15.9 deaths per 100,000 population in 2013. Conversely, White and Black residents experienced the highest breast cancer mortality rates (21.6 deaths per 100,000 population and 21.1 per 100,000 population, respectively).

**Figure 84. Age-adjusted Female Breast Cancer Mortality Rate per 100,000 Population, by Race/Ethnicity, by Tarrant County, 2010-2013**



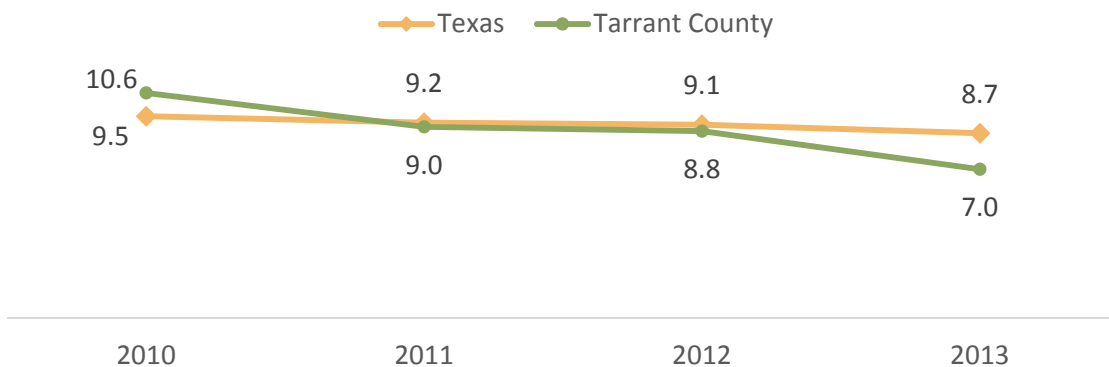
DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, 2010-2013

NOTE: Insufficient sample sizes for Asian/Pacific Islander alone, American Indian alone, and Hispanic/Latino (2010)

*Cervical Cancer Incidence and Mortality*

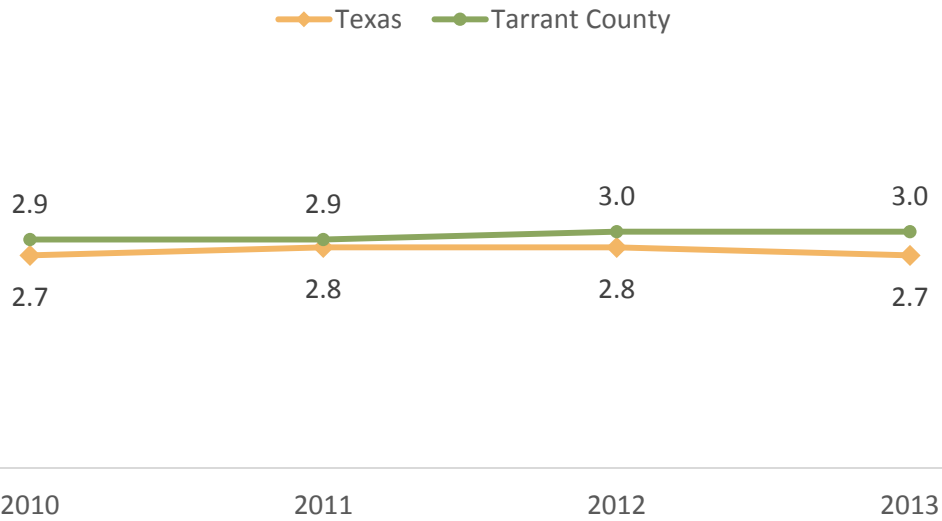
Cervical cancer incidence rates have steadily declined in Tarrant County from 10.6 cases per 100,000 population in 2010 to 7.0 cases per 100,000 in 2013 (Figure 85). Mortality rates have remained stable over time throughout Texas and Tarrant County, though data should be interpreted with caution given the small number of cases that comprise these rates (Figure 86). A small change in the actual case number can alter the rate dramatically given that cervical cancer is not as common as other cancers in Texas. Data stratified by race/ethnicity were not available for cervical cancer mortality due to the small number of cases.

**Figure 85. Age-adjusted Cervical Cancer Incidence Rate per 100,000 Population, by Texas and County, 2010-2013**



DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, 2010-2013

**Figure 86. Age-adjusted Cervical Cancer Mortality Rate per 100,000 Population, by Texas and Tarrant County, 2010-2013**

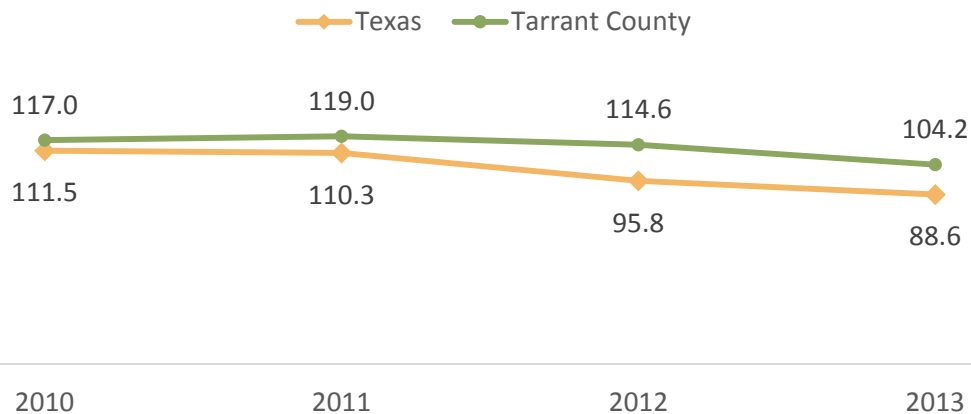


DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, 2010-2013

*Prostate Cancer Incidence and Mortality*

Overall, there was a downward trend in prostate cancer incidence in the state of Texas from 111.5 cases per 100,000 population in 2010, to 88.6 cases per 100,000 population in 2013 (Figure 87). While Tarrant County also experienced a decrease in its prostate incidence rate, the incidence of prostate cancer was above that of the state (117.0 cases per 100,000 population in 2010 and 104.2 cases per 100,000 population in 2013). Data from the Texas Department of State Health Services show that prostate cancer is expected to have the second highest number of new cases throughout Tarrant County, following breast cancer (data not shown).

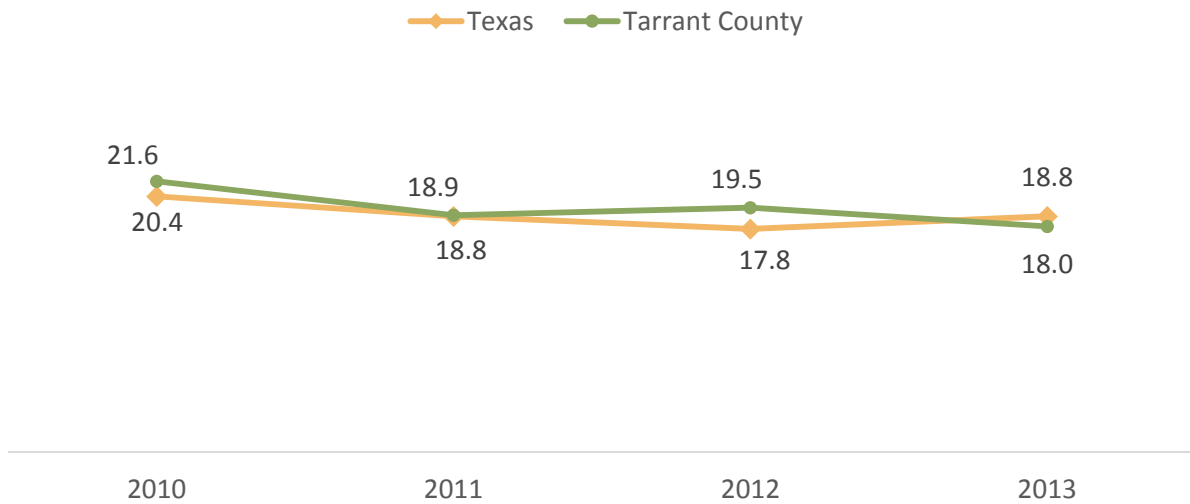
**Figure 87. Age-adjusted Prostate Cancer Incidence Rate per 100,000 Population, by Texas and Tarrant County, 2010-2013**



DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, 2010-2013

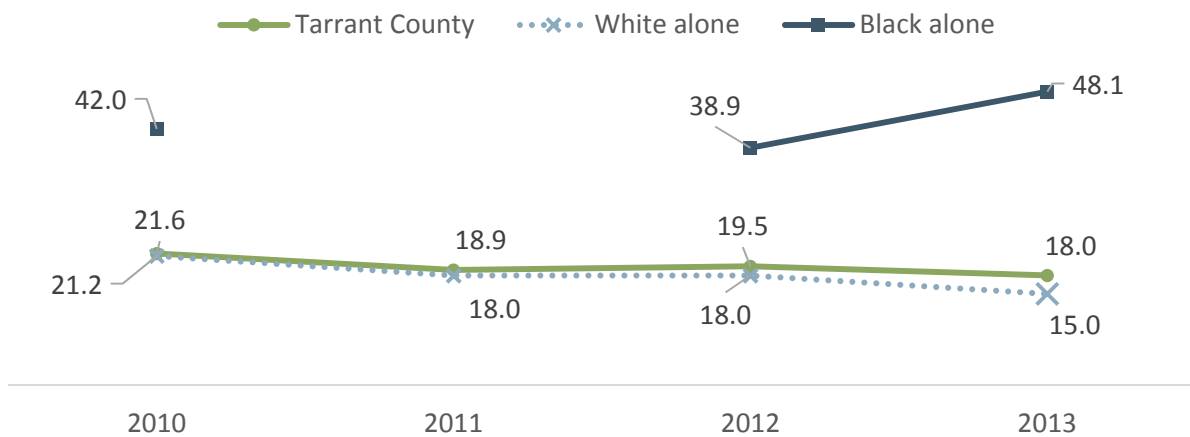
A downward trend was also observed for prostate cancer mortality rates at both the state and county level. However, there continues to be great disparity in prostate cancer mortality for Black men compared to all other racial and ethnic groups. In 2013, Black men were more than three times as likely to die of prostate cancer as White men, and more than twice as likely to die of prostate cancer as Hispanic/Latino men in the region.

**Figure 88. Age-adjusted Prostate Cancer Mortality Rate per 100,000 Population, by Texas and Tarrant County, 2010-2013**



DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, 2010-2013

**Figure 89. Age-adjusted Prostate Cancer Mortality Rate per 100,000 Population, by Race/Ethnicity, by Tarrant County, 2010-2013**



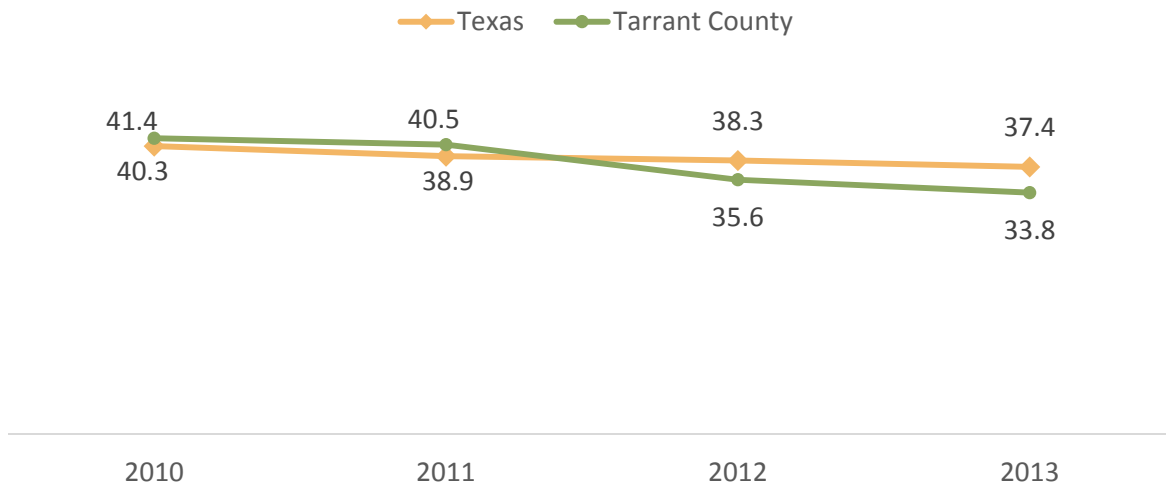
DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, 2010-2013

NOTE: Insufficient sample sizes for Asian/Pacific Islander alone, American Indian alone, Hispanic/Latino, and Black alone (2011)

### Colorectal Cancer Incidence and Mortality

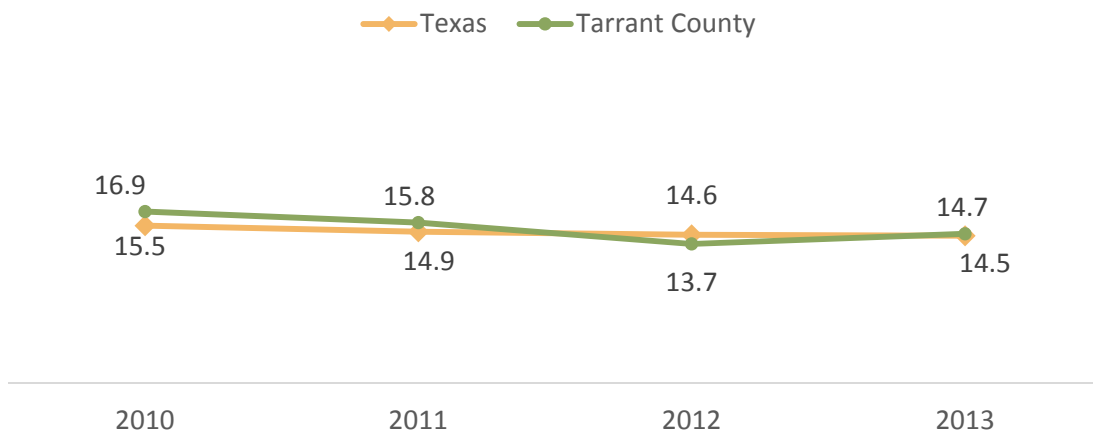
Colorectal cancer incidence and mortality rates have remained relatively stable over time (Figure 90 and Figure 91). In 2010, Tarrant County had a rate of 41.4 cases of colorectal cancer per 100,000 population, slightly higher than the 2013 incidence rate of 33.8 cases per 100,000 population. Though it should be noted that fluctuations from year to year should be interpreted with caution as a small change in the actual case number can alter the rate dramatically given that colorectal cancer is not as common as other cancers in Texas.

**Figure 90. Age-adjusted Colorectal Cancer Incidence Rate per 100,000 Population, by Texas and Tarrant County, 2010-2013**



DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, 2010-2013

**Figure 91. Age-adjusted Colorectal Cancer Mortality Rate per 100,000 Population, by Texas and Tarrant County, 2010-2013**

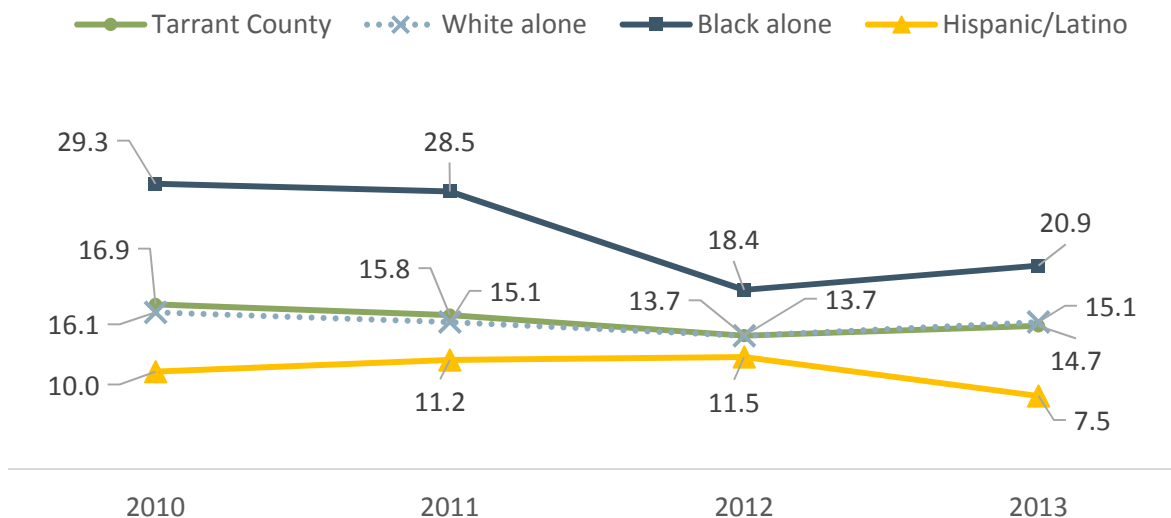


DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, 2010-2013



Similar to prostate cancer, Black residents are disparately affected by colorectal cancer. In 2013, Black residents experienced 20.9 colorectal cancer deaths per 100,000 population, nearly three times the rate of Hispanic/Latino residents (7.5 colorectal cancer deaths per 100,000 population).

**Figure 92. Age-adjusted Colorectal Cancer Mortality Rate per 100,000 Population, by Race/Ethnicity, by Tarrant County, 2010-2013**



DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, 2010-2013  
 NOTE: Insufficient sample sizes for Asian/Pacific Islander alone and American Indian alone

### Cancer Survivorship

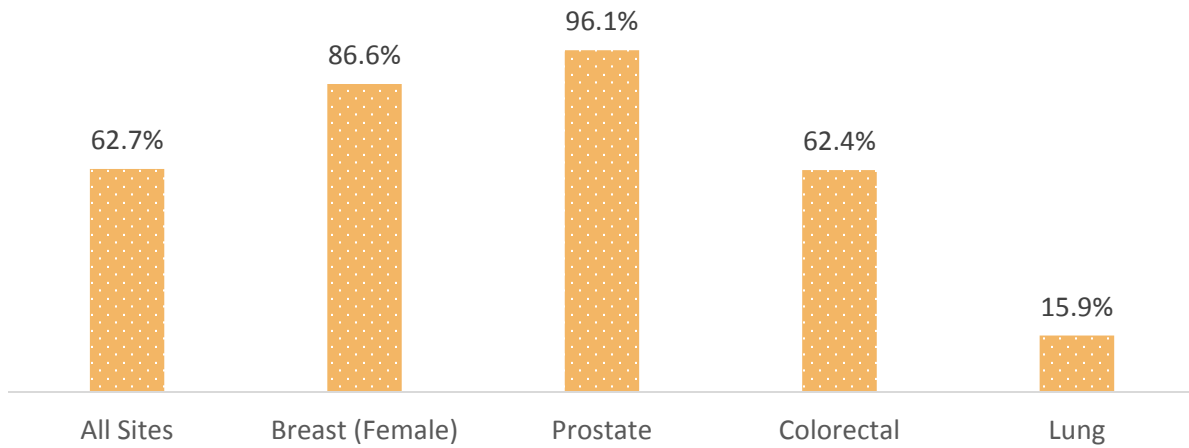
Survivor care—healthy living during and after cancer care – was also mentioned as an area needing attention. According to providers, few programs exist to help those living with cancer to learn about and be supported to engage in healthy behaviors such as healthy eating and physical activity. Participants shared examples of some programs, including the Survivorship Program at Texas Health Resources, JPS Cancer Services, the Moncrief Cancer Institute Survivorship program, Meals on Wheels, and the Livestrong program at the YMCA, but reported that more programs are needed, especially to connect survivors with dieticians.

*“So many patients have never seen food that’s never been processed. We say ‘you need to eat more vegetables,’ but they have no idea what to do.” – Interview Participant*

The survival rates presented below are based on the relative survival rate, which is a measure of net survival that is calculated by comparing observed (overall) survival with expected survival from a comparable set of people that do not have cancer to measure the excess mortality that is associated with a cancer diagnosis.

Figure 93 presents data on the five-year survival rates for the most common cancers. Prostate cancer had a 96% five-year survival rate, while only 15.9% of those diagnosed with lung cancer survived after five years. When stratified by race, Black residents had lower survival rates across all leading cancers compared to all other racial and ethnic categories (Table 5).

**Figure 93. Five-Year Relative Survival Rate, by Cancer Type, by Texas, 2012**



DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, Cancer Epidemiology and Surveillance Branch, 1995-2012

NOTE: Data presented top 10 leading cancers; cervical cancer was not included

**Table 5. Five-Year Cause-Specific Survival Rate, by Cancer Type, by Race/Ethnicity, by Texas, 2012**

|                 | Overall | White | Black | Hispanic | Asian |
|-----------------|---------|-------|-------|----------|-------|
| All             | 65.5%   | 65.9% | 59.4% | 65.9%    | 66.7% |
| Breast (Female) | 86.4%   | 88.0% | 76.9% | 85.6%    | 91.2% |
| Cervical        | 70.7%   | 70.7% | 60.3% | 73.7%    | 68.4% |
| Prostate        | 92.8%   | 93.3% | 90.8% | 91.1%    | 94.5% |
| Colorectal      | 64.0%   | 64.8% | 57.1% | 64.1%    | 69.4% |
| Lung            | 19.0%   | 19.2% | 16.2% | 19.7%    | 23.6% |

DATA SOURCE: Texas Department of State Health Services, Texas Cancer Registry, Cancer Epidemiology and Surveillance Branch, 1995-2012

### **Maternal and Child Health**

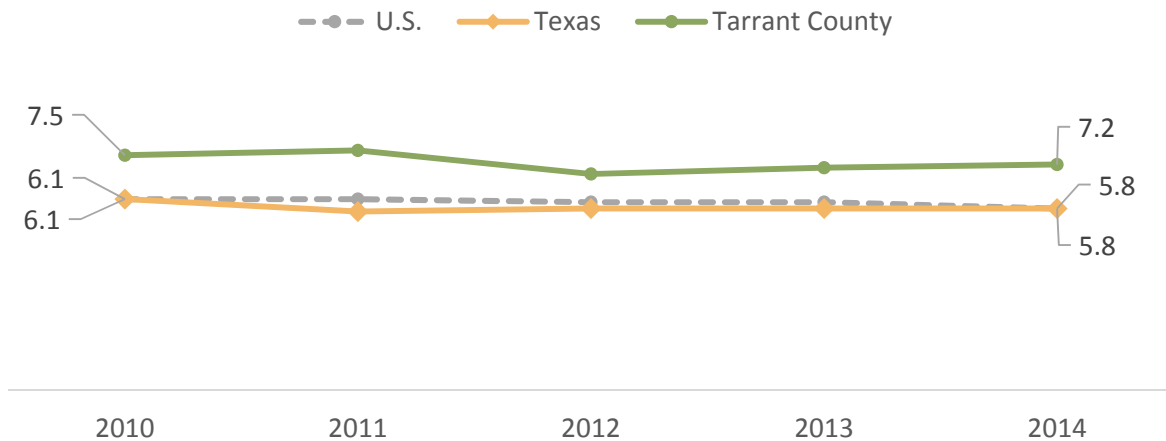
Several participants reported that infant mortality in the region is high, especially among lower income and African American women. One participant also shared that sexually transmitted infection (STI) rates are very high in the state, which was considered particularly concerning among young pregnant women who often have multiple STIs which causes preterm birth and low birth weight. Providers saw a need for more education around STI prevention as well as infant care for young mothers (including prevention of sudden infant death syndrome and smoking in the home). It is important to note that trauma—due to experiences of child molestation, substance abuse, and human trafficking—were described as contributors that perpetuate adverse maternal and child health outcomes.

*“We see girls with severe trauma and they’re expected to go on with their lives as parents without ever having healthcare or counseling; it’s a cycle.” – Interview Participant*

### Infant Mortality

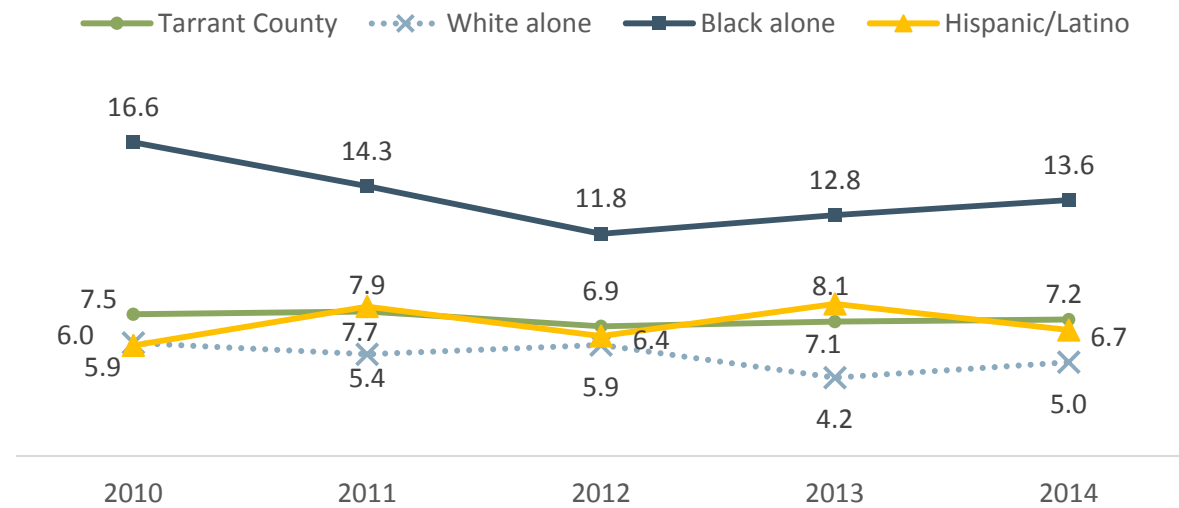
As illustrated in Figure 94, Tarrant County had a higher infant mortality rate than Texas (7.2 and 5.8 deaths per 1,000 live births, respectively). The infant mortality rate was lower in 2014 compared to in 2010 for both Texas and Tarrant County. However, while the statewide infant mortality rate remained constant from 2012-2014, it increased countywide. Additionally, as seen in Figure 95, Black women experienced the highest rates of infant mortality compared to all other race/ethnicities in 2014 (13.6 deaths per 1,000 live births). While the infant mortality rate among Black women has decreased since 2010, it was nearly double the countywide rate in 2014 (7.2 deaths per 1,000 live births).

**Figure 94. Infant Mortality Rate per 1,000 Live Births, by U.S., Texas, and Tarrant County, 2010-2014**



DATA SOURCE: Texas Department of State Health Services, Center for Health Statistics, Texas Health Data, Vital Statistics Annual Report, 2010, 2011, 2012, 2013, and 2014 and for U.S. data, Centers for Disease Control and Prevention, National Center for Health Statistics, as cited by Annie E. Casey Foundation, Kids Count Data Center, 2010-2014

**Figure 95. Infant Mortality Rate per 1,000 Live Births in Tarrant County, by Race/Ethnicity, 2010-2014**



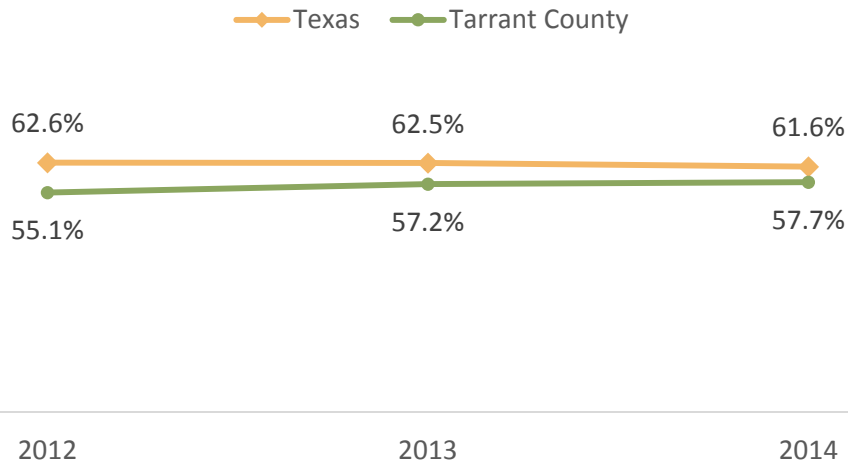
DATA SOURCE: Texas Department of State Health Services

DATA ANALYSIS: Division of Epidemiology and Health Information, Tarrant County Public Health

### Prenatal Care

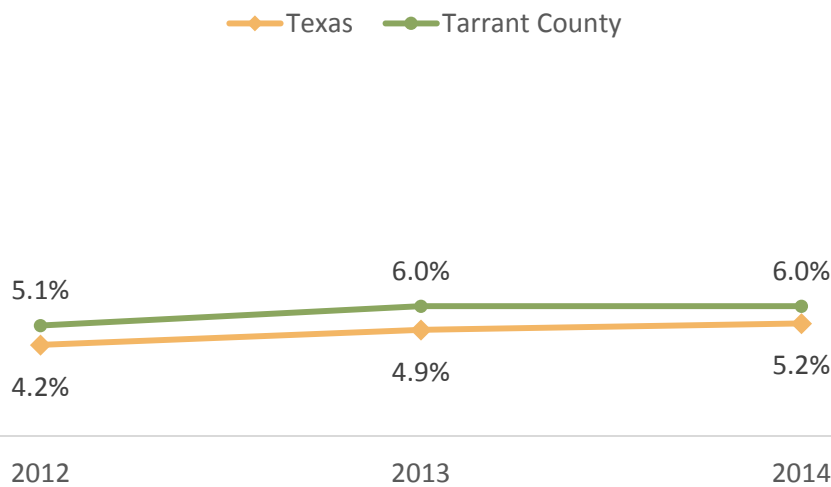
According to the Texas Department of State Health Services, 57.7% of live births in Tarrant County in 2014 occurred to mothers who received prenatal care in their first trimester compared to 61.6% of all live births statewide (Figure 96). The proportion of births with no prenatal care during any trimester was also slightly higher countywide (6.0%) compare to the state (5.2%) and has trended upward since 2012 for both the county and state (Figure 97).

**Figure 96. Percent Births with Prenatal Care in First Trimester, by Texas and Tarrant County, 2012-2014**



DATA SOURCE: Texas Department of State Health Services, Center for Health Statistics, Texas Health Data, Birth Data (2005-2014), 2012-2014

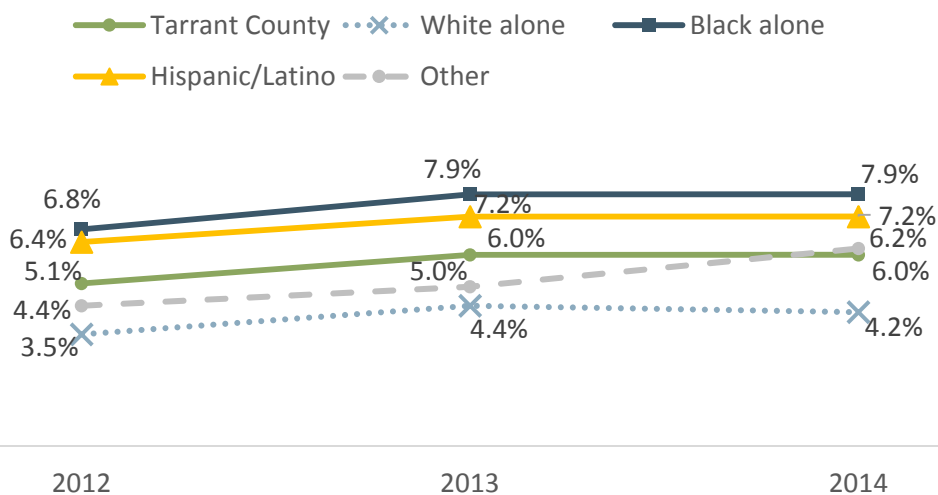
**Figure 97. Percent Births with No Prenatal Care During Any Trimester, by Texas and Tarrant County, 2012-2014**



DATA SOURCE: Texas Department of State Health Services, Center for Health Statistics, Texas Health Data, Birth Data (2005-2014), 2012-2014

Examining prenatal care by race/ethnicity reveals that Black mothers were less likely to receive prenatal care than mothers countywide. Nearly 8% of births to Black mothers had no prenatal care throughout their pregnancy, compared to 6% of all Tarrant County mothers.

**Figure 98. Percent Births with No Prenatal Care During Any Trimester in Tarrant County, by Race/Ethnicity, 2012-2014**

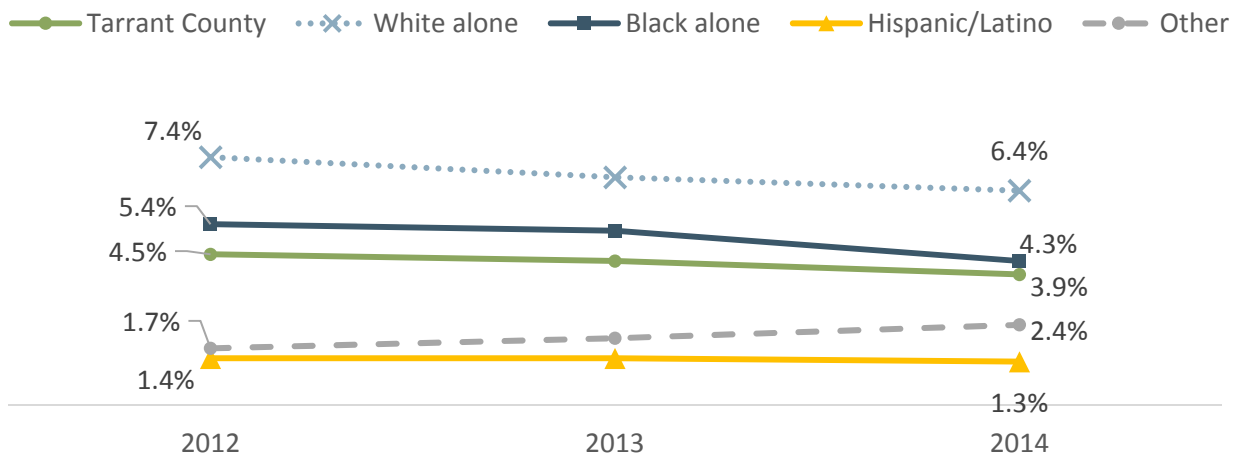


DATA SOURCE: Texas Department of State Health Services, Center for Health Statistics, Texas Health Data, Birth Data (2005-2014), 2012-2014

Smoking During Pregnancy

The percent of mothers smoking during pregnancy slightly decreased between 2012 and 2014 for Tarrant County, which was similar for Texas statewide (data not shown). When stratified by race and ethnicity, percentages of White (6.4%) and Black mothers (4.3%) smoking during pregnancy were consistently higher than mothers of other races and ethnicities (Figure 99).

**Figure 99. Percent Pregnancies Where Cigarette Use Present During Pregnancy in Tarrant County, by Race/Ethnicity, 2012-2014**



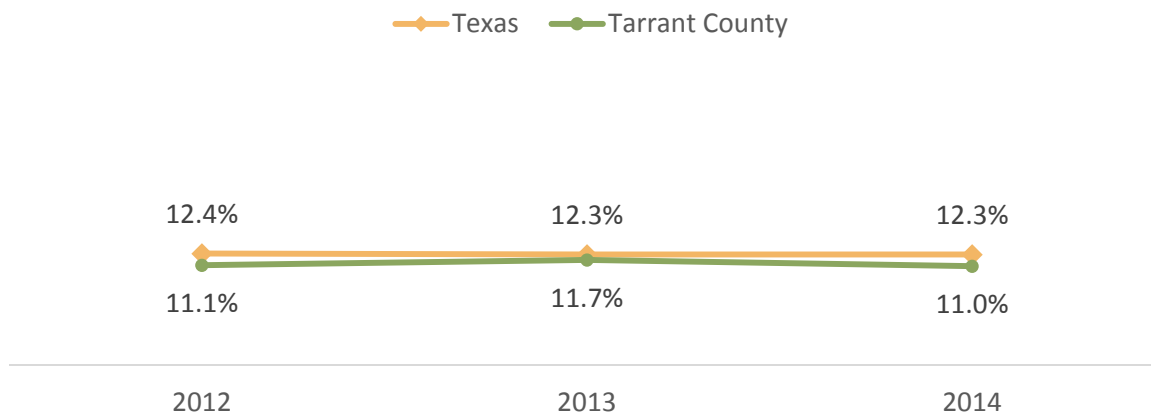
DATA SOURCE: Texas Department of State Health Services, Center for Health Statistics, Texas Health Data, Birth Data (2005-2014), 2012-2014

### Birth Outcomes

In 2014, approximately one in ten babies born in Tarrant County were premature, meaning born before 37 weeks gestation—slightly lower than the state average of 12.3% (Figure 100). The percent of premature births has remained relatively constant since 2012.

*“We find that many of our patients have multiple STIs that causes preterm birth and low birth weight.” – Interview Participant*

**Figure 100. Percent Premature Births, by Texas and Tarrant County, 2012-2014**

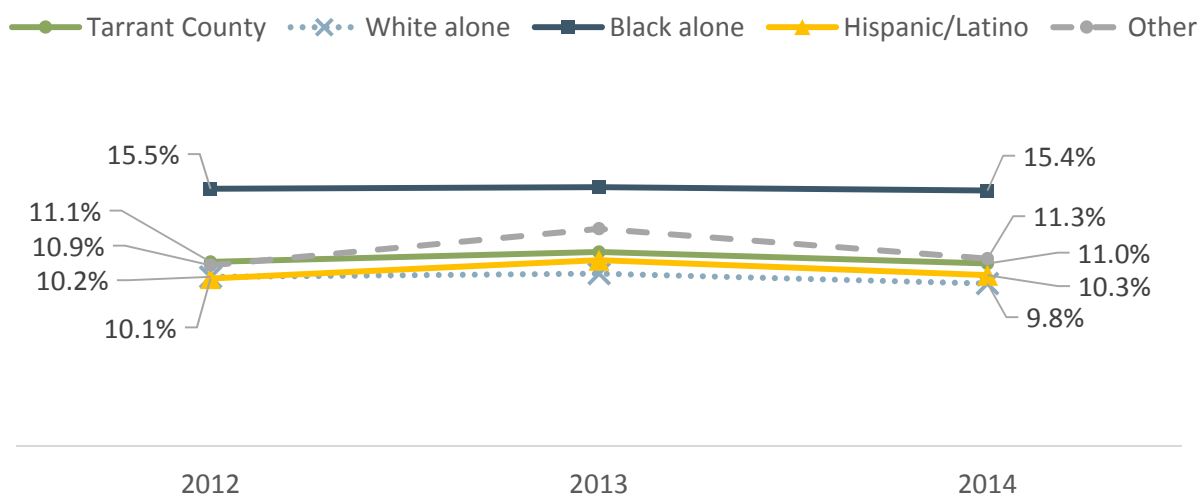


DATA SOURCE: Texas Department of State Health Services, Center for Health Statistics, Texas Health Data, Birth Data (2005-2014), 2012-2014

NOTE: Premature birth is defined as less than 37 known weeks gestation

Examining premature births by race and ethnicity show that Black mothers were more likely to experience premature births (15.4%) compared to mothers countywide (11%) (Figure 101).

**Figure 101. Percent Premature Births in Tarrant County, by Race/Ethnicity, 2012-2014**

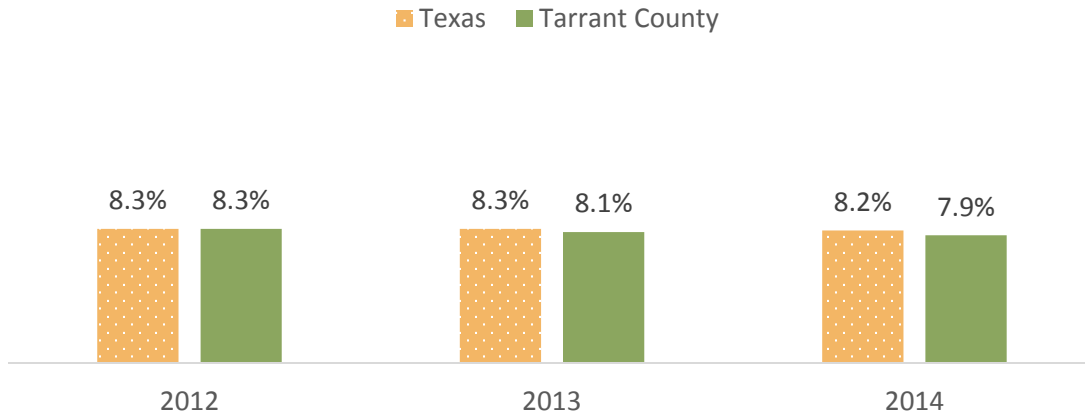


DATA SOURCE: Texas Department of State Health Services, Center for Health Statistics, Texas Health Data, Birth Data (2005-2014), 2012-2014

NOTE: Premature birth is defined as less than 37 known weeks gestation

In addition, approximately 8% of babies born each year in Texas and Tarrant County are born low birthweight (Figure 102), although this varied greatly by race/ethnicity; babies who are Black were more than twice as likely to be born low birthweight compared to other races and ethnicities (14%) (Figure 103).

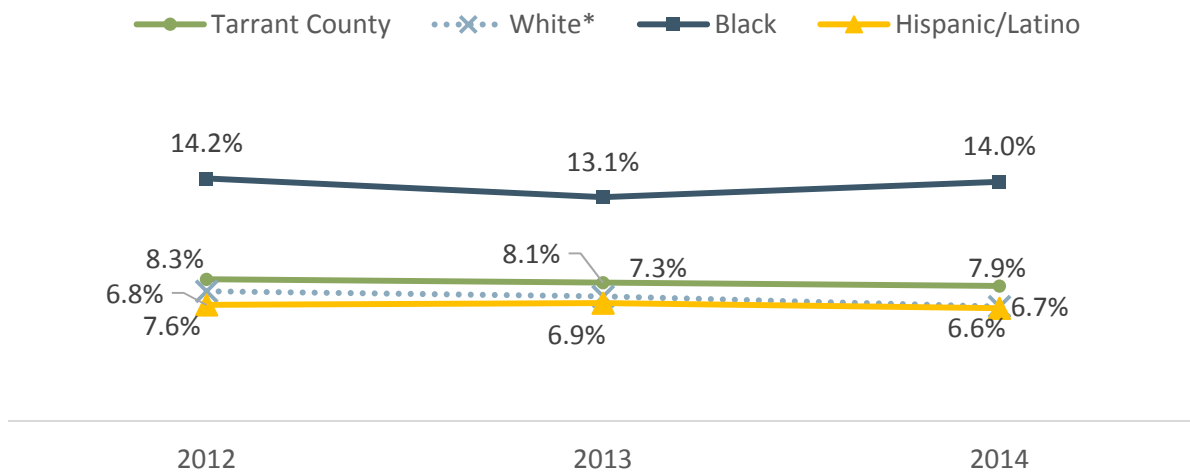
**Figure 102. Percent Low Birth Weight Infants, by Texas and Tarrant County, 2012-2014**



DATA SOURCE: Texas Department of State Health Services, Center for Health Statistics, Texas Health Data, Birth Data (2005-2014), 2012-2014

NOTE: Low birth weight is defined as less than 2,500 grams

**Figure 103. Percent Low Birth Weight Infants in Tarrant County, by Race/Ethnicity, 2012-2014**



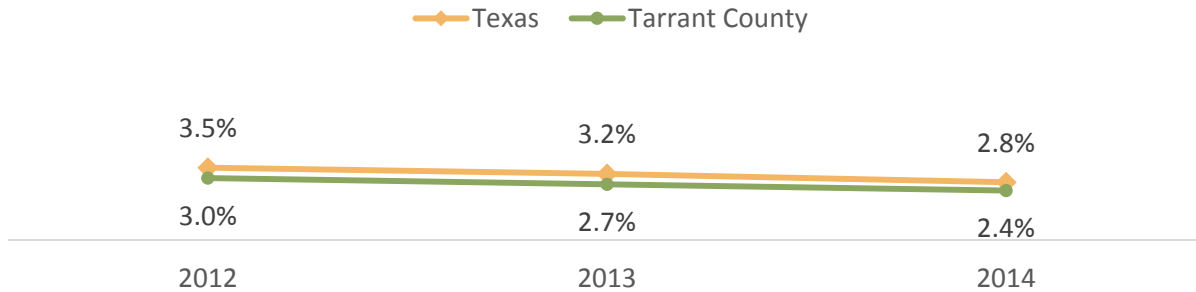
DATA SOURCE: Texas Department of State Health Services, Center for Health Statistics, Texas Health Data, Vital Statistics Annual Report, 2012, 2013, and 2014

\* White includes Other or Unknown Race/Ethnicity

### Teen Births

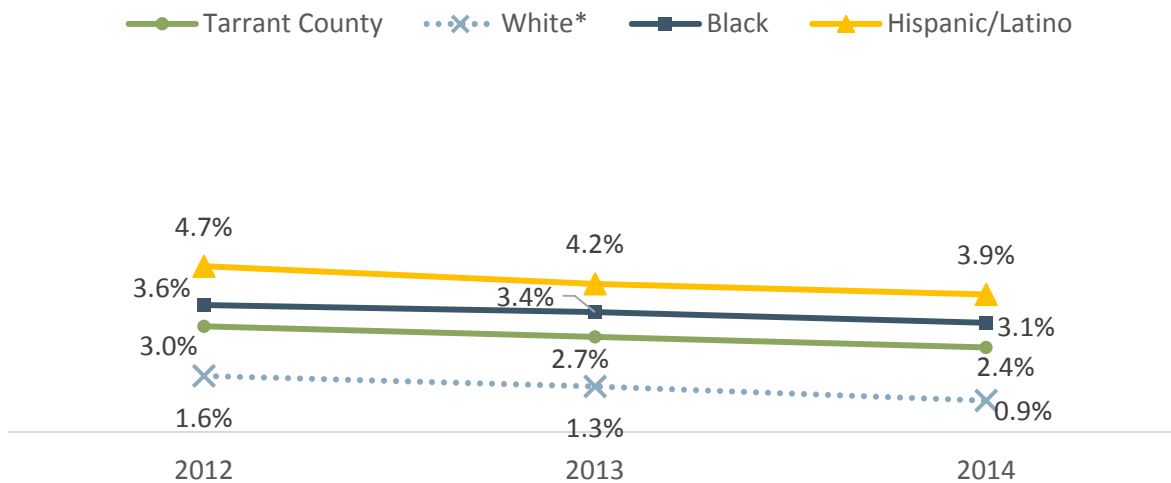
In 2014, 11,113 births occurred to Texas mothers aged 17 years or younger, representing 2.8% of all births in Texas according to the Texas Department of State Health Services (Figure 104). In Tarrant County, Hispanic/Latina girls were more likely to be teen mothers (3.9%), compared to Black (2.4%) and White mothers (1%) (Figure 105).

**Figure 104. Percent Births to Mothers (Ages 17 and Younger), by Texas and Tarrant County, 2012-2014**



DATA SOURCE: Texas Department of State Health Services, Center for Health Statistics, Texas Health Data, Vital Statistics Annual Report, 2012, 2013, and 2014

**Figure 105. Percent Births to Mothers (Ages 17 and Younger) in Tarrant County, by Race/Ethnicity, 2012-2014**



DATA SOURCE: Texas Department of State Health Services, Center for Health Statistics, Texas Health Data, Vital Statistics Annual Report, 2012, 2013, and 2014

\* White includes Other or Unknown Race/Ethnicity

### Communicable Diseases

Communicable diseases are diseases that can be transferred from person to person. These conditions are not as prevalent as chronic diseases in the region, but they do disproportionately affect vulnerable population groups. Focus group and interview participants had few concerns or comments about communicable disease apart from the perceived increase in sexually transmitted infections, including HIV.

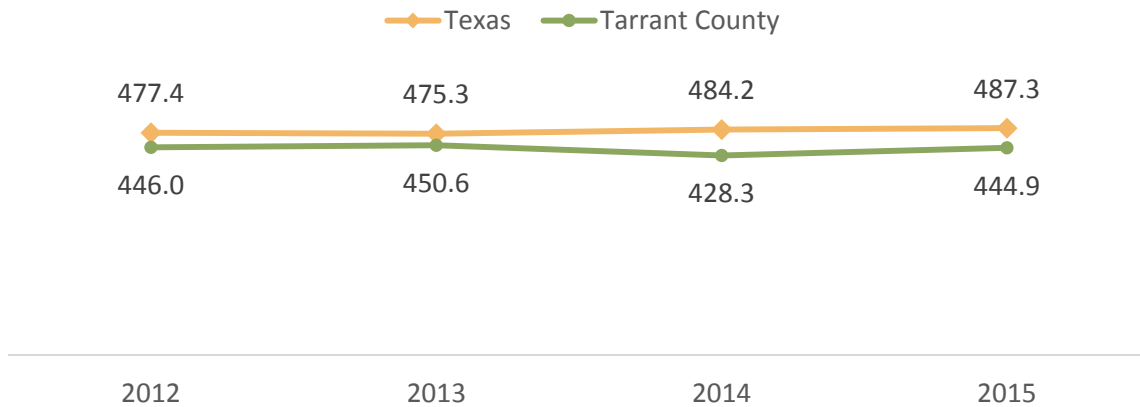
*“STIs are a growing problem in Tarrant County and surrounding areas.” – Interview Participant*



### Sexually Transmitted Infections

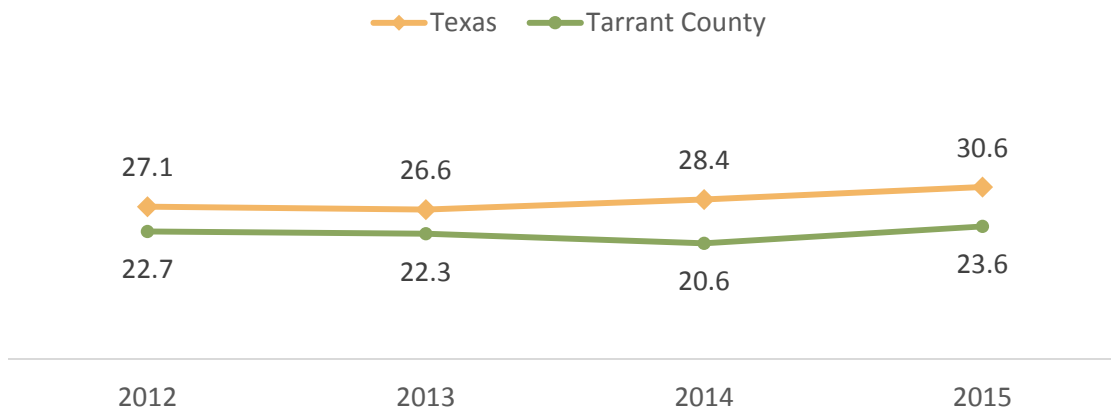
Quantitative data support these perceptions. Since 2012, rates of sexually transmitted infections (STIs) have increased at both the county and state level; although, overall Tarrant County had slightly lower rates of STIs compared to the state as a whole. Rates of chlamydia and syphilis have remained relatively stable countywide, while gradually increasing statewide. In 2015, there were 444.9 cases of chlamydia per 100,000 population in Tarrant County, compared to 487.3 cases per 100,000 in the state of Texas (Figure 106). A similar difference is observed with syphilis rates as illustrated in Figure 107, with 23.6 cases per 100,000 population in Tarrant County compared to 30.6 per 100,000 population across the state.

**Figure 106. Chlamydia Case Rates per 100,000 Population, by Texas and Tarrant County, 2012-2015**



DATA SOURCE: Texas Department of State Health Services, TB/HIV/STD Epidemiology and Surveillance Branch, Texas STD Surveillance Report, 2015

**Figure 107. Syphilis Case Rates per 100,000 Population, by Texas and Tarrant County, 2012-2015**

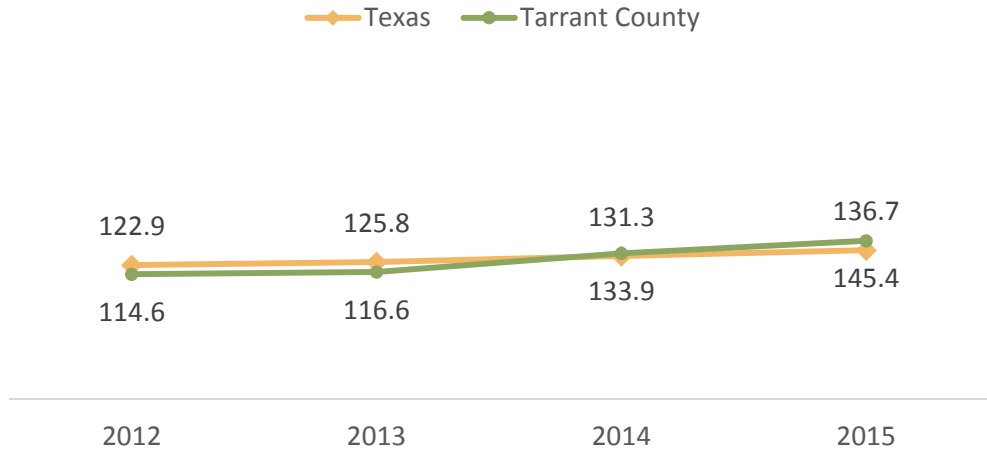


DATA SOURCE: Texas Department of State Health Services, TB/HIV/STD Epidemiology and Surveillance Branch, Texas STD Surveillance Report, 2015

*"We're seeing epidemic proportions of STIs being spread throughout the region and people are not seeking treatment in time." -Interview Participant*

In contrast, Tarrant County experienced slightly higher rates of gonorrhea compared to the state in 2015 (136.7 and 145.4 cases per 100,000, respectively) (Figure 108).

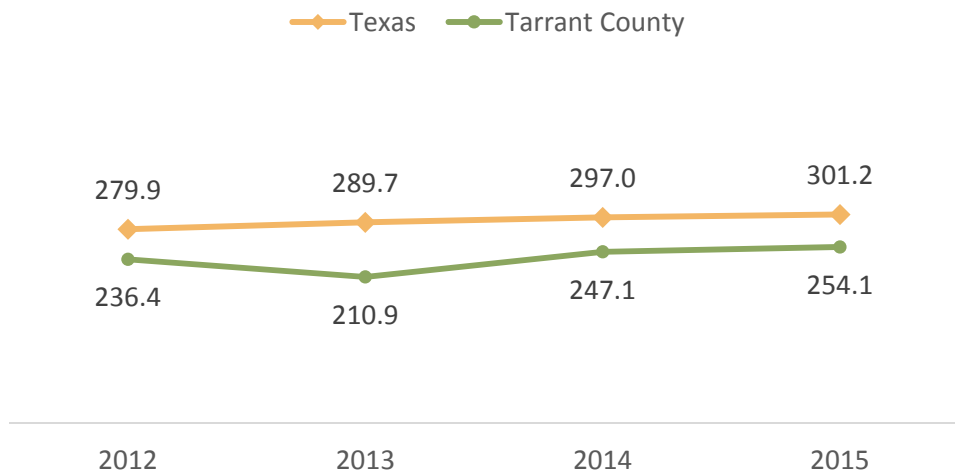
**Figure 108. Gonorrhea Case Rates per 100,000 Population, by Texas and Tarrant County, 2012-2015**



DATA SOURCE: Texas Department of State Health Services, TB/HIV/STD Epidemiology and Surveillance Branch, Texas STD Surveillance Report, 2015

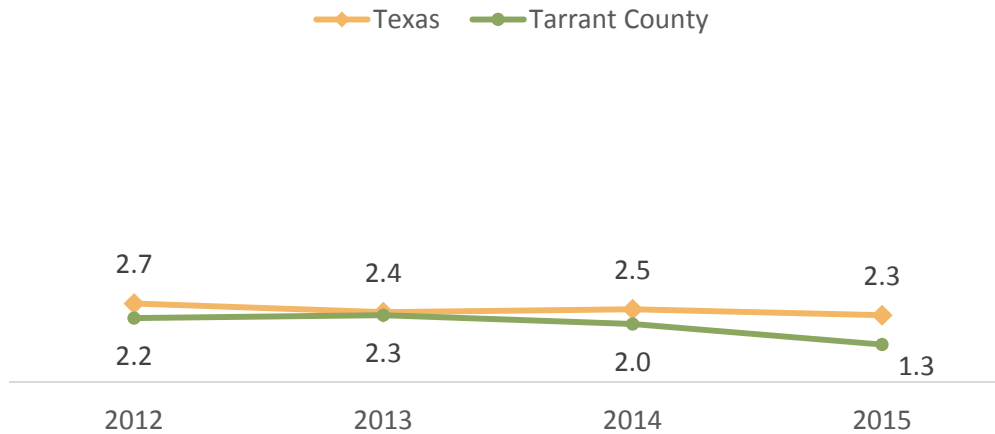
Lastly, there is a growing number of residents living with HIV in Tarrant County; the rate increased from 236.4 cases per 100,000 population in 2012 to 254.1 cases per 100,000 population in 2015 (Figure 109). However, the HIV mortality rate in Tarrant County decreased from 2.2 HIV deaths per 100,000 population in 2012 to 1.3 HIV deaths per 100,000 population 2015 (Figure 110), while the diagnosis rate remained about the same (data not shown).

**Figure 109. Rate of Residents Living with HIV per 100,000 Population, by Texas and Tarrant County, 2012-2015**



DATA SOURCE: Texas Department of State Health Services, TB/HIV/STD Epidemiology and Surveillance Branch, Texas STD Surveillance Report, 2015

**Figure 110. HIV Mortality Rate per 100,000 Population, by Texas and Tarrant County, 2012-2015**



DATA SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, 2012-2015

NOTE: Includes ICD-10 Codes B20-B24

Vaccine-Preventable Diseases

Tarrant County Public Health reports that in 2015, there were 308 cases of pertussis (15.7 cases per 100,000 population), 122 cases of streptococcus pneumoniae, invasive (6.2 cases per 100,000 population), and 118 cases of varicella (6.0 cases per 100,000 population). Due to small sample sizes (i.e., less than 20 cases), data was unavailable for Diphtheria; Haemophilus influenzae, type b; Hepatitis B (acute), Measles, Mumps, Polio, and Tetanus. The proportion of children ages 19-35 months not receiving the recommended set of immunizations was similar between the state and county at 38% in 2014 (Figure 111).

**Figure 111. Percent Children (19-35 Months) Not Receiving Recommended Immunizations \*4-3-1-3-3-1-4, by Texas and Tarrant County, 2014**

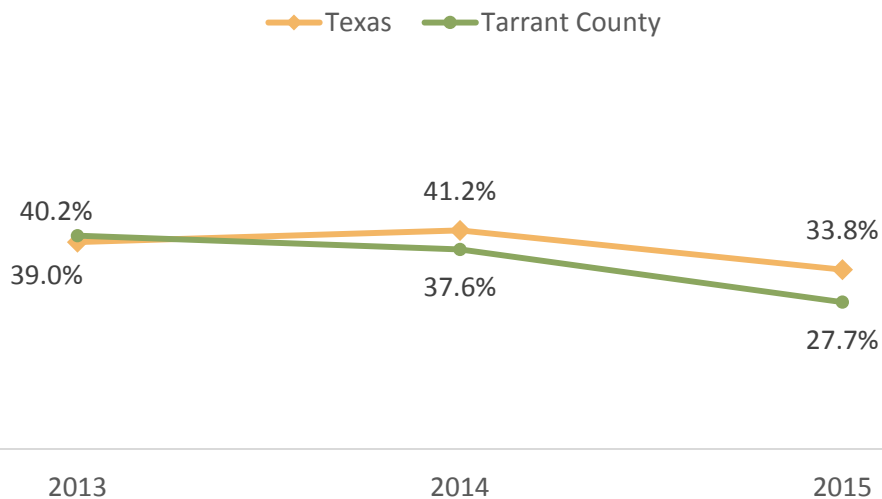


DATA SOURCE: Centers for Disease Control and Prevention, National Immunization Survey, 2014

\*Recommended immunization series: 4+DTaP, 3+Polio, 1+MMR, 3+Hib, 3+HepB, 1+Varicella, 4+PCV

For influenza, there has been a downward trend in the proportion of adults aged 65 years or older who did not receive a flu shot in the past year. Figure 112 illustrates that 27.7% of Tarrant County adults did not receive a flu shot in 2015, down from 39% in 2013.

**Figure 112. Percent Adults age 65+ Reported No Flu Shot in Past Year, by Texas and Tarrant County, 2013-2015**

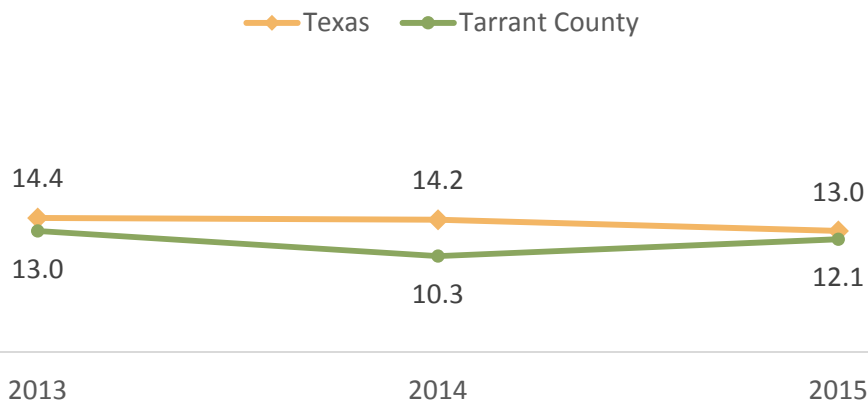


DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013-2015

NOTE: 2015 BRFSS data from Texas Department of State Health Services differed from BRFSS data from Tarrant County Public Health (See Appendix B for Tarrant County Public Health data)

The mortality rate for influenza and pneumonia hovered at approximately 12 deaths per 100,000 population in Tarrant County—slightly lower than the state rate (13.0 deaths per 100,000 population).

**Figure 113. Age-adjusted Influenza and Pneumonia Mortality Rate per 100,000 Population, by Texas and Tarrant County, 2013-2015**



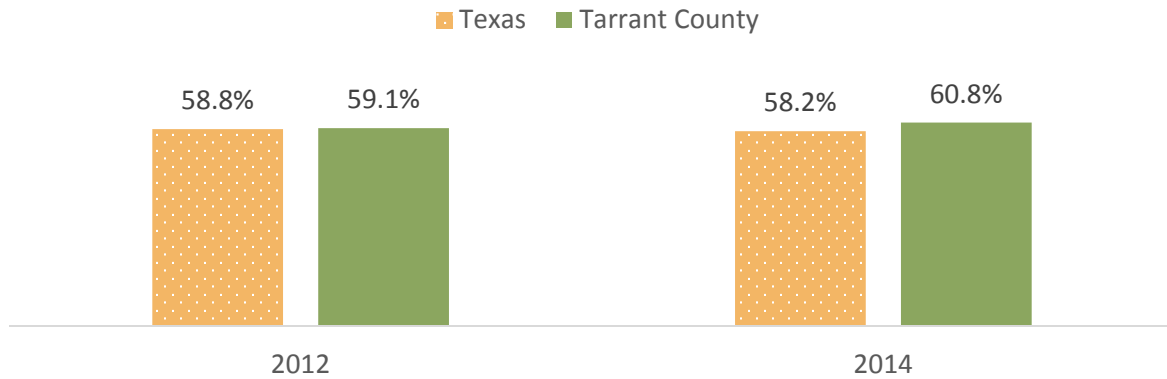
DATA SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, 2013-2015

NOTE: Includes ICD-10 Codes J09-J18

### Oral Health

Several participants shared concerns about dental care, especially access for lower income residents. Legislation in 2012 was cited as expanding Medicaid payment to dentists, which was perceived to have a positive impact on dental health; however, participants reported that this increase was subject to change with each budget cycle. As seen in Figure 114, the percent of adults that reported a dental visit in the past year has remained close to 60% at both the state and county levels since 2012.

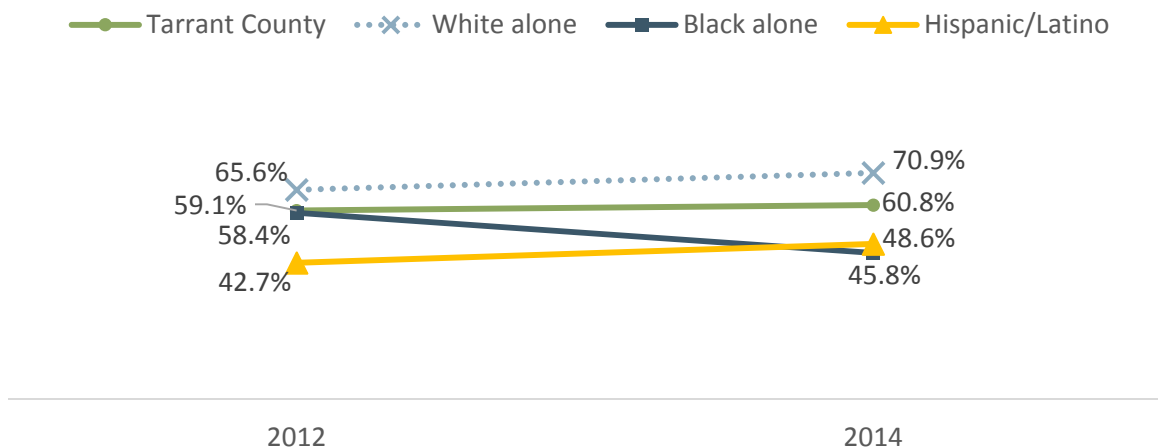
**Figure 114. Percent Adults Reported Dental Visit in Past Year, by Texas and Tarrant County, 2012 and 2014**



DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2012 and 2014

In Tarrant County, there was an increase in the proportion of adults who reported annual dental visits in the majority of race/ethnic groups. However, this was not the case for Black adults, who experienced a decline in dental visits from 58.4% in 2012 to 45.8% in 2014 (Figure 115). White adults were more likely to report a dental visit in the past year (70.9%) than Tarrant County adults overall (60.8%), while Black and Hispanic adults were less likely to visit a dentist (45.8% and 48.6%, respectively).

**Figure 115. Percent Tarrant County Adults Reported Dental Visit in Past Year, by Race/Ethnicity, 2012 and 2014**



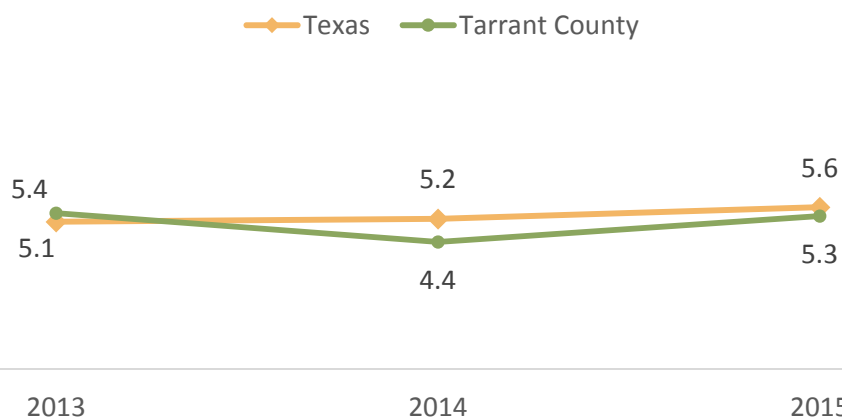
DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2012 and 2014

NOTE: Insufficient sample size for Other/Multiracial

### Violence, Injury, and Trauma

As discussed previously crime was not considered a concern in the community. However, a few participants shared that sexual and interpersonal violence, including child abuse and neglect, was reported to be high in the region. Quantitative data shows that homicide mortality is relatively low across the Texas and Tarrant County, with around 5 deaths per 100,000 population in 2015 (Figure 116).

**Figure 116. Age-adjusted Homicide Mortality Rate per 100,000 Population, by Texas and Tarrant County, 2013-2015**

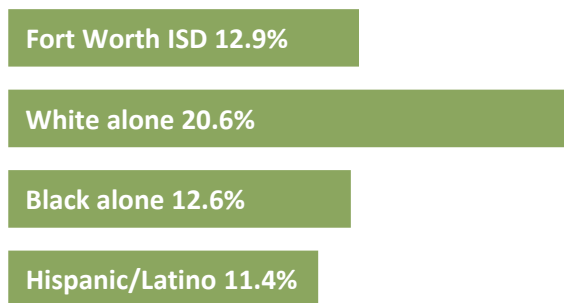


DATA SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, 2013-2015

NOTE: Includes ICD-10 Codes U01-U02, X85-Y09, Y87.1

Quantitative data from Fort Worth ISD provides estimates of violence experienced by high school students, with some differences by race/ethnicity evident. As seen in Figure 117, 13% of high school students reported to have been bullied on school property in 2015, of which the greatest proportion self-identified as White (21%), followed by Black (13%) and Hispanic/Latino (11%). Similarly, White students reported the highest prevalence of electronic bullying at 13%, slightly more often than Black and Hispanic/Latino students (9% and 8%, respectively) (Figure 118).

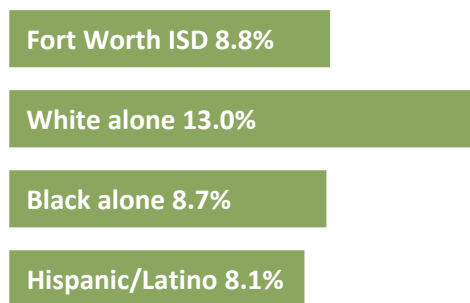
**Figure 117. Percent Fort Worth ISD High School Youth Reported to Have Been Bullied on School Property in Past Year, by Race/Ethnicity, 2015**



DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015

NOTE: Insufficient sample size for Other/Multiracial

**Figure 118. Percent Fort Worth ISD High School Youth Reported to Have Been Electronically Bullied in Past Year, by Race/Ethnicity, 2015**

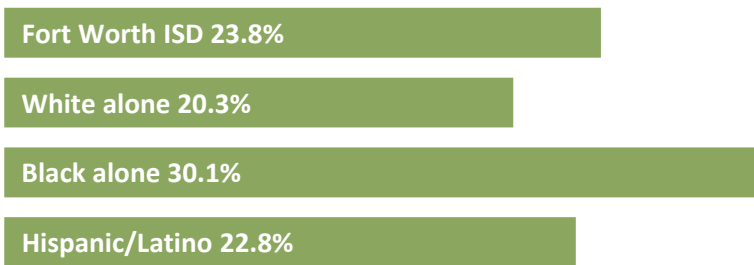


DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015

NOTE: Insufficient sample size for Other/Multiracial

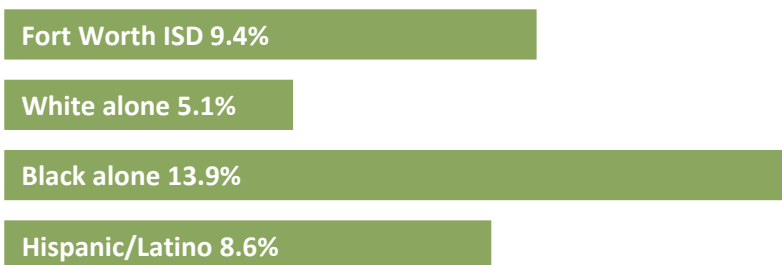
Almost a quarter of Fort Worth ISD high school students reported being in a physical fight in the past year in 2015 (Figure 119). Black students were more likely to self-report physical fighting than all other race/ethnicities, and were more likely to have been in a physical fight on school property (Figure 120). Similarly, Black students were most likely to report physical dating violence (10%), followed by Hispanic/Latino students (8%) and White students (6%) (Figure 121).

**Figure 119. Percent Fort Worth ISD High School Youth Reported to Be in Physical Fight in Past Year, by Race/Ethnicity, 2015**



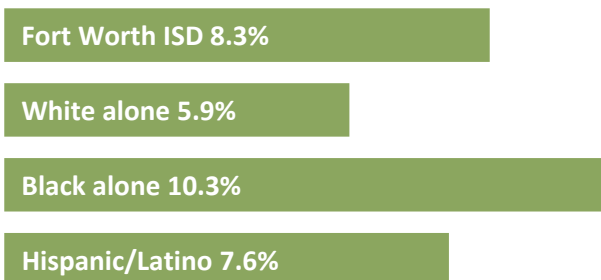
DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015  
NOTE: Insufficient sample size for Other/Multiracial

**Figure 120. Percent Fort Worth ISD High School Youth Reported to Be in Physical Fight on School Property, by Race/Ethnicity, 2015**



DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015  
NOTE: Insufficient sample size for Other/Multiracial

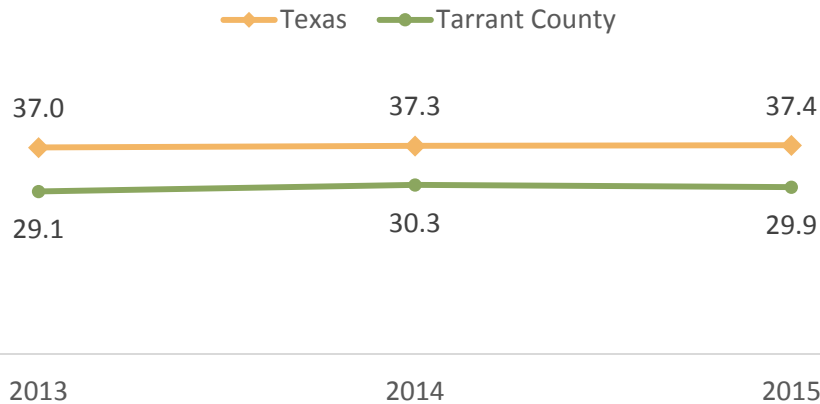
**Figure 121. Percent Fort Worth ISD High School Youth Reported Physical Dating Violence Experiences in Past Year, by Race/Ethnicity, 2015**



DATA SOURCE: Fort Worth ISD Youth Behavioral Risk Factor Surveillance Survey, 2015  
NOTE: Insufficient sample size for Other/Multiracial

Deaths from unintentional injuries are more common than homicide; from 2013-2015, there were 37.2 unintentional deaths per 100,000 population statewide, slightly higher than the 29.7 deaths per 100,000 population for Tarrant County (Figure 122). JPS Health Network is the only Level 1 Trauma Center in Tarrant County. According to JPS Health Network’s 2016 Annual Report, the top five mechanisms of injury were by motor vehicle/motorcycle crashes, falls, assault, gunshot wounds, and auto-pedestrian crashes. For the full report, see [https://issuu.com/johnpetersmith/docs/trauma\\_annual\\_report\\_2016](https://issuu.com/johnpetersmith/docs/trauma_annual_report_2016).

**Figure 122. Age-adjusted Unintentional Injury Mortality Rate per 100,000 Population, by Texas and Tarrant County, 2013-2015**

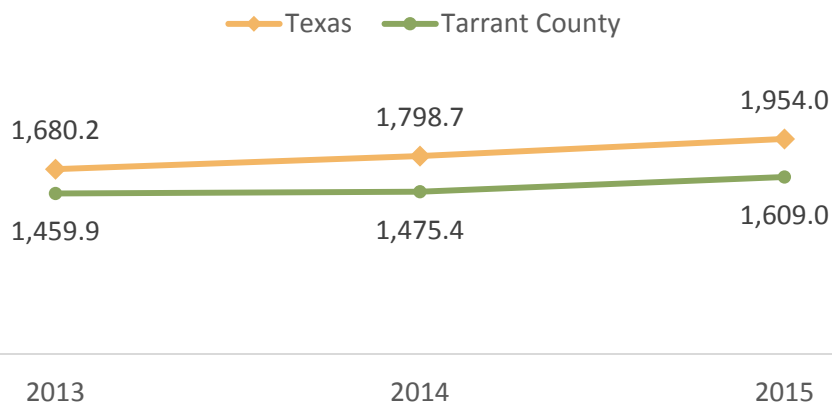


DATA SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics, Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, 2013-2015

NOTE: Includes ICD-10 Codes V01-X59, Y85-86

When looking at motor vehicle accidents, Figure 123 shows an increase in Tarrant County’s motor vehicle crash rate from 1,460 crashes per 100,000 population in 2013 to 1,609 crashes per 100,000 population in 2015. Additionally, as seen in Figure 124, auto-pedestrian crash incidents were most concentrated in Fort Worth and Arlington. Auto-bicyclist crash incidents were more concentrated in Arlington (Figure 125).

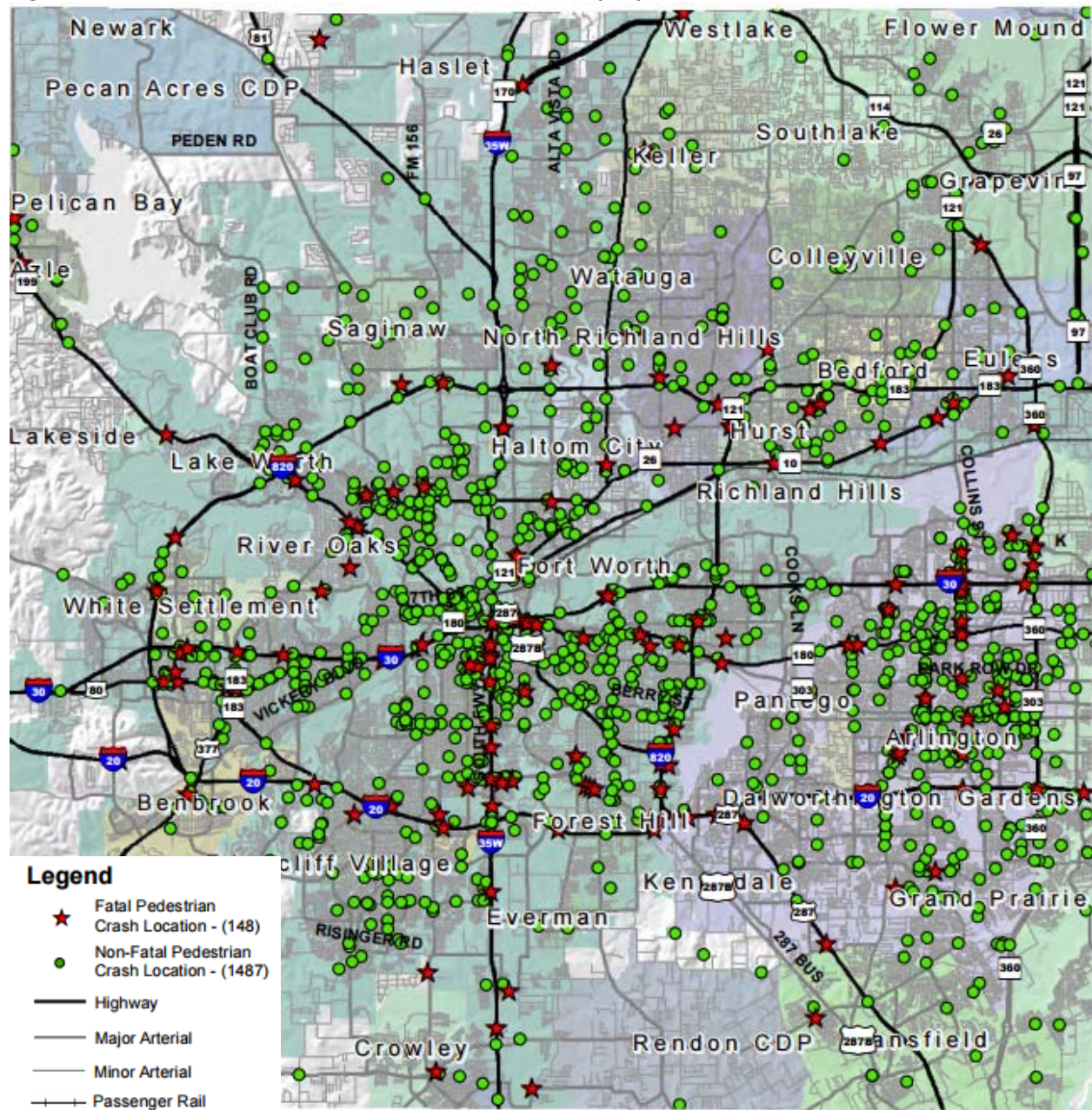
**Figure 123. Motor Vehicle Crash Rate per 100,000 Population, by Texas and Tarrant County, 2013-2015**



DATA SOURCE: Texas Department of Transportation, Texas Motor Vehicle Crash Statistics, Crashes and Injuries by County, 2013-2015

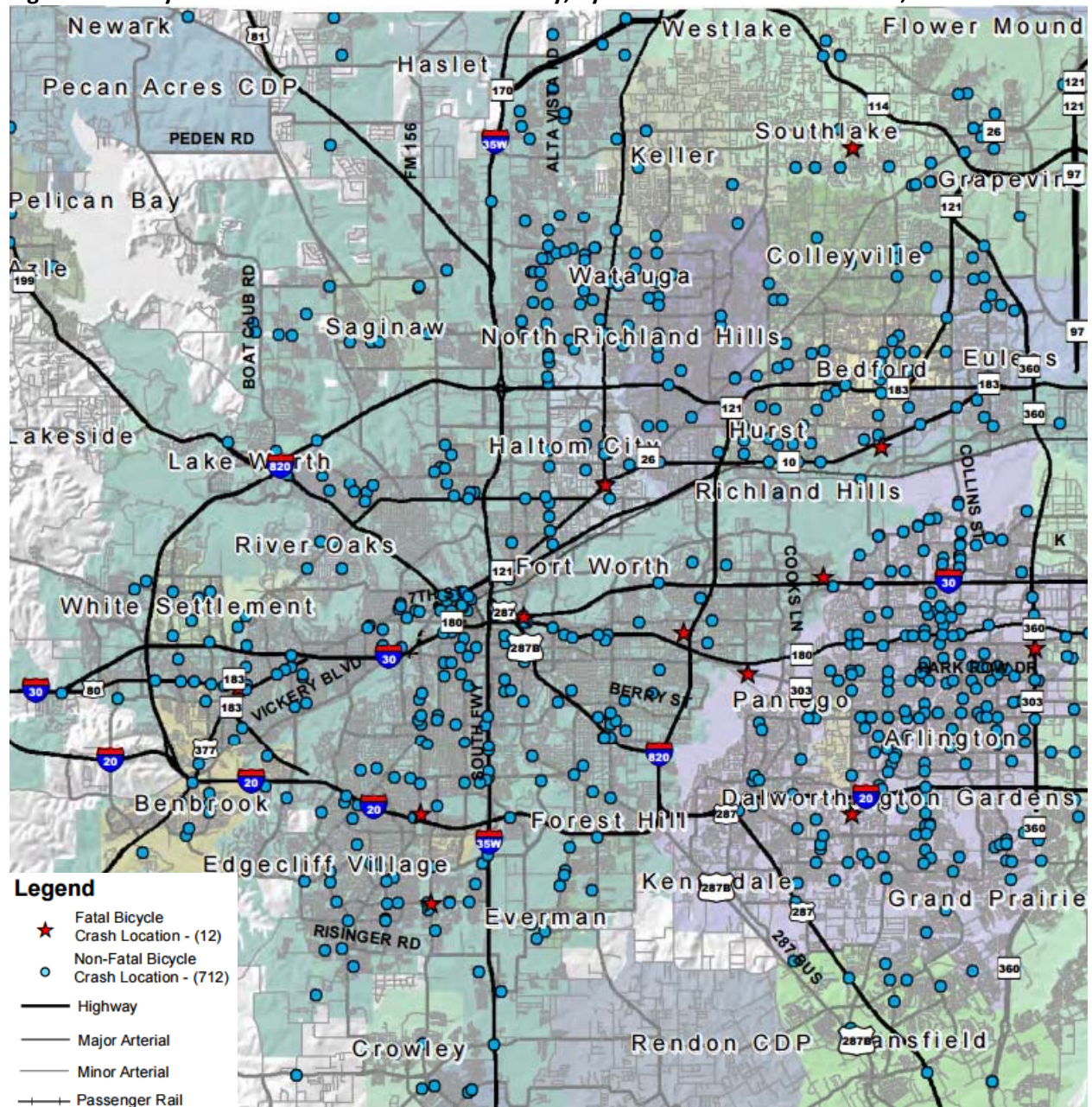


Figure 124. Pedestrian Crash Locations in Tarrant County, by Fatal and Non-Fatal Crashes, 2011-2015



DATA SOURCE: Texas Department of Transportation, Crash Records Information System, as cited by North Central Texas Council of Governments, 2011-2015

Figure 125. Bicycle Crash Locations in Tarrant County, by Fatal and Non-Fatal Crashes, 2011-2015



DATA SOURCE: Texas Department of Transportation, Crash Records Information System, as cited by North Central Texas Council of Governments, 2011-2015

## Information and Coordination

### Health Care Access

*“In areas outside of Fort Worth – in lower SES [socioeconomic status] areas, they don’t have as many choices.” – Interview Participant*

*“We have a huge influx of people who just can’t get their medicine.” – Focus Group Participant*

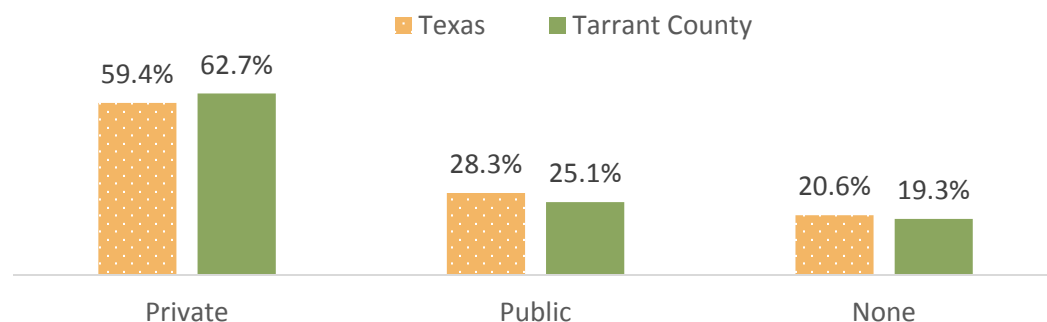
Focus group and interview participants reported that although Tarrant County has substantial health resources, these services are more difficult for lower income individuals to access. A variety of reasons were cited, including health insurance, cost, transportation, and language barriers. As one interviewee stated, *“health care in general can be a challenge for anyone living in poverty in Texas.”* A few participants expressed concern about the quality of care, especially in smaller neighborhoods and rural areas. As one focus group participant explained, *“Medicaid doesn’t reimburse doctors like they would like to and more and more don’t take Medicaid. The ones that do take them aren’t the best doctors and you’re not getting quality care.”*

### Health Insurance and Cost

Despite passage of the ACA, obtaining health insurance was identified as a challenge for some individuals due to lack of awareness and the burden of completing paperwork. The lack of Medicaid expansion in the state was also described as hindering healthcare access for individuals who do not qualify for Medicaid and cannot afford private insurance. As one interviewee stated, *“the adult medically indigent population is the most in need. These are individuals who are technically living in poverty, but are unable to qualify for Medicaid; they are a significant part of the population.”*

Using data aggregated from 2011 to 2015, the U.S. Census Bureau reports that in 2015 19.3% of the Tarrant County population had no health insurance, compared to 20.6% statewide (Figure 126). Among Tarrant County residents who had health insurance, over half had private insurance (62.7%) and a quarter had public insurance (25.1%). The cost of healthcare – including co-pays and deductibles for those with insurance, and the high cost of medications – was also reported by participants to be a challenge for some residents. As one focus group participant explained, *“we’re sort of lost when we see the same person come back to the ER four or five times in one month and their basic thing is ‘I don’t have money for medicine.’”*

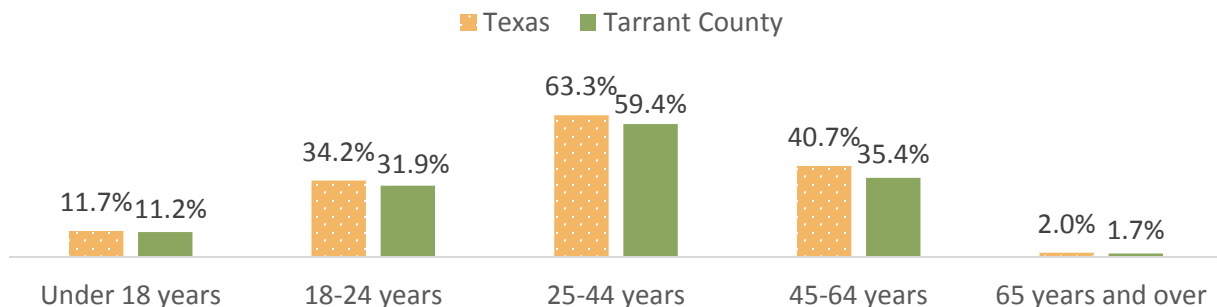
**Figure 126. Health Insurance Coverage, by Insurance Type, by Texas and Tarrant County, 2011-2015**



DATA SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2011-2015

When stratified by age, among Tarrant County residents with no health insurance, the majority of whom were 24 to 44 years old (Figure 127).

**Figure 127. Percent Population with No Health Insurance, by Age, by Texas and Tarrant County, 2011-2015**



DATA SOURCE: U.S. Census Bureau, American Community Survey 5-Year Estimates, 2011-2015

Aging adults and those working with aging adults reported that the cost of and access to home health care is a concern for the aging Tarrant County population. Home health care, which is often critical to keeping aging adults living independently in their homes, was described as expensive, especially for those with an income slightly too high to qualify for Medicaid support. As one focus group participant explained, *“I think we have a lot of elderly people in our community who don’t have resources to get what they need to stay in home. A lot of people end up in nursing homes when with the right resources they could stay at home.”* Participants also noted that low pay and lack of training for home health aides results in a lot of turnover and gaps in services for aging adults.

#### [Navigating the Health System](#)

Numerous participants stated that navigating health insurance and the health system can be challenging for individuals. Aging adults again were singled out by participants as residents who face substantial challenges in navigating enrollment deadlines, understanding all the components of Medicare (Parts A, B, and D), and negotiating paperwork to get equipment like a walker or apply for home health care. As one interviewee stated, *“even for the well-educated older population, it is still not an easy system to navigate.”*

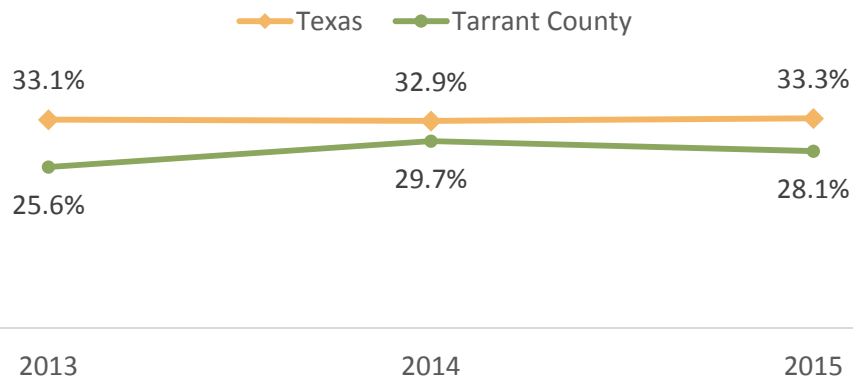
#### [Language and Transportation](#)

Finally, transportation and language barriers were also cited as challenges to accessing health care in Tarrant County. Participants described how the lack of public transportation options often means long trips to make health appointments, and sometimes missed appointments. Communication challenges identified included the lack of bilingual providers and translated documents as well as a need for enhanced cultural competency among providers.

#### [Healthcare Utilization](#)

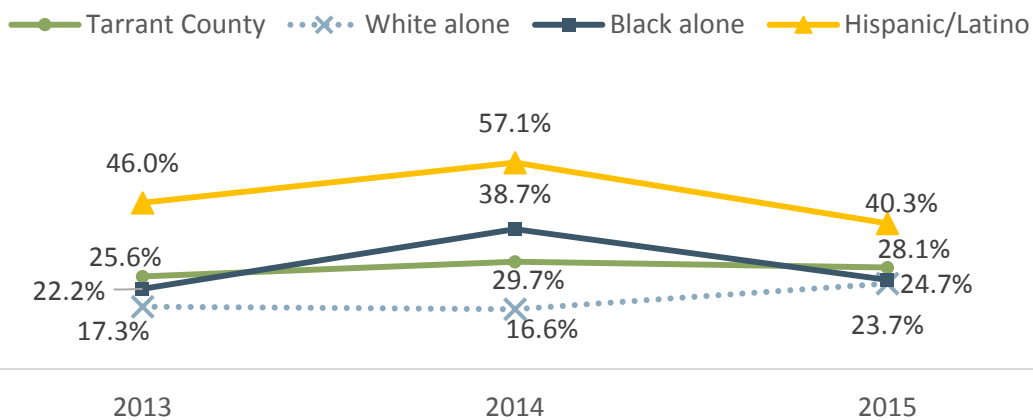
While statewide approximately one in three adults reported not having a personal doctor or health care provider from 2013 to 2015, a lower proportion of Tarrant County adults reported the same (Figure 128). Furthermore, while in 2013 one in four Tarrant County adults reported having no provider, reports of limited provider access increased in 2014 and 2015. When this data is stratified by race/ethnicity, Hispanic/Latino adults were more likely to report not having a provider than adults countywide (Figure 129).

**Figure 128. Percent Adults with No Personal Doctor or Health Care Provider, by Texas and Tarrant County, 2013-2015**



DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013-2015

**Figure 129. Percent Adults with No Personal Doctor or Health Care Provider, by Race/Ethnicity, Tarrant County, 2013-2015**

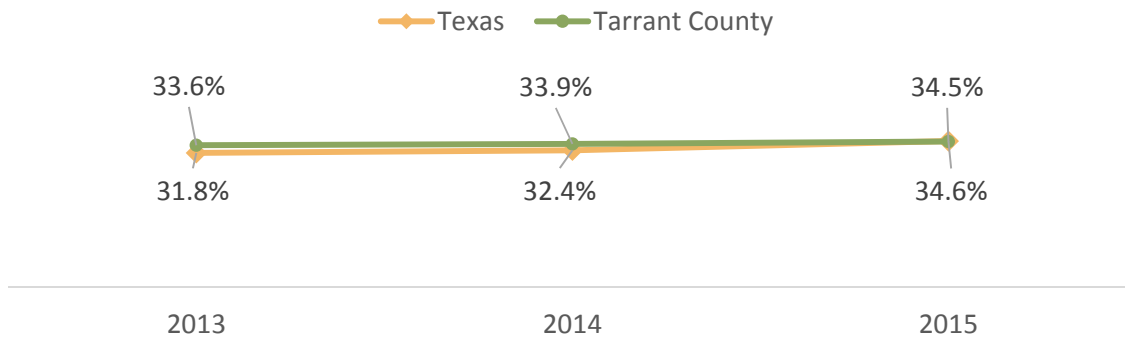


DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2015

NOTE: Insufficient sample size for Other/Multiracial

Between 2013 and 2015, around one in three Tarrant County adults were reported to have not had a routine check-up in the past year (Figure 130). When this data is stratified by race/ethnicity, Hispanic/Latino adults were again most likely to report not having had a check-up (41.9%) (Figure 131).

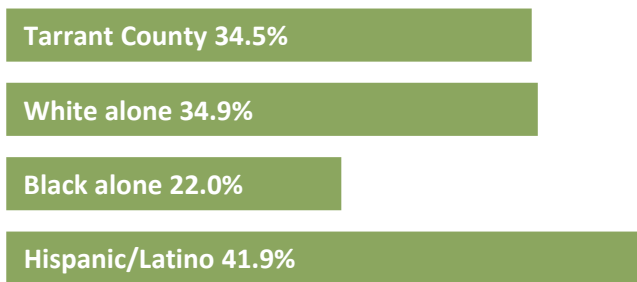
**Figure 130. Percent Adults Reported to Have Not Had Routine Check-Up in Past Year, by Texas and Tarrant County, 2013-2015**



DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2013, 2014, and 2015

NOTE: 2015 BRFSS data from Texas Department of State Health Services differed from BRFSS data from Tarrant County Public Health (See Appendix B for Tarrant County Public Health data)

**Figure 131. Percent Adults Reported to Have Not Had Routine Check-Up in Past Year, by Race/Ethnicity, Tarrant County, 2015**

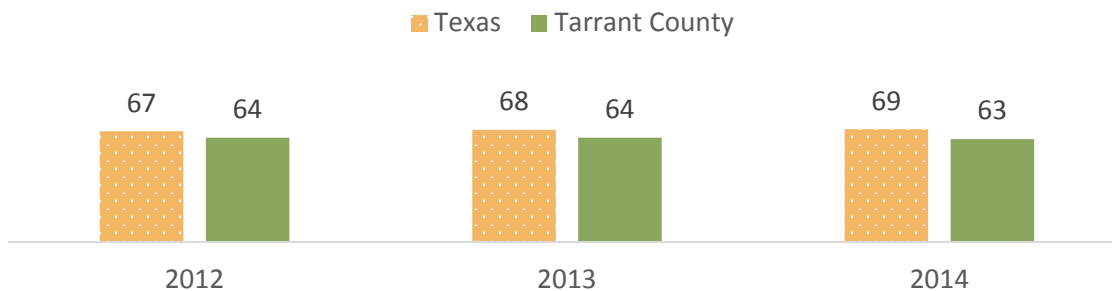


DATA SOURCE: Texas Behavioral Risk Factor Surveillance Survey, 2015

NOTE: Insufficient sample size for Other/Multiracial

Figure 132 illustrates that since 2012 the rate of primary care physicians in Tarrant County has remained consistent – at 63 primary care physicians per 100,000 population 2014 - while the statewide rate has gradually increase to 69 primary care physicians per 100,000 population.

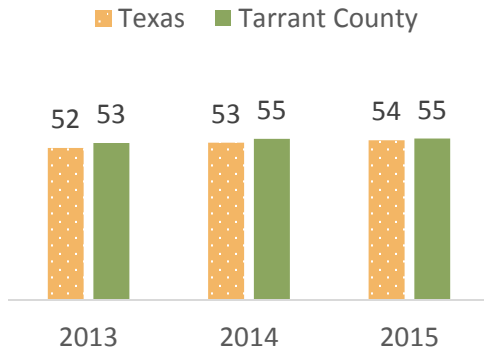
**Figure 132. Rate of Primary Care Physicians per 100,000 Population, by Texas and Tarrant County, 2012-2014**



DATA SOURCE: U.S. Department of Health and Human Services, Health Resource and Services Administration, Area Health Resource File, as cited by Community Commons, 2012-2014

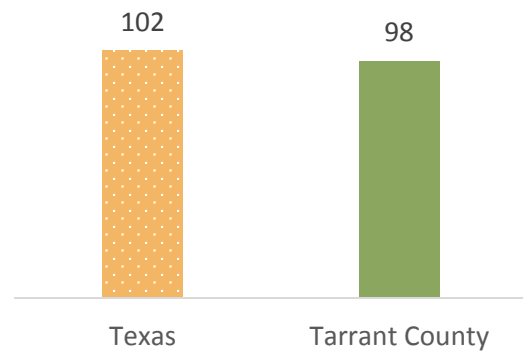
Additionally, participants mentioned that the region lacks behavioral and dental health providers as well as geriatricians and geriatric social workers. Quantitative data shows the county rates of dentists and mental health providers are similar to those statewide. As shown in Figure 133, between 2013 and 2015, the rate of dentists in Tarrant County and across the state of Texas increased slightly. Tarrant County had a higher rate of dentists each year than the statewide rate, with 55 dentists per 100,000 population in 2015. Tarrant County had 98 mental health providers per 100,000 population compared to 102 mental health providers per 100,000 population statewide (Figure 134).

**Figure 133. Rate of Dentists per 100,000 Population, County, 2013-2015**



DATA SOURCE: U.S. Department of Health and Human Services, Health Resource and Services Administration, Area Health Resource File, as cited by Community Commons, 2013-2015

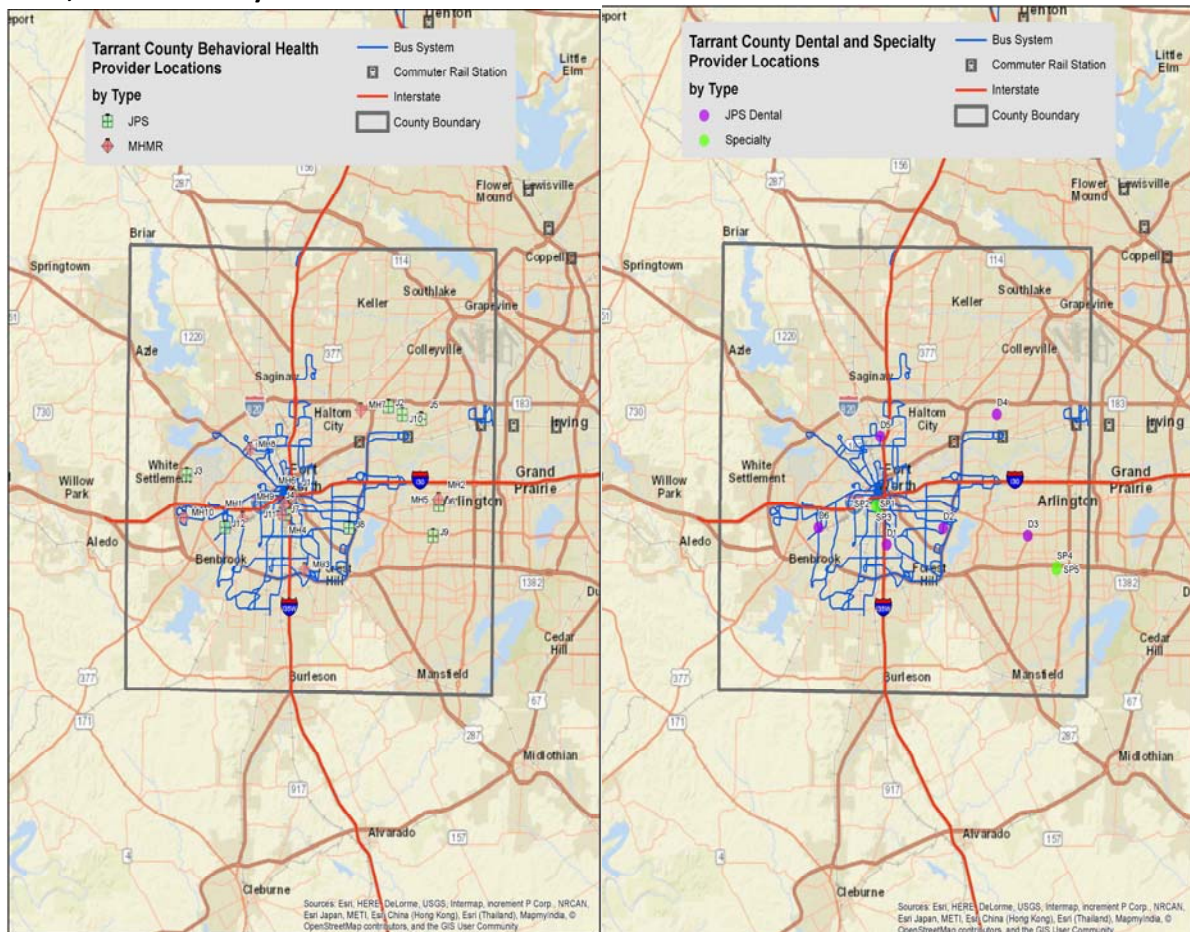
**Figure 134. Rate of Mental Health Providers per 100,000 Population, County, 2015**



DATA SOURCE: Centers for Medicare and Medicaid Services, National Provider Identification, as cited by County Health Rankings, as cited by Community Commons, 2015

The maps presented in Figure 135 show how accessible providers are by public transportation. The majority of behavioral health, dental, and specialty providers are located in or near Fort Worth, which reflects population density; those providers located outside of Fort Worth are not accessible via the public transportation system, which supports qualitative findings.

**Figure 135. Behavioral Health, Dental, and Specialty Provider Locations with Public Transportation Lines, Tarrant County**



DATA SOURCE: Courtesy of Health Management Associations. Maps created for Tarrant County Long-Range Planning



## Community Suggestions for Services and Programs

When asked about suggested services and programs in the community, several themes emerged among focus group and interview participants. These included: address the social determinants of health, expand behavioral health services, emphasize wellness to address chronic disease, enhance access to services, improve coordination across agencies, and increase attention to aging adults and diverse populations in the county.

### ***Address the Social Determinants of Health***

Focus group and interview participants stressed the importance of attending to key barriers—transportation, housing, and employment—that prevent Tarrant County residents from achieving optimal health. This is consistent with findings from the Tarrant County Long Range Planning Process that also identified addressing the social determinants of health as a prominent theme.

Lack of transportation and affordable housing in Tarrant County were described as substantial barriers to improved health for low-income residents. Numerous focus group and interview participants reported that addressing these determinants of health was critical. Participants suggested greater investments in affordable housing as well as policies that require the inclusion of affordable units in new developments and expansion in permanent supportive housing options for homeless residents. Participants recommended more transportation options such as busses and greater investment in infrastructure such as sidewalks and parks to encourage healthy behaviors. One participant suggested expanding educational opportunities including more training programs through the Workforce Investment Act programs. Participants recognized, however, that substantial leadership and political will is needed to implement these policy changes.

### ***Expand Behavioral Health Services***

Expanding behavioral health services in the community was also described by participants as an important area for Tarrant County. This theme was also identified in the Tarrant County Long Range Planning Process. Addressing behavioral health issues in a timely manner was viewed as critical; one interviewee explained, *“when someone comes in and says they have an addiction today, you really need to do the best to help them today because they’re usually so disconnected that you probably can’t find them in a week or so.”* Participants suggested more in-patient substance abuse beds, in-patient long-term behavioral health treatment beds, out-patient services, and on-demand ambulatory behavioral health services. Participants also recommended re-evaluating reimbursement rates as well as state and local funding for services. Participants advocated for greater attention to the behavioral health issues of diverse populations (e.g., refugees), veterans, aging adults, and young children. Participants also encouraged greater engagement by hospitals, primary care providers, and schools in addressing to behavioral health, including education and work to reduce stigma.

Support for residents with dementia and Alzheimer’s was also identified as a growing concern for the community. Recommendations included more education about these diseases and community services. Similar to findings in the Tarrant County Long Range Planning Process, focus group and interview participants identified caregiver support as an important area to consider. As focus group participant explained, *“being a caregiver to someone with dementia is stressful; lack of social support, burn out, and it puts caregivers at risk of bad health too.”* Participants recommended increased education for families about how to care for relatives with these diseases, including information about services available to support them, and more respite programs.

### ***Emphasize Wellness to Address Chronic Disease***

Focus group participants and interviewees recommended that Tarrant County continue to focus on prevention as a strategy to address chronic disease in the community. As one interviewee observed, *“we cheer when we have a new NICU, but we really need to focus on community well-being.”* This emphasis on prevention was echoed in Tarrant County Long Range Planning Process focus groups. Participants suggested more parks, walkable communities, and expanded grocery stores in low-income neighborhoods; they suggested building on existing healthy living initiatives in the community. Participants also suggested systems-based approaches such as physical education in schools and healthy school lunch programs, as well as greater focus on wellness in worksites. Paying attention to high-need neighborhoods was described as critical. Enhanced information about prevention was also seen as an important initiative to address. As one focus group participant shared, *“there’s a big deficit of knowledge for our patients. In community health there’s a big push for preventative health.”*

### ***Enhance Access to and Information about Health Care and Other Services***

Participants also envisioned greater access to health care for the future, especially for lower income residents. Suggestions included modifying the hours when health care services are available and opening more satellite clinics. As one focus group participant stated, *“I’d like to see them have clinics that are open late where we don’t have to tell patients to go to ER or urgent care center where they can’t afford to go.”* Increasing the number of clinics and service hours were recommended by residents in community forums conducted as part of the Tarrant County Long Range Planning Process. Finding new ways to deliver health care in underserved communities was also a common theme in conversations conducted for the Tarrant County CHNA and Long Range Planning Process. Specific suggestions identified in the Long Range Planning Process included expanding school-based clinics, co-locating clinics in senior centers and community colleges, and expanding pharmacy-based health care. Other suggestions, mentioned by a few participants, included expansion of dental care, maternal and child health services, and STI education.

Participants also described opportunities to increase access to cancer prevention services - such as screening - and cancer treatment, especially to lower income residents. Ensuring continuity of care for all patients was also identified as a prominent theme, and one that is expected to be an area of focus for the Tarrant County Cancer Disparities Coalition.

To support patients when navigating the complex health care system, several participants recommended patient navigators to help patients manage insurance enrollment and utilization, obtain information about and referrals to other services, and ensure continuity of care. A couple of participants suggested that the community health worker/promotores workforce be expanded. As trusted community members, community health workers were considered critical to connecting hard-to-reach residents with health education and needed services.

A few participants suggested that information about available services—health, transportation, prevention, and social services—be more readily accessible to residents. Suggestions included a centralized list of resources – including eligibility and contact information – that is available online and in print but also through local institutions such as senior centers, health practices, and WIC offices. For cancer patients and their families, participants suggested a similar set of information including counseling services, support groups, and diet and fitness programs. One interviewee noted that often providers are not fully aware of community-based services available to patients and recommended that this information be shared with local health providers as well.

### ***Improved Coordination across Services***

While many participants praised the collaboration across organizations working in the region, they also saw opportunities for more coordination, especially in light of limited resources to address community issues. As one interviewee shared, *“if we continue to work together as a community we can make great changes.”* Focus group participants of the Tarrant County Long Range Planning Process identified strengthening partnerships between JPS and community-based services as a prominent theme. Focus group and interview participants for this CHNA also identified enhanced partnerships with JPS as well as continued collaboration with elected officials as areas to leverage.

*“[our issues are] too big for one organization or agency to tackle; we need to come together.”*

### ***Increase Services for Vulnerable Populations***

Focus group and interview participants reported that greater attention should be given to the most vulnerable of community residents, in particular aging adults and diverse populations including immigrants, refugees, migrant workers, and undocumented residents.

Enhancing support for aging adults and their families was considered critical as the county’s aging population grows. Focus group and interview participants suggested more services to address Alzheimer’s and dementia, programs to support caregivers, home visits to ensure aging adults are safe, and legal help to manage estate and end of life issues.

In addition, participants recommended additional services for diverse populations -- including immigrants, refugees, migrant workers, and undocumented residents. According to participants, these diverse groups were often ineligible for payment for services, which was viewed as threatening their health and raising costs for the overall system. This theme also emerged in stakeholder discussions conducted for the Tarrant County Long Range Planning Process. Participants recognized the difficulty of caring for diverse populations, and suggested steps such as expanding free clinics and ensuring services are more culturally and linguistically appropriate.

## HEALTH NEEDS OF THE COMMUNITY

Through a review of secondary data and discussions with community stakeholders, this assessment report provides an overview of the social and economic environment of the community served by JPS Health Network, health conditions and behaviors that most affect the population, and perceived strengths and gaps in the current environment. The following table presents the identified health needs of the community that emerged from this synthesis of quantitative and qualitative data.

| Area of Need                           | Identified Needs  |
|--|---|
| <b>Health Conditions/Service Lines</b> | <ul style="list-style-type: none"> <li>• Aging Adults</li> <li>• Behavioral Health</li> <li>• Cancer: Education &amp; Screening</li> <li>• Diabetes &amp; Obesity: Prevention and Management</li> <li>• Heart Disease &amp; Stroke: Prevention and Management</li> <li>• Maternal &amp; Child Health</li> <li>• Oral Health</li> <li>• Primary Care and Behavioral Health Providers</li> <li>• Respiratory Diseases</li> <li>• Sexually Transmitted Infections</li> </ul> |
| <b>Information and Coordination</b>    | <ul style="list-style-type: none"> <li>• Access to Health Care</li> <li>• Navigation of Health Care System</li> <li>• Lack of Awareness of Services</li> <li>• Care Coordination</li> </ul>   |
| <b>Social Determinants of Health</b>   | <ul style="list-style-type: none"> <li>• Poverty</li> <li>• Access to Healthy Food</li> <li>• Housing</li> <li>• Transportation</li> <li>• Trauma, Violence and Injury</li> </ul>   |

Please see the implementation plan for additional information.

## APPENDIX A. JPS Health Network CHNA Advisory Committee

| Name                             | Title  |
|----------------------------------|--|
| <b>Community Partners</b>        |  |
| <b>Vinny Taneja</b>              | Director, Tarrant County Public Health   |
| <b>Yvette M. Wingate</b>         | Health Equity Coordinator, Tarrant County Public Health                                  |
| <b>Ann Salyer-Caldwell</b>       | Deputy Director, Tarrant County Public Health  |
| <b>Melodia Gutierrez</b>         | Associate State Director, AARP Texas   |
| <b>Sherry Simon</b>              | Vice President, Nutrition and Programs, Meals on Wheels                                  |
| <b>Don Smith</b>                 | Vice President, Community Development-Health Director, United Way of Tarrant County, AAA |
| <b>Ramey Heddins</b>             | Service Director, MHMR Tarrant   |
| <b>Frances Villafane</b>         | Health Systems Manager, American Cancer Society  |
| <b>Frank Lonergan, M.D.</b>      | Acclaim Physician Group, Primary Care Physician  |
| <b>Richard Young, M.D.</b>       | Acclaim Physician Group, Primary Care Physician  |
| <b>JPS Core Team</b>             |  |
| <b>Amanda English</b>            | Manager, Community Outreach  |
| <b>Merianne Roth</b>             | Vice President, Chief Strategy Officer   |
| <b>Shelly Corporon</b>           | Director, 1115 Medicaid Waiver   |
| <b>Heather Beal</b>              | 1115 Medicaid Waiver Program Manager   |
| <b>Bonnie McCamey</b>            | Manager, Waiver Analytics  |
| <b>Scott Rule</b>                | Vice President, Chief of Staff   |
| <b>Wayne Young</b>               | Senior Vice President, Behavioral Health   |
| <b>JPS Internal Stakeholders</b> |  |
| <b>J.R. Labbe</b>                | Vice President, Communications & Community Affairs                                       |
| <b>Frank Rosinia, M.D.</b>       | Vice President, Chief Quality Officer  |
| <b>Rohit Ojha, DrPH</b>          | Director, Research Institute   |
| <b>Dianna Prachyl</b>            | Senior Vice President, Community Health and COO, Acclaim Physician Group                 |
| <b>Dawn Zieger</b>               | Executive Director, Primary Care and Access Integration                                  |
| <b>Emil Kalloor</b>              | Administrative Fellow  |
| <b>Kyle Sechrist</b>             | Director, IT   |
| <b>Sajid Shaikh</b>              | Manager, IT Applications   |
| <b>Mona Gaw</b>                  | Executive Director, Quality  |
| <b>Hope Willis</b>               | Manager, Knowledge Management  |
| <b>Kia Jackson</b>               | Director, School Based Health Center   |

## APPENDIX B. 2015 BRFSS Data from Texas Department of State Health Services (DSHS) and Tarrant County Public Health

It is important to note that 2015 BRFSS data from the Texas Department of State Health Services varied from the 2015 BRFSS data from Tarrant County Public Health, due to different sample sizes and survey distribution time periods (see Methods section for more information). BRFSS data from Texas Department of State Health Services are presented in the report to enable comparisons with Texas and over time. BRFSS data included in the table are those indicators where notable differences were observed between the Texas Department of State Health Services and Tarrant County Public Health.

|   | Texas DSHS <sup>1</sup><br>(N=492) | Tarrant County Public<br>Health <sup>2</sup> (N=3,591) |
|---|------------------------------------|--|
| <b><i>% adults overweight or obese</i></b>                            | N=453                              | N= 3,229   |
| Tarrant County  | 61.4%                              | 66.0%  |
| White   | 64.3%                              | 63.5%  |
| Black   | 62.7%                              | 71.8%  |
| Hispanic/Latino   | 53.6%                              | 72.9%  |
| Asian   | -                                  | 30.1%  |
| Other/Multiracial   | -                                  | 62.2%  |
| <b><i>% adults participated in leisure time physical activity</i></b> | N=444                              | N=3,077  |
| Tarrant County  | 76.0%                              | 72.8%  |
| White   | 77.3%                              | 75.4%  |
| Black   | 69.7%                              | 65.0%  |
| Hispanic/Latino   | 74.3%                              | 67.7%  |
| Asian   | -                                  | -  |
| Other/Multiracial   | -                                  | 79.6%  |
| <b><i>% adults had heart attack</i></b>                               | N=486                              | N=3,573  |
| Tarrant County  | 3.3%                               | 4.1%   |
| White   | 5.6%                               | 5.0%   |
| Black   | 1.1%                               | 4.1%   |
| Hispanic/Latino   | 0.0%                               | 1.9%   |
| Asian   | -                                  | -  |
| Other/Multiracial   | -                                  | -  |
| <b><i>% adults diagnosed coronary heart disease</i></b>               | N=487                              | N=3,563  |
| Tarrant County  | 4.8%                               | 3.7%   |
| White   | 4.2%                               | 4.5%   |
| Black   | 4.0%                               | 4.2%   |
| Hispanic/Latino   | 7.5%                               | 1.9%   |
| Asian   | -                                  | -  |
| Other/Multiracial   | -                                  | -  |

|   | Texas DSHS <sup>1</sup><br>(N=492) | Tarrant County Public<br>Health <sup>2</sup> (N=3,591) |
|---|------------------------------------|--|
| <b><i>% adults had stroke</i></b>                                   | N=490                              | N=3,575  |
| Tarrant County  | 1.6%                               | 2.5%   |
| White   | 2.0%                               | 2.4%   |
| Black   | 1.8%                               | 6.1%   |
| Hispanic/Latino   | 0.7%                               | 0.7%   |
| Asian   | -                                  | -  |
| Other/Multiracial   | -                                  | -  |
| <b><i>% adults had high blood pressure</i></b>                      | N=487                              | N=3,575  |
| Tarrant County  | 27.2%                              | 30.1%  |
| White   | 28.4%                              | 31.2%  |
| Black   | 34.4%                              | 39.8%  |
| Hispanic/Latino   | 24.6%                              | 24.7%  |
| Asian   | -                                  | 14.6%  |
| Other/Multiracial   | -                                  | 22.6%  |
| <b><i>% adults not had blood cholesterol checked in 5 years</i></b> | N=477                              | N=3,488  |
| Tarrant County  | 28.8%                              | 22.3%  |
| White   | 18.2%                              | 16.1%  |
| Black   | 27.2%                              | 17.3%  |
| Hispanic/Latino   | 58.1%                              | 35.8%  |
| Asian   | -                                  | 32.7%  |
| Other/Multiracial   | -                                  | 28.3%  |
| <b><i>% adults currently consuming alcohol</i></b>                  | N=466                              | N=3,328  |
| Tarrant County  | 59.3%                              | 52.4%  |
| White   | 63.6%                              | 58.6%  |
| Black   | 57.8%                              | 44.8%  |
| Hispanic/Latino   | 49.2%                              | 45.2%  |
| Asian   | -                                  | 38.0%  |
| Other/Multiracial   | -                                  | 61.5%  |
| <b><i>% adults currently binge drinking</i></b>                     | N=465                              | N=3,285  |
| Tarrant County  | 19.7%                              | 16.2%  |
| White   | 17.8%                              | 16.5%  |
| Black   | 19.0%                              | 13.6%  |
| Hispanic/Latino   | 24.8%                              | 18.6%  |
| Asian   | -                                  | -  |
| Other/Multiracial   | -                                  | 15.8%  |
| <b><i>% adults currently smoking</i></b>                            | N=472                              | N=3,383  |
| Tarrant County  | 8.2%                               | 17.6%  |
| White   | 11.9%                              | 17.2%  |
| Black   | 6.6%                               | 20.6%  |

|   | Texas DSHS <sup>1</sup><br>(N=492) | Tarrant County Public<br>Health <sup>2</sup> (N=3,591) |
|---|------------------------------------|--|
| Hispanic/Latino   | 0.2%                               | 16.4%  |
| Asian   | -                                  | -  |
| Other/Multiracial   | -                                  | 35.6%  |
| <b>% women (21-65 years old) had pap test in past 3 years</b> | N=54                               | N=370  |
| Tarrant County  | 89.1%                              | 83.5%  |
| White   | -                                  | 85.7%  |
| Black   | -                                  | -  |
| Hispanic/Latino   | -                                  | 75.3%  |
| Asian   | -                                  | -  |
| Other/Multiracial   | -                                  | -  |
| <b>% 65+ adults had no flu shot in past year</b>              | N=156                              | N=1,094  |
| Tarrant County  | 27.7%                              | 36.7%  |
| White   | 29.0%                              | 35.4%  |
| Black   | -                                  | 45.5%  |
| Hispanic/Latino   | -                                  | 41.0%  |
| Asian   | -                                  | -  |
| Other/Multiracial   | -                                  | -  |
| <b>% adults had no routine check-up in past year</b>          | N=488                              | N=3,539  |
| Tarrant County  | 34.5%                              | 31.7%  |
| White   | 34.9%                              | 27.6%  |
| Black   | 22.0%                              | 24.2%  |
| Hispanic/Latino   | 41.9%                              | 44.1%  |
| Asian   | -                                  | 24.6%  |
| Other/Multiracial   | -                                  | 40.9%  |

DATA SOURCES: <sup>1</sup> Texas Department of State Health Services, Texas Behavioral Risk Surveillance Survey, 2015 and <sup>2</sup> Tarrant County Public Health, Division of Epidemiology and Health Information

NOTE: Dashes (-) denote when data not shown due to small sample sizes



## APPENDIX C. Environmental Scan of External Programs

| Organization/<br>Program Name                        | Geographic Area<br>Focus | Program Goals/Services Provided  | Audience or Clients   | Citation/Link for more Information  |
|--|--------------------------|--|---|---|
| <i>Programs related to aging adults</i>              |                          |  |   |   |
| AARP Texas   | Texas (Office in Dallas) | <ul style="list-style-type: none"> <li>• Advocacy work for older adults at state and national level</li> <li>• Research on issues pertaining to aging adults in Texas</li> <li>• Hosts workshops and social gatherings for members</li> </ul>  | Adults 50+  | <a href="http://states.aarp.org/region/texas/">http://states.aarp.org/region/texas/</a>                     |
| Aging and Disability Resource Center                 | Tarrant County           | <ul style="list-style-type: none"> <li>• Referrals and service navigation assistance for aging adults, people with disabilities, and/or their caregivers</li> </ul>  | Aging adults (no age given), people living disabilities, and caregivers in need of assistance or referrals to assistance programs | <a href="http://tarrantcountyadrc.org/">http://tarrantcountyadrc.org/</a>                                   |
| Alzheimer's Association, North Central Texas Chapter | North Central Texas      | <ul style="list-style-type: none"> <li>• 24/7 helpline for Alzheimer's patients and their caregivers</li> <li>• Referrals to care and other resources</li> <li>• Educational programming for patients and caregivers</li> <li>• Case management and support services for caregivers</li> </ul>   | Alzheimer's patients and their caregivers   | <a href="http://www.alz.org/northcentraltexas/index.asp">http://www.alz.org/northcentraltexas/index.asp</a> |
| Area Agency on Aging                                 | Tarrant County           | <ul style="list-style-type: none"> <li>• Support services for aging adults and their caregivers</li> <li>• Counseling for health insurance, food stamps, and other benefits</li> <li>• Ombudsmen service for disputes or issues relating to long-term care</li> <li>• Referral services</li> <li>• Assistance, education, and respite for caregivers of patients with Alzheimer's or other dementias</li> <li>• Transportation services for seniors</li> </ul> | Older adults and their caregivers   | <a href="http://unitedwaytarrant.org/aaatc/">http://unitedwaytarrant.org/aaatc/</a>                         |

| Organization/<br>Program Name                   | Geographic Area<br>Focus | Program Goals/Services Provided  | Audience or Clients   | Citation/Link for more Information  |
|---|--------------------------|--|---|---|
| Arlington Adult Day Health Care                 | Pantego                  | <ul style="list-style-type: none"> <li>• Daytime care and health-related services for elderly or disabled adults</li> <li>• Social activities, entertainment, and spiritual programs</li> <li>• Daily breakfast and lunch</li> <li>• Nursing care and supervision</li> </ul> | 18+ with disabilities or older adults with physically or ambulatory limitations | <a href="http://aadhc.org/">http://aadhc.org/</a>   |
| Arlington Center Activity and Wellness Center   | Arlington                | <ul style="list-style-type: none"> <li>• Social and well-being activities, including health education and screenings</li> <li>• Transportation to senior center, grocery shopping, and more</li> <li>• Daily lunch provided on a donation basis</li> </ul>                   | Adults 60+ and their spouses  | <a href="http://tarrant.tx.networkofcare.org/family/services/agency.aspx?pid=ArlingtonCentralSeniorCenterSeniorCenters_989_5_0">http://tarrant.tx.networkofcare.org/family/services/agency.aspx?pid=ArlingtonCentralSeniorCenterSeniorCenters_989_5_0</a> |
| Arlington-New York Activity and Wellness Center | Arlington                | <ul style="list-style-type: none"> <li>• Physical activity classes</li> <li>• Daily lunch</li> <li>• Social and well-being activities, including outings and parties</li> </ul>  | Aging adults  | <a href="https://naturallyfun.org/senior-center-new-york">https://naturallyfun.org/senior-center-new-york</a>   |
| Azle Activity and Wellness Center               | Azle                     | <ul style="list-style-type: none"> <li>• Physical activity classes</li> <li>• Daily lunch</li> <li>• Social and well-being activities and classes</li> <li>• Seminars and classes on safe driving, benefits counseling, nutrition and more</li> </ul>                        | Adults 60+  | <a href="http://www.cityofazle.org/index.aspx?nid=150">http://www.cityofazle.org/index.aspx?nid=150</a>   |
| Casa Senior Center                              | Fort Worth               | <ul style="list-style-type: none"> <li>• Physical activity classes</li> <li>• Daily breakfast and lunch</li> <li>• Social and well-being activities and classes</li> <li>• Seminars and classes on safe driving, benefits counseling, nutrition and more</li> </ul>          | Aging adults  | <a href="http://www.scstc.org/senior-centers.html">http://www.scstc.org/senior-centers.html</a>   |
| Christ Lutheran - Senior Share                  | Tarrant County           | <ul style="list-style-type: none"> <li>• Thrice weekly lunches provided by Tarrant County Senior Services</li> <li>• Once a month food distribution for seniors from the Tarrant County Food Bank</li> </ul>   | Lunch - 65+, Food bank - 60+ or disabled  | <a href="https://christfortworth.com/connect/seniors/">https://christfortworth.com/connect/seniors/</a>   |

| Organization/<br>Program Name              | Geographic Area<br>Focus                     | Program Goals/Services Provided  | Audience or Clients   | Citation/Link for more Information  |
|--|--|--|---|---|
| Coalition for Aging LGBT                   | Tarrant, Dallas, Collin, and Denton counties | <ul style="list-style-type: none"> <li>• Research and advocacy relating to housing, education, social services, and health care for the aging LGBT population</li> <li>• Compile and update LGBT friendly services</li> <li>• Training for social service and medical providers</li> </ul> | older LGBT population and organizations that work with them | <a href="http://www.cfa.lgbt/">http://www.cfa.lgbt/</a>   |
| Community Enrichment Center                | Northeast Tarrant County                     | <ul style="list-style-type: none"> <li>• Weekly “Senior Network” social, educational, and health programming</li> <li>• Food bank services</li> <li>• Services for survivors of intimate partner violence</li> </ul>   | Adults 62+ qualify for the Senior Network program           | <a href="http://www.thecec.org/our-services/community-building-programs/the-senior-network">http://www.thecec.org/our-services/community-building-programs/the-senior-network</a> |
| Como Activity and Wellness Center          | Fort Worth                                   | <ul style="list-style-type: none"> <li>• Physical activity classes</li> <li>• Daily lunch and breakfast and on-site grocery store</li> <li>• Social and well-being activities and classes</li> </ul>   | Aging adults  | <a href="http://www.scstc.org/senior-centers.html">http://www.scstc.org/senior-centers.html</a>   |
| Crowley Activity Center                    | Crowley                                      | <ul style="list-style-type: none"> <li>• Daily lunch, followed by a free food bank</li> <li>• Social and well-being activities and classes</li> </ul>  | Aging adults  | <a href="http://www.scstc.org/senior-centers.html">http://www.scstc.org/senior-centers.html</a>   |
| Diamond Hill Community Center              | Fort Worth                                   | <ul style="list-style-type: none"> <li>• Benefits enrollment center</li> <li>• Daily lunch and monthly food bank</li> <li>• Social and exercise activities and classes</li> </ul>  | Aging adults  | <a href="http://www.scstc.org/senior-centers.html">http://www.scstc.org/senior-centers.html</a>   |
| Easter Seals                               | North Texas                                  | <ul style="list-style-type: none"> <li>• In home and outpatient rehabilitation and care for aging adults with disabilities</li> <li>• Respite care for caregivers</li> </ul>   | North Texas   | <a href="http://www.easterseals.com/northtexas/our-programs/senior-services/">http://www.easterseals.com/northtexas/our-programs/senior-services/</a>                             |
| Eugene McCray Activity and Wellness Center | Fort Worth                                   | <ul style="list-style-type: none"> <li>• Daily lunch</li> <li>• Social and well-being activities and classes</li> </ul>  | Aging adults  | <a href="http://www.scstc.org/senior-centers.html">http://www.scstc.org/senior-centers.html</a>   |

| Organization/<br>Program Name                    | Geographic Area<br>Focus | Program Goals/Services Provided  | Audience or Clients   | Citation/Link for more Information  |
|--|--------------------------|--|---|---|
| Fellowship Corner Activity and Wellness Center   | Fort Worth               | <ul style="list-style-type: none"> <li>Physical activity classes</li> <li>Daily lunch and monthly food bank</li> <li>Social and well-being activities and classes</li> <li>Benefits enrollment</li> </ul>  | Aging adults  | <a href="http://www.scstc.org/senior-centers.html">http://www.scstc.org/senior-centers.html</a>   |
| Forest Hill Activity and Wellness Center         | Forest Hill              | <ul style="list-style-type: none"> <li>Physical activity classes</li> <li>Daily lunch and monthly food bank</li> <li>Social and well-being activities and classes</li> </ul>   | Aging adults  | <a href="http://www.scstc.org/senior-centers.html">http://www.scstc.org/senior-centers.html</a>   |
| Grapevine Activity and Wellness Center           | Grapevine                | <ul style="list-style-type: none"> <li>Physical activity classes</li> <li>Daily lunch and monthly food bank</li> <li>Social and well-being activities and classes</li> <li>Benefits enrollment and other educational programming</li> <li>Transportation to the center, grocery shopping, and other daily life activities</li> </ul> | Adults 55+ (60+ for discounted or free lunch)                         | <a href="https://playgrapevine.com/grapevine-activities/active-adults/">https://playgrapevine.com/grapevine-activities/active-adults/</a> |
| Guardianship Services, Inc.                      | Tarrant County           | <ul style="list-style-type: none"> <li>Financial guardianship and money management help</li> <li>Decision-making assistance</li> <li>Medical guardianship</li> <li>Help accessing in home care and other services</li> </ul>   | Adults 18+ with impairments that leave them open to abuse and neglect | <a href="http://www.guardianshipservices.org/">http://www.guardianshipservices.org/</a>   |
| Haltom City Senior Center                        | Haltom City              | <ul style="list-style-type: none"> <li>Social activities</li> <li>Daily lunch and weekly food distribution</li> </ul>  | Adults 60+ or married to someone 60 or older                          | <a href="http://www.haltomcitytx.com/residents/senior-center">http://www.haltomcitytx.com/residents/senior-center</a>                     |
| Handley Meadowbrook Activity and Wellness Center | Fort Worth               | <ul style="list-style-type: none"> <li>Physical activity classes</li> <li>Daily lunch and monthly food bank distribution</li> <li>Social and well-being activities and classes</li> </ul>  | Aging Adults  | <a href="http://www.scstc.org/senior-centers.html">http://www.scstc.org/senior-centers.html</a>   |

| Organization/<br>Program Name                           | Geographic Area<br>Focus | Program Goals/Services Provided   | Audience or Clients  | Citation/Link for more Information  |
|---|--------------------------|---|--|---|
| HomeTowne at Matador Ranch Activity and Wellness Center | Fort Worth               | <ul style="list-style-type: none"> <li>• Private senior living facility</li> <li>• Fitness center and game room</li> <li>• Clubhouse with beauty salon, media library, and more</li> </ul>  | 62+  | <a href="http://www.hometowneatmatadoranch.com/index.html">http://www.hometowneatmatadoranch.com/index.html</a>   |
| James L West  | Tarrant County           | <ul style="list-style-type: none"> <li>• Full time, day, and respite care for aging adults with Alzheimer's or other dementias</li> <li>• Trainings for caregivers and health care professionals</li> </ul>   | Older adults with Alzheimer's and other dementias and their caregivers | <a href="http://www.jameslwest.org/">http://www.jameslwest.org/</a>   |
| Jewish Family Services Activity and Wellness Center     | Fort Worth               | <ul style="list-style-type: none"> <li>• Physical activity classes and health screening</li> <li>• Daily lunch</li> <li>• Social and well-being activities and classes</li> <li>• Transportation to daily life activities</li> </ul>                    | 60+  | <a href="http://tarrant.tx.networkofcare.org/family/services/agency.aspx?pid=JewishFamilyServicesSeniorCenterSeniorCenters_989_5_0">http://tarrant.tx.networkofcare.org/family/services/agency.aspx?pid=JewishFamilyServicesSeniorCenterSeniorCenters_989_5_0</a> |
| Jewish Family Services of Fort Worth and Tarrant County | Tarrant County           | <ul style="list-style-type: none"> <li>• Daily lunch program for aging adults</li> <li>• Counseling</li> <li>• Case management and referral services</li> </ul>   | Aging adults   | <a href="https://www.tarrantfederation.org/help-people-in-need/">https://www.tarrantfederation.org/help-people-in-need/</a>   |
| Kennedale Activity and Wellness Center                  | Kennedale                | <ul style="list-style-type: none"> <li>• Physical activity classes and health education</li> <li>• Daily lunch</li> <li>• Social and well-being activities and classes</li> <li>• Transportation to daily life activities within city limits</li> </ul> | Aging adults   | <a href="http://www.cityofkennedale.com/93/Senior-Center">http://www.cityofkennedale.com/93/Senior-Center</a>   |
| Mansfield Activity and Wellness Center                  | Mansfield                | <ul style="list-style-type: none"> <li>• Physical activity classes and health education</li> <li>• Daily lunch</li> <li>• Social and well-being activities and classes</li> <li>• Transportation to daily life activities within city limits</li> </ul> | 55+ (Discounted lunch for 60+)   | <a href="https://www.mansfieldtexas.gov/senior-lifestyles">https://www.mansfieldtexas.gov/senior-lifestyles</a>   |

| Organization/<br>Program Name                         | Geographic Area<br>Focus   | Program Goals/Services Provided  | Audience or Clients   | Citation/Link for more Information  |
|---|--|--|---|---|
| Meals on Wheels of Tarrant County                     | Tarrant County   | <ul style="list-style-type: none"> <li>• Meal deliveries for homebound aging adults</li> <li>• Case management services</li> <li>• Home maintenance assistance</li> <li>• Pet food deliveries</li> </ul>   | Older homebound adults  | <a href="http://mealsonwheels.org/">http://mealsonwheels.org/</a>   |
| North Central Texas Area Agency on Aging              | North Central Texas  | <ul style="list-style-type: none"> <li>• Transportation services</li> <li>• Ombudsperson for long term care</li> <li>• Money management services</li> <li>• Health and well-being programming for aging adults</li> <li>• Support and education services for caregivers</li> </ul> | Adults 60+ and their family caregivers                          | <a href="http://www.nctcog.org/cs/aging/">http://www.nctcog.org/cs/aging/</a>                             |
| North Tri Ethnic Activity and Wellness Center         | Fort Worth   | <ul style="list-style-type: none"> <li>• Benefits education</li> <li>• Lunch Tuesday, Wednesday, and Thursday</li> <li>• Social and well-being activities and classes</li> <li>• Transportation available</li> </ul>   | Aging adults  | <a href="http://www.scstc.org/senior-centers.html">http://www.scstc.org/senior-centers.html</a>           |
| Northside Activity and Wellness Center                | Fort Worth   | <ul style="list-style-type: none"> <li>• Physical activity programming</li> <li>• Daily lunch</li> <li>• Social and well-being activities and classes</li> <li>• Transportation available</li> </ul>   | Aging adults  | <a href="http://www.scstc.org/senior-centers.html">http://www.scstc.org/senior-centers.html</a>           |
| Northside Inter-Community Agency, Good Work's Program | Fort Worth, River Oaks, White Settlement, Lake Worth, Azle, Sansom Park, and Saginaw | <ul style="list-style-type: none"> <li>• Financial assistance for utilities and daily necessities</li> <li>• Supplemental grocery program</li> <li>• Home repair assistance</li> <li>• Case management services</li> </ul>   | Older adults that live independently                            | <a href="http://www.nicaagency.org/good-works-program/">http://www.nicaagency.org/good-works-program/</a> |
| River Oaks Community Center                           | River Oaks   | <ul style="list-style-type: none"> <li>• Low-impact exercise classes</li> <li>• Weekly senior lunch</li> <li>• Social and well-being activities</li> <li>• Offer AARP driving classes</li> </ul>   | Community members - lunch is offer at a discounted cost for 60+ | <a href="http://www.riveroakscommunitycenter.com/">http://www.riveroakscommunitycenter.com/</a>           |

| <b>Organization/<br/>Program Name</b>                  | <b>Geographic Area<br/>Focus</b> | <b>Program Goals/Services Provided</b>   | <b>Audience or Clients</b>  | <b>Citation/Link for more Information</b>   |
|--|----------------------------------|--|---|---|
| Saint Francis Village Activity and Wellness Center     | Crowley                          | <ul style="list-style-type: none"> <li>• Exercise and activities in a faith-based senior living community</li> </ul>   | Aging adults  | <a href="http://saintfrancisvillage.com/">http://saintfrancisvillage.com/</a>   |
| Sixty and Better                                       | Greater Tarrant County           | <ul style="list-style-type: none"> <li>• Workshops on fall prevention and management of chronic conditions</li> <li>• Transportation services for seniors</li> <li>• Free meals program</li> </ul>   | Older adults and the agencies that serve them                                   | <a href="http://www.scstc.org/">http://www.scstc.org/</a>   |
| Tarrant Area Gerontological Society                    | Tarrant County                   | <ul style="list-style-type: none"> <li>• Comprised of individuals who serve or are interested in service aging adults</li> <li>• Educational programming, information dissemination, and advocacy relating to aging and aging adults</li> <li>• Yearly scholarships to nursing and social work students interested in working with aging adults</li> </ul> | Community members that work with or are interested in working with older adults | <a href="http://www.tagstarrant.org/">http://www.tagstarrant.org/</a>   |
| The Jewish Federation of Fort Worth and Tarrant County | Tarrant County                   | <ul style="list-style-type: none"> <li>• Community programming and education for the Jewish community</li> <li>• Runs a senior program and several senior groups</li> </ul>  | Jewish community members  | <a href="https://www.tarrantfederation.org/">https://www.tarrantfederation.org/</a>   |
| The Women's Center                                     | Fort Worth                       | <ul style="list-style-type: none"> <li>• Mental health program specifically for aging adults</li> <li>• Individual and group counseling</li> <li>• Educational and support programming relating to money management, raising grandchildren, and grief</li> </ul>   | Adults 62+ who are Fort Worth residents   | <a href="http://www.womenscentertc.org/">http://www.womenscentertc.org/</a>   |
| UNT Health Science Center: Center for Geriatrics       | North Texas                      | <ul style="list-style-type: none"> <li>• Conducts needs assessments for aging adults and connects them to relevant resources</li> </ul>  | Community members   | <a href="https://www.unthsc.edu/health-institutes/institute-for-healthy-aging/center-for-geriatrics/">https://www.unthsc.edu/health-institutes/institute-for-healthy-aging/center-for-geriatrics/</a> |

| Organization/<br>Program Name  | Geographic Area<br>Focus  | Program Goals/Services Provided  | Audience or Clients  | Citation/Link for more Information  |
|--|---|--|--|---|
| Watauga Activity and Wellness Center   | Watauga   | <ul style="list-style-type: none"> <li>• Social activities and physical fitness programs</li> <li>• Lunch available on Monday, Tuesday, and Thursday</li> <li>• Transportation to and from the center for city residents</li> <li>• Caregiver classes</li> <li>• Veteran services</li> </ul> | 50 + (meal discount at 60+)  | <a href="http://www.ci.watauga.tx.us/1072/Senior-Citizen-Programming">http://www.ci.watauga.tx.us/1072/Senior-Citizen-Programming</a>   |
| White Settlement Senior Center   | White Settlement  | <ul style="list-style-type: none"> <li>• Social activities and physical fitness programs</li> <li>• Daily breakfast and lunch</li> <li>• Health screenings and referral services</li> </ul>  | 60+ (or the spouse of someone 60+)   | <a href="http://www.wstx.us/seniorcenter/">http://www.wstx.us/seniorcenter/</a>   |
| Worth Heights Senior Center  | Fort Worth  | <ul style="list-style-type: none"> <li>• Social activities and physical fitness programs</li> <li>• Daily lunch</li> <li>• Foodbank distribution</li> </ul>  | Aging adults   | <a href="http://www.scstc.org/senior-centers.html">http://www.scstc.org/senior-centers.html</a>   |
| <b>Programs related to aging adults</b>  |   |  |  |   |
| American Cancer Society  | Many partners and grantees throughout Texas, have an office in Fort Worth | <ul style="list-style-type: none"> <li>• Administer grants to community programs</li> <li>• Research and advocacy related to cancer</li> <li>• Connects patients and their families to local and state level resources</li> </ul>  | Community organizations  | <a href="https://www.cancer.org/about-us/local/texas.html">https://www.cancer.org/about-us/local/texas.html</a>   |
| Arlington Cancer Center  | North Texas   | <ul style="list-style-type: none"> <li>• Cancer treatment multi-service clinic, including treatment, pharmacy, and lab services</li> <li>• Runs clinical trials for new cancer treatment</li> </ul>  | Cancer patients  | <a href="http://www.arlingtoncancercenter.com/">http://www.arlingtoncancercenter.com/</a>   |
| Tarrant County Department of Public Health, Breast and Cervical Cancer Control Program | Tarrant County  | <ul style="list-style-type: none"> <li>• Provides screening and diagnostic services</li> <li>• Case management for those undergoing cancer treatment</li> </ul>  | Women 18+ whose total gross household income is at or below 200% of the poverty line | <a href="http://access.tarrantcounty.com/en/public-health/community-health-promotion/breast-and-cervical-cancer-control-program.html">http://access.tarrantcounty.com/en/public-health/community-health-promotion/breast-and-cervical-cancer-control-program.html</a> |



| Organization/<br>Program Name                                 | Geographic Area<br>Focus                | Program Goals/Services Provided  | Audience or Clients  | Citation/Link for more Information  |
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| Bridge Breast Network   | North Texas                             | <ul style="list-style-type: none"> <li>• Cancer screening, diagnostic and treatment services for low income, uninsured, and underinsured patients</li> </ul>   | Residents of North Texas - may depend on funding and provider availability | <a href="http://www.bridgebreast.org/">http://www.bridgebreast.org/</a>   |
| Cancer Care Services  | Tarrant, Parker, and Hood Counties      | <ul style="list-style-type: none"> <li>• Case management for cancer patients</li> <li>• Financial support, including medication and health care costs</li> <li>• Emotional and spiritual support groups</li> </ul>   | Cancer patients  | <a href="http://cancercareservices.org/">http://cancercareservices.org/</a>   |
| Cancer Disparities Coalition, UNT Center for Community Health | Tarrant County                          | <ul style="list-style-type: none"> <li>• Advocacy and education on behalf of medically underserved, uninsured, and underinsured cancer populations</li> </ul>  | Tarrant County   | <a href="https://www.unthsc.edu/research/center-for-community-health/tarrant-county-cancer-disparities-coalition/">https://www.unthsc.edu/research/center-for-community-health/tarrant-county-cancer-disparities-coalition/</a> |
| Cancer Support Community of North Texas                       | Tarrant County                          | <ul style="list-style-type: none"> <li>• Three clubhouses that provide support, education, and resources for cancer patients and their families</li> <li>• Services are free of charge, following an orientation</li> </ul>  | Adults and children  | <a href="http://cancersupporttexas.org/">http://cancersupporttexas.org/</a>   |
| Fort Worth AYA Oncology Coalition                             | Greater Fort Worth                      | <ul style="list-style-type: none"> <li>• Support services and patient navigation for adolescent and young adult cancer patients</li> <li>• AYA specific clinic at Baylor, Scott, and White – All Saints Medical Center</li> </ul>                                    | Cancer patients age 15-39 and providers                                    | <a href="https://fwaya.org/">https://fwaya.org/</a>   |
| Healthy Lives Matter  | Tarrant County Precinct 1               | <ul style="list-style-type: none"> <li>• Annual prostate cancer screening and education event</li> <li>• Hosted by commissioner for Precinct 1</li> </ul>  | Men in Tarrant County Precinct 1   | <a href="http://access.tarrantcounty.com/en/commissioner-1/programs-initiatives/healthy-lives-matter-.html">http://access.tarrantcounty.com/en/commissioner-1/programs-initiatives/healthy-lives-matter-.html</a>               |
| Live Strong at the YMCA                                       | Greater Fort Worth (multiple locations) | <ul style="list-style-type: none"> <li>• A free 12-week program run by the YMCA focused on physical activity and well-being (wellness, stress reduction, etc.) activities and education for people who have survived cancer or are currently in treatment</li> </ul> | Cancer patients and survivors  | <a href="http://ymcafw.org/programs/livestrong-at-the-ymca/">http://ymcafw.org/programs/livestrong-at-the-ymca/</a>   |

| Organization/<br>Program Name              | Geographic Area<br>Focus                | Program Goals/Services Provided  | Audience or Clients  | Citation/Link for more Information  |
|--|---|--|--|---|
| Moncrief Cancer Institute                  | Tarrant County and surrounding areas    | <ul style="list-style-type: none"> <li>• Mammography services, either through partnerships with local clinics or through a 18-wheeler set up as a screening clinic</li> <li>• Offer fully funded mammogram for uninsured patients</li> <li>• Education about screening, nutrition, and risks</li> <li>• Survivor services and nutrition and fitness programs for patients</li> </ul> | Patients with cancer or survivors of cancer, community members (for education and preventative services) | <a href="https://www.moncrief.com/">https://www.moncrief.com/</a>   |
| Planned Parenthood                         | 34 locations in North and Central Texas | <ul style="list-style-type: none"> <li>• Breast and cervical cancer screenings, in addition to other sexual and reproductive health services</li> <li>• Low and no cost care assistance available for patients without insurance</li> </ul>  | Community members  | <a href="https://www.plannedparenthood.org/planned-parenthood-greater-texas">https://www.plannedparenthood.org/planned-parenthood-greater-texas</a>   |
| Solis Women's Health                       | North Texas                             | <ul style="list-style-type: none"> <li>• Breast health clinic network</li> <li>• Screening and diagnostic services, like mammography, ultrasound, and biopsy</li> </ul>  | Anyone seeking screening services  | <a href="http://www.solismammo.com/">http://www.solismammo.com/</a>   |
| Susan G. Komen                             | Greater Fort Worth                      | <ul style="list-style-type: none"> <li>• Annual community granting process to organizations that run breast cancer prevention, screening, and support programs</li> </ul>  | Community organizations that work in the area of breast cancer prevention and treatment                  | <a href="http://komengreaterfortworth.org/">http://komengreaterfortworth.org/</a>   |
| <b>Programs related to chronic disease</b> |   |  |  |   |
| American Diabetes Association              | North Texas                             | <ul style="list-style-type: none"> <li>• Awareness and fundraising events</li> <li>• Connect people with local diabetes education and services</li> </ul>  | Community members  | <a href="http://www.diabetes.org/in-my-community/local-offices/dallas-texas/">http://www.diabetes.org/in-my-community/local-offices/dallas-texas/</a> |

| Organization/<br>Program Name  | Geographic Area<br>Focus                                 | Program Goals/Services Provided  | Audience or Clients   | Citation/Link for more Information  |
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| American Heart Association   | Tarrant County   | <ul style="list-style-type: none"> <li>• CPR and first aid education</li> <li>• Heart disease education and awareness events</li> <li>• Local fundraising events</li> </ul>  | Community members   | <a href="http://www.heart.org/HEARTORG/Affiliate/Welcome-to-Fort-Worth_UCM_SWA007_AffiliatePage.jsp">http://www.heart.org/HEARTORG/Affiliate/Welcome-to-Fort-Worth_UCM_SWA007_AffiliatePage.jsp</a> |
| Better Breathers Club  | Many chapters throughout Texas, including Tarrant county | <ul style="list-style-type: none"> <li>• Support and education for people living with chronic lung diseases</li> <li>• Clubs sponsored by the American Lung Association</li> </ul>   | People with chronic lung diseases   | <a href="http://www.lung.org/support-and-community/better-breathers-club/">http://www.lung.org/support-and-community/better-breathers-club/</a>   |
| Healthy Aging and Independent Living, Meals on Wheels                | Tarrant County   | <ul style="list-style-type: none"> <li>• Behavior change and disease management</li> <li>• Goal is reducing preventable hospital visits</li> </ul>   | People 35 years of age or older who have diabetes or are at high risk for developing diabetes | <a href="http://mealsonwheels.org/programs/#nutrition">http://mealsonwheels.org/programs/#nutrition</a>   |
| Sickle Cell Disease Association                                      | Tarrant County/North Texas                               | <ul style="list-style-type: none"> <li>• Education for local health care providers and government agencies</li> <li>• Free screening services</li> <li>• Financial assistance program for patients with sickle cell disease</li> </ul> | Those with sickle cell disease or who may be at risk for it                                   | <a href="http://scdatarrant.org/">http://scdatarrant.org/</a>   |
| Tarrant County Public Health, Division of Chronic Disease Prevention | Tarrant County   | <ul style="list-style-type: none"> <li>• Chronic disease classes, including prevention and disease management</li> <li>• Smoking cessation education and support</li> </ul>  | Tarrant County residents, organizations that want to host one of the classes                  | <a href="https://tinyurl.com/jqbf88x">https://tinyurl.com/jqbf88x</a>   |
| United Way Tarrant County  | Tarrant County   | <ul style="list-style-type: none"> <li>• Self-management education for chronic disease patients</li> <li>• Health system navigation assistance</li> <li>• Diabetes education and counseling (in English and Spanish)</li> </ul>        | Adults  | <a href="https://unitedwaytarrant.org/healthierme/">https://unitedwaytarrant.org/healthierme/</a>   |

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| YMCA of Metropolitan Fort Worth  | Greater Fort Worth (multiple locations)          | <ul style="list-style-type: none"> <li>• Diabetes prevention program for people with prediabetes</li> <li>• Focus on decreasing bodyweight and increasing weekly physical activity</li> </ul>                                       | YMCA members who are prediabetic  | <a href="http://ymcafw.org/programs/ymcas-diabetes-prevention-program/">http://ymcafw.org/programs/ymcas-diabetes-prevention-program/</a>   |
| Southwestern Diabetic Foundation, Inc.                                 | Open to children globally, located in Whitesboro | <ul style="list-style-type: none"> <li>• Summer camp for children with Type 1 diabetes</li> <li>• Focus on learning and normalizing diabetes management skills</li> </ul>   | Children with Type 1 diabetes, age 5-18   | <a href="https://www.campsweeney.org/">https://www.campsweeney.org/</a>   |
| <b><i>Programs related to food, physical activity, and obesity</i></b> |  |   |   |   |
| Blue Zones Project Fort Worth  | Fort Worth                                       | <ul style="list-style-type: none"> <li>• Partners with local businesses, policy makers, and schools to provide healthier food</li> <li>• Organizes cooking classes, walking and potluck groups, and volunteer activities</li> </ul> | Community members, businesses   | <a href="https://fortworth.bluezonesproject.com/">https://fortworth.bluezonesproject.com/</a>   |
| Expanded Food and Nutrition Education Program                          | Tarrant County                                   | <ul style="list-style-type: none"> <li>• Food and nutrition education for low-income families and children in English and Spanish</li> <li>• Partners with school, community organizations, and faith-based groups</li> </ul>       | Community organizations and schools that are service low income families and children | <a href="http://agrilife.org/urbantarrantefnep/">http://agrilife.org/urbantarrantefnep/</a>   |
| Healthy Tarrant County Collaboration                                   | Tarrant County                                   | <ul style="list-style-type: none"> <li>• Collaboration of health care providers and community organization</li> <li>• Conduct research and assessments on health needs</li> <li>• Develop strategic plans</li> </ul>                | Health care and public health stakeholders  | <a href="http://healthytarrant.org/">http://healthytarrant.org/</a>   |
| Tarrant County Public Health Department, Live a More Colorful Life     | Tarrant County                                   | <ul style="list-style-type: none"> <li>• Healthy eating education, focused on fruit and vegetable consumption</li> </ul>  | Community members   | <a href="http://access.tarrantcounty.com/content/main/en/public-health/chronic-disease-prevention/nutrition/live-a-more-colorful-life.html">http://access.tarrantcounty.com/content/main/en/public-health/chronic-disease-prevention/nutrition/live-a-more-colorful-life.html</a> |

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| Obesity Prevention Policy Council                            | Tarrant County  | <ul style="list-style-type: none"> <li>Partners with schools and worksites to implement healthy eating and exercise policies</li> </ul>   | Companies, schools, and other organizations  | <a href="http://access.tarrantcounty.com/en/public-health/administration/obesity-prevention-policy-council.html">http://access.tarrantcounty.com/en/public-health/administration/obesity-prevention-policy-council.html</a> |
| Plan 4 Health Tarrant County                                 | Tarrant County  | <ul style="list-style-type: none"> <li>Coalition of stakeholders working on increasing access to healthy food</li> <li>Focus area is Southeast Fort Worth</li> </ul>  | Community organizations and stakeholders, particularly corner and convenience stores | <a href="http://plan4health.us/plan4health-coalitions/southeast-fort-worth-tx-plan4health-tarrant-county/">http://plan4health.us/plan4health-coalitions/southeast-fort-worth-tx-plan4health-tarrant-county/</a>             |
| Tarrant Area Food Bank                                       | Tarrant County and surrounding area                                     | <ul style="list-style-type: none"> <li>Food distribution through partner community organizations</li> <li>Assistance signing up for social security programs</li> <li>Free culinary training program</li> <li>Nutrition classes using Cooking Matters curriculum</li> <li>Summer program providing breakfast and lunch to out of school children</li> </ul> | Community members  | <a href="http://tafb.org/">http://tafb.org/</a>   |
| YMCA of Metropolitan Fort Worth and Arlington-Mansfield Area | Greater Fort Worth (multiple locations), Arlington (multiple locations) | <ul style="list-style-type: none"> <li>Gym facilities, exercise classes, and health education</li> <li>Financial assistance for membership is available</li> </ul>  | Community members  | <a href="http://ymcafw.org/programs/ymcas-diabetes-prevention-program/">http://ymcafw.org/programs/ymcas-diabetes-prevention-program/</a>   |
| <b>Programs related to violence, injury, and trauma</b>      |   |   |  |   |
| Brighter Tomorrows   | Tarrant and Dallas Counties   | <ul style="list-style-type: none"> <li>Shelter for survivors of intimate partner violence, available on emergency and long-term basis</li> <li>Case management and victim advocacy</li> </ul>   | Adults and their children  | <a href="https://www.brightertomorrows.net/">https://www.brightertomorrows.net/</a>   |
| One Safe Place   | Tarrant County  | <ul style="list-style-type: none"> <li>Crime prevention</li> <li>Umbrella organization for different agencies that do violence prevention and social services</li> </ul>  | Community members  | <a href="http://www.onesafeplace.org/">http://www.onesafeplace.org/</a>   |

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|  |                                       | <ul style="list-style-type: none"> <li>• Hotline for crime reporting and sharing information about crimes</li> </ul>  |   |   |
| Safe Haven                               | Tarrant County                        | <ul style="list-style-type: none"> <li>• Operates two 24-hour emergency shelters for women and their children escaping intimate partner violence</li> <li>• Referrals to necessary care and social support</li> <li>• Violence prevention training in the government</li> </ul>                 | Women and children  | <a href="http://www.safehaventc.org/">http://www.safehaventc.org/</a>                       |
| The Women's Center                       | Tarrant County                        | <ul style="list-style-type: none"> <li>• Counseling center for survivors of intimate partner violence and sexual assault</li> <li>• Runs violence prevention classes for children and adults</li> </ul>   | Community members   | <a href="http://www.womenscentertc.org/">http://www.womenscentertc.org/</a>                 |
| Trauma Support Services of North Texas   | North Texas, including Tarrant County | <ul style="list-style-type: none"> <li>• Support and advocacy for victims of crime and their families</li> <li>• Counseling and support groups</li> <li>• Support people in accessing crime victim's compensation</li> <li>• Programming for people who have lost someone to suicide</li> </ul> | Adults and children   | <a href="http://www.tssnt.org/">http://www.tssnt.org/</a>                                   |
| <b>Programs related to mental health</b> |                                       |   |   |   |
| Jordan Elizabeth Harris Foundation       | Tarrant County                        | <ul style="list-style-type: none"> <li>• Suicide awareness and prevention foundation</li> <li>• Fund raising for depression and suicide prevention research</li> <li>• Sponsor children who have lost someone to suicide to attend a therapeutic summer camp</li> </ul>                         | Adults and youth - though seem primarily targeted at young people | <a href="http://www.jordanharrisfoundation.org/">http://www.jordanharrisfoundation.org/</a> |

| Organization/<br>Program Name                   | Geographic Area<br>Focus | Program Goals/Services Provided  | Audience or Clients               | Citation/Link for more Information  |
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| Lena Pope                                       | Greater Fort Worth       | <ul style="list-style-type: none"> <li>• Counseling and support services for children, adolescents, and adults</li> <li>• Partners with Juvenile and Family Drug Courts to provide alternatives to sentencing</li> </ul>   | Adults and children               | <a href="https://www.lenapope.org">https://www.lenapope.org</a>                             |
| LOSS Team                                       | Tarrant County           | <ul style="list-style-type: none"> <li>• Collaboration between Mental Health America and local law enforcement</li> <li>• Support for people who have lost a friend or family member to suicide</li> <li>• Advocate support, counseling and support groups, and referrals</li> </ul> | Community members                 | <a href="http://mhatc.org/loss-team/">http://mhatc.org/loss-team/</a>                       |
| Mental Health America of Greater Tarrant County | Tarrant County           | <ul style="list-style-type: none"> <li>• Education and advocacy around mental health</li> <li>• Support groups and activities for individuals with mental illness</li> <li>• Mental health services navigation point for county</li> </ul>   | Adults and children and providers | <a href="http://mhatc.org/">http://mhatc.org/</a>   |
| Mental Health Connection of Tarrant County      | Tarrant County           | <ul style="list-style-type: none"> <li>• Advocacy on mental health issues in community</li> <li>• Works with mental health service providers</li> </ul>  | All community members             | <a href="http://www.mentalhealthconnection.org/">http://www.mentalhealthconnection.org/</a> |
| My Health My Resources (MHMR) Tarrant County    | Tarrant County           | <ul style="list-style-type: none"> <li>• Direct mental health service provider<br/>In-home and clinical care available</li> <li>• Operate community center with drop-in space, support groups, and more</li> </ul>   | Adults and youth                  | <a href="http://www.mhmrtc.org/">http://www.mhmrtc.org/</a>                                 |

| Organization/<br>Program Name                     | Geographic Area<br>Focus | Program Goals/Services Provided  | Audience or Clients   | Citation/Link for more Information  |
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| Santa Fe Youth Services                           | Tarrant County           | <ul style="list-style-type: none"> <li>• Mental health and substance use service for young people</li> <li>• Counseling and support for the families of young people in recovery</li> <li>• Partners with juvenile justice system to provide alternatives to traditional punishment</li> </ul> | Adolescents   | <a href="http://www.santafeyouth.org/">http://www.santafeyouth.org/</a>   |
| MHMR 24 Hour Crisis Hotline                       | Tarrant County           | <ul style="list-style-type: none"> <li>• Mental health and substance use disorder emergency support phone and text line, runs 24/7 every day of the year</li> <li>• Can connect callers to the mobile crisis outreach team for in-person crisis care and relapse prevention</li> </ul>         | Community members   | <a href="http://www.mhmrtc.org/Services/Mental-Health-Services/Crisis-Relief">http://www.mhmrtc.org/Services/Mental-Health-Services/Crisis-Relief</a> |
| <b><i>Programs related to substance abuse</i></b> |                          |  |   |   |
| Boys and Girls Club of Fort Worth                 | Fort Worth               | <ul style="list-style-type: none"> <li>• Provides alcohol and drug misuse programming aimed at youth</li> </ul>  | Youth   | <a href="http://www.fortworthkids.org/">http://www.fortworthkids.org/</a>   |
| Challenge Tarrant County                          | Tarrant County           | <ul style="list-style-type: none"> <li>• Coalition that runs substance use prevention and education</li> <li>• Advocates for prevention and treatment of substance misuse</li> <li>• Oversees Family Drug Court and works with court involved youth struggling with substance use</li> </ul>   | Adults and youth (education is mainly targeted at adolescents and young adults) | <a href="http://www.challengetc.org">http://www.challengetc.org</a>   |



| Organization/<br>Program Name   | Geographic Area<br>Focus              | Program Goals/Services Provided   | Audience or Clients                   | Citation/Link for more Information  |
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| MHMR Tarrant County, Addiction Services                                   | Tarrant County                        | <ul style="list-style-type: none"> <li>• Substance use detoxification for adults, both ambulatory and residential</li> <li>• Outpatient and residential substance use treatment for adults and adolescents</li> <li>• Smoking cessation program comprised of group education, individual counseling, and nicotine replacement therapies</li> <li>• HIV prevention and treatment services</li> <li>• Veteran specific support, including substance use support, housing, and financial assistance</li> </ul> | Adults and adolescents                | <a href="http://www.mhmrtc.org/Services/Addiction-Services">http://www.mhmrtc.org/Services/Addiction-Services</a>   |
| Recovery Resource Council   | North Texas                           | <ul style="list-style-type: none"> <li>• Case management and direct services for patients with substance use disorders and mental health issues</li> <li>• Outreach and prevention programs targeted at youth and adolescents</li> <li>• Counseling services specific for veterans</li> </ul>   | Youth and adults                      | <a href="https://recoverycouncil.org/">https://recoverycouncil.org/</a>   |
| Tarrant County Public Health Commission: Live Tobacco Free Tarrant County | Tarrant County                        | <ul style="list-style-type: none"> <li>• Four week smoking cessation program</li> <li>• Curriculum available in English and Spanish and can be accessed online</li> </ul>   | Community members                     | <a href="http://access.tarrantcounty.com/en/public-health/chronic-disease-prevention/tobacco/freedom-from-smoking.html">http://access.tarrantcounty.com/en/public-health/chronic-disease-prevention/tobacco/freedom-from-smoking.html</a> |
| The Council on Alcohol and Drug Abuse                                     | North Texas, including Tarrant County | <ul style="list-style-type: none"> <li>• Substance use prevention programming, focused on school-aged kids</li> <li>• HIV outreach and prevention programs</li> </ul>   | Community members, specifically youth | <a href="http://dallascouncil.org/">http://dallascouncil.org/</a>   |
| <b>Programs related to homelessness</b>                                   |                                       |   |                                       |   |

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| ACH Child and Family Services - Youth Shelter       | Tarrant County           | <ul style="list-style-type: none"> <li>• 24 hour emergency shelter for youth ages 10-17</li> <li>• Works to reunite youth with their families or with safe alternative living arrangements</li> <li>• Outreach, education, and case management for homeless youth</li> </ul>  | Youth 17 and under                             | <a href="http://www.achservices.org/programs-services/youth">http://www.achservices.org/programs-services/youth</a>                 |
| Arlington Housing Authority - Homelessness Services | Arlington                | <ul style="list-style-type: none"> <li>• Homeless/ eviction prevention services that provide rent and utilities to prevent eviction or disconnection</li> <li>• Tenant based rental assistance program provides rental assistance and supportive services to homeless persons for up to 2 years</li> <li>• Transitional Housing Program provides supportive housing for homeless persons along with supportive services</li> </ul>                                | Homeless persons or people at risk of eviction | <a href="http://www.arlington-tx.gov/cdp-housing/homeless-services/">http://www.arlington-tx.gov/cdp-housing/homeless-services/</a> |
| Arlington Life Shelter                              | Dallas-Fort Worth area   | <ul style="list-style-type: none"> <li>• Emergency shelter for up to three nights and during extreme weather</li> <li>• Employment program that combines housing and job training skills along with treatment for mental health and substance use disorders as needed</li> <li>• Clinical health services are available at the shelter regularly Social services, life skills training, and educational programs are available for adults and children</li> </ul> | Single adults and families                     | <a href="http://www.arlingtonlifeshelter.org/">http://www.arlingtonlifeshelter.org/</a>   |
| Beautiful Feet Ministries                           | Fort Worth               | <ul style="list-style-type: none"> <li>• Soup kitchen serves free breakfast and lunch every day, dinner is served once a week</li> <li>• Free medical and dental clinics once a week</li> </ul>   | Homeless persons                               | <a href="http://thefeet.org/">http://thefeet.org/</a>   |

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| Broadway Baptist Church                             | Fort Worth               | <ul style="list-style-type: none"> <li>• Weekly prepared meal service for the homeless and hungry</li> <li>• Once a month food pantry in partnership with the Tarrant Area Food Bank</li> <li>• Overnight shelter during periods of extreme heat and cold</li> </ul>                                      | Homeless persons                                 | <a href="http://broadwaybc.org/">http://broadwaybc.org/</a>   |
| Catholic Charities Street Outreach Services (S.O.S) | Tarrant County           | <ul style="list-style-type: none"> <li>• Outreach to the unsheltered homeless population</li> <li>• Provide material needs (like food and water, clothes, and bus passes) and connection to further resources</li> </ul>  | Unsheltered homeless persons                     | <a href="http://tarrant.tx.networkofcare.org/mh/services/agency.aspx?pid=CatholicCharitiesFortWorthSTREETOUTREACHSERVICES_988_2_0">http://tarrant.tx.networkofcare.org/mh/services/agency.aspx?pid=CatholicCharitiesFortWorthSTREETOUTREACHSERVICES_988_2_0</a> |
| Center for Transforming Lives                       | Tarrant County           | <ul style="list-style-type: none"> <li>• Provides housing, financial, and child-care assistance for women and children experiencing homelessness and extreme poverty</li> </ul>   | Women and children                               | <a href="https://www.transforminglives.org">https://www.transforminglives.org</a>   |
| Community Enrichment Center                         | Tarrant County           | <ul style="list-style-type: none"> <li>• Provides housing, food, education, and financial assistance for individuals and families experiencing homelessness, intimate partner violence, and poverty</li> </ul>  | Women, children, and families                    | <a href="http://www.thecec.org/">http://www.thecec.org/</a>   |
| Cornerstone Assistance Network                      | Tarrant County           | <ul style="list-style-type: none"> <li>• Provide assistance including free food, medical services, and more</li> <li>• Case management, social services, and educational programs for children, adults, and seniors</li> <li>• Clinical health services are available at the shelter regularly</li> </ul> | Homeless persons and/or people living in poverty | <a href="http://www.canetwork.org/home.aspx">http://www.canetwork.org/home.aspx</a>   |
| DRC   | Tarrant County           | <ul style="list-style-type: none"> <li>• Uses a housing first approach to addressing homelessness</li> <li>• Assists people getting into permanent housing and then connects them with additional resources</li> </ul>  | Unsheltered homeless persons                     | <a href="http://www.drc-solutions.org/">http://www.drc-solutions.org/</a>   |

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| Feed by Grace                  | Fort Worth               | <ul style="list-style-type: none"> <li>• Faith based services specifically for homeless persons</li> <li>• Employment training and part-time employment for homeless and previously homeless persons</li> <li>• Weekly gathering with free food and social activities</li> </ul>  | Homeless persons  | <a href="http://www.feedbygrace.org/">http://www.feedbygrace.org/</a>   |
| First Street Methodist Mission | Downtown Fort Worth      | <ul style="list-style-type: none"> <li>• Food Pantry Ministry provides free lunches for the homeless on Mondays and Wednesdays and groceries for residents on Wednesdays and Thursdays</li> <li>• Provides infant formula and diapers for caretakers of children 1 year and younger</li> <li>• Food 4 Kids program provides food for school aged children on the weekends</li> <li>• Operates a shelter during the coldest and hottest month of the years for single men</li> </ul> | Homeless persons and low income families and individuals      | <a href="http://www.fumcfortworth.org/service/mission/">http://www.fumcfortworth.org/service/mission/</a>   |
| Fort Worth Housing Solutions   | Fort Worth               | <ul style="list-style-type: none"> <li>• Operate federally and state funded housing assistance programs to help people get affordable housing</li> <li>• Help place homeless persons and those with specific needs access specialized and supportive housing</li> </ul>   | Homeless individuals and families and those living in poverty | <a href="https://www.fwhs.org/">https://www.fwhs.org/</a>   |
| Haltom City Housing Authority  | Haltom City              | <ul style="list-style-type: none"> <li>• Administers housing choice voucher program</li> </ul>  | Individuals and families that meet the guidelines             | <a href="http://www.housingchoiceprogram.com/details/haltom_city_housing_authority_76117">http://www.housingchoiceprogram.com/details/haltom_city_housing_authority_76117</a> |
| MHMR Path Team                 | Tarrant County           | <ul style="list-style-type: none"> <li>• Outreach services and referral to homeless persons who have either mental illness and/or a substance abuse</li> </ul>  | Homeless persons  | <a href="http://www.mhmrtarrant.org/Services/Mental-Health-Services/Homeless">http://www.mhmrtarrant.org/Services/Mental-Health-Services/Homeless</a>                         |

| Organization/<br>Program Name                | Geographic Area<br>Focus            | Program Goals/Services Provided  | Audience or Clients   | Citation/Link for more Information  |
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| Presbyterian Night Shelter of Tarrant County | Tarrant County                      | <ul style="list-style-type: none"> <li>• No barrier emergency shelter, open 24/7 365 days of the year with facilities for adults, women and children, veterans, and people with behavioral disabilities</li> <li>• Run a housing assistance program to help people access permanent housing</li> <li>• Connect people with treatment for chronic health problems as well as case management</li> <li>• Offer employment opportunities for people staying at the shelter</li> </ul> | Homeless adults and families  | <a href="http://www.journeyhome.org/">http://www.journeyhome.org/</a>   |
| Salvation Army, Mabee Center                 | Tarrant County                      | <ul style="list-style-type: none"> <li>• Emergency shelter open 24/7, 365 days a year</li> <li>• Daily meals</li> <li>• Run stabilization, rehabilitation and transitional housing programs</li> <li>• Support programs to prevent homelessness for individuals and families who are risk of losing their homes</li> </ul>   | Individuals and families who are homeless or at risk for homelessness   | <a href="http://www.salvationarmydfw.org/p/locations/fort_worth/mabee_center">http://www.salvationarmydfw.org/p/locations/fort_worth/mabee_center</a> |
| Samaritan House                              | Fort Worth area                     | <ul style="list-style-type: none"> <li>• Housing and services for individuals who are homeless, at risk for homelessness, or who have HIV/AIDs or other serious chronic conditions</li> <li>• Health care assistance and case management</li> <li>• Programming for people with substance use disorders</li> </ul>   | People who are homeless or at risk for homelessness, including families, or those with serious, chronic health issues such as HIV or AIDS | <a href="http://samaritanhouse.org/">http://samaritanhouse.org/</a>   |
| Tarrant County Hands of Hope                 | Tarrant County and surrounding area | <ul style="list-style-type: none"> <li>• Community outreach to identify and connect homeless individuals with appropriate services and resources</li> </ul>  | Unsheltered homeless persons  | <a href="http://www.hohtx.com/">http://www.hohtx.com/</a>   |

| Organization/<br>Program Name           | Geographic Area<br>Focus                    | Program Goals/Services Provided   | Audience or Clients  | Citation/Link for more Information  |
|---|---|---|--|---|
| Tarrant County Homeless Coalition       | Tarrant County                              | <ul style="list-style-type: none"> <li>Plans, funds, and administers housing programs for homeless individuals and families</li> </ul>  | Community members, organizations that work on issues related to homelessness (as grantees or sub-grantees) | <a href="http://www.ahomewithhope.org/">http://www.ahomewithhope.org/</a>   |
| True Worth                              | Fort Worth and surrounding North Texas area | <ul style="list-style-type: none"> <li>Day shelter in Fort Worth Provides basic services like restrooms, showers, and laundry</li> <li>Directly connect people with additional social services like health care and education</li> </ul>  | Individuals and families   | <a href="http://www.trueworthplace.org/">http://www.trueworthplace.org/</a>   |
| Union Gospel Mission                    | Tarrant County                              | <ul style="list-style-type: none"> <li>Residential shelters for men, women, and families</li> <li>Case management, mental health services, and skill building classes for residents</li> <li>Medical services and early childhood development programs are available for residents</li> </ul> | Homeless individuals and families  | <a href="https://www.ugm-tc.org/">https://www.ugm-tc.org/</a>   |
| VA Fort Worth Homeless Veterans Program | Tarrant County (Shelter is in Fort Worth)   | <ul style="list-style-type: none"> <li>Emergency shelter for homeless veterans</li> <li>Assists homeless veterans in initiating care with the VA system</li> <li>Connect veterans with community mental health facilities</li> </ul>  | Homeless veterans  | <a href="http://veteranscoalition.org/business/fort-worth-veterans-affairs-homeless-veterans-program/">http://veteranscoalition.org/business/fort-worth-veterans-affairs-homeless-veterans-program/</a> |

**Programs related to maternal and child health**

| Organization/<br>Program Name      | Geographic Area<br>Focus                   | Program Goals/Services Provided  | Audience or Clients  | Citation/Link for more Information  |
|------------------------------------|--|--|--|---|
| ACH Child and Family Services      | Tarrant County (some variation by program) | <ul style="list-style-type: none"> <li>• 24-hour crisis response and referral line for children</li> <li>• Therapeutic residential services for children with behavioral problems and for those that are unable to live with families</li> <li>• Outpatient counseling for youth and their families</li> <li>• Adoption and foster care programs</li> <li>• Transitional housing for single parent families</li> <li>• Skill building classes for youth and their parents</li> </ul> | Youth and families (age restrictions for youth programming varies) | <a href="http://www.achservices.org/">http://www.achservices.org/</a>   |
| Alliance for Children              | Tarrant County                             | <ul style="list-style-type: none"> <li>• Prevention and intervention services relating to child abuse</li> <li>• Deliver prevention education to parents and youth through partnerships with community organizations and school</li> <li>• Victim services, including forensic interviews, counseling, and family advocacy</li> </ul>  | Children and families  | <a href="http://www.allianceforchildren.org">www.allianceforchildren.org</a>  |
| Big Brothers Big Sisters Lone Star | North Texas                                | <ul style="list-style-type: none"> <li>• Pairs youth with an older adult mentor</li> <li>• Programs vary on the needs or identities of the youth involved</li> <li>• Victim services, including forensic interviews, counseling, and family advocacy</li> </ul>  | Children and adults  | <a href="http://www.bbbstx.org/site/c.8rJOK2MGJhLYH/b.6377615/k.714C/Big_Brothers_Big_Sisters.htm">http://www.bbbstx.org/site/c.8rJOK2MGJhLYH/b.6377615/k.714C/Big_Brothers_Big_Sisters.htm</a> |

| Organization/<br>Program Name                    | Geographic Area<br>Focus                             | Program Goals/Services Provided   | Audience or Clients                      | Citation/Link for more Information  |
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| Boys and Girls Club of Arlington, Inc            | Arlington and Grand Prairie                          | <ul style="list-style-type: none"> <li>• Sports and recreation programs for elementary aged children</li> <li>• Health and life skills programming, such as substance use awareness, self-esteem, and anti-gang work</li> <li>• Academic support and leadership skill building</li> </ul> | Youth                                    | <a href="http://www.bgcarlington.org/default.aspx">http://www.bgcarlington.org/default.aspx</a> |
| Boys and Girls Club of Greater Fort Worth        | Greater Fort Worth (all locations are in Fort Worth) | <ul style="list-style-type: none"> <li>• Education support, including tutoring, summer classes, and pre-college programs</li> <li>• Prevention services focused on substance use and gang involvement</li> <li>• Recreation and gym facilities</li> </ul>                                 | youth                                    | <a href="http://www.fortworthkids.org/">http://www.fortworthkids.org/</a>                       |
| Child Care Associates                            | Tarrant County                                       | <ul style="list-style-type: none"> <li>• Head Start and Early Start programs focused on early childhood development for low-income families</li> <li>• Manages child care subsidy program for Tarrant County</li> <li>• Advocate for quality improvement of child care</li> </ul>         | Children and families                    | <a href="https://www.childcareassociates.org/">https://www.childcareassociates.org/</a>         |
| Child Study Center                               | Tarrant County                                       | <ul style="list-style-type: none"> <li>• Clinical and behavioral health services for children with complex developmental disabilities</li> <li>• Run a school for youth 3-15 with developmental and learning disabilities</li> </ul>  | Children with developmental disabilities | <a href="http://www.cscfw.org/">http://www.cscfw.org/</a>                                       |
| Communities in Schools of Greater Tarrant County | Tarrant County                                       | <ul style="list-style-type: none"> <li>• Places social workers in schools to develop relationships with students at risk for dropping out</li> <li>• Assist students with overcoming barriers and accessing the resources they need to graduate</li> </ul>                                | High school aged youth                   | <a href="http://www.cistarrant.org/">http://www.cistarrant.org/</a>                             |



| Organization/<br>Program Name  | Geographic Area<br>Focus  | Program Goals/Services Provided  | Audience or Clients  | Citation/Link for more Information  |
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| Girls Incorporated of Tarrant County                                 | Tarrant County  | <ul style="list-style-type: none"> <li>• Programming for girls from elementary through high school</li> <li>• Education around literacy, financial and media literacy, and self-esteem</li> <li>• Substance use awareness and peer pressure education</li> </ul> | Girls  | <a href="http://girlsinctarrant.org/">http://girlsinctarrant.org/</a>   |
| La Leche League of North Texas                                       | North Texas   | <ul style="list-style-type: none"> <li>• Support and educational groups for women who are breastfeeding or planning on breastfeeding</li> <li>• Groups available in Spanish and English</li> </ul>   | Breastfeeding or pregnant women  | <a href="http://texaslll.org/north-texas">http://texaslll.org/north-texas</a>   |
| MHMR Tarrant Early Childhood Intervention                            | Tarrant County  | <ul style="list-style-type: none"> <li>• Behavioral health services for children with disabilities, 0-36 months</li> <li>• Services include counseling, occupational therapy, and audiology</li> </ul>   | Children with disabilities, 0-36 months  | <a href="http://www.mhmrtarrant.org/Services/Early-Childhood-Intervention">http://www.mhmrtarrant.org/Services/Early-Childhood-Intervention</a>   |
| PATH Project   | Education Service Centers, Regions 5-13 (includes Tarrant county) | <ul style="list-style-type: none"> <li>• Federally funded Parent Training and Information Center</li> <li>• Assistance to parents of children 0-26 with disabilities, including trainings and referrals</li> </ul>   | Parents of children 0-26 with disabilities                                     | <a href="http://prntexas.org/texas-ptis/path-project/">http://prntexas.org/texas-ptis/path-project/</a>   |
| Tarrant County Child Fatality Review Team                            | Tarrant County  | <ul style="list-style-type: none"> <li>• Collects data on child deaths</li> <li>• Collected data is used to inform county prevention programs</li> </ul>   | Health, legal, and social services agencies with a focus of children           | <a href="https://access.tarrantcounty.com/en/medical-examiner/programs/child-fatality-review-in-texas/tarrant-county-child-fatality-review.html">https://access.tarrantcounty.com/en/medical-examiner/programs/child-fatality-review-in-texas/tarrant-county-child-fatality-review.html</a> |
| Tarrant County Department of Public Health, Nurse Family Partnership | Tarrant County  | <ul style="list-style-type: none"> <li>• Pairs nurses with women pregnant with their first child for 2 years</li> <li>• Nurses provide support, education, health, and referral services</li> </ul>  | Women who are pregnant with their first child who meet the income requirements | <a href="http://access.tarrantcounty.com/en/public-health/community-health-promotion/nurse-family-partnership.html">http://access.tarrantcounty.com/en/public-health/community-health-promotion/nurse-family-partnership.html</a>   |

| Organization/<br>Program Name  | Geographic Area<br>Focus           | Program Goals/Services Provided  | Audience or Clients  | Citation/Link for more Information  |
|--|------------------------------------|--|--|---|
| Tarrant County Infant Health Network   | Tarrant County                     | <ul style="list-style-type: none"> <li>Serves as a bridge for clinical entities, community organizations, and social service providers to evidence-based resources</li> </ul>  | Organizations that work with issues of infant health   | <a href="http://www.tcinfanthealthnetwork.org/">http://www.tcinfanthealthnetwork.org/</a>   |
| Tarrant County Public Health Commission, Tarrant County Fetal Infant Mortality Review Team | Tarrant County                     | <ul style="list-style-type: none"> <li>Coalition looks at county infant mortality data to inform policy and advocacy work</li> </ul>   | Community leaders, health care providers, others who work on topics related to infant mortality  | <a href="http://access.tarrantcounty.com/en/public-health/community-health-promotion/fetal-and-infant-mortality-review.html">http://access.tarrantcounty.com/en/public-health/community-health-promotion/fetal-and-infant-mortality-review.html</a> |
| The Parenting Center   | Tarrant County                     | <ul style="list-style-type: none"> <li>Provides parenting and marriage education</li> <li>Counseling for adults, adolescents, couples, and families</li> <li>Case management and skill building for families</li> </ul>            | Youth, Adults, Families  | <a href="http://theparentingcenter.org/">http://theparentingcenter.org/</a>   |
| UNT Health Science Center Healthy Start  | Fort Worth and Arlington zip codes | <ul style="list-style-type: none"> <li>Education and case management for pregnant women and women with young children</li> <li>Classes offered on a variety of topics, including health, safety, and financial literacy</li> </ul> | Pregnant or parenting women in specific zip codes in Fort Worth and Arlington OR women who received no or little prenatal care during their last pregnancy or who have experienced complications with previous pregnancies | <a href="https://www.unthsc.edu/texas-college-of-osteopathic-medicine/healthy-start/about-healthy-start/">https://www.unthsc.edu/texas-college-of-osteopathic-medicine/healthy-start/about-healthy-start/</a>                                       |
| <b>Programs related to oral health</b>   |                                    |  |  |   |

| Organization/<br>Program Name                          | Geographic Area<br>Focus  | Program Goals/Services Provided  | Audience or Clients  | Citation/Link for more Information  |
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| Cook Children's Oral Health Coalition                  | Tarrant County  | <ul style="list-style-type: none"> <li>• Provides oral health education at schools and community organizations</li> <li>• Trains community members to provide the oral health curriculum</li> <li>• Assembles and distributes oral health kits to low income kids</li> </ul>                     | Community organizations, schools, and leaders for the education component. Children for the kits | <a href="https://www.centerforchildrenshealth.org/en-us/Counties/tarrantcounty/ChildrensOralHealthCoalition/Pages/default.aspx">https://www.centerforchildrenshealth.org/en-us/Counties/tarrantcounty/ChildrensOralHealthCoalition/Pages/default.aspx</a> |
| Dental Health Arlington                                | Tarrant County  | <ul style="list-style-type: none"> <li>• Provides low and no-cost dental care for low-income patients</li> <li>• Conducts screenings and oral hygiene education in schools</li> </ul>  | Tarrant County residents   | <a href="http://www.dentalhealtharlington.org/">http://www.dentalhealtharlington.org/</a>   |
| Mission Arlington                                      | Arlington, the Tarrant County portion of Grand Prairie, and the surrounding communities of Kennedale, Mansfield, Pantego and Dalworthington Gardens | <ul style="list-style-type: none"> <li>• Routine dental care for uninsured and underinsured children and adults</li> </ul>   | Community members with residences in Kennedale, Arlington, or Mansfield school districts         | <a href="http://missionarlington.org/allan-saxe-dental-clinic/">http://missionarlington.org/allan-saxe-dental-clinic/</a>   |
| <b><i>Programs related to communicable disease</i></b> |   |  |  |   |
| AIDS Outreach Center                                   | Tarrant County  | <ul style="list-style-type: none"> <li>• Testing and prevention of HIV</li> <li>• Case management and referrals for HIV+ patients</li> <li>• Patient navigation services</li> <li>• Nutrition support and food bank services</li> <li>• Dental health services for uninsured patients</li> </ul> | People living with HIV/AIDS, community members (for testing and prevention services)             | <a href="http://www.aoc.org/">http://www.aoc.org/</a>   |

| Organization/<br>Program Name                                     | Geographic Area<br>Focus                | Program Goals/Services Provided  | Audience or Clients   | Citation/Link for more Information  |
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| Health Education Learning Project                                 | Tarrant County                          | <ul style="list-style-type: none"> <li>• HIV and STI prevention programs, including free testing programs</li> <li>• Connect HIV+ patients with necessary and resources</li> </ul>   | Community members (particularly gay men or people at high risk for HIV) | <a href="http://helpfw.org/">http://helpfw.org/</a>   |
| Planned Parenthood of Greater Texas                               | 34 locations in North and Central Texas | <ul style="list-style-type: none"> <li>• HIV and STI testing, including rapid HIV testing</li> <li>• Linkages to further care and resources</li> <li>• Risk reduction education</li> <li>• Low and no cost care programs available for patients without insurance</li> </ul> | Community members   | <a href="https://www.plannedparenthood.org/planned-parenthood-greater-texas">https://www.plannedparenthood.org/planned-parenthood-greater-texas</a>   |
| <b>Programs related to immunizations</b>                          |   |  |   |   |
| Immunization Collaboration of Tarrant County                      | Tarrant County                          | <ul style="list-style-type: none"> <li>• Low cost vaccinations at community events, especially those needed for school enrollment</li> <li>• Education and outreach about the importance of vaccination</li> </ul>   | Youth and adults  | <a href="http://ictchome.org/">http://ictchome.org/</a>   |
| Tarrant County Department of Public Health, Vaccines for Children | Tarrant County                          | <ul style="list-style-type: none"> <li>• Low cost vaccinations for children that have Medicaid, CHIP, or are underinsured</li> </ul>   | Youth, up to age 19   | <a href="http://access.tarrantcounty.com/en/public-health/community-health-promotion/immunizations.html">http://access.tarrantcounty.com/en/public-health/community-health-promotion/immunizations.html</a> |
| <b>Health care resources</b>                                      |   |  |   |   |
| Al-Shifa Clinic   | Dallas-Fort Worth Area                  | <ul style="list-style-type: none"> <li>• Free preventive education and medical care for immigrants and indigent population</li> <li>• Generic or free medication dispensed</li> <li>• Referrals for complex or surgical care</li> </ul>                                      | Immigrants, indigent population, people without health insurance        | <a href="http://mcc-hs.org/?page_id=52">http://mcc-hs.org/?page_id=52</a>   |
| Baylor Community Care at Fort Worth                               | Fort Worth                              | <ul style="list-style-type: none"> <li>• Medical home specializing in disease management and preventive health</li> </ul>  | Community members   | <a href="http://www.bccfortworth.com/Pages/home.aspx">http://www.bccfortworth.com/Pages/home.aspx</a>   |

| Organization/<br>Program Name              | Geographic Area<br>Focus                               | Program Goals/Services Provided   | Audience or Clients   | Citation/Link for more Information  |
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| Baylor Scott and White Fort Worth Hospital | Greater Fort Worth                                     | <ul style="list-style-type: none"> <li>• 574 bed medical center with a range of services</li> </ul>   | Community members   | <a href="http://www.baylorhealth.com/PhysiciansLocations/AllSaints/Pages/Default.aspx?cmpid=r_FortWorth">http://www.baylorhealth.com/PhysiciansLocations/AllSaints/Pages/Default.aspx?cmpid=r_FortWorth</a> |
| Baylor Scott and White Grapevine Hospital  | Tarrant County   | <ul style="list-style-type: none"> <li>• Full service non-profit 314 bed hospital</li> </ul>  | Community members   | <a href="http://www.baylorhealth.com/PhysiciansLocations/Grapevine/Pages/Default.aspx">http://www.baylorhealth.com/PhysiciansLocations/Grapevine/Pages/Default.aspx</a>                                     |
| Beautiful Feet Ministries                  | Fort Worth   | <ul style="list-style-type: none"> <li>• Medical ministry runs a full-service clinic once a week, providing a full range of services</li> <li>• Dental ministry run a full dental service once a week</li> </ul>  | Homeless persons  | <a href="http://thefeet.org/">http://thefeet.org/</a>   |
| Caring Place                               | Tarrant, Johnson, Ellis, and Dallas County             | <ul style="list-style-type: none"> <li>• Medical, dental, vision, and prescription services</li> </ul>  | Uninsured patients  | <a href="http://www.nafclinics.org/content/mansfield-caring-place-clinic">http://www.nafclinics.org/content/mansfield-caring-place-clinic</a>   |
| Cook Children's Medical Center             | Tarrant, Denton, Hood, Parker, and Wise Counties       | <ul style="list-style-type: none"> <li>• Full service children's hospital system Home to Center for Prevention of Child Maltreatment which provides trainings and resources</li> </ul>  | Youth,0-14  | <a href="http://www.cookchildrens.org">http://www.cookchildrens.org</a>   |
| Cornerstone Assistance Network             | Tarrant County   | <ul style="list-style-type: none"> <li>• Provide assistance including free food, medical services, and more</li> <li>• Case management, social services, and educational programs for children, adults, and seniors</li> <li>• Clinical health services are available at the shelter regularly</li> </ul> | Patients without private health insurance or Medicare       | <a href="http://www.canetwork.org/medical_clinic.aspx">http://www.canetwork.org/medical_clinic.aspx</a>   |
| Crowley House of Hope                      | Zip code 76036 and Crowley Independent School District | <ul style="list-style-type: none"> <li>• Complete clinical care for uninsured patients</li> </ul>   | Patients in zip code 76036 or Crowley ISD without insurance | <a href="https://crowleyhouseofhope.org//clinic.html">https://crowleyhouseofhope.org//clinic.html</a>   |
| Dental Health for Arlington                | Tarrant County   | <ul style="list-style-type: none"> <li>• Provides low and no-cost dental care for low-income patients</li> <li>• Conducts screenings and oral hygiene education in schools</li> </ul>   | Tarrant County residents                                    | <a href="http://www.dentalhealtharlington.org/">http://www.dentalhealtharlington.org/</a>   |

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| Grace Grapevine,<br>Community Clinic               | Northeast Tarrant<br>County  | <ul style="list-style-type: none"> <li>• Volunteer run community clinic</li> <li>• General internal medicine, education, and referrals</li> </ul>   | Uninsured patients   | <a href="http://www.gracegrapevine.org/clinic.aspx">http://www.gracegrapevine.org/clinic.aspx</a>                       |
| Healing Shepherd<br>Clinic/Union<br>Gospel Mission | Tarrant County   | <ul style="list-style-type: none"> <li>• Medical clinic for people staying at the Union Gospel Mission residential programs and shelters</li> </ul>   | Homeless individuals and families staying at Union Gospel Mission  | <a href="http://www.hsc-tc.org/">http://www.hsc-tc.org/</a>   |
| Medical City<br>Arlington Hospital                 | Dallas-Fort Worth<br>Area  | <ul style="list-style-type: none"> <li>• Full service non-profit 366 bed hospital</li> </ul>  | Community members  | <a href="http://medicalcityarlington.com/home/">http://medicalcityarlington.com/home/</a>                               |
| Medical City Fort<br>Worth Hospital                | Tarrant County   | <ul style="list-style-type: none"> <li>• Full service non-profit 320 bed hospital Tertiary referral center for Tarrant County and other counties within a 90-mile radius</li> </ul>   | Community members  | <a href="http://medicalcityfortworth.com/">http://medicalcityfortworth.com/</a>   |
| Mercy Clinic                                       | 76110 zip code   | <ul style="list-style-type: none"> <li>• Faith-based clinic providing low cost healthcare twice weekly</li> <li>• Services include general internal medicine, laboratory services, and referrals.</li> </ul>                          | Uninsured 18+ patients living in the 76110 zip code with a income at or below 200% of the federal poverty line | <a href="http://mercy-clinic.org/">http://mercy-clinic.org/</a>   |
| Methodist<br>Mansfield<br>Hospital                 | Mansfield, South<br>Arlington, South<br>Grand Prairie,<br>Kennedale, Venus,<br>and Midlothian  | <ul style="list-style-type: none"> <li>• Full service non-profit 254 bed hospital</li> </ul>  | Community members  | <a href="http://www.methodisthealthsystem.org/mansfield">http://www.methodisthealthsystem.org/mansfield</a>             |
| Mission Arlington                                  | Arlington, the<br>Tarrant County<br>portion of Grand<br>Prairie, and the<br>surrounding<br>communities of<br>Kennedale,<br>Mansfield, Pantego<br>and Dalworthington<br>Gardens | <ul style="list-style-type: none"> <li>• Faith-based health clinic that provides routine medical care to uninsured and underinsured patients</li> <li>• Loan out medical equipment at no cost and with no time constraints</li> </ul> | Community members with residences in Kennedale, Arlington, or Mansfield school districts                       | <a href="http://missionarlington.org/bob-mann-medical-clinic/">http://missionarlington.org/bob-mann-medical-clinic/</a> |

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| North Texas Area Community Health Center - Arlington (FQHC)  | Tarrant County  | <ul style="list-style-type: none"> <li>• Non-profit federally funded clinic the provides primary care for adults and children, as well as family planning services</li> </ul>                                       | Tarrant County residents with or without insurance | <a href="http://www.ntachc.org">http://www.ntachc.org</a>   |
| North Texas Area Community Health Center - Fort Worth (FQHC) | Tarrant County  | <ul style="list-style-type: none"> <li>• Non-profit federally funded clinic the provides primary care for adults and children, as well as family planning services</li> </ul>                                       | Tarrant County residents with or without insurance | <a href="http://www.ntachc.org">http://www.ntachc.org</a>   |
| North Texas Area Community Health Center - Southeast (FQHC)  | Tarrant County  | <ul style="list-style-type: none"> <li>• Non-profit federally funded clinic the provides primary care for adults and children, as well as family planning services</li> </ul>                                       | Tarrant County residents with or without insurance | <a href="http://www.ntachc.org">http://www.ntachc.org</a>   |
| Open Arms Health Clinic                                      | Based in Arlington  | <ul style="list-style-type: none"> <li>• Free clinic for uninsured or underinsured patients</li> <li>• Run chronic illness program with education, support groups, and other services</li> </ul>                    | Community members (no restrictions listed online)  | <a href="http://www.openarmshealthclinic.org/our-programs">http://www.openarmshealthclinic.org/our-programs</a>   |
| Tarrant County Public Health Clinics                         | Tarrant County  | <ul style="list-style-type: none"> <li>• Medical clinics with multiple locations throughout county</li> <li>• Services vary by location but include preventive health, screening services, WIC, and more</li> </ul> | Community members                                  | <a href="http://access.tarrantcounty.com/en/public-health/public-health-locations.html">http://access.tarrantcounty.com/en/public-health/public-health-locations.html</a> |
| Texas Health Arlington Memorial Hospital                     | Arlington, Kennedale, Pantego, Mansfield, and Grand Prairie             | <ul style="list-style-type: none"> <li>• Full service 369-bed acute care hospital</li> </ul>  | Community members                                  | <a href="https://www.texashealth.org/arlington/Pages/default.aspx">https://www.texashealth.org/arlington/Pages/default.aspx</a>   |
| Texas Health Harris Methodist Alliance Hospital              | North Fort Worth, Keller, Haslet, Justin, Roanoke, and surrounding area | <ul style="list-style-type: none"> <li>• Full service 70-bed hospital</li> </ul>  | Community members                                  | <a href="https://www.texashealth.org/alliance/Pages/default.aspx">https://www.texashealth.org/alliance/Pages/default.aspx</a>   |
| Texas Health Harris Methodist Clearfork Hospital             | Fort Worth Area   | <ul style="list-style-type: none"> <li>• Clinic that provides joint replacement and physical therapy services</li> </ul>  | Community members, needing joint replacement       | <a href="https://www.texashealth.org/clearfork/Pages/default.aspx">https://www.texashealth.org/clearfork/Pages/default.aspx</a>   |

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| Texas Health<br>Harris Methodist<br>Fort Worth<br>Hospital | Greater Fort Worth<br>Area  | <ul style="list-style-type: none"> <li>• Full service 720-bed hospital</li> </ul>   | Community members          | <a href="https://www.texashealth.org/fortworth/Pages/default.aspx">https://www.texashealth.org/fortworth/Pages/default.aspx</a>     |
| Texas Health<br>Harris Methodist<br>HEB Hospital           | Hurst, Euless,<br>Bedford, Colleyville,<br>Grapevine,<br>Southlake, North<br>Richland Hills,<br>Watauga, Haltom<br>City, and Keller | <ul style="list-style-type: none"> <li>• Full service hospital</li> <li>• Only level 3 trauma center in Northeast Tarrant County</li> </ul> | Community members          | <a href="https://www.texashealth.org/heb/Pages/default.aspx">https://www.texashealth.org/heb/Pages/default.aspx</a>                 |
| Texas Health<br>Harris Methodist<br>Southwest<br>Hospital  | Fort Worth,<br>Benbrook, Crowley,<br>Aledo, and Granbury  | <ul style="list-style-type: none"> <li>• Full service hospital</li> </ul>   | Community members          | <a href="https://www.texashealth.org/southwestfw/pages/default.aspx">https://www.texashealth.org/southwestfw/pages/default.aspx</a> |
| Texas Health<br>Huguley Hospital                           | Fort Worth Area   | <ul style="list-style-type: none"> <li>• Full service 350-bed hospital</li> </ul>   | Community members          | <a href="http://www.texashealthhuguley.org/">http://www.texashealthhuguley.org/</a>   |
| VA Fort Worth<br>Outpatient Clinic                         | Fort Worth Area   | <ul style="list-style-type: none"> <li>• Outpatient clinic for veterans with primary and specialty care</li> </ul>                          | Veterans                   | <a href="https://www.northtexas.va.gov/locations/FWOPC.asp">https://www.northtexas.va.gov/locations/FWOPC.asp</a>                   |



## **APPENDIX D. Additional Relevant Assessment and Planning Reports**

[2013 Tarrant County Public Health Community Assessment](#)

[2015 Challenge Tarrant County Assessment – The Other Nine](#)

[2016 Tarrant County Housing Action Plan](#)

[2016 State of Homeless Address Report](#)

[2015 United Way Community Assessment](#)

[2016 Annual Trauma Report](#)

[2016 Livability for All in Fort Worth AARP Age Friendly Community Survey](#)

## APPENDIX E. Top Five Leading Causes for Inpatient Admissions, by Diagnosis and Age Group, 2016

|  | Count |
|--|-------|
| <b>Under 18 years</b>  |       |
| Single liveborn infant, delivered vaginally                            | 3,213 |
| Single liveborn infant, delivered by cesarean                          | 1,156 |
| Unspecified mood (affective) disorder                                  | 143   |
| Major depressive disorder, recurrent severe without psychotic features | 98    |
| Major depressive disorder, single episode, unspecified                 | 84    |
| <b>18-64 years</b>   |       |
| Sepsis, unspecified organism   | 1,085 |
| Major depressive disorder, recurrent severe without psychotic features | 556   |
| First degree perineal laceration during delivery                       | 528   |
| Maternal care for scar from previous cesarean delivery                 | 438   |
| Second degree perineal laceration during delivery                      | 384   |
| <b>65 years and over</b>   |       |
| Sepsis, unspecified organism   | 321   |
| Pneumonia, unspecified organism  | 78    |
| Acute kidney failure, unspecified                                      | 74    |
| Chronic obstructive pulmonary disease with (acute) exacerbation        | 67    |
| Non-ST elevation (NSTEMI) myocardial infarction                        | 64    |

DATA SOURCE: JPS Health Network