





National Health Foundation
has a mission to improve the
health of under-resourced
communities by taking action
on the social determinants
of health.







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“**Angelenos came together** with empathy and love in their hearts to paint the walls and sew the curtains of our new recuperative care center. And to welcome with open arms into their community people formerly living on the streets.”

– Kelly Bruno
President & CEO

Dear change-makers, equity enthusiasts, stellar supporters:

What. A. Year.

We could talk about our biggest project ever—a \$1.2 million renovation of a 100-year old building that brought 61 much needed recuperative care beds to Pico-Union. We could talk about South LA youth testifying to their neighborhood councils, council member's offices, and City Hall to advocate for improving their communities' lack of park and green space. Or we could talk about our decade of work in teen pregnancy prevention and promoting educational achievement for teen parents.

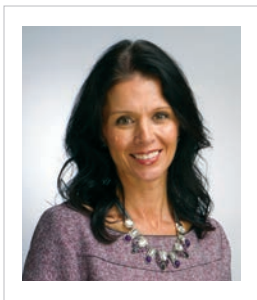
But, in a year characterized by a regional housing crisis and a divisive national political climate, instead we want to talk about how Angelenos came together with empathy and love in their hearts to paint the walls and sew the curtains of our new recuperative care center. And to welcome with open arms into their community people formerly living on the streets. Community residents are the real change-makers, NHF is a tireless supporter of their true leadership, and that is really the biggest story of them all.

National Health Foundation believes that our role is to support, facilitate and assist communities as they tackle the social determinants of health that act as barriers to their wellness.

NHF does not empower communities, because communities have power. NHF does not build community resilience, because communities are resilient. NHF does not give people a voice, because community residents are speaking loud and clear.

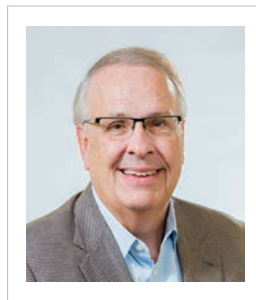
Creativity in solving local issues, strong advocates, and resilient neighbors all exist without NHF. NHF is most successful when we play a supporting role through community mobilization, civic engagement, capacity and asset building, and advocacy. And by operating from this position we ensure that the changes accomplished by these communities exist long after our efforts have ended.

It has been a significant year for National Health Foundation, building our capacity to serve, growing our team, and heightening our impact. We cannot wait to see what next year has in store. Thank you for your tireless support of National Health Foundation. We are excited to continue this journey with you.



Kelly Bruno

Kelly Bruno
President & CEO



Michael Hunn

Michael Hunn
Board Chair



Our vision is that all people, regardless of who they are or where they live, can achieve their **highest level of health.**

NHF Values

Health Equity: We believe that everyone, no matter who they are or where they live, should have a fair and just opportunity to be as healthy as possible.

Empathy: We believe that we must have the capacity to place ourselves in another person's shoes in order to best support those we serve.

Our People: Our employees are the heart of our organization and, together, we move our mission and vision forward.

Partnership: We know we can't do our work alone and that to be successful we must create meaningful collaboration with like-minded organizations.

Community: We recognize that the communities we serve are the experts in understanding what they need to be healthy and thrive.

Diversity, Equity and Inclusion: We believe that understanding the historic and current manifestations of racism and oppression will enable us to most effectively take action on the social determinants of health.



NHF Health Initiatives and Strategies

Each year, National Health Foundation further develops its core competencies, employs new strategies and refines its approach to tackling the root causes of regional health inequities. Achieving the outcomes and impact described in the pages ahead only occurs because of the strategies employed by our practiced team.

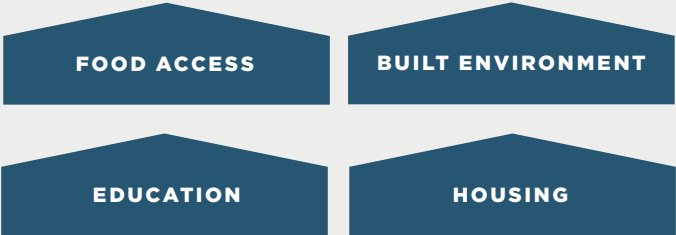
Research has demonstrated that one of the clearest determinants of health, and health disparities, is where people live. A person's physical environment, employment opportunities, community safety and access to healthcare providers all influence health

and are local in nature. The largest health disparities emerge in neighborhoods experiencing poverty and inequality, which are often communities of color.

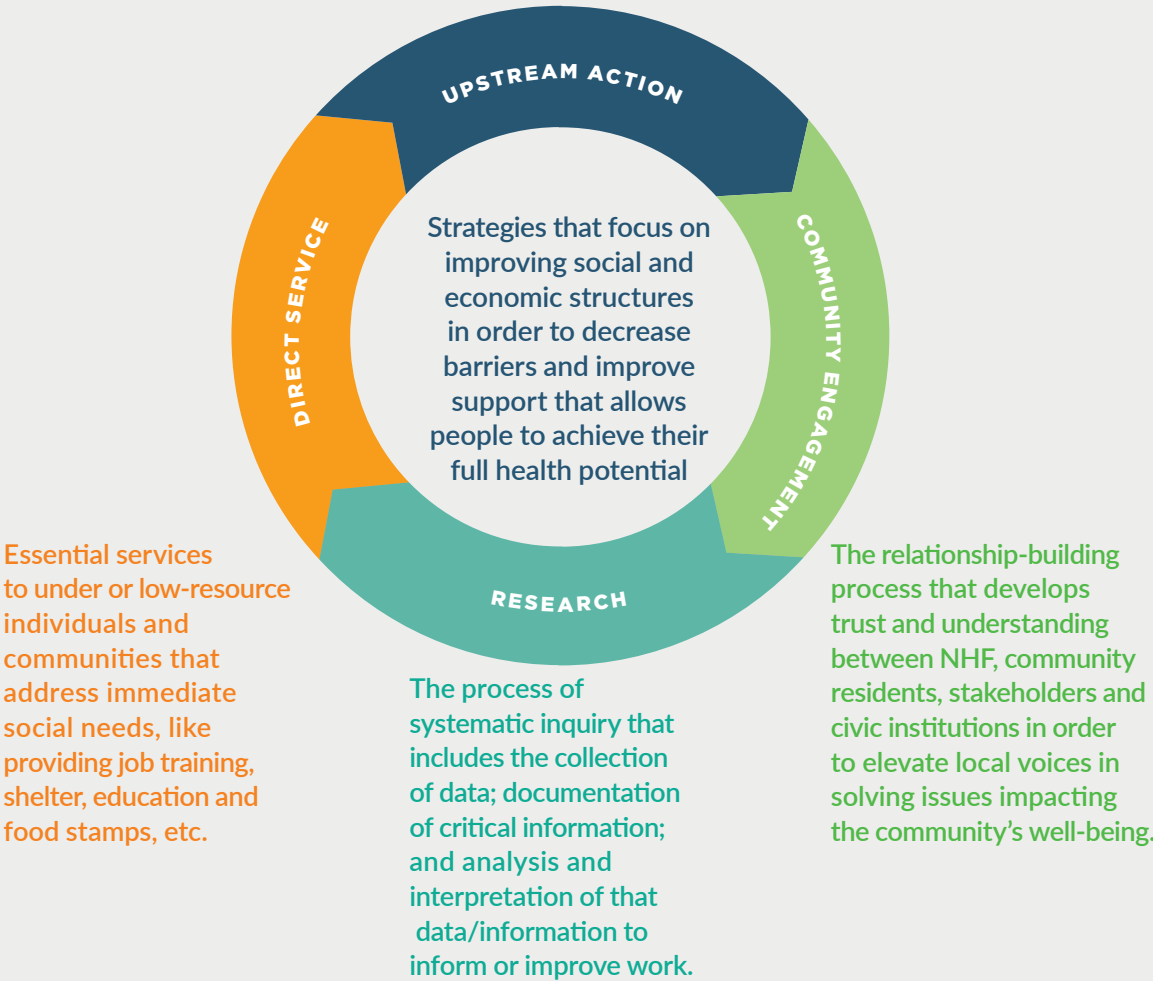
These neighborhoods are the focus of National Health Foundation's work. NHF's team takes an upstream, community-centered approach, addressing the underlying causes of health disparities by working hand in hand with neighborhood residents.



HEALTH EQUITY INITIATIVES



STRATEGIES









Addressing Health Equity through Food Access

OUTPUT:

8,200

community members participated in 250 nutrition education classes, healthy cooking demonstrations and community health fairs

65

hours of training, research and youth organizing conducted with NHF youth leaders

20

NHF youth leaders worked on increasing food access in the community

6

advocacy meetings hosted by NHF youth leaders with neighborhood councils, peers, school administration and community stakeholders

COMMUNITY IMPACT:

800

students have increased access to healthy food via the launch of two share tables at Santee Educational Complex and Thomas Jefferson High School

60

local health departments and community organizations across the state of California will have access to a share table implementation guide based on NHF's initiative

100%


of youth leaders working on food access initiatives graduated from high school

7

local corner stores completed youth-led healthy market makeovers

10,500

LA residents have increased access to healthy foods as a result of the healthy market makeovers



“Health Academy helped me see my community. For instance, there are rarely any gyms nearby, but there are a lot of unhealthy food options. I have learned to see how much of an **impact the promotion of healthy food** and other things can make on a community.”

– Gloria,
Junior at Santee Education Complex

YOUTH-LED LOCAL MARKET MAKEOVERS

NHF's youth leaders increased awareness of healthy food options in South LA by conducting "Market Makeovers" at seven local corner markets. After their initial assessments of the markets, the youth researched, planned, and put together business proposals for each one, laying out simple changes to help the markets promote and sell healthy food. Once the business proposals were presented and approved, the youth went to work implementing the changes. See changes highlighted below:

Market	Increased scores on CX3*	Implemented Healthy Behavioral Economic Strategies	Adopted Healthy Rewards Program & Punch Card	Updated and replaced Fruit and Vegetable Baskets & Price Cards	Added advertisement and marketing material for healthy food items
Duran's Market	✓	✓	✓	✓	✓
Daily Food Market	✓	✓		✓	✓
El Principio Market #1	✓	✓	✓	✓	✓
El Principio Market #2	✓	✓	✓	✓	✓
Corona Market	✓	✓		✓	✓
Chayo Market	✓	✓			✓
30th Street Market	✓	✓			✓

*CA DPH score sheet measuring food quality, availability, and affordability in low-income communities



Addressing Health Equity through the **Built Environment**

OUTPUT:

1

brand new community garden established by Pico-Union community residents

500

hours dedicated to building and maintaining the community garden

100

hours of advocacy efforts focused on achieving park equity through Measure A funding

10

Park Equity Alliance meetings attended to advance funding guidelines for Measure A

COMMUNITY IMPACT:

100

children and families participated in South Los Angeles Park Pride Day planned and convened by NHF youth leaders

80

city and regional planners attended a presentation about NHF's youth-led park assessment recommendations at the Healthy, Equitable Land Use Network conference

2

NHF youth leaders provided testimony to the LA Board of Supervisors requesting support for equitable funding guidelines for Measure A

\$22

million per year in funding will be made available to eliminate park inequities in park poor, low-income Latino and Black neighborhoods, as a result of NHF and Park Equity Alliance advocacy efforts

“People in my community tend to travel outwards when they want to visit an adequately equipped park. This should not be the case, people shouldn’t have to drive to another district to have access to good parks, especially those that often don’t have the financial means to do so. **South Central needs parks** that accommodate our population size and are up to healthy park standards. Everyone deserves parks that they are proud to have in their community.”

– Naomi Humphrey

(in a statement to the
Los Angeles County Board of Supervisors)

HAHN HALL OF ADMINISTRATION





BE RESPECTFUL!

USE APPROPRIATE LANGUAGE

RESPECT PROPERTY OF OTHERS

SHOW EMPATHY

How Much Do You Have? \$

Monthly ~ Expenses ~ With ~ A ~ Baby

Rent: \$1,200 Utilities: \$100

Groceries: \$480 Phone: \$120

Diapers: \$130 Transportation: \$30

Formula: \$106 **TOTAL: \$2,436**

BE SAFE

KEEP PATHWAYS

MAINTAIN HEALTHY

DOORWAY



Addressing Health Equity through **Education**

OUTPUT:

139

students served through NHF's three teen pregnancy prevention programs - Be A Star Boys, Be A Star Girls and the Pregnant and Parenting Teens Program

90

educational sessions provided to youth at risk for teen pregnancy and school drop out

14,215

baby items donated to teen moms through a partnership with Baby2Baby

COMMUNITY IMPACT:

100%

of surveyed teens who are pregnant reported knowing what it takes to have a healthy pregnancy

28%

increase in students who reported using some form of pregnancy prevention method the last time they had sexual intercourse

83%

of students surveyed agree that they know a place where they would feel comfortable seeking sexual health services as compared to 64% of students at the beginning of the program

“One thing I enjoyed is the atmosphere of this group. This group can express and **feel accepted no matter what**. It’s a safe place to ask questions or learn something new.”

– Be a STAR Boys
Participant





Addressing Health Equity through **Housing**

OUTPUT:

61

new recuperative care beds in-service to Los Angeles County

24

new Housing for Health beds in-service to Los Angeles County

12

recuperative care beds in-service to Ventura County

1,328

individuals safely discharged from the hospital to one of NHF's recuperative care facilities

15,788

days of service provided to individuals experiencing homelessness through NHF's recuperative care program

COMMUNITY IMPACT:

75

hospitals and health plans contracted with NHF to provide a safe discharge option for individuals experiencing homelessness

137

individuals exiting the recuperative care program were placed in permanent or permanent supportive housing

\$77.5

million saved to the healthcare system through costs avoided

“But truly if not for their kindness and patience, I wouldn’t have kept going. I’ve had the best care one could ask for, room and board, food and clothing. But **the best are the smiles** from the people trying to pick you up.”

– Joseph

Recuperative care guest



1032

1032

Expansion of Recuperative Care into Pico-Union

NOVEMBER 2017

NHF Board approves project and signs 10-year lease for 1032 W. 18th Street

JANUARY 2018

NHF partners with HomeAid Los Angeles and etcoHomes to support project management and construction

APRIL 2018

NHF breaks ground and construction begins

JUNE 2018

NHF begins community outreach and engages Pico-Union resident leaders



JULY 2018

NHF receives \$830,000 Measure H grant from Los Angeles Housing Services Authority Group

AUGUST 2018

Pico-Union resident leaders begin meeting regularly to champion the project and plan the grand-opening block party

OCTOBER 2018

Construction on facility completed

NHF and the Pico-Union resident leaders host the Grand Opening Ribbon Cutting and Block Party celebration

NOVEMBER 2018

NHF welcomes first guests into the building

Groundbreaking

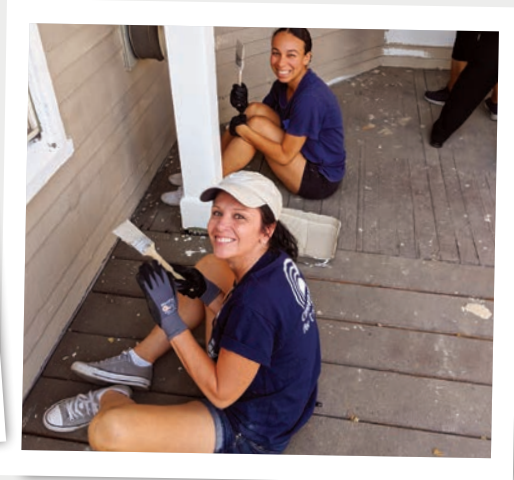
Joined by Pico-Union neighbors and community groups, NHF officially broke ground on April 18, 2018 and began its journey to transform a 100-year old building into a state-of-the-art recuperative care facility. Several partners were instrumental to the success of this expeditious and ambitious renovation including HomeAid Los Angeles, etcoHomes, Los Angeles Mayor Eric Garcetti, Los Angeles Supervisor Hilda Solis and the Office of City Councilmember Gil Cedillo.





Construction

When construction began, the building was uninhabitable and in disarray. The vision, to turn this building into a premier facility serving both individuals experiencing homelessness and the Pico-Union community was brought to fruition through a robust community engagement process and cross-sectoral collaboration. In addition, over 250 volunteers including neighbors, staff, board members and partner organizations, contributed 2,000 hours of labor to help transform this building.



“This new Pico-Union facility will be unique and set the standard for recuperative care centers in Los Angeles county and across the nation. Designed with home-like amenities, we have thought of every detail to ensure our guests feel comfortable and **worthy of the best care** possible.”

– Mia Arias
Chief Operating Officer

Grand Opening

With great excitement and anticipation, hundreds of residents and community leaders joined NHF on October 12, 2018 to celebrate the grand opening of its new Pico-Union recuperative care facility. Dignitaries in attendance included Los Angeles Mayor Eric Garcetti, Los Angeles County Supervisor Hilda Solis, Los Angeles City Councilman Gil Cedillo and California Assemblyman Miguel Santiago. The event was highlighted by a festive block party complete with local musicians and artists, carnival games, food and dancing to thank the Pico-Union community for their partnership.



“We can trust that NHF’s Recuperative Care program will provide the best possible outcomes for our patients. Not only does NHF provide our patients with excellent care and services, they also ensure our medically fragile patients are connected to the **resources they need to thrive.**”

– Sari Steinberg,
LCSW Social Work Manager and
Case Manager with *Cedars-Sinai*

Welcoming Our Guests

Empathy is one of NHF's core values and led the design of its new 61-bed recuperative care facility and program. When guests are welcomed into our "home" they experience a warm, comforting environment that supports healing and well-being. Amenities include semi-private rooms, family-style dining, 24-hour access to grab-n-go food and a store where guests can shop, free of charge, for clothes, shoes and toiletries. NHF believes that when guests are treated with the dignity and respect they deserve, they will achieve better outcomes.



“At a time when many communities are fighting new homeless facilities, Pico-Union embraced us, demonstrating to all of Los Angeles that **real change is possible** through the power of community.”

– Kelly Bruno
President & CEO

Pico Union Resident Leaders: Comunidad de NHF

From the beginning of the recuperative care renovation project in Pico-Union, NHF engaged a handful of active resident leaders who became champions of the project. This group of dedicated women, self-named “Comunidad de NHF,” has grown 20 strong. Together, they plan and implement community events to address barriers to health for local residents. In the past year they successfully:

- Established the NHF community garden.
- Planned and hosted NHF’s Grand Opening Block Party, attended by 1000 community members.
- Planned and hosted a resource fair, which provided services and resources from local health, social service and governmental organizations to 200 community members.



“**Community residents are the real change agents**, and we are a tireless supporter of their leadership. National Health Foundation is grateful for the trust and partnership of all our supporters, and we are excited to continue this journey with you.”

– Michael Hunn
Board Chair



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*Executive Director,
Housing and Homeless
Services*

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Christian Ocampo
Director, IT



FISCAL YEAR 2018-2019 MAJOR FUNDERS

Blue Shield Promise	
Cedars-Sinai	
Dignity Health	
L.A. Care Health Plan	
Kaiser Permanente	
Keck Medicine of USC	
Lanar Home Foundation	
Los Angeles County Department of Health Services	
Los Angeles County Department of Public Health	
Los Angeles Homeless Services Authority	
Mark Ridley Thomas' Office/ Social Program Grant	
Max Factor Family Foundation in partnership with the Jewish Community Foundation	
Prospect Medical Group	
The Ahmanson Foundation	
The Fanny and Svante Knistrom Foundation	
The Rose Hills Foundation	
The Harold Edelstein Foundation	
United Way Emergency Supplemental Food Program	
Ventura County Healthcare Agency	
Weingart Foundation	

FISCAL YEAR ENDING MARCH 31, 2019

Revenue	
Grants/Programs	5,059,937
Fundraising	17,500
Capital Campaign	1,097,894
Investment Income	11,366
Total Revenue	6,186,697

Expenses	
Program	5,320,826
G&A	725,380
Total Expenses	6,046,206
Change in Net Assets	140,491

Will you make a donation today?

National Health Foundation is challenging the threat of homelessness, is bringing fresh produce to food swamps, is advocating that every community have access to safe, public park space, 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 support the creativity, resiliency, and action of under-resourced communities to make wellness more possible



for all residents. 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. Consider a donation today at www.nationalhealthfoundation.org.





**NATIONAL
HEALTH**
FOUNDATION

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