

HEALTHY MIND, HEALTHY BODY

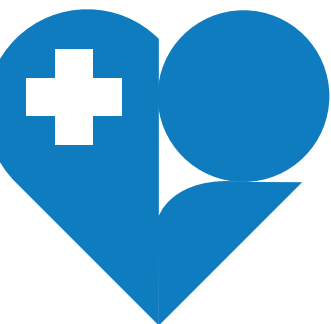
GOALS

To reduce health disparities and improve health outcomes for individuals and families in the National Capital Area

TARGET POPULATION

ALICE (Asset Limited, Income Constrained, Employed) population comprised of households that earn more than the Federal Poverty Level, but less than the basic cost of living for the county/state

United Way of the National Capital Area mobilizes all sectors of the community to work together with one goal in mind – improving the lives of children and families by reducing disparities and increasing equity.



APPROACH

Healthy Mind | *Mental Health*

- ▶ Partner with **Talkspace** to provide high-quality mental health services to underserved populations like African American males, LGBTQ+ youth (18-26), and Veterans through technology
- ▶ Implement trauma-informed care and **Mental Health First Aid** trainings in schools across the region
- ▶ Reduce stigma and raise awareness for quality mental health services

Healthy Body | *Food Insecurity*

- ▶ Partner with regional and national organizations focused on food access and insecurity
- ▶ Expand our **Fun, Fly & Fit** program to more schools to promote healthy and fun physical activity for school age children
- ▶ Provide access to more affordable prescription medication through **FamilyWize**



DID YOU KNOW?

More than half of U.S. residents without health insurance are people of color.

21%

In 2018, 21% of Black households and 16% of Hispanic households were food insecure compared to 8% of white households.

40%

In Prince George's County, MD, 40% of children ages 6-19 experienced one or more mental health challenges

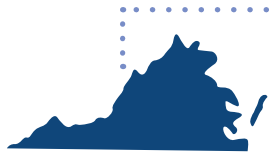
50%

Only 50% of adults with mental illness in Virginia receive any form of treatment from either the public system or private providers

76%

In Washington DC, 76.4% students are eligible for free or reduced-price lunch

Food Insecurity in the National Capital Region



Households headed by adults under 25 are more likely to be ALICE in Virginia



16.3% of the children in Montgomery County are food insecure, more than any other county in Maryland



Washington, DC has the highest rate of seniors facing hunger in the nation at 20.1%



In Maryland, 1 in 9 people and 1 in 6 children struggle with hunger

WHEN NONE ARE IGNORED, ALL WILL THRIVE.



UnitedWayNCA.org

United Way of the National Capital Area

PLACE-BASED STRATEGY

LIVE UNITED®

IMPROVE COMMUNITY OUTCOMES

GOALS

Provide strategic evidence-based programming and a results-driven framework to close community wide gaps by establishing quality school, financial and health-based initiatives.

TARGET POPULATION

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APPROACH

- ▶ Support & coach area residents in achieving economic opportunity
- ▶ Embed workforce services in the community connecting members with jobs & skills training
- ▶ Incorporate community schools in the community
- ▶ Promote and implement evidence-based programs in community schools
- ▶ Offer telehealth services in the community
- ▶ Fun, Fly & Fit programming to promote a healthy body, healthy mind approach
- ▶ Financial Empowerment Centers provide financial coaching, tax prep and credit improvement workshops
- ▶ Promote volunteer opportunities and events in the community

DID YOU KNOW?

In the National Capital Area, the top 1% makes 22 times the average annual income than the remaining 99% on average

70%

New research suggests that students returning to school in the fall of 2020 or later will retain about 70% of this year's gains in reading and less than 50% in math

76%

In Washington, DC, 76.4% students are eligible for free or reduced-price lunch

Place-Based Strategy



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ALL WILL THRIVE.

