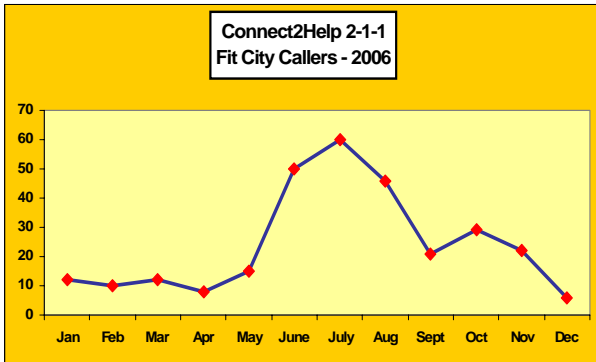


Connect2 Help

Connect2Help facilitates connections between people who need human services and those who provide them.

P.O. Box 30530, Indianapolis, IN 46230-0530; (317) 920-4850; Fax: (317) 920-4885; www.Connect2Help.org

Connect2Help 2-1-1: dial 2-1-1 or (317) 926-4357



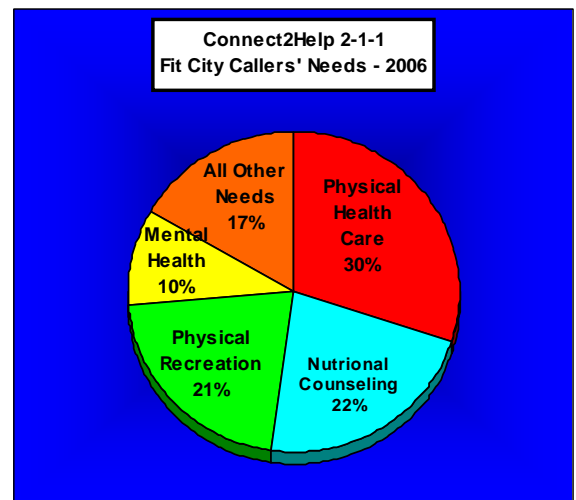
Fit City Call Overview

* Connect2Help began assisting Fit City callers in May, 2005. From May-December, 2005 157 callers were referred to Fit City resources. This number **increased by 59%** during the May-December, 2006 time period. **For calendar year 2006**, Connect2Help 2-1-1 referred **291 callers** to Fit City resources.

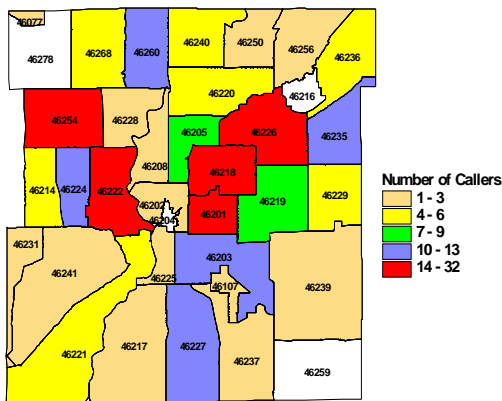
* Connect2Help 2-1-1 resource staff continued to maintain program information on more than 100 of these fitness and healthy lifestyle resources.

* Call numbers were relatively flat during the winter and spring months. They peaked during the summer months; **July was the month with the most calls (60)**. Calls then leveled off in the fall.

- Of the 409 needs reported by callers, **30%** were for physical health care resources, **22%** were for nutritional counseling, **21%** were for physical recreation, and **10%** were for mental health resources (especially support groups and counseling).
- Callers received 935 referrals. The **top referrals** were: Fit City Website; The Hip Hop Program (St. Francis Hospital and Health); Indy Parks and Recreation; Committed to Kids (Clarian Health Partners); 10,000 Steps Program; and Indy in Motion.



Fit City Caller Locations - 2006



- The **map on the left** shows the location of Fit City callers.
- The majority of these callers (**85%**) were women; **15%** were men.
- More than half (**56%**) were **White**; **32%** were **African American**; and **4%** were **Hispanic**.
- Forty percent (**40%**) were in their 30's; **16%** were in their 20's; **13%** were in their 40's; **8%** were 10-14; **8%** were 15-19; **7%** were in their 50's; and **2%** were 60 and older.



Formerly Information & Referral Network

