



How your United Way donation makes a difference in COMMUNITY WELLNESS



United Way
of Southeastern Connecticut

GOAL: Individuals have access to healthcare and improve their health.



42,924
individuals with access to health care services (primary, dental, mental health, substance abuse, domestic abuse)



8,958
individuals improved or maintained their mental health

Meet Janie. She received counseling through the School-Based Health Center, a program of Child & Family Agency, at her high school. Her home life was difficult, moving frequently between her homeless divorced parents. At Janie's health screening she requested a large amount of water after a few minutes – a red flag for the nurse practitioner. Janie was in the obese BMI category for her age and height, so the nurse practitioner reviewed symptoms of diabetes. Janie reported, "I have most of these symptoms!" The Nurse checked her blood sugar, which was three times the threshold for diabetes, and Janie was connected with the Diabetes Team at Yale New Haven Hospital. Early intervention and treatment is imperative to protect children and adolescents such as Janie, and this care is effectively and efficiently provided at School-Based Health Centers.

Highlights of our work for COMMUNITY WELLNESS:

- \$1,024,357 million invested
- 44,265 service encounters through our Partner Programs such as health and dental clinic visits, home health care, mental health counseling, rehabilitation, and substance abuse treatment
- 2,468 individuals participated in physical activity and/or healthy food access/nutrition programs

Examples of Outcomes:

- 68% of those served achieved a healthy weight
- 65% of those served adopted healthy behaviors
- 74% of older adults maintained their independence and 62 % increased their social connectedness

Programs funded in Community Wellness through Allocations: Alliance For Living, Catholic Charities, Child & Family Agency, Madonna Place, Pawcatuck Neighborhood Center, Safe Futures, Inc., SCADD, TVCCA, UCFS, Visiting Nurse Association of SECT, and Jewish Federation of Eastern CT.

For even more information about United Way of Southeastern Connecticut, visit uwsect.org.

ECHC COLLABORATIVE

- Our communities are on a dangerous, upward trend in obesity and adverse childhood experiences, ultimately impacting health and wellness and contributing to preventable, chronic diseases, and increased healthcare spending.
- The Eastern Connecticut Health Collaborative (ECHC) is a collective impact approach with the goal to improve community health and equity in health outcomes through systems and policy change to address root causes.
- ECHC encompasses 13 area towns and 31 organizations working together to move the needle on Healthy Eating, Active Living (H.E.A.L.) and Child Wellbeing.

Learn more about ECHC at uwsect.org/ECHC.