

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 – helping children and families live their best lives by reducing disparities and increasing equity.

APPROACH

Healthy Mind

Mental Health

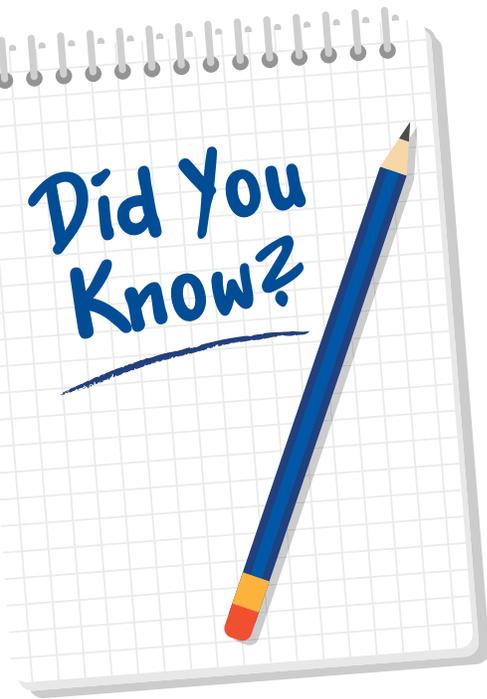
- ✓ Partner with **Talkspace** to provide high-quality mental health services to underserved populations like African American males, LGBTQ+ youth (18-26), and Veterans through technology
- ✓ Implement trauma-informed care and **Mental Health First Aid** trainings in schools across the region
- ✓ Reduce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





50%

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

40%

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

76%

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



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



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

Food Insecurity in the National Capital Region



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



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



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



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



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