

*PPH's Mission:* The mission and goal of the Potentially Preventable Hospitalizations Program is to keep the members of our community healthy and out of the hospital.

*PPH's Vision:* A Healthier Grayson County

*About PPH:*

In FY 2016-2017, the Texas Department of State Health Services contracted with thirteen counties, Grayson County being one of those, to implement evidence-based interventions, through a **community coordinated approach**, to reduce hospitalizations and/or hospital charges among adult county residents for selected adult potentially preventable hospitalization conditions.

The Potentially Preventable Hospitalizations Program is designed for adults that have been diagnosed with, or are at high risk for developing, Congestive Heart Failure (CHF), Chronic Obstructive Pulmonary Disease (COPD), and Diabetes Mellitus (DM). The way we differ from most organizations is that we cater to those patients that do not have insurance, primarily those with, or at high-risk for, COPD, CHF, and DM. Since tobacco use has been shown to play a large role in all of these conditions, we are taking a very aggressive approach to combat tobacco use within Grayson County.

At this time we are offering free flu and pneumonia vaccinations to those who meet the program requirements. In addition, free classes are being offered that will help each individual learn to self-manage their CHF, COPD, DM, and/or Smoking Cessation. Self-management of a disease process starts with learning and understanding the following:

- Self Wellness – The ability to maintain a healthy state of wellbeing.
- Self Awareness – To have knowledge of your health and be aware of your options.
- Self Health – To be aware of and involved with, the condition of your own body.

Please see our calendar for scheduled classes and call to reserve your seat. Adult family members and/or caregivers are always welcome to attend class, in fact, we encourage it.

*Locations:*

Sherman Location:

Grayson County Health Dept.  
515 N. Walnut St.  
903.893.0131 ext. 1234

Denison Location:

Grayson County Health Dept.  
205 N. Houston St.  
903.893.0131 ext. 1234

