

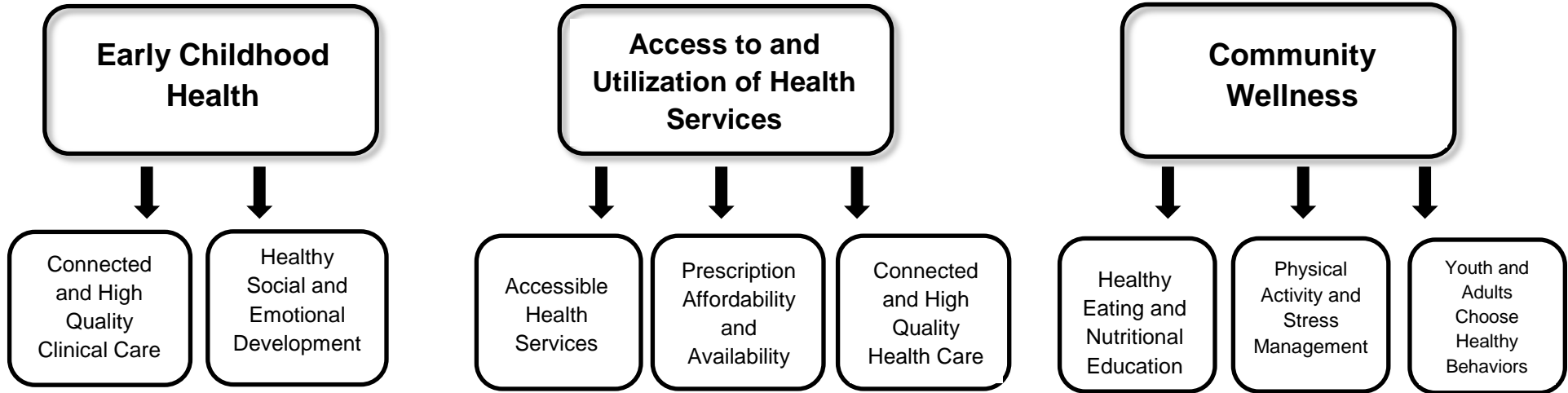
# United Way of Knox County's "Health" Framework



United Way  
of Knox County

## Priority Community Issue: Creating a Healthy Community

### Research-Based Components of a Healthy Community:



#### Early Childhood Health Strategies:

- Mothers and children receive quality preventive care
- Support quality home visitation programs and care coordination
- Broaden parent understanding of age-appropriate social-emotional development
- Evaluate children's social-emotional development and expand opportunities for children to explore safe environments, form stable relationships and regulate emotions
- Enhance parent education opportunities and increase resources for all parents while providing ongoing support
- Create community awareness and understanding of the impact of adverse childhood experiences (ACEs) and the ability to build resiliency in children with ACEs

#### Health Care Access and Utilization Strategies:

- Link patients with appropriate health care and prescription coverage assistance
- Enhance access to quality physical, dental, and behavioral health care, reducing gaps
- Support school-based behavioral health interventions in partnership with families where identifying and correcting behavioral health challenges leads to greater academic success
- Ensure all students have needed immunizations in order to enter school
- Reduce availability of unwanted medications
- Improve care coordination and system navigation
- Provide home-based supports to improve patient health outcomes

#### Healthy Eating and Physical Health Strategies:

- Improve community systems and build environments to support healthy eating
- Increase opportunities for physical activity/play
- Strengthen knowledge on health and nutrition
- Increase understanding of importance of stress reduction and use of proven stress management techniques
- Increase the percentage of youth and adults who avoid health-risk behaviors:

Healthy Youth – are not involved in violence, do not use tobacco, do not use non-prescribed or illegal drugs, do not abuse alcohol or drive drunk, practice abstinence or safe sex, and are not overweight.

Healthy Adults – have good overall health, do not use tobacco, do not abuse alcohol, do not have high blood pressure, and are not obese.