



# BECAUSE AN APPLE A DAY CAN ONLY DO SO MUCH

HEALTH

**B**eing healthy is a key to living a better life. Regular medical care can help reduce school absenteeism, job loss, high medical treatment costs and, ultimately, poverty. However, for ALICE (Asset Limited, Income Constrained, Employed) households, the cost for preventative and ongoing healthcare can prove too much for an already overburdened budget.

At United Way, we have a high-level view of the most critical issues in our community. We invest in strategic partnerships to address the multitude of barriers that can keep a family from accessing physical and mental healthcare. Focusing on the whole picture, we meet the immediate and long-term needs of ALICE households.

## FINDING SOLUTIONS: CHILDHOOD DEVELOPMENT

Vivian was ecstatic by the birth of her first child, Bianca. After 18 months without talking, Bianca had not yet reached a critical milestone for most children her age. Concerned about her daughter's development, Vivian decided to reach out for help.

Help Me Grow, a program at United Way that helps parents and guardians identify developmental delays and connect them with community resources, did an assessment of Bianca. It was determined that Bianca did have a speech delay. Help Me Grow helped guide Vivian and connect her with community resources and programs to help her daughter develop her communication skills.

Bianca has shown great progress, already beginning to form full sentences after a month of speech therapy.

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



**6,000**  
people addressed a  
health concern by  
increasing health  
literacy, increasing  
physical activity or  
improving access  
to healthcare  
services

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

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At United Way, we identify the biggest barriers keeping families and individuals from accessing physical and mental healthcare. We invest in sustainable solutions for immediate and long-term needs as well as address the root cause of the issues.



The numbers represented below are a direct result of Heart of Florida United Way's efforts to support whole-person health in the community during the previous fiscal year.



**502**

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



**100%**

enrolled in health insurance programs through United Way programs and services



**110**

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



**3,924**

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



**82%**

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

[HFUW.org/JoinTheFight](https://www.hfuw.org/JoinTheFight)

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FINANCIAL STABILITY OF EVERY  
PERSON IN CENTRAL FLORIDA.

