

# United Way of Central Illinois



## Health Strategic Investment Plan

Activating and Inspiring our community to get healthy and stay healthy

**Estimated Funding Range:** 18-22%

**Target Population:** Community Stakeholders and Sangamon and Menard County residents who are at-risk and/or medically underserved

**Priorities:**

Individuals are supported, connected, and engaged to lead healthy lives	Individuals will have access to needed mental health services	Unfunded: United Way will advocate on behalf of health issues aligned with selected priorities/strategies
All Ages	All Ages	n/a
Portion of focus: 50-70%	Portion of focus:30-50%	Portion of focus: Unfunded Priority

**Priority: Individuals are supported, connected, and engaged to lead healthy lives**

**Target Population:**

Strategy 1: Sangamon and Menard County residents who are at-risk and/or medically underserved

Strategy 2: Community Stakeholders identified to promote health outcomes

**Community Level Indicators for United Way programs:**

- Number of individuals showing improvement in health outcomes
- Number of individuals reporting greater connectedness and social supports within their community
- Number of identified stakeholders supporting health
- Number of individuals reporting continuous engagement in their healthy lifestyle

**Strategy 1:** Provide peer navigation, community health worker services, and/or other like methods aimed at locating, activating and supporting targeted, at-risk populations in improving their access to care, follow-through, social determinants of health, and ultimately health outcomes.

Suggested Program Outcomes	Suggested Program Outputs:
<ul style="list-style-type: none"> <li>• Individuals will develop a health action plan which addresses the following, but is not limited to:                             <ul style="list-style-type: none"> <li>○ Access to health care</li> <li>○ Social support</li> <li>○ Care plans as recommended by physicians</li> <li>○ Individually identified health goals (i.e. weight loss, quit smoking, etc.)</li> </ul> </li> <li>• Individuals will demonstrate progress toward health action plan goals</li> <li>• Individuals will maintain their improved state of health and/or health lifestyle for:                             <ul style="list-style-type: none"> <li>○ 90 days</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• # of individuals served</li> <li>• # of assessments/ screenings completed</li> <li>• # of health action plans created</li> <li>• # of successful referrals</li> <li>• # of primary care visits</li> <li>• Other(s) as appropriate</li> </ul>

<ul style="list-style-type: none"> <li>○ 180 days</li> <li>○ 365 days</li> <li>● Individuals will increase use of primary care services</li> <li>● Individuals will increase health literacy</li> <li>● Individuals will report and increase in connectedness and social supports within their community</li> <li>● Other(s) as appropriate</li> </ul>	
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**Strategy 2: Provide the knowledge, skills, and resources to stakeholders to support health outcomes**

Suggested Program Outcomes	Suggested Program Outputs:
<ul style="list-style-type: none"> <li>● Stakeholders will demonstrate an increase of knowledge of available resources</li> <li>● Stakeholders will demonstrate an increase in identified skills</li> <li>● Stakeholders will help increase attendance at community meetings.</li> <li>● Other(s) as appropriate</li> </ul>	<ul style="list-style-type: none"> <li>● # of stakeholders</li> <li>● # of community meetings</li> <li>● # of trainings conducted</li> <li>● # of training attendees</li> <li>● # of successful referrals</li> <li>● Other(s) as appropriate</li> </ul>

**Priority: Individuals will have access to needed mental health services**

**Target Population:** Sangamon and Menard County residents who are at-risk and/or medically underserved

**Community Level Indicators for United Way programs:**

- Number of individuals showing improvement in mental health outcomes
- Number of individuals who have received appropriate treatment
- Number of individuals who have maintained appropriate treatment

**Suggested Metrics:**

- Global Assessment of Functioning
- Other(s) as appropriate

**Strategy 1: At-risk/underserved individuals will have access to mental health services**

Suggested Program Outcomes	Suggested Program Outputs:
<ul style="list-style-type: none"> <li>● Individuals will report understanding their diagnosis and/or treatment plan</li> <li>● Individuals will improve their initial intake value</li> <li>● Individuals will improve their initial intake value by 5 points</li> <li>● Individuals will maintain treatment as defined by their individualized treatment plans</li> <li>● Other(s) as appropriate</li> </ul>	<ul style="list-style-type: none"> <li>● # of individuals served</li> <li>● # of assessments/ screenings completed</li> <li>● # of plans created</li> <li>● # of successful referrals</li> <li>● Other(s) as appropriate</li> </ul>

**Unfunded Priority: United Way will advocate on behalf of health issues aligned with selected priorities/strategies**

**Community Level Indicators for United Way programs:**

- Reporting the effects of public awareness campaigns

**Suggested Metrics**

- Surveys/reports

**Strategy 1: Support and drive public awareness around healthy lifestyles and donating nutrient dense foods to increase access to healthy food for all**

Suggested Program Outcomes	Suggested Program Outputs:
<ul style="list-style-type: none"> <li>• Individuals will increase knowledge of the importance of donating nutrient dense foods</li> <li>• Individuals will increase knowledge of healthy lifestyles</li> <li>• Individuals will increase knowledge of local organizations they can volunteer with and/or support to enhance nutrition in our community</li> <li>• Other(s) as appropriate</li> </ul>	<ul style="list-style-type: none"> <li>• Pounds of nutrient dense foods donated after campaigns</li> <li>• # of volunteers</li> <li>• # of organizations helped</li> <li>• Other(s) as appropriate</li> </ul>

**Strategy 2: Advance solutions to support Mental Health programs**

Suggested Program Outcomes	Suggested Program Outputs:
<ul style="list-style-type: none"> <li>• Individuals will increase knowledge about the need for mental health services/programs</li> <li>• Individuals will increase knowledge of the importance of mental health services, therefore decreasing the stigma associated with accessing these services</li> <li>• Individuals will increase knowledge of local organizations they can volunteer with and/or support to enhance mental health in our community</li> <li>• Other(s) as appropriate</li> </ul>	<ul style="list-style-type: none"> <li>• # of interactions</li> <li>• # of volunteers</li> <li>• # of organizations helped</li> <li>• Other(s) as appropriate</li> </ul>

**For definitions and more information, please review the Advance Notice of the Health Request for Proposal**