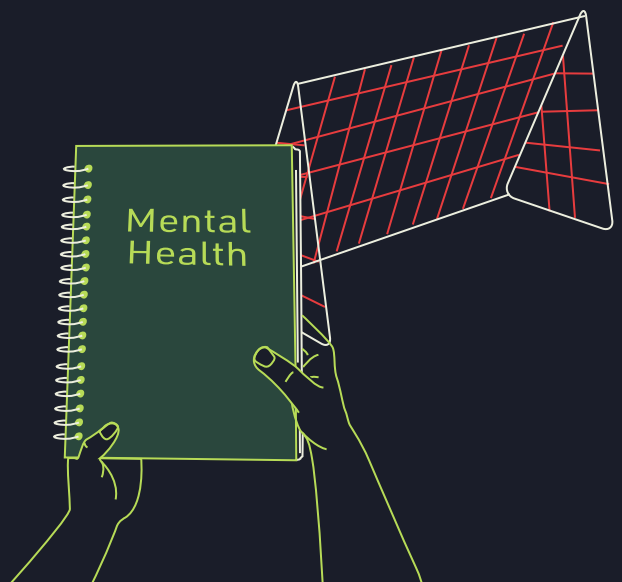


GRASSROOTS HEALTH

College Athletes Coaching Students
to a Healthier Future



Annual Report
2022



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MISSION

Grassroots Health is on a mission to advance health equity in cities by:

- » *Using sports to re-imagine health education in middle schools*
- » *Mobilizing NCAA athletes as health educators and role models for youth*

We envision a world where schools everywhere have the support they need to prioritize health and physical education as core subjects for students.

Flip through the pages to see how we worked towards our mission.

DEAR SUPPORTERS,

2022 ushered in a new era for us: The Grassroot Project is now Grassroots Health! Our growing team is working to position our organization to have a larger impact on national school-based health. While we started in 2009 as a rag-tag group of college athletes committed to sparking dialogues about the growing HIV epidemic in DC, our passion for our cause has led us to respond to a growing demand for re-imagining the culture of health in schools.

We began this growth with a desire to increase the quality of our work for every individual: we added programming focused on mental health and nutrition, created space for parents and caregivers through our Grassroots Fam workshops, and developed a linkage-to-care model to connect our students directly to neighborhood-based healthcare and social service providers at our Grassroots Connect events. Simultaneously, we invested in the young people who lead our work: NCAA collegiate athletes who commit to getting off their campus, learning, and supporting community-based social change. Through our more than 1,500 athlete alumni, we built the next generation of leaders at a time when our country needs it most.

Our new identity reflects the evolution of our organization and it boldly states our two core priorities for the future: 1) Focusing on grassroots, community-based change, 2) Centering our focus on advancing health equity. The colors in our new Grassroots Health arrow represent the three core thematic areas of our work: **mental health**, **sexual health**, and **nutritional health** and symbolizes our commitment to progress and growth.

We have talked about growth for a long time, and now we are living it. 2022 marked the beginning of the next generation, new horizons, and taking risks to build something bigger than we previously imagined. Thank you for your continued generosity and support in this pivotal time.

With sincere gratitude,
The Grassroots Health Team



OUR PLAYBOOK

See how Grassroots Health works with students, their families, and the community

1. ATHLETES

Recruit NCAA D1 college athletes

Athletes spend 16+ hours in comprehensive training to learn:

- Program facilitation
- Health equity
- Community & cultural competency
- Leadership development

#1



ATHLETE2COACH
TRAINING

2. STUDENTS

Trained Athletes Lead MS Students Through 30 Total Sessions of Kinesthetic Learning

By using sports and games, our programs:

- Engage students
- Make health topics easier to understand
- Make discussions less awkward & stigmatizing

#2



NUTRITIONAL HEALTH

MENTAL HEALTH

SEXUAL HEALTH

3. COMMUNITY

Partner with the Community

To achieve health equity, it takes a village. Inspired by the Whole School, Whole Community, Whole Child (WSCC) Model, we provide ongoing, multi-access support outside of our school-programs through Grassroots Fam and Grassroots Connect.

#3



GRASSROOTS FAM

We engage families in two-session health literacy & communication workshops at each school to increase parent-to-child communication.



GRASSROOTS CONNECT

Twice per year, we host a Grassroots-style community health fair. We celebrate our students and foster connections between youth & community-based clinical and social service providers.



CURRICULA OVERVIEW: Scope & Sequence

The scope of health topics that we cover (in order of each consecutive session) can be found below. Each topic has been gamified to support our kinesthetic, sports-based model of teaching health education.

3-year progression

HEALTH TOPICS	GAMES
1 Intro to Nutrition & Physical Health	The Winds Blow for Those
2 Intro to Major Nutrient Groups	Capture the Flag
3 Balanced Diet & Major Nutrient Groups	Relay Race
4 Vitamins & Minerals	Floor is Lava: team-building race
5 Sugar, Fat & Salt	Throwing, defending, & reflexes
6 Healthy Breakfast	Soccer
7 Navigating Corner Stores	Life-Size "Hungry, Hungry Hippos"
8 Puberty, Influences & Advertising	Sharks & Minnows
9 Understanding Barriers & Challenges	Dodgeball
1 Making Your Own Choices	4-Corners: running
2 Risks & Resilience	Cat & Mouse: extreme tag
3 Hormones & Juggling Decisions Around Sex	4-Way Dodgeball: teamwork game
4 Sex Education Basics	Relay Race
5 HIV Basics	Throwing/defending & tight-rope balancing
6 Transmission of STIs/HIV	Handshake activity
7 Unplanned Pregnancy Prevention	Prevention Soccer
8 Influences & Peer Pressure	Tug-of-War
9 Consent & Communication	Three-Legged Race
1 Mental Health Stigma	Trust Fall & Flag Football
2 Stress Identification (acute vs. chronic)	Stress Football Ex: →
3 Coping Mechanisms	Capture the Flag
4 Emotional Regulation	Spike-Ball & Parachutes
5 Gender & Sexuality	Relay Race
6 Interpersonal Skills & Healthy Relationships	Volleyball & Balance Board
7 Assertive Communication & Boundary Setting	½ Court Basketball
8 Problem Solving & Conflict Resolution	Skill-Building Circuit: various sports
9 Mindfulness & Goal Setting	Yoga, meditation, & journaling

Stress Football is a multi-round game that involves throwing, catching, & running routes, & is also a great way to learn about different types of stressors.

Rd 1: Students practice throwing/catching
Rd 2: Add defender into end zone to make drill more difficult (signifies **acute stressors**)
Rd 3: Take away obvious stressor (defender) & add a resistance band holding the runner back (signifies **chronic stressors**)
Rd 4: Create the impact of **compound stress** with both the resistance band & multiple defenders

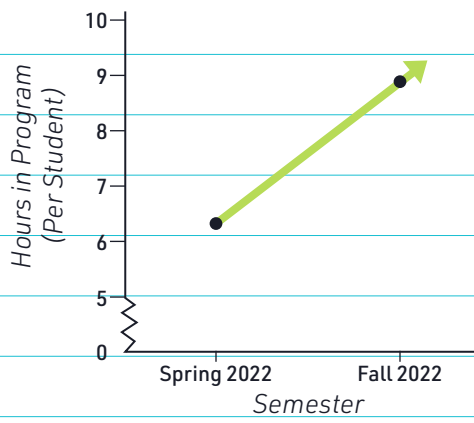
LESSON PLAN: How Grassroots Health Measures Success



KEY PERFORMANCE INDICATORS

Grassroots Health sets goals to quantify our impact with youth. Some output measures include the # of students receiving programming, the # of hours in programs, and the # of volunteers. These help us gauge sustainable growth. An increase in the number of students in programs should proportionally increase our volunteer base and the hours spent in programs.

93 athlete volunteers	→ SPRING 2022
x 410 students	
x 2.6k hours in programs	
	6.34 HOURS per student
233 athlete volunteers	→ FALL 2022
x 669 students	
x 6k hours in programs	
	8.97 HOURS per student



UNDERSTANDING THE IMPACT OF OUR PROGRAMS

Grassroots Health utilizes retrospective analysis and synthesis studies of DC middle school student participant pre-program and post-program survey data, which helps us evaluate health competencies.

Amount of Competencies that Showed SIGNIFICANT Improvement

4/6

NUTRITION/PHYSICAL

4/4

SEXUAL

4/4

MENTAL

[Results Per Overarching Health Topic]

In the 2021-2022 academic year, we evaluated health competencies via one-sided upper tailed paired t-tests (alpha = 0.05) to assess changes after the completion of 9+ health education sessions.

We also ran sub-analyses of the data by race & gender to help adapt the curriculum to better teach sensitive information to all students.



QUALITATIVE ANALYSIS

Alongside quantitative data, Grassroots Health also collects and analyzes qualitative data to understand our impact through more specific and personal discussions/experiences.

“ I love that these [Grassroots Health coaches] are teaching us some things that my parents aren't, it's different and I love it. ”

- 7th Grader in Sexual Health Program

We gather this information through:

- Survey questions for students, teachers, and student-athlete facilitators
- Focus groups for students, parents, & teachers
- Anecdotal information from program coordinators and volunteers who see programs every day

2009 - 2013

MOBILIZING AN IDEA

Athletes came together, first at Georgetown University, and then from GW and Howard University, to address a pressing health need.

In 2009, 1/20 people in DC were living with HIV and kids in schools were not learning about it: Grassroots Health was born. Student-athletes used their platform to teach sexual health education to students across DC in a fun and innovative way through our home-grown 10 session curriculum.

These initial programs built the foundation for our community-centered approach to creating health education curricula that matters most to the DC community.



THE GRASSROOT PROJECT

Impact evaluation proves that Grassroots Health's theory of change works: kids are learning from our approach.

2014 - 2017

MOMENTUM & IMPACT BUILDING

Over one thousand student-athletes are trained health educators and impact-based service becomes a core component of our model: student-athletes are learning more about health equity, about the community, and how to serve long term in communities, setting the stage for Grassroots Health's holistic growth.

GRASSROOTS HEALTH

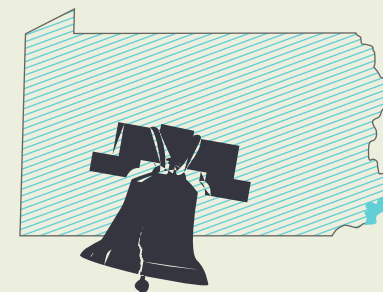


THE NEW 2023

FRONTIER

The vision of Grassroots Health is to continue our expansion nationwide in order to ensure schools everywhere have the support they need to prioritize health and physical education as core subjects for students.

The first stop for Grassroots Health's expansion plan is Philadelphia. We can't wait to share our journey with you!



2018 - 2022

SUSTAINABILITY

Grassroots Health is no longer reaching students for one 10-week program; we are institutionalized in schools. In listening to students, parents, and teachers, Grassroots Health adapted to provide health education programming for 6th, 7th, and 8th graders as well as their parents/caregivers.

Grassroots Health underwent a community-based approach to curriculum design to create a nutrition/physical activity curriculum, a mental health promotion curriculum, and a revamped sexual health curriculum, all focused on positive youth development and using movement, sports, and games, to address challenging health topics.



OUR COMMUNITY

Hear from community members involved with
Grassroots Health

JANE REFFELT [AU STUDENT-ATHLETE COACH]

"Grassroots Health has been one of the greatest parts of my college experience here in DC. Every time I walked into a program, a training, or the office I felt re-inspired to pursue my goals and try to make a difference. I am so thankful to have found a second family with Grassroots Health and know they will be a part of my life forever."



NIAH WOODS [HU STUDENT-ATHLETE COACH]

"Grassroots Health has had a significant impact on my passion for health equity and advocacy for minority youth. I wish that I had a program like Grassroots growing up, and I'm grateful to be a part of it. Over the past four years I've been able to work in a community that I love with the people that I love doing work that I love. I never let a day go by where I don't talk about my gratitude for Grassroots, the students I've learned from and the connections that I've made."



JERMAR ROUNTREE [PE TEACHER @ BRIGHTWOOD CENTER CITY PCS]

"Working with Grassroots health allows my students to be active while learning these important health topics. Giving students the opportunity to be active is not only paramount for their physical health but their social and emotional well being. When students move and learn, the possibility for their growth is endless."



PRINCE MOODY [TEMPLE ASSOCIATE ATHLETIC DIRECTOR / DEI DEVELOPMENT]

"It's been an amazing experience partnering with Grassroots Health! My favorite part of this experience has been connecting with the staff. The staff's energy & passion for working with student-athletes is unmatched. They have been able to form meaningful connections with our Temple student-athletes, but more importantly have helped them realize their platforms to help galvanize change in their North Philadelphia community! Grassroots Health is doing powerful work."



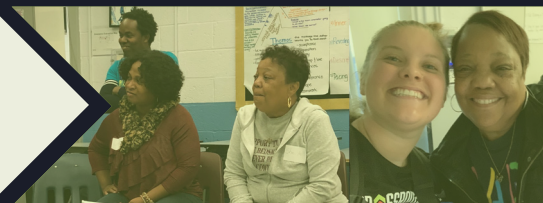
TANYA VOGEL [GWU ATHLETIC DIRECTOR]

"As a result of their involvement with Grassroots Health, college athletes recognize there's a gap in public health, and many recognize they have a passion to help people. They are now more dedicated than ever to go into a world where they can make positive and real change."



SHEILA REDDING [GRANDPARENT FROM KIPP WILL]

"My experience with Grassroots has been phenomenal. It actually helps parents/grandparents understand issues with our kids, and even adults. I would advise all parents and kids to participate in the program and spread the word especially in today's society dealing with issues like: mental illness, suicide, STI, etc. Thank you for bringing information to us all because the information is powerful."



OUR TEAM

TRENIYYAH ANDERSON
Program Coordinator



ANA ÁVALOS
Program Coordinator



ASIA HORNE
Program Coordinator



MACKENZIE JONES
Director of Operations,
People, & Systems



LARA NEGRÓN OCASIO
Program Coordinator



TYLER SPENCER
Founder & Executive Director



DARIEN THOMAS
Program Manager



JANE WALLIS
Associate Director



OUR BOARD

CHRISTINE CAMPBELL
[CHAIR] Sole Proprietor at
CMConsulting



CHARLIE KLIPPEL
Retired VP & Deputy General
Counsel, Aetna



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[TREASURER] Sr. Competitive
Intelligence & Price-to-
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[VICE CHAIR] Director,
Omni Transformation &
Commercialization



NICK TURK
Account Executive, Aboveboard



WILLIAM WEN
Operations & Start-Up Advisor



JAALA JAMES
Digital Comm Intern

OUR INTERNS



LONDON HOOD
Urban Alliance Intern



MADISON STESKAL
Digital Comm Intern

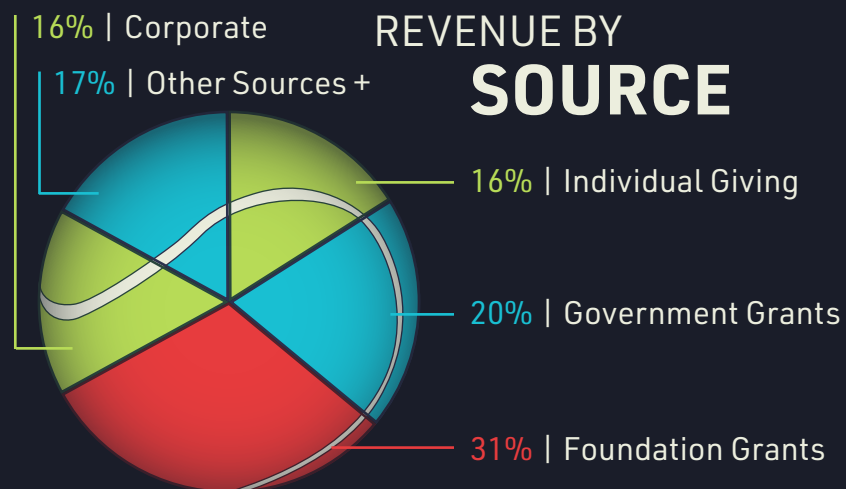


GRASSROOTS GALA 2022

After a three-year hiatus due to COVID-19, we were thrilled to bring back our annual gala event, the “Grassroots Gala,” in 2022. We hosted nearly 400 guests, representing different elements of our work – former students, current student-athlete volunteers, alumni, our partnering school teachers, program evaluators, donors, and more.

At the 2022 Grassroots Gala, while highlighting many of the amazing people that built this organization, we also unveiled our new name and brand that represents the next generation: working towards our larger ambition to expand our work to new communities in the coming years.

We are grateful for everyone who attended, sponsored, and brought their energy as we celebrated accomplishments over the past several years and raised support toward our future goals.



FINANCIAL REPORT

PUBLIC DISCLOSURE OF REVENUE, EXPENSES, & ASSETS

NET ASSETS/ FUND BALANCES

Total Assets:

\$592,791

Total Liabilities:

\$126,361

Net Assets / Fund Balances:

\$466,430

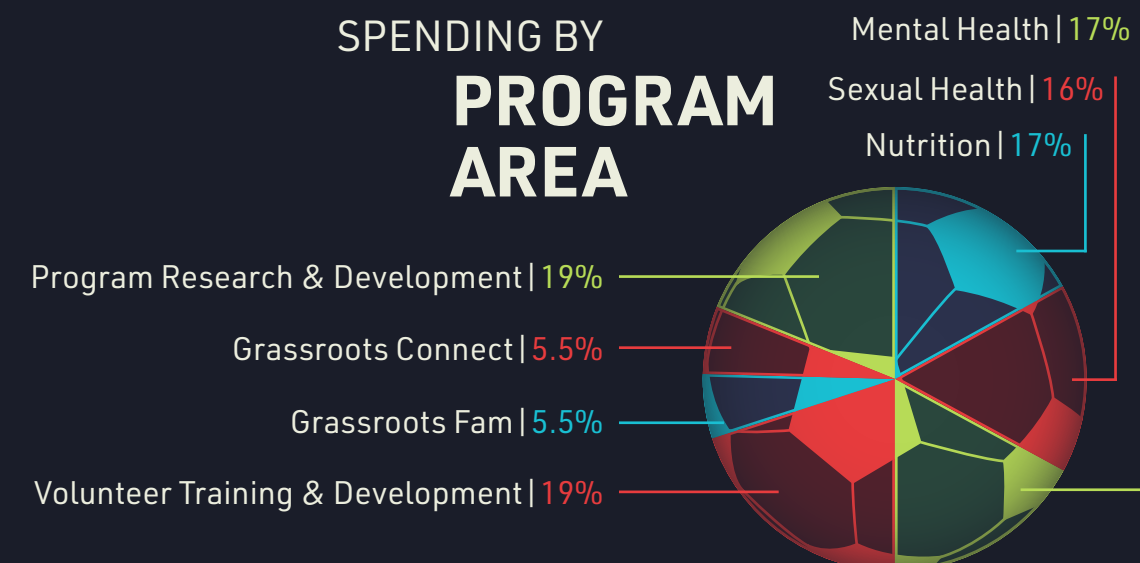
REVENUE

	FY 2021	FY 2022
Contributions and Grants	\$1,323,562	\$436,551
Program Service Revenue	\$0	\$0
Investment Income	\$714	\$502
Other Revenue	\$2,285	\$917
Total Revenue	\$1,326,561	\$437,970

EXPENSES

Grants and Similar Accounts Paid	\$0	\$0
Benefits Paid to or for Members	\$0	\$0
Salaries, Other Compensation, Employee Benefits	\$462,618	\$595,825
Professional Fundraising Fees Total	\$0	\$0
Other Expenses	\$108,363	\$233,973
Total Expenses	\$570,981	\$829,798
Revenue Less Expenses	\$755,580	-\$391,828

SPENDING BY PROGRAM AREA



LOOKING AHEAD

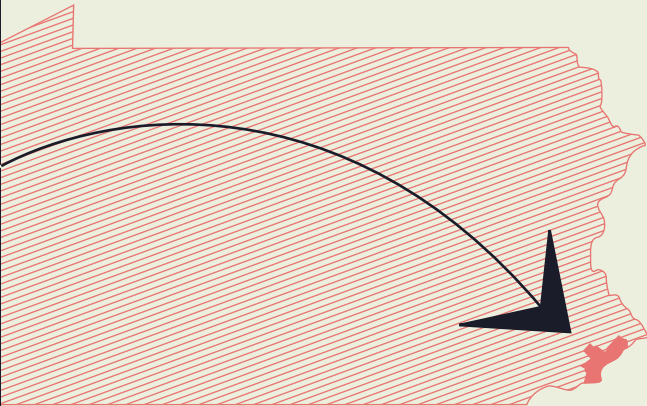
The past several years have presented the dual challenges of the pandemic and the economic recession. While the pandemic has impassioned us to push harder than ever to prioritize public health in schools, the economy has challenged us to think creatively about how best to both sustain and grow our work. In the coming years, we are working on:

1 *Meeting the growing demand for our programs - our goal is to be able to say "yes" to every qualifying school that reaches out to us for a partnership.*

2 *Investing in long-term and large-scale evaluation partnerships, including an opportunity in 2023 to partner with ETR, a leading national agency that focuses on rigorous evaluations of promising programs and interventions. We hope that these partnerships will position us to not only evaluate our on-the-ground work, but to also broker major partnerships with national tiered-evidence programs. These programs would enable us to collaborate directly with*

Positioning our youth, our staff, and our partners to advocate effectively for system-wide policy improvements that will build stronger health-promoting environments in schools and school districts.

3 *city school systems and health departments in the future, exponentially increasing our program's footprint and impact.*



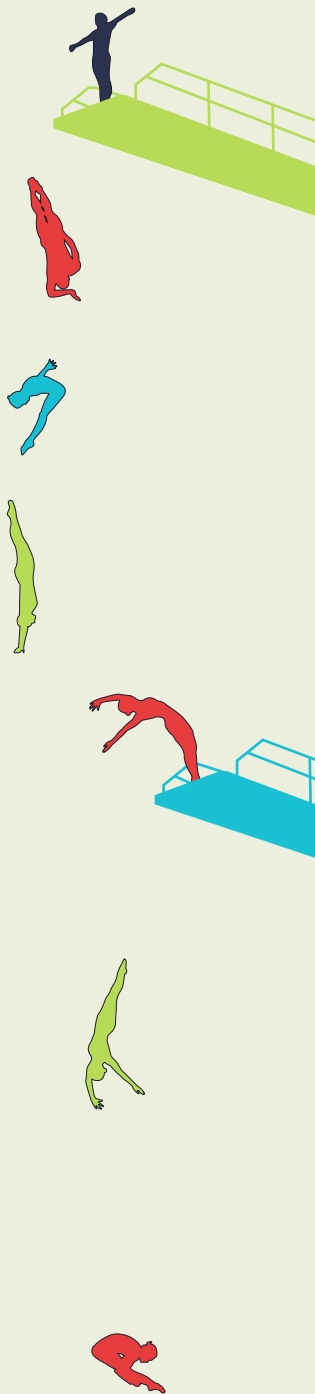
Grassroots Health launched its first pilot programs in Philadelphia in the winter of 2022/2023. We look to build on a successful launch in our first new city by adding additional middle schools and university partners in 2023.

2022 IN PHILADELPHIA:

- Built relationship with Temple University (began relationships with other D1 Universities)
- Stakeholder mapping, joined the Philadelphia Youth Sports Collaborative
- Secured partnerships in three middle schools

TO COME IN 2023

- Temple athlete training
- Training Fellow internship to train athlete leaders for future programming
- Programming in Philadelphia charter schools
- Philadelphia Advisory Board



GRASSROOTS HEALTH DONORS

\$500,000 - \$1,000,000

Gilead Sciences

\$100,000 - \$499,999

Bender Foundation
Reva and David Logan Foundation

\$50,000 - \$99,999

ViV Healthcare

\$25,000 - \$49,999

Fight For Children

\$10,000 - \$24,999

Bryan & Jordan Chismar
DC Health
Herb Block Foundation
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Risa Fund

\$5,000 - \$9,999

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Lucia Rose
Luke Farrell
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Mia Watson
Michael Ward
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Ted Kelly
Tyler Ranalli
Ugwechi Amadi

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Amy Peck Abraham
Anne Spencer
Barb Skewes
Braeden Kelly
Brooke Stapleton
Brooke Stoller
Charmaine Yoest
Christina Johnson
Christopher
Claire Haft
Danielle Douglas
DaShawn Simon
Dirk Smith
Emily Brown
Erin Boudreau
Erin Farrell
Erin Wispelwey
Eryn Donaldson
Francisco Solorzano
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Jennifer Djavaherian
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Krissy Jones Wingate

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Lisa Roche
Mara-Lise Deychak
Matt Mullman
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Michael Goltzman
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Michele Williams
Natalie Kuldell
Nate Black
Rachael Doss
Rebeccah Andrew
Ryan Jones
Skylar Iott
Spencer Kelly
Spencer Walters
Tamara Henry
Tanya Vogel
Tyler Spencer
Valerie Delp
Wendy Gray

\$100 - \$249

Alayah Hightower
Alex Neal
Alexandra Brosovich
Alexandra McAuliffe
Alexandria Neal
Alexis Dotson
Aliyah Hale
Amanda Miller
Andrea McTaggart
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Danielle Dzbanek
David Lincoln
Deborah Stapleton
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Elijah Murphy
Elisabeth Lembo
Elizabeth Reffelt
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Emma Cohen-Dumani
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Laurie Davis
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Maddie Doring
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Megan Patrick
Melanie Keer
Mervyn Wallis
Michael Plankey
Micheal Reffelt
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Ryan Pettengill
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Swezen Kizito
Sydney Reece
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Timothy LiVolsi
Timothy Savoy
Timothy Vernon
Tom Skomba
Trey Conrad
Venus Johnson
Yoga Heights

\$50 - \$99

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Anna Drabek
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Barkbox
Bertha Colbert
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C.J. Noell
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Charles Cohen
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Moran
Rachel Ellinport
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Sarah Boney
Sharon Davis
Sydney Wender
Veronica Jones
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Washington Nationals

\$25 - \$49

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Alexandra Perez
Alice Hasen
Amy Curtis
Anne Standley
Brandolon Barnett
Brendan Foo
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Cassidy Leigh Hark
Catherine Ruffino
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Lindsay Teeters
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Murray Penner
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Talia Coryat

\$1 - \$24

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Aisling Casey
Aleksandra Parol
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Jensen Benko
Jeremy Wertz
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Joel Wilkinson
John Freed
Jordan Sheppard
Joseph Yusuf
Josh Cohen
Julianna Dantzer
Kace Boland
Katana Yu
Kate Briddell
Kate Petronis
Katie Putney
Katie Smith
Kayla Campbell
Kayla Henning
Kayla Kraft
Ked
Kelly Poole
Kendall Thompson
Kendall Whitman
Kerrigan Unter
Kiana Carr
Kim Naeseth
Kirah Tianga
KJ Henderson
Kristen Prentice
Larry Bryant
Lauren Prentice
Leanna Bryant
Lexi Rakis
Libby Garfoot
Lilou Stegeman

Lily Plum
Lily Sarnowski
Lincoln Ball
Lo
Lorenzo Donadio
Maclaine Lehan
Malik
Marcia Steinour
Margaret Rabbitt
Marissa Gallo
Mary Grace Goyena
Mattias Cooper Seip
Maxine Engel
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