



A Blueprint for Change

 **Health Foundation**
for Western & Central New York
Investing in Better Health for People and Communities



Since our founding in 2002, we have worked closely together with our partners to spark real, lasting change in the health and health care of vulnerable older adults and young children across the communities we serve.

As an independent, private foundation, we have awarded grants totaling **more than \$30 million** to develop and support programs in 16 counties in western and central New York.

We are actively working toward a future where all vulnerable older adults lead a **dignified, independent, high quality life** in their community; all young children impacted by poverty are **physically, socially and emotionally healthy** as they enter kindergarten; and our communities are able to **plan for and meet** the needs of the most vulnerable.

Sparking Lasting Change

We spark lasting change in health and health care across western and central New York with a special focus on older adults, young children and the systems serving them.

Our Work

- Improves the quality of life for the most vulnerable people
- Builds skills and capacity to sustain long-term improvements
- Uses data and evidence
- Reflects innovation and creativity
- Involves working closely with community partners
- Represents an environmental and systems perspective
- Contributes to health care and philanthropic dialogues in the region, state and nation
- Supports effective advocacy and policy change

Our Vision



Vulnerable older adults lead a dignified, independent, high-quality life



Children ages birth to 5 are physically, socially and emotionally healthy



Communities meet the health needs of the most vulnerable

Strategies

› Prevent Falls

› Support Caregivers

› Promote Maternal and Child Health

› Prevent Chronic Conditions: Oral Health

› Support Social-Emotional Health

› Develop Strong Leaders

› Build Organizational Capacity

Outcomes

› Fewer avoidable hospitalizations

› Caregivers take care of themselves and those they care for

› Babies with healthy birth weights

› Better oral health

› Children that are socially and emotionally healthy

› Strong network of health leaders in the region

› Sustainable mission-critical organizations that provide quality services and support

Impact

250 Collaborative leaders, collaborative projects

By 2019, more than 250 leaders will have completed the Health Leadership Fellows program and become part of the Fellows Action Network, working collaboratively to address critical health issues.



Fewer trips to the hospital

In counties that participated in Step Up to Stop Falls, the rate of hospitalization from unintentional falls went from an average of 2,108 per 100,000 residents to 1,762 from 2005 to 2013. The rate across New York State for the same time period stayed roughly the same.

57%
IMPROVEMENT

Stronger social and emotional skills

More than 6,000 children in more than 190 classrooms have improved social-emotional skills through the PEDALS program. Teachers reported a 57% decrease in the number of kids with social-emotional needs.

Healthier teeth

Cavity Free Kids has reached more than 10,000 young children, and Portable Dental Care has served nearly 1,000 kids, between 20 and 40% of whom had never seen a dentist.

10,000+

Our Current Work

Here are a few of the programs we're working on to improve the physical, mental and social well-being of the people and communities we serve:



Aging by Design

We want to find out what is possible when we create solutions with vulnerable older adults and caregivers, rather than for them. So we're using an approach called Design

Thinking to spur innovation and support organizations who serve older adults in designing, testing and implementing new or re-imagined approaches to Triggers of Decline such as falls, medication errors and lack of caregiver support.

Supporting Caregivers

Providing support to caregivers is critical, so we're committed to finding the most effective ways to help caregivers take care of themselves and those they care for. This includes being one of the sponsors of an Institute of Medicine Study on Family Caregiving, listening to caregivers in our communities at focus groups and bringing providers together to start a conversation on how we can provide much-needed support to families caring for older adults.



Falls Prevention

Since 2007, we have invested nearly \$3 million to prevent falls, and we're currently developing new ways that we can help address one of the most critical, and most preventable, triggers of decline for older adults.



CHOMPERS! Bringing Dental Care to Kids

CHOMPERS! is our comprehensive approach to improving dental health that uses two proven programs, Cavity Free Kids and Portable Dental Care, to bring dental education, prevention and treatment to where young children already go, including Head Start classrooms, Universal Pre-K programs and daycares.

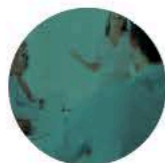


Improving Maternal and Child Health

Our nationally-recognized work to improve the health of mothers and babies living in poverty focuses on supporting improvements to maternal and child health programs and services and connecting women to care, as well as advancing the growth of midwifery practices in our regions.

PEDALS: Positive Emotional Development and Learning Skills

We've partnered with the Peter and Elizabeth C. Tower Foundation to work with early childhood educators on how to use evidence-based social emotional curricula to build kids' social emotional skills.



Health Leadership Fellows

Through this intensive, 18-month program, we've expanded a network of skilled leaders that will learn to lead collaboratively from both within and outside their organization to improve health care for vulnerable older adults and children impacted by poverty.

Organizational Capacity Building

Since 2012, we've provided more than 20 organizations with the financial and expert assistance they need to strengthen their internal infrastructure so they can respond strategically



to the changing economic, policy and regulatory environments and position their organizations for success.

From cavity prevention to caregiver support, our programs strengthen the health care system in western and central New York, bolster community supports, promote education and encourage behavior change.

But we could not meet our goals without our partners—the people and organizations that we work with to tackle the complex problems affecting our communities.

We're all in this together.

While the environment we live in continues to change around us, we will continue to focus on what we can do with our partners to make a difference in the health of young children and older adults across our regions.

For important information about funding opportunities, RFPs, grants, projects, news and events, sign up for our email list at HFCWNY.org



