

UNITE FOR HEALTH

Good health influences everything from how well a child is able to learn in the classroom to how much an adult is able to earn in the workplace. Its effects truly last a lifetime. Expanding access to care for all ages, increasing availability of preventative care for healthy moms and babies, and promoting healthy behaviors like fighting obesity, preventing substance abuse, and eliminating domestic violence create a foundation for strong families and a thriving community.

THE CHALLENGE

Our goal is to ensure that all North Texans have the opportunity to live healthy, productive lives.

46%

of children are obese or overweight

38%

of Texas women have experienced family violence in their lifetime. 70% of children of abused women have also been abused.

90%

greater chance of having health reported as fair to poor for food-insecure children age 0-3.

82%

of emergency room visits were preventable or avoidable

OUR WORK

To improve health in our communities, we currently fund 57 programs focused on the strategies that local health and wellness experts say are the keys to North Texans living healthy, responsible lives.



EXPANDING ACCESS TO CARE

North Texans can take control of primary and chronic conditions and prevent costly trips to the emergency room or hospital.



INCREASING PREVENTATIVE CARE

Prenatal care and regular doctor visits enable kids to avoid many potential health problems.



PROMOTING HEALTHY BEHAVIORS

Fighting obesity in children and adults, preventing and treating drug and alcohol abuse, and reducing abuse of children, partners, and seniors.



TREND STABLE

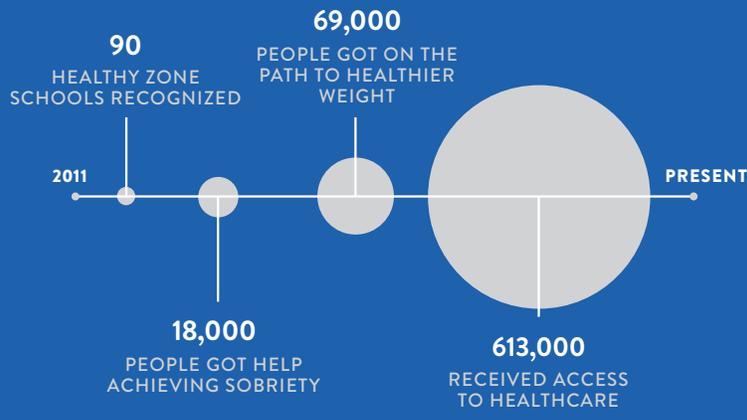
2010	2013
82%	82%

of emergency room visits were avoidable or preventable

RESULTS MATTER

Since 2011, United Way has invested over \$23M in health-related initiatives

TO IMPROVE HEALTH ACROSS THE REGION



KATHERINE'S STORY

Katherine benefitted from the attention and motivation of people who cared about her health and education and because of that, she is thriving and will ensure others will too. In fact, Katherine now pays it forward – helping kids to become active, and filling their tummies with healthy food options to meet daily nutritional requirements and filling their minds with activity throughout the summer time.

Katherine visits low-income housing areas, where she hands out nutritious meals and snacks and plays games with more than 100 kids. She does this as part of her AmeriCorps summer job with United Way-funded CitySquare's Food on the Move program, a mobile feeding program in partnership with PepsiCo targeting low income youth.

The initiative has served thousands of kids. In fact, Katherine was one of them. Katherine lived in one of the same apartment complexes assisted by the Food on the Move program. It was there that AmeriCorps volunteers told Katherine about educational opportunities that existed for her, and even got her to apply to become an AmeriCorps volunteer herself.



GET INVOLVED

Behind all our work, there are people like you who get involved in big and small – but significant – ways to ensure a better future for their family and their community. Your involvement is our most powerful resource. With you on our team, we can reach our goal of a better future for North Texas.



DONATE



START A GIVING CAMPAIGN



VOLUNTEER



ADVOCATE