

## Healthy Communities Initiative: Health Equity Grant Update

GPHA is part of an eight county grant, working to increase the health equity of low resource families in those counties. As the community liaison, I cover Cheyenne and Sherman counties. In the past couple months I have been working hard to understand our current needs and assets in these counties. The work of bringing health equity to low income families is not cut and dry and it certainly isn't about just not having enough money to cover the bills. The causes and things that keep people in poverty or from moving beyond poverty is multi-factorial. In order to have stable finances, one has to have a job(s) (one that exceeds monthly bills), reliable transportation, reliable daycare, fairly good health (mental, physical, emotional), not have addictions or problems with the law, be able to see and eat (ie dental and eye care), reliable availability of food, and relationships that are supportive. If just one of these components goes array, the delicate balance of life wellbeing/health flies out of control. Yes, we all deal with life and all of its uncertainties and unexpected mountains and valleys. However, those with low resources may be lacking in confidence, strength, support, relationships, to move beyond the valley.

The goal with this grant is to help these families identify their assets, understand local resources and support, and form relationships with them to help them move up and beyond poverty. It is very exciting to teach and empower these community members to thrive in life and become an active member of our communities! If you are interested in this project or want to learn more, we have monthly meetings. Contact Candi Douthit [cdouthit@cheyennecountyhospital.com](mailto:cdouthit@cheyennecountyhospital.com).