

January 2009

Dear Friend:

Regardless of where one lives, or how much money they have, we believe everyone should live in a healthy community. Located in West Sacramento, California and managing programs throughout the United States, the Health Education Council (HEC) exists to provide health education, training, materials, and programs with a special focus on reaching traditionally underserved communities.

By learning about our initiatives, we hope you will support us with a financial contribution so that we can continue working to improve the health and health choices of people throughout the country. HEC is a nonprofit organization working to promote healthy communities since 1979. Here's what we've done this past year:

HEC worked to expand its **tobacco prevention and smoking cessation** efforts by developing a training program and curriculum for faith-based communities; developing programs and materials for incarcerated and other at-risk youth; and by participating in national networks working with state and federal partners to ensure diverse communities were provided support to end tobacco use.

We continued our work with the Del Paso Heights **Community Farmers' Market**, bringing food production and distribution to the local community. And we cut the ribbon on our 4<sup>th</sup> Stone Soup Community Garden, providing a place for Hmong immigrants and others in Del Paso Heights to grow fresh vegetables. These efforts are part of our Community Food Security programs.

From a smoothie bicycle to our **In the Grow** program, we're working with children and families to **reduce childhood obesity, increase awareness of healthy food options and physical exercise**, and improve the health condition of our residents. Our Nutrition program includes particular outreach to diverse demographics, and to those whose access to fresh foods is limited.

Other health programs at HEC include **Breast Health, fighting against steroid use**, and helping to address disparities in **Asthma education**.

Will you join us in our fight to save people from dying from preventable diseases? Will you help us reach more people with health education programs to improve their lives?

- \$15 provides a family of six with one month of healthy, organic food from their own plot at a local community garden.
- \$100 provides teachers with our Nutrition Decathlon Toolkit curriculum for 200 children to encourage exercise and healthy eating.

Visit our website at [www.healtheducouncil.org](http://www.healtheducouncil.org) and check out all of our programs. With your support, we can continue to bring good health to those who need our help.

Happy New Year wishes, Your friends at Health Education Council.



PROMOTING HEALTHY COMMUNITIES.  
[HEALTHEDCOUNCIL.ORG](http://HEALTHEDCOUNCIL.ORG)