

VERDANT HEALTH COMMISSION
PUBLIC HOSPITAL DISTRICT NO. 2 OF SNOHOMISH COUNTY, WASHINGTON
BOARD OF COMMISSIONERS
Regular Meeting
A G E N D A
January 27, 2016
8:00 a.m. to 9:30 a.m.

	<u>ACTION</u>	<u>TIME</u>	<u>PAGE</u>
A. Call to Order	---	8:00	---
B. Approval of the Minutes			
a) November 18, 2015 Board Meeting	Action	8:01	1-5
b) December 5, 2015 Special Board Meeting	Action	8:02	6-7
C. Executive Committee Report	Information	8:04	---
D. Commissioner Oath of Office	Action	8:05	---
E. Officer Appointments and Committee Assignments	Action	8:07	8
F. Approve 2016 Board Meeting and Retreat Schedule	Action	8:10	9
G. Finance Committee Report			
a) Review financial statements and cash activity	Information	8:12	10-17
b) Authorization for payment of vouchers and payroll	Action	8:17	18
H. Program Committee Report & Recommendations			
a) Conflicts of Interest	---	8:18	---
b) Program investment recommendations	Action	8:20	19-22
c) Verdant Community Wellness Center activities update	Information	8:30	23-25
d) Program Presentation on Move60 by Edmonds SD	Information	8:35	---
I. Marketing Report	Information	8:50	26-27
J. Superintendent's Report	Information	8:55	---
K. Public Comments (please limit to three minutes per speaker)	---	9:00	---
L. Commissioner Comments	---	9:10	---
M. Executive Session			
a) Consider the legal risks of a proposed action of the district	---	9:15	---
b) Review and consider proposed property acquisition			
c) Discuss superintendent performance			
N. Open Session	---	9:29	---
O. Adjournment	---	9:30	---

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

BOARD OF COMMISSIONERS

Regular Meeting

Verdant Community Wellness Center

January 27, 2016

Commissioners Present	Fred Langer, President Deana Knutsen, Secretary J. Bruce Williams, M.D., Commissioner Fred Langer, Commissioner Karianna Wilson, Commissioner (8:07 a.m. arrival)
Others Present	Carl Zapora, Superintendent George Kosovich, Assistant Superintendent & Program Director Lisa King, Finance Director Jennifer Piplic, Marketing Director Sue Waldin, Community Wellness Program Manager Karen Goto, Executive Assistant Members of the community
Guests	Jennifer Hershey, Edmonds School District Jennifer McCloughan, Edmonds School District
Call to Order	The Regular Meeting of the Board of Commissioners of Public Hospital District No. 2, Snohomish County, was called to order at 8:00 a.m. by President Langer.
Approval of Minutes	<i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the regular meeting on November 18, 2015. <i>Motion was made, seconded and passed unanimously to approve</i> the minutes of the special meeting on December 5, 2015.
Executive Committee	President Langer reported that the Executive Committee met on January 22, 2016 to review and approve the January 27, 2016 board meeting agenda. No other action was taken.
Commissioner Oath of Office	The oath of office was administered to President Langer and Commissioner Williams by Secretary Knutsen. Both were elected to 6-year terms in November 2015.

Officer
Appointments &
Committee
Assignments

Motion was made, seconded and passed unanimously to approve Commissioner Langer as President of the Board for 2016, Commissioner Knutsen as Secretary of the Board for 2016 and the continuance of the 2015 committee assignments for one more year in 2016 (E:01:16).

2016 Board
Meeting &
Retreat
Schedule

Motion was made, seconded and passed unanimously to approve the 2016 monthly board meeting schedule (E:02:16).

Board Finance
Committee

The committee met on January 20, 2016. Ms. King reviewed the financial statements and cash activity for November & December 2015 (E:03:16). Ms. King called out Warrant #11416 for \$5,000 for Opiate Rescue Kits, Warrant #11428 for \$9,104.62 for project management costs at the Kruger Clinic, Warrant #11472 for \$10,174.09 for the 2013/14 state audit, and Warrant #11477 for \$12,727.22 for consulting costs on the indoor recreation facility. The 2012 LTGO bond payment of \$847,400 to US Bank was also called out.

Authorization for
Payment of
Vouchers &
Payroll

Warrant Numbers 11391 through 11492 for November and December 2015 for payment in the amount of \$166,767.51 were presented for approval (E:04:16). *Motion was made, seconded and passed unanimously to approve.*

Program
Oversight
Committee
Update

The Program Oversight Committee met on January 22, 2016 to review four new funding requests, one renewal, and two follow-up requests (E:05:16). Commissioner Wilson was not able to attend the committee meeting.

No conflicts of interest were reported by any of the commissioners.

New Funding Applications:

Motion was made, seconded and passed unanimously to approve the Hope Heart Institute Teen Take Heart program on a one-time basis of \$5,000 to implement a cardiovascular health curriculum.

Renewal Requests:

YWCA of Seattle, King & Snohomish Counties' mental health counseling program for uninsured and low-income adults, children & families. Approved for \$25,000 per year for three more years.

Previously Reviewed Proposal:

American Diabetes Associates Stop Diabetes Initiative –
Motion was made, seconded and passed unanimously to approve partial funding of project at \$25,000 in the first year, \$15,000 in the second, and \$10,000 in the third year.

Commissioner Williams noted that there are savings of \$4,000 per year in health care costs per person for every 1% reduction in A1C levels with proper maintenance.

Commissioner Williams commented that the ADA should look to the medical insurance community to sustain their program.

Not recommended for funding:

- City of Edmonds/VFW Post 8879 Veteran's Plaza request for \$120,000 to construct the Veteran's Plaza in downtown Edmonds.
- Clothes for Kids Dental Care Basics request for \$5,000 to purchase dental care supplies for distribution to families as part of Clothes for Kids School wardrobe process.
- Edmonds School District Nutrition Services Education Program request for \$8,110 to develop web-based nutrition services for parents and community members.
- Snohomish Health District Growing Healthy Together request for \$173,096 per year for three years for a program to support low-income parents with a focus on nutrition, peer support, and other resources.

Verdant
Community
Wellness Center
Activities
Update

Ms. Waldin presented an update on activities in the center for December 2015 and January 2016 (E:06:16).

Presentation by
Edmonds
School District

Ms. Jennifer Hershey & Ms. Jennifer McCloughan provided an update to the board on the Move60 program funded by Verdant (E:07:16).

Mr. Kosovich informed the board that Washington CAN will present at the February 2016 board meeting and the City of Lynnwood Bike 2 Health will present at the March 2016 board meeting.

Marketing
Report

Ms. Piplic presented the Marketing report (E:08:16) which includes a report on the Verdant Healthier Community Conference on February 29, 2016.

Superintendent's
Report

Superintendent Zapora reported on three items:

1. The Verdant Healthier Community Conference is coming together with sponsors, break-out sessions, and speakers.
2. The Verdant Community Wellness Center celebrated its one-year anniversary last week. Superintendent Zapora acknowledged Ms. Sue Waldin for the variety of quality of programming that has been developed.
3. There will be a study session in February 2016 to discuss the search for the next Superintendent, the strategic long-range plan for the district, the Superintendent performance appraisal, and the community investment buckets.

Public
Comments

Ms. Laura Johnson of Edmonds informed the board that there will be a federal study on crumb rubber safety and there are two bills currently in the Washington State Legislature; one in the House and one in the Senate. She asked the board to support House Bill 2547 as it aligns with the mission of Verdant.

Commissioner
Comments

President Langer acknowledged the Superintendent's work as Mr. Zapora's retirement will come in December 2016. He also commented on the meeting with Empire Health Foundation and the hopes of future collaboration with them, and the quality of discussion at the 2016 State of Reform conference.

Commissioner Williams noted three items from Superintendent Zapora's year-end summary: 1) the opening of the Verdant Community Wellness Center, 2) \$16.5 million spent in programs, and 3) 10,000 people have been served through the community wellness center since its opening in January 2015.

Commissioner Knutsen acknowledged the Superintendent's ability to create a great team.

Executive
Session

President Langer recessed the regular meeting at 9:02 a.m. into Executive Session to consider the legal risks of a proposed action of the district, review and consider proposed property acquisition, and discuss the Superintendent's performance.

President Langer stated that the board would reconvene in 15 to 20 minutes and no action would be taken in Executive Session.

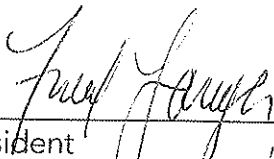
Open Session

The board reconvened into Open Session at 9:22 a.m.

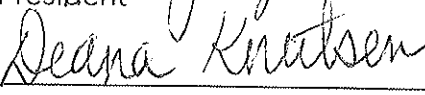
Adjourn

There being no further business to discuss, the meeting was adjourned at 9:22 a.m.

ATTEST BY:



President



Secretary

Officer Appointments & Committee Assignments Worksheet

2015

President – Fred Langer

Secretary – Deana Knutsen

Executive Committee

Fred Langer (Chair)

Deana Knutsen

Finance Committee

Bob Knowles (Chair)

Deana Knutsen

Program Committee

Karianna Wilson (Chair)

Bruce Williams

Strategic Collaboration Committee

Fred Langer (Chair)

Deana Knutsen

Medical Advisory Committee

Bruce Williams (Chair)

Bob Knowles

2016



2016 Monthly Board Meetings

4th Wednesday of the month, 8 AM
Verdant Health & Wellness Center unless
noted *

January 27

February 24

March 23

April 27

May 25

June 22

No July meeting (proposal) or July 27

August 24

September 28

October 26

November 16 * (3rd Wednesday)

NO December meeting

2016 Retreats

~ Mini Retreat – Friday, June 17, 2016,

12 to 5 p.m. @ Verdant

~ Board Retreat – December 2 to 3, 2016

12 to 5 p.m. Friday

8 a.m. to 12 p.m. Saturday @ Tulalip

Balance Sheet
As of December 31, 2015

	A	B	C	D
	Dec 31, 2014	Dec 31, 2015	\$ Change	Comments:
1 ASSETS				
2 Current Assets				
3 Cash Balance	2,840,919	2,054,782	(786,137)	
4 Other Current Assets	32,617,628	35,307,530	2,689,901	Includes Investments
5 Total Current Assets	35,458,547	37,362,311	1,903,764	
6 Total Long-term & Fixed Assets	47,374,208	46,893,130	(481,078)	Depreciation
7 TOTAL ASSETS	<u>82,832,755</u>	<u>84,255,442</u>	<u>1,422,686</u>	
8 LIABILITIES & EQUITY				
9 Liabilities				
10 Current Liabilities	2,480,364	2,061,493	(418,871)	
11 Long-term Liabilities	4,857,008	3,989,978	(867,030)	2012 LTGO Bonds
12 Total Liabilities	7,337,372	6,051,471	(1,285,901)	
13 Total Equity	75,495,383	78,203,970	2,708,587	Annual Net Income
14 TOTAL LIABILITIES & EQUITY	<u>82,832,755</u>	<u>84,255,442</u>	<u>1,422,686</u>	

Profit & Loss
Dec 2015

	A	B	C	D	E	F
	Dec Actual	Dec Budget	Fav/(Unfav)	YTD Actual	YTD Budget	Fav/(Unfav)
1 INCOME						
2 Ordinary Income	2,816,014	2,754,708	61,306	11,853,681	11,684,949	168,732
3 EXPENSES						
4 Operating Expenses	280,874	167,051	(113,823)	1,962,745	2,112,403	149,658
5 Depreciation Expense	204,527	211,669	7,142	2,640,737	2,669,998	29,261
6 Program Expenses	1,395,592	1,180,917	(214,674)	6,771,280	7,100,000	328,720
7 Total Expenses	1,880,992	1,559,637	(321,355)	11,374,762	11,882,401	507,639
8 OTHER INCOME/(EXPENSE)						
9 Total Other Income/(Expense)	99,318	212,096	(112,778)	2,229,669	2,545,152	(315,483)
10 NET INCOME	<u>1,034,339</u>	<u>1,407,166</u>	<u>(372,827)</u>	<u>2,708,587</u>	<u>2,347,700</u>	<u>360,888</u>

Monthly Highlights
Dec 2015

Verdant received dividends payments of \$44,759 and an unrealized loss of \$127,372 on our investment portfolio in December and closed with an ending market value of \$34,470,178.

Annual program payments total \$6,771,280 in 2015. Annual program commitments total \$4,473,072 and \$2,747,905 for 2016 and 2017, respectively. \$1,729,282 remains available to spend in 2016, of which \$50,000 is earmarked as Superintendent Discretionary.

Additional income of \$187,785 and expenses of \$99,674 from the Kruger Clinic were incurred, netting to an additional operating income of \$88,110 in December. Note that monthly depreciation expense of Kruger Clinic assets is now included. Annual deferred revenue of \$77,784 is also included in December.

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
11391	11/04/2015	Consolidated Press Printing Company, Inc	10,309.32	Canopy Winter 2015 printing and mail prep
11392	11/04/2015	Dataworks	809.90	IT Support
11393	11/04/2015	Ewing Environmental	400.00	Mold Protocol for Kruger Clinic
11394	11/04/2015	Puget Sound Energy	54.37	Natural Gas
11395	11/04/2015	Sound Publishing, Inc.	39.20	10/28 Board Meeting Legal Notice
11396	11/04/2015	Total Health	569.48	Instructor reimbursement (WC 117)
11397	11/04/2015	Tulalip Resort Casino	3,703.89	Board Retreat Deposit
11398	11/04/2015	Waste Management	79.35	October 2015
11399	11/04/2015	Consolidated Landscape Maintenance, Inc.	436.91	Nov 2015 Landscaping
11400	11/04/2015	Waste Management	140.14	October 2015
11401	11/04/2015	Edmonds Chamber of Commerce	60.00	CZ, GK, KG attend Chamber event 9/24/15
11402	11/04/2015	Edmonds Family Medicine Clinic	200.00	Refund for Deposit for VCWC Use
11403	11/04/2015	City of Lynnwood - Utilities	103.34	Water/Sewer/Storm
11404	11/04/2015	City of Lynnwood - Utilities	265.55	Water/Sewer/Storm
11405	11/04/2015	City of Lynnwood - Utilities	171.30	Water/Sewer/Storm
11406	11/11/2015	UNITED WAY	570.00	Employee Payroll Contributions
11407	11/11/2015	Armstrong Services	1,273.34	Janitorial Oct 2015
11408	11/11/2015	Ash Consulting	409.50	Oct 2015 Accounting Consulting
11409	11/11/2015	City of Lynnwood	1,241.25	Oct 2015 Front Desk Staffing 85 hours
11410	11/11/2015	Comcast	266.06	Internet/Telephone
11411	11/11/2015	Lowie Graham Jones PLLC	150.00	Oct 2015 trademark watch
11412	11/11/2015	Comcast	519.86	Internet/Telephone
11413	11/11/2015	Healthcare Realty	6,077.29	Property Management
11414	11/18/2015	AmeriFlex Business Solutions	17.25	November 2015 FSA Administration
11415	11/18/2015	Dataworks	750.65	IT Support
11416	11/18/2015	Swedish Medical Center	5,000.00	Award 230 - Opiate Rescue Kits
11417	11/18/2015	Snohomish Medical Reserve Corp	200.00	Refund for Deposit for VCWC Use
11418	11/18/2015	Eliana Haffner	0.00	VOID: Refund of Deposit
11419	11/18/2015	Foster Pepper	1,234.00	May 2015 Legal
11420	11/18/2015	State Auditor's	44.30	2013/14 State Audit
11421	11/18/2015	W. Colston Leigh Inc.	6,250.00	Deposit for Healthier Community Conference Speaker
11422	11/18/2015	American Heart Association	200.00	WC 111 - Instructor reimbursement for Spanish Cooking class
11423	11/18/2015	Eliana Haffner	200.00	Refund for Deposit of VCWC Use
11424	11/18/2015	Seattle Food Nut	568.56	WC 120 - Teens Cooking Class
11425	11/18/2015	Staples	352.41	Supplies
11426	11/25/2015	Parsi Properties LLC	1,500.00	Dec 2015 - Parking lot lease
11427	11/25/2015	Sound Publishing, Inc.	39.20	11/18 Board Meeting Legal Notice
11428	11/25/2015	Bonewitz LLC	9,104.62	Oct 2015 Project Management of Kruger Clinic Urgent Care TI
11429	11/25/2015	Judith Carmina	10.15	Reimbursement for Cooking Class Materials
11430	11/25/2015	Wells Fargo	1,160.34	Misc.
11431	11/25/2015	Aukema & Associates	728.50	Oct 2015 website
11432	11/25/2015	Dataworks	1,834.98	IT Support
11433	11/25/2015	Premiera Blue Cross	3,808.62	Dec 2015 Employee Medical & Dental Insurance
11434	11/25/2015	Sound Dietitians	480.00	Instructor Reimbursement for VCWC

Warrant Number	Transaction Date	Payee	Amount	Purpose
11435	11/25/2015	Waste Management	79.48	November 2015
11436	11/25/2015	Wells Fargo	2,006.24	Misc
11437	11/25/2015	Principal Financial Group	982.60	Dec 2015 Employee Life Insurance
11438	11/25/2015	Waste Management	140.01	November 2015
		Total Warrants	64,541.96	
Wire/ACH Activity:				
	11/13/2015	Payroll	17,232.35	ACH payroll transfer
	11/13/2015	Department of Treasury	6,280.84	Payroll taxes for 11/7/15 pay period ending
	11/13/2015	Valic	2,725.42	Payroll 401(a)/457 Deposit
	11/13/2015	Paychex	96.65	Fee for payroll processing
	11/27/2015	Payroll	17,815.26	ACH payroll transfer
	11/27/2015	Department of Treasury	6,454.69	Payroll taxes for 11/21/15 pay period ending
	11/27/2015	Valic	2,715.53	Payroll 401(a)/457 Deposit
	11/27/2015	Paychex	96.65	Fee for payroll processing
	11/10/2015	Wells Fargo	181.18	Oct 2015 Client Analysis Bank Fee / Merchant Account
	11/1/2015	Valic	5.29	Payroll 401(a)/457 Deposit 10/24/15 pay period ending
	11/15/2015	Alzheimer's Association Western & Central	7,209.16	Program Payment
	11/15/2015	American Diabetes Association	4,166.67	Program Payment
	11/15/2015	Boys & Girls Club of Snohomish County	12,833.33	Program Payment
	11/15/2015	CampFire	4,166.67	Program Payment
	11/15/2015	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
	11/15/2015	Center for Human Services	13,523.67	Program Payment
	11/15/2015	ChildStrive	23,113.25	Program Payment
	11/15/2015	City of Lynnwood	15,165.66	Program Payment
	11/15/2015	Community Health Center of Snohomish Co	25,000.00	Program Payment
	11/15/2015	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
	11/15/2015	Edmonds Community College	4,974.50	Program Payment
	11/15/2015	Edmonds Community College Foundation	4,396.33	Program Payment
	11/15/2015	Edmonds School District No. 15	68,533.25	Program Payment
	11/15/2015	Edmonds Senior Center	9,166.67	Program Payment
	11/15/2015	Kinderling	7,500.00	Program Payment
	11/15/2015	Korean Women's Association	5,000.00	Program Payment
	11/15/2015	Prescription Drug Assistance Foundation	4,166.67	Program Payment
	11/15/2015	Program for Early Parent Support	2,987.50	Program Payment
	11/15/2015	Project Access Northwest	7,500.00	Program Payment
	11/15/2015	Puget Sound Christian Clinic	9,583.33	Program Payment
	11/15/2015	Puget Sound Kidney Centers Foundation	5,833.33	Program Payment
	11/15/2015	Senior Services of Snohomish County	57,936.67	Program Payment
	11/15/2015	Snohomish County Fire District 1	12,035.50	Program Payment
	11/15/2015	Snohomish County Music Project	2,416.67	Program Payment
	11/15/2015	Therapeutic Health Services	16,666.67	Program Payment
	11/15/2015	Volunteers of America Western WA	6,362.92	Program Payment
	11/15/2015	Wonderland Development Center	14,150.00	Program Payment
	11/15/2015	YWCA of Seattle, King and Snohomish Co	2,083.33	Program Payment
	11/15/2015	Brain Injury Association of WA	12,500.00	Program Payment
	11/15/2015	Community Health Center of Snohomish Co	25,175.28	Program Payment

Warrant Number	Transaction Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	11/15/2015	Medical Teams International	5,500.00	Program Payment
	11/15/2015	Mary Porter, RDN	1,290.00	Program Payment
	11/2/2015	AmeriFlex Business Solutions	178.46	FSA Payments
	11/17/2015	AmeriFlex Business Solutions	178.46	FSA Payments
	11/19/2015	AmeriFlex Business Solutions	30.00	FSA Payments
	11/30/2015	AmeriFlex Business Solutions	178.46	FSA Payments
	11/25/2015	WA Department of Revenue	770.65	B&O tax
		Total Wires/ACH Transactions	450,399.09	
Kruger Clinic Activity:				
404-418	Nov 2015	Various Claimants/Vendors	80,008.59	Administered by Healthcare Realty
Workers Compensation Claims Activity:				
305269-273	Nov 2015	Various Claimants/Vendors	92,890.00	Administered by Eberle Vivian
		Total Disbursements	\$ 687,839.64	

Transaction Date	Payer	Amount	Purpose
Deposits:			
11/1/2015	Swedish/Edmonds	754,825.56	Monthly lease
11/1/2015	Value Village	24,428.45	Monthly lease
11/1/2015	Brian Tagaki, MD	75.00	Kruger Clinic monthly lease
11/1/2015	John Headley MD PS	18,949.07	Kruger Clinic monthly lease
11/1/2015	Raymond Liu, D.D.S.	3,394.37	Kruger Clinic monthly lease
11/1/2015	Puget Sound Gastro	26,843.75	Kruger Clinic monthly lease
11/27/2015	Healthcare Realty Services, Inc.	4,663.72	Monthly ground lease
11/10/2015	Snohomish County	820,860.54	Levy
11/12/2015	YMCA of Snohomish Co	200.00	Deposit for VCWC Use
11/12/2015	United Way of Snoh Co	200.00	Deposit for VCWC Use
11/13/2015	Korean Community Service Center	100.00	Deposit for VCWC Use
11/16/2015	SCAEC	200.00	Deposit for VCWC Use
11/16/2015	CareForce	200.00	Deposit for VCWC Use
11/16/2015	The Arc of Snohomish County	100.00	Deposit for VCWC Use
11/20/2015	The Daily Herald	200.00	Deposit for VCWC Use
11/5/2015	Wells Fargo	665.00	Reimbursement for Check Fraud
11/10/2015	Snoh Co Health Leadership Coalition	54.20	Reimbursement for Copies
11/23/2015	Body Recovery Clinic v AIS Settlement Fun	728.62	Settlement for Stevens Hospital
11/25/2015	Foster Pepper	1,581.10	Refund for overpayment
11/27/2015	Verdant Credit Card Test	15.00	TEST for use of Credit Card Processing Online
	Total Deposits	\$ 1,658,284.38	

Public Hospital District #2

Warrant Number	Transaction Date	Payee	Amount	Purpose
Warrant Activity:				
11439	12/02/2015	Beth Rodriguez, LLC	1,028.81	October 2015 Marketing Consulting for VHCC
11440	12/02/2015	Consolidated Landscape Maintenance, Inc.	436.91	Dec 2015 Landscaping
11441	12/02/2015	Pacific Art Press Inc	78.62	Printing of Sponsorship Material for VHCC
11442	12/02/2015	Puget Sound Energy	58.12	Natural Gas
11443	12/02/2015	Sellen Construction	2,345.49	Leak remediation for Kruger Clinic S/E Urgent Care Clinic TI
11444	12/02/2015	Snohomish County PUD	1,712.73	Electricity 10/21 - 11/19/15
11445	12/02/2015	Guardian Security Systems	240.00	1/1/2016-3/31/16 Elevator and AES Radio Monitoring
11446	12/02/2015	MRSC Rosters	120.00	Annual Dues
11447	12/02/2015	Aukema & Associates	117.50	August 2015 website
11448	12/09/2015	YMCA of Snohomish Co	200.00	Refund for deposit
11449	12/09/2015	Bonewitz LLC	9,000.00	Nov 2015 Project Management of Kruger Clinic Urgent Care TI
11450	12/09/2015	Comcast	266.06	Internet/Telephone
11451	12/09/2015	Eberle Vivian	4,037.70	1Q16 Self Insurance Work Comp Claims Administration
11452	12/09/2015	Judd and Black Appliance	109.45	Repair dishwasher
11453	12/09/2015	Swedish Medical Center	360.00	WC 123 - Diabetes Prevention Workshop Instructor
11454	12/09/2015	Ash Consulting	1,092.00	Nov 2015 Accounting Consulting
11455	12/09/2015	Aukema & Associates	376.00	Nov 2015 website
11456	12/09/2015	Lowe Graham Jones PLLC	75.00	Nov 2015 trademark watch
11457	12/09/2015	Providence Health & Services	200.00	WC 109 - Instructor for Carb Conundrum Class 11/19/15
11458	12/09/2015	YWCA of Seattle, King and Snohomish Co	9,925.00	WC 101 - Life Skill Classes (July 23, 2015-January 6, 2016)
11459	12/09/2015	Comcast	519.86	Internet/Telephone
11460	12/09/2015	Armstrong Services	1,253.12	Janitorial Nov 2015
11461	12/10/2015	Enduris Insurance Recovery	2,732.43	Refund for overpayment of Insurance claim
11462	12/16/2015	Dataworks	35.00	IT Support
11463	12/16/2015	Healthcare Realty	6,166.34	Property Management
11464	12/16/2015	Platt Electric	57.90	Light bulbs
11465	12/16/2015	The Lynnwood Chamber	150.00	Annual Dues 2016
11466	12/16/2015	AmeriFlex Business Solutions	17.25	December 2015 FSA Administration
11467	12/16/2015	Evergreen Print Solutions	165.12	VHCC Business Cards
11468	12/16/2015	Archbright	1,788.00	2016 Annual Dues
11469	12/16/2015	City of Lynnwood	1,100.38	Nov 2015 Front Desk Staffing 73.5 hours
11470	12/16/2015	Electronic Business Machines	1,227.06	9/1/15 - 11/30/15 Copy Machine
11471	12/16/2015	Moss Adams - Cost Report	900.00	2007 Final CPE Settlement from HCA
11472	12/16/2015	State Auditor's	10,174.09	2013/14 State Audit
11473	12/16/2015	Thomas & Associates	8,376.50	Sept, Oct, Nov retainer / Travel 8/26, 9/30 220miles
11474	12/16/2015	National Institute for Coordinated Health	627.60	WC 110 - Instructor Reimbursement for 12/9 classes
11475	12/16/2015	Total Health	200.00	WC 117 - Instructor reimbursement
11476	12/23/2015	Edmonds Center for the Arts	5,000.00	Award 234 - Dementia Inclusive Series
11477	12/23/2015	Pinnacle Indoor Sports	12,727.22	Consulting
11478	12/23/2015	The StayWell Company, LLC	3,000.00	Website Content
11479	12/23/2015	US Bank	425.00	Annual Fee
11480	12/23/2015	AWPHD	3,500.00	2016 Annual membership Dues
11481	12/23/2015	Staples	294.78	Supplies
11482	12/23/2015	Wells Fargo	1,902.15	Misc.
Warrant				
Transaction				

Number	Date	Payee	Amount	Purpose
11487	12/30/2015	UNITED WAY	665.00	Employee Payroll Contributions
11483	12/23/2015	Premiera Blue Cross	3,808.62	Jan 2016 Employee Medical & Dental Insurance
11484	12/23/2015	The Daily Herald	200.00	Refund for Damage Deposit for VCWC
11485	12/23/2015	R&T Hood and Duct Services, Inc.	178.26	Semi-annual inspection
11486	12/23/2015	NAMI Snohomish County	2,800.00	WC 123 - Mental Health Workshops
11491	12/23/2015	Wells Fargo	186.20	Misc.
11492	12/23/2015	Brower Tinting & Graphics	268.28	Window film for employee conference room glass panels
		Total Warrants	102,225.55	

Wire/ACH Activity:

12/11/2015	Payroll	19,747.94	ACH payroll transfer
12/11/2015	Department of Treasury	6,820.36	Payroll taxes for 12/5/15 pay period ending
12/11/2015	Valic	2,786.23	Payroll 401(a)/457 Deposit
12/11/2015	Paychex	96.65	Fee for payroll processing
12/24/2015	Payroll	16,842.60	ACH payroll transfer
12/24/2015	Department of Treasury	6,570.76	Payroll taxes for 12/19/15 pay period ending
12/24/2015	Valic	2,740.13	Payroll 401(a)/457 Deposit
12/24/2015	Paychex	87.76	Fee for payroll processing
12/10/2015	Wells Fargo	157.64	Nov 2015 Client Analysis Bank Fee / Merchant Account
12/15/2015	Mary Porter, RDN	810.00	Program Payment
12/15/2015	Alzheimer's Association Western & Central	7,209.16	Program Payment
12/15/2015	American Diabetes Association	4,166.67	Program Payment
12/15/2015	Boys & Girls Club of Snohomish County	12,833.33	Program Payment
12/15/2015	CampFire	4,166.67	Program Payment
12/15/2015	Cascade Bicycle Club Education Foundation	2,666.67	Program Payment
12/15/2015	Center for Human Services	13,523.67	Program Payment
12/15/2015	ChildStrive	23,113.25	Program Payment
12/15/2015	City of Lynnwood	721,165.66	Program Payment
12/15/2015	Community Health Center of Snohomish Co	27,083.33	Program Payment
12/15/2015	Domestic Violence Services Snohomish Co	1,855.50	Program Payment
12/15/2015	Edmonds Community College	4,974.50	Program Payment
12/15/2015	Edmonds Community College Foundation	4,396.33	Program Payment
12/15/2015	Edmonds School District No. 15	68,533.25	Program Payment
12/15/2015	Edmonds Senior Center	9,166.67	Program Payment
12/15/2015	Kindering	7,500.00	Program Payment
12/15/2015	Korean Women's Association	5,000.00	Program Payment
12/15/2015	Medical Teams International	5,500.00	Program Payment
12/15/2015	Prescription Drug Assistance Foundation	4,166.67	Program Payment
12/15/2015	Program for Early Parent Support	2,987.50	Program Payment
12/15/2015	Project Access Northwest	7,500.00	Program Payment
12/15/2015	Puget Sound Christian Clinic	9,583.33	Program Payment
12/15/2015	Puget Sound Kidney Centers Foundation	4,166.67	Program Payment
12/15/2015	Senior Services of Snohomish County	57,936.67	Program Payment
12/15/2015	Snohomish County Fire District 1	12,035.50	Program Payment
12/15/2015	Snohomish County Music Project	2,416.67	Program Payment
12/15/2015	Therapeutic Health Services	16,666.67	Program Payment
12/15/2015	Wonderland Development Center	11,250.00	Program Payment

Warrant

Transaction

Number	Date	Payee	Amount	Purpose
Wire/ACH Activity:				
	12/15/2015	YWCA of Seattle, King and Snohomish Co	2,083.33	Program Payment
	12/15/2015	Snohomish Health District	2,660.00	Program Payment
	12/15/2015	City of Edmonds Parks & Recreation	4,505.50	Program Payment
	12/14/2015	AmeriFlex Business Solutions	178.46	FSA Payments
	12/17/2015	AmeriFlex Business Solutions	617.50	FSA Payments
	12/24/2015	AmeriFlex Business Solutions	20.00	FSA Payments
	12/28/2015	AmeriFlex Business Solutions	814.00	FSA Payments
	12/30/2015	AmeriFlex Business Solutions	51.54	FSA Payments
	12/31/2015	AmeriFlex Business Solutions	25.00	FSA Payments
	12/23/2015	WA Department of Revenue	770.46	B&O tax
Wire	12/1/2015	US Bank	847,400.00	2012 LTGO Bond Payment
		Total Wires/ACH Transactions	1,119,950.20	
Kruger Clinic Activity:				
419-445	Dec 2015	Various Claimants/Vendors	46,683.42	Administered by Healthcare Realty
Workers Compensation Claims Activity:				
305274-279	Dec 2015	Various Claimants/Vendors	4,783.58	Administered by Eberle Vivian
		Total Disbursements	\$ 1,273,642.75	

Deposits:	Transaction Date	Payer	Amount	Purpose
	12/1/2015	Swedish/Edmonds	754,825.56	Monthly lease
	12/1/2015	Value Village	24,428.45	Monthly lease
	12/3/2015	John Headley MD PS	18,949.07	Kruger Clinic monthly lease
	12/1/2015	Brian Tagaki, MD	75.00	Kruger Clinic monthly lease
	12/1/2015	Puget Sound Gastro	26,843.75	Kruger Clinic monthly lease
	12/1/2015	Raymond Liu, D.D.S.	3,394.37	Kruger Clinic monthly lease
	12/9/2015	Swedish/Edmonds	2,955.06	Correction to Nov & Dec 2015 lease payment
	12/10/2015	Snohomish County	139,881.79	Levy
	12/11/2015	Foster Pepper	223.00	Refund for overpayment
	12/11/2015	Eventbrite Class Registration	30.00	Registration for cooking class
	12/14/2015	Swedish/Edmonds	500.96	WO Billback
	12/14/2015	Tulalip Resort Casino	328.29	Refund for overpayment
	12/14/2015	John Headley MD PS	58.16	WO Billback
	12/14/2015	John Headley MD PS	5,896.50	Reimbursement for Legal Expenses
	12/11/2015	Snohomish Medical Reserve Corp	200.00	Deposit for VCWC Use
	12/15/2015	Opportunity Council	100.00	Deposit for VCWC Use
	12/18/2015	Ash Consulting.	1,000.00	Sponsorship for VHCC
	12/18/2015	Puget Sound Kidney Centers	1,000.00	Sponsorship for VHCC
	12/27/2015	Healthcare Realty Services, Inc.	4,663.72	Monthly ground lease
	12/16/2015	Aukema & Associates.	1,000.00	Sponsorship for VHCC
	12/31/2015	John Headley MD PS	19,681.82	January 2016 Kruger Clinic monthly lease
	12/31/2015	Swedish/Edmonds	736,940.36	January 2016 monthly lease
		Total Deposits	\$ 1,742,975.86	

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 11391 through 11492 have been issued for payment in the amount of \$166,767.51. These warrants are hereby approved.

Attest:

Lisa M. King
Lisa M. King

[Signature]
Commissioner

[Signature]
Commissioner

[Signature]
Commissioner

[Signature]
Commissioner

[Signature]
Commissioner

Warrants Processed:	11-1-15 – 12-31-15	\$166,767.51
Work Comp Claims Pd:	11-1-15 – 12-31-15	97,673.58
Kruger Clinic Processed:	11-1-15 – 12-31-15	126,692.01
Payroll:	10-25-15 – 11-7-15	17,232.35
	11-8-15 – 11-21-15	17,815.26
	11-22-15 – 12-5-15	19,747.94
	12-6-15 – 12-19-15	<u>16,842.60</u>
		71,638.15
Electronic Payments:	Payroll Taxes	26,126.65
	Paychex	377.71
	Valic Retirement	10,972.60
	AmeriFlex FSA	2,271.88
	Bank Fees	338.82
	WA State Dept Revenue	1,541.11
	US Bank – Bond Payment	847,400.00
	Program Expenditures	<u>1,457,082.37</u>
		<u>2,346,111.14</u>
	Grand Total	<u>\$2,808,882.39</u>

January 2016 Program Summary

Programs for Review in January

Eight application requests are up for discussion:

- Four new requests
- One renewal request
- Follow-up on two previously discussed programs

New Program Requests

1. **City of Edmonds/VFW Post 8879 - Veteran's Plaza:** a one-time request for \$120,000 to construct Veteran's Plaza in downtown Edmonds. The applicant made the case that the project will provide a space for quiet reflection, community events, and for veterans to access information and resources. **The program committee is not recommending the project for funding because the project did not have a strong enough connection to specific health outcomes.**
2. **Hope Heart Institute - Teen Take Heart:** a one-time \$5,000 request to implement a "Teen Take Heart" curriculum. Funds would be used for the kit, 3 teacher workshops, and continuing education, with the goal of reaching 400 high school students per year. The program includes 18 lessons on cardiovascular function, physiology, nutrition and activity. **The program committee is recommending fully funding the request on a one-time basis for \$5,000.**
3. **Clothes for Kids - Dental Care Basics:** a one-time request for \$5,000 to purchase dental care supplies that would be distributed to families as part of Clothes for Kids School wardrobe process. Clothes for Kids is located in Lynnwood and provides free clothing for students that qualify for Free/Reduced lunch in the Edmonds School District. **The program committee is not recommending funding the request at this time—this appears to be the type of project that could be filled with private donations and/or other funding sources.**
4. **Edmonds School District - Nutrition Services Education Program:** a reworked application for \$8,110 that had been previously submitted in September 2015. The original request was for \$21,000. The school district is requesting funds to develop web-based nutrition services for parents and community members, develop social media promoting school meals, and to build a branding identity.

The program committee is not recommending funding the request at this time. Verdant would still be the sole funder on the project, and it was very focused on marketing and communication for school lunches, rather than on identifiable health benefits.

Renewal Requests

5. **YWCA of Seattle, King & Snohomish Counties – Mental Health Counseling:** a renewal request for a mental health counseling program that serves uninsured and low-income adults, children and families. The program primarily serves adults with depression, anxiety, relationship issues, and other challenges. The program served 642 individuals over a 3 year period (goal was 600).

The program committee is recommending funding the program at \$25,000 per year for three more years.

Proposals Previously Reviewed

6. **Snohomish Health District – Growing Healthy Together:** a reworked application from a proposal submitted in October 2014. The request is for \$173,096 per year for three years. The program would support low-income parents with a focus on nutrition, peer support and other resources. Funds would be used for a team including a part-time dietician, program assistant, and manager, and to pay rent at a church adjacent to the Lynnwood Foodbank. The goal of the program would be to link participants to a medical home, increase social supports, increase positive parenting and consumption of healthier meals.

In November, the Snohomish Health district made a presentation to the full Verdant board. **The program committee is not recommending funding the project at this time.**

7. **American Diabetes Association– Stop Diabetes Initiative:** a renewal request for an education and support program for individuals living with diabetes. The program includes two series of education workshops per year, health screenings, and a walking group. The program expects to reach 50 people per year who will complete education workshops, provide 35 with biometric screenings, and 160 with a diabetes risk assessment. The average A1C improved from 7.4% to 6.4% for participants screened from 2014 to 2015.

The committee met with the applicant this month to discuss the costs and benefits of the program.

Following the discussion with the ADA, the program committee is recommending partially funding the project at \$25,000 in the first year, \$15,000 for the second, and \$10,000 for the third year. The committee felt partial funding was appropriate for the program and that the ADA should be able to identify other interested funders.

Verdant Health Commission Proposal Summary January 2016

A		B	C	D	E	F
New Funding Requests			Request for funding			Priorities
#	Name	Description	Year 1	Year 2	Year 3	
1	City of Edmonds/VFW Post 8879 - Veteran's Plaza	A one-time request for \$120,000 to construct Veteran's Plaza in downtown Edmonds. The applicant makes the case that the project will provide a space for quiet reflection, community events, and for veterans to access information and resources.	\$120,000			Education & Empowerment, Prevention
2	Hope Heart Institute - Teen Take Heart	A one-time request to implement the "Teen Take Heart" curriculum. Funds would be used for the kit, 3 teacher workshops, and continuing education. The program includes 18 lessons on cardiovascular function, physiology, nutrition and activity, etc.	\$5,000			Education & Empowerment, Prevention
3	Clothes for Kids - Dental Care Basics	A one-time request for dental care supplies that would be distributed to families as part of Clothes for Kids School wardrobe process. Clothes for Kids is located in Lynnwood and provides free clothing for students that qualify for Free/Reduced lunch in the Edmonds School District.	\$5,000			Prevention, Access to Healthcare
4	Edmonds School District - Nutrition Services Education Program	A reworked application that had been previously submitted in September 2015. The original request was for \$21k. The district is requesting funds to develop web-based nutrition services for parents and community members, develop social media promoting school meals, and to build a branding identity.	\$8,110			Prevention, Education & Empowerment

Verdant Health Commission Proposal Summary January 2016

#	Name	Description	Year 1	Year 2	Year 3	
Renewal Requests						
5	YWCA of Snohomish County - Mental Health Program	A renewal request for a mental health counseling program that serves uninsured and low-income adults, children and families. The program primarily serves adults with depression, anxiety, relationship issues, and other challenges. The program served 642 individuals over a 3 year period.	\$25,000	\$25,000	\$25,000	Prevention, Access to Healthcare
Proposals Previously Discussed						
6	Snohomish Health District - Growing Healthy Together	A revised application from a proposal submitted in October 2014. Funds would be used to support low-income parents with a focus on nutrition, peer support and other resources. Funds would be used to support a team including a part-time dietician, program assistant, and manager, and to pay rent at Silver Creek Community Church. The goal of the program would be to link participants to a medical home, increase social supports, increase positive parenting and consumption of healthier meals.	\$173,096	\$173,096	\$173,096	Prevention, Education & Empowerment, Access to Healthcare
7	American Diabetes Association - Stop Diabetes Initiative	A renewal request for an education and support program for individuals living with diabetes. The program includes two series of education workshops per year, health screenings, and a walking group. The program expects to reach 50 individuals per year to complete education workshops, provide 35 with biometric screenings, and 160 with a diabetes risk assessment.	\$50,000	\$50,000	\$50,000	Prevention, Education & Empowerment

**Verdant Community Wellness Center Summary
December 2015**

Completed Programs

A. General Community and Provider Events	Attendance
1. MTI Specialty Dental Clinic (11/16)	6
2. Snohomish YMCA Staff Retreat (11/23)	25
3. SHIBA – Medicare Open Enrollment Event (12/1)	30
4. Advanced Care Planning Volunteer Meeting & Training (12/2, 11)	15
5. Mothers of Children with Disabilities Monthly Support Network (12/5)	16
6. PEPS Lecture – How Young Children Learn (12/7)	45
7. Verdant Resource Connectors (12/8)	35
8. Immigrants and the Health System 101 in English & Spanish (12/9)*	55
9. Dental Access Coalition Legislative Forum (12/9)	18
10. WAHA IPA Training	20
11. Senior Services Leadership Meeting	25
B. Nutrition and Healthy Behaviors	Attendance
1. Spanish Language Cooking Matters for Families (10/26 – 11/30)*	36
2. Exotic Flavors Cooking Series (French – 11/17 Sweet & Savory 12/8)	39
3. Live Healthy 2020 Nutrition Workgroup (11/17)	20
4. Diabetes Prevention – Reducing your Risk (11/18)*	14
5. The Carb Conundrum with PacMed (11/19)*	12
6. Korean Women's Association: Using Medicare Preventive Benefits (11/19)*	60
7. Better Blood Sugar Control Through the Holidays (12/ 2)*	14
8. Surviving the Season of Holiday Indulgence (12/3)*	7
9. Caregiver Cooking Class (12/8)	4
10. Stop Diabetes Initiative Workshop (12/10)	25
11. Volksteppers Walking Group	10
12. Lifestyle Change Check-Ins (drop – in 1 st and 3 rd Tuesdays)*	4-12
13. Getting to Goal Program (Weight Management Consultations)*	15 clients
C. Behavioral Health & Substance Use	Attendance
1. Parent-Child Wellness Workshop in Korean (11/16 & 11/20)	12
2. Survivors of Suicide Support Group (10/1 – 11/17)	36
3. YWCA Managing Difficult Emotions 2 nd Series (10/6 – 11/24)*	6-8
4. YWCA Reflective Parenting Series (10/6 – 11/24)*	6-10
5. Journey of Grief Support Group (10/7 – 11/18)	6-8
6. YWCA Beating the Holiday Blues (11/6 – 1/6)*	6-10
7. Snohomish Co. Caregiver & Kinship Support Groups (11/17, 19, 12/3, 17)	8
8. International Survivors of Suicide Day (November 21)	42
9. For the Kid's Sake – for Parents Going Through Divorce (12/2, 12/16)	77
10. Understanding & Working with Mentally Ill in a Faith-based Setting (12/5)*	19
11. Hoarding Task Force (12/8)	8-10
12. National Alliance on Mental Illness "Connections" Support Group (12/10)	4-8
13. Youth Mental Health First Aid (12/19)*	25
14. Adult Children of Alcoholics Weekly Support Group (ongoing)	4-10
D. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (2X / month)*	15-30

Verdant Community Wellness Center Summary
January 2016

Completed Programs

A. General Community and Provider Events	Attendance
1. Mothers of Children with Disabilities Monthly Support Network (1/2)	10
2. SHIBA Monthly Update Meetings (1/5)	25
3. Korean Women's Association: LIHEAP & Yoga (1/7)*	45
4. Student Support Advocates & THS Counselors Team Meeting (1/7)*	15
5. Edmonds Community College Foundation Meeting (1/8)	16
6. Edmonds Chamber Retreat (1/13)	18
7. Advanced Care Planning Volunteer Training (1/13)*	12
8. PEPS – Second Time Around (1/14 – 3/24)	5
9. Evergreen Home Health (1/13, 1/20)	50
10. Baby Motor Skills (1/20)	36
11. WAHA Navigator Meeting (1/21)	15
12. Women's Leadership Focus Group (1/22)	12
13. Swedish Edmonds Nurse Managers Planning Retreat	17
14. Community Support for Prescription Assistance (weekly)	varies
B. Nutrition and Healthy Behaviors	Attendance
1. Nutrition Reboot (January 14)*	16
2. Teens in the Kitchen (January 16, 30)*	9
3. SDI Celebration (January 19)	41
4. Surviving & Thriving with Chronic Kidney Disease*	19
5. Pizza Party Family Cooking Class (January 23)*	12
6. Lifestyle Change Check-Ins (drop – in 1 st and 3 rd Tuesdays)*	4-8
7. Getting to Goal Program (Weight Management Consultations)*	10-12 clients
C. Behavioral Health & Substance Use	Attendance
1. YWCA Beating the Holiday Blues (11/6 – 1/6)*	8
2. Veterans Assistance and Drop-In Support (1/6)	varies
3. Snohomish Co. Caregiver & Kinship Support Groups (1/7, 19, 21)	4-8
4. WRAPS Recovery Toolbox Training for Professionals (1/12)	45
5. Brain Health and Wellness Classes*	2
6. For the Kid's Sake – for Parents Going Through Divorce (1/14)	36
7. National Alliance on Mental Illness "Connections" Support Group (1/14, 28)	4-6
8. Powerful Tools for Caregivers Workshop (1/20 - 2/24)	16
9. NAMI Presents: Setting Boundaries for Safety & Sanity (1/21)*	73
10. Mental Health Training for Promotoras in Spanish (1/23)*	21
11. Adult Children of Alcoholics Weekly Support Group (ongoing)	4-10
D. Other Programs	Attendance
1. Play and Learn Group, Wonderland Development Center (weekly)*	15-30

Verdant Community Wellness Center Summary
January 2016

Upcoming Programs

E. General Community and Provider Events

1. PEPS – Second Time Around (January 14 – March 24)*
2. Women’s Leadership Focus Group (January 28)
3. Edmonds School District Health Services Staff Meeting (January 28)
4. SAEYC Childcare Provider Training (January 30)
5. SHIBA Monthly Update Meetings (February 2)
6. Basic Food Educational Forum (February 3)
7. Korean Women’s Association: Everyday Cancer Prevention (February 4)*
8. Mothers of Children with Disabilities Monthly Support Network (February 6)
9. Evergreen Home Health (February 10, 17)
10. Advanced Care Planning Volunteer Training (February 17)*
11. Lynnwood Library Staff Meeting and Community Wellness Center Tour (February 18)
12. Living Well Through the End of Life (February 19)*
13. Little Wonders Support Group for Parents of Special Needs Infants (February 23 – May 24)*
14. MTI Specialty Dental Clinic (February 27)*
15. Ongoing – Community Support for Prescription Assistance (weekly)

F. Nutrition and Healthy Behaviors

1. Intuitive Eating – Breaking the Diet Cycle (January 25)*
2. Teens in the Kitchen (January 16, 30)*
3. Cooking Matters for Families in Spanish (February 1 – March 14)*
4. Sensational Citrus Adult Cooking Class (February 2)*
5. Optimal Nutrition During Menopause (February 10)*
6. Lynnwood Healthy Communities Food Access Group (February 10)
7. Ongoing – Lifestyle Change Check-Ins (drop-in support 2x/month)*
8. Ongoing – Getting to Goal: Individual Weight Management Consulting with a Dietitian*

G. Behavioral Health & Substance Use Focus

1. Powerful Tools for Caregivers (January 20 – February 24)
2. Brain Health and Wellness Classes (February 1, 2, 9, 15, 16, 22, 23, 29) *
3. YWCA Men’s Support Group (February 2 – March 22)*
4. YWCA Women’s Art Therapy Group (February 2 – March 22)*
5. YWCA Dad of Kids with Special Needs Support Group (February 2 – March 22)*
6. Veterans Assistance and Drop-In Support (February 2,3,4)
7. Snohomish County Caregiver and Kinship Support Groups (February 4, 16, 18)
8. Mental Health Resources for Promotoras in Spanish (February 13)*
9. National Alliance on Mental Illness “Connections” Support Group (February 11, 25)
10. NAMI Presents: Communicating with Teens about Difficult Topics (February 18)*
11. Spanish Language Positive Discipline Parenting Class (February 19-April 1)*
12. For the Kid’s Sake – for Parents Going Through Divorce (February 24)

* = Grant/Program Funded Partner

2014-15

Move 60! Program Report



Jennie Hershey and Jenni McCloughan,
Program Coordinators

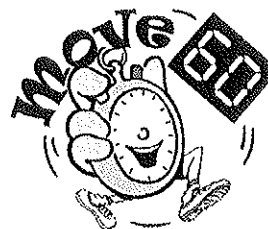
Edmonds School District #15

2014-15

Move 60! Program Report November 2015

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***Executive Summary
Move 60! Program
Edmonds School District
2014-15 End-of-Year Report***

The 2014-15 school year marked the fourth year of implementation of the *Move 60!* Program in the Edmonds School District. Funded by the Verdant Health Commission, the *Move 60!* Program is designed to meet the following goals:

- Improve the health and fitness of children by providing opportunities to exercise and be active beyond the regular school day.
- Focus in particular on target students who meet certain criteria, including specific health concerns, weight issues, and/or limited access to activity; for purposes of this report, all students who were not in the Healthy Fitness Zone at the start of a session were considered Targeted students.

In the first year of the program, the district served students in 8 elementary schools. For the 2012-13 school year, the program expanded to include an additional 8 schools, thereby serving students in about 73% of the district's elementary and K-8 schools. Starting with 2013-14, the program served all 22 elementary schools in the district plus Edmonds Heights K-12.

The effectiveness of the program is regularly measured through two types of instruments:

1. Assessments related to physical health
2. Questionnaires designed to assess qualitative aspects of the program

The measures related to physical health include:

- PACER Test to measure cardiorespiratory endurance
- Push-ups to measure upper body muscle strength
- Body Mass Index (BMI) to measure appropriateness of weight relative to height

In addition to the physical measures, students and parents annually complete questionnaires to ascertain the perceptions of participants and parents about the effectiveness of the program.

Results

For each of the three physical health measures, targeted students, those not in the Healthy Fitness Zone at the start of a session and thus most in need of increased fitness, moved into the Healthy Fitness Zone.

	Aerobic Capacity	Upper-Body Strength	BMI
Number of Targeted Students with Pre & Post Results	117	505	552
Percent of Targeted Students who moved into the Healthy Fitness Zone	19%	40%	14%

Both targeted and non-targeted students saw improvements in each of the areas with a higher percentage of students experiencing improvement the more sessions they attended.

Percent of Students Demonstrating Improvement by Number of Sessions Attended

	Aerobic Capacity	Upper-Body Strength	BMI
1 Session	58%	50%	39%
2 Sessions	60%	59%	40%
3 Sessions	72%	64%	43%

While both targeted and non-targeted students improved, targeted students saw more improvement with their upper-body strength and BMI than non-targeted students.

	Aerobic Capacity – Increase in Number of Laps		Upper-Body Strength – Increase in Number of Push-Ups		BMI – Percent of Students who Improved	
	Targeted	Non-Targeted	Targeted	Non-Targeted	Targeted	Non-Targeted
1 Session	4.8	2.8	2.6	0.6	45%	34%
2 Sessions	2.3	4.7	4.9	1.8	46%	35%
3 Sessions	3.7	7.4	6.2	2.7	45%	41%

Cardiorespiratory Endurance:

Based on the students (about 71% of participants) who completed pre- and post- PACER tests:

- ✓ 63% of the students improved their cardiorespiratory endurance scores, with an average distance improvement of about 3.2 laps per session across all students with pre- and post-scores.

- ✓ For students age 10 and older who attended all three *Move 60!* sessions during the year, a lower percentage (65%) were in the Healthy Fitness Zone (HFZ) for Aerobic Capacity at the beginning of their participation compared to 79% of the students who attended two sessions, and 71% of students who attended one session. In other words, students who needed the program the most in terms of Aerobic Capacity participated for three sessions.

Upper Body Muscle Strength:

Based on the students (about 76% of the participants) who completed pre-and-post **Push-ups**, about 51% of the students improved their upper body muscle strength scores, with an average improvement of about 1.5 more push-ups per session completed across all students with pre- and post-scores.

Body-Mass Index:

Based on the students (about 81% of participants) who completed pre-and-post **BMI** assessments:

- ✓ Overall about 40% of all participants with pre- and post- scores improved their BMI from the beginning of their participation in the program to the end.
- ✓ Of the non-targeted students who had both a pre- and post-BMI score, 40 were too lean at the start of the program, and therefore were counted as not being in the HFZ, but with low BMI scores. By the end of the program, the BMI scores for 21 of these students increased and placed them into the HFZ.

Student Perceptions:

For the 2014-15 school year, 646 students completed the **student questionnaire**. The questionnaire was given in the spring of 2015; any student who participated in any session of *Move 60* had the opportunity to complete the student questionnaire.

- ✓ 76% indicated that *Move 60!* was fun.
- ✓ 71% indicated that they like to be physically active every day.
- ✓ 72% indicated that they are more physically active now than before they started *Move 60!*.
- ✓ 76% indicated that their body feels strong and fit.
- ✓ 74% indicated that they will keep doing a lot of physical activity after *Move 60!* ends.
- ✓ 80% indicated that they would like to participate in *Move 60!* again.

Parent Perceptions:

- ✓ 79% indicated that their child wanted to participate because they thought it would be fun.
- ✓ 83% felt their child benefitted from increased activity.
- ✓ 73% felt their child improved his or her fitness levels.

Community Involvement:

In 2014-15, the *Move 60!* program partnered with several different organizations to provide six community-based events. The purpose of these events is to increase engagement of families and community members by providing opportunities for education and activity.

- Pumpkin Run at Mountlake Terrace High
- Healthy Living Fair at Whole Foods Market
- March Mile at Edmonds-Woodway High
- Parents as Partners at Beverly and Lynnwood Elementary
- Health and Fitness Expo at Edmonds School District Stadium
- Gaylynne Ullerich Extravaganza Bike Rodeo at Seaview Elementary

Edmonds School District
***Move 60!* Program Goals and Description**

Funded by the Verdant Health Commission, the *Move 60!* Program is designed to meet the following goals:

- Improve the health and fitness of children by providing opportunities to exercise and be active beyond the regular school day.
- Focus in particular on students who meet certain criteria, including specific health concerns, weight issues, and/or limited access to activity.

The 2014-15 school year marked the fourth year of implementation of the *Move 60!* Program in the Edmonds School District. In the first year of the program, the district served students in 8 elementary schools. In the second year, the program expanded to include an additional 8 schools, thereby serving students in about 73% of the district's elementary and K-8 schools. Starting in 2013-14, the program served students in all 22 elementary schools in the district plus Edmonds Heights K-12.

Program Description:

The program objective for the fourth year remained the same as that of the first three years -- to target students who need extra time for exercise, providing them 60 minutes/4 days per week of exercise and physical activity through a before/after school exercise program, recess activities, and wellness information for families. The program provided three sessions during the year with 10 weeks per session.

Selection Process: The student selection process for the *Move 60!* program was communicated at the beginning of the school year to each school to the principal, P.E. teacher(s), and *Move 60!* instructors to insure consistency throughout the district. The selection process expectations were clear. The goal was to help schools focus on the importance of selecting students who most need to participate in the program. Criteria included health issues, weight issues, and issues relevant for all children. The program philosophy includes that children need to have the opportunity to sign up for an activity program if they do not have access to other activity programs.

Transportation: In 2011-12 and in 2012-13, bussing was provided to 7 of the 8 schools for the program. In 2013-14 and 2014-15, bussing was provided to 9 of the 23 schools. In 2014-15 the schools who received bussing were Cedar Valley, College Place, Meadowdale, Hazelwood, Lynndale, Beverly, Chase Lake, Mountlake Terrace, and Spruce.

Attendance: Consistent and timely attendance is crucial for students to derive the most health benefit from the *Move 60!* program. Attendance is taken every day and tracked by instructors. In the case of chronic absences, a "We Missed You" note is sent home to parents; if

absences continue, the student may be removed from the program at the discretion of the instructors.

FitnessGram: Each student registered in *Move 60!* is tested in four areas: height, weight, cardiorespiratory endurance, and muscular strength. The pre-test is administered in the first week of each session and the post-test is administered during the final week of the session. Each instructor is trained in proper test protocol, and the *Move 60!* district coordinators assist with testing as requested.

Staffing: Each *Move 60!* Program is staffed by qualified school district personnel, including a certified Lead Instructor and a classified Assistant Instructor at each site. It is possible and encouraged for instructors to share the position, so that more than one staff person may serve as the Lead Instructor, for example, at each site. Each school site is responsible to designate substitute instructors to supervise the program when the regular instructors are absent.

Training: All *Move 60!* Instructors received training administered by the *Move 60!* district coordinators. The training sessions covered program “Nuts and Bolts” (paperwork, registration process, schedule, procedures, etc.), assessment using the Fitnessgram test protocol, and games and activities. Instructors were paid to attend the trainings. Several trainings are offered throughout the school year. The two *Move 60!* coordinators also provided program facilitation, and community wellness programs.

Equipment: Each school received new equipment that complemented the curriculum for the weekly schedule. Basic equipment (such as various balls, jump ropes, fitness games, whistles, scales, etc.) was purchased to stay at each *Move 60!* school. Additional equipment was purchased that rotates among schools for use on station day. The station equipment rotates to a new school each session so the students have the opportunity to try various activities based on balance, hand-eye coordination, cardio, muscular strength, and flexibility. Teachers were trained how to use the equipment.

Daily Schedule:

The daily schedule is:

- Arrival/check-in -- teachers take attendance
- 5-10 minute warm-up activity
- Directions and 30-minute “activity of the day”
- 10-minute warm-down activity
- Wrap-up about the day.

Sample lesson plan:

- Run/walk in gym (or other warm-up) (5 min)
- Stretch (5 min)
- Lesson Core (varies according to weekly schedule) (40 min)

- Complete daily activity log/weekly goal setting (5 min)
- Cool down activity (game, character education, cooperative game etc) (5 min)

Weekly Schedule:

Monday – Running Club

Students have a mileage card to keep track of their laps completed along with a foot token each time they complete a mile. Each student has a chain necklace to keep their foot tokens on.

Tuesday – Team Sports

The theme for Tuesday is team sports which might include activities with a basketball, soccer ball, hockey, volleyball, or football. Relays, games, drills, and stations are encouraged to get all students active and moving!

Wednesday – Jump Rope

Students jump rope using long jump ropes, short jump ropes, jump bands, and double-dutch.

Thursday – Stations

The station equipment is at each school for 10 weeks and then rotates. Each school has the opportunity to use three different station sets that are based on basic fitness components.

Year 1 (2011-12) Highlights:

- *Move 60!* was implemented in eight elementary schools – Cedar Valley, College Place, Hazelwood, Lynndale, Maplewood K-8, Meadowdale, Mountlake Terrace, and Spruce Elementary.
- Each school had a waiting list of students wanting to join the program.
- The program served 882 students, mostly in grades 2-5.
- The program served a diverse population of students, with a higher percentage of American Indian, Black/African, Hispanic, and multiracial students than the district averages, and a higher percentage of students on free /reduced meal status than district average.
- Family engagement was enhanced through activities such as the Healthier Choices Nutrition series with Swedish Edmonds, Street Strut Fun Run, and *Move 60!* Family Fitness Day.

Year 2 (2012-13) Highlights:

- Eight additional schools implemented the *Move 60!* Program– Cedar Way, Edmonds, Hilltop, Martha Lake, Oak Heights, Seaview, Sherwood, and Terrace Park.

- A total of 1244 students from grades 2-6 attended one or more sessions during the school year.
- The program served a diverse population of students, with a higher percentage of Hispanic students and a lower percentage of White students than the district averages, and a higher percentage of students on free /reduced meal status than district average.
- The program served a higher percentage of Special Education students and English Language Learner (ELL) students than district averages.

Year 3 (2013-14) Highlights:

- All elementary schools were served with the *Move 60!* Program.
- A total of 1,673 students attended one or more *Move 60!* sessions during the 2013-14 school year.
- The program served a diverse population of students, with a higher percentage of Hispanic students and a lower percentage of White students than the district averages, and a higher percentage of ELL students and students on free /reduced meal status than the district averages.

Year 4 (2014-15) Highlights:

2014 – 2015 Participants		
Attendance	Total Attendance	1,617
	Fall	940
	Winter	981
	Spring	986
Number of Sessions Attended During the Year	One session	764
	Two sessions	466
	Three sessions	387
Grade Levels Served	2 nd grade	23%
	3 rd grade	24%
	4 th grade	22%
	5 th grade	18%
	6 th grade	13%

		Move 60!	District for Comparison
Gender	Female	42%	48%
	Male	58%	52%
Ethnicity	Asian	9%	13%
	Black	8%	6%
	Hawaiian/Pacific Islander	1%	1%
	Hispanic	23%	19%
	Multiracial	10%	10%
	White	49%	52%
Free/Reduced Meal Status		42%	39%
Special Education		11%	15%
English Language Learners		16%	12%

Of the students who attended *Move 60!* in 2013-2014, who were still in district elementary schools in 2014-15, about half (52%) of them participated in the program again in 2014-15.

Cardiorespiratory Endurance (PACER Test)

Description

Cardiorespiratory endurance is an important indicator of a person's overall health and fitness. Good cardiorespiratory endurance is shown to decrease risk of disease.

Cardiorespiratory endurance is measured using the PACER test. The PACER (Progressive Aerobic Cardiovascular Endurance Run) is the aerobic capacity test in *FITNESSGRAM*. The PACER is a multistage fitness test that is progressive in intensity—it is easy at the beginning and gets harder at the end. The progressive nature of the test provides a built-in warm-up and helps children to pace themselves effectively. The objective is to run as long as possible back and forth across a 20-meter space at a specified pace that gets faster each minute.

The PACER test was administered at the beginning and end of each *Move 60!* session. The pre-test was given within the first five days of each session, and the post-test was administered during Week 10 of each session. Throughout each session, students were given opportunities through games and activities to practice and improve their aerobic capacity.

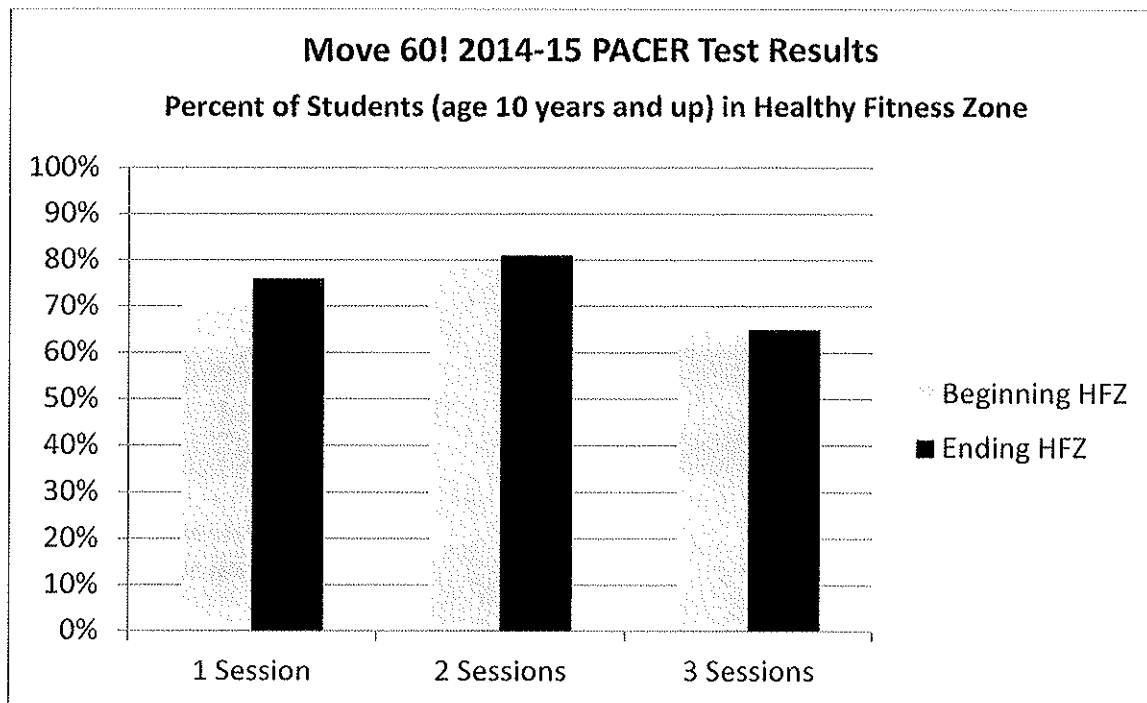
Students were targeted if they were 10 years old or older and were not in the Healthy Fitness Zone at the beginning of their participation in the program. Students under the age of 10 are considered "non-targeted" (i.e., in the HFZ) by definition of the test.

Number of Move 60! Students Who Completed Pre- and Post-PACER Tests 2014-15 According to Number of Sessions Completed

	<i>Targeted</i>	<i>Non-Targeted</i>	<i>Totals</i>
<i>Students attending 1 session</i>	54	480	534
<i>Students attending 2 sessions</i>	23	323	346
<i>Students attending 3 sessions</i>	40	275	315

While the majority of students who participated in the program improved their aerobic capacity, students, both targeted and non-targeted, saw more improvement the longer they were in the program. 72% of students who participated in all three sessions saw improvement, compared to 58% who only participated in one session. Of the targeted students, 19% moved into the HFZ during their participation in the program. On average, both targeted and non-targeted increased the number of laps they were able to complete.

2014-15 Cardiorespiratory Endurance



Results based on 410 students at least 10 years old at the time of their Pre-Test who had complete data for determining HFZ.

63% of all students increased the number of laps they were able to complete. 36 targeted students increased their laps sufficiently to move them up a Fitness Level, with 22 of them entering the Healthy Fitness Zone.

***Number and Percent of Students (age 10 years and up) by Change in HFZ Status Level
from Pre- to Post-PACER Test***

Number of Sessions Attended	Targeted Students			Non-Targeted Students*		
	1	Improved	17 31%	Improved	0 0%	
		Held	34 62%	Held	134 98%	
		Declined	4 7%	Declined	3 2%	
			55		137	
2		Improved	6 29%	Improved	0 0%	
		Held	12 57%	Held	90 98%	
		Declined	3 14%	Declined	2 2%	
			21		92	
3		Improved	13 33%	Improved	0 0%	
		Held	23 58%	Held	71 92%	
		Declined	4 10%	Declined	6 8%	
			40		77	

****Non-Targeted students could not improve; they started at the highest level.***

Mean Number of PACER Laps Completed by Move 60! Students – 2014-15

Number and Percent of Students by Change in Mean Number of Laps from
Pre- to Post-PACER Test

		# of Students	% of Students	Mean Change in Laps	
Number of sessions Attended	1	Improved	308	58%	8.7
		Stayed the same	89	17%	0
		Declined	137	26%	-7.9
			534		3.0
	2	Improved	208	60%	12.7
		Stayed the same	18	5%	0
		Declined	120	35%	-8.8
			346		4.6
	3	Improved	228	72%	12.6
		Stayed the same	7	2%	0
		Declined	80	25%	-8.7
			315		6.9

Mean Number of Laps Completed According to Number of Sessions Attended

# of Sessions Attended	Mean # of Laps Completed	
	Pre	Post
1 session	26.0	29.0
2 sessions	25.4	30.0
3 sessions	24.3	31.2

These results are based on 1,195 students who had both pre- and post-lap scores.

**Mean Number of PACER Laps for Move 60! Targeted and Non-Targeted Students
2014-15**

			Mean # of Laps Completed	
			Pre	Post
Number of Sessions Attended	1	<i>Targeted Students (54)</i>	14.7	19.5
		<i>Non-Targeted Students (480)</i>	27.3	30.1
	2	<i>Targeted Students (23)</i>	14.8	17.1
		<i>Non-Targeted Students (323)</i>	26.1	30.9
	3	<i>Targeted Students (40)</i>	15.0	18.7
		<i>Non-Targeted Students (275)</i>	25.6	33.0

The number of students in each group who had both pre- and post-lap scores is shown in parentheses.

Upper Body Muscle Strength (Push-ups)

Description

Strength and endurance of the muscles in the upper body are important in activities of daily living, maintaining functional health, and promoting good posture.

Upper body muscular strength is measured using a push-up test as part of the *FITNESSGRAM* assessment. The objective of the test is to complete as many push-ups as possible at a rhythmic pace using proper form.

The push-up test was administered at the beginning and end of each *Move 60!* session. The pre-test was given within the first five days of each session, and the post-test was administered during Week 10 of each session. Throughout each session, students were given opportunities through games and activities to practice and improve their muscular strength.

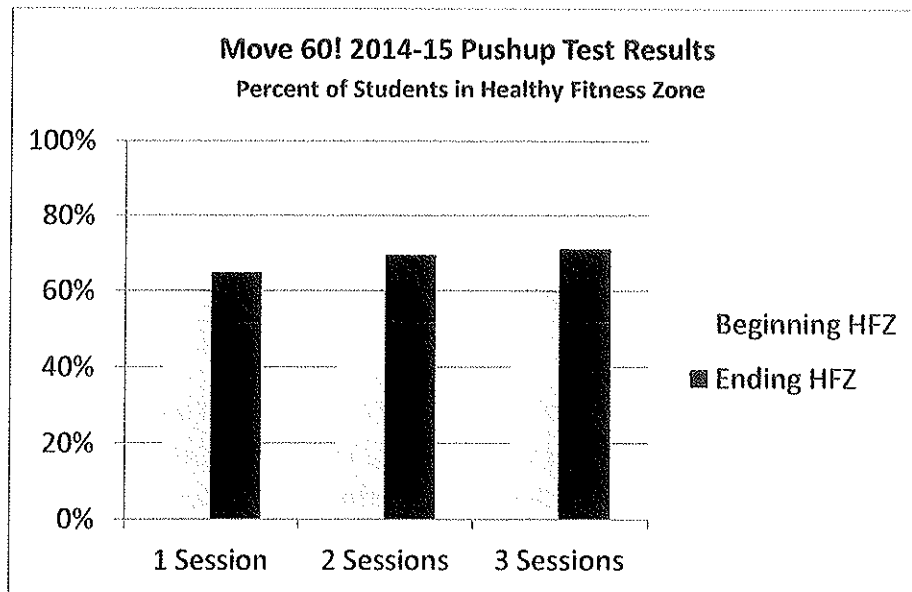
While the majority of students who participated in the program improved their upper-body strength, students, both targeted and non-targeted, saw more improvement the longer they were in the program. 64% of students who participated in all three sessions saw improvement, compared to 50% who only participated in one session. Of the targeted students, 40% moved into the HFZ during their participation in the program. On average, both targeted and non-targeted increased the number of push-ups they were able to complete.

***Number of Move 60! Students Who Completed Push-Ups Test
According to Number of Sessions Completed -- 2014-15***

	<i>Targeted</i>	<i>Non-Targeted</i>	<i>Totals</i>
<i>Students attending 1 session</i>	236	305	541
<i>Students attending 2 sessions</i>	141	210	351
<i>Students attending 3 sessions</i>	128	190	318

Students were targeted if they were not in the HFZ at the beginning of their participation.

2014-15 Upper Body Muscle Strength



These results are based on 1210 students who had both pre- and post- push-up data.

51% of all students increased the number of push-ups they were able to complete. 201 targeted students entered the Healthy Fitness Zone.

Number and Percent of Students by Change in HFZ Status from Pre- to Post-Push-Up Test

Number of Sessions Attended	Targeted Students				Non-Targeted Students			
	1	Improved	71	30%	Improved	0	0%	
		Held	165	70%	Held	280	92%	
		Declined	0	0%	Declined	25	8%	
		236			305			
	2	Improved	68	48%	Improved	0	0%	
		Held	73	52%	Held	176	84%	
		Declined	0	0%	Declined	34	16%	
		141			210			
	3	Improved	62	48%	Improved	0	0%	
		Held	66	52%	Held	164	86%	
		Declined	0	0%	Declined	26	14%	
		128			190			

Mean Number of Push-Ups Completed by All Move 60! Students 2014-15
According to Number of Sessions Attended

# of Sessions Attended	Mean # of Push-Ups Completed	
	Pre	Post
1 session	8.9	10.3
2 sessions	8.8	11.7
3 sessions	9.1	13.1

These results are based on 1272 students who had both pre- and post- push-up scores.

**Number and Percent of Students by Change in Mean Number of Push-ups
from Pre- to Post Test**

		# of Students	% of Students	Mean Change in Push-Ups	
Number of Sessions Attended	1	Improved	281	50%	5.4
		Stayed the same	163	29%	0
		Declined	120	21%	-5.9
			564		1.5
	2	Improved	217	59%	7.4
		Stayed the same	51	14%	0
		Declined	102	28%	-5.1
			370		2.9
	3	Improved	217	64%	9.2
		Stayed the same	31	9%	0
		Declined	91	27%	-6.9
			338		4.0

***Mean Number of Push-Ups Completed by Move 60!
Targeted and Non-targeted Students 2014-15***

			Mean # of Push-Ups Completed	
			Pre	Post
Number of Sessions Attended	1	<i>Targeted Students (236)</i>	2.1	4.7
		<i>Non-Targeted Students (305)</i>	13.6	14.3
	2	<i>Targeted Students (141)</i>	2.2	7.1
		<i>Non-Targeted Students (210)</i>	12.6	14.4
	3	<i>Targeted Students (128)</i>	2.0	8.2
		<i>Non-Targeted Students (212)</i>	13.4	16.1

The number of students in each group who had both pre- and post-push-up scores is shown in parentheses.

Body Mass Index (BMI)

Description

The BMI provides an indication of the appropriateness of a child's weight relative to height. The Body Mass Index is determined by the following formula:

$$\text{weight (kg)} / \text{height}^2 \text{ (m)}$$

While the data can be entered in pounds and inches, the results are calculated with the metric formula. For example, a student weighing 100 pounds (45.36 kilograms) who is 5 feet (1.52 meters) tall would have a BMI of 19.6. Another student of the same weight but 5 feet 2 inches tall would have a BMI of 18.3.

Therefore, height and weight measures, recorded as a regular portion of the testing process for all students, are converted to metric units by the computer to calculate BMI—pounds to kilograms and feet to meters.

High levels of body fatness are associated with increased risk of coronary heart disease, stroke, diabetes, high blood pressure, high cholesterol, some cancers, and joint problems. Obesity and heart disease risk factors are known to track through the life span.

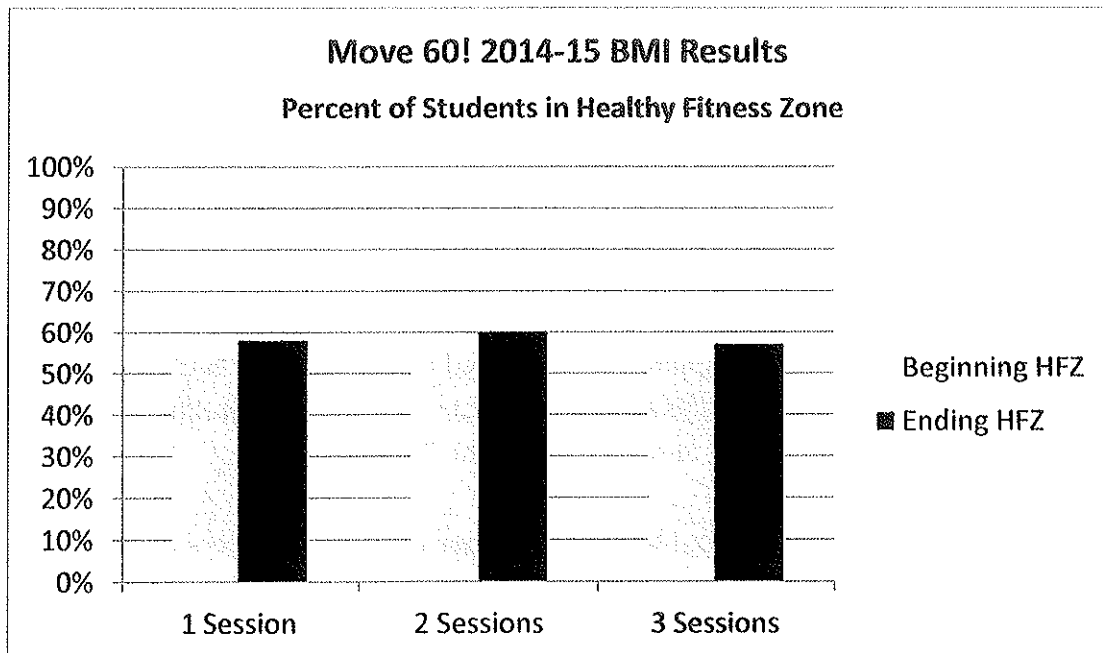
Students who were too lean were not targeted. All other students who were not in the HFZ at the beginning of their participation were targeted.

***Number of Move 60! Students Who Completed BMI Test 2014-15
According to Number of Sessions Attended***

	<i>Targeted</i>	<i>Non-Targeted</i>	<i>Totals</i>
<i>Students attending 1 session</i>	246	334	580
<i>Students attending 2 sessions</i>	155	225	380
<i>Students attending 3 sessions</i>	151	191	342

Some students who participated in the program improved their BMI. Students, both targeted and non-targeted, saw more improvement the longer they were in the program. 43% of students who participated in all three sessions saw improvement, compared to 39% who only participated in one session. Of the targeted students, 14% moved into the HFZ during their participation in the program.

2014-15 BMI



40% of all students improved their BMI. 118 targeted students improved sufficiently to move them up a Fitness Level, with 77 of them entering the Healthy Fitness Zone.

Number and Percent of Students by Change in HFZ Status from Pre- to Post-BMI Test

Number of Sessions Attended	Targeted Students			Non-Targeted Students		
	1	Improved	50 20%	Improved	9 3%	
		Held	190 77%	Held	309 93%	
		Declined	6 2%	Declined	16 5%	
			246		334	
	2	Improved	35 23%	Improved	6 3%	
		Held	112 72%	Held	199 88%	
		Declined	8 5%	Declined	20 9%	
			155		225	
	3	Improved	33 22%	Improved	6 3%	
		Held	112 74%	Held	170 89%	
		Declined	6 4%	Declined	15 8%	
			151		191	

Students who were too lean in the pre-test were not targeted, but some moved into the HFZ and thus "improvement" was possible for non-targeted students on the BMI.

***Move 60!* Student Questionnaire 2014-15**

Description

At the end of the spring session, *Move 60!* student participants were asked to complete a short questionnaire. A total of 646 students completed the questionnaire across the 2014-15 school year. At the end of the school year, students were asked to complete the questionnaire through an email that included the link to the questions or fill in a hard copy at school.

Move 60! instructors in each school ensured that students understood each question, as well as the meaning of the questions. The questionnaires were completed during the last week of the spring session.

A copy of the questionnaire appears on the next page, followed by the results for each question.

Move 60! Student Survey

Thank you for participating in Move 60! Please read the following questions below and answer the best that you can. If you don't understand any word or sentence, ask your teacher to explain. Decide how you feel about each sentence and mark the answer that closest to how you feel.

1. What school to you go to?
 - a. List of participating schools.
2. Move 60 is fun.
 - a. Yes
 - b. No
 - c. Sometimes
3. I like to exercise.
 - a. Yes
 - b. No
 - c. Sometimes
4. I like to do physical activity every day.
 - a. Yes
 - b. No
 - c. Sometimes
5. I do more physical activity now since I've been in Move 60 that I did before I started Move 60.
 - a. Yes
 - b. No
 - c. Sometimes
6. What are some activities that you like to do at home? (can chose multiple options and write in for other)
 - a. Sports
 - b. Walk
 - c. Bike ride
 - d. Swim
 - e. Dance class
 - f. Gymnastics
 - g. Play with friends
 - h. Other
7. Somethings that prevent me from doing physical activity at home: (can chose multiple options and write in for other)
 - a. I don't have a place to play or exercise
 - b. I don't have someone to exercise with
 - c. I don't have enough time to exercise
 - d. I am too tired

- e. I have too much homework
 - f. Other
8. I'm going to keep doing a lot of physical activity after Move 60 ends.
- a. Yes
 - b. No
 - c. Sometimes
9. My body feels strong and fit.
- a. Yes
 - b. No
 - c. Sometimes
10. How many sessions of Move 60 did you do this year?
- a. 3 sessions
 - b. 2 sessions
 - c. 1 session
 - d. I don't remember.
11. I would like to do Move 60 again.
- a. Yes
 - b. No
 - c. Sometimes
12. Do you have any comments about the Move 60 program? (open space to comment)

Summary of Comments

Of the 646 surveys that were completed, there were about 465 that added a comment:

- About 589 comments were general positive statements (e.g., Move 60 is fun, awesome, I love it, thank you) with no additional specific details.
- About 7 comments said they wanted to do *Move 60!* again (*I wish we could do it in middle school, I wish it went through the summer*).
- About 32 comments described activities they liked or did not like (e.g., *I love soccer, running laps is fun, I don't like to jump rope because it is boring, I like to play Scatter Ball*).
- About 5 comments remarked about a favorite day of *Move 60!* (e.g., *I love Running Club on Mondays, Team Sports day was the best day*).
- About 13 comments remarked on specific benefits of the program (e.g. *it was a good way to start my school day, I made friends, I got healthier, I even lost a lot of weight*).
- About 18 comments gave positive statements about their *Move 60!* teachers.
- Only 1 comment was neutral (e.g., *I am going to middle school next year*).
- Nine comments were negative: (*Running laps is boring, no jump rope, push-ups are hard, etc.*).

Here are some student comments:

- Move 60 is a great program and I think that it gets kids excited about getting fit!
- I love Move 60 and the teachers! Thank you!
- I love to being in Move 60 I enjoy it I like the instructor and everything I will like to say thank you
- I had a lot of fun and I hope other kids try it out too
- It was really fun but I just don't like exercising.
- I would like to play capture the flag. Move 60 was the best experience of my life!
- I think we should have a climbing rope and a trampoline. Move 60 is a really fun experience for me. I hope we can always do it at our school.
- I think that Move 60 needs climbing ropes. Move 60 is just fun. Oh and think that Move 60 needs a pool. Just a thought!
- Move 60 is awesome. Do it again next year please.
- It makes the best morning ever!
- I love it! I absolutely love Move 60!!!!
- Move 60 is a good program for kids. Thank you!
- I really like it. I feel more fit and active.
- I like it because it makes you fit and strong
- It makes me feel happy and I get to exercise with friends
- It's one of the best things I have ever done to get exercise.

***Move 60!* Parent Questionnaire – 2014-15**

Description

At the end of the spring session, parents of all *Move 60!* participants were asked to complete a short online questionnaire. The parent questionnaire included questions regarding their child's participation in the program, perceived benefits their child derived from the program, and the likelihood of their child participating again in *Move 60!*

Parents were asked to complete the online questionnaire through an email that included the link to the questions. A total of 198 parents completed the questionnaire in the 2014-15 school year.

On the next page is a listing of the questions on the parent questionnaire.

Move 60! Parent Survey 2014 – 2015

Thank you for having your child participate in the Move 60 program at your school. We are very interested in your feedback about the program, so that we can improve our services to students for next year. We would appreciate it if you took 5-10 minutes to respond to the 5 questions.

1. My child attends: (drop down with list of all elementary schools including Edmonds Heights)
2. My child attended Move 60 for:
 - a. One session
 - b. Two sessions
 - c. Three sessions
3. My child wanted to participate in Move 60 because: (please choose up to 3 responses)
 - a. My child thought it would be fun.
 - b. My child participated in Move 60 before and liked it.
 - c. My child's friends were participating.
 - d. My child is concerned about their health/weight.
 - e. My child would like to get better at sports and/or PE.
 - f. My child did not express interest in participating.
4. I wanted my child to participate in Move 60 because: (please choose up to 3 responses)
 - a. It gave my child an activity to do before or after school.
 - b. I am concerned about my child's health or weight.
 - c. My child's doctor recommended additional exercise.
 - d. The activity helped with my family and/or work schedule.
 - e. I thought my child would benefit socially.
 - f. My child needs more time to move and exercise.
 - g. I thought it would improve my child's behavior.
 - h. I wanted my child to get an hour of exercise.
5. I think my child got the following benefits from Move 60. Please check all that apply.
 - a. Improved behavior.
 - b. Improved health.
 - c. Lost weight.
 - d. Improved fitness levels.
 - e. Improved school attendance.
 - f. Improved academics.
 - g. Increased activity/exercise time.
 - h. Improved attitudes.
 - i. Made or improved friendships.
 - j. Other (please specify)
6. Does your child participate in any sports or fitness programs outside of Move 60? For example, Little League, swimming, tennis, dance, martial arts, etc.?

- a. Yes
 - b. No
7. Verdant Health Commission has granted our school district the financial support for the Move 60 program and we use this survey information for our year end reports. Is there anything that you would like to share or report?
8. Other comments:

Thank you so much for your time to provide this important information!

***Move 60!* Parent Questionnaire – 2014-15 District Results**

Of the 199 parents who completed the questionnaire, here are the results:

Students of the parent respondents had participated in the following numbers of sessions during 2014-15:

- One session – 18%
- Two sessions – 28%
- Three sessions – 54%

Reasons for Participation

The following percentages of parent respondents indicated that they wanted their child to participate in the program for these reasons. They were allowed to choose up to three reasons.

My child wanted to participate/ thought it would be fun.	79%
It gave my child an activity to do before or after school.	58%
My child needs more time to move and exercise.	45%
My child participated in <i>Move 60!</i> before and liked it.	65%
I thought my child would benefit socially.	36%
The activity helped with my family and/or work schedule.	19%
My child is overweight.	20%
I thought it would improve my child's behavior.	13%

Of the 16 reasons given as "other":

- 12 mentioned reasons related to the benefits of exercise
- 3 stated that they thought the program would help build good habits for healthy living
- 1 felt it was a great exercise program because their home budget was tight
- 1 related their son doesn't like school and this motivated him to go
- 1 stated: "It provides a good hour of exercise and I would like to promote a workout routine so that she learns to include this in her lifestyle as an adult."

Program Benefits

The following percentages of parent respondents indicated that they think their child derived the following benefits from the program. They were allowed to choose as many as applied.

Increase activity/exercise time	83%
Improved fitness levels	73%
Improved health	57%
Made or improved friendships	52%
Improved attitudes	29%
Improved behavior	26%
Improved academics	14%
Lost weight	14%
Improved school attendance	11%
Other	11%

Of the 12 benefits given as “other”:

- 4 mentioned increased confidence or self-esteem
- 2 mentioned that their child learned new sports
- 1 mentioned that there were no benefits
- 2 mentioned that their child loved running club day because he made a new friend to run with
- 1 mentioned that their child felt he was accomplishing something with each “mile”
- 1 mentioned improved their child’s overall behavior at home
- 1 mentioned they could see a difference in their child’s sleep and it was better when enrolled in Move 60

Summary of Comments

Of the 199 parents who completed the questionnaire about 169 added a comment.

- The comments were overwhelmingly positive. There were 2 negative comments. One comment was about the lack of marketing and advertising for the program registration process and the other negative comment was about the instructor at their child's school.
- Two suggestions were offered:
 - Advertise Move 60 registration on social media.
 - Let students have the opportunity to be enrolled all year instead of letting in new students each session.
- Some representative comments are:
 - This program is highly beneficial to the children as well as to the family. My child benefits greatly from it both socially and physically. I have been even more pleased with the program and its results than I had expected.
 - After participating in Move 60, my child is now expressing interest in joining a sport team like basketball. He was unsure about doing that before.
 - It is a great program for the kids especially the morning sessions. It helps student to get a better start on their day, to stay alert and more importantly, to stay healthy.
 - I am so glad that they offer this program. It's very important for kids to realize how critical exercise is to a long and healthy life
 - My son was able to participate in activities that he wouldn't otherwise try, like running, and was motivated by collecting the "feet" for his necklace.
 - It is simply fantastic on multiple levels and our family hopes the support continues
 - The before school timing was excellent for our family. It helped with work timing, but it also helped our high energy child to burn off some energy before starting a school day as well as helping her to wake up before school start
 - We are very appreciative of this program! Our kids get an extra hour of physical activity after a long day in the classroom, have learned more about sportsmanship, have developed a wider social circle at school and bonded more with the teachers that facilitate the program at school. The Health Expo and Fun Run in May really cultivates this from a community standpoint as well. Great program!
 - My daughter loves Move 60. It's a great opportunity to keep kids active and engaged with classmates and friends outside classroom. Move 60 absolutely helped improve my daughter's fitness levels.
 - Move 60 is a great program for these kids! It helped my child self-esteem and fitness levels and gave our family more routine. We loved it.

Move 60! Program Community Events 2014-15

In addition to school-based activities, the *Move 60!* program partnered with several different organizations to provide six community-based events throughout the 2014-15 school year. The purpose of the community events is to expand the reach of *Move 60!* and include families and community members not directly enrolled in *Move 60!*. The goal of the community events is to encourage healthy lifestyle choices, provide opportunities for families to be active together, and to educate parents, students, staff, and the community about the health benefits associated with proper nutrition and regular exercise.

The following community-based events were held during the 2014-15 school year as part of the *Move 60! Program*.

“Pumpkin Run”

Mountlake Terrace High School

Wednesday, October 29, 2014, 4:00 pm

- 1/2 mile and 1 mile Fun Run for students in grades K-6
- Partnership/collaboration between Edmonds School District Cross Country teams and *Move 60!*
- Attendance – approximately 90 runners

“Whole Foods Health Fair”

Whole Foods Market

Saturday, January 17, 2015, 1:00-5:00 pm

- *Move 60!* sponsored interactive booth with activity challenges for attendees (jump rope, cupstacking)
- Attendance – approximately 200 people

“Parents as Partners Early Learning Collaboration”

Beverly and Lynnwood Elementary Schools

January 15, 2015 and Thursday, May 21, 2015, 6:00 pm-8:00 pm

- Lead activities for preschoolers and their parents/caregivers
- Demonstrated ways for families to be active together and increase school readiness

- Partnership/collaboration between Edmonds School District Early Learning Department and *Move 60!*
- Attendance – approximately 50 people each session

“March Mile”

Edmonds-Woodway High School

Friday, March 6, 2015, 4:30 pm

- 1 mile Fun Run for students in grades K-6
- Partnership/collaboration between Edmonds School District Cross Country teams and *Move 60!*
- Attendance – approximately 100 runners

“Health and Fitness Expo”

Edmonds District Stadium

Saturday, May 16, 2015, 9:00 am – 12:00 pm

- Expo featuring 60 health and wellness exhibitors and vendors involving wellness, fitness, nutrition, and recreation
- Activity sessions for families including a soccer skills clinic, lacrosse skills clinic, and cheerleading clinic, Obstacle Course, NEOS activity, and Bicycle Rodeo
- *Move 60!* Fun Run, 1.2 mile cross country course for children up to grade 5. All participants received a t-shirt and ribbon. Approximately 80 runners.
- *Move 60!* Middle School Invitational, 2.2 mile cross country fun run for grades 6-8. All participants received a t-shirt. Approximately 30 runners.
- Partnership/collaboration between City of Edmonds, Swedish/Edmonds, and *Move 60!*
- Attendance – approximately 500 people

“GayLynne Ullerich Extravaganza Bike Rodeo”

Seaview Elementary

Saturday, June 6, 2015, 10:00 am-1:00 pm

- Collaboration between Seaview Elementary School, Madrona K-8 School, Cascade Bicycle Club, and *Move 60!*
- Helmet fitting and giveaway by Cascade Bicycle Club

- Bicycle Rodeo course allows riders to practice specific bicycle riding safety skills, including dodging obstacles, scanning over the shoulder, slalom, yielding to traffic, and others.
- Attendance - approximately 100 people

January 2016 Marketing Report

Verdant Healthier Community Conference

- Scheduled at the Lynnwood Convention Center on Monday, Feb. 29, 2016 (Leap Day)
- Sponsors are: Premera (Gold level), Everett Clinic and Harbor Square Athletic Club (Silver level), Ash Consulting, Aukema & Associates, Edmonds Community College, the Herald (in-kind), Molina Healthcare, Puget Sound Kidney Centers and Walgreens (Bronze level)

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 Dr. Wendy Sue Swanson , Executive Director of Digital Health at Seattle Children's Hospital, Pediatrician, Author of <i>Mama Doc Medicine</i>		
	Interest Tracks		
	Healthier Me & My Family	Healthier Workplace & Group	Healthier Community
9:45-10:35 a.m.	How Best to Advocate for Your Health -Dr. Ginger Blakeney, Edmonds Family Medicine -Martha Peppones, Senior Services of Snohomish County -Dr. Michelle Sinnett, Swedish Edmonds -Facilitator: Marcy Shimada, EFM	Creating a MOVE MORE Culture -Gail Buquicchio, ND, Core Chiropractic and Wellness -Rickie Lee Marker-Hoffman, Everett Public Schools	Part I: Building a Healthier Community to Support Health and Wellness -Marielle Harrington, City of Lynnwood -Sarah Olson, City of Lynnwood -Carrie Parker, Snohomish Health District
10:50-11:40 a.m.	Healthy Food Choices -Megan Ellison, RD, Swedish Edmonds -Adam Pazder, RD, Swedish Edmonds	Supporting Someone in Need: Strategies & Resources -Sheryl Copeland, Shoreline Community College	Part II: Interactive Session: How Do We Improve Physical Environment and Policies? -Marielle Harrington, City of Lynnwood -Sarah Olson, City of Lynnwood -Carrie Parker, Snohomish Health District

11:55 a.m. - 1:10 p.m.	Lunch Keynote Verdant Health Commission Staff		
1:25-2:15 p.m.	Building Resiliency in Teens - Marjie Bowker and student, Scriber Lake High School - Ashley Dawson, Mountlake Terrace High School	Executive Tell-All - Emmett Heath, Community Transit - Jim Messina, Premera - Ben Roland, Walgreens - Facilitator: Carl Zapora, Verdant	Medical & Social Services Working Together to Improve Health - Robin Fenn, Snohomish County Human Services - Katie Parker, Mercy Housing - Tom Sebastian, Compass Health - Facilitator: Peter Adler, Molina Healthcare
2:30-3:20 p.m.	Increasing Individuals' & Families' Physical Activity - Carrie Hite, City of Edmonds - Lynette Monpas, YMCA of Snohomish County - 1 panelist TBD: Person who embraced fitness - Facilitator: Scott Washburn, YMCA of Snohomish County	Stress: How Do We Manage It? - Marni Port, Parent Trust	Achieving Health Equity - Vicky Breckwith Vazquez, UW Bothell - Sandra Huber, Lutheran Community Services NW - 1 panelist TBD: Promotora / Spanish-speaking Community Health Worker
3:35-4:15 p.m.	Afternoon Keynote Panel Facilitated by Master of Ceremonies Bob Drewel Jenni McCloughan and Student , Edmonds School District Dave Young , Vivacity/Premera Blue Cross Carl Zapora , Verdant Health Commission		