Dear Friends,

Could there be a more apt time to remember Helen Keller’s words: “Although the world is full of suffering, it is also full of the overcoming of it?”

Today, the families we serve are suffering from – and struggling to overcome – the worst effects of climate change, inflation, and human-made conflict. More than one billion people around the world are robbed of their health and the opportunity to see, thrive, and discover their true potential because food and health systems are failing them.

And yet together, we are standing with and creating so much positive change for – and with these very same families – in Africa, Asia, and here in the United States.

You – Helen Keller Intl friends, donors, and trusted partners – are choosing to be forces for good, just as Helen did.
Together, we have reached nearly 73 million children and family members in the past year alone. Specifically, we have:

- Delivered nearly 69 million vitamin A capsules to help children see clearly and build immunity.
- Reached nearly 33 million people with essential treatment to control and eliminate debilitating neglected tropical diseases, including blinding conditions like trachoma and onchocerciasis.
- Supported more than 27 million people with essential vision care to protect sight and prevent blindness.
- Ensured good nutrition for nearly 3.5 million children and adults through detection and treatment of malnutrition, farming tools and education, and maternal healthcare.

As we close this year, please join me in thanking Kathy Spahn who has retired as Helen Keller’s President and CEO. Kathy did so much to grow Helen Keller into the force for good that it is today.

I hope you will also join me in welcoming Sarah Bouchie, who will lead Helen Keller’s next chapter as our new President and CEO.

Together, we are creating a world that treats every person, no matter their disabilities, poverty, or disadvantages, as if they have a life filled with potential, just as Helen did.

Thank YOU, thank you Kathy, and welcome Sarah!
The Challenge

More than a billion people worldwide do not have access to essential nutrition and healthcare.

- 1.1 B people live with vision loss
- 783 M people are facing chronic hunger
- 1 B+ people suffer from preventable, treatable neglected tropical diseases

Our Impact

- 20 Countries
- 4 US cities
- 73 M people reached
- 69 million vitamin A capsules
- 33.5 million individuals treated for neglected tropical diseases
- 2 million children screened for acute malnutrition
- 100,000 women supported with farming education and tools
- 157,000 people screened for vision
- 27,000 no-cost prescription glasses distributed

46,000 Helen Keller donors gave generously to help millions of families around the world.
“We can decide to let our trials crush us, or we can convert them to new forces of good.”

— Helen Keller
We Are Helen Keller Intl

We are guided by the fierce optimism of our co-founder, Helen Keller. Together with our generous community of donors and partners, we provide the right support at the right time for nearly 73 million children and family members – helping them to grow and eat nutritious food, stave off malnutrition, build strong immune systems, access life-saving medical treatments, and prevent and treat blindness and vision loss.

Mission

Helen Keller overcame tremendous obstacles to her health and wellbeing – and helped millions of others to do the same. Guided by her remarkable legacy, Helen Keller Intl partners with communities that are striving to overcome longstanding cycles of poverty. By delivering the essential building blocks of good health, sound nutrition, and clear vision, we help millions of people create lasting change in their own lives. Together with a global community of supporters, we are ensuring that every person has the opportunity – as Helen did – to reach their true potential.

Vision

A world where no one is deprived of the opportunity to live a healthy life – and reach their true potential.
Good Health

Inequities and dysfunctions in health systems rob more than one billion people around the world of their health and the opportunity to see, thrive, and discover their own potential. For too many families, healthcare is often too expensive, too far away, or not available at all.

Helen Keller works hand-in-hand with communities to improve health systems on a large scale for the long term, ensuring families get the care they need now and for generations to come.

With your support, Helen Keller is:

- Diagnosing, treating, and preventing malnutrition.
- Delivering vital nutrients like vitamin A to ensure good health and clear vision for just over $1 a dose.
- Training community health heroes for as little as $10 to prevent, treat, and eliminate neglected tropical diseases like blinding trachoma.
- Supporting women before, during, and after pregnancy so mother and baby stay healthy.

We reached more than 33 million people with treatment for neglected tropical diseases.

Played a lead role in eliminating blinding trachoma as a public health problem in Mali, despite vast terrain, conflict, and political insecurity.

Screened nearly a half a million people for blinding trachoma and preserved the sight of more than 3,000 people by providing surgery.
Counseling Mothers to Improve Infant Health in Kenya

Nurse Astrid Wanja Joe is dedicated to supporting mothers in improving the health of babies and young children in Kenya’s rural Tharaka-Nithi County. When a mother brings her child to the local health clinic where she is the supervising nurse, Astrid counsels her on a variety of important health issues such as good nutrition, immunizations, and vitamin A.

“Mothers really appreciate the knowledge I share with them every time they bring their babies for a visit,” Astrid shared. “This has been the game changer.”

Astrid and the other nurses received training from Helen Keller to help them better educate mothers on vitamin A’s critical role in children’s healthy growth and development, as well as the importance of twice-yearly supplements and a vitamin A-rich diet. Astrid also partners with Helen Keller to reach even more children with vitamin A supplements and deworming treatments through school outreach campaigns.

Thanks to healthcare heroes like Astrid, mothers and communities understand more about nutrition, and vaccination rates have increased.
“Mothers really appreciate the knowledge I share with them every time they bring their babies for a visit.”

– Nurse Astrid Wanja Joe
Rukoh’s Struggle with ‘Bigfut’ in Sierra Leone

Lymphatic filariasis, also known as elephantiasis or ‘bigfut’ in Sierra Leone’s Krio language, can lead to severe enlargement of body parts, causing pain, disability, and social stigma. The disease caused Rukoh Kanu’s left leg to become so painfully swollen that the mother of four was no longer able to work as a farmer. Additionally, her husband also left her after people in her village accused her of witchcraft.

Fortunately, Rukoh’s struggle is becoming less and less common. The parasite-borne disease, transmitted through mosquitos, is preventable and treatable. Helen Keller is helping communities not only eliminate this debilitating illness but treat people like Rukoh who suffer from the physical disabilities caused by this chronic disease.

More than 30,000 community healthcare workers across Sierra Leone have worked tirelessly to educate people about ‘bigfut,’ distribute preventative medication – costing a mere 50 cents per dose! – ease pain for those already suffering from the disease, and stop its transmission. Though Rukoh’s swelling is not reversible, the medication she now takes eases her pain enough that she can take on chores in the home she shares with one of her sons and his family.
Fighting River Blindness in Cameroon

When Patrice Messolo was a boy, his grandfather and uncle became very sick. They both lost their vision and developed skin lesions on their legs due to what Patrice would later learn was river blindness (onchocerciasis). This neglected tropical disease is spread by blackflies near fast-flowing rivers and streams. Without treatment, the disease can cause permanent blindness.

Now 72, Patrice has dedicated more than 20 years to helping others in Cameroon’s Centre Region avoid what happened to his grandfather and uncle. With training and support from Helen Keller, Patrice and other community health heroes play a critical role in protecting the health of their communities. By distributing an annual dose of the anti-parasitic medication ivermectin to everyone in their communities, they are both treating existing cases of river blindness and helping to curb its spread.

Patrice shared that the results of his work over the past two decades are clear; the preventative medication has “greatly reduced blindness” in his community. “If I had not taken [ivermectin], I would be blind today.”
Sound Nutrition

Every 11 seconds a child dies of malnutrition and a lifetime of potential is lost. We are living through the biggest hunger and malnutrition crisis in a generation, and every day more and more people suffer. But it doesn’t have to be this way.

Fortunately, there are simple, proven, cost-effective solutions. For a little more than $300, we can prevent malnutrition and bring a child back from the brink. Helen Keller is on the frontlines, partnering with ministries of health, like-minded organizations, and generous donors to ensure families have access to the food and care they deserve so they too can be well-nourished and thrive.

With your support, Helen Keller is:

- Protecting pregnant mothers with prenatal vitamins and educating them about the importance of exclusive breastfeeding.
- Ensuring children under the age of five receive vitamin A.
- Improving access to nutritious foods for as little as $360 by helping women establish their own gardens.
- Screening and treating children for malnutrition.

Reached more than 35 million children across 13 countries in Africa with lifesaving vitamin A.

Aided more than 500,000 family members with the education and tools to grow, prepare, and sell nutrient-rich foods.

Screened more than 2 million children for acute malnutrition and treated those affected to help them recover and thrive.
Helping Students Champion Nutrition in Cambodian Schools

Cambodia has some of the highest rates of malnutrition in Southeast Asia. Easy access to unhealthy food at school can increase children’s risk of becoming malnourished or overweight.

Over the past decade, Helen Keller has been driving sweeping improvements in nutrition, including for children in schools. Recently our Cambodia team worked together with parents, students, teachers, and vendors to find new “student-approved” healthy snacks that could be sold in schools, labeled with stickers to showcase their nutrition.

By involving students in the process, children not only learned about nutrition and how to make healthy choices, they were invested and excited to be part of such an important decision, and more likely to request and enjoy the new healthy snacks.

“We appreciate Helen Keller’s support in addressing unhealthy foods at school for the sake of our children’s health, education, future productivity, and economic outcomes,” said H.E. Chou Bunheang, Deputy Secretary General of the Council for Agriculture and Rural Development.
Lifesaving Nutrition Care for Mothers and Children in Nepal

When Parbati Khatri and her two-year-old son, Umesh, attended a mothers’ health group meeting, one of Helen Keller’s frontline nutrition workers noticed how thin they both were. At the health facility in their community in Nepal’s far western Doti district, Umesh was diagnosed with severe malnutrition, and Parbati, who was then six months pregnant, learned she was also malnourished.

The health facility quickly began Umesh’s treatment of ready-to-use therapeutic food, a nutrition paste that was crucial to his recovery. Parbati also learned about locally available nutritious foods, like eggs, that she could eat to help her gain weight and recover from her own malnutrition.

Three months later, Umesh and his mother had both recovered, and Parbati gave birth to a healthy baby, Manoj. Parbati has also continued following the advice she received at the health center, which has helped her stay healthy and have the energy to keep up with her two small children. “I am glad that my child and I received timely support,” she said. “After I knew that I needed to eat more and better for my child to grow healthy in my womb, I started eating more vegetables and eggs.”
Kacoara Dahourou, a 34-year-old mother of four, knows firsthand the hardships of financial insecurity and hunger. Growing nutritious foods in a drought-prone region of Burkina Faso – and finding affordable foods close to home – has long been a challenge.

With training from Helen Keller, Kacoara developed her farming skills and began selling cuttings from orange-fleshed sweet potatoes. With her earnings she was able to expand her sweet potato operation, purchase livestock, put a new roof on her family’s home, and pay school tuition for her children and members of her extended family.

Kacoara’s achievements have also set a powerful example for other aspiring women entrepreneurs in her community. The greater autonomy and influence she now enjoys aren’t lost on her. “The time when I had to go to sleep hungry so that my children could eat is over now,” Kacoara said. “The fact that I’m doing well in this business motivates other women to follow my example.”
“The fact that I’m doing well in this business motivates other women to follow my example.”

-Kacoara Dahourou
Clear Vision

A staggering 90 percent of vision loss is preventable and treatable, but lacking access to affordable care is a significant barrier. For people living with poverty and lower incomes around the world, the spillover effects of blindness and vision loss can be comprehensive and devastating, impeding the ability of children and family members’ ability to learn, form friendships, earn a living, and remain safe.

Helen Keller partners directly with schools, community centers, and ministries of health to meet families where they are with interventions that can have a significant impact on life and learning. We ensure that children and families have the support they need, when they need it, to see, to learn, and to thrive.

With your support, Helen Keller is:

- Treating millions of children and adults for river blindness and trachoma.
- Preventing blindness from cataracts through screenings and surgeries that cost less than $200 each.
- Screening students’ vision and providing no-cost prescription glasses when needed.
- Giving children under the age of five vitamin A to protect their health and sight.

Supported more than 27 million people with essential vision care to ensure clear vision and prevent blindness.

Provided vision screenings, and, for those in need, no-cost prescription glasses, for more than 100,000 children and adults in the United States.

Screened more than 18,000 patients for diabetic eye disease, of which 39% required and received treatment.
Clear Vision Brings True Potential into Focus in Cameroon

For the first ten years of his life, Ulrich Amassoga saw the world as a blur. His glasses helped some, but they could never fully address his childhood cataracts. He had difficulty in school and dealt with bullying from classmates because of his condition.

When his mother, Beatrice, first noticed her son’s trouble seeing, she brought him to the local hospital near their home in Yaoundé, Cameroon. However, the cost to correct his vision of $760 US was more than nine times the monthly salary she earns as a janitor.

Two years ago, Helen Keller launched a vision program in schools in several Cameroon districts in partnership with USAID’s Child Blindness program, the government of Cameroon, and Acha Eye Hospitals. It was there that we met Ulrich and immediately took action to connect him with a specialist who could conduct the surgery and helped to cover the cost.

“It is the first time I’ve been able to see clearly since I was born.”
– Ulrich Amassoga

After his treatment, Ulrich was elated. “It is the first time I’ve been able to see clearly since I was born,” Ulrich said. “I never knew the feeling of seeing with two eyes. It felt so good!”
Restoring Sight in Tanzania

For more than a decade, Jestina Isaka Ngole lived with debilitating eye pain. Trachomatous trichiasis – a complication of repeated trachoma infections – caused her eyelashes to turn inward and scratch her corneas every time she blinked. The 60-year-old’s eyes became so sensitive to light that she couldn’t go outside during the day.

When Jestina visited the hospital 140 kilometers (about 87 miles) from her village in Tanzania’s Njombe region, the doctor said there was no cure but he could ease her pain with regular eyelash trimmings. For more than a year, her husband and four children helped her routinely make the expensive, time-consuming journey for treatment.

Jestina believed her condition was permanent until she received a visit from a Helen Keller-trained community health worker conducting door-to-door trachoma screenings. Although she was initially skeptical, her community health hero convinced Jestina that surgery could change her life for the better. Jestina decided to take the leap and undergo the $185 surgery, at no cost to her family. After the surgery, her eye pain was gone for good.

“My children and my husband now are feeling so happy seeing me healed,” Jestina said. “I don’t complain anymore about pain or request money from them to visit a doctor. I couldn’t believe I could get treatment without paying any money.”
When Prince entered kindergarten at P.S. 152 in Brooklyn, New York, he spoke Creole exclusively. Due to school closures and remote learning during the COVID-19 pandemic, most of the schools’ students were behind in academics, but Prince was even further behind and struggled to catch up.

“He wasn’t able to identify numbers, letters, or count past four,” recalled Whitney Arnold, the school’s director. “We all met with his parents regularly, trying to get to the root of what was going on, but had no luck.”

When Helen Keller’s Vision team visited Prince’s school, our optometrist discovered the problem: Prince had astigmatism and was both near and farsighted. Because his eyes were always zooming in and out like a camera, everything appeared blurry, making it hard to see schoolwork up close and on the board.

Thanks to a simple pair of eyeglasses Prince became a completely new student. “He was eagerly participating in class, and raising his hand frequently, which he rarely did before,” Arnold reported. “He had a newfound enthusiasm for schoolwork.”
Micro but Mighty Vitamin A

Vitamin A is critical to children’s growing bodies and brains. A single capsule of vitamin A – a little more than $1 each – given to children twice a year for their first five years can literally save their sight and lives. However, vitamin A-rich foods are also often either not accessible or too expensive for many families living in poverty around the world.

Helen Keller partners with governments across Africa and Asia to provide millions of children every year with lifesaving vitamin A and other nutrients through door-to-door campaigns and at local clinics. To increase vitamin A in a child’s diet naturally, we partner with communities to help cultivate orange-fleshed sweet potatoes and other nutrient-dense foods in home gardens and farms.

**Consistently ranked a Top Charity by GiveWell since 2018.**

With your support, Helen Keller is:

- Training millions of healthcare heroes to distribute vitamin A door-to-door in their communities.
- Ensuring that every time a child visits a local health clinic, vitamin A is part of the conversation.
- Providing tools and training to families to grow and sell healthy, vitamin A-rich vegetables and other foods.

Distributed nearly **70 million vitamin A capsules** to protect children’s vision and health.

Supported more than **100,000 families** with tools and education to grow nutrient-dense foods so that vitamin A becomes part of their diet.

Reached more than **35 million children in 13 African countries** with two doses of vitamin A, thanks to effective partnerships with governments and other organizations.
Dispelling Misinformation about Vitamin A in Nigeria

Living in the rural, often insecure, village of Bwari, Nigeria, meant that Aisha Abdullahi and her neighbors rarely saw healthcare workers. “Insecurity made it difficult for us to access a good healthcare system, as most health workers avoid our community,” Aisha said. Without much exposure to modern healthcare, people in her nomadic community were also skeptical of conventional medicine.

When a Helen Keller team visited the village as part of a vitamin A supplementation campaign, few caregivers were willing to let their children receive vitamin A. Helen Keller hosted informal education sessions to help people better understand vitamin A’s importance for children’s vision and their healthy growth and development.

Inspired by these sessions, Aisha chose to give her four children vitamin A. Her positive experience encouraged other parents to give their children vitamin A, helping us reach 82% of children in the region.

Aisha hopes this is just the beginning. “I wish the [campaign] will not stop but will continue in our community and other hard-to-reach areas,” she said.
Building Healthier Futures with Routine Vitamin A in Senegal

Prior to her first pregnancy, 29-year-old Ndeye Awa didn’t realize how critical vitamin A is for children’s healthy growth and development.

While expecting her son, she took part in education sessions for parents on vitamin A and health in her rural community in the Saint-Louis district of Senegal. The midwife she saw for prenatal care also emphasized the importance of regular check-ups and doses of vitamin A. Then after her son, El Hadji Lamine Sarr, was born, Ndeye was again reminded at the local clinic to bring him twice a year to receive his vitamin A supplement.

The emphasis on vitamin A wasn’t a coincidence, it was by design. Helen Keller partnered with the government of Senegal to help integrate vitamin A into routine medical care. This approach is both sustainable and cost effective because it pairs vitamin A with other recurring services, such as immunizations or visits to monitor a child’s growth.

The approach has been valuable for Ndeye. “Before, I didn’t know that keeping vitamin A supplementation appointments was necessary and so important for children and moms,” she said. “Now I respect [the appointments] because I know it protects my child and helps him grow up properly.”
Where We Work

United States
California
Minnesota
New Jersey
New York

Africa
Burkina Faso
Cameroon
Côte d’Ivoire
Democratic Republic of Congo
Guinea
Kenya
Madagascar
Mali
Mozambique
Niger
Nigeria
Senegal
Sierra Leone
Tanzania

Asia
Bangladesh
Cambodia
Myanmar
Nepal
Philippines

Europe
France

In Nepal, we counseled more than 217,000 people about good nutrition practices, hygiene, and sanitation to ensure the health of women and children.

In Cambodia, we screened nearly 15,000 children under the age of five for malnutrition, of which 88% had moderate or severe cases and were treated.
In Mali, we eliminated blinding trachoma as a public health problem in collaboration with the Mali Ministry of Health and key partners.

In Tanzania, we screened nearly 1,300 people for cataracts and helped 690 receive sight-saving surgery.

In Cameroon, we provided more than 8 million vitamin A capsules to children under five to protect their vision and immune systems.

In New York City, we screened more than 100,000 students for vision problems and provided nearly a quarter of them with no-cost prescription eyeglasses.
Helen Keller Intl Leadership

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Active for Fiscal Year 2023 (July 1, 2022 – June 30, 2023)
A huge thank you to Kathy Spahn for her incredible leadership over the last 19 years. We were pleased to welcome Sarah Bouchie as Helen Keller Intl’s new President and CEO in January 2024.
### Financial Statement

**STATEMENT OF ACTIVITY**
(July 1, 2022 to June 30, 2023)

**REVENUE**

- Contributions – corporations, foundations, and individuals
  - FY23: $103,756,080
  - 2022: $74,239,395

- Contributions – medicines and other (in-kind)
  - FY23: $21,694,680
  - 2022: $18,599,175

- Legacies and trusts
  - FY23: $1,917,179
  - 2022: $523,067

- Grants – U.S. government agencies
  - FY23: $35,033,342
  - 2022: $40,605,908

- Grants – Non-U.S. government agencies
  - FY23: $1,465,662
  - 2022: $3,609,496

**Total Support**

- FY23: $163,866,943
- 2022: $137,577,041

**Revenue**

- Program and other revenue
  - FY23: $2,454,171
  - 2022: $2,041,182

- Dividends and interest income
  - FY23: $574,211
  - 2022: $49,830

**Total revenue**

- FY23: $3,028,382
- 2022: $2,091,012

**Total Operating & Support Revenue**

- FY23: $166,895,325
- 2022: $139,668,053

*Pie charts represent the fiscal year ended June 30, 2023. Pie charts do not include gifts in kind. If included, gifts in kind would represent 13.1% of total revenue, and program expenses would be 85.8%. “Other” revenue includes program revenue, dividends, interest, and miscellaneous income.*
## EXPENSES

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<th>Services</th>
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<td><strong>Program Services</strong></td>
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<td>U.S. Vision</td>
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<td>Nutrition, including vitamin A</td>
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<td>International Eye Health</td>
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<td>Neglected Tropical Diseases</td>
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<td>Distribution of medicines and other (in-kind), primarily for blindness prevention</td>
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<td><strong>Total Program Services</strong></td>
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<td>Management and general</td>
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<td>Excess (deficit) of revenue over expenses</td>
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## OTHER CHANGES

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<td>Change in perpetual and restricted trusts</td>
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<td><strong>Change in net assets</strong></td>
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## NET ASSETS

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<td>End of year</td>
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Thanks to our Global Community of Donors!

**Donors’ lifetime of gifts**
Lifetime gifts as of November 1, 2023

**$10 million +**
- Bill & Melinda Gates Foundation
- Conrad N. Hilton Foundation
- GiveWell
- Good Ventures Foundation
- Lavelle Fund for the Blind, Inc.
- Margaret A. Cargill Philanthropies
- Merck & Co., Inc.
- Nippon Foundation
- Silicon Valley Community Foundation
- Standard Chartered Bank
- The Starr Foundation

**$5 million +**
- Anonymous (2)
- Edna McConnell Clark Foundation
- The END Fund
- King Philanthropies
- The Leona M. and Harry B. Helmsley Charitable Trust
- Michael & Susan Dell Foundation

**$2 million +**
- Alcon Foundation
- Centre for Effective Altruism
- The Church of Jesus Christ of Latter-day Saints and LDS Charities Australia
- Effektiv Spenden

- The Eleanor Crook Foundation
- Desmond and Muffie FitzGerald / The Hope for Poor Children Foundation
- Founders Pledge
- Mondelēz International Foundation
- The Mt. Sinai Health Care Foundation
- Pfizer, Inc.
- TOMS

**$1 million +**
- Anonymous (2)
- Estate of H. Helenah H. Allen
- The Atlantic Philanthropies
- Karin and Henry Barkhorn Bausch + Lomb Foundation
- Caerus Foundation, Inc.
- Champalimaud Foundation
- Effective Altruism Australia
- Fossil Foundation
- Horace Moses Trust
- Jacobs Foundation
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