



Moving Forward

What a year 2017 was for The Health Foundation! We want to begin by thanking every person who volunteered, supported and donated to this organization and its mission. Please hear our heart as we sincerely say, thank you!

2017 brought many changes, but the most influential change in the healthcare landscape, from our perspective, is that the Wilkes Regional Medical Center became a part of the Wake Forest Medical Center system. As your independent and still locally governed nonprofit organization, we have long partnered with both.

We are humbled at the year The Health Foundation has had. Let's reflect on our major milestones.

- The prestigious Robert Wood Johnson Foundation selected us to be one of six communities nationwide to participate in "Raising Places" to build healthier, more child-centered communities.
- The Association of North Carolina Boards of Health recognized our efforts to promote community collaboration to improve the health and wellness of Wilkes County with the Ed Strother Award.
- We are one of only five communities statewide to be chosen to join The Duke Endowment's Healthy People, Healthy Carolinas cohort. Our Healthy Wilkes Action Team completed its second year of working together to encourage healthy eating and active living.
- Representing Wilkes County in the Institute for Emerging Issues Accelerator program resulted in Kelsey Harris, a VISTA volunteer, being placed with us for a year of service.

Our hope through this report is to encourage you to see how our vision has impacted many lives in 2017 because of staff, volunteers and donors who joined together in a shared focus to reach children and adults in Wilkes County. Our future has never looked brighter because of your support!



With Gratitude,

Heather Murphy

Heather Murphy
Executive Director

David Shelton

David Shelton
President

The Health Foundation Overview

Mission: To improve the health and well being of the people of Wilkes County, North Carolina.

Vision: The Health Foundation is an assembly of compassionate and dedicated volunteer leaders engaged in inspiring a community-wide effort to improve health care through the faithful stewardship of philanthropic pursuits.



Build Resiliency

We work to address the ways in which abuse, neglect and poverty affect mental health and well-being.



Support Healthy Eating

We support farmer's markets, community gardens and programs teaching healthy eating.



Support Health Careers

We provide grants and scholarships to those who are passionate about local health needs.



Promote Active Living

We promote active living and healthy lifestyles through tools like fitness tracking and faith-based programs.



Empower Community Partners

We create and sustain community partnerships to solve our most complex public health issues.



Maximize Funding Impact

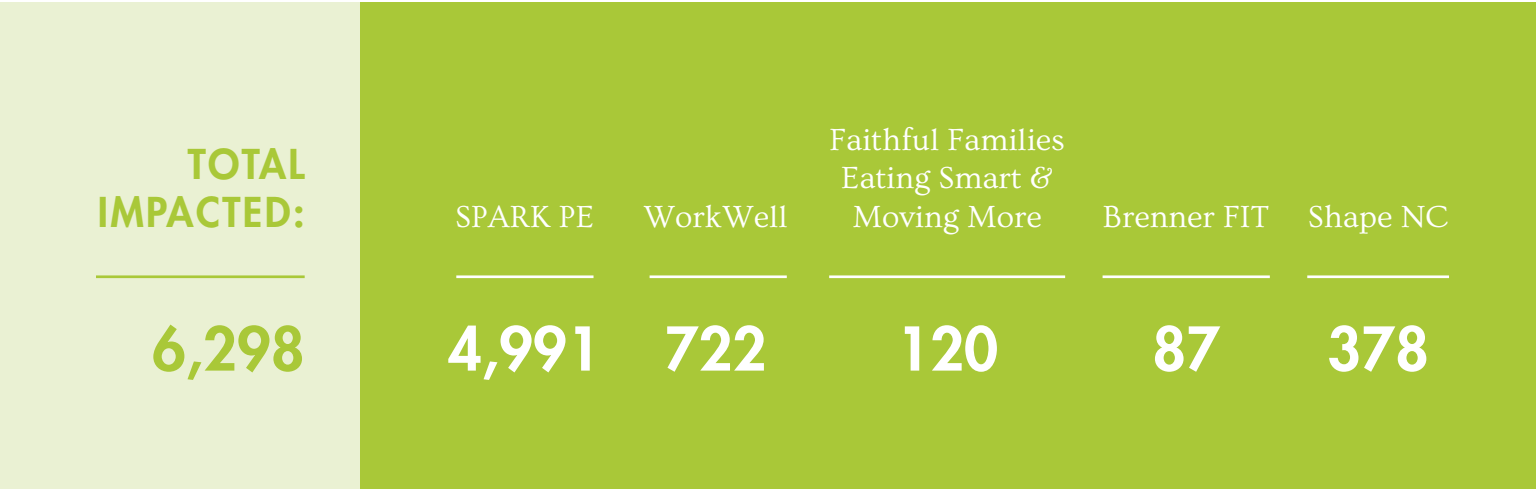
We invest your charitable contributions in local programs and services that benefit the people of Wilkes County.



Photo Credit: Janessa Robinson

Healthy People, Healthy Carolinas

Three years ago, The Duke Endowment invited The Health Foundation’s Healthy Wilkes Action Team to join its first cohort of Healthy People, Healthy Carolinas to improve healthy eating and active living. We’ve identified and implemented a variety of programs to help us on our journey to health, including programs in schools and pre-schools, churches, workplaces and health care settings so that collectively we can have an impact on rising obesity rates and prevent chronic disease. Complex challenges are only solved by working together. Collectively we are creating more health conscious places, programs and services.



SPARK PE

Curriculum, training and equipment for kindergarten through 5th grade students enrolled in the Wilkes County School System. Children participating in the free program are expected to improve their health as evidenced in five areas of testing: aerobic capacity, body composition, upper body, abdominal strength, truck extensor, flexibility.



WorkWell Wilkes

This free program helps area businesses improve employee health—which improve retention and productivity while lowering absenteeism and medical care costs. Participating worksites utilize small grants to reduce stress, improve physical activity, encourage smoking cessation, teach healthy cooking skills and more.

Faithful Families Eating Smart and Moving More

Congregations learn ways to cook more healthfully on a budget and introduce movement into their daily lives with the help of their faith and friends.

85%

improved dietary decision making

70%

improved dietary intake

20%

increased physical activity



Brenner FIT Academy

Families with children ages two to 18 attend nutrition, parenting and activity classes while receiving individualized habit change guidance from a Family Support Specialist.

87.5%

increased the number of fruits and vegetables that they ate per week

50%

reported being active with their children in the past 30 days

13

participants lost weight for a total 58.2 pounds

Shape NC

The first 1,000 days set the stage for healthy development. Childcare providers learn new ways to provide age-appropriate nutrition and exercise while receiving grants to implement the programs.



Stories of Impact

A child with diabetes learns to run and strong friendships form. A patient gets treatment. More lives of friends, family, neighbors.



The Kidney Dialysis Center

The demand for kidney dialysis services continues to grow since that first winter in 1995 when a blinding snowstorm blanketed western North Carolina and made the roads impassable. But thanks to your life-saving gifts, the Kidney Dialysis Center had just opened here in town. In 2017 your gifts allowed us to show our continued support for this program with a \$125,000 expansion grant.

Every day, and in every way, your gifts save lives and change lives for the people of Wilkes County. And because prevention is so important, we continue to support The Wilkes County Health Department's Diabetes and Nutrition program. And your gifts made it possible to pilot a program in which registered dietitians conduct shared medical appointments with patients at Wake Forest Baptist Health Internal Medicine.

how to pack a lunch. A young girl experiences the joy of fast
 Co-workers bond over yoga. A student becomes a nurse. A
 e than you can imagine, your gifts make a difference in the
 neighbors and co-workers. We couldn't be more grateful to you.

Raising Places

The physical place a child is raised impacts that child's health. For better or worse, the condition of our homes, schools, churches and neighborhoods all make a difference. And according to the North Carolina Child Health Report Card, a child born in Wilkes County will live, on average, six years less than our healthiest places in the state.

That's why we were thrilled when The Robert Wood Johnson Foundation selected us as one of only six communities nationwide to participate in Raising Places. We assembled a group of people whose love of community and caring for children created a powerful team dedicated to designing a better future for children. Working closely with the children and families whose lives are directly affected, we listened, learned and developed helpful solutions.

The story:

A family of four travelled over 90 minutes on public transportation to get to a grocery store roughly a mile from their home because the bus route crisscrossed the county.

The problem:

North Wilkesboro lacks an abundance of local grocery stores, which can make purchasing fresh fruits and vegetables difficult for families.

Our solution:

We piloted a mobile food market to bring fresh fruits and vegetables into neighborhoods where needed most.



Resiliency

Just like a house needs a strong foundation, children need to have their physical, emotional and intellectual needs met. And just as we educate future medical professionals through our scholarship program, we bring teachers, counselors, parents and professionals together to learn about how abuse, neglect and household dysfunction adversely affect children. The group learned how to recognize and respond to people experiencing these stressors and will be teaching others about trauma-informed care.



FINANCES

Summarized Statements of Activity (*\$ in thousands, as of December 31st*)

	2017	2016
Support and Revenue		
Contribution Income	215	254
Program Income	1,358	1,362
Gain (Loss) on Investments	40	13
Other	(8)	10
TOTAL	1,605	1,639
Expenses		
Program Services	1,251	1,267
Fund Raising Expenses	51	49
Management and General	206	184
TOTAL	1,508	1,500
Change in Net Assets	97	139
Net Assets, Beginning of Year	3,822	3,683
Net Assets, End of Year	3,919	3,822

Summarized Statements of Financial Position (*\$ in thousands, as of December 31st*)

	2017	2016
Assets		
Cash	1,149	1,001
Receivables-Pledge & Accounts	329	323
Endowment	410	359
Fixed Assets	3,256	3,404
Other	25	11
TOTAL	5,169	5,098
Liabilities and Net Assets		
Payables-Grant and Accounts	1,219	1,218
Other	31	58
Total Liabilities	1,250	1,276
Net Assets	3,919	3,822
TOTAL	1,508	1,500

CRITICAL PARTNERSHIPS

The Raising Places Design Team Members:

Debbie Ferguson, Town of North Wilkesboro
 Sam Hinnant, Town of North Wilkesboro
 Susan Cogdill, Wilkes Community Partnership for Children
 Greta Ferguson, North Wilkesboro Housing Authority
 Kathy Kelley, BROC Head Start
 Linda Cheek, Wilkes Chamber of Commerce
 Julia Turpin, Wilkes County Public Library
 Junior Goforth, North Wilkesboro Town Commissioner
 Jeremy Parks, Communities in Schools
 Sharon Phillips, Playworks

Healthy Wilkes Action Team Steering Committee:

Susan Cogdill, Wilkes Community Partnership for Children
 Bob Urness, Town of Wilkesboro
 Chris Skabo, Wilkes County Schools
 Barry Wald, Wake Forest Baptist Health: Wilkes Medical Center
 Rachel Willard, Wilkes County Health Department
 Jeff Cox, Wilkes Community College
 Caroline Whitson, Wilkes YMCA
 Ann Absher, Wilkes County Health Department
 Jan Jones, Second Harvest Food Bank
 April Marr, Wilkes County Schools
 Arnold Lakey, citizen
 Julia Turpin, Wilkes County Public Library

THRIVE Team:

April Marr, Wilkes County Schools
 Cindy Hartley, SAFE Spot Child Advocacy Center
 Robert Willis, CareNet Counseling
 Lynn Moree, CareNet Counseling
 Jane Franklin Casarez, Project Lazarus
 Beverly Hersey, Children's Developmental Services Agency
 Crystal Grant, Daymark Recovery Services

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GIVING SOCIETIES

Our most generous and loyal donors are recognized through their membership in our giving societies.

Dr. Fred C. Hubbard was the founding father of Wilkes Regional Medical Center. Members of The **Dr. Fred C. Hubbard Society** consists of those whose total giving exceeds \$100,000.

Our **Benefactor's Society** members are those whose cumulative gifts total more than \$50,000.

The **Edd and Gertrude Gardner Society** is named after two individuals whose contributions played a vital role in the growth of Wilkes Regional Medical Center. Mr. Edd Gardner served 36 years as an original appointee to the board of trustees of the hospital. His wife, Mrs. Gertrude Gardner, organized the original ladies' auxiliary. She served as its president from 1951 until 1953. Members of this society have made cumulative gifts of over \$10,000.

Membership in our **Legacy Society** is open to anyone who has recognized us through estate planning who wishes to be so recognized. Giving levels are cumulatively totaled through January 7, 2018.

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