

# HEALTHY MIND, HEALTHY BODY

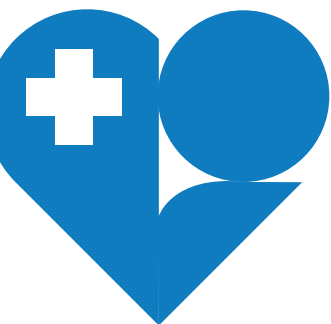
## GOALS

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

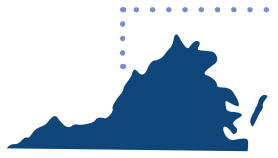
## 50%

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

## GOALS

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

## TARGET POPULATION

Title 1 middle and high school students and 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

Pipeline from middle school to college/career success

- ▶ Address attendance, behavior, and course performance within our Community Schools program
- ▶ Promote community and family engagement
- ▶ Focus on prevention science approaches and the merging of systemic wrap-around services with evidence-based programs to address:
  - Basic needs of youth and families
  - Their socio-emotional well-being

# DID YOU KNOW?

Over 80% of all juveniles and adults in the criminal justice system have experienced school failure or dropout

82%

In Fairfax County, VA 82% of 1,095 students that dropped out of high school were Latinx

30%

In 2019, nearly all ninth-grade students in Washington, DC schools with chronic absenteeism miss at least 30% of every high school year or drop out

40%

In Prince George's County, MD the graduation rate in 2018 was 78.47%, but for Latinx students the rate was 62.38%

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

80%

Over 80% of all juveniles and adults in the criminal justice system have experienced school failure or dropout

## Lack of Digital Access

30%

The DC public school system estimates 30% of their 52,000 students lack internet access or computers at home. For some schools, that percentage is far higher

1 million

Nearly 1 million households in Virginia and Maryland have limited or no access to high-speed internet access

WHEN NONE ARE IGNORED,  
ALL WILL THRIVE.

[UnitedWayNCA.org](http://UnitedWayNCA.org)



United Way of the National Capital Area

# ECONOMIC OPPORTUNITY

LIVE UNITED®

# FINANCIAL & WORKFORCE TRAINING FOR HOME OR BUSINESS OWNERSHIP

## GOALS

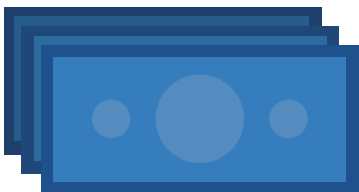
To reduce wealth disparities and improve economic opportunities for individuals and families in the National Capital Area

## TARGET POPULATION

Individuals and families with low to moderate income

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



Working with individuals and families on financial training and workforce development to ultimately graduate to business and home ownership and financial success

- ▶ Continue to support & coach area residents in achieving financial stability through **Financial Empowerment Centers (FEC)** to help ALICE households
- ▶ Embed workforce services in our existing FECs as well, **connecting members with jobs & skills training**
- ▶ **Secure sector-based work force partnerships within the region to solidify employment networks for participants benefit**
- ▶ **Promote home ownership and affordable housing practices**
- ▶ **Promote entrepreneurship and business ownership**
- ▶ Continue focus on **free tax preparation** and expand annual **Project Homeless Connect** (resource fair for those at risk of or experiencing homelessness) event

# DID YOU KNOW?

White households have 10 times as much wealth as Black households.

## 22x

In the DMV area, the top 1% makes 22 times the average annual income than the remaining 99% on average.

## 17k

The median wealth of White households was \$171,000 in 2016 vs. \$17,100 for Black households.

## 40%

African Americans make up 13% of the general population, but more than 40% of the homeless population.

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

	ALICE	Poverty	Population struggling to afford basic needs
Montgomery County	27%	7%	34%
Prince George's County	35%	8%	43%
Virginia	28%	11%	39%

### POVERTY RATE

# 21.6%

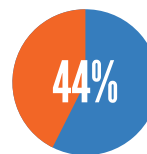
The rate for LGBTQIA+ is 21.6% compared to cisgender straight individuals at 15.7%.

### STUDENTS VS STUDENT LOAN DEBT

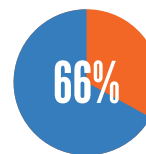
# \$30,400

Black women graduate with the most debt at \$30,400, on average. Compared to \$22,000 for white women and \$19,500 for white men.

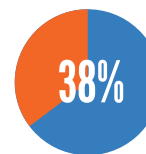
### JOB OR WAGELOSS DUE TO THE PANDEMIC



Black



Latinx



White

**WHEN NONE ARE IGNORED,  
ALL WILL THRIVE.**



# 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

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 country/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

- ▶ 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



WHEN NONE ARE IGNORED,  
ALL WILL THRIVE.

