



ANNUAL IMPACT REPORT 2018



HEALTH COMMISSION
SERVING SOUTH SNOHOMISH COUNTY



FOOD INSECURITY

HEALTHY LIFESTYLES

MENTAL HEALTH SERVICES

ACCESS TO MEDICAL & DENTAL CARE

Meeting our community's needs

In 2018, the Verdant Health Commission served South Snohomish County residents in many ways by funding grants and offering programs based on community health needs assessment data and feedback from residents. This annual impact report will focus on four of the needs identified (above) and examples of how Verdant worked to increase access to services and reduce barriers in each of those areas of need.

About the Verdant Health Commission

Public Hospital District No. 2, Snohomish County is responsible for safeguarding the community hospital, operated by Swedish Edmonds. It maintains a strong financial position, with financial details included on page six of this report. Since launching the Verdant Health Commission in 2010, the hospital district's focus has shifted to community health, education, and prevention, while taking care of its outstanding hospital obligations and simultaneously investing in the future health of the community.

Improving access to fruits and vegetables

When budgets are tight, households often need to make tough choices about prioritizing expenses. Deciding how to save money for rent or mortgage, utilities, transportation, medical expenses and food is difficult, and it can lead to people buying more convenience foods. When income limits access to healthy food, maintaining good health or managing one or more chronic diseases is often put on the back burner.

In 2018, Verdant began working with the Washington State Department of Health on its Food Insecurity Nutrition Incentive (FINI) Grant, which included offering nutrition education to individuals with demonstrated need coupled with a \$10 voucher to spend on fresh, frozen, or canned fruits and vegetables at local Safeway stores. By working with 13 local partners like the Edmonds School District, Community Health Centers of Snohomish County (CHC), Puget Sound Kidney Centers, and more, Verdant was able to reduce barriers for community members to access healthy foods.

These vouchers, no matter how meager, still get me into the produce aisles and the frozen vegetable section, to find some very tasty choices I may not have known of before.

—CHC patient with Type 2 Diabetes



Mediterranean for Life program offers guidance, sees results

The Mediterranean Diet is one of the most highly recommended approaches to eating by medical providers, and when Verdant offered its 6-week program built around this approach to health, the results showed the effectiveness of this lifestyle pattern.

Education on food choices and physical activity is paired with goal setting



strategies in this Registered Dietitian Nutritionist-led program, based on research done by the University of North Carolina, a CDC Prevention Research Center.

Based on feedback collected in a standardized health survey, participants who completed the program saw...



INCREASE in energy



IMPROVEMENT in physical health



DECREASE in fatigue

AWARD WINNERS

Left: 2018 Outstanding Community Advocate Award
Giselle Zapata-Garcia of Latinos Promoting Good Health

Right: 2018 Community Collaboration Award
Hero's Café Planning Committee members





Finding support, reducing barriers to services

When faced with a difficult situation, many people turn to their community for support—family, friends, and neighbors. But when you are new to the area and culture, navigating complex systems when you don't have a built-in support network can feel overwhelming.

When Sarah (not her real name) first moved to Lynnwood, she wasn't sure where to find the help her family needed. An early connection she made was with the YWCA. Her contact at the YWCA knew that Verdant could provide assistance getting connected to additional services and so they reached out one day in 2018.

Since first meeting Sarah, Verdant and other community partners have helped her make sense of the complex systems she is navigating. One of her sons now receives speech therapy through ChildStrive, a navigator has helped her husband secure employment, and Sarah has enrolled in the Innovations in Creating Access to Careers in Healthcare (I-CATCH) program administered by Edmonds Community College.

I found a community that can help me to understand and answer important communications, how to get medical insurance in general and how to integrate into the American community. I am so happy and lucky to find you on my way.

—“Sarah,” community member

Connecting high-need patients to dental care

Verdant has partnered with Community Health Center of Snohomish County (CHC) since 2014 to support South Snohomish County residents' dental needs. Verdant and CHC partner to reduce barriers to dental treatment and preventive services. Focusing on adults who are uninsured or underinsured, one program supports people with dental needs that often require multiple visits with a dentist. Once that work is complete, CHC works to ensure patients are seen every six months to maintain good oral health.

Through the school-based sealant program with CHC and the Edmonds School District, children are offered a free screening exam and sealants in a mobile clinic at school, which minimizes their time away from the classroom. Dental sealants protect the permanent molars from cavities, encouraging the students' mouths to stay healthy up to adulthood.

AWARD WINNERS

Left: 2018 Innovative Program Award

“Issues that Matter” program run by Sno-Isle Libraries; award accepted by Sno-Isle's then-Executive Director Jonalyn Woolf-Ivory

Right: 2018 Service to Our Community Award

State Health Insurance Benefits Advisor (SHIBA) volunteers (seen here with the Verdant commissioners)



Supporting needs of youth & their families

Family Engagement Academy workshops are an opportunity for parents and community members to learn more about the needs and issues facing youth in the Edmonds School District.

Supported by Verdant, topics included: understanding LGBTQ and gender diversity needs, the signs of suicide, and anxiety and depression among youth. Helping parents and supportive adults understand what their children experience, build resilience, and find resources to help were a few goals of these workshops.



By The Numbers

Verdant tracks community health needs data that reflect Public Hospital District No. 2, Snohomish County (PHD2) residents' physical and mental health. This information is used to identify the challenges Verdant works to address through its grant programs and services. Several examples of these challenges are included below. Also below are numbers showing the impact Verdant programming has on the South Snohomish County community.

107

Classes and programs offered by Verdant in 2018 at the Verdant Community Wellness Center, including 56 cooking demonstrations

21.7%

Residents in PHD2 report that they are limited in activities because of physical, emotional, or mental problems*

91

Number of people at the LGBTQ Community Event in January 2018, representing students, parents, community members, school staff, and behavioral health providers

42

Organizations that received grant funds from Verdant in 2018

64.7%

Adults are obese or overweight*

1,904

Fruit & vegetable vouchers distributed in 2018

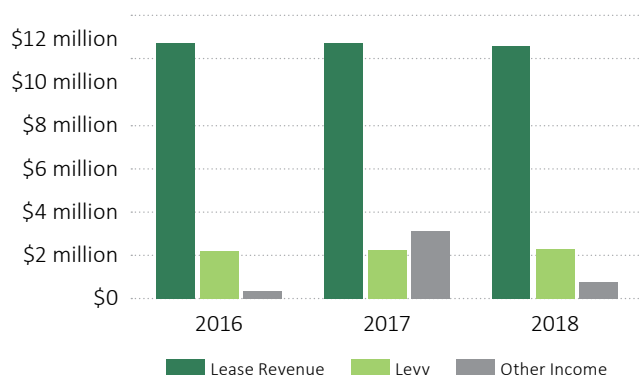
29%

Adults who have no dental insurance*

**Source: Behavioral Risk Surveillance System Survey, 2011-2015 for PHD2*

Verdant at a Glance

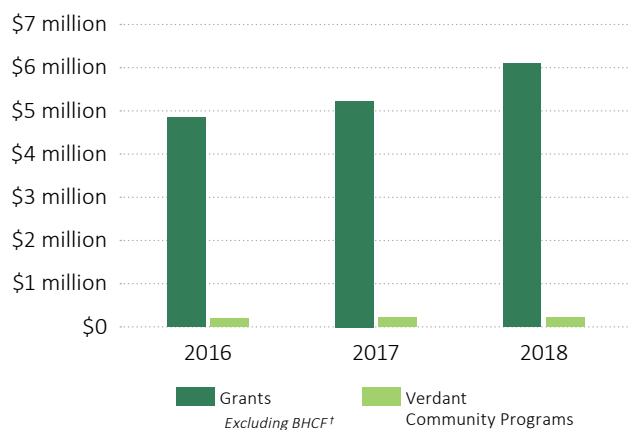
Revenue



	2016	2017	2018
Lease Revenue	\$11,819,559	\$11,864,936	\$11,717,620
Levy	\$2,221,263	\$2,265,091	\$2,314,521
Other Income	\$378,047	\$3,134,481*	\$806,721
Total Revenue	\$14,418,869	\$17,264,508	\$14,838,862

* Includes \$2.4 million in Stevens Hospital Medicare Certified Public Expenditure settlements from State Fiscal Years 2000, 2001, 2004, 2005, 2009, and 2010

Program Investments



	2016	2017	2018
Grants Excluding BHCFT†	\$4,865,224	\$5,240,973	\$6,101,715
Verdant Community Programs	\$212,370	\$231,273	\$240,327
Total Investment	\$5,077,594	\$5,472,246	\$6,342,042

† Building Healthy Communities Fund

\$95.6 million

Assets

\$3.2 million

Liabilities (debt)

\$5.08 million

Building Healthy Communities
Funds approved in 2018

Complete financial audit reports and budget documents
are available at verdanthealth.org/reports.

A Deeper Dive into Programs & Grants

The program and grant investments made by Verdant represent the majority of the organization's expenses, but what is the breakdown of those funded services? This summary captures a quick look at how those dollars are spent by category. It includes the organizations who receive grants from Verdant in 2018 and the programs operated by Verdant staff.

Behavioral Health

- Center for Human Services
- Compass Health
- Edmonds School District
- Puget Sound Christian Clinic
- Therapeutic Health Services
- YWCA of Seattle King Snohomish

Childhood Obesity

- Boys & Girls Club of Snohomish County
- City of Lynnwood
- Edmonds School District
- Girls on the Run of Snohomish County

Healthcare and Dental Access

- Community Health Center of Snohomish County
- Leukemia & Lymphoma Society
- Medical Teams International
- Prescription Drug Assistance Foundation
- Project Access Northwest
- Puget Sound Christian Clinic
- Seattle Visiting Nurses
- Turning Point

Supporting Seniors

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

Care Coordination

- Homage Senior Services
- South Snohomish County Fire & Rescue
- Volunteers of America Western Washington

Building Healthy Communities Fund

- Town of Woodway

Other Prevention

- American Red Cross Snohomish County Chapter
- Brian Injury Alliance of Washington
- Cascade Bicycle Club
- ChildStrive
- City of Edmonds
- City of Lynnwood
- City of Mountlake Terrace
- Cocoon House
- Domestic Violence Services of Snohomish County
- Edmonds School District
- Foundation for Edmonds School District
- Kinderling
- Korean Women's Association
- Latino Education and Training Institute
- Leadership Snohomish County
- Parent Trust for Washington Children
- PEPS
- Puget Sound Kidney Center Foundation
- Wonderland Child & Family Services
- YMCA of Greater Seattle

Verdant Community Programs

Of the \$6.34 million invested in community programs, 4% is directly organized by Verdant staff and the remaining is granted to local organizations to help residents. Verdant programs feature:

- Behavioral health support groups*
- Building community resiliency*
- Chronic disease prevention*
- Community engagement & outreach*
- Nutrition & physical activity education*
- Parenting support*
- Walking groups*
- Weight management/reduction*



Serving Our Community

I am honored to have served as President of the Board of Commissioners in 2018, a year of significant growth and investment for the Verdant Health Commission. My family and I have made South Snohomish County our home for 40 years, and it is very fulfilling to see the effect Verdant is making in our community as we wrap up our 8th year.

Our Board of Commissioners carefully considers how we can make the best impact to the health and well-being of the residents of Public Hospital District No. 2, Snohomish County, and we hope our programs are able to serve you. This impact report highlights some of our work, but not all. To learn more, please visit our website, give us a call, or stop by in person. We'd love to see you.

Deana Knutsen *Board of Commissioners President*



2018 Verdant Staff

From left: George Kosovich, Lisa King, Karen Goto, Jennifer Piplic, Nancy Budd, Robin Fenn, Sue Waldin, and Sandra Huber.

Public Hospital District No. 2, Snohomish County 2018 Board of Commissioners

Deana Knutsen *Board President*
 Karianna Wilson *Board Secretary*
 Bob Knowles *Board Member*
 Fred Langer, RN, Esq. *Board Member*
 J. Bruce Williams, MD, FACP *Board Member through July 2018*
 Jim Distelhorst, MD *Board Member beginning October 2018*

Superintendent

Robin Fenn, Ph.D., LICSW



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