



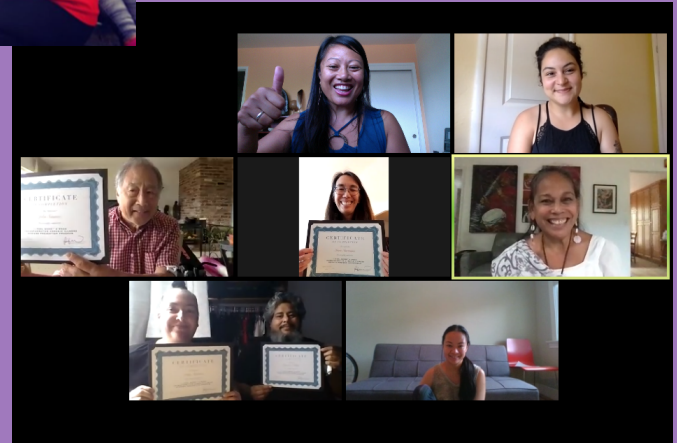
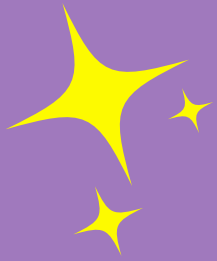
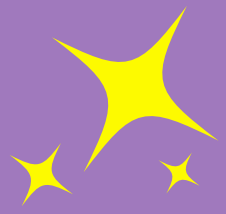
Sugary Drinks Distributor Tax Advisory Committee





Happy, Healing, & Healthy

H3





Eat
Well



Stress
Less



Move
More



Love
More

H3 Classes/Services

Food as Medicine

FREE WEEKLY H3 CLASS



EVERY THURSDAY 6:30-8pm

www.communitywellsf.com/free-community-programs



H3 Champion

HEALTH EDUCATION AMBASSADOR



Homeopathic Clinic

FREE H3 SERVICE



1st & 3rd TUESDAYS 10:00-1:00pm

www.communitywellsf.com/free-community-programs



Transformational Circle

FREE WEEKLY H3 CLASS



EVERY WEDNESDAY 6:30-8pm

www.communitywellsf.com/free-community-programs



H3 Facilitators/Staff



Transformational Circle

FREE WEEKLY H3 CLASS

Holly Calica
Clinical Herbalist



Homeopath



Homeopath



Spotlight



Nancy Maldonado

Rise Together Yoga

FREE MONTHLY H3 CLASS

FIRST SATURDAY OF THE MONTH 10:00-11:00am

www.communitywellsf.com/free-community-programs



Food as Medicine

FREE WEEKLY H3 CLASS



Community Collective Healing Hike

FREE MONTHLY H3 CLASS



MUEVELO
Baile y Estiramiento Latin
CLASE GRATIS DE H3

SEGUNDO SÁBADO DE CADA MES
10 - 11am

www.communitywellsf.com/free-community-programs





Breakdown



- 12 Total Staff/Facilitator
- 2 .5 FTE staff
- 2 Part-time Staff <20 hours per week
- 2 hourly facilitators - Staff
- 6 facilitators - Independent Contractors
- 80% POC identified
- 10% Caucasian Identified
- 10% Multi-Racial



FB Focus

Chronic Disease Illness
Education E/S

Mi Siento Bien!

Move More! E/S

Homeopathic
Clinic E/S

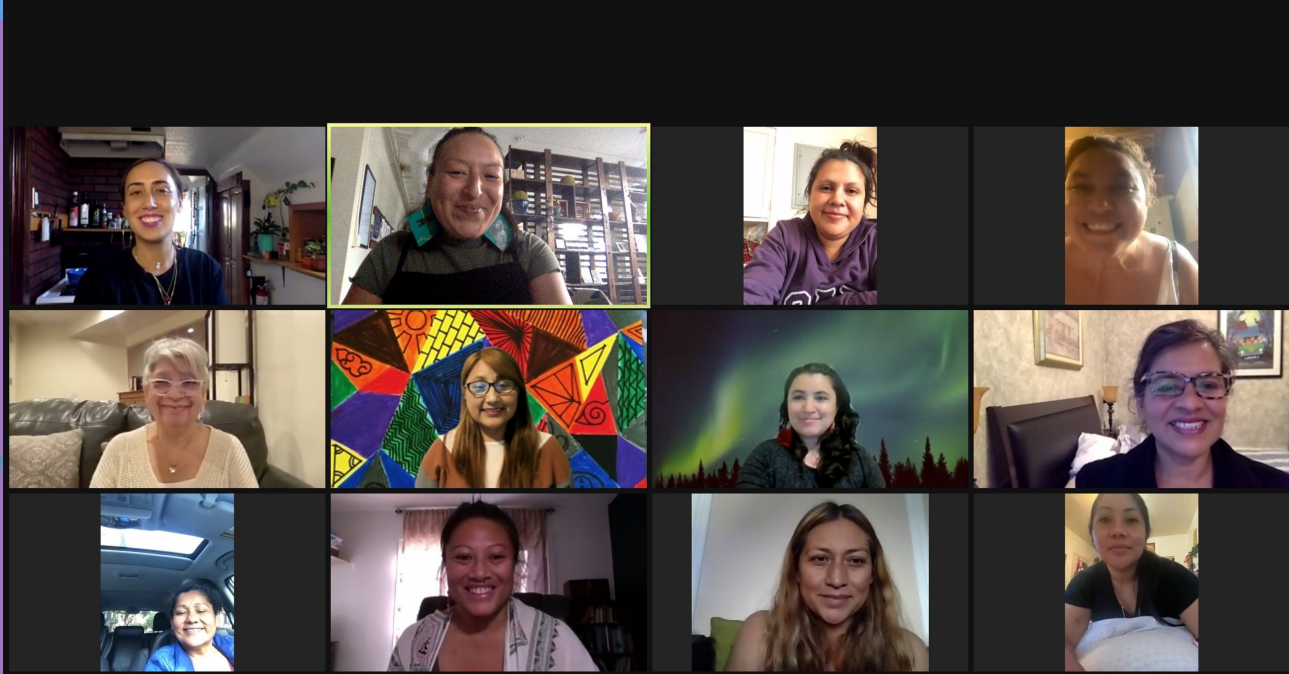
Sugar Science
Training E/S

Healthy Cooking
For The Family
E/S

Transformational
Circles E/S

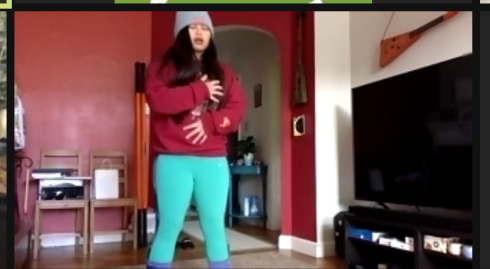
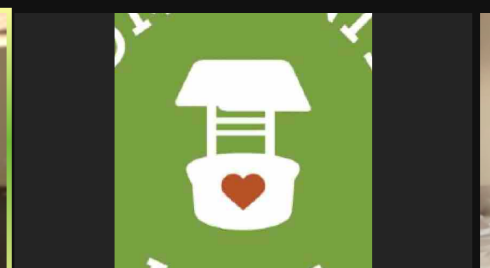
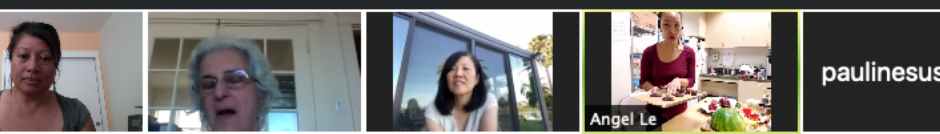
Nutrition For A
Healthy Lifestyle





EAT
well
FEEL
good









H3 Data



184 Non-duplicated Participants

- Age: 61.8% 25-44 | 26.5% 45-64
- Gender: 81.6% Female | 13.2% Male
- Income: 28.7% <\$25,000 | 52.9% <\$49,999
- Zip Code: 34.6% 94112 & 94110
- Ethnicity: 47.1% Latinx +Hispanic | 30.2% Chinese + Filipinx + Vietnamese

87.1%

Participants reported high levels of elevated emotional states

88.9%

Participants agree that they received value from H3

87.5%

Participants reported desire to implement what they learned

Professional
Development
Economic Development
Capacity Building

CHW
CMHW
Health Coach

H₃ Champion

HEALTH EDUCATION AMBASSADOR



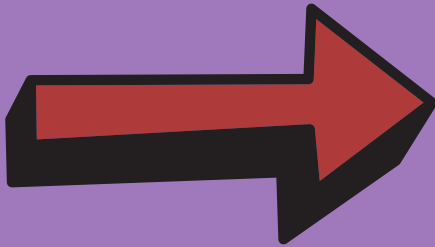
Visitation Valley

Bay View

Mission

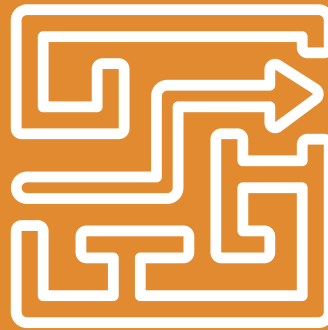
SOMA

2021-2022 +



Challenges

- **Data System Efficiency**
 - Multiple data collection platforms
 - Time consuming
- **Regularly engaging CBO partners**
 - Working at capacity difficult to get consistent referrals to the H3 Program
- **Food Access & Severe Trauma**
- **Quantifying a transformational experience.**
Working on how to quantify emotional breakthroughs, mind shifts, levels of ease through storytelling
- **Consistent outreaching based on capacity of H3 staff**





Budget \$170,178



Budget Item	FY 2021-2022	Spend To Date
FTE Staff & Fringe (2)	\$76,666.66	\$57,484.98
PT Staff 1	\$18,000.00	\$13,500.00
Facilitators 8	\$37,320.00	\$27,990.00
Marketing/Digital	\$5,000.00	\$3750.88
Food Expense	\$4240.00	\$3,179.97
Supplies	\$3,450.00	\$2,587.50
Rent	\$7,610.00	\$5707.44
Fiscal Sponsor Fee	\$13,614.24	\$12,647.97
Other Costs	\$1,026.85	\$770.13

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