



We all know that experiences help shape our lives – our perspectives, values, personalities, habits and decisions. Healthcare Foundation of Wilson is committed to helping our community create positive, new experiences that will have a lasting impact on the health and wellness of the greater Wilson community.

In many cases, the grants we provide enable families and youth to do something they never would have otherwise.

WE APPLAUD OUR GRANT RECIPIENTS FOR EXPANDING THEIR WORK TO MAKE A DIFFERENCE WITH NEW, HEALTH-FOCUSED PROGRAMS AND SERVICES THAT CAN BE LIFE CHANGING FOR PARTICIPANTS.

Since 2016, our grant funding has supported innovative efforts to address Wilson's greatest health challenges, which include obesity, adolescent pregnancy, STDs, and alcohol and substance abuse among our youth. We've provided more than \$4.4 million to support grantees in giving residents, especially our youth, opportunities and support to help guide them toward healthy choices.

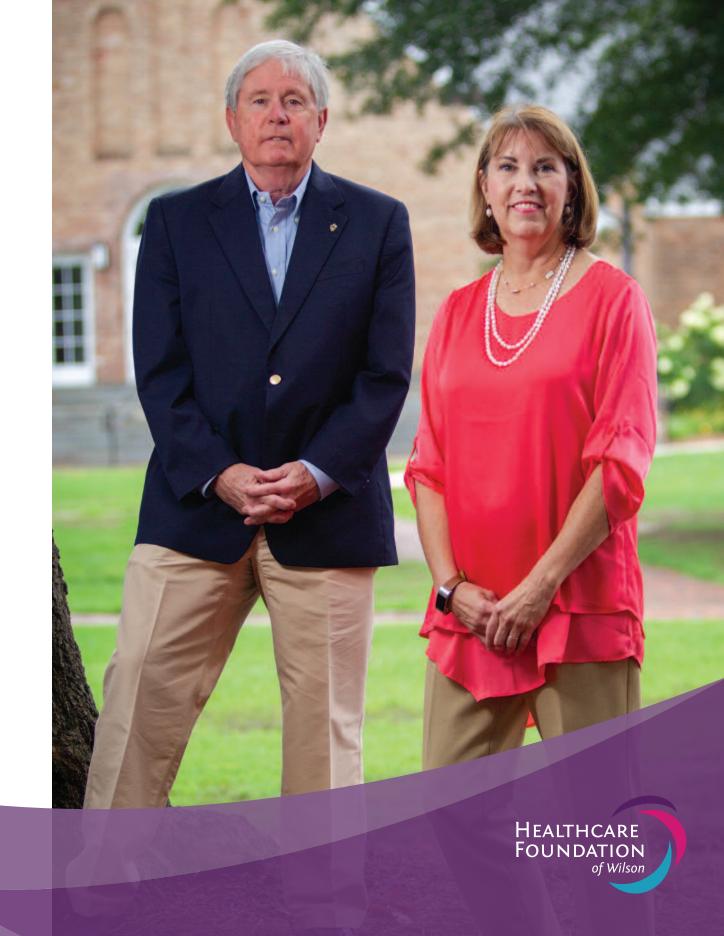
We remain focused on prevention and proactively support community initiatives that provide important experiences with promising outcomes to truly make a difference in the health and wellness of Wilson. Our board of directors is also committed to increasing our investments in strategic initiatives with the greatest potential to positively influence Wilson for generations to come.

Together with our partners, we are encouraging collaboration, exploring possibilities, energizing communities and empowering individuals.

VANCE FORBES
Board Chair

DENISE O'HARA

Executive Director



OUR INVESTMENTS IN THE community.

As our community collaborates to address some of our greatest health challenges, we continue to provide grants and other resources to support nonprofits, government and academic institutions as they seek innovative solutions.

Our grantmaking program is a deliberate investment in sustainable, high-impact educational programs and health services, and we seek evidence-based approaches with a focus

on positive outcomes in one or more of the following areas of health concern:

Adolescent Pregnancy • Alcohol and Substance Abuse • Obesity • Sexually Transmitted Diseases

2018 HEALTHCARE FOUNDATION OF WILSON GRANT RECIPIENTS

\$426,000

Expand a wellness program that utilizes an integrative medicine approach to prevent and reduce obesity in employees, students and the greater Wilson community, with a focus on at-risk individuals. The personalized model addresses underlying causes of disease and empowers participants to take an active role in their own health in order to make lasting health changes. Allied health students also receive training focused on modifiable lifestyle factors that impact obesity, including nutrition, exercise and physical activity, sleep and relaxation, and stress management.

BOY SCOUTS OF AMERICA EAST CAROLINA COUNCIL

\$25,375

Build on existing substance abuse and obesity prevention efforts to help youth in the greater Wilson area. Funding supports challenges to increase physical activity and improve eating habits. The grant also provides support for a STEM multicultural outreach program and education about the dangers of misuse of over-the-counter medications and illegal drug use.

IMAGINATION STATION

\$25,000

Support for the expanded use of Body-ology philosophy and equipment that was funded by a previous grant. The museum is providing access and programming for participants in the SPOT'S MOVE program, and the grant expands family access with the development of a fitness club. Fit club members receive a Bodystat analysis, monthly meetings with a personal trainer, special times for use of equipment, and family-friendly health and wellness programs.





\$10,000

Support for the continuation of FAN (Fitness and Nutrition) Camp for students at The SPOT and an additional Open Water Scuba certification camp. The camp models engage youth in hands-on learning, team building skills, and healthy nature-based and STEM-focused activities such as swimming, snorkeling, a try-scuba diving program, water quality testing, nutrition scavenger hikes and cooking demonstrations.

MENTAL HEALTH
AMERICA OF
EASTERN CAROLINA
\$35,000

Continue a previously funded Peer Navigator program in Wilson County. This program provides a supportive environment so clients who suffer from substance use are less likely to return to hospitals, emergency rooms or jails. The focus is on increasing the number of clients who receive services, more outreach to the community, and the addition of STD prevention education.

SALVATION ARMY BOYS & GIRLS CLUB OF WILSON \$9,897

Implementation of a program to help provide a culture of wellness that encourages children and teens to make healthy decisions. Goals include increasing daily physical fitness activities and nutrition knowledge with hands-on education about how vegetables are grown. The focus is on both prevention and an increased understanding of emotional health and well-being.

THE SPOT \$30,000

Continue Triple Play the SPOT Way for all members and parents with the addition of the national program BORN TO MOVE. Building on the success of a STEM program that was funded in 2016, the SPOT is providing the program to additional participants and working to increase parent engagement. Family fitness events include creative opportunities for families to play and learn together with an emphasis on healthy behaviors and choices.

WILSON COUNTY 4-H

\$5,000

Fund middle school and high school 4-H youth to study health disparities in Wilson and help bridge the gap between low-income families and healthy living. The project includes creation and leadership for health and fitness classes and the development of a fitness app to connect community members to healthy resources.

WILSON COUNTY DEPARTMENT OF SOCIAL SERVICES \$150,000

Implement phase three of a countywide Eat Smart Move More plan. Grant funding supports a focus on healthy eating and emphasizing key behaviors, including eating more fruits and vegetables, consuming right-sized portions, and eating at home more. Community education on nutritious, healthy meal planning is also provided.

WILSON COUNTY HEALTH DEPARTMENT

\$5,000

Provide syringe exchange kits for the Wilson County Syringe Exchange Program. The focus of the grant project is to develop relationships with participants in order to provide encouragement and assistance with entering a rehabilitation program. Funding also supports testing for participants and the prevention of syringe reuse to help reduce diseases associated with substance abuse. The City of Wilson Police and the Wilson County Sheriff's Department are project partners with the Wilson County Health Department.

WILSON COUNTY HEALTH DEPARTMENT \$10,515

Support adolescent pregnancy prevention. The funding covers the cost of long-acting, reversible contraceptive devices to prevent unintended pregnancies with a goal of increasing the socio-economic potential of young women in our community.

WILSON COUNTY HEALTH DEPARTMENT

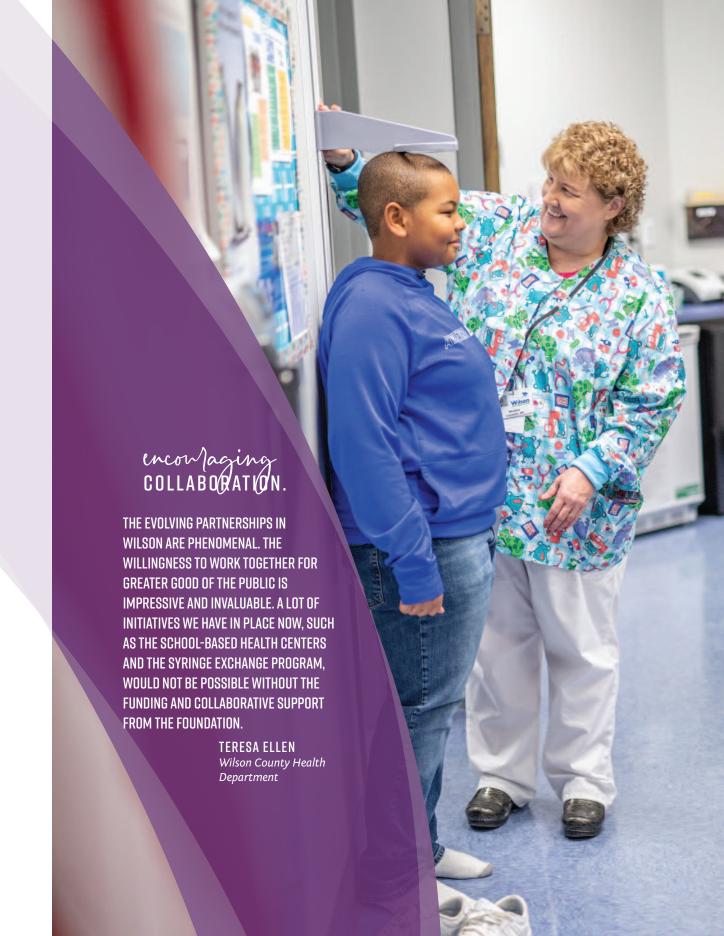
\$30,000

Provide counseling for clients in need of follow-up support after substance abuse detox. Services include assisting patients with getting counseling and support needed to live a drug-free life, and connecting clients to needed community resources.

WILSON COUNTY HEALTH DEPARTMENT

\$175,000

Expand the school-based health center services for Beddingfield High School students, including Wilson Academy of Applied Technology. Funding also supports the continuation of the health services at Forest Hills as well as the use of telemedicine and a shared provider at both locations. Wrap around services such as health education, nutrition, and social work counseling focus on prevention and life-changing choices. This project is in collaboration with Wilson County Schools and Wilson County Department of Social Services.





WILSON COUNTY PARTNERSHIP FOR CHILDREN

\$75,000

Continue support of the Wilson County Healthy Children Initiative to increase the number of children starting kindergarten at a healthy weight. On-site physical education activities are provided for children enrolled in local child care facilities in Wilson County with the goal of preventing obesity and/or controlling weight gain levels. Related health education is also provided for child care teachers.

WILSON COUNTY SCHOOLS

\$44,000

Provide vegetable/salad bars for students at the three traditional high schools, Wilson Academy of Applied Technology and Speight Middle School. After receiving their entree and fruit in the food service line, students will have the opportunity to choose healthy salad bar and vegetable options to encourage healthy changes in eating habits.

WILSON COUNTY SCHOOLS

\$7,500

Support the continued coordination of MATCH Wellness, (Motivating Adolescents with Technology to Choose Health), which was implemented in Wilson in 2016. This program has been proven to be a successful school-based childhood obesity intervention. The program empowers students to make healthy choices for eating and physical activity through lessons and activities taught in Healthful Living, Science, Math, Language Arts and Social Studies.

CITY OF WILSON POLICE DEPARTMENT (FOR HOPE ALLIANCE INITITATIVE)

\$7,500

Support via a grant to Wilson County Substance Prevention Coalition.

Connect opioid and heroin addicts to vital resources. Grant funding specifically supports the coordinated assistance of substance users who seek help through the police department. The project is a direct response to Wilson's opioid/drug issue and is designed to reduce barriers to treatment and detox. Grant funding assists with application fees for facility placement, detox services, treatment services, and transportation support as needed.

WILSON COUNTY
SUBSTANCE
PREVENTION
COALITION

\$25,000

Continued funding of Wilson's RC3 (Recovery Concepts Community Center) to provide support for young adults, ages 18 to 24, who suffer from substance use disorders. Grant funding supports peer support via a warm line and a program to increase employment, through continued and higher education.

2017 HEALTHCARE FOUNDATION OF WILSON GRANT RECIPIENTS

\$132,000

Support the establishment of a wellness center with cardiovascular equipment, physical therapy equipment, and a Keiser resistance training circuit within Wilson House to help reduce the prevalence of obesity in senior residents. Wilson Family YMCA provides appropriate classes for seniors with a focus on building strength to help prevent falls and enhance quality of life and well-being.

\$185,000

Initiate a wellness program that utilizes an integrative medicine approach to prevent and reduce obesity in employees and students. The personalized model helps address underlying causes of disease and empower participants to take an active role in their own health in order to make lasting health changes.

COMMUNITY CHRISTIAN SCHOOL \$5,000

Implement more active, movement-rich physical education programs to improve the overall physical health and well-being of students in grades K-8. Students are exposed to different forms of physical exercise and activity with the use of new equipment and materials to complement an existing focus on education on healthy living. The goals of the grant include a decrease in the overall body mass index of students.

GREENFIELD SCHOOL

\$28,000

Installation of a walking track and implementation of the MATCH Wellness intervention program for 7th, 8th and 9th grade students through science, health and physical education curriculums. MATCH is an acronym for Motivating Adolescents with Technology to Choose Health. The goal is to help lower overall body mass index (BMI) for the school, offer healthy choices, and prepare students to make better lifestyle choices. Students' improvement is tracked over a full school year.

HOPE STATION

\$45,000

Build on the early successes of projects launched in 2016 to increase its provision of healthier foods for people with low incomes. The grant supports participation in a project that involves receiving a seven-day supply of food in exchange for making healthier choices, participating in monthly nutrition and cooking classes, and monitoring weight, BMI and blood pressure.

INTEGRITY UNLIMITED COMMUNITY DEVELOPMENT CORPORATION

\$50,000

Expansion of a childhood obesity program with the addition of the CATCH (Childhood Approach to Coordinated Health) curriculum, expansion of community gardens, outdoor exercise equipment, a walking trail and a multi-sport outdoor court for community use. Group discussions use Making Proud Choices, an evidence-based program curriculum that integrates teen pregnancy prevention along with HIV/STD prevention. The program also includes community presentations about the effects of drug abuse on the health of individuals and the entire community.

LOVE A SEA TURTLE

\$7,000

Support of FAN (Fitness and Nutrition) Camp for students at The SPOT. The camp model engages youth in hands-on learning, team building skills, and healthy nature-based and STEM-focused activities such as kayaking, trail biking, swimming, snorkeling, try-scuba diving program, water quality testing, nutrition scavenger hikes and cooking demonstrations.

MENTAL HEALTH AMERICA OF EASTERN CAROLINA

\$30,000

Bring a Peer Navigator program to Wilson County and provide support to help transition patients who frequent detention centers, hospitals, emergency departments or treatment centers for alcohol and substance abuse. The program includes face-to-face meetings and phone support after discharge.

SEEDS OF HOPE WILSON \$16,000

Continue VICK GETS FIT 2.0, a school-based initiative designed to reinforce a culture of health and wellness at Vick Elementary School for the 2017-2018 academic year. VICK GETS FIT 2.0 combats the negative influences of poor nutrition and physical inactivity that put students at risk for obesity and prohibit vital learning and improved overall health.

THE SPOT \$50,000

Expand Triple Play the SPOT Way for all members and parents. Building on the success of the STEM program in 2016, increase the program to additional participants and increase parent engagement in family fitness events.

UNITED WAY OF WILSON COUNTY, INC. \$150,000

Work with community partners and participate in national and statewide efforts to expand Service Year Placements. Wilson was named by the Institute of Emerging Issues (IEI) as one of four Service Year NC communities in North Carolina. Placements focus on fighting food insecurity in all at-risk populations, reducing drug and alcohol use, increasing access to fresh produce and vegetables, and other efforts to decrease obesity in our community. Service partners include Barton College, the City of Wilson, Wilson County Health Department, Wilson Family YMCA and the United Way.

WILSON COUNTY DEPARTMENT OF SOCIAL SERVICES \$150,000

Implementation of Phase 2 of the countywide Eat Smart Move More approach with a focus on physical activity, including health education, gym memberships based on need, and healthy rewards for reaching fitness goals. This project expands on and includes the initial core health behavior of drinking more water. To remove the barrier of transportation and provide on-site opportunities for physical activity and health education, this phase focuses on neighborhoods, senior centers and collaboration with local faith partners.

WILSON COUNTY HEALTH DEPARTMENT \$5,000

Provide syringe exchange kits for the Wilson County Syringe Exchange Program and replacement intranasal Narcan® for City of Wilson and Wilson County law enforcement. Funding also supports HIV, STD and Hepatitis C testing offered to participants. The focus of the grant project is to develop a relationship with participants and provide encouragement and assistance with entering a rehabilitation program. The City of Wilson Police and the Wilson County Sheriff's Department are also project partners with the Wilson County Health Department.

WILSON COUNTY HEALTH DEPARTMENT

\$10,000

Support adolescent pregnancy prevention. The funding covers the cost of long-acting, reversible contraceptive devices to prevent unintended pregnancies with a goal of increasing the socioeconomic potential of young women in our community.

WILSON COUNTY HEALTH DEPARTMENT

\$316,000

Continue operations at the Forest Hills school-based health center and begin the addition of work to provide the same health services for students at Beddingfield High School. Collaborative partners include Wilson County Schools and Wilson County Department of Social Services. The school-based health center services include health education, nutrition and fitness education, sports physicals, and counseling for adolescent pregnancy and STD prevention.

WILSON COUNTY PARTNERSHIP FOR CHILDREN \$135,691

Support the Wilson County Healthy Children Initiative to increase the number of children starting kindergarten at a healthy weight. Grant funds support on-site physical education activities, as well as nutritional information and lesson plans for teachers. A physical education and nutrition specialist works with the centers.

WILSON COUNTY SCHOOLS

\$7,500

Support the continuation of MATCH Wellness, which was implemented in 2016 with grant funding and is one of the most successful school-based childhood obesity intervention programs that empowers students to make healthy choices. MATCH is an acronym for Motivating Adolescents with Technology to Choose Health. Grant funds support coordinators within the school system to allow for the most effective implementation practices.

WILSON COUNTY SCHOOLS \$80,000 Funding support for a grant writer to research and submit proposals to receive vital funding for needs of Wilson County Schools, including Healthcare Foundation of Wilson's four areas of focus, which are the prevention of adolescent pregnancy, alcohol and substance abuse, sexually transmitted diseases and obesity.

WILSON COUNTY
SUBSTANCE
PREVENTION
COALITION
\$7,200

Work in collaboration with Wilson County Health Department to provide Narcan® to project partners, including the City of Wilson Police and the Wilson County Sheriff's Department for emergency use. Narcan® (naloxone) blocks the effects of opioids and reverses an overdose. Local law enforcement has indicated that several lives have been saved by having the medicine immediately available.

2017 HEALTHCARE FOUNDATION OF WILSON GRANT RECIPIENTS

WILSON COUNTY SUBSTANCE PREVENTION COALITION

\$157,200

Support for the creation of a Community Recovery Resource Center for Wilson citizens who suffer from substance use disorders. The target population for the center's use is 18 to 24-year-olds. The project includes professional training, vocational assistance and peer support specialists. The center's role includes helping our young adults address substance use, maintain their recovery, increase employment, and improve their quality of life.

WILSON FAMILY YMCA

\$25,000

Establishment of a clinical and community approach for Type II diabetes prevention. Working together, the Wilson Family YMCA and the Wilson County Health Department implemented a diabetes prevention program. The program focuses on changes in body mass and increased, moderate physical activity. Participants in the evidence-based program receive a YMCA membership to facilitate regular physical activity. The program provides a supportive environment where participants work together to achieve a 7% reduction in weight and build up to 150 minutes of moderate physical activity per week.

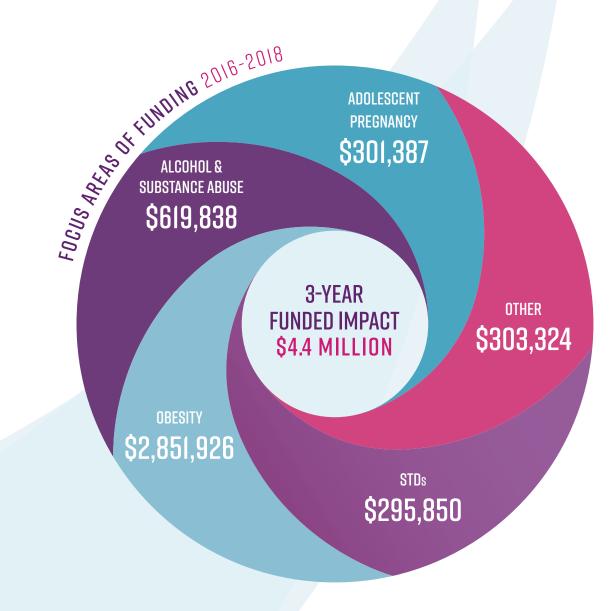
WILSON FAMILY YMCA

\$40,000

Expand reach and increase participation in Girls on the Run for girls in 3rd through 8th grade and the STRIDE running program for boys in 3rd through 5th grade. Both programs help children achieve their fitness and health goals by teaching them to take care of themselves while staying active. Grant funding supports 100 additional participants across both programs, staffing to increase participation, training, updated curriculum and healthy snacks.

WILSON PARKS AND RECREATION \$12,000

Support an exercise program for intellectually disabled school-age children, teenagers and adults. The goals are to provide a place to exercise and reduce or prevent obesity, high blood pressure, diabetes and other health issues. The exercise program focus is on improving the ability to do activities in everyday life situations. Participants also learn about healthy food choices.



2017 - 2018 OTHER FUNDING \$183,513

	2017	2018
Breast and Cervical Cancer	\$40,000	\$40,000
Cancer and Hospice Patients	\$15,876	\$10,696
Chronic Diseases	\$11,609	\$13,599
Elementary School Fitness		\$2,000
Flu Vaccines for the Uninsured	\$3,275	\$4,858
Health & Wellness Medical Needs	\$5,000	\$3,500
Mental Health Counseling	\$7,800	\$15,000
Senior Health Awareness	\$5,000	\$2,000
Special Olympics	\$1,650	\$1,650



