

# HELPING PEOPLE LIVE HEALTHY LIVES

LIVE UNITED

COVID-19's impact on our lives will take years to overcome. But it's a fact that the most vulnerable – including low-income ethnic and racial minorities, the youngest and oldest in under-resourced communities, and anyone who was barely getting by before – are struggling more than ever.

Damage to vulnerable communities won't be reversed quickly. That's why United Way goes beyond responding to immediate needs. We're helping people recover. We're a vital force in building strong, equitable, and resilient communities where everyone can thrive.

It's especially important in health, one of United Way's core focus areas. Even before the pandemic, unequal access had created health disparities. But COVID worsened it: too many parents can't afford medical care for their children. Too many senior citizens can't afford life-saving medicine. Too many families have been shattered by the opioid epidemic. And too many can't easily access healthy food.

COVID-19 has not only exacerbated health challenges, it's also deepened inequities that impact health. In the U.S., Black communities are disproportionately impacted by the virus: African American deaths from COVID-19 are nearly two times greater than would be expected based on the percentage of the U.S. population. Because of the virus, U.S. life expectancy has declined, especially for Black and Hispanic Americans.

United Way works in 1,100 communities across the world to improve health for everyone. We're helping people get access to healthy food, health care and mental health care and mental health resources. And during COVID, we've been providing accurate information about the virus, testing and vaccines.

With the help of our partners—including 45,000 companies across the globe—we're offering hope and help where it's needed the most. Every year, United Way impacts 48 million people. Most recently, our work in health has helped:

- 7.2 million people participate in physical activity and access healthy food and nutrition programs
- 4.3 million people access healthcare services and support
- 722,037 people access health insurance

As the world's largest privately funded nonprofit, United Way is at work in 95% of the U.S. and across 37 countries and territories. We take community-building seriously, but we do it with a global reach and hyper-local focus. We help people invest in local solutions, bringing people together – through charitable giving, volunteerism or public policy advocacy – to make life better for our neighbors.

**Together, we can Live United.**



81%

of children and adults served by United Way **ate healthier, or increased physical activity,** because of our efforts