



# 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<sup>†</sup>

<sup>†</sup>A program of National Council of La Raza.  
<sup>\*\*</sup>A program of the 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<sup>††</sup>

### 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<sup>†</sup>



- Over 50% of HKHF participants decrease weight and improve fitness standards<sup>††</sup>

#### 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<sup>†††</sup>
- Maria is able to enroll her children in health insurance for \$50<sup>††††</sup>

#### 3 COMMUNITY PARTNERS PROVIDE MARIA ADDITIONAL RESOURCES AND SERVICES

FAMILIES ARE LINKED TO WRAP AROUND SERVICES

- 48,000 pounds of fresh fruits and vegetables distributed at Get Up! Get Moving! health and fitness expo in 2014!<sup>†††††</sup>
- 500 free health screenings provided for HIV, glucose, prostate, kidney and dental in 2014!



<sup>†</sup> Comprando Rico Sano.

<sup>††</sup> 2013-2014 HKHF program results.

<sup>†††</sup> Maximum monthly SNAP amount for a family of three. 2015 Texas Health and Human Services Commission.

<sup>††††</sup> 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.

<sup>†††††</sup> Donated by North Texas Food Bank.

### NEED - In Our Communities

35%

of Dallas County residents earning low incomes are uninsured.<sup>1</sup>

53%

of emergency room visits are for conditions that could have been treated in a primary care setting.<sup>1</sup>



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

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

<sup>1</sup> Using Medicaid payment rates and data on Medicaid patients' unnecessary emergency room visits [http://www.texmed.org/Uninsured\\_in\\_Texas/#sthash.gR55hRzY.dpuf](http://www.texmed.org/Uninsured_in_Texas/#sthash.gR55hRzY.dpuf).

<sup>2</sup> [www.dallascounty.org](http://www.dallascounty.org).