

# What's in Our Health: Inequitable Access & Health Related Social Needs

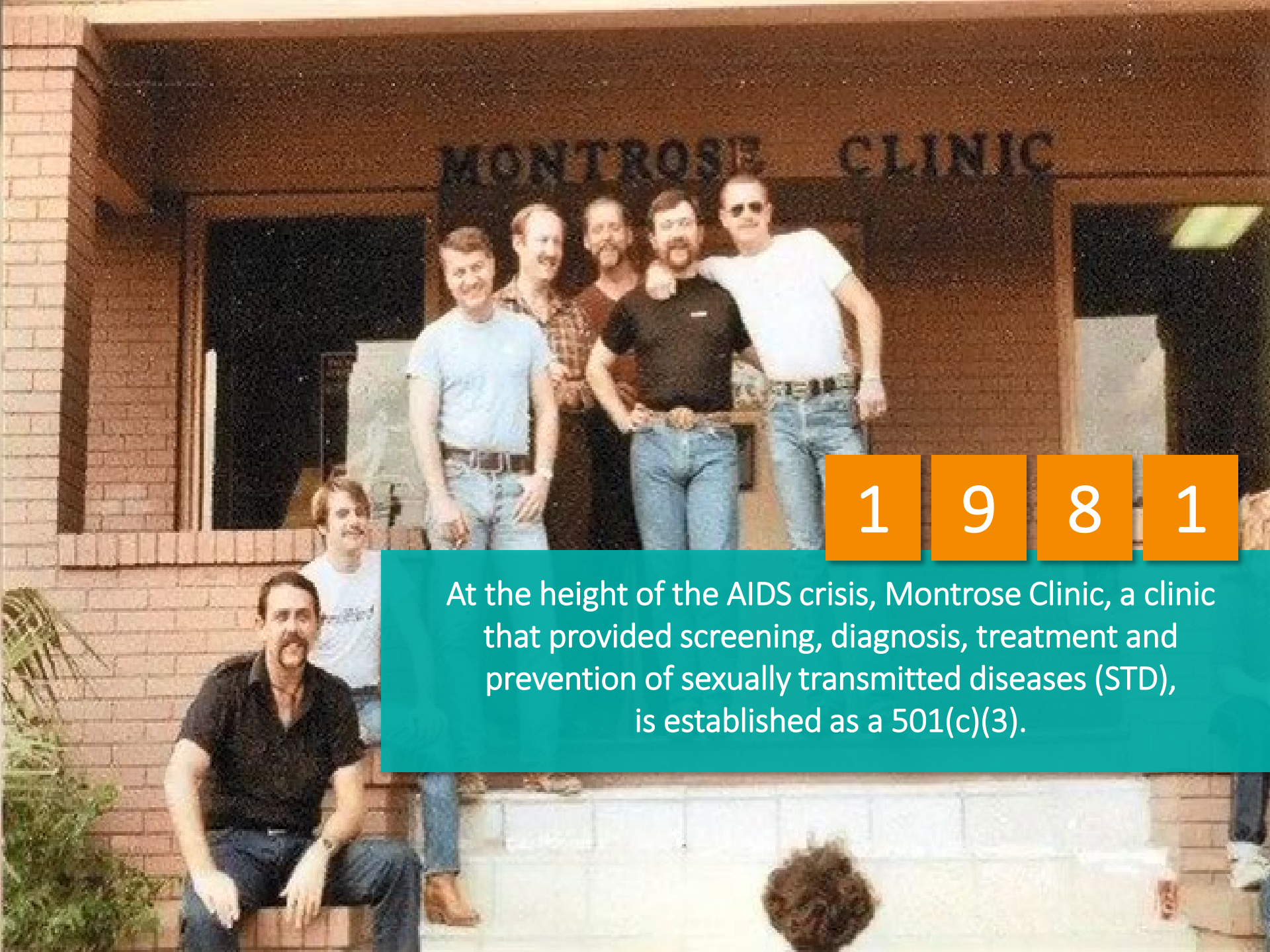


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# Learning Objectives

1. Summary of Health Conditions in Houston
2. Access to Health Care in Houston
3. Overview of Root Causes in Health Disparities
4. Five Ways to be Successful at Addressing Drivers of Health

# The Legacy Story



1

9

8

1

At the height of the AIDS crisis, Montrose Clinic, a clinic that provided screening, diagnosis, treatment and prevention of sexually transmitted diseases (STD), is established as a 501(c)(3).



Legacy Fifth Ward

2 0 2 2

58

Locations across Baytown,  
Beaumont, Deer Park and Houston



1500+

Legacy employees serving the  
community



More than **180,000** patients  
served annually and over

**1 Million**

community members served  
over our 40 year history



# Legacy by the Numbers

**91%**

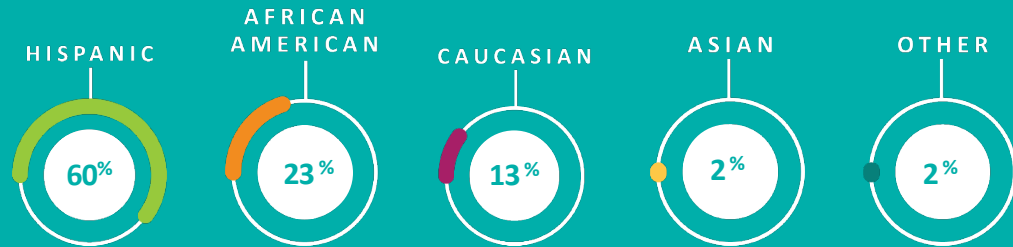
of our patients live at or below 200% of the federal poverty level

**545,193**

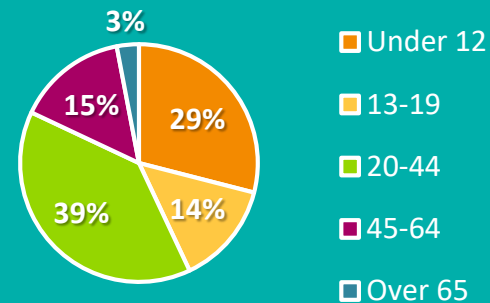
Annual appointments completed

**59,000**

Average number of calls received monthly at Legacy Call Center



Patient Age



# Our Continuum of Care – PCMH Model



Adult  
Medicine



Family  
Medicine



OB/GYN &  
Maternity



Pediatrics



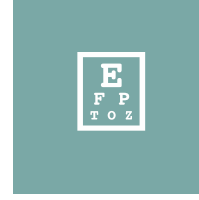
Senior Care



Behavioral  
Health



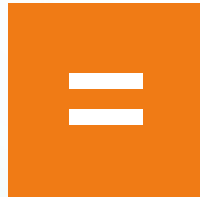
Dental



Vision



HIV/STD Screening,  
Prevention &  
Treatment



LGBTQ+ Health  
Services



Vaccines &  
Immunizations



Pharmacy

## Additional Services

Adolescent Care

Eligibility & Enrollment

Endocrinology

Gender Health & Wellness

Health Promotion &  
Education

Patient Navigation &  
Linkage to Care

Public Health Services

School-Based Health Care

Social Services

**Tip 1: Do your research  
and start a learning  
collaborative...**

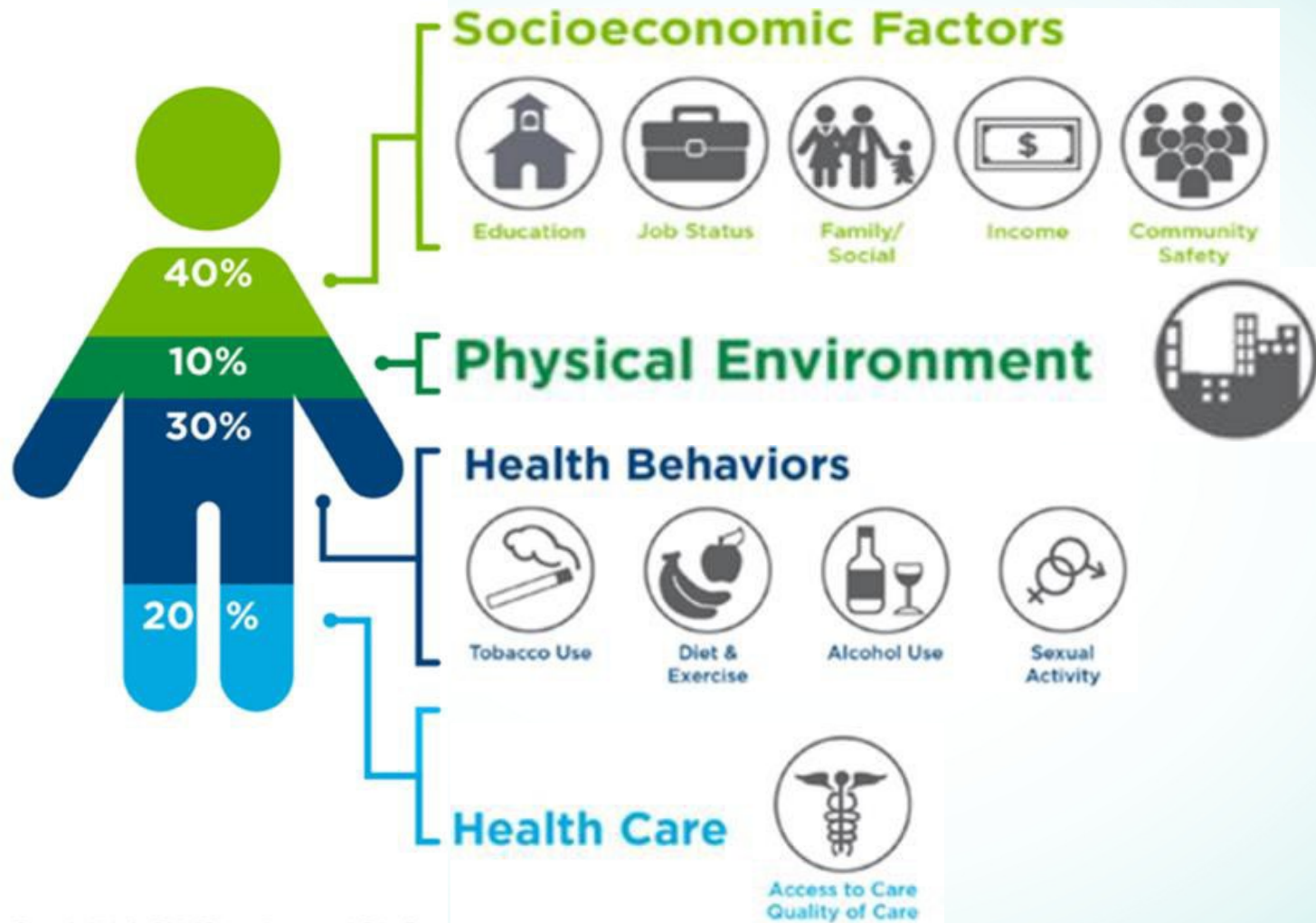


# What is Health?

- a complete state of physical, mental and social well-being
- not merely the absence of disease or infirmity
- achieving its highest attainable level is the right of every human being without distinction of RACE, RELIGION, POLITICAL BELIEF, ECONOMIC or SOCIAL CONDITION
- - World Health Organization, 2014



# What's in Our Health?



# Drivers of Health

- The social determinants of health are the conditions in which people are born, grow, live, work and age.
- These circumstances are shaped by the distribution of money, power and resources at global, national and local levels. - *World Health Organization*
- ...the upstream socioeconomic drivers of poor outcomes and higher costs. (NACHC)
- Social Determinants of Health (SDOH/SDH) include access to food, stable housing, financial resources, safety, etc.

# Harris Co. by the Numbers

230,199  
Households  
below  
the poverty line



Population = 4,758,238  
w/  
Avg. household size = 2.84

Only  
203,857  
Households  
receiving SNAP



**SNAP GAP?**



317,453

Households With  
Disability

AT RISK POPULATION



527,307

Population 65+



95,285

Households Without  
Vehicle

Source: <https://business.maps.arcgis.com/apps/opsdashboard/index.html#/dc74772707d94db9a7d24d30ffdcf36c>

LegacyCommunityHealth.org

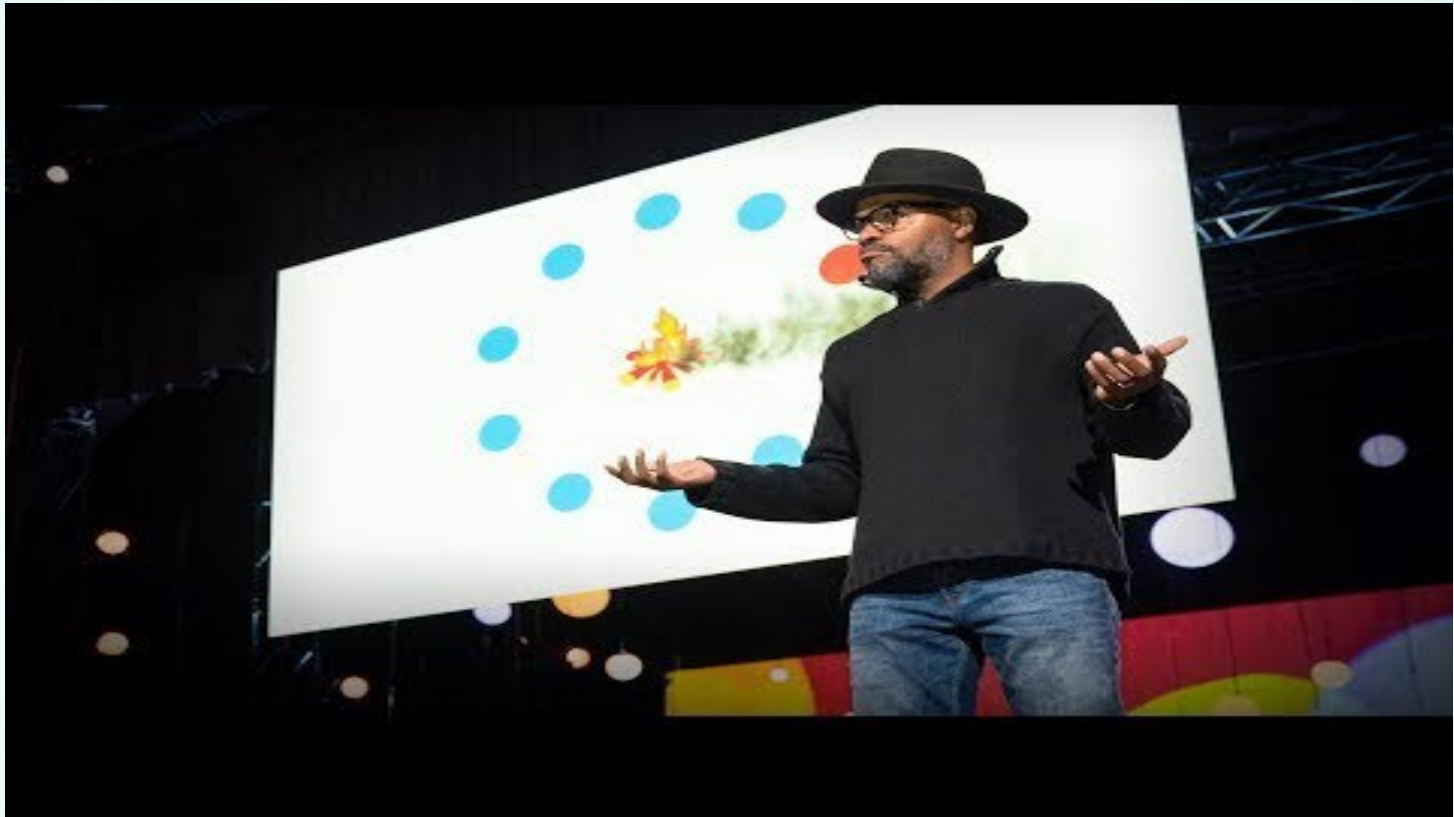
# Health in Houston

- 20% of Harris Co. residents rated as poor to fair health
- Poverty correlates to poor health due to stress and struggle to meet basic needs (RWJF, 2018)
- African American and Hispanics rated 4-5 points higher in Houston





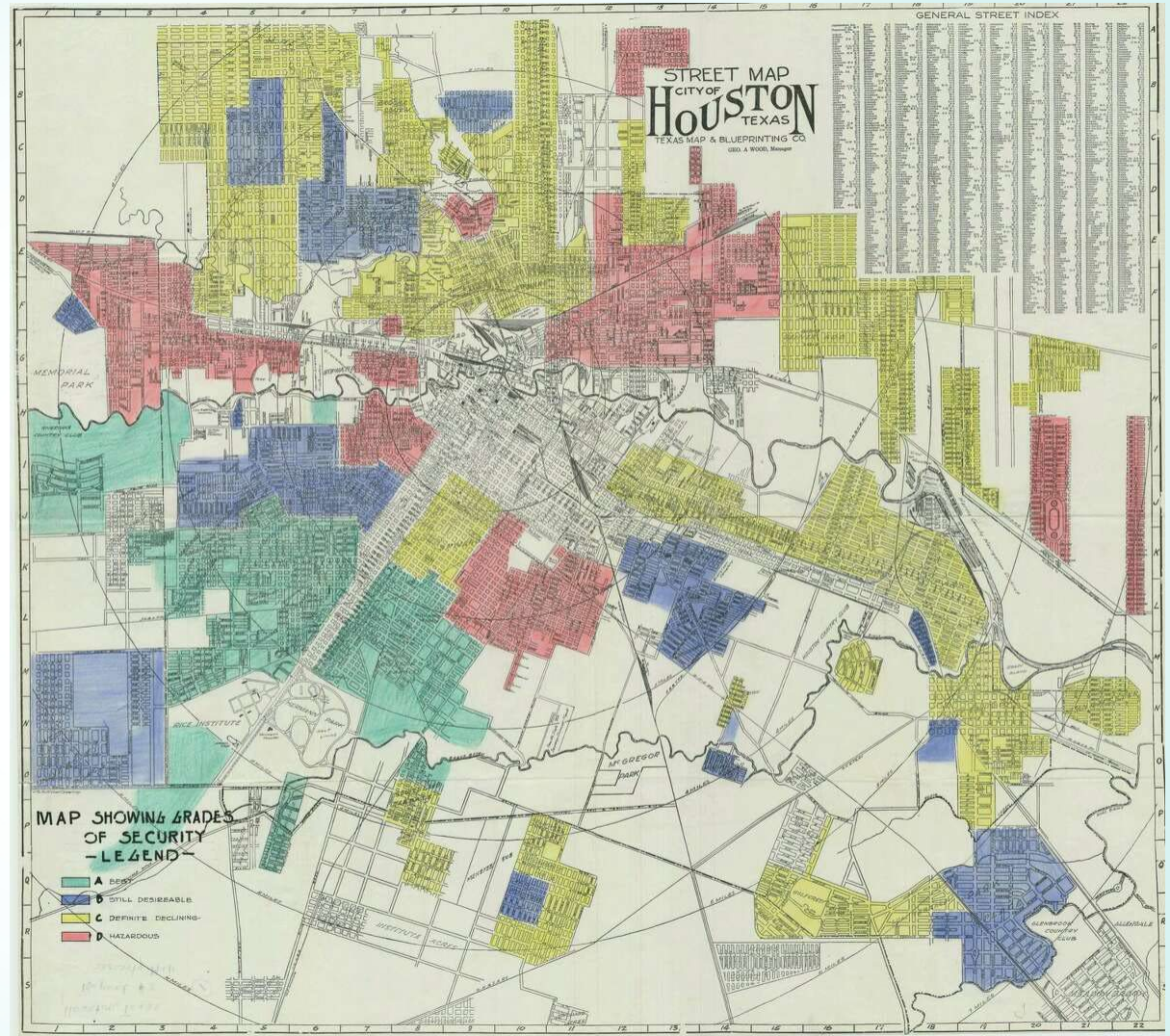
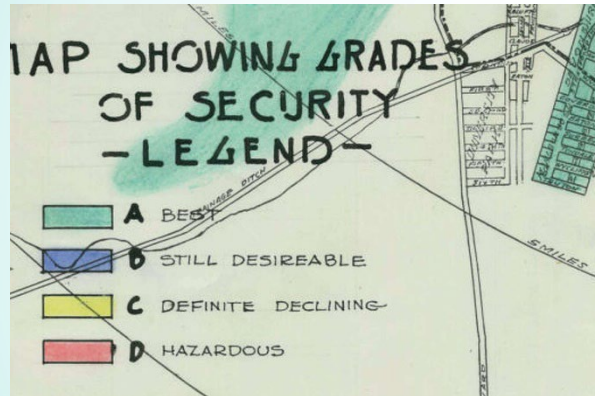
# Health by Design



Spurce: [https://www.ted.com/talks/stephen\\_deberry\\_why\\_the\\_wrong\\_side\\_of\\_the\\_tracks\\_is\\_usually\\_the\\_east\\_side\\_of\\_cities?utm\\_source=tedcomshare&utm\\_medium=email&utm\\_campaign=tedsread#t-5178](https://www.ted.com/talks/stephen_deberry_why_the_wrong_side_of_the_tracks_is_usually_the_east_side_of_cities?utm_source=tedcomshare&utm_medium=email&utm_campaign=tedsread#t-5178)



# Historic Redlining in Houston



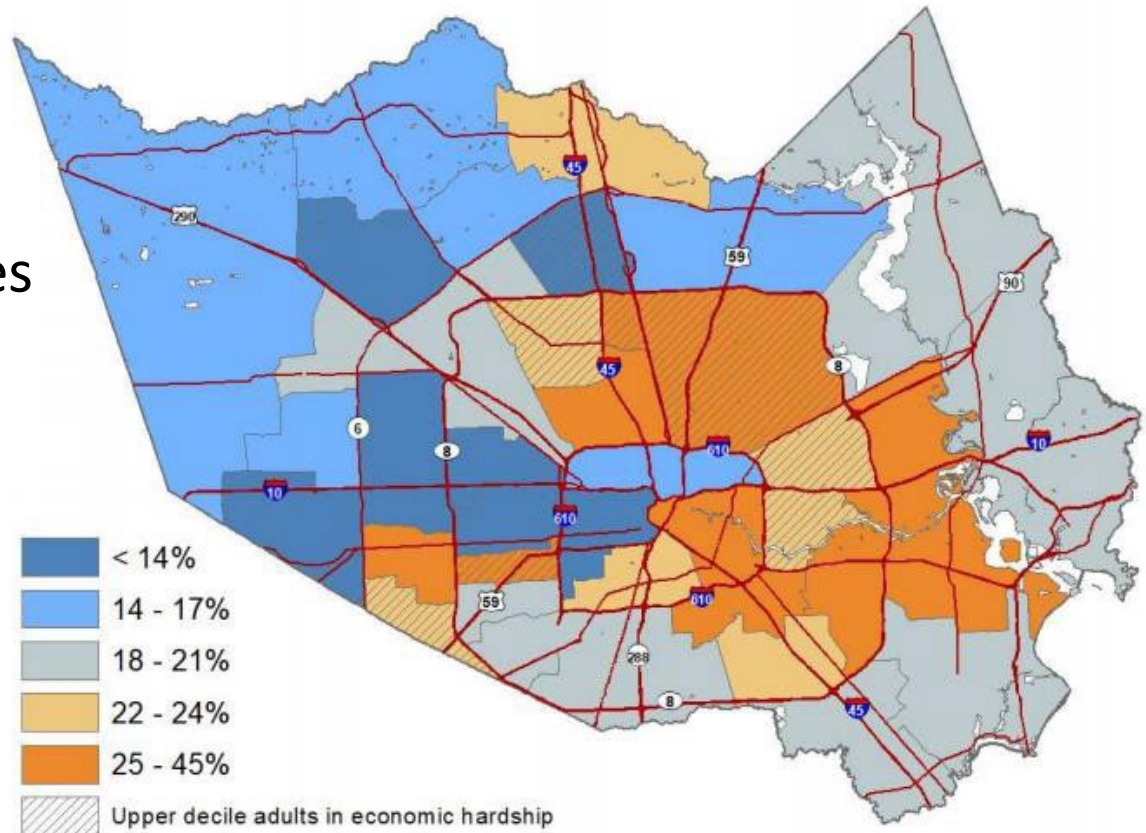


# Health in Houston

Areas with highest reports of poor health primarily included those east of downtown:

- Aldine
- Settegast
- Edgebrook
- South Acres Homes
- Gulfton

PERCENT ADULTS IN FAIR OR POOR HEALTH AND PERCENT ADULTS IN ECONOMIC HARDSHIP



Source: [https://sph.uth.edu/research/centers/ihp/health-of-houston-survey-2010/HHS2018%20final%20report\\_9-6-2019.pdf](https://sph.uth.edu/research/centers/ihp/health-of-houston-survey-2010/HHS2018%20final%20report_9-6-2019.pdf)

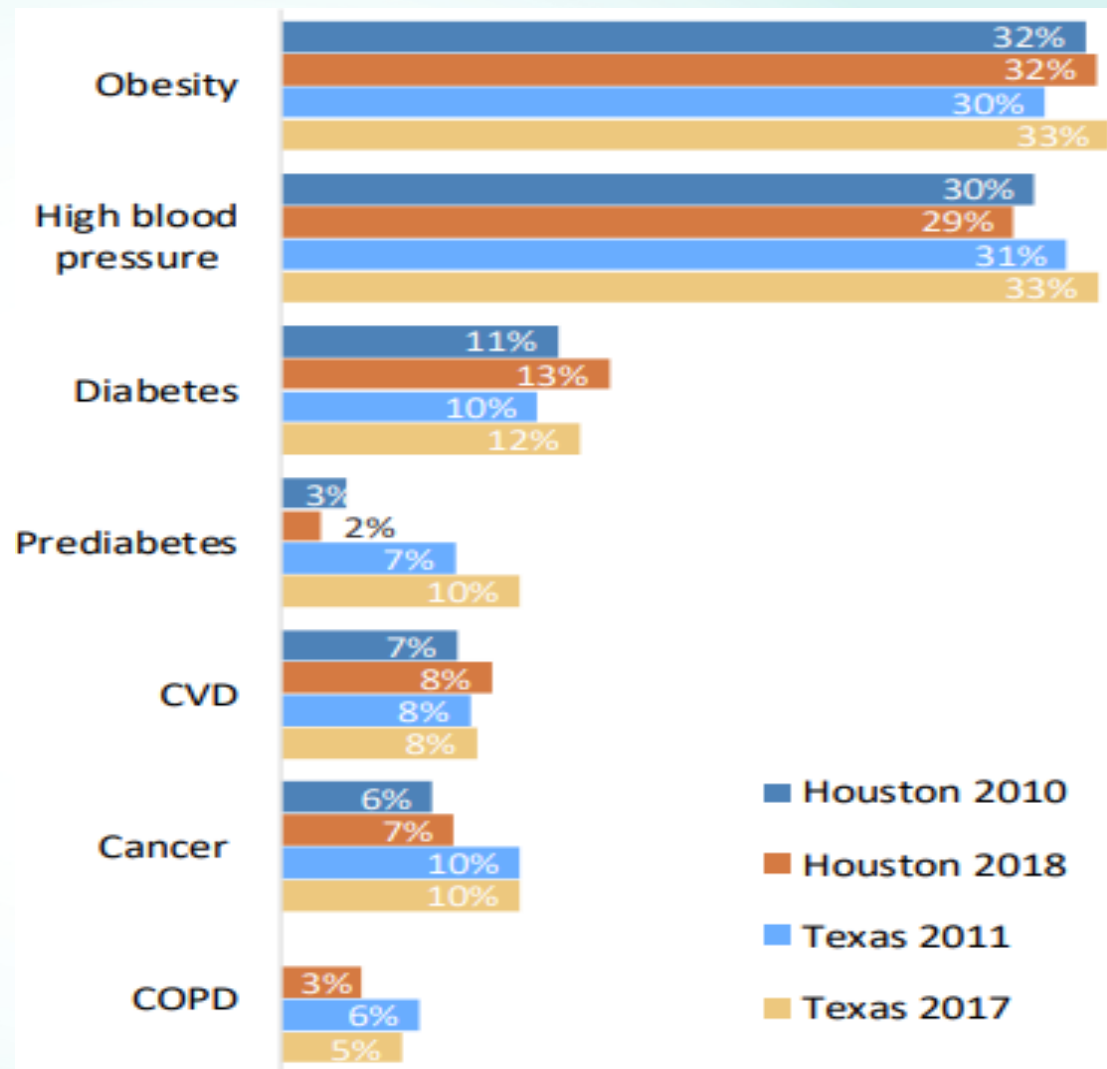
# Chronic Disease in Houston

## Across In the U.S

- 60% of adults in the U.S. have a chronic disease
- 40% have two or more chronic diseases

## Across Houston

- Less than 30% of residents have 2 or more chronic diseases

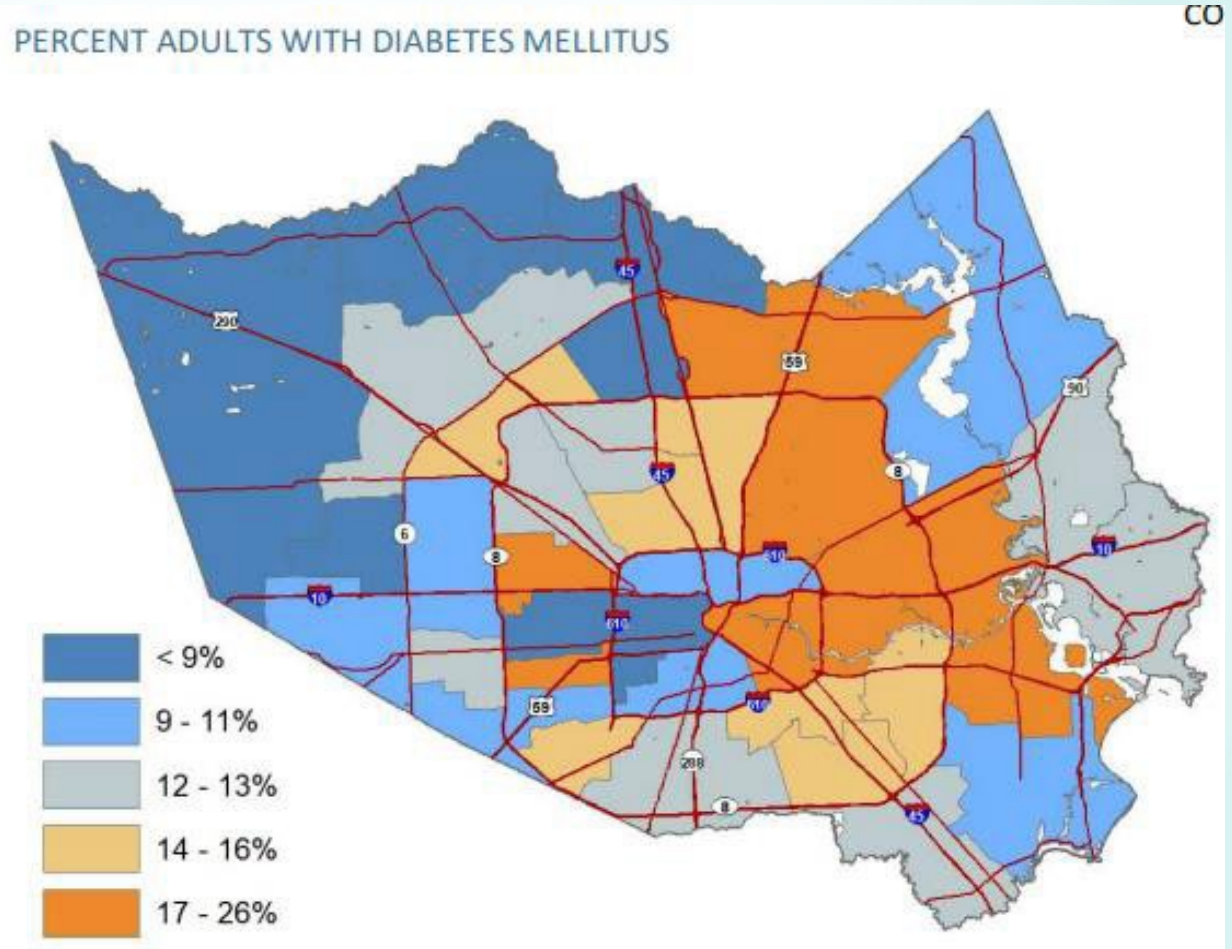


Source: <https://sph.uth.edu/research/centers/ihp/health-of-houston-survey-2010/HHS2018%20final%20report> 9-6-2019.pdf

# Health in Houston

Areas with highest reports of diabetes:

- Humble
- Galena Park
- East End
- Settegast
- Gulfton



Source: [https://sph.uth.edu/research/centers/ihp/health-of-houston-survey-2010/HHS2018%20final%20report\\_9-6-2019.pdf](https://sph.uth.edu/research/centers/ihp/health-of-houston-survey-2010/HHS2018%20final%20report_9-6-2019.pdf)

# Activity: <https://playspent.org/>

**IT'S JUST STUFF.  
UNTIL YOU DON'T HAVE IT.**

USE YOUR NAME FOR GOOD AT  
**NAMESFORCHANGE.ORG** →



CONTINUE TO →  
**SPENT**



# Stress and Health

- Initial stress reactions occur in amygdala and hypothalamus
- Our response to prolonged stress occurs in the HPA Axis
  - Interplay of the hypothalamus, pituitary gland, and the adrenal glands
- HPA Axis receives hormonal signals that keep the sympathetic nervous system running.
- Over time, this has an effect on the body that contributes to the health problems including:
  - damaged blood vessels and arteries, increasing blood pressure and raising risk of heart attacks or strokes.
  - Increased storage of nutrients as fat
  - Increased appetite and weight gain.
  - brain changes that may contribute to anxiety, depression, and addiction.
  - Decreased sleep and exercise



# Systemic Racism and Health:

## Resources for Further Study

**NPR: Houston Public Media - Scientists Start To Tease Out The Subtler Ways Racism Hurts Health - November 11, 2017**

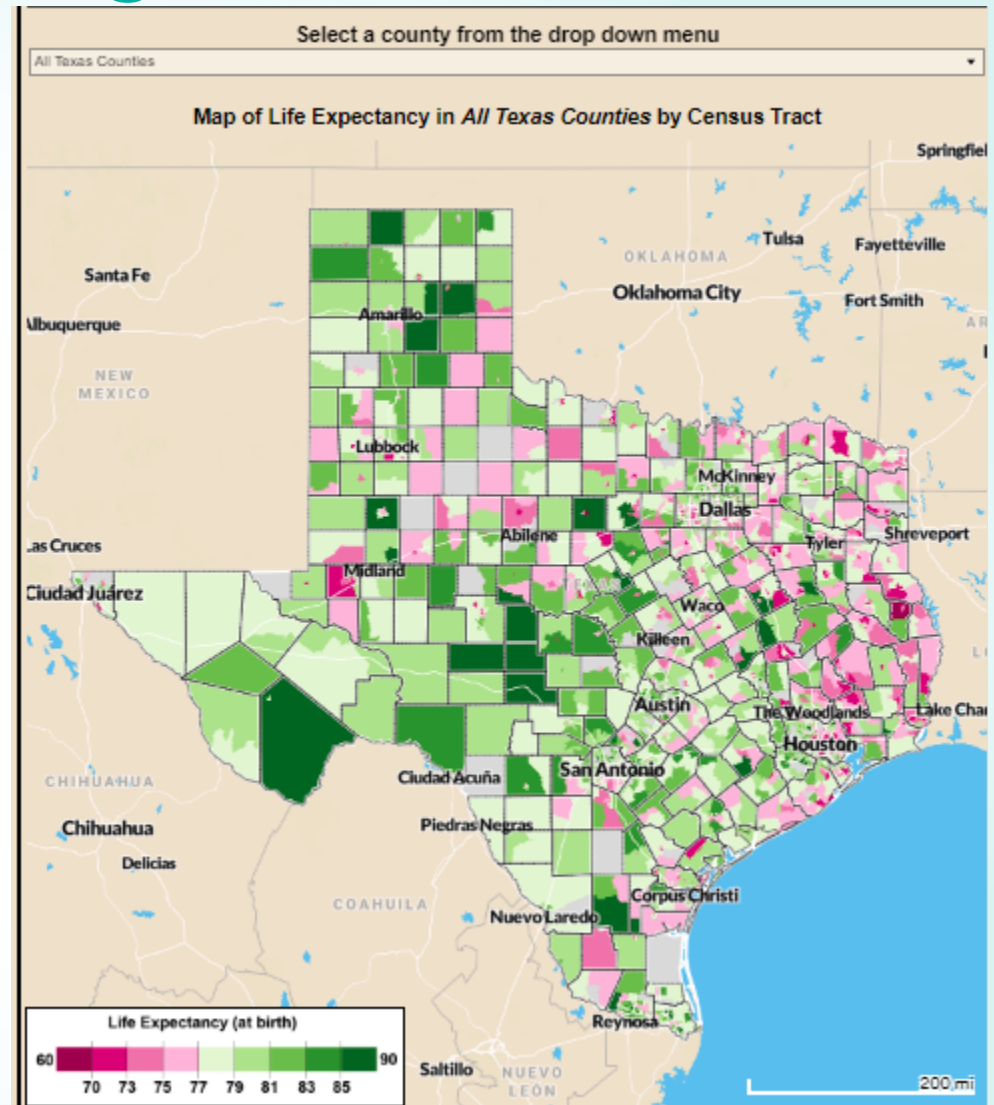
Dope Labs: Lab 032 - Life Avalanche - [www.dopelabspodcast.com](http://www.dopelabspodcast.com)

**Robert Wood Johnson Foundation - Resources and Perspectives by David Williams, PhD, MPH, RWJF Trustee**

- [Stress was already killing black Americans. Covid-19 is making it worse.](#)
  - [Police killings and their spillover effects on the mental health of black Americans: a population-based, quasi-experimental study](#)
  - [Understanding Racial-Ethnic Disparities in Health: Sociological Contributions](#)
  - [COVID-19 and Health Equity—A New Kind of “Herd Immunity”](#)
  - [Why Discrimination is a Health Issue](#)
- [Everyday Discrimination Scale](#)

# Your Neighborhood and Health

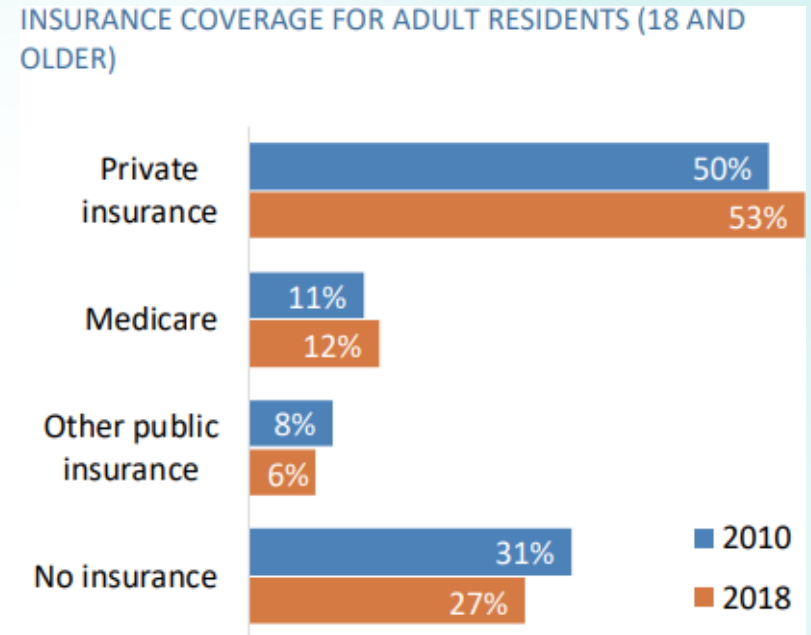
- Interactive map demonstrating life expectancy across Texas
- “Low-income neighborhoods with high rates of poverty, low education levels, and large minority populations live significantly shorter lives.” – Episcopal Health Foundation



Source: <http://www.episcopalhealth.org/research-report/what-your-neighborhood-says-about-your-life-expectancy-texas/>

# Access to Healthcare in Houston

- 27% of Houston Adults are uninsured in 2018
- 37% adults under 65 were without insurance at some point in the last 12 months
- 56% of Hispanic adults were uninsured at some point in the same period
- Cost was primary reason cited, followed by ineligible work status and not believing in insurance



Areas with highest uninsured:

- Pasadena
- Bellaire
- Galena Park
- Aldine
- Gulfton

Source: [https://sph.uth.edu/research/centers/ihp/health-of-houston-survey-2010/HHS2018%20final%20report\\_9-6-2019.pdf](https://sph.uth.edu/research/centers/ihp/health-of-houston-survey-2010/HHS2018%20final%20report_9-6-2019.pdf)

# Tip 2: Map the Health Providers that support Population Health and those most vulnerable

# Access to Healthcare in Houston

## Safety Net Health Providers

Planned Parenthood

Baylor Teen Clinic

Harris Health

Ibn Sina

Legacy Community Health

El Centro de Corazón

Access Health

Vecino Health Center

Memorial Herman Neighborhood Health Centers

Hope Clinic

Lone Star Circle of Care at the University of Houston

See more extensive listing at

[Houston Methodist St. Catherine Hospital Community Health Needs Assessment: 2016 - 2019](https://www.legacycommunityhealth.org/)

[LegacyCommunityHealth.org](https://www.legacycommunityhealth.org/)



# Legacy Community Health

A full-service, Federally Qualified Health Center, identifying unmet needs and gaps in health-related services and developing client-centered programs to address those needs through 58+ locations.

## Core Services

- Pediatrics
- Adult Medicine
- Behavioral Health
- Dental
- OB/GYN
- Vision
- Geriatrics
- Pharmacy
- HIV/STD Screening
- LGBTQ Services
- Vaccinations/Immunizations



## Ancillary Services

- Social Services
- Health Advocacy
- Medical Case Management
- Patient Education
- Fitness & Wellness
- Public Health Outreach
- Care Management



**Holistic  
Care**



# Tip 3: Identify your model or framework



<https://vimeo.com/321249185>

## A FLEXIBLE FRAMEWORK FOR EFFECTIVE ESSENTIAL NEEDS & SOCIAL HEALTH INITIATIVES

Whether your organization is just getting started or hopes to scale an existing pilot, find your place on the Roadmap and click/tap through to the guidance, milestones and supporting resources needed to bring your program to the next level.

- ID & Screening
- Navigation & Resource Connection
- Social Health Team & Workflow
- Community Partnerships
- Data & Evaluation
- Leadership & Change Management



## Health Advocates @ Legacy

2021 Snapshot: *(Click for Video)*

89 health advocates screened over **10,400** patients for social determinants of health, and managed a caseload of **2,740** patients.

# Health Advocates at Legacy

- Health Advocate are motivated community members trained to addresses patients' medical and social wellness
- Work with a set caseload of clients
- Connect families to services located in their community
- Reflecting on experience to grow as a healthcare leader

## [Health Advocates Video](#)



Source <https://www.youtube.com/watch?v=Cp37xytZx1M&t=25scy> Video



# Legacy Health Advocates



Fall 2019



Summer 2019



Spring 2020

# Patient Profile - Mr. J.S.

- Senior male living with uncontrolled DM and failing visual acuity
- Screened for SDOH at well visit
- Found to be food insecure and living in isolated conditions
- Health Advocate located a food delivery service and a nearby pantry
- Over time PT disclosed he was unable to pay his utility bills due failing vision
- PT confined self to bed at sundown
- Advocate worked with medical team to re-engage PT into care
- Advocate worked w/ supervisor to file APS report
- APS assisted with utility reconnection



# Tip 4: Dream BIG



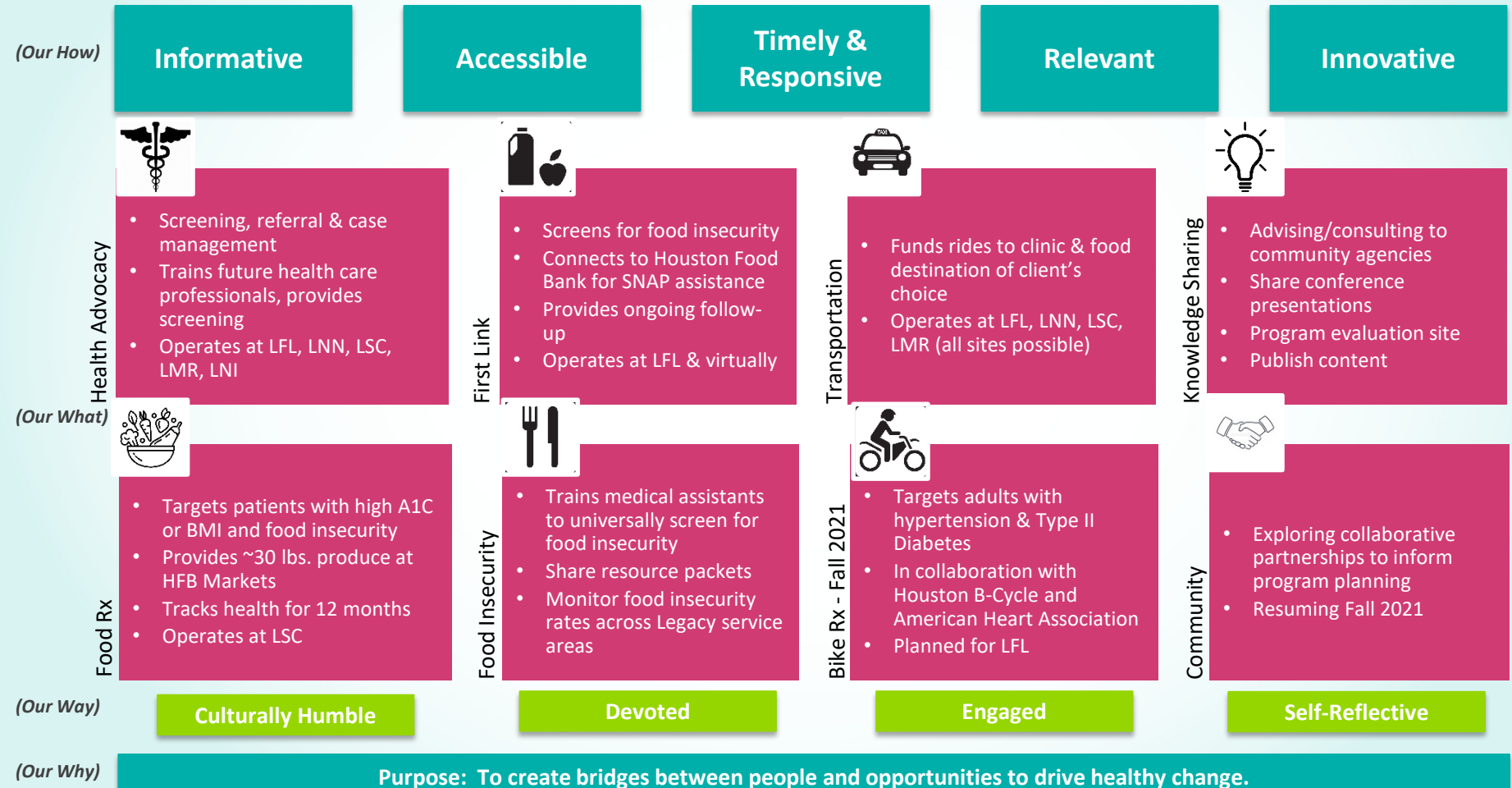
pineal\_vision

...



# Health Connect

## Legacy's Mission, Vision and Values

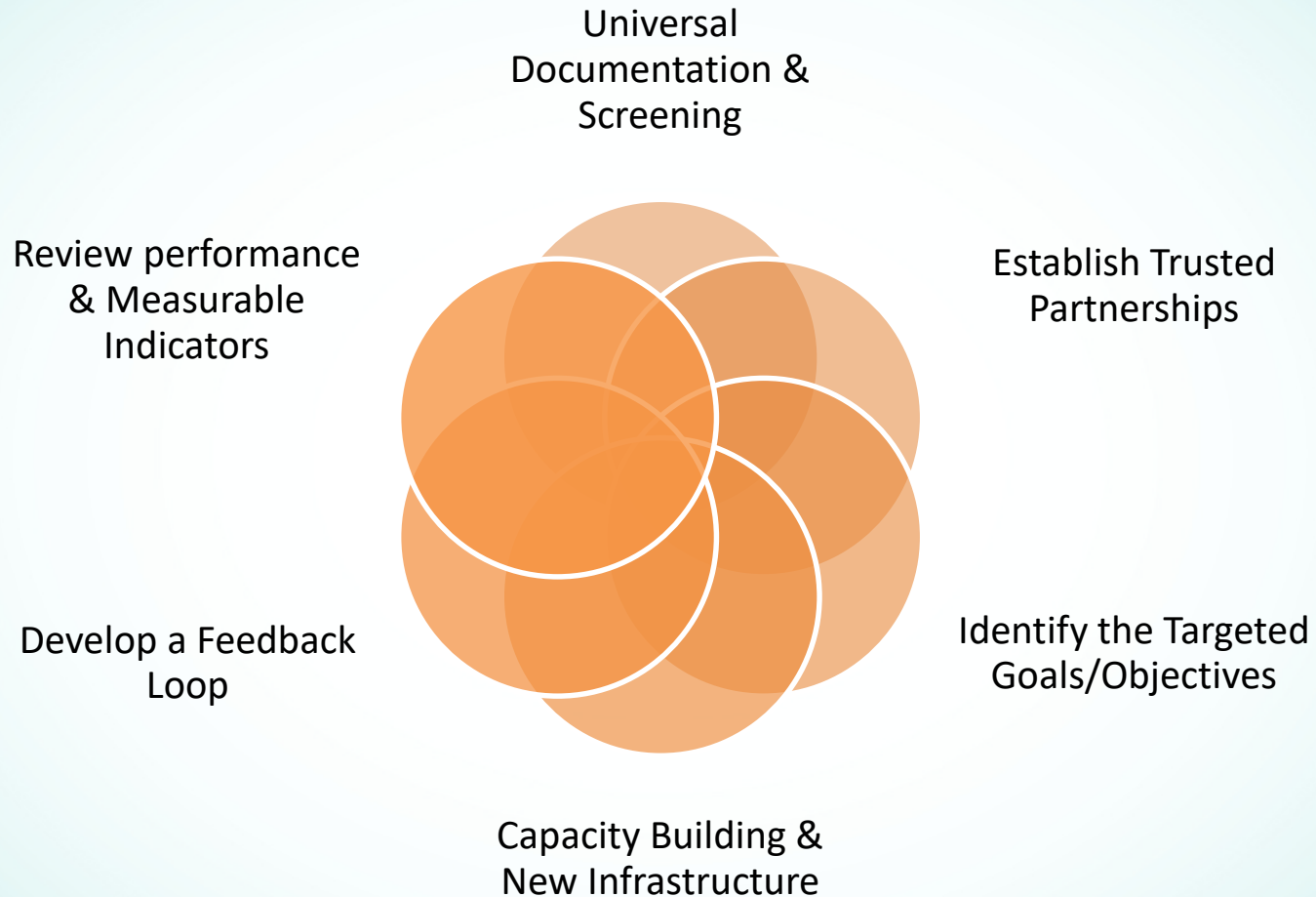


# Tip 5: Be Patience with the Process



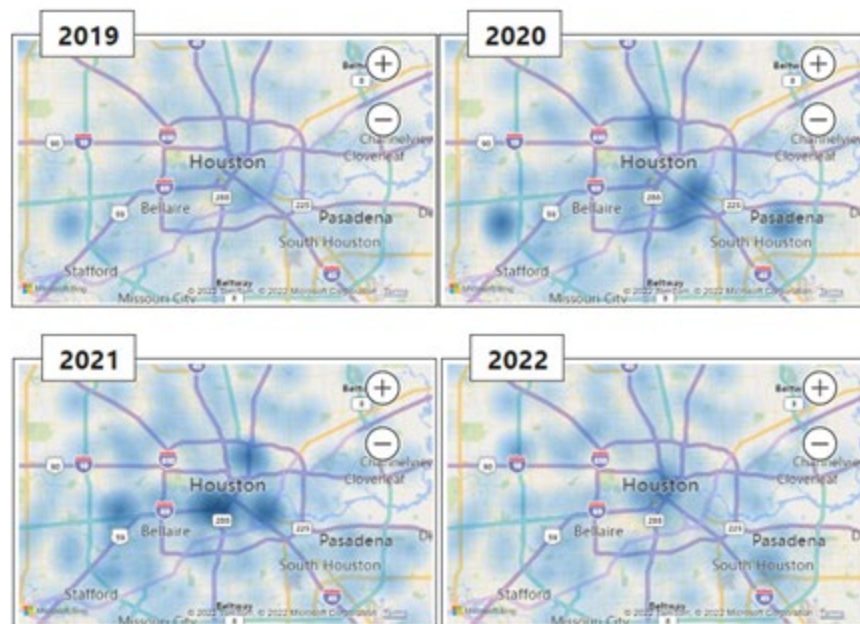
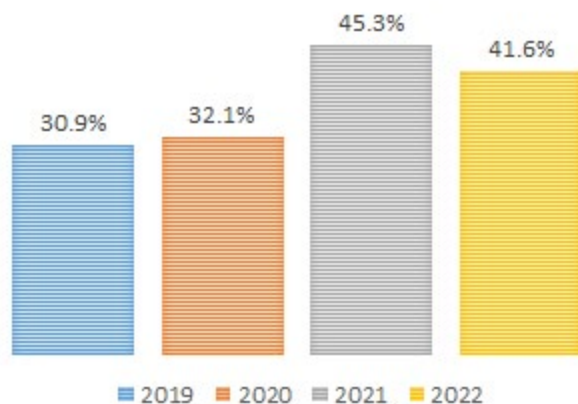
Legacy Health  
Connect

# Opportunities & Challenges



# Food Insecurity Screenings

FOOD INSECURITY RATES BY YEAR





# Food Rx

## How does it work?



The target population for referrals will include:

1. Pediatric patients with a BMI at the 85<sup>th</sup> percentile or higher
2. Adult patients with an A1c of 5.7 or higher
3. OB patients with a BMI greater than or equal to 30 at the IM visit in the first trimester

The goal is to see a stabilization or reduction in these metrics over the course of 12 months.

# Houston Food Bank Partners with UTHealth Houston for Evaluation of Food Rx

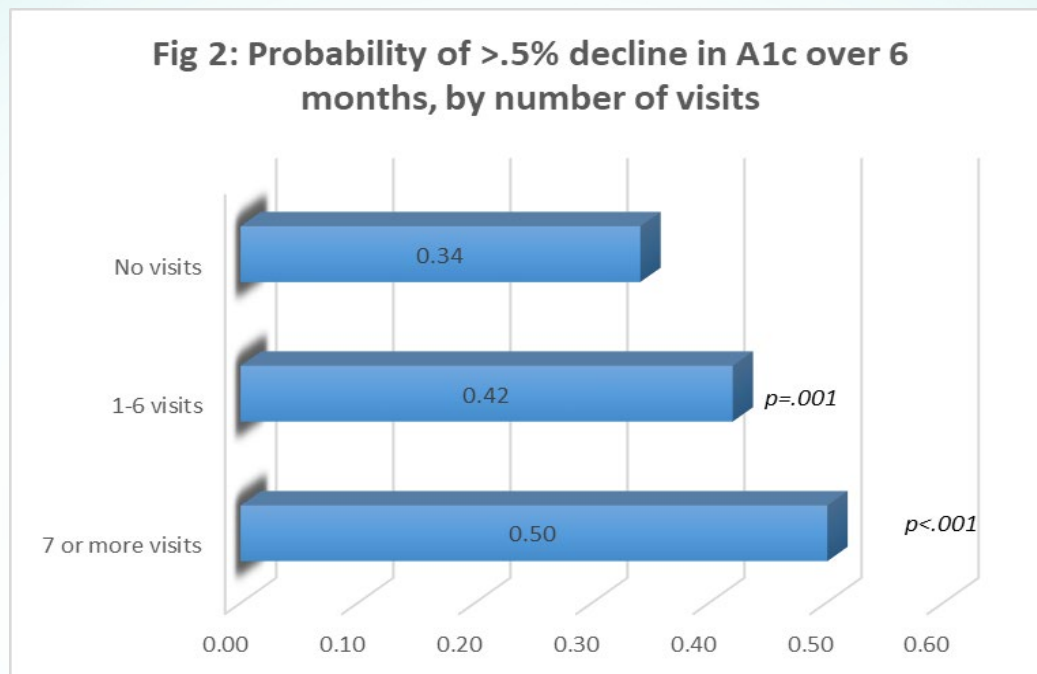
	Control Pre-post difference	Treatment Pre-post difference	Net difference	p-value
A1c (n=746)	-0.24	-0.52	-0.28	0.007
BMI (n=857)	0.25	0.11	-0.13	0.653
LDL (n=216)	-4.3	-5.4	-1.2	0.606
Systolic (n=508)	1.4	-1.8	-3.2	<0.001
Diastolic (n=507)	1.6	-0.95	-2.5	0.028

**Statistically significant decreases in HbA1c, SBP and DBP among those who participated in the Food Rx program, as compared to those who were enrolled but did not participate.**

*Source: Ranjit, N, Aiyer JN, Toups J, Liew E, McWhorter JW, Sharma S. Cardiometabolic impacts of a large-scale, partnership-based regional food prescription program. Under review.*

## Houston Food Bank-UTHealth Houston for evaluation of Food Rx

### Magnitude of A1c change may depend on number of pantry visits



**A clear dose response effect of the number of pantry visits on the probability of a clinically significant decline in HbA1c. At the highest level of ‘dosage’, half of exposed patients experienced a clinically significant decline in HbA1c.**

*Source: Ranjit, N, Aiyer JN, Toups J, Liew E, McWhorter JW, Sharma S. Cardiometabolic impacts of a large-scale, partnership-based regional food prescription program. Under review.*

## Houston Food Bank-UTHealth Houston for evaluation of Food Rx Intensity Matters

	HbA1c	BMI	LDL	Systolic Blood Pressure	Diastolic Blood Pressure
Change in outcome by intensity of exposure (visits per month)	-0.12 (0.04)	0.11 (0.11)	1.8 (0.7)	-1.45 (0.6)	-0.43 (0.47)
<i>p-value</i>	<i>0.09</i>	<i>0.397</i>	<i>0.018</i>	<i>0.016</i>	<i>0.356</i>

The results for the intensity measure (number of pantry visits per month) show that every additional visit per month is associated with significant improvements in levels of HbA1c, systolic blood pressure, and significant negative impacts on LDL levels.

*Source: Ranjit, N, Aiyer JN, Toups J, Liew E, McWhorter JW, Sharma S. Cardiometabolic impacts of a large-scale, partnership-based regional food prescription program. Under review.*

# Thank You



The  
ROCKEFELLER  
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The University of Texas  
Health Science Center at Houston



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