CHAPTER 19
PUBLIC HEALTH

The City of Fort Worth and Tarrant County work with non-profit and healthcare partners to protect and serve the community. The mission of Tarrant County Public Health (TCPH) is to safeguard the community's health. TCPH does this through prevention of disease and injury, promotion of health, and protection from disease and injury. The City of Fort Worth plays a significant role in public health by ensuring compliance with public health laws, regulations, and ordinances that protect consumer health, environmental quality, and animal care and control.

Public health activities are based on the foundational framework that emphasizes three main areas; 1) assessment (monitor, diagnose and investigate), 2) policy development (inform and educate people, mobilize partnerships, develop policies) and 3) assurance (link people to needed services, assure a competent workforce, evaluate health services).

DEVELOPMENT PATTERNS & PUBLIC HEALTH

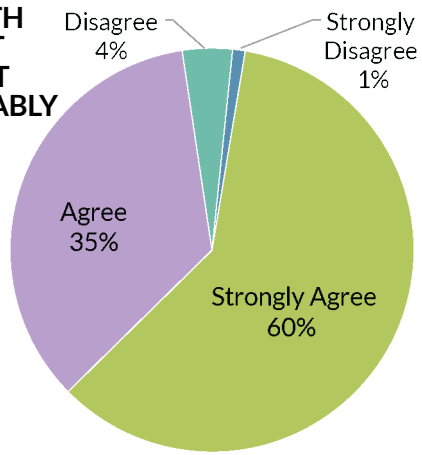
Fort Worth promotes walkable, mixed-use neighborhood development, sustainable communities, and healthier living conditions. Since the early 2000s, the City of Fort Worth has worked with private developers, business groups, and neighborhood associations to transform many of the central city's older commercial districts into vibrant "urban villages." Urban villages are urbanized places that have a concentration of jobs, housing, commercial uses, public spaces, public transportation, and pedestrian activity. Within these relatively compact geographical areas, different land uses are found side-by-side or within the same structures.

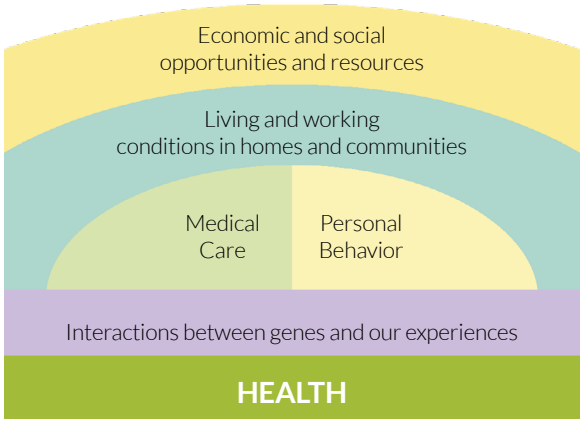
Because the denser development pattern and mix of nearby uses favor pedestrian mobility instead of catering primarily to private automobiles, urban village developments make walking a fun activity again as well as an efficient and inexpensive transportation alternative within the urban village environment. Similarly, mixed-use growth centers provide an expanded area that may include one or more urban villages, while retaining the same mix of uses and walkable urban environment. Combining the mixed-use, higher density, walkable urban form of an urban village with a passenger rail station results in a transit-oriented development (TOD).

Each of these development patterns — the urban village, the mixed-use growth center, and the TOD — supports improved public health outcomes by encouraging walking and cycling rather than exclusively driving between homes, stores, restaurants, offices, and neighborhood services. Encouraging walking, cycling, and transit use rather than driving helps fight the obesity epidemic by increasing physical activity, while improving air quality by reducing vehicle miles traveled by residents and visitors to these walkable urban neighborhoods.

According to the Urban Land Institute's "Intersections: Health and the Built Environment" report, as the world meets the demands of population growth, increasing urban development, and climate change, we face new challenges in public health. Public health is no longer solely the business of health professionals — public officials, urban planners, transportation decision makers, architects, landscape architects, builders, and real estate developers all have a role to play in addressing public health challenges.

HUMAN HEALTH AND THE BUILT ENVIRONMENT ARE INEXTRICABLY LINKED.





Factors Influencing Health

Source: Urban Land Institute (ULI), "Intersections: Health and the Built Environment", 2013.

WHAT IS A HEALTHY PLACE?

Healthy places are designed, built, and programmed to support the physical, mental, and social well-being of the people who live, work, learn, and visit there.

Healthy places:

- Offer healthy and affordable housing options, and a variety of safe, comfortable, and convenient transportation choices;
- Provide access to healthy foods, the natural environment, and other amenities that allow people to reach their full potential;
- Are designed thoughtfully, with an eye to making the healthy choice the easy choice, and they are built using health-promoting materials; and
- Address unique community issues with innovative and sustainable solutions.

The West Seventh development near Downtown provides a walkable environment to live, work, and play.

West 7th Street, Fort Worth.

COVID-19

Coronavirus Disease 2019 commonly called COVID-19 is a respiratory illness that was first reported in Wuhan, China, in late 2019. Since that time the disease has caused multiple large epidemics in every country throughout the world, resulting in a worldwide pandemic. The disease is caused by a Coronavirus called "SARS-CoV-2." Coronaviruses are a large family of viruses that infect many different animals. Typical human coronaviruses infect people every year and are part of a large group of viruses that cause the common cold.

CITY OF FORT WORTH: COVID-19

TARRANT COUNTY: COVID-19

JOHNS HOPKINS UNIVERSITY & MEDICINE: COVID-19

481,469
Total Cases in Tarrant County

5,156
Total Deaths in Tarrant County

380,322
Total Recovered in Tarrant County

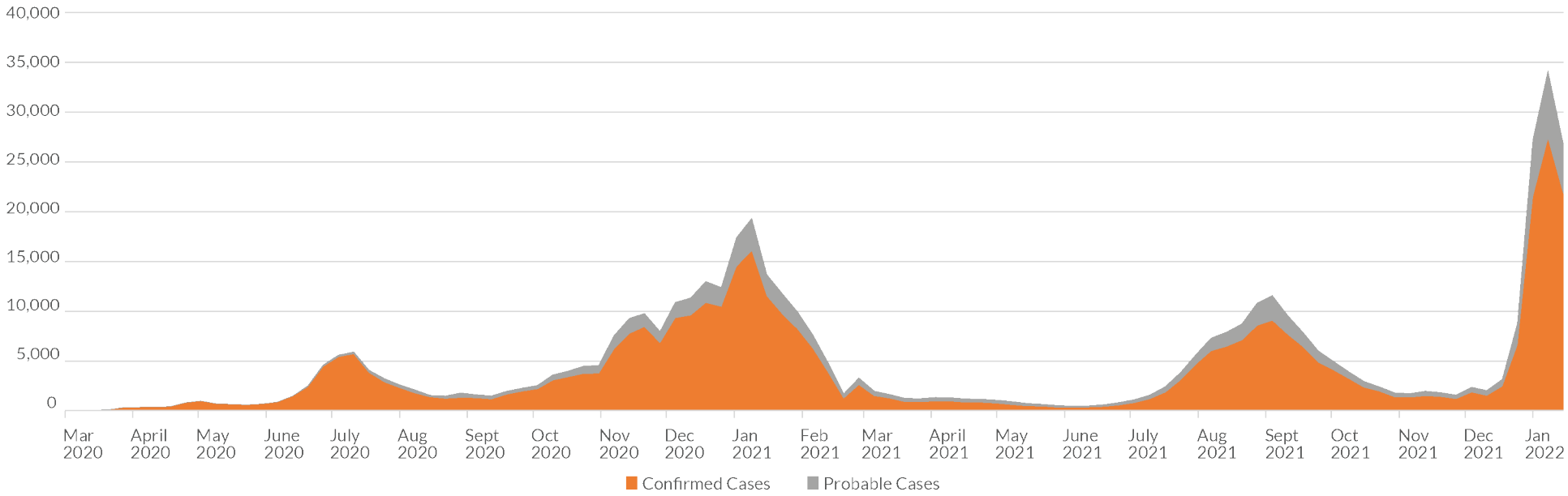
Source: Tarrant County, Public Health Department, January 21, 2022.

CITY VACCINATION RATES (AS OF JANUARY 5, 2022)

COUNCIL DISTRICT	ONE DOSE	FULLY VACCINATED
2 - Carlos Flores	50.61%	44.42%
3 - Michael D. Crain	57.90%	51.65%
4 - Cary Moon	54.66%	48.84%
5 - Gyna Bivens	49.41%	43.30%
6 - Jared Williams	58.21%	51.74%
7 - Leonard Firestone	54.02%	48.27%
8 - Chris Nettles	49.41%	42.66%
9 - Elizabeth M. Beck	61.85%	54.28%

Source: Tarrant County, Public Health Department, January 5, 2022.

TARRANT COUNTY COVID-19 EPIDEMIC CURVE BY SPECIMEN COLLECTION WEEK



Source: Tarrant County, Public Health Department, January 15, 2022.

OBESITY & RELATED HEALTH CONDITIONS

Adult obesity rates have been increasing at an alarming rate. Nationally, overweight and obesity prevalence varies significantly by age, gender, and race/ethnicity. Without effective actions, as the demographics change so will the obesity rates.

Adverse health conditions due to overweight and obesity:

- Diabetes
- Heart disease
- High blood pressure
- Gall bladder disease
- Stroke
- Osteoarthritis
- Sleep apnea
- Various cancers

7 out of 10

Adults in the U.S. are Classified as Overweight or Obese (Body Mass Index >25.0)

3 out of 10

Children in the U.S. are Classified as Overweight or Obese

38.9%

Percentage of Adults in Fort Worth Classified as Obese in 2019

Source: Centers for Disease Control and Prevention (CDC), Adult Obesity Facts and PLACES Project/500 Cities Project, 2019

HIGH COSTS OF OBESITY IN THE UNITED STATES

$147 billion

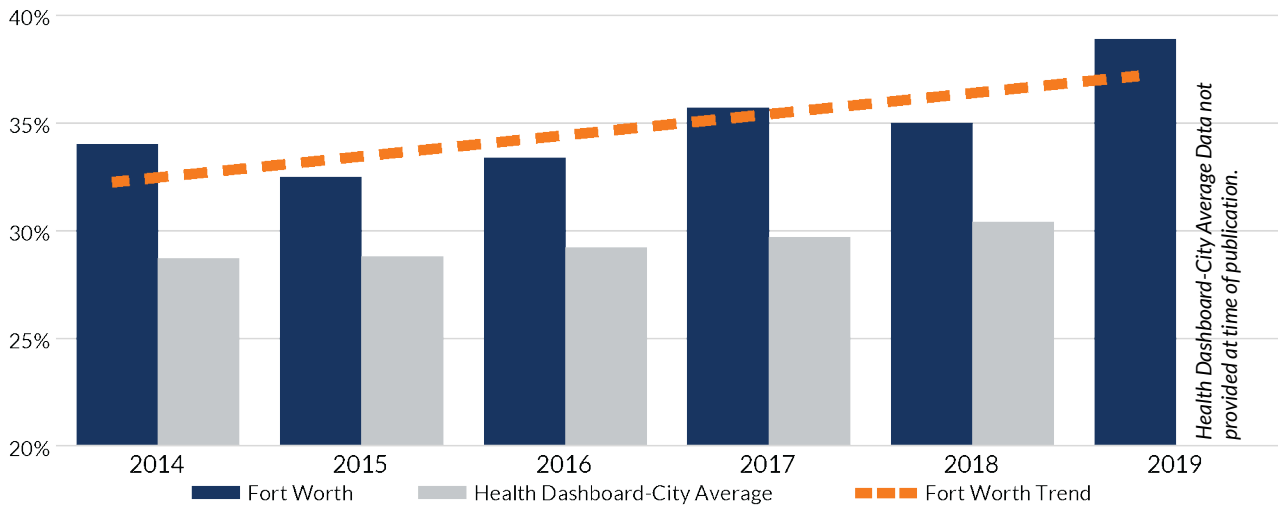
Annual Costs of the U.S. Obesity Epidemic

$5.6 billion

Annual U.S. Health Care Costs Related to Obesity that could be Saved if 1 in 10 Adults Started a Walking Program

Source: U.S. Centers for Disease Control and Prevention; Alliance for Biking and Walking; Urban Land Institute, Intersections: Health and the Built Environment, 2013.

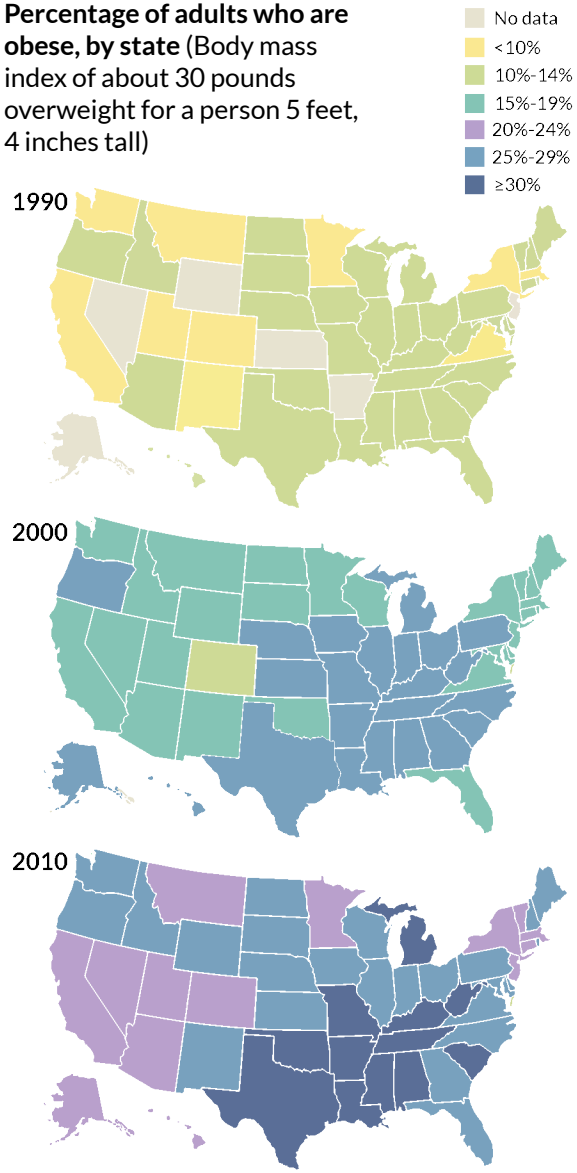
OBESITY IN FORT WORTH



Percentage of Fort Worth adult population reported being obese, compared to an average across the Health Dashboard's cities. (Source: City Health Dashboard, 2021; Data from CDC, PLACES Project/500 Cities Project, 2014, 2015, 2016, 2017, 2018, and 2019 1-Year Estimates.)

OBESITY RATES BETEEN 1990 & 2010

Percentage of adults who are obese, by state (Body mass index of about 30 pounds overweight for a person 5 feet, 4 inches tall)



Source: Urban Land Institute, Intersections: Health and the Built Environment, 2013.

DIABETES

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. Diabetes can lead to serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.

Diabetes can contribute to increases in many chronic diseases, including:

- Heart disease and stroke
- High blood pressure
- Vision problems
- Kidney and nervous system diseases
- Amputations
- Periodontal disease

1 in 10

Adults in the U.S. have Diabetes

1 in 3

Adults in the U.S have Prediabetes

8 out of 10

Adults don't know they have Prediabetes

10%

Percentage of Adults in Tarrant County Diagnosed with Diabetes in 2019

9%

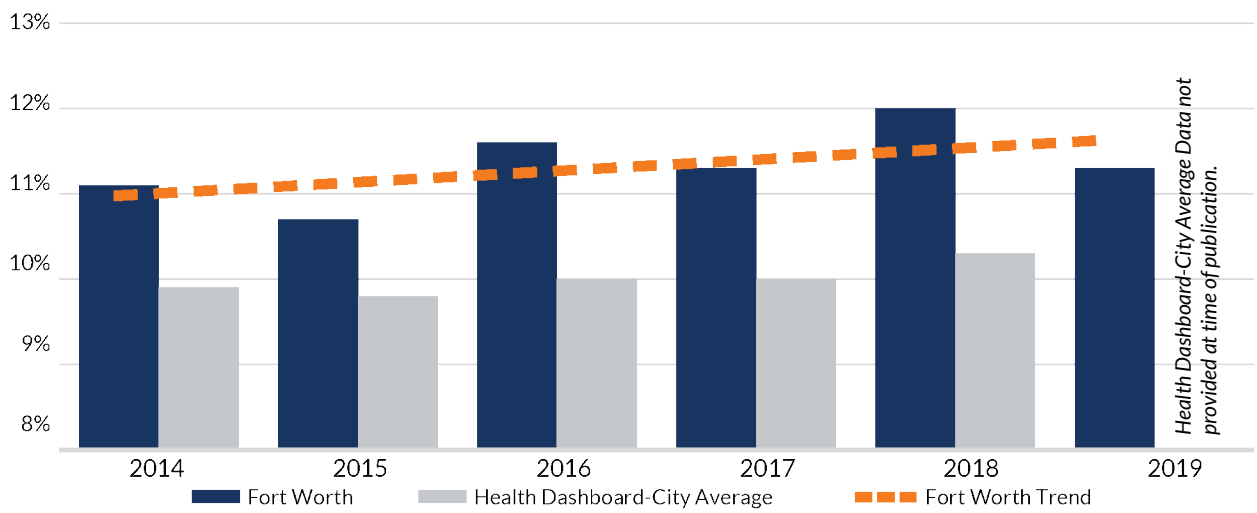
Percentage of Adults in Tarrant County Diagnosed with Prediabetes in 2019

1 in 20

Pregnancies in Tarrant County Affected by Gestational Diabetes

Source: Centers for Disease Control and Prevention, National Diabetes Statistics Report, 2020; Tarrant County Public Health, Diabetes in Tarrant County Data Brief, 2021.

DIABETES IN FORT WORTH



Percentage of Fort Worth adult population reported having diabetes, compared to an average across the Health Dashboard's cities. (Source: City Health Dashboard, 2021; Data from CDC, PLACES Project/500 Cities Project, 2014, 2015, 2016, 2017, 2018, and 2019 1-Year Estimates.)

TYPES OF DIABETES

TYPE 1	TYPE 2
• Lack of insulin • Autoimmune • Usually diagnosed in children, teens, young adults, but can develop at any age	• Insulin resistance • Lifestyle factors • Usually adults but seeing an increase in children and teens
GESTATIONAL	**PREDIABETES**
• Insulin resistance during pregnancy • Risk to mother and child	• Blood sugar levels are higher than normal, but not high enough yet to be diagnosed as diabetes • Most people with prediabetes do not know they have it • Increases the risk of diabetes, heart disease, and stroke

Source: Tarrant County Public Health, Diabetes in Tarrant County Data Brief, 2021.

HIGH COSTS OF DIABETES IN THE U.S.

$327 billion

Annual Cost of Diagnosed Diabetes in the U.S.

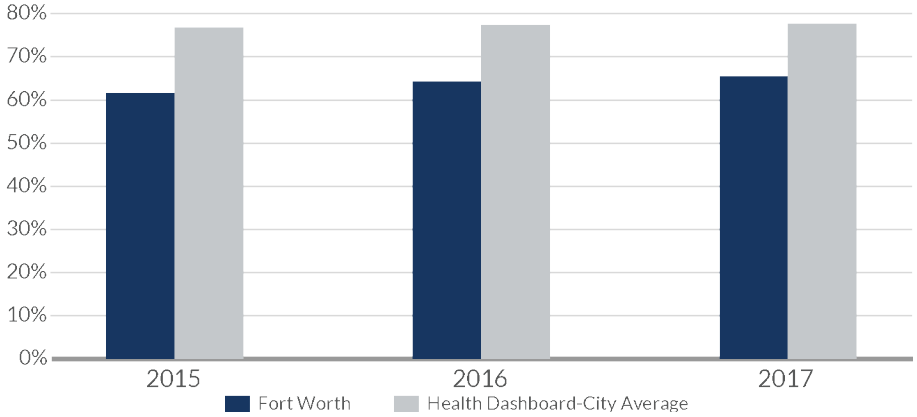
2.3x

Greater Health Care Costs for People with Diabetes

Source: American Diabetes Association, Cost of Diabetes, 2020.

PRENATAL CARE

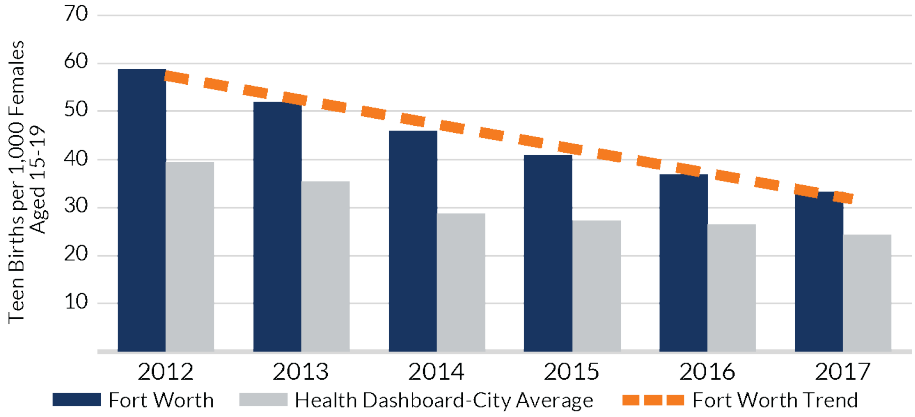
Percentage of pregnant mothers that received adequate prenatal care, compared to an average across the Health Dashboard's cities.



Source: City Health Dashboard, 2021; Data from Natality Data, National Vital Statistics System, National Center for Health Statistics, 2015, 2016, and 2017, 2 Year Estimates.

TEEN BIRTHS

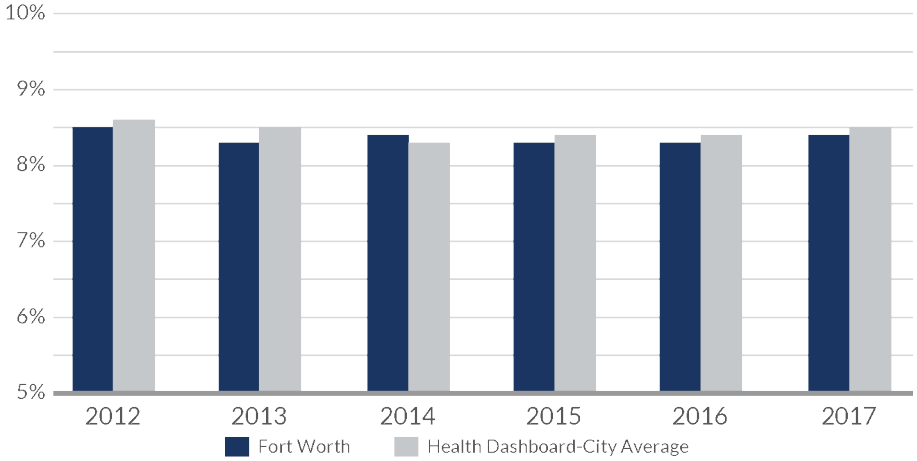
Number of teen births per 1,000 females aged 15-19, compared to an average across the Health Dashboard's cities.



Source: City Health Dashboard, 2021; Data from Natality Data, National Vital Statistics System, National Center for Health Statistics, 2015, 2016, and 2017, 3 Year Estimates.

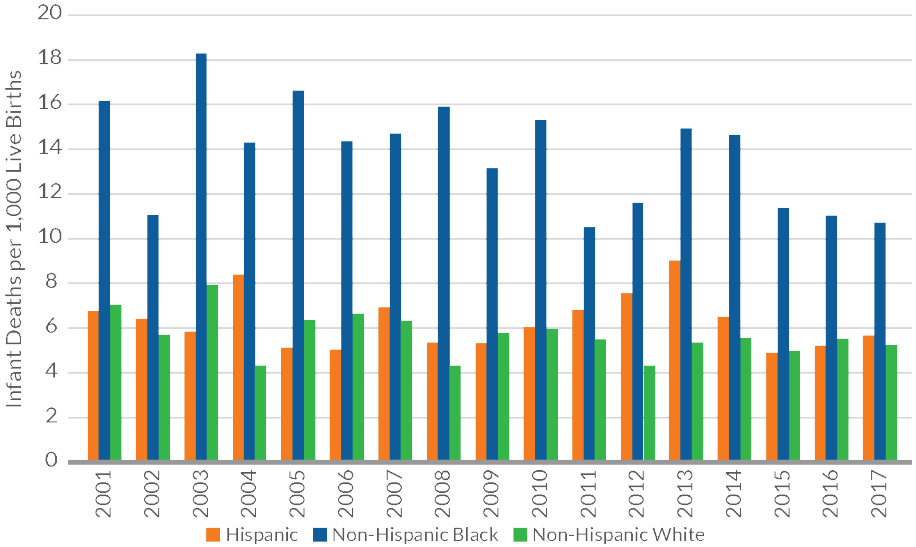
LOW BIRTHWEIGHT

Percentage of live births that were low birthweight, compared to an average across the Health Dashboard's cities.



Source: City Health Dashboard, 2021; Data from Natality Data, National Vital Statistics System, National Center for Health Statistics, 2012, 2013, 2014, 2015, 2016, and 2017, 3 Year Estimates.

INFANT MORTALITY



Source: Tarrant County, Public Health Department, 2022.

ACCESS TO FOOD STORES - FULL-SERVICE GROCERY STORES

A full-service grocery store is a store that is open seven days a week, offers fresh produce, and accepts payments from assistance programs.

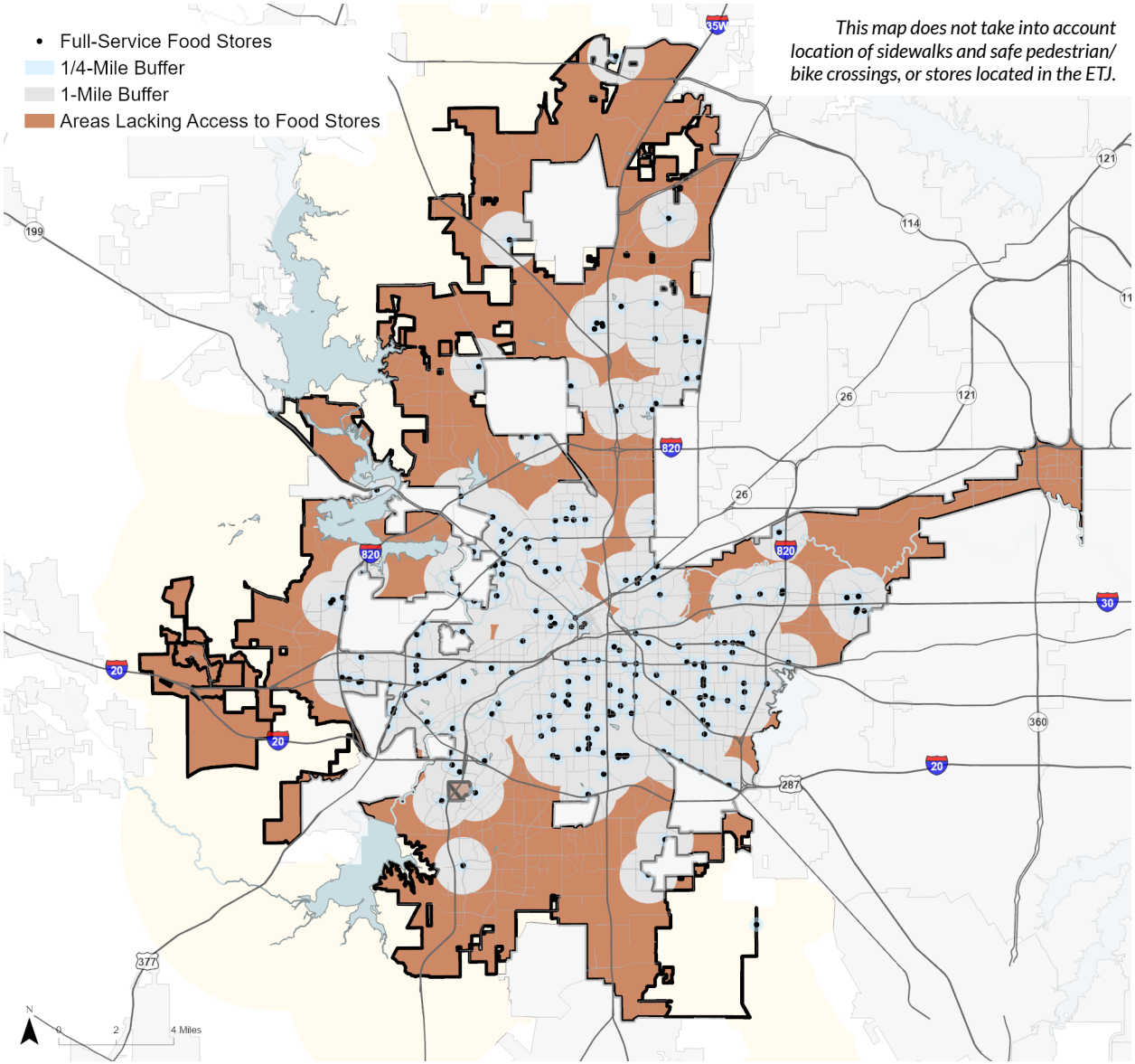
Amount of Food Choices: Complete
Fresh Foods: Readily Available
Example: Fiesta Mart, 421 West Bolt Street

TARRANT COUNTY FOOD POLICY COUNCIL: LOCAL FOOD MAP

IMPORTANCE OF HEALTHY EATING

In the U.S., healthy eating could generate an estimated savings of $114.5 billion per year through reduced medical costs, increased productivity, and declines in heart disease, cancer, stroke, diabetes, and osteoporotic hip fractures.

Source: Urban Land Institute, Intersections: Health and the Built Environment, 2013.



A 1/4 mile buffer around each store represents the typical distance a person is willing to walk to shop for grocieries. (Source: City of Fort Worth, Planning and Data Analytics Department, 2022.)

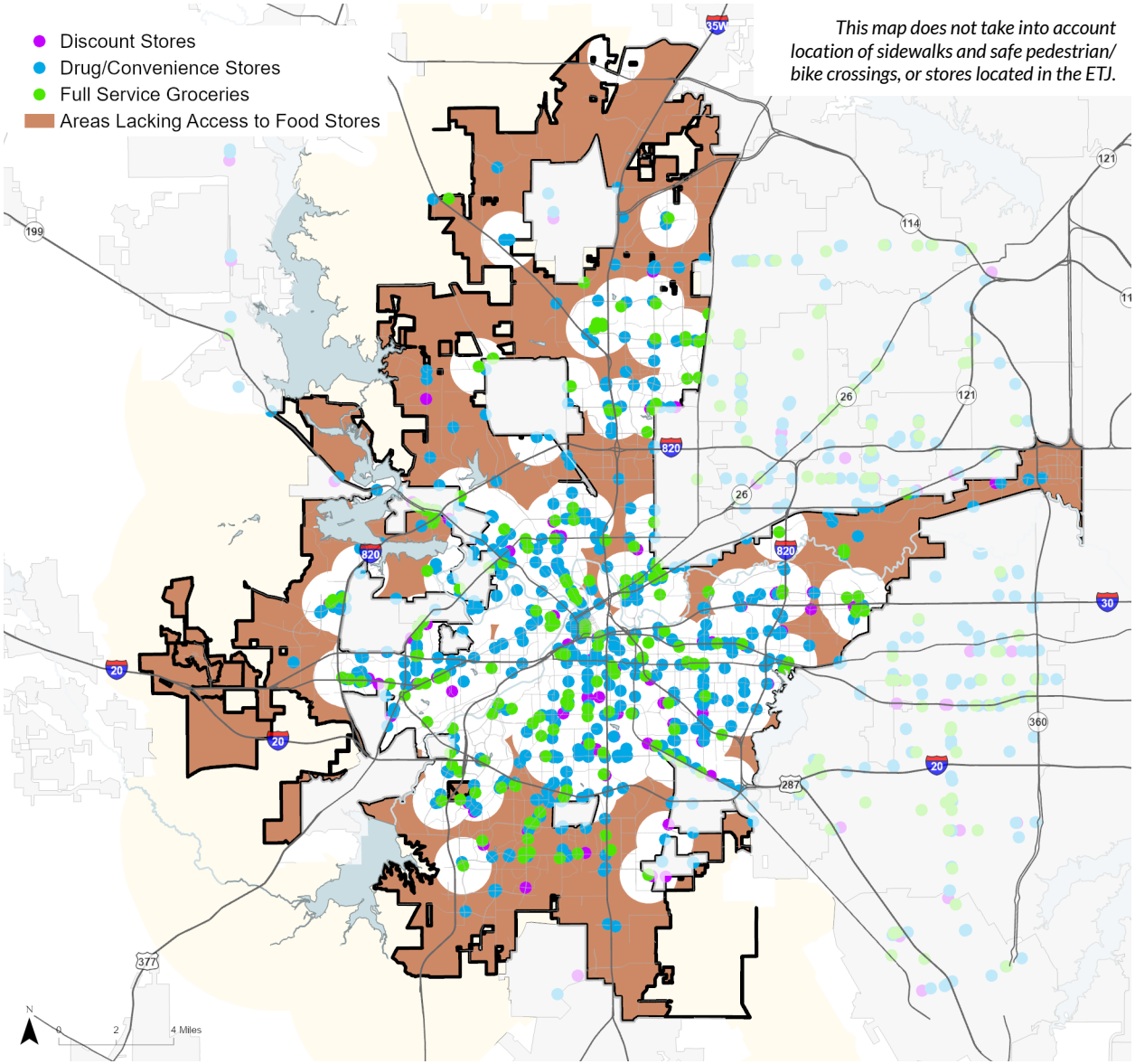
ACCESS TO FOOD STORES - OTHER STORES THAT SELL SOME FOOD ITEMS

Discount Stores

Amount of Food Choices: Reduced/Limited
Fresh Foods: Limited Availability
Example: Family Dollar, 4869 East Berry Street

Drug/Convience Stores

Amount of Food Choices: Reduced/Limited
Fresh Foods: Limited Availability
Example: CVS Pharmacy, 4128 East Lancaster Avenue



The foods available at each type of food store varies from limited food choices and few healthy eating options to complete food choices and access to fresh foods that are essential for a healthy diet. (Source: Tarrant County Food Policy Council, 2022.)

HEALTHY FOOD OPTIONS

Local Food Banks and Food Pantries

Example: Tarrant Area Food Bank, 2525 Cullen Street

A food bank is a central clearinghouse for millions of pounds of food donated by the food/grocery industry, as well as community donations and government assistance. Tarrant Area Food Bank (TAFB) covers 13 counties, providing food to individual food pantries that then distribute the food to their local communities.

Food pantries are smaller, independent operations (typically at churches, community centers, or other local establishments) that distribute food they receive from the food bank directly to their community.

TAFB: FIND FOOD

RED Bus

RED (Resources and Education Delivered) Bus provides resource assistance and nutrition education to communities with high levels of food insecurity. TAFB facilitates the delivery of these resources through benefits enrollment (SNAP, CHIP, TANF, and Medicaid), emergency food relief, and leveraging partnerships across critical zip codes needing high levels of food support.

TAFB: RED BUS

Community Gardens

Example: TAFB Learning Garden, 3251 Sappington Place

Community gardens help create sustainable solutions to addressing hunger through:

- ***Food Secure Communities:*** Increases food security and self-reliance.
- ***Healthy People:*** Increases vegetable intake and physical activity; freshly harvested produce maximizes nutritional content of food.
- ***Healthy Budgets:*** Saves money on food bills over time.
- ***Healthy Land:*** Makes beneficial use of vacant or unproductive spaces.
- ***Manage Resources:*** Turns trash into treasure through repurposing and composting otherwise wasted resources.
- ***Build Community:*** Fosters community identity and spirit
- ***Create Local Culture:*** Reconnects people with nature and each other.

TAFB: COMMUNITY GARDENS

Farmers Markets

Example: Cowtown Farmers Market, 3821 Southwest Blvd

Farmers markets provide a location for local growers, producers, artisans, and crafters to sell their goods directly to consumers. At a typical farmers market, an abundant selection of fresh and local fruits, vegetables, dairy products, and meats can be purchased. This promotes the use of locally grown and produced products, which stimulates economic activity, makes fresh fruits and vegetables more readily available, and generally enhances local quality of life.

Source: Tarrant Area Food Bank, 2022.

Source: Cowtown Farmers Market, 2022.

TARRANT AREA FOOD BANK

Tarrant Area Food Bank (TAFB) was founded in 1982 by a group of Fort Worth residents concerned about hunger in their community. Three months after opening in October 1982, the organization had distributed donated food to 50 charities in Fort Worth, thanks to commercial donors and a holiday food drive by the Fort Worth community.

TAFB serves people seeking food assistance, including:

- Low-wage workers and their families
- Senior citizens living on fixed incomes
- Victims of family violence and of disasters
- Chronically ill
- Severely disabled
- Homeless
- Under-employed
- Temporarily and long-term unemployed

The most commonly needed donations are:

- In-kind donations, i.e. seeds and seedlings
- Financial support
- Volunteer services

13

North Texas Counties Served by TAFB

TARRANT AREA FOOD BANK

1/3

Served by TAFB are Children

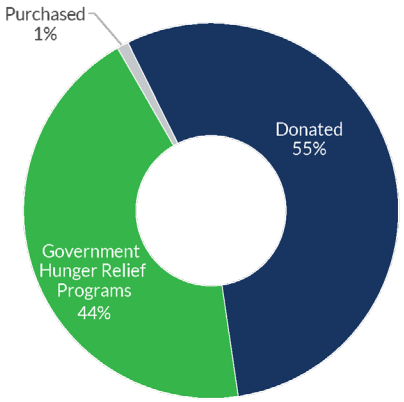
60M

Pounds of Food Served within TAFB Service Area in 2021

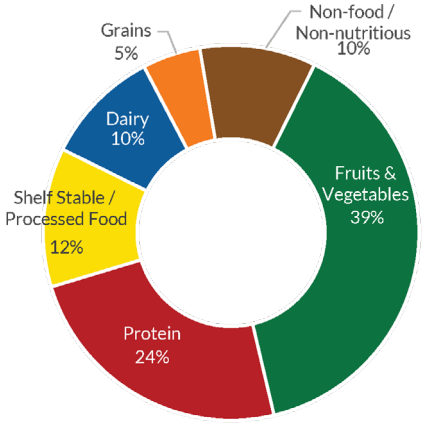
54M

Meals Served within TAFB Service Area in 2021

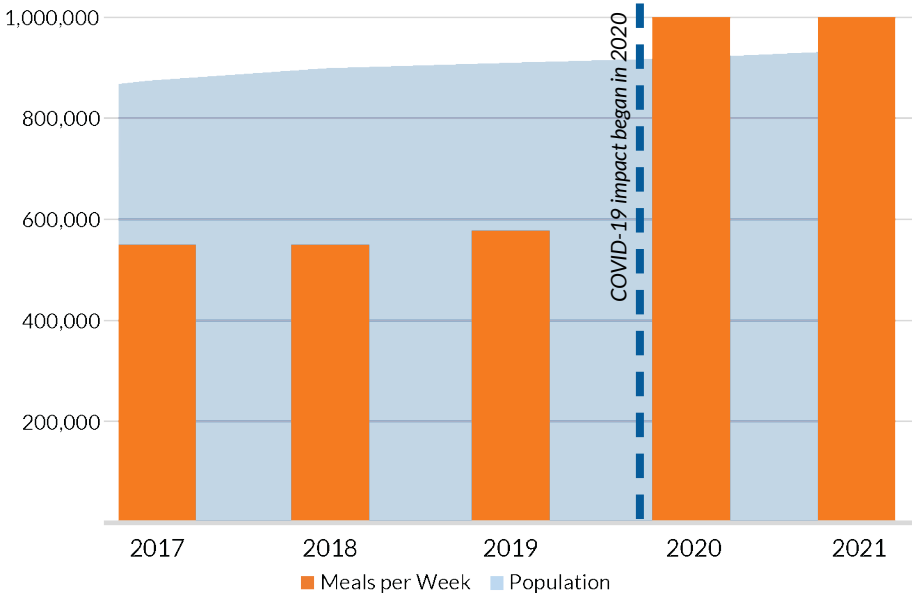
WHERE THE FOOD COMES FROM



DISTRIBUTION BY FOOD TYPE



MEALS SERVED PER WEEK



Source: Tarrant Area Food Bank, 2021; U.S. Census Bureau, ACS 5-Year Population Estimates,2020 Census, and 2021 Population Estimate.

BLUE ZONES PROJECT

Blue Zones Project, Fort Worth is a community-led well-being improvement initiative that focuses on changing the environment around us to make healthy choices easier. Blue Zones Project focuses on helping people in Fort Worth live longer, happier lives and fosters simple changes linked to better well-being. Since 2014, Fort Worth has undergone a neighborhood-by-neighborhood transformation, working with partners to implement changes to the built environment, community policy, and social networks.

As a result, Fort Worth became the world's largest certified Blue Zones Community in November 2018—achieving this ambitious goal through the commitment of organizations and people across the city to create lasting change.

In January 2019, Blue Zones Project, Fort Worth entered a new phase of work. These efforts come under the umbrella of North Texas Healthy Communities, the community outreach arm of Texas Health Resources that focuses on the delivery of community benefit through well-being improvement initiatives. As the primary sponsor of Blue Zones Project since its outset, Texas Health Resources continues to play a leadership role, as this work aligns with its mission to improve the health of the people in the communities it serves.

Through the Blue Zones Project, the City of Fort Worth worked to substantially raise the city's well-being rank; as well as:

- Improve the built environment to address safety concerns and improve accessibility.
- Expand sidewalks and other active transportation options.
- Create community projects that would boost neighborhood vitality.
- Decrease tobacco use through targeted policy actions.
- Create a positive impact on other health risk factors.

BLUE ZONES PROJECT

150
Approved Worksites

66
Approved Restaurants

48
Approved Schools

20
Approved Grocery Stores

Source: Blue Zones Project Fort Worth, 2021.

Blue Zones Project poster encouraging healthy choices.

FORT WORTH

IN 2018
ROSE TO 31ST
out of 157 U.S. cities on overall well-being

IN 2014
RANKED 185TH
out of 190 metro areas included on the Community Well-Being Index, a national survey that asks residents to rate factors essential to overall well-being: purpose, social, financial, community, and physical.

**Rank of 185th based on comparison to 190 MSAs from 2014-2015; rank of 31st based on comparison to 157 MSAs from 2017-2018. Source: Gallup-Sharecare Well-Being Index, 2021.*

15%
Increase in Reported Exercise (30+ minutes 3+ days/week) from 2018 to 2020

58%
Increase in Indivuduals who Reported Biking or Walks for Routine Trips from 2018 to 2020

Source: Gallup-Sharecare Well-Being Index Survey, 2021.

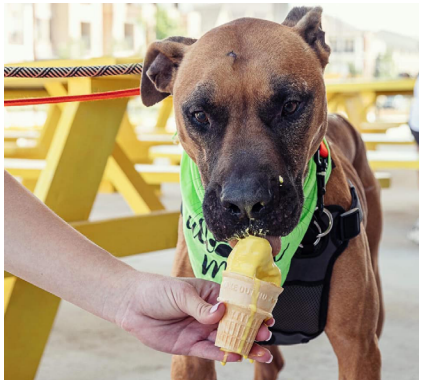
COMPLIANCE WITH PUBLIC HEALTH LAWS, REGULATIONS, AND ORDINANCES

Whether ensuring safe and healthy environments for consumers or minimizing the threat of pet and human exposure to rabies, the City enforces public health laws, regulations, and ordinances designed to prevent disease, injury, and illness through its Code Compliance Department.

Animal Care and Control

The Code Compliance Department's Animal Care and Control Division enforces animal-specific regulations including those requiring adequate licensing and vaccinations designed in part to minimize the risk of rabies and other zoonotic diseases being transmitted from wildlife to domestic pets and then to humans. Additionally, the division is charged with protecting citizens from stray, homeless, aggressive, or nuisance animals.

ANIMAL CARE & CONTROL



"Out & About" Program was created as a short term fostering program that helps provide relief to adoptable pets from the stresses of being in the shelters. Since the launch of the program in March 2019, the City has seen long-stay shelter dogs get adopted quicker once they return from a field trip and have a report card.

Friends of Henry and Scout

"Friends of Henry and Scout" Progam was created to attract financial support for the City's animal care initiatives.

Source: City of Fort Worth, Code Compliance Department, Animal Care and Control Dvision, 2022.

Consumer Health

The Code Compliance Department's Consumer Health Division issues permits, performs health inspections, and ensures compliance with all laws, regulations, and ordinances related to food establishments (including restaurants), mobile food vendors, day care centers, hotels and motels, and public swimming pools. Protecting the public from food-borne and water-borne diseases and other health risks associated with food establishments, mobile vendors, day care centers, hotels and motels, and swimming pools is the division's primary objective.

CONSUMER HEALTH

Preventing the spread of mosquito-carried diseases.

Source: City of Fort Worth, Code Compliance Department, Consumer Health Dvision, 2022.

GOALS & OBJECTIVES

1 Enhance the multimodal circulation network in which visitors, workers and residents may conveniently walk, bike, or ride transit to destinations.

- Continue to develop walkable urban neighborhoods such as mixed-use growth centers, urban villages, and transit-oriented developments that encourage and facilitate residents and visitors to walk, bike, and use transit between home, work, school, and other locations.
- Continue to increase the miles of bikeways in Fort Worth.

2 Reduce obesity and related chronic health conditions.

- Increase access to fresh fruits and vegetables, and establish and promote local farmers markets.
- Provide nutrition education materials annually to Fort Worth farmers markets.
- Educate residents regarding selection, storage, and preparation of fruits and vegetables.
- Promote fruit and vegetable intake through six annual Live a More Colorful Life classes and on the Live a More Colorful Life website.

3 Decrease diabetes incidence and improve the quality of life for those who have or are at risk for diabetes.

4 Reduce infant mortality rates by heightening awareness and recommending policy changes and/or specific interventions.

- Produce infant mortality awareness/education report annually.

5 Continue to work with Fort Worth Blue Zones Project to encourage healthy lifestyles.

- Improve the built environment to address safety concerns and improve accessibility.
- Expand sidewalks and other active transportation options.
- Create community projects that would boost neighborhood vitality.
- Decrease tobacco use through targeted policy actions.
- Create a positive impact on other health risk factors.

6 Reduce the risk of illness and injury associated with permitted facilities, including food establishments, aquatic facilities, daycare centers, and hotels/motels.

- Maintain a restaurant health inspection passing rate of 95% for all restaurants in Fort Worth.
- Perform 11,000 health inspections of permitted facilities annually.

7 Rapidly respond to reports/complaints involving imminent health hazards related to permitted facilities.

- Investigate 100% of food borne illness and other imminent health hazard complaints associated with permitted facilities within 24 hours.

8 Provide education and training for food and day care establishment owners, managers, and employees and swimming pool operators to ensure safe environments for the public.

- Train 7,000 permitted facility employees in health and safety practices promoting consumer protection annually.

GOALS & OBJECTIVES (CONT.)

9 **Reduce the number of stray animals roaming free in neighborhoods in order to decrease the incidence of animal bites and attacks.**

- Respond to 100% of all priority one calls within 4 hours.
- Provide responsible pet ownership education classes to 900 pet owners annually, with an emphasis on proper restraint and enclosures.

10 **Rapidly respond to animal bites and animal cruelty reports to fully investigate and remove dangerous and/or abused/ neglected animals to preserve the public's and the animal's safety.**

- Respond to 100% of all cruelty reports within 24 hours.
- Respond to 100% of all bite reports within 24 hours.

11 **Reduce the incidence of dangerous and nuisance wildlife encounters with citizens, especially in neighborhoods.**

- Develop protocols and implement the Urban Wildlife program to include capture and citizen education components.

POLCIES

Development Patterns and Public Health

- Promote traditional walkable neighborhoods and other pedestrian-oriented developments – including Urban Villages, Mixed-Use Growth Centers, and Transit-Oriented Developments – which encourage human interaction, walking, bicycling, mixed uses, slower traffic, public places, and attractive streetscapes.

Obesity

- Work with local chefs, nutritionists, and farmers to provide information to residents in selecting, preparing, and incorporating healthy food choices into their family's diet.
- Continue community-based programs designed to introduce youth to the importance of eating right and increasing physical activity.
- Encourage linkages between neighborhoods and farmers markets and community gardens.

Diabetes

- Expand the collaborative partnership of Tarrant County agencies to address and educate residents on diabetes.

Infant Mortality

- Continue to work with community partners to examine social, economic, cultural, safety, and health system factors associated with fetal and infant mortality.

Compliance

- Partner with permitted facility owners and managers to provide education and training for food and day care establishment employees and swimming pool managers.
- Schedule health inspections according to a risk-based matrix, assigning more frequent inspection schedules to higher-risk facilities.
- Create and implement public education campaigns to promote pet licensing and vaccination and provide convenient methods for citizens to attain compliance.
- Continue to create and enforce ordinances that reward compliance with animal licensing and containment requirements, and penalize violators.
- Continue to promote spay and neuter practices for all pets and ensure all pets adopted from shelter are altered prior to release.