

UNITED WAY'S HEALTH STRATEGY: HEALTHY & ACTIVE LIVING



The goal of United Way's Healthy & Active Living strategy is to ensure that:

- Youth and adults are healthy and avoid risky behaviors
- Individuals have access to a variety of health care and support
- Families and individuals avoid or recover from the effects of violence and abuse

Much of what determines a person's health occurs outside the doctor's office. Good health depends not just on access to quality medical care, but also the opportunity to live in an environment that is conducive to healthy living.

Healthy children perform better in school, and healthy adults perform better in the workplace. The result is a thriving community where people are active and have access to healthy foods, and a local economy that benefits from millions of dollars saved on healthcare costs.

Our strategy for improving health includes these key areas:

- **Freedom from Abuse:** Supporting individuals on their road to recovery (e.g., support groups and counseling, family therapy, safe housing, child abuse prevention training, trauma support and counseling).
- **Physical Activity and Healthy Choices:** Eliminating childhood hunger, and increasing access to healthy foods and fun physical activity (e.g., youth fitness and nutrition initiatives, before and after school recreation).
- **Access to Health:** Increasing access to a variety of important outlets (e.g., advocacy and recreational outlets for adults with disabilities, mental health support, prescription drug discounts).

We tailor solutions to address the particular needs and aspirations of all people in Whatcom County

Arc of Whatcom County

Individual & Family Services: *Services provided to individuals with a developmental disability and their families/caregivers. A wide variety of services are funded to assist families to continue to care for their child or adult with developmental disabilities and assure inclusion in the community. The Arc provides a central access point for advice, information, and access to services and support.*

Boys & Girls Clubs of Whatcom County

Healthy Lifestyles: *This dynamic, interactive program consists of multiple components (Healthy Habits, Passport to Manhood, S.M.A.R.T. Girls, S.M.A.R.T. Moves, and Triple Play) which, when integrated, allow for more powerful, lifelong benefits.*

Brigid Collins Family Support Center

Child Abuse Prevention: *Helps keep children safe and healthy by strengthening families. Services are outcome based, research-proven models and include case management, parenting education, home visitor services, therapy, and coordinated child abuse investigations.*

Compass Health

Community Outreach and Recovery Support:

This program provides homeless & those at risk of losing housing, support to access and maintain benefits, food, vocational support, health care, and housing. The team of two clinicians and two peer counselors provides a continuum of services to community members needing additional support. They connect with clients via the health department, shelters, jail, supported housing, homeless coalition, and other programs and locations that serve the mentally ill.

Domestic Violence and Sexual Assault Services (DVSAS)

Core Services: *provides social service, medical advocacy, and crisis intervention for victims of domestic violence & sexual assault, and for their families. Crisis services attempt to meet immediate needs of a survivor through a 24-Hour Helpline, safety planning, emergency room counseling, and walk-in advocacy counseling. Ongoing support aims to help survivors recover from abuse through advocacy counseling, protection order support, appearance preparation, support groups, and children's play groups.*

Safe Housing: *Interim safe housing for domestic violence victims and their children, who are homeless or at risk for becoming homeless due to Domestic Violence. These individuals are a specifically targeted vulnerable population in the city's strategy to end homelessness.*

Max Higbee Center

Recreational Services for Individuals with Developmental Disabilities: *Community-based programs for youth (14+ years of age) & adults with developmental disabilities. Opportunities for personal enrichment & social interaction are available through a diverse range of recreational, educational, and community-building activities. The activities advance social, physical, cognitive, and emotional development and promote greater independence, reduced isolation, and increased involvement in the community.*

Opportunity Council

Maple Alley Inn: *Provides weekly hot breakfast & lunch twice a week at local churches for people in need of prepared meals. Locations serve as contact points for other resources such as basic food applications, homeless outreach, financial stability, legal and health care access services, as well as health and nutrition education classes.*

Whatcom Alliance for Health Advancement

Community Health Worker Pilot Program: *A community-based outreach program to rural and Latino households that takes place where individuals live in ways that are both culturally and linguistically appropriate. The aim of the program is to decrease disparities in insurance enrollment, health care, and preventative-based referrals to those who currently experience multiple barriers to health equity.*

Whatcom Council on Aging

Senior Nutrition: *Community meals for seniors throughout Whatcom county, weekly home-delivered Meals on Wheels, and nutritional information & assessment. Volunteer drivers offer meaningful social contact to senior participants who may have little social contact and are the first to recognize & report changes in behavior or appearance that could indicate a health risk.*

Whatcom Family YMCA

Girls on the Run: *A 10-week after school program for girls in grades 3 through 6th grade that encourages positive social, emotional, mental & physical development. Program curriculum is designed to address both emotional and physical well-being challenges by empowering participants to make thoughtful and healthy decisions.*