



NATIONAL
HEALTH
FOUNDATION

Annual Report

*where
Hope, Health, and
Housing Meet*



2025

Letter from the CEO AND BOARD CHAIR

Dear NHF Community,

This latest impact report illustrates the profound impact our Recuperative Care and Community Initiatives Programs at National Health Foundation continues to have on our most vulnerable neighbors. Every day, we witness firsthand how these programs transform lives by providing our neighbors with a secure, dignified space for unhoused individuals to heal, and access to nutritious foods for those facing food insecurity.

For someone experiencing homelessness, recovering from a major injury, illness, or surgery on the streets is incredibly dangerous. Without a stable place to rest, keep wounds clean, or store medications, manageable health conditions can quickly escalate into life-threatening emergencies. Prior to our program, many of these individuals were discharged directly back to the streets, leading to repeated and costly emergency room visits.

Furthermore, tens of thousands of Angelenos continue to navigate high living costs and limited access to nutritious food. NHF provides a dependable, dignified food safety net. In 2025, we distributed over 10 thousand pounds of fresh produce and secured nearly \$160,000 in Cal Fresh benefits, ensuring vulnerable children, seniors, and unhoused individuals do not go to bed hungry.

Our programs change the narrative. Specifically, for our recuperative care work, by providing a safe environment, we provide far more than just a bed and nutritious meals:

- **Medical Stability:** We ensure guests receive a host of wraparound services to support whole person care, medication management, and transportation to-and-from medical and follow-up appointments.
- **Healthcare Savings:** By successfully helping individuals heal, NHF continues to dramatically reduce 90-day hospital readmissions alleviating further strain on our local healthcare system.
- **Pathways to Housing:** Our dedicated case managers and housing navigators work directly with guests to address the root causes of their homelessness, connect them with behavioral health services, and secure permanent, supportive housing to end the cycle of chronic homelessness.

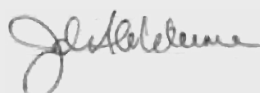
The success of these programs is a testament to what we can achieve when healthcare and social services collaborate. Behind every metric are human lives that have been changed for the better. NHF's programs help to transform a cycle of crisis into a pathway towards stability and permanent housing.

While we are incredibly proud of the progress we've made this year, the need in our communities remains high. We rely on the support of advocates, volunteers, and partners like you to continue delivering these transformative services. Thank you for your continued compassion and dedication to building a healthier, more equitable community.

With deepest gratitude,

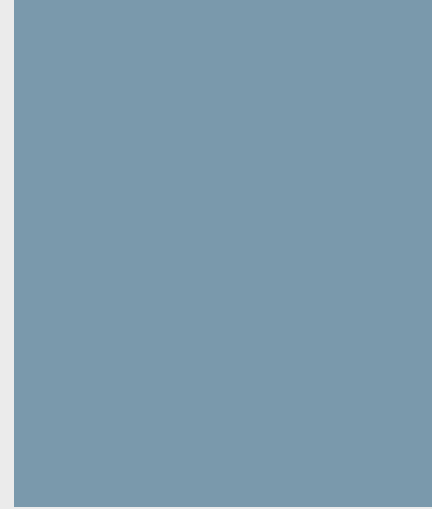
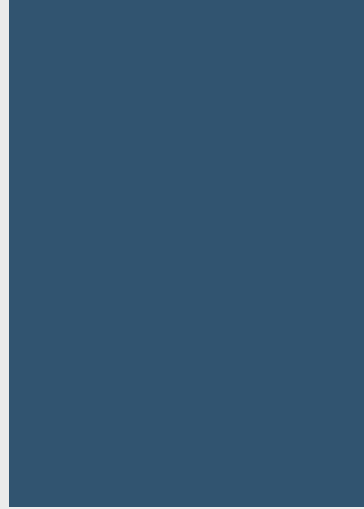


Dr. Felita Jones
President and CEO



Dr. John Calderone
Board Chair





Recuperative Care

NHF's recuperative care program has the capacity to provide high-quality, trauma-informed care to unhoused individuals (up to 300 at any given time) following hospital discharge. Operating four 24/7, ADA-accessible facilities across LA and Ventura County, NHF partners with major health plans to offer an integrated model of clinical care, wellness, and intensive social support services. Our trifecta of services gives guests the opportunity to receive mental, medical, dental, and social services in wraparound style under one roof.

Beyond clinical stabilization, dedicated case managers help guests navigate public benefits and long-term housing options, which has yielded remarkable success over the years. 2025 outcomes below.

1,625

People served

66,837

Shelter nights

469

People moved into housing

\$26.7M

Savings for the healthcare system



Recuperative Care - *Story of Impact - Miles*

In the midst of struggling with addiction, facing homelessness, battling health concerns and family struggles, Miles found hope in National Health Foundation's recuperative care program. Here, he made the choice to make a change and committed to work hard, recover from his addiction, and find his inner purpose.

Today, because of his diligence in pursuing his goals, Miles is celebrating 2 years of employment, having his own independent living space, and the recent engagement to the love of his life. He credits his NHF Ventura Recuperative Care family for his changed life, sharing that when no one else believed in him "they did!"

NHF wishes Miles, and all our other recuperative care guests, the best! We will continue to support Miles as he attends our guest town hall meetings where he actively advocates for our programming.





Nutrition & Food Security

National Health Foundation combats food insecurity in under-resourced communities like South Los Angeles by partnering with local residents to build healthier neighborhoods. Through the Health Academy, high school students lead impactful advocacy projects, including healthy corner store makeovers and school food-waste reductions. Simultaneously, our CalFresh Connection and CalFresh Healthy Living initiatives utilize trusted local Promotores to provide vital nutrition education and one-on-one assistance with food benefit applications. Through these combined strategies, NHF has helped over **700** individuals navigate government benefits, securing **\$156,630** for the local economy and distributing more than **10,000 pounds** of nutritious food across **11** community events.



799

*CalFresh Applications
submitted*

\$156,630

*in CalFresh benefits
secured for families*

10,452

*Pounds of free
produce given away*

53

*Nutrition class series in
the community*

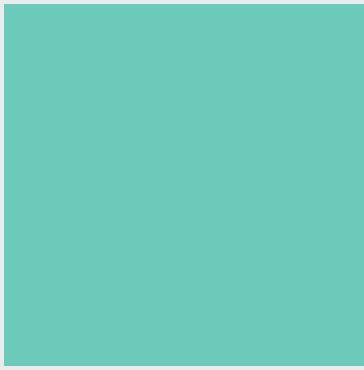
Nutrition & Food Security - *Story of impact - Kris*

NHF Promotora, Daisy, made applying for CalFresh an easy process as I navigated major life challenges. The immediate and ongoing support I received after my application was accepted made a meaningful difference during this stressful time in my life. During all of our interactions, Daisy was always there to help, which made me feel comfortable, heard, and the reason I felt safe enough to urgently seek her help with a serious domestic violence incident that threatened my safety. Together, we contacted the Department of Social Services and received the necessary help without making me repeatedly relive the trauma.

In January, with the help of NHF, I submitted my SAR 7 eligibility report, which was approved with my updated household information. I felt proud to advocate for myself. As the six-month follow-up period ends, I feel grateful for the support I received from NHF and proud of my resilience. I am thankful I maintained my CalFresh benefits and look forward to continuing to advocate for myself and my community.

- Kris, East LA resident





Youth Empowerment

Through **Be a STAR**, we expanded youth access to sexual and reproductive health education by completing six cohorts and reaching **160** students. This work helped equip young people with knowledge and support in a safe learning environment, while also building momentum for continued impact with planning underway for two new cohorts just in time for Summer.

In Arleta, our work strengthens local partnerships, increases community participation, and creates meaningful opportunities for connection across generations. Through the hosting of community events and Neighborhood Council meetings, Thanksgiving week food distribution participation (that reached more than **100** households), and the engagement of **118** recuperative care guests in **31** intergenerational activities led by **TAY interns**, NHF helped foster a more connected and supportive community.

163

*youth engaged
in programs*

64

*Be a STAR program
sessions hosted*

15

TAY interns

31

*Intergenerational
classes with
recuperative care guests*



Youth Empowerment - *Story of impact - Elena*

I really enjoyed getting to work closely with people and experiencing firsthand what it's like to create and plan workshops that foster inter-generational connection. Through this program, I was able to clearly see where I stand in terms of my comfort level with strangers and my communication skills. I learned a lot about myself and truly enjoyed my time while it lasted. I also met new people and even got to incorporate some of my personal hobbies into the workshops. Overall, it was a great experience—especially since I had never had an internship or job before—and I'm really glad I took part in this program. Thank you for allowing me to receive this opportunity!

- Elena, Transitional Age Youth (TAY) intern





Community Safety & Beautification

In Pico-Union, our community engagement efforts strengthened neighborhood connection, resident participation, and responsiveness to local needs. Through the hosting of monthly meetings and a variety of events, we engaged **19** community leader volunteers and reached **608** residents. Our **8th Annual Pico-Union Community Fair** brought together more than **500** participants in a vibrant celebration of community and health! We also advanced neighborhood improvements through **6** community clean-ups and monthly **311 Walks**, which resulted in **79** street improvement requests submitted to the city and an average **80% completion rate**. NHF is proud to announce the receipt of its official **Clean California Community** designation!





Support our Work!

Health starts where people *Live, Learn, Work*, and *Play*. National Health Foundation is committed to addressing the root causes of poor health by working hand-in-hand with under-resourced communities across Southern California. Your contribution helps individuals and families in our community achieve their highest level of health.

*You can make your gift online at
nationalhealthfoundation.org/donate-give/
or use the QR code below:*



All gifts to NHF are tax-deductible as allowed by law.
**For every dollar donated, \$0.90 cents
goes directly to programming.**





Financial Overview



Revenue

Total Revenue: \$16,993,142

Expenses

Total Expenses: \$18,952,992

Funders, Donors & Grants

The Albertsons Companies Foundation
Dr. John A. Calderone
California Association of Food Banks
City of Buenaventura (Ventura)
Los Angeles County Department of Public Health
L.A. Care Health Plan
L.A. County Food Rx Program
L.A. County Food Equity Fund
Providence Health System
Cedars-Sinai Medical Center
County of Ventura Health Care Agency
Los Angeles Homeless Services Authority
Gold Coast Health Plan
NourishCA
QueensCare
United Way of Greater Los Angeles