

Mobilizing Communities

DASHBOARD: HEALTH INDICATORS



As the World Health Organization puts it, “Health is a state of complete physical, mental and social well-being, and not merely the absence of disease.” Good health allows people to enjoy their lives, provide for their families, realize their dreams, and contribute to society. Addiction, poor health, and chronic illness all lead to lower educational outcomes, economic losses, and shorter lifespans. As a result, United Way of Washington County has chosen to focus local efforts on:

- » Reducing rates of substance abuse through prevention, education, and treatment
- » Increasing awareness and access to mental health services
- » Supporting life-long healthy choices

United Way’s Community Health Goal

Children and adults in Washington County are physically and mentally healthy.

Reducing rates of substance abuse

Drug and alcohol abuse ranked number one on Washington County’s Community Health Needs Assessment. Substance abuse is linked to poor academic performance and increased criminal behavior. By preventing addiction, we can help young people stay on the path to success.

- » **Outcome: Teens and adults avoid unhealthy use of drugs and alcohol.**
- » **Indicators: Residents reporting binge drinking, Alcohol-related vehicle deaths, Drug overdose deaths**

Increasing awareness and access to mental health services

Appropriate mental health care can improve individuals’ quality of life and lead to better education and financial stability.

- » **Outcome: Individuals and families understand the importance of mental health, and are willing and able to obtain preventative, acute, and continuing care when needed.**
- » **Indicators: Residents reporting 14 or more days of poor mental health per month, Ratio of providers**

Supporting life-long healthy choices

A healthy life begins with adequate prenatal, well-baby, and pediatric care, and as the population ages, resources are needed to help seniors remain active and independent. Whether it’s eating better or reducing stress, United Way seeks to promote healthy choices throughout every stage of life.

- » **Outcome: Children and adults make healthy choices that promote wellness and prevent chronic disease.**
- » **Indicators: Residents reporting fair/poor health, Residents reporting no leisure-time physical activity**