

GADSDEN COUNTY, FLORIDA

From Survival to Systemic Health

Building Women and Girls' Well-being in Rural Florida

The Be Good Foundation's Upstream Approach to Adolescent
Health and Community Resilience



THE LIVED REALITY · THE ROOT CAUSE

It began with one student.

A veteran educator discovered a girl who was chronically hungry, homeless, and socially and academically delayed.

- Unresourced maternal trauma
- Domestic-violence displacement
- Postpartum crisis

...and the young girl bore the full brunt of the collapse.

You cannot heal a child without addressing the trauma of the women caring for them.



CONNECTING THE DOTS · FROM SURVIVAL TO PREVENTION

A food pantry revealed a deeper rural vacuum.

"Feeding Brains. Nourishing Bodies. Building Character."

01 Body illiteracy

Widespread gaps in basic understanding of one's own body.

02 No preventive care

Zero access to routine, preventive health services.

03 No reproductive health resources

A missing layer of support for girls and young women.

In Gadsden County — **Florida's only Black-majority county.**





THE SCALED SOLUTION • 12-MONTH LAUNCH

An adolescent wellness initiative

250 youth served annually

Reducing the Risk

Replicating the evidence-based curriculum.

Body Literacy

Comprehensive menstrual and endocrine health.

Life-Pathways

5-year career counseling for every participant.

Delivered through trusted community and faith-based hubs, including On the Move for Jesus Ministries.

THE OPPORTUNITY · CALL TO ACTION

Make health equity permanent in rural America.

Private philanthropic support bridges federal funding volatility — turning a proven community response into lasting infrastructure.

With your funding, we can turn the lives of so many women and girls right side up — from surviving to thriving, for good.

Aligned with funders focused on

Women's health

Mental health care

Caregiving systems

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