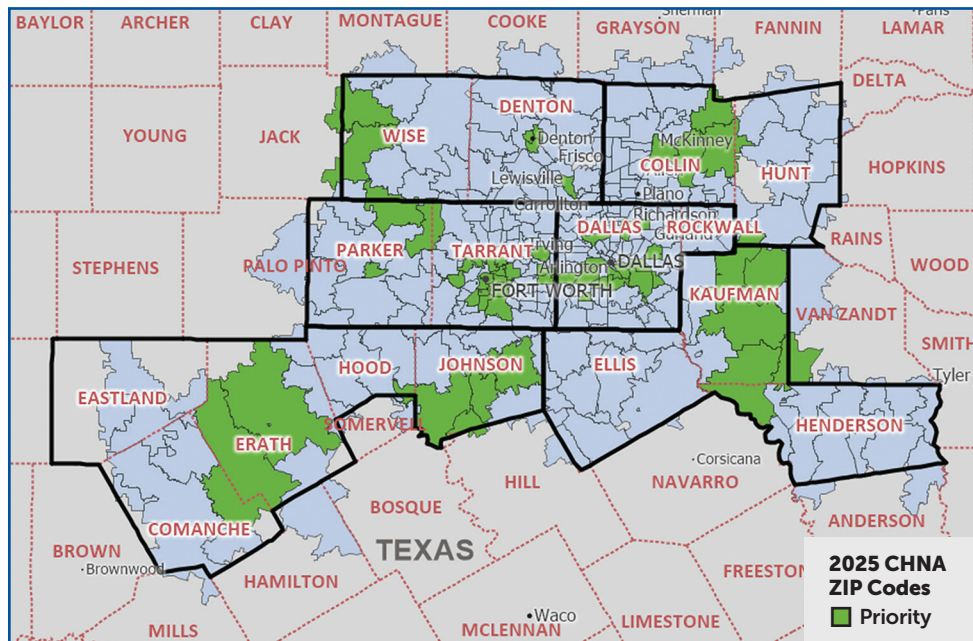


Community Health Needs Assessment

North Texas communities face diverse and complex health challenges and require equally varied solutions to improve well-being. Every three years, Texas Health Resources conducts a Community Health Needs Assessment (CHNA) to identify key conditions, non-medical barriers, and opportunities for impact across the region.

Rooted in our Mission to improve the health of the people in the communities we serve, the 2025 CHNA will guide community health strategies and investments from 2026 through 2028.



What We Heard: Barriers to Better Health

Texas Health gathered data and input from across our 16-county service area and interviewed nearly 650 community organizations, leaders, and residents to identify barriers to good health. We reviewed 13 domains to identify the challenges experienced by North Texans:

- Insurance access
- Preventive care access
- Educational attainment
- Income
- Employment
- Housing stability
- Food security
- Transportation
- Technology access
- Connectedness
- Chronic disease
- Disability
- Behavioral health

The Everyday Factors That Shape Health

Better physical and mental health starts by addressing the everyday, non-medical factors that influence well-being, such as housing, education, income, and access to nutritious food. Texas Health targets these drivers to prevent and manage chronic disease and mental health conditions, while working to reduce the social and economic barriers that keep individuals from achieving their best health.

Based on community input and data analysis, the following non-medical drivers emerged as priority areas in the 2025 assessment:



**Healthcare Access,
Navigation and Literacy**



Transportation



Connectedness



Food Security



The Everyday Factors That Shape Health*

Healthcare Access, Navigation and Literacy



High uninsured rates, provider shortages, and limited health literacy continue to make care difficult to access, navigate, and manage.

- Children in Dallas, Kaufman, Henderson, and Erath Counties are uninsured at nearly 3X the national rate.
- One in four adults in Dallas County lack health insurance, compared to one in 10 nationally.
- About 25% of adults do not have annual primary care exams, and nearly 33% are not screened for colon cancer.
- Shortages of primary care, mental health, and dental providers limit access, even for insured residents.
- Lower levels of education, income, and employment further reduce access to care. Only eight in 10 Dallas County residents hold a high school diploma, and fewer than one in four adults in six counties have a bachelor's degree. The median household income in seven counties is below the state average.

Transportation



Unreliable and inaccessible transportation limits access to care, community connection, and overall health.

- Most counties (13 of 16) report higher rates of unreliable transportation than the national average; in Dallas County, the rate is nearly double.
- Nearly every county exceeds the national average for distance to the nearest public transit, making transportation harder to access.



Connectedness

Social isolation contributes to higher rates of depression, anxiety, stress, and poorer management of chronic conditions.

- Social isolation exceeds national averages across all 16 counties, with Erath, Hunt, and Dallas Counties reporting rates 10–12% higher.
- Adults in Tarrant, Dallas, and Kaufman Counties report 8–10% higher rates of limited emotional support than national benchmarks.

Food Security



Adequate access to nutritious food is essential for maintaining long-term health.

- Most counties (14 of 16) meet or exceed national benchmarks for food insecurity. In Dallas County, 24% of residents experience food insecurity — twice the national rate.
- In 11 counties, adult food stamp use is at or above the national average of 11%. In Dallas County, 19% of adults receive food stamps, compared to 7% in Collin County.



* Data retrieved from ECG Management Consultant's Health Communities Index (HCI) and Claritas (2025). HCI integrates publicly available data from the American Community Survey (2019–2023) and CDC PLACES (2024 ZCTA release).

Who We're Serving and What They Need



Rapid growth

With **8.5+ million** residents across **16** counties, demand is rising for healthcare, housing, transportation, and infrastructure.

Predominantly working-age population

62% of residents are aged **18–64**, yet many lack insurance. Outreach, enrollment support, and access to preventive care are critical to closing coverage gaps.

Racial and ethnic diversity

The region is **54%** White (lower than state and national averages), with **16%** identifying as Black/African American. Inclusive engagement is essential to meet varied community needs.

Strong Hispanic presence

30% of residents are Hispanic, and **22%** of households speak Spanish, underscoring the need for bilingual services.

Next Steps

Texas Health is using these priorities to guide its implementation strategy and develop targeted plans to address identified needs. For deeper insights and shifts from the 2022 CHNA, read the complete 2025 report at texashealth.org/chna or scan the QR code.

