

2018

Community Impact Report

66,003 People Served



72 Communities Impacted

12,000 **Children & Families**



received nutrition education.

1,900 **Health Screenings & Referrals**



provided through the Ventanilla de Salud Program.

38,400 **Families & Entrepreneurs**



received financial education and coaching.

786 **At-risk Youth**



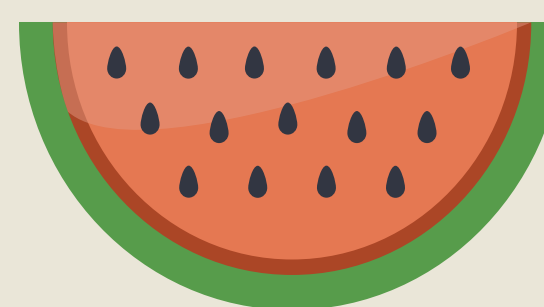
received mentoring and case management thru the SHOP program.

3,000 **Miles Walked**



by 150 *Walk with Friends* participants.

50,596 **Pounds of Fresh Produce**



distributed to low-income residents.

200 **Organizations & Businesses**



collaborated with us to leverage resources and nurture well-being.

2018

Community Impact Report



HEALTH EDUCATION COUNCIL

New Programs

Deepening our impact in under-served communities by leveraging the power of collaboration in 2018.



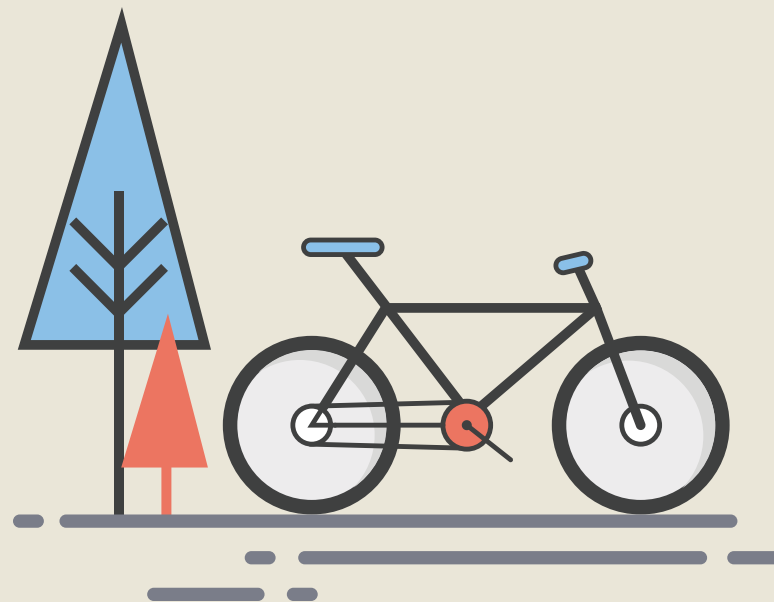
LUCHA TOBACO

HEC launched a five-year partnership with Latino community leaders to eliminate tobacco use in their communities.



Mente Sana, Vida Sana

HEC launched a five-year initiative to reduce mental health disparities in the Latino community by screening to detect early stages of depression and working to decrease stigma.



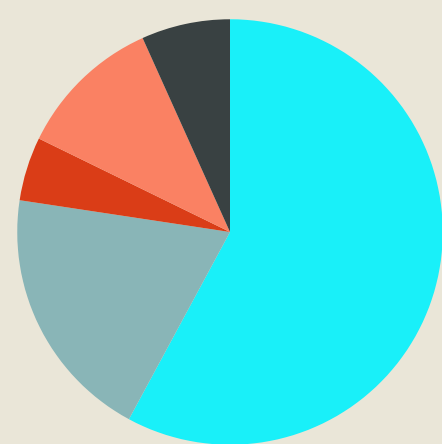
Park Revitalization

HEC worked local businesses and community members to bring new life and activity to Nielsen Park in Sacramento and Weber Park in Roseville.

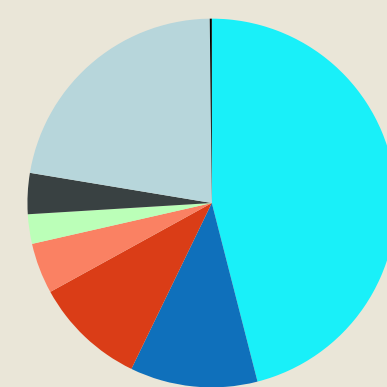
Revenue - \$2,063,510

2018

Expenses - \$2,046,236



- Gov't Grants (57.88%)
- Foundation Grants (19.51%)
- Donations & Events (4.85%)
- Fee for Service (11.02%)
- Other (6.74%)



- Program: Hlthy Eat/Act. Live (46.01%)
- Program: Pers. & Comm. Safety (11.17%)
- Program: Comm. Connection (9.81%)
- Program: Econ. Well-Being (4.45%)
- Program: Health Access (2.59%)
- Program: Collaboration (3.59%)
- Administration (22.21%)
- Fundraising (0.18%)

New for 2019

Latino Small Business Academy

a workshop series geared to Latino entrepreneurs who want to grow their businesses.

Value of Resilience

a coalition-based effort to prevent trauma & build resilience in Sacramento.

Mente Sana, Vida Sana for Schools

a pilot-test of strategies to reduce mental health stigma in Roseville schools.