

Initiative 1: Make Rural Texas Healthy Again

Short Description:

HHSC will issue grants to enhance or create community-based prevention, wellness, and nutrition programs or services aimed at improving diabetes, obesity, heart disease, and maternal health outcomes.

Diabetes education and management should be a major focus, as reflected in the associated outcome measures.

Total Available Dollars:	\$433M																												
Year 1 Approved Award:	Part 1: \$60M Part 2: \$56.25M																												
Who qualifies?	Part 1: Rural hospital districts and authorities with a publicly owned and operated hospital in their jurisdiction Part 2: Public and Private rural hospitals																												
How will funds be distributed?	Part 1: Direct award Part 2: Competitive application																												
Additional details:	<p>Initiative 1</p> <p>Table 1: Implementation Options</p> <table border="1"> <tr> <td>Community wellness center (exercise, nutrition classes, etc.)</td> <td>Non-emergent transportation support to improve access to pharmacies (to improve medication adherence), grocery stores, and primary or preventative healthcare appointments</td> </tr> <tr> <td>Grocery stores, farmer's markets, or local food pantries to increase access to fresh U.S.-grown produce, dairy, and meat (Funds cannot be spent on meals themselves, per CMS)</td> <td>Active remote monitoring for high acuity patients</td> </tr> <tr> <td>After-hours primary care clinic to reduce non-emergent emergency department visits</td> <td>Support and technology for enrolling individuals who are dually eligible for Medicare and Medicaid in care plans that include local behavioral and preventative care providers</td> </tr> <tr> <td>Low or no-cost chronic disease screenings (prevention) and low or no-cost primary care visits</td> <td>Other strategies, as approved by HHSC</td> </tr> </table> <p>Source: Rural Health Transformation Program Update - Rural Hospital Advisory Committee (RHAC), February 3, 2026</p>				Community wellness center (exercise, nutrition classes, etc.)	Non-emergent transportation support to improve access to pharmacies (to improve medication adherence), grocery stores, and primary or preventative healthcare appointments	Grocery stores, farmer's markets, or local food pantries to increase access to fresh U.S.-grown produce, dairy, and meat (Funds cannot be spent on meals themselves, per CMS)	Active remote monitoring for high acuity patients	After-hours primary care clinic to reduce non-emergent emergency department visits	Support and technology for enrolling individuals who are dually eligible for Medicare and Medicaid in care plans that include local behavioral and preventative care providers	Low or no-cost chronic disease screenings (prevention) and low or no-cost primary care visits	Other strategies, as approved by HHSC																	
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What are the required outcomes?	<p>Table 5: Outcomes</p> <table border="1"> <thead> <tr> <th>Local Solution</th> <th>Proposed Measure</th> <th>Level</th> <th>Baseline</th> <th>Target</th> </tr> </thead> <tbody> <tr> <td>Diabetes Related Emergency Visits</td> <td>ED Visits related to diabetes</td> <td>County</td> <td>2024</td> <td>Decrease prevalence by 2.5%</td> </tr> <tr> <td>Increase Dietitians</td> <td># of Dietitians in Rural Counties</td> <td>Non-Metro Statewide</td> <td>2024</td> <td>Increase by 20</td> </tr> <tr> <td>Obesity Prevalence</td> <td>% Overall Prevalence of Obesity</td> <td>Non-metro Statewide</td> <td>2023</td> <td>Decrease by 1.0%</td> </tr> <tr> <td>Adults taking a course or class in how to manage your diabetes</td> <td>% taking a course or class in how to manage diabetes</td> <td>Non-Metro Statewide</td> <td>2022</td> <td>Increase by 2.5%</td> </tr> </tbody> </table> <p>Source: Approved Budget Period 1 Revised Project Narrative</p>				Local Solution	Proposed Measure	Level	Baseline	Target	Diabetes Related Emergency Visits	ED Visits related to diabetes	County	2024	Decrease prevalence by 2.5%	Increase Dietitians	# of Dietitians in Rural Counties	Non-Metro Statewide	2024	Increase by 20	Obesity Prevalence	% Overall Prevalence of Obesity	Non-metro Statewide	2023	Decrease by 1.0%	Adults taking a course or class in how to manage your diabetes	% taking a course or class in how to manage diabetes	Non-Metro Statewide	2022	Increase by 2.5%
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DISCLAIMER: Information provided is based on the documents approved by CMS on April 7, 2026. Information is subject to change.