



HEALTH
EDUCATION
COUNCIL

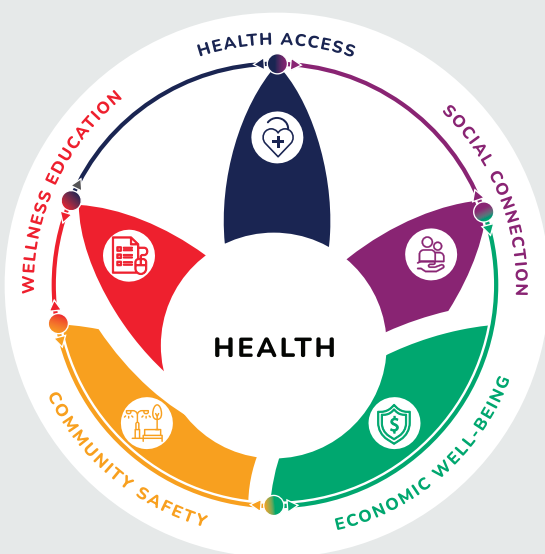
Health happens together.

The Health Education Council (HEC) exists to improve health outcomes in under-served neighborhoods by empowering the people in them to create the solutions they need most.

Since 2009, HEC has proudly served as the administrative partner for Ventanilla de Salud at the Consulado General de México en Sacramento, creating access to primary care services, health insurance coverage, and other health access resources.

With Ventanilla de Salud as our foundation, we have expanded our services to include small business development support, financial education and coaching, mental health well-being initiatives, as well as launched events such as the annual Conferencia de Liderazgo para Mujeres. HEC's approach to link Consulate services with community-based strategic partners also ensures we reduce barriers and increase access to culturally relevant resources.

HEC's Focus: Social Drivers of Health



Did you know that your neighborhood is a better predictor for health than your genetic code?

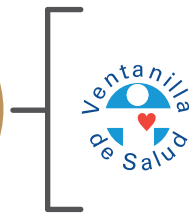
Decisions that determine health are largely driven by where we live, work, play, pray, shop, and grow old. HEC believes that collaboration and partnerships create solutions tailored to a community's specific needs and assets, producing better health outcomes to diminish disparities.

HealthEdCouncil.org





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Our Partnership

Ventanilla de Salud



26,000+
Preventative health screenings



57,000+
Individuals served one-on-one with health education, resources, and information

Ventanilla de Asesoría Financiera



3,400+
Co-nationals received individualized (one-on-one) financial education support



39,000+
Individuals received resources and information

Menta Sana, Vida Sana



\$ 2,340,000

9 years of funding to develop, implement, and evaluate a pilot project/model to address the mental health of immigrant Latinos (Mexicans), including early detection of depression, reduction of stigma, and increase access to mental health services.



600+
Individuals screened for depression to date



36
Expanded partnerships with social service organizations to increase mental health referrals



85
Promotores trained in community mental health



200+
Hours of mental health counseling

HEC Covid Response

HEC's COVID response in Consulate programming has resulted in:



7,625
Covid tests given to date



3,290
Covid vaccines given to date



280+
Crisis counseling sessions held thanks to integrated crisis counseling model with FEMA CalHOPE



26,000+
Reached with financial education through Facebook Live workshops

27,000+
Reached with mental health topics through 21 Facebook Live "Platicas" with mental health professionals