

HEALTHY ADULTS

Year at a Glance: 2018-2019

GOAL: Reduce regional poverty rate from 13% to 9%



Shelia



Carol

+ **4,548**
adults and children
accessed quality
medical, dental and
mental health services



47 individuals across 7 agencies
were trained in employment
support services, and were able
to more effectively serve and refer
250 job-seekers within 2 months



\$417,000
saved on prescription
medications

THE PATH TO LASTING HEALTH

Appropriate health care, especially preventative care, allows people to take care of themselves so they can take care of their financial health.

Carol and Shelia are brand new graduates of Healthy Roanoke Valley's Fresh Foods Rx program. They received monthly check-ins with medical providers, regular weigh-ins, nutrition counseling and exercise coaching.

They even received a weekly 'prescription' that provided \$20 a week in fresh produce, which they learned to prepare through healthy cooking classes.

"The biggest takeaway for me was not feeling isolated in my struggles with eating properly and controlling everything that goes along with treating diabetes," said Shelia.

Her classmate echoed the benefit of comradery.

"The most valuable thing to me was the motivation of being with other people," said Carol "and the monthly provider visits helped me see how much progress I had made."

More than 800 families

participated in healthy cooking, eating and gardening programs designed to develop healthier lifestyles and behaviors.

1,041 Roanoke Valley families received financial assistance for permanent housing and utilities.

All children enter kindergarten with the tools they need to learn

Increase 3rd grade reading level from 79% to 90%

Increase graduation rate from 91% to 95%

Reduce poverty rate from 13% to 9%

10,000 families to self-sufficiency by 2030

22,450 pounds of locally grown fruits and vegetables distributed to households

\$328,000 generated by UWRV in additional grants to give back to the community.

\$651,171 invested in local programs and partnerships supporting individual and family health