



UNITED WE SUPPORT THE HEALTH OF OUR COMMUNITY

LIVE UNITED®

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Without good health, people struggle in many ways. Access to healthcare and the knowledge to make smart choices are key to a good quality of life.

Improving people's health is a focus of Cedar Valley United Way. We are working to improve health by:

- Expanding the number of individuals and children that have access to mental health care - including prevention and early intervention
- Expanding the number of low-to moderate-income individuals and children that have access to physical healthcare - including vision and dental care
- Decreasing the incidents of family violence, child abuse and elder abuse
- Decreasing obesity rates by focusing on prevention and early intervention of adult and childhood obesity
- Ensuring youth and adults are able to access age-appropriate sexual health education and services
- Decreasing the use of illicit drugs and alcohol by youth and adults
- Supporting maternal health and infant well being

Cedar Valley United Way is looking to fix these problems and give people the opportunity to live a healthier life.

Programs funded in 2022 - 2024 to improve health in the Cedar Valley Include:

Access to Mental Healthcare:

- Allen Child Protection Center | \$97,566
- Allen Hospital (UnityPoint Health)
- Care Coordination | \$71,286
- Black Hawk-Grundy Mental Health Center
- School Based Mental Health | \$75,903
- Black Hawk-Grundy Mental Health Center
- Services for People with Mental Illness, Their Families, Partners and Friends | \$7,500
- NAMI Black Hawk County
- Sexual Assault Intervention Services \$43,614.49
- Riverview Center
- Success Street | \$15,666.67
- SuccessLink

Access to Physical Healthcare:

- ACE-SAP Free Clinic | \$30,070
- Allen College
- SHIIP | \$12,375
- MercyOne Waterloo
- Supported Community Living | \$9,450
- North Star Community Services
- Access to Dental Care Relating to Missing Teeth | \$37,440
- Peoples Community Health Clinic
- Access to Health Services Through Interpretation Assistance | \$80,058.50
- Peoples Community Health Clinic
- Success Street | \$15,666.67
- SuccessLink
- Maintaining Independence - Access to Home Healthcare | \$19,556.44
- Waterloo Visiting Nursing Association

Maternal Health and Infant Well-Being:

- Enhanced Maternal Health | \$18,243
- Allen Memorial Hospital (UnityPoint)
- Nest | \$5,000
- Operation Threshold
- Young Parents Together (YPT) | \$26,239.50
- SuccessLink / Together for Youth

Increase Healthy Behaviors - Family Violence, Child and Elder Abuse:

- Northeast Iowa Shelter Services | \$35,000
- Cedar Valley Friends of the Family
- Parent Connection and Empowering Parents Programming | \$6,750
- Family and Children's Council of BH County
- Sexual Abuse Prevention Programming | \$20,000
- Family and Children's Council of BH County
- Iowa Child Advocacy Board (ICAB) | \$20,000
- Friends of Iowa CASA and ICFCRB
- Healthy Families America - HOPES | \$10,625
- Lutheran Services in Iowa
- Domestic Violence Victim Services | \$28,220
- Waypoint Services

Increase Healthy Behaviors - Sexual Health:

- Adolescent Pregnancy Prevention | \$65,665.04
- SuccessLink / Together for Youth

Increase Healthy Behaviors - Substance Abuse:

- On-Site Adolescent Substance Use Disorder Treatment | \$20,000
- Pathways Behavioral Services
- Success Street | \$15,666.67
- SuccessLink

TOTAL HEALTH GRANTS: \$787,561.96



1 IN 4

INDIVIDUALS FACE A MENTAL HEALTH CHALLENGE.

60% of these individuals won't receive treatment for a variety of reasons including: stigma, lack of health insurance, transportation barriers and a shortage of providers.

Cedar Valley United Way supports crucial mental health services, providing a lifeline to those in need and fostering a stronger, more resilient community.



Cedar Valley United Way

www.cedarvalleyunitedway.org/health

THE CEDAR VALLEY IS A COMMUNITY THAT CARES ABOUT HEALTH.



9.9%

of the population in Black Hawk County is food insecure.



1060:1

is the ratio of Primary Care Physicians in Black Hawk County. (Mental Health Provider ratio is 510:1.)



11TH

in the United States is Iowa's ranking for obesity prevalence. (36.4% of adults have a BMI of 30+.)

"A patient who was hospitalized in June 2023 had been struggling with ongoing symptoms of depression, anxiety, psychosis, and paranoid thoughts. They were initially referred to our center in 2020, but they were not compliant with recommended treatment, and have since had multiple hospitalizations. It was identified that lack of transportation is a significant barrier that contributed to the patient's failure to attend routine mental health appointments. Transportation was provided for the patient to receive his medication and establish care with a provider. A referral was made to one of the support programs at the center to address their transportation needs, emotional support and other community resources that would be beneficial. The patient is feeling much better, acknowledges the benefit of being on medication, and hasn't had any readmissions."

- Cedar Valley United Way Community Partner Testimonial



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