

Making A Difference

2006-
2007

Annual
Report



health **M** powersSM
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.



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About Us



Empowering students, staff and families

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, HealthMPowers programs were developed using the best science available and are designed to provide students with the health information, skills, resources and motivation necessary to take responsibility for their own health.

Health education lessons are 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. Programs are working effectively in all of these diverse school settings. To empower young people to make healthy choices, they need not only the knowledge and skills, but also healthy and supportive home and school environments in which to practice those healthy choices.

HealthMPowers strongly believes that the adults in a child's life must be committed to healthy living and willing to embrace health behavior changes to serve as effective role models.

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

In 2006 – 2007, HealthMPowers served more than 26,000 racially diverse students in 38 elementary and middle schools in 10 school districts, along with their teachers, other school staff and family members for an approximate total of more than 45,000 people.

Letter from the Board



Success can be defined in many ways, including growth, development and improvement

HealthMPowers has experienced strides in all of these areas. The 2006-2007 school year proved to be a banner year for HealthMPowers, with increases and improvements all across the organization, including the schools we serve. **We have more than quadrupled the number of school served** since starting the organization in 2002-2003 and expect even greater expansion over the next school year.

During the 2006 -2007 school year, 26,000 students in 38 schools received HealthMPowers programs and services, an increase of 4,555 students over the previous school year! In addition, programs and services were also provided to school staff and families expanding our outreach to more than 35,000 individuals.

HealthMPowers continues to develop and add new programs. Through generous donations this year, HealthMPowers secured **two new vehicles, new technology and a traveling exhibit**, allowing the organization to expand its services to a far greater number of schools.

All participating schools have documented improvements in health and physical activity

programming, and thirteen schools demonstrated **improvements in student health related fitness levels**. School health policies have improved and school employees have become healthier as a result of numerous school site wellness initiatives. With this success, HealthMPowers is fulfilling its commitment to improving the health of students, staff and families in the schools we serve.

This year, HealthMPowers was recognized for its innovative programs and services locally, as well as nationally. The organization received a **national innovation award** from the National Association of Health Education Centers and **was featured in numerous articles** in the Atlanta Business Chronicle, CrossRoad News and TheWeekly.com.

On behalf of the Board of Directors and Staff of HealthMPowers, we invite you to read about the many accomplishments of the schools. It is truly a privilege working with these schools, their student population, staff and families. We take pride in their accomplishments and hope you will too.

- Mr. E. Andrew Isakson
- Mrs. Mary Johnson

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 Brasfield & Gorrie
 Braver, Schimler, Pierce, Jenkins, LLP
 Cartoon Network
 Community Health Charities
 Cottage House Interiors
 Flag Bank
 Georgia Baptist Healthcare System
 Georgia Cooperative Health
 Education Program, Inc.
 Georgia Diamond Corporation
 Gwinnett County Board Of
 Commissioners
 Hemophilia Of Georgia
 Hospira Employee Giving Campaign
 Isakson-Barnhart
 John Coggins III Foundation

John Henry Sherman, Jr. Interiors
 Lincoln Financial Foundation
 Marta Employees Charity Club
 Mitel Networks, Inc.
 National Association Of Health
 Education Centers
 Plateau Event Productions, Inc.
 Powell & Goldstein, Atty
 Publix Super Market Charities
 Roswell Rotary Club
 The Wine Store
 United Way Of Metropolitan Atlanta

Foundations

Chatham Valley Foundation, Inc.
 STEPS to a Healthier DeKalb
 Friends Of HealthMPowers
 Georgia Health Foundation
 Healthcare Georgia Foundation
 John Coggins III Foundation UAD
 WellPoint Foundation
 Georgia Baptist Health Care
 Ministry Foundation
 William F. Shallenberger Trust

Schools' Successes



HealthMPowers provides the resources to change lives

Union Point Elementary School – Greene County

“HealthMPowers offered us the resources, support and accountability to make a change,” said Connie Hoyle, assistant principal at Union Point Elementary School. “HealthMPowers and its staff don’t just say this is a good idea. They say here is a great idea, and here are the resources to make it happen.”

One program Union Point implemented was a school health council. Once a quarter, teachers, parents and community members meet to brainstorm new ideas for implementing additional health enhancing programs in the school. Having the commitment of the faculty, UPE then created a student health advocate group, called the Power Up Kids, consisting of only student representatives from fourth and fifth grade. Students develop their own programs, such as promise cards to be healthy and good role models, or public service announcements (PSA's) on nutrition and physical activity to be read during morning announcements. The Power Up Kids use the peer-to-peer model to reinforce healthy behaviors.



“If it’s about health, we are all over it,” according to a fifth grade student and member of the Power Up Kids for more than two years. Lisa Brown, physical education specialist and a member of the School Health Council commented, “I’ve had the privilege of watching the program grow from a small group of adults and students to a very active team of educators, community representatives, parents, and students. The students’ Power-Up club has been a major source of information and leadership development. Their enthusiasm has fueled the rest of the council toward a very pro-active role.”

Woodland Middle School – Fulton County

Woodland Middle School made healthy living a priority among students, staff, and families. Sharon Heckstall, Woodland Middle School health and physical education teacher implemented a program called “Catch a Teacher Being Healthy” that encouraged students to track the healthy choices made by their teachers. The program was a unique opportunity for students and staff. Students had to identify healthy choices made by their teachers, and teachers worked hard to be good health role models for their students.

Schools 2006-2007



We have more than quadrupled the number of schools served since starting the organization in 2002-2003 and expect even greater expansion over the next school year



BIBB COUNTY

J.W. Burke Elementary School
Rutland Middle School

COBB COUNTY

Tapp Middle School

DAWSON COUNTY

Black's Mill Elementary School
Riverview Middle School

DEKALB COUNTY

Huntley Hills Elementary School
Jolly Elementary School
Narvie J. Harris School
Pine Ridge Elementary School

FULTON COUNTY

Cogburn Elementary School
Crabapple Crossing Elementary School
Crabapple Middle School
Haynes Bridge Middle School
High Point Elementary School
Medlock Bridge Elementary School
Palmetto Elementary School
Ridgeview Middle School
River Trail Middle School
Shakerag Elementary School
State Bridge Elementary School
Webb Bridge Middle School
Woodland Middle School

GREENE COUNTY

Carson Middle School
Greene
Greensboro Elementary School
Union Point Elementary School

GWINNETT COUNTY

Alford Elementary School
Ivy Creek Elementary School
Shiloh Elementary School

HALL COUNTY

Friendship Elementary School

WALTON COUNTY

Carver Middle School
Walton
Atha Road Elementary School
Blaine Street Elementary School
Walnut Grove Elementary School
Youth Middle School

INDEPENDENT

Atlanta International School
St. Martins Episcopal Elementary



Accomplishments

Twenty-four schools were surveyed and reported the following...



61% of teachers engaged in one or more new healthy behaviors



49% of teachers increased the amount of physical activity each day



48% of teachers increased the amount of health education offered to their students



96% of teachers rate HealthMPowers lessons and teachers as good or excellent



Financial Statement

as of December 2007

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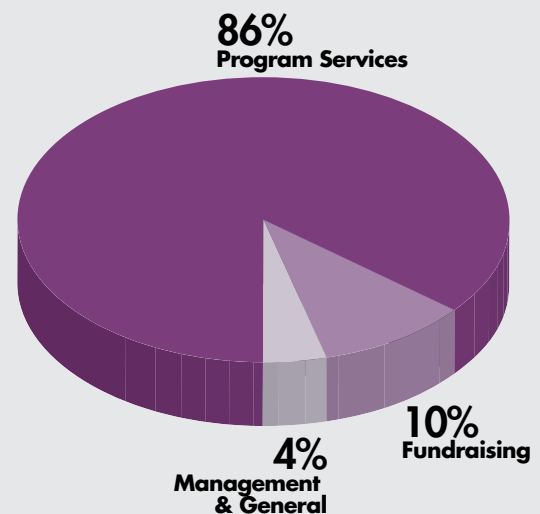
Assets	
Cash and Cash Equivalents	125,756
Contributions and Pledges Receivable	11,645
Prepaid Expenses	7,627
Property and Equipment	631,238
Total Assets	\$776,266

Liabilities	
Accounts Payable	43,727
Line of Credit	249,281
Other Loans Payable	48,000
Deferred Income	3,845
Total Liabilities	\$344,853

Net Assets	
Unrestricted	316,413
Temporarily Restricted	115,000
Permanently Restricted	0
Total Net Assets	\$431,413

Total Liabilities and Net Assets	\$776,266
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Distribution of Expendures



HealthMPowers

1655 Tullie Circle NE
Atlanta, GA 30329

Phone 404.785.7251
Fax 404.785.7259

Hours of operation
Monday – Friday,
7:30 a.m. – 3:30 p.m.

www.healthmpowers.org

