



BECAUSE AN APPLE A DAY CAN ONLY DO SO MUCH

HEALTH

Being 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.

Every new mother tries to do everything they can to make sure their new child has the best things in life. Lakeshia was no different. Her beautiful child was perfect in every way, yet she wanted to learn more about significant milestones tiny little Terrell was going to experience as he grew older.

Together Lakeshia and Terrell attended a free developmental screening event with a professional Care Coordinator with Help Me Grow. They had a wonderful time learning new things they could do to play and encourage Terrell to hit each of his milestones. Terrell and his mother were starting their journey together on the right foot.

It is an excellent idea to monitor a child's development throughout their life. Several months later, Lakeshia and Terrell returned for another screening because she was concerned that her son was exhibiting strange behavior. Terrell would scream and cry unprompted and started to harm himself.

After reviewing the screening results, Terrell had shown a few areas of developmental concerns. This news was overwhelming to Lakeshia. Her son was going to need support that she didn't know how to provide.

Whom would you turn to if your child were having difficulties reaching his developmental goals? Thankfully, Lakeshia's Help Me Grow Care Coordinator, Maria, was there to guide her every step of the way. Maria arranged to send a referral for an Autism Spectrum Disorder Evaluation with her primary care physician to get Terrell the help he needed.

With Help Me Grow's support, Lakeshia and Terrell now have the right tools to help them both to thrive.

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



28,973

Central Floridians
participated in
programs and
services that
helped them avoid
risky behaviors
and increase
their health and
wellbeing



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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.



426

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



19,575

children, youth and adults obtained health care services



378

youth and adults participated in healthy living and wellness education services



4,432

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