A Letter from our CEO: This year we set a new record, reaching over 63,000 students through face-to-face education! While many of those students live right here in Indiana, our live distance education allowed us to reach students from Maine to Arizona and even tiny Nunavut, Canada, north of the Arctic Circle. Technology allows us to bring our critical health education to schools and groups who have no access to these specialized programs. Countless others were impacted by our curriculum materials, our children’s books, and our professional development training.

While we had a record-breaking year, it was a difficult year for health education centers in general. McMillen Health is the 2nd oldest health education center in the nation, patterned after the Robert Crown Center for Health Education, in Hinsdale, Illinois. We were saddened to hear Robert Crown closed their building this year, moving to limited outreach education only. They generously donated many of their displays to us and we are storing them for use in the first health education center in India, which we are helping to develop. Recently, we also received word that HealthWorks in South Bend also closed. Why is McMillen Health thriving when so many other health education centers have closed? The answer is simple: we have diversified. McMillen Health has always had a mission to provide preventive health education to youth and adults. You will see in this annual report that we are meeting this mission in a number of new and exciting ways!

As always, we seek to serve our community and the nation through education that meets our changing health needs. We have expanded our pregnancy prevention education and developed new programs on e-cigarettes, opioids, and marijuana. We continue to have a strong focus on developing resources for professionals who work with at-risk families, expanded our oral health programming through WIC, and created new smoke-free resources for Head Start families. Through our newest original children’s book, we even introduced families to a cute little hedgehog named Hazel who doesn’t like to brush her teeth. (Spoiler alert, by the end of the book she DOES like to brush her teeth!)

The success of McMillen Health is dependent on the generous support we receive from our donors, including foundations, individuals, and corporate sponsorships. We thank all those who support us and we look forward to another successful year!

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Our Influence (# of individuals reached)
- Distance Education 6,951
- In-House 10,960
- Outreach 45,457
Total 63,368

Our Most Popular Programs
- Life Begins
- PHARM Crisis
- Respect & Responsibility
- Brush Your Teeth
- Choice Today, Options Tomorrow
- Toward Maturity
- News About Booze
- Informed Decisions
- Stay Drug Free
- Body Friendly Foods

2017-2018 Board of Directors

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Varied Abilities Days

Over 8 special days, McMillen Health was transformed, providing numerous activities and educational opportunities designed specifically for youth and adults with disabilities. Through this new project, funded by the AWS Foundation, we were able to serve 766 youth and 274 adults living with disabilities. Another 358 adults attended these programs as teachers, staff and parents. Groups were invited to McMillen for a half day where they attended at least two health education program sessions. McMillen Health staff provided a thirty-minute time period between each program session and invited participants to engage in hands-on activities in our Great Hall.

Teen Pregnancy Prevention

Funded by the Indiana State Department of Health, our Choices Today, Options Tomorrow program for teens in grades 9-12 has been incredibly popular. Focusing on preventing teen pregnancy, the program teaches communication and negotiation skills, future planning, and helps teens see their place in the community. After repeated requests from schools seeking education for students in grades 6-8, we expanded our program offerings to include the evidence-based curriculum Promoting Health Among Teens (PHAT). This year, we have served 2,298 students.
Vitality Awards 2017

Our 2017 Vitality Awards had an amazing lineup of nominees. The award winners were Mark Terrell of Lifeline Youth and Family Services, Crosswind Inc. and Lasting Changes, Meg Distler of the Saint Joseph Community Health Foundation, and Anthony Stites of Barrett McNagny. The winning overall business was Do it Best Corp. Our Janus Award recipient was Dr. Deborah McMahan, the Health Commissioner of the Fort Wayne Allen County Department of Health. We appreciate the support of everyone who attended and thank those of you who nominated.

India’s First Health Education Center

In June of 2017, officials from Chandigarh, India, visited McMillen Health to learn how we operate as part of their plans to open India’s first health education center. In November 2017 our CEO visited Chandigarh to see potential building sites and meet with local officials. We continue our work with India during the planning process for this milestone project.
In 1981, McMillen Health was the 2nd health education center to open in the US, patterned after the Robert Crown Center for Health Education in Hinsdale, Illinois. Robert Crown closed their facility in the Spring of 2017, moving to outreach education only. They generously donated props and displays to be used at the planned health education facility in India. Our staff and volunteers, from the Hinsdale Rotary Club, dismantled the displays and moved them to our center where we are storing them until they are needed in India.

The opioid epidemic is a national public health emergency that has led to a devastating side-effect: nationwide, every 15 minutes a baby is born with withdrawal symptoms from being exposed to opioids in utero. Since this is a new problem and there is relatively little research on how to develop education for this population, we are conducting a series of interviews with mothers with opioid use disorder and the professionals who work with them. Funded by the St. Joseph Community Heath Foundation, this project will culminate in a report released to the community with recommendations of how to move forward with developing an educational intervention to help these mothers and babies reach their full potential.
Program Offerings

Habit Free for Me (Grades K-1)
Program description: Students are given facts about maintaining their health, which encourages them to make healthy choices daily resulting in lifelong habits. A brief introduction to the effects of alcohol, tobacco and the misuse of prescription medications is discussed to help children understand why choosing to be free of a drug habit is truly important. A role-playing segment on how to refuse a drug is included.

Internet Surfin’ Safety (Grades 3-5)
Program description: This program illuminates the positive and negative attributes of the internet that students may experience while online. Students learn ways to stay safe while being online, including how to make strong passwords and protect personal information. There is an emphasis on netiquette and examples of negative internet usage such as cyberbullying and online predators.

Digital Citizenship 101 (Grades 3-5)
Program description: Students learn the different aspects of digital citizenship, otherwise known as responsible technology use, to help improve their overall presence online. Learning strategies demonstrate how to create an effective password and how to use products such as cell phones, webcams, and social media in a positive way. Children are able to learn about their ‘digital footprint’ and discuss ways to maintain a positive online reputation.

Odor Eaters 101 (Grades 4-5)
Program description: Students learn about the normal physical changes their bodies will make during puberty and how to prepare for these changes. This program covers hygiene related topics including: showering, handwashing, dental hygiene, skin care, and nail care. Participation in this program prepares students to care for their changing bodies as they transition into adolescence.

Password to Internet Safety (Grades 6-8)
Program description: Students learn the pros and cons of internet usage and ways to stay safe online including the use of strong passwords and protecting personal information. In a world where everything is going viral, it’s important for students to know how to be safe and aware of some of the consequences that can occur online.

Digital Citizenship 201 (Grades 6-8)
Program description: Students learn what a ‘digital footprint’ entails and how it affects their future based on what their personal profiles contain. Learning strategies allow the class to engage in discussions about internet usage in their own lives and the positives and negatives related to those activities. Identifying and stopping cyberbullying is addressed, along with the mental, physical, and legal consequences that accompany these behaviors.
With funding from the Tobacco Prevention & Cessation Commission of the Indiana State Department of Health, we developed educational materials to help families live tobacco free.

**Flip Chart**
One side of the flip chart is designed for the educator and the other side is for interaction with the parent. QR codes link to short videos to reinforce topic information. The Flip Chart covers asthma, secondhand smoke, e-cigarettes, pregnancy, and more!

**Parent Handouts**
We designed 16 parent handouts to address common topics parents face from asthma, pregnancy, thirdhand smoke, and more. Developed with parents in mind, this series helps medical and education professionals talk to parents about how to take healthy steps for their family.

**Pregnancy and Secondhand Smoke**

- **Risks of Secondhand Smoke**
  - Giving birth too early when baby is not fully developed
  - Low birth weight, even when baby is born full term
  - Infant death (from miscarriage, stillbirth, or Sudden Infant Death Syndrome-SIDS)
  - Birth defects (heart defects, lip and mouth defects)

- **Smoking in the Home**
  - Sometimes pregnant women who don’t smoke may live with someone who does. Pregnancy is a good time to start the conversation about making the home and car smoke free to protect the baby during pregnancy and to create a safe environment to bring baby home to.

**Smoke Free for Baby and Me**

- Make your entire home and car smoke free
- Keep away from people while they smoke
- Talk to your family or friends about quitting
- Avoid houses and cars that people have smoked in

**Asthma**

- **What is asthma?**
  - Asthma is a long-term lung disease. Different things called “triggers” irritate the airways in children with asthma, making it harder to breathe.

- **Secondhand smoke is the #1 cause of asthma attacks.**

- **If you smoke,** quitting is the most important step.

- **Talk to your doctor to get help quitting.** Having a smoke free environment at home, in the car, and at daycare is very important to your child’s health.

- **Being exposed to cigarette smoke may put children at risk of developing asthma, even if they’ve never had any breathing problems before.**

- **Children who live with a smoker**
  - May have flare-ups more often
  - Are more likely to have to go to the emergency room with severe asthma flare-ups
  - Are more likely to miss school because of their asthma
  - May have asthma that’s harder to control, even with medicine

- **Asthma action plan**
  - Asthma can be a challenge, but it can be controlled by having and following an asthma action plan each day.
  - This should be shared by everyone who cares for your child including family, caregivers, and schools.

- **Talk to relatives who watch your child, your babysitter, and other adults in your child’s life.** Help them to understand how secondhand smoke can cause your child to have a dangerous asthma attack and how important it is for your child to be smoke free.

**How Smoking Affects Children**

- **The effects on children:**
  - Breathing problems (wheezing and coughing)
  - Frequent and severe asthma attacks, which can put the child’s life in danger
  - Get sick more often with colds, bronchitis or pneumonia
  - Stuffy nose, headache, sore throat, eye irritation, and hoarseness
  - Ear infections
  - Sudden Infant Death Syndrome (SIDS)
  - Learning disabilities

- **Setting an example**
  - Smoke in the home affects future generations: children who see their parents smoke are twice as likely to smoke when they are adults.

- **Did you know?**
  - Even after a smoker finishes a cigarette, there are chemicals left on their hands and clothes, as well as in the air and on surfaces, such as the carpet, bedding, and furniture. Children using objects on the floor or in their hands can put these chemicals in their mouth.

**Parent Handouts**
*For use in parent education, along with flip chart.*
Parent Activities
Six interactive parent education activities reinforce the importance of a smokefree environment for children.

Children’s Activities
Fifteen classroom lessons reinforce the importance of clean air and healthy lungs. Each lesson meets Head Start and HighScope curriculum standards.
The Brush program encourages the establishment of a dental home by age one and promotes oral health education for all who influence a child’s health status, including parents, caregivers, educators, and health practitioners. In addition to the current resources we offer, we were able to develop a new educational children’s book and training for parents who have a child with special needs.

**Book**

Our new book “Hazel Does Not Like to Brush Her Teeth” was published in January 2017. This book helps preschool/early elementary aged children learn why it’s important to brush our teeth twice a day and how healthy teeth help us to be happy.

**Special Needs Resources**

Special Needs trainings and resources kicked off in the fall of 2017. These resources were developed to educate parents and make home care more manageable, ensuring the best oral health possible.
Oral Health for Michigan WIC

Funded by the Delta Dental Foundation, this project wrapped up its 2nd successful year training Michigan WIC staff on oral health and giving them Brush resources. Outside evaluator Altarum found the program resulted not only in an increase in awareness among WIC staff of the recommended age for a child’s first dental visit—6 months to 1 year or when teeth erupt (from 43% to 95%), but also an increase in comfort level among staff in discussing oral health issues (from 36% to 86%). As a result of this training, 25.1% of children in WIC had a dental visit after referral compared to the dental visit rate of 18.2% for matched controls; an increase of 38%.

“I Need My Teeth” School Assembly

It was another successful year for the “I Need My Teeth” school assembly. The Tooth Fairy and her friends had the chance to teach 4,335 students throughout Ohio, Michigan and Indiana the importance of their primary teeth. Funding for the assembly comes from the Delta Dental Foundation of Michigan, Ohio, Indiana, and North Carolina.
Income
- Admissions $116,242
- Brush Curriculum $114,363
- Grants & Donations $461,005
- Contracted Work $215,133
- Investment Income $166,792
- Special Events $17,000
- Other $5,313

Expenses
- Program Services & Health Education $681,155
- Management & General Expenses $266,609
- Development Expenses $75,634
Though we served many counties, here we highlight the counties where we saw significant growth in numbers this fiscal year.

### How We’ve Grown

<table>
<thead>
<tr>
<th>County</th>
<th>2016-2017 served</th>
<th>2017-2018 served</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adams</td>
<td>1,297</td>
<td>1,867</td>
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<tr>
<td>DeKalb</td>
<td>1,475</td>
<td>4,434</td>
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<td>Henry</td>
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<tr>
<td>Huntington</td>
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<td>882</td>
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<td>Jay</td>
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<tr>
<td>Kosciusko</td>
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<td>LaGrange</td>
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<td>Noble</td>
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<td>6,148</td>
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<tr>
<td>Wells</td>
<td>20</td>
<td>393</td>
</tr>
<tr>
<td>Whitley</td>
<td>115</td>
<td>788</td>
</tr>
</tbody>
</table>

40,877 total students of all ages were served through grant funding.

This means that 65% of students received our programs through the generosity of our donors.
**Platinum $20,000 & Above**
Community Foundation of Greater Fort Wayne
Delta Dental Foundation
English-Bonter-Mitchell Foundation
Flora Dale Krouse Foundation
Indiana State Department of Health
McMillen Foundation, Inc.
Olive B. Cole Foundation
Parkview Noble Hospital
The DEKKO Foundation
William J. & Bonnie L. Hefner Foundation

**Diamond $10,000-$19,999**
Anonymous
Edward D. and Ione Auer Foundation
Harold & Rachel McMillen Charitable Trust
Dr. Dane & Mary Louise Miller Foundation
St. Joseph Community Health Foundation

**Gold $5,000-$9,999**
3 Rivers Credit Union Foundation
ADA Foundation
Community Foundation of Noble County
Deister Machine Company, Inc.
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Henry County REMC Operation RoundUp
Kosciusko County REMC Operation Roundup
LaGrange County Community Foundation
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PNC Foundation
Riley Children’s Foundation
Edward M. and Mary McCrea Wilson Foundation

**Silver $1,000-$4,999**
Aldi Inc.
Allen County Drug and Alcohol Consortium
Arthur E. and Josephine C. Beyer Foundation
Brian and Jill Bowman

**Council for a Drug Free LaGrange County**
DeKalb County Community Foundation
Drug Free Steuben
Durant Foundation, Inc.
Foundation for Dental Health Education
Franklin Electric Charitable and Educational Foundation, Inc.
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Kosciusko County Community Foundation
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MainStay Solutions
Noble REMC Operation Round Up Trust
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Parrott Charitable Foundation
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PNC
PNC Foundation Indianapolis Region
Portland Foundation
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Drs. Holli and Mark Seabury
Steuben County REMC Operation RoundUp
United Way of DeKalb County, Inc.
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**Bronze $500-$999**
Adams County Community Foundation
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Tony and Sally Stites
David Stoudt
Kathi and Mike Stronczek
Kathleen and Thomas Summers
Dick and Lisa Teets
August and Dolores Tomusk
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Dave and Kim Ward
Maureen and Robert Widner
Jared and Cassandra Wurtzel

Under $100
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GE Foundation
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Walter and Darlene Leuenberger
Patricia and Kevin Murphy
Miles Nitz
John Peirce
Robin Ritchie
Kristen Ruble
Bill and Marilyn Townsend
Kimberly and Jason Wagner

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The mission of McMillen Health is to provide vital, effective preventive health education that promotes physical, emotional, and social well-being.

www.mcmillenhealth.org