



HEALTH
EDUCATION
COUNCIL

HEALTH HAPPENS TOGETHER



HealthEdCouncil.org

2022-2023 HEC IMPACT REPORT



HEALTH
EDUCATION
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147,008

Low-Income Residents Served
in the greater Sacramento Region
from July 2022 to August 2023

YOUR SUPPORT IN ACTION

10+
Sectors

HEC partners to improve community health with business, government, health care, public health, housing, education and academia, faith communities, community-based organizations, environment and air quality organizations



6,243

Residents
received COVID 19
testing and vaccinations



79,757

**Low-Income
Students and Parents**
received nutrition
education at school



4,300

Residents
received prevention
services at the
Mexican Consulate



8

Community Coalitions
that facilitate partnership
between diverse residents
and government leaders



13,424

Residents
received financial
and work readiness
education



2,280

Hours
of mentoring services
for at-risk youth



6,119

Residents
received air quality
education



3

Support Groups
hosted for Afghan
refugee moms



1,010

Residents
received mental
health support



1,680

Miles Walked
by residents in
Walk with Friends



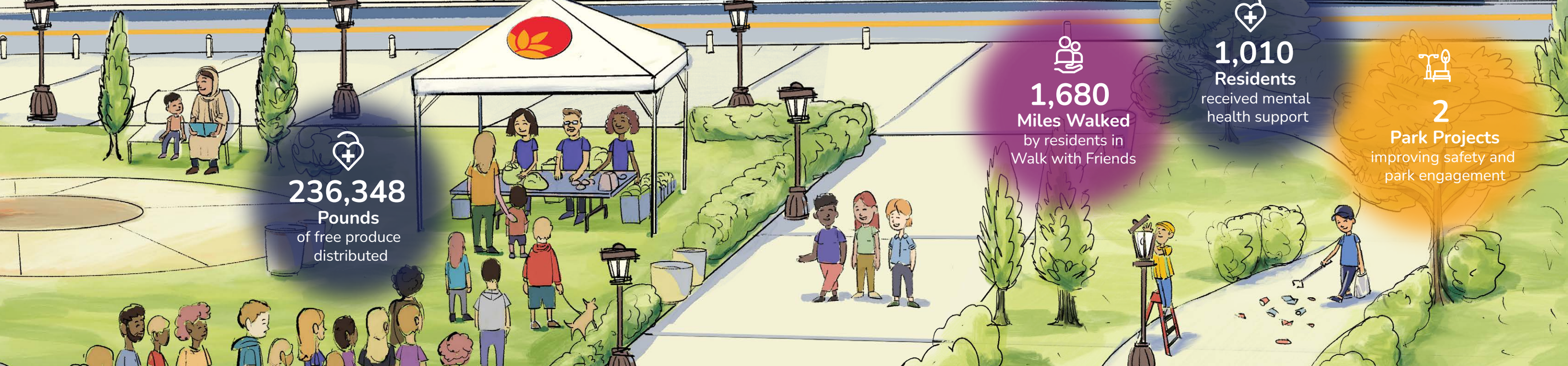
2

Park Projects
improving safety and
park engagement



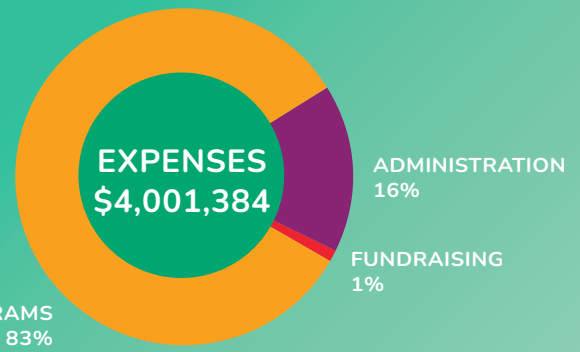
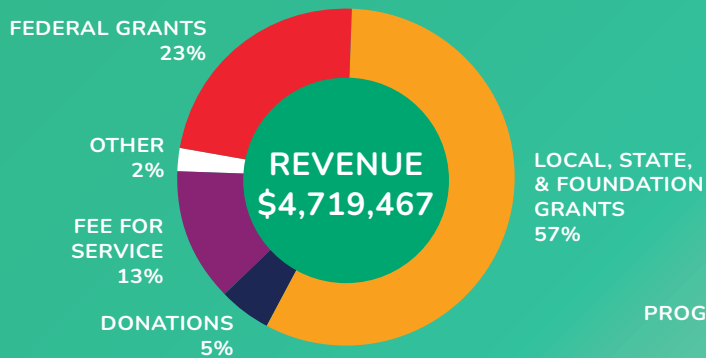
236,348

Pounds
of free produce
distributed

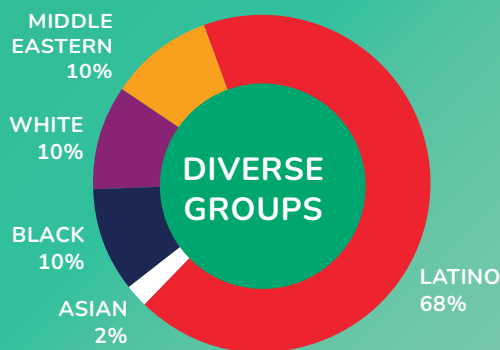


2022-2023 Snapshot

AUDITED FINANCIALS



WHO WE SERVE



FASTEST GROWING SEGMENTS
REFUGEES FROM AFGHANISTAN AND IRAQ
UKRAINIAN IMMIGRANTS

30+ YEARS SERVING THE GREATER SACRAMENTO REGION

“I think I am ready to fly with my own wings now. Thank you for taking care of me when my wings were broken.”
– Mental Health Participant

“Because of Walk with Friends, my blood pressure is better and I’ve lost some weight from eating more fruit and vegetables.”
– Elkhorn Walk With Friends Member

“I enjoy being able to talk about things I don’t feel comfortable talking about at home or anywhere else.”
– Youth SHOP Program Participant



Visit us online:



HEC is community-based 501(c)(3) non-profit fueled by donations from community members like you.
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