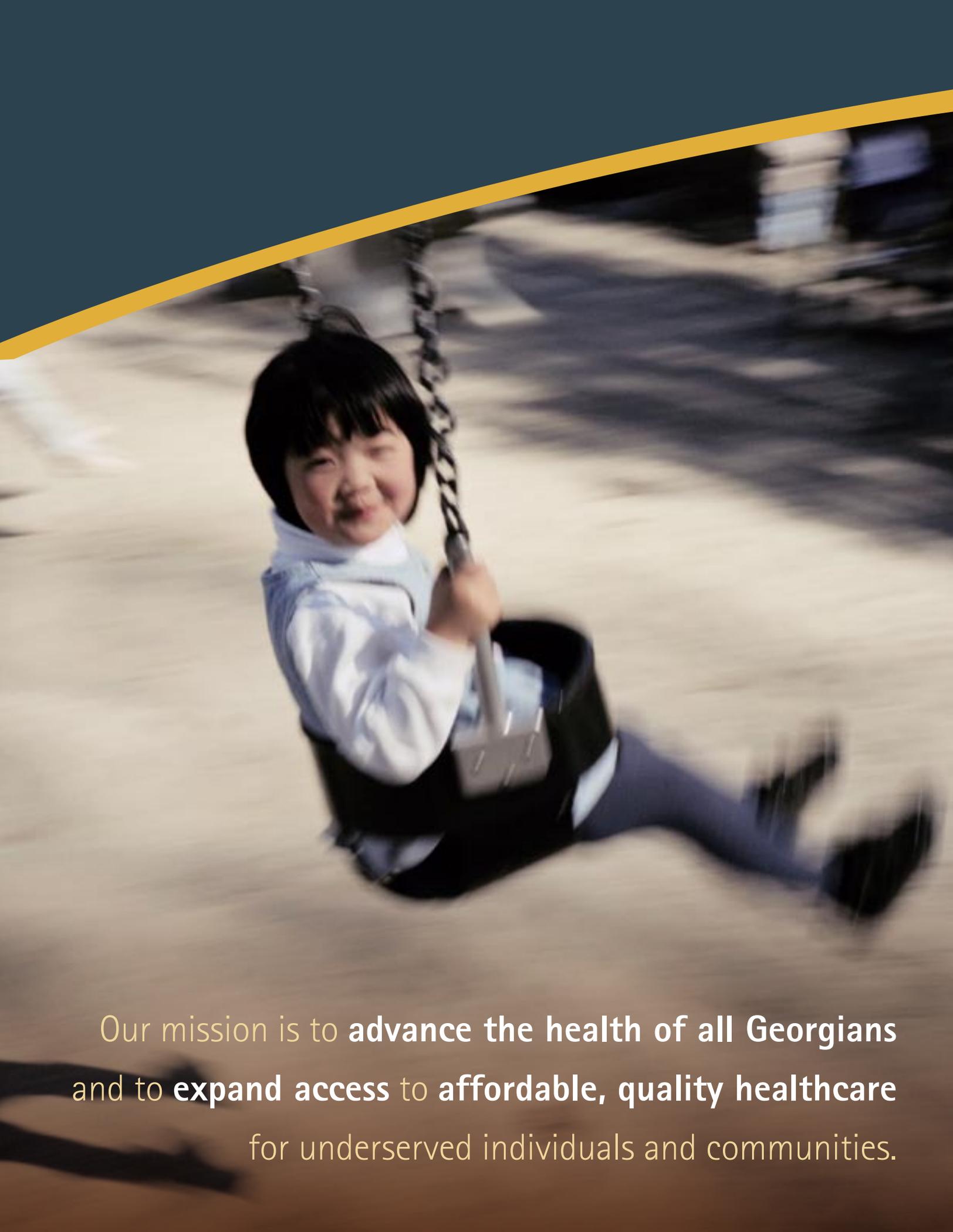


Healthcare Georgia Foundation  
grantmaking for health



# A Healthier Future for Georgia's Children and Youth

2005 ANNUAL REPORT



Our mission is to **advance the health of all Georgians** and to **expand access to affordable, quality healthcare** for underserved individuals and communities.

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# A Message from the Chairman & President

**W**ith one-third of Georgia's children either overweight or at risk for becoming so, our state is facing an epidemic that if not reversed, will result in the first generation to live sicker and die younger than their parents.

True to our history and philosophy at Healthcare Georgia Foundation, our grantmaking is guided by our reliance on the best available evidence. That evidence also tells us that 14 percent of Georgia's middle school students are overweight and another 19 percent are at risk for becoming overweight. Consequently, Georgia's children and youth are increasingly at risk for type 2 diabetes and hypertension, as well as medical conditions more commonly seen in older adults: gall bladder disease, sleep disorders, heart disease, and even strokes. These statistics, along with other significant findings have convinced the Foundation that combating physical inactivity and childhood overweight is an extremely urgent need.

Childhood obesity and physical inactivity **poses a serious, yet preventable threat** to the health of Georgia's children and youth.



Effective and sustainable solutions to this pressing health issue must address physical inactivity and its contributing factors and balance that effort with sound programs that encourage proper nutrition for Georgia's children and youth.

Realizing that no one should bear the burden of addressing this issue alone, we are supporting an approach that combines personal responsibility with increased family, school, and community opportunities. Attacking this issue requires the combined efforts of many, including the increased availability of physical activity programs during and after school, safe pedestrian walkways, accessible paths and trails, healthy options in vending machines, nutritious choices at neighborhood grocery stores, and the positive support of parents and families.

In 2005, we awarded \$4,299,783 in grants to 53 organizations and programs, committing a significant amount of funds to address the state's most pressing health issues—including the dangerous effects of childhood overweight and obesity. Since the health of our children and youth is influenced by a number of factors, we have awarded funding to a cross-section of community groups, nonprofit health organizations, schools, churches, health care providers and policymakers that seek to increase physical activity levels and improve nutrition. We view this support as an initial investment, and part of an ongoing effort to improve fitness levels and healthy eating among Georgia's children and youth.

Many of these organizations and programs are community-based, and all target underserved populations. Programs such as Wilkes Wild About Wellness and the Whiteford Community Program serve overweight young people in their own communities, providing both nutrition counseling and fitness instruction. Others, such as the Policy Leadership for Active Youth (PLAY) and the Georgia Coalition for Physical Activity and Nutrition (G-PAN), have taken on the role of informing policymakers about the most effective programs that will promote physical activity.

We at Healthcare Georgia Foundation are proud to support the efforts of these organizations and programs. They want healthier futures for Georgia's children and youth, and so do we. And while there is no single solution to the problem of childhood overweight and obesity, promoting physical activity and proper nutrition will allow us to improve the health of children and youth across our state.

In 2006, Healthcare Georgia Foundation will join forces with federal, state, and community efforts to improve physical activity and sound nutrition among Georgia's school-aged populations. It is our hope that by investing in effective and sustainable programs, policies, and practices together we can contribute to healthier generations of Georgians.



**Enoch J. Prow**  
Outgoing Chairman



**Gary D. Nelson**  
President

### **Foundation Transitions:**

This past year, three members retired from our Board of Directors. Each of these members has served on the Foundation's Board since its inception in 1999. We extend our heartfelt appreciation to outgoing Chairman Enoch J. Prow, Jerome Scott, and Dr. Charles R. Underwood for their many years of service and whose guidance we will continue to appreciate as they are missed.

In December of 2005, we elected **Joseph D. Greene** as the new Chairman of the Board, also adding three new members: **Dewey Hickman, Andrea Hinojosa** and **Ecleamus Ricks**. We are delighted to have these new members on our Board, and look forward to benefiting from their rich experience and perspectives on health and health care in Georgia.

# The Year in Review

**B**etween 1980 and 2000, the national prevalence of overweight tripled among children (ages 6-11) from 5% to 16%, and doubled among adolescents (ages 12-19) from 7% to 16%. And while nationwide statistics are disturbing, Georgia's children and youth appear to be at an even higher risk for obesity, with almost one-third of our middle school students being either overweight or at risk for becoming so. These statistics describe an epidemic that crosses geographic, racial, ethnic, income, and gender lines, making childhood overweight and obesity a serious health concern affecting all sectors of our state's population.



Healthcare Georgia Foundation has committed to three grantmaking priorities aimed at improving the health of all Georgians. Our investment in programs, policies, and practices is designed to improve healthcare access, address health disparities, and strengthen nonprofit health organizations. We rely heavily on timely research and analyses to guide our grantmaking, and the available evidence echoes a national trend: childhood overweight and obesity is likely to impose social, psychological, and economical consequences on all Georgians.

Healthcare Georgia Foundation created the **Childhood Physical Activity and Nutrition (CPAN)** grants program to target the combined issues of childhood physical inactivity, overweight, and poor nutrition. This grant program aims to engage families and their communities in seeking effective and sustainable solutions that benefit Georgia's school-aged children and youth.

The grants, convenings, and collaborative efforts that follow represent the Foundation's strategic framework and initial investment to address this critical health problem. The multi-pronged approach is characterized by programs and policies that are grounded in science, built on collaboration and focused on results that matter to all Georgians.

### **Policy Leadership for Active Youth (PLAY)**

Policy Leadership for Active Youth (PLAY) is a three-year initiative designed to identify evidence-based strategies to increase children's physical activity while decreasing sedentary behaviors and preventing childhood overweight and obesity. PLAY was established through a partnership among Georgia State University's Institute of Public Health and the Georgia Center for Obesity and Related Disorders (GCORD) at the University of Georgia and the Medical College of Georgia.

PLAY hosted "Addressing Overweight: The Role of Physical Activity," a statewide Summit in June 2005. The Summit consisted of presentations from local and national experts on childhood overweight, as well as workgroup sessions focused on increasing opportunities for young people to engage in physical activity. Workgroups examined the roles of schools, communities, families, and healthcare professionals in promoting physical activity, while also identifying the data and evaluation efforts necessary to determine the state's needs and benchmark progress. Each group recommended the four-to-six most promising strategies for increasing physical activity among Georgia's youth.

Approximately 140 individuals, public officials, educators, clinicians, public health researchers/practitioners, and advocates for children and health participated in the Summit. Their experiences enhanced our collective understanding of childhood overweight in Georgia and the efforts that will be necessary to address it.

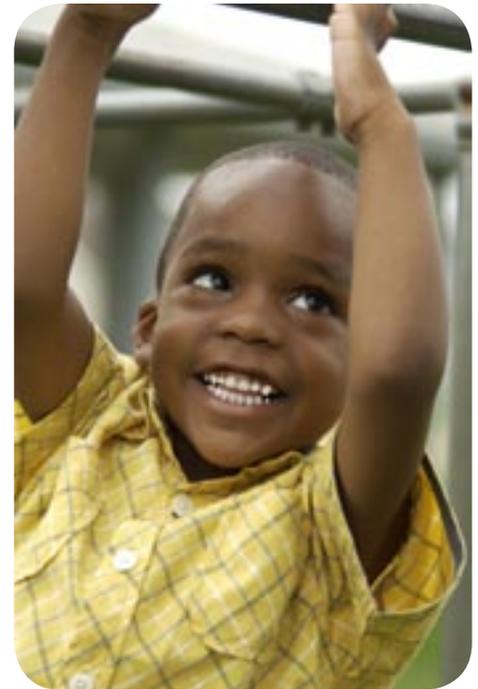
In addition to the Summit, the PLAY initiative has resulted in the publication of two policy briefs — tools for nonprofit health organizations, policymakers, and Georgians interested in health policy:

#### **HealthVoices — Addressing Overweight: The Role of Physical Activity in Schools**

This policy brief recommends physical activity in schools, identifies the elements of successful school-based physical activity, and summarizes the science behind these recommendations. Data from Healthcare Georgia Foundation's statewide public opinion poll on Georgians' views on childhood overweight and physical activity are also featured in the brief. To download the brief, please visit [www.healthcaregeorgia.org](http://www.healthcaregeorgia.org), or contact Healthcare Georgia Foundation for a copy.

#### **Addressing Overweight: Interventions Tailored to the Rural South**

This brief, prepared by PLAY with Foundation support, highlights successful programs that help communities assess risks, increase public knowledge, and create environmental supports to foster healthy eating and physical activity habits among children and adults.





### **Georgia Coalition for Physical Activity & Nutrition (G-PAN)**

The Georgia Coalition for Physical Activity & Nutrition (G-PAN) is comprised of more than 400 member organizations spanning the public, private, and nonprofit sectors. G-PAN's mission is to improve the health of Georgians through the promotion of physical activity and healthy eating. G-PAN will measure the success of their endeavors by developing a strong constituency for physical education in schools, promoting increased awareness by policymakers of the benefits of physical education and other proven strategies for addressing childhood overweight and obesity, and facilitating the adoption of state and local policies that promote increased physical activity in Georgia's children.

Basing its goals on nonpartisan, scientific research, G-PAN seeks to advise state policymakers that physical education should be mandatory for Georgia's students because of the connections between increased physical activity and improved health. Physical activity and proper nutrition have benefits that extend beyond losing weight and preventing chronic disease. For example, preliminary evidence from California shows that active children perform better in school and have fewer behavioral problems.

### **The Philanthropic Collaborative for a Healthier Georgia (In partnership with the Georgia Health Policy Center)**

Working through the Georgia Health Policy Center (GHPC) at Georgia State University, the Philanthropic Collaborative for a Healthy Georgia received a grant from Healthcare Georgia Foundation to support the Georgia Youth Fitness Assessment, a comprehensive physical fitness test given to a representative sample of 4,000 elementary and middle school students in Georgia. This assessment positions Georgia with a handful of other states that are collecting this type of information to monitor changes in fitness levels and recommend appropriate preventive measures.

The FITNESSGRAM test measures five key areas: aerobic capacity, body composition, muscle strength, endurance, and flexibility. In particular, the fitness assessment gives students, parents, and teachers specific feedback on ways to improve an individual child's health, while also providing policymakers with an accurate picture of fitness levels among Georgia's children and youth.

In 2005, GHPC selected ORC Macro to implement the Georgia Youth Fitness Assessment. Data collection is scheduled for 2006. The final report, along with data prepared for public use and distribution to education, public health agencies and partners will be distributed in 2007.

### **Georgia Department of Human Resources/Georgia Division of Public Health**

In support of the Foundation's approach to informed policymaking through nonpartisan research and analysis, the Georgia Department of Human Resources/ Georgia Division of Public Health received a grant award for the 2005 Georgia student health surveys. The surveys, conducted jointly by the Georgia Department of Human Resources and the Department of Education, measure the health behaviors that Georgia's middle and high school students regularly engage in. Tobacco use, nutrition, physical activity, alcohol and drug use, violence, sexual behavior, suicide-related behaviors, and unintentional injuries are some of the topics addressed in the surveys.

The surveys were designed to build a database of reliable health behavior statistics about middle and high school students. This information will be used to evaluate school health and physical education programs.

### **University of Georgia Research Foundation, Inc.**

Healthcare Georgia Foundation provided support to The Survey Research Center (SRC) at the University of Georgia to conduct three public opinion telephone surveys, to be administered over a period of three years. The 12-15 minute Random Digit Dial (RDD) telephone surveys typically measure the responses of 1,200 adult Georgians chosen randomly to represent the state's population, according to gender, ethnicity, age, and geographic area. The data gathered through these polls will be used to help shape state and local health care initiatives; provide representative, nonpartisan health information to both state agencies and nonprofit organizations; and inform potential health policy and program solutions. In 2005, two policy briefs were published, examining the perceptions that Georgians have on ways to address childhood overweight and physical inactivity:

#### **HealthVoices – Addressing Childhood Overweight: Let Georgia Lead the Way**

More than half of the survey respondents support several approaches to financing physical education and improved nutrition programs in schools, including an earmarked increase in alcohol and tobacco taxes, special 1% sales tax, offering after school programs paid for by parents, and increasing school property taxes. To download the brief, please visit [www.healthcaregeorgia.org](http://www.healthcaregeorgia.org), or contact Healthcare Georgia Foundation for a copy.

### **International Life Sciences Institute Research Foundation – Center for Health Promotion**

International Life Sciences Institute Research Foundations's Center for Health Promotion received Foundation support for a Childhood Overweight Fact Sheet designed for Georgia health care professionals. The purpose of the Fact Sheet is to help make health care providers aware of the myriad problems overweight children





face and to improve overweight management and counseling practices for pediatric patients.

International Life Sciences Institute's Center for Health Promotion distributed the fact sheet to Georgia medical schools, a health maintenance organization, 10 clinics in south Georgia, and Mercer University.

#### **Emory University – Woodruff Health Sciences Center**

The Emory University Woodruff Health Sciences Center received a support to further research on the connections between physical activity and academic performance among children and youth. During a Symposium on Physical Activity, Physical Fitness, and Academic Performance held March 23, 2005, participants examined various aspects of the relationship between physical activity and academic achievement. The connection between physical activity/inactivity and academic performance is poorly understood – consequently, it remains one of the greatest obstacles to the adoption of school-based physical education.

#### **Georgia Center for Obesity and Related Disorders**

The Georgia Center for Obesity and Related Disorders (GCORD), created by the University of Georgia (UGA) and Medical College of Georgia (MCG) in 2001, addresses obesity by pairing biomedical research with community-based interventions. Wilkes Wild About Wellness is one such approach. This program, which fights childhood physical inactivity and overweight in a rural setting, is coordinated through schools worksites, churches, local businesses and other community organizations.

GCORD is developing a guide to Developing Rural Community Health Partnerships that will take the lessons learned in Wilkes Wild About Wellness to other rural counties across the state. This guide will be distributed to all county health departments through county extension offices and the GCORD website. Workshops on using the guide will be offered through organizations likely to impact rural community health programs.

#### **Whitefoord Community Program**

Whitefoord Community Program (WCP) targets 1,100 students and staff at Whitefoord Elementary School and Coan Middle School, both located in the Whitefoord community in Edgewood. Edgewood is an inner-city Atlanta neighborhood that suffers severe poverty. Coordinated through both of their schools' health clinics, WCP students receive instruction in appropriate physical activity and healthy eating.

This program also offers a specialized weight loss/fitness program for 25 at-risk students per school, per year. WCP is designed to augment the school health clinics' existing efforts toward preventing and treating childhood overweight and the conditions related to it. These health clinics are the primary care provider for many students – by coordinating through school-based clinics, the program designers hope to make real inroads towards improving the health of Whitefoord residents.

#### **Concerned Black Clergy of Metropolitan Atlanta, Inc.**

Concerned Black Clergy of Metropolitan Atlanta, Inc. partnered with the Regional Council of Churches to hold a series of meetings on the topic of obesity among young people. Reasoning that children and young adults spend a significant amount of time attending events and activities within their faith communities, these two organizations considered how these same communities might help young people live healthier lives.

Meetings held in the late summer and fall of 2005 addressed the connections between faith communities, families, and general health. A publication is being prepared to help faith-based organizations establish partnerships with their surrounding communities to address this issue.

#### **PATH Foundation**

The PATH Foundation has been developing a network of trails for joggers, walkers, bikers, and skaters throughout Georgia since its inception in 1991. Designed for recreation and commuting, these trails include the Arabian Mountain Trail, Freedom Park, Stone Mountain, and the Silver Comet Trail.

With support from Healthcare Georgia Foundation, PATH is conducting a study of factors associated with trail use among African Americans. These findings will be used to increase trail usage in Georgia and to build support for an expansion of the PATH network of trails.

#### **IOM Regional Meeting on Childhood Obesity**

In partnership with the CDC Foundation, the Institute of Medicine (IOM) convened a symposium in 2005, entitled Progress in Preventing Childhood Obesity: Focus on Communities. The goals of the two-day symposium, the third in a series of such events, were to: identify promising and best practices for childhood obesity in communities (e.g., barriers, assets, evaluation, and sustainability); and galvanize action around regional obesity prevention efforts. Local, state and national decision-makers, community and school leaders, grassroots organizations and corporations addressed the best approaches to tackling childhood obesity.



# Our Grantmaking Priority Areas

**H**ealthcare Georgia Foundation has established grantmaking priority areas that reflect prevalent health problems; the disproportionate burden of morbidity, mortality, and disability among underserved individuals; and statewide public input on perceived opportunities to advance the health of all Georgians.

The Foundation accepts Letters of Inquiry (LOIs) in response to the following Grantmaking Priority Areas:

- **Addressing Health Disparities**
- **Expanding Access to Primary Healthcare**
- **Strengthening Nonprofit Health Organizations**



# Addressing Health Disparities

**H**ealthcare Georgia Foundation can do much to encourage and strengthen the State's capacity, leadership, readiness and focus for eliminating high disparity conditions. Consistent with our mission and goals, such grantmaking focuses on creating the necessary conditions to address the commonly agreed causes of health disparities. These conditions include: unequal access to health care and treatment; socio-cultural and informational barriers that prevent full access to quality health information and service utilization; and the inadequate supply of appropriate, well-trained health care providers.

## Grantees

### American Diabetes

**Association**                      **\$150,000**

Support for the Georgia Latino Diabetes Education Program in metropolitan Atlanta, north and middle Georgia.

**DeKalb Rape Crisis Center**   **\$36,000**

Support to provide individual and group counseling for Spanish-speaking rape survivors in and around DeKalb County.

**Dia de la Mujer Latina, Inc.**   **\$65,000**

Support to address health disparities and improve the quality of health care for Latinos by expanding health fiestas in metro Atlanta and throughout Georgia.

### Southeast Georgia

**Communities Project**            **\$50,000**

Support to reduce morbidity and mortality related to diabetes among Hispanics in three Southeast Georgia counties through culturally and linguistically appropriate education and support.

**Total 4 Grants/\$301,000**



# Expanding Access to Primary Healthcare

Through strategic grantmaking, Healthcare Georgia Foundation can improve access to primary healthcare services by Georgia's uninsured and underinsured populations. In an effort to provide a comprehensive, integrated and seamless system of health services, the Foundation's technical and fiscal resources support: health policy analysis and advocacy, applied intervention research, workforce development, leadership development and recognition, organizational improvement and the delivery of a broad array of evidence-based preventive health services.

## Grantees

### **American Institutes for Research** **\$114,000**

Support to analyze gaps in media coverage about access to health care, recommend strategies for increasing coverage, and provide support for the 2005 policy summit on childhood overweight and inactivity.

### **American Lung Association of Georgia** **\$150,000**

Support to implement and evaluate four successful asthma education and tobacco prevention programs statewide.

### **Brain Injury Resource Foundation** **\$45,000**

Support for the development of the Peer Visitor Program for brain injury survivors, caregivers and family members.

### **Children's Healthcare of Atlanta Foundation** **\$100,000**

Support to improve children's health through the linkage of health and legal services for low-income children in Metropolitan Atlanta.

### **Clarkston Community Center Foundation, Inc.** **\$13,100**

Support to evaluate the Multicultural Community Health Promoter Program and to publish and disseminate the findings to other communities serving refugee populations.

### **Concerned Black Clergy of Metropolitan Atlanta, Inc.** **\$10,000**

Support for the preparation of a publication that will examine current eating behaviors and physical activity within faith communities and help develop partnerships with the community to combat childhood obesity.

### **Emory University** **\$5,100**

Support to update the executive summary of *"The Facts About Georgians: Our Health Depends on It"* report published in Fall 2003.

### **Emory University, Woodruff Health Sciences Center** **\$14,000**

Support to organize a symposium on physical activity, physical fitness and academic performance to develop framework for examining the relationship between physical activity and academic performance, and generate a list of recommendations for research.



**Foothills Area Health Education Center**                      **\$2,200**  
Support to host the "Medicare Part D, the new Medicare Prescription Drug Benefit" workshop to be held on October 20, 2005 in Augusta, GA.

**Georgia Budget and Policy Institute**                      **\$7,500**  
Support to prepare and publish a policy brief on Medicaid Modernization in Georgia for distribution to policy makers and the general public.

**Georgia Cancer Coalition, Inc.** **\$7,000**  
Support to host a Health Expo during the 2005 Bristol-Myers Squibb Tour of Hope celebration to be held October 5, 2005 at Centennial Olympic Park in Atlanta, GA.

**Georgia Hospital Association**                      **\$81,500**  
Support to establish the Center for Rural Health (Center).

**Georgia Public Telecommunications Commission**                      **\$75,000**  
Support to build awareness of health and health care issues by broadcasting 30 health-related stories on its 15-station statewide radio network (GPB Radio).

**Georgia State University School of Social Work**                      **\$19,000**  
Support to develop and implement a three phase project designed to inform nonprofit health providers, policymakers, and elected officials about home and community-based services, model programs and effective policies.

**Good Samaritan Health Center of Cobb**                      **\$75,000**  
Support to provide health care services to low income families in Cobb County.

**International Life Sciences Institute Research Foundation**                      **\$6,000**  
Support to produce a two-page Childhood Overweight Fact Sheet for Georgia health care professionals.

**Meridian Educational Resource Group (Whitefoord Community Program)**                      **\$150,000**  
Support to establish a school-wide health promotion and weight-loss/fitness program for children served by the Whitefoord and Coan School Health Clinics in metropolitan Atlanta.

**Middle Georgia Technical College**                      **\$100,000**  
Support to strengthen the allied health professional training and health literacy programs in Central Georgia.

**National Foundation for the Centers for Disease Control & Prevention, Inc.**                      **\$6,800**  
Support for the planning of the Institute of Medicine's (IOM) southeast regional meeting on childhood obesity to be held October 5-6, 2005 in Atlanta, GA.

**PATH Foundation, Inc.**                      **\$35,000**  
Support to conduct a study of PATH trails in an effort to increase trail usage and accessibility to all Georgians.

**Philanthropic Collaborative for a Healthy Georgia**                      **\$300,000**  
Support to conduct the Georgia Youth Fitness Assessment in a statewide sample of schools.

**Quality Care for Children**                      **\$25,000**  
Support to improve health and safety for children in family child care homes in Fulton County.

**Special Olympics Georgia**                      **\$8,000**  
Support for the Healthy Athletes Program to expand its health screening,

disease prevention, health care and health education program offered to athletes with intellectual disabilities.

**Three Rivers Area Health Education Center**                      **\$28,000**  
Support to provide continued access to OVID, an on-line collection of medical databases and full-text core medical journals, for over 900 practicing health professionals and health professional students across Georgia, primarily those in rural areas.

**United Way of the Coastal Empire (Chatham County Health Department)**                      **\$200,000**  
Support to the Chatham County Safety Net Planning Council and the development of a care navigator model, a seamless continuum of health care that links community-based resources for low-income individuals in Chatham County.

**University of Georgia Research Foundation, Inc.**                      **\$140,000**  
Support to conduct three public opinion healthcare telephone surveys in the state of Georgia.

**Voices for Georgia's Children**                      **\$214,000**  
Support to develop a set of child health indicators that will be measured annually to monitor the impact of health system changes on Georgia's poorest children.

**Total: 27 Grants/\$1,931,200**

# Strengthening Nonprofit Health Organizations

**H**ealthcare Georgia Foundation allocates grant funds for organizational improvement, underscoring our commitment to assisting underserved populations and the organizations that serve them. Organizational Improvement grants are awarded to eligible organizations for the purpose of strengthening and sustaining their capacity to fulfill their mission.

## Grantees

**AIDS Athens, Inc. \$20,000**

Support for core operating support for the provision of HIV/AIDS related services in the Athens region.

**AIDS Survival Project \$50,000**

Support for core operating support for HIV/AIDS prevention services throughout Georgia.

**Atlanta Regional Health Forum, Inc. \$14,000**

Support for strategic planning & organizational development.

**Avatar Communications, Inc. \$175,000**

Support to plan and execute Connections 2005/2006 - Healthcare Georgia Foundation's second grantee and partner conference.

**Community Cardiovascular Council \$74,000**

Support to sustain cardiovascular disease prevention efforts and address health disparities in the African American communities of Chatham and Effingham counties.

**CSRA AIDS Resources and Education, Inc. \$28,983**

Support for core operating support for the provision of HIV/AIDS related services in the Augusta region.

**FCS Urban Ministries Inc. \$11,600**

Support for an evaluation to assess Georgia based nonprofit health organizations and their efforts to seek grant support from Healthcare Georgia Foundation.

**Feminist Women's Health Center \$47,000**

Support to purchase and implement a medical practice management software system to continue providing low-cost gynecological health services and outreach to underserved Metropolitan Atlanta residents.

**Georgia Cancer Foundation, Inc. \$3,500**

Support for an organizational assessment to evaluate the organization's strengths and weaknesses resulting from a merger between Georgia Cancer Foundation and Bosom Buddies of Georgia.



**Georgia Center for Nonprofits, Inc.**                    **\$130,000**  
Support for Phase II of the Georgia Healthcare Capacity Building Project, including the provision of organizational assessments for 15 nonprofit health organizations, implementation of capacity building workshops, publication of a guide to conducting an organizational assessment and delivery of a statewide workshop on organizational assessments.

**Group Health Community Foundation**    **\$214,000**  
Support to establish guidelines and indicators for evaluating nonprofit health organizations.

**Lowndes County Partnership for Health**    **\$145,000**  
Support to expand the Well Workplace worksite wellness program, implement a newly-completed strategic plan and assist a church wellness council in becoming a self-sustaining nonprofit, community-based, health organization.

**National AIDS Education & Services for Minorities, Inc. (NAESM)**                    **\$50,000**  
Support for core operating support for HIV/AIDS prevention services for African Americans in metropolitan Atlanta.

**National Council of La Raza**                    **\$235,000**  
Support for the Georgia Latino/Hispanic Health Agenda and Leadership Project.

**North Georgia Community Foundation**    **\$89,000**  
Support to participate in a beta test of a statewide distance learning network program serving nonprofit health organizations in north central and north east Georgia.

**Planned Parenthood of Georgia, Inc.**                    **\$50,000**  
Core operating support to increase its capacity to provide health services to low-income women and enhance the self-sustainability of Planned Parenthood of Georgia's programs in Augusta.

**TechBridge, Inc.**                    **\$15,000**  
Support for the development of a distance learning strategy that would provide ongoing technical assistance and training opportunities to Georgia nonprofit health organizations.

**TechBridge, Inc.**                    **\$568,000**  
Support to procure, install, test and deliver maintenance and equipment training, and to provide ongoing resource support for a beta test of a statewide distance learning network program.

**The NAMES Project Foundation**                    **\$20,000**  
Support for core operating support to increase HIV/AIDS awareness, education, HIV testing, primary care and prevention services for youth 13-19 years of age.

**Three Rivers Area Health Education Center**                    **\$91,000**  
Support to participate in a beta test of a statewide distance learning network program serving nonprofit health organizations in west central Georgia.

**WordOne, a Mansell Group Company**                    **\$26,500**  
Support to document the state of health and healthcare in Georgia through documentary images and case stories of healthcare consumers, their families and healthcare providers.

**Total: 22 Grants/\$2,067,583**

# Instructions for Submitting a Letter of Inquiry (LOI)

After reviewing the Foundation's Grantmaking Priority Areas, the next step is the submission of a Letter of Inquiry.

Letters of Inquiry may be submitted at any time. The Foundation will acknowledge receipt of the LOI within 3 months and notify the applicant organization of the results of the Foundation's review and decision whether to request a complete grant proposal. Letters of Inquiry should be approximately 1-2 pages in length, following the format below.

To obtain more information about submitting a grant request, please visit [www.healthcaregeorgia.org](http://www.healthcaregeorgia.org).

- 1. The Funding Request.** In 2-3 sentences or less, please describe your funding request and include the dollar amount you are requesting. Highlight how your proposed program/project fits with the Foundation's mission and goals, and a particular Foundation Grantmaking Priority Area. Requests for Organizational Improvement grants within the strengthening nonprofit health organizations Grantmaking Priority Area should not exceed \$50,000.
- 2. About your Organization.** In 2-3 sentences, briefly describe your organization's history and mission, including the year it was established. Please provide the name of your organization and contact information.
- 3. The Problem or Opportunity.** In 2-3 sentences, describe the particular health problem or opportunity your program or project seeks to address. What is the current magnitude of this problem or opportunity specific to the state of Georgia or your local community/region, if available?
- 4. The Program.** In 3-4 sentences, describe the program's purpose and list 2-3 major objectives for this project/program during the funding period.
- 5. The Target Population.** Describe who will benefit from this program. Highlight any relevant characteristics (i.e. gender, age groups, ethnic-racial composition, disability socio-economic status and/or income) that further clarify your target group.
- 6. Success, Outcomes and Results.** As a result of funding, what constitutes success for your organization or program?

Letters of Inquiry should be submitted in writing (on applicant letterhead) and mailed to the attention of:

**Director of Grants Management  
Healthcare Georgia Foundation, Inc.  
50 Hurt Plaza, Suite 1100  
Atlanta, Georgia, 30303**

p. 404.653.0990

[info@healthcaregeorgia.org](mailto:info@healthcaregeorgia.org)

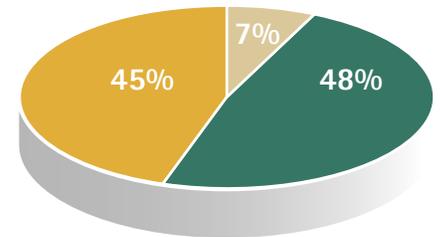
## Instructions for Submitting a Proposal

Following the receipt and favorable review of the applicant organization's LOI, the Foundation will provide guidelines and a request for the submission of a full written grant proposal including timelines for submission. Foundation staff will meet with representatives of the applicant organization following the submission of the grant proposal. Staff will then undertake an extensive technical and financial analysis of your proposal. Healthcare Georgia Foundation meets quarterly to review grant recommendations. The entire application and proposal review process normally takes about 8-9 months. Please review these printed materials carefully. Please submit questions regarding the application process to Healthcare Georgia Foundation's Director of Grants Management.

# Grantmaking by the Numbers: Grants Summary

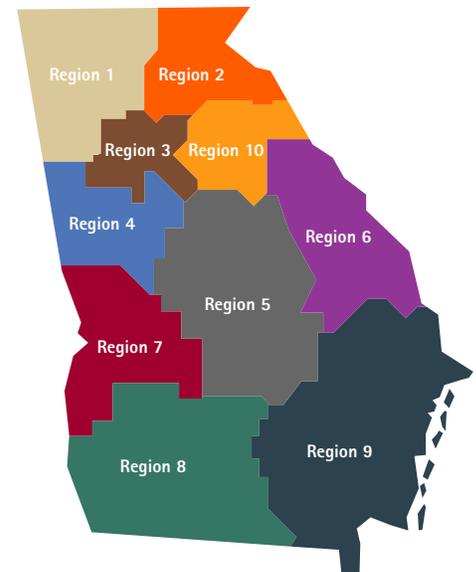
## 2005 Allocations by Grantmaking Priority Area

Grantmaking Priority Area	Amount Awarded	% of Total Grant Awards
Addressing Health Disparities	\$301,000	7%
Strengthening Nonprofit Health Organizations	\$2,067,583	48%
Expanding Access to Primary Healthcare	\$1,931,200	45%
<b>Total</b>	<b>\$4,299,783</b>	<b>100%</b>



## 2005 Grantmaking by Region

Grantmaking Region	Amount Awarded	% of Total Grant Awards
Region 1 NW, Dalton	\$30,000	.7
Region 2 NE, Gainesville	\$119,000	2.7
Region 3 Metropolitan Atlanta	\$630,100	14.6
Region 4 LaGrange	\$0	0
Region 5 S. Central, N. Central	\$100,000	2.3
Region 6 Augusta	\$110,083	2.5
Region 7 West Central	\$121,000	2.8
Region 8 SW, Valdosta	\$145,000	3.3
Region 9 SE, Savannah, Coastal	\$325,100	7.5
Region 10 Athens	\$20,000	.4
Statewide	\$2,699,500	62.7
<b>Total</b>	<b>\$4,299,783</b>	<b>100%</b>

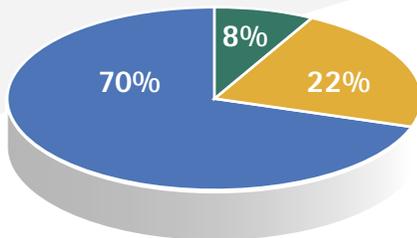


## Grantmaking Update

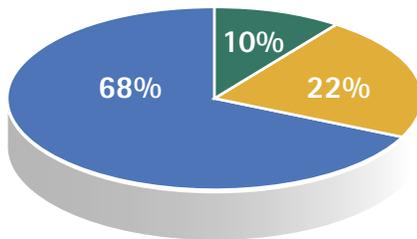
	FY 2002	FY 2003	FY 2004	FY 2005
Number of Grants	39	54	50	53
Amount Awarded	\$4,374,240	\$4,237,584	\$4,048,700	\$4,299,783

For more information about our grants, please visit [www.healthcaregeorgia.org](http://www.healthcaregeorgia.org) and access our searchable database.

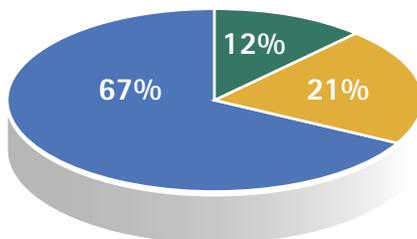
# Grant and Program Expenses



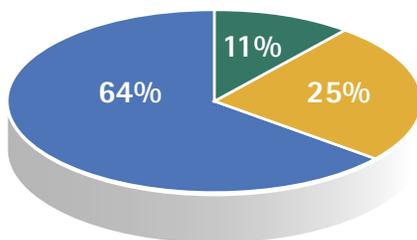
FY 2002 39 Grants		
Summary investment fees	\$480,071	8%
Summary program operating expenses	\$1,349,818	22%
Grants paid	\$4,374,240	70%
	<b>\$6,204,129</b>	<b>100%</b>



FY 2003 54 Grants		
Summary investment fees	\$655,927	10%
Summary program operating expenses	\$1,353,251	22%
Grants paid	\$4,237,584	68%
	<b>\$6,246,762</b>	<b>100%</b>



FY 2004 50 Grants		
Summary investment fees	\$692,070	12%
Summary program operating expenses	\$1,292,606	21%
Grants paid	\$4,048,700	67%
	<b>\$6,033,376</b>	<b>100%</b>



FY 2005 53 Grants		
Summary investment fees	\$739,553	11%
Summary program operating expenses	\$1,642,226	25%
Grants paid	\$4,299,783	64%
	<b>\$6,681,562</b>	<b>100%</b>

# Financial Statements

## Statement of Financial Position December 31, 2005 and 2004

### ASSETS

	2005	2004
Cash and cash equivalents	\$ 89,402	\$ 123,653
Investments at fair value	124,903,204	121,906,129
Equipment, net of accumulated depreciation	267,698	254,780
Federal excise tax payment	2,870	-
Other assets	9,849	9,849
<b>Total assets</b>	<b><u>\$ 125,273,023</u></b>	<b><u>\$ 122,294,411</u></b>

### LIABILITIES AND NET ASSETS

Accounts payable	\$ 15,280	\$ 14,438
Grants payable	81,500	-
Accrued expenses	234,965	173,829
Federal excise tax payable	-	6,280
Deferred federal excise taxes	171,228	123,623
<b>Total liabilities</b>	<b><u>502,973</u></b>	<b><u>318,170</u></b>
Unrestricted net assets	124,770,050	121,976,241
<b>Total liabilities and net assets</b>	<b><u>\$ 125,273,023</u></b>	<b><u>\$ 122,294,411</u></b>

## Statement of Activities and Changes in Net assets For the Years Ended December 31, 2005 and 2004

	2005	2004
Unrestricted operating revenues and other support:		
Interest and dividend income	\$ 2,532,358	\$ 2,570,126
Net gain on investments	7,001,924	8,792,088
In-kind contribution	27,847	-
<b>Total Unrestricted revenue and other support</b>	<b><u>9,562,129</u></b>	<b><u>11,362,214</u></b>
Grants:	4,299,783	4,048,700
Operating expenses:		
Summary program expense	1,642,226	1,292,606
Investment management fee	739,553	692,070
<b>Total operating expenses</b>	<b><u>2,381,779</u></b>	<b><u>1,984,676</u></b>
<b>Total grants and expenses</b>	<b><u>6,681,562</u></b>	<b><u>6,033,376</u></b>
Increase in unrestricted net assets before federal excise tax and deferred tax expense	2,880,567	5,328,838
Federal excise tax benefit on investment income	(39,153)	(48,045)
Deferred federal excise tax expense	(47,605)	(57,206)
<b>Increase in unrestricted net assets</b>	<b><u>2,793,809</u></b>	<b><u>5,223,587</u></b>
Unrestricted net assets, beginning of period	121,976,241	116,752,654
<b>Unrestricted net assets, end of period</b>	<b><u>\$ 124,770,050</u></b>	<b><u>\$ 121,976,241</u></b>

This report is a summary of the audited financials for Healthcare Georgia Foundation. Please contact the Foundation office if you would like to receive a copy of the full report issued by the accounting firm Moore Stephens Tiller LLC.

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# 60 Minutes is the Goal\*

## Tips for Teachers

There are a variety of ways that teachers can help children to get more physical activity into each day. Supporting students to lead physically active lifestyles and do at least 60 minutes of physical activity daily helps them grow up to become active, healthy adults. Here are a few tips to reach that goal of 60 minutes a day through active play:

### Creative Play

- Use incentives such as fun contests and activity-inspiring prizes (e.g., jump ropes) for setting and reaching activity goals.
- Generate physical activity ideas for after school, such as being active with two VERBs that start with the letter "R."
- Ask students to come up with new "rules" for how to play old games or sports. For example, set up multiple goals made out of common objects for soccer or field hockey, such as two plastic garbage cans. Assign different points for scoring between each of the goals. Use your imagination to make the game fun!
- Many cultures have a strong tradition of being active. Ask students to do some investigative research to uncover ways that different cultural groups play games, play sports, or live actively, and then present their findings to the class.
- Invite a representative from a local sports group or youth organization to demonstrate an activity to the class in which students showed an interest. Have the guest then lead the kids in the activity (e.g. martial arts, dance moves or dribbling a basketball).

## Tips for Organizations

Organizations that provide after-school or weekend programs for children can add physical activity to these programs and classes in a number of creative ways. Supporting children to lead physically active lifestyles and do at least 60 minutes of physical activity daily helps them grow up to become active, healthy adults. Here are a few tips for promoting active play and helping children achieve the goal of 60 minutes a day:

### Getting Out and About

- Start a community/neighborhood parade in which participants showcase physical activities while they march and where the stops include local places to play.
- Stage a physical activity fair where local businesses, organizations, and physical activity leaders can demonstrate and excite kids about different types of physical activities and connect them to groups or locations for the ones they enjoy.
- Organize a map-making activity of free and low-cost physical activity areas nearby, such as parks and roller rinks, and then take the children out to these locations to play.
- Involve children in community service activities that give them an opportunity to move around, such as gardening or maintaining trails.
- Use your city's recreational opportunities by taking groups of children to local parks, the zoo, public pools or lakes, and playgrounds.

## Tips for Parents

You can increase physical activity in your children's day by making it fun and participating in activities with your kids. Supporting them to lead an active lifestyle now with at least 60 minutes of physical activity daily helps them grow up to become active, healthy adults. Here are a few tips for promoting active play and reaching that 60 minutes a day goal:

### At school

- Coach or chaperone a physical activity outside of school.
- Team up with other parents near your home to form "walking school buses" and take turns walking kids to the bus stop or all the way to school.

### At home

- Incorporate physical activities into birthday parties, family gatherings, and when your kids' friends come over to play.
- Children should be active after school. All children can find physical activities they like to do; offer them choices and let them discover their own interests, but make sure that active play is part of their day outside of school.

### In the community

- Take advantage of your community's recreational opportunities.
- Involve your children in jobs or community service activities that they enjoy and that get them moving, such as planting in the local park or helping neighbors with cleaning, dog walking, or yard work.

\*Adapted from VERB™, a national campaign to increase physical activity among children aged 9-13 years. For more information, visit [www.cdc.gov/VERB](http://www.cdc.gov/VERB).

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*What You Can **do** to Help Improve the  
Health of Georgia's Children and Youth*  
Tips for Teachers, Parents and Organizations\*

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

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