

USMD Hospital at Arlington



2025 Community Health Needs Assessment Tarrant Region Report



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Executive Summary

Introduction and Purpose

Texas Health Resources is proud to present its 2025 Community Health Needs Assessment (CHNA). This report outlines the process and methodology used to identify and prioritize significant health needs across the system, in accordance with federal requirements under the Affordable Care Act. The CHNA covers Texas Health's total service area and is divided into the following six geographic regions: Collin, Dallas and Rockwall, Denton, Kaufman, Southern, and Tarrant. The purpose of the CHNA is to offer a deeper understanding of regional health needs to guide Texas Health's planning efforts in support of actionable, community-engaged initiatives. This report highlights the Tarrant region.

Key Focus Areas for 2025–2028

1. Healthcare Access, Navigation, and Literacy
2. Transportation
3. Connectedness
4. Food Insecurity

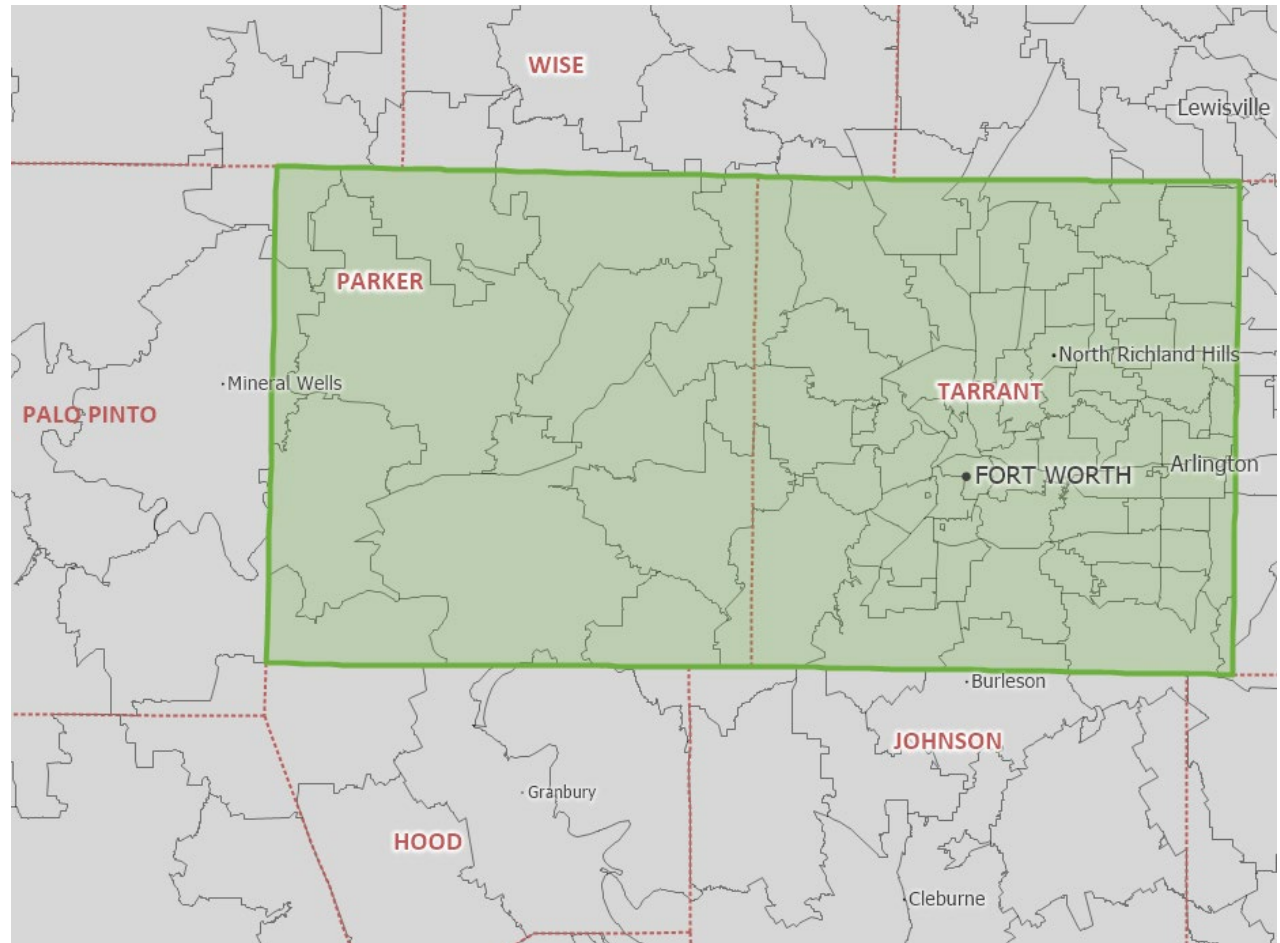


Figure 1: Tarrant Region

Acknowledgments

“We would like to extend our sincere gratitude to the Texas Health team, community members, partner organizations, and the ECG Management Consultants’ team for their dedication and contributions throughout this process.” – Texas Health Resources

The development of Texas Health’s CHNA was a collective effort that included Texas Health employees, community serving organizations, and community members from within areas of focus that gave us input and knowledge of issues and solutions and those who share our commitment to improve health and quality of life.

Texas Health commissioned ECG Management Consultants to support report preparation for its 2025 CHNA. ECG is a leading healthcare focused consulting firm in the country. The following ECG team members were involved in the development of this report: Jennifer Moody, Partner; Niki Petroff, Senior Manager; Richard Beaton, Manager; Ezra Washington Gore, Senior Consultant.

Letter from CEO,

At Texas Health, we live by **Our Texas Health Promise: Individuals Caring For Individuals, Together**. This means that we are committed to meeting the needs of our ever-growing communities. But we can’t do that alone.

So when we develop a Community Health Needs Assessment (CHNA) every three years, we collect data through key interviews with those who are in the community each day to better understand what the community needs. After all, when we work together, we can make a difference in Arlington and its surrounding areas.

Through our 2025 CHNA, we identified several key areas that are impacting our communities: food security; connectedness; transportation; and healthcare access, navigation and literacy. We’ll take a closer look at how we’re collaborating within North Texas to address these challenges and focusing on the end goal – a healthier community.

Keeping in mind our Vision — partnering with you for a lifetime of health and well-being – I hope you’ll find the work we do through our CHNA represents exactly that. Together, we can address the social and environmental factors affecting overall health and well-being in North Texas.



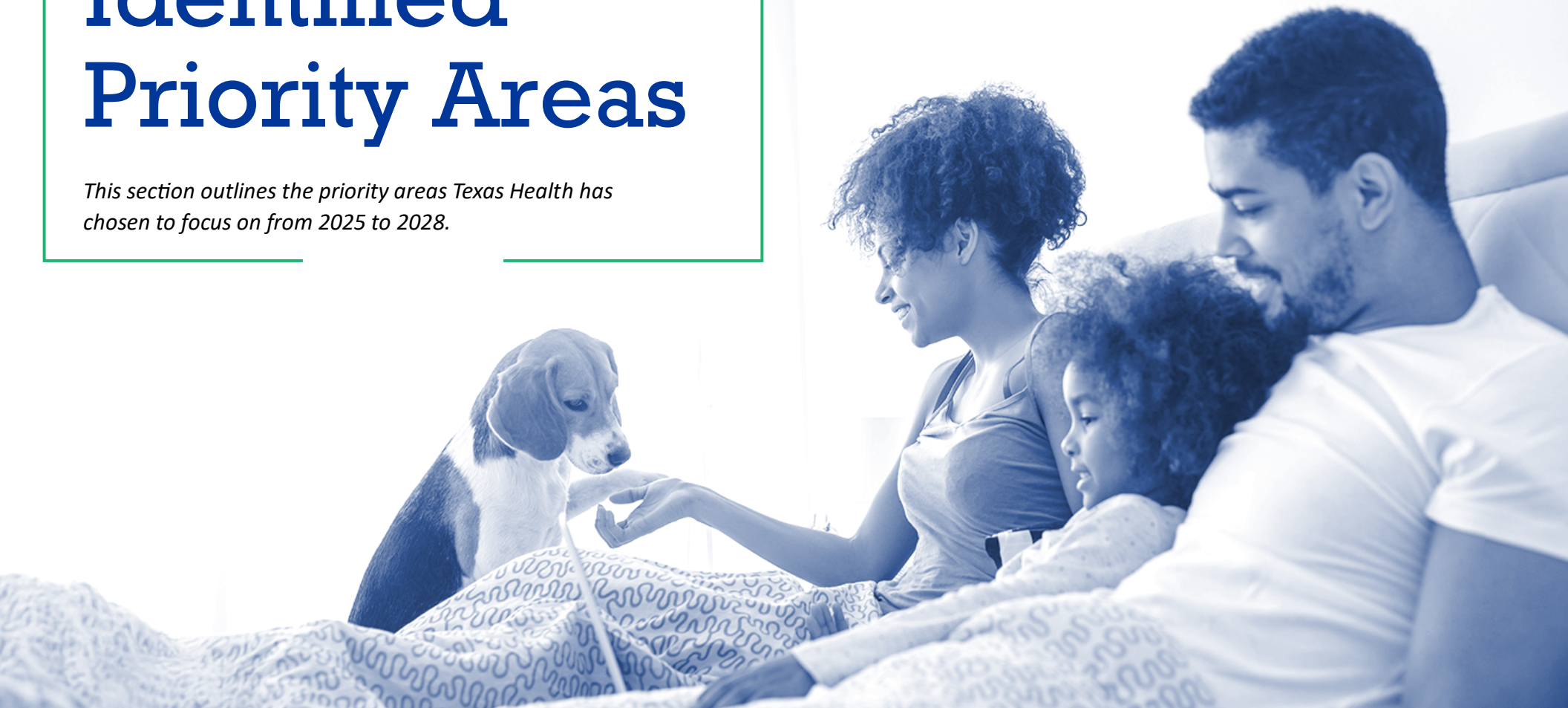
**Kathy Early, MSN, RN,
Chief Executive Officer &
Chief Nursing Officer,
USMD Arlington**



**Barclay Berdan, FACHE,
Chief Executive Officer,
Texas Health Resources**

Identified Priority Areas

This section outlines the priority areas Texas Health has chosen to focus on from 2025 to 2028.



The integration of primary and secondary data provided a holistic view of community health across the Texas Health service area. While the secondary data revealed measurable disparities in health outcomes and non-medical drivers of health, the primary data offered context and lived experience from residents, community partners, and local leaders. Taken together, these perspectives highlighted not just where gaps exist, but also how they are experienced on the ground. From this synthesis, a set of priority areas emerged that represent the most pressing health and social needs facing the community. Presented alphabetically, these priorities served as the foundation for Texas Health's community health improvement strategies:

Access/navigation, Behavioral health, Chronic disease (e.g., high blood pressure, diabetes), Food insecurity, Health literacy, Housing insecurity, Personal safety, Connectedness, and Transportation.

Better physical and mental health begins with addressing the non-medical drivers that influence health. Recognizing this impact, Texas Health has chosen to improve both physical and mental health by focusing on non-medical drivers of health. This approach supports an overall goal of prevention and management of chronic diseases and mental health conditions while simultaneously addressing the non-medical barriers that hinder individuals from achieving overall health and well-being. Based on extensive community feedback and analysis of data, the following non-medical drivers have been identified as top concerns also shown in **Figure 27**:

- **Healthcare Access, Navigation, and Literacy:** With an overall goal of improving an individual's ability to navigate and utilize the healthcare system,

healthcare access, navigation, and literacy includes improving access to affordable care, assistance in navigation through the continuum of care and strengthening health knowledge to allow for informed decision-making.

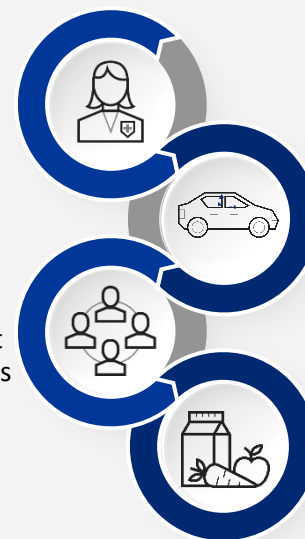
- **Transportation:** Transportation directly affects a person's ability to access healthcare, healthy food, employment, and other non-medical support. Without reliable, affordable, and safe transportation, individuals may face delays in care, increased isolation, and limited opportunities for maintaining overall well-being.
- **Connectedness:** Having a sense of belonging, social support and meaningful relationships within a community is directly linked to better health outcomes. Connectedness includes fostering connections that help build resilient, healthier communities.
- **Food Insecurity:** Food insecurity refers to the lack of consistent access to safe, nutritious, and affordable food. Addressing this issue supports overall well-being by ensuring individuals can obtain healthy foods and gain the knowledge needed to make informed choices about nourishing their bodies.

Healthcare Access, Navigation and Literacy

- Provider availability
- Insurance coverage
- Health education
- Ability to navigate the system

Connectedness

- Community Engagement
- Programs for older adults that experience social isolation
- Childcare



Transportation

- Rideshare partnerships
- Vouchers
- Policy

Food Insecurity

- Nutrition security
- Food partnerships

Figure 27: Top Four Priority Areas for Texas Health

Introduction

This section introduces Texas Health's Mission, Vision, and Values; facilities included in the assessment; previous CHNA and community highlights; and the overarching 2025 CHNA process.



Texas Health is a faith-based, nonprofit health system that cares for more patients in North Texas than any other provider.

With a service area that consists of **16 counties and more than eight million people**, the system is committed to providing quality, coordinated care through its Texas Health Physicians Group and **29 hospital locations** under the banners of Texas Health Presbyterian, Texas Health Arlington Memorial, and Texas Health Harris Methodist. Texas Health access points and services, ranging from acute care hospitals and trauma centers to outpatient facilities and home health and preventive services, provide the full continuum of care for all stages of life. The system has **more than 4,300 licensed hospital beds, 6,400 physicians** with active staff privileges, and **over 29,000 employees**.



MISSION

To improve the health of the people in the communities we serve.



VISION

To partner with you for a lifetime of health and well-being.



VALUES

- Respect
- Compassion
- Integrity
- Excellence

For more information about Texas Health, call 1-877-THR-WELL or visit www.TexasHealth.org.

Texas Health Service Area and Facilities

Headquartered in Arlington, Texas, the organization serves the fourth-largest metropolitan region in the US: the Dallas–Fort Worth area. The health system includes 20 acute care hospitals, 4 short-stay hospitals, 3 rehabilitation hospitals, 1 long-term care hospital, 1 wellness center, and a network of physician practices. Figure 2 shows the eight acute care Texas Health facilities included in the assessment of the Tarrant region.

Below is a breakdown of the counties included in the Tarrant region.

- **Tarrant:** Parker County and Tarrant County

The acute facilities in this region include the following:

- Texas Health Hospital Clearfork
- Texas Health Harris Methodist Hospital Azle
- Texas Health Harris Methodist Hospital Fort Worth
- Texas Health Harris Methodist Hospital Alliance
- Texas Health Harris Methodist Hospital Hurst-Euless-Bedford
- Texas Health Harris Methodist Hospital Southwest Fort Worth
- Texas Health Arlington Memorial Hospital
- Texas Health Heart & Vascular Hospital Arlington
- Texas Health Hugley Hospital Fort Worth South

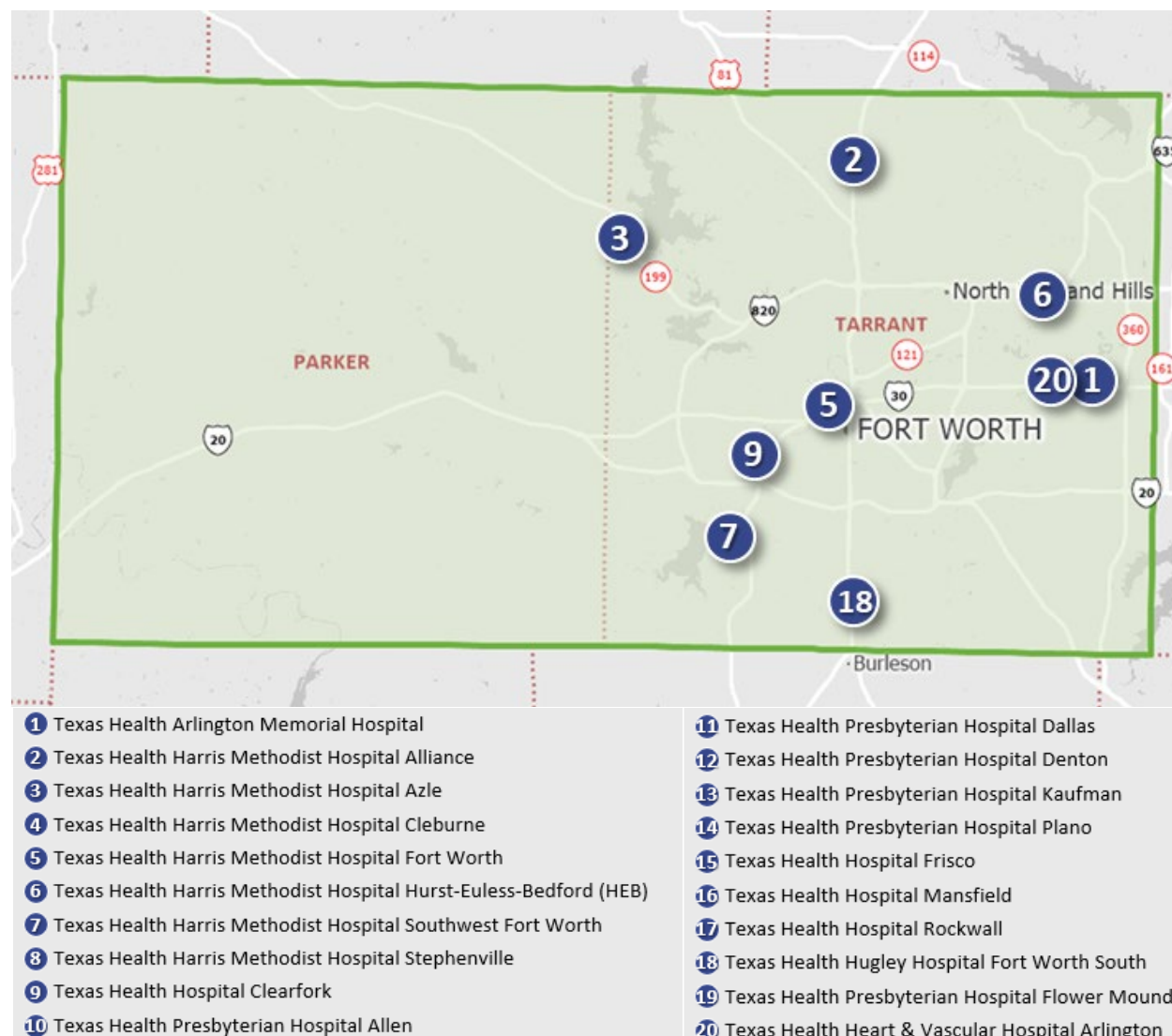


Figure 2: Map of Texas Health Acute Care Hospitals across the Tarrant Region

Previous CHNA Insights

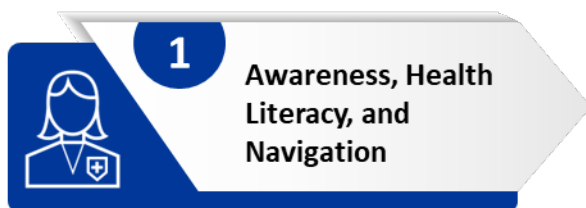


Texas Health Resources is committed to improving the health of the people in the communities we serve. Guided by insights from the **2022 Community Health Needs Assessment (CHNA)**, Texas Health has made meaningful strides in improving community health through targeted programs and strategic financial investments.

The following pages highlight the ways in which Texas Health has fulfilled this mission since the last CHNA.

Priority Areas Strategies

In the previous CHNA conducted in 2022, Texas Health identified three priority areas:



This section focuses on the 2023–2025 implementation strategies that addressed these priority areas.

For more information about these programs highlighted below please visit [Texas Health Community Hope](#).

Behavioral Health

GOAL

Improve quality of life through awareness, detection, treatment, and management of behavioral health conditions.



ACTIONS



- Embed resiliency training in schools to improve resiliency skills among youth overcoming adverse childhood experiences.
- Reduce isolation and improve quality of life in adults 50+.

SPOTLIGHTS

- » **THRIVE:** THRIVE (Together Harnessing Resources to give Individuals Voice and Empowerment) is a Texas Health initiative dedicated to supporting the mental and physical well-being of at-risk students and their families.
- » **Reduce Silos:** Reduce SILOS (Social Isolation and Lift Outcomes for Seniors) is a free program for adults age 50+ designed to serve low-income individuals that report feeling lonely or socially isolated.
- » **School Mental Health Executive Learning Communities:** Texas Health and the Meadows Mental Health Policy Institute (the Meadows Institute) developed new School Mental Health Executive Learning Communities (ELCs). These ELCs bring senior school district officials together for monthly training sessions, in-depth discussions, and important collaborations to effectively implement school mental health programming and improve student outcomes, wellbeing and academic achievement.
- » **Mental Health First Aid:** Texas Health offers Mental Health First Aid training, developed by the National Council for Mental Wellbeing, to equip community members and work site partners with essential skills to recognize and respond to mental health challenges.

» Progress Highlights:



5

THRIVE sites
opened between
2023–2025



70%

of 199 patients in
Reduce SILOS reduced
their depression scores



19

School districts
with ELCs



627

Individuals trained in
Mental Health First Aid
(2023–2024)

Chronic Disease

GOAL

Improve quality of life and preventable healthcare utilization through the continued prevention and management of chronic conditions.



ACTIONS



- Increase community-level access points, resources and referral streams to preventive chronic disease management programs and community initiatives.
- Improve health outcomes, readmission rates and cost savings among unhoused individuals.
- Improve access to medical care and services among unhoused individuals through medical respite care.

SPOTLIGHTS

- » **Wellness for Life-Mobile Health:** Mobile Health provides access to quality preventive care services for adults 18 and older across Texas Health's service areas.
- » **Health Education Lifestyle Program (HELP):** HELP delivers diabetes and hypertension management for uninsured populations.
- » **Health to Home (H2H):** Provides medical recuperation services to unhoused individuals.
- » **Community Resource Center (CMRC):** The CMRC located at Texas Health Allen (opened in May of 2025), offers access to condition-specific care, including bloodwork and education, personalized navigation services, and access to nutrition counseling and support groups—all in one location.
- » **Clinic Connect:** In 2016, Texas Health launched Clinic Connect, a streamlined process for receiving and evaluating funding requests from clinics that reach vulnerable populations and serve as outpatient resources for our acute care hospitals.
- » **Health Food Access:** Texas Health supported multiple food access programs including Good For You Healthy Hubs, Culled Produce Recovery, Growing Good Food Grants, Double Up Food Bucks and Fresh Access.
- » **Progress Highlights 2023–2024:**



5,645

Mobile Patients Seen



682

Mobile Health site visits



176

Individuals served in H2H



48

Individuals connected to an appropriate housing solution



Over 1.3M pounds

Food distributed to 273,584 individuals

GOAL

Increase individual awareness of health information and services that are accurate, accessible and actionable; address non-medical drivers of health by partnering with community organizations



ACTIONS

- Increase community-level access points, resources and referral streams to disease management programs and community initiatives
- Convene multiple congregations/faith-based organizations for activities and/or programs that provide resources/services addressing community needs.
- Improve health outcomes and readmission rates among uninsured and underinsured populations
- Coordinate and provide comprehensive care to patients with the complaint of sexual assault.
- Establish plan that increases capacity for the Sexual Assault Nurse Examiner (SANE) program-related outreach and education.



SPOTLIGHTS

- » **Faith Community Nursing:** Faith Community Nursing equips communities of faith to provide care through health-related ministries.
- » **Continuum of Care:** The Continuum of Care Program is designed to assist patients with chronic health conditions who are at high risk for hospital readmission and poor health due to risks associated with non-medical drivers of health.
- » **SANE:** Texas Health's Sexual Assault Nurse Examiner (SANE) program helps victims of sexual assault.
- » **Community/Congregational Health and Hospital Ministry Partners (CHAMPs):** Six times a year, pastoral care teams welcome clergy to CHAMPs meetings, offering resources to help them support hospitalized patients and their families.
- » **School Based Programs:** Programs include School Learning Gardens, Enhancing Childhood Literacy, Wellness Innovation Grants, Recess Refresh, Educator and Student Summits and School Wellness Network.
- » **Progress Highlights 2023–2024:**



Texas Health Community Impact



In 2019, Texas Health Resources launched Texas Health Community Impact to address health needs identified through the CHNA, focusing on residents within designated priority ZIP codes. This collaborative effort brings together organizations across various sectors to tackle the social, physical, and behavioral health challenges facing underserved communities, with the overarching goal of reducing poor health outcomes.

Since its inception, the initiative has awarded **more than \$23 million** to community-based organizations, **including \$10 million in funding** distributed following the release of the 2022 CHNA. Each grant cycle spans two years, with grantees eligible for one renewal. One full cycle (2023–2024) since the 2022 CHNA has been completed, and the current cycle (2025–2026) is underway. Ten grants were awarded during the 2023–2024 cycle, and eighteen grants have been awarded for the 2025–2026 cycle.

Progress Highlights (2022–2024 Grant Cycle):



14,528
North Texans
Served



76,670
Services
Provided



75%
of programs
demonstrated significant
improvements in their
target priority areas

For additional information, including information on funded projects, visit: <https://www.texashealth.org/Community-Health/Community-Impact>

Policy

Texas Health believes that advancing health requires more than clinical care—it demands a strong voice in the public policy arena. Through its **Government Affairs and Advocacy** team, Texas Health actively engages at the local, state, and federal levels to shape policies that strengthen healthcare delivery and improve community well-being.



In 2024, this program focused on:



Advocating for legislation that expands access to care, supports behavioral health infrastructure, and addresses non-medical drivers of health.



Educating the public and stakeholders through voter education initiatives and community engagement



Building strategic partnerships with organizations like the American Hospital Association, Texas Hospital Association, and Dallas-Fort Worth Hospital Council to amplify impact



Promoting civic engagement and responsible corporate citizenship through employee volunteerism and charitable giving

Additional Analysis

In addition to the priority areas listed above, the 2022 CHNA specifically highlighted additional gaps for **transportation**, **substance abuse** and **childcare**. These gaps were analyzed further for strategy development. To enhance previous work in food access, an additional study was completed to identify multi-level barriers and solutions to **nutrition security** from the perspectives of community residents, food system workers, and policymakers in a three-county area.



Transportation

Expanding access to flexible, on-demand transportation services—such as door-to-door options—and offering programs conveniently located within residential communities could help reduce transportation barriers.



Substance Abuse

Between 2019 and 2022, the rate of drug poisoning deaths increased in Texas from 9.5 to 16.1 (per 100,000 population). In 2022, Dallas County and Parker County had the highest drug poisoning death rates in the North Texas area with Dallas County at 18.5 and Parker County at 18.6 (per 100,000 population). Review of data shows that substance abuse involving fentanyl and methamphetamine are a growing and persistent problem in North Texas. A geographical analysis showed a higher priority for community programs throughout Dallas County and Tarrant County as well as more targeted areas surrounding Weatherford and Springtown.



Childcare

In Texas, 48% of individuals live in a childcare desert—areas with limited access to licensed childcare providers. Nine priority zip codes were identified as daycare deserts: **75180, 75220, 75057, 76431, 76031, 75161, 75106, 76115, 76164**.



Nutrition Security

Qualitative research was conducted among policymakers, food system workers (FSW), and community members around nutrition security. These three groups undoubtedly agreed that food programs were a key to increasing nutrition security, from increasing awareness of current programs, to increasing the availability, hours, and locations of food programs.

2025 CHNA Process

Building on the insights from the previous CHNA, Texas Health approached the 2025 assessment with a structured, data-informed methodology, shown in figure 3. First, Texas Health assessed the priority ZIP codes from the previous CHNA and curated a new targeted list accounting for any shifts in the patient population and internal non-medical drivers of health screening data. Once the targeted communities were identified, Texas Health engaged nearly 650 stakeholders—including community leaders, residents, and partner organizations—through interviews, focus groups, and a distributed survey to ensure the assessment reflected a wide range of perspectives. Then, a comprehensive secondary data analysis was conducted across the full-service area, focusing on a range of non-medical and medical drivers of health. The qualitative input, referred to as primary data, was synthesized alongside secondary data to identify the most pressing health needs. These insights will guide Texas Health’s strategic priorities from 2025 to 2028.

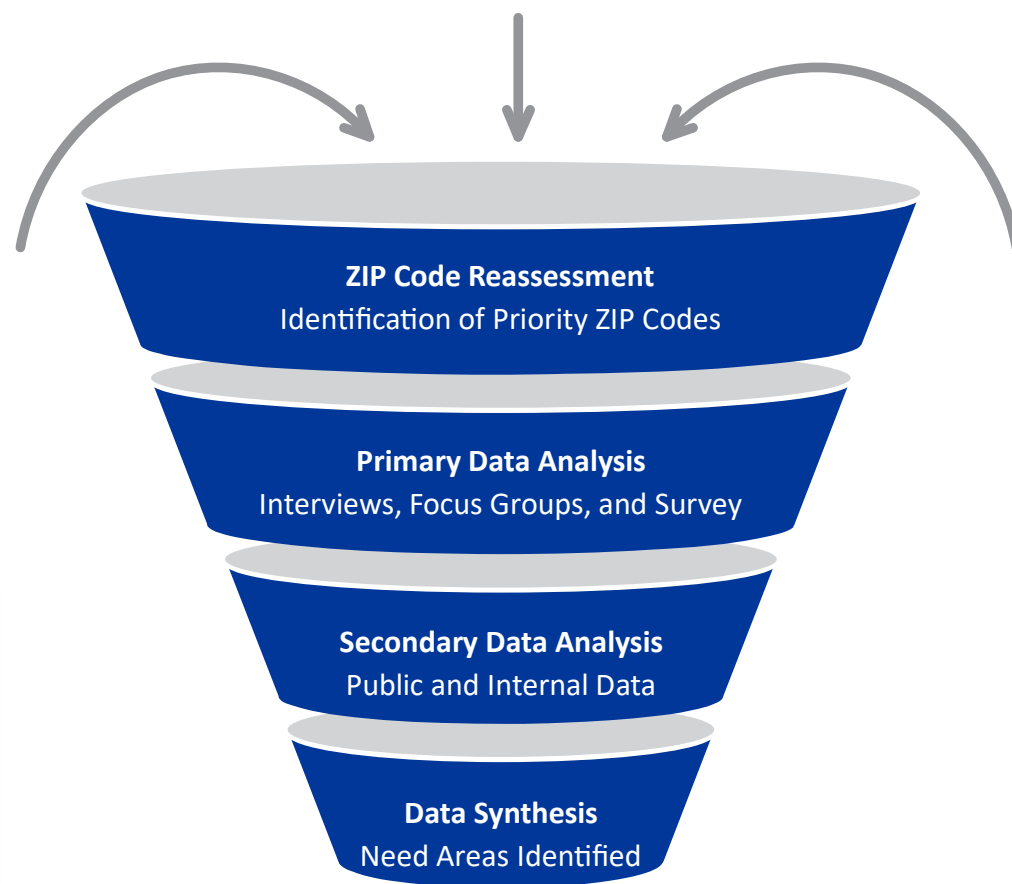


Figure 3: 2025 Texas Health CHNA Process

Prioritization Process

This section outlines Texas Health's methodology for identifying priority ZIP codes for the 2025 CHNA and provides a brief overview of key characteristics within those communities.



Overview

Before conducting the primary and secondary analyses for the 2025 CHNA, Texas Health reassessed its priority ZIP codes to ensure alignment with current community needs detailed in Appendix D. This evaluation focused on areas with a high proportion of Texas Health patients as well as those showing greater need based on internal social risk screening data. Figure 4 displays the location of these prioritized ZIP codes in the Tarrant region. While these areas will help inform targeted CHNA strategies, Texas Health remains committed to serving the needs of all individuals across the Tarrant region. It is important to note that while the urban, or more densely populated counties, reflect more prioritized ZIP codes per region, the ZIP codes in the more rural counties cover more geographic territory.

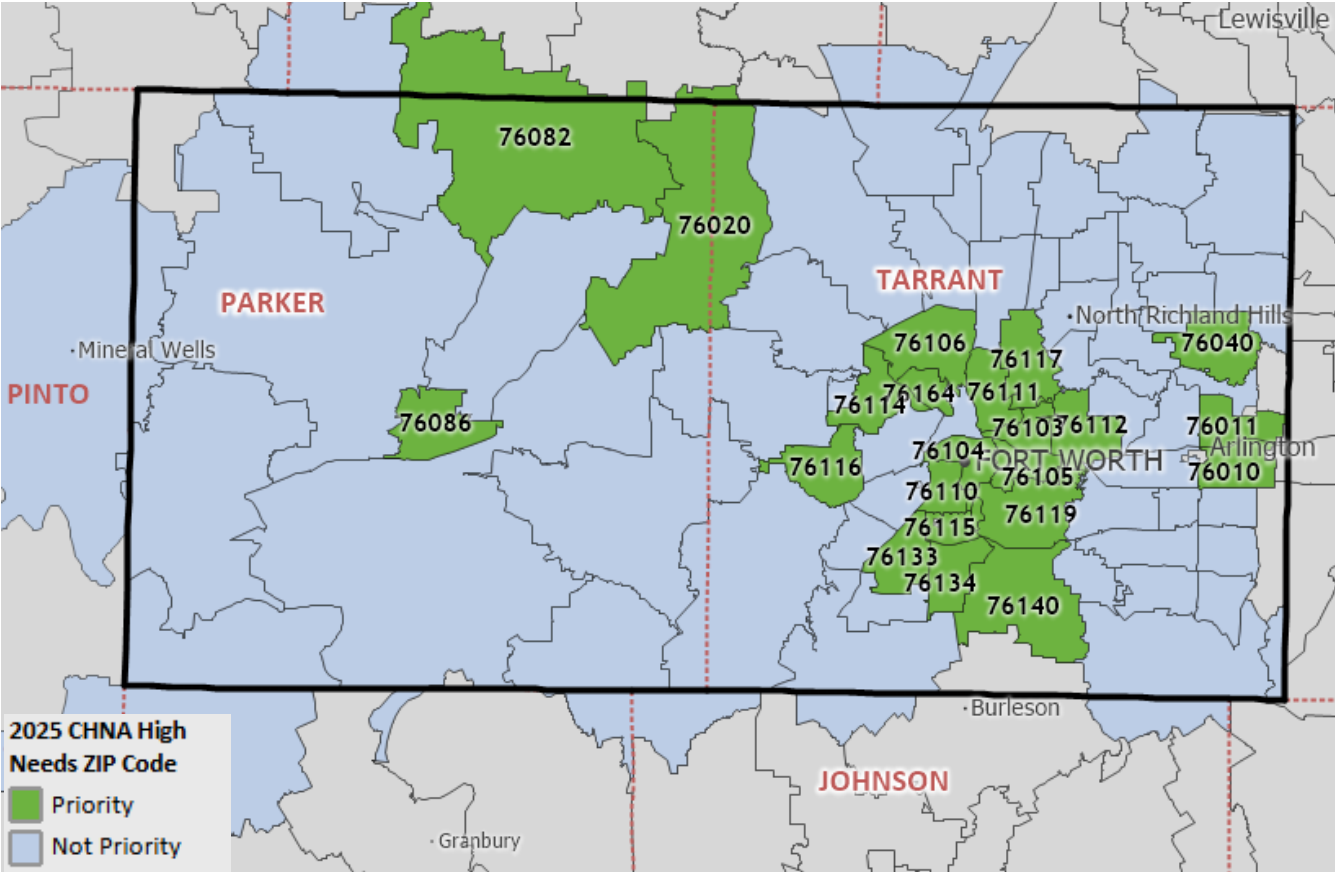


Figure 4: Priority ZIP Codes in Tarrant Region

Region	Number of Priority ZIP Codes
Tarrant	22

Priority ZIP Codes

The total population for the priority ZIP codes in the Tarrant region in 2025 is 724,651, with a 4% projected growth rate by 2030. **Table 1** shows the 2025 population and projected five-year growth of the priority ZIP codes. More detailed ZIP code characteristics are provided in the appendix.

Region	Priority ZIP Code	City	2025 Population	Five-Year Growth Rate
Tarrant	76010	Arlington	56,893	2%
	76011	Arlington	25,468	5%
	76020	Azle	37,726	10%
	76082	Springtown	26,666	5%
	76086	Weatherford	24,100	14%
	76040	Eules	34,139	11%
	76103	Fort Worth	15,506	2%
	76104	Fort Worth	24,755	9%
	76105	Fort Worth	24,157	3%
	76106	Fort Worth	37,587	3%
	76110	Fort Worth	29,436	3%
	76111	Fort Worth	23,724	5%
	76112	Fort Worth	43,643	2%
	76114	Fort Worth	27,613	4%
	76115	Fort Worth	20,551	1%
	76116	Fort Worth	52,978	4%
	76117	Haltom City	34,949	2%
	76119	Fort Worth	54,201	5%
	76133	Fort Worth	52,046	1%
	76134	Fort Worth	27,973	3%
	76140	Fort Worth	34,718	6%
	76164	Fort Worth	15,822	1%

Table 1: Priority ZIP Codes Population



Demographics

This section provides an overview of the demographic composition within Texas Health's service area. Key indicators evaluated include population and age distribution, language spoken at home, and race and ethnicity.



Population and Age Distribution¹

With a total population of 2,339,651, the Tarrant region has a higher proportion of children under the age of 18 (24%) and a lower proportion of adults aged 65 and older (14%) compared to national benchmarks (22% and 17%, respectively). Population growth is robust, with a projected five-year growth rate of 5%. Figure 5 shows the distribution of age in the Tarrant region. More detailed population and age characteristics by ZIP code are provided in the appendix.

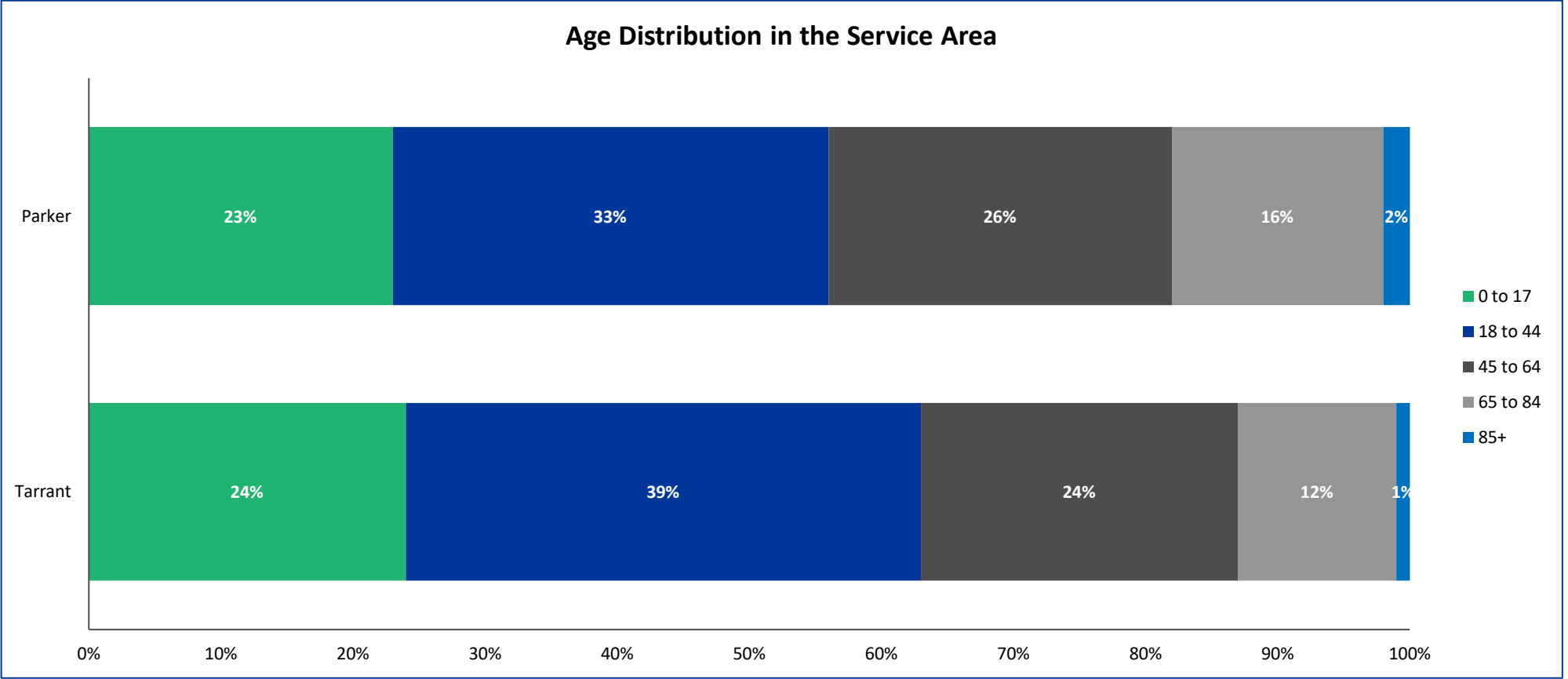


Figure 5: Age Distribution in the Tarrant Region by County

¹ Claritas (2025).

Language²

English proficiency in the Tarrant region is 90%, which is slightly below the national average (92%) but higher than Texas’s average (87%). Spanish is the next most common language spoken, with 21% of residents speaking Spanish at home. Tarrant County shows a slight presence of Asian and Pacific Island languages and Indo-European languages (3% each respectively). Figure 6 shows the distribution of languages spoken at home and English proficiency in the region. More detailed language characteristics by ZIP code can be found in the appendix.

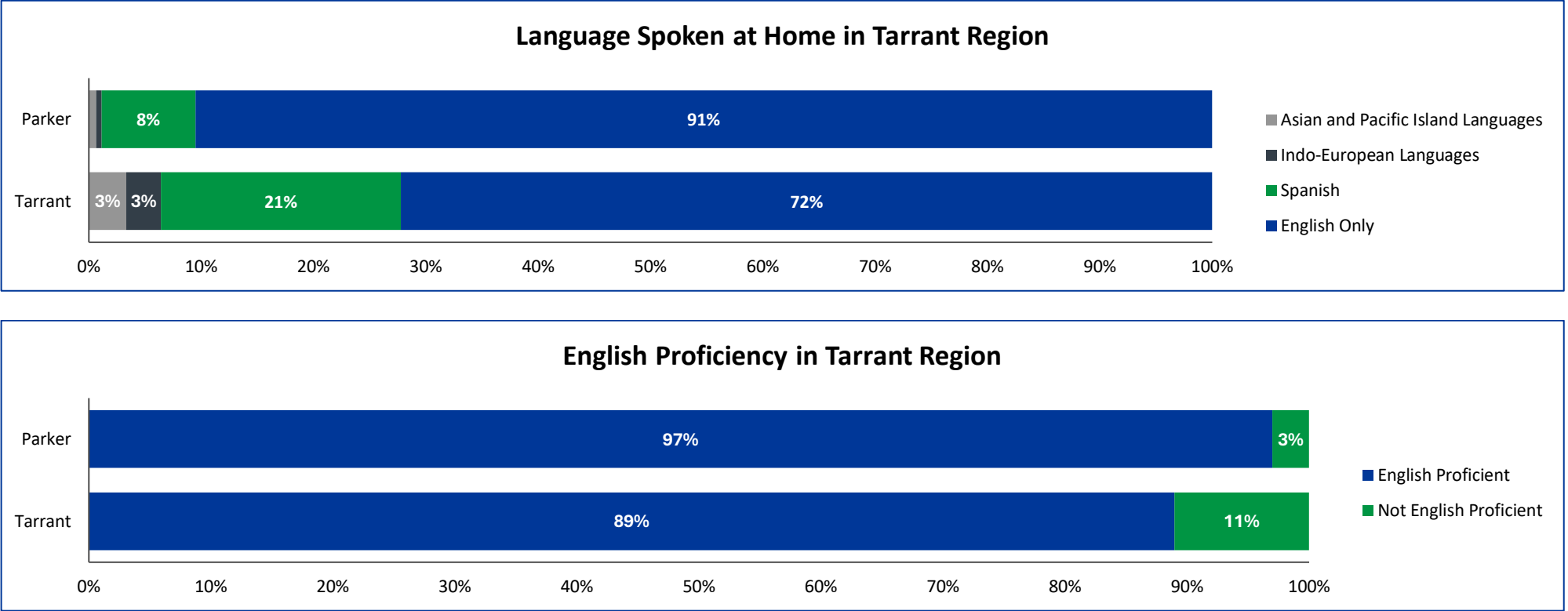


Figure 6: Language Spoken at Home and English Proficiency by County

² American Community Survey (2019–2023).

Race and Ethnicity³

The majority of the population in the Tarrant region is White (55%), which is lower than the national average (63%) but greater than the state average of 54%. Black/African American residents represent the second-largest racial group (16%), with the highest concentration in Tarrant County (17%). Additionally, Hispanic residents make up 29% of the service area population, which is above the national average (19%) but below the Texas average (40%), with the highest concentration in Tarrant County. The Tarrant region reflects substantial racial and ethnic diversity, which is an important consideration for tailoring community health strategies. Figure 7 shows the race and ethnicity distribution by county in the region. More detailed race and ethnicity characteristics by ZIP code can be found in the appendix.

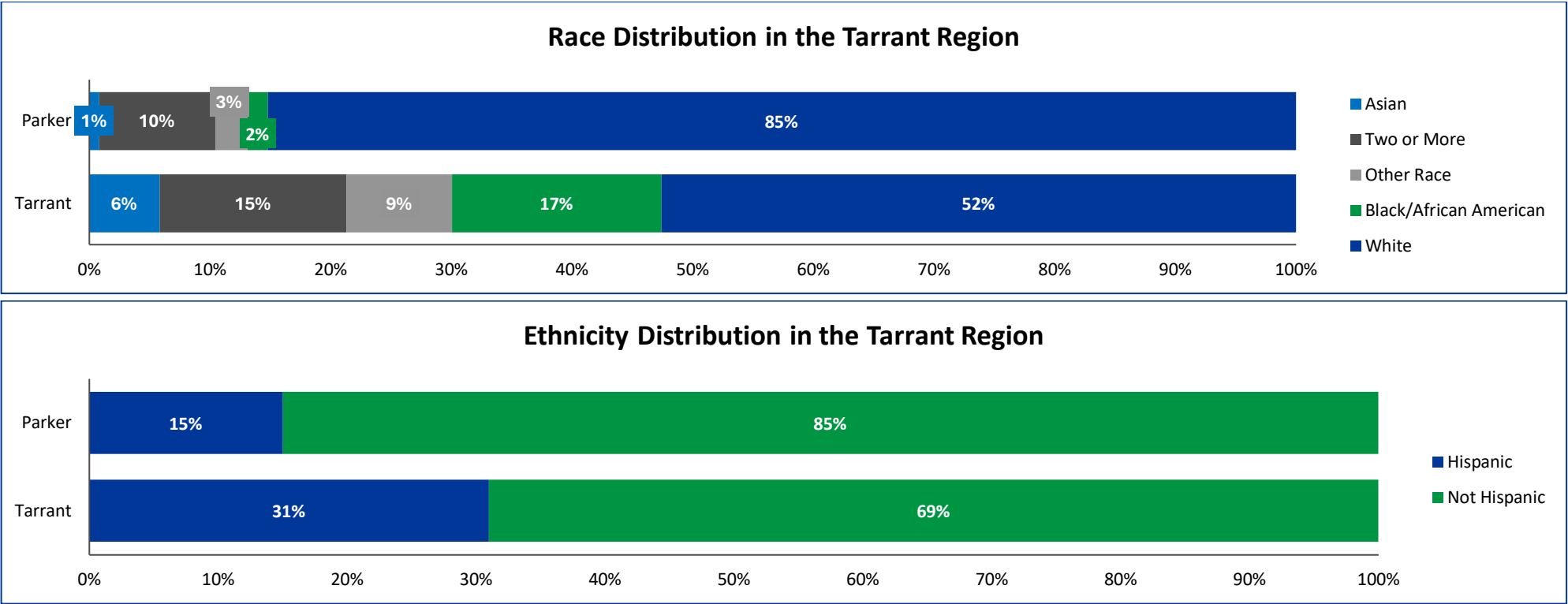


Figure 7: Race and Ethnicity Distribution by County

³ American Community Survey (2019-2023)

Methodology

This section outlines the methodology used to evaluate the service area, including a detailed description of the primary and secondary data sources that informed the assessment.



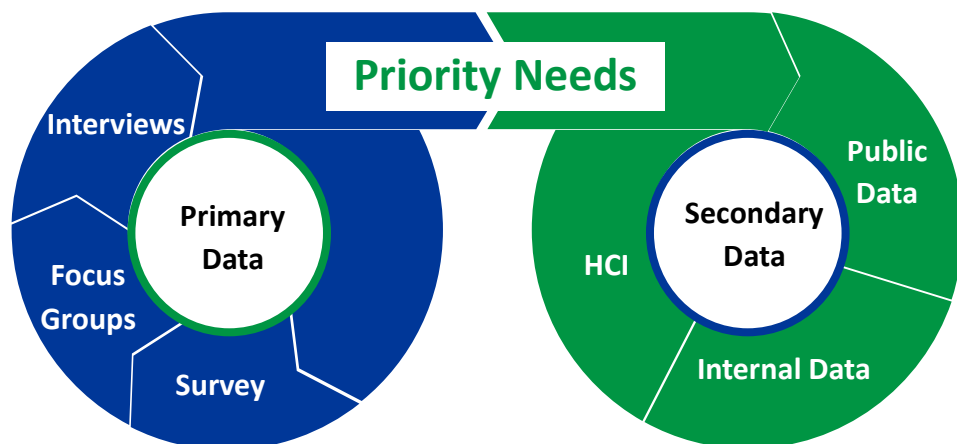
Data Triangulation

Data triangulation is a method used in research and evaluation to enhance the credibility, validity, and richness of findings by combining data from multiple sources.

For the 2025 CHNA process, there were two main sources of data.

- Primary Data: Key informant interviews, the community organization survey, and focus groups
- Secondary Data: Healthy Communities Index (HCI), Texas Health Non-medical Drivers of Health Screening data, and other public national and state datasets

The diagram below demonstrates how key themes were developed, illustrating the intersectionality of these two sources.



Primary Data: Key Informant Interviews, the Community Organization Survey, and Focus Groups

Key Informant Interviews

ECG and Texas Health interviewed 39 key informants (i.e., Texas Health hospital representatives) across the six regions. Interview questions focused on community needs, trends that have emerged since the last CHNA, and the extent to which Texas Health is known to community partners.

Focus Groups

A total of 216 individuals participated in 24 focus groups (8 organizational and 16 community based) conducted by ECG and Texas Health across the six regions. Each focus group addressed community health needs, recent health trends, and Texas Health's visibility to community partners.

Community Organization Survey

A community organization survey sent to organizations within the six regions yielded 379 responses representing 312 unique organizations. Questions in the survey covered Texas Health's community contributions, unmet community needs, and potential shifts in priorities since the last CHNA.

Secondary Data: HCI, Texas Health Risk Screening Data, and Other Public National and State Datasets

Healthy Communities Index (HCI)

While primary data provides critical insight into community perspectives and lived experiences, quantitative data helps illustrate the broader, structural conditions impacting health across the service area. To support this, Texas Health utilized ECG’s comprehensive HCI to identify and compare key barriers to health across the six regions. The HCI integrates publicly available data from the *American Community Survey (2019–2023)* and CDC PLACES (2024 ZCTA release) to evaluate social and structural factors that influence health. Grounded by the US Department of Health and Human Services’ Healthy People 2030 plan and informed by current literature, the tool organizes metrics into 13 core domains that represent non-medical and medical drivers of health. To quantify these barriers, each ZIP code receives a standardized domain score using z-score methodology that measures its relative standing compared to national averages. Each ZIP code is then placed into one of five tiers across each domain, which reflect national percentile-based ranking, as follows:

Tier	Description	National Percentile Range
5	Highest barriers (most at risk)	80th to 100th
4	High barriers	60th to 79th
3	Moderate barriers	40th to 59th
2	Low barriers	20th to 39th
1	Lowest barriers (most advantaged)	0 to 19th

This five-tiered system supports clear and consistent prioritization. ZIP codes in higher tiers often face greater social and structural challenges, correlating with lower self-rated health and shorter life expectancy. The HCI provides a robust foundation for identifying underserved areas, supplementing stakeholder insights from the primary data collection.

Domains Included in the HCI

The 13 domains assessed through the HCI represent a comprehensive view of health-related conditions and access.

These include insurance access and preventive care access, which reflect the ability to afford and receive timely medical services; educational attainment and income, which shape economic stability and health literacy; and employment, which provides not only income but often health benefits. Housing stability and food security are key determinants of chronic disease management and stress, while transportation access influences a person’s ability to reach care, employment, and essential resources. Technology access is increasingly critical for telehealth and health information access, and social connections play an important role in mitigating isolation and promoting mental well-being. The index also accounts for the prevalence of chronic diseases, such as diabetes and hypertension; the existence of behavioral health conditions, including mental illness and substance use disorders; and the presence of physical, mental, or cognitive disabilities that may limit a person’s ability to achieve optimal health. Figure 8 highlights the 13 domains included in the assessment.

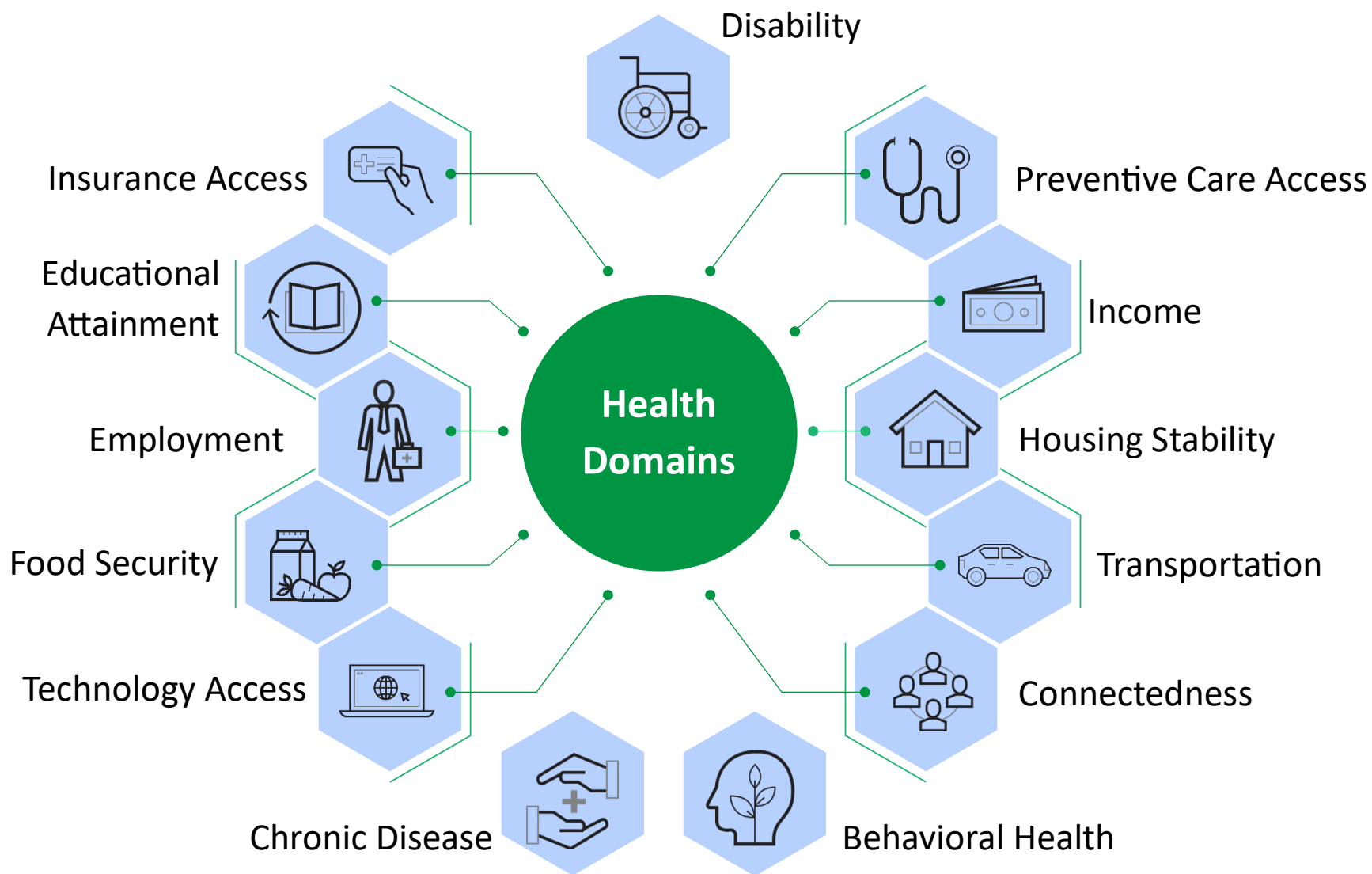


Figure 8: HCI Core Health Domains

Other Public National and State Datasets

In addition to the data in the HCI, other data from national and state sources at the county level were considered for more evidence. Some of these include aggregated sources from County Health Rankings & Roadmaps and individual government sources such as the US Environmental Protection Agency.

Texas Health Non-medical Drivers of Health Screening Data

As of Jan. 1, 2024, the Centers for Medicare & Medicaid Services now requires hospitals participating in the Hospital Inpatient Quality Reporting Program, such as Texas Health, to screen all adult inpatients (aged 18 and older) for the following five key non-medical drivers of health:

- Food Insecurity: Identifies whether patients have experienced worry about their ability to or the actual inability to afford enough food in the past 12 months
- Housing Instability and Quality: Assesses whether patients have a stable living situation and whether their housing environment poses health or safety risks
- Transportation Access: Screens for the lack of reliable transportation that may interfere with medical care, work, or daily activities
- Utility Needs: Determines whether utility services (electricity, gas, water) have been shut off or threatened to be shut off
- Personal Safety: Evaluates whether patients have experienced physical harm, threats, or emotional abuse from others, including family or friends

Limitations

ECG and Texas Health acknowledge that both primary and secondary data sources have inherent limitations. While these limitations do not invalidate the data, they underscore the importance of interpreting findings within the appropriate context, recognizing that no data collection effort is without imperfections

Primary Data Limitations

Community Organization Survey: Survey contains limited geographic coverage due to the availability of participating organizations within the service area.

Key Informant Interviews and Focus Groups: Personal or group bias, limited geographic coverage (due to the inability to represent every area of the service region), and small sample sizes may limit the extent to which findings reflect the full range of community perspectives.

Secondary Data Limitations

HCI: The use of public data often presents a reporting lag of two to three years.

Texas Health Non-medical Drivers of Health Risk Assessment: This assessment only includes data from Texas Health patients.

County-Level Sources: These do not account for ZIP code–level variation, and the use of public data often presents a reporting lag of two to three years.

Secondary Data: 13 Health Domains

This section provides a narrative overview of the 13 health domains included in the HCI, supplemented by county-level data and internal Texas Health sources to offer additional context and insight.



Each health domain in the HCI was analyzed across Texas Health’s Tarrant region. Table 2 presents the average barrier level for each domain within each county in the Tarrant region, calculated as the population-adjusted, weighted average of health domain scores for all ZIP codes in that county.

Barrier levels are categorized as follows:

- Tier 5: The domain reflects severe barriers that significantly threaten community health and well-being.
- Tier 4: The domain presents notable challenges that may contribute to poor health outcomes if unaddressed.
- Tier 3: The domain includes some barriers that could affect access, outcomes, or quality of life.
- Tier 2: The domain shows generally supportive conditions, with only minor concerns present.
- Tier 1: The domain reflects strong, supportive conditions that promote optimal health and stability.

Additionally, it is important to note that (1) barriers vary within each county and (2) ZIP code–level differences may be masked by county averages. More granular analyses at the ZIP code level are provided in the appendix.















County	Insurance Access	Preventive Care Access	Educational Attainment	Income	Employment	Housing Stability	Food Security	Transportation	Technology Access	Connectedness	Chronic Disease	Disability	Behavioral Health
Parker	●	●	●	●	●	●	●	●	●	●	●	●	●
Tarrant	●	●	●	●	●	●	●	●	●	●	●	●	●

Table 2: 13 Health Domain Barriers by County

Table 2 highlights significant differences between Parker and Tarrant Counties across the 13 measured domains. Notable disparities are seen in income and insurance access. These findings illustrate how, even within the same broader region, sub–service areas can experience vastly different non-medical drivers of health. The following pages provide a detailed breakdown of each domain within the Tarrant region and identify specific ZIP codes where residents face greater barriers to health.



Insurance Access

Lack of insurance can lead to delayed care or make healthcare services financially inaccessible.⁴ Figure 9 shows the level of barrier by ZIP code in the Tarrant region for the insurance access domain. This domain considers one measure: the rate of insured adults aged 18 to 64. This is a particularly important population, as adults aged 18 to 64 make up the largest age group in the service area.

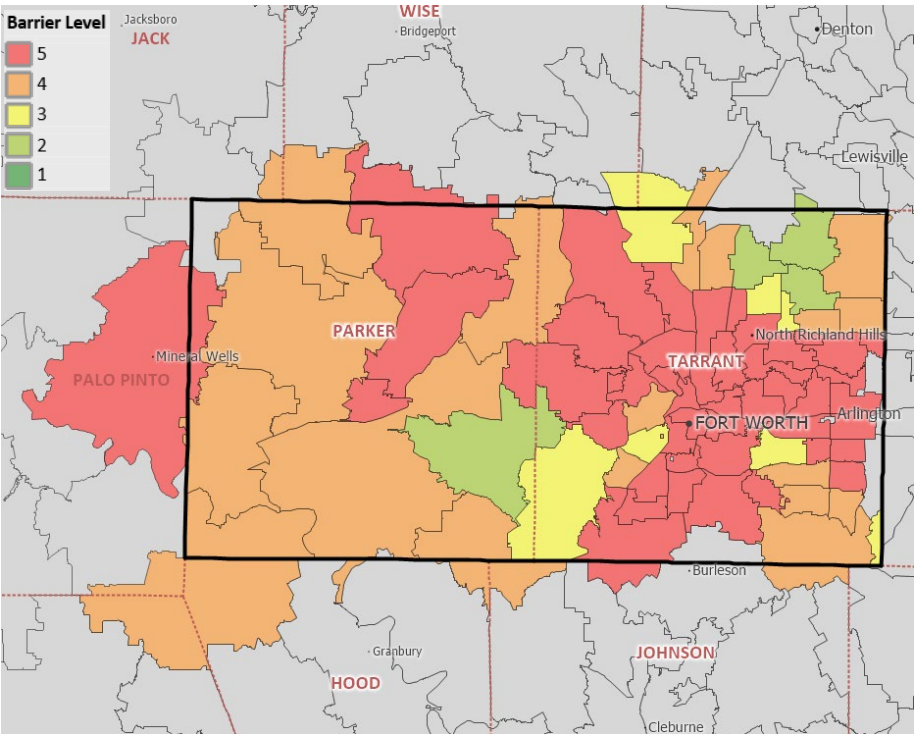


Figure 9: Insurance Access Barriers

Figure 10 shows that both Parker and Tarrant Counties fall below the national benchmark for insured adults aged 18 to 64, highlighting a significant barrier to insurance access. Although both counties surpass the Texas state average, the data highlights the ongoing need for expanded healthcare coverage and access, as Texas continues to lag behind national levels. In the Tarrant region, Tarrant County exhibits the highest barriers. County-level data⁵ further reinforces this challenge: both counties in the service area exceed the national average for uninsured children (5%), with the highest rate in Parker County at 11%. These patterns highlight persistent gaps in insurance coverage across both adult and pediatric populations.

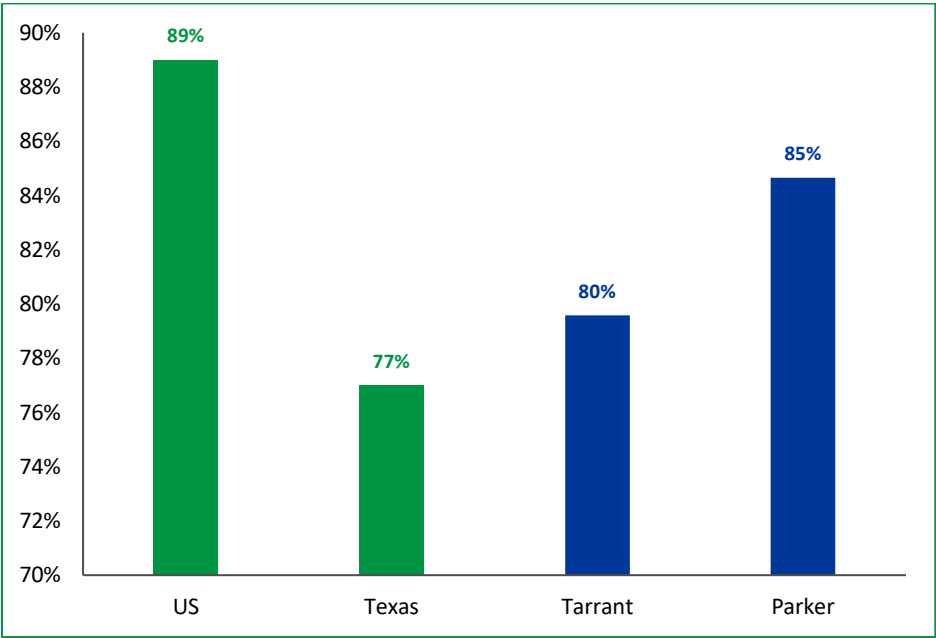


Figure 10: Insured Rate by County Among Adults Aged 18–64 (CDC PLACES [2024]). Higher insurance rates typically lead to more favorable health outcomes.

⁴ KFF (2023).

⁵ County Health Rankings & Roadmaps (2025).

Preventive Care Access

Research shows that limited access and low participation in preventive services—such as cancer screenings, routine primary care, and medication adherence for chronic conditions—are associated with significantly poorer health outcomes.⁶ Figure 11 shows the level of barrier by ZIP code in the Tarrant region for the preventive care access domain. Five measures are considered in this domain: blood pressure medication access, mammography screening rate among adults aged 50 to 74, colon screening rate among adults aged 45 to 75, annual dentist visit among adults, and annual visit to the doctor for routine checkup among adults. Together, these measures serve as a proxy for the ease of accessing screenings, primary care, and essential medications.

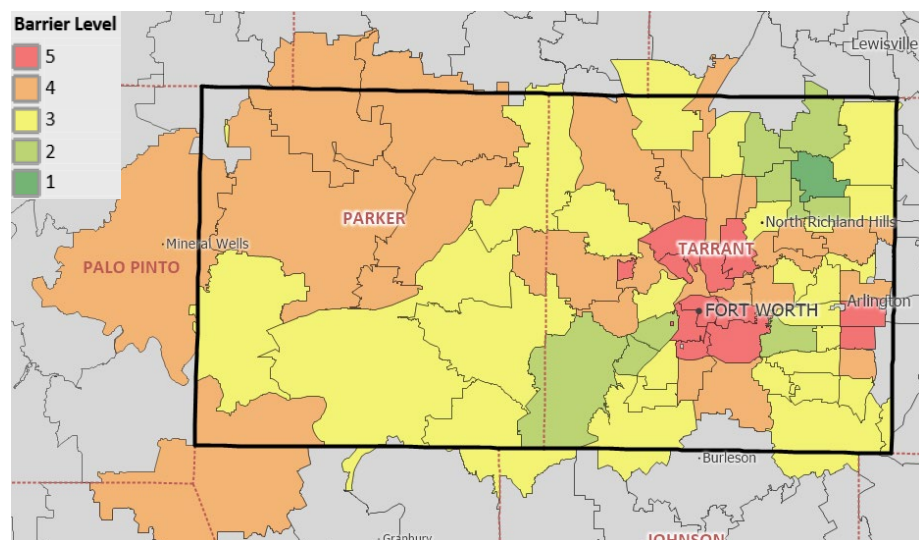


Figure 11: Preventive Care Access Barriers

Figure 12 shows both Parker and Tarrant Counties are below the national average for annual primary care visits and colon screenings among adults aged 45 to 75, reflecting a significant barrier of access to preventive care in the service area. Tarrant County has the greatest barriers in the region. Additionally, county-level data revealed that both counties in the service area have an insufficient supply of primary care providers, mental health providers, and dentists, with provider-to-population ratios worse than the national average,⁷ further hindering access to preventive care.

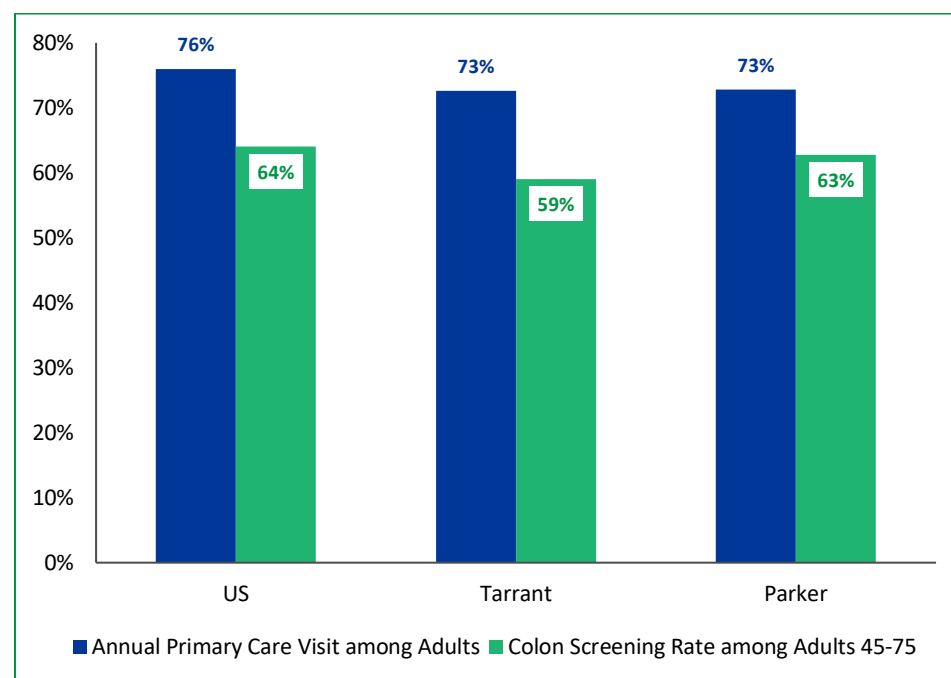


Figure 12: Preventive Care Access Measures by County (CDC PLACES [2024]). Higher primary care visits and colonoscopies typically lead to more favorable health outcomes.

⁶ US Department of Health and Human Services, Healthy People 2030: Preventive Care.

⁷ County Health Rankings & Roadmaps (2025).

Educational Attainment

Research shows that educational attainment is correlated with health literacy, which affects chronic disease management and healthcare navigation.⁸ Figure 13 shows the level of barrier by ZIP code in the Tarrant region for the educational attainment domain. Two measures are considered in this domain: adults over 25 years of age with at least a high school diploma and adults over 25 years of age with at least a bachelor's degree. These metrics are a proxy for health literacy.

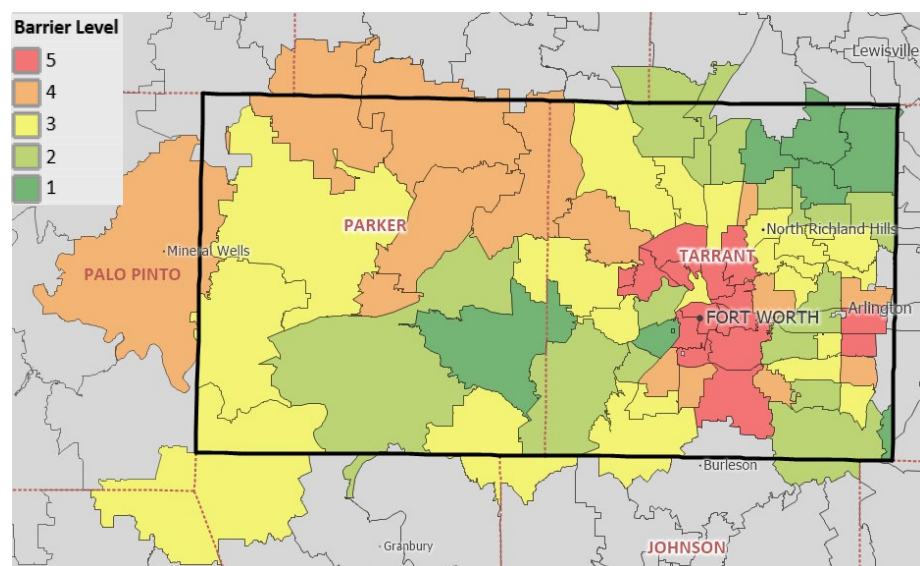


Figure 13: Educational Attainment Barriers

Figure 14 shows Tarrant County is below the national average for adults aged 25 and older with at least a high school diploma or bachelor's degree, potentially reflecting a significant barrier of health literacy in

⁸ National Assessment of Adult Literacy and the Agency for Healthcare Research and Quality.

localized areas of Tarrant County. Although Parker County is above the national benchmark for educational attainment, figure 13 shows northern Parker County is more vulnerable than southern Parker County.

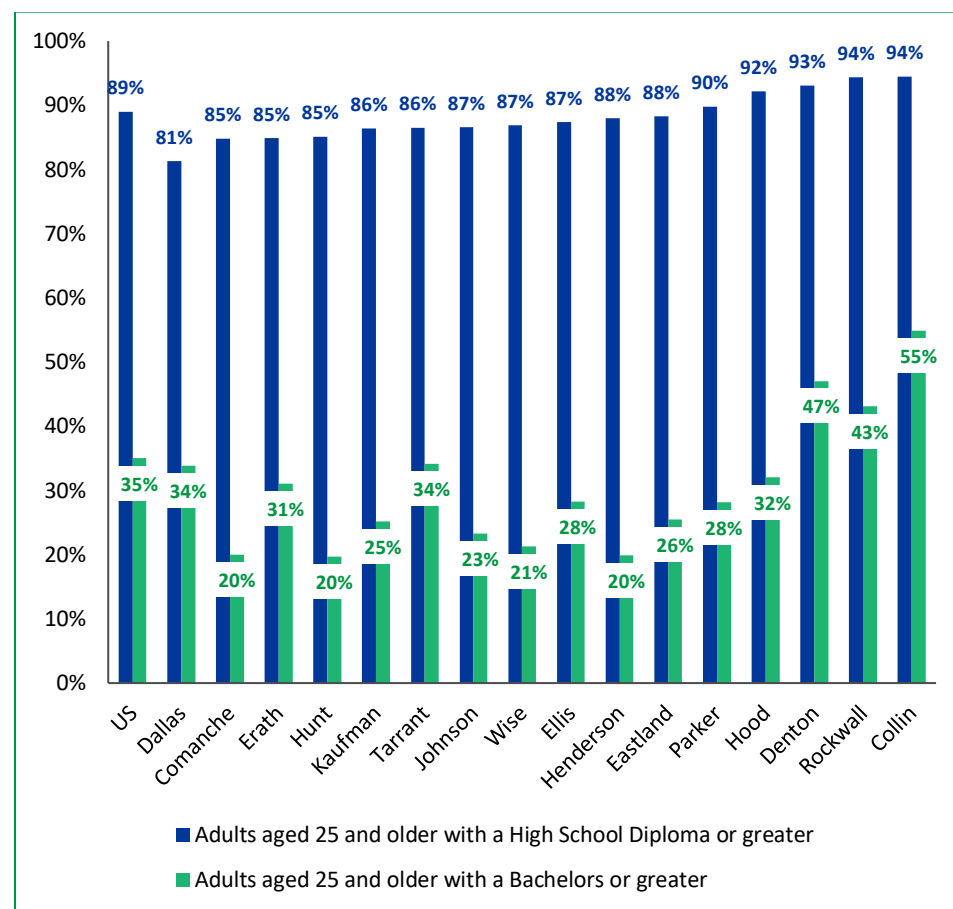


Figure 14: Educational Attainment Measures by County (American Community Survey [2019–2023]). Higher rates of adults with at least a high school diploma typically lead to more favorable health outcomes.

Income

Income is a significant predictor in one's ability to afford out-of-pocket medical costs.⁹ Figure 15 shows the level of barrier by ZIP code in the Tarrant region for the income domain. This domain considers one measure: median household income.

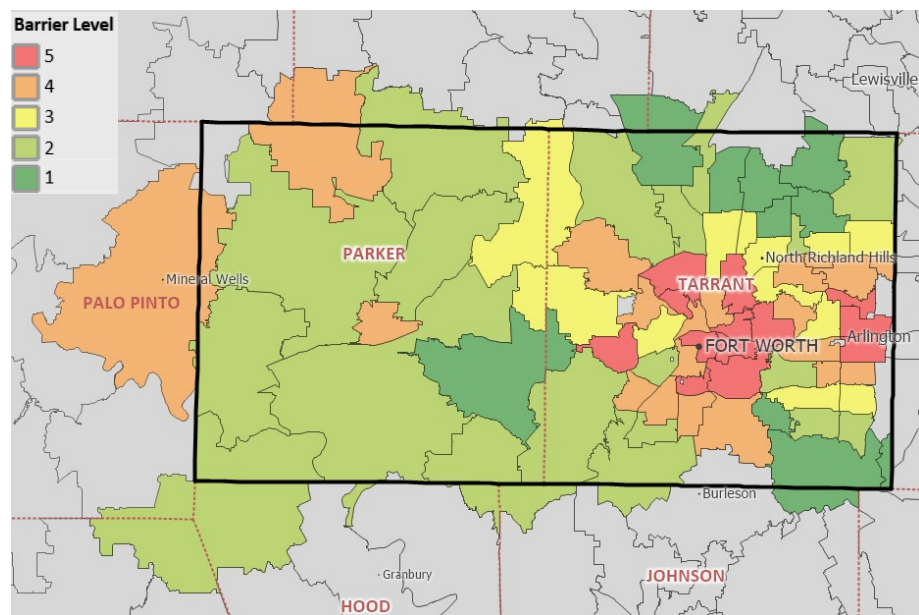


Figure 15: Income Barriers

Figure 16 shows Tarrant County is below the national benchmarks for median household income, potentially reflecting income barriers in localized parts of Tarrant County. Figure 15 shows there is variability in income across Tarrant County, with more ZIP codes with a higher barrier level in the central part of the county.

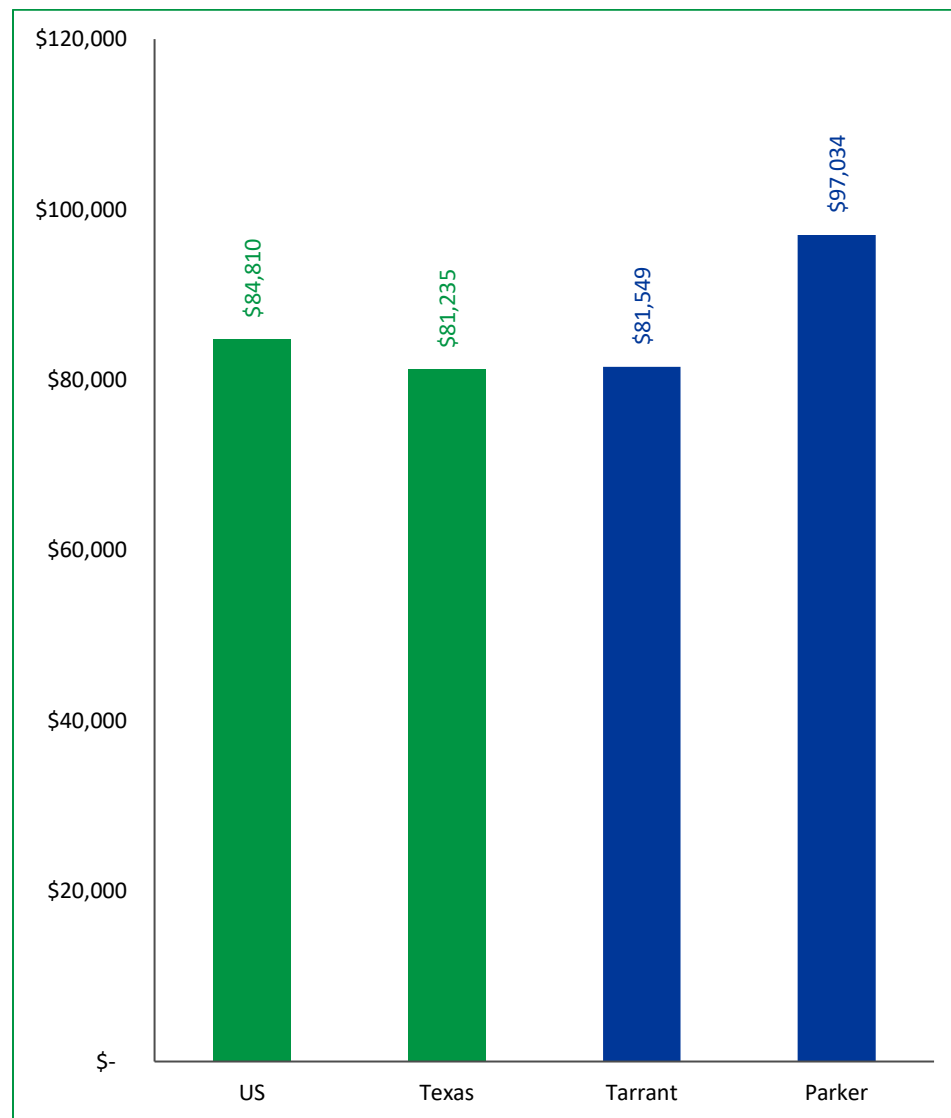


Figure 16: Median Household Income by County (American Community Survey [2019–2023]).
Higher income typically leads to more favorable health outcomes.

⁹ KFF, “Key Facts About the Uninsured Population” (2023).

Employment

Employment is a significant predictor in one's ability to access to commercial health insurance, as most health insurance in the US is employer-sponsored insurance (ESI).¹⁰ Figure 17 shows the level of barrier by ZIP code in the Tarrant Region for the employment domain. One measure is considered in this domain: the civilian unemployment rate.

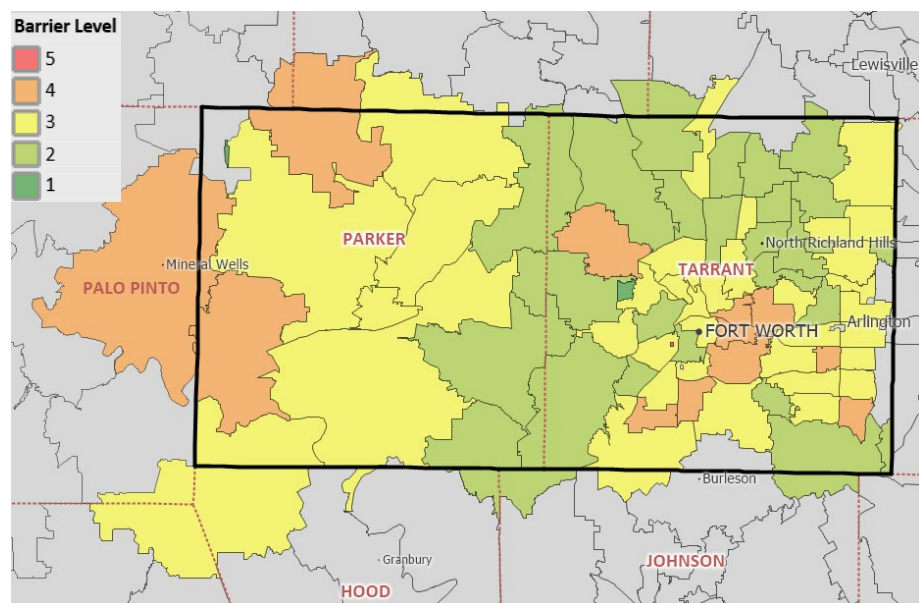


Figure 17: Employment Barriers

Figure 18 shows that both counties are below the national and state benchmarks for unemployment. Although both counties have a lower unemployment rate, figure 17 shows that localized barrier persist in various parts of Parker and Tarrant County. It is also important to note that in Texas, 94.9% of large firms (i.e., 50 or more employees) offer ESI, while 28.7% of small employers offer ESI.¹⁰

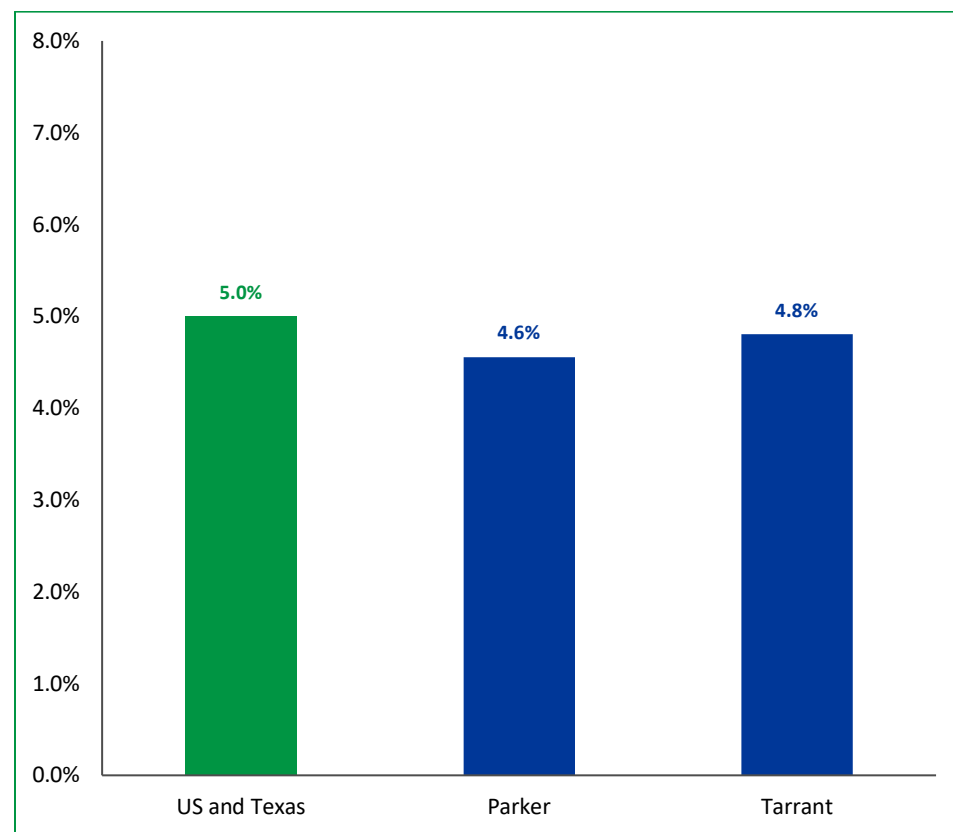


Figure 18: Civilian Unemployment Rate by County (American Community Survey [2019-2023]). Higher unemployment typically leads to less favorable health outcomes.

¹⁰ KFF, *Employer Health Benefits Survey* (2023).

Housing Stability

Housing instability can lead to exposure to toxins, reduced ability to manage chronic disease and other illnesses, and stress.¹¹ Figure 19 shows the level of barrier by ZIP code in the Tarrant region for the housing stability domain. Three measures are considered in this domain: housing insecurity among adults in the last 12 months, threat of utilities shutting off among adults in the last 12 months, and percentage of households with a housing burden (i.e., spending more than 30% of income on housing). These metrics all describe the housing stability of a service area.

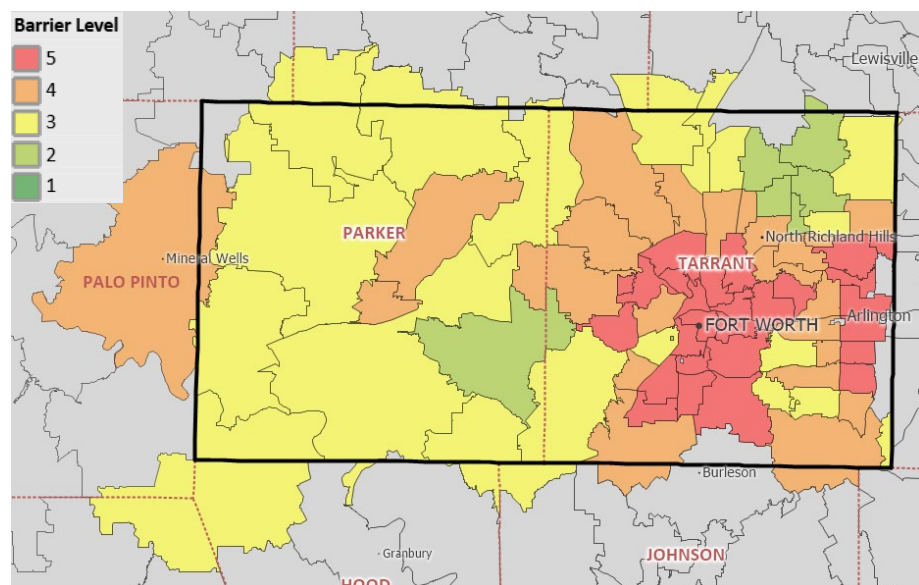


Figure 19: Housing Stability Barriers

Figure 20 shows Parker and Tarrant County is above the national benchmark for housing insecurity and threat of utilities shutting off, potentially reflecting a significant barrier of housing stability in the Tarrant region. However, figure 19 reveals that areas in central and eastern Tarrant County experience greater localized challenges related to housing stability.

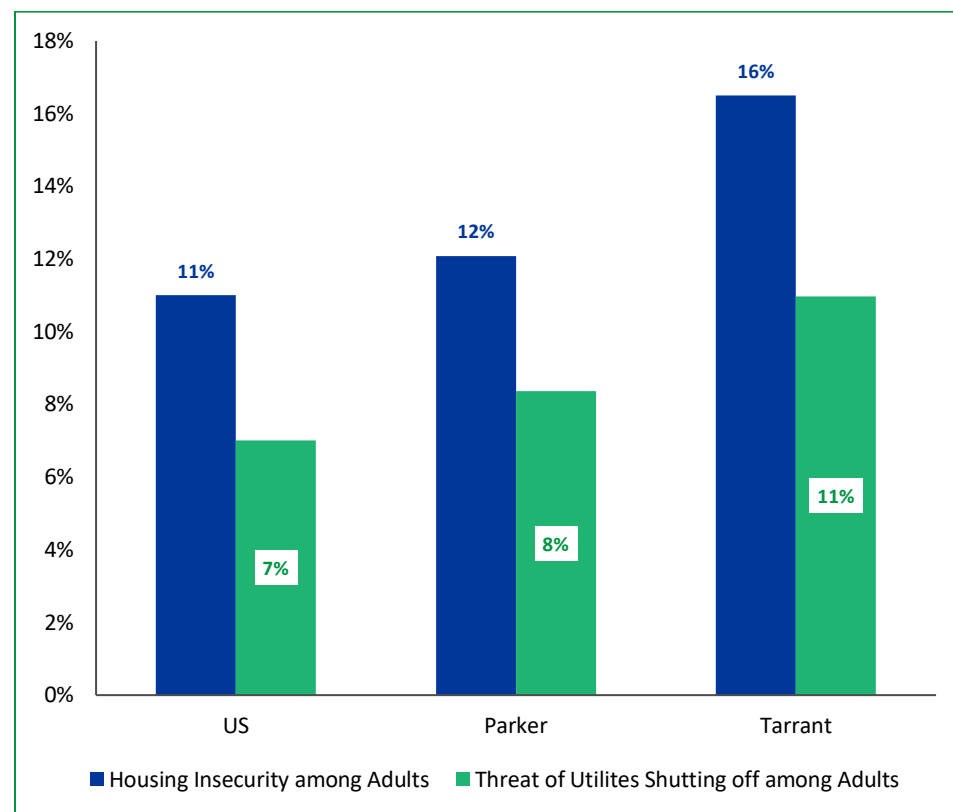


Figure 20: Housing Stability Measures by County (CDC PLACES [2024]). Higher housing insecurity and threat of utilities shutting off typically lead to less favorable health outcomes.

¹¹ US Department of Health and Human Services, Healthy People 2030.

Food Security

Food security is essential for managing chronic disease and illnesses.¹² Figure 21 shows the level of barrier by ZIP code in the Tarrant region for the food security domain. Two measures are considered in this domain: food insecurity among adults in the last 12 months and receiving food stamps among adults in the last 12 months. The food insecurity metric describes the lack of consistent access to enough food for every person in a household to live an active, healthy life. The metric for receiving food stamps is an additional indicator to understand who needs and utilizes food assistance in the service area.

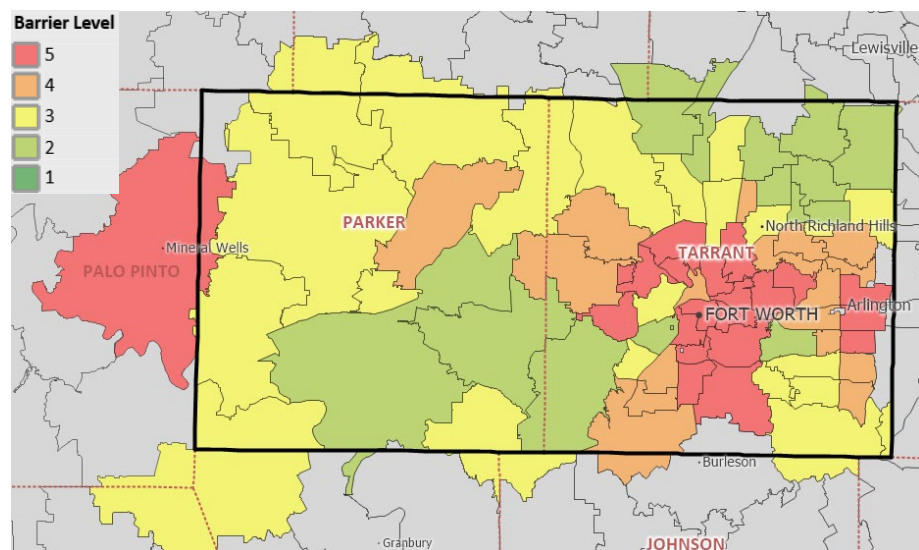


Figure 21. Food Security Barriers

Figure 22 shows both Parker and Tarrant County are at or above the national benchmark for food insecurity and adults receiving food stamps. However, figure 21 shows that central and western Tarrant County faces greater food security barriers.

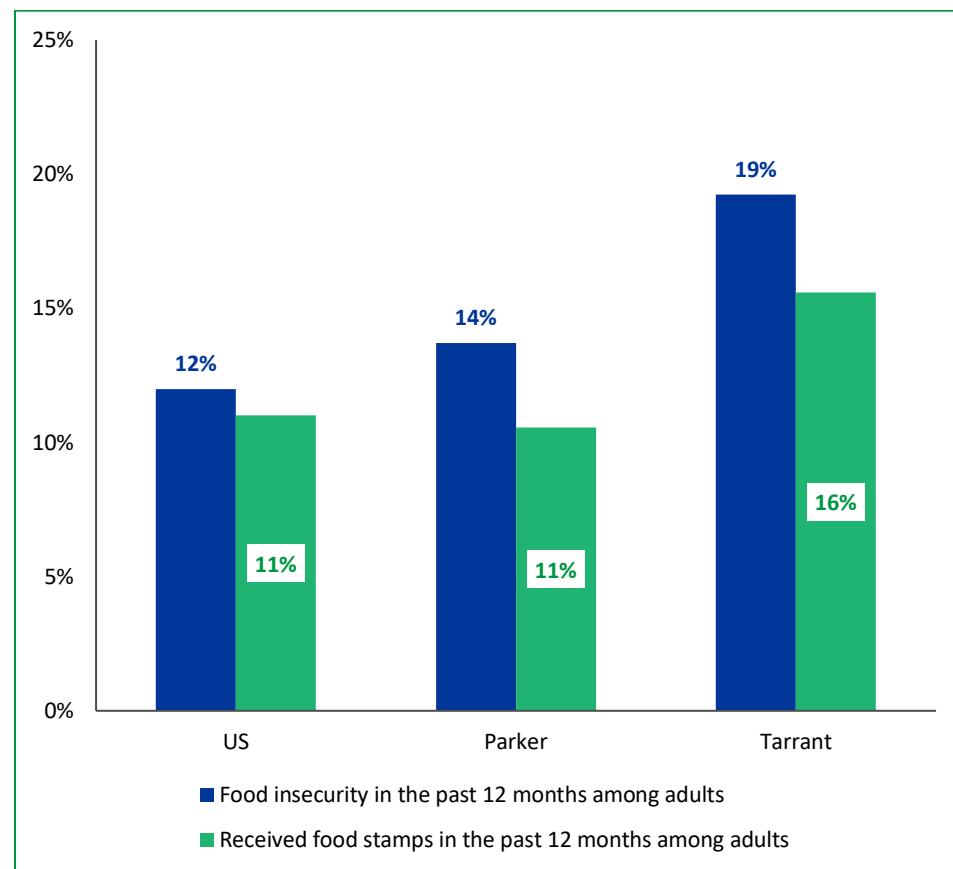


Figure 22: Food Security Measures by County (CDC PLACES [2024]). Higher food insecurity typically leads to less favorable health outcomes.

¹² Gregory and Coleman-Jensen, USDA Economic Research Service (2017; updated 2022).

Transportation

Reliable transportation is essential for accessing care, particularly in a service area where patients often need to travel to receive services. Transportation includes public transit, personal vehicles, and alternative modes such as rideshare or community shuttles. Expanding access to transportation options can have a significant positive health impact, especially for older adults who may face greater mobility challenges.¹³ Figure 23 shows the level of barrier by ZIP code in the Tarrant region for the transportation domain. One measure is considered in this domain: lack of reliable transportation among adults in the last 12 months.

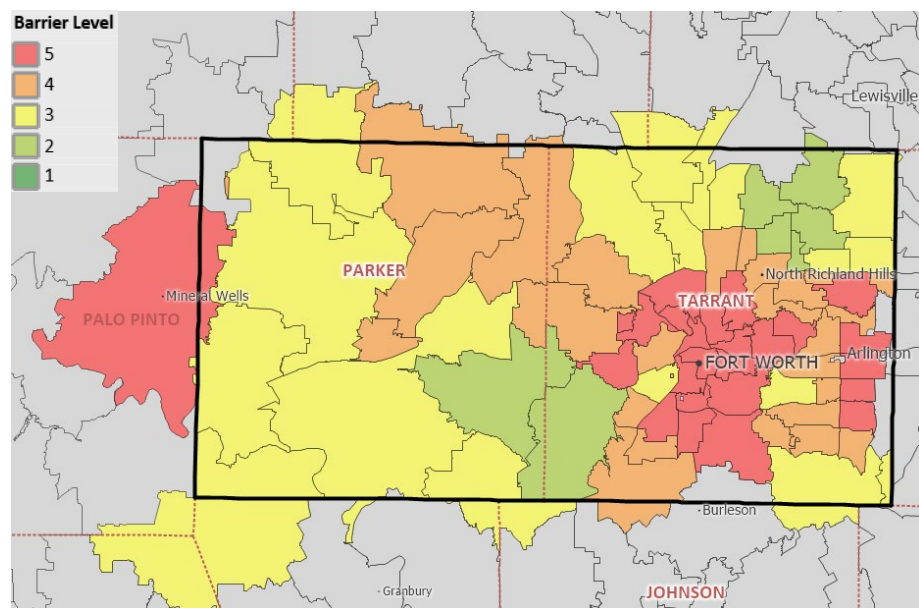


Figure 23: Transportation Barriers

Figure 24 shows that both Parker and Tarrant Counties are at or below the Texas benchmark for lack of reliable transportation, highlighting a broader, systemic transportation challenge within the service area. Although Tarrant County exhibits a higher barrier score than Parker County, both counties face significant gaps in public transportation options, particularly for individuals without access to a personal vehicle. Additionally, county-level data¹⁴ revealed both counties were above the national average for average distance to the nearest public transit, contributing to the elevated rates of lack of reliable transportation in the service area.

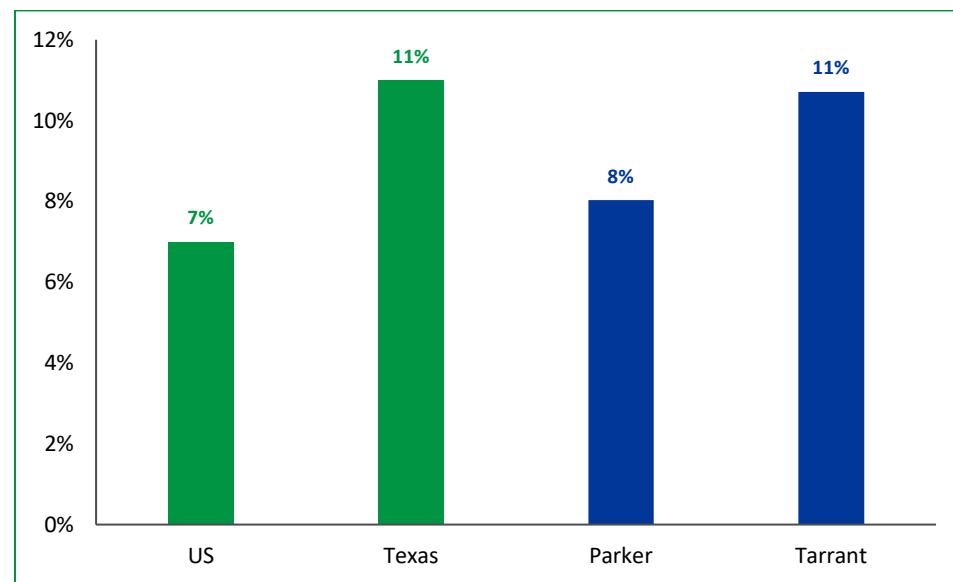


Figure 24: Lack of Reliable Transportation Among Adults by County (CDC PLACES [2024]). Higher transportation insecurity typically leads to less favorable health outcomes.

¹³ National Aging and Disability Transportation Center.

¹⁴ U.S. Environmental Protection Agency Smart Location Database

Technology Access

Access to technology is increasingly important as the healthcare landscape becomes more digital, with greater reliance on electronic health records, patient portals, and telemedicine.¹⁵ Figure 25 shows the level of barrier by ZIP code in the Tarrant Region for the technology access domain. Two measures are considered in this domain: residents without at least one computer device and residents without some type of internet subscription. These metrics reflect the level of technology access within the service area.

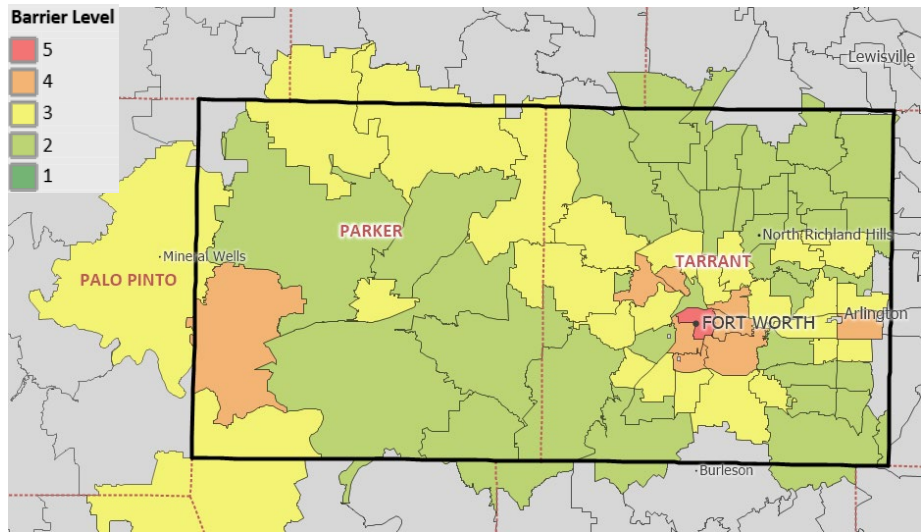


Figure 25: Technology Access Barriers

Figure 26 shows both Parker and Tarrant County are below the national benchmark in residents without some type of internet subscription.

However, figure 25 shows localized challenges persist in central Tarrant County.

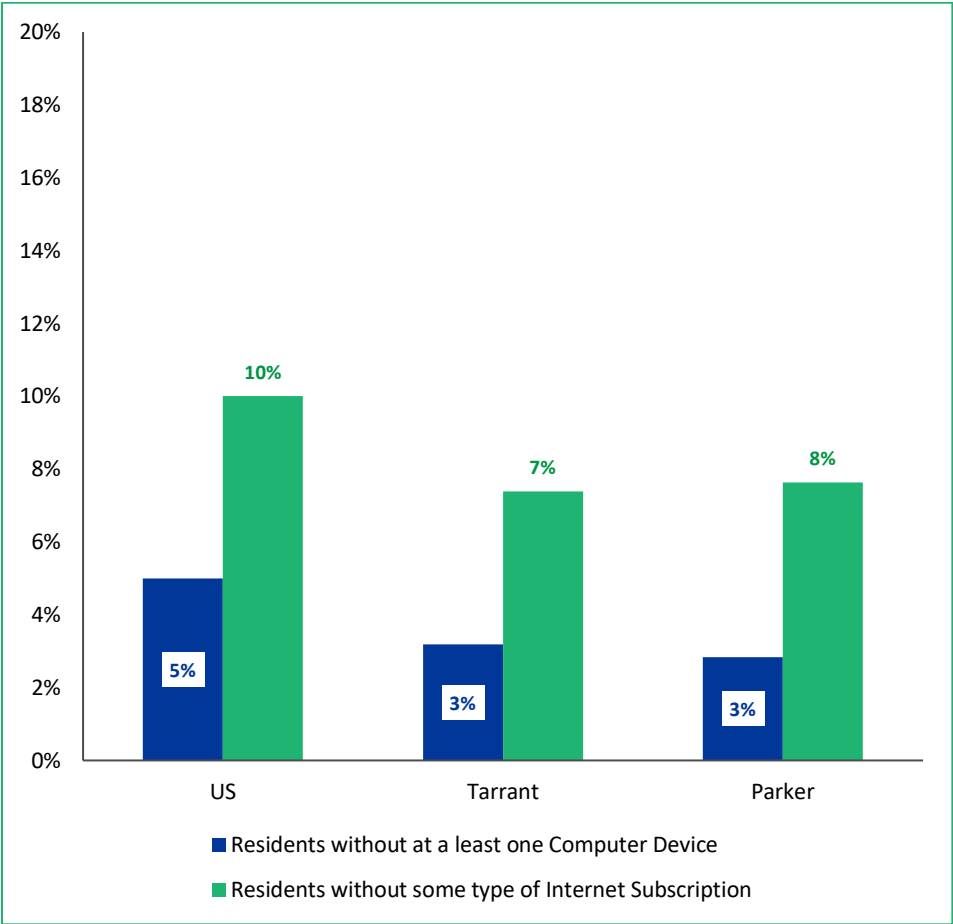


Figure 26: Technology Access Measures by County (American Community Survey [2019–2023]). Higher technology insecurity rates could lead to less favorable health outcomes.

¹⁵ ONC, “Individuals’ Access and Use of Patient Portals and Smartphone Health Apps” (2023).

Connectedness

Connectedness is a key driver of health, as strong social connections are associated with lower rates of depression, anxiety, and stress and improved chronic disease management.¹⁶ Figure 27 shows the level of barrier by ZIP code in the Tarrant region for the connectedness domain. Three measures are considered in this domain: lack of emotional support among adults, feelings of social isolation among adults, and households headed by a single parent. These metrics reflect the level of social support experienced by adults in the service area.

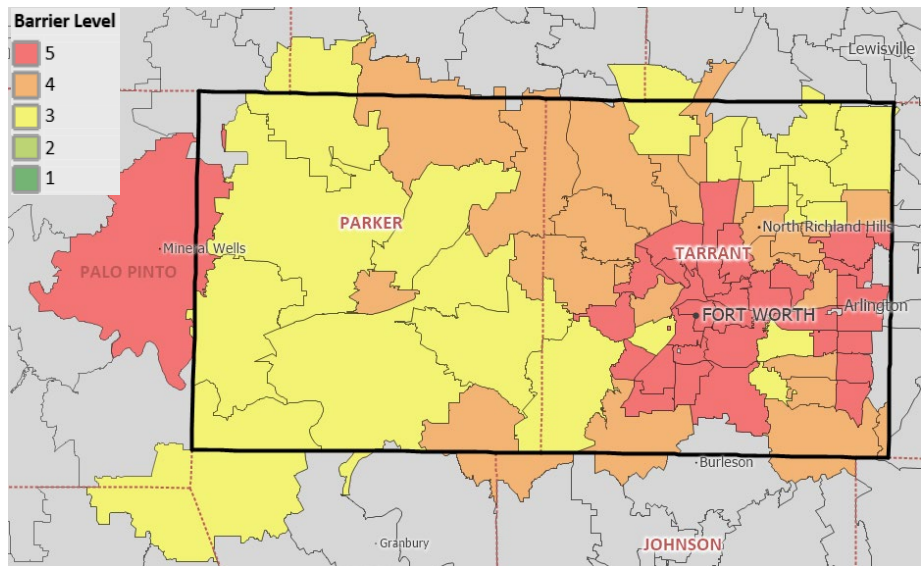


Figure 27: Connectedness Barriers

While not all single-parent households lack social support, they are statistically more likely to encounter barriers that impact their ability to maintain consistent emotional or logistic support.¹⁷ Figure 28 shows both Parker and Tarrant Counties are above the national benchmark for isolation and lack of emotional support among adults, reflecting a significant barrier of social support in the service area. Additionally, internal non-medical drivers of health screening data from Texas Health¹⁸ revealed the category with the most risk in the region was personal safety, aligning with the vulnerability of social support in the service area.

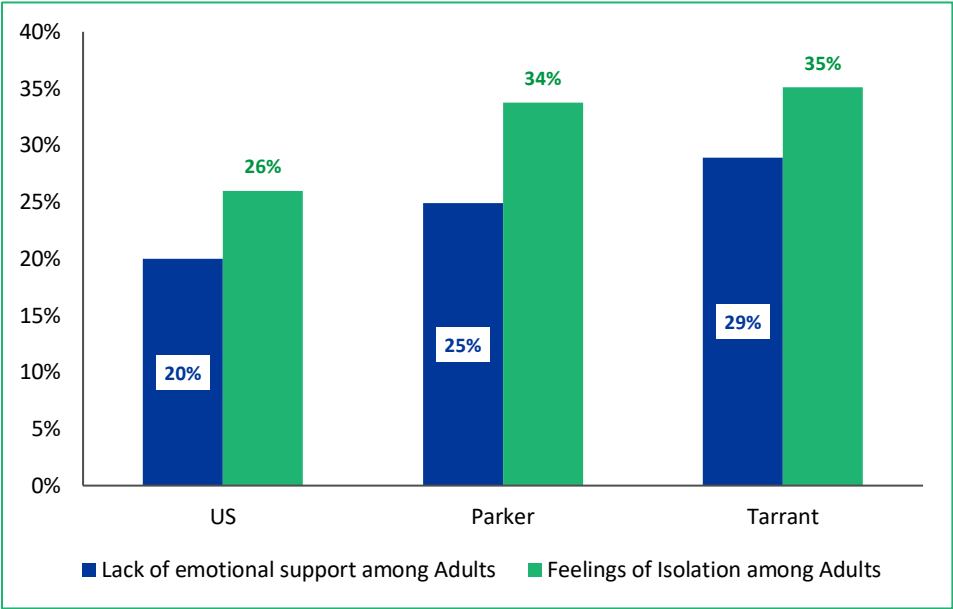


Figure 28: Social Support Measures by County (CDC PLACES [2024]). Higher lack of emotional support typically leads to less favorable health outcomes.

¹⁶ Harvard T.H. Chan School of Public Health, “The Importance of Connections: Ways to Live a Longer, Healthier Life” (2023).

¹⁷ Springer, *Journal of Family and Economic Issues* (2018).

¹⁸ Internal Texas Health data.

Chronic Disease

A chronic disease is a long-lasting health condition that typically persists for one year or more and requires ongoing medical attention and/or limits daily activities. This domain evaluates adult prevalence rates of coronary heart disease (CHD), cancer, chronic obstructive pulmonary disease (COPD), high blood pressure (HBP), diabetes, asthma, and obesity across the service area. Table 3 summarizes these rates in the Tarrant region. **Green** indicates the measure is at or below the national average, and **Red** indicates the measure is above the national average.

County	CHD	Cancer	COPD	HBP	Diabetes	Asthma	Obesity
Parker	8%	9%	8%	35%	13%	10%	38%
Tarrant	6%	6%	7%	33%	13%	10%	39%
Texas	7%	6%	7%	33%	14%	10%	37%
US	7%	8%	7%	31%	12%	11%	34%

Table 3: Chronic Disease Prevalence by County (CDC PLACES [2024])

The findings indicate that HBP, obesity, and diabetes are the most prevalent chronic conditions across the Tarrant region. The highest rates are concentrated in northwestern Parker County and south central Tarrant County, indicating a high need for chronic disease management in these areas. ZIP code–level data for all chronic disease indicators can be found in the appendix, which can be used to support localized planning and intervention efforts.

Figure 29 shows the barrier levels for chronic disease in the Tarrant region. ZIP codes with a higher barrier level typically experience more chronic disease compared to national benchmarks.

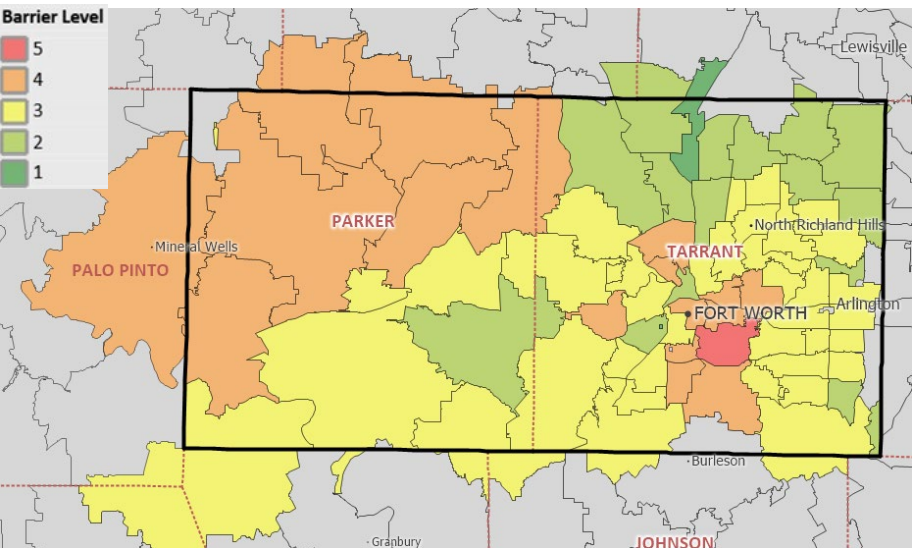


Figure 29: Chronic Disease Barriers

Behavioral Health

Behavioral health refers to the connection between behaviors, mental well-being, and physical health. It encompasses the prevention, diagnosis, and treatment of mental health conditions, as well as substance use disorders. Therefore, this domain examines rates of frequent mental distress, depression, cognitive disability, binge drinking, and cigarette smoking among adults. Frequent mental distress, depression, and cognitive disability all indicate the prevalence of mental disorders in the service area. Binge drinking and cigarette smoking can be risk factors for substance use disorders. Table 4 summarizes these rates in the Tarrant region. **Green** indicates the measure is at or below the national average, and **Red** indicates the measure is above the national average.

County	Frequent Mental Distress	Depression	Cognitive Disability	Binge Drinking	Cigarette Smoking
Parker	18%	24%	15%	19%	16%
Tarrant	18%	22%	15%	17%	15%
Texas	18%	22%	16%	18%	15%
US	17%	22%	15%	17%	15%

Table 4: Behavioral Health Measures Among Adults by County (CDC PLACES [2024])

The findings indicate there is a need for behavioral health services in the service area, as frequent mental health distress, depression, and cognitive disability affect 15% to 24% of adults in the region. Parker County has the highest rates of frequent mental health distress, depression, and cognitive disability. Additionally, Parker County has a suicide rate of 17% which is higher than the state and national rate of 13% and higher than Tarrant County (13%). However, behavioral health challenges are localized in south central and west central Tarrant County shown in Figure 28.

Figure 30 shows the barrier levels for behavioral health in the Tarrant region. ZIP codes with a higher barrier level typically have a higher risk of experiencing worse behavioral health outcomes.

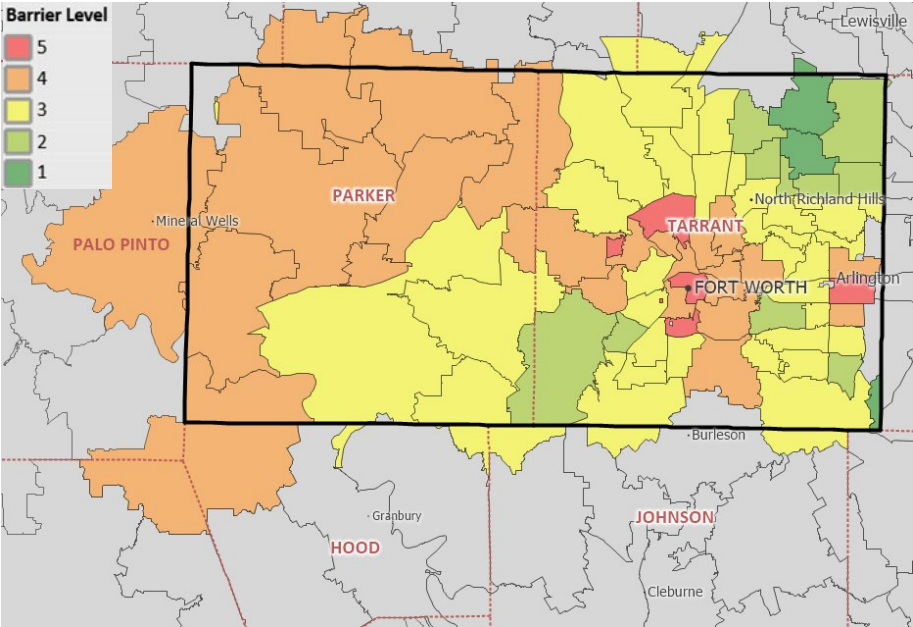


Figure 30: Behavioral Health Barriers

Disabilities

Disabilities encompass any physical or mental impairment that may limit an individual’s ability to perform everyday activities and participate fully in social, economic, or community life.¹⁹ Therefore, this domain examined rates of deafness or difficulty in hearing (hearing); difficulty in doing errands alone, such as visiting a doctor’s office or shopping (independent living); difficulty in walking or climbing stairs (mobility); difficulty in dressing or bathing (self-care); and blindness or difficulty in seeing (vision). Table 5 summarizes these rates in the Tarrant region. **Green** indicates the measure is at or below the national average, and **Red** indicates the measure is above the national average.

Region	Any Disability	Hearing	Independent Living	Mobility	Self-Care	Vision
Parker	33%	8%	8%	15%	4%	5%
Tarrant	31%	6%	9%	15%	4%	6%
Texas	33%	7%	9%	15%	5%	7%
US	31%	7%	8%	14%	4%	6%

Table 5: Disability Measures Among Adults by County (CDC PLACES [2024])

The findings indicate mobility limitations are the most common disability across both counties, signaling a need for transportation and daily living support. Parker County has the highest prevalence of disabilities in the Tarrant region. However, localized challenged for disabilities persist in central and west central Tarrant County.

Figure 31 shows the barrier levels for disabilities in the Tarrant region. ZIP codes with a higher barrier level typically have more disability-related barriers to good health.

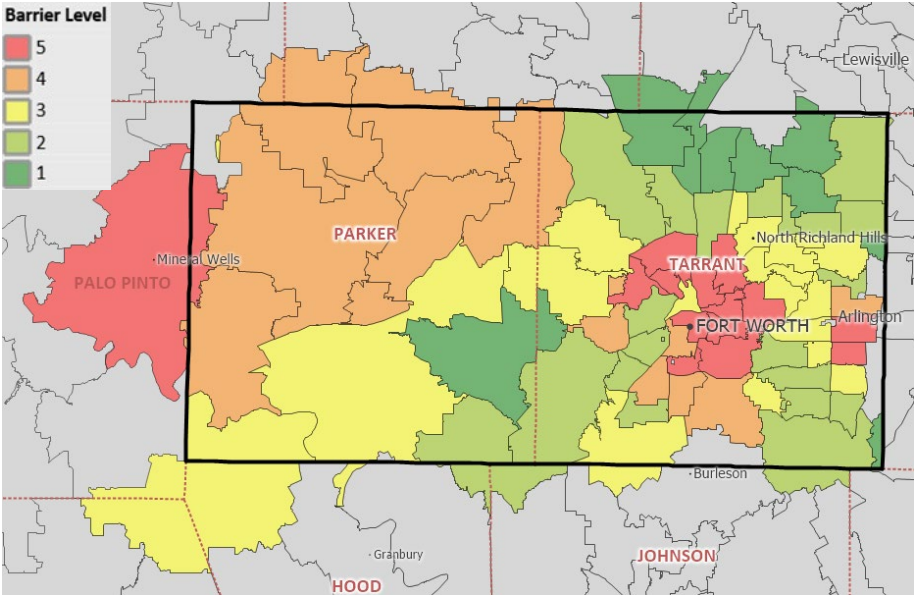


Figure 31: Disabilities Barriers

¹⁹ CDC, Disability and Health.

Primary Data: Themes

This section provides a summary of key themes in the Tarrant region, synthesized from findings across the community survey, stakeholder interviews, and focus groups. The survey explored trends that have emerged since the last CHNA and identified the most pressing community health needs. Interviews and focus groups centered on the core question: “What are the top three health-related problems in your community that you would like to see changed or improved?”



Primary Data: Themes

Overview

This section summarizes key themes in the Tarrant region, drawing on findings from the community survey, stakeholder interviews, and focus groups. The survey explored trends that have emerged since the last CHNA and identified the most pressing community health needs. Interviews and focus groups were designed around the core question: *“What are the top three health-related problems in your community that you would like to see changed or improved?”*

Key Informant Interviews

Key informant interviews are structured, one-on-one conversations with individuals who have specialized knowledge about a community or organization. For this CHNA, ECG and Texas Health conducted interviews with 20 key informants across the Tarrant region. Importantly, these key informants were care transition managers—primarily nurses and social workers—who work directly with patients and families. The interviews focused on understanding community needs, identifying trends since the last CHNA, and gauging the visibility and reputation of Texas Health among community partners. By speaking directly with care managers,

the CHNA captured insights from professionals who have firsthand knowledge of the health challenges faced by community members.

Across the Tarrant region, health literacy and education, homelessness, and access and navigation costs emerged as the most frequently cited challenges. Care managers noted *“health literacy and the desire to obtain health literacy is a challenge – especially patients without primary care physicians.”* Specifically, one informant noted *“many psych patients will begin to feel better but decide to go off of their meds.”*

Homelessness was also highlighted as a critical non-medical driver affecting health. As one informant explained: *“Housing costs are a major barrier for many patients as some patients have to choose between a roof over their head and medication.”* Other informants reiterated *“a lot of people live in hotels, some in vehicles who keep readmitting.”*

Lastly, access and navigation were consistently highlighted as a top concern, with gaps in both services and insurance. Key informants notably emphasized Veteran Affairs (VA) navigation is challenging. Additionally, one informant noted *“uninsured patients have long length of stays because there is nowhere to discharge them and patients that have insurance many products do not cover post-acute care or have significantly high deductibles.”*

Focus Groups



Focus groups are guided group discussions that bring together multiple participants to explore shared experiences and perspectives. For this assessment, 51 individuals participated in nine focus groups across the Tarrant region, including three organizational sessions with local partner organizations and six community-based sessions with residents. Facilitators guided the conversation around community health needs, emerging health trends, and Texas Health’s presence and reputation.

Community participants emphasized the importance of behavioral health, housing and utility costs, and transportation. Residents described challenges with housing affordability: *“Even young professionals making good money struggle to live in Fort Worth,”* highlighting the pressure on both vulnerable and middle-income populations. Transportation barriers were a persistent theme, with many participants noting difficulties getting to doctors due to long wait times or inappropriate vehicle types.

Organizational participants echoed concerns about behavioral health and housing while highlighting access and navigation as a major challenge. One noted, *“We get tons of behavioral health calls, many related to housing—individuals who have been unhoused looking for treatment,”* while another explained, *“Seems like everyone is in their silos and need more coordination...what could happen if you work together is everyone would be better off,”* underscoring the need for integrated services and better communication.

Community Organization Survey



The community organizational survey provides a complementary lens to the qualitative data from focus groups and interviews, capturing the perspectives of organizations that serve the six regions. Across regions, the survey highlights both progress and areas where community health has worsened since the last CHNA.

Tarrant

Tarrant, the largest surveyed region, had 178 respondents, with 26% reporting awareness of Texas Health initiatives.

2022 Priority Area	Improved	Stayed the Same	Worsened	n/a
Health literacy, navigation	22%	30%	13%	35%
Behavioral health	11%	29%	25%	35%
Chronic disease	10%	37%	15%	38%

Behavioral health showed worsening trends for 25% of respondents, while 13% reported worsening health literacy/navigation and 15% indicated chronic disease outcomes had declined.

Organizations emphasized the need for support services for the unhoused, access to chronic illness prescriptions, and financial and insurance literacy programs. Transportation services, telemedicine, food-is-medicine programs, and maternal health services were also frequently mentioned. Loneliness and support for older adults remain critical issues.

Summary Table of Top Three Health-Related Problems Identified in Tarrant			
Region	Key informant Interviews	Community Organization Focus Groups	Community Member Focus Groups
All Sixteen Counties	- Transportation - Behavioral Health - Housing and Utility Cost	- Behavioral Health - Access and Navigation - Transportation	- Transportation - Housing and Utility - Access and Navigation
Tarrant	- Health literacy and education - Homelessness - Access and navigation	- Access and navigation - Behavioral health - Housing and utility cost	- Behavioral health - Housing and utility cost - Transportation

Closing Remarks

The 2025 CHNA for Texas Health combined extensive public data, internal risk screening tools, key informant interviews, focus groups, and a community organization survey to comprehensively evaluate health and quality-of-life needs within Texas Health Resources' primary service area and beyond. This multifaceted approach helped to ensure that diverse perspectives and reliable data informed the assessment. Texas Health will further explore these priorities during the development of the Implementation Strategy and create targeted plans to address the identified needs. We welcome your feedback on this CHNA report to help shape and improve future assessments.



If you have any feedback or remarks, please send them to
THRCHI@texashealth.org

Appendix

- A. Interview and Survey Questions
- B. List of Community Partners
- C. Data Tables
- D. ZIP Code Prioritization

