

WHY WE ARE NEEDED

THE STATE OF HEALTH OF HOUSTON AREA WOMEN OF ALL AGES IS IN DIRE NEED OF ATTENTION. DID YOU KNOW?

- Only 3 in 10 women in the state of Texas, in need of care, receives care.
- More than one million Texas women need supportive preventive care.
- The Greater Houston Area has the highest rate of uninsured persons in the nation.
- Texas enrollment in Medicaid/CHIP is 17% of our state population.
- Harris County has the highest CHIP enrollment in a state.
- The teen birth rate in Harris County is 50% higher than the national rate, the state of Texas leads the nation in teen pregnancy.
- 64.6% of adults and 34.2% of high school students are overweight or obese.*

That's why The Women's Fund steps in to fill the gap. Most of the populations we target lack adequate health information or resources. By teaching adolescent girls and women resiliency skills and focusing on preventing disease and illness along with emotional and mental health we create healthier homes, workplaces, schools, and communities so that people can live long and productive lives and reduce healthcare costs.

HOW WE DO IT

We educate Houston-area women, girls and families about health through focused curriculum-based classes, Smart lunches, webinars and publications. The populations we target lack adequate health information or resources and struggle to maintain their basic health needs. Our classes and publications include:

CLASSES

WHAT ABOUT ME? – 10 week curriculum for Girls ages 4th through 12th grade

WOMEN'S HEALTH ADVOCACY PROGRAM – 6 to 10 week curriculum for women.

SMART LUNCHES – 1 hour educational session for women held in corporate or organization location.

WEBINARS – 1 hour educational session with health expert.

PUBLICATIONS

WHAT ABOUT ME? A girls' guide to health.

WHAT ARE THE FACTS? Information to help women take control of their health.

WHICH WEIGH? A roadmap to a healthy lifestyle for you and your family.

HOW'S MY HEALTH? A personal health record.

WORKSHOPS

GIRL + 1 – half day health program for girls and their female care giver.

WHICH WEIGH? – half day health program for families focusing on nutrition and fitness.

* Information gathered from Harris County Health Care Alliance, University of Texas Health Science Center at Houston, U.S. Office of Adolescent Health and United States Census Bureau

YES, I/WE WANT TO HELP!

\$10,000 - TRANSLATOR

Provides funding for the Spanish translation and printing of up to 3,500 of either our **Which weigh?** or **How's my health?** publications.

\$5,000 - GIRL + 1

Provides funding for up to 100 girls and their adult female caregivers to participate in our half day interactive workshop. **Girl + 1 Healthy Living Workshop** is designed to cover the 7 dimensions of Health and Wellness and provides essential information to promote a healthy lifestyle. Each workshop includes breakfast, lunch, breakout sessions, t-shirts and giveaways for all participants.

\$3,500 - WHAT ABOUT ME?

Provides publications, activity sheets, journals, reusable class totes, healthy snacks, facilitator training and materials for up to (10) ten week educational class sessions for one semester reaching approximately 250 adolescent girls grades 4th through 9th and up to 20 volunteer facilitators. Our educational classes help build resilience and promote healthy behaviors.

\$2,500 - WHICH WEIGH?

Provides funding for up to 25 families of four for our **Which weigh?** A four hour family workshop focusing on healthy eating and physical fitness. Our workshop provides hands on tools to make small, specific behavior changes to prevent obesity and help families maintain a healthy weight.

\$1,500 - PUBLICATIONS

Provides funding to print and distribute up to 500 copies any of our six publications: **What about me?, What are the facts?, Which weigh? A roadmap to a healthy lifestyle for you and your family, How's my health?, Qué hay de mi, Cuáles son los hechos.**

\$1,000 - WOMEN'S HEALTH ADVOCACY PROGRAMS

Provides publications, presentations, guest facilitators and healthy snacks for up to 50 women in our ten week **Women's Health Advocacy** classes. Participants learn about proactively taking care of their health. They also learn about resiliency and making choices about how to live a healthy life for themselves and their family.

\$500 - SMART LUNCH PROGRAM

Provides publications, presentations, guest facilitators and healthy snacks for (5) **SMART Lunch** presentations reaching on average 100 women. Smart Lunches are one-hour lunch presentations that provide women with the opportunity to learn about a variety of health topics, including heart disease, women's cancers, emotional health, resiliency, and much more.

\$250 - TRAIN THE TRAINER

Provides training and materials for 10 volunteer facilitators for our **What about me?** educational classes.

PLEDGE INFORMATION

PLEASE REMOVE THIS PANEL AND MAIL BACK IN ENCLOSED ENVELOPE.

NAME _____
(as you would like it to appear in our print materials and the website)

ADDRESS _____

CITY STATE ZIP _____

TELEPHONE _____

EMAIL _____

PAYMENT OPTIONS

I/We would like to support The Women's Fund at the following level:

- \$10,000 **TRANSLATOR** \$2,500 **WHICH WEIGH?** \$500 **SMART LUNCH**
 \$7,500 **GIRL + 1** \$1,500 **PUBLICATIONS** \$250 **TRAIN THE TRAINER**
 \$5,000 **WHAT ABOUT ME?** \$1,000 **WOMEN'S HEALTH**

I/We would like to like to make a one-time donation of \$ _____

Enclosed is my check for \$ _____ made payable to The Women's Fund.

I/We would like to pledge a total of \$ _____ with 4 Quarterly OR 12 Monthly payments of \$ _____ beginning on _____.

Please use the following credit card: American Express Discover MasterCard Visa

Card No. _____ Exp. _____ CVV _____

Name on Card _____

Signature _____

Cut Here

MAIL TO: The Women's Fund for Health Education and Resiliency, 5353 W. Alabama, Suite 615, Houston, Texas 77056
phone: 713.623.6543 fax: 713.623.6541