

# transforming

Transforming Lives Through Health



Heart to Heart   
INTERNATIONAL  
CONNECTING YOU TO A *world* IN NEED.™  
2023 ANNUAL REPORT

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## DEAR SUPPORTERS,

At Heart to Heart International, we are deeply grateful for your support and commitment to improving health access for those in need. Your generosity in 2023 helped transform lives and build a healthier world.

Through your support, we reached countless individuals facing the challenges of disasters, conflicts and economic hardship. Your contributions helped provide immediate relief and long-term solutions for communities struggling to access quality healthcare.

### Your Impact on the Frontlines

Following the devastating earthquake in Türkiye and Syria, and the wildfires in Hawai'i, we swiftly mobilized to deliver essential supplies like hygiene kits, medicines and portable medical container clinics. These clinics continue to serve as vital resources for medical care in these communities today.

### Investing in the Future of Health

Our dedication to improving lives extends beyond immediate relief. We established point-of-care laboratory programs in eight clinics in under-resourced communities in seven states. These labs enable patients to receive test results quickly and efficiently, minimizing travel costs and lost work time. Now, diagnosis and treatment can occur within a single visit, improving patient care for years to come.

### The Heart of Our Mission

Throughout this report, we invite you to connect with the human stories behind the numbers. You'll read about people whose journeys to health were made possible by your generosity. These are just a few examples among the tens of thousands of lives transformed by your commitment to our mission.

Together, we are transforming lives, and with your continued support, we look forward to reaching even more people in 2024.

With sincere appreciation,



Kim Carroll  
President & Chief Executive Officer  
Heart to Heart International



# HHI'S MULTIFACETED RESPONSE TRANSFORMS LIVES AFTER EARTHQUAKE

IN 2023, HEART TO HEART INTERNATIONAL (HHI) continued its mission of improving access to healthcare around the world. From delivering life-saving medicines and medical supplies to deploying portable container medical clinics, HHI addressed critical needs in communities facing disaster, crises and limited resources.

This annual report highlights the impact of your generosity, detailing how HHI's programs transformed lives and delivered hope for a healthier future.

**Mission statement:** Heart to Heart International seeks to improve healthcare access in the U.S. and around the world by ensuring quality care is provided equitably in medically under-resourced communities and in disaster situations.

**Vision statement:** We imagine a world in which every person has access to a healthy life and every community has the capacity to make that access a reality.

**HHI's programs work seamlessly together to provide a comprehensive response in disaster zones, often delivering essential medicines, hygiene kits and portable medical container clinics. This is exactly what happened after the deadly earthquake in Syria and Türkiye.**

Immediately after the earthquake, HHI rushed aid to the region, delivering vital medicines and supplies alongside three portable medical container clinics to support the overwhelmed medical infrastructure.

One of these clinics directly impacted the life of a young boy named Mustafa. While playing outside, Mustafa was tragically injured by unexploded war remnants. Thankfully, he was rushed to the clinic nearby. There, he received the critical medical care he desperately needed, stabilizing his condition before being transferred for further treatment. Even after his transfer, Mustafa continued visiting the clinic for regular checkups. X-rays monitored his healing, and the dedicated staff supported him until his complete recovery.

Meanwhile, the donated medicines transformed the life of Rima, a 63-year-old Syrian widow. She was struggling financially and with chronic health issues when a doctor's visit provided her with free, life-saving medications. This unexpected help stabilized her health and brought back hope.

Beyond these individual stories, more than 50,000 hygiene kits were distributed in Türkiye and Syria. These kits provided basic but essential supplies for maintaining health in temporary shelters with limited access to clean water.

The earthquake in Syria and Türkiye showcased the power of HHI's approach. From immediate medical care to long-term recovery support and hygiene supplies, HHI's programs work together to provide critical assistance in times of crisis. Your support allows HHI to be there when communities need it most, offering a lifeline of comprehensive healing.



**Aid Delivered  
After  
Earthquake  
in Türkiye  
and Syria**

**8,500  
patients  
seen in clinics**

**50,000  
hygiene kits  
distributed**

**\$1.3M  
in medical aid**



# TRANSFORMING LIVES THROUGH MEDICINE

**Catalino, a 76-year-old retiree living in rural Usamatlan, Guatemala,** struggled with health issues. Weight gain, chronic fatigue, and persistent muscle aches left him depressed. Catalino was diagnosed with an underactive thyroid, and although occasional visits from traveling medical teams offered some relief, the teams often lacked consistent medication.

That is when Heart to Heart International stepped in. Working alongside Cross Catholic, HHI delivered life-changing medications, including Levothyroxine Sodium, for Catalino's treatment.

Just a month later, Catalino's health improved dramatically. With his energy levels up and weight under control, he felt better than ever. This timely assistance empowered him to regain control of his health and begin enjoying his retirement. He is grateful for the help and hopeful for the future.



**112M**  
**Defined Daily Doses\***

\*Number of calculated doses of medicine shipped

**Top 5 types of medication sent by HHI:**

- Cardiac
- Anti-inflammatory
- Mental Health
- Vitamins
- Gastrointestinal

**\$383M**  
**in aid**

**183**  
**partners**

**37**  
**countries**

**35**  
**U.S. states and territories**

**A ferocious wildfire tore through Maui in August 2023,** leaving a trail of destruction in its wake. Homes and businesses in many communities were reduced to ashes, displacing residents and causing widespread damage. In the aftermath of this chaos, a severely burned man turned to Heart to Heart International and its partners for help.

HHI teamed up with Americares and Project Vision Hawai'i to quickly get essential supplies to the island. This included medicine, hygiene kits and a portable medical container clinic to provide much-needed healthcare. It was within those clinic walls that the patient with serious burns found healing.

Initially, nurses tended to the man's wounds at his bedside. As he regained mobility, he transitioned to visiting the clinic almost daily for continued care. The clinic's therapy team also worked with him to address the emotional trauma caused by the fire.

The portable clinic has become a vital resource in the community for healing and rebuilding lives. Through teamwork and continued care, this man and many others are transforming their lives and finding their way forward.



# TRANSFORMING LIVES AFTER DISASTERS

**In October,**

Heart to Heart International (HHI) received verification from the World Health Organization (WHO) as an Emergency Medical Team (EMT) Type 1 Mobile. This classification signifies the organization's ability to respond swiftly and efficiently, providing vital medical services after disasters and crises worldwide. HHI is only the fourth team in the United States to receive such designation and 38th in the world.



# TRANSFORMING LIVES THROUGH LAB TESTING



Mary, a resident of Moab, Utah, juggled two chronic conditions – diabetes and hyperthyroidism. Managing them felt overwhelming, especially with limited access to healthcare in her town. Then, she discovered the Moab Free Health Clinic, which had just recently received point-of-care laboratory technology and training from Heart to Heart International.

The available on-site testing was life-changing. No more waiting weeks for lab results – Mary could get her A1C levels checked during the same visit. This instant feedback allowed her doctor to adjust her treatment plan quickly and efficiently.

The impact was undeniable. Mary's A1C levels started showing a significant improvement. The constant worry about her health began to fade, replaced by a newfound sense of control. For Mary, the point-of-care lab technology wasn't about fancy equipment – instead it empowered her to transform her health and improve the quality of her life.



Laboratories installed  
**8 clinics** in **7 states:**

**California** (2 labs)  
**Mississippi**  
**Missouri**

**Nebraska**  
**New Jersey**  
**New York**  
**Utah**

**4,004**  
**patients** received tests

**8,513**  
**tests** performed



**HHI's Community Health program worked with 89 local nonprofits to improve health access for under-resourced communities in Kansas City and the surrounding region.**

Can you imagine how hard it would be to get through school if you couldn't see well? Uncorrected vision problems like astigmatism and nearsightedness make it difficult for students to see the board or focus on a book, leading to frustration and hindering their ability to learn.

To address this, HHI worked with partners to bring vision care directly to students at Melcher Elementary in Kansas City, Missouri, with a portable eye clinic right at the school.

The initial screenings identified a range of vision issues, highlighting the importance of accessible eye care. Dr. Neel Gupta, an optometrist with the Kansas City Free Eye Clinic, emphasized, "We've been finding high astigmatisms, which make it difficult to focus on the board and read. Some of the students are in special reading programs that they might not need to be in – they simply need to be fitted for glasses!"

This program is transforming the way children experience the world. Rebecca Fennelly, a nurse at Melcher Elementary, recalls the moment when one student received his glasses for the first time: "His eyes lit up, and he said, 'Oh Nurse Becca, I can read the letters! It's all so clear!' It made my heart melt."

# TRANSFORMING LIVES THROUGH VISION

HEART TO HEART INTERNATIONAL . . . . .  
 is proud to share the impact of your generosity  
 in 2023. Thanks to the support of foundations,  
 corporations and individual donors, we were  
 able to expand our programs and reach more  
 people in need of critical healthcare services  
 around the world.



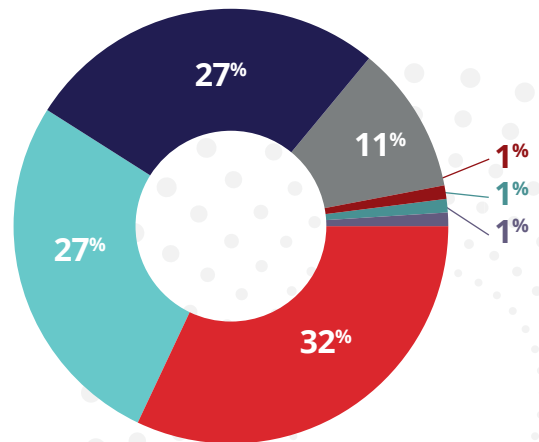
**This report details our financial health** and provides a glimpse into how your contributions empower our work. This is reflected in our continued recognition by Charity Navigator, America's largest independent charity evaluator. In 2023, we were once again awarded a perfect score and a coveted four-star rating, marking the sixth consecutive year of this prestigious distinction. This exceptional rating signifies our commitment to sound fiscal management and responsible use of donor funds.

We express our deepest gratitude to all our supporters. Your generosity and compassion have enabled us to serve millions worldwide since our inception. We recognize and appreciate your invested time and resources in Heart to Heart International's mission.

**Where We Sent Aid in 2023** (Gift in Kind and Purchased Aid)

**\$383M**

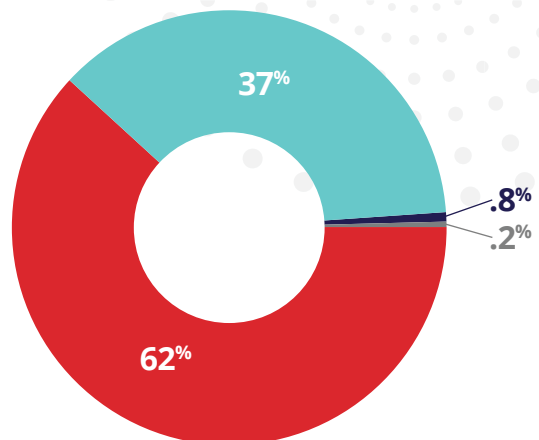
<b>32%</b>	Central and South America . . . . .	\$122,948,706
<b>27%</b>	Ukraine . . . . .	\$103,734,831
<b>27%</b>	Caribbean . . . . .	\$101,757,304
<b>11%</b>	South and East Asia . . . . .	\$43,944,502
<b>1%</b>	Africa . . . . .	\$4,234,927
<b>1%</b>	Türkiye/Syria/Middle East . . . . .	\$3,975,869
<b>1%</b>	United States and Mexico . . . . .	\$2,660,554



**Expenses** (including Gift in Kind)

**\$406M**

<b>62%</b>	Ongoing Health Activities . . . . .	\$251,212,330
<b>37%</b>	Disaster Response . . . . .	\$151,004,456
<b>.8%</b>	Administration . . . . .	\$3,035,775
<b>.2%</b>	Fundraising . . . . .	\$983,361



## Statement of Financial Activities

### Support and Revenue

	2023	2022
Gifts in Kind	\$402,310,537	\$269,582,839
Cash Contributions	\$7,576,181	\$14,363,615
Program Revenues	\$14,406,530	\$12,561,046
Investment income, net	\$106,732	\$23,098
Other Revenues	\$4,899,153	\$(82,881)

<b>Total Support and Revenue</b>	<b>\$429,299,133</b>	<b>\$296,447,717</b>
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### Program Expenses

Access to Medicines	\$235,663,735	\$109,142,094
Disaster Response	\$151,004,456	\$121,090,002
Community Health	\$854,970	\$2,008,190
Labs	\$1,179,327	\$2,174,770
Hygiene Kits	\$756,861	\$454,671
Patient Assistance Program	\$12,757,437	\$9,751,305

<b>Total Program Expenses</b>	<b>\$402,216,785</b>	<b>\$244,621,032</b>
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### Supporting Activities

General and Administrative	\$3,035,775	\$2,716,602
Fundraising	\$983,361	\$846,977

<b>Total Supporting Activities</b>	<b>\$4,019,136</b>	<b>\$3,563,579</b>
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<b>Total Expenses</b>	<b>\$406,235,921</b>	<b>\$248,184,611</b>
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<b>Inventory Valuation Adjustment</b>	<b>\$(9,850,833)</b>	<b>\$(43,698,933)</b>
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<b>Total Change in Net Assets</b>	<b>\$13,212,379</b>	<b>\$4,564,173</b>
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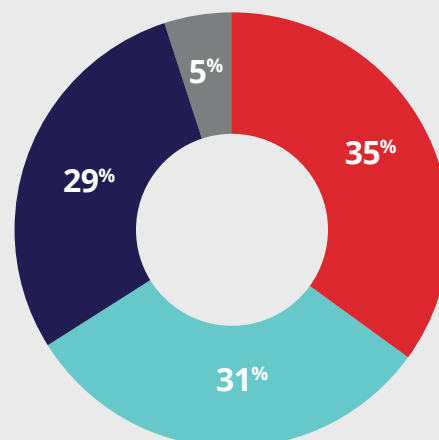
<b>Net Assets, Beginning of the Year</b>	<b>\$67,696,196</b>	<b>\$63,132,023</b>
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<b>Net Assets, End of the Year</b>	<b>\$80,908,575</b>	<b>\$67,696,196</b>
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## Cash Donation Sources 2023

\$7.6M

<b>35%</b>	Individuals . . . . .	\$2,675,559
<b>31%</b>	Corporations . . . . .	\$2,314,598
<b>29%</b>	Foundations & Grants . . . . .	\$2,230,023
<b>5%</b>	Clubs & Organizations . . . . .	\$356,000



# TRANSFORMING LIVES THROUGH HYGIENE SUPPLIES .....

**When the war erupted in Ukraine**, Olya and her husband's world in Kharkiv became a terrifying landscape of shelling and fires. Forced to flee, they found a fragile refuge in a dormitory room in the western Ternopil region.

Life was far from easy. Olya's husband had just undergone heart surgery, adding another layer of worry to their already overflowing plate. Their financial future was uncertain, and the safety of their son and son-in-law, fighting on the frontlines, gnawed at them constantly.

They found hope in a community center in Ternopil, a program by Heart to Heart International's partner Light of Reformation. Here, they received essential aid, including HHI hygiene kits. These seemingly simple drawstring bags, filled with basic toiletries, provided more than just physical comfort. They also served as a reminder of compassion and support from around the world.

These kits, distributed alongside \$103 million of donated medicines and supplies shipped to Ukraine in 2023, have been critical in supporting the health and hygiene of countless Ukrainians.

HHI's Hygiene Kit program goes far beyond Ukraine. In 2023, these kits provided essential supplies to more than 253,000 people in under-resourced communities and disaster zones worldwide. The program also fosters volunteer engagement. Volunteers and business in 23 states across the U.S. participated in assembling these life-changing kits with HHI.



**253,000**  
**hygiene kits**  
sent to  
**15**  
**countries**  
and in  
response to  
**11**  
**disasters**  
and **crises**

## In 2023, hygiene kits were sent to:

**Ethiopia**

**Gaza**

**Grenada**

**Guatemala**

**Haiti**

**Honduras**

**Israel**

**Jamaica**

**Lebanon**

**Mexico**

**Morocco**

**Syria**

**Türkiye**

**Ukraine**

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