Cambia Health Foundation
Social Impact Report
Dear friends of the Foundation,

Cambia Health Foundation is the corporate foundation of Cambia Health Solutions. Dedicated to transforming the way people experience health care, the Foundation makes purposeful philanthropic investments to create a more person-focused and economically sustainable health care system, from birth to natural completion of life.

For more than ten years, the Foundation has funded grants to advance patient-centered and family-oriented care for all. Our two focus areas are:

- **Sojourns®**: Investing in palliative care awareness, access and quality to address the needs of people with serious illness, their families and caregivers; includes a significant investment in workforce and leadership development

- **Healthy People, Healthy Communities**: Investing in game-changing solutions that create a person-centered, integrated health care system able to address social determinants and achieve health equity

Our deep commitment to philanthropy serves as a catalyst for change. Through the tireless efforts of our grantees and community partners, which can be seen throughout the pages of this report, we work to improve the health, well-being and quality of life for people and families.

My sincere thanks to all of our grantees working to create ground-breaking solutions that drive meaningful change. We look forward to more collaboration and progress over the next year!

With hope and optimism,

Peggy Maguire
President, Cambia Health Foundation
Here for each other

The corporate foundation of Cambia Health Solutions, the Cambia Health Foundation is a separate 501(c)(3) organization that makes purposeful philanthropic investments in nonprofit organizations and people that make the health care journey more person-focused and economically sustainable from birth to natural completion of life.

Founded in 2007, the Foundation has funded over $60 million in grants to advance patient-centered and family-oriented care under two focus areas:

**Sojourns®**
Investing in palliative care to address the needs of people, their families and caregivers through workforce and leadership development, increasing access to quality palliative care in the community and promoting public awareness.

**Healthy People, Healthy Communities**
Investing in game-changing solutions that foster a person-centered, integrated health care system that addresses social determinants and drives health equity.

30 grants awarded in 2018 totaling $8,375,480

12 Sojourns Scholar award recipients
- American Academy of Hospice and Palliative Medicine
- Art with Heart
- Association for Utah Community Health
- Beckman Research Institute of City of Hope
- Catholic Charities of Eastern Washington
- Coalition of Community Health Clinics
- Comunidades Unidas
- Eastern Oregon Healthy Living Alliance
- Hospice and Palliative Nurses Foundation
- Huntsman Cancer Foundation
- Idaho Primary Care Association
- Lee Pesky Learning Center
- Lines for Life
- North by Northeast Community Health Center
- Northwest Housing Alternatives
- Oregon Community Health Worker Association
- Sound Mental Health
- University of Utah
Sojourns®

Our goal is to help people live as well as possible for as long as possible and to support their caregivers. Cambia Health Foundation has purposefully invested more than $36 million to advance palliative care because we believe it improves the experience of people living with serious illness. Provided alongside curative care, palliative care is specialized medical care for people at any age and at any stage of a serious illness. It is provided by an interdisciplinary team who work together to provide an extra layer of support that relieves the symptoms and stress of a serious illness to improve quality of life for both the patient and the family. Palliative care focuses on what matters to people instead of what’s the matter with them and enables them to live well.

Advancing palliative care for more than a decade

2007
Cambia Health Foundation founded

2011
Regional grants awarded for hospital palliative care programs and pediatric palliative care

2013
The Conversation Project, a public engagement campaign, launched to build awareness and support
Center to Advance Palliative Care (CAPC) funded research identifying staffing issues and gaps in existing infrastructure

2014
$15M invested to launch and sustain the Cambia Palliative Care Center for Excellence at the University of Washington
Sojourns Scholar Leadership Program created to identify, cultivate and advance the next generation of palliative care leaders

2017
Endowed Pediatric Palliative Care Chair at OHSU established (3rd in nation)

2018
Huntsman Cancer Foundation Utah: Funded evaluation of home-based palliative care delivery model
City of Hope: Invested in expanding the End-of-Life Nursing Education Consortium (ELNEC) curriculum

2019
Oregon Coalition for Living Well with Serious Illness founded to educate, communicate with and connect people with serious illness and their caregivers so they can all live well
Sojourns Scholar perspectives

“Because of the Sojourns Scholar Leadership Program, I am more attuned to observing, and improving, my own leadership style, as well as observing and learning from leadership in others. This has been one of the most professionally and personally rewarding experiences I have ever had.”

—Zara Cooper, MD, 2015 Sojourns Scholar grantee, Brigham and Women’s Hospital, Boston, MA

“Being a social worker Sojourns Scholar has inspired me to articulate and develop a leadership voice and plan for our profession and the people that we serve.”

—Elizabeth Anderson, DSW, LCSW, MD, 2018 Sojourns Scholar grantee, College of Health and Human Services, Western Carolina University, Cullowhee, NC

“The best aspect of the Sojourns Scholar Leadership program is the natural collaborative networks and support formed among the scholars. Fundamentally, the opportunity to engage with this group of motivated and talented people has been for me the most important, and lasting, impact of the program.”

—Dr. Toby Campbell, MD, MSCI, 2014 Sojourns Scholar, University of Wisconsin School of Medicine and Public Health

Sojourns Scholar Leadership Program

The Sojourns Scholar Leadership Program is designed to identify, cultivate and advance the next generation of palliative care leaders. Grantees receive mentorship and a two-year, $180,000 grant to conduct an innovative and impactful clinical, policy, education or research project in the field of palliative care and advance their leadership not only within their own institutions, but in the field at large. By investing in emerging leaders who will influence change in the industry, we advance our Cause of serving as a catalyst to create a more person-focused, compassionate and affordable health care system.

GRANTEE SPOTLIGHT

American Academy of Hospice and Palliative Medicine (AAHPM)

Increasing national demands to move health care toward quality-based performance standards challenge busy palliative care clinicians, so solutions that assist the field must be accessible, engaging, feasible, clinically meaningful and unified. Investing in the Palliative Care Quality Collaborative (PCQC) and the national unified Quality Measures registry will enable the creation of a unified palliative care registry that includes program- and patient-level data, embedded in a patient-centered quality collaborative, and that is critical to improve care, promote research, identify best practices and drive collaborative quality improvement.
Healthy People, Healthy Communities

Cambia Health Foundation works to empower people and communities to achieve better health by investing in innovative ideas that promote a person-centered, affordable and accessible health care system for everyone.

The health care system continues to make much-needed shifts as consumers demand a more personalized experience that addresses not only their health care needs, but the social determinants of health that impact their overall health and well-being. This shift brings new challenges and opportunities for creating a health care system that can address disparities and promote health equity. Through our Healthy People, Healthy Communities Program, we partner with organizations that have a clear view of how they will change the way people experience health care and enable all people to live their best lives. To date, the Foundation has invested over $20 million in this effort and our work is not done.

GRANTEE SPOTLIGHT

National Children’s Alliance

National Children’s Alliance (NCA) is the nation’s largest network of care centers for child victims of abuse, with 854 Children’s Advocacy Centers (CACs) serving more than 334,000 children each year. In 2019, Cambia Health Foundation provided funding to the National Children’s Alliance and the Yale Child Study Center in support of their implementation of Child and Family Traumatic Stress Intervention (CFTSI), an innovative, evidence-based treatment that focuses on increasing caregiver support by enhancing communication between the child and caregiver project.

Since its implementation, more than 20 clinicians in Utah and Idaho have been trained on the CFTSI model, and preliminary results have shown a major reduction in PTSD symptoms in the kids. Their caregivers have reported a better awareness overall of the issues their children were facing.

Kids and caregivers report kids have fewer PTSD symptoms after trauma treatment at Children’s Advocacy Centers

![Bar chart showing reduction in PTSD symptoms before and after treatment for children and caregivers.](chart.png)
Since 2014, Cambia Health Foundation has invested $13 million in the Oregon Healthiest State initiative, which supports the well-being of local communities by building a culture of health in rural communities across the state through the Blue Zones® Project. Using the Blue Zones Project Model, four communities (Klamath Falls, Grants Pass, Umpqua and The Dalles) have implemented strategies that help communities change policies, create social connection and engage multiple sectors to improve the health of residents and increase civic engagement.

Klamath Falls was the first community to embrace the Blue Zones model. Community leaders, neighborhoods, employers, schools, restaurants, grocery stores and faith-based organizations came together to make healthy choices easier. More than 6,000 residents have taken the Blue Zones personal pledge for better well-being, and over 70 local businesses and organizations have made changes to support the health of their employees and customers.

Today, Klamath Falls has smoke-free parks; cooking classes and healthier food options in school cafeterias, restaurants and businesses; better access to safe places to be physically active; and residents who are more poised than ever to look out for each other’s health and well-being.
Interested in partnering with us to build healthier communities and change the way people experience health care? Reach out for more information.

Cambia Health Foundation
(503) 225-4813
cambiahealthfoundation.org
cambiahealthfoundation@cambiahealth.com