

## Thriving Communities - Health

Community health impacts everything- educational achievement, safety and crime, people's ability to work and be financially stable, life expectancy, happiness and more. The level of wellness impacts every other facet of life, from a child's ability to learn to an adult's ability to work thus making one's overall health critical for education and financial well-being.

### Community Profile

The 29203 area is comprised of approximately 25 neighborhoods associations - Mostly established single-family neighborhoods. The racial composition on the community within the 29203 zip: - 81.5% Black, the median income for household is \$30,333 - A figure that is below the county and state.

The level of education is a major factor in the employment and income levels.

Many diseases – including diabetes, cardiovascular disease, HIV/AIDS, and certain types of cancer – strike and kill minorities at higher rates than their white counterparts. African Americans are more likely than any other racial or ethnic group to die from heart disease. The 29203-zip code has the highest diabetes related amputation rate in the country, \*

### Program

The Wiley Kennedy Foundation's Thriving Community Health Initiative (TCHI) was designed to address these disparities via education, counseling, local resources, partnerships and programs. TCHI is a network of education programs, mental and physical health services, substance abuse counseling, and health care navigators to walk participants through the healthcare system.

### Elements

- Program/Strategic Development – Our efforts to continually develop new strategies and evaluate existing initiatives to identify which type of services and community engagement is most appropriate and best aligns with the community's needs
- Partnerships – DHEC, SC Thrives, Southeast Diabetes Faith Initiative, Churches, and more
- Promotion and Communications Efforts – Evaluate effectiveness of chosen community engagement practice. Utilizing communication channels for outreach and subsequent community involvement: information sharing, mobilization efforts, and resource allocation
- Assessment of outcomes and impact- Evaluate effectiveness of chosen community engagement practices
- Assess current community engagement practices along the continuum. Identify strengths and gaps within current community engagement practices

### Program Activities

- Health Navigator – Manages intake and directs participants to appropriate services
- Virtual Clinic – Weekly Clinic, available for medical care
- Exercise
  - Aerobics
  - Stretch and Flex Classes

## **Program Activities (cont'd)**

- Nutrition and Weight Management Classes
  - Cooking and Preparation
- Individual Weight Loss Counseling and Physical Assessment
- Recovery in Action – Substance abuse sessions for teen/young adults and families (weekly and individual counseling)
- Each month a seminar on current health focus (i.e. Feb – Heart Awareness, May – Alzheimers Disease and HIV, etc.

## **Budget**

The budget will cover:

- Space Rental
- Staffing
  - Navigators
  - Administration
- Seminar speaker
- Seminar items and supplies
- Advertising Materials
  - Art Direction
  - Printing
  - Social Media
  - Etc.
- Administrative Overhead
- Travel for program participants