The foundation has three targeted initiatives as part of its strategic plan – Access to Care, Adolescent Health, and Healthy Aging – as well as grants to address the opioid crisis and responsive grants for projects that fall outside the three areas but have the potential to have an impact on health in the region. Programs funded within the three targeted areas are supported for up to three years, while those outside this scope are generally supported with a one-year grant. In addition to making grants, the foundation is continuously offering programming, convening partners to discuss key health issues, and collecting and disseminating data on the health of the region. This report summarizes the foundation’s efforts in the 2016 fiscal year (October 1, 2015-September 30, 2016).
### Grant Numbers by Focus area  
**Fall 2015-Spring 2016**

<table>
<thead>
<tr>
<th>Focus Area</th>
<th>Total Grants Distributed</th>
<th>Total Grant Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adolescent Mental Health</td>
<td>13 Grants</td>
<td>$1,479,036</td>
</tr>
<tr>
<td>Access to Care</td>
<td>8 Grants</td>
<td>$750,665</td>
</tr>
<tr>
<td>Healthy Aging</td>
<td>10 Grants</td>
<td>$206,000</td>
</tr>
<tr>
<td>Responsive</td>
<td>14 Grants</td>
<td>$289,962</td>
</tr>
<tr>
<td>Opioid Epidemic</td>
<td>2 Grants</td>
<td>$18,700</td>
</tr>
</tbody>
</table>

### Scholarship Numbers by Focus area  
**Fall 2015-Spring 2016**

<table>
<thead>
<tr>
<th>Focus Area</th>
<th>Total Scholarships Distributed</th>
<th>Total Scholarship Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Medical/Clinical Scholarships</td>
<td>11 Scholarships</td>
<td>$20,000</td>
</tr>
<tr>
<td>Nursing Scholarships</td>
<td>41 Scholarships</td>
<td>$62,000</td>
</tr>
</tbody>
</table>

**Total Grants Distributed:** 47  
**Total Grant Amount:** $2,744,363  
**Total Scholarships Distributed:** 52  
**Total Scholarship Amount:** $82,000
Grantee Participant Demographics

Age
- 32% Age 60+
- 46% Ages 20-59
- 12% Ages 13-19
- 10% Under Age 12

Race and Ethnicity
- 48% Caucasian
- 19% Latino
- 23% Brazilian
- 5% African-American
- 3% Asian
- 2% Native American or Pacific Islander

Gender
- 47% Male
- 53% Female

Residence

Data Source: Grantee reports

Total Served: 25,485
ADOLESCENT MENTAL HEALTH

33,923
# of adolescents (ages 15-19) in MetroWest

Source: Massachusetts Budget Policy Center (2009-2013)

41%
Of students with a learning disability

22%
Of students without a learning disability

83%
Of high school students feel safe in their school

Mental Health Indicators

Source: MetroWest Adolescent Health Survey (2014)
ACCESS TO CARE

Percentage of Uninsured Adults and Children

Framingham  Milford  Marlborough  Hudson  Bellingham

Source: The Geography of Uninsurance in Massachusetts: Blue Cross Blue Shield (2009-2013)

Barriers to Care

No evening or weekend appts.
Long wait for appts.
Not accepting new patients
Cost of care

Source: MetroWest Community Health Assessment Survey (2016)

Percentage of residents without a doctor

Source: MetroWest Health Foundation’s Health Data Center
HEALTHY AGING

58,397
People over age 65 in MetroWest

30% Live Alone 57% are Female

83.6%
Receive adequate emotional support

25.7%
Reported no physical activity in the last month

91.2%
Have at least one chronic health condition

14.1%
Have Alzheimer's disease or related dementias

Data Source: Massachusetts Healthy Aging Data Report (2015)
Unintentional Opioid-Related Overdose Deaths in MetroWest

Source: Massachusetts Department of Public Health

- Confirmed unintentional/undetermined opioid-related overdose deaths

414
# MetroWest high school students who have used heroin in their lifetime
Source: MetroWest Adolescent Health Survey (2014)

1,892
# MetroWest opioid-related hospital visits in 2014
Source: Massachusetts Health Policy Commission

2014 Opioid-Related Hospital Visits by patient residence
## PRESENTATIONS

<table>
<thead>
<tr>
<th>Topic</th>
<th>Type of Event</th>
<th>Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clark University funder panel</td>
<td>Panel Discussion</td>
<td>Panelist</td>
</tr>
<tr>
<td>Developing a public health program</td>
<td>Regis College class lecture</td>
<td>Guest lecturer</td>
</tr>
<tr>
<td>Evaluation for small nonprofits</td>
<td>Foundation for MetroWest workshop</td>
<td>Presenter</td>
</tr>
<tr>
<td>Framingham charitable organizations</td>
<td>The Audrey Hall Show</td>
<td>Presenter</td>
</tr>
<tr>
<td>Grants management software</td>
<td>User group discussion</td>
<td>Presenter</td>
</tr>
<tr>
<td>Greater Worcester Community Foundation funder panel</td>
<td>Panel discussion</td>
<td>Panelist</td>
</tr>
<tr>
<td>Health profession scholarships</td>
<td>Health fair</td>
<td>Presenter</td>
</tr>
<tr>
<td>Meet the funders</td>
<td>Association of Fundraising Professionals panel</td>
<td>Presenter</td>
</tr>
<tr>
<td>Meet the funders</td>
<td>MetroWest Nonprofit Network panel</td>
<td>Panel moderator</td>
</tr>
<tr>
<td>Online grants management software</td>
<td>Microedge User Conference</td>
<td>Presenter</td>
</tr>
</tbody>
</table>

## CONVENINGS

- Community Health Needs Assessment
- Early childhood social-emotional learning grant overview
- Health Leadership Program
- Marijuana legalization ballot question
- MetroWest regional opioid strategy
- Racial and Ethnic Disparities Workgroup
- School-based mental health programs
- Social isolation among older adults
- Strategies for addressing the needs of LGBTQ youth
- Uber Freedom in Motion pilot (transportation for older adults)

## COMMUNITY ENGAGEMENT

- Central/South Middlesex Opioid Task Force
- CHNA-6
- CHNA-7
- Framingham Youth Development Collaborative
- Grant Managers Network
- Massachusetts Healthy Aging Collaborative
- Metro/South West Regional Employment Board-Partnerships for a Skilled Workforce
- MetroWest Nonprofit Network
- MetroWest Regional Collaborative
- MetroWest Regional Funders
- MetroWest Suicide Prevention Coalition
- Microedge Regional Users Group
PROGRAM HIGHLIGHTS

12th class graduated in 2016

Health Leadership Program
6-month knowledge and skill building program for nonprofit professionals

100% of 2016 class increased their leadership skills

106 have graduated since 2004

Priority areas: Access to care; behavioral health; healthy eating/active living; healthy aging

Community Health Needs Assessment
Update to 2013 collaborative assessment and plan to address health needs in the region

11 focus groups & 18 key informant interviews conducted

607 residents completed the survey

Community input included: older adults; young adults; medical interpreters; faith leaders; homeless individuals; disability community; hospital leaders
GRANTMAKING HIGHLIGHTS

19 programs are active in MetroWest

Funded replication in 3 new high schools this year

BRYT Program
In-school transition program for students with prolonged absences due to hospitalizations

Funded replication in 3 middle schools for first time

Reduces re-hospitalizations & Improves attendance

Baypath leading effort in Northborough, Marlborough, Hudson, Westborough & Sudbury

Over 200 community members surveyed

Dementia Friendly Communities
Collaborative to create supportive environments for those touched by Alzheimer’s Disease

"Action Teams" in each community include dementia patients & families; business owners; social service providers; town officials

156 families received services last year

Medical-Legal Partnership
Access for pediatric patients at Southboro Medical Group on-site access to Advocates’ mental health clinicians

35% of youth referred were seen on the same day

66% of patients kept their behavioral health appointments


PUBLICITY

FINANCIAL SNAPSHOT

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Assets</td>
<td>$98,166,666</td>
</tr>
<tr>
<td>Total Grant &amp; Program Expense</td>
<td>$4,181,792</td>
</tr>
<tr>
<td>Administrative Expense</td>
<td>$775,896</td>
</tr>
<tr>
<td>Administrative Expense as a Percent of Assets</td>
<td>0.79%</td>
</tr>
<tr>
<td>Administrative Expense as a Percent of Grant &amp; Program Expense</td>
<td>19%</td>
</tr>
<tr>
<td>Investment Return as of 9/30/16</td>
<td>8.1%</td>
</tr>
</tbody>
</table>

*Unaudited