

FALL 2022 IMPACT REPORT



A Healthy Bite of the Apple

At the Health Trust, we believe that everyone in our community deserves the opportunity to be healthy. For some, that means needing a little more support to take a healthy bite of the apple. When you give to the Health Trust, it's never just about the money. Don't get me wrong, while the money is important, and makes our work possible, the value your gift brings can't be counted in the bank.

The support of people like you, who believe in our work, inspires us every day to face our communities' challenges head-on, make bold moves, and develop innovative partnerships to build true health equity.

Time and again, we have seen a gift pay off in ways far beyond the purchasing power of the money itself. Yes, the more than 300,000 meals it buys each year or the case management program it funds are vital. But something else also happens – it sends a message of friendship and support to hungry and lonely seniors and adults with disabilities, one of hope to people living with HIV navigating a complex system of care, and a warm embrace to individuals and families at risk of or experiencing homelessness. A reminder that, yes, the work is challenging, but wow, the rewards are plentiful.

So remember, when you write a check to the Health Trust or make a donation online, you aren't just sending money. You're sending a hug, a smile, and hope to someone who needs it a little more than most. And after the past few years, these are not things to be taken for granted, they're the ones worth living for together.

Thank you for supporting the Health Trust. We never take you for granted.

Yours in community,



Michele Lew
Chief Executive Officer



65,000+ miles driven
throughout Santa Clara
County to deliver meals.

**93% of HIV+ clients in
our care maintained an
undetectable viral load,**
meaning they cannot
transmit the virus to
others.



**300,000+ meals
delivered** to homebound
seniors and adults with
disabilities. **97.6% of
clients say the program
helps them remain
independent** in their own
homes.



**89% of clients previously
experiencing chronic
homelessness have
remained stably housed**
compared to the 80% all
county providers average.





The Health Trust: More than Meals on Wheels

For over 25 years, the Health Trust has used a multifaceted approach to tackle health disparities plaguing our community. As a funder, provider, and advocate, we create lasting change for the people we serve and for the systems and policies affecting their health.

With a focus on *Improving Health through Food, Making Chronic Conditions More Preventable and Manageable, and Prioritizing Health in Housing*, we bring the community together to share in a vision of a healthy Silicon Valley with no racial health disparities.

As a provider, the Health Trust provides direct services, such as food and nutrition services, including Meals on Wheels, medically tailored meals, and a food pantry; medical and non-medical supports for people at risk of, or living with, HIV/AIDS and other chronic conditions; and housing support for previously homeless families and individuals. **As an advocate**, the Health Trust champions systems and policy changes that align with our mission and focus areas. **As a funder**, we award grants to community-based organizations and initiatives that are building health equity.

Celebrating Chuck

Chuck McCollum celebrated 35 years as a Meals on Wheels delivery driver with The Health Trust this summer. He has been with the program longer than the Health Trust has been the Health Trust. That's a long time!

As a meal delivery driver, Chuck delivers nutritious meals to homebound seniors and adults with disabilities and checks in on them to ensure they are safe and alert. For some of our clients, their drivers are sometimes the only person they see on a regular basis.

We are lucky to have Chuck at the Health Trust and are grateful for his dedication to Meals on Wheels and our clients.



Thank you,
Chuck!

Jorge's Story

A Little Support Goes a Long Way

A legacy program started in the late 1980s in response to the AIDS epidemic, the Health Trust's **HIV/AIDS Services program** provides care and support to low-income people living with HIV/AIDS in Santa Clara County with the goal of increasing access to services that will improve their health and stop HIV transmissions.

For Jorge, a 43-year-old Hispanic man, help couldn't come soon enough. He was unable to walk and in a wheelchair due to the immense swelling of his lower extremities when he started working with a Medical Case Manager. Diagnosed with Kaposi sarcoma, one of the main types of cancer that affect people living with HIV, the Health Trust team jumped into action and worked with Jorge to get the critical care he needed. From providing emotional support and helping him get to medical appointments, to helping him understand how to manage his health conditions, the HIV/AIDS Services team was there for Jorge throughout.

Today, the swelling in his legs has reversed, and Jorge is now in remission and able to walk again. He has a part-time job and is able to take the bus to work, medical appointments, and support groups. Our HIV/AIDS Services team continues to be involved in his care and regularly checks in on his well-being. Jorge has expressed his deepest gratitude for the care and support he has received from the Health Trust.



A Nonprofit Health Foundation

DID YOU KNOW?

The Health Trust was formed from the sale of three non-profit hospitals, **establishing an endowment designated to fund external community partners addressing medically-related community needs.** Our grantmaking supports the health and well-being of residents in Santa Clara and northern San Benito counties.



Youth Alliance, a grantee partner of the Health Trust

Funder Snapshot FY2022



\$3.2M AWARDED



25 GRANTS



681,586 RESIDENTS IMPACTED

Geographic Distribution of Grants

32.3% East San Jose

35.5% Santa Clara County*

16.1% South County (Gilroy)

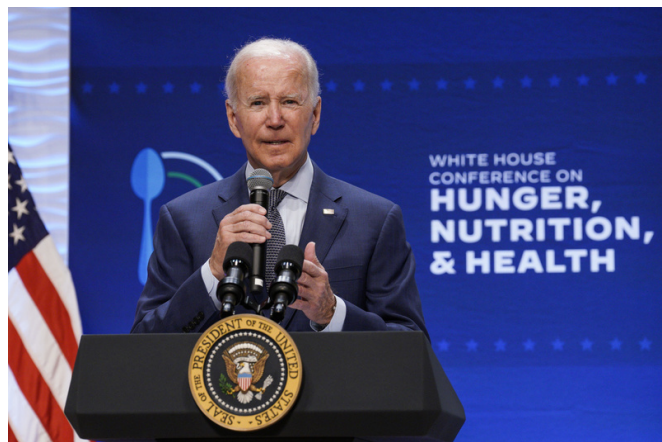
16.1% n. San Benito County

*Alviso, Cupertino, Mt. View, and Palo Alto.

Historic White House Conference on Hunger, Nutrition, and Health

The long-awaited White House Conference on Hunger, Nutrition, and Health, the first of its kind in over 50 years, took place on September 28th with a goal to end hunger and increase healthy eating and physical activity by 2030, so that fewer Americans experience diet-related diseases like diabetes, obesity, and hypertension.

The Health Trust is proud to be part of national networks, such as **Meals on Wheels America** and the **Food is Medicine Coalition**, which joined the Conference to advocate for and elevate the voices of older adults and senior nutrition programs, and for more fully incorporating medically tailored meals and other food is medicine interventions into healthcare.



As part of the Conference, the White House released a National Strategy to achieve its goal. We are encouraged by several of the Strategy's essential recommendations related to improving health through food, one of the Health Trust's core focus areas, including:

- Working with Congress to increase funding for the Older Americans Act Nutrition Program;
- Piloting programs within Medicare to provide coverage of medically tailored meals;
- Incentivizing screening for food insecurity in healthcare and hospital settings;
- Expanding nutrition counseling and education for older adults; and
- Enhancing nutrition and food security research, particularly on issues of equity and access

In the days and weeks ahead, we look forward to working together with our national partners to advance policies included in the National Strategy on Hunger, Nutrition, and Health and to address the needs of individuals experiencing health challenges in our community due to food insecurity.

Health Trust Programs Supported in the National Strategy

Our **Medically Tailored Meals (MTMs)** are delivered to individuals living with severe illness through a referral from a medical professional or healthcare plan. Meal plans are tailored to the medical needs of the recipient by a Registered Dietitian Nutritionist (RDN) and can lead to significantly lower healthcare costs, drastically reduced hospitalizations, and increased likelihood of discharge to home, rather than to more costly institutional care.

The federal Older Americans Act (OAA) Nutrition Program supports the health and well-being of older adults through nutrition services, including Home-Delivered Nutrition Services. Our **Meals on Wheels** program provides meal deliveries to homebound seniors and other adults with disabilities. The meals adhere to federal nutrition guidelines and contain a third of the Dietary Reference Intakes, meet food safety and sanitation laws, and are created to appeal to seniors. Our **Friends from Meals on Wheels** program also provides regular socialization opportunities, safety and wellness checks during meal delivery, and connections to other needed services.

Support Our Work

As a 501(c)3 nonprofit, the Health Trust depends on partners, including volunteers and donors, to support our work. Donations to the Health Trust support our direct service programs exclusively.

To get involved, contact info@healthtrust.org.

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