

Kansas Health Foundation • 2005 Annual Report

# Build **From** Birth

Early Learning Creates a Life of Possibility.



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TOTAL ASSETS: **\$483 million**

TOTAL GRANTS APPROVED: **\$26 million**

TOTAL GRANTS PAID OUT: **\$23 million\***



\*This includes awards made in previous years but paid out over a number of years, as well as operating expenses and other costs associated with administering the grant programs.

“What do you want to be when you grow up?” The answer doesn’t depend on the child. It depends on you. On us. On every adult who cares for the well-being of Kansas children. Between birth and age five, the critical years of brain development, a child’s potential can be set free. Or it can be locked away. Children who are raised in a stimulating, loving environment, especially in the very early years, can grow up to be or do anything they wish.

*A doctor. An artist. A ballplayer.*

Or professions that may not even exist yet. The possibilities are as endless as a child’s imagination. This flipbook illustrates the boundless potential that lies within a child who has been nurtured intellectually, emotionally and physically. Have fun with it. Share it with a child. Learn what a parent or any loving adult can do to help launch a future astronaut, create an artist or grow a farmer. See what different combinations you can make. **See just how far a child can go.**

# President's Letter

We've all asked children, "What do you want to be when you grow up?" And we delight in their answers. An astronaut. A truck driver. A ballerina. A kitty doctor. A movie star. It's not just the conviction and enthusiasm with which these responses tumble out, but it's the innocence they convey. For a three-year-old, all things seem possible. And they should.

Adults, of course, realize career choices may change many times as we grow up and learn more about the world and our place in it. We're also aware of another truth: Each decision we make, each step we take, moves us along a path, carrying us toward our vision.

As a private philanthropy dedicated to improving the health of all Kansans, the Kansas Health Foundation cares about the dreams of children. In fact, we often dream about the children of Kansas ourselves. We dream of Kansas children growing up to be healthy

and happy, to be tolerant and thoughtful, to contribute to society. What the children of Kansas become determines what Kansas becomes. Today's children are the stewards of future generations.



This year's annual report reflects our growing emphasis on early-childhood development and its critical importance to future health and success. It also highlights our prevention-focused approach and long-range view of problems and their solutions. By focusing on early brain development, we help make the most of these life-defining years. They're like building blocks. Stack them right, and they can lead to a healthier adulthood. This elevates us all.

We're committed to making Kansas the best state in the nation to raise a child. A new 20-year strategic plan and lessons learned from our 20-year history guide our efforts. A strategic, proactive grantmaking approach ensures that everything we do advances this goal. In November 2005, we announced a major new initiative: the Kansas Leadership Center, opening in 2007. We don't know what challenges tomorrow will bring, but it will take people with vision and leadership to solve them. It will take today's three- and four-year-olds. Join with us in identifying, nurturing

and celebrating the potential in each child. The budding artist. The baseball slugger. The stargazer. The future Kansas leader. Use the accompanying flipbook for activity ideas and as a dialogue generator. Ask, "What do you want to be when you get big?" Then, truly listen. Your interest in a child can make all the difference.

Marni Vliet, President & CEO



Give an infant a crayon and what does he do? He scribbles. Marks. Colors. A child is a natural-born creator. Painting and drawing are the first steps toward learning to communicate. They allow children to express their feelings before they have the words to do it. If you give your child opportunities to create, you'll create a lifelong appreciation of art.

Visit an art museum, take your child and bring a sketchbook for your little **artist**. Check out art books from the library. Show her examples with vivid colors and bold shapes; watch her respond.

Artistic inspiration can strike anytime. So always have an easel set up somewhere, with plenty of markers and paints. You can schedule time for drawing – and just let it happen naturally. The trick is to make it as easy as possible for your child to create something. Here are some other tips to make painting and drawing even more fun:

Set up an easel outside on a nice day so your child can draw an interesting leaf, flower or even a bug!

Put on some favorite music. Ask your child to paint a picture about how the music makes him feel.

Choose a wall to create a gallery of your child's art. Make a big deal out of it! Artists love praise.



Hand a toddler a ball and look out! She instinctively knows what to do. Bouncing or tossing a ball, playing games, or simply running and jumping builds coordination, encourages physical fitness and provides bonding time with parents or caregivers. So get the ball rolling. You could be writing her ticket to the big leagues.

Here's an energetic rhyming game you can act out with your future **athlete** to get him on his feet. Billy, Billy, jump up and down, spin all around. Billy, Billy, act like a clown, now sit back down.

To encourage physical activity in a toddler, you don't need elaborate equipment. Just create the opportunity and provide plenty of space. The child will do the rest:

**Push and pull toys.** Cars and trucks (especially with sound effects) help a toddler move around, exercising his body and his imagination.

**Balls.** Have plenty on hand in a variety of sizes. Throwing, rolling, catching and fetching balls will develop hand/eye coordination and agility.

**Crawling games.** Excellent for large muscle development. To get started, cut out the sides of a large cardboard box, creating a playhouse she can crawl through.

**Tricycle.** Two- to three-year-olds are ready for this childhood classic. Wonderful for developing leg muscles and coordination.



The night sky fascinates a child. The man in the moon. The twinkling of the stars. There's so much to engage a young, developing mind. Sing "Star Light, Star Bright." Read "Goodnight Moon." Share a picture book about the planets. The love of the night sky can begin early. Who knows how far a child might explore?

A children's science museum is a wonderful place to nourish the imagination of a future **astronaut**. Or a scientist. Children as young as toddler-age will respond to the many things to do and see.

Even a small child can grasp the basic shapes of the constellations. Help her find these easy-to-understand constellations in the night sky and explain the shapes.

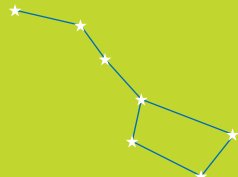
**The Little Dipper.**

The north star, Polaris, rests at the very end of the dipper's "handle."



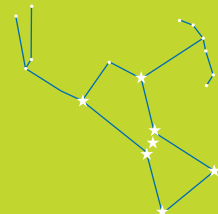
**The Big Dipper.**

The two stars at the end of the dipper are the "pointer" stars. They form a line that points to Polaris in the Little Dipper.



**Orion.**

The hunter is easily found by looking for the three stars that form his belt.



Children are natural chefs. They love to pour. To stir. To measure and mix. Preparing food helps develop motor skills. Measuring with spoons and cups helps build basic math skills. Following a recipe fosters attention to detail. All forging vital connections in the mind of a child.

Who knows? You may be cooking up a future chef in your kitchen.

You can build cooking skills even before a toddler can walk. Sit your child on the kitchen floor where she can safely play **chef** with measuring spoons and cups. After all, cooking should be fun!

You and your three-year-old should make this granola recipe together.

#### Great Granola

4 cups old-fashioned oats  
1-1/2 cups sliced almonds  
1/2 cup packed light-brown sugar  
1/2 teaspoon salt  
1/2 teaspoon ground cinnamon  
1/4 cup cooking oil  
1/4 cup honey  
1 teaspoon vanilla  
1-1/2 cups raisins

1. Adult preheats oven to 300°. Child mixes the oats, almonds, brown sugar, salt and cinnamon in a bowl. Adult warms the oil and honey in a saucepan. Stir in vanilla. Pour liquid over the oat mixture. Stir gently.  
2. Spread granola in a baking pan. Adult does the rest: Bake 40 minutes, stirring every 10 minutes. Cool completely. Stir in raisins. Seal granola in an airtight container.



We've all heard the phrase "Any child can grow up to be president."

It's true. Any child can live to her fullest potential given the right encouragement and love. Any child can be president. Or a scientist.

A maestro. A business owner. Anything she wants to be. The question is:

Will we create the right environment to build a child's mind?

What do a kid and a **politician** have in common? They both love to be on camera! To develop your child's language skills, ask him to perform his favorite song for the camera. Then play it back!

Toddlers are natural communicators, even when they don't know many words (And those may be hard to understand!). Here are some ways to get your toddler talking:

Read his favorite, most familiar story. Then pause occasionally so he can fill in the blanks.

Include her in family discussions. Deciding what color to paint the bathroom? Ask your toddler what colors she likes.

Before bedtime, ask your child to tell you about his day. Make it simple by asking specific questions.



A farmer plants a seed and carefully tends it to maturity. Just as adults must do with the minds of children. There's no better place to nourish a child than outdoors. Kids love to play in the dirt! Teach a child how farmers rely on water, sun and nutrients to grow the food we eat. Teach him how to plant a seed. Get messy! Grow your own future farmer.

Start building a child's respect for Mother Earth by helping her plant a kid-friendly garden. Plant easy-to-grow carrots and tomatoes to make gardening fun and easy for your sprouting **farmer.**

There's nothing as kid-friendly as a homegrown Kansas flower garden. Here are some fun choices that will excite young gardeners:

**Balloon Flower**

Before the petals open, these flowers are round, like a balloon. It blooms in early summer and likes sun with a little shade.

**Lamb's Ear**

The leaves are soft and wooly, just like a lamb. Plant them where they'll get sun and some shade.

**Sunflower**

Every Kansas kid should try these fast growers. Plant them in a sunny spot after last frost. Some can grow 10 feet tall!



Before a child can understand the world, he must understand his own body. To know that he can create with his hands. Run with his legs and feet. The more a child interacts physically with the world, the more connections are made in the brain. So help your child build a healthy body. It will take him far.

Teach your future **doctor** this song: Head, shoulders, knees and toes. Knees and toes. Two eyes, two ears, a mouth and a nose. Head, shoulders, knees and toes. Knees and toes.

Role-play with your child, before you take her for a checkup to the doctor:

- Tap her kneecap to test her reflexes.
- Listen to her heart and lungs with a toy stethoscope.
- Let her give a doll a checkup. Listen to its "heart." Look in its "ears."
- Let your child apply her own adhesive bandage on a pretend "ouchie."
- Weigh her and measure her height.
- Use a mini-flashlight to look at her throat and ears.



When a young child hears the loud siren and sees the flashing lights of a fire truck, it can be scary. It's also a chance to spark a child's imagination. Talk about what the fire department does and what an important job it has. How water puts out a fire. Don't forget the Dalmatians! Is it any wonder that most little kids want to be firefighters?

Every kid should meet a **firefighter**. So make a call. Most firehouses give tours for children's groups. Kids as young as three should learn basic fire safety tips. See the tools and gear firefighters use. Woof!

Here's a fun song to sing with your child the next time a fire truck goes speeding by (Sing to the tune of "Ten Little Indians"):

Hurry, hurry, drive the fire truck.  
Hurry, hurry, drive the fire truck.  
Hurry, hurry, drive the fire truck.  
Ding, ding, ding, ding, ding.

Hurry, hurry, squirt the water.  
Hurry, hurry, squirt the water.  
Hurry, hurry, squirt the water.  
Ding, ding, ding, ding, ding.



# About The Foundation

The Kansas Health Foundation is a philanthropy dedicated to improving the health of all Kansans. The Foundation's largest growth came from the sale of Wesley Medical Center in 1985. First known as Wesley Foundation, it was renamed Kansas Health Foundation in 1991. Today, the Foundation's assets total \$483 million with approximately \$23 million paid out annually.

## How Does The Kansas Health Foundation Make Decisions About Funding?

Using a proactive, strategic grantmaking approach, the Foundation seeks opportunities to invest its resources in people and projects that meet its mission within a framework of four categories: Policy, Public Health, Leadership and Children's Health. The Foundation becomes a partner with its grantees to achieve the vision of improving the health and lives of Kansans.

The Kansas Health Foundation follows the basic tenets of philanthropy, which are to make change possible and improve humankind. As a result, the Foundation takes a long-range view, investing where the most good can be done for the greatest number of people.

The Foundation invests its assets in fiscally responsible ways so the funds may be used in perpetuity for future generations of Kansans.

The Foundation's strategic plan is designed with input from the people of Kansas using epidemiological data, focus groups and community visits. Grantees, public leaders, community citizens and experts from inside Kansas as well as from outside the state all help shape the plan.

## The Foundation Targets Its Grantmaking In Two Ways:

By working with established systems in the state, such as state and local health departments, universities and school districts.

By working with communities, where diverse voices and organizations together can tackle complex health problems.

## How Are Grant Applications Processed?

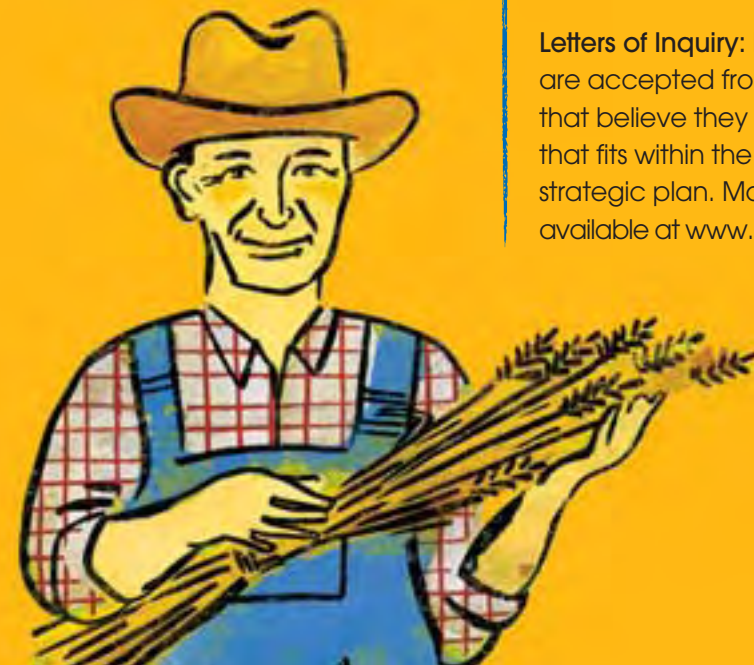
**Strategic Initiatives:** The Foundation develops major initiatives and, with partners, implements them to achieve the goals of its long-term strategic plan. This proactive approach generally is accomplished in one of two ways.

The Foundation may issue a request for proposal, whereby an announcement is sent to an identified group of organizations that then respond based on their interest and ability. Or the Foundation may use an invited proposal process, in which a single organization is invited to apply for funding based upon an identified need. Very few unsolicited requests are funded.

## How Are Unsolicited Requests Considered?

**Recognition Grants:** This competitive grants program is open to any nonprofit organization doing innovative work that fits within the Foundation's mission to improve the health of all Kansans. More information and an application are available at [www.kansashealth.org](http://www.kansashealth.org).

**Letters of Inquiry:** Letters of inquiry are accepted from organizations that believe they have a program that fits within the Foundation's strategic plan. More information is available at [www.kansashealth.org](http://www.kansashealth.org).



# 2005 Strategic Highlights



## Policy

We work to provide the information and skills necessary for elected officials and engaged citizens to make effective decisions.

In the policy arena, our efforts help ensure that leaders and policymakers have accurate, adequate and readily accessible information, which is critical for informed decision-making on issues affecting Kansans' health. For instance, 85 percent of a child's brain structure forms during the first few years of life yet only 2.25 percent of state and federal education funding is dedicated to young children. When policymakers have such facts at hand, we believe information like this will help them make informed decisions.



## Public Health

We work to strengthen and connect the critical components of the public health system, educate Kansans about public health, and address health issues in the state.

In order to make changes that lead to a healthier lifestyle, people need to understand the direct connection between poor health habits and disease. In an upcoming major media campaign, we'll emphasize some simple advice: Eat better and exercise more. We're hoping for profound results, including a reduction in obesity-related medical problems. Another new campaign stresses the vital importance of informing the public about health issues. Public health efforts over the past century have helped increase life expectancy by 30 years. What Kansans know about health directly affects their health decisions.



## Leadership

We work to nurture leaders who engage individuals, mobilize communities and transform organizations.

Common sense dictates and research confirms that the extent to which people have strong relationships, support and trust in others, and engage in community activities has a profound effect on community health. We're designing a study to determine the level of social capital in Kansas, both to guide leaders' efforts to improve social capital and to establish a baseline to monitor how we're doing. We've also taken a major step toward the ongoing development of strong Kansas leaders by establishing the Kansas Leadership Center, scheduled to open in 2007. It will serve to build the skills and the resources needed for individuals to make change possible in organizations and communities across Kansas.



## Children's Health

We work to create an environment that puts children first so they can grow up to be healthy, tolerant, thoughtful and contributing adults.

To ensure that all Kansas children enter kindergarten ready to learn, we're working to increase awareness of the importance of early brain development. We're funding a study that will help us wrest maximum benefit from our work in this area and will launch a campaign that includes print, broadcast and interactive media. We're partnering with schools, child-advocacy groups, mentoring programs, government entities, community leaders and others. Our efforts are designed to make sure Kansas children enter school ready to succeed.

# Financials

## KANSAS HEALTH FOUNDATION Balance Sheet (\$000's) December 31, 2005 (Unaudited - accrual basis)

Assets	
Cash and investments (Note 1).....	\$476,834
Receivables.....	1,103
Other assets.....	4,665
	<u>\$ 482,602</u>
Liabilities and Net Assets	
Liabilities	
Payables, accrued expenses and deferred taxes .....	2,038
Grants payable (Note 2) .....	7,881
	<u>9,919</u>
Net Assets .....	472,683
	<u>\$ 482,602</u>
Commitments	
As of December 31, 2005, the Foundation had made grant commitments (in excess of grants payable) totaling \$66,290,000.	

## KANSAS HEALTH FOUNDATION Statement of Revenue, Expenses and Changes in Net Assets (\$000's) Year Ended December 31, 2005 (Unaudited - accrual basis)

Revenue	
Investment income.....	\$8,229
Net realized and unrealized gains on investments .....	29,334
Investment management expenses.....	(2,067)
Other income.....	272
	<u>35,768</u>
Program grants	
Grants approved (Note 2) .....	25,987
Grant refunds/write-offs .....	(118)
	<u>25,869</u>
Operating expenses	
Charitable activities and grants administration (Note 2) .....	3,099
Excise taxes and other expenses	457
	<u>3,556</u>
Increase in net assets.....	6,343
Net assets, beginning of year .....	466,340
Net assets, end of year.....	<u>\$ 472,683</u>

## KANSAS HEALTH FOUNDATION Statement of Grants Paid and Disbursements for Charitable Activities and Grants Administration (\$000's) Year Ended December 31, 2005 (Unaudited - cash basis)

Grants paid in 2005 (Note 2).....		\$19,893
Disbursements for charitable activities and grants administration (Note 2) .....		3,209
		<u>\$23,102</u>



## KANSAS HEALTH FOUNDATION Notes to Financial Statements Year Ended December 31, 2005 (Unaudited)

### (1) Cash and Investments

Cash and investments are presented at estimated fair value in the accompanying financial statements. A summary of cash and investments follows:..... (\$000's)

Cash and cash equivalents..	\$ 8,756
Fixed income investments.....	111,408
Equity investments .....	356,670
	<u>Total cash and investments... \$476,834</u>

### (2) Grants and Disbursements for Charitable Activities and Grants Administration

The Foundation prepares its financial statements on the accrual basis of accounting. In the accompanying financial statements, grants awarded are recorded as expenses and liabilities on the date grant contracts are executed, even though grants may be paid out over a number of years.

Disbursements for charitable activities and grants administration include an allocation of operating expenses associated with administering the Foundation's grants program.

# Principles

The Kansas Health Foundation is a private philanthropic organization dedicated to improving the health of all Kansans. We believe in people. By working with others, we can make a difference in the health and lives of Kansans.

As a philanthropy, we have both a privilege and a responsibility to engage in the strategic business of grantmaking with the ultimate purpose of improving humankind. We are an independent voice, responsible to the people of Kansas.

We pledge to be mindful of our financial resources and to be good stewards in the allocation of these funds for work that benefits Kansans. Our resources, both human and financial, will be used in long-term,

systematic ways that result in the improved health status of Kansans.

We will strive always to be better grantmakers by listening and by bringing people together around a common vision for a healthy future. Our commitment is to provide leadership, and leadership opportunities, so the people of Kansas can continue to be proud to call this state their home.

We are motivated in our work by the potential of future generations. The children of Kansas should be able to achieve their full potential, to grow up to be healthy, caring, thinking, tolerant, resilient and contributing adults. Above all, we pledge to do our work in ways that allow us to be good ancestors for generations to come.

**“Our work to improve the health of all Kansans has led us to give special emphasis to early-childhood development. Today’s children and the choices they make growing up will directly affect the quality of their own lives – and of Kansas.”**

— Kermit Wedel, M.D., Chair, Board of Directors, Kansas Health Foundation

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**Kansas Health Foundation**

Dedicated to Improving the Health of All Kansans

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