

HEALTH BEGINS IN OUR COMMUNITY



United Way of Central Iowa's Goal for 2020: Increase the Gallup-Sharecare Well-Being Index score, a comprehensive measure of health, to 64.5.

In 2016, central Iowa's score was 63.8, ranking 23 out of 189 U.S. metropolitan regions.

Health is more than eating well, exercising, or regularly seeing a doctor. Several factors determine our ability to live, learn, work, and play.

MORE THAN PHYSICAL: THE 5 WELL-BEING FACTORS

The Gallup-Sharecare Well-Being Index measures **5 factors** that influence health.

1. PHYSICAL
2. SOCIAL
3. COMMUNITY
4. FINANCIAL
5. PURPOSE

Overall well-being greatly increases when people are thriving across all 5 factors of well-being. **For example, those thriving in only physical well-being versus those thriving in all five:**

- miss **68%** more work due to poor health
- are **5x** more likely to seek out a new employer
- are **26%** less likely to bounce back after hardship
- are **30%** less likely to volunteer in their community
- cost **\$443K** in productivity loss per 1,000 employees

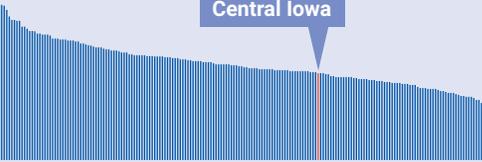
Source: Gallup-Sharecare Well-Being Index

United Way of Central Iowa's health priority targets three factors, with other factors covered by the income priority.

PHYSICAL: GOOD HEALTH AND ENOUGH ENERGY

LOW RANKING

Central Iowa ranks 125th out of 189 regions for healthy eating.



HALF HEALTHY

Exercise at recommended levels.



Only 50% of central Iowans:

Consume fruits and vegetables at recommended levels.



IMPROVEMENT STRATEGIES

- Increase healthy food choices and consumption
- Increase opportunities for physical activity
- Increase access to preventive health care and treatment

SOCIAL: SUPPORTIVE RELATIONSHIPS

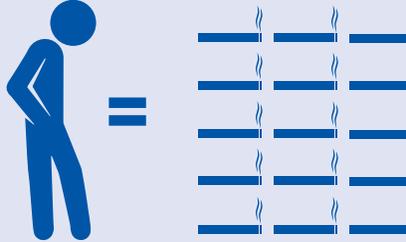
STRESSED OUT

37% of central Iowans say they are experiencing stress.



LONERS vs. SMOKERS

Loneliness is as damaging to one's health as smoking 15 cigarettes a day. (Source: Holt-Lunstad, 2015)

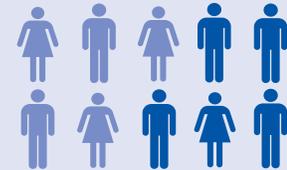


IMPROVEMENT STRATEGIES

- Increase opportunities to reduce social isolation
- Support healthy brain development and build resiliency
- Improve access to behavioral health services

COMMUNITY: LIVING WHERE YOU FEEL SAFE AND SUPPORTED

OUT OF TOUCH



5 out of 10 central Iowans struggle or suffer in community well-being.

A LONG HAUL

Walking is the easiest way to improve physical health, but some central Iowans lack access to parks, playgrounds, and safe walking routes.



IMPROVEMENT STRATEGIES

- Strengthen neighborhoods to promote positive relationships
- Change policies and environments to increase opportunity for healthy choices

Source: Gallup-Sharecare Well-Being Index

ACCESS TO HEALTH

Not every central Iowan has the same opportunity to make healthy choices.

	HIGHER-INCOME NEIGHBORHOOD	LOWER-INCOME NEIGHBORHOOD
	35 miles of bike paths	1 mile of bike paths
	5 nearby grocery stores	1 nearby grocery store
	12 convenience stores with limited and pricier grocery options	42 convenience stores with limited and pricier grocery options
	50 opportunities for kids' recreation, team sports, and private lessons	8 opportunities for kids' recreation, team sports, and private lessons

Source: Place, Race, Poverty and Young Children, Charles Bruner, October 2016
Note: Higher median household income = \$96,357; lower median household income = \$40,046. Source: ACS 5-year estimate