ANNUAL REPORT 2013
HealthCorps® is a 501(c)(3) founded by Dr. Mehmet Oz, cardiac surgeon and host of “The Dr. Oz Show,” to combat the childhood obesity crisis. By educating America’s youth in wellness, HealthCorps not only improves students’ academic performance and quality of life, it also influences their families and communities.

HealthCorps “Coordinators” peer-mentor students during and after school to teach physical and mental resilience in challenging neighborhoods. The HealthCorps network of 66 high schools in 14 states and the District of Columbia serves as a unique research laboratory in which the organization creates and tests its wellness curriculum.

In the fall of 2012, HealthCorps introduced HealthCorps University, a professional development program to share HealthCorps discoveries and curriculum with virtually any school.

You can follow HealthCorps on Twitter at www.twitter.com/healthcorps and on Facebook at www.facebook.com/healthcorps.

As of fiscal year 2013, HealthCorps has a presence in 14 states.
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Welcome to HealthCorps!

In 2013, our Coordinators continue to do amazing things and remain the strength of our program. They are recent college graduates who have deferred their education or health career paths to serve high schools around the country for two years.

When my wife Lisa and I created HealthCorps in 2003, our eldest daughter Daphne was a teenager. Through our kids we recognized the incredible influence teenagers have on their parents and their peers. We also realized that teenagers don’t always listen to adults. Therein lies the beauty of the HealthCorps Coordinator. They are just old enough and professional enough to command respect, yet young and “current,” have significant credibility in the eyes of a high school student.

Our nation’s childhood obesity epidemic is a clear and present danger. The only way we’ll make significant change is through education and lifestyle changes. HealthCorps Coordinators are delivering messages to students that translate into change.

Lisa and I are grateful for your dedication to HealthCorps. Without you, we would never have changed so many lives. We look forward to our continued work together as we celebrate our growth and achievement.

In health.
Dear Friends,

I hope you enjoy seeing the highlighted accomplishments of the “HealthCorps” during 2013. Much of our successes this year can be attributed to our success in forging more partnerships with private and public companies as well as best practice non-profits.

With the help Morgan Stanley, we created the strategic roadmap needed to move HealthCorps University beyond the pilot stage into national practice.

We also benefited greatly from important relationships with university scientists like those at Albert Einstein School of Medicine, private Industry like Kashi, and federal agencies like the NIH. These relationships have enabled us to not only expand HealthCorps University, but to greatly enhance the curriculum in our Living Labs of high schools with Coordinators. We partnered with Loudspeaker Films to document the case study of phenomenal change in Benson High in Portland, Oregon.

We teach young people every day that they have the power to improve their own health. It’s good, however, to get a little help from your friends. This holds true for HealthCorps as well. Of all the people who’ve given us help over the past year, you remain our best and constant friend.

Thank you,

Michelle Bouchard
President
“HEALTHCORPS HAS POSITIVELY IMPACTED OUR CAMPUS CULTURE IN A VARIETY OF WAYS. STUDENTS AND STAFF ARE MUCH MORE AWARE OF THE IMPORTANCE OF WELLNESS IN THEIR LIVES. BEING AN URBAN, LOW-INCOME HIGH SCHOOL, THE NEED FOR OUR STUDENTS TO UNDERSTAND HOW THEIR HEALTH IMPACTS THEIR LIVES IS ABSOLUTELY ESSENTIAL. HEALTHCORPS HAS FILLED A VERY OBVIOUS HOLE IN OUR SYSTEM AND IS CHANGING THE LIVES OF OUR KIDS.”

- TIM LILES
PRINCIPAL
SUNNYSIDE HIGH SCHOOL, FRESNO, CA
HEALTHCORPS LIVING LABS

Introduction

HealthCorps places recent college graduates as Coordinators in high-needs high school campuses. Because the work done in classrooms serves as a real-time and real-life laboratory for developing best practices in health education, these schools are referred to as our Living Labs.

Coordinators use the HealthCorps curriculum to organize health related lessons and on-campus activities. Coordinators then gather information about the techniques and programs that are effective in their classrooms. The information gathered here feeds the curriculum as it grows, making each year more effective than the last.

Donations and key partners cover Coordinators’ salaries and classroom expenses so that there is no cost to the school.

Following are stories of three coordinators, each showcasing one of HealthCorps’ founding principles: mental resilience, nutrition, and fitness.

Mental Resilience: You Can Overcome

Adler Dorvilus attended high school in a distressed part of New York City so when he heard that he would be working as a Coordinator at Booker T. Washington — a school that he says “had a reputation for student behavior problems”—he thought he knew what to expect. He was in for a surprise.

“The biggest behavior problem that I saw was a lack of responsiveness,” Adler says. “The students loved their school and they took a lot of pride in their school identity. But if the students faced something challenging, something that they didn’t already know how to do, they would just give up.”

Adler quickly got to work. He taught the HealthCorps fundamentals in classrooms (and in the lunchroom) and offered counseling to help students deal with stress and achieve academic goals. He also partnered with the nearby Overtown Youth Center, where he organized an after-school club that taught the students how to run a community health fair so that they could help their family, friends, and neighbors learn about how to achieve better health.

“When I saw where some of them lived and the challenges they had to overcome at home just to stay in school, I realized that many of those students were already very strong.” They just needed someone to teach them how to deconstruct complex projects so that they could see that big change, though difficult, is achievable.

Nutrition: Feeding the Body

Jessica Plager, a HealthCorps Coordinator at Cliffside Park High School in New Jersey, asks her students: What is a healthy salad?

“We are so accustomed to the taste of sugar that people don’t realize their salad dressings can have more calories than the rest of the salad ingredients,” Jessica says. “You might as well eat a cheeseburger!”

In her after-school cooking club, the students learned cooking “rules-of-thumb” that are consistent across cuisines — rules such as the ratio of oil to acid in a salad dressing, or how emulsifiers can make a dressing thicker. Her students invented six salad dressings, held a taste test, and chose their two favorites: Sesame-Ginger-Lime and Greek Dressing, which are now made from scratch each week by cafeteria staff and offered as part of the lunch room salad bar.

“I’m very lucky that the cafeteria manager at Cliffside has been so supportive,” Jessica says. “He’s very on-board with the food reform movement in schools, and while he doesn’t have a lot of time to take on extra projects himself, he’s been very open to our suggestions and ideas about how to encourage healthy choices at lunchtime.”
Fitness: Moving Forward

Tucson Magnet High School is one of the oldest campuses in Arizona, with a diverse student body 3,400 strong. HealthCorps assigned Chantal Pilon as Coordinator to the school for the 2012 - 2014 school years.

Before she arrived, however, the school district had its budget slashed by nearly $20 million. That meant the teachers and staff faced frightening unknowns. “Morale was low and I definitely felt like I’d have my work cut out for me,” Chantal remarked. “When staff are uncertain if their contracts will be renewed for the coming school year, it’s hard for them to focus on healthy eating and prioritizing exercise, even though these are the times we need these initiatives the most.”

Chantal figured out how to work within the system to help teachers find time for their health without neglecting their job duties. She worked with school administration to facilitate a Stress-Free Professional Development day, where teachers could choose from a series of workshops, such as yoga, walking, spin, Zumba, gardening, or cooking as a replacement for their normal professional development sessions. Chantal’s program was so successful that several workshops became weekly classes offered to staff for free, and Stress-Free Professional Development was adopted as a quarterly exercise.

Chantal also organized a “Biggest Loser” weight-loss competition at the school, and over ten weeks, 55 people who participated lost more than 400 pounds. Participants were encouraged to team up with walking partners and take advantage of activities such as pickup basketball that Chantal organized.

“It’s really good for the students to see their teachers trying new activities,” Chantal says. “The teachers are setting a good example by taking care of themselves and talking about their experiences in class. Our goal, of course, is to inspire the students to do the same thing.”
July 2012: Summer Training
From June 25 until July 20, 2012, 29 new HealthCorps Coordinators gathered 12 hours a day, five days a week for their Coordinator training. They spent their days in traditional classroom sessions, cooking lessons, meditation, and community service so they could hit the ground running the first day of school.

November 2012: Standing up for Staten Island
After Hurricane Sandy devastated parts of the northeast, Coordinators came together for a day of volunteering on New York’s Staten Island where they helped distribute goods and offered assistance to those in need. HealthCorps also worked with comedian Richie Byrne to turn a HealthCorps fundraiser into a comedy benefit called “Standing Up for Staten Island,” which raised money for a special Staten Island hurricane disaster fund.

March 2013: The Walnut Board Fresno Cook-Off
Student teams from Sunnyside and Edison High Schools in Fresno, CA, competed in a healthy cook-off challenge led by culinary experts and their HealthCorps Coordinators to highlight the California Walnut Board’s support of four HealthCorps schools in California. Each team prepared a healthy entrée evaluated by a panel of judges for taste, originality, use of healthy ingredients, and ease of preparation.

News From Partners in FY2013
Partnering with Yoga Across America enabled each of HealthCorps’ 66 Coordinators to provide students with free yoga classes conducted by a certified instructor.

Signing a memorandum of understanding with the Alliance for a Healthier Generation. Our Coordinators now track their progress following the Healthy Schools Program Inventory developed by the Alliance to measure health according to the following categories:

1. Policies and systems
2. Healthy cafeterias
3. Healthy vending
4. Health education
5. Employee wellness
6. Physical education
7. Student wellness

Becoming a partner affiliate of the Safe Routes to School National Partnership. HealthCorps supports an organization whose mission is “to advocate for safe walking and bicycling to and from schools, and in daily life, to improve the health and well-being of America’s children and to foster the creation of livable, sustainable communities.”
March 2013:  
**The National Green Schools Conference**  
HealthCorps led a special pre-conference session on HCU. HealthCorps students from Hialeah High School kicked off the conference reception with a demonstration of Teen Battle Chef. Chief Academic Officer, Dr. Shawn Hayes, led two very popular conference breakout sessions: “Bringing Power to Your Partnerships” and “Addressing Barriers to Healthy Eating.”

April 2013:  
**The Westin Hotel “Make Mondays Better” Campaign**  
As part of their “Make Mondays Better” campaign, Westin Hotels and Resorts surprised a HealthCorps high school — the Academy for Conservation and the Environment — with a renovated fitness center. Members of the school’s staff also received a free weekend stay at a Westin Hotel. Author, chef and HealthCorps Ambassador Rocco DiSpirito, New York Giants defensive end Justin Tuck, and New York Mets pitcher LaTroy Hawkins met with students and faculty to speak about the importance of living a healthy lifestyle.

May 2013:  
**Community Leadership Award**  
The President’s Council on Fitness, Sports and Nutrition awarded HealthCorps the community Leadership Award. HealthCorps was among six organizations to receive the national award as part of May’s National Physical Fitness and Sports Month activities.
Introduction
HealthCorps University is a scalable, sustainable model of the HealthCorps Living Labs program. With two-day, in-person, train-the-trainer sessions followed by online instruction and support, HCU teaches the HealthCorps curriculum within the framework of their organization. HCU has spread the teachings of HealthCorps beyond schools to non-profits, community organizations, and summer camps.

Piloting HCU
HealthCorps piloted HCU at Kennedy High School and Rosemont High School in Sacramento, CA, during the 2012–2013 academic year. HealthCorps staffers taught teachers, administrators, and cafeteria staff how to:
- Assess their campus’ health environment
- Develop a wellness action plan
- Identify resources and gather stakeholder support from the surrounding community

After training, participants set into action. They tailored the HCU lessons to best meet the needs of their students. Through an HCU-inspired program staffers dubbed the Careers and Wellness Academy, Rosemont’s educators guide students in taking the next step toward health-related careers.

Next year, HealthCorps will be fine-tuning HCU and building out the virtual platform that provides support to its participants. HealthCorps’ goal is to empower organizations in health and wellness to create sustainable and lasting impact.

HCU at Summer Camp
Every summer girls from around the USA come to Camp Pennbrook in eastern New Jersey for fun, friendship, and physical activity.

Camp Pennbrook has a tradition of academic instruction, but in 2013 the organization wanted to explore ways they might help their campers achieve lasting health benefits so they invited HCU to collaborate.

In FY2013, HCU brought Camp Pennbrook:
- A camp wellness class that met five days a week per age group
- Lessons on nutrition to help campers create meal plans and learn to identify a truly balanced plate.
- Fitness plans that campers could do without a gym membership.
- Sunday Celebrations focused on building appreciation, self-esteem and improving self-image.

“HCU brought Camp Pennbrook to the next level by introducing their excellent curriculum to our campers. Through their lessons our campers learned valuable tools and information in order to live a healthy lifestyle and continue their weight loss journey at home”
- Andrea Figueroa, Associate Director, Camp Pennbrook.

HCU for Non-Profits
Florida’s Drug Abuse Comprehensive Coordinating Office provides drug, alcohol, and HIV treatment and prevention services for residents of Tampa, Florida, who range in age from 5 to 65 years. In early 2013, they asked HCU to develop training for their staff that could bolster their ability to teach overall wellness by exploring the principles of nutrition, fitness, and mental resilience.

“HCU trains our staff to fully comprehend what it means to be ‘healthy and well,’” and equips them with the tools to tailor our services to best serve each individual, supporting healthy outcomes.”
- Anil Pandya, Director, Health Services, DACCO

This collaboration was just as thrilling for HCU’s staff as it was for the DACCO participants. Together, the organizations are charting new territory on the wellness education frontier. Learning from this and other collaborative experiences, HCU continues to refine its program for nonprofits in the future.
Morgan Stanley Analysis of HCU

Each year, the financial services company, Morgan Stanley, provides a pro bono analysis and service program for nonprofit organizations through their Strategy Challenge. Last April, they selected HealthCorps to be one of only 12 organizations that benefited from this program. In light of the growth experienced through HealthCorps Living Labs and HealthCorps University programs, Morgan Stanley’s goal was to help our organization achieve greater success on both fronts.

Morgan Stanley advisors worked with HealthCorps for eight weeks, witnessing firsthand the work on the field, and talking with our students and trainees. As they learned about the influence of HealthCorps programs within the broader education environment, here’s what they told us:

HealthCorps offers the only scalable, affordable approach to support integration of a health agenda across high school curricula. HCU is an effective and viable business model to help us achieve “critical mass” in communities across the country in need of our help.

Morgan Stanley suggested next phase of HealthCorps’ growth should focus on validation of key program components and developing a framework for distribution, expansion and quality assurance of HCU programming.
“I AM SO THANKFUL THAT MS. REID IS A PART OF MY LIFE. SHE HAS MADE ME EXCITED TO COME TO SCHOOL AND I CAN’T BELIEVE IT TOOK ME THIS LONG TO GET INVOLVED IN SCHOOL ACTIVITIES. I REALLY HAVE LEARNED A LOT.”

- JOANNA
STUDENT
HIALEAH HIGH SCHOOL, MIAMI, FL
The Highway to Health Runs Through Your Neighborhood

Through it’s work with high schools, HealthCorps aims to improve the health of entire surrounding communities. Each year, the Highway to Health festival encourages students to be role models for their friends and family members and provides them with a venue to show others what they have learned.

Once a year HealthCorps partners with other wellness organizations to showcase its lessons through a series of community health fairs, races, and educational forums. Thousands of people, regardless of their relationship with local high schools, learn how to achieve good nutrition, physical fitness, and mental resilience.

Our Coordinators organize Highway to Health Festival booths that include hands-on activities for festival-goers, while our students lead games and demonstrate the nutrition lessons and cooking skills they have learned in school.

Highway to Health festivals are fun, educational, and give HealthCorps students another opportunity to build confidence and establish themselves as public role models.
Teen Battle Chef and the Sacramento Highway to Health Festival

Teen Battle Chef is HealthCorps’ after-school cooking program, taught at every HealthCorps high school during the spring. Students then show their skills and teach nutrition skills at Highway to Health events. At the 2013 Sacramento festival HealthCorps helped connect thousands of residents with a variety of local and statewide resources for health and wellness. Three local Teen Battle chef teams served up lunch in front of a panel of judges.

Sacramento Charter High School students demonstrated a recipe for citrus-braised endive pasta.

Luther Burbank High School students made tempura shrimp served with glazed California walnuts and bok choi sautéed in peanut oil, soy sauce, and garlic.

Hiram Johnson High School students cooked seafood kabobs with shrimp, scallops, and vegetables marinated in herbs, lemon, and olive oil, sautéed and served on a bed of Kashi pilaf.

Highway to Health Across the USA

During 2012-2013 school year Highway to Health impacted a total of 84,500 community members across these cities:

Baltimore, MD
Charlotte, NC
Clarksdale, MS
Cleveland, OH
Coachella, CA
Fresno, CA
Hayward, CA
Houston, TX
Miami, FL
Long Beach, CA
Los Angeles, CA
Newark, NJ
New Orleans, LA
New York City, NY
Oklahoma City, OK
Portland, OR
Sacramento, CA
San Bernardino, CA
Stockton, CA
Tucson, AZ
Washington, DC
Measuring Our Success

How can HealthCorps properly gauge the difference it makes in a community? Some of it comes down to simple observations and calculation. Records of height, weight, and body-mass index give a sense of whether students are getting and using the right amount of energy. Technology helps track exercise and diet. By surveying students at the beginning and end of a school year, it is possible to assess their absorption of the curriculum.

Mental resilience is more difficult to measure. That’s why HealthCorps has partnered with researchers at the Albert Einstein College of Medicine and the National Institutes of Health to develop new tools that will provide a clearer picture of mental resilience in high school students. Earlier in fiscal year 2012–2013, HealthCorps launched the first phase of a new social media data-collection platform designed to assess knowledge, behavior, and markers of mental resilience in real-time during the 2013–2014 school year.

Taking Measure of California Schools

HealthCorps partnered with the California Department of Public Health and the University of California, Davis, to survey 700 students and staff on eight high school campuses. We measured diet and behavior at the beginning and end of the school year and compared the data with survey responses from students at schools that didn’t use the HealthCorps curriculum. Here’s what the numbers showed:

- HealthCorps students drank fewer sugary beverages.
- They ate fewer sugary baked snacks.
- They lost weight.
- They improved their knowledge of healthy food choices.
- They were more confident with public speaking and leadership.
- They simply felt healthier, mentally and physically.

Measuring the Impact on Urban Youth in Portland, OR

During the 2012-2013 school year, 240 freshmen were enrolled into a HealthCorps program at Benson Polytechnic High School, one of the most culturally diverse schools in the country that serves a large population of urban, economically disadvantaged youth.

The students’ weight and height were tracked throughout the school year, and HealthCorps administered pre-program and post-program surveys to measure how much knowledge was really sinking in. This is what they found:

- The students lost a cumulative 868 pounds during the first semester, and a cumulative 356 additional pounds during the second semester.
- By the end of the school year, the 240 students had lost a total of 1,233 pounds.
- In the end of year surveys, students reported consuming more breakfast and more milk, which are two positive indicators of diet health.
- They were also more aware of soda calories, macro-nutrients, protein sources, portion sizes, sleep, stress reduction, ways to improve mental health, and recommendations for exercise.
HealthCorps’ Work at Benson Polytechnic High School

Benson Polytechnic High School is one of Portland’s oldest standing public schools and one of the most ethnically diverse high schools in our country. The two-story, Classical-Revival style building is on a nine-acre campus in the eastern industrial part of the city. It stands as part of the legacy of craftsmanship and pride that comes from investing in education.

Benson is special for many reasons. The academic program is rigorous, and students also learn hands-on skills in radio operation, automotive repair, electronics, manufacturing, construction, or digital media production, which can help them find employment after graduation. This training is particularly valuable because many Benson students come from households with economic hardship, and many of them work in the evening after school to help support their family.

Benson needed a wellness program that wouldn’t require extra time or money. We sent Amy Barras as a HealthCorps Coordinator in 2010. Beginning with the freshman class that year, her work with other members of the Benson faculty triggered a noticeable change in the look and feel of the school.

“Over the last three years, HealthCorps has really had an impact on our school identity. The kids are proud of what they have learned and achieved. They’re taking their health habits a lot more seriously.”

- Barry Phillips, Vice Principal

Many students featured in the documentary lost a lot of weight. And because of the goal that they shared and the work that they did together through HealthCorps—learning yoga, cooking, and testing out Nike fuel bands—they built a special camaraderie that’s easy to see.

“There was so much joy at Benson High School. Joy is what’s missing in many schools right now,” says Kelly. “We keep increasing the amount of time that students work on basic reading and math, on the assumption that more time will improve their achievement. But things that inspire kids and provide them with avenues to develop their brains—like music, art, exercise, and dancing—have been taken away as a result.

This was the first year that Health and P.E. were radically changing student routines. P.E. for most high schools in Portland is every other day; but because HealthCorps combined classes, students at Benson High School were able to work out every school day and receive a health lesson directly before or after their workout.

“There’s this assumption,” Kelly adds, “that kids in inner-city areas do not need or deserve the same things that kids in the suburbs have. That’s why I do what I do.”

In a still from the documentary The Heart of the Matter, Coordinator Amy Barras leads a freshman combined Health and Physical Education class in a yoga routine. Thanks to Amy’s work, all 240 freshmen at Benson High School practiced yoga once a week during class.
Building Relationships around Health: Partner Development and Special Events

Partner development and special events are crucial components to HealthCorps’ work. Partners assist the organization in establishing our program in new communities and help us continue to spread awareness about the HealthCorps cause. Special Events, in turn, create vital fundraising opportunities so HealthCorps can continue to serve communities year in and year out.

Without a doubt, HealthCorps’ biggest fundraising event of the year is the Garden Gala. Held every April in New York City, the Gala brings together our founders, supporters, honorees, Coordinators and students in a black-tie celebration of health and wellness.

Our 7th annual Gala was themed the “Grassroots Garden Gala” and honored Harold Hamm and Marlo Thomas for their significant contributions to the health and well-being of American youth. With over 500 guests in attendance, our partners and supporters helped raise $2.1 million for HealthCorps. The event program featured performances by Jermaine Paul, Naughty by Nature, Stepp Stewart, and HealthCorps students, as well as speeches by the honorees, HealthCorps co-founders Dr. Mehmet and Lisa Oz, and HealthCorps President Michelle Bouchard. The evening concluded with music and dancing, and guests walked away with a gift bag full of healthy treats, including Daphne Oz’s latest book, *Relish*.

Last year, HealthCorps was fortunate to start new development partnerships with the Desert Healthcare District, and the Harold Hamm Diabetes Center/Continental Resources.

The Desert Healthcare District, in conjunction with The California Endowment, allowed HealthCorps to bring our program to five Riverside County, California high schools, while work with the Harold Hamm Diabetes Center/Continental Resources enabled HealthCorps to place a Coordinator at the Advanced Science and Technology Education Charter School in Oklahoma City, Oklahoma – HealthCorps’ first school in that state.

In addition to partnering with organizations, HealthCorps has an Ambassador program to partner with public figures who believe in its mission and want to help spread its message to new audiences. Last year, HealthCorps joined forces with two new Ambassadors: actor and health advocate Alejandro Chaban, and transformation specialist Chris Powell.
To our generous sponsors for their support of our efforts, thank you.

**National Sponsors**

USANA Health Sciences  
The California Endowment  
The Harold Hamm Diabetes Center  
Continental Resources, Inc  
New York City Council and Department of Health & Mental Hygiene

**Regional Sponsors**

4Point4 Foundation  
California Department of Public Health  
California Walnut Board  
Desert Healthcare District

**Community Sponsors**

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Dalio Foundation  
New Jersey Dept. of Health & Senior Services  
Omron Healthcare, Inc.  
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**Coordinator & Curriculum Sponsors**

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Sol Goldman Charitable Foundation  
Yvette and Joel Mallah Foundation
Partnership in Oklahoma City

Oklahoma has one of the fastest growing rates of obesity and type 2 diabetes in the country. It's also the headquarters for Continental Resources, an oil exploration company founded and led by Harold Hamm, who was born and raised in Oklahoma and has been fighting his own battle against type 2 diabetes for more than a decade.

Recognizing that this disease was hurting the health of young people and adults in his state, Mr. Hamm partnered with the University of Oklahoma to establish the Harold Hamm Diabetes Center, where Oklahomans can receive quality treatment and prevention resources regardless of their income level or social status.

Last year, Mr. Hamm asked HealthCorps to help choose a school in Oklahoma City where Continental Resources could sponsor the first HealthCorps Living Labs program in the state.

With input from Continental Resources employees and HealthCorps friends in Oklahoma City, we selected the Advanced Science and Technology Education Charter School (ASTEC), led by Dr. Freda Deskin, who founded ASTEC Charter School in 2000 after working as an inner-city teacher in the Oklahoma education system for many years.

“Our mission is to empower students and inspire them to achieve their highest potential,” “We want them to feel that they are in control of their destiny.”

Today, ASTEC Charter School teaches students to be leaders and entrepreneurs. Technology is a part of every core subject, and the curriculum stresses good character, strong work ethic, proper etiquette, and social and cultural awareness.
“HealthCorps’ philosophy fits in perfectly with what we’re doing at ASTEC. Now we hear students talking about proteins and fats and eating and movement, and they’re concerned. They’re reading labels. I think they really feel that they are in charge of what they put into their bodies. HealthCorps has empowered them to take charge and believe that they are responsible and have the choice for their future.”

- Dr Freda Deskin
  Founder, ASTEC

“We partnered with HealthCorps to give Oklahoma teens the foundation for a vibrant and prosperous future,” said Kristin Miskovsky, Vice President of Public Relations for Continental Resources. “ASTEC students are already shining examples of hard work and achievement. Now, with all that these students will learn and experience through HealthCorps, they have the opportunity to transform not only their school, but also their community, state, and nation.”
Communications

Internal and external communications are vital to the success of HealthCorps, and at the heart of our efforts — at the heart of all our stories — are our Coordinators.

From the Corps Connection, a Coordinator specific online publication where best practices, announcements and opportunities are shared, to media articles that highlight HealthCorps events, teachings, and successes, it’s our Coordinators and their in-school activities that drive our news.

In 2013 our Coordinators helped grow our presence on social media and allowed us to highlight the impact of our program in the mainstream press.
Media

HealthCorps helps high schoolers learn healthy lifestyle tips

The students are part of the weekly Downtown Youth Center cooking class, where about 20 students from local high schools learn to make meals that, for the most part, are not part of their everyday diet. "They love to put all the ingredients in a blender and make a smoothie," says Project Manager Rachel Jones. "The students love it, and we love it, and we love what we're teaching them."
For Fiscal Year Ending June 30

### Support and Revenue

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<td><strong>$6,657,116</strong></td>
<td><strong>$5,848,405</strong></td>
</tr>
</tbody>
</table>

### Change in net assets

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012 (Restated)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Change in net assets</td>
<td>$718,021</td>
<td>$413,510</td>
</tr>
</tbody>
</table>

### Net Assets, Beginning of Year Prior to Restatements

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012 (Restated)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Net Assets, Beginning of Year</td>
<td>$2,036,196</td>
<td>$3,054,519</td>
</tr>
</tbody>
</table>

### Restatements

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012 (Restated)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restatements</td>
<td>($10,212)</td>
<td>($2,250,000)</td>
</tr>
</tbody>
</table>

### Net assets, beginning of year – as restated

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012 (Restated)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Net assets, beginning of year</td>
<td>$2,025,984</td>
<td>$804,519</td>
</tr>
</tbody>
</table>

### Net assets – end of year

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012 (Restated)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Net assets – end of year</td>
<td>$2,744,005</td>
<td>$1,218,029</td>
</tr>
<tr>
<td>Assets</td>
<td>2013</td>
<td>2012</td>
</tr>
<tr>
<td>------------------------------------</td>
<td>--------------</td>
<td>-------</td>
</tr>
<tr>
<td>Cash and Cash Equivalents</td>
<td>$1,279,395</td>
<td>$880,225</td>
</tr>
<tr>
<td>Grants, Contracts and Contributions Receivable, net</td>
<td>$2,828,794</td>
<td>$2,013,633</td>
</tr>
<tr>
<td>Prepaid Expenses</td>
<td>$45,360</td>
<td>$74,594</td>
</tr>
<tr>
<td>Property and Equipment, net</td>
<td>$76,303</td>
<td>$95,583</td>
</tr>
<tr>
<td>Security Deposits and Other Assets</td>
<td>$30,421</td>
<td>$26,727</td>
</tr>
<tr>
<td><strong>Total assets</strong></td>
<td><strong>$4,260,273</strong></td>
<td><strong>$3,090,762</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Liabilities and Net Assets</th>
<th>2013</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Liabilities</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accounts payable and accrued expenses</td>
<td>$250,499</td>
<td>$113,801</td>
</tr>
<tr>
<td>Grant payable</td>
<td>-</td>
<td>$82,452</td>
</tr>
<tr>
<td>Deferred rent obligation</td>
<td>$10,824</td>
<td>$8,760</td>
</tr>
<tr>
<td>Capital lease obligation</td>
<td>$36,916</td>
<td>$55,246</td>
</tr>
<tr>
<td><strong>Total liabilities</strong></td>
<td><strong>$298,239</strong></td>
<td><strong>$260,259</strong></td>
</tr>
<tr>
<td><strong>Net Assets</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unrestricted</td>
<td>$2,744,005</td>
<td>$2,025,984</td>
</tr>
<tr>
<td>Temporarily restricted</td>
<td>$1,218,029</td>
<td>$804,519</td>
</tr>
<tr>
<td><strong>Total net assets</strong></td>
<td><strong>$3,962,034</strong></td>
<td><strong>$2,830,503</strong></td>
</tr>
<tr>
<td><strong>Total liabilities and net assets</strong></td>
<td><strong>$4,260,273</strong></td>
<td><strong>$3,090,762</strong></td>
</tr>
</tbody>
</table>
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