

HEALTH:

DEVELOPING HEALTHY CHILDREN & FAMILIES

In order for a community to thrive, people need to be healthy. According to a recent study by the Centers for Disease Control, regular preventative medical care helps reduce school absenteeism, job loss and poverty.

By promoting positive behavior and fostering supportive conditions at home and in the community, Heart of Florida United Way is committed to providing resources that local children and families need for the social betterment of all.



Comprehensive Change

By focusing on prevention instead of intervention, Heart of Florida United Way believes it can change the future for generations of families. We impact the community by focusing on the building blocks of a good life:

- **Quality Education**
- **Financial Stability**
- **Good Health**
- **Access to permanent housing and food**

By addressing the holistic needs of the individual, we are able to create a sustainable shift in their situation that helps them reach their full potential.



Achieving Full Potential

Paul wants to maintain his health after an injury. United Way helps by:



Putting him in touch with a local community clinic through a 2-1-1 referral



Cutting his prescription cost by providing Paul with a FamilyWize card



Delivering nutritious meals to Paul's door to help him get better



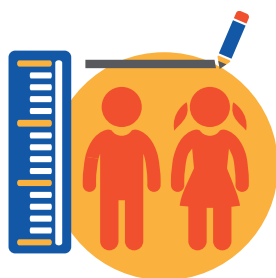
Providing budgeting help so Paul can build savings to cover unexpected bills

\$1 INVESTED  **\$7** SAVED
in prevention on intervention

At Heart of Florida United Way, our goal is simple: **TO HELP PEOPLE ACHIEVE THEIR FULL POTENTIAL.**

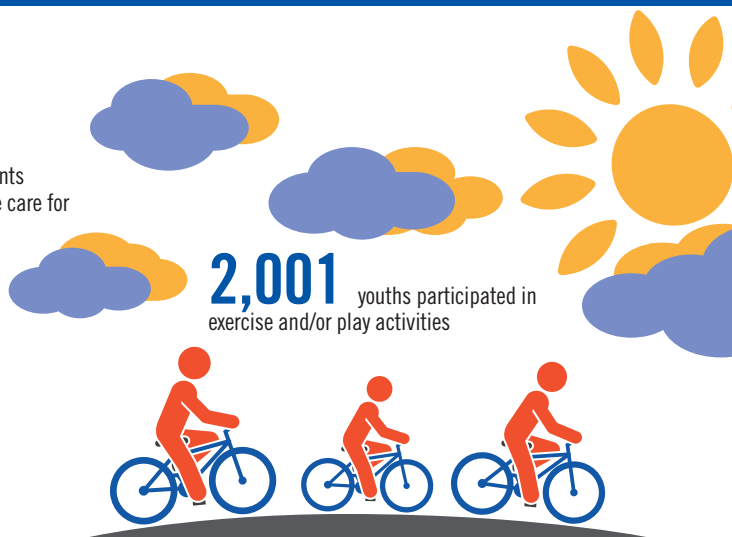


The numbers represented below are a direct result of efforts in the community encouraging physical and mental health.



94% of parents/caregivers served improved parenting skills

3,800 clients accessed preventative care for mothers and children



2,001 youths participated in exercise and/or play activities



85% increased physical activity



60% achieved health goals

95% accessed healthcare services



80% of adults served increased their knowledge of healthy food and exercise options

HOW YOU CAN HELP

To change lives, we need your help. We ask you to join us to create sustainable change for Central Florida:

GIVE: Help solve pressing issues by giving in a workplace campaign or through an individual donation.

ADVOCATE: Lend your voice by advocating for key solutions that will enable growth for all.

VOLUNTEER: Share your time, skills and expertise to help your neighbors in need.

*Data reflective of the 3 years of results

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