

in this issue:

Our Initiatives

Community Based Health and Wellness

Early Childhood Development and Youth Success

Individual and Family Economic Well-Being

MFS SNAPSHOT DEVELOPING AND PROMOTING HEALTH AND WELLNESS

We believe all of us need to be better equipped to play a more active role in our own health to improve overall health in our community.

At MFS, we learn from our community members who are living on the sidelines of a healthy, engaged and prosperous society. **When we listen, we learn that some simple steps can make significant change for many.** Those steps lead to improved health, education and prosperity – which is a leap forward for all of us. Health is a deeply personal issue for everyone; we each have our own path to health that comes from our own experience, family, community and culture. MFS is working side by side with community members to help them build their personal pathway to health.

Providing safe places to exercise



Health begins in our neighborhoods, schools and jobs.

Health is not something we get at the doctors office, health is something that starts in our families, schools and workplaces, in our playgrounds and parks, in the air we breathe and the water we drink. The more you see health this way, the more opportunities you have to improve it.



Providing access to healthy food

How is MFS supporting health in tangible ways?

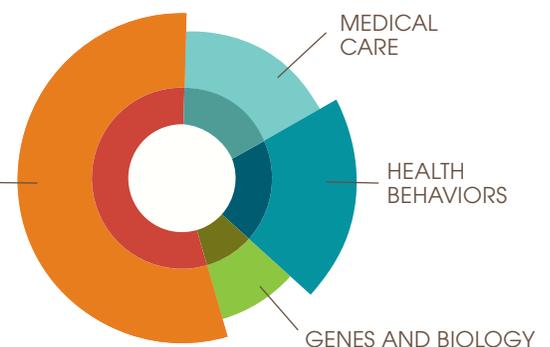
- Providing older adults and people with disabilities rides to grocery stores, health appointments and activities to build their social network
- Fighting food insecurity through five school-based food pantries in East Multnomah County and delivering over 260,000 healthy meals and snacks in many low income communities
- MFS Community Health Workers lead Tai Chi, Stress Management and Healthy Nutrition for Children and Families classes
- Connecting specially trained volunteers with older adults to increase their ability to manage health and well-being issues at home
- Delivering community-based chronic care management to patients through a piloted partnership with two healthcare systems

Social Determinants of Population Health

The conditions in which we live and work have an enormous impact on our health, long before we even see a doctor.

- ACCESS TO HEALTHY FOOD
- ACCESS TO SAFE PLACES TO EXERCISE
- AFFORDABLE ACCESS TO DOCTORS WHEN YOU ARE SICK
- ACCESS TO PREVENTATIVE CARE AND HEALTH SCREENINGS

SOCIAL/SOCIETAL CHARACTERISTICS AND TOTAL ECOLOGY



“So much of what we have always done at MFS supports health across the lifespan. Improved health is often a by-product of the success our clients achieve at home, in school and in the community. By focusing directly on the health impacts of our programs we put health in the hands of our community members in new ways. Judging from some early reports I anticipate having much to share with you in the future as we gather results on our work. Thank for your support and partnership.” – Judy Strand, CEO

With appreciation to the Robert Wood Johnson Foundation for information highlighted in this newsletter.



Your support makes it possible for MFS to help people be healthy. Thank you.

OUR MISSION

Helping people move beyond the limitations of poverty, inequity and social isolation.

www.metfamily.org