

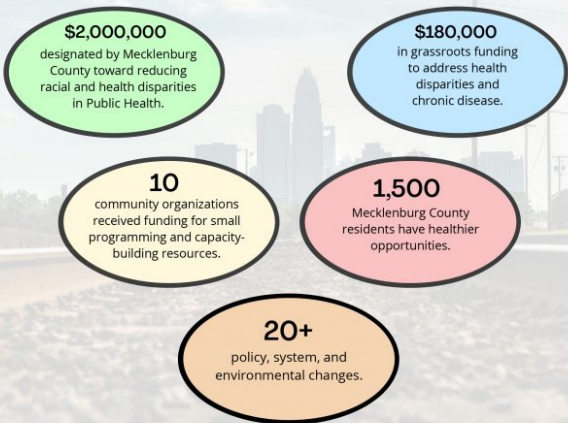


# Grassroots Funding Initiatives 2021

*Addressing Chronic Disease & Health Disparities*

## What Are HEALTH DISPARITIES?

Health disparities are preventable differences in disease, injury, and opportunities to achieve good health. Many factors contribute to a person's ability to avoid chronic disease and stay healthy, including race or ethnicity, gender, education or income, disability, geographic location, sexual orientation, and others.



## What Are POLICY, SYSTEM, AND ENVIRONMENTAL CHANGES?

**POLICY CHANGE:** Adoption of laws, ordinances, resolutions, regulations, or rules. Policies greatly influence our choices.

**SYSTEM CHANGE:** Reframing an organization's procedures or processes, which often occurs alongside policy change.

**ENVIRONMENTAL CHANGE:** Changes to the characteristics of a physical environment that influence healthy behavior.

## FY2021 Grassroots Funding Awardees

Thirty-six community organizations applied for funding for small-scale programming and capacity-building resources. Ten awardees were selected based on their proposals, which focused on projects that expand access to physical activity, encourage healthy eating, and offer multiple opportunities to monitor and boost wellness among their clients, customers, and stakeholders.



At least 600 people a year are expected to enjoy and benefit from a new wellness area on Anuvia's campus. Funding was used to install a new walking trail at their residential facility, educational signage on the trail, and outdoor exercise equipment.

[anuvia.org](http://anuvia.org)



Camino Vida is a lifestyle intervention that supports Latinx patients suffering from chronic diseases. Funding was used to outfit the new Camino Vida Wellness Center with fitness equipment, and provide health education and assessments.

[caminocommunitycenter.org](http://caminocommunitycenter.org)



Funding was used to train and certify community health workers and other staff as lifestyle coaches. In addition, wireless glucose monitors, blood pressure monitors, and digital scales were purchased allowing for remote monitoring of clients.

[cwwilliams.org](http://cwwilliams.org)



Serving 140 residents, funding was used to install a new 1/4-mile walking path around campus for families, visitors, and staff to utilize. Trail signage and digital pedometers were also purchased.

[hopehaveninc.org](http://hopehaveninc.org)



Funding provided laptop computers to train senior citizens on AEROBOP 2.0, an interactive platform that engages seniors and youth together on healthy habits. The funding also contributed to exercise sessions, virtual cooking classes, and client evaluation.

[houseofnc.com](http://houseofnc.com)



Funding supported the development of *Renacer*, a community-based cancer survivor support program for Latinx survivors. The program includes the development of virtual activities and tracking tools, recruitment, grocery store tour, and cooking videos.

[atriumhealth.org/LCI](http://atriumhealth.org/LCI)



Funding addressed food access for residents living in hotels and motels off Sugar Creek Road and surrounding communities. This was completed through cooking demonstrations, healthy food and fresh produce distribution, and nutrition education.

[northsidecharlotte.com/outreach](http://northsidecharlotte.com/outreach)



In keeping with McLeod's tobacco-free campus policy, funding was used to provide nicotine-replacement therapies (NRT)—patches, gum, and lozenges—to patients upon admission and as recommended by clinical staff. Clients received a 12-week supply of NRT.

[mcleodcenter.com](http://mcleodcenter.com)



Funding went towards the purchase of fitness equipment for the Diversion Youth Fitness Program. This program serves 60 youth with criminal records, who are at risk for health disparities due to under-employment and marginalized living situations.

[mecklenburgcoe.org](http://mecklenburgcoe.org)



Funding supported a four-week telehealth series to educate and empower diabetic individuals with vision loss. Participants received a healthy heart kit containing an audible scale, audible blood pressure machine, yoga mat, and pedometer.

[mabnc.org](http://mabnc.org)

Learn more by clicking [here](#) or visiting [MeckHealth.org](http://MeckHealth.org).