

VERDANT HEALTH COMMISSION
 PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
 BOARD OF COMMISSIONERS
 Regular Meeting
 A G E N D A
 February 22, 2017
 8:00 a.m. to 9:15 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) January 25, 2017 Board Meeting	Action	8:03	1-5
b) February 8, 2017 Special Meeting	Action	8:03	6-7
D. Executive Committee Report	Information	8:04	---
E. Superintendent's Report	Information	8:07	---
F. Finance Committee Report			
a) Review financial statements and cash activity	Information	8:17	8-11
b) Authorization for payment of vouchers and payroll	Action	8:20	12
G. Program Committee Report & Recommendations			
a) Conflicts of Interest	---	8:21	---
b) Program investment recommendations	Action	8:23	13-16
c) Verdant Community Wellness Center activities update	Information	8:33	17-18
d) Swedish Edmonds Case Management update	Information	8:40	---
H. Marketing Report	Information	8:55	19-20
I. Public Comments (please limit to three minutes per speaker)	---	9:00	---
J. Commissioner Comments	---	9:05	---
K. Adjournment	---	9:15	---

**PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
VERDANT HEALTH COMMISSION**

**BOARD OF COMMISSIONERS
Regular Meeting
Verdant Community Wellness Center
February 22, 2017**

**Commissioners
Present**

Deana Knutsen, President
J. Bruce Williams, M.D., Secretary
Fred Langer, Commissioner
Bob Knowles, Commissioner
Karianna Wilson, Commissioner

Others Present

Robin Fenn, Superintendent
George Kosovich, Assistant Superintendent
Lisa King, Finance Director
Jennifer Piplic, Marketing Director
Sue Waldin, Community Wellness Program Manager
Sandra Huber, Outreach Specialist
Karen Goto, Executive Assistant
Members of the community

Guests

Sarah Zabel, Swedish Edmonds
Deena Hannen, Swedish Edmonds
Jean Doerge, Swedish Edmonds

Call to Order

The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:02 a.m. by President Knutsen.

**Approval of
Minutes**

Motion was made, seconded and passed unanimously to approve the minutes of the regular meeting on January 25, 2017.

Motion was made, seconded and passed unanimously to approve the minutes of the special meeting on February 8, 2017.

**Executive
Committee**

President Knutsen reported that the Executive Committee met on February 15, 2017 to review and approve the February 22, 2017 board meeting agenda and the Superintendent's activities. No action was taken.

**Superintendent
Report**

Dr. Fenn reported on several items:

1. State audit update meeting was held on January 30, 2017. Staff have provided the auditors with information related to several program contracts and are waiting to hear back.
2. Investment property search – Dr. Fenn asked the board if they are ready to formally engage a broker to look for potential property acquisitions and the board agreed to wait on this.
3. Program presentations at monthly board meetings – Dr. Fenn asked the board if they want to continue to hear updates from funded partners. The board agreed that they would like to continue this, but have staff develop a template for presentations and bring to the Program Committee for approval.
4. Funded program site visits – the board would like to continue to be informed via email of upcoming site visits.
5. December 2017 Board Retreat – the board would like to keep the ½-day Friday and ½-day Saturday format with option to stay overnight. Staff will research other venues inside and outside the district.
6. March 8, 2017 Study Session – Dr. Fenn reminded the board of the upcoming study session and agenda items include the Building Healthy Communities Fund, ACA update, 1115 Medicaid waiver update, and potential meeting with Jason McGill of the Governor's office. The board likes the interactive format of the special meeting and will continue this format combined with pre-work by staff for a balance of interaction.

**Board Finance
Committee**

The committee met on February 16, 2017. Ms. King reviewed the financial statements and cash activity for January 2017 (E:09:17). Ms. King noted the last payment to Waldron for the Superintendent search, the payment to Ferris-Turney General Contractors for the Kruger Clinic restroom construction, and the payment to the Edmonds School District for the Building Healthier Communities Fund Woodway Fields project.

Deposits from VCWC class registrations, conference registrations, and a self insurance reimbursement for workers comp were also identified.

**Authorization
for Payment of
Vouchers &
Payroll**

Warrant Numbers 12055 through 12096 for January 2017 for payment in the amount of \$393,072.09 were presented for approval (E:10:17). **Motion was made, seconded and passed unanimously to approve.**

**Program
Committee
Update**

The Program Committee met on February 9, 2017 to review two funding requests, discuss options for a Request for Proposal on reducing childhood obesity, and discuss Verdant developing a certified CDC Diabetes Prevention Recognition Program (E:11:17). No conflicts of interest were reported by any of the commissioners.

Applications Recommended for Funding:

Alzheimer's Association Washington Program – a renewal request for its direct services program. **Motion was made, seconded and passed unanimously to approve** partially funding the program for two more years at the current level of \$86,510 per year.

Edmonds School District Move 60! Program – the program committee would like to explore expanding the reach and scope of services. The committee shared its interest in exploring what it would take to reach 25% of the student population. The board would like to see how much of an improvement in BMI was made by the 44% of students that have completed the program. The Program Committee will do further exploration.

RFP on Reducing Childhood Obesity – the Program Committee is looking for innovative ideas from the community due in early summer 2017. Commissioners discussed this idea considering the priorities identified by the district of dental and mental health access, as well as the RFP process outcome. Commissioner Williams expressed interest in school districts participating in the Mile-a-Day program and this RFP could be a fit to explore that concept. The Program Committee will fine-tune the RFP and bring it back to the board for consideration.

CDC Diabetes Prevention Recognition Program – the Program Committee discussed the concept of Verdant becoming a certified Diabetes Prevention Program (DPP) provider. President Knutsen was interested in more information about the program costs. This topic will be added to the March 8, 2017 study session agenda.

**Verdant
Community
Wellness
Center
Activities
Update**

Ms. Waldin presented an update on activities in the center for January and February 2017 (E:12:17). Ms. Waldin called out the THS Parent Coaching Group in English and Spanish, the infant feeding class on March 27, 2017, and the multi-cultural Cooking Matters class with 15 families participating.

**Presentation
by Swedish
Edmonds**

Sarah Zabel, Jean Doerge, and Deena Hannen presented an update on case management at the hospital and the current challenges. They shared some example groups that they are struggling to find discharge placements for. Commissioner Williams asked for some more detailed analysis of the issue with numbers including benchmarking against other community hospitals. Other commissioners asked questions and decided that follow-up should occur at either the next Strategic Collaboration meeting or a future board meeting.

**Marketing
Report**

Ms. Piplic presented the Marketing report (E:13:17) which includes a report on the Verdant Healthier Community Conference on February 27, 2017 with 240 registrations to date and 300 maximum. Commissioners are to inform Ms. Piplic of their availability for the conference.

**Public
Comments**

None


**Commissioner
Comments**

None

Adjourn

There being no further business to discuss, the meeting was adjourned at 9:07 a.m.

ATTEST BY:



President



Secretary

E: 9:17
2.22.2017

Balance Sheet
As of January 31, 2017

	A	B	C	D
	Dec 31, 2016	Jan 31, 2017	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	3,456,221	1,088,721	(2,367,500)	
4 Other Current Assets	36,824,084	38,039,302	1,215,219	Includes Investments
5 Total Current Assets	40,280,305	39,128,024	(1,152,281)	
6 Total Long-term & Fixed Assets	46,463,198	46,263,059	(200,139)	Includes Depreciation
7 TOTAL ASSETS	86,743,503	85,391,083	(1,352,420)	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	3,230,044	1,517,220	(1,712,824)	
11 Long-term Liabilities	3,087,949	3,082,780	(5,169)	2012 LTGO Bonds/BHCF
12 Total Liabilities	6,317,993	4,600,000	(1,717,993)	
13 Total Equity	80,425,511	80,791,083	365,573	Annual Net Income
14 TOTAL LIABILITIES & EQUITY	86,743,503	85,391,083	(1,352,420)	

Profit & Loss
January 2017

	A	B	C	D	E	F
	Jan Actual	Jan Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	873,829	873,007	822	873,829	873,007	822
3 EXPENSES						
4 Operating Expenses	152,757	193,861	41,104	152,757	193,861	41,104
5 Depreciation Expense	193,704	192,794	(910)	193,704	192,794	(910)
6 Program Expenses	402,629	602,854	200,224	402,629	602,854	200,224
7 Total Expenses	749,090	989,509	240,419	749,090	989,509	240,419
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	240,833	228,229	12,604	240,833	228,229	12,604
10 NET INCOME	365,573	111,728	253,845	365,573	111,728	253,845

Monthly Highlights
January 2017

Verdant received dividends payments of \$48,379 on our investment portfolio in January and closed with an ending market value of \$37,779,098.

Annual program commitments total \$5,723,513 for 2017. \$2,167,733 remains available to spend in 2017, of which \$48,000 is earmarked as Superintendent Discretionary.

Additional income of \$116,784 and expenses of \$104,950 from the Kruger Clinic were incurred, netting to an additional operating income of \$11,834 in January.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
12055	01/01/2017	Parsi Properties LLC	2,500.00	Jan 2016 - Parking lot lease
12056	01/04/2017	Ankrom Moisan	5,013.36	Feasibility Study & KC Restroom Remodel
12057	01/04/2017	Beth Rodriguez, LLC	528.83	Dec 2016 VHCC Support
12058	01/04/2017	Corporate Security LLC	284.00	Jan 2017 Parking Lot Security
12059	01/04/2017	Eberle Vivian	4,094.23	1Q17 Self Insurance Work Comp Claims Administration
12060	01/04/2017	Guardian Security Systems	723.00	Fire Sprinkler and Backflow Inspection
12061	01/04/2017	People's Institute Northwest	350.00	SH registration for 2/16-17/17 conference "Undoing Institutional Racism"
12062	01/04/2017	WA Department of Revenue	21,804.12	Q4 2016 Leasehold Excise tax return
12063	01/04/2017	Waste Management	227.85	Garbage and Recycling
12064	01/04/2017	Consolidated Landscape Maintenance, Inc.	438.11	Jan 2017 Landscaping Maintenance
12066	01/11/2017	Foster Pepper PLLC	5,541.50	Nov 2016 - Legal Fees
12067	01/11/2017	ThyssenKrupp Elevator Company	807.17	Maintenance Contract 1/1-3/31/17
12068	01/11/2017	Waldron	25,421.17	Superintendent Search Payment 3 of 3
12069	01/11/2017	Ash Consulting	95.50	Dec 2016 Accounting Consulting
12070	01/11/2017	Comcast	271.99	Internet/Telephone
12071	01/11/2017	Comcast	520.96	Internet/Telephone
12072	01/11/2017	Archbright	1,788.00	2017 Annual Dues
12073	01/11/2017	Aukema & Associates	500.00	Dec 2016 Website re-design updates
12074	01/11/2017	Lowe Graham Jones PLLC	150.00	Dec 2016 Trademark watch
12075	01/11/2017	City of Lynnwood - Utilities	502.49	Water/Sewer
12076	01/11/2017	Dataworks	220.69	IT Support
12077	01/11/2017	Youth Suicide Prevention Program	351.05	Programs
12065	01/11/2017	Armstrong Services	2,096.80	Dec 2016 Janitorial
12078	01/18/2017	Department of Labor and Industries	141.60	Elevator Inspection
12079	01/18/2017	Property Management Northwest	6,167.93	Dec 2016 & Jan 2017 Property Management
12080	01/18/2017	State Auditor's Office	5,836.83	2015 State Audit
12081	01/18/2017	Ferris-Turney General Contractors	290,862.66	Kruger Clinic Restroom Construction
12082	01/18/2017	Staples	303.50	Supplies
12083	01/18/2017	Total Health	66.25	WC 144 - Mediterranean for Life
12084	01/25/2017	AmeriFlex Business Solutions	17.25	Jan 2017 FSA Administration
12085	01/25/2017	Parsi Properties LLC	2,500.00	Feb 2017 - Parking lot lease
12086	01/25/2017	Department of Labor and Industries	1,384.71	4Q16 Self Insurance Fund
12087	01/25/2017	Pacific Art Press Inc	435.92	Flyers for VHCC 2017
12088	01/25/2017	Maria Guadalupe Cardona Gonzalez	150.00	Spanish Language Presentation on Cardio Health 1/21/17
12089	01/25/2017	Principal	833.13	EE Life Insurance
12090	01/25/2017	Regence Blueshield	2,769.49	Feb 2017 Health Insurance
12091	01/25/2017	Roto-Rooter	206.53	Repair Clogged Toilet
12092	01/25/2017	Wells Fargo	1,832.23	Misc.
12093	01/25/2017	Wells Fargo	38.47	Misc.
12094	01/25/2017	Awards Service Inc	19.77	Magnet name tags for RF
12095	01/25/2017	Cocoon House.	5,000.00	Award 257 - Parent & Teen Prevention Program
12096	01/25/2017	Total Health	275.00	WC 152 - Instructor Reimb for Nutrition Ed & Cooking Demo
Total Warrants			393,072.09	

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	1/6/2017	Payroll	22,434.27	ACH payroll transfer
	1/6/2017	Department of Treasury	11,826.23	Payroll taxes for 12/31/16 pay period ending
	1/6/2017	Valic	4,234.30	Payroll 401(a)/457 Deposit
	1/6/2017	Paychex	94.29	Fee for payroll processing
	1/20/2017	Payroll	17,174.82	ACH payroll transfer
	1/20/2017	Department of Treasury	7,486.63	Payroll taxes for 1/14/17 pay period ending
	1/20/2017	Valic	2,672.48	Payroll 401(a)/457 Deposit
	1/20/2017	Paychex	288.83	Fee for payroll processing
	1/10/2017	Wells Fargo Merchant Services	79.16	Merchant Services
	1/11/2017	Wells Fargo	193.91	Bank Fees
	1/15/2017	Mary Porter, RDN	870.00	Program Payment
	1/15/2017	Boys & Girls Club of Snohomish County	20,519.58	Program Payment
	1/15/2017	CampFire	4,166.67	Program Payment
	1/15/2017	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	1/15/2017	Center for Human Services	13,750.00	Program Payment
	1/15/2017	ChildStrive	23,333.33	Program Payment
	1/15/2017	City of Lynnwood	6,144.08	Program Payment
	1/15/2017	Community Health Center of Snohomish Co	25,000.00	Program Payment
	1/15/2017	Compass Health	18,572.50	Program Payment
	1/15/2017	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
	1/15/2017	Edmonds Community College Foundation	4,396.33	Program Payment
	1/15/2017	Edmonds School District No. 15	669,357.17	Program Payment
	1/15/2017	Edmonds Senior Center	9,166.67	Program Payment
	1/15/2017	Kinderling	11,517.17	Program Payment
	1/15/2017	Korean Women's Association	5,000.00	Program Payment
	1/15/2017	Leukemia & Lymphoma Society WA/AK Chapter	3,750.00	Program Payment
	1/15/2017	Medical Teams International	5,500.00	Program Payment
	1/15/2017	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	1/15/2017	Project Access Northwest	7,500.00	Program Payment
	1/15/2017	Puget Sound Christian Clinic	25,361.11	Program Payment
	1/15/2017	Puget Sound Kidney Centers Foundation	4,000.00	Program Payment
	1/15/2017	Senior Services of Snohomish County	64,086.67	Program Payment
	1/15/2017	Snohomish County Fire District 1	36,103.34	Program Payment
	1/15/2017	Therapeutic Health Services	16,666.67	Program Payment
	1/15/2017	Volunteers of America Western WA	6,553.83	Program Payment
	1/15/2017	Wonderland Development Center	12,458.33	Program Payment
	1/15/2017	YWCA of Seattle, King and Snohomish Co	2,083.33	Program Payment
	1/5/2017	AmeriFlex Business Solutions	60.00	FSA Payments
	1/9/2017	AmeriFlex Business Solutions	130.24	FSA Payments
	1/12/2017	AmeriFlex Business Solutions	30.00	FSA Payments
	1/11/2017	AmeriFlex Business Solutions	20.00	FSA Payments
	1/17/2017	AmeriFlex Business Solutions	21.70	FSA Payments
	1/16/2017	AmeriFlex Business Solutions	20.00	FSA Payments
	1/23/2017	AmeriFlex Business Solutions	20.00	FSA Payments
	1/25/2017	AmeriFlex Business Solutions	30.00	FSA Payments
	1/27/2017	AmeriFlex Business Solutions	66.92	FSA Payments
	1/30/2017	AmeriFlex Business Solutions	165.00	FSA Payments

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	1/25/2017	WA Department of Revenue	775.36	B&O Tax Dec 2016
	1/20/2017	Department of Labor and Industries	413.54	4Q16 L&I - State Fund
	1/31/2017	Superior Press	123.05	Deposit Slips and Envelopes
		Total Wires/ACH Transactions	<u>1,072,906.35</u>	
Workers Compensation Claims Activity:				
305342-346	Jan 2017	Various Claimants/Vendors	<u>8,828.08</u>	Administered by Eberle Vivian
Kruger Clinic Activity:				
3014-3040	Jan 2017	Various Claimants/Vendors	<u>57,658.71</u>	Administered by PMNW
		Total Disbursements	<u>\$ 1,532,465.23</u>	

Transaction Date	Payer	Amount	Purpose
Deposits:			
1/1/2017	Value Village	26,552.66	Monthly lease
1/1/2017	Kean Lawlor	19,940.16	Kruger Clinic monthly lease
1/1/2017	Raymond Liu, D.D.S.	3,563.46	Kruger Clinic monthly lease
1/1/2017	Brian Takagi, MD	84.63	Kruger Clinic monthly lease
1/10/2017	Snohomish County	10,741.16	Levy
1/24/2017	Healthcare Realty Services, Inc.	4,663.72	Ground Lease
1/4/2017	Terje Loklingholm	100.00	Donation
1/4/2017	Puget Sound Gastro	303.51	Kruger Clinic monthly CAM adjustment
1/4/2017	Foster Pepper	12,768.00	Refund for 2016 legal fees
1/4/2017	Yoga 101	225.00	9 Registrations for VCWC Class
	VHCC	5,537.00	113 Registrations for Verdant Healthier Community Conference
1/18/2017	Mediterranean for Life	1,737.00	23 Registrations for VCWC Class
1/18/2017	Community Health Centers of Snoh Co	200.00	Deposit for VCWC room use
1/18/2017	Lane Powell	12.64	Public Records Request Payment
1/10/2017	Safety National Casualty Corporation	37,130.54	Self Insurance reimbursement for Work Comp
1/10/2017	Molina Healthcare.	1,000.00	Sponsorship of VHCC
1/10/2017	Everett Clinic	2,500.00	Sponsorship of VHCC
1/23/2017	Foster Pepper	1,000.00	Sponsorship of VHCC
1/23/2017	Edmonds Community College.	1,000.00	Sponsorship of VHCC
1/27/2017	Puget Sound Kidney Centers	1,000.00	Sponsorship of VHCC
1/27/2017	Premiera	5,000.00	Sponsorship of VHCC
	Total Deposits	<u>\$ 135,059.48</u>	

E: 10:17
2.22.2017

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT #2
SNOHOMISH COUNTY, WASHINGTON

WARRANT APPROVAL

We, the undersigned Board of Commissioners of Public Hospital District #2 of Snohomish County, Washington, do hereby certify that the merchandise or services hereinafter specified have been received and that Warrant Numbers 12055 through 12096 have been issued for payment in the amount of \$393,072.09. These warrants are hereby approved.

Attest:



Lisa M. King



Commissioner



Commissioner



Commissioner



Commissioner



Commissioner

Warrants Processed:	1-1-17 – 1-31-17		\$393,072.09
Work Comp Claims Pd:	1-1-17 – 1-31-17		8,828.08
Kruger Clinic Processed:	1-1-17 – 1-31-17		57,658.71
Payroll:	12-18-16 – 12-31-16	22,434.27	
	1-1-17 – 1-14-17	17,174.82	
			39,609.09
Electronic Payments:	Payroll Taxes	19,312.86	
	Paychex	383.12	
	Valic Retirement	6,906.78	
	AmeriFlex FSA	563.86	
	Bank Fees	273.07	
	WA State Dept Revenue	775.36	
	Program Expenditures	1,004,545.62	
	Dept of L&I	413.54	
	Superior Press	<u>123.05</u>	
			<u>1,033,297.26</u>
	Grand Total		<u>\$1,532,465.23</u>

E: 11:17
2.22.2017

February 2017 Program Committee Summary

- Two applications for discussion: Alzheimer's Association and Edmonds School District Move 60!
- Committee reviewed options for a request for proposal (RFP) tied to childhood obesity
- Discussed Verdant developing a certified CDC Diabetes Prevention Recognition Program

Program Funding Requests

Applications Recommended for Funding

- **Alzheimer's Association Washington Program:** a renewal request from the Alzheimer's Association for its direct services program, which includes one-on-one care consultations in the home; 24/7 Helpline access; support groups for caregivers and those diagnosed with Alzheimer's and other dementias; early stage memory loss programs; and educational trainings and caregiver conference.

Although the program is not directly tied to a top-tier Verdant priority, it does connect to supporting seniors and Verdant has identified caregiver support as an unmet community need. The funding request is for \$90,000 (previous level was \$86,510) to support 1.75 FTE care consultants and program coordinator, and the program leverages \$162,000 of Snohomish County funding as well as private support.

The program tracks telephone calls to the helpline, care consultations, support groups, and other program attendance. The services reached 835 participants in 2016 (goal of 550). The clearest outcome results are tied to level 1 and level 2 care consultations that support families and caregivers with support and resources (185 served in 2016):

The program committee is recommending partially funding the program for two more years at the current level of \$86,510 per year. The committee did want to see more emphasis on outcomes from direct services vs. activity tracking from calls and education programs.

For Board Discussion

- **Edmonds School District Move 60! Program:** a renewal request for a school-based activity program that gets children moving at least 60 minutes a day. The renewal request would continue with the current model and pilot similar models at the pre-k and middle school programs. The school district would also explore longer-term evaluation measures. Verdant funding currently runs through the end of the 2017 school year.

Move 60! tracks objective measurements in fitness and BMI. In the most recent year:

- Reached 1,617 students (14.7% of 11,027 elementary students).
- 44% of students improved BMI from beginning to end of program.
- 79% improved performance on cardio endurance tests and 57% improved strength scores.
- The program had positive parent and student perceptions.

Budget Summary

The current annualized grant funding level is \$532,286. The renewal includes piloting pre-k and middle school program expected to reach ~150 more children and youth:

- Year 1: \$564,223
- Year 2: \$586,791
- Year 3: \$610,262

Edmonds School District contribution to program: \$192,918 (admin support, facility use, transportation dept.).
No significant sources of outside funding.

The program committee would like to explore expanding the reach scope of services:

- The committee was interested in discussing expansion to more students. For example what would it take to reach 25% of students in the district?
- Are commissioners prepared to increase funding with a corresponding increase in the numbers of students served?
- If yes, we would ask the school district staff to help us better understand the economics of expansion.

Request for Proposal (RFP) on Reducing Childhood Obesity

The program committee reviewed options on a request for proposal (RFP) tied to childhood obesity.

The RFP would use a CDC framework to solicit programs in 6 areas:

1. Promote Policies that Increase Access to Affordable, Healthy Foods
2. Support Healthy Food and Beverage Choices
3. Encourage Breastfeeding
4. Encourage Physical Activity and Limit Sedentary Behavior
5. Create Safe Communities that Support Physical Activity
6. Encourage Communities to Organize for Change

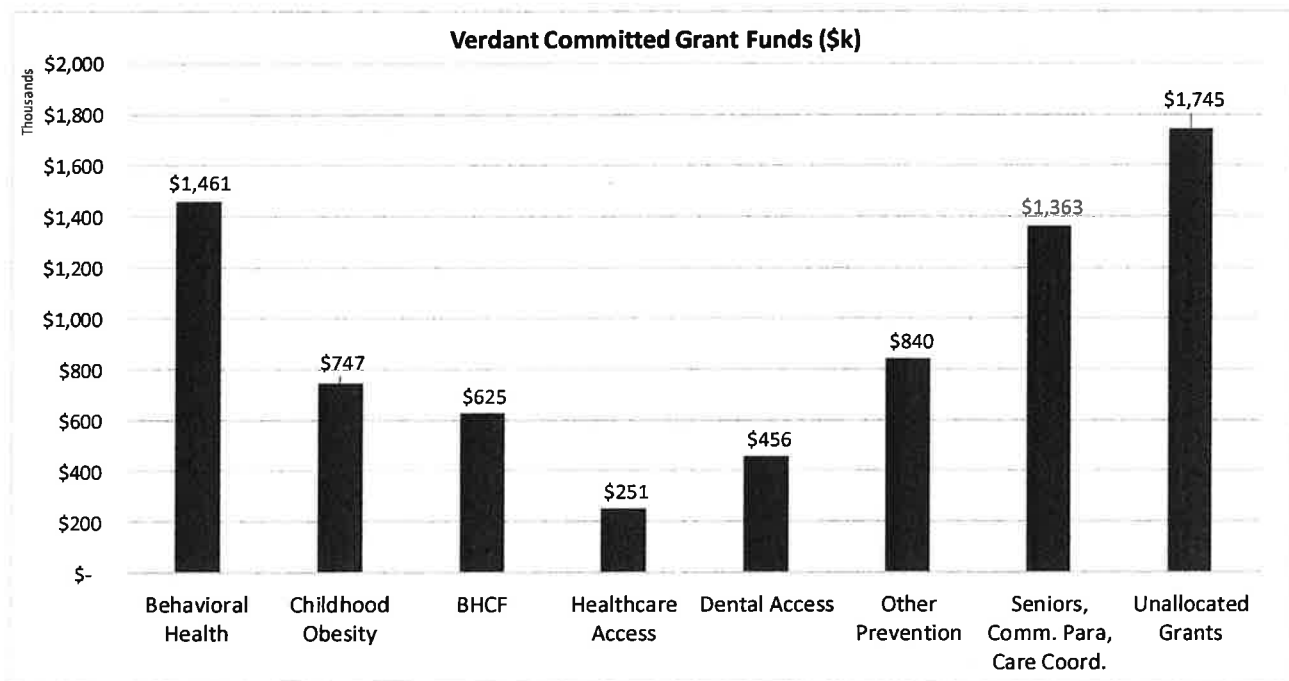
From: Recommended Community Strategies to Prevent Obesity in the United States, www.cdc.gov/mmwr

For Board Discussion:

- We are seeking board approval to issue an RFP using this framework. The RFP would be released with applications due this spring.
- If we're interested in including infrastructure improvements (item 5 above), we should make decisions on existing Building Healthy Communities Fund projects before issuing the RFP.
- To encourage innovation, we could consider applications from individual schools, daycare centers, or other sites. The committee felt this could spark some ideas (ex. the "daily mile") concept while avoiding some barriers that come from trying to add programs to a structured school day.
- The RFP would not define a set grant funding amount—Verdant would set a deadline for applications and the committee would review grant applications and make recommendations to the full board.

Program Payout Information Tied to Reducing Obesity

Current Verdant-Funded Programs	2017 Payouts
Boys & Girls Club Healthy Habits	\$246,226
Campfire Healthy Habits:	\$50,000
City of Lynnwood Move 60 Teens	\$73,729
Edmonds School District Move 60	\$354,857 ends in Aug. '17 (\$532,286 current annual level)
Woodway Fields Project	\$625,000
Total	\$1,349,812



CDC Diabetes Prevention Recognition Program

The program committee also discussed the concept of Verdant becoming a certified Diabetes Prevention Program (DPP) provider. DPP is a CDC-recognized lifestyle change program designed to prevent or delay type 2 diabetes. The program was validated by a large randomized control study with 27 clinical centers around the United States, and participants in the lifestyle intervention group reduced their risk of developing diabetes by 58 percent. The program is distinct from hospital-based programs that work with individuals already diagnosed with diabetes.

To become certified, Verdant would go through an application process and meet CDC requirements such as:

- Use a CDC-approved curriculum;
- Deliver a minimum number of class sessions each year;
- Submit data on participants' progress—including attendance, weight loss, and physical activity;
- Train lifestyle coaches who can help build participants' skills and confidence to make lasting lifestyle changes;
- Designate an individual to serve as the diabetes prevention program coordinator;
- In addition, the recognition program requires that at least 50% of participants be diagnosed with prediabetes through blood testing (or have a history of gestational diabetes).

The program committee is interested in moving forward with DPP certification, which means investigating the requirements and seeking out individuals or organizations to coordinate the program.

E: 12:17
2.22.2017

Verdant Community Wellness Center Summary February 2017

Completed Programs

1. General Community and Provider Events	Attendance
1. PEPS: Baby Peppers Weekly Support Group (1/12 – 3/23)*	6
2. WABS Natural Leaders Parent Trainings (1/23)	25
3. Veterans Claims Seminar (1/24)	40
4. Edmonds School District Health Services Retreat (1/26)	20
5. Basic Food Education Forum (1/30)	45
6. Monthly Hero's Café for Veterans – launch event (1/31)	80+
7. Korean Women's Association: Everyday Prevention Program (2/2)*	50
8. WA Association of Infant Mental Health Professionals Meeting (2/2)	40
9. ARC Mothers of Children with Disabilities Monthly Support Network (2/4)	22
10. Evergreen Home Health (2/8, 14)	50
11. Swedish Edmonds Staff Meeting (2/16, 17)	32
12. Ongoing – Community Support for Prescription Assistance (weekly)*	varies

2. Nutrition and Healthy Behaviors	Attendance
1. Surviving & Thriving with Chronic Kidney Disease (1/18 – 2/22)*	12
2. Mediterranean for Life: Health Coaching Program (1/18 – 3/22)*	24
3. Mobile Cooking Demos in Senior Housing Complexes focused on weight management - presented in English/Korean/Vietnamese (1/18, 2/8)*	25-30
4. Road Back to Life Kidney Support Group (1/24)	11
5. Info Session: Exploring the Benefits of Yoga (1/24)*	10
6. Winter Salads Cooking Demo (1/26)*	42
7. Senior Field Trip for Health: Heart Healthy Cooking Demo (2/8)	15
8. Spanish Language Cooking Matters for Diabetes (2/11 – 3/18)*	16
9. Teens in the Kitchen: Weekend Brunch Cooking Class (2/11)*	11
10. Getting to Goal Weight Reduction Program (2/13)*	14
11. Yoga 101: 8 Week Class Series (2/14 – 4/4)*	18
12. Using Food, Activity and Lifestyle to Control Blood Pressure (2/16)*	12
13. Lifestyle Change Check-Ins (drop – in 1 st and 3 rd Tuesdays)*	varies
14. Getting to Goal Program (Weight Management Consultations)*	varies

3. Behavioral Health & Substance Use	Attendance
1. Cocoon House WayOUT Training (1/21, 28)	56
2. YWCA Intro to Mindfulness (1/23 – 3/13)*	8-10
3. YWCA Grief and Loss (1/24 – 3/14)*	6-8
4. THS Parent Coaching Group (1/26 – 2/16)*	10-12
5. THS Therapy & Medication Management Sessions @ VCWC (January)	31
6. Brain Health and Wellness Classes (1/26, 30; 2/6, 9, 16)*	varies
7. National Alliance on Mental Illness "Connections" Group (1/26; 2/9)	varies
8. Adult Children of Alcoholics Weekly Support Group (weekly)	10-14
9. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)	varies

4. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	25-30

Verdant Community Wellness Center Summary February 2017

Upcoming Programs

A. General Community and Provider Events

1. PEPS: Baby Peppers Weekly Support Group (January 12 – March 23)*
2. Early Achievers Childcare Provider Training (February 18)
3. Girls on the Run Coach Training Workshop (February 25)
4. Hoarding Task Force Meeting (February 27)
5. Monthly Hero's Café for Veterans – launch event (February 28)
6. Korean Women's Association: Everyday Prevention Program (March 2)*
7. ARC Mothers of Children with Disabilities Monthly Support Network (March 4)
8. Sea Mar Managed Care Meeting (March 6)
9. SHIBA Monthly Training with OIC (March 7)
10. Resource Connector Meeting (March 7)
11. Long-term Care Ombudsman Volunteer Certification Training (March 7)
12. Parkinson's Education Workshop (March 9)
13. WABS Natural Leaders Parent Trainings (March 13)
14. Evergreen Home Health (March 14)
15. Understanding Medicare Monthly Workshops (March 17)
16. Paper Tigers Movie for Child Care Providers (March 23)
17. Snomentia in My Neighborhood (March 29)

B. Nutrition and Healthy Behaviors

1. Surviving & Thriving with Chronic Kidney Disease (Jan 18-Feb 22)*
2. Mediterranean for Life: Health Coaching Program – 23 Clients (January 18 – March 22)*
3. Spanish Language Cooking Matters for Diabetes (February 11 – March 18)*
4. Yoga 101: 8 Week Class Series (February 14 – April 4)*
5. Puget Sound Kidney Center Cooking Class (March 1)
6. Info Session: What is Mindfulness? (March 13)*
7. Plant Proteins Cooking Demo (March 14)*
8. Adult Hands-on Cooking Class: Beginning Knife Skills (March 20)*
9. Taste & Texture: Learn About Infant Feeding with a Doc and a Dietitian (March 27)*
10. Road Back to Life Kidney Support Group (March 28)

C. Behavioral Health & Substance Use Focus

1. YWCA Intro to Mindfulness (January 23 – March 13)*
2. YWCA Grief and Loss (January 24 – March 14)*
3. Brain Health and Wellness Classes (February 23, 27 March 2, 3, 9, 10, 13, 16, 20, 23)*
4. National Alliance on Mental Illness "Connections" Support Group (February 23; March 9, 23)
5. THS – Spanish Language Parent Group (March 2 – April 6)*
6. Snohomish County Caregiver Support Group (March 2)
7. YWCA Women's Art Therapy Group (March 7 – May 2)*
8. Evergreen Bereavement Informational Workshop (March 8)
9. Adult Children of Alcoholics Weekly Support Group (weekly)
10. Veterans Drop-In Support (weekly - City of Lynnwood & monthly - County)

* = Grant/Program Funded Partner

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February 2017 Marketing Report

Verdant Healthier Community Conference

Monday, Feb. 27 at the Lynnwood Convention Center

Commissioner Attendance

Commissioner	Breakfast?	Lunch?	Awards & Closing?
Deana Knutsen	Yes	Yes	Yes
Bruce Williams	Probably	Probably	Probably
Bob Knowles	?	?	?
Fred Langer	Probably	No	Possibly
Karianna Wilson	No	Yes	Possibly

Schedule & Agenda

Time	Activity		
8-8:30 a.m.	Arrival & Check In <i>Help Yourself to Healthy Breakfast Options</i>		
8:30-9:30 a.m.	Breakfast Keynote on Health Equity Dr. Anthony B. Iton, MD, JD, MPH, Senior Vice President, Healthy Communities, The California Endowment		
	Interest Tracks		
	Healthier Body	Healthier Mind	Making Health Happen
9:45-10:35 a.m.	Healthy & Delicious: How the Mediterranean Diet Works	Coping with Anxiety & Depression	Advocacy Training: How Do You Tell Your Story?
10:50-11:40 a.m.	Local Views on Health Disparities	What Do We Do About Substance Use?	Hidden in Plain Sight: Practical Solutions for Small-to Medium-Sized Employers

11:55 a.m. - 1:10 p.m.	Lunch Keynote on Mental Health Kevin Breel, Writer, Comedian, and Activist for Mental Health		
1:25-2:15 p.m.	Effective Prevention	Do Race and Ethnicity Matter in Mental Health?	How Do You Successfully Engage Your Community?
2:30-3:20 p.m.	Nutrition as Medicine	Yoga: Mind, Movement & Meditation	Improving Our Environment for Everyday Health
3:35-4:15 p.m.	Closing Presentation Remarks from Verdant Superintendent Presentation of Awards Connections & Feedback <i>Please enjoy refreshments, information booths, and networking to close out the event at the conclusion of the presentation.</i>		