UNITED HEALTH FOUNDATION

United Health Foundation and Hispanic Federation:
Improving Chronic Condition Management

In 2023, the United Health Foundation, the philanthropic foundation of UnitedHealth Group, and Hispanic Federation, a national Hispanic community empowerment organization, announced a three-year, $3 million grant partnership to address high rates of diabetes in Texas and Georgia.

The program – Vida Saludable – provides culturally relevant resources and evidence-based practices to encourage physical activity and healthy eating among participants. Additionally, this partnership connects individuals to primary and mental health care and social drivers of health, including access to healthy food.

COMMUNITY IMPACT*

3,054
individuals enrolled in the program

61%
increase in physical activity among program participants

95%
retention rate for patients enrolled in the program

54%
of participants experienced weight loss, averaging 8.5 pounds

**2023-2026*

WHY IS THIS WORK CRITICAL?

> I discovered a community close to my home where we exercise three times a week. I started eating healthier by cutting out junk food, soda, and avoiding frequent visits to fast food places. I increased my intake of plain water. I began to be more mindful about reading product labels and choosing the healthiest options. I made changes by tracking my meals and snacks."
>
> **Program Participant**

