

**A Comprehensive Integrated
Holistic
Health Care Model for
Men of Color in Austin, Texas**



African
American
Men's
Health
Clinic



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Caring For You!

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Compassion and good
health go hand in hand.
You can count on us!

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OVERVIEW

The issues:

- The life expectancy for African American men is 7.1 years less than for white men.
- Stroke kills 180 percent more African American men than it does whites.
- African American men are 30% more likely to die from heart disease than white men.
- African American men have the highest rates of lung, prostate, and colon cancers of any population worldwide.
- More than one-third of all African American men have high blood pressure.
- Hispanic men are more likely than whites to have diabetes and related kidney failure.
- Hispanic men are twice as likely as white men to have liver cancer.

Populations of color face unique challenges in health care and in disease incidents. In particular, men of color cope with obstacles related to socioeconomic status, safety, and education, all of which have a direct impact on health. Rates of morbidity and mortality for African American and Hispanic males are among the highest in Travis County. Some of these rates are among the highest in the state. In a metropolitan area that prides itself on health and wellness, we believe this disparity must be addressed through a strategic approach. Multiple studies have been conducted by academic institutions, public health associations and area hospitals which validate the impact of health disparities on populations of color, specifically men. The evidence is clear – even exacerbated and highlighted yet again by the COVID-19 pandemic– and without targeted interventions and the deployment of culturally appropriate strategies, the problem will continue to manifest itself in the life cycle of African American and Hispanic men.



Data sources: Centers for Disease Control and Prevention in the Morbidity and Mortality Weekly Report (MMWR) 3/23/2020. American Public Health Association Report Health Disparities in Men and Boys May 2012.

A COMPREHENSIVE APPROACH

Our collaborative proposes a holistic definition of health that highlights the importance and influence of mental health related to overall health, to include physical and social aspects – as well as the interrelation of all aspects to influence each other. Our holistic view is particularly relevant as it relates to men of color, whose mental, physical, and social health has historically been impacted – and continues to be presently impacted – by the psychological, physical and social means that have been used to enact a legacy of racism, discrimination and social compartmentalization in the U.S.

Dehumanization, oppression, and violence against African American people has evolved into present day racism - structural, institutional, and individual – and cultivates a uniquely mistrustful and less affluent community experience, characterized by a myriad of disparities including inadequate access to and delivery of care in the health system. For Hispanics, issues related to deportation, immigration/citizenship, and stereotypical racism also loom ominously in the current social and political context. Processing and dealing with layers of individual trauma on top of new mass traumas from COVID-19 (e.g., uncertainty, isolation, grief from financial or human losses), police brutality and its fetishization in news and social media, and divisive political rhetoric adds compounding layers of complexity which can be overwhelming for individuals to responsibly manage. Our understanding of trauma informed care deserves a deep understanding for delivering effective integrated mental health services.

Mental and physical health services must include education to prevent or supplement clinical forms of treatment. Social health intervention must be viewed and approached through both the lens of an individual’s interaction with his surrounding community as well as the impact of societal constructs that have been created and enacted to prevent the upward mobility of people of color, which include means that greatly impact both mental and physical health. Specific characteristics of the population, such as age distribution, population density, level of social deprivation and presence of other populations and/or barriers should be identified so that special needs can be anticipated.



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COMPREHENSIVE INTEGRATED HOLISTIC CARE MODEL

Here, we propose a planning and pilot process to develop a Comprehensive Integrated Holistic Care Model for improvement of holistic health outcomes, which begins by addressing mental health needs to improve the lens through which African American and Hispanic men view themselves, relationships, and their immediate and broader societal environments, in order to identify root cause and enact personal solutions that drive positive change within their households and communities.



TARGET POPULATION

The population of interest for this project includes African American and Hispanic men who reside in the Eastern Crescent of Travis County – focusing mostly on adults but including younger males to the extent that the discovery process reveals necessary strategies concerning younger males of color.

STRATEGIES

Systems-oriented solutions to reduce barriers and disparities:

- Identify root causes that lead to or enable the continuance or exacerbation of disparities in health outcomes.
- Develop effective pathways and solutions to eliminate existing health disparities impacting African American and Hispanic men.
- Make healthcare accessible for the target population by establishing strategic locations, methods of service delivery, and patient navigation.
- Universal and targeted interventions to increase knowledge and enact action leading to positive outcomes among the target population.
- Transform the stigma concerning typical healthcare systems into a positive life changing experience to improve overall quality of life.
- Reach men, boys, and their families where they live, work, and play.
- Provide disease prevention awareness education, messaging, tools, screening, programs, and advocacy to address health literacy.

OUTCOMES

Within the year-long scope of this proposal, excellent execution of this project will help to:

- Increase knowledge of health principles and trust of the current health care system.
- Strengthen the ability of community members to address and adjust to stressors.
- Increase engagement toward improvement of the overall health status of historically marginalized populations.
- Deepen partnerships with health systems and other entities promoting health outcomes.
- Benefit broader efforts and systemic partners by providing results/lessons learned from the pilot process as well as feedback directly from the target community regarding a spectrum of factors that influence health, from a holistic perspective.

Attainment of these outcomes will be measured through attitude-and-perception surveys, interviews, training collateral (e.g., completion certificates, etc.), program activity/attendance logs, and documentation of partnership activity/results. In the longer term (beyond the project period), excellent execution of sustained strategies along this vein can help to:

- Decrease mortality and morbidity rates among African American and Hispanic populations.
- Improve quality of life, holistic health outcomes, and healthy lifestyles for Central Texas families.
- Bend the curve on needless premature deaths due to lack of information or access to healthcare. These outcomes can be included in community data reports and dashboards.

APPROACH

- Engage inclusive/collaborative approach to include all stakeholders, led by African American public health experts.
- Use data driven solutions and strategies.
- Employ available technology such as telehealth, telemedicine, online survey tools, teleconference, and video conference capabilities.
- Embrace emergence of solutions throughout the process of thoughtful, collective planning and implementation.

SCOPE OF SERVICES

- Primary Care
- Specialty Care Referrals
- Mental Health
- Family Crisis Management Services
- Trauma Informed Care Training
- Substance Abuse Prevention
- Dietitian services
- Integrated Behavioral Health with Primary Care providers
- Telepsychiatry services provided by Psychiatrists
- Men's Health Screening

We look forward to assisting you with this extremely important engagement which will result in the development of actionable strategies to respond and address health disparities impacting African American and Hispanic men.



BLACK MEN ARE TWICE AS likely to die of prostate cancer than white men – and the disparity is largely driven by who has access to high-quality treatment, a new study indicates.



AFRICAN AMERICAN MEN'S CLINIC COMMUNITY PARTNERS & SUPPORTERS

- City of Austin / Austin Public Health
- Travis County Health and Human Services
- Austin Travis County Integral Care
- Dell Medical School
- Peoples Community Clinic (FQHC)
- University of Texas / Steve Hicks School of Social Work
- University of Texas School of Nursing
- Ascension Seton Health System
- Dr. Kadir Primary Care

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Building of a Legacy

“One-stop”
Resource Center

6633 Highway 290 East
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When the African American Youth Harvest Foundation (AAYHF) became a tenant in this building in 2011, it was 35% occupied. Today, with the help of AAYHF, it is at or near 100% occupancy on a consistent basis, with a host of youth-and family-serving agencies that provide everything from health services and youth enrichment to employment assistance and entrepreneurial development.

Through AAYHF programs, nearly 9,000 youth and adults have received services at AAYHF's African American Youth Resource Center in this facility, in addition to the thousands served through the foundation's school-based conferences. Another 16,000 individuals are served annually by partners in the building.

