“It takes each of us to make a difference for all of us.”
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– Teacher Jackie Mutcheson
Kirkland, Washington
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Aloha,

School teacher Jackie Mutcheson offered insightful words when she said, “It takes each of us to make a difference for all of us.” At the HMSA Foundation, we believe that taking positive action and joining together to confront life’s challenges is the best way to make a community stronger. This is especially important as we face tough economic, environmental, and social issues in Hawai‘i.

The HMSA Foundation was established to inspire positive change. In working to improve and advance society where need is greatest, we hope to encourage others to do the same.

Last year, we supported a number of programs designed to help our community. We worked with Hawaii Speed and Quickness to provide mentors to keiki so they develop positive habits and avoid unhealthy ones. We also partnered with the Department of Pediatrics at the University of Hawai‘i John A. Burns School of Medicine to tackle childhood obesity through research, education, and physical activity programs. We helped Parents and Children Together reduce the potential for childhood abuse and neglect through prevention and early intervention services. And we supported the Institute for Human Services, Inc.’s, efforts to improve access to health care for homeless men in Hawai‘i.

By working closely with community partners who devote their lives to making a difference, we hope to reach even more people and pave the way for future leaders. Take, for example, our friends at the Hawaii State Simulation Collaborative and Department of Family Medicine and Community Health, who are developing a nursing simulation lab and resident training programs, respectively. Their efforts will help ensure that generations of Hawai‘i’s people are well cared for.

Much like chain, a community is only as strong as its weakest link. For each of us to prosper, we must help our ‘ohana when they need it most. It takes teamwork and collaboration to help our community thrive.

We are very privileged to join forces with so many organizations that share a deep commitment to making a difference in Hawai‘i.

Sincerely,

Robert P. Hiam
President
HMSA Foundation
Mission
The mission of the HMSA Foundation is to extend HMSA’s commitment to providing access to cost-effective health care services; health promotion, education, and research; and the promotion of social welfare.

History
The HMSA Foundation was established in 1986 by the Hawaii Medical Service Association to stimulate research of issues that confront Hawai‘i’s health care industry. The Foundation is dedicated to improving health in Hawai‘i through grantmaking, strategic initiatives, publications, and community-wide programs.

In response to economic challenges and the ever-growing need for education, research, information, and financial support to help people understand and adapt to the rapidly changing health care market, the HMSA Foundation became a private foundation and established a grantmaking program in 1998.

The HMSA Foundation provides a vehicle for HMSA to invest resources in a cost-effective manner to enhance the overall health and quality of life for the communities we serve.
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Program Specialist
The HMSA Foundation is committed to supporting programs that advance the health of people in Hawai‘i both on a statewide level and in the communities where they reside.

In 2010, the HMSA Foundation awarded $959,321 to support 35 programs throughout the state in four health-related program areas. These program areas are:

**Access to Health Care**
To improve access to high-quality, affordable health care by supporting:
- Service planning and care coordination.
- Programs for the uninsured.
- Outreach initiatives.

**General Social Welfare and Healthy Communities**
To support local community programs and activities that promote overall social welfare and healthy communities through:
- Information and referral.
- Emergency assistance.
- Community development.

**Health Promotion and Disease Prevention**
To promote healthy lifestyles and prevent injury and disease through:
- Injury prevention and safety.
- Disease-specific education.
- Substance abuse prevention.
- Clinical preventive services.
- Physical activity promotion.
- Improving the quality of prevention programs.
- Nutrition education.

**Health Care Delivery System**
To maintain and improve the quality of health care services available to Hawai‘i residents through:
- Health care delivery models.
- Measurement and quality improvement.
- Provider delivery systems network.
- Performance measurement.
- Financing and reimbursement.
- Data collection and analysis.
- Disease management.
Grants by Program Area

**TOTAL: $959,321**

- **Health Care Delivery System:** $261,150
  - **Access to Health Care:** $177,381
  - **General Social Welfare:** $140,000
- **Health Promotion/Disease Prevention:** $380,790

Grants by Population Area

- **Kaua‘i County:** $13,000
- **City & County of Honolulu:** $198,000
- **Maui County:** $30,000
- **Statewide:** $555,381
- **Hawai‘i County:** $152,940
- **Other (Haiti):** $10,000
Adolescent Outpatient Services Program
$30,000
The grant supports the Maui Youth & Family Services, Inc.’s, Adolescent Outpatient Services Program to ensure that Maui’s only adolescent substance abuse treatment program can continue to reduce the effects of alcohol and drug use among adolescents.

Bicycle Friendly Communities Media Project
$5,000
The grant supports the Hawaii Bicycling League’s Bicycle Friendly Communities Media Project to help change community behaviors and support healthy, livable communities by providing videos and pictures of safe areas for bicycling.

Big Island Diabetes Summit
$8,000
The grant supported the Joslin Diabetes Center’s second annual educational summit and extension of the outreach program developed with Harvard Medical School and the University of Hawai’i. Physicians, nurses, pharmacists, other health care professionals, and patients attended educational sessions. The HMSA Foundation grant provided blood pressure monitors for participants.

Caregiver Connection Program
$5,000
The grant supports the Hawai’i Island Adult Care’s Caregiver Connection program, an educational, hands-on training and support group for caregivers of frail elders and mentally/physically challenged adults.
The grant supports the Hawaii Initiative for Childhood Obesity Research and Education (HICORE). This initiative provides collaborative and multi-disciplinary leadership in research and education on childhood obesity, physical activity, and nutrition in Hawai‘i.

In 2010, HICORE redeveloped its website (www.hicore.org) to better serve researchers and health care providers. In April, HICORE partnered with several local health organizations to host a conference on managing childhood obesity. More than 130 health care professionals attended. The group also helped present a seminar series for health centers that serve low-income and vulnerable communities on O‘ahu. HICORE also developed significant community partnerships in 2010 to help develop a wider community focus on childhood obesity.

The following two community partnerships emerged through additional grants. These activities complement some of the original grant’s findings:

**Hawaii 5210 Let’s Go!**

**$55,000**

The grant supports the Department of Pediatrics’ Hawaii 5210 Let’s Go! initiative that addresses childhood obesity in Hawai‘i through a coordinated, collaborative, locally relevant health education and promotion campaign that promotes a consistent message of healthy lifestyles.
Healthy Konawaena 5-2-1-0: It’s Not a Diet, It’s a Lifestyle!

$5,000

The grant supports the Konawaena Elementary School Healthy Konawaena 5-2-1-0: It’s Not a Diet, It’s a Lifestyle! program, which incorporates 5-2-1-0 guidelines into the Department of Education standards for health and physical education and determines its effectiveness as an educational strategy to reduce the risk of childhood obesity.

Fifty-four fourth-grade students are learning how to develop healthy, active lifestyles by eating more fruits and vegetables and making sure they include one hour of physical activity in their daily routines. “We want the children to learn that they can make healthy choices for a healthy lifestyle and that a healthy lifestyle starts when you are young,” explains Claire Yoshida, Konawaena principal.

Teachers Laurie Jackson and Emma Yamaguchi explain why the program works: For our students, 5-2-1-0 is very simple to understand. The 5-2-1-0 concepts are incorporated into our health and P.E. instruction. Students are very interested in growing up to be healthy and active adults. We want to teach them now before it’s too late.
Family Promise of Hawai‘i
$10,000
The grant supports the Community-Based Health, Housing, and Nutritional Support for Homeless Families with Children program, which provides overnight lodging and meals at family centers, in addition to care and guidance.

Haiti Earthquake Relief
$5,000
The grant provided travel support for members of a medical team from the Big Island led by Dr. Ilona “Lonny” Higgins.

Team Higgins went to Saint Nicholas Hospital in Saint Marc, Haiti, from March 25 to April 5, 2010. The team from the Big Island included an emergency room physician, a gynecologist, two registered nurses, and a medical assistant.

For five days, they conducted adult, pediatric, and gynecology clinics; made referrals when necessary; and documented health conditions, treatments, and ongoing needs. The mobile RN team provided wound care, dressing changes, and education. The ER doctor assisted in an emergency room. The team provided services to 350 adults and 250 children.

Hana Like Home Visit Program
$50,000
The grant supports Parents and Children Together’s Hana Like Home Visit program to reduce risk factors and potential for child abuse and neglect through prevention and early intervention services.

Hawaii Foodbank
$20,000
The grant supports the Ohana Produce Program, which distributed more than two million pounds of fresh fruits and vegetables from local farmers, wholesalers, and distributors to nearly 30,000 people in 23 underserved communities on O‘ahu in 2010. The program helped improve the health of low-income families, seniors, the homeless, the disabled, and the newly unemployed.

Hawaii Island Family Health Center
$107,441 (3RD YEAR)
The grant supports the University of Hawai‘i, John A. Burns School of Medicine (JABSOM), Department of Family Medicine and Community Health’s development of resident training programs to encourage young physicians to choose to begin their careers providing care to patients in rural communities.

Family medicine residents from O‘ahu continue to rotate in Hilo. Six of the JABSOM graduates have relocated to live and work in East Hawai‘i.
Hawaii Partners Investing in Nursing (PIN)  
$100,000

The grant supports the expansion of the Hawaii State Center for Nursing’s Hawai’i Partners Investing in Nursing program to address recruitment and retention issues of long-term care nurses. Successful programs on O’ahu and Maui will be duplicated on Kaua’i and the Big Island.

Healing Our Spirit Worldwide Conference  
$5,000

The Healing Our Spirit Worldwide conference brought together health professionals, practitioners, government representatives, and educators from native cultures around the Pacific Rim and the community to discuss health and wellness issues affecting indigenous peoples of the world and to celebrate culture. Papa Ola Lokahi organized and hosted this gathering.

Healthcare Financial Management Conference  
$3,150

The HMSA Foundation partnered with the Hawai’i Primary Care Association to provide an opportunity for chief executive officers, chief financial officers, and other key staff from community health centers to attend the Healthcare Financial Management Association’s annual conference.

International Bioethics Conference  
$5,000

The grant supported the St. Francis International Center for Healthcare Ethics’ 2010 International Bioethics Conference to create a forum of ethical discussions relating to health care reform and telehealth/online care access.

More than 200 health care providers, students, trainees, and policy-makers from Hawai’i, the Mainland, and several foreign counties registered for the conference. The keynote speaker was Bernard Lo, M.D. Other speakers included S.Y. Tan, M.D.; Professor Dov Chernichovsky; and Linda Axtell-Thompson of HMSA.

Twelve staff members from community health centers attended the conference in April 2010: Bay Clinic, Hamakua Health Center, Hui No Ke Ola Pono, Molokai Ohana Health Care, Waianae Coast Comprehensive Health Center, Waikiki Health Center, Waimanalo Health Center, and West Hawaii Community Health Center.
Lesbian, Gay, Bisexual, and Transgender Youth Human Services Competency Conference $5,000

The grant supports the Equality Hawaii Foundation’s 2011 Lesbian, Gay, Bisexual, and Transgender (LGBT) Youth Human Services Competency Conference, which will help improve the health and well-being of at-risk children by training human service providers.

Medical Mystery Festival $30,000

The grant supports the Bishop Museum’s Medical Mystery Festival, a traveling professional health education program designed to meet the health education needs of Title 1 school students, teachers, and family members on the Neighbor Islands and in rural O‘ahu.

Long-Term Care Mobility Van $25,000

The grant supports the Hilo Medical Center’s Long-Term Care Mobility Van project to provide transportation for the Center’s residents and patients to medical appointments and community events.
Native Hawaiian Men’s Health Conference
$10,000

The grant supported ʻAha ʻĀne’s 2010 Native Hawaiian Men’s Health Conference, which addressed issues of Native Hawaiian male leadership. The conference provided health screenings to empower attendees to make positive changes in their lifestyle.

More than 500 Native Hawaiian kāne attended the three-day conference, which featured 56 presenters and 55 unique demonstrations and workshops.

Nurse-Managed Health Clinic
$35,000

The grant supports the establishment of a nurse–managed health clinic at the Institute for Human Services, Inc.’s (IHS) emergency homeless shelter. IHS will redevelop a recently vacated clinic for the center, which will have expanded hours and improved access to health care for homeless men. The new clinic will also be a teaching site for nurse practitioners and medical students.
Open Airways for School® Plus  
$25,000  
The grant supports the American Lung Association in Hawaii’s Open Airways for Schools Plus, a school-based asthma education and management program for asthmatic children ages 8 to 11, parents/caregivers, and teachers.

Pediatric Dental Clinic  
$9,940  
The grant supports the West Hawaii Community Health Center’s pediatric dental clinic expansion project, which provides equipment and operatory chairs in medical exam rooms for patients receiving services.

Physician Orders for Life-Sustaining Treatment Education and Dissemination Project (POLST)  
$5,000  
The grant supports Kōkua Mau’s POLST education and dissemination project to reach out to health care providers and emergency medical services personnel and provide training on all islands.

Preventing, Assessing & Treating Child, Adolescent and Adult Trauma Conference  
$10,000  
The grant supports the Kapi’olani Health Foundation’s Preventing, Assessing & Treating Child, Adolescent and Adult Trauma conference, which addresses issues of trauma in Hawai’i by presenting the latest research, prevention, assessment, and intervention techniques.

Refuse to Use and Refuse to Lose Program  
$65,000  
The grant supports the Hawaii Speed and Quickness’ Refuse to Use and Refuse to Lose Program on Maui. It is a comprehensive after-school program that uses athletics, mentoring, and school-based curriculum for substance use prevention and intervention for youth and families.

Sexual Assault Nurse Examiner Program  
$5,000  
The grant supports the YWCA of Kaua’i’s Sexual Assault Nurse Examiner Program to coordinate nurse examiners for sex abuse victims and a place to go for trauma services, advocacy, and information about criminal justice.

Statewide Substance Abuse Prevention Outreach  
$15,000  
The grant supports the Laulima Pacific, Inc.’s, Statewide Substance Abuse Prevention Outreach, a program that provides substance abuse training seminars for schools and community groups throughout Hawai’i.

Student Enrichment Program  
$5,000  
The grant supports Frank De Lima’s Student Enrichment Program to provide drug education and drug abuse prevention to students and assist them in developing positive attitudes and the ability to cope with life changes.
Students are Physically Active and Healthy Project
$3,000
The grant supports St. Andrew’s Priory’s Students are Physically Active and Healthy project, a program that helps students take responsibility for their own fitness and health and prepares them to be physically active throughout their adult lives.

Substance Abuse Relapse Prevention Program
$8,000
The grant supports Women In Need’s Substance Abuse Relapse Prevention program, a start-up project for relapse-prevention classes for individuals in recovery on Kaua’i.

Transition House Program
$5,000
The grant supported the Church of the Crossroads’ Transition House program to provide a safe-haven for victims of domestic violence. The safe house received new electrical wiring, fire safety upgrades, and six new smoke alarms.

UH Translational Health Science Simulation Center
$150,000 (2ND YEAR)
The grant supports a multi-discipline simulation lab as a statewide resource that will address the ongoing need for clinical and workforce nursing education. The project is making good progress toward the center’s goal to start operations in January 2012.
BREAST CANCER DOCUMENTARY

The HMSA Foundation partnered with Papa Ola Lokahi to support a breast cancer documentary, *A Journey of Hope: When a Young Woman Gets Breast Cancer*. The film shares the experiences of three young Native Hawaiian women during their diagnoses and treatment of breast cancer. The DVD was released in 2010 and is accessible for viewing on ‘Imi Hale’s website at www.imihale.org.

THE HMSA FOUNDATION HAS GONE GREEN!

The HMSA Foundation is now accepting grant proposals online. Please visit www.hmsafoundation.org for more information.
Grantmaking Process
The process for obtaining a grant from the HMSA Foundation is competitive. Each quarter, many more requests are received than can be funded and, thus, the Foundation board must often decline good proposals. Board members select those projects they believe are the most meritorious and most closely fit the Foundation’s purpose.

It is to your advantage to contact the Foundation office before you submit a proposal. The Foundation staff will gladly assist you and answer any questions prior to application. After your grant proposal is submitted, you will receive an acknowledgement letter. The Foundation staff may then schedule a site visit or ask for additional information. The grant proposal will be placed on the quarterly docket for decision-making at the next board meeting. Board meetings are regularly scheduled in March, June, September, and December. Experts from HMSA and the community are often enlisted to give advisory comments.

Eligibility & Limitations
In general, the Foundation only makes grants to organizations that are tax-exempt because they are a unit of government or because they are a 501(c)(3) type of organization that is not a private foundation. The Foundation does not make grants to individuals.

The Foundation does not generally support requests for endowments, development campaigns, scholarship funds, lobbying, or voter registration funds.

A flat rate of 5 percent for total indirect costs will be allowed.

Grants usually run for one year. Funding amounts and grant periods should be commensurate with the size and scope of the activity. Contact the Foundation staff to discuss the project before finalizing your request.

What We Look For
Most likely to be funded: Research projects, demonstration projects, organizational or community capacity building efforts, start-up programs.

Less likely to be funded: Start-up organizations, event support.

Unlikely to be funded: General program support, general organizational support, capital improvement projects, “emergency” support.

Particular consideration will be given to projects that:
• Have clear, logical, realistic plans.
• Are led by strong, proven organizations and individuals.
• Already have support of key stakeholders (clients, community, intended partners, etc.).
• Leverage HMSA Foundation funds to acquire or match grants from outside of Hawai’i.
• Employ an innovative approach to the defined problem.
• Suggest opportunities for replication.
• Have realistic plans for long-term sustainability.

• Build an organization’s own capacity to carry out its mission in the future.

• Advance the quality of health care for the residents of Hawai‘i.

How to Apply
Anyone interested in applying for a grant should contact the HMSA Foundation staff at least two weeks before the due date. The staff may be able to help you refine your project and proposal.

After reviewing our requirements, you may apply for an HMSA Foundation grant online through our website at www.hmsafoundation.org.

Because outcome-based evaluation is pervasive in the field, the HMSA Foundation believes it is important to use consistent terminology. Unfortunately, grantmaking jargon too often hinders good projects. In simple terms, the basis for any proposal is to answer the following questions:

1. Why is your project important? (statement of need)

2. What exactly do you plan to do? (activities and outputs)

3. What difference will you make? (outcomes)

4. How will we know you have made that difference? (indicators)

5. Why is your organization able to achieve this plan? (description of organization)

6. How much will it cost? (budget)

Our online application process is easy to follow. To help you be as efficient as possible, we recommend preparing the following information:

1. Registration information.
   • Organization information.
   • Contact information.

2. Proposal on organization’s letterhead (no more than eight pages). Microsoft Word and/or Excel document attachments are preferred; PDF files are acceptable if necessary. Include the following in your proposal:
   • Statement of need. What is the desired long-term effect of your project and why is it so important that it have this effect? Stronger proposals cite evidence such as statistical data, published reports, recent studies, or reliable anecdotal evidence.
   • Activities. What would be the key actions or events during the grant period?
   • Outputs. What are the products of those actions or events? Outputs are sometimes called “deliverables.” They might be numbers (1,000 students, 10 classes, 4,000 brochures) and/or tangible items (published report, strategic plan, training manual). Stronger proposals include a proposed timeline of work.
   • Outcomes. What key changes in skills, knowledge, values, attitudes, behaviors, conditions, etc., will result from your activities? These differences might be made in individuals (students will learn life-saving skills), communities (reduction in the incidence of a disease), or organizations (clinic will be more responsive to patients). List only those outcomes that you intend to achieve within the grant period.
• **Indicators.** This section is sometimes called “evaluation.” Indicators are observable and measurable data that you can collect to track your success in achieving your outcomes. Strong indicators such as statistical data are not always available. Well-designed and objective surveys, interviews, and analyses may also produce sufficient indicators.

• **Description of your organization and its qualifications.** Stronger proposals indicate that the organization has the necessary support of other organizations and people that will be involved in the project.

• **Budget.** Indicate the amount you are requesting, the proposed use of funds, and other sources of funding currently being sought.

3. Copy of your current IRS determination letter indicating 501(c)(3) tax-exempt status or letter stating status as a unit of government (if possible, include a reference to the Act that established the agency as a unit of government).

4. List of the organization’s officers and directors and their affiliations.

5. Most recent IRS Form 990 and annual financial statements of the organization.

6. Relevant letters of support.

7. Other relevant appendices (qualifications of key staff, sample program materials, etc.).

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**Deadlines and Meeting Dates**

You may submit your proposal at any time. However, requests will be reviewed according to the schedule indicated below:

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If the date falls on a weekend or holiday, the deadline will be the next working day. Generally, only one request per organization will be considered in a calendar year.

**Responsibilities if Grant is Awarded**

Grantees will be required to sign a grant agreement that will specify the terms of the grant and to provide a formal acknowledgement of receipt of the contribution. Grantees will be expected to meet Foundation requirements for submission of periodic reports, including a written final report to be submitted within three months after completion of the grant. Failure to meet the requirements of the grant agreement may preclude future grants from the Foundation.