

Health Equity in Action

IMPACT REPORT
Fall 2018



HEALTHTrust

Food is Medicine

Revolutionizing How We Treat Chronic Conditions

As a member of the California Food is Medicine Coalition (Cal FIMC), The Health Trust is participating in the Medi-Cal Medically Tailored Meals Pilot Program, the first and largest program of its kind in the nation.

We want to show that using medically tailored meals to treat chronic conditions - such as congestive heart failure - will reduce hospital readmission rates and emergency utilization for Medi-Cal clients. If successful, the program will set the framework for revolutionizing how we treat chronic conditions, resulting in healthier patients and substantial savings in taxpayer dollars.

Launched in April 2018, the three-year, \$6 million State funded pilot program is being implemented in six California counties by: Project Open Hand (Alameda and San Francisco Counties), Project Angel Food (Los Angeles County), Mama's Kitchen (San Diego County), Ceres Community Project and Food for Thought (Sonoma County), and The Health Trust (Santa Clara County).

Thanks to your support of our Meals on Wheels program, you made us a viable candidate for this pilot. We were selected because of our proven track record as a meal delivery provider.

To date, we have 11 Santa Clara County clients enrolled and are looking to add more before year's end. Clients are enrolled for 12 weeks during which they receive three heart healthy medically tailored meals per day and four medical nutrition therapy sessions from a registered dietitian.

The Health Trust relies on partnerships with area hospitals and Skilled Nursing Facilities for referrals and has enthusiastically received referrals from Kaiser Permanente and Santa Clara Valley Medical Center so far.

Your support gave us the opportunity to join this pilot program and, as the pilot grows and proves successful, community support will help us change the way we treat chronic conditions for vulnerable individuals in the future - because everyone's health matters. Thank you!



The Health Trust's pilot project is supported by Kaiser Permanente Northern California Community Benefit Programs.

FOODBasket Tours - You're Invited!

Come learn about The Health Trust Jerry Larson FOODBasket, the hub for many of our food services, from Meals on Wheels to grocery pick-up for clients. Experience how community support is building health equity for vulnerable populations. Sign up for a tour today! Contact Carlene Schmidt, Development Director, at 408.513.8705 or carlenes@healthtrust.org.



Shared Mission | Shared Impact

Your continued support of our mission - to build health equity in Silicon Valley - provides our dedicated staff and volunteers the opportunity to impact the lives of vulnerable individuals. Here are some of our accomplishments from Fiscal Year 2018.

974

clients supported by HIV/AIDS services

465

individuals participated in health education workshops

89,153

meals delivered &

57,949

wellness checks performed for

450,031

pounds of produce distributed to clients & community

378

clients assisted by housing services

636

Meals on Wheels clients

Because Bob's Health Matters

As a music enthusiast and social person, Bob loves to sing and enjoys regular jam sessions with Megan, his Friends from Meals on Wheels visitor. When he lost his vision at age 77 from severe glaucoma, Bob struggled with being homebound. Today, at 85-years-young, he looks forward to his regular visits from his Health Trust home visitor who provides wellness checks and plays the piano while Bob sings. Most importantly, Megan gives Bob the friendship he needs to combat loneliness and social isolation.



***"Man oh man I get so lonesome...
but when she comes it makes my day!"***

Volunteer Opportunities

"It's so rewarding supporting a small team that does so much for diverse groups. We left feeling that we helped make an immediate difference."

- Barbara, corporate volunteer

Build health equity with us by volunteering as an individual or group! Volunteers are needed in many programs, including Meals on Wheels and Friends from Meals on Wheels.

Current opportunities:

- Friendly visitor
- Meals on Wheels driver
- Food sort
- Grocery attendant

Learn more at healthtrust.org/volunteer or contact us at 408.961.9862 or volunteers@healthtrust.org.



HEALTHTrust

3180 Newberry Dr., Suite 200
San Jose, CA 95118

Provider | Funder | Advocate

When tackling health disparities The Health Trust uses a multifaceted approach.

We provide direct services, fund community-based organizations whose work aligns with our mission, and advocate for policies and initiatives that help advance our mission.

Our ability to take on these three roles - provider, funder, and advocate - uniquely positions us to build health equity in Silicon Valley.

healthtrust.org

