

# A Snapshot of Health



**2008-2009  
Annual Report**

health **M** powers<sup>SM</sup>  
Empowering students to  
make healthy choices.

# Our Mission Statement



HealthMPowers promotes health enhancing behaviors among students, school staff and families to improve the quality of health and academic achievement of young people.

# About Us

## Memorable and interactive health education

HealthMPowers, a designated 501 (c)(3) non-profit organization, is currently a Georgia-based, in-school health promotion initiative serving students in grades K-8, their school staff and families. Founded in 1999 and incorporated in January 2000, HealthMPowers works on the premise that creating a healthy future begins with making healthy choices today.

In collaboration with founding sponsors-Centers for Disease Control and Prevention (CDC), Rollins School of Public Health at Emory University and Children's Healthcare of Atlanta, the HealthMPowers program model was developed using the best science available and is designed to provide students, staff, and families with the health information, skills, resources and motivation necessary to take responsibility for their own health.



**Health education programming is presented in a memorable and interactive way, helping each student build a solid foundation for making responsible health decisions throughout the course of his or her own life.**

Current health promotion programs and services are provided to schools in urban, rural and suburban communities with populations across all socio-economic levels. The program has proven effective across all of these diverse school settings. To empower young people to make healthy choices, they not only need the knowledge and skills, but they also need healthy and supportive home and school environments that model good health and provide ample opportunities to practice and make those healthy choices.



HealthMPowers strongly believes that the adults in a child's life, both teachers and parents, must be committed to healthy living and willing to promote and embrace health behavior changes in order to serve as positive role models.

Research has shown that educators/adults involved in their own personal health and well-being teach more health concepts and model better health and physical activity. Therefore, HealthMPowers provides wellness programs for school staff and families in addition to the programs provided to students.



# Letter from the Board

## Success With Tangible Results and Statistics

The past year has been one of remarkable growth and improvement for both HealthMPowers and the schools we serve. **During the 2008-2009 school year, HealthMPowers served 59 schools in 15 school districts. Our services and programs now reach more than 44,000 students, their teachers and family.** While HealthMPowers continues to grow its reach throughout Georgia, the organization has also been able to reduce costs associated with the programs.

Through HealthMPowers programming, **students are increasingly taking responsibility for their health decisions.** We've seen a decrease in screen time (time spent inactive in front of a computer or TV screen), an increase in fruit and vegetable consumption, as well as improvements in cardiovascular fitness scores.

Furthermore, HealthMPowers has continued to actively engage school staff in wellness activities and health promotion. Through this outreach, all participating schools have documented improvements in their school health programming, policies and environment. It is exciting for all of us working with HealthMPowers to see the impact that can be made when an entire school staff and student body take part in the HealthMPowers initiative to improve health. **One by one, each school is demonstrating how taking action today can lead to a healthier tomorrow.**



Another achievement was the increase in community interest in our programs. Throughout the year, **schools engaged more than 1800 parent and community member volunteers to help provide health education to students through the HealthMPowers Body Walk exhibit.** These parents, teachers and community members took a leading role in educating students on important health information while also gaining a better understanding of it themselves. Often, HealthMPowers staff heard volunteers saying, "I had no idea how much sugar is in certain foods or drinks," or "I had no idea it took 3500 calories to burn off one pound of fat." These simple statements demonstrate the impact HealthMPowers services can have on both children and adults.

On behalf of HealthMPowers' Board of Directors and staff, we appreciate your continued support of our programming. As you read about the many accomplishments our schools have achieved in the past year, we hope you get a glimpse of the impact HealthMPowers is having on students and their schools due to your support.

- Mr. E. Andrew Isakson, Co-Chair
- Mrs. Mary Johnson, Co-Chair
- Mrs. Christi Kay, Executive Director

# Board of Directors

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*“I will continue to teach and remind students every chance I have of the things they can do to stay healthy. **This is an excellent program to have in our school.**”*

**-Teacher, Shadow Rock Elementary**

# Founding/Annual Sponsors



# Donors/Other Funders

## Individuals

John & Diane Allensworth  
Susan & Greg Balogh  
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Dennis & Debbie Patterson  
John Shinall  
Chris & Christie Stewart  
Betty & Greg Thompson  
Heather Usbeck  
Kendall Wall  
Brenda Worley

## Corporations, Clubs, Civic Groups, and Employee Giving Groups

Atlanta Federation of Teachers  
Bank of North Georgia  
Children's Healthcare of Atlanta  
Community Health Charities  
Georgia Department of Human Resources  
Gwinnett County Board of Commissioners  
Hospira Employee Giving Campaign  
Lincoln Financial Foundation  
Piedmont Hospital  
WellPoint Associate Giving Campaign

## Foundations

DeKalb County Board of Health  
Healthcare Georgia Foundation  
The Marcus Foundation

## Other Funding Sources

Supplemental Nutrition Assistance Program  
Education (SNAP Ed)

***“HealthMPowers has made a real difference in how my family eats. We all look for a ‘colorful plate’ now at dinner time.”***

**-Parent, Friendship Elementary School**

# School Successes

## Students Help Others and Themselves Due to HealthMPowers Programming



### **Pine Grove Elementary School, Lowndes County**

Students at Pine Grove Elementary School participated in the HealthMPowers Body Walk – learning about various body parts and how to take care of them through good nutrition, exercise and safety habits. Shortly after walking through the ten-station interactive exhibit, a six-year-old student approached his teacher with a simple statement – “I’ve been thinking a lot about this health stuff lately, and I’m going to leave Santa orange juice and apple slices this year. Santa really needs to watch his weight...and I can help!”

This young boy exemplifies the essence of HealthMPowers – empowering individuals to make healthy choices. He understands the importance of good health and nutrition for himself and others, and realizes that he can support others in making good health decisions too by modeling and promoting good health behaviors himself. At only six years old, this child “gets it.”

### **Thomas County Middle School, Thomas County**

A physical education instructor at Thomas County Middle School, was teaching her fifth-grade health class about diabetes using *Undercover Diabetes Health Agents*, a hardback book provided by HealthMPowers. With engaging illustrations and easy-to-understand language, the book teaches children about diabetes and the choices they can make to help prevent the disease. As the PE teacher read through the symptoms of diabetes, a young man raised his hand.

“I drink a lot of water but I am thirsty all of the time,” stated the boy. The PE teacher suggested he tell the school nurse about his unusual thirst. The boy did as instructed, and although he was often seen by the nurse because he complained about not feeling well, the nurse realized this could be a problem and contacted his parents and doctor. Within a week, the boy was diagnosed with Type II diabetes and hospitalized for one week to be treated and have a care plan developed.

This is just one more example of the power health information can have on both students and adults. Due to this boy’s courage to speak up about a symptom, HealthMPowers programming and a teacher’s commitment to providing health education in school, this young man’s life has been significantly impacted in a positive way.





# Participating Schools

## Serving 59 Schools in 15 Counties

Allgood Elementary School  
Atha Road Elementary School  
Atlanta International School  
Beaver Ridge Elementary School  
Beecher Hills Elementary School  
Blaine Street Elementary School  
Carson Middle School  
Carver Middle School  
Centennial Place Elementary School  
Clifton Elementary School  
Clyattville Elementary School  
Cross Creek Elementary School  
Dawson Elementary School  
Dewar Elementary School  
Fickett Elementary School  
G.H. Gullatt Elementary School  
Garrison Pilcher Elementary School  
Glen Haven Elementary School  
Greensboro Elementary School  
Hahira Elementary School  
Hamilton E. Holmes Elementary School  
Hand in Hand Primary School  
Hapeville Elementary School  
Idlewood Elementary School  
J.K. Harper Elementary School  
J.L. Lomax Elementary School  
Jerger Elementary School  
Kennedy Elementary School  
Lake Park Elementary School  
Marbut Elementary School  
Margaret Winn Holt Elementary School  
Montgomery Elementary School  
Morris Brandon Elementary School  
Moulton Branch Elementary Park  
Northwood Elementary School  
Oak Knoll Elementary School  
Park Elementary School  
Pine Grove Elementary School  
Redan Elementary School  
S.L. Mason Elementary School  
Sallas Mahone Elementary School  
St. Martin's Episcopal School  
Shadow Rock Elementary School  
Sharon Elementary School  
Slater Elementary School  
Southeast Elementary School  
Susan Stripling Elementary School  
Thomas County Middle School  
Toney Elementary School  
Union Point Elementary School  
Venetian Hills Elementary School  
W. Fred Scott Elementary School  
W.G. Nunn Elementary School  
Walnut Grove Elementary  
West Gordon Elementary School  
Westside Elementary School  
White Elementary School  
Woodward Elementary School  
Youth Middle School

# Accomplishments



**HealthMPowers** served **44,476 students**, their teachers and family members in **59 schools** in **15 school districts** across the state of Georgia

## Students...

Increased **fruit and vegetable** consumption

Reduced **screen time**

Improved **cardiovascular fitness** scores

## Schools...

Improved school **health policies**

Increased **staff wellness** opportunities

Used data to improve **programming**

**“The kids** loved being in small groups in the Body Walk. The visual aids were very effective! Having the **parents and grandparents** helping was **extra special”**

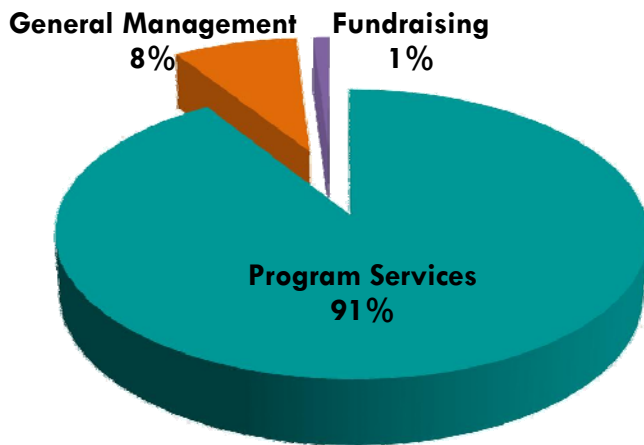
*Teacher, Hahira Elementary School*

# Financial Statement

Since the 2002-2003 school year, HealthMPowers has increased its reach to schools and students annually while reducing or maintaining costs. In 2004-2005, the organization served 17,021 students at a cost of \$57.20 per student per year. Since that time, HealthMPowers has increased the number of students served to over 44,000 while at the same time managing to bring the cost down to approximately \$30 per student. This has been accomplished through rigorous fiscal management by both the Board and staff.

Through these challenging economic times, HealthMPowers has continued to successfully manage costs and secure additional partnerships and sponsorships with funders to expand and provide quality program delivery to schools. However, to continue this growth and service, the organization needs the generous support of the community to continue the investment we are making in our children and schools. It is through investments in our childrens' physical future today, that will result in lower healthcare costs and a healthier fiscal future down the road. With healthcare costs escalating, and research documenting the cost benefit of prevention, working to establish sound health practices and behaviors in our young people is essential. We hope you agree and will continue your support.

## Distribution of Expenditures



Assets	
Cash and Cash Equivalents	385,823
Grants Receivable	173,093
Contribution and Pledge Receiv-	3,430
Prepaid Expenses	9,398
Property and Equipment	419,475
Other Assets	2,309
<b>Total Assets</b>	<b>\$993,528</b>

Liabilities	
Accounts Payable	34,592
<b>Total</b>	<b>\$34,592</b>

Net Assets	
Unrestricted	958,936
Temporarily Restricted	-
Permanently Restricted	-
<b>Total</b>	<b>\$958,936</b>
<b>Total Liabilities and Net Assets</b>	<b>\$993,528</b>



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Hours of Operation:  
M-F 7:30a.m.-3:30 p.m.

[www.healthmpowers.org](http://www.healthmpowers.org)