



HEALTH COMMISSION  
SERVING SOUTH SNOHOMISH COUNTY

ANNUAL  
REPORT  
2016

# Message from the Board Chair and the Superintendent

At the Verdant Health Commission, we care deeply about our community in South Snohomish County. We have been committed to supporting the community’s health for more than 50 years as Public Hospital District No. 2, Snohomish County. Our strategies have changed throughout the years, but our purpose today is the same—we are dedicated to the wellness of this community and its people, first and foremost.

Now known as the Verdant Health Commission, we still prioritize safeguarding our district’s long-term financial security and taking care of our outstanding responsibilities for our hospital, now operated by Swedish Health Services as Swedish Edmonds. Our current focus is on supporting programs that move the needle on improving access to care, prevention, and education. We use evidence-based approaches to support our individual and community health needs and evaluation measures to track our progress. We monitor the health of our community with regular needs assessments, and we use what we learn to prioritize our efforts. Both our community grant program and our programming at the Verdant Community Wellness Center are provided to give people the tools they need to support healthy lifestyle choices. Our goal is to improve the health and well-being of our community.

In this 2016 annual report, we have identified a few of the “community challenges” Verdant is working to address:

*Decreasing childhood obesity*

*Increasing access to dental care and health care*

*Expanding and improving access to mental health & substance use services*

Please read more about the work we are supporting, the health risk factors we have identified, and our revenues and expenditures from 2016. Learn more at [verdanthealth.org](http://verdanthealth.org), call (425) 582-8600, or visit us at the Verdant Community Wellness Center.

Regards,



Deana Knutsen  
Board of Commissioners President



Robin Fenn, Ph.D., LICSW  
Superintendent

## Board of Commissioners



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Board President



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MD, FACP,  
Board Secretary



Bob Knowles



Fred Langer,  
RN, Esq.



Karianna Wilson

## Superintendent



Robin Fenn,  
Ph.D., LICSW,



Children participating in Edmonds School District Move 60! (top) and Boys & Girls Club Healthy Habits programs (inset).

## Community Challenge: Decreasing childhood obesity

Verdant invested more than \$858,000 in 2016 for youth activity programs to get children moving and excited about fitness while battling the childhood obesity epidemic that's affecting our community and others across the country.

In the Move 60! program offered at all 22 elementary schools in the Edmonds School District, students in this free before- or after-school program move for 60 minutes a day, four days a week. With this program and others run by the Boys & Girls Club of Snohomish County, City of Lynnwood, Camp Fire, and others, the intention is to fight childhood obesity, prevent student chronic health issues, offer an opportunity to play sports, and provide the physical, social, and emotional benefits of extra exercise for kids.

*Kids are naturally active and curious. They like to try new things, which is why elementary school is such a critical time to help them find ways to be active that they enjoy. The best part is, it's working—we are seeing improvements in the health of these kids.*

— Scott Boyce, Lead Move 60! Instructor at Hazelwood Elementary/PE Teacher K-6

\*2014 Healthy Youth Survey; +Freedman, D.S., Mei, Z., Srinivasan, S.R., et al. (2007). Cardiovascular risk factors and excess adiposity among overweight children and adolescents: the Bogalusa Heart Study. *Journal of Pediatrics* 150(1), 12-17 e2; \*\* Freedman, D.S., Khan, L.K., Serdula, M.K., et al. (2005). The relation of childhood BMI to adult adiposity: the Bogalusa Heart Study. *Pediatrics*, 115(1), 22-7

### WHY IS THIS IMPORTANT?

**74%**

Percentage of youth in the Edmonds School District who did not meet physical activity guidelines\*

**70%**

Percentage of obese children identified in a study who had at least one key risk factor for heart disease+

**10x**

Number of times more likely obese 6-8 year-olds were to become obese adults than those with lower BMIs.\*\*

### WHAT IS VERDANT'S IMPACT?

**2,745**

Number of youth given free access to physical activity programs through Verdant in 2016

**63%**

Percentage of Move 60! students who improved their cardiovascular endurance from the beginning of the program to the end

**44%**

Percentage of Move 60! students who improved their Body Mass Index (BMI) from the beginning of the program to the end



Patients provided with health and dental care at PSCC mobile medical clinic (top) and CHC of Snohomish County dental clinic (inset).



## Community Challenge: Increasing access to dental and health care

In 2016, Verdant provided more than \$588,000 in investments that will help lower the barriers for uninsured and underinsured residents to get the care they need to stay well. These funds provide support for Community Health Center of Snohomish County (CHC), Medical Teams International, Prescription Drug Assistance Foundation, Project Access Northwest, and Puget Sound Christian Clinic (PSCC) to assist their clients who are not served well by our healthcare system – with little or no insurance coverage due to income, age, or other circumstances.

The PSCC programs use volunteer medical and dental providers to offer free or low-cost primary care, mental health services, and dental care at a combination of mobile sites and a permanent clinic facility. PSCC ensures patients get routine checks and are monitoring any chronic health conditions. PSCC works with Project Access Northwest, which also works with volunteer providers, to support specialty care needs for their patients.



*The [Medical Team International dental] van has been great for me. The doctors are wonderful and have helped me get the care I could not afford. Also with the work that has been done, my health has improved. I'm truly grateful for the treatment I have received.*

—Medical Teams International dental patient

### WHY IS THIS IMPORTANT?

**22%**

Percentage of adults in Public Hospital District No. 2, Snohomish County who have not visited a physician in at least 2 years++

**29%**

Percentage of adults in Public Hospital District No. 2, Snohomish County who have no dental insurance++

**\$10.4 million**

Dollars spent in charity care at Swedish Edmonds in 2016

### WHAT IS VERDANT'S IMPACT?

**\$467,959**

Dollars saved by 119 South Snohomish County residents who accessed prescription drug assistance programs from June 2015-June 2016

**1,025**

Number of people treated in 2016 by Verdant-supported dental programs

**260**

Number of patients treated by the PSCC mobile medical clinic from South Snohomish County in 2016



Ribbon cutting for Evergreen Recovery Center detox facility (top) and THS counselor (inset).

*Community Challenge:*

## Expanding and improving access to mental health & substance use services

To support mental health and address substance use in the community, Verdant invested nearly \$1.3 million in 2016, which focused primarily on prevention and often targeted youth to help them build healthy coping skills. Verdant supports a number of youth counseling programs, including those that provide services in Edmonds School District’s middle schools and high schools, in clinics, or at the Verdant Community Wellness Center. Therapeutic Health Services (THS) is one partner agency that serves youth with co-occurring mental health and substance use issues.

Along with Snohomish County Human Services, Swedish Edmonds, and the City of Lynnwood, Verdant played a role in securing support and resources for Evergreen Recovery Centers to open a 16-bed detox treatment facility in Lynnwood that will serve uninsured and underinsured individuals. There can be challenges for people seeking treatment in Snohomish County; this is a step to help close that gap.



*Thank you so much for everything you have done for me. I made some great strides last year and continue to do so this year, mainly because of you. Thank you for being a light for me when I was stumbling in the dark.*

—Unaccompanied homeless student who worked with an Edmonds School District student support advocate to improve attendance, grades, and mental health

### WHY IS THIS IMPORTANT?

**32%**

Percentage of youth in the Edmonds School District who experience symptoms of depression\*

**9%**

Percentage of adults in Public Hospital District No. 2, Snohomish County who experience 14 or more days when their mental health is not good (in the past 30 days)++

**13**

Average age of first substance use among Therapeutic Health Services (THS) clients treated in 2016

### WHAT IS VERDANT'S IMPACT?

**191**

Number of middle school & high school-aged youth with mental health needs treated by Center for Human Services counselors in the school setting

**104**

Number of middle school & high school-aged youth with both mental health and substance use issues treated by THS counselors in 2016

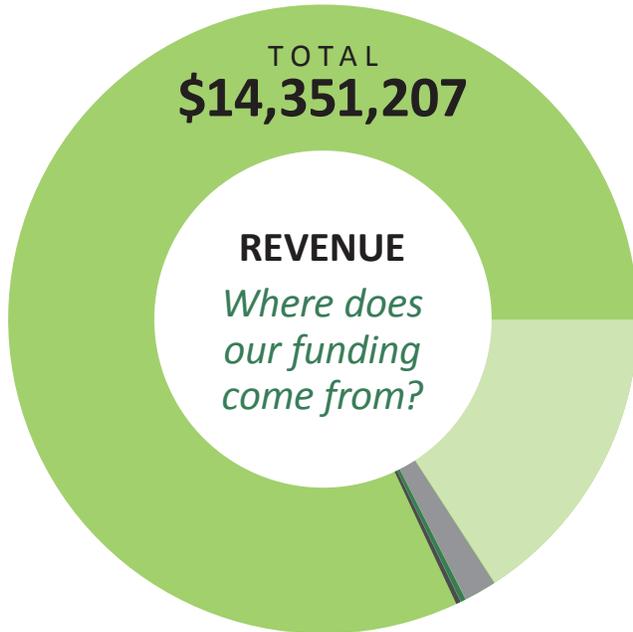
**70%**

Percentage of students with prior drug and/or alcohol use successfully connected to treatment by student support advocates in the Edmonds School District in 2015-16

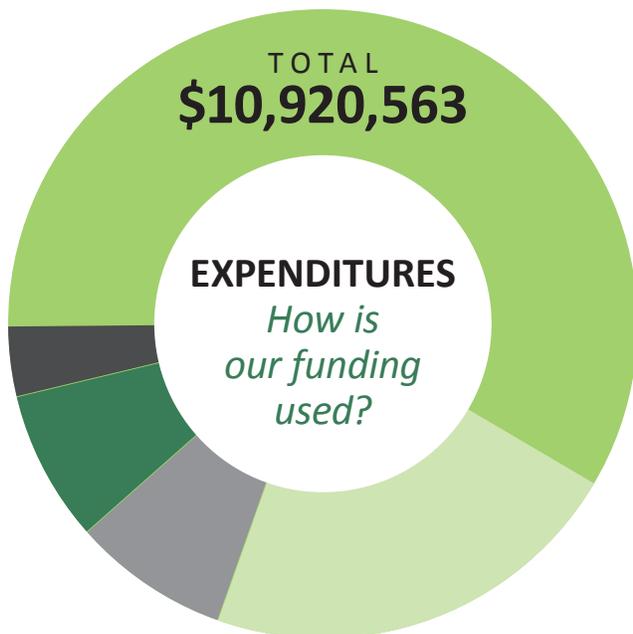
\*2014 Healthy Youth Survey; ++Behavioral Risk Surveillance System Survey, 2011-2015

# Our Financial Responsibility

As Public Hospital District No. 2, Snohomish County, we are responsible for safeguarding our community hospital, which is now operated by Swedish Health Services as Swedish Edmonds. We maintain a strong financial position with assets totaling more than **\$86.7 million** and liabilities (debt) totaling only **\$6.3 million** in 2016. Since launching the Verdant Health Commission in 2010, our focus has shifted to community health, education, and prevention. We are still committed to taking care of our outstanding hospital obligations while investing in the future health of our community.



- **82.4% \$11,819,559**  
Ground and Facility Leases
- **15.5% \$2,221,262**  
Maintenance and Operations Tax Levy
- **1.8% \$260,542**  
Investment Income
- **0.2% \$31,559**  
Program and Sponsorship Revenue
- **0.1% \$18,285**  
Other Revenues



- **58.8% \$6,424,300**  
Programs and Grants
- **22.0% \$2,404,616**  
Depreciation
- **7.9% \$858,535**  
Salaries and Benefits
- **7.8% \$849,169**  
Supplies, Maintenance, Insurance, Utilities, Taxes, Other Expenses
- **3.5% \$383,943**  
Legal and Consulting Services

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Complete financial audit reports and budget documents are available at [verdanthealth.org/reports](http://verdanthealth.org/reports).

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# A Deeper Dive into Programs and Grants

The program and grant investments made by Verdant represent the majority of the organization's expenses, but what is the breakdown of those services? Verdant is working to address the community health challenges identified on the previous pages of this report, as well as other areas, and this summary captures a quick look at how those dollars were spent by category in 2016.

## 21% BUILDING HEALTHY COMMUNITIES FUND

*Supporting long-lasting community health improvements by increasing opportunities for residents to live active and healthy lives.*

*Examples include collaborations between municipalities in South Snohomish County.*

- City of Edmonds
- City of Lynnwood
- City of Mountlake Terrace
- Edmonds School District

## 20% BEHAVIORAL HEALTH

*Focusing on expanding mental health and substance use services and improving access for residents.*

*See page 5 for examples.*

- Center for Human Services
- Community Health Center of Snohomish County
- Compass Health
- Edmonds Community College Foundation
- Edmonds School District
- Puget Sound Christian Clinic
- Snohomish County Music Project
- Therapeutic Health Services
- YWCA of Seattle King Snohomish

## 13% CHILDHOOD OBESITY

*Working to decrease the childhood obesity rate.*

*See page 3 for examples.*

- Boys & Girls Club of Snohomish County
- Camp Fire
- City of Lynnwood
- Edmonds School District
- YMCA of Snohomish County (Snohomish County Health Leadership Coalition)

## 11% SUPPORTING SENIORS

*Working to support aging adults' health and well-being.*

*Examples include offering health workshops, classes, and support groups that decrease social isolation and improve overall health.*

- Alzheimer's Association
- Edmonds Senior Center
- Homage Senior Services
- Northwest Parkinson's Foundation

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**Information about these programs is available at [verdanthealth.org/programs](http://verdanthealth.org/programs).**

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## 9% HEALTHCARE AND DENTAL ACCESS

*Increasing access to dental and health care.*

*See page 4 for examples.*

- Community Health Center of Snohomish County
- Lutheran Community Services Northwest
- Medical Teams International
- Prescription Drug Assistance Foundation
- Project Access Northwest
- Puget Sound Christian Clinic

## 8% CARE COORDINATION

*Engaging our most vulnerable individuals with complex health needs when more than one organization or agency is involved in their care.*

*This includes those recently discharged from the hospital, frequent 9-1-1 callers, etc.*

- City of Lynnwood
- Compass Health
- Homage Senior Services
- Snohomish County Fire District 1
- Volunteers of America Western Washington

## 18% OTHER PREVENTION

*Supporting prevention and education programs to improve our residents' health and well-being.*

*This includes supports for early childhood development, chronic health conditions, and injury prevention.*

- Alpha Supported Living Services
- Alzheimer's Association
- American Diabetes Association
- American Red Cross Snohomish County Chapter
- Brain Injury Alliance
- Cascade Bicycle Club
- ChildStrive
- City of Edmonds
- City of Mountlake Terrace
- Domestic Violence Services of Snohomish County

- Edmonds Community College
- Edmonds School District
- Edmonds Senior Center
- Foundation for Edmonds School District
- Hope Heart Institute
- Kindering
- Korean Women's Association
- Latino Education and Training Institute
- PEPS
- Puget Sound Kidney Center
- Seattle Visiting Nurses
- Snohomish County Fire District 1
- Snohomish County Medical Reserve Corps
- Wonderland Developmental Center
- YWCA of Seattle King Snohomish



Healthy cooking demo at the Verdant Community Wellness Center (inset)

## Join us at the Verdant Community Wellness Center

Community members interested in learning more about healthy lifestyle choices and improving their habits are encouraged to look into the free and low-cost classes and programs offered at the Verdant Community Wellness Center by visiting [verdanthealth.org/events](http://verdanthealth.org/events).

Community groups who offer health-focused classes, programs, community meetings, and special events to the public may be eligible to host this work at the Verdant Community Wellness Center. Spaces available include a training room, demonstration teaching kitchen, small classroom, and conference rooms. Learn more at [verdanthealth.org/facility-use](http://verdanthealth.org/facility-use).

**11,125**

Visits made by  
community members in 2016  
(number includes duplicates)

**49**

Cooking demonstrations  
or nutrition education  
classes offered

**10.5**

Average pounds lost by  
participants in the *Getting to Goal*  
*Weight Reduction Program*

**19**

Behavioral health  
support groups hosted

**313**

Clients served by the North  
Sound 2-1-1 Community  
Resource Advocate

**59**

Community-based organizations  
who hosted classes, workshops,  
or events at Verdant



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