Annual Report
FY 2018

“Empowering People to Live Healthier Lives.”
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Hult Center for Healthy Living gladly shares our 2018 Annual Report. We opened our doors to the community in 1990 serving the health education needs of children of all ages. In our ongoing efforts to meet the health education gaps in the community, we welcomed the Cancer Center for Healthy Living programs in 2011 and Mental Health of America in 2013. These merges allowed Hult Center to expand our programs to address the health education needs of adults. In 2014, Hult Center proudly joined UnityPoint Health of Central Illinois which allows our reach to go even further. Our focus continues to provide health education programs and services to meet healthcare gaps identified by the Community Health Needs Assessment of the Tri-county area. To better focus our efforts in population health, we streamlined our four pillars of service into two pillars – Youth Health and Adult Health.

We are extremely proud to share our 2018 accomplishments! You will read in this report about equipment purchases and program changes that have allowed us to come closer to meeting our goal of becoming a “Premier Health Education Center.” Hult Center for Healthy Living “empowering people to live healthier lives.”

Sincerely,

Andrea Parker, RN, MS
Executive Director
Financial Highlights

Revenue

- 70% Programs
- 24% Fundraising & Special Events
- 5% Contributions & Donations
- 1% Other

Expenses

- 83% Program Service Expenses
- 17% Management & General Expenses
- 1% Other

Fundraising Events

Event Attendance

- Mike Seneca Golf Classic: 60 attendees
- Whitney’s Walk for Life: 1,100 attendees
- Lobster Boil: 305 attendees
- Uncorked!: 460 attendees

$6,450 increase in total sponsorships of Hult Center events
Youth Department

Our Reproductive Health Program, targeted at school aged students, received national recognition from the National Public Health Association and American School Health Association. Hult Center Staff were invited and presented at these national conferences.

12,603 duplicated students taught at Hult Center through in-house programs

30,634 duplicated students taught at schools through outreach programs

51,466 TOTAL students served by our youth health education programs

8,000+ students educated in QPR (Question, Persuade, Refer) and Youth Mental Health Matters, Hult Center’s youth suicide prevention programs

1,142 students ages 3-12 were empowered to make healthy choices through our Healthy Heroes summer program.

In order to focus on reducing the community’s high rates of obesity, the Healthy Heroes program adapts its education and behavior skills through the implementation of the evidence-based CATCH (Coordinated Approach to Child Health) program. In 2018, 100% of measured participants increased their heart rates through physical activities and engaged in Moderate-to-Vigorous Physical Activity (MVPA) at least 50% of the time during the program. In addition, 100% of measurement participants demonstrated knowledge gain for health improvement in regards to topics discussed during programming. These outcomes have exceeded our benchmarks of 85% (knowledge gain) and 65% (positive behavior change).
This year was an exciting year for the Adult Department, as the National Diabetes Prevention Program received National Recognition from the Centers for Disease Control and Prevention (CDC). We also added a Styku Body Scanner and Point-Of-Care Hemoglobin A1C machine to the program.

**Adult Program Attendance**

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Numbers</th>
</tr>
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<tbody>
<tr>
<td>2,648 counseling sessions with individuals with a cancer diagnosis and caregivers provided by our Licensed Clinical Professional Counselor at no cost</td>
<td>2,745</td>
</tr>
<tr>
<td>622 massage therapy sessions provided by our Certified Oncology Massage Therapists to those with a cancer diagnosis, survivors, and caregivers</td>
<td>622</td>
</tr>
<tr>
<td>2,745 free nutrition consultations provided to those with a cancer diagnosis by our Registered Dietitians at no cost</td>
<td>1,611</td>
</tr>
<tr>
<td>1,611 individuals with a cancer diagnosis, survivors, and caregivers served by our Healthy Living classes, including aerobics, strength training, yoga, tai ji, and meditation</td>
<td>2,648</td>
</tr>
</tbody>
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**Encore!**

<table>
<thead>
<tr>
<th>Program</th>
<th>Numbers</th>
<th>Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Diabetes Prevention Program</td>
<td>347</td>
<td>163% increase over 2017</td>
</tr>
<tr>
<td>Matter of Balance</td>
<td>1,616</td>
<td>53% increase over 2017</td>
</tr>
</tbody>
</table>
Thank You to Our Sponsors & Program Funders

Mike Seneca Golf Classic
Cusack, Gilfillan, & O’Day, LLC
Core Construction
Dr. David Nathan
Growing Smiles Pediatric Dentistry
Health Alliance
Howard & Howard Attorneys, LLC
Illinois National Bank
John P. Edmonds
Orthodontics, LTD
Rantisi Law
Seneca Family
UnityPoint Health - Central Illinois

Whitney’s Walk for Life
Akron Services
Associates in Mental Health
Brimfield Insurance
Brimfield United Methodist Church
CEFCU
Citizens for Sheriff Brian Asbell
Erie Insurance
Growing Smiles Pediatric Dentistry
Humana
Illinois National Bank
K2 Benefits
Mike Maloof
MS Carver Lumber
Par-A-Dice Hotel & Casino
Parker Haffin
Riverside Tool & Die Co.
The Wyman Group
UnityPoint Health - Central Illinois
Wieland Lawn Mower

Lobster Boil
Owen & Carole Akerman
Advanced Medical Transport
Baird Foundation, INC
Dr. Stephen & Patti Bash
Bob Lindsay Acura and Honda
Carpet Weavers
CEFCU
Children’s Home of Illinois

CityLink
Davis & Campbell, LLC
Jay Edmonds & Christine Zak-Edmonds
Essential Wellness
James & Zenaida Falcon Bartelme
Federal Companies
Fortress Bank
G & D Intergrated
Steven & Sandy Gasparovich
LeRoy & Pat Hagenbuch
Jay & Nancy Harms
Health Alliance
Hilltop Wealth Management- Adam Hawk
Marvin * & Shirley Hult
Illinois CancerCare
Illinois Eye Center
Illinois Mutual
Illinois National Bank
Walter & Margaret Jacobs
Don & Kim Johnson
Junction City Ventures
Bernie Koch
Lenny The Lawyer
Dave & Pam Mabee
Midwest Auto Salon
Morgan Stanley
Hometown Community Banks
OSF Children’s Hospital
Mike & Susie Papenhause
Pearl Insurance
Peoria Disposal Company
Peoria Public Schools
Peoria Regional Office of Education
River City Construction
RLI
Dr. Daniel & Nicole Robertson
Shared Blessings
Sally Snyder
Springfield Electric
Loren & Dr. Margaret Swanson
UnityPoint Health - Central Illinois
Dr. Jim & Darlene Violet
West Central Building and Construction
Trades Council

* Deceased
Uncorked!
Benjamin F. Edwards
Shane & Anne Bowman
Commerce Bank
CliftonLarsonAllen
Growing Smiles Pediatric Dentistry
Heinold Banwart
Illinois CancerCare
Junction City Ventures
Par-A-Dice Hotel & Casino
Peoria Regional Office of Education
River City Construction
UnityPoint Health - Central Illinois

Youth Programs
American Lung Association
Caterpillar Foundation
Community Foundation of Central Illinois
Delta Dental
Women's Fund
Heart of Illinois United Way
Human Service Center
Illinois Department of Public Health
Illinois State District Dental Society
Illinois Tobacco-Free Communities
Mental Health America
Peoria City/County Health Department
Peoria Medical Society Alliance
Peoria Public Schools
Peoria Rotary North
PNC Foundation Grow Up Great
Robert Wood Johnson Foundation
UnityPoint Health - Methodist I Proctor Foundation
UnityPoint Health - Central Illinois
Safe Fleet
South-West Kiwanis

Adult Programs
Community Foundation of Central Illinois Community Needs Grant
Evergreen Senior Living
Grand View Alzheimer’s Special Care Center
Health Alliance
Heart of Illinois United Way
Heritage Health
Heyl Royster
Illinois CancerCare Foundation
Illinois CancerCare
Liberty Village of Peoria
MeridanCare
Rotary Club of Peoria (downtown)
Serenity Assisted Living & Memory Care
UnityPoint Health - Methodist I Proctor Foundation
UnityPoint Health - Central Illinois
University of Illinois College of Medicine