



Decrease
food insecurity by
50% by 2026

Increase access to
affordable healthcare by
100,000
individuals **by 2026**



Health Action Plan

MIGHTY GOALS

1. Decrease food insecurity by 50% by 2026
2. Increase access to affordable healthcare by 100,000 individuals by 2026

SHORT TERM GOALS

Food Access

Strengthen and support the emergency food system to reduce hunger among families and older adults.

Comprehensive Healthcare Access (Physical, Mental, Behavioral)

Reduce barriers to accessing healthcare (transportation, social determinants, cost, lack of trust) through outreach and services that increase participation in healthcare programs.

LONG TERM GOALS

Food Access

Increase nutrition education in low-income and marginalized communities to reduce chronic health outcomes:

- ↓ Decrease those with diabetes from 10.8% to 5% by 2026
- ↓ Decrease those with hypertension from 30.7% to 25% by 2026

Comprehensive Healthcare Access (Physical, Mental, Behavioral)

Create public awareness campaigns to build advocates for policy and regulation changes that remove access barriers for low-income communities, communities of color, and vulnerable communities.

Health Action Plan

STRATEGIES

Advocacy and Public Policy

- ↓ Lower the cost of healthcare
- ↑ Increase access points for healthcare
- ↑ Increase access to mental health services

Prioritized Communities

- Home-bound older adults and households in the Northwest Valley facing food insecurity
- Food desert communities in West Phoenix and South Phoenix along the I-17 and S-60 corridors
- High health disparity communities in West Valley, downtown Phoenix, South Phoenix and rural Maricopa County

Diversity, Equity, Access and Inclusion

- Engage with communities of color and other vulnerable communities for coordinated and effective impact

VSUW's Role

- Partner with health providers and community-based organizations that help increase access and availability of health services and insurance
- Immediately partner with nonprofits and community-based organizations to increase access to vulnerable populations so they increase health outcomes, beginning with COVID-19 vaccine efforts
- Support expansion of enrollment efforts for health programs including AHCCCS and SNAP through program support and public awareness

Be a **FORCE** for

Mighty Change WITH US

**Even small actions add up to make a big difference.
Here are a few ways to get involved now.**

GET READING

- ✓ *"Map the Meal Gap"* Interactive Study by Feeding America
 - [Map](#)
 - [Research Study](#)
- ✓ *"Hunger into Health"* by Erik Talkin
- ✓ *"Evicted"* by Matthew Desmond
- ✓ *"The Color of Law"* by Richard Rothstein
- ✓ *"Hand to Mouth: Living in Bootstrap America"* by Linda Tirado

GET DOING

- ✓ [Volunteer at a COVID-19 Vaccination Site](#)
- ✓ [Donate business attire to St. Joseph the Worker](#)
- ✓ [Participate in a local ReadOn Community](#)
- ✓ [Ask Arizona legislators to increase the Charitable Tax Deduction by supporting HB2113](#)
- ✓ [Help at a food bank](#)

MC2026

Valley of the Sun
United Way

