



MT. SINAI
HEALTH CARE FOUNDATION

Legacy

FOUNDATION NEWS

SPRING 2014

MT. SINAI FUNDS NUTRITION AND PHYSICAL ACTIVITY EFFORT IN EARLY CARE AND LEARNING CENTERS

The Mt. Sinai Health Care Foundation is funding a countywide effort to encourage better nutrition and increased physical activity in early care and learning centers. According to the Centers for Disease Control (CDC), one of every eight preschoolers is obese. Obese preschoolers are five times as likely to be overweight or obese as adults. While obesity rates in 19 states have declined, Ohio's have not.

Recognizing that this may be the first generation of children with a shorter life expectancy than their parents, the Mt. Sinai Foundation, a longtime supporter of early childhood obesity prevention efforts, took action and recently awarded \$150,000 over a three-year period to the Cuyahoga County Board of Health to serve as the coordinating agency to develop an early childhood health and wellness plan for Cuyahoga County. The goal of this effort is to improve nutrition and increase physical activity in children up to five years of age. The work will involve community partners through a task force comprised of Invest in Children and Starting Point, the local child care resource and referral agency.

Through collaboration with local childcare centers, early care and education staff will be trained using established best practices with the goal of producing healthier children, better-informed parents and improved health outcomes for all.

Key to the project will be the implementation of the *Healthy Children Healthy Weight* program, a designated Ohio Healthy Program that is being promoted statewide by the Ohio Department of Health. *Healthy Children Healthy Weight* promotes collaboration with early learning centers to develop strategies, policies and environments that encourage healthy weight and healthy lifestyles for children.

With the support provided by Mt. Sinai, Cuyahoga County Board of Health plans to provide technical assistance and training to at least 24 centers to increase staff knowledge and skills to encourage healthy habits in young children. Centers will be encouraged to create sustainable environmental changes by implementing policies that support healthy nutrition and physical activity. In addition, technical assistance will facilitate improvement in nutritional quality and variety of meals and snacks. The program also encourages strong parent and staff engagement.



MT. SINAI SCHOLAR RECEIVES HARTWELL INDIVIDUAL BIOMEDICAL RESEARCH AWARD



The Hartwell Foundation of Memphis, Tennessee, recently named Mt. Sinai Scholar Roberto Galán, PhD, a Hartwell Investigator. This prestigious award will provide research support for three years at \$100,000 per year to enable Dr. Galán to continue his research in **Cortical Network Dynamics and Epileptiform Activity in Autism: From Animal Models to Children**. The Hartwell Foundation funds early-stage, innovative, and cutting-edge biomedical research to benefit children. "The Hartwell process is very competitive. Nominees who achieved success were well-prepared as a result of internal support and guidance of their participating institution, as well as the experience of other Hartwell Investigators," said Fred Dombrose, president of The Hartwell Foundation. Dr. Galán is assistant professor in the Department of Neurosciences at the Case Western Reserve University School of Medicine.

HENRI BRUNENGRABER, MD, PHD, COMPLETES TERM AS CHAIR, CWRU DEPARTMENT OF NUTRITION

MT. SINAI PLAYED KEY ROLE IN DEPARTMENT'S ESTABLISHMENT



In January 2014, **Henri Brunengraber, MD, PhD**, was honored by the **Case Western Reserve University School of Medicine** for his 24 years of service as chair of the Department of Nutrition. Dr. Brunengraber continues to hold The Mt. Sinai Auxiliary Professorship in Nutrition Research and remains a key faculty member and mentor to the next generation of researchers at the School of Medicine.

In 1990, with the support of a generous gift from philanthropist Sam Sampliner to The Mt. Sinai Medical Center, Dr. Brunengraber was recruited to serve as the first chair of the newly-created Department of Nutrition, which, at that time, was the only department of the CWRU School of Medicine to be located off-site at an affiliated teaching hospital. During his nearly quarter century in this position, Dr. Brunengraber contributed greatly to the development of the field of nutrition science and to biomedical scientists in Greater Cleveland and the United States.

Dr. Brunengraber recently stated, "An important part of the mission of a senior scientist is to train the next generation of investigators, in the spirit of the Mt. Sinai motto: 'From those who came before us to those who will follow us.'" With the benefit of three junior faculty whom he trained, Dr. Brunengraber has a new research center, the Cleveland Center for Metabolomics and Isotopomics, an extension of the Cleveland Center for Proteomics and Bioinformatics.

During more than four decades of professional life, he has also played a significant role in metabolic research. This work will continue well into the future with his stewardship of the NIH-supported Case Mouse Metabolic and Phenotyping Center, one of six centers in the U.S., which provides experimental and analytical services to scientists in Greater Cleveland, the United States and abroad.

In Dr. Brunengraber's own words: "With the help of this Endowed Chair and of numerous colleagues from Greater Cleveland, I hope to continue the long tradition of Case Western Reserve University in the development of metabolic research in health and disease....I want to progressively pass the torch to junior scientists who will continue the tradition."

On behalf of the entire Mt. Sinai family, the Foundation expresses its gratitude to Dr. Brunengraber for his extraordinary service to Mt. Sinai, Case Western Reserve University and the medical research community locally, nationally and internationally.

"With the help of this Endowed Chair and of numerous colleagues from Greater Cleveland, I hope to continue the long tradition of Case Western Reserve University in the development of metabolic research in health and disease....I want to progressively pass the torch to junior scientists who will continue the tradition." – Henri Brunengraber, MD, PhD

FOUNDATION REMEMBERS COLLEAGUE AND FRIEND PROFESSOR LEONA CUTTLER, MD



Case Western Reserve University School of Medicine Professor Leona Cuttler, MD, died in November 2013 after a long battle with brain cancer. A professor of pediatrics and chief of the Division of Pediatric Endocrinology and Metabolism at University Hospitals/Rainbow Babies & Children's Hospital, Dr. Cuttler was renowned for her excellence in research, policy and care for children. Dr. Cuttler had a long and productive relationship with the Foundation, often bringing ideas to its staff. Through her efforts, the **Jump To It** program was developed and piloted as an important collaboration among Rainbow Babies & Children's Hospital, the Children's Museum of Cleveland, the Cleveland Metropolitan School District, and The Mt. Sinai Health Care Foundation.

Dr. Cuttler was the inaugural recipient of the medical school's William T. Dahms Chair in Pediatric Endocrinology/Diabetes Excellence and was the founding director of the Center for Child Health and Policy at Rainbow. She served as a Robert Wood Johnson Foundation Health Policy Fellow in 2002, focusing on child health, and served as Department of Pediatrics vice chair for Child Health Policy and Community Health, both at University Hospitals/Rainbow Babies & Children's Hospital. Her dedication and commitment to addressing the growing childhood obesity epidemic was strongly felt and contributed to the success of the Foundation's efforts in this area.

FOUNDATION HELPS PROMOTE HEALTHY EATING AND PHYSICAL ACTIVITY IN AREA SCHOOLS



Every day, 53 million adults and children go to school to work and learn. Within school environments, these two populations consume about half of their daily food and beverage intake. Promoting healthy eating and physical activity choices during school hours can, therefore, have an important impact.

To help achieve this goal of healthy eating and physical activity in the Cleveland Metropolitan School District, the Saint Luke's Foundation, United Way of Greater Cleveland and the Mt. Sinai Health Care Foundation are funding the Alliance for Healthier Generation's Healthy Schools Program which will be available to over 75 schools in 2014.

The grants made by the three collaborators will fund the program and provide a program coordinator to work specifically with Cleveland Metropolitan School District schools. Since 30 percent of Ohio's children and adults are considered clinically obese, the program can make a meaningful difference.

This Alliance program is a national initiative designed to build systems and policies that promote healthy eating and physical activities throughout school districts. The Healthy Schools Program recognizes schools that create healthier school environments and that promote physical activity and healthy eating among students AND staff. Engagement of parents and families is also part of the Healthy Schools Program.

For more information about this program, please visit:
http://www.mtsinaifoundation.org/whatwefund_urbancommunity.html
<https://schools.healthiergeneration.org>

“A group of kids participating in a class game or time together doing something physical will build community, teamwork, sportsmanship and acceptance much quicker than sitting around eating junk food.”

Donnie Lucente – classroom teacher

Every day, 53 million people go to school to work or learn.

CHILDREN
30.4% of children in the state of Ohio are obese

24th

OHIO'S OBESITY STATE RANKING

ADULTS
30.1% of adults in the state of Ohio are obese

13th

FACT

- Healthy students consume more fruits, vegetables, and beverages during school hours.
- 95 percent of school-age children in the United States attend school. Other than home, it's where they spend the most time.
- Children consume nearly 50% of their calories at school.

MAKING HEALTHY CHOICES

ALLIANCE FOR A HEALTHIER GENERATION
Healthy Schools Program
 Supported by:
 American Heart Association
 Clinton Foundation
 Robert Wood Johnson Foundation

2008
 18,000+ schools enrolled nationwide

Ohio schools joined the Alliance for a Healthier Generation's Healthy Schools Program. The Healthy Schools Program (HSP) empowers schools to create healthier school environments that promote physical activity and healthy eating and beverage choices.

HSP reaches 852 schools and over 465,000 students in the state of Ohio.

Enrollment in the Healthy Schools Program
 The Cleveland district is the second largest pre-K-12 district in the state, with a 2012-2013 enrollment of 40,251 students.

2009
 10 Schools Enrolled

2013/14
 78 Schools Enrolled
 +
 New Program Manager Hired

45,900 meals served per day
16,900 breakfasts served per day
29,000 lunches served per day
7.9 million meals served per year

BRONZE LEVEL Award

4 CMSD Schools Received Bronze Level Awards

- Bulwer Dual Language Academy
- Douglas MacArthur Girls Leadership Academy
- John Marshall High School
- Michael R. White STEM School

To earn a Healthy Schools Program National Recognition Award, schools must meet the required number of criteria in each of the following areas:

- Policy & Systems
- Employee Wellness
- School Meals
- Physical Education
- Health Education
- Student Wellness
- Competitive Foods & Beverages

WHAT DIFFERENCE DOES IT MAKE?

- Reduction in body mass index among students enrolled in HSP schools
- Reduction in consumption of sugar-sweetened beverages / Increase in fruit consumption
- Enhance student readiness to learn, IQ, and achievement
- Continual evaluation of health and wellness policies and practices for impact
- Employee wellness programs established

WHERE DO WE GO FROM HERE?

- + Generate additional community support and secure additional funding partners
- + Get all 40,251 pre-K-12 CMSD students involved
- + Get ALL 100 CMSD schools enrolled in HSP
- + Build School Wellness Councils at all schools
- + Support more schools achieving recognition status
- + Encourage more kids, teachers and families to lead healthier lives

RECENT GRANT AWARDS

Grant Awards for December 2013 and March 2014

ACADEMIC MEDICINE & BIOSCIENCE

The Cleveland Clinic Foundation
\$75,000 for the Mathile and Morton J. Stone Chair and Professorship

HEALTH OF THE JEWISH COMMUNITY

Bikur Cholim of Cleveland
\$150,000 over three years for the Hospital Kosher Pantry Program

HEALTH POLICY

The Center for Community Solutions
\$50,000 for AIDS Funding Collaborative Funding Partner Membership
(fiscal agent: Center for Community Solutions)

United Way of Greater Cleveland
\$108,200 for utilizing United Way 2-1-1 to improve community access to health care programs made possible by the federal Affordable Care Act.

UHCAN Ohio (Universal Health Care Access Network)
\$46,300 for ensuring northeast Ohioans benefit from the Insurance Marketplace

HEALTH OF THE URBAN COMMUNITY

Alliance for a Healthier Generation, Inc.
Up to \$150,000 over three years for the Healthy Schools Program in the Cleveland Metropolitan School District

Beech Brook
\$100,000 over two years for support of the Integrated Care Model for Physical and Behavioral Health in Cleveland's Central Neighborhood

Care Alliance Health Center
\$250,000 over three years for the expansion of Riverview Clinic and start-up support for the Central Clinic

Cuyahoga County Board of Health
\$150,000 over three years for implementation of the Healthy Children Healthy Weight Program in early care and learning programs

ideastream®
\$60,000 over two years for the "Be Well" Program

Preterm Cleveland
\$68,000 for the start-up of a general reproductive health care clinic

University Settlement
Up to \$20,000 for the Adult Wellness Program: Case Management Services

The Mt. Sinai Health Care Foundation seeks to assist Greater Cleveland's organizations and leaders to improve the health and well-being of the Jewish and general communities now and for generations to come.

NEWS IN BRIEF



Jodi Mitchell



Larry Pollock



Avrum I. Froimson, MD



Thomas W. Adler



Beth W. Brandon

Program Officer Jodi Mitchell represented Grantmakers in Health as part of a panel discussing the role of philanthropy in the Affordable Care Act (ACA) and the enrollment process at the Families USA national conference in Washington, DC, in January 2014.

•
Foundation Director Larry Pollock was elected chair of ideastream®.

•
The Arthritis Foundation, Great Lakes Region, honored Foundation Director Avrum I. Froimson, MD, with its 2013 Community Leader of the Year Award.

•
Foundation Director Thomas W. Adler received the Charles Eisenman Award from the Jewish Federation of Cleveland at the Federation's Annual Meeting on April 8, 2014. Also honored was The Cleveland Foodbank.

•
Foundation Director Beth W. Brandon was honored as a woman of Northeast Ohio who makes a difference by the YWCA. Ms. Brandon was named one of the 2014 Women of Achievement at the awards luncheon on May 12, 2014.

CONTRIBUTIONS & BOARD OF DIRECTORS

Contributions Received between October 1, 2013, and March 31, 2014.

The Mt. Sinai Health Care Foundation expresses its sincere appreciation to its friends and supporters for their many generous contributions. In addition to honoring or remembering loved ones, gifts to the various funds help to improve the health status of the Greater Cleveland community through the Foundation's grantmaking program.

SPECIAL GIFTS

Barry Friedman, MD, Orthopaedic Award Fund

Barry Friedman, MD*

Dr. William Herman Pediatric Lectureship Fund

In Memory of *Dr. William Herman*

Sharon and Sidney Shafran and Family

Mitchel S. and Marilyn H. Ross

Dr. Rudolph S. Reich Lecture Fund

Edward A. Reich

CONTRIBUTIONS

Barry Friedman, MD, Orthopaedic Award Fund

In Memory of *Barry Friedman, MD*

Mrs. Agnes Ault; Lois Butler; Elaine and Steven Edelstein;

Roger L. Friedman, MD; Mary Elisa Jacoby; Joan and Victor Kramer;

Beryl and Michael Palnik; St. John West Shore Hospital Medical Staff;

David P. Stout, MD, PhD; Susan and Ronald Traub; Dolores J. Urdang;

Susan and Thomas Wagner

The Mt. Sinai Health Care Foundation General Fund

In Memory of *Sheila Balk*

Darien and Stephen Arnstein

Sara and Marshall Myers

Roger S. Landers Research Fund

In Honor of *Ruth Lieberman*

In Memory of *Morris Berzon*

Ruth Isroff

Edgar & Roslyn Freedman Medical Teaching Fund

In Memory of *Mrs. Morton Kulik, Mr. and Mrs. Carl Ray*

Barbara and Edgar W. Freedman



The Mt. Sinai Health Care Foundation is pleased to acknowledge that the following bequests and distributions were recently received:

Dr. Hans J. and Betty Rubin Trust

Lewis Miller Memorial Fund of the Jewish Federation of Cleveland

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For further information, contact the Foundation office at 216-421-5500 or visit the Foundation's website at www.MtSinaiFoundation.org.

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FOUNDATION NEWS



FOUNDATION HONORED FOR
COMMUNITY SERVICE AND SUPPORT

The Mt. Sinai Health Care Foundation was recognized by **Milestones Autism Organization** on November 16, 2013, with its **Community Leadership Award**. The award was presented at the annual Milestones gala commemorating the organization's 10th anniversary.

Case Western Reserve University School of Medicine presented The Mt. Sinai Health Care Foundation with its 2013 **Special Medical Alumni Service Award**. Accepting the award at an alumni reception in September 2013 was Foundation Chair **Keith Libman**.

Jewish Family Service Association of Cleveland recognized The Mt. Sinai Health Care Foundation for outstanding community service and support in the creation of **Alyson's Place, JFSA Medical Clinic**, at the organization's annual meeting on December 17, 2013.

SAVE
THE
DATE!

2014 ANNUAL MEETING • THURSDAY, JUNE 12th • 5:15 PM
SEVERANCE HALL • REINBERGER CHAMBER HALL

- Election of Officers and Directors • Presentation of the 2014 Maurice Saltzman Award
- Remarks by Barbara R. Snyder on the Future of Medical Education in Cleveland