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
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
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

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

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.
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

- Improved Community Outcomes
- Workforce Development
- Food Security
- Fun, Fly and Fit
- Community Schools
- Telehealth Services
- Financial Empowerment Centers
- Evidence-Based Programs

DID YOU KNOW?

- United Way of the National Capital Area
- UnitedWayNCA.org

When none are ignored, all will thrive.

United Way of the National Capital Area