About HealthCorps

*Shaping a New Generation!*

HealthCorps® is a 501 (C) 3 co-founded by Dr. Mehmet Oz, the world-renowned cardiac surgeon and two-time Daytime Emmy® Award-winning host of the two time Daytime Emmy® Award-winning “The Dr. Oz Show”, and his wife, Lisa Oz, to combat the childhood obesity crisis. HealthCorps® is building a nationwide movement to shape a new generation.

HealthCorps® “Coordinators” carry out unique in-school and community programming targeting high-need populations. Using peer-mentoring to deliver a progressive curriculum in nutrition, fitness and mental strength, HealthCorps® Coordinators give teens purpose, help develop human character, and inspire an interest in health and culinary arts careers. HealthCorps® also serves as a unique research laboratory – exploring the complex, underlying causes of the obesity crisis and discovering and communicating solutions. HealthCorps® is bringing many initiatives together to address the “Whole Child” and activate the students’ mind, body and spirit. As a result, HealthCorps® is transforming the educational paradigm one school at a time.

HealthCorps hopes to have a presence in 100 schools by 2015.
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HealthCorps Impacted 53 Schools Nationwide!
Dear Friends,

Lisa and I want to express our gratitude for your belief in HealthCorps’ mission to reach Americans through the power of youth. Our health movement continues to grow and reach underserved communities where access to health resources and essential health education is limited.

We launched our first in school program in 2003, a lunchtime program at a high school in New York City. We knew after that first pilot, we were on to something. Students were hungry – not for food, but for knowledge about their health and how to take control of their wellness. We also learned that high school students had tremendous power to influence their parents and their communities, and could serve as a catalyst for change.

Over the past decade we have worked with many extraordinary students. They have challenged us, impacted our programs, changed their communities, and touched our lives. Few have left a more lasting impression than Rishi Thakkar, a freshman at Franklin K. Lane High School in Brooklyn, Rishi was a big kid with a big heart, and he came to HealthCorps for help losing weight. Rishi was focused and succeeded in losing weight, gaining confidence and encouraging his fellow students. We invited him to share his experiences at our Gala in 2011 and he emerged as the event’s real star, moving the audience to both tears and applause. Just over a year later, Rishi lost his battle to obesity and died in June 2012 – it left the entire HealthCorps family stunned and deeply saddened.

Every day in 53 schools across the country, our Coordinators work with students like Rishi. Through HealthCorps a student finds a safe place – no judgment, only information and support. Through HealthCorps a student finds empowerment – to take control of their own life and then share the knowledge with their friends and family. Through HealthCorps, a student finds positive change – a new lifestyle, a career path, a tool for managing stress.

HealthCorps and our dedicated Coordinators are impacting the health of our nation, and many times, they are doing it one student at a time.

This annual report is dedicated to Rishi Thakkar, for his courage, his friendship and for continuing to touch our lives.

Sincerely,

Dr. Oz
Co-Founder and Chairman of the Board
Dear Friends,

A major challenge that all of us have faced recently is figuring out how to do more with less. HealthCorps continued to thrive in fiscal year 2012, but we also made economy and sustainability two of our top priorities. We want to continue building a program that will have strong and lasting benefits for public health, even with economic fluctuation and possible changes to publicly supported programs.

The basic in-school HealthCorps model consists of recent college graduates who are trained to teach from our expert-developed curriculum, and who then work with students and communities that have a demonstrated need for supplemental education in nutrition, physical fitness, and mental resilience. Last year we placed coordinators at 53 schools in 12 states and the District of Columbia. Our hope is to have coordinators on 100 school campuses in all 50 states by 2015.

Our coordinators have profound effects on the culture and health of their assigned schools. However, this model faces practical limitations of time and money to support coordinators’ salaries and supplies during their two-year commitment. For this reason, in fiscal year 2012 we focused on developing HealthCorps University, an additional, sustainable model that will bring our curriculum to school campuses through the avenue of continuing education for long-term faculty members. You’ll get a glimpse of what has happened with this project on page 10.

Last year we also acquired the research tools and solidified the infrastructure that we need to share findings from our “living labs” with the broader research and public health communities, so that others who share our mission can learn from our success and help us inspire teens to make healthier choices for themselves and their families. We are very excited about this opportunity and the potential partnerships it will open between us and other like-minded organizations.

Partnerships have been key to the growth and success of HealthCorps since it was founded a decade ago, and they played a very important role for us last year, particularly in California, where we doubled the number of HealthCorps schools and established West Coast headquarters. You can read more about what’s been happening in California on pages 11 and 12.

I am thrilled by the changes HealthCorps experienced this year— in twelve months we grew by twelve schools, one program, and one office; we fostered new partnerships; and, most importantly, we impacted a record number of students. I believe fiscal year 2011-2012 has set the stage for the next phase of our organization, creating a foundation that will serve us for decades to come. I look forward to what we will accomplish together in the journey ahead.

Sincerely,

Michelle Bouchard, President
Rishi Thakkar faced many difficulties as he worked to improve his health, but he also had an exceptionally brave and generous spirit. This is what helped him succeed in changing his own life and the lives of those around him.

Rishi first encountered HealthCorps when he was a fourteen-year-old freshman at Franklin K. Lane High School in Brooklyn, New York. It was the beginning of the academic year and Lauren Abramowitz, fresh out of her coordinator training, came to the first school assembly to promote HealthCorps, hoping that students would actually show up for her programs. The gymnasium was full of chatter and excitement. Most of the teenagers weren’t paying attention to the adults. But Rishi was listening, and the young man who had a reputation for being “a big teddy bear” came to Lauren after the assembly to ask for her help in losing weight.

After that, Rishi was a fixture and role model at HealthCorps events. He helped Lauren start a cooking club and took the first bite of fennel when all of the other kids at the table were too scared to try the new vegetable. He always sat at the head of the table, putting those around him at ease with his smile, good humor, and view of the HealthCorps experience as an adventure. He planned to go to culinary school and started collecting cookbooks from places where he traveled. He offered some of these books to Lauren so that she should share the recipes with other students.

Rishi also changed his fitness routine. He wore a pedometer to reach a goal of 10,000 steps each day... and was sorely disappointed to learn that his first attempts only amounted to 2,000. But Rishi didn’t give up. He took 10,000 steps, and joined the school swim team. Because of his hard work and dedication, Rishi lost 35 pounds of body fat and shrank from a 5XL to 1XL shirt size.

These changes and his success surprised everyone, including Rishi. He wanted to help others to make healthy changes, too. Rishi approached corner grocery stores in Brooklyn to ask them about promoting low-fat cheeses, nuts, fruits, and other good snacks to their customers. He traveled into Manhattan in search of organic produce or ingredients he could substitute at home, working with his mother and father to change eating habits for his whole family.

At the HealthCorps fundraising gala in 2011, Rishi came to the stage and thanked HealthCorps for helping him change his life. But Rishi deserves our gratitude, too. “He embodied the HealthCorps ideals more than any other student I worked with,” said Lauren, “and he was remarkable.”

In 2012, HealthCorps lost a dear friend to the organization – former HealthCorps student, Rishi Thakkar. Rishi first met HealthCorps as a high school freshman at Franklin K. Lane High School in Brooklyn, New York. He quickly grew to love the program and used it as a catalyst to take charge of his health, to much success. Sadly, he passed away unexpectedly in June of 2012 at 20 years of age. These pages are dedicated to the memory of Rishi, as seen through the eyes of the two coordinators who worked alongside him – Lauren Abramowitz and Jessica Anders.
Dear HealthCorps Family,

It is with great sadness that I inform you of the passing of Rishi Thakkar, a student from Franklin K. Lane whom many of you knew. Last Friday, June 1st, Rishi passed away of a heart attack. He was 20 years old.

I wanted to take a few moments to share this young man’s amazing story and his journey with HealthCorps, which began his freshman year at Franklin K. Lane High School. It is a sad reminder of what we are up against every day in this country, and gives even more meaning to the lessons our Coordinators teach every day to high school students.

Rishi’s journey started with Coordinator Lauren Abramowitz, who met him when he was a freshman at FKL. Lauren deserves all the credit for connecting Rishi to HealthCorps and getting him involved in learning simple ways to make health a priority and a lifestyle. This is exemplified in an interview Rishi gave last year.

I was lucky enough to have known Rishi because of all the hard work Lauren did as a coordinator, and was blessed to get to work with him more closely during his junior and senior years at FKL. during this time Rishi was still battling a multitude of health issues, but we continued to meet consistently, talking about simple ways he could improve his diet and ending with me encouraging him to “just keep walking.” Rishi, like so many other students our Coordinators see every day, thrived off of having that one person who he knew he could count on to be there. His confidence in himself reached a tipping point when he spoke at our Gala last year in NYC.

Rishi continued to keep in touch with me after he graduated. Although he had learned so much from HealthCorps, he still mentioned what a struggle it was doing everything on his own. This past December Rishi wrote:

“HealthCorps defined me, gave me a goal and a reason to fight, but honestly without it, these past few months have been a real struggle. Don’t get me wrong I still eat healthy, I just miss the motivation and the force of having someone there who, looks over you and watches your back. I will be joining the YMCA for the new year! Hopefully then I will get the motivation back, but even still, NOTHING will ever take the place of HealthCorps. I miss you and I hope to hear back from you soon :-)”

I wanted to share this information with you all as I think it is a sad reminder of how fragile life is and how REAL the work is that we do every day. It can be very easy to get caught up in the day-to-day shuffle and forget that there are students exactly like Rishi all across the country that need HealthCorps and our Coordinators, now more than ever before.

I’m grateful for all of your support and hope we will continue to remember Rishi and students exactly like him as we build HealthCorps in the years to come.

Forever grateful,
Jess Anders, Coordinator
We call our in-school programs “living labs” because they provide us an opportunity to try out the latest research findings and determine if they really are best practices for health education.

We may come across a piece of literature that says a certain type of messaging is effective. We can test that theory in a couple of schools, and if it works we incorporate it into the full curriculum for all of the schools. There might be a new trend that kids are engaged in, or there may be peer-reviewed literature that talks about the importance of eating breakfast or activity-based learning - we can see if those ideas really make a difference in the healthful behavior of our students. The theories that we test also come from within our program, when our coordinators notice trends among the students at a particular school and share their ideas with other coordinators.

The culture of education in the United States is changing, slowly and steadily. PTAs are finding ways to bring arts and athletics and health education back into the schools. People are starting to believe in the importance of play again. It’s clear that the educational paradigm is shifting and morphing into something new - and that’s something we’re really looking forward to seeing evolve. One of our jobs as a nonprofit is to help steer that change.

HealthCorps in Schools
Our Living Labs

Salveira’s Story

“I wasn’t active my first year of high school. I was very lazy. But I started playing on sports teams and liking it more, and then I met Austin Cromartie, the HealthCorps coordinator at my school.

I’ve been a part of HealthCorps now for more than three years, and it’s very cool. I started with Teen Battle Chef, which is a great way to get students attracted to health while still having fun. Whenever my friends and I choose where to go out to eat now, it’s no more fast food or pizza; we go to a salad bar or something like that.

My father is diabetic, my grandmother is diabetic, and I’m prone to diabetes, so what I’ve learned from HealthCorps has helped me to be more cautious about how I eat and how my family eats. When we go grocery shopping, I’m the one who picks the healthy snacks. I feel more aware of my body and more secure about myself.

I want to be a role model. I’m the oldest of three kids in my family, so I’m always involved in school and I’m trying to show my brothers how they can be. I know my family is really proud of me and they try to support me.

It’s just an awesome opportunity for anyone to experience what I’ve experienced with HealthCorps, even for a few months. It taught me how to be active and healthy, and it helped me decide that I want to work in a health career after high school. HealthCorps is the best thing that’s happened to me so far in life.”

-Salveira Gonzalez, Senior at Riverdale/Kingsbridge Academy in Bronx, NY
Dr. Oz speaks with students at Washington Mathematics Science Technology Public Charter High School in Washington D.C.
Achieving good health is about more than just eating fruits and vegetables. It’s a balance of nutrition, physical activity, and mental resilience. The thread that binds each of these aspects together is a belief that our bodies should be respected and protected—that we deserve health, because our lives have great value.

Texas has one of the highest teen pregnancy rates in the United States, and this is readily apparent at Sharpstown High School in Houston, where Jornae Rideaux has been working as a HealthCorps coordinator since 2011. “Unfortunately, it’s not uncommon to see pregnant girls walking around our campus, or to hear students talking about what happens in their personal lives,” she says, “so we can’t ignore the fact that the students are either curious about or engaging in sex.”

In addition to teaching health lessons for at least ten classes each week, Jornae hosts a morning meditation for students and faculty, yoga classes after school, and she teams up with a biology teacher to host an afternoon club for general health discussions. More than 20 students come to this club to ask questions about whatever health-related topic is on their minds.

“They want to know about myths,” Jornae says, “Like, ‘Can a girl get pregnant while she’s on her period? How can I keep myself from getting those nasty diseases?’ In these cases, they need to know the truth because otherwise they could be dealing with some serious consequences.”

Jornae and the other teacher received permission from the school principal to hold these discussions, and they make sure that the ground rules for respect and privacy are clear. “The students are curious,” Jornae explains, “and so far, they’ve been able to handle these situations with maturity.”

Jornae and her fellow HealthCorps coordinator in Houston, Marlene Watts (who is based at Lamar High School) teamed up with the Earth Day Houston festival in 2012 to host a Highway to Health booth. They had kids compete in physical fitness tests to earn granola bar snacks. “The kids were hula hooping, they were jumping around, it was great!” she says. “That’s what we are all about.”

Jornae and Marlene also built a “positivity tree” and offered leaves that attendees could use to write down ideas for how to help protect the environment. One of the more popular activities at their booth was the interactive quiz, “What is Your Poo Telling You?” The activity involves clay models that show what someone might discover in a bowel movement—for example, the “deja poo” includes last night’s dinner; “pebble poo” means you’re dehydrated.

“The people really enjoyed it,” Jornae says. “They may have been caught a little off guard at first, but it gave us a great opportunity to talk about HealthCorps and what we do. The adults are always very appreciative of what we’re doing, and they often say that they wish our program was in their child’s school, too.”

Coordinator Jornae Nevels (second from right) and her Teen Battle Chef students host a lunchtime cooking demonstration for their peers
Portland, Oregon, has gained a “healthy” reputation because of its great restaurants, lots of outdoor activities, and residents who are concerned about protecting the environment.

When Amy Barras came to Portland as a HealthCorps coordinator at Benson Polytechnic High School, she found that this reputation was basically true. But she also found that the story could be quite different if you looked at the culture on the east side of the river, which is where many of her students live.

“Most of the students at my school receive free or reduced lunches and free breakfast,” Amy says. “They come from very low-income families, so the norm for them is not necessarily to buy vegetables at the farmer’s market.” One problem she regularly deals with is when students stop at the nearby donut store to share a 5-gallon bucket of day-old donuts, which they can buy for a mere $5.

“Obesity is prevalent here,” she adds, “but another of our issues is that some kids just come to school hungry. They don’t have food at home, their parents are working long hours and even the kids go home after school and work in the evening to help take care of their families.”

In addition to a standard high school curriculum, Benson offers students the opportunity to major in a field such as electronics, nursing, or radio broadcasting during their junior and senior years. All of the students are capable of finding jobs in these fields after they graduate.

Portland allows families to choose where their students enroll, rather than assign them to schools by neighborhood, so the competition for new students each year can be stiff between magnet schools, Amy says. It also fosters a strong sense of pride among current students and alumni of Benson. When state budget issues threatened to close Benson several years ago, the students marched downtown and held signs to protest, their mouths covered in duct tape.

“That happened right before I came to the school,” Amy says, “so the first year, it was almost overwhelming. The students and teachers here were under so much stress. They were all just wiped out. My lessons that year focused on mental strength, stress management, how to be the best you and how to overcome problems in life and rise above them, because that was what they needed at this school.”

Amy and her students partnered with the Portland Farmer’s Market to hold a Highway to Health event in 2012. “Farmers markets are a huge event in this city,” she says, “so that was the perfect place to have our booth.” They held a hula hoop contest, taught people to plant vegetable gardens, made smoothies, and played pin-the-organ-on-the-body with smaller children. “We had about 300 people visit the booth,” Amy says. “Parents were so excited when they found out about our program. But I kept hearing the question, ‘Why haven’t I heard about this before?’ and ‘How can we get this at my kid’s school?’”
McDonogh 35 College Preparatory High School has an important history in New Orleans. In 1917 it was established as the first public high school for black pupils in the city. Today, it has 945 students who attend between grades 7 and 12. The students range from 12 years to 19 years old.

Because admission to McDonogh 35 is based on academic performance, the students take their schoolwork seriously. But their take on diet and health has been a different matter.

“We’re known as the region where everything on our plates is golden brown,” says Travonda Favorite, a New Orleans native who was assigned to McDonogh 35 as a HealthCorps coordinator beginning in the fall of 2011. “We have a rich culture of frying everything, and each meal comes with toast or bread on the side.” Healthy options are available through the school cafeteria, but Travonda says that most students don’t order those foods because they are unfamiliar.

“The truth is that whole wheat pasta cooked in a school cafeteria probably doesn’t taste the same as it would if the students cooked it at home,” Travonda says. “But they’ll base their decision about whether it’s good or not on their first tasting.” So, she tries introducing healthy options in cooking classes, hoping that the students will keep an open mind about what she’s teaching.

“Who eats that?” one student asked her when she shared a recipe for baked chicken. His mother never cooks chicken that way. “The kids thought it was like something from another world,” Travonda says.

Fortunately, even the most basic nutrition lessons are working at McDonogh 35. “I believe that the power of HealthCorps is in making small changes, and if you can get kids to go from not caring about a nutrition label to locating it on the package and understanding the calorie count, that’s a really big deal,” says Travonda. “As simple as it sounds, that’s the foundation. And if they can get that concept, that makes me feel like I’ve done something very big.”

Another success has been in the after-school activities that she organizes. “A lot of kids haven’t really picked up a basketball, so they don’t feel qualified to try out for team sports. But they want to be involved in something,” she explains. “When I offer Zumba or a cooking club, that gives them something to do and helps them come out of their shells. They always ask me how much it will cost, and I tell them, ‘You just need your parents’ permission! You can come as you are!’”

Dear HealthCorps,

The students here have welcomed Ms. Favorite at the school with open arms. She has worked with specific classes, and the entire staff and student body respect her to the highest. She respects everyone and works extremely well with them. During her health fairs, student participation is always 110%. The students work hard to make it a success. They always ask her when the next activity will be held. They have also been seen drinking more water, eating healthy, and exercising more.

Sincerely,
Mrs. Carolyn Granderson, MA+30
Dean Middle School/Special Programs Coordinator
McDonogh 35 College Prep High School
Combining lessons learned from our in-school “living labs” with our innovative curriculum, and the desire to scale nationally, we’ve created HealthCorps University (HCU). HCU is a train-the-trainer professional development program that aims to provide a sustainable approach to delivering the HealthCorps curriculum to high school teachers, staff and administrators across the nation. A two-day live training, resources, tools, support and cutting-edge technology are provided through HCU to scale HealthCorps’ impact in districts and schools nationwide.

The HCU services provided are based on research and best practices for district and school based train-the-trainer programs, as well as valuable insight and knowledge from HealthCorps’ in-school program staff.

Through HCU, teachers, administrators and school personnel can learn how to incorporate key messages for nutrition, physical fitness, and mental resiliency into the courses that they already teach as well as through innovative in-school programming. Our curriculum is being revised to help them meet education standards for health, math, science, English, and other school subjects.

Accomplishments in FY 2012

- Presentation of HealthCorps University at the National Green Schools Conference, Denver CO (March 2012)
- Hired staff for HealthCorps University (April 2012)
- Began development of the HealthCorps University business plan (May 2012)
- Launched curriculum revision project with the goal of updating our subject areas of physical fitness, nutrition and mental resilience, to better meet the needs both for our in-schools program and HealthCorps University (June 2012)

Next Steps…

- Develop HCU’s online tools
- Develop a survey tool to examine any correlation between student behavior and more tradition school metrics such as test scores, absenteeism, delinquencies, graduation rates. Research will also incorporate biometric data.
- Begin two-day pilot test in selected districts
Some of our most exciting accomplishments last year happened in California, particularly in Sacramento. In July 2011 we established our West Coast headquarters in the city, secured major financial commitments and important partnerships with key leaders in the state, and more than doubled the number of California schools that host our program on their campuses.

We also held summer training in Sacramento for the first time in our organization’s history. Coordinators from around the country stayed for four weeks and learned the in and outs of the HealthCorps program while based at Sacramento High School. Holding the training in Sacramento afforded the coordinators special opportunities such as visiting Alice Waters’ edible schoolyard in Berkeley, working with Sacramento High School food service personnel to create, prepare and serve meals to summer school students.

And finally, we hosted our first West Coast Gala in Sacramento – “Journey to Oz.” The event, hosted by Dr. Oz and his wife Lisa, was a fitting declaration that HealthCorps was at home in California.

Meet Heather Deckard

For years now, physical education instructor, Heather Deckard has been trying to get schools to take health seriously. As an employee of Sacramento City’s Unified School District, she develops curricula, offers teacher training, secures new program grants for administrators, and organizes campus health fairs to improve the health of the city’s students and their families. Heather has seen some important gains during her time with the district, but she has also faced some big challenges.

“Health and physical education is usually put on the back burner because of state testing,” she says, “and those tests haven’t included PE standards or health standards.” Fortunately, last September she convinced the district to adopt a new wellness policy that puts some “teeth” behind the health education messages that she shares. Having HealthCorps coordinators on the ground at schools has also shifted the landscape in favor of better health.

“The changes that I’ve seen in how students are eating and what they know about health are amazing,” she says. “All of the coordinators in Sacramento have established wellness councils at their schools, and the lessons the coordinators teach about nutrition—which is sometimes the weakest part of a PE teacher’s training—have been incredibly helpful. They have been so successful and worked so quickly that sometimes I have trouble keeping up.”
Mayor Kevin Johnson Welcomes HealthCorps!

“Sacramento is thrilled to welcome HealthCorps to our city and we look forward to a long-term partnership. The work they do in high schools around the nation fits well with Sacramento’s message of health and wellness. HealthCorps is a wonderful addition to our community. I have already witnessed the difference the program is making in students’ lives.”
– Mayor Kevin Johnson

Meet Peter Vidovich

Peter Vidovich would teach English lessons all day through the lyrical prose of Shakespeare at Sacramento’s Hiram Johnson High School, if the students would let him. “Unfortunately,” he says, “that’s never going to happen.”

Why not? Because, for many of the students, he admits, those lessons would have little relevance to their daily lives. “Their eyes start to glaze over,” he says. “But with HealthCorps, they’re learning about their bodies and food, and it applies to every single person in my class.”

How has Peter used HealthCorps to teach English? One example is the persuasive letter, a standard element of the state curriculum. He asked his students in 2012 to write letters to Dr. Oz explaining what they had learned from HealthCorps and why it had or had not made a difference in their lives.

“It was a beautiful academic assignment, and it was curricular,” Peter says. “They gave him the information and supported their arguments. And you should see these letters—they were amazing. Of course, then Dr. Oz surprised us by actually visiting our school, which is something the kids still talk about.”

HealthCorps has given Peter a new, effective way to engage his students. “Some of the kids who were in my class last year still remember those health lessons, and now they are agents of change.” Peter says. “This year, my buy-in for English class is just off the charts.”
Fiscal Year 2011-2012 was a significant year for partnerships at HealthCorps. Evamor Water, the California Endowment, the Anthem Blue Cross Foundation, the California Walnut Board and USANA Health Sciences all joined us in large-scale funding initiatives, supporting HealthCorps with everything from opening new schools to sending a HealthCorps high school student to the International Culinary Center in New York City. Below are some of HealthCorps’ development milestones:

August 2011: Evamor Water partners with HealthCorps to become the organization’s official water sponsor and funds two schools in New Orleans, Louisiana, and one in Houston, Texas.

October 2011: The California Endowment partners with HealthCorps to bring the HealthCorps program to four schools in Southern California and five additional schools in Northern California.

November 2011: HealthCorps receives joint funding from the California Department of Public Health and the Anthem Blue Cross Foundation, enabling it to open eight additional schools in California.

February 2012: USANA Health Sciences announces a three-year partnership with HealthCorps during a “Teen Battle Chef” cook-off at Columbia University.

April 2012: The California Endowment increases its commitment to HealthCorps to bring 10 additional Schools to California.

May 2012: The Desert Healthcare District commits to funding three schools in the Coachella Valley region of California, increasing HealthCorps’ impact to five schools in the region.

May 2012: The California Walnut Board doubles their commitment to HealthCorps by funding two additional schools in Fresno, California, bringing their total commitment to four schools in central California.

June 2012: Ariel Martinez, a student from Cliffside Park High School in New Jersey, wins a scholarship to the International Culinary Center in New York City, underwritten by the California Walnut Board.

* all of our generous donors can be found on our website, www.healthcorps.org
Coordinator Jermyn Addy, HealthCorps students, and USANA CEO David Wentz take part in a “Teen Battle Chef” cook-off hosted by USANA at Columbia University in New York City.

Dr. Oz; student Ariel Martinez; Dennis Balint, Executive Director, California Walnut Board; Rhonda Lynn, Director of Student Affairs for the International Culinary Center (ICC); and Dr. Shawn Hayes, Chief Academic Officer, HealthCorps, announce Ariel’s ICC scholarship win on stage during the Food for Your Whole Life™ health symposium held in New York. The scholarship was underwritten by the California Walnut Board.

Anthem Blue Cross of California President Pam Kehaly and Dr. Oz speak to students at Hiram Johnson High School in Sacramento, CA.

Coordinator Jermyn Addy, HealthCorps students, and USANA CEO David Wentz take part in a “Teen Battle Chef” cook-off hosted by USANA at Columbia University in New York City.
Events allow HealthCorps to take its message of health and wellness to a broader community. Our Highway to Health festivals enable students and coordinators to share activities and lessons with the neighborhoods surrounding their schools. Our Garden Gala, our biggest fundraiser of the year, ensures that the HealthCorps message of healthy and holistic living is heard far and wide.

Fiscal Year 2011-2012 was an important year for HealthCorps events. We held Highway to Health festivals in a record 16 cities, hosted our sixth-annual gala, the Garden of Angels Gala in New York City and our first ever West Coast Gala in Sacramento, “Journey to Oz.”

**Dr. Oz Visits WMST Public Charter High School in Washington D.C. - September 2011**
Dr. Oz visited Washington Mathematics Science Technology Public Charter High School, one of two HealthCorps schools in Washington, D.C. During his visit, the HealthCorps co-founder met with students, joined HealthCorps coordinators Brandin Bowden and Ronald Denson in teaching HealthCorps’ “Challenge: Bring it On!” lesson, and took questions from students and faculty.

**Dr. Oz Visits Coachella Valley High School – October 2011**
Dr. Oz visited Coachella Valley High School, where he met with coordinator Naomi Soto and students from the school’s Medical Health Academy, agriculture program, and Hospitality Academy. Dr. Oz spoke and took questions from students, who in return showed their visitor their school garden and greenhouse, and prepared healthy snacks. The visit also marked the official launch of the partnership between HealthCorps and the California Endowment.

**Dr. Oz Visits the New Orleans Charter Science and Mathematics High School – October 2011**
Dr. Oz visited the New Orleans Charter Science and Mathematics High School (Sci High) to speak with students from HealthCorps’ two New Orleans High Schools, Sci High and McDonogh 35 College Preparatory High School. During his visit Dr. Oz was treated to performances by the McDonogh 35 school choir and the Sci High Karate club, toured the school and tasted the cafeteria’s “oven-baked fried chicken”, and spoke with students about the HealthCorps program. HealthCorps coordinators Tramayne Richardson and Travonda Favorite, both New Orleans natives, organized the event, along with our national sponsor Evamor water.

**Visit to the Overtown Youth Center – March 2012**
Dr. Oz, former NBA player Alonzo Mourning, and actor and HealthCorps Ambassador Alejandro Chaban visited the Overtown Youth Center to talk to HealthCorps Miami students from Hialeah and Booker T. Washington High Schools about the role health plays in their lives. Miami coordinators Alli Reid (from Hialeah High School) and Adler Dorvilus (from Booker T. Washington High School) helped to organize the event.

Coordinator Alli Reid, Actor and HealthCorps Ambassador Alejandro Chaban, Dr. Oz, NBA star Alonzo Mourning, Coordinator Adler Dorvilus and community members visit the Overtown Youth Center in Miami, FL.
The Garden of Angels Gala – April 2012
The historic Waldorf Astoria hosted HealthCorps’ sixth-annual Gala, the Garden of Angels Gala, where we honored Diane Sawyer and Matthew Modine for their significant contributions to the health and wellbeing of American youth. Dr. Oz and his wife Lisa co-hosted the fundraiser, which featured booths and workshops led by sponsors and coordinators, a seated black-tie dinner, and performances by Broadway actor Stepp Stewart, R&B/Pop artist Shontelle, dance music legends TKA, the ICONic Boyz, the Eturnity Band, and by 15-year-old pianist Rocco Fiorentino.

Dr. Oz and Lisa Oz Visit Hiram Johnson High School – April 2012
The HealthCorps Co-Founders, Montel Williams, and representatives from the Anthem Blue Cross Foundation visited Hiram Johnson High School in Sacramento to speak with students and take part in a healthy breakfast competition put on by coordinator Felix Martin.

“Journey to Oz” – April 2012
Fiscal Year 2011-2012 witnessed HealthCorps’ first ever West Coast gala, “Journey to Oz”. The event was held in Sacramento’s Memorial Auditorium, and served as an excellent way to thank our California sponsors for their support during HealthCorps’ West Coast expansion. The evening featured locally sourced food and wine, performances by Broadway performers Stepp Stewart and Ben Vereen, and the launch of HealthCorps’ first marketing campaign, “WhatRUHungry4?”.

The California Walnut Board Awards Scholarship to HealthCorps Student - June 2012
The California Walnut Board created and awarded a scholarship enabling a HealthCorps student to attend the Classic Culinary Arts program at the International Culinary Center. The first-time scholarship was awarded to Ariel Martinez, a graduating senior from Cliffside Park High School in New Jersey. Ariel best exemplified the HealthCorps lifestyle, demonstrated a keen culinary interest, and was in strong academic standing.

Rhonda Lynn (Director of Student Affairs for the ICC), Dr. Oz (HealthCorps co-founder and chairman), Dr. Shawn Hayes (HealthCorps’ Chief Academic Officer), and Dennis Balint (the California Walnut Board Executive Director) announced the scholarship and welcomed Ariel by presenting her with a chef’s jacket on stage during the Food for Your Whole Life™ health symposium held in New York on June 3, with more than 1,100 health professionals and members of the public in attendance.

New Orleans’ Sci High cafeteria’s “oven-baked fried chicken” - Photograph by Gerald Herbert, courtesy of the Associated Press

Local exhibitors at HealthCorps’ Sacramento Gala, “Journey to Oz”
HealthCorps Highway to Health festivals are held yearly in HealthCorps communities across the nation. Each festival showcases neighborhood health resources typically located in and around our program high schools.

By organizing these community festivals, HealthCorps promotes the benefits of a healthy lifestyle with a focus on nutrition, physical fitness and mental resiliency. Empowering students to become educated consumers and health activists, HealthCorps Coordinators and students, with the help of our partner organizations, take our upbeat message to underserved communities.


Students from Ginn Academy participate in the “Diabetes Dunk” at Cleveland’s Highway to Health Festival.
Community members participating in New York City’s Highway to Health Festival, held at the South Street Seaport
In Fiscal Year 2011-2012, HealthCorps focused on a dual-pronged approach to communications that aimed to increase our visibility in both traditional media and online. HealthCorps was fortunate to receive increased coverage from multiple media markets as well as launch a series of successful online campaigns.

Social Media Highlights

- The launch of the “What R U Hungry 4?” or (“WRUH4?”) campaign. The goal of the campaign was to find out what Americans were really hungry for – was it an unhealthy snack, or were unhealthy eating habits a means of filling another void? We polled Facebook users and provided an “Rx” for what they were truly craving. For example: if they were hungry for more sleep, we provided healthy tips on how to get quality rest.

- HealthCorps partnered with the Kashi REAL Project for a Facebook fundraiser. With each “like” generating $10, HealthCorps successfully raised $50,000 in three weeks.

- HealthCorps expanded its digital team by hiring a web and social media assistant. This allowed the organization to create a more focused strategy with partners and at live events.

HealthCorps in the Media and Online

HealthCorps ended Fiscal Year 2012 with the following numbers: Facebook: 9,867 & Twitter: 13,685
**HealthCorps in the News**

The Sacramento Bee: Dr. Oz Is Judge For Healthy Breakfast, May 1, 2012

The Sacramento Bee: It’s breakfast with Dr. Oz in Sacramento, May 1, 2012

Examiner.com: Dr. Oz speaks in Sacramento today promoting the wellness initiative, April 30, 2012

The Sacramento Bee: Dr. Oz’s HealthCorps will help reduce obesity, April 11, 2012

The Sacramento Bee: Nonprofit founded by TV’s Dr. Oz seeks to get city’s youths off couches, into fitness, April 9, 2012

The Palm Beach Post: How love and teamwork have made Dr. Oz Successful, January 10, 2012

The Record: Off the Couch, December 29, 2011

The Record: Cliffside students reaping benefits of National HealthCorps program, December 27, 2011

Biscayne Bay Tribune: Hollo Foundation donates $75,000 to HealthCorps program at BTWHS, December 6, 2011

Whole Living Magazine: The Land of Oz – Daphne Oz talks about how her inherited passion for wellness fuels her every mood, December 1, 2011

HeraldArgus.com: What can one person do?, November 30, 2011

The Bakersfield Californian: HealthCorps in Shafter aims to show students “they deserve to be healthy”, November 28, 2011

Access Hollywood: Healthy Hollywood, Fab Food Friday – Lisa Oz’s nutritional advice to teens!, November 4, 2011

The Desert Sun: Dr. Oz visits Coachella Valley High School, October 23, 2011

KPSP Local 2 News: Dr. Oz visits the Coachella Valley, October 22, 2011

FoodBev: Evamor partners with HealthCorps, October 17, 2011

WWL: Scoot talks to Dr. Mehmet Oz about a new partnership to bring a new health curriculum to New Orleans high schools, October 14, 2011

KATC.com: TV Doc brings health message to New Orleans school, October 14, 2011

Gambit: Dr. Oz visits New Orleans Charter Science and Math High School, October 14, 2011

Examiner: Dr. Oz visits local school, October 14, 2011

WWLTV.com: Dr. Oz in N.O. says we’re in charge of our own healthy destinies, October 14, 2011

The Republic: TV’s Dr. Oz brings health program to New Orleans’s school, meets students, tastes cafeteria fare, October 14, 2011

MyFoxNY.com: Good Day – Street Talk, Oct 1, 2011

### Fundraising Management & General Program Services

#### Financials

**For Fiscal Year Ending June 30**

#### Public Support and Revenue

<table>
<thead>
<tr>
<th></th>
<th>Unrestricted</th>
<th>Temporarily Restricted</th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Public Support</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Federal and State Grants and Contracts</td>
<td>$1,902,871</td>
<td>-</td>
<td>$1,902,871</td>
<td>$1,374,068</td>
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<tr>
<td>Other Grants and Contributions</td>
<td>$282,106</td>
<td>$228,963</td>
<td>$511,069</td>
<td>$123,998</td>
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<td>Donations</td>
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<td>$2,755,556</td>
<td>$5,512,862</td>
<td>$814,877</td>
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<tr>
<td>Fundraising</td>
<td>$1,137,922</td>
<td>$70,000</td>
<td>$1,207,922</td>
<td>$1,751,003</td>
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<tr>
<td><strong>Revenue</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interest and Other Income</td>
<td>$2</td>
<td>-</td>
<td>$2</td>
<td>$661</td>
</tr>
<tr>
<td>Rent Income and Other Income</td>
<td>$1,857</td>
<td>-</td>
<td>$1,857</td>
<td>$31,036</td>
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<tr>
<td>Net Assets Released Due to Satisfaction of Restrictions</td>
<td>$351,956</td>
<td>($351,956)</td>
<td>-</td>
<td>-</td>
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<tr>
<td><strong>Total Public Support and Revenue</strong></td>
<td>$6,434,020</td>
<td>$2,702,563</td>
<td>$9,136,583</td>
<td>$4,095,643</td>
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#### Expenses

<table>
<thead>
<tr>
<th></th>
<th>Unrestricted</th>
<th>Temporarily Restricted</th>
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<th>2011</th>
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</thead>
<tbody>
<tr>
<td>Program Services</td>
<td>$4,926,386</td>
<td>-</td>
<td>$4,926,386</td>
<td>$3,331,390</td>
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<tr>
<td>Management and General</td>
<td>$679,366</td>
<td>-</td>
<td>$679,366</td>
<td>$678,877</td>
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<tr>
<td>Fundraising</td>
<td>$231,800</td>
<td>-</td>
<td>$231,800</td>
<td>$141,299</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td>$5,837,552</td>
<td>-</td>
<td>$5,837,552</td>
<td>$4,151,566</td>
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</tbody>
</table>

#### Change in Net Assets

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Change in Net Assets</strong></td>
<td>$596,468</td>
<td>$2,702,563</td>
<td>$3,299,031</td>
<td>($55,923)</td>
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<tr>
<td>Net Assets at Beginning of Year</td>
<td>$1,439,728</td>
<td>$351,956</td>
<td>$1,791,684</td>
<td>$1,847,607</td>
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<tr>
<td>Net Assets at End of Year</td>
<td>$2,036,196</td>
<td>$3,054,519</td>
<td>$5,090,715</td>
<td>$1,791,684</td>
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</tbody>
</table>
## Financials

For Fiscal Year Ending June 30

### Assets

<table>
<thead>
<tr>
<th></th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and Cash Equivalents</td>
<td>$880,225</td>
<td>$292,164</td>
</tr>
<tr>
<td>Contributions and Grants Receivable</td>
<td>$4,348,463</td>
<td>$1,757,919</td>
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<tr>
<td>Prepaids and Other Current Assets (net)</td>
<td>$74,594</td>
<td>$76,330</td>
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<tr>
<td>Fixed Assets (Net of Accumulated Depreciation)</td>
<td>$96,823</td>
<td>$22,509</td>
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<tr>
<td>Other Assets</td>
<td>$26,727</td>
<td>$25,737</td>
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<tr>
<td><strong>Total Assets</strong></td>
<td><strong>$5,426,832</strong></td>
<td><strong>$2,174,659</strong></td>
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</tbody>
</table>

### Liabilities and Net Assets

<table>
<thead>
<tr>
<th>Liabilities</th>
<th>2012</th>
<th>2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Accounts Payable and Accrued Expenses</td>
<td>$113,589</td>
<td>$141,560</td>
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<tr>
<td>Grants Payable</td>
<td>$82,452</td>
<td>$82,452</td>
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<tr>
<td>Refundable Grant Advance</td>
<td>-</td>
<td>$158,963</td>
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<tr>
<td>Deferred Income</td>
<td>$84,830</td>
<td>-</td>
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<tr>
<td>Short Term Capital Lease Obligation</td>
<td>$18,331</td>
<td>-</td>
</tr>
<tr>
<td>Long Term Capital Lease Obligation</td>
<td>$36,915</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total Liabilities</strong></td>
<td><strong>$336,117</strong></td>
<td><strong>$382,975</strong></td>
</tr>
</tbody>
</table>

Net Assets:

- **Unrestricted**<br>$2,036,196 | $1,439,728
- **Temporarily Restricted**<br>$3,054,519 | $351,956

**Total Net Assets**<br>$5,090,715 | $1,791,684

**Total Liabilities & Net Assets**<br>$5,426,832 | $2,174,659
# HealthCorps Leadership

**Co-Founders**

Dr. Mehmet Oz and Lisa Oz

**Board of Directors**

Dr. Mehmet Oz – Chairman of the Board  
Mr. Jordan Davis  
Mr. Sean Heyniger  
Mr. T.J. Higgins  
Dr. Benjamin Lewis  
Mr. Alexander C. Markowits  
Mr. Anthony Meyer  
Ms. Jill Posnick

**President**

Ms. Michelle Bouchard

**Board of Advisors**

<table>
<thead>
<tr>
<th>Co-Founders</th>
<th>President</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Mehmet Oz and Lisa Oz</td>
<td>Ms. Michelle Bouchard</td>
</tr>
</tbody>
</table>

**Dr. Daniel G. Amen**  
**Mr. Robert Guida**  
**Dr. Laura Berman**  
**Dr. Mark Hyman**  
**Dr. Jeffrey S. Bland**  
**Mr. Mark S. Jaffe**  
**Mr. BK Boreyko**  
**Mr. Quincy Jones**  
**Dr. Julie Cho**  
**Dr. Stephen Josephson**  
**Dr. David Katz**  
**Dr. Jon LaPock**  
**Dr. Gerald Lemole**  
**Dr. Stephen Phillips**  
**Dr. Steven Josephson**  
**Dr. Woodson Merrell**  
**Dr. Dean Ornish**  
**Ms. Seval Oz**  
**Dr. Todd Olson**  
**Dr. John Ratey**  
**Dr. Michael Roizen**  
**Mr. Robert W. Ross**  
**Dr. Mache Seibel**  
**Dr. Timothy Shriver**  
**Dr. Lori Smatt**  
**Dr. Michael Smatt**  
**Mr. Douglas Stroup**  
**Dr. Brian Wansik**  
**Dr. W. Mark Warfel**  
**Dr. John Whyte**
Dr. Oz and Coordinators at Winter Professional Development, West Side High School, New York City