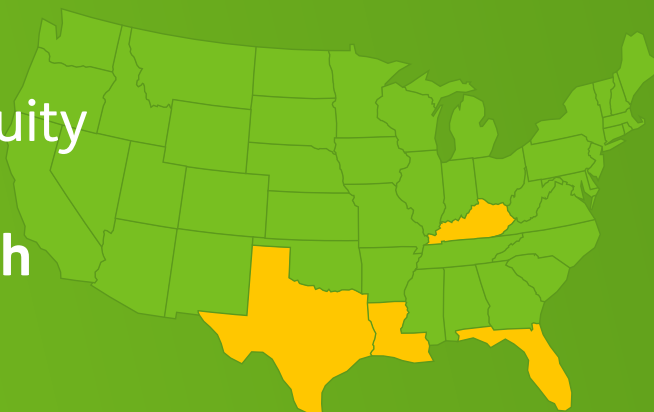


Advancing health equity so more people can reach their full health potential



Investing in communities to support seniors, veterans & school-aged children



\$7.5m **Health Equity Innovation Fund** provides seed funding to those working to eliminate health barriers

\$5.5m **Volunteers of America Grants** creating healthy emotional connections for those facing isolation, trauma & addiction

\$2.5m **FoodCorps Grants** to expand nutrition education and free school meals to Kentucky, Louisiana and Texas

\$20m+ **University of Louisville Health Equity Innovation Hub** to advance health equity and improve health outcomes for marginalized populations

\$14.3m **College Scholarships** for children of Humana employees since 2001

\$1.5m **Disaster Relief and Recovery in 2022** in response to natural disasters in Kentucky and Florida

Making impact today, investigating impact for tomorrow



Our research strategy is designed to support and share knowledge that translates into practical solutions for removing barriers that prevent people from living healthy, connected lives.

We're excited about the Humana Foundation Senior Council



A voluntary group of 8–10 established and emerging community leaders — both seniors 65+ and high school juniors/seniors — advising on Foundation efforts to advance health equity.

“Through our valued partners, we’re poised and committed to advancing health equity for the people who need us most.” – **Tiffany Benjamin, CEO, Humana Foundation**



Addressing health disparities in vulnerable populations



Shaping a healthier approach to nutrition




20%
of U.S. youth are obese¹

72%
of U.S. veterans are obese²




Risk of heart disease, type 2 diabetes, and stroke³

 **12%**
U.S. high school students don't eat fruit⁴

42%
of U.S. adults are obese¹

96M
U.S. adults have prediabetes³

 **5.2M**
seniors were food insecure⁵

Creating healthy emotional connections



1 in 4 Adults 65+

are considered socially isolated.⁶
Adult social isolation can lead to:

50% ↑ Dementia risk

29% ↑ Heart disease risk

32% ↑ Stroke risk

↑ Depression, anxiety & suicide rates

1.5x Higher
Veteran suicide rate⁷

Lonely teenagers experience:

↑ Depression, anxiety, suicidal tendencies & acute pain⁸

1 in 3 Teens

Report sadness or hopelessness⁸

44% ↑ Teen depression rate in 10 years⁸

47% ↑ suicide rate for Black male youth⁹

Visit [HumanaFoundation.org](https://www.humanafoundation.org) to learn more about the Humana Foundation and how we're advancing health equity in our communities.

1. [cdc.gov/chronicdisease/resources/publications/factsheets/nutrition.html](https://www.cdc.gov/chronicdisease/resources/publications/factsheets/nutrition.html)
2. pubmed.ncbi.nlm.nih.gov/34070037/
3. [cdc.gov/diabetes/basics/prediabetes.html](https://www.cdc.gov/diabetes/basics/prediabetes.html)
4. National Youth Risk Behavior Survey 2019

5. [feedingamerica.org/research/senior-hunger-research/senior](https://www.feedingamerica.org/research/senior-hunger-research/senior)
6. [cdc.gov/aging/publications/features/lonely-older-adults.html](https://www.cdc.gov/aging/publications/features/lonely-older-adults.html)
7. The veteran suicide rate is 1.5 times higher than non-veterans according to the U.S. Department of Veterans Affairs, Office of Mental Health and Suicide Prevention 2022 National Veteran

Suicide Prevention Annual Report.
8. [newsweek.com/2022/11/18/teen-loneliness-rates-soar-schools-may-making-it-worse-scientists-say-1758013.html](https://www.newsweek.com/2022/11/18/teen-loneliness-rates-soar-schools-may-making-it-worse-scientists-say-1758013.html)
9. [jamanetwork.com/journals/jamanetworkopen/fullarticle/2780380](https://www.jamanetwork.com/journals/jamanetworkopen/fullarticle/2780380)