

# Health Education Council 2021 Impact Report

**Working in partnership to bring health and well-being to the Sacramento region.**

## CONNECTION

"Thank you, HEC, for coming to our place to hear what we need and want. At last, people can hear us and be our voice."

- Participant in HEC's Support Group for Afghan Refugee Women



## ACCESS

"I am so glad to see you. My groceries ran out today."

- Participant in HEC's Fresh Produce Market

**The mission of the Health Education Council is to cultivate health and wellbeing in under-served communities by leveraging the power of collaboration.**

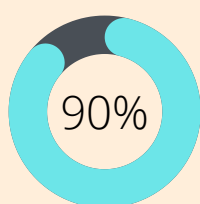
[WWW.HEALTHEDCOUNCIL.ORG](http://WWW.HEALTHEDCOUNCIL.ORG)

## EMPOWERMENT

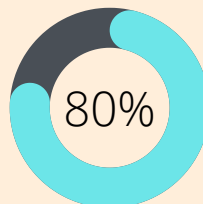
"HEC staff didn't do things for me. They showed me how to do them for myself."

- Participant at HEC's Ventanilla de Salud

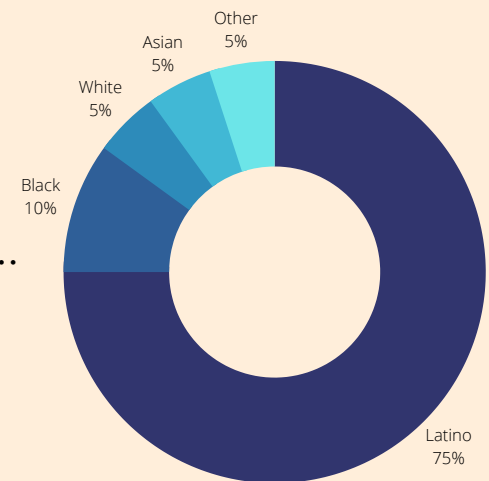
The majority of people HEC Serves are...



Low-income



Female



and

Diverse

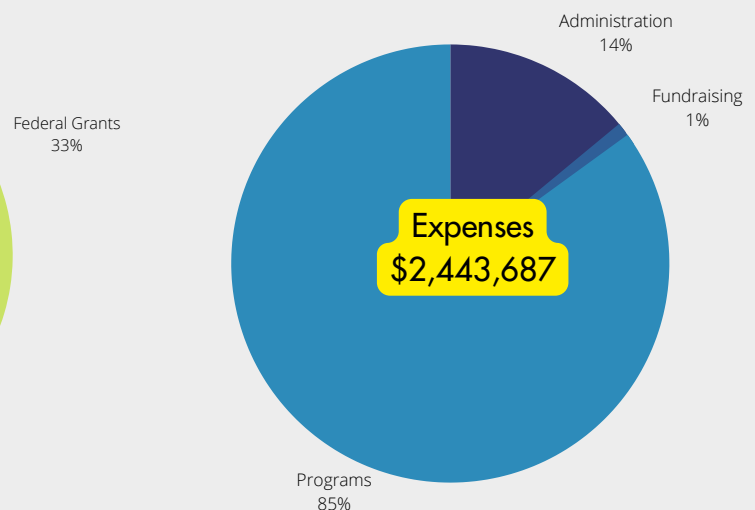
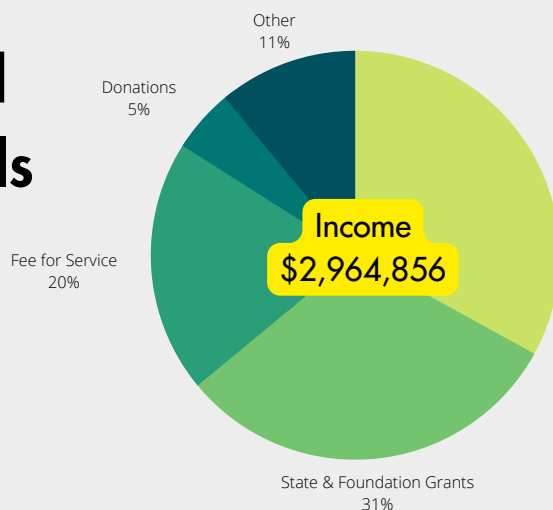
# Your partnership with HEC spreads health across the Sacramento Region.

- HEC's crisis counselors supported 11,947 community members with mental health support, **COVID education** and referral to community resources.
- Over 65,000 individuals received **healthy living education** on nutrition, tobacco, and physical activity topics.



- Over 14,000 lbs of **fresh produce** was given to 12,600 food insecure people.
- Over 21,000 Spanish-speaking adults received **financial education**.
- Over 1,500 Spanish-speaking adults accessed counseling appointments, **support groups**, and mental well-being classes.
- Over 300 marginalized youth joined life skill classes, mentoring sessions and **job readiness** classes.

## Audited Financials



VISIT OUR NEW OFFICE IN SOUTH SACRAMENTO

7617 ALMA VISTA WAY STE. C  
SACRAMENTO, CA 95831

