



# BECAUSE AN APPLE A DAY CAN ONLY DO SO MUCH

HEALTH

**B**eing healthy is the backbone to living a better life. All stages of life require ongoing and preventative healthcare. Lack of affordable options has left a void that effects the whole community, from infants showing signs of developmental delays to seniors unable to afford required medication. Regular medical care can help reduce school absenteeism, medical treatment costs and, ultimately, poverty.

## FINDING SOLUTIONS: CRISIS HOTLINE

United Way's 2-1-1 Information and Assistance Helpline is a free resource for anyone in the community. 2-1-1 is available 24/7 via text, chat or calling and is a one-stop shop where clients can connect to resources in Central Florida like housing, food and healthcare options.

However, 2-1-1 plays another important role towards improving the health of community members. Besides helping clients sign up for Medicaid, find substance abuse resources or locate health clinics with reduced costs, 2-1-1 Specialists regularly answer urgent mental health calls. Even during times of community crisis, 2-1-1 is ready to help. When Hurricane Irma came hurtling through Central Florida, the Helpline remained operational. It was in the midst of the "storm of the century" that 2-1-1 Specialist Gina answered the call from a man at the end of his rope.

Using her extensive de-escalation training, Gina calmed the caller down and talked with him about why he was having suicidal thoughts. Together, they came up with a safety plan so that the man had steps to take towards restoring his hope.

While Hurricane Irma took a toll on Central Florida, even as the rain came down and power went out, 2-1-1 was there to save a life.

## INVESTING IN RESULTS

By investing in United Way, you are funding programs and agencies that our community needs the most. By focusing on the cohesive whole of a person's health from physical to mental and providing access to preventative and ongoing healthcare, we are fighting for families to live a better life.



# 19,814

people addressed a health concern by increasing health literacy, increasing physical activity or improving access to healthcare services.

Heart of United Way fights for the health, education and financial stability of every person in Central Florida

# BECAUSE AN APPLE A DAY CAN ONLY DO SO MUCH

At United Way, we identify the biggest barriers keeping families and individuals from accessing physical and mental healthcare and we invest in sustainable solutions that will address the root cause for their immediate and long-term needs



352

people directly impacted by the Pulse Nightclub tragedy received support and care from the Orlando United Assistance Center (OUAC)



90%

enrolled in health insurance programs through United Way programs and services



153

families received support due to their child's potential developmental and behavioral concerns through the Help me Grow program



4,715

HIV/AIDS patients received support through the Ryan White Part A & Part B program administered by Heart of Florida United Way



94%

of parents or caregivers improved their parenting skills through United Way programs and services

[HFUW.org/JoinTheFight](http://HFUW.org/JoinTheFight)

UNITED WAY FIGHTS FOR THE  
HEALTH, EDUCATION AND  
FINANCIAL STABILITY OF EVERY  
PERSON IN CENTRAL FLORIDA.

