

# Health & Wellness

Goal: Community members are healthy and safe.

## Together, we want to ensure that:

- Residents have access to comprehensive and coordinated preventive services and quality health care.
- Residents are connected to resources that meet their health, nutritional and safety needs.

## Our Investment Approach

The Community Foundation's grantmaking will focus on activities that are directly tied to increasing opportunity for low-wealth residents. We will approach our grantmaking decisions through a priority of requirements that include:

- Access and equity for all residents
- High quality programming
- Collaboration with public, private, and other nonprofit partners.

We support local nonprofit organizations in providing effective programming and operations, advocacy and systems change, and capacity building. Our partners help ensure regional health and wellness through the following strategies and activities listed on this page.

## Access to Primary Health Care

### Strategies

- Operating safety net clinics
- Facilitating use of a medical home
- Offering medical-related home visitation
- Offering wraparound services to maintain health
- Providing mental health services

### Measurements of Success

- Child & youth immunization rates
- Rate of on-time early childhood medical screenings
- # and % of people using medical homes
- Average progress on therapy goals
- # and % of clients discharged to lower level of care
- # of ER visits
- Costs to the community

## Basic Physical Health

### Strategies

- Facilitating access to food & nutrition
- Promoting regular physical activity
- Teaching health education

### Measurements of Success

- Obesity rates for children, youth & adults
- Return on investment & cost savings due to prevention programs
- # and % of clients who lowered blood pressure, A1c and/or BMI to healthy range
- Average # of daily active minutes
- Measures of diet & activity changes
- Costs to SNAP beneficiaries whose buying power is improved at local farmers markets & community gardens
- Rate of unplanned pregnancies
- Primary & physical health status
- Strength & cardiovascular conditioning
- Nutritional stability among food-insecure adults & families
- Rate of deaths linked to preventable chronic diseases

*\*The measures above are examples only; this list is not intended to be all-inclusive*

*Note: The Community Foundation funds Health & Wellness initiatives collaboratively with the Jenkins Foundation. The Jenkins Foundation's priorities can be found on their website at [www.jenkinsfoundation-va.org](http://www.jenkinsfoundation-va.org).*



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## Targeted Interventions

### Strategies

- Offering trauma-informed care
- Improving and sustaining the quality of life for older adults

### Measurements of Success

- # of trauma-informed interventions
- # and % of patients who were enabled to avoid institutional care
- % of senior adults remaining in their homes & communities

*\*The measures above are examples only; this list is not intended to be all-inclusive*

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## Focus on Regional Indicators

We are focused long-term on affecting regional indicators that we believe are key strategies for helping our region thrive. Aligning with our community partners, like the Capital Region Collaborative, these indicators include:

- **Life Expectancy**
- **American Fitness Index**
- **Employment in Healthcare**
- **Crime Rate**