



Annual Report
FY 2018

“Empowering People to Live Healthier Lives.”

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Hult Center Supporters,

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.

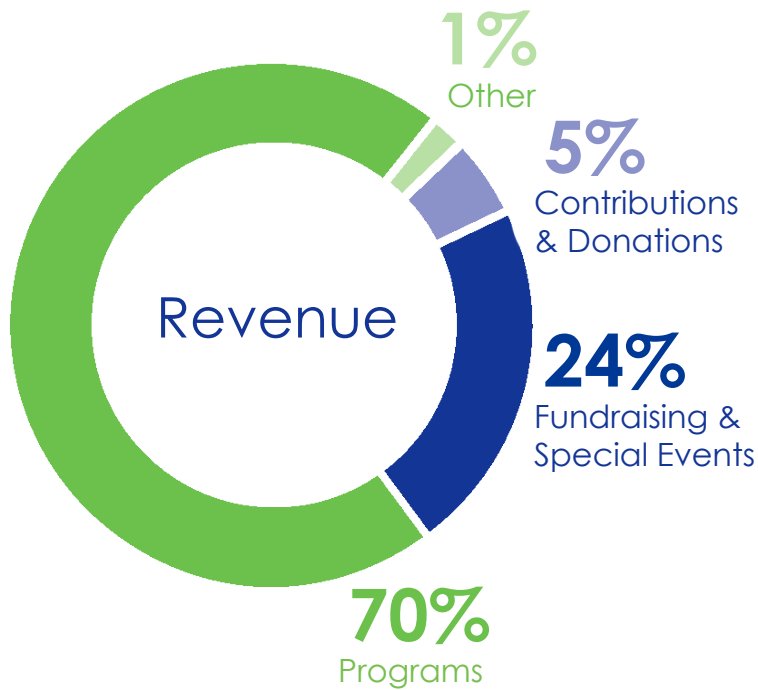
We are extremely proud to share our 2018 accomplishments! You will read in this report about equipment purchases and program changes that have allowed us to come closer to meeting our goal of becoming a "Premier Health Education Center." Hult Center for Healthy Living "empowering people to live healthier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

Sincerely,

A handwritten signature in black ink that reads "Andrea Parker". The signature is fluid and cursive, with a large loop at the end.

Andrea Parker, RN, MS
Executive Director

Financial Highlights



Fundraising Events

Event Attendance

60

Mike Seneca Golf Classic

1,100

Whitney's Walk for Life

305

Lobster Boil

460

Uncorked!

54%
increase
over 2017



\$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**

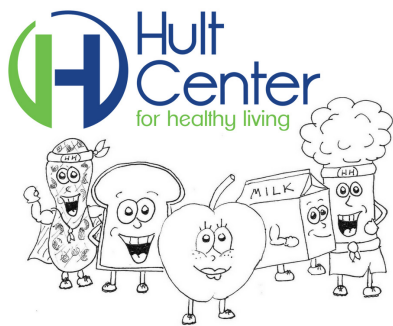
30,634 duplicated students taught at schools through **outreach programs**



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).

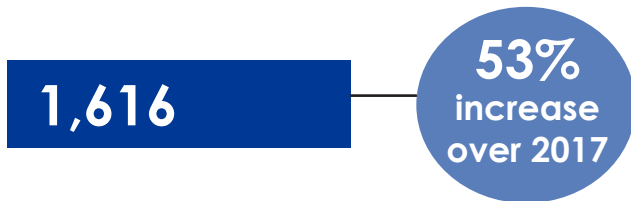
Adult Department

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.

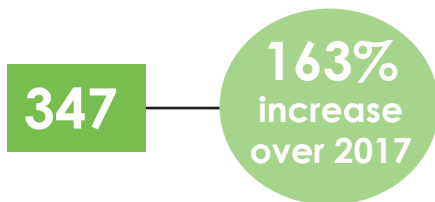
Adult Program Attendance

4,711

Encore!



National Diabetes Prevention Program



Matter of Balance



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

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Carpet Weavers
CEFCU
Children's Home of Illinois

CityLink
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Essential Wellness
James & Zenaida Falcon Bartelme
Federal Companies
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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*

Continued

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



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