Philanthropy: An Empowering Force for Change

2012 Annual Giving Report
Our mission is to promote wellness, health and access to high-quality health care for everyone, while supporting the communities we serve.

www.aetnafoundation.org
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We believe that strategic philanthropy can make a real difference in improving people’s health.

The Aetna Foundation’s grant making addresses the needs of those most at risk for poor health or chronic conditions — low-income, underserved or minority populations.

Aetna and the Aetna Foundation awarded more than $14.6 million in 2012 to nonprofit organizations, supporting both national and local initiatives to tackle poor nutrition and increase physical activity, confront the shortage of primary care physicians and find new ways to fix the fragmented delivery of health care.
Poor diet and sedentary lifestyles are major forces behind today’s rise in chronic health conditions and obesity-related diseases. Yet, changing behavior to improve health is difficult for most people to achieve on their own, especially in low-income neighborhoods where available fresh produce or safe places to exercise often are limited. That’s why we support local efforts to bring people together to pursue healthier living by making nutritious food and physical activity more affordable and accessible.

Recent grants include:

- **Girls on the Run**, to help young girls in Chicago achieve greater fitness and self-esteem through the power of running. Our funding helped reach more than 2,000 girls, most who live in low-income, high-risk neighborhoods.
- **Students Run America**, to encourage at-risk high school students to lace up for a life-changing challenge: training for and completing the LA Marathon. The experience teaches the value of goal setting, persistence and lifelong fitness.
- **U.S. Soccer Foundation**, to expand a free, after-school program that integrates nutrition education with the game of soccer to engage low-income children in Detroit, Houston and Washington, DC.
- **FAN4Kids**, to guide children in Newark, New Jersey and the Bronx toward smart decisions about eating and exercise. The program is creating a shared culture of wellness that makes it cool to be fit, resulting in greater physical activity, selection of healthier food options and improved classroom focus.
- **Cool Girls, Inc.**, for its structured fitness and nutrition program that helps girls in Atlanta adopt healthy habits and improve body confidence, which can lower their risk of obesity.

- **International Community Health Services**, to enhance Mapping Our Voices for Equality, an effort that uses community-produced digital stories and community mapping as a tool to reduce health inequities in Seattle. Funding will help create personal video narratives that can empower people of Asian, Native Hawaiian and Pacific Islander heritage to adopt healthier lifestyles.
- **GrowingGreat**, for national expansion of its Online Nutrition Education Training that arms volunteer nutrition educators with the tools they need to help children adopt eating habits that can reduce their risk of obesity and disease.
- **FoodCorps**, to expand its in-school nutrition education, gardening and healthy living program to young students from Navajo, White Mountain Apache and Tohono O’odham reservation communities in Arizona. To pursue its work, FoodCorps recruits emerging leaders for a year of full-time public service dedicated to improving child health in limited-resource communities.
- **DC Central Kitchen**, to support Healthy Futures, an effort that helps schools, after-school programs, summer camps and local convenience stores provide fresh, nutritious snacks and meals to children in Washington, DC’s most underserved neighborhoods.
- **Citizens Committee for New York City**, to support 11 volunteer-led groups that are striving to transform the health and quality of life in 17 neighborhoods across the city by increasing green space, promoting fitness and making healthy foods more available.
- **The Supportive Older Women’s Network**, to guide grandparent-headed families in underserved communities in Philadelphia in nurturing healthier eating and fitness among the children they are raising. The multifaceted program includes interactive nutrition workshops and help with creating healthier family eating plans.
In our rapidly changing health care environment, new approaches are needed to fix the often fragmented delivery of health care and to promote better health outcomes in medically underserved communities. This is why we support innovative efforts that better equip doctors to care for all population groups and those that address the looming shortage of primary care physicians. We are particularly focused on building a more diverse generation of health care professionals.

Recent grants include:

• **Tour for Diversity in Medicine**, to conduct premed workshops at colleges and universities to help minority students plan for careers in medicine or dentistry and address the health equity gap faced by at-risk populations.

• **National Medical Fellowships, Inc.**, to provide scholarships to medical students from underrepresented minority groups who have committed to practice medicine in medically underserved communities and are distinguished by their community service and leadership potential.

• **The Four Directions Summer Research Program**, to provide an eight-week summer research experience at Brigham and Women’s Hospital and Harvard Medical School for American Indian and Alaska Native college students and to support their future careers in the health care professions.

• **The AcademyHealth/Aetna Foundation Minority Scholars Program**, to provide professional development for graduate students and postdoctoral fellows from underrepresented groups who show leadership potential in the research fields of health care services and health disparities.

• **Camden Coalition of Healthcare Providers in New Jersey**, to establish a new fellowship program to train primary care doctors in using sophisticated data analysis to identify high-cost, high-needs patients and to create interdisciplinary teams to improve patient care.

• **The Institute of Medicine of the National Academies**, for its study of ways to redesign medical residency programs to better prepare young doctors for the demands of patient-centered primary care, team-based medicine and health information technology.

• **Women’s Community Clinic in San Francisco**, to train young women from a largely African-American community as health care workers in women’s health and prenatal care.
The Aetna Foundation, Aetna and its employees have built an enduring tradition of support for The Hole in the Wall Gang Camp. Founded by the late actor and philanthropist Paul Newman, the organization provides children who have serious illnesses with the opportunity to participate in a free, fun-filled camp experience.

In 2012, the Aetna Foundation awarded a significant grant to support comprehensive services for children and families coping with sickle cell disease, including summer camp sessions and family retreats at the Connecticut-based camp.

Our support doesn’t stop there. For the fourth consecutive year, Aetna was the lead sponsor of the organization’s annual Camp Challenge Ride, a bike ride that has raised more than $1.5 million since 2009. About 125 employees and their family members joined in the fun, riding as Team Aetna. Additionally, several hundred Aetna employees cleaned and painted the campsite to get it ready for summer programs.
In 2012, Aetna and the Aetna Foundation awarded more than $14.6 million in grants and sponsorships to national and regional nonprofit organizations across the country.

Additionally, Aetna employees, retirees and directors stepped up their personal charitable donations through the company’s matching gift program — giving $6.8 million, an increase of nearly 25 percent over the previous year. Aetna employees also generously donated their personal time, volunteering more than 380,000 hours, a 12 percent increase over 2011.
To learn more about our philanthropic programs and how our grantees are enhancing community wellness and advancing quality health care, join us at www.aetnafoundation.org.