Every day, in so many ways, The Health Trust is making Silicon Valley a healthier place to live – for today’s residents and future generations. Our services reach thousands of people: homebound seniors who receive hot meals and warm smiles from our Meals On Wheels drivers; AIDS Services clients who have fresh food, safe homes and caring case managers; children who need affordable, top-quality dental care; uninsured people who rely on our Open Air Health Fair for their annual health screenings. Through our $2.65 million investment in the work of our grantees, we are affecting the lives of thousands more, whether by making fresh produce available to more families, promoting physical activity for seniors or building healthier neighborhoods for all residents.

Even as we serve the needs of our community today, our efforts to change public policy assure that The Health Trust’s impact will be felt for years to come. Over the past year, we led a campaign to rewrite San José’s laws to increase farmers’ markets and other healthy food outlets in underserved areas of the city. We achieved a major victory in our five-year effort to bring fluoridated water, one of the most significant public health advances of the 20th century, to San Jose when the Santa Clara Valley Water District voted unanimously to make fluoridation its policy. Through Destination: Home, we championed efforts to end chronic homelessness by providing permanent housing and services to those who have lived for years on the streets, saving lives and public dollars.

But real and lasting change takes more than one organization; it takes a community. That’s why The Health Trust brought Disruptive Innovation theory to Silicon Valley’s nonprofit community. In a day-long seminar led by Disruptive Innovation guru Clay Christensen, we challenged service providers to rethink the way they operate in this age of increasing need and dwindling resources. Through grants and continuing programs, we hope to inspire nonprofits to discover smarter, simpler, more cost-effective ways of providing the services our community can’t do without.

These are difficult times throughout our nation and the world, and we know that our community increasingly depends on The Health Trust to meet the needs of our most vulnerable residents – the poor, the elderly, children and those with chronic diseases. We cannot do this important work without our valued partners, our dedicated volunteers and our generous donors. We appreciate our many individual, foundation and corporate supporters, who make it possible for us to advance wellness and equity in Silicon Valley.
Healthy Communities

At the fastest growing segment of the population in Santa Clara County, older adults need a stronger voice in decisions that affect their health and ability to live independently. In line with the goal of making Silicon Valley a place where people can age with dignity, the Healthy Aging Initiative and its partners are working to increase senior licensing in senior communities.

In 2012, we reached 130 older adults and retired neighbors through our Aging Services Collaborative (ASC), we advocated for a Seniors Agenda for Santa Clara County and gained support from elected leaders for three important public health goals: preventing public funding for safety net senior programs, improving transportation systems and providing long-term services and supports. To raise awareness about the needs of caregivers, we held a caregiver conference with the ASG for nearly 200 participants and collaborated on a report on caregivers in the county. Working with communities across California, we are building a movement to create a system of care in which people can grow old with dignity and in their communities.

Our work included more than 100 adult volunteers through AGENTS for Change and trained them in advocacy, leadership and social media. AGENTS were effective advocates for senior housing and dental involvement, and we were active participants in shaping the County’s Seniors Agenda.

Healthy Aging

26,000 Healthy Starts Silico Valley was endorsed in English, Spanish and Chinese were distributed by 30 volunteers in partnership with 26 organizations.

1,077 hot meals were delivered to 230 homebound elders and 201 clients through The Health Trust’s Meals On Wheels program.

25 locations and 17 agencies offered evidence-based physical activity programs through the Making Healthy Ageing a Reality, Healthy Trust program.

815 clients received information and assistance from trained Senior Peer Advocates at the Health Trust’s Peer Advocacy Program.