



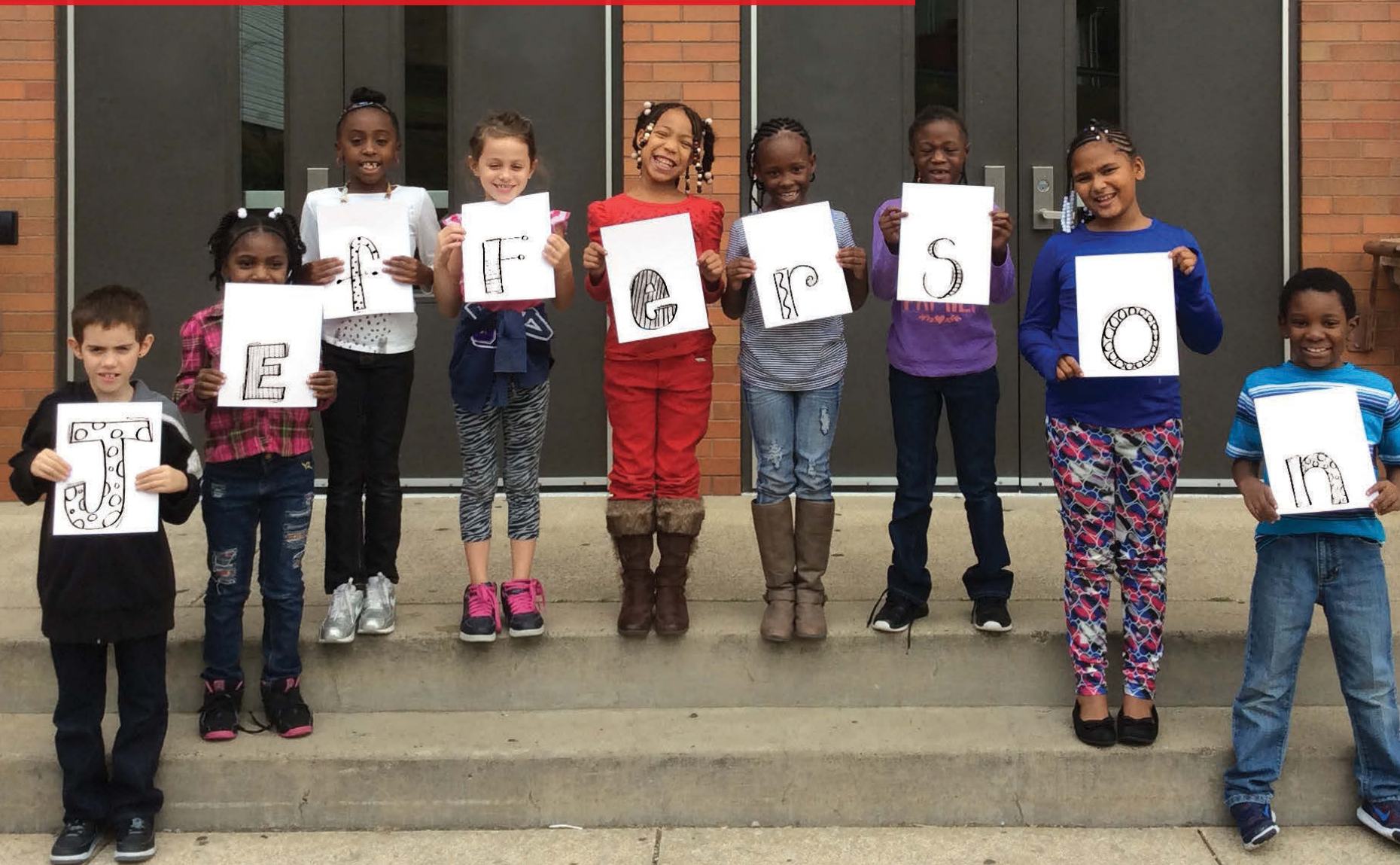
Getting Health Right:



Now and for the Future

DUQUESNE ELEMENTARY SCHOOL

- With funding from the Highmark Foundation, **Penn State PRO Wellness**, and nursing staff from **Jefferson Hospital of the Allegheny Health Network** conducted school-based health screenings for almost 300 students in the **Duquesne City School District**. This effort enabled the district to reduce school-health screenings from months to days, freeing time for the school nurse to focus on other student health needs and aid in notifying parents about their child's health issues earlier in the school year.



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Mission

The Highmark Foundation is a 501 (c)(3) private, charitable organization dedicated to improving the health, well-being, and quality of life for individuals and communities throughout the areas served by Highmark Inc. and its subsidiaries and affiliates. We fulfill our mission by awarding high-impact grants to charitable organizations that implement evidence-based programs aimed at improving community health. Central to the Foundation's mission is identifying and continuously re-evaluating our region's prevailing health care needs. By doing so, the Foundation remains at the forefront of those needs, well equipped to pinpoint issues that most urgently need support.

For more information, visit [**www.highmarkfoundation.org**](http://www.highmarkfoundation.org).

For more than 15 years, the Highmark Foundation has been dedicated to improving the health, well-being, and quality of life for individuals and communities throughout the areas served by Highmark Inc. and its subsidiaries and affiliates in Pennsylvania and West Virginia.

In 2016, we gave nearly \$3 million in funding to support charitable organizations, hospitals, and schools that develop programs to combat chronic disease, reduce barriers, and increase access to care. Through these funding efforts, we have demonstrated new and sustainable ways to solve health problems and improve community health.

From health departments in Pennsylvania to dental clinics in West Virginia, our greatest successes are strong partnerships with regional, national, and global organizations with similar missions, working to raise awareness of community health needs, and stimulate positive change. These partnerships are the driving force for improving health outcomes for the many and diverse communities we serve.

Serving a diverse geographic area that encompasses urban, suburban, and rural populations presents a unique set of challenges. That is why strengthening community health systems through grant making remains one of our primary areas of focus. By partnering with hospitals and health systems to develop innovative strategies, we can assist in preventing or reducing illnesses and chronic diseases and in helping underserved populations gain access to quality health care.

On the following pages, you'll see examples of how the Highmark Foundation remains at the forefront of our communities' health-related issues by providing grants to organizations that serve those most in need. We thank our community partners who have joined in our mission in getting health right, and we look forward to future partnerships and successes.



Daniel Onorato
Chairman of the Board
Highmark Foundation



Yvonne Cook
President
Highmark Foundation





Throughout the Highmark Health enterprise we share a joint mission — to deliver high-quality, accessible, understandable, and affordable experiences, outcomes, and solutions for our customers. We also have a shared vision to reinvent the health care model that delivers differentiated value to our customers across the full spectrum of their needs.

The Highmark Foundation is a key component in realizing that vision. Since it was established in 2000, the Foundation has identified and continuously re-evaluated our communities' prevailing health care needs, becoming much more agile in its ability to support strategic and evidence-based health care initiatives that educate, protect, and ultimately improve the overall well-being of the large population it serves.

In 2016, the Highmark Foundation focused on some of the most critical public health concerns we face today. For example, through its partnership with Axial Healthcare, the nation's leading pain medication and pain care management company, the Foundation hosted an Opioid Solutions Forum in West Virginia in November. By convening key community stakeholders to engage in a fact-based, problem-solving discussion around pain and treatment concerning opioid prescription behaviors and the rapidly increasing patient health and societal costs, the forum offered potential solutions that employ best practices currently used across the country.

The Foundation also funds innovative health prevention and education programs for the underserved populations throughout its footprint. Over this past year, the Foundation continued to strategically invest in critical health priorities that include: service delivery systems, chronic disease, and family health. Through these priorities the Foundation remained at the forefront of addressing pressing health needs.

As the nation's health care industry continues to undergo significant change and challenges, the work of organizations such as the Highmark Foundation takes on even more urgency and significance. On behalf of the entire Highmark Health enterprise, we thank the Highmark Foundation for its commitment and dedication to our communities.

David Holmberg
President and Chief Executive Officer
Highmark Health

Highmark Foundation Board Members, Officers, and Staff Members

Highmark Foundation Board Members and Officers



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Chief Government Relations and Community
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Executive Director, Parkersburg
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Highmark Foundation Staff Members



Christina Wilds
Senior Program Officer

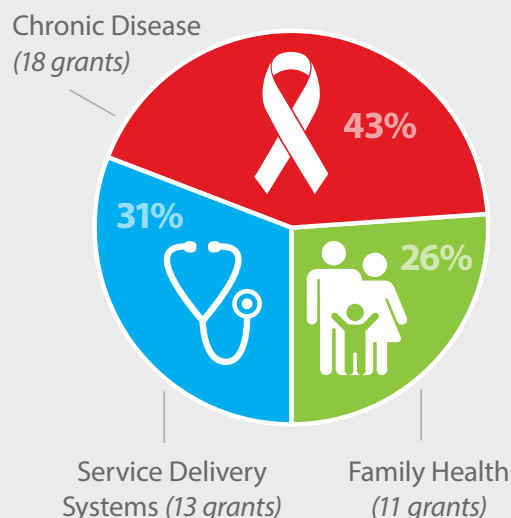


Tracey Pollard
Executive Assistant
to the President

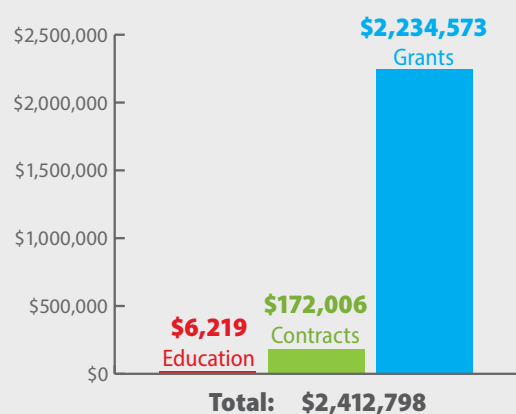


Jane Brooks
Program Analyst

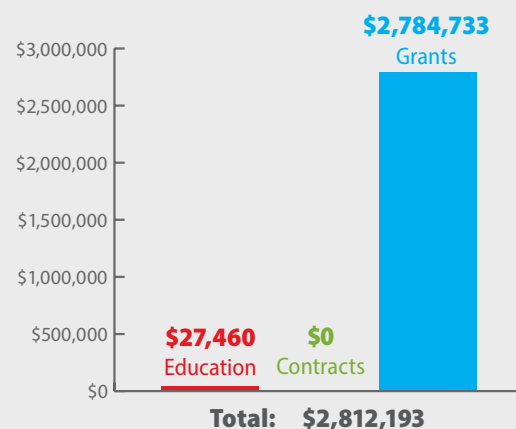
Foundation Funding Priority Areas — 2016



Foundation Giving 2015



Foundation Giving 2016



About the Highmark Foundation's Grantmaking

The Highmark Foundation believes in **Getting Health Right: Now and for the Future**. This is accomplished by awarding grants that impact health within the communities served by Highmark Inc., its subsidiaries, and its affiliates. Getting health right means funding strategic and evidence-based initiatives that educate, protect, and ultimately improve overall health for underserved populations. The Foundation also collaborates with regional, national, and global experts to fund health promotion, health education, and prevention programs that incorporate sound programmatic methods and evaluations as building blocks for long-term program success.

In 2016, the Highmark Foundation awarded 42 grants in three funding priority areas:*

- **Chronic Disease** – Programs that focus on interventions, such as HIV/AIDS education, physical activity and nutrition initiatives, and other programs to address arthritis, kidney disease, diabetes, and cardiovascular disease.
- **Family Health** – Initiatives to improve and promote health and wellness among families through innovative programs, including an HPV vaccination toolkit for young adolescent males, oral health care for veterans, physical fitness for underserved communities, and stroke care and support.
- **Service Delivery Systems** – Support to health-related organizations that provide availability and greater access, such as medical respite for homeless women, integrating health in economic development, health department accreditation to ultimately improve health outcomes, and activities to improve health literacy for hospitals and patients.

The Foundation's grantmaking establishes a broad and strong community impact throughout its service areas with programs for individuals that otherwise would not have access.

*Does not include grants to schools

Highmark Foundation Impact

Highmark Foundation grants illustrate the effectiveness of early intervention and preventive health programs. The impact of these grants provide greater access to programs and services that often fulfill unmet community health needs.

Advancing Child Health

In 2016, the Highmark Foundation provided grants to schools that improve health outcomes for children in our communities, including access to the HPV vaccine, school grants, school-based preventive health screenings, grants to school nurses, and supportive grants to underserved schools to meet students' health needs. These programs and services provided opportunities for children to experience better health outcomes, have increased access to care, and receive early health advantages.

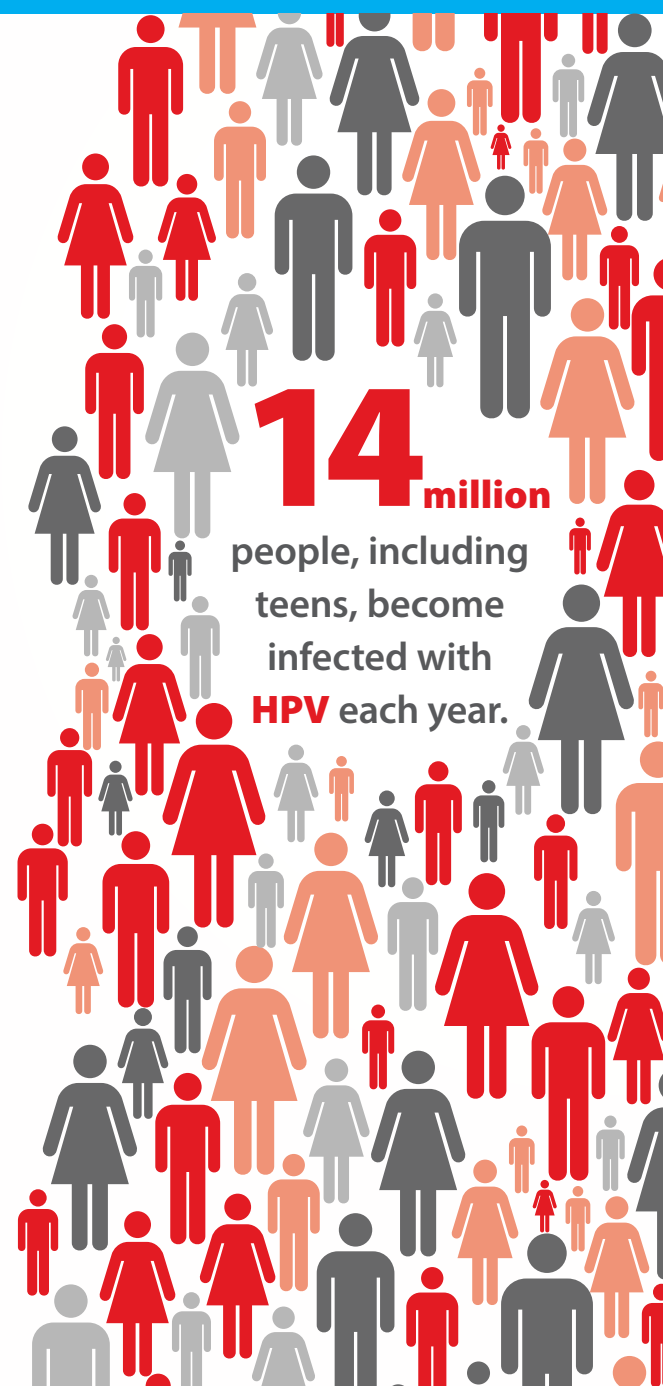
Improving access to the HPV vaccine

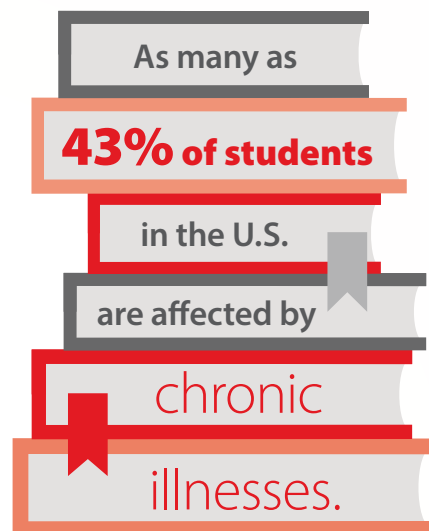
Human papillomavirus (HPV) is the most common sexually transmitted infection in the United States and one that is responsible for a variety of cancers in adults. **About 14 million people, including teens, become infected with HPV each year.** Although a vaccine against HPV has been available since 2009, coverage remains low. Vaccinating adolescents against HPV before they are exposed to the virus reduces their risk of developing deadly cancers as adults. Yet, In addition to Washington, DC, West Virginia is the only state that mandates HPV vaccination for school entry.

With a \$77,000 grant from the Highmark Foundation, the School-Based Health Alliance developed an adolescent provider checklist and self-assessment questionnaire used with a pilot program, Healthy Male Project – 2, to increase HPV vaccinations in 300 young adolescent males ages 10–13. The initiative provides technical assistance to schools, school-based health centers, health care providers, and parents to engage in discussions about the importance of HPV prevention during well-child visits with a goal of increasing access to the HPV vaccine.

Advancing excellence in school nursing

The role of the school nurse has evolved to a new level. The 21st century school nurse serves in a pivotal role that bridges health care and education. The school nurse collects data, addresses the physical, mental, emotional, and social health needs of students, and supports their achievement in the learning process.





Pennsylvania school nurses are serving **1.74 million** students enrolled in PA public schools.

Although schools see more chronically ill and medically fragile students, there are fewer nurses to care for them. As many as 43 percent of students in the United States are affected by chronic illnesses. In Pennsylvania, 2.2 percent of all enrolled students in Pennsylvania public schools reported other chronic health conditions such as asthma, type 1 and type 2 diabetes, epilepsy, obesity, mental health issues, and high-risk behaviors.

The ratio of school nurse to student also varies. The widely recommended ratio is 1:750 in a healthy student population. In Pennsylvania the ratio is 1:1,500 students, and West Virginia is 1:1,500 for grades K–7. There are an estimated 2,200 Pennsylvania school nurses serving 1.74 million students enrolled in Pennsylvania public schools. Many school districts are sharing one or two nurses across a large student population.

Highmark Foundation Advancing Excellence in School Nursing Awards applauds school nurses who exhibit leadership and passion and work to keep our children healthy. The Foundation awarded seven \$1,500 grants to school nurses from western Pennsylvania, central Pennsylvania, and West Virginia for leadership in school health, transforming or rethinking the delivery of school health services, love for the school nursing profession, and developing partnering relationships. These grants could be used to support professional development or student health and wellness.

Meeting health needs through supportive services

Children spend seven to eight hours a day, five days a week in school. Schools today are responsible for more than providing a place for students to learn. Most are also resources for improving or changing life outcomes and more often are charged with meeting the social and supportive health needs of vulnerable students and communities.

Highmark Foundation has an extensive history of supporting schools with a strong focus on encouraging adoption of best practices that address critical health issues affecting children. The Foundation's objective is to provide schools with the necessary resources needed to best meet students' health needs. Meeting Health Needs through Supportive Services is a strategy to support economically disadvantaged school districts and high-needs schools with supplementary assistance through \$1,000 grants. Schools may purchase specific items that impact a child's overall health and well-being. Children with unmet health needs have a difficult time engaging in the educational process. Meeting health needs through social support can provide students with opportunities to succeed.

Enhancing community development with cooperative health planning

Recognizing community organizations' roles in meeting the population's health needs, the Highmark Foundation provided planning grants to community development corporations (CDCs) to improve the health status of its citizens.

Integrating health into community development

Through the work of CDCs, communities are currently engaged in economic development opportunities. With additional support, these organizations can also develop strategies that balance economic development with physical health. However, there are few health-related activities integrated into economic development.

Highmark Foundation challenged three CDCs located in Pittsburgh: Economic Development South (Brownsville Road corridor), North Side Leadership Conference (North Side) and Operation Better Block (Homewood) with incorporating health into economic development to improve overall health through planning grants of up to \$25,000. The outcome of the planning grant is for the CDCs to address and prioritize the most pressing health issues in their respective communities with the opportunity to receive an implementation grant of up to \$100,000. In 2017, we are looking forward to learning how CDCs improved population health with these planning grants and their success in integrating health into economic development.

Advancing the health and well-being of older adults

In Pennsylvania, nearly three million adults suffer from some form of arthritis. As a result, 42 percent of them have physical limitations. To improve the quality of life for seniors living with arthritis, Highmark Foundation provided the Greater Scranton Area YMCA with a \$100,000 grant to implement EnhanceFitness, a low-cost, nationally recognized, evidence-based adaptable senior health and arthritis management program in five regional YMCAs located in northeast Pennsylvania.

EnhanceFitness is helping 300 adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. The program focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility; everything older adults need to maintain health and function as they age. Participants' progress toward goals and improvement in mobility, flexibility, and socialization will be evaluated to determine the impact of the program in helping older adults regain independence and maintain a better quality of life — which are vital to senior health and well-being.

In Pennsylvania, nearly **3** million adults suffer from some form of arthritis. As a result, **42%** of them have physical limitations.



The advantage of the mobile unit is its cost-effective, efficient delivery of health care. Mobile health is a viable solution to address a wide range of health conditions.

Ensuring access to dental care

A dedicated nun in West Milford, West Virginia, realized when the mouth is healthy, chances are overall health is good. She understood the value of dental care in maintaining good health. Therefore, a request was made to a local dentist to spend one day a week at the Susan Dew Hoff Memorial Clinic to serve low-income populations that often have had no regular dental home or dental care for many years. After 15 years, the dentist still spends one day a week at the clinic to help those with the greatest needs. Highmark Foundation awarded \$20,000 to Susan Dew Hoff Memorial Clinic to meet the high demand for low-cost dental care and treatment for low-income veterans and underserved adults. There are currently more than 4,000 patients with access to regular and quality dental care.

As a result of the unmet need, in 2017, the dental clinic expects to restore smiles to and self-confidence to approximately 1,600 additional patients.

A mission of mercy

The social, medical, and emotional costs of being uninsured or underinsured places burdens on society, families, and the health care system. Mission of Mercy, Inc. fills a gap by delivering free basic health care to uninsured and underinsured urban and rural residents in Gettysburg and Harrisburg, Pennsylvania, through a mobile healthcare program staffed by volunteer licensed medical professionals and non-medical volunteers. The advantage of the mobile unit is its cost-effective, efficient delivery of health care. Mobile health is a viable solution to address a wide range of health conditions. It can move to any location, and health services can be accessed anywhere and at any time they are needed. Mobile health care has proven to be a viable solution to address a wide range of health conditions.

Mission of Mercy received a \$30,000 grant from the Highmark Foundation to strengthen its efforts to reach those most at risk and to continue to provide ongoing services. Patients established a routine source of dependable care, and Mission of Mercy demonstrated a sustainable way to solve health problems by providing residents with access to quality coordinated care.

Strengthening local health departments

In 2016, Highmark Foundation supported five local public health departments with grants of up to \$100,000 each: Allegheny County Health Department (Allegheny County), Allentown Health Bureau (Lehigh County), Bethlehem Health Bureau (Northampton and Lehigh Counties), City of York Bureau of Health (York County), and Erie County Health Department (Erie County).

These public health departments submitted proposals to address quality improvement, cultural competency, and building capacity/infrastructure. The health departments focused on quality improvement projects to prepare for accreditation, creating systems to create a better trained workforce, strategic planning, community health needs assessment, community health improvement plans, technology to better collect and manage data to implement population health strategies, and integration of oral health and primary care for low-income populations to reduce the disconnection between oral and physical health.

These efforts will enable health departments to develop interventions that encourage cross sector collaborations between and among other organizations and ultimately create system change that provides healthier outcomes.

Thought Leadership

Highmark Foundation focused on some of the most critical public health concerns with grants to support educational forums and conferences to advance discussion on health challenges facing our communities. We remain at the forefront, well-equipped to identify issues that most urgently need support.

Addressing opioid abuse in West Virginia

The opioid epidemic is a public health crisis. Federal data show West Virginia had 725 overdose deaths in 2015, the highest rate of any state at 41.5 per 100,000 people, and little improvement is expected to be shown in 2016. Meanwhile local emergency medical services agencies administered 4,186 doses of Naloxone in 2016, up from 3,351 in 2015 and 2,165 in 2014.

In partnership with axial Healthcare, the nation's leading pain medication and pain care management company, Highmark Foundation hosted an Opioid Solutions Forum on pain management and opioid misuse. The purpose of the forum was to convene key community stakeholders to engage in a fact-based, problem-solving discussion around pain and treatment concerning opioid prescription behaviors and the rapidly increasing patient health and societal costs. The forum addressed the opioid epidemic within West Virginia and highlighted potential solutions by employing best practices currently utilized across the country. A wide range of speakers included U.S. Representative Evan Jenkins and Senator Joseph Manchin III of West Virginia.

Educating and engaging the community

Highmark Foundation sponsored a series of three public forums produced by the Pittsburgh Post-Gazette. The Health Care Forum Series featured thoughtful conversation on public health issues aimed at educating and engaging the community. Each forum featured a panel of leading health care experts. The series took an in-depth look at the forces shaping health care today.

- 1. Confronting Cancer: From Prevention to Cure** convened thought leaders from across the nation to examine the latest innovations to transform the future of the fight against cancer, such as David Parda, MD, system chair of the Allegheny Health Network Cancer Institute/ Department of Oncology and Nicole Simone, MD, radiation oncologist at Thomas Jefferson University Hospital.
- 2. Her Journey: A Forum on Women's Health** featured Susan Manzi, MD, system chair of Allegheny Health Network Department of Medicine and co-founder/director of the Lupus Center of Excellence; Dr. Valire Carr Copeland, associate dean of academic affairs at the



Federal data show
West Virginia had
725 overdose deaths
in 2015, the highest rate
of any state at **41.5**
per **100,000** people,
and little improvement
is expected to be shown
in 2016.





Health Care Forum
DIABETES CRISIS: ENDING THE EPIDEMIC

Western Pennsylvania is under siege from a disease that is a leading cause of death in the nation and the fastest growing epidemic of our time. Join the Post-Gazette and team of renowned experts for "Diabetes Crisis: Ending the Epidemic," a forum that explores the diabetes crisis, its alarming growth, the people living with the disease and those trying to treat it. The forum will also make actionable recommendations to ensure effective treatment for those with the condition.

December 14: Diabetes Crisis: Ending the Epidemic
AUGUST WILSON CENTER | 6-7:30 PM | OPEN TO THE PUBLIC | FREE ADMISSION | FREE PARKING

REGISTER TODAY: post-gazette.com/healthtoday/forum or call 412-263-3850

 MODERATOR: David Shifman Executive Editor, Pittsburgh Post-Gazette	 Kendall Simmons Former Pittsburgh Steelers offensive lineman diagnosed with type 1 diabetes during 2003 training camp. Managed the disease, won the 2006 Super Bowl and is a national spokesman for diabetes awareness, research and advocacy	 John Tanno, MD Professor of medicine at the Graduate School of Medicine and practicing endocrinologist at Allegheny Health Network Medical Center	 Patricia Bononi, MD Medical director for Allegheny Health Network's Center for Diabetes with clinical and research expertise in diabetes, endocrinology, endocrine cancer, thyroid disease and metabolism disorders	 David Templeton Post-Gazette health and science writer diagnosed 50 years ago with type 1 diabetes and recipient of a kidney transplant in 2011. To cure his diabetes and related kidney disease
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PRESENTED BY
Pittsburgh Post-Gazette **HIGHMARK FOUNDATION**

University of Pittsburgh Graduate School of Social Work; and Peggy Chen, MD, RAND natural scientist and pediatrician discussing health issues facing women, including new advances in preventing and treating diseases that affect women.

- Diabetes Crisis: Ending the Epidemic** explored the diabetes crisis, its alarming growth, people living with the disease, and those trying to treat it, including recommendations to ensure effective treatment for those with the condition with Patricia Bononi, MD, medical director at Allegheny Health Network Center for Diabetes and Mr. Kendall Simmons, former Pittsburgh Steelers offensive lineman.

Supporting Women for a Healthy Environment

Highmark Foundation provided funding to Women for a Healthy Environment in Pittsburgh, to support its Creating Healthy Communities conference, a one-day summit addressing how the environment impacts public health. Dynamic, nationally recognized speakers such as Dr. Marion Nestle, Paulette Goddard Professor in the Department of Nutrition, Food Studies, and Public Health at New York University and Dr. Sally Perreault Darney, Editor-in-Chief of Environmental Health Perspectives discussed the scientific, medical, political, and community-based approaches to creating healthier communities across the country. Local experts highlighted multiple health topics related to homes, schools, and communities. The conference helped educate and encourage attendees to become champions in having a positive impact on the health of the region.

Improving access to affordable, quality primary care for all

The Highmark Foundation provided a grant for the Pennsylvania Association for Community Health Centers Conference and Clinical Summit, "The Strength of People, The Power of Community." The Association supports the largest network of primary health care providers in the Commonwealth. Its network of health centers includes Community Health Centers (Federally Qualified Health Centers (FQHCs) and FQHC Look-Alikes), Rural Health Clinics, and other like-mission providers **serving more than 700,000 people at more than 300 sites** in underserved rural and urban areas throughout the Commonwealth.

Health center executives, staff, and other attendees encouraged and strengthened their commitment to service and their missions by attending workshops and roundtable discussions on health center governance and regulatory updates, customer service, recruitment and retention, the latest information on in-reach, outreach and enrollment, and state and national updates.



Health Care Forum
CONFRONTING CANCER: FROM PREVENTION TO CURE

Cancer remains among the leading causes of death worldwide. Prevention must be a public health priority—right alongside early detection, improving treatment and finding a cure. Join Post-Gazette editor David Shifman and thought leaders from across the nation to explore and shape the dialogue on cancer. This event is an opportunity to discover the latest innovations that will transform the future of the fight against cancer. We look forward to your attendance and participation.

Thursday, September 15: Confronting Cancer: From Prevention to Cure
AUGUST WILSON CENTER | 6-7:30 PM | OPEN TO THE PUBLIC | FREE ADMISSION

REGISTER TODAY: post-gazette.com/healthtoday/forum or call 412-263-3850

 MODERATOR: David Shifman Executive Editor, Pittsburgh Post-Gazette	 Maureen Reardon, PhD Professor and associate director of the Center for Cancer Prevention and Control at the University of Pittsburgh	 David S. Finkel, MD Senior director of the Health Research Center at the University of Pittsburgh	 Scott Koppert, MD Medical oncologist and cancer care coordinator at the University of Pittsburgh	 Nicole Brennan, MD Associate professor at the University of Pittsburgh
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HEALTH CARE FORUM SERIES
 Join the PG for The Next Forum
 Wednesday, October 26: The Journey: A Focus on Women's Health

PRESENTED BY
Pittsburgh Post-Gazette **HIGHMARK FOUNDATION**



The Future State

What's Next?

When Highmark Foundation thinks of what's next, it looks toward what's currently happening in health. The future will be met with challenges, choices, and changes. These include shifting demographics, disruptive innovation and transformation in health care, behavior change leading to more engagement in prevention and wellness activities around population health. The future will also bring better ways to collect and use data to make informed health decisions resulting in better health outcomes and increased use of technology for earlier identification and resolution of critical health problems. The goal is to create new ways to interface between the population and health systems; specifically, meeting consumers where they are.

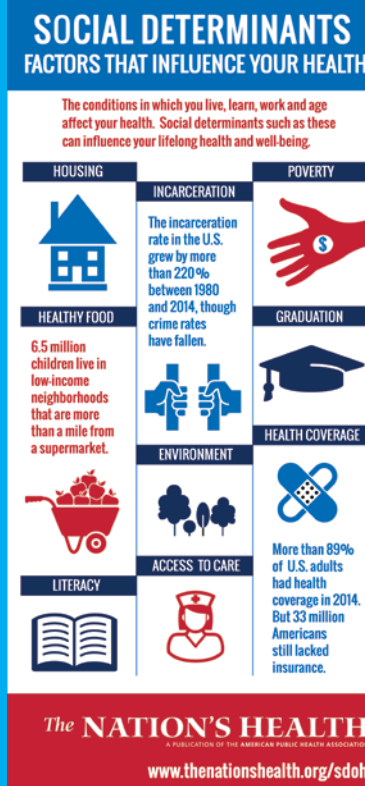
Starting healthy habits early

The early years of childhood — from birth to age 5 — are critical for developing lifestyle behaviors that can impact a child's health and quality of life for the long term. Parents, schools, and communities should ensure that children have adequate access to prevention programs, including immunizations and well-child visits and opportunities to participate in health and wellness programs that promote physical activity and healthy eating habits. Developing programs and initiatives that support active living can help ensure this generation lives longer than their parents.

Strengthening care coordination and integration

Plenty of evidence, examples, and models show how primary and health care integration delivers co-located quality care and improves overall health outcomes. Examples include integrating primary care into behavioral health or integrating oral health into primary care. A collaborative care coordination and management approach to treatment appears to improve the health outcomes of people with medical and mental disorders and reduce unnecessary emergency room visits. An integrated dental and primary care team, in combination with a comprehensive electronic medical record, can more quickly identify and diagnose both oral and chronic diseases and provide immediate care, avoiding or reducing the need for expensive treatment.

Resources at integration.samhsa.gov help identify, implement, and sustain models of primary care and behavioral health integration. Oral health integration models at hrsa.gov/index.html give health care providers options for offering coordinated oral health care.



Integrating social determinants of health into community health practice

Social determinants of health are conditions in the environment in which we are born, live, learn, work, play, worship, and age that affect our health, functioning, and quality-of-life outcomes and risks. The conditions in which we live explain in part why some people are healthier than others. Healthy People 2030, built on the foundation of Healthy People 2020, 2010, and 2000 is framed around health determinants and risk factors. Healthy People offers a strategic agenda to align health promotion and disease prevention in communities across the country. Using this approach will generate a focused set of objectives that address high-impact public health challenges to guide community health promotion and disease prevention efforts, provide measurable objectives and goals that can apply from national to local levels and apply social determinants of health data to most effectively improve community health.

Grant Listing

AIDS Resource Alliance

To support Expanding ARTAS (Anti-Retroviral Treatment and Access to Services) \$7,500

Allegheny County Health Department

To implement Allegheny County Health Department (ACHD) Culture of Quality \$100,000

Allegheny County Health Department

To implement an electronic health record at three Allegheny County Health Department clinic locations \$153,000

Allen Place Community Services Inc.

Funding will be used to support Allen Place's expanded community-based stroke program on the Northside, Clairton and Monessen \$64,000

Allentown Health Bureau

Creating a Culture of Improvement to create higher levels of performance \$97,400

Allentown Health Bureau

To increase access to STD care and prevention \$10,000

American Diabetes Association of Western Pennsylvania

To support Bridge to Wellness Expo \$1,500

Bethlehem Haven of Pittsburgh

To support the Bethlehem Haven Medical Respite Program for homeless women and/or women with unstable housing that require continued medical care post-hospitalization, case management, and other supportive services \$100,000

Bethlehem Health Bureau

To support Healthy Bethlehem \$20,000

Brentwood Economic Development Corporation

To support planning to identify and prioritize community health needs in Brownsville Road corridor neighborhoods of Mt. Oliver, Carrick, and Knoxville \$25,000

Caritas House, Inc.

To support ART — Accessible Rapid Testing \$9,500

Center for Health Promotion & Disease Prevention (CHPDP)

To support targeted strategies designed to engage the community and professionals in schools \$225,000

Central Outreach Resource

To support empowerment through education and outreach \$6,000

Central Susquehanna Intermediate Unit – Center for Safe Schools

To continue the Highmark Foundation's bullying prevention strategies in Pennsylvania and support school and community systems to strengthen bullying prevention efforts through informed and collaborative practice \$225,000

City of York — Bureau of Health

To update technology to better meet community health needs \$95,050

Co-County Wellness Services

To support We're Doing it Berks: Ensuring access to HIV/STD services \$9,500

Community Human Services

To support Project Silk: Supportive services for LGBT youth of color \$7,500

Erie Health Department

To support Growing Smiles in Erie County: An Integrated Strategy \$100,000

Gwen's Girls Incorporated

To support Project STARS (Strengthening Teamwork and Reinforcing Self-Esteem) in three Allegheny County community-based sites to promote the adoption of healthy living through physical activity and nutrition \$47,000

Healthcare Council of Western Pennsylvania

To support the 10 Attributes of a Health Organization Playbook to assist five health care providers with developing a plan to improve organizational health literacy \$50,000

Lancaster General Hospital

To support the expansion of the Healthy Beginnings Plus (HBP) program which will increase the breastfeeding initiation rate among low-income, Hispanic, African American, and refugee women and teaching new mothers to continue breastfeeding for at least the first year of life \$100,000

Macedonia Family and Community Enrichment Center

To support HIV/AIDS case management \$10,000

Milan Puskar Health Right To support the LIGHT Project	\$10,000
Mission of Mercy To support the medical needs of uninsured and underinsured residents in Gettysburg and Harrisburg	\$30,000
National Kidney Foundation To support the National Kidney Foundation's multi-faceted campaign efforts, including Kidney Disease Awareness and Prevention Programs, National Kidney Month, and World Kidney Day activities in Pennsylvania and West Virginia	\$45,000
Northside Leadership Conference To support planning of integration of health into community development	\$25,000
One on One Fitness and Training Inc. To implement an innovative, integrated clinical and community care model for obesity aimed at promoting healthy weights for minority children families	\$180,000
Operation Better Block, Inc. To support planning of community-based health initiatives	\$25,000
Pennsylvania Association of Community Health Centers Sponsorship of the 2016 Pennsylvania Association of Community Health Center Conference and Clinical Summit in Lancaster, PA from October 11-13, 2016. The conference theme is "The Strength of the People, The Power of Community."	\$3,000
Pittsburgh AIDS Task Force To support PrEP for Wellness	\$10,000
Pittsburgh Mercy Health System To support development of a Health Navigator position to facilitate care for individuals with substance use disorders and mental illness	\$25,000
Pittsburgh Post-Gazette Sponsorship of Vital Signs Health Forum series	\$180,000
Planned Parenthood Keystone To support free HIV/AIDS and STD testing	\$10,000

School-Based Health Alliance Pilot project to develop well-visit materials that assist providers, parents, adolescent males ages 10-13 and females ages 14-18 in engaging in conversations about Human Papilloma Virus during well child visits	\$77,000
Sto-Rox Neighborhood Health Council Inc. To support the salary and benefits of a Medical Quality Assurance and Compliance Director for the Sto-Rox Neighborhood Health Council, Inc	\$150,000
Susan Dew Hoff Memorial Clinic, Inc. To serve the working poor and disadvantaged veterans of Harrison County, West Virginia, with free or low cost dental services	\$20,000
Susan G. Komen Breast Cancer Foundation Sponsorship of promotion/public service announcements for the Susan G. Komen Foundation in West Virginia	\$5,000
United Way of Southwestern Pennsylvania — Allegheny County Sponsorship of fitUnited, an effort to impact the health and wellness of children from birth to age 12 in Allegheny County	\$25,000
Washington Hospital Foundation To support the Washington Hospital Foundation's outpatient congestive heart failure nurse navigator to expand the congestive heart failure outpatient pathway	\$125,000
West Virginia Association of Free and Charitable Clinics To support Phase 2 expansion of patient access for integration of adult dental and medical care	\$100,000
Women for a Healthy Environment To support a Community Health Conference scheduled to address healthy homes, schools and workplaces as the Presenting Sponsor in fall 2016	\$5,000
Young Men's Christian Association of Warren, PA To implement the nationally recognized, evidence-based LIVESTRONG cancer survivor health and wellness program at the Warren County YMCA	\$16,600

Total \$2,539,080

Healthy School Environment Grant Listing

Bethlehem Center Elementary School Bethlehem Center Fitness Trail	\$7,500	Franklin Elementary Mind, Body Spirit=Success In Life by adding SPARK	\$4,800
Blossburg Elementary School Blossburg Elementary Safety First Program	\$2,500	Fulton County Community Christian School Improving learning environment with LED lighting	\$5,000
Bower Hill Elementary Bower Hill Health and Wellness Program	\$2,600	George Washington Intermediate School CANES Olweus Bullying Prevention Program	\$5,000
Brookeside Montessori School Brookeside Montessori B Well Program	\$5,000	Girard High and Rice Avenue Middle School The Fit4Life Project 2016	\$10,000
Community Day School Healthy Minds: Promoting a Schoolwide Mindfulness Movement	\$5,000	Hamlin PK-8 Go Green	\$5,000
Connellsville High School Heart Healthy Falcons	\$9,900	HOPE for Hyndman Charter School Hyndman Hornets' Bee Fit Program	\$3,500
Conner Street Elementary Physical Education Additions	\$3,600	Hopewell High School Hopewell Healthy Beginnings	\$5,000
Corpus Christi School Empowering Kids-Tools for Leading a Healthy Life	\$4,950	J. Andrew Morrow, Towanda School District Steps to Respect Bullying Prevention Program	\$5,000
Cranberry Junior Senior High School JumpFit Aerobics	\$8,400	JP McCaskey High School Adapted Aquatics Program	\$7,800
Denver Elementary School Take10! at Denver Elementary	\$3,000	Keystone Oaks School District Steps to Respect and Olweus Bullying Prevention Programs	\$10,000
East Side and West Side Elementary Be Someone's Hero	\$5,000	Lincoln Jr/Sr High School, Ellwood City School District Healthy Leaders of Tomorrow	\$10,000
Elizabeth Forward High School Elizabeth Forward TRX	\$10,000	McGuffey School District Growing Up Green: Students for Sustainable Agriculture	\$8,985
Elizabeth Lee Black School Expanding Our Fitness Horizons	\$4,900	Mellon Middle School Hydroponics Program	\$1,900
Food Service Department Smarter Lunchrooms	\$10,000	Moshannon Valley Elementary School Mo Valley Moves Program	\$2,500
Fort LeBoeuf School District Walking Classroom	\$10,000	Myrtle Ave Elementary School Healthy Fitness Zone	\$9,500

Newberry Elementary School Responsive Classroom Course (RCC)	\$5,000
Northwest Area High School Healthy Eating and Physical Activity: Feeling Fit	\$750
Northwestern High School Northwestern High School Fitness and Wellness Center	\$3,600
Overbrook Elementary School Overbrook Outdoor Classroom — Gardening Component	\$4,200
Penn Hills Elementary Penn Hills School District	\$6,000
Pocono Mountain School District PMSD's Wellness Zone	\$5,250
Ranger Elementary Add a SPARK to Physical Education	\$4,400
Schuylkill Technology Centers Schuylkill Technology Center North & South Campus	\$4,900
Shaler Area High School "Momentum"	\$9,400
Shenango Area High School Shenango Strong – Building Fitness Through Strength and Endurance Training	\$9,000
St. Agnes School Smarter Lunchroom, Healthier Kids	\$5,000
St. Edmund's Academy St. Edmund's Academy — Colella Park Project	\$5,000
St. Joseph The Worker School Spartans Stay Fit For Life!	\$5,000
St. Joseph's Water Safety, Sustainability, and Health	\$5,000
St. Paul School IRISH Are Fit 4 Life	\$5,000

St. Stephen's Main Campus In School Therapeutic Yoga Program	\$5,000
Steenrod Elementary School Move-N-Grow	\$5,000
Stewartsville Elementary School Active Learning Lab and Take 10! Program	\$7,900
Steenrod Elementary School Move-N-Grow	\$5,000
Susquehanna Waldorf 2016-2017 Farming Fridays at Heritage Creek Farm Camp	\$5,000
Tussey Mountain Jr./Sr. High School TM TITAN Fitness	\$8,600
Tyrone Area Middle School Promoting Lifelong Fitness	\$6,500
Urban Pathways Charter School Proactive Day Starter Smoothie Program	\$5,000
Total \$335,000	

Grant Discount Amortization and Canceled Grants
-\$79,686

Total Grants \$2,784,733

2016 Educational Support

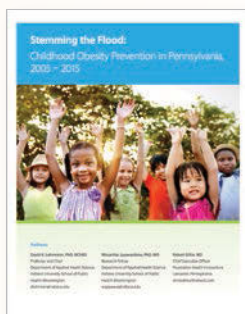
Organization	Grant Amount
School Nurse Awards	\$10,500
Other	\$16,960
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Total Educational Support	\$27,460

2016 Contracts

Organization	Grant Amount
No Contracts Awarded in 2016	\$0
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Total Contracts	\$0

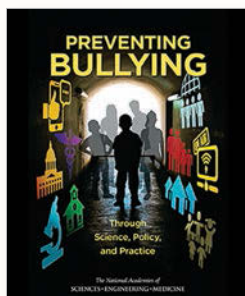
Total 2016 Foundation Funding \$2,812,193

2016 Publications

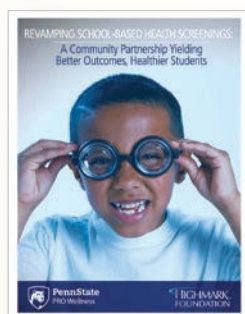


Stemming the Flood: Childhood Obesity Prevention in Pennsylvania — 2005–2015

Highmark Foundation's funding of Force for Health Foundation in collaboration with Indiana University School of Public Health (Bloomington) provided a comprehensive look at efforts to prevent childhood obesity. This report offers valuable recommendations for schools, communities, and parents in addressing childhood obesity with effective solutions.



Preventing Bullying through Science, Policy and Practice and the accompanying Report in Brief published by the National Academies Press. This work was commissioned and funded by the Highmark Foundation and national sponsors. The report evaluates the state of the science on biological and psychosocial consequences of peer victimization and the risk and protective factors that either increase or decrease peer victimization behavior and consequences. The Bullying Prevention Book was the third most downloaded title out of 376 new publications, behind Genetically Engineered Crops (#1) and Climate Control (#2). In 2016, the Academies had over 1.7 million pdf downloads from 233 countries. The full report is available as a free pdf download at www.nap.edu/catalog/23482/preventing-bullying-through-science-policy-andpractice.



Revamping School-Based Health Screenings: A Community Partnership Yielding Better Outcomes, Healthier Students

This paper explores the successful collaboration of Highmark Foundation and Penn State PRO Wellness in bridging an unmet community need with local support through a strategic alliance to expedite the Pennsylvania Department of Health mandated school health screening process.

In the News

Highmark Foundation Awards \$103,000 to Alder Health Services • The Central Voice (January 6)

Three Rivers Mothers' Milk Bank makes first deliveries • Pittsburgh Post-Gazette (January 14)

Five Regional YMCAs Awarded Grants • WBRE-TV (January 15)

Highmark provides fitness grant to YMCAs • The Citizens' Voice (January 19)

Highmark grant helps YMCAs help older adults • Scranton Times-Tribune (January 19)

PRO Wellness Center, Highmark Foundation team up to provide health screenings • Penn State News (January 28)

Highmark Foundation to assist schools • New Castle News (February 1)

Apply for Highmark Foundation grant in Healthy School Environment program • South Pittsburgh Reporter (February 2)

Apply now for Highmark Foundation schools grant • The Corry Journal (February 4)

Effects of psychotropics on youth undercut results of Highmark study • Beaver County Times (February 8)

Five regional YMCA's awarded \$100,000 grant from the Highmark Foundation • The Times Leader (February 8)

Highmark Foundation encouraging grants • Parkersburg News and Sentinel (February 8)

Highmark Foundation seeks award applications • Times-News (February 8)

Pennsylvania promotes anti-bullying helpline • Pittsburgh Post-Gazette (March 1)

Partnership launches bullying prevention hotline • WHTM-TV (March 1)

Editorial: Welcome line of support • The Daily Item (March 3)

Highlands Hospital reports on state of the hospital at board meeting • The Herald-Standard (March 7)

Highmark Foundation now accepting nominations for second annual Advancing Excellence in School Nursing awards • NorthcentralPA.com (March 15)

Students get to work on life-saving technique • The Herald-Dispatch (March 15)

Editorial: Knowing CPR could be a potential life saver • The Herald-Dispatch (March 18)

Highmark Foundation accepts nominations for nursing awards • Erie Times-News (March 21)

Pedometer Challenge • Weirton Daily Times (March 21)

Dental Clinic Opens At Wheeling Health Right in Ohio County • The Intelligencer / Wheeling News-Register (April 1)

Highmark Partners With Versaic to Streamline Grants and Sponsorships • Versaic Blog (April 7)

Allegheny Health Network wellness lessons target emergency medical workers • Pittsburgh Tribune-Review (April 12)

Salad bar encourages healthy eating at Norwin school • Pittsburgh Tribune-Review (April 18)

Highmark Foundation grant helps EMS workers • Pittsburgh Business Times (April 19)

Highmark Foundation Honors School Nurses • Harrisburg Magazine (May 13)

Highmark Foundation Awards More Than \$325,000 In "Building Sustainable And Lasting Changes In Schools" Grants • Blue Cross Blue Shield Association (May 17)

Health & wellness programs target kids • WTAG-TV (May 18)

Volunteer clinic receives \$79G to fight diabetes • Press Enterprise (May 18)

Highmark Foundation awards school grants • Erie Times-News (May 23)

Highmark Foundation awards grants to Pennsylvania and West Virginia Schools • The State Journal (May 24)

PA Live: YCL Enhance Fitness • WBRE-TV (May 27)

Edinboro elementary nurse honored for work • Erie Times-News (May 31)

Highmark grants announced for Ranger Elem., Hamlin PK-8 • The Lincoln Journal (June 1)

Highmark Foundation President Yvonne Cook is Passionate About Creating a Positive Impact on Community Health (part 1 of 2) • Local Pittsburgh Magazine (June 10)

Prehospital Care Coordinator Receives EMS Champion Award • Ems1.com (June 14)

Kaiser Permanente Northwest takes new approach to redirect ER superusers • Fierce Healthcare (June 17)

Apollo-Ridge community gets active thanks to fitness trail • Finger Lake Times (July 5)

Hopewell's Lisa Kozlowski is Jumet Charitable Foundation's Teacher of the Year • Beaver County Times (July 7)

Classes for stroke survivors, caregivers • The Northside Chronicle (July 7)

YMCA Donation • The Valley Advantage (July 11)

Are you teaching this in your schools? If not, why?! It only takes a few minutes to learn a skill that saves lives • PRLog (July 11)

Jump, splash, swim • Centre Daily Times (July 18)

Crawford County announces law enforcement will carry Narcan • WJET-TV (August 29)

West Liberty Elementary School Students Get Moving • The Intelligencer / Wheeling News-Register (August 29)

Narcan Prices Are Skyrocketing and Cities Are Begging for Help to Buy It • The Daily Beast (September 8)

Newsmaker: Joyce Cotroneo • Pittsburgh Tribune-Review (September 12)

Actress Hawn to head fundraiser for women's homeless shelter • Pittsburgh Tribune-Review (September 18)

"The Best Medicine:" Free Programs Launch At Area YMCAs • WNEP-TV (September 20)

Commissioners set October as Bully Prevention Month • Republican Herald (September 29)

Schuylkill students to wear blue for Bully Prevention Month • Standard-Speaker (September 30)

Childhood obesity rates rise in Erie County • Erie Times-News (September 30)

DuBois Free Medical Clinic: Filling a void for the uninsured • The Courier Express (October 9)

Dental office to open at Erie health department for underinsured and uninsured • Erie Times-News (October 11)

Growing Smiles: Free Access to dental care • WJET-TV (October 11)

Grant to help fund HIV/STD prevention efforts in Berks • WFMZ-TV (October 18)

Outpatient program takes aim at 'baby blues' • Pittsburgh Tribune Review (October 24)

Forum on Women's Health Issues will be Held Wednesday • Pittsburgh Post-Gazette (October 25)

WV professionals altering course on opioid habits • Charleston Gazette-Mail (October 30)

Highmark launches program for providers to reduce opioid abuse • Register-Herald (November 1)

Opioid forum looks at recovery, treatment, community issues • West Virginia Press Association (November 10)

Solutions to Opioid Crisis Already Out There and Working, Expert Says • MetroNews (November 13)

St. Paul School gets grant from the Highmark Foundation • Weirton Daily Times (November 23)

Corpus Christi Students Learn Healthy Eating • The Intelligencer / Wheeling News-Register (December 1)

Health care industry continues to advance AIDS treatment in Pa. • Central Penn Business Journal (December 2)

Susan Dew Hoff Clinic receives \$25,000 in grants • The Exponent-Telegram (December 7)

This report was prepared using a variety of sources.

Special thanks to:

Mary Anne Ciotti, Writer



www.highmarkfoundation.org
1-866-594-1730