

AR

**ANNUAL
REPORT**

08

2008

**MID-IOWA
HEALTH
FOUNDATION**

DEAR FRIENDS OF MID-IOWA HEALTH FOUNDATION,

In 2009, we are thrilled to be celebrating a major milestone. For over 25 years, Mid-Health Foundation has been serving as a partner and catalyst for improving the health of vulnerable people in greater Des Moines.

Since our founding in 1984, our core mission hasn't changed -- and our commitment to creating a healthy community has only grown stronger. This 2008 report, which includes an overview of the grants provided to the community last year, reinforces how we remain firmly rooted in our community with a consistent goal of improving health.

Through the dedication of our board members, staff and partners, our branches continue to reach out to our central Iowa community while encouraging all to soar to a new level of health and well-being.

We look forward to the next 25 years and anticipate even more partners will join our dedication to health in greater Des Moines.

Kathy Bradley

President

Ivan Johnson

Chair

Statements of Financial Position

January 1 through December 31, 2008 and 2007

ASSETS	2008	2007
Cash/cash equivalents	\$309,070	\$513,261
Recoverable federal excise tax	8,361	-
Accrued interest receivable	67,355	61,391
Investments	11,550,364	16,960,773
Furniture/equipment, at cost less accumulated depreciation of \$26,378 (2007 - \$23,934)	9,846	12,290
	<u>\$11,944,996</u>	<u>\$17,547,715</u>
LIABILITIES AND NET ASSETS		
Accrued expenses	998	910
Accrued federal excise tax	-	1,001
Total liabilities	998	1,911
Net assets – unrestricted	11,943,998	17,545,804
	<u>\$11,944,996</u>	<u>\$17,547,715</u>
EXPENSES		
Program grants	599,995	760,474
Management and general	900,343	1,034,462
Investment and bank fees	104,724	111,721
Federal excise tax	2,785	13,000
Total expenses	1,007,852	1,159,183
Total increase (decrease) in net assets	(5,601,806)	967,802
Net Assets – beginning of year	17,545,804	16,578,002
Net Assets – end of year	<u>\$11,943,998</u>	<u>\$17,545,804</u>

HEALTH INITIATIVES

CHILD AND FAMILY POLICY CENTER • \$35,000

Growing Advocacy for Children's Health supports policy development activities to improve children's healthy development through keeping Iowa at the cutting edge of child health policy; building and sustaining effective coalitions for policy development and implementation capacity; and mobilizing public will to achieve policy advances.

DES MOINES UNIVERSITY • \$75,000

DES MOINES PASTORAL COUNSELING CENTER • \$5,000

The collaborative project, Quality of Life through End of Life Care, will advance knowledge and best practices in the area of quality of life through end-of-life care for patients, families and direct caregivers, specifically focusing on spiritual quality of life and relational quality of life. For the purposes of this project quality is defined as high levels of interdisciplinary collaboration, communication and coordination among members of a patient's team of care providers that: 1) facilitates continuity of care, 2) actively addresses and makes use of the spiritual and relational resources of patients and their families, and 3) operates by policies and procedures that encourage, and seek to alleviate obstacles to, these dimensions of care.

GREATER DES MOINES COMMUNITY FOUNDATION • \$50,000

2008 Central Iowa Flood Recovery Fund for mental health services.

IOWA HEALTH FOUNDATION – LA CLINICA • \$30,000

La Clinica expands their continuum of care to include mental health care services for common mental disorders in the primary care setting. The care management program incorporates a collaborative approach adapted from a University of Washington model in which the central participants are the patient, the primary care provider and a care manager.

POLK COUNTY HEALTH DEPARTMENT • \$25,000

Every 10 years Healthy Polk, with assistance from the Polk County Health Department, develops a community health plan for Polk County. The five key components of the planning process include community conversations, identification of data sources, development of proposed indicators, choosing priorities, and a community awareness campaign. Input will be collected from thousands of people who live and work in Polk County. Upon completion of the Healthy Polk 2020 plan, implementation will include monitoring the community's progress and providing regular updates to the community, convening Town Hall meetings, and serving as a catalyst for change by identifying areas that warrant greater attention. Healthy Polk will also facilitate the organization of new work groups, task forces and campaigns to ensure all Polk County residents are healthier in 2020 than they are today.

PRIMARY HEALTH CARE, INC. • \$25,000

OB Case Management for the Uninsured addresses a critical unmet need of uninsured pregnant women presenting to clinics and emergency rooms who do not have access to quality prenatal care and do not understand the correlation between prevention, safe delivery and long-term health status of the child to be. The project developed a system of OB care that is culturally sensitive and user friendly for all involved, improves coordination of prenatal care and delivery services for uninsured women by means of increased access, enhanced methodology of patient monitoring and improved patient education and compliance through provision of interim case management, and subsequent enrollment in existing maternal child health programs.

COMMUNITY RESPONSE

AMOS - A MID-IOWA ORGANIZING STRATEGY • \$25,000

Medical Debt Project aims to reduce medical debt among low and moderate income central Iowans, expand health care coverage for more Iowans and build a grassroots political constituency that advocates for health care for all.

CATHOLIC CHARITIES • \$30,000

Hispanic Community Outreach/Spanish Language Counseling Project makes affordable, high quality, culturally-competent counseling services available to the uninsured and low-income Hispanic immigrant residents of Polk and Dallas Counties. It addresses transitional issues newcomers face - culture shock, separation from family members, acute anxiety - and works to prevent other problems from developing such as substance abuse, domestic violence, depression, absenteeism from school or work.

DALLAS COUNTY PUBLIC HEALTH NURSING SERVICES • \$15,000

Healthy Kids Healthy Dallas County Collaborative project will implement the Coordinated Approach To Child Health (CATCH) Program - an evidence-based, coordinated school-health program designed to promote physical activity and healthy food choices, and prevent tobacco use in elementary school-aged children.

DES MOINES HEALTH CENTER • \$30,000

Smile Squad Oral Health Program is a comprehensive school-based oral health program providing an array of dental services using portable equipment and a mobile dental clinic RV to children in pre-school/Head Start and elementary schools in which 40% or more of the children qualify for free or reduced lunch programs.

DES MOINES PASTORAL COUNSELING CENTER • \$20,000

Mental Health Counseling Assistance Fund for moderate- to low-income adults, adolescents and children who are struggling with life's issues on very limited personal and financial resources.

EMPLOYEE AND FAMILY RESOURCES • \$30,000

Re-Thinking Drinking and Chance 4 Change Restorative Justice Youth Programs target youth formerly arrested for possession of alcohol and small amounts of marijuana. Youth are given the opportunity to examine their decision-making attitudes and behaviors themselves, and, in a restorative justice setting with parents, other youth and adults, identify the harms their offense has caused to their families and the at-large community, and a plan to amend each harm.

GOODWILL INDUSTRIES • \$10,000

Project increases nurse services for client education including medication management, proper personal health care, understanding insurance benefits, and utilizing community resources.

HEALTHCARE COVERAGE FOR KIDS COALITION • \$30,000

The HCKC enrolls eligible children in hawk-i (Iowa state children's health insurance program) and Medicaid. Children enrolled in insurance programs experience increased access to routine preventive care, needed specialists, preventative health guidance, dental care, improved overall health rating, and increased access to needed vision, behavioral and emotional care.

COMMUNITY RESPONSE (cont.)

IOWA CAREGIVERS ASSOCIATION • \$20,000

ICA is a change agent on policies and practices that bring stability to the direct care workforce, and impacts major systems changes that are resulting in the infrastructure needed to support the workers and the families they serve.

IOWA LEGAL AID • \$20,000

Iowa Legal Aid Health and Law Project is a collaborative effort between Iowa Legal Aid attorneys and medical professionals of Primary Health Care, Inc. to identify and resolve systemic issues that often manifest themselves in chronic medical conditions for low-income individuals and families. Medical personnel are trained to identify legal issues and refer clients to attorneys who can help resolve legal problems that are negatively impacting their health and lives.

MENTOR IOWA • \$5,000

One on One Program recruits, screens, trains and matches volunteer mentors with abused, neglected, and delinquent children who are under the jurisdiction of Juvenile Court. Pairs meet weekly and group activities are offered once a month for pairs and children waiting for a match. Issues that indicate youth need mentors include: negative feelings about themselves, peer and family pressure, bullying, substance abuse, depression and suicide, poor nutrition and obesity, sexuality and teenage pregnancy, loss of communication, child abuse and family violence, and lack of a support system.

MID-EASTERN COUNCIL ON CHEMICAL ABUSE (MECCA) – BERNIE LORENZ RECOVERY • \$10,000

Resources and guidance to help women in recovery face daily challenges of life without the need for alcohol or drugs, to be medically and mentally healthy, educated and

employed, financially literate, and to be independent and live successful lives in long-term recovery.

ORCHARD PLACE • \$20,000

Support for the transition to the new Remedial System Model of service delivery.

PLANNED PARENTHOOD OF GREATER IOWA • \$15,000

Preventing Cervical Cancer Among Low-Income Women provides colposcopies to uninsured low-income women with minimal patient charges so this cervical cancer screening remains affordable and accessible to women under 40 who account for one-third of all diagnoses of cervical cancer.

POLK COUNTY CRISIS & ADVOCACY SERVICES • \$10,000

Mid-Iowa Sexual Assault Response Team (SART) has developed a standardized protocol for all involved agencies to use with any adult or pediatric victims who present following a sexual assault to any of four Polk County emergency departments. The project reduces the time spent in the health care facility, standardizes collection of evidence, increases the rate of reports of sexual assault to law enforcement, connects every victim with an advocate prior to any procedures taking place, and provides specialized training for Sexual Assault Nurse Examiners so sexual assault exams are performed in a compassionate, consistent and accurate way.

REACH OUT AND READ IOWA, IA CHAPTER AMERICAN ACADEMY OF PEDIATRICS • \$10,000

Reach Out and Read makes literacy promotion a standard part of pediatric primary care by training doctors and nurses to advise parents about the importance of reading aloud

COMMUNITY RESPONSE (cont.)

and to give books to children at pediatric check-ups from 6 months to 5 years of age, with a special focus on children growing up in poverty.

SHALOM ZONE MINISTRIES • \$5,400

Community Health Program provides health information and screenings to high risk, low-income adults aimed at reducing diabetes, obesity and cardiovascular disease. Children's health education programs and activities particularly address obesity and tobacco/alcohol/substance abuse prevention in after school programs, summer camp, and the Back to School Health Fair where children receive free physicals, dental screening and "toothprints", lead screening, vision screening and school supplies.

YMCA • \$10,000

Trim Kids Program is a multi-disciplinary 12-week plan for overweight children, age 6-18 which gives parents and children an approach to lifetime weight management. Trim Kids is an established, individualized approach to weight management focused on dietary intervention, exercise, and behavioral/emotional counseling in order to comprehensively address the underlying issues of youth obesity and achieve and maintain long-term success.

YOUNG WOMEN'S RESOURCE CENTER • \$15,000

Young Women's Lives helps young women involved with the court systems with clinical therapy, support and educational programming.

Young Moms Pre- and Postnatal Services are offered to pregnant young women age 12-21 at area high schools and community locations. Groups help young pregnant women select appropriate support systems, develop a relationship with their care provider, learn tools that help in the birthing and bonding processes so children are able to develop physically, emotionally and socially.

MINI-GRANTS AND MEMBERSHIP • \$24,595

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