



# 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 2024-2025 to improve health in the Cedar Valley Include:

### Access to Mental Healthcare:

- Allen Child Protection Center - Allen Hospital (UnityPoint Health) | \$88,000
- Care Coordination - Black Hawk-Grundy Mental Health Center | \$65,000
- School-Based Mental Health - Black Hawk-Grundy Mental Health Center | \$88,000
- Services for People with Mental Illness, Their Families, Partners and Friends - NAMI Black Hawk County | \$7,500
- Sexual Assault Intervention Services - Riverview Center | \$40,000
- Success Street\* - SuccessLink | \$41,000

### Access to Physical Healthcare:

- ACE-SAP Free Clinic - Allen College | \$27,000
- SHIIP - MercyOne Waterloo | \$11,000
- Supported Community Living - North Star Community Services | \$10,600
- Access to Dental Care Relating to Missing Teeth - Peoples Community Health Clinic | \$40,700
- Access to Health Services Through Interpretation Assistance - Peoples Community Health Clinic | \$43,700
- Success Street\* - SuccessLink | \$41,000

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

- Emergency Shelter Services for Survivors of Violence - Cedar Valley Friends of the Family | \$30,000
- Iowa Child Advocacy Board (ICAB) - Friends of Iowa CASA and ICFCRB | \$18,000
- Success Street\* - SuccessLink | \$41,000
- Adolescent Pregnancy Prevention Programs\* - SuccessLink / Together for Youth | \$30,000
- Young Parents Together (YPT)\* - SuccessLink/ Together for Youth | \$15,000
- Domestic Violence Victim Services - Waypoint Services | \$22,220

### Increase Healthy Behaviors - Sexual Health:

- Passport to Manhood / Smart Girls - Boys and Girls Clubs of the Cedar Valley | \$5,000
- Adolescent Pregnancy Prevention Programs\* - SuccessLink / Together for Youth | \$30,000
- Success Street\* - SuccessLink | \$41,000

### Increase Healthy Behaviors - Substance Abuse:

- On-Site Adolescent Substance Use Disorder Treatment - Pathways Behavioral Services | \$18,200
- Success Street\* - SuccessLink | \$41,000

### Maternal Health and Infant Well-Being:

- Enhanced Maternal Health - Allen Memorial Hospital (UnityPoint) | \$15,000
- Nest - Operation Threshold | \$5,000
- Young Parents Together (YPT)\* - SuccessLink/ Together for Youth | \$15,000

TOTAL HEALTH GRANTS: \$620,900

\*denotes program covers more than one focus area (funding listed is what was awarded total)



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](http://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 woman who was living with her abuser contacted our shelter program. The abuser had just left for work, and she knew if she wanted to leave, she had to do so within his 4-hour shift. She didn't have a car, he kept her wallet with him, and she had no friends or family to call for help. FOF staff conducted a shelter assessment and the survivor screened as lethal. FOF immediately arranged a Lyft to her location and brought her to shelter. When she first arrived, she was overwhelmed and unsure of what to do next. FOF staff worked with her to identify her goals. Once she was able to rest, we began to work with her on her goals. First, we went with her to purchase new identification and a social security card. Next, we helped her transfer her cosmetology license to Iowa, giving her the ability to work again. After this, she was able to secure a job that would allow her to afford to live on her own. Then, we searched for housing that was within her budget. She identified a unit that would work for her and signed a lease. She was then able to move into housing shortly after. A few months later, she contacted us to let us know that she was still maintaining her housing and was doing well on her own."*

- Cedar Valley United Way Community Partner Testimonial



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