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

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

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.
Did You Know?

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.