Committed to building healthy futures for all Silicon Valley youth.
Dear Friends,

On behalf of the board, staff, and families of Healthier Kids Foundation, it is our pleasure to present the Annual Report for the fiscal year 2021-2022. This reflection of our recent achievements demonstrates the collective determination of our resourceful staff, ambitious Board of Directors, committed funders, and outstanding partners.

In the fiscal year 2021-2022, Healthier Kids Foundation launched two new programs – PregnantFirst and CommunityFirst. PregnantFirst is an effort to assist pregnant persons in accessing dental care before their baby is born. CommunityFirst is a program committed to serving and supporting other non-profit agencies. We are applying our leadership capabilities to boost positive outcomes across the community using Jim Morgan’s Applied Wisdom for the Nonprofit Sector.

There was nothing slow about our year at Healthier Kids Foundation. It was our biggest year ever with an 11% growth providing over 83,000 services. In addition, we are proud to have transitioned My HealthFirst from a pilot to a fully funded program in which we screened more than 2,500 students for mental health wellness.

One of the biggest impacts we’ve seen from the pandemic is a higher rate of students screening out of range in dental and vision. Healthier Kids Foundation responded with our incredible parent advocate team which helped families overcome obstacles to care for their children.

Healthier Kids Foundation will continue to adapt to meet the evolving needs of our community. We invite you to stand with us in our vision that every Silicon Valley youth achieves good health, educational equity, and success in life as productive community members.

Thank you so much for your support,

Kathleen M. King
Healthier Kids Foundation’s mission is to remove barriers impacting the health, learning, and life success of Silicon Valley youth, and to achieve our mission, we focus on three key strategies: improving healthcare access and utilization, changing health behavior through education and advocating for health policy and systems change.

**2022 Impacts**

- **83,973** services to youth and families
- **13,935** youth case managed
- **1,206** received glasses
- **4,698** received dental services
- **427** received hearing services
- **2,476** received vision services
- **2,791** newborns enrolled into Medi-Cal before being discharged from the hospital
- **10,010** attended oral health education workshops
- **272** youth enrolled in subsidized health insurance
- **4,135** attended 10 Steps to a Healthier You!
- **2,598** mental health wellness screenings

**Support and Revenue**

- **62%** Grants & Contracts from Government Agencies
- **26%** Program Service Fees
- **6%** Individual Contributions
- **4%** Special Events
- **3%** Corporate and Community Organizations
- **3%** >1%

**Program Services and Supporting Expenses**

- **21%** DentalFirst
- **18%** My HealthFirst
- **14%** HearingFirst
- **14%** VisionFirst
- **12%** COVID-19 Relief Efforts
- **11%** SmileFirst
- **10%** Baby Gateway
- **9%** COPE
- **8%** CommunityFirst
- **6%** AppointmentFirst
- **6%** PregnantFirst
**VisionFirst**

Using a high-tech, photo optic scan camera, this program screens children for undetected vision issues and assists them with accessing follow-up vision services and treatment through case management.

**DentalFirst**

Using a licensed dentist, this program screens children for undetected dental issues and assists them with accessing follow-up dental care through case management.

**HearingFirst**

Using the AuDX Pro OAE screening device, this program screens children for undetected hearing issues and assists them with obtaining appropriate services and treatment through case management.

**10 Steps**

A free, four-class series for parents that focuses on integrating healthy lifestyles within their homes to prevent or reduce childhood and adolescent obesity.

**Baby Gateway**

Enrolls newborns into Medi-Cal, ensures they secure a medical home, and provides parenting and health resources before being discharged from the hospital.

**COPE**

Identifies uninsured children and assists their parents in obtaining subsidized health coverage.

**SmileFirst**

Classes for students and families that focus on good oral health education.

**My HealthFirst**

Using pediatricians and social workers, this program will screen children for overall mind and physical health concerns and assist them with follow-up resources and prescribed treatment.

**AppointmentFirst**

Using Parent Advocates to assist foster parents in accessing medical and dental appointments in a timely manner.

**PregnantFirst**

We assist future parents/pregnant persons in accessing dental treatment through individualized care coordination.

**CommunityFirst**

Our commitment to serving and supporting other agencies, applying our leadership capabilities to boost positive outcomes across the community.

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Healthier Kids Foundation relies on donations to carry out its mission of removing barriers that impact the health, learning, and success of Silicon Valley youth. Your support will ensure that our programs remain to help achieve good health, educational equity, and success in life. To make a donation, visit [hkidsf.org/donate](http://hkidsf.org/donate)
“As a single mother who works over ten hours every day, including weekends, I know that I do not have time for my son to participate in extra activities or programs at school. Living in San Jose is expensive, and a single source of income cannot cover all the living expenses. After a long day at work, I do not spend much time with him as he needs to sleep early and prepare for school the next day. Additionally, we have difficult communication due to the language barrier. My son prefers using English, and my primary language is Vietnamese. Sometimes, I cannot accommodate his requests due to misunderstandings.

A parent advocate from Healthier Kids Foundation called me regarding the wellness screening for my son at school. After the conversation, I realized that I had never asked my son personal questions such as, ‘Are you interested in school? Do you have any trouble with your friends in class? Do you feel alone or scared? Does my child lack confidence?’ When the staff asked me those questions about him, I did not have the correct answers. I did not know how to comfort my son when he felt angry or upset. This program helped me to think about my role as a mother. I should have cared more about his feelings at school and at home.

My son does not need to meet with therapy. However, it is not enough to support his emotional growth if I only provide him with basic needs instead of spending time together. Thank you for your outstanding work and follow-up with me. I would like my son to receive a check-in every three months or six months from your organization. Moreover, I wish all the parents to understand the program’s purposes and effort to ensure the complete emotional growth of all children.”

– Mother on My HealthFirst

“The 10 Steps course encourages me to make a lot of changes in our home especially when it comes to the activity level of my children. I found a place where I can take them swimming which I thought would be a great and fun activity for the summer. We try to go fairly often. I also signed up my son for soccer. I found this to be great because there is a lot of opportunity to keep him moving as he practices with his team. As a family, we also take the time to go to the park almost every day in the afternoon which not only helps to keep them active, but it also limits their screen time in a fun way.”

– Veronica
Quotes from Board Members

“I initially joined the Board because I was impressed with the services the Healthier Kids Foundation provides to the community which aligns with the work I already do. Having worked in managed care for more than 17 years, I know how challenging it can be to navigate the system. Shortly after joining, I realized that every single person from the staff to the Board members is equally passionate about serving the community and making sure our youth have access to quality care. It’s not just talk, it’s action! I consider it a privilege to serve alongside so many like-minded people who are compassionate, caring, and determined to eliminate the barriers underserved families often face.”

– Tiffany Washington

“I was instantly interested in joining the Healthier Kids Foundation board when I heard some powerful testimonials from parents and children. To be a part of something so tangibly and instantly impactful is why I continue to be a part of this organization. When kids have their basic needs met, they can be free to thrive. Knowing that we are helping these children on the path to healthier lives gives me great joy as a physician.”

– Ami Sood, MD, Vice Chair

“I am on the board because no child should go without healthcare, especially in such an affluent community.”

— Brad Lambert

“Throughout my career, from teacher to administrator, I’ve witnessed first-hand and have been a part of the power of collective groups coming together to support the needs of children and families to break the cycle of poverty. My role as a board member of the Healthier Kids Foundation is an extension of my life’s work in the public education system over the last 25 years—to work as a team to remove barriers that prevent all students and families from experiencing success and pursuing the life of their dreams. It is an honor to serve as a board member of the Healthier Kids Foundation.”

– Carmen Garcia, PhD

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(Fiscal Year 2021 – 2022)

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Healthier Kids Foundation