



MAT-SU HEALTH  
FOUNDATION

# CHARTING COURSE ▶▶



ANNUAL | **2010** | REPORT



# FOUNDATION LOG



## Dear Mat-Su Community Members:

It was another exciting year for the Mat-Su Health Foundation. While maintaining our Healthy Impact and Target Wellness Grant Programs, board and staff continued strategic discussions about how to make Mat-Su healthier—how to raise the health status of our citizens. Looking at the borough from the 50,000 foot level, we asked questions like . . . .



- ▶ How healthy are Mat-Su residents?
- ▶ What population groups should we be paying attention to right now here in Mat-Su?
- ▶ Are the safety net and health and wellness programs provided by Mat-Su nonprofits thriving?
- ▶ Do Mat-Su nonprofits have the physical infrastructure to meet our booming population demands?
- ▶ Does Mat-Su have the outdoor infrastructure to encourage and support healthy behavior and choices?
- ▶ How is the healthcare delivery system changing in America?
- ▶ How can MSHF engage in healthcare conversations to positively impact the health of Mat-Su residents?

These questions led us to a variety of projects that centered on convening community partners, engaging stakeholders and funders, and conducting and commissioning a fair amount of research to understand the health of our community. Research initiated included:

- ▶ Determining what available data was accurate and useful for measuring the health of Mat-Su
- ▶ A nonprofit sector sustainability assessment of local nonprofits addressing health and wellness
- ▶ A Healthy Schools Program Inventory at every Mat-Su school
- ▶ A Mat-Su Regional Plan for the Delivery of Senior Services
- ▶ A Mat-Su Borough Trails Management Plan

These data sets and planning efforts are giving us a framework for more judicious investment of MSHF resources—from staff time to grant awards. Hopefully, they are helping to lay the groundwork of a healthy community.

As always, we are grateful for our partners in this work. The Alaska Mental Health Trust Authority, Denali Commission, The Foraker Group, Rasmuson Foundation and United Way continue to be key funding partners and mentors on multiple efforts and projects. It's an honor to partner with them to effect meaningful change in the health of the Mat-Su community and also impact the health of all Alaskans. While we have the liberty to sit in the boardroom and ask the broad questions, our local nonprofit boards and staff are in the trenches everyday—making the mission a reality on the ground. We are thankful for their leadership, devotion and are inspired by how much they do with so little. We look forward to working with them for years to come.

Respectfully,

Elizabeth Ripley, Executive Director

Sincerely,

Teri Namtvedt, Chair

# OUR VISIONARIES



## 2010 BOARD

1. Teri Namtvedt  
→ **BOARD CHAIR**
2. Jamie Wise  
→ **VICE CHAIR**
3. Andy Reimer  
→ **SECRETARY / TREASURER**
4. Mary Olson
5. Deborah Prator
6. Stacie Stigar
7. Bill Allen
8. Linda Conover
9. Richard Stryken
10. Jerry Troshynski
11. Scott Johannes
12. Cheryl Riggs
13. Fred Van Wallinga
14. Sally DuClos
15. Susan McCauley

**AND  
THANK  
YOU!**



In 2010 — Craig Thorn, Linda Menard, Jack Williams & Paul DuClos termed off the MSHF Board.



# INTREPID INCOMING

For full bios of each of these talented new board members, please visit the MSHF website, and click on the "About Us" section.

[matsuhealthfoundation.org](http://matsuhealthfoundation.org)

INVESTOR ▶  
DEVELOPER ▶  
ENTREPRENEUR ▶



**RICHARD STRYKEN**

Alaska Resident Since 1959



◀ EDUCATOR  
◀ PRINCIPAL  
◀ ADMINISTRATOR

**SUSAN McCAULEY**

Alaska Resident Since 1995

VOLUNTEER ▶  
INSTRUCTOR ▶  
PHILANTHROPIST ▶



**SALLY DuCLOS**

Alaska Resident Since 1957

◀ EDUCATOR  
◀ RETIRED PRINCIPAL  
◀ VOLUNTEER ACTIVIST



**FRED VAN WALLINGA**

Alaska Resident Since 1960



# GUIDANCE & DIRECTION

From left to right:

Linda Conover  
Teri Namtvedt  
Deborah Prator  
Linda McNard  
Craig Thorn



## MAT-SU VALLEY MEDICAL CENTER, LLC BOARD MEMBERS

The MSHF Board seats these representatives on the hospital governing board to offer a community perspective. These hospital board members help to evaluate the performance of Community Health Systems in managing the hospital and the Chief Executive Officer in executing strategic business plans aimed at delivering top quality and cost effective care to Mat-Su residents.

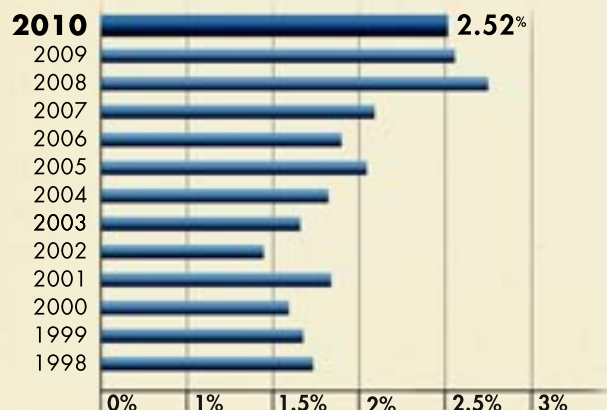
### THEY **HELP** TO:

- ▶ Set the mission, vision and values of our local hospital.
- ▶ Look critically at what services are needed for the borough's fast growing population.
- ▶ Ensure that public education programs and charity care levels match community need.

In 2010, these directors helped to hire the new Mat-Su Regional Medical Center CEO John Lee, adopt the hospital's strategic plan and budget and position Mat-Su Regional in the competitive marketplace.

### CHARITY CARE >>>

AS A PERCENTAGE OF GROSS REVENUE





# 2010 HIGHLIGHTS

## HOW HEALTHY ARE MAT-SU RESIDENTS?

MSHF has been striving to pull out collected regional data to understand Mat-Su apart from Anchorage. To address this data collection and dissemination problem, MSHF has undertaken the following projects:

- 1** Improved Behavior Risk Factor Surveillance Survey data accuracy by increasing sample size 233%.
- 2** Asked the State to create a dedicated health planning and data collection region specifically for Mat-Su.
- 3** Advocated for State development of a user-friendly web portal that will share regional health data to inform and engage local communities in health improvement efforts.
- 4** Engaged local stakeholders in a Community Health Needs Assessment project that analyzes local data, prioritizes needs and identifies shared health goals and strategies.

MSHF staff and board spent most of 2010 engaged in measuring how healthy Mat-Su is in terms of:

- ▶ Our population
- ▶ Our nonprofit sector and
- ▶ Our environment.

MSHF is striving to make measurable improvements in the health of our community—so we need to understand how healthy we are and where the problem areas are. This information will help us to act strategically and align resources—whether they be staff time or grant funds—where we can have the greatest impact.

In the interim, MSHF is relying heavily on the data from the Robert Wood Johnson Foundation's County Health Rankings report, which ranks Mat-Su 13th in Health Outcomes and 8th in Health Factors out of the 23 Alaska boroughs ranked. See the chart below, or find the full report online at [www.countyhealthrankings.org](http://www.countyhealthrankings.org).

	RANK	CATEGORY	MAT-SU	%MOE**	US	AK
<b>* HEALTH OUTCOME STATISTICS</b>	<b>13</b>	Poor or fair health	15%	13-18%	10%	14%
		Poor physical health days	3.9	3.3-4.5	2.6	3.5
		Poor mental health days	3.4	2.7-4.1	2.3	3.0
		Low birthweight	6.3%	5.8-6.9%	6.0%	5.9%
<b>* HEALTH &amp; BEHAVIOR STATISTICS</b>	<b>8</b>	Adult smoking	28%	24-31%	15%	23%
		Adult obesity	28%	23-33%	25%	28%
		Excessive drinking	16%	13-19%	8%	19%
		Vehicle crash death rate	23	19-27	12	16
		STD's & Infections	317	n/a	83	711
		Teen birth rate	34	31-36	22	44

\* Republished with permission from the University of Wisconsin Population Health Institute

\*\* MOE - Margin of Error



## WHAT ISSUES OR SPECIAL POPULATIONS SHOULD MSHF BE FOCUSING ON RIGHT NOW?

The Mat-Su senior citizen population is booming, and with this “grey tsunami” come challenges and opportunities. To better understand this impact, MSHF initiated two important projects in 2010:

### PROJECT #1

#### COALITION SUPPORT

MSHF contracted a consultant team to provide interim organizational and management support to the Coalition of Mat-Su Senior Centers.

In this project, Kennedy & Associates and Rider Consulting mapped current services and infrastructure from facilities to transportation to workforce; and identified unmet needs and gaps in senior services. They strategized:

- 1** Collaborative opportunities within key programs and service areas, such as:
  - ▶ congregate meals
  - ▶ home delivery meals
  - ▶ transportation
  - ▶ employment
  - ▶ assisted living
  - ▶ nutrition education
  - ▶ housing management
- 2** Business models of collaboration including Southeast Senior Services, Aging & Disability Resource Center, and Meals on Wheels Association of America.
- 3** Ways to advocate for both immediate and long-term needs including current priorities and changes in state funding formulas.

### PROJECT #2 - REGIONAL PLAN FOR

#### DELIVERY OF SENIOR SERVICES

MSHF, The Alaska Mental Health Trust, Denali Commission, Rasmuson Foundation and United Way of Mat-Su commissioned a Regional Plan in order to better understand the needs of Mat-Su's senior population and to match those needs with an efficient and productive delivery system that can be implemented on a regional level.

The plan identified the following challenges to overcome and better serve Mat-Su seniors:

- ▶ Lack of service coordination among providers
- ▶ Geographical challenges for service delivery
- ▶ State governmental infrastructure inefficiencies in identifying and qualifying seniors for services
- ▶ Insufficient services and providers to support future demand across the continuum of care

#### RECOMMENDATIONS INCLUDED THE FOLLOWING:

- 1.** Conduct a community needs assessment of senior population.
- 2.** Create a distinct Mat-Su coverage area for senior services under Alaska Department of Health & Social Services.
- 3.** Revise the State's Medicaid requirement to offer more support to individuals with Alzheimer's Disease and related disorders.
- 4.** Develop an Aging & Disability Resource Center (ADRC) to serve the Mat-Su.
- 5.** Implement a model for Chronic Disease Management.
- 6.** Develop facility-based services for Alzheimer's or dementia care and a long-term care nursing facility.

Read the FULL plan at [www.matsuhealthfoundation.org](http://www.matsuhealthfoundation.org)

# HEALTHY INFRASTRUCTURE

## HOW **HEALTHY** ARE THE **ORGANIZATIONS** ▶▶▶ PROVIDING **THE HUMAN SAFETY NET** FOR **MAT-SU RESIDENTS?**

MSHF asked this question in 2010 and analyzed the sustainability and operational health of Mat-Su nonprofits. While many organizations are dedicated to a worthy mission, they sometimes struggle with financial, operational, leadership and other issues that can potentially derail their missions. MSHF worked with The Foraker Group to offer a sustainability assessment to Mat-Su nonprofits addressing health and wellness issues in Mat-Su.

MSHF in turn granted each of the 42 participating agencies over \$8,000 to carry out suggestions in their plan to address organizational weaknesses.

## **MAT-SU NONPROFIT ...** **SECTOR FINDINGS**



### **STRENGTHS**

1. Clear sense of mission and who Mat-Su nonprofits serve
2. Healthy financial positions without over-reliance on restricted or unsustainable sources of revenue
3. Long, demonstrated history of partnership among other Mat-Su nonprofits
4. Great longevity of leadership and attendance at board meetings

### **WEAKNESSES**

1. Lack of comprehensive planning rubrics linking the strategic plan, annual operating plan, business planning and tactical planning
2. Weak outcomes evaluation leading to weaker impact
3. CEO and Board evaluations not done consistently and annually
4. Lack of comprehensive, coordinated mechanisms for board improvement and recruitment
5. Lack a committed and consistent mechanism for partnership development and collaboration around health and wellness issues



# HEALTHY COMMUNITY

## DO **MAT-SU NONPROFITS** HAVE THE **PHYSICAL INFRASTRUCTURE** TO MEET THE **DEMAND** OF OUR **GROWING POPULATION**?

Mat-Su's exploding population is putting a strain on service delivery for many Mat-Su nonprofits. To address the increased need and demand, many agencies have considered capital expansions and new facilities. As a new partner in the Pre-Development Program, MSHF is in a position to sponsor Mat-Su capital projects into the program, which ensures these projects are well-planned, right-sized, and sustainable into the future. The following Mat-Su organizations have capital projects currently in Pre-Development:

**THE CHILDREN'S PLACE** 

**DENALI ARTS COUNCIL** 

**TALKEETNA LIBRARY** 

**VALLEY PERFORMING ARTS** 

**CHICKALOON TRIBE** 

**FOOD BANK OF AK/FOOD PANTRY OF WASILLA** 

**MAT-SU HEALTH SERVICES** 

**MAT-SU SERVICES FOR CHILDREN & ADULTS** 

**NUGEN'S RANCH** \$

**PALMER SENIOR CITIZEN'S CENTER** \$

**SUTTON COMMUNITY RESOURCE CENTER** \$



**PROJECT IS IN ITS INITIAL PLANNING STAGES**



**PROJECT HAS GREEN LIGHT & IS SPONSORED BY MSHF**



**PRE-DEVELOPMENT COMPLETE & SEEKING FUNDING**



**PRE-DEVELOPMENT COMPLETE & FUNDED IN PART BY MSHF**

## ENVIRONMENTAL INFRASTRUCTURE

Studies show that 20% of our health is determined by environment. Does Mat-Su have the environmental infrastructure to encourage and support healthy behavior and choices?

MSHF wants to encourage development of an environment that promotes physical activities--like jogging, bicycling and skiing. In 2010, MSHF partnered with the Mat-Su Borough to convene all of the trails and user groups across the borough. These groups provide thousands of hours of volunteer service and "sweat equity" to build and maintain trails and parks across Mat-Su. They install signage, repair washed out trails, establish user-friendly trail-heads and promote physical activity in Mat-Su's scenic corridors. These groups assembled in March to formulate strategies to accomplish a Mat-Su Borough Trails Plan and endorsed the creation of a Mat-Su Trails & Parks Foundation to accomplish the following:

- ▶ Develop an integrated system of trails and parks throughout the Mat-Su Borough
- ▶ Support development and implementation of a formalized trail management plan that engages a variety of user groups to understand user requirements
- ▶ Promote the basic values that trails and parks provide to the community including health, economic, community and environment
- ▶ Develop sustainable resources to support the above goals borough-wide

MSHF is working with the borough, community leaders and trails and parks advocates to bring the new Mat-Su Trails & Parks Foundation on-line.

# THE FUTURE



## A HEALTHY PERSPECTIVE

How is the healthcare delivery system changing in America? How can MSHF engage in the conversations about healthcare to positively impact the health of Mat-Su residents?

The Patient Protection and Affordable Care Act (PPACA) was signed into law on March 23, 2010 by President Barack Obama. The PPACA is an extensive federal healthcare law that will have a significant impact on Alaska and Alaskans. The implementation of the PPACA will affect healthcare consumers, providers, small businesses, government, and many systems that interrelate with the healthcare sector. In addition, of particular importance to Alaska, the PPACA included the reauthorization of the Indian Health Care Improvement Act (IHCIA).

MSHF is one of several partners in a project conducting and administering research on the impacts of the PPACA on healthcare providers, employers and consumers. The overall goal is to assess, understand and communicate to the parties and to broader audiences the opportunities and challenges presented by health reform.

## A HEALTHY INVESTMENT

In 2010, with support and collaboration from the Mat-Su School District, MSHF restructured its school grants, which are available to every individual private and public school in the Mat-Su Borough for health, nutrition or safety program implementation. In addition to making these \$1,000 grants available to every school, MSHF incentivized participation in the Alliance for a Healthier Generation's "Healthy Schools Program."

The first 15 schools to create a wellness council, complete the Healthy Schools Inventory and create an action plan to develop a healthier student body and faculty were eligible for an additional \$5,000 grant. The Healthy Schools Inventory helps schools to assess their school wellness policies, health curriculum, physical education and nutrition programs and other key elements of a healthy school.

Outside of the stated strategic initiatives detailed in this review, MSHF continued to invest in the Mat-Su community through its other established granting programs and scholarships. In 2010, MSHF distributed \$4.5 million in Healthy Impact, Target Wellness, school grants, discretionary grants and scholarships. For more information about any of the MSHF grant programs and application procedures, prospective grantees can go to [www.matsuhealthfoundation.org](http://www.matsuhealthfoundation.org).



# 2010 FINANCIALS

# 2010



## STATEMENT OF FINANCIAL POSITION

(in thousands)

<b>ASSETS</b>	<b>2010*</b>	<b>2009</b>
CASH AND CASH EQUIVALENTS	\$ 18,599	\$ 14,658
INVESTMENT IN JOINT VENTURES	39,286	39,752
LONG-TERM INVESTMENTS	34,902	23,592
LEASEHOLD IMPROVEMENTS, NET	68	72
OTHER ASSETS	84	19
<b>TOTAL ASSETS</b>	<b>\$ 92,939</b>	<b>\$ 78,093</b>
<b>LIABILITIES AND NET ASSETS</b>		
ACCOUNTS PAYABLE AND ACCRUED EXPENSES	\$ 196	\$ 68
GRANT AWARDS PAYABLE	4,285	2,671
<b>TOTAL LIABILITIES</b>	<b>4,481</b>	<b>2,739</b>
UNRESTRICTED NET ASSETS	88,458	75,353
TEMPORARILY RESTRICTED NET ASSETS	0	1
<b>TOTAL NET ASSETS</b>	<b>88,458</b>	<b>75,354</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$ 92,939</b>	<b>\$ 78,093</b>

## STATEMENT OF ACTIVITIES AND CHANGES IN NET ASSETS

(in thousands)

<b>REVENUE AND SUPPORT</b>	<b>2010*</b>	<b>2009</b>
EQUITY INCOME IN JOINT VENTURES	\$ 14,761	\$ 13,188
INVESTMENT INCOME, NET	3,732	4,461
OTHER INCOME AND NET ASSETS RELEASED FROM RESTRICTIONS	421	7
<b>TOTAL INCOME</b>	<b>18,914</b>	<b>17,656</b>
<b>GRANTS AND EXPENSES</b>		
GRANT AWARDS	4,943	3,178
GENERAL AND ADMINISTRATIVE EXPENSES	789	733
OTHER NON-OPERATING EXPENSES	78	886
<b>TOTAL GRANTS AND EXPENSES</b>	<b>5,810</b>	<b>4,797</b>
<b>CHANGE IN NET ASSETS</b>	<b>\$ 13,104</b>	<b>\$ 12,859</b>
<b>NET ASSETS, BEGINNING OF YEAR</b>	<b>\$ 75,354</b>	<b>\$ 62,495</b>
<b>NET ASSETS, END OF YEAR</b>	<b>\$ 88,458</b>	<b>\$ 75,354</b>

\*2010 unaudited



MAT-SU HEALTH  
FOUNDATION

**VISIT [MATSUHEALTHFOUNDATION.ORG](http://MATSUHEALTHFOUNDATION.ORG)**

**MAT-SU HEALTH FOUNDATION**

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