



KAISER PERMANENTE NORTHWEST  
2010 COMMUNITY ANNUAL REPORT



TOGETHER  
WE CAN  
DO MORE





# Together

There's only so much you can do on your own. But together, we can do more. Together we can speak louder and sing stronger. Together we can stand taller and climb higher. Together we can make it easier to live healthy lives. Together we can make tomorrow better than today. We can do all this and much more.



The health of individuals is intertwined with the health of our communities. It's part of Kaiser Permanente Northwest's mission to improve not just our members' health, but also the health of the communities we serve. You could say this long-standing commitment is part of our DNA.

Through research, grant programs, employee giving campaigns, and volunteerism, we aim to make real and lasting change. In this report, we talk about our Center for Health Research and its important contributions to science and the delivery of health care services. We feature our Health Care Career Scholarship program for local high school seniors who want to enter the health care field. And we highlight our partnership with the city of Portland to present Sunday Parkways, the popular neighborhood event that promotes healthy activity and community spirit.

We are expanding our presence to reach more communities in our service area. In 2011, we'll be opening a dental office in Oregon City and a neighborhood medical office in Hillsboro. Our Kaiser Permanente Westside Medical Center, also in Hillsboro, is rapidly taking shape and is scheduled to open in 2013. You can read more about our new medical center in this report.

In addition to building new facilities for our members, we continue to provide medical and dental care for uninsured children and adults. We also make significant contributions to organizations that help meet people's basic needs, such as the Oregon Food Bank, Central City Concern, Salem-Keizer Public Schools, and Free Clinic of SW Washington.

This report outlines our five areas of community focus and gives real-life examples of the contributions Kaiser Permanente Northwest made in 2010. Please keep reading and meet a few of the people whose lives we have touched. At Kaiser Permanente Northwest, we are sharing the health and investing in our community.

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and Health Plan of the Northwest

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Executive Medical Director  
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Community Annual Report  
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*Our five areas of* **COMMUNITY FOCUS**

**Care and Coverage for Low-Income People**

We believe everyone has the right to quality health care and coverage. We create and support programs that offer uninsured and underinsured people access to the medical and dental care we provide.

**Safety Net Partnerships**

We are committed to building partnerships with community clinics, local health departments, and hospitals. We help these vital health care providers improve care and expand their treatment capacity for vulnerable populations.

**Community Health Initiatives**

We seek to measurably improve the health of the communities we serve. We design, deliver, and sustain long-term programs that engage communities in working to improve conditions in their neighborhoods, schools, and workplaces.

**Developing and Disseminating Knowledge**

We are dedicated to advancing health through research, education, and training. We share our knowledge of evidence-based care and practices that promote health.

**Other Community Benefit and Civic Engagement**

We strive to meet the needs of communities by actively building relationships on the grass-roots level. Through this initiative, we allocate resources—both monetary and in-kind—to high-impact community projects that engage staff volunteers.

We cultivate partnerships with like-minded organizations, encourage employee engagement, and support the development of public policies that help spread health in our communities. These efforts support our belief that by working together, we are so much more than the sum of our parts.

### Overview 2010 COMMUNITY BENEFIT

\$79,791,859

IN CARE AND COVERAGE FOR LOW-INCOME PEOPLE

 MEDICAL COVERAGE TO  
**5,428** CHILDREN



\$37,245,967

FOR DEVELOPING AND DISSEMINATING KNOWLEDGE



**1,369** RESIDENTS AND FELLOWS TRAINED IN GRADUATE MEDICAL EDUCATION PROGRAM

TOTAL

COMMUNITY BENEFIT  
COMMITMENT TO OUR COMMUNITY

\$119,833,770



\$737,386

FOR SAFETY NET PARTNERSHIPS

FUNDING AND TRAINING OPPORTUNITIES FOR FEDERALLY QUALIFIED HEALTH CENTERS AND COMMUNITY HEALTH CLINICS



**142**  
SCHOOLS

\$1,055,009

FOR COMMUNITY HEALTH INITIATIVES

**34,229**  
STUDENTS

SAW OUR  
**Educational Theatre Program**



\$1,003,549

IN OTHER COMMUNITY BENEFIT AND CIVIC ENGAGEMENT

MORE THAN  
**\$810,000** RAISED

MORE THAN  
**600** COMMUNITY NONPROFITS BENEFITED

EMPLOYEE COMMUNITY GIVING CAMPAIGN

## Overview 2010 COMMUNITY BENEFIT

### Care and Coverage for Low-Income People

\$79,791,859

Charity care; Child Health program and Transitions program; Medicaid; other government-sponsored and nongovernment-sponsored programs.

#### Highlights

- The Child Health and Transitions programs provided full medical coverage to 5,428 low-income children.
- 12,168 members and nonmembers benefited from our financial assistance programs.
- \$323,154 in dental care was donated to low-income individuals.

### Safety Net Partnerships

\$737,386

Medical research; continuing medical education; intern and resident graduate medical education; nursing and other nonphysician education and training; grants and donations for health care professionals; medical libraries and medical information; tumor boards and registries; grants and donations for evidence-based medicine.

#### Highlights

- 2,638 professionals earned 10,438 continuing medical education credits.
- We awarded \$673,547 in grants and donations to federally qualified health centers, community-sponsored clinics, and other community nonprofits.
- We provided free surgical hernia repairs to uninsured people from across the region during a series of community surgery days at our Sunnybrook Medical Office.

### Community Health Initiatives

\$1,055,009

Healthy eating and active living policies and programs; Educational Theatre Program; grants and donations for community-based healthy living programs.

#### Highlights

- 34,229 students from 142 schools saw “Texting the Sun,” our Educational Theatre Program production about media literacy.
- As part of our strategic initiative, Healthy Eating in Hard Times, we supported the Summer Meals Program in our region. Through this support, an additional 1,655 hungry kids per day ate a nutritious lunch.
- We supported and participated in the statewide effort, Oregon Healthy Food in Health Care, led by Oregon Physicians for Social Responsibility. The program assists hospitals in developing sustainable food practices and policies to ensure the health of people and the environment.

### Developing and Disseminating Knowledge

\$37,245,967

Specialty programs; technical assistance; grants and donations for community-based medical clinics.

#### Highlights

- Our Kaiser Permanente Center for Health Research runs hundreds of studies in more than 20 broad areas. In 2010, the center published 193 findings and received media coverage more than 1,600 times.
- Our graduate medical education program trained 1,369 residents and fellows in multiple independent and affiliated specialty programs.
- Kaiser Sunnyside Medical Center’s health sciences and medical libraries handled 17,390 inquiries from clinicians and other community members.

### Other Community Benefit and Civic Engagement

\$1,003,549

Community Benefit administration; Community Giving Campaign; other grants and donations.

#### Highlights

- We awarded 28 grants to support employee volunteer work in community-based programs.
- We provided in-kind donations worth more than \$120,000 to community organizations through our Surplus Property Donation Program.
- Our annual Community Giving Campaign raised more than \$810,000, which was distributed to more than 600 community nonprofit organizations that our employees feel passionate about.



*Together we help people* **GET CARE**

*Assistance provided in 2010*

In 2010, 11,287 applications were submitted for the Kaiser Permanente Medical Financial Assistance program.

We awarded \$11,522,937 to members and nonmembers who needed help with their medical bills.

**Financial assistance when it's needed the most**

When you're struggling to stay afloat, a helping hand can be a lifesaver.

That's how it felt to Brad Norman, a member since 2004, when he qualified for Kaiser Permanente's Medical Financial Assistance (MFA) program.

"It sounded too good to be true," says Brad, an out-of-work teacher living in Kalama, Washington, near Longview. Brad was teaching at-risk high school students when the budget ax fell on his position in August 2009.

Since then, he's found that jobs are scarce and competition fierce, with many highly experienced teachers also looking for work.

"At the last education job fair I went to, there was a 45-minute wait just to talk with many of the recruiters," he says.

By fall 2010, Brad and his wife, Lana, realized they faced losing their health care when their COBRA benefits expired. Lana works part time, but her position doesn't include benefits. To top it off, Lana needed surgery and Brad has psoriasis, a condition that requires medication costing about \$1,000 a month.

Brad felt things starting to collapse around him.

"It seemed like nothing we tried helped," says Brad. "I was almost running out of hope."

That's when he called our MFA program. Carolyn Harrell, financial counselor, picked up the phone.

**Help in the nick of time**

"Our MFA program provides temporary financial assistance to members and nonmembers who need health care services," says Carolyn, one of nine financial counselors who help patients inquiring about the program.

Counselors work with patients to help them find local, state, or federal programs they might qualify for. They also help patients apply for our MFA program. Qualifying patients receive a reduction of their out-of-pocket costs, generally for three months.

The program covered out-of-pocket costs for Lana's surgery and for Brad's medication.

"Brad's story really touched my heart," says Carolyn. "He's never given up, always stays positive, and he's taking classes to improve his marketability. He's very active on his own behalf."

For Brad and Lana, the MFA program has been the help they needed at the right moment.

"I feel I just need to weather this storm," says Brad. "If I can do that, we'll be OK. And Kaiser Permanente is helping us do that by making our health care affordable."

*Brad Norman and his daughter, Ella, longtime Kaiser Permanente members living in Kalama, Washington, got help from our Medical Financial Assistance program.*



*Together we strengthen* **THE SAFETY NET**

### *Alarming figures*

Across Oregon, toothaches cost children the most missed school days. Some 38 percent of Oregon children never see a dentist. And just like for Bianca, it's primarily because their families can't afford dental care.

## A partner in oral health

Bianca Valádez, a shy 7-year-old living in the Salem area, is so quiet that her mom didn't realize she was suffering from painful toothaches until Bianca's school contacted her. The young girl's condition was discovered during a routine dental screening at her school—made possible in part by a grant from Kaiser Permanente.

### Making dental care a reality

Bianca was able to get the dental care she needed thanks to the efforts of Dental Health Solutions for Children, a program of Salem-Keizer Public Schools that coordinates safety net dental care for low-income, uninsured students in the district.

The program collaborates with nearly 70 local providers to help youngsters with immediate dental needs and provides dental health education and schoolwide screenings in elementary schools.

For Bianca, the program is the only way she's able to receive year-round dental care. Her mother and father work seasonally and say that without the school programs, they couldn't afford regular dental care for their children.

There are many families like Bianca's. The need is enormous and the stories are heartbreaking. So, throughout our service area, we are reaching out to help children and adults who otherwise could not afford dental care.

*Bianca Valádez received the care she needed at a dental clinic made possible by Kaiser Permanente.*

## Planning for the future

A two-year, \$60,000 grant from Kaiser Permanente will enable Dental Health Solutions for Children to expand dental health education and screening services to the district's middle schools, allowing an additional 7,500 students to receive services.

In the past few years, Salem-Keizer Public Schools has helped nearby districts develop similar programs. With the grant support, the program can be replicated in even more communities.

At Chemeketa Community College, which serves 460,000 residents in Marion, Polk, and Yamhill counties, we're helping equip the new dental assisting and dental hygiene clinics that are part of the college's professional dental programs. Under the supervision of registered dental hygienists and dentists, student dental hygienists and assistants will provide care at reduced costs to patients of all ages during as many as 3,600 appointments.

Kaiser Permanente has also launched a \$750,000 grantmaking initiative—one of the largest investments in oral health care in the Portland metropolitan area. For the next three years, our Oral Health Initiative for Prevention, Advocacy, Care, and Education is offering grants to groups with proposals for improving oral health care in the community.

All of these efforts are giving more and more people something to smile about.



Together we make better HEALTH A REALITY

*The need for aid*

Throughout Oregon, thousands of children and adults experience hunger every day.

Each month, an average of 80,000 children and 160,000 adults, retirees, and disabled residents count on emergency food boxes for their next meal.

### Putting food on the table

When you're hungry, it's hard to think about anything else.

Hunger is all too frequent across the United States, and even in our own community. The need for food aid on the west side of the Portland area has been growing at an alarming pace. From July 2009 through June 2010, the amount of emergency food boxes delivered in Washington County increased by 24 percent.

That's why we provided a grant to help Oregon Food Bank's Washington County location get to the root of the problem.

### At work in the kitchen

Oregon Food Bank's Northeast Portland location has had a teaching kitchen to host a Nutrition Education program for several years now. The program teaches residents how to stretch their budgets with healthy, low-cost meals. During six-week classes, students learn about nutrition, food safety, and meal planning, and how to make the most of their food dollars.

In 2010, we provided a \$330,000 grant to build a new teaching kitchen at Oregon Food Bank West in Beaverton. We are also committed to providing \$50,000 in in-kind staff support. The gleaming new

kitchen allows students to practice hands-on skills by making a meal during each class.

"Our class spent a lot of time talking about nutritional needs, and you could see that everyone was very attentive and learning a lot," says Molly\*, a single mom living in Washington County.

"We got a great cookbook with all the recipes we'd made and a lot of information about nutrition," she adds. "We learned about a lot of different protein options, which can help stretch your food dollar. And I'm still using the recipes at home."

### Eliminating hunger

Oregon Food Bank is also developing other partnerships to help reduce hunger.

"We're working with the Oregon State University Extension Service to host a class in food preservation," says Ginny Sorensen, education programs manager for the food bank.

"We hope to help people develop the skills they need to grow, preserve, and cook their own food," she says.

All these efforts are helping people meet their basic needs and are making a real difference in many lives.

*\*The participant's name has been changed to protect her identity.*





*Together we build* **KNOWLEDGE**

*Better health through research*

With 361 employees in Oregon, Georgia, and Hawaii, the Kaiser Permanente Center for Health Research is dedicated to advancing knowledge that improves health.

In 2010, the center generated hundreds of scientific presentations and peer-reviewed publications on subjects as varied as smoking cessation, mental health, cancer, genetics, and health informatics.

Learn more on the Kaiser Permanente Center for Health Research website, [kpchr.org](http://kpchr.org).



**In the fight against childhood obesity, it takes a tribe**

Childhood obesity has reached epidemic proportions in the United States, and Native American communities have been hit especially hard. While nearly one-third of all U.S. children are overweight, that number climbs to nearly 50 percent for Native American kids.

Weight loss researchers know what works: promoting breastfeeding, avoiding sugared beverages, and encouraging children to be physically active.

But every community has its own customs and approaches to child-rearing. A weight loss campaign that works in one community may not work in another.

**Honoring differences**

Mindful of these cultural differences, Njeri Karanja, PhD, a senior investigator at the Kaiser Permanente Center for Health Research, set out to study the effectiveness of weight loss interventions for Native American children. She knew success would take more than proven weight loss methods; it would take strong partnerships with the tribes themselves.

More than 200 families from three tribes in Oregon and Washington participated in the Center for Health

Research study. Together with Dr. Karanja, tribal community health workers designed interventions to fit the specific needs of their people.

One tribe created and maintained a breastfeeding room at its tribal health clinic, for example. Another passed a resolution to stop buying sugar-sweetened beverages for tribally sponsored events. Community health workers tailored home visits to the needs of each family.

**Study says start early**

The study, funded by the National Institutes of Health with additional support from Kaiser Permanente's Community Benefit department, was the first to target obesity prevention among Native American children beginning at birth. This early start was essential, says Dr. Karanja.

"The rapid weight gain of Native American children begins at birth," she says. "By starting interventions early, we can have a long-term impact on their behaviors."

The results of the study were promising. Children who received both community interventions and in-home visits had a significantly smaller increase in body mass index than kids who didn't receive in-home visits.

Thanks to continued support from Community Benefit, a larger study involving six Northwest tribes is now under way.

*Njeri Karanja, PhD, Kaiser Permanente Center for Health Research*



*Together we build* KNOWLEDGE

## Meet Juan Ugarte, 2010 scholarship recipient

Juan Ugarte is the first in his family to attend college. He is one step closer to his dream thanks to the scholarship he received through The Kaiser Permanente Health Care Career Scholarship program.



*Juan Ugarte, a premed major at the University of Oregon, received a scholarship in 2010.*

The oldest of three children, Juan moved to Oregon from Mexico in search of a better life. The family struggled for years, and even lived in a car until they were able to save enough money for a real home.

Juan graduated from Liberty High School in Hillsboro and began his studies at the University of Oregon in 2010 with the ultimate goal of becoming a physician and opening a safety net clinic.

“I believe health care is an essential human right,” he says. “I know I will not be able to help everyone in the world, but if more people can be helped out, we can sure make a difference,” he says.

## *Investing in the future of health care*

The Kaiser Permanente Health Care Career Scholarship program is an example of facing health care industry challenges head-on while simultaneously meeting the needs of our community. It’s common knowledge that there’s a national shortage of certain types of health care professionals. We want to ensure that our community’s brightest students are not limited by financial difficulties in pursuing their academic dreams and careers in health care.

Since 2009, Kaiser Permanente Northwest has partnered with the Oregon Health Career Center (OHCC) to help organize our Health Care Career Scholarship program. We award \$2,000 scholarships to qualifying high school seniors in our service area who want to pursue a career in health care. In 2010, 129 students were awarded scholarships from 113 high schools—from Longview, Washington to Corvallis, Oregon. Most of the recipients demonstrated financial need. Many were the first in their family to go to college. Some were bilingual or members of ethnic or racial minorities that are underrepresented in the field.



### *Fast facts about 2010 Health Care Career Scholarship Recipients*

- 60 percent are from racial or ethnic groups currently underrepresented in the health care field.
- 55 percent meet federally qualified low-income definitions.
- 76 percent are first-generation college-bound students.
- 48 percent are bilingual.





*Together we connect* COMMUNITIES

*Grants given  
in 2010*

We awarded 28 KP Gives grants in 2010. A total of \$306,000 was given to keep our communities healthy.

The KP Gives program awards funds in support of organizations that focus on meeting people's basic needs and building self-sufficiency.

### When employees volunteer, Kaiser Permanente Gives

Being a child isn't always easy, especially for kids in foster care or suffering from poverty and abuse. The trouble is, there are few options for at-risk youth in Oregon, a state with one of the highest teen suicide rates in the nation.

Albertina Kerr, a Portland-based organization, is determined to change that.

Founded in 1907, the agency has spent more than a century giving aid to people of all ages. They provide care and skills training for those with developmental disabilities and lifesaving mental health services to children in dire need. Children like Kelsey\*.

At just 13, Kelsey had been seeing a mental health therapist, but it just wasn't enough. Her therapist told her that she was beyond outpatient counseling, that she needed more.

"It was so much more than just teenage angst," her mother says. Kelsey's life was at risk.

Desperate, Kelsey's mother searched high and low for an agency that could help care for her daughter. And she found Albertina Kerr.

Kelsey was admitted to Albertina Kerr's Crisis Psychiatric Care program. She lived at the facility for three weeks while she got the treatment she needed. Gradually, she was brought back from the brink and was given a chance at a clean start.

### Making it all possible

At Kaiser Permanente, we know volunteerism builds stronger communities. That's why we created the Kaiser Permanente Gives—Volunteer Grant Program several years ago.

It's quite simple, really: Any employee who volunteers in the community can sponsor a nonprofit he or she devotes time to.

That's how Colin Cave, MD, an otolaryngologist at our Beaverton Medical Office, was able to get much-needed funds for Albertina Kerr. A \$15,000 KP Gives grant was awarded in 2010 for the agency's Crisis Psychiatric Care program.

The program provides immediate psychiatric treatment to children in need. These kids can be anywhere from 5 to 17 years old. They have severe emotional problems and are in serious danger of harming themselves or others.

Albertina Kerr cared for more than 300 children and families through the Crisis Psychiatric Care program in 2010. The program provides 24-hour nursing and psychiatric care, individual and family therapy, and medication management.

The program also teaches kids self-regulation and problem-solving skills so they can overcome depression, develop strong relationships, and build a promising future.

"I'm proud to be a part of Kaiser Permanente and of Albertina Kerr," says Dr. Cave. "Together, we're helping a lot of children who just don't have anyone else to advocate for them."

Dr. Cave has been volunteering with Albertina Kerr since 2007.

*Colin Cave, MD, Beaverton Medical Office, and his daughter, Taylor, and son, Chris*

*\*The patient's name has been changed to protect her identity.*

# 2010 Kaiser Permanente Community Fund Grants at the Northwest Health Foundation

## 2010 grants

Our Community Fund awarded \$3 million in grants to 24 Oregon and Southwest Washington organizations in 2010. Here are just a few of the agencies we supported:

- Janus Youth Programs—Every day, Janus Youth Programs gives a second chance to at-risk youths in Oregon and Washington by providing group residential, shelter, and foster care along with a certified drug and alcohol program.
- Pathways 2020—Dedicated to improving the quality of life in Cowlitz County, Washington, Pathways 2020 focuses on building partnerships, mobilizing resources, strategic planning, and developing programs.
- Adelante Mujeres—Based in Forest Grove, Oregon, Adelante Mujeres gives immigrant families the tools they need to succeed.

Since the fund was established in 2004, we have awarded more than \$15 million in public health grants to 92 organizations in Oregon and Southwest Washington.

## Kaiser Permanente Community Fund

*Where health begins*

### Promoting health

The Kaiser Permanente Community Fund, a philanthropic partnership between Kaiser Permanente and the Northwest Health Foundation, seeks to improve the health of people in our communities by addressing factors in the social, policy, and physical environments that affect community health.

This innovative funding model combines the Northwest Health Foundation’s public health expertise with Kaiser Permanente’s resources and guidance to improve health outcomes at the community level. This creates opportunities for individuals and communities to have sustained improvements in health.

The Kaiser Permanente Community Fund takes a preventive approach, investing in agencies and programs that promote health and health equity. Projects range from establishing community gardens in rural areas to connecting isolated elders with young people.

The Northwest Health Foundation is an independent charitable foundation that administers Kaiser Permanente Community Fund grants on our behalf.

Social determinants of health— capacity-building grants	Social determinants of health— implementation grants
Total amount awarded in 2010	Total amount awarded in 2010
<b>\$343,475</b>	<b>\$2,676,527</b>

Organizations supported in 2010  
by KAISER PERMANENTE NORTHWEST COMMUNITY BENEFIT

Adelante Mujeres*	Community Cycling Center	Northwest Human Services	Romanian Baptist Church of Portland
Albertina Kerr	Community Health Partnership*	Northwest Kidney Kids, Inc.	Salem-Keizer Coalition for Equality*
American Red Cross	Cowlitz Free Medical Clinic	Oregon Children's Theatre	Salem-Keizer Public Schools
Asian Health & Service Center*	Essential Health Clinic	Oregon Food Bank	Sauvie Island Center
Big Brothers Big Sisters	Evergreen Habitat for Humanity	Oregon Health Career Center	Southwest Community Health Center
Canby School District	FolkTime	Oregon Physicians for Social Responsibility	Trauma Intervention Programs, Inc.
Cascade AIDS Project	Free Clinic of SW Washington	Oregon Primary Care Association	Tucker-Maxon
Cascadia Behavioral Healthcare	Grantmakers of Oregon and Southwest Washington	Oregon Voice*	United Way of the Columbia-Willamette
CAUSA Oregon*	Growing Gardens	Our House of Portland	Upstream Public Health**
CDM Services	Habitat for Humanity	Partners for a Hunger-Free Oregon	Urban League of Portland
Central City Concern	Janus Youth Programs**	Pathways 2020	Verde
Chemeketa Community College	Metro	Pedagogy Institute/Micro Enterprise Services of Oregon*	The Wallace Medical Concern
Children's Cancer Association	Morrison Child & Family Services	Port City Development	Westside Transportation Alliance
City of Portland	Multicultural Integrated Kidney Education Program	Portland Public Schools	Zero Waste Alliance: Sustainable Oregon Schools Initiative*
Clackamas County Department of Human Services, Health, Housing, and Human Services Division*	Native American Rehabilitation Association of the Northwest, Inc.**	Project Access NOW	
Clark College	Neighborhood House	Project Quest/Quest Center for Integrative Health	<i>*2010 Kaiser Permanente Community Fund at the Northwest Health Foundation</i>
Coalition for a Livable Future**	New Avenues for Youth*	QUAD, Inc.	<i>**2010 Kaiser Permanente Community Fund at the Northwest Health Foundation and Kaiser Permanente Northwest Community Benefit</i>
Community Choices	North by Northeast Community Health Center**	Resolutions Northwest*	



Shelly Anderson,  
Katie Anderson,  
and Susan Prows

Together we make lives BETTER

## All for the babies

Shelly Anderson, a registered nurse and obstetrics/gynecology team leader at our Beaverton Medical Office, knows all the facts about prematurity. What she never imagined was that it would affect her own family.

### The Andersons' story

Shelly's second child, Kathleen Noel Anderson, weighed 1 pound, 15 ounces, when she was born December 20, 1998. She was born at only 24 weeks.

Katie, as her parents nicknamed her, had numerous health issues resulting from her prematurity and had to undergo 12 surgeries. Her parents lived in fear every day until Katie was finally discharged from the hospital when she was 5 months old.



Katie's parents named her after Kathleen Kennedy, MD, the Kaiser Permanente perinatologist who delivered her.

It is for Katie—and for the countless other babies born premature—that Kaiser Permanente supports the March of Dimes' March for Babies every year.

### Marching for babies

The March for Babies, held each spring, raises awareness and funds research in the fight against prematurity, the country's leading cause of infant death.

For several years now, Kaiser Permanente has sponsored the checkpoint at the March for Babies walk in Portland. Susan Prows, administrative assistant for our Preterm Birth Prevention program, champions the event.

"In my work, I don't always see a lot of happy endings," Susan says. "I'm happy to do anything I can to improve the odds for babies."

So Susan plans the checkpoint, scheduling entertainment and ordering healthy snacks for walkers, like bottled water and fresh fruit. She also leads the Kaiser Permanente walk team in the march. The team raised \$3,000 for March of Dimes in 2010.

Susan works hard to get the word out to employees and the community as well. She shares sobering statistics. For example, babies born at 24 weeks, instead of full term at 38 weeks, have a 47 percent survival rate. And more than half these babies have short- or long-term disabilities.

March of Dimes is changing these odds for babies across the country. Kaiser Permanente is proud to help give babies a fighting chance.



*Together we make lives* **BETTER**



*Sponsoring health*

Kaiser Permanente sponsors events like the March for Babies throughout the year so that everyone in our community has a chance to thrive.

In 2010, we funded the city of Portland's Sunday Parkways, a series of five summertime events designed to encourage people to get active and have fun in their very own neighborhoods.

We also co-sponsored events like the annual Heart Walk, which raises money for the American Heart Association.

Volunteers throughout Kaiser Permanente make it all possible by leading efforts to get employees involved in making lives better after hours.

**Growing with Washington County**

We're honored to be a part of Washington County. More than 30 years ago, we opened our first medical office there. We serve 75,000 members in medical and dental facilities in Beaverton, Aloha, Hillsboro, Tigard, and Tualatin.

**Now we're planning for tomorrow**

Our Kaiser Permanente Westside Medical Center, scheduled to open in 2013, will be home to the county's first new hospital in 40 years—and the only LEED Gold-certified hospital in the tri-country area (Washington, Multnomah, and Clackamas counties).

At more than 420,000 square feet, the medical center will include a full-service Emergency Department, several operating rooms, and two medical offices. Our Sunset Medical Office will continue providing primary care in its location on the grounds of the hospital campus. And our Sunset Dental Office will remain in its current location right across the street.

**Good for the economy**

Kaiser Permanente Westside Medical Center is already strengthening the local economy in Hillsboro. Building it will create more than 2,000 construction jobs at a time when unemployment is especially high in the construction industry. We're also supporting area businesses by purchasing many building supplies directly from them.

When it opens, Kaiser Permanente Westside Medical Center will bring about 1,100 permanent family-wage jobs to the community.

**Great for people**

Kaiser Permanente Westside Medical Center will offer a wide range of services, including a much-needed Emergency Department to provide rapid care to all of Washington County. The facility and its staff will be dedicated to providing high-quality, affordable care, incorporating Kaiser Permanente's seven-decade experience in owning and operating hospitals and medical offices. The facility will have:

- 126 beds, all in private rooms.
- 90 specialty care exam rooms.
- 60 specialty care providers.
- 27 Emergency Department treatment bays.
- 8 operating rooms.

Members also will have access to cardiology and obstetrics/gynecology care, and imaging, laboratory, and pharmacy services.

The future is looking bright with Kaiser Permanente.





Go to [kp.org/communitybenefit/nw](https://kp.org/communitybenefit/nw)  
to learn more about our efforts to make better health a reality for all.

