



NATIONAL  
HEALTH  
FOUNDATION

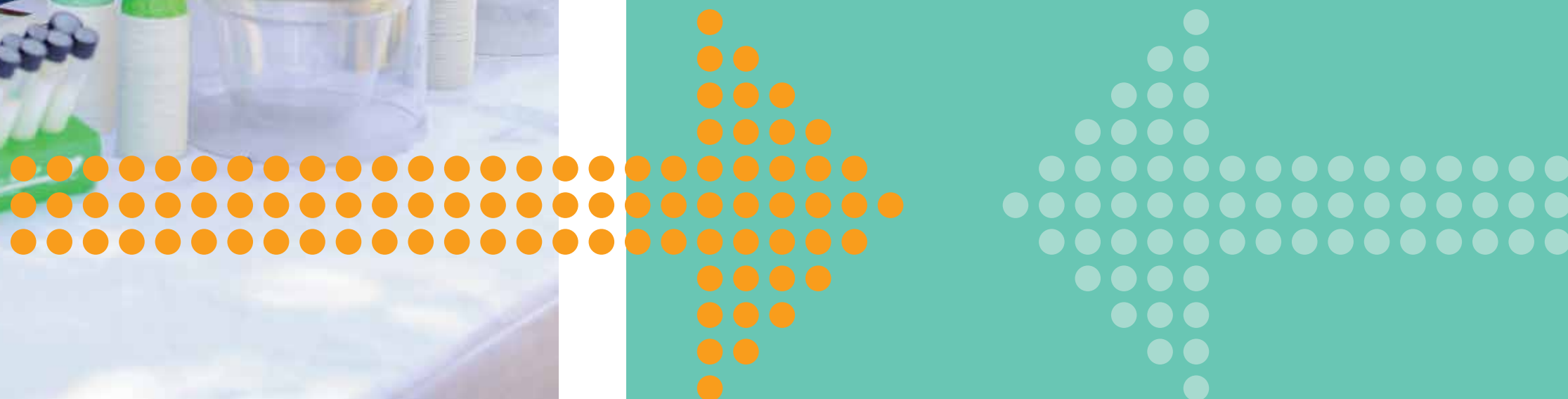
2018

# Impact Report





National  
Health  
Foundation  
is improving  
the health  
of communities  
from *within*.



### Dear Neighbors:

With each passing year, we see growing recognition throughout our nation that the environment in which we live, learn, work, play and pray has tremendous, far-reaching and lasting impacts on our health. Just three years ago, National Health Foundation focused its mission and vision to tackle these 'social determinants of health' in Southern California's under-resourced communities. In a few short years, we have learned more than we could have imagined from neighbors, students, community partners and businesses across Los Angeles County about how to better understand community-level barriers to healthy living. We have discovered that changes can be made in a community model that brings value to those impacted. Last year, we presented our first-ever Impact Report, describing some of our efforts and what our work meant to people living in the communities we served. In support of our mission and vision we were guided by the core values of engagement and empathy - respecting each individual and treating each individual as we would want to be treated.

We are delighted to once again share our year-in-review and the impact we have had on the communities and neighborhoods that we have served. We could not have done this work without the tireless commitment of our forward-thinking, highly motivated,

and cohesive team of employees; our dedicated and supportive board of directors; our enthusiastic high school, college and graduate students; our ever-passionate community partners; the creative minds of our academic partners; the leadership of our hospital collaborators; the generosity and progressiveness of our funders; and many more.

**Thank you for your ongoing support of National Health Foundation. We are excited to continue this journey with you and those we serve.**



**Kelly Bruno**  
President & CEO



**Michael Hunn**  
Board Chair





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## Introduction

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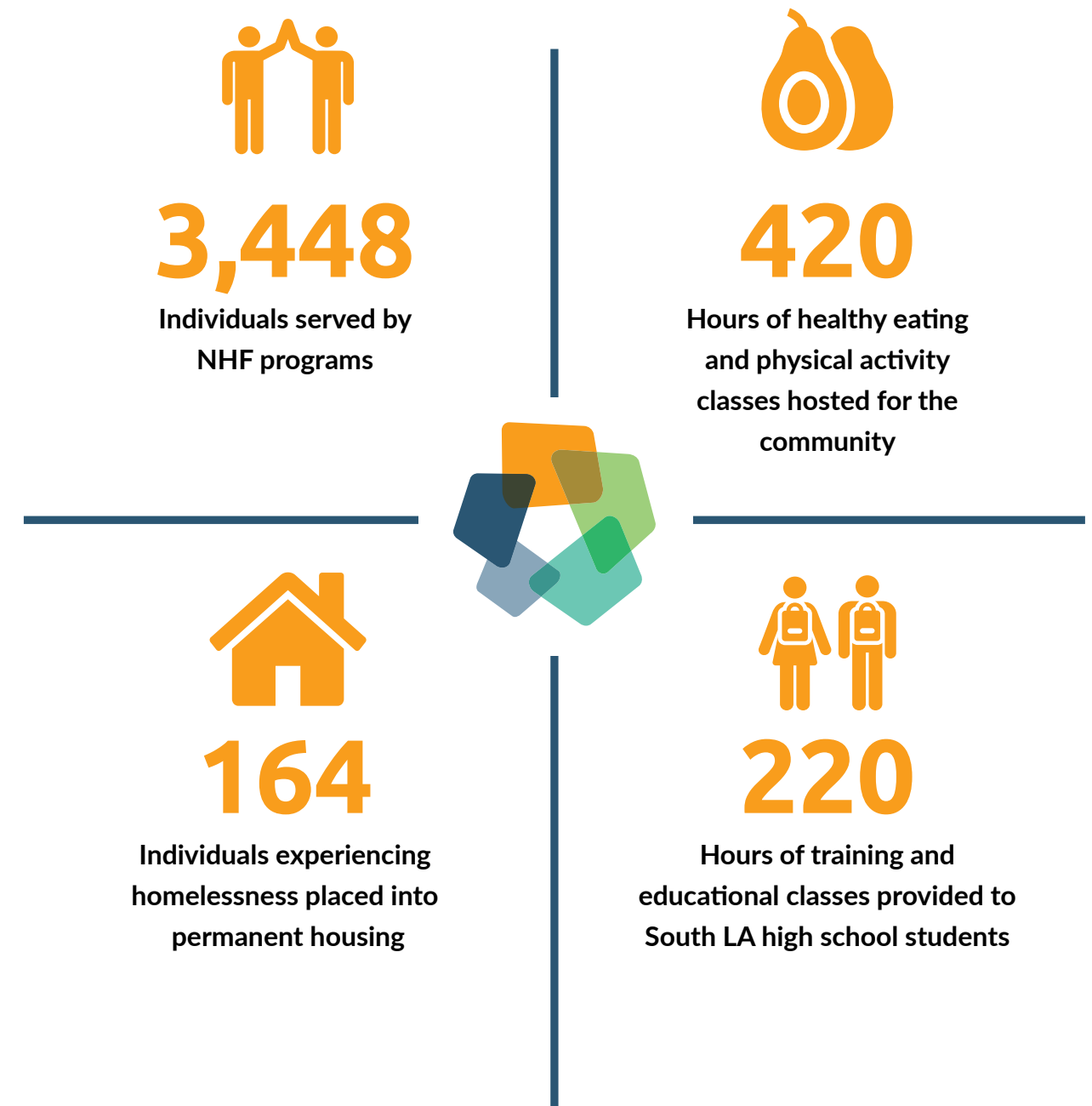
National Health Foundation has been operating in Southern California since 1973, and in that time has had a range of impact on individuals, communities, and the local health care system.

Over the past five years, we have turned our focus to the physical and social landscape of some of the most under-resourced neighborhoods. Together with our partners, we are working so that people have the opportunity to make choices that allow them to live a long, healthy life, regardless of their income, education, or ethnic background. The quality of the air and water, of schools and businesses, grocers and markets, parks and outdoor space, bicycle lanes, sidewalks, and more all play a role in a person's health. National Health Foundation's mission is to tackle barriers existing within these neighborhoods so that everyone has an opportunity to be healthy.

We continue to work within communities, to develop young leaders, and to change, empower, facilitate, and lift up those around us. We continue to see progress in people, in communities, and at the systems level. This report gives you a summary of that change during fiscal year 2017-2018 and what we are truly aiming for: better health for the people.



9





# Food Access

10

National Health Foundation is changing food landscapes in high schools and larger communities through a process of community engagement and empowerment. We lead teams of community members in researching barriers to healthy eating in schools and neighborhoods. Then we support those teams to deploy solutions that make healthy food more available for everyone. One example is the youth-driven Health Academy, composed of teens from Thomas Jefferson High School and Santee Education Complex.



11

Health Academy has made me more aware of the issues in my community and how I can be more involved in finding solutions to make it a better place.

Sandy Casiano  
Senior at Santee Education Complex

# Food Access

12



32

Students increased food access in their community



50

Community members, teachers, students and local market owners designed solutions



2,000+

Community members participated in 120 nutrition education classes and food demonstrations



# Influencing the Accessibility to Healthy Food



13



110

Hours of training and research activities completed by South LA students



12

Advocacy meetings hosted by youth with council members, neighborhood councils, classmates, faculty and community residents



640

Fruit and vegetable vouchers distributed to Historic South Central LA residents



# Food Access

14

Markets in South Central Los Angeles are changing as a result of our work:



4

Stores started selling produce for the first time through our programs



16

Stores participated in a collaborative food purchasing program to obtain fresh fruits and vegetables



Recognized and awarded by Los Angeles County Department of Public Health as an innovative food program working toward an equitable and fair food system

## IMPACT



\$5,335

Worth of fresh fruits and vegetables purchased by local markets through our programs



900+

High school students now have access to healthy snacks throughout the day because of our student-developed share table project

Infusing Healthy Produce into Neighborhoods



15

# Student-Led Work with Local Markets

Neighborhood Market	Newly Selling Fresh Produce	Healthy Marketing & Promotions Training	Healthy Behavioral Practice Training
La Favorita (2013)	✓	✓	✓
Mercado Garibaldi (2014)	✓	✓	✓
Duran's Market (2016/17)	✓	✓	✓
El Principio #1		✓	✓
El Principio #2		✓	✓
Daily Food Market		✓	✓
Chayo Market	✓	✓	✓
30th Street Market		✓	✓
Corona Market		✓	✓
Daisy Mini Market	✓	✓	✓
Flor Mini Market	✓	✓	✓
Junior Mini Market	✓		
La Chiquita	✓		
La Nueva Carniceria	✓	✓	
La Tiendita	✓		✓
Los Angelitos	✓	✓	✓
Mi Ninos	✓		
Mr. Dollar Discount	✓	✓	✓
San Andreas	✓		
Shorty Mini Market	✓	✓	
Teitas Market	✓	✓	✓



# Food Access

16

Our programs promoted the purchase of healthy food through healthy retail strategies

THIS YEAR  
ALONE



4

South Los Angeles corner markets have implemented healthy behavioral economic strategies to encourage and increase the consumption of healthy foods and beverages to their patrons and in the community



8

Local markets and vendors participated in the healthy food voucher program which resulted in thousands of dollars worth of fresh fruits and vegetables redeemed by community residents from July 2017 - March 2018





# Food Access

18

## Share Table

NHF guided a group of high school students to conduct a baseline assessment of their school's food environment through a food waste audit and student surveys and demonstrated the need to address student hunger and lower food waste. They developed a "share table" concept where students could leave unwanted, nutritious food for other students to pick up at any point during the day. The share table was tested in three different campus locations for visibility and utilization.

1

### Success

The launch was determined successful: by the end of each day no food was returned to the cafeteria or left on the table.



2

### Exposure

An estimated 900 students were exposed to the share table and to promotional material on reducing food waste and student hunger.



# Reducing Food Waste in the Community

19

## Future Work

The share table project will expand to a second high school, reaching an additional 400 students and further reducing food waste and student hunger. NHF is also developing a share table implementation guide for Los Angeles Unified School District so that this concept can be deployed in schools around the county.

3

### Usage

Students leading this project conducted an evaluation and found that on average 160 students use the share table per week, dropping off or picking up food.



4

### Recognition

NHF participated as a panelist on Smarter Lunchroom Strategies during the 9th Biennial Childhood Obesity Conference where the NHF youth leader was invited to speak.





# Built Environment

20

National Health Foundation leads teams of community members that are making it easier and safer for residents of South Los Angeles to get outside and get active. Neighbors have awareness of what changes are needed and the motivation to see those changes implemented so that they can exercise, commute, shop and live in a safe community that supports healthy decisions. As part of the BUILD Health LA Initiative, for instance, teens surveyed local parks, produced recommendations on park improvements, and then advocated for those changes.



26

Students worked to improve the built environment (man-made surroundings) in their community

Built Environment is Health

21

**BUILD Health LA and Health Academy really helped me get out of my comfort zone. I was comfortable speaking and giving my ideas in a way that stopped me being shy. I had a lot of fun interacting with my peers and helping the community be safer and healthier. These programs are a big reason I am up here giving my speech. I am grateful to be a part of National Health Foundation!**

**Gustavo Gutierrez**  
Senior and Class of 2018 Valedictorian  
Thomas Jefferson High School

# Built Environment

22



## Targeting Barriers to Health



23



300

Hours of free physical activity classes provided through local partners



40

Hours of training, research and engagement received by each student



4

Mobile structures created for a high school campus to showcase fresh, healthy food options, as well as beautify and encourage opportunities for socialization in the school community



28

Los Angeles County parks assessed as part of a comparison study between South LA and Santa Monica



# Built Environment

Youth community health liaisons conducted park assessments as part of BUILD Health LA Initiative.

## Santa Monica Parks

Park Name											Grade
Tongva	■	■	■	■	■	■	■	■	■	■	A
Virginia Ave	■	■	■	■	■	■	■	■	■	■	A
Clover	■	■	■	■	■	■	■	■	■	■	A
Airport	■	■	■	■	■	■	■	■	■	■	B
Marine	■	■	■	■	■	■	■	■	■	■	B
Joslyn	■	■	■	■	■	■	■	■	■	■	B
Memorial	■	■	■	■	■	■	■	■	■	■	B
Stewart St	■	■	■	■	■	■	■	■	■	■	B
Hotchkiss	■	■	■	■	■	■	■	■	■	■	C
Colorado	■	■	■	■	■	■	■	■	■	■	C
Euclid	■	■	■	■	■	■	■	■	■	■	C
Ashland	■	■	■	■	■	■	■	■	■	■	F
Ozone	■	■	■	■	■	■	■	■	■	■	F
Los Amigos	■	■	■	■	■	■	■	■	■	■	F
Reed	■	■	■	■	■	■	■	■	■	■	F



Santa Monica has 134 acres of park land, or 1.4 acres for every 1,000 people. The majority of parks are well-maintained, family-friendly destinations.

## Conducting a Parks Assessment



Parks were evaluated on a range of criteria that included lighting, graffiti, vandalism, litter, traffic, noise, maintenance and evidence of threatening individuals.

## South LA Parks

Park Name											Grade
Slauson	■	■	■	■	■	■	■	■	■	■	B
Augustus Hawkins	■	■	■	■	■	■	■	■	■	■	C
Ross Snyder	■	■	■	■	■	■	■	■	■	■	C
Trinity	■	■	■	■	■	■	■	■	■	■	C
Gilbert Lindsay	■	■	■	■	■	■	■	■	■	■	D
Wetlands	■	■	■	■	■	■	■	■	■	■	D
Fred Roberts	■	■	■	■	■	■	■	■	■	■	F
Latham Pocket	■	■	■	■	■	■	■	■	■	■	F
South Park	■	■	■	■	■	■	■	■	■	■	F
49th St	■	■	■	■	■	■	■	■	■	■	F
McKinley	■	■	■	■	■	■	■	■	■	■	F
Central Recreation	■	■	■	■	■	■	■	■	■	■	F
Central Ave Jazz	■	■	■	■	■	■	■	■	■	■	F

\*A 14th park (Avalon-San Pedro) was only partially evaluated because it was closed to visitors and therefore not included.



South Los Angeles parks received lower grades than Santa Monica parks. Unfortunately, South LA only has about 89 acres of parks, which is a low .6 acres for every 1,000 residents. Graffiti and vandalism are common in South LA parks, contributing to the belief that these parks are unsafe.



20

Markets transformed and now selling healthier foods, changing the landscape of Historic South Central LA



86

People are more physically active because of new, free physical activity classes, 41% of whom are consistently returning to class



14

South LA parks evaluated for safety, with low-quality concerns advocated to City Council

IMPACT



## Markets

- 1. La Favorita
- 2. Mercado Garibald
- 3. Duran's Market
- 4. El Principio #1
- 5. El Principio #2
- 6. Daily Food Market
- 7. Chayo Market
- 8. 30th Street Market
- 9. Corona Market
- 10. Daisy Mini Market
- 11. Flor Mini Market
- 12. Junior Mini Market
- 13. La Nueva Carniceria
- 14. La Tiendita
- 15. Los Angelitos
- 16. Mi Ninos
- 17. Mr. Dollar Discount
- 18. San Andreas
- 19. Shorty Mini Market
- 20. Teitas Market

## Parks

- 1. Fred Roberts Rec Center
- 2. Central Avenue Jazz Park
- 3. Augustus F. Hawkins Nature Park
- 4. 49th Street Park
- 5. Trinity Park
- 6. Gilbert Lindsay Skatepark
- 7. Latham Pocket Park
- 8. McKinley Avenue Park
- 9. Ross Snyder Recreation Center
- 10. Slauson Multipurpose Center
- 11. South LA Wetlands Park
- 12. South Park Recreation Center
- 13. Avalon-San Pedro Park
- 14. Vernon Library Pocket Park





# Built Environment

28

## Participatory Design

Woodbury University architecture students worked hand in hand with youth researchers at Thomas Jefferson High to design mobile structures that could showcase fresh, healthy food options, as well as beautify and encourage opportunities for socialization in the school community. This collaborative between university and high school students also provided older students the opportunity to see their designs play a functional role in society and younger students the chance to gain exposure to potential career paths.

- 1 Health Academy Link**  
This seven-part structure interlocks together and includes a space for a mobile garden, fruit storage, additional seating and general storage.



- 2 Meal Barrow**  
This structure serves as an additional 'grab and go' cart that cafeteria staff can use to provide lunches to students when there are not enough open lines at lunch time.



## Promoting Health through Participatory Design

29

- 3 Multipurpose Cart**  
Originally modeled after a bicycle, this structure is meant to store food and school merchandise to sell during football games and other events.



- 4 Bento Box**  
A 'mobile lounge' that features interacting parts allows users to adjust seating for group learning and charging ports for mobile devices.



## Future Work

Students have evaluated which locations on campus will function best with these structures, which are set to be launched next school year. Students have developed plans to sell healthy snacks using these structures and use that funding to further their health and wellness efforts.



A team of high school students presented these findings and recommendations to their local neighborhood council and South LA park directors

IMPACT







# Education

32

National Health Foundation partners with Los Angeles Unified School District and select Los Angeles high schools to implement school-based programs aimed at reducing teen pregnancy rates and increasing high school graduation and completion, thereby positively impacting student health. NHF has also seen positive educational outcomes for students in its other youth-led participatory action research (YPAR) programs.



## 92%

Of participants in the teen pregnancy prevention programs have remained in school, graduated and/or obtained a GED six months after completing the program

**IMPACT**

Education is Health



This program will help me later in life because I'll know the different ways of avoiding pregnancy, and I've learned how to prevent getting any infections. I also learned that you can access health services in school.

Alfonso, 9th grade



# Education



100%

Of high school seniors in Food Access and Built Environment YPAR programs have graduated from high school



95%

Of high school seniors in Food Access and Built Environment YPAR programs have been accepted into a four-year collegiate program



92%

Of participants in the teen pregnancy prevention programs have remained in school, graduated and/or obtained a GED six months after completing the program



94%

Of participants in the teen pregnancy prevention programs reported feeling more connected to their community



# Education

36

National Health Foundation offers three pregnancy prevention program tracts for pregnant and parenting teens, young women at risk for teen pregnancy, and young men at risk for teen parenthood. In addition, this year a prevention curriculum incorporating youth-led participatory action research was implemented.



6

High schools partner with NHF to offer these prevention programs to their students



70

Peer group educational sessions provided in 2017; more than 910 hours since 2007



100

Students served in 2017; 1,150 to date since 2007



48,191

Items were donated to teen moms through a partnership with Baby2Baby





# Education

38



19

Students launched a school-wide poster campaign for teen pregnancy prevention month (May 2018) through the enhanced YPAR curriculum



24%

Increase in birth control use among participants. 100% who reported using 'no method' at initial survey reported using some type of birth control method by final survey



96%

Of participants successfully avoided teen pregnancy or parenthood six months after program completion



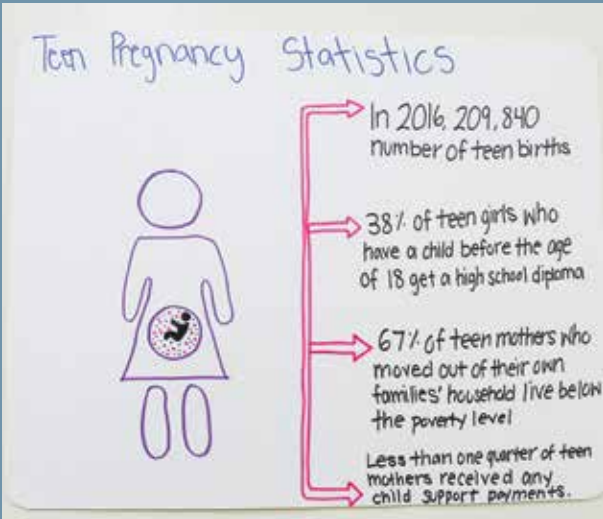
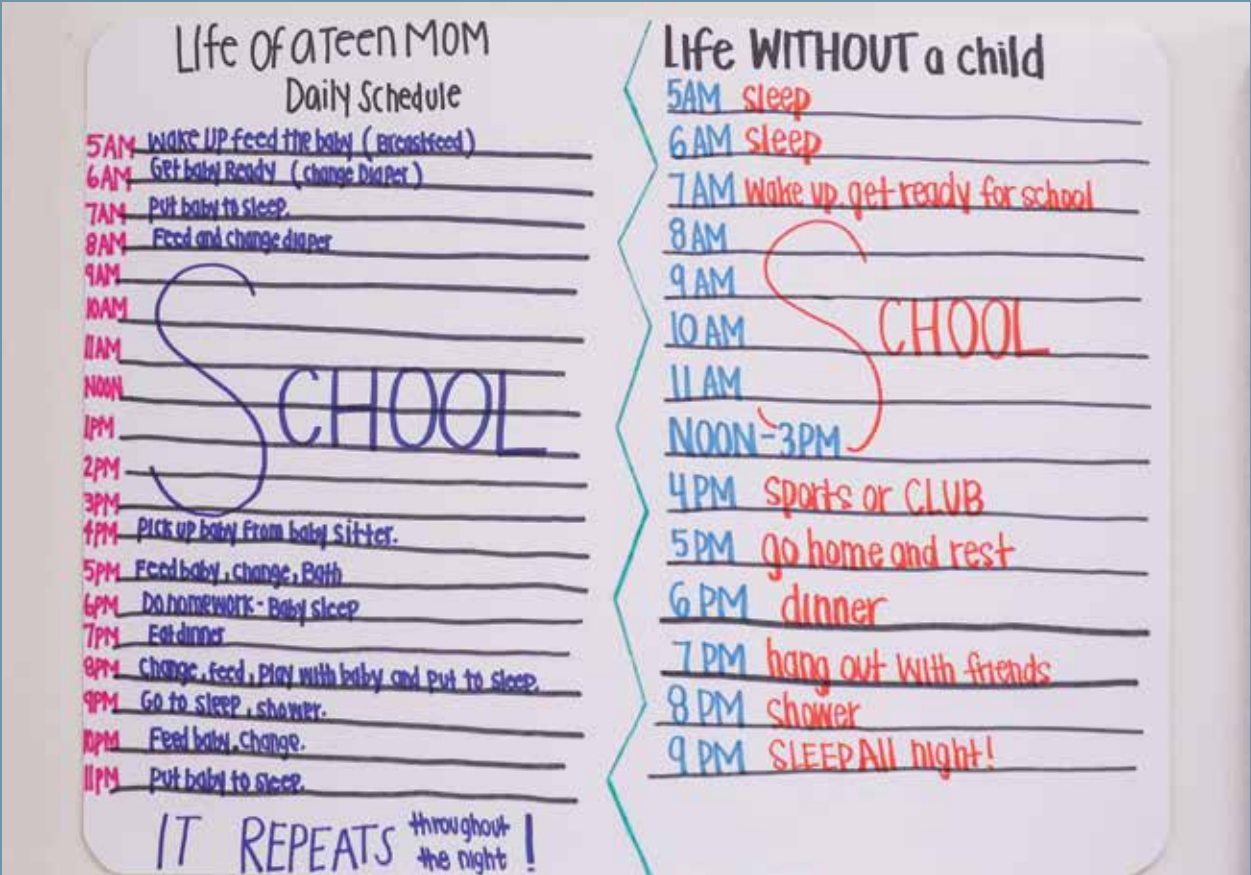
94%

Of participants agreed or strongly agreed that they have the ability to seek out services in their community

# Preventing Teen Pregnancy



39



# Housing

40

After piloting one of the city's first recuperative care programs nearly 10 years ago, National Health Foundation has embraced its role in addressing homelessness by expanding on its recuperative care program to more effectively address this root cause of poor health. Today we meet people where they are on their path to a home, and we use our established partnerships to help make that connection to housing. In fiscal year 2017-2018, NHF expanded the program to Ventura County and committed to expanding its services in Los Angeles County to address the ongoing homelessness crisis. The coming year is greatly anticipated as NHF renovates a 100-year-old-building that will create an additional 62 beds for the program.



Housing is Health

41

I'm feeling better  
than I have in years.  
Because of you all,  
I'm regaining my  
health and have hope.

A client who is looking forward to  
permanently being off the streets



# Housing

42



2017  
Los Angeles  
Business Journal's  
Safety Net  
Provider of the  
Year Award

Los Angeles County  
Recuperative Care Program

43



98%

Of referrals from  
hospitals were  
accepted into  
the program



1,063

Unduplicated individuals  
have been safely  
discharged from private  
hospitals to one of NHF's  
recuperative care locations



701

Individuals now have a place to  
call home thanks to housing  
placement through the  
recuperative care program



148

Individuals coming through  
the program were placed in  
permanent or permanent  
supportive housing



13,299

Days of service  
were provided to  
those individuals



141

Individuals moved from  
recuperative care to  
bridge housing



100%

Of individuals that agreed to  
services were entered into,  
or confirmed within, the  
Coordinated Entry System



\$45m

Has been saved since  
launching in 2010 through  
costs avoided to hospitals  
and healthcare systems

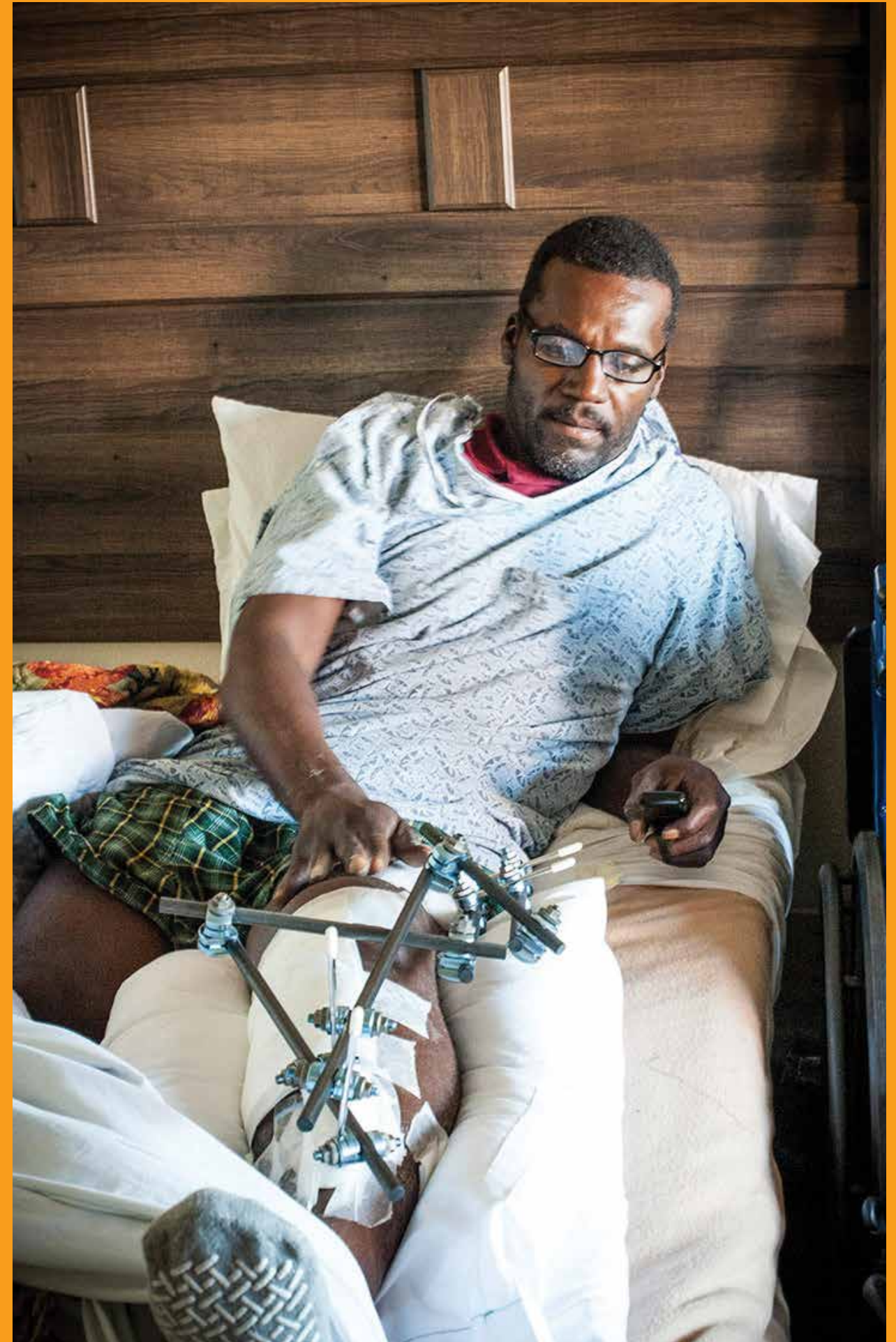


# Housing

44

California Hospital Medical Center's partnership with National Health Foundation is to provide recuperative care to homeless patients. The housing provided is crucial to the healing and recovery from injury and illness. The stability of having a place to stay allows the individual to stay on the road to recovery. The unstable and dangerous living conditions experienced by our homeless patients, many of those who suffer from debilitating health conditions, are at very high risk of health setbacks and hospital re-admission. It is difficult to provide post-discharge care and the social support system needed to regain health when a patient is living on the streets. We value NHF's innovative approach and our collaboration to provide the best care to all patients regardless of their station in life.

**Margaret R. Peterson**  
**President, Dignity Health,**  
**California Hospital Medical Center**





# Housing

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## Ventura County Recuperative Care Program

In 2017, National Health Foundation completed a needs assessment for Ventura County and found that approximately 95 out of 379 hospital patients would qualify for recuperative care every month. In July 2017, National Health Foundation opened a 12-bed recuperative care facility in partnership with The Salvation Army in Ventura County. Its \$700,000 annual operating expenses are being shared by five area hospital systems: Ventura County Medical Center, St. John's Hospitals in Oxnard and Camarillo, Community Memorial Health System, Los Robles Hospital & Medical Center and Simi Valley Hospital. Additional partners include the Hospital Association of Southern California and Gold Coast Health Plan, which granted \$38,000 to cover start-up costs. This facility represented a new fiscal model for National Health Foundation's recuperative care program and an opportunity to serve hundreds more individuals experiencing homelessness.



## Ventura County Recuperative Care Program



47



96%

Of referrals from  
hospitals were accepted  
into the program



91

Individuals have been  
discharged from local  
hospitals to NHF  
Recuperative Care



67

Individuals now have  
a place to call home  
thanks to housing  
placement through  
the recuperative  
care program



2,114

Days of service were  
provided to those  
individuals



20

Days was the  
average stay in  
the program

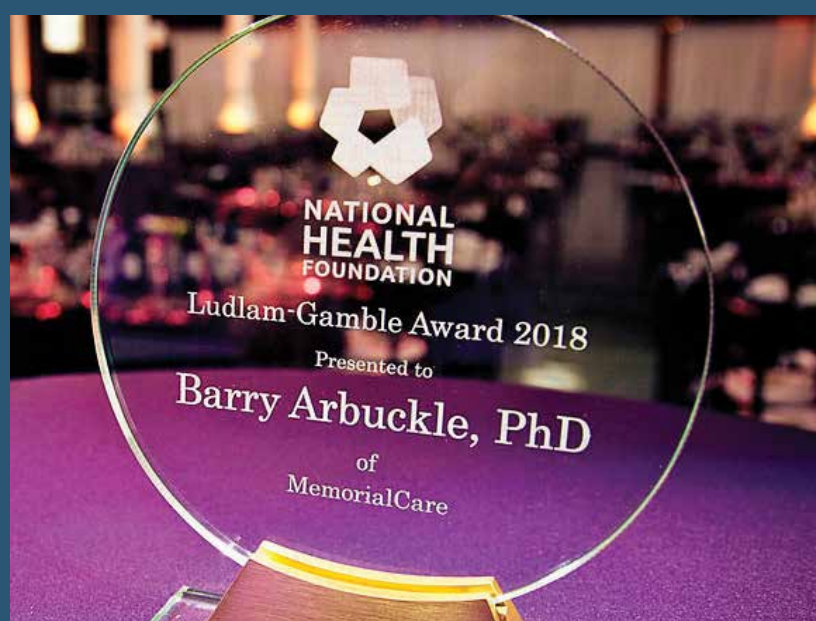
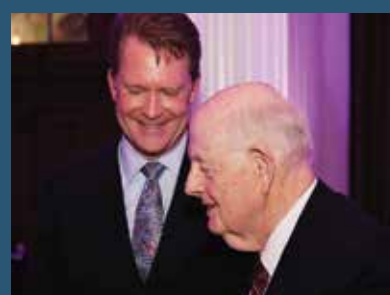


16

Individuals coming  
through the program  
were placed  
in permanent or  
permanent  
supportive housing

IMPACT





### Tribute Dinner

This year, National Health Foundation hosted its 11th annual Tribute Dinner: *Celebrating Leadership and Vision for High-Value Healthcare*, honoring Barry Arbuckle, president and CEO of MemorialCare, a leading Southern California non-profit integrated healthcare system. This celebratory dinner generated \$156,487 in revenue to support National Health Foundation's mission.

#### Platinum Sponsor

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#### Silver

Adventist Health, Southern California Region

Hospital Association of Southern California

Kaiser Permanente

OneLegacy

#### Bronze

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Citrus Valley Health Partners

Dignity Health Southern California

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UCLA Health and UCLA Mattel Children's Hospital

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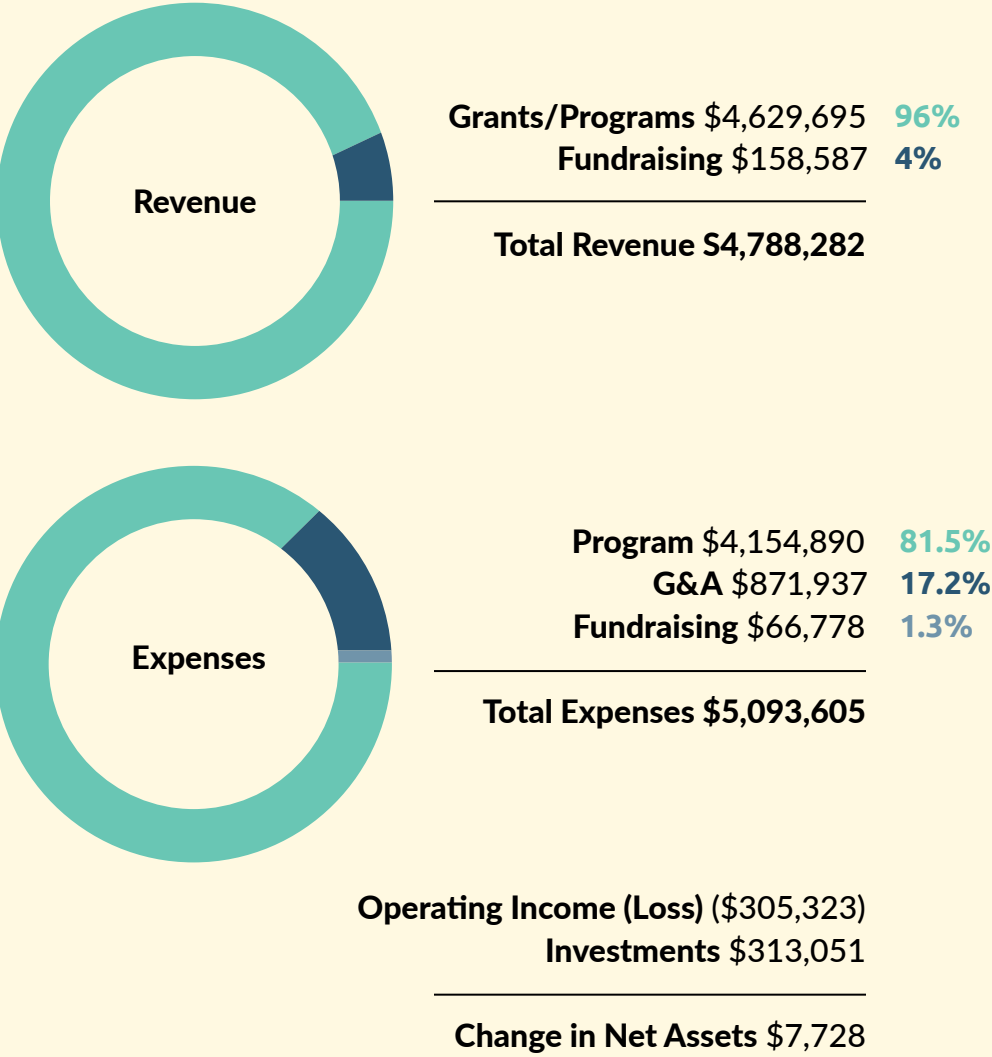


Fiscal Year 2017-2018  
Major Funders

- Annenberg Foundation
- California Hospital Medical Center Foundation
- Home for Good Funders Collaborative
- Keck Medicine of USC
- Los Angeles County Department of Public Health
- Los Angeles Homeless Services Agency
- Max Factor Family Foundation in partnership with the Jewish Community Foundation
- Office of Supervisor Mark Ridley-Thomas
- The Ahmanson Foundation
- The Fanny and Svante Knistrom Foundation
- The Grace Helen Spearman Foundation
- The Harold Edelstein Foundation
- The Ralph M. Parsons Foundation
- The Rose Hills Foundation
- UniHealth Foundation
- United Way Emergency Supplemental Food Program
- Ventura County Healthcare Agency

Audited  
Financials

Fiscal Year Ending March 31, 2018





## Consider a donation today at [NationalHealthFoundation.org](https://NationalHealthFoundation.org).

National Health Foundation is challenging the threat of homelessness, bringing fresh produce to food swamps, and empowering young people to avoid risky behaviors and set high expectations for themselves.

But there is always more work to be done. National Health Foundation will continue to be an advocate and empower under-resourced communities.

Help us level the playing field and ensure no neighborhood is hazardous to someone's health.

National Health Foundation is a nonprofit 501(c)3 corporation, and your donations are tax-deductible to the fullest extent of the law. Tax ID 23-7314808.



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