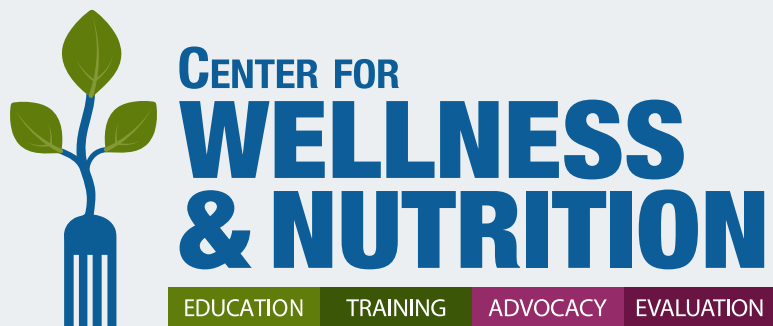
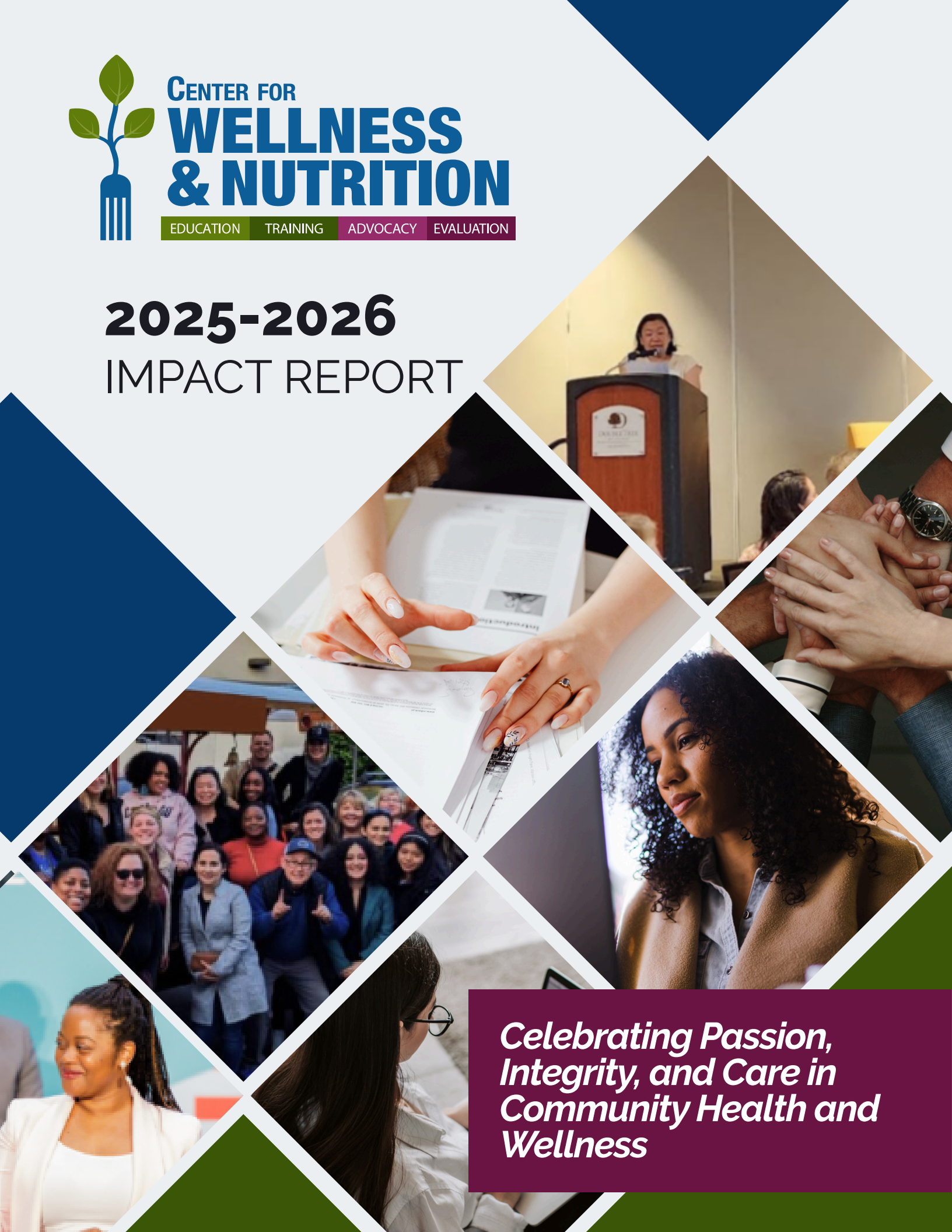




2025-2026 IMPACT REPORT



*Celebrating Passion,
Integrity, and Care in
Community Health and
Wellness*

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LETTER FROM THE EXECUTIVE DIRECTOR

Dear Partners and Friends,

For over a decade, the Public Health Institute's Center for Wellness and Nutrition (PHI CWN) has had the privilege of collaborating with remarkable partners to address some of today's most pressing public health challenges. Together, we've strengthened nutrition education, advanced Food Is Medicine programs, supported youth behavioral health, conducted research and evaluation, built organizational capacity, and helped communities create sustainable solutions that improve health and well-being.

In 2025, our U.S. Department of State grant to conduct lead health work in India was canceled as the department was dismantled by the new administration. Later that year, H.R. 1 (aka, One Big Beautiful Bill) eliminated federal funding for SNAP-Ed effective September 30, 2025. While SNAP-Ed work in many states ceased immediately, others will shut down for good in September 2026. This has had a significant effect on PHI CWN.

For PHI CWN, this past year was unprecedented, and our 2025-2026 Impact Report is like no other report we have presented in the past; particularly because it comes to you at a critical point in public health when the integrity of science, data, communications, and meeting people's basic health needs are being challenged by the very federal agencies and branches of government that have partnered with us in the past.

In the face of these challenges, the PHI CWN team did what we do best: continued moving our work forward while engaging clients, communities, and partners to meet their needs and advocate for the resources needed to advance health and wellness.



This report celebrates that work and, more importantly, the people and partnerships behind it. Every story reflects the dedication of our staff, funders, collaborators, community leaders, and countless individuals whose **passion, integrity, and care** made this work possible across nutrition, global health, mental and behavioral health, and advocacy.

The impact and legacy of this work will help shape our next phase as we pause and rebuild with new energy. The knowledge we've gained, relationships we've built, and resources we've created will continue to inform opportunities to transform community health and wellness.

Although the Center is entering a period of strategic pause, we're committed to ensuring this work continues to benefit communities. We invite you to explore the resources in this Impact Report and on our website, where we will continue to share tools, resources, and publications.

On behalf of everyone at PHI CWN, thank you for being part of this extraordinary journey. We are grateful for your trust and partnership and optimistic about what the future may hold.

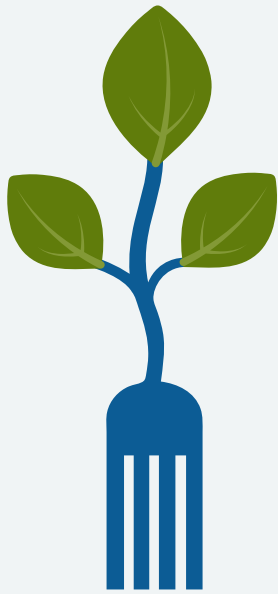
With Gratitude,

Erika Takada

Executive Director, PHI CWN

WHO WE ARE

Advancing Health Equity Through Partnership, Innovation, and Evidence



CENTER FOR WELLNESS & NUTRITION

EDUCATION

TRAINING

ADVOCACY

EVALUATION

→ About Us

The Public Health Institute's Center for Wellness and Nutrition (PHI CWN) advances health equity by designing and implementing impactful programs, partnerships, and campaigns that promote wellness in communities most affected by health disparities.

Working across local, state, national, and global levels, we collaborate with diverse partners to expand access to health. Through education, training and technical assistance, advocacy, and research and evaluation, we translate evidence into action—helping make health accessible for all.

→ Mission

- **Our Mission:** To build capacity and leadership in communities and institutions to make optimal health accessible for all.
- **Our Vision:** A healthy nation where wellness is achievable for all individuals and communities.

OUR PILLARS OF SERVICE

Education

We develop evidence-based education, communications, and outreach strategies that empower individuals and communities to make informed decisions and improve health outcomes through accessible, culturally responsive resources.

Training & Technical Assistance

We strengthen organizations through customized training, coaching, facilitation, and technical assistance that build capacity, improve implementation, and support long-term success.

Advocacy

We partner with communities and organizations to advance policies, systems, and environmental approaches that promote health equity and create healthier, more resilient communities.

Research and Evaluation

We design and evaluate programs, conduct applied research, and translate data into actionable insights that improve decision-making, demonstrate impact, and strengthen public health initiatives.

Everything we do is guided by four interconnected areas of expertise. Together, these pillars enable PHI CWN to help organizations strengthen systems, improve health outcomes, and create lasting, equitable change.

Global Reach

PHI CWN works across the United States and globally to advance health equity through community-driven programs, research, and partnerships. Our work spans diverse regions, supporting local solutions that improve access to nutrition, wellness, and care.



Our Global Footprint

9

Countries
Worldwide

25+

States Across the
United States

3

Territories & Tribal
Nations

*From local communities to global partnerships, our work is driven by one goal:
making optimal health accessible for all.*

2025 BY THE NUMBERS

In 2025, PHI CWN strengthened partnerships, expanded access to services and information, and supported communities through training, communications, evaluation, and technical assistance.

PARTNERSHIPS & CAPACITY

PHI CWN worked alongside community-based organizations, state agencies, and other partners to strengthen nutrition, wellness, and health initiatives. Through training, technical assistance, coordination, and collaborative projects, we helped partners build capacity and advance community-driven solutions.

**75**

Organizations Partnered With

**1,075**

Training & Convening Attendees

Across 11 trainings, webinars, and convenings

COMMUNITY REACH & ENGAGEMENT

Across programs and initiatives, PHI CWN connected directly with individuals and communities while supporting broader efforts to expand access to health, nutrition, and wellness resources.

**6,035**

Individuals Reached Directly

**30,195**

Marketing & Communications Reach

CONNECTING COMMUNITIES TO INFORMATION

PHI CWN's communications work helped share resources, amplify program impact, and connect partners and communities with timely information. Our newsletters, campaigns, and presentations extended the reach of our work and shared expertise beyond individual programs.

**5,291**

Newsletter Subscribers

**6**

Conference Presentations

Sharing PHI CWN research and expertise

SNAP-Ed:

The End of an Era, A Legacy to Carry Forward

For more than 30 years, SNAP-Ed has been a cornerstone of nutrition education, food security, and obesity prevention—supporting individuals, families, and communities in making healthier choices and improving long-term health outcomes.

Through partnerships with state agencies in California, Georgia, Indiana, Colorado, South Carolina, and North Carolina, PHI CWN strengthened SNAP-Ed implementation through evaluation, training, and technical assistance. This work supported and connected community-based efforts to expand access to fresh, local foods, improve early childhood environments, strengthen statewide coordination, and advance Tribal partnerships and community-led solutions.

Together, these efforts expanded access to healthy foods, improved nutrition behaviors, and strengthened the systems that support long-term health. SNAP-Ed has demonstrated measurable impact, with up to **\$9.54 in healthcare savings for every \$1 invested**.



→ Key Outcomes

Collectively, these efforts drove meaningful impact—expanding access to healthy food through community-based initiatives, strengthening partnerships across agencies, schools, and organizations, and improving nutrition behaviors among children, families, and older adults.

This work also advanced policy and systems changes that support long-term health outcomes, helping to build stronger, more connected communities with the foundation to sustain impact over time.

→ Why It Matters

Despite demonstrated need and use of SNAP-Ed services, H.R. 1 (the One Big Beautiful Bill) eliminated SNAP-Ed funding effective September 30, 2025. This sudden end to a widely supported federal program that reached millions and demonstrated measurable impact will reduce access to nutritious food in low-income communities nationwide, with broader implications for population health.

PHI CWN remains committed to building on this legacy.

As we reflect on this journey, it's clear the impact extends far beyond program metrics. Through partnerships with agencies and communities, this work built a lasting foundation for equitable, community-driven solutions.



PHI CWN'S ROLE IN SNAP-ED

COMMUNITY IMPACT

For more than 30 years, SNAP-Ed has supported communities across all 50 states—expanding access to nutrition education, healthy foods, and prevention-focused resources. SNAP-Ed was the glue that connected families to impactful programs to improve nutrition behaviors, increase food access, and strengthen community-driven solutions. PHI CWN partnered with 13 state agencies and local organizations to strengthen implementation and systems change through evaluation, coordination, and technical assistance.

PHI CWN SNAP-ED PROJECTS

- **Building Healthy Habits** – Improved early childhood environments and developed a [comprehensive toolkit](#).
- **Farmers Market Initiative** – Expanded access to fresh, local produce through community-based markets.
- **Marketing & Communications** – Supported unified CalFresh branding and cohesive materials delivering clear, culturally relevant, health-focused messages to improve visibility and access.
- **State Nutrition Action Councils (SNACs)** – Established and strengthened partnerships across agencies, organizations, and national toolkit development.
- **Tribal Expansion** – Elevated Indigenous leadership, food sovereignty, and community-driven solutions.
- **Statewide Evaluation** – Standardized data collection and evaluation across agencies, while conducting research including the California Family Health Study and Health Equity Assessments.

- **Retail & Restaurants** – Expanded access to nutritious foods and health information in local stores and restaurants.
- **Other Projects** – Updated nutrition curricula, supported community gardens, led cooking classes, and developed culturally relevant recipes.

THE IMPACT

A legacy of impact across communities nationwide:

→ 13 STATES

PHI CWN's Nationwide Reach
Across Communities

→ \$9.54

Healthcare Savings for Every
\$1 Invested

→ MILLIONS

Individuals Reached Through
Community Programs

SNAP-ED HIGHLIGHTS:

COMMUNITY HEALTH AND ACTIVE LIVING



In partnership with San Joaquin County CalFresh Healthy Living, the City of Stockton Parks & Recreation Department, and Dignity Health, PHI CWN launched a Park Prescription (ParkRx) program in Oak Park. The Community Walking Program engaged more than 100 residents, promoting physical activity, connection, and use of local green spaces.

Across **42 walks**, participants logged more than 5.2 million steps—equivalent to **2,085 miles**. Paired with health education and community activities, the program supported healthier behaviors and strengthened connections between healthcare and community environments.

PARKRX

Participants Activated

100+

Steps Taken

5.2M



PHI CWN partnered with the CalFresh Restaurant Meals Program to better align implementation with CalFresh Healthy Living principles, integrating nutrition education directly into food assistance settings. Updated restaurant signage encourages participants to scan a QR code for healthy eating tips, bringing accessible, real-time guidance into everyday food choices—even in fast-food and restaurant environments.

By embedding nutrition education at the point of purchase, this approach expands access to practical, actionable information and supports healthier decision-making in settings where options are often limited.

RESTAURANT MEALS PROGRAM

Resources Available Online:
Updated Signage & Healthy Eating Tips

SNAP-ED HIGHLIGHTS:

COMMUNITY HEALTH AND ACTIVE LIVING



BUILDING HEALTHY HABITS INITIATIVE

The Building Healthy Habits Initiative (BHII) promotes healthy behaviors among California preschoolers through policy, systems, and environmental changes in early care and education settings. In FFY 2025, PHI CWN used feedback from more than 100 evaluation forms across five sites to strengthen and update the [CalFresh Healthy Living Early Care and Education Toolkit](#).

Updates included refreshed nutrition and physical activity resources, professionally designed activity cards, and practical implementation guidance tailored to real-world childcare environments. PHI CWN also provided training and ongoing technical assistance to support adoption and maximize impact across local and state partners.

Children (0–5) & Families Reached

→ 2,260



HAND, HEART, AND SOUL PROJECT

PHI CWN partnered with the Hand, Heart, and Soul Project (HHSP) to strengthen its marketing, communications, and design capacity as a Georgia SNAP-Ed implementing agency. Through collaborative planning, PHI CWN developed a cohesive suite of branded, community-facing materials that improved clarity, consistency, and visibility across HHSP's nutrition education efforts.

Deliverables included one-pagers, brochures, and tailored resources for parents, educators, community members, and policymakers. PHI CWN also supported a strategic social marketing campaign to expand reach and deepen community engagement—strengthening HHSP's role as a trusted source of nutrition and wellness information across Georgia.

Resources Developed

→ 44

SNAP-ED HIGHLIGHTS:

COMMUNITY HEALTH AND ACTIVE LIVING



The Tribal Expansion Project strengthened collaboration between CalFresh Healthy Living and Tribal communities by advancing culturally grounded, community-driven approaches to nutrition and wellness. Through partnerships with Tribal organizations and a 15-member Tribal Ambassador Committee, the initiative centered Indigenous leadership in program design, outreach, and evaluation.

This work supported improved nutrition knowledge, strengthened cultural identity, and expanded access to culturally relevant resources. Co-developed materials, including a series of **culturally adapted recipes**, highlight traditional foods and practices while supporting community learning and food sovereignty.

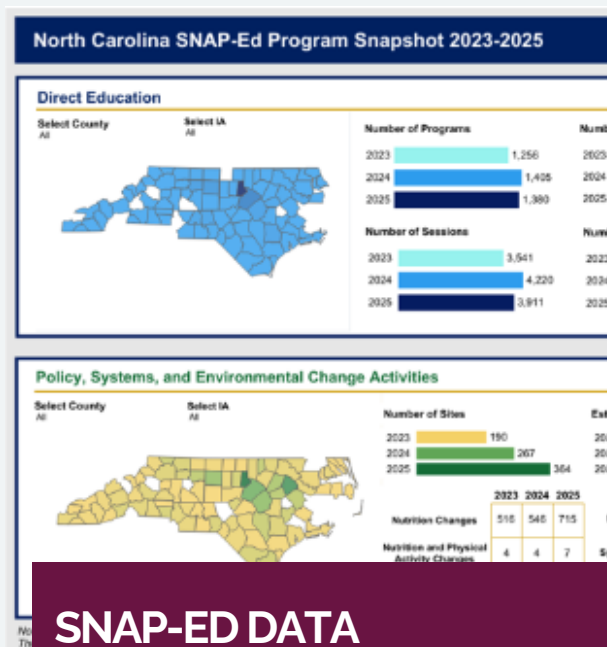
TRIBAL EXPANSION PROJECT

Tribal Organizations Engaged

27

Indigenous Recipes Shared

16



Using the wealth of SNAP-Ed evaluation data that PHI CWN managed, analyzed, and reported on over several years across multiple states, the Research and Evaluation team developed publicly accessible data dashboards for California and North Carolina.

These dashboards are interactive and visually display outcome data on Direct Education and Policy, Systems, and Environmental (PSE) Change efforts over time as maps and charts. Please see the links below to try this tool for yourself.

SNAP-ED DATA DASHBOARDS

Resources Available Online:
[North Carolina Dashboard](#) | [California Dashboard](#)

FOOD IS MEDICINE: HEALTHY FOOD RX

PROJECT OVERVIEW

Healthy Food Rx is a 'Food is Medicine' intervention designed to improve health outcomes by increasing access to nutritious foods for individuals managing chronic conditions.

As a follow-up to our **12-month study** with Community Medical Centers, PHI CWN conducted a Randomized Controlled Trial to evaluate the program's impact. Participants experienced improvements in A1c, water intake, and fruit consumption, with the intervention group showing greater gains in vegetable intake and self-reported physical and mental health.

Food insecurity remained high across the study population. While the intervention group experienced modest improvements, the control group's food insecurity worsened over time. Participant feedback also indicated increased confidence in diabetes self-management. Overall, findings suggest that low-touch Food Is Medicine programs can improve access to healthy foods and support positive diabetes-related outcomes, with strong potential for long-term chronic disease impact.

WHY IT MATTERS

Food insecurity and chronic disease are deeply connected. This study demonstrates that integrating nutrition into healthcare can improve health behaviors, strengthen self-management, and expand access to healthy foods, highlighting the potential of Food Is Medicine approaches to advance health equity and long-term outcomes.

THE IMPACT

Statistically significant changes in health and diet:



Decrease in Food Insecurity



x2

Double Vegetable Intake



Stronger Diabetes Self-Management (i.e., glucose monitoring, medication adherence)

FOOD IS MEDICINE: IMPACT & INSIGHTS



Over 15 months, the [LA County Grocery Voucher Program](#), supported by PHI CWN, reached more than **76,000** individuals by distributing **\$15.4 million** in grocery benefits to improve food access and household stability. The program contributed to a measurable decline in food insecurity, with fewer participants reporting barriers such as cost, limited access to healthy foods, and transportation challenges.

This work also highlighted the importance of leveraging community-based organization networks, integrating wraparound services, and expanding local food access to strengthen long-term community resilience.

LA COUNTY GROCERY VOUCHER PROGRAM

Participants Enrolled

19,596

Individuals Reached

76,000+



Following the completion of the Healthy Food Rx studies and LA County Grocery Voucher Program in 2025, PHI CWN partnered with [Roots of Change](#), a program of the Public Health Institute, to develop a [white paper](#) outlining strategies to strengthen community-based organizations, integrate local food into healthcare, and diversify food access to improve nutrition security.

Drawing on program insights, the paper includes model policy language and recommendations for policymakers, community leaders, and advocates. Reviewed by public health and Food Is Medicine experts, it provides practical guidance for strengthening food systems and community health.

FOOD IS MEDICINE AND NUTRITION SECURITY WHITE PAPER

Food Benefits Distributed

\$22M

Residents Reached

95,291



CYBHI CALI CAMPAIGNS

PROJECT OVERVIEW

The Children and Youth Behavioral Health Initiative – Community Alliances for Local Impact (**CYBHI CALI**) Campaigns are youth-led, community-based efforts across California designed to reduce stigma, strengthen behavioral health literacy, and connect youth and families to care.

Funded by the California Department of Public Health, Office of Health Equity, this statewide initiative supports 28 community-based and Tribal organizations to design and lead place-based campaigns grounded in community voice and lived experience representing five priority populations: African Americans/Black, Native Americans, Asians and Pacific Islanders, Latinos, and LGBTQ+ communities.

PHI CWN provides training, technical assistance, and peer learning opportunities—such as Testing, Sharing, and Learning Labs—to help grantees strengthen engagement, share strategies, and build lasting impact. As the initiative evolves, youth leaders are expanding their reach through creative media, community engagement, and cross-sector partnerships, while PHI CWN and its partners implement a robust research and evaluation strategy to inform future impact. Read the [Full CYBHI CALI Impact Report](#).

WHY IT MATTERS

Youth mental health challenges are rising, while stigma and limited access prevent many from seeking support. CYBHI campaigns center youth voice to reduce barriers, increase awareness, and expand pathways to care across California.

THE IMPACT

At its conclusion, CYBHI CALI campaigns reached communities at scale:



3M+

Community Members Reached



2,500+

Events & Activations Hosted



4M+

Social Media Views
285K+ Shares | 50K+ Engagements



UNIDAD ÑUU SAVI: SOLIDARITY BEYOND BORDERS

PROJECT OVERVIEW

Unidad Ñuu Savi: Solidarity Beyond Borders advanced community-driven solutions to improve health and resilience in Mixtec and Zapotec communities in California and Oaxaca. Through virtual convenings, formative research, and co-designed learning exchanges, the project fostered collaboration and knowledge sharing across borders.

Grounded in community voice and lived experience, the initiative identified shared challenges—food security, healthcare access, and women's agency—and supported the development of culturally relevant, community-led solutions. These included community doula training, bi-national mentorship programs, food security initiatives, and integrated health savings models.

This cross-border approach highlights the power of culturally grounded, co-designed solutions to address systemic health challenges.

WHY IT MATTERS

By centering Indigenous knowledge and lived experience, this work demonstrates the power of community-led approaches to address systemic health challenges. The project offers a replicable model for cross-border collaboration—highlighting how culturally grounded solutions can strengthen resilience, improve health outcomes, and advance equity across communities. Learn more about the project through the [Story Map](#) and [video](#).

THE IMPACT

Cross-border collaboration grounded in community voice and lived experience:

→ 160

Mixtec & Zapotec Community
Members Engaged

→ 3

Cross-Border Challenges
Identified



*"[I loved] seeing Oaxaca in
Oxnard, the familiar faces, and
hearing Indigenous languages.
Identity is apparent." - Project
Coordinator, Puente-SiKanda*



SCALING EARLY DETECTION IN RWANDA

PROJECT OVERVIEW

Malnutrition remains a critical global health challenge, placing millions of children at risk of severe outcomes when undernutrition is not identified early. In Rwanda, PHI CWN, in partnership with the Society for Family Health (SFH), is addressing this challenge by integrating low-cost Mid-Upper Arm Circumference z-score (MUACz) screening into household-level healthcare delivery. This approach adapts evidence-based nutrition screening tools to local contexts, enabling earlier identification of at-risk children and improving timely access to care.

PHI CWN supports this work through program design, implementation, and capacity building. Community Health Workers are trained to use MUACz screening during routine home visits, strengthening referral systems and creating a sustainable, community-based model for early detection and intervention. As the program continues to evolve, PHI CWN and its partners are working to expand this model nationwide—scaling from **8 to 120** health posts and reaching more than **300 health agents** to increase early detection and improve child health outcomes.

WHY IT MATTERS

This model demonstrates how low-cost, community-based interventions can scale nationally. Early detection is critical to preventing severe malnutrition, yet many children are not identified until conditions become life-threatening. By bringing low-cost screening directly to households, this initiative enables earlier intervention, improves child health outcomes, and demonstrates the power of scalable, community-based solutions.

THE IMPACT

This initiative is expanding early nutrition screening and community-based capacity across Rwanda:

→ 120

Health Posts Targeted Nationwide

→ 300+

Community Health Workers Targeted

→ 50

Health Workers Trained to Date

CONTINENTAL EXPANSION: RESEARCH & INSIGHTS



As part of the Changemaker project, PHI CWN developed and implemented a nutrition screening program to prevent adolescent obesity and related chronic diseases. Twenty-five researchers were trained to use the Mid-Upper Arm Circumference z-score (MUACz) method, strengthening local capacity for accurate assessment, referral, and monitoring.

Across three rapidly urbanizing cities in Burkina Faso, Kenya, and Tanzania, the program expanded through a train-the-trainer model—reaching more than 2,000 adolescents and equipping over **40 additional health workers** with screening skills. This approach supports scalable, community-based solutions to improve adolescent nutrition and long-term health outcomes.

THE CHANGEMAKER PROJECT

Adolescents Screened

2,000+

Researchers Trained

25



GLOBAL NUTRITION AT ICN 2025

Dominic Bassah presented PHI CWN research on community-based nutrition screening.



ADOLESCENT NUTRITION

Community health partners discuss adolescent nutrition screening and services in Kitui County.

ADVOCACY IN ACTION: SYSTEMS AND STRATEGY



The Future of Nutrition Education

PHI CWN advocated for SNAP-Ed alongside and on behalf of state agencies, SNAP-Ed implementers, and partner organizations. This included two visits to Capitol Hill in Washington, D.C., to meet with members of Congress; organizing with partners to make calls and write letters; and publishing organizational statements in support of SNAP-Ed. Ultimately, SNAP-Ed funding was eliminated with the passage of H.R. 1, but advocacy for the future of nutrition education continues, and our network of allies continues to grow and inspire us.



Youth Mental Health Day at the Capitol

Building on three years of work through the Children and Youth Behavioral Health Initiative (CYBHI) CALI Campaigns, PHI CWN organized Youth Mental Health Day at the Capitol. Youth leaders representing 10 CALI Campaigns grantee organizations conducted more than 20 visits with California legislators, highlighting the importance of youth mental health resources to reduce stigma, increase behavioral health literacy, and expand access to appropriate services. Through these conversations, youth were empowered to advocate for their peers and communities.

ADVANCING POLICY & ADVOCACY

Policy is one of the most powerful ways to change systems, environments, and behaviors. As we've seen in recent times, the social sector is fragile, and its ability to support communities depends on strong allies and effective policies. PHI CWN remains committed to being a voice for—and supporting the voices of—the communities we serve. This year, we will debut a policy toolkit on our website to advance community-informed advocacy and strengthen our collective impact.

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