



2022 IMPACT Report



1.
ACHS Mission
& Vision



2.
Environmental
Impact



3.
Community
Impact



1. ACHS Mission & Vision

Mission

To lead the advancement of evidence-based, integrative health and wellness education through experiential online learning and sustainable practices.

Vision

Integrative health and wellness education is accessible to global communities, promoting sustainable and healthy futures for all.

“ACHS has been committed to sustainability since it was founded in 1978, and we care deeply about the social and environmental wellness of our communities. Sharing knowledge, promoting wellness, and understanding the interconnectedness of our actions is at the core of how we operate and engage with stakeholders. It’s an honor to partner with our staff, faculty, students, and graduates to work toward our vision of a healthy and sustainable future for all. ”

ACHS President Tracey Abell





2. Environmental Impact

Commuter Conservation

Vehicle carbon emissions have been proven to have a significant impact on the environment. In 2022, 90% of ACHS employees worked remotely significantly reducing our commuter carbon emissions. The US average commute is 41 miles a day and with 70 employees working remotely, this saved an average of 2,870 daily driving miles.

$$\begin{array}{rcccl}
 261 & & 2,870 & = & 749,070 \\
 \text{Business Days} & \times & \text{Miles} & & \text{Miles NOT Driven}
 \end{array}$$

Year-Over-Year Measurable Success

100% of our energy for the Portland, Oregon campus is from renewable sources within our area - including wind, geothermal, and solar power - and ACHS has pledged to the PGE Save More, Matter More campaign.

Utility Conservation

Gallons, Kilowatts, and Units

ECO

up to 28%

reduction in overall utility use at our Portland-based campus facilities



3%

reduction in daily electricity use (Kw)



56%

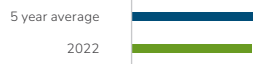
reduction in daily natural gas use (units)



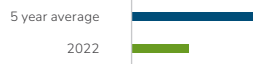
25%

reduction in daily water use (gallons)

Electricity (Kw)



Natural Gas (units)



Water (gallons)



ACHS tracks electricity, gas, and water use every month for a comprehensive snapshot of kilowatts (KW), gas units, and gallons of water. Through tracking, we can assess trends in usage, factors for fluctuation, and strategies for consumer reduction.

Note: Data comparison includes the 5-year average to 2022. ACHS Campus employees were primarily remote in 2020 and 2021. ACHS finished a consolidation of facilities in 2022.

Facility Consolidation Meets Conservation

A facility consolidation was completed in January 2022, the ACHS Main Campus is now a thriving certified organic shipping and production site that meets Good Manufacturing Practices (GMP), home to on-campus employees with workstations for visiting team members, and space for meeting with students and visitors. This initiative enabled ACHS to foster an engaged on-site workforce while simultaneously reducing our carbon footprint by 50%.



Community Impact

Holding True To Our Mission

With a tenacious fortitude, ACHS solidified a primarily remote administrative and faculty workforce, leaning into our founding principles and B Corp™ mission of people and the planet over profit at ACHS.

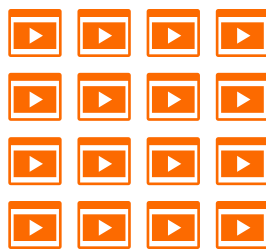
We continue to maximize the level of personal balance and well-being, support of students and our ACHS community, collaboration with coworkers, and overall company culture.

Free webinars

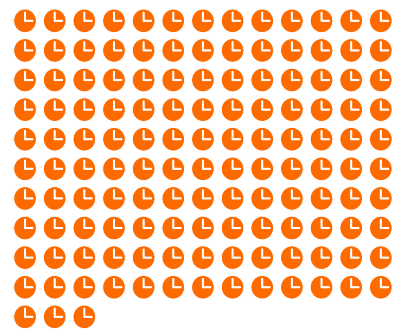
In 2022, our goal was to maximize access to resources across the worldwide ACHS community and beyond. Our team worked to develop and deliver webinars and series on various integrative health, wellness, and sustainability topics, and to continue to support the unique challenges we have been confronted with throughout the pandemic, working to improve access, provide tools, reduce stress, and empower positive learning through one-hour webinar sessions. Through our efforts, we were able to reach over 505 participants, engaging in 16 webinars, and over 1330 hours of community learning.



505
participants



16
webinars



1330
hours of community learning

Financial contributions towards positive change

ACHS remains committed to corporate philanthropy. Through giving, ACHS focuses on enhancing sustained relationships with organizations and communities through the following giving principles:

- We continue to support organizations we've donated to in the past, consistent with our values of sustainability and partnership, and work to identify new and innovative community partners.

- Aligned with our mission and vision, we focus our donations to support initiatives that help communities thrive including sustainability; diversity, equity, and inclusion (DEI); animal welfare; and health and wellness.
- A percentage of funds is donated annually to the ACHS Foundation. We are committed to building our foundation in support of our students, graduates, and community.
- We engage our team by surveying their primary areas of passion from our four targeted categories. It's essential that ACHS reflects the interests and values of our employees, too.

In 2022, ACHS was proud to contribute \$9,500 to the following local, national, and international organizations:

Organization	Initiative	2022 Donation
ACHS Foundation	Foundation Support	\$3,500
American Botanical Council - Green Development and Garden Fund	Sustainability	\$750
Neighborhood House	DEI	\$750
Equity Giving Circle	Health & Wellness / DEI / Sustainability	\$750
Paw Team	Animal Welfare	\$750
Q Center	DEI	\$750
Partners in Health	DEI / Health & Wellness	\$750
The Doughty Center	Health & Wellness	\$750
New Zealand Red Cross*	Health & Wellness	\$750
	TOTAL:	\$9,500

*The New Zealand Red Cross facilitates the Meals on Wheels program in New Zealand. This donation was made in honor of Meals on Wheels and Bud Glasson, the Founding President's grandfather. Bud Glasson lived in Dunedin, NZ and was the founder of Meals on Wheels in New Zealand.

Providing a supportive work environment

Wellness



3,385

Hours ACHS employees were given to use for personal well-being, ACHS is committed to fostering a culture of wellness and healthy activity.



\$15,200

Wellness stipend distributed to ACHS employees, allowing employees to choose what is important in their individual health journey.



2

The number of employees who took advantage of fully paid parental leave.

Volunteerism



255

Hours employees participated in volunteering for ACHS Volunteer Program, for which employees are encouraged to use paid time off to engage in volunteerism and support non-profits. Through the ACHS Volunteer Program, faculty and staff came together to volunteer at the Oregon Food Bank and participated in the Veteran Suicide Awareness Walk.

Outside the office

The ACHS staff and faculty community are committed to volunteering and donating to causes within their communities that are close to their hearts. Through a survey, we captured many of the volunteer hours and donations that our team contributed in 2022. ACHS staff and faculty collectively contributed over 950

hours to support causes in our communities and beyond. Support trends across the team included community trash clean-up, housing and resource donations, animal shelter volunteering, veteran services, mentorship programs, relief service hours for impacted communities, food and clothing gifts, and more.



About ACHS

American College of Healthcare Sciences (ACHS) has been educating industry-leading holistic health professionals since 1978. We are a world-renowned, accredited, fully online institute of higher education, offering micro-credential, certificate, diploma, and degree programs in Aromatherapy, Business, Herbal Medicine, Holistic Nutrition, and Integrative Health and Wellness.

ACHS is accredited by the Distance Education Accrediting Commission (DEAC). DEAC is recognized by the U.S. Department of Education and by the Council for Higher Education Accreditation (CHEA).