

HEALTH ACCESS

Food and connection today, health tomorrow: **200k** lbs. of food distributed

A retired couple's stroll with one of HEC's **Walk with Friends** groups led to weekly produce, additional food sources, and a community. The result: nutritious meals and less stress.

Health access and food security

**4,400**  
residents reached through the Mobile Market partnership in Yolo County

**2,420**  
received healthy food every month in South Sacramento

**120**  
seniors per month received healthy food at their housing sites in Placer County



WAYS TO GIVE

Invest in HEC with a Monetary Valued Gift. You can give through:

- Outright gifts of cash, stocks, mutual funds, real estate, or direct transfers from your IRA. (Cash \$50, \$250, \$1000, \$20,000+ to as large as you would like).
- Legacy Circle-Wills, Living Trusts or Beneficiary Designation

Learn about the multiple ways you can support our work by contacting HEC at

916-556-3344,  
info@healthcouncil.org

Or donate at  
[healthdcouncil.org/get-involved/donate](https://healthdcouncil.org/get-involved/donate)



We are thankful for our generous funders. Please visit our website to learn more:  
[healthdcouncil.org/who-we-are/funders](https://healthdcouncil.org/who-we-are/funders)



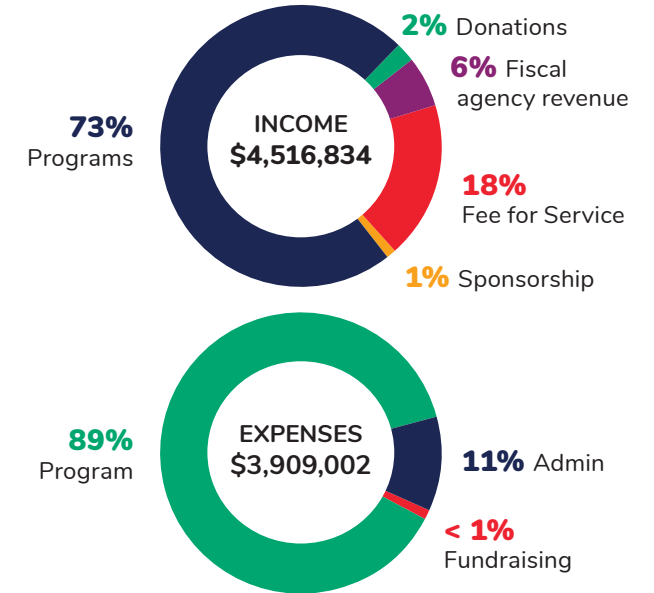
IMPACT REPORT  
2024-2025

HEALTH STARTS  
WITH HELLO  
FIRST CONVERSATIONS INTO LASTING CHANGE



"We invite you to learn more about HEC, our programs, impact and ways to get involved as we believe, 'health happens together'.

In gratitude,  
Debra Oto-Kent, Founder and Executive Director



## SOCIAL CONNECTION

A door opened **9,300** times to lasting physical and mental health

A warm “hello” from HEC staff at the Mexican Consulate led Jaime to counseling, care navigation, and employment. Six months later: milder depression symptoms, a steady job, and art sales that help pay the bills.

### Mental health navigation and direct services

**32,000**

received health education

**4,933**

participated in a preventive health screening, and

**290**

referred for additional mental health services

**523**

screenings for depression

## ECONOMIC WELLBEING

HEC is improving job readiness for youth and adults, setting the stage for long term economic mobility.

In 2024, HEC launched its 1st **Annual Workforce Development Symposium & Job Fair**—uniting 150 stakeholders, 400+ job seekers, and 40 employers to reduce barriers, building pathways to economic well-being.

### Jobs & small business—by the numbers

**660**

individuals participated in financial education workshops

**3**

youth career workshops and 2 career panels;

**8**

entrepreneurs received **\$2,500** micro-loans

**90%**

reported feeling interview ready

## COMMUNITY SAFETY

Youth on track: **1,436** hours of healing-centered mentorship

**Mentorship sparked confidence.** Skills practice led to job-readiness. A young adult spoke up, set goals, and got her first job—healing-centered support turned into a paycheck.

### Youth growth and neighborhood wellbeing

**215**

youth served through the HEC program Safety, Health, Opportunity, and Practice (SHOP)

**60**

youth exposed to 8 nature environments that build confidence and teamwork

Convened 3 multi-sector coalitions—

**50**

partners mobilizing investment for community safety and wellness.

## WELLNESS EDUCATION

From classroom to community wellness: **58,002** nutrition education connections

**Two evenings, five languages, one kitchen.** Families cooked, laughed, and learned—one mom discovered her daughter loves cucumbers. They left with recipes, confidence, and new habits.

### Students, families, and community wellness

**11,017**

youth learned to love real food with nutrition education in Sacramento County schools

**748**

caregivers received direct nutrition education

**258**

youth reached in schools with the Don't Buy the Lie tobacco use prevention campaign

