

# Updating Health Goals: 2017-2020

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## United Way of Goodhue, Wabasha & Pierce Counties

### ***Mission***

The mission of United Way of Goodhue, Wabasha & Pierce Counties is improving people's lives by mobilizing the caring power of our communities. United Way strives to create opportunities for a good life for all by focusing on 3 building blocks: education, basic needs and health.

### ***Process***

This year United Way will award three year grant funding to area nonprofits making a difference in the health of our communities. To ensure grant dollars make the greatest impact possible on our communities' most pressing health needs, United Way updated its health goals to be inclusive and reflective of these needs. To this end, United Way sought to obtain input through a survey of more than 25 local stakeholders from diverse settings as well as diverse health issue focus areas. The Community Impact Committee on the United Way Board of Directors along with United Way staff considered these stakeholder survey results as well as the topics of equity, social determinants of health, populations experiencing disparities, Accountable Health Community Model, diverse potential impact strategies, gaps in local services/programs/policies, and missing information from non-responders to inform the process of updating United Way health goals. To be eligible for United Way funding this year, applicants' program impact must align with United Way's new health goals.

### ***Survey Questions***

United Way requested the following input from stakeholders:

- New and emerging health issues in last year
- Top 5 current health concerns
- Issues community has recently made great progress on
- Populations experiencing health disparities
- Organization's top 5 health priorities
- Gaps in local services/policies/programs

### ***Survey Results***

- Top 5 emerging health issues: mental health (81% of respondents reported), health equity (44%), risky behaviors (38%), economic health (31%), chronic disease management (31%),
- Top 5 health concerns: Mental health (#1), physical activity & nutrition (tie for #2), economic health & chronic disease management (tie for #3).
- Respondents reported there has been great progress on physical activity (67%), health care access (61%), and both mental and dental health (27%)

- Respondents report that the local populations experiencing health disparities include low income families/individuals, senior citizens, Hispanics/Latinos, Native Americans, and undocumented residents.
- Local organizations' collective top 5 health priorities: mental health, physical activity, nutrition, physical health, and seniors/aging
- Gaps in services: safe affordable housing, transportation, prevention versus reaction, affordability of healthy food, cost of healthcare, holistic care, lack of coordination between providers/programs/agencies, too much "agency time," shortage of mental health practitioners, inclusive local policies, dental care access, and making the healthy choice the easy choice (improving access, equity, education), and preventative and treatment programs for heavy alcohol use.

### ***New United Way Health Goals***

The Community Impact Committee on the United Way Board of Directors convened, considered input, and updated the health goals. Poverty and economic health was reported to be a significant health issue in our service area. Since United Way has specific Basic Needs Goals and a special funding stream for Basic Needs, this issue was not included in the health goals. The United Way Health Goal for 2017-2020 is:

***To promote healthy behaviors and access to equitable, quality care to support multifaceted wellbeing (including medical care, mental health, dental care, nutritious eating, physical activity, sexual health, chemical health, environmental health, avoidance of risky behavior, chronic disease management, and prenatal care)***

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