



HEALTH  
EDUCATION  
COUNCIL

# 2020 Impact Report



*Health Happens Together  
Today. Tomorrow. Always.*



¿Necesita información acerca de  
prevención y pruebas de COVID-19?  
Envíe un mensaje de texto escribiendo  
el nombre del condado donde vive al  
**1(833)510-7753**  
Alameda, Amador, Butte, Colusa, Colusa, El Dorado, Glenn, Lassen, Modoc, Mono, Nevada,  
Placer, Plumas, Sacramento, San Joaquin, Shasta, Sierra, Siskiyou, Stanislaus, Sutter,  
Tehama, Trinity, Yuba, Yuba

Family Meal Roseville • COVID-19 Testing Text Line • COVID-19 Resource Help  
Line • Monthly Family Newsletter • FREE COVID-19 Testing •  
Virtual Every Kid Healthy Week • Sacramento School Wellness Virtual Summit •  
COVID-19 Resource Newsletter • Quit Smoking Tips • Virtual Support Groups •  
COVID-19 Screening Protocols • Distance Learning Student  
Check-ins • Virtual Walking Groups • Small Business Support • Facebook Live

## Emergency Food

### Helping families access healthy food during the pandemic



#### Family Meal Roseville

- 16,000 meals prepared by local restaurants & delivered to isolated seniors and low-income families.
- Funded by local residents, the City of Roseville, the Placer County Community Foundation, and other community groups.



#### Produce Distribution

- Free produce 'markets' held in Sacramento and Yolo counties.
- Over 12,000 pounds of fresh produce delivered to isolated seniors and low-income families.

## Equity

### Helping break down the systemic, historic, racial barriers to health



- Intensified our commitment to dismantling the harmful systems and practices which perpetuate health, economic, and social inequities.
- Facilitating hard conversations about community violence.
- Bringing COVID testing sites to farmer worker communities.
- Training diverse youth in mental health first-aid
- Holding community forums about smoke-free housing policies.
- Convening monthly Invest Health, Youth Violence Prevention, Schools and Accountable Community for Health collaboratives to mobilize quickly.

## COVID-19

### Helping hard hit communities access testing, education and information

#### Testing and Outreach

- Over 2,000 people tested for COVID-19 at clinics jointly hosted by HEC, the Mexican Consulate in Sacramento, and Elica Health.
- Added text and phone 'warm' lines in English and Spanish as well as a COVID-19 web page to guide residents to the latest public health recommendations, testing locations and community support programs.



## Social Connection

### Helping residents stay connected during hard times

- HEC's virtual programs in English and Spanish helped hard hit community members stay connected to others during stay-at-home orders:
  - Virtual walking groups.
  - FB Live mental health presentations.
  - Virtual youth mentoring.
  - Virtual support groups and counseling appointments.



## Economic Well-being

### Helping residents and businesses with financial skills which support individual and community health

#### Education and Coaching

- Virtual classes about budgeting, student loans, and opening a bank account.
- Virtual coaching sessions for small business owners on COVID relief programs and COVID safety measures.



# Looking forward

As we move forward in 2021, HEC continues to focus on reaching underserved communities with

- COVID-19 education, testing, and vaccinations.
- mental health peer support training for youth and Spanish-speaking adults.
- healthy food access for low-income families and seniors.
- financial education for teens and low-income families.
- connecting communities to vital services and resources and
- convening multi-sector partners and residents to address violence, education, and neighborhood improvement.



## Letter from Executive Director, Debra Oto-Kent

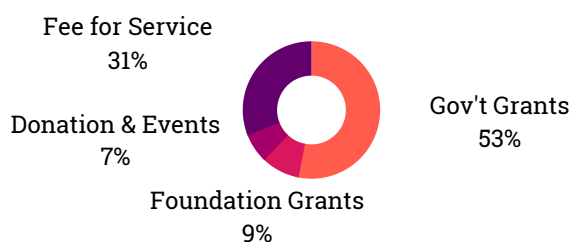


The COVID 19 pandemic, economic crisis, racism, violence, mental health impacts, and food insecurity presented dramatic intersecting challenges to our nation's and community's health in 2020. For 30 years the Health Education Council has known that health happens where people live, work, play, pray, shop, and learn - all of which were upended over the past year. We experienced a broad awakening of what contributes to a healthy community - physical and mental health and wellness, economic well-being, safety, access to food, housing and healthy environments, education and social connection.

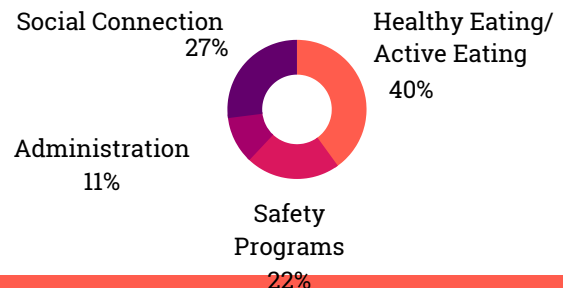
In 2020 HEC acted quickly, building on our decades of relationships and experience, pivoting to new ways of working, relating, connecting, understanding and serving. This Impact Report highlights ways that we 'pivoted' to address our communities most pressing health needs. Thank you for your continued partnership in health and support of our efforts to serve our most vulnerable communities.

## 2020 FINANCIAL SNAPSHOT

Revenue \$2,362,935



Expenses \$2,237,212



[www.healthedcouncil.org](http://www.healthedcouncil.org) (916)556-3344