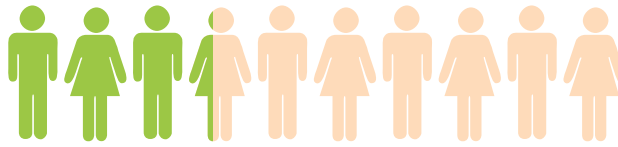


# EXPANDING DALLAS COUNTY'S HEALTHCARE ACCESS

Dallas County has a large portion of residents who are uninsured. Expanding access to community prevention, clinical prevention, quality medical care and supportive post-acute services increases healthcare access for all residents:

## Increase access to health insurance

# 32.9%



of Dallas County residents are **uninsured.**

### Enhancing service networks

**Low and no-cost primary care clinics are available** throughout the County, offering a range of general medical, women's health, pediatric and dental treatment.

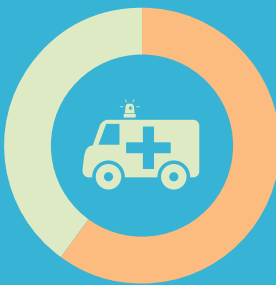
**The patient-centered medical home model of care** supports access to prevention, treatment and post-acute care.

### Preventative Care

More than

# 60%

of emergency room visits are for conditions that could have been treated in a primary care setting.



### Understanding Care

# 40%

of Dallas County residents speak a language other than English at home. This can impact health literacy and treatment compliance



### Physician access

**There is a shortage and maldistribution** of primary care physicians and other public health personnel in the county.



*Physicians are concentrated in the Stemmons Corridor and in northern suburbs. This results in underserved areas, particularly in the poorer Dallas communities.*



“Dallas County has a strong healthcare workforce and training programs, but the healthcare demands exceed the supply of physicians.”

# RESOURCE DESERTS

# HEALTH DISPARITIES

Large geographic areas and portions of suburban areas of southern Dallas County often suffer from disproportionate disease rates and substantial resource deserts. These areas lack key resources that other portions of the county have, including access to health services, safe environments and access to healthy foods.

## Disparities

Health disparities are closely linked with social, economic, and environmental disadvantage such as lack of access to quality affordable healthcare, healthy food, safe opportunities for physical activity, and educational and employment opportunities.



Dallas County has 10 farmer's markets. Only one is located in Southern Dallas.

South and southwest Dallas have the highest community need in the county, scoring 4.7 out of 5 on a community need index scale.



Disparities can be found in communities with limited access to prevention services, as evidenced by:



High rates of diabetes associated with obesity.



Poor cardiovascular health associated with smoking, obesity and sedentary lifestyles.



49.2%

Nearly half of Dallas County residents earning low incomes are uninsured.



36%

of Dallas County ZIP codes contain food deserts.

## Poverty

Residents living in poverty exhibit the worst health status. The following four factors are important in a person's ability to access healthcare.



Education



Employment



Race



Income



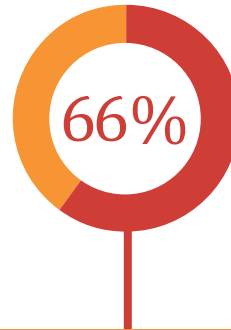
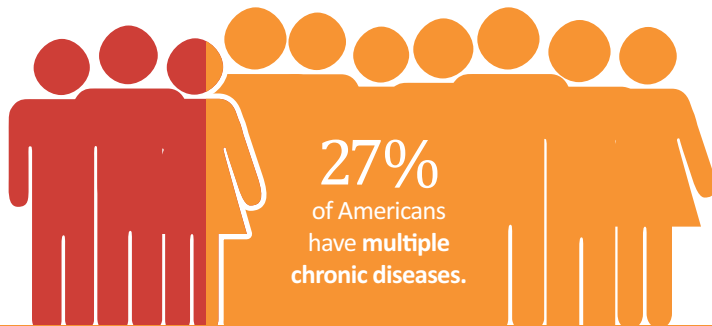
*"Communities with low socioeconomic status often have no community center, no library, no churches, no place for people to go. The only possibilities are the new schools that are empty at night and on the weekend."*

-Key informant

# MANAGING MULTIPLE CHRONIC DISEASES

Dallas County residents are increasingly being diagnosed with more than one chronic disease, including, cancer, diabetes, and cardiovascular disease. Addressing common risk factors through health programs, medical homes, screening, and improved personal fitness can improve the overall health of our residents.

## Diagnoses



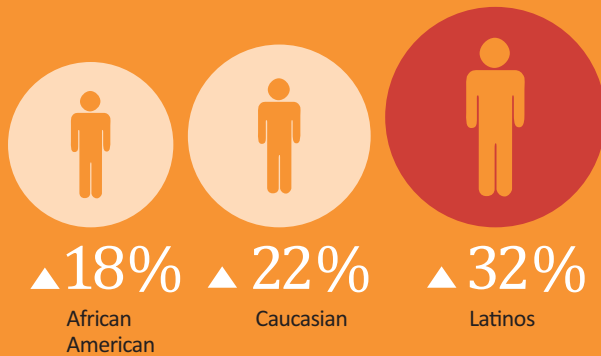
## Healthcare Costs

Percentage of total healthcare spending directed toward people with multiple chronic conditions.

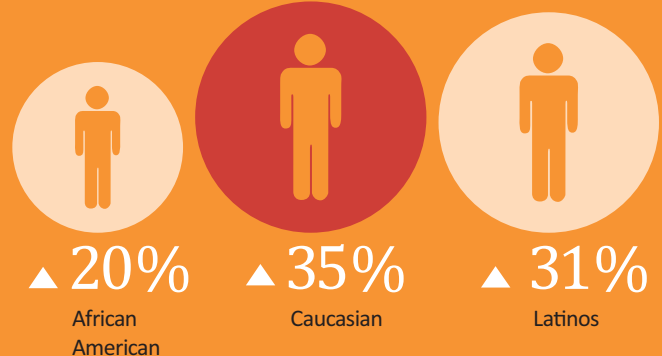
*These costs are incurred by the individual, the insurer, and the healthcare system.*

## Prevalence

From 2000 to 2010, the prevalence of two or more chronic conditions among those aged 65+ increased to:



In the same period, the percentage of adults ages 45–64 with two or more chronic conditions increased to:



## Connecting Care

These factors can help the coordination of healthcare:



Patient-centered medical homes



Public health services



Accountable care health organizations



Primary care & behavioral health partnerships



**Effective daily management of chronic diseases can be difficult.** People with low health literacy and seniors with cognitive or mobility issues may find more challenges.

*“It is a lot to process—the easiest way to deal with it is to ignore it.”*

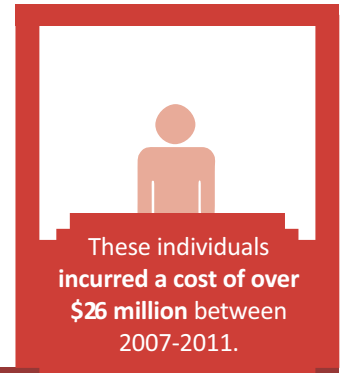
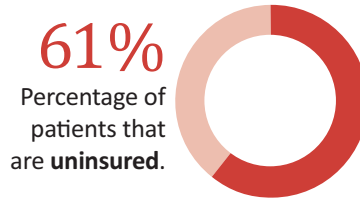
**-Key informant**

# MENTAL & BEHAVIORAL HEALTH IMPACT ON HEALTH DECISIONS

Individuals suffering from mental and behavioral illnesses face decision-making barriers. These barriers impact compliance with preventive care and treatment, which compromises aspects of their physical health also.

## Healthcare Seeking

100% of the 10 most frequently admitted patients had a co-occurring behavioral health diagnosis.



20%

of Dallas County residents reported "not good" mental health in the past month.



Mental Illness & Behavioral Health



10.9%

of substance abusers are binge drinkers in Dallas County.

1 in 17 Americans have a seriously debilitating mental illness in America



Healthy behaviors, preventive care and treatment, and compliance with medical regimens for chronic diseases **may all be compromised** if an individual suffers from a behavioral health condition.

*"We need an outpatient structure to keep people out of crisis. We need a redesign of crisis services."*

—Key informant