

# YOUR DOLLARS AT WORK

## HEALTH



United Way of  
Waco-McLennan County

*CHANGE DOESN'T HAPPEN ALONE*



*Objective: Individuals have the knowledge, skills, and supports to make decisions that increase their overall health and wellness.*

**81%**

*of clients served through programs in the Health pillar improved their health and ability to live healthy lives.*

A United Way funded partner agency used their grant award to hire a dietitian whose focus is to assess the best ways to instruct clients on the value of eating healthy. She meets with clients to discuss and advise on eating habits, including sharing information on nutritional food items available in the agency's pantry. The agency is now also providing classes on basic nutrition, management of diabetes, and how to grow a garden.

*United Way of Waco-McLennan County is guided by our Impact Framework which seeks to address four pillars of need: Education, Health, Financial Stability, and Safety Net Services.*