



COMMUNITY HEALTH REPORT

Inspiring Families to Achieve Big Dreams

2014-2015 Nonprofit of the Year
by CNMCONNECT

THE CONCILIO



COMMUNITY HEALTH

HEALTH EDUCATION

- Intense multi-week health classes
- Hands-on learning (i.e. group exercise, cooking demonstrations, grocery store tours)
- One-on-one client engagement
- Outreach through *promotores de salud*

CONNECTING TO CARE

- Direct application assistance provided to eligible families for:
 - Health insurance for children (CHIP or Medicaid)
 - Health insurance for pregnant women
 - Supplemental Nutrition Assistance Program, formerly known as food stamps (SNAP)

GOAL - Laying the Foundation for Better Health

Provide **FAMILIES EDUCATION** and **RESOURCES** needed to live **HEALTHY LIVES**



Comprando Rico y Sano

- Increase knowledge of healthy food choices and awareness of healthy shopping strategies
- Enroll eligible individuals in SNAP[†]

[†] A program of National Council of La Raza.
^{**} A program of National Alliance for Hispanic Health.

Healthy Kids, Healthy Families (HKHF)

Help parents and children ages 6-15 improve

- Nutrition
- Fitness
- Health behaviors



Nuestros Niños

Increase enrollment and retention of those eligible for Medicaid and CHIP^{**}

IMPACT - How The Concilio helps families navigate the health care system

Meet Maria.  Maria is a 35-year old mother of two uninsured children.  She is struggling to support her family and keep them healthy.

What will Maria's health care experience look like with The Concilio?

1 MARIA'S FAMILY RECEIVES OVER 50 HOURS OF FREE HEALTH EDUCATION THROUGH HKHF

PROGRAMS IMPROVE WEIGHT AND FITNESS LEVELS

- 200 parents and children participate in The Concilio's health classes each month
- Trained *promotores de salud* conduct over 100 health education workshops each year[†]



- Over 50% of HKHF participants decrease weight and improve fitness standards^{**}

2 MARIA RECEIVES ONE-ON-ONE APPLICATION ASSISTANCE FROM A BILINGUAL CERTIFIED NAVIGATOR FOR CHIP AND SNAP

CHILDREN RECEIVE HEALTH INSURANCE

- The Concilio provides outreach and education to 3,600 individuals each year for available social service benefits
- Certified bilingual navigators help 200 parents and children apply for CHIP, Medicaid and/or SNAP each month



- Maria is eligible to receive more than \$500 to help buy her family food for good health^{***}
- Maria is able to enroll her children in health insurance for \$50^{****}

3 COMMUNITY PARTNERS PROVIDE MARIA ADDITIONAL RESOURCES AND SERVICES

FAMILIES ARE LINKED TO WRAP-AROUND SERVICES

- 15,000 pounds of fresh fruits and vegetables distributed at Get Up! Get Moving! health and fitness expo in 2015!^{*****}
- 1,999 free health screenings provided for HIV, glucose, kidney, dental, flu shots and more in 2015!



[†] Comprando Rico y Sano.

^{**} 2013-2014 HKHF program results.

^{***} Maximum monthly SNAP amount for a family of three. 2015 Texas Health and Human Services Commission.

^{****} Estimated one-year enrollment fee for a family of three if the monthly income is from \$3,200 to \$3,451. 2014 Health and Human Services Commission.

^{*****} Donated by North Texas Food Bank.

NEED - In Our Communities

35%

of Dallas County residents earning low incomes are uninsured.¹

55%

of emergency department visits are for conditions that could have been treated in a primary care setting.¹



A condition that could be treated in a doctor's office for \$56.21 costs \$193.92 in the emergency room.¹

41% of Dallas County residents speak a language other than English at home. This can impact health literacy and treatment compliance.²

¹ Foundation information and Quality Services Center Regional Data, 2011. Dallas - Ft. Worth Hospital Council Education and Research Foundation, Information visits www.dallascounty.org/departments/hhs/documents/FINALCHNA_000.pdf.

² www.dallascounty.org.

Giving Guide - Your gift could help provide:

\$10 = healthy snacks for 5 children

\$20 = exercise equipment to prevent obesity for 1 family

\$50 = 1 hour of translation services to assist the deaf with completing health insurance applications

\$100 = food for 20 families to create a complete, nutritious meal

\$250 = a set of measuring cups for 250 families who participate in our "Tasty and Healthy Shopping" workshops