

**9Health Fairs were held in 40 of 64 Colorado counties** and one site in Nebraska. In total, **120 Fairs** took place in 66 communities to help catch early warning signs with health screenings that make prevention possible. In 2018 low-cost blood screenings at 9Health Fairs made a significant impact.

## 9HEALTH 9 IMPACTS IN 2018

**1 43,145** participants had a blood draw

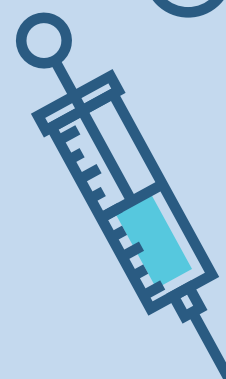
**2 68%** were out of range for cholesterol

**3 25%** were out of range for triglycerides

**4 21%** were out of range for A1c (to check for Diabetes)

**5 10%** were out of range for thyroid hormone

**6 9%** were out of range for PSA (to check for prostate cancer)



**7 2,035** alert calls were made to participants\*



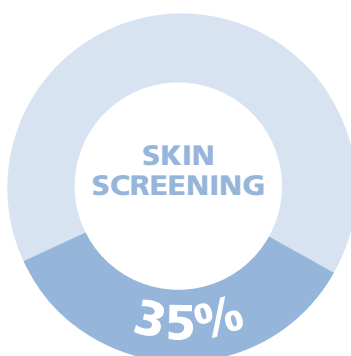
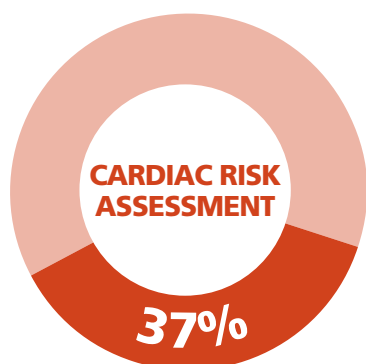
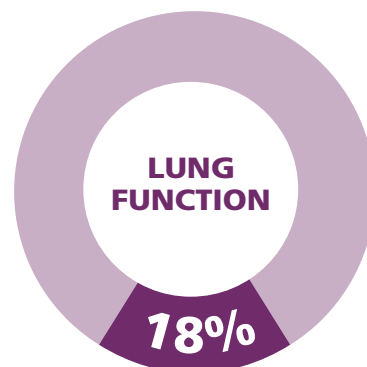
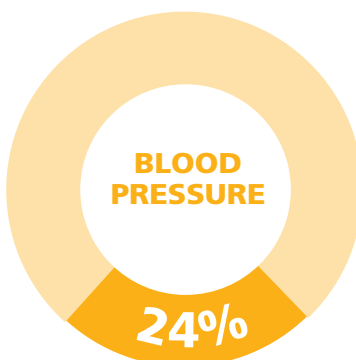
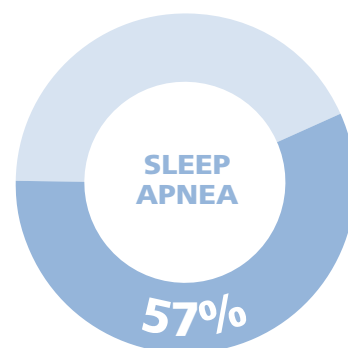
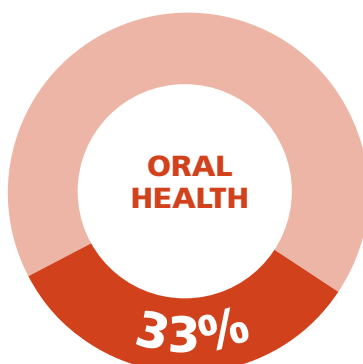
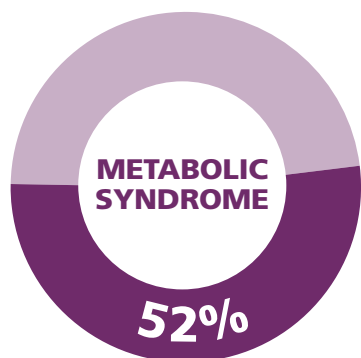
**8 564** women received free cervical cancer screenings

**9 4,356** colon cancer kits were distributed

\*Critical and Alert Value calls were made within 24 to 72 hours of the participant's blood draw. Our medical staff and medical volunteers educated participants of potentially serious medical results and encouraged them to contact their health care provider for further evaluation. When participants indicate they have no health insurance, the medical staff provides referrals using a county-by-county listing of low-cost clinics.

## 9Health—9 Impactful Free Screenings

Each 9Health Fair site can offer up to 22 free screenings approved by the 9Health Medical Advisory Committee. Thousands received the free screenings and many participants were recommended for follow-up evaluation with their primary care physician. Below are some of the screenings offered, with the percentage of people advised to follow-up with their doctor.



I am self-insured and have been attending 9Health Fairs for over 10 years. While I enjoy the low-cost blood work and always take the results to my doctor, I attend 9Health Fairs for the free screenings. Instead of making individual appointments with all these specialists, I can get it all done at the 9Health Fair.



—9Health Fair participant



9Health distributed 1,128 FREE flu shots in the fall of 2018 in partnership with Safeway / Albertsons

## Rheumatoid Arthritis Study/Stop RA

9Health is proud to partner with Dr. Kevin Deane, Associate Professor of Medicine, CU Denver School of Medicine, Division of Rheumatology. This National Institute of Health clinical prevention trial has been able to screen the highest number in the nation because of their participation in 9Health Fairs.

In 2018, Stop-RA had screeners at **47** 9Health Fairs. Over **5,000** people were tested and **215** people identified as having the positive RA marker CCP. **54** of those people enrolled in the research studies.

## New in 2018—Food Bank of the Rockies

Through a new partnership with the Food Bank of the Rockies, 9Health was able to distribute vouchers for blood screenings at three mobile pantry sites, and teach participants about the VeggieBook App. The VeggieBook App, developed by USC Annenberg School for Communication and Journalism, educates people about healthy eating and provides easy recipes for families. Partners in this program include: LiveWell Colorado (Double Up Food Bucks), representatives from Medicaid, and Federally Qualified Health Centers. Efforts also included support from CREA Results Staff.



## Research Fair at Anschutz

9Health partnered with the CU Anschutz Medical Campus to host its first ever research and health fair. In addition to the traditional screenings available, participants learned how medical research works and how they could participate. This is how 9Health is expanding to make an even greater impact.



Topics included:

- Alzheimer's, MS, and headaches
- Asthma
- Rheumatoid Arthritis and Osteoarthritis
- Healthy aging and issues that affect older adults
- Weight loss & activity
- Participation as a normal control
- Healthy cooking demonstration and free samples

## 9Health, Your Year-Round Prevention Partner

In 2018, 9Health went “all in.” Not only are we continuing to help you meet your best health at the community 9Health Fairs, we are investing in being your go-to health partner 365 days a year. Our digital and social media tools help you get fast, trusted answers to your most pressing health questions.

9Health created a program to provide education and evidence-based information about the health topics that matter to you. This created an opportunity for Coloradans to gain access to more health education and equip them with the tools for their health prevention journey.

The numbers below reflect data collected during 2018. Since the initial launch of our Health Happens show in 2017, we have been able to achieve a total reach of over two million by the end of 2018! All Health Happens topics continue to engage and encourage people to focus on preventive health and health education year-round.



We added “screening and results” navigation to our website to better communicate health information, especially to 1st time visitors. We also added free eTools to help you and your family get started on a new health path, or stay healthy all year.

Now more than ever, our health is in our hands. But, you are not alone. 9Health, your community non-profit organization is here to support you on your health journey.



### Top Viewed Topics

- “Hoarding”—13,349 views
- “How To Cope With Tragedies”—11,622 views
- “The Let Down Effect”—7,514 views
- “Weight Loss and ePrevent”—7,500 views
- “Denver Water, Detecting Lead in Water”—7,354 views

### “Health Happens” Facebook Live Event

Reach: 627,811

Views: 217,385

Reactions (3,166), Shares (480), Comments (959):

4,605 Total Engagements

### 9NEWS

Facebook page likes:  
938,298

### 9Health Fair

Facebook page likes: 5,480  
Twitter: 1,356 Followers  
Instagram: 826 followers  
LinkedIn: 449 followers





New in 2018

## New Screenings

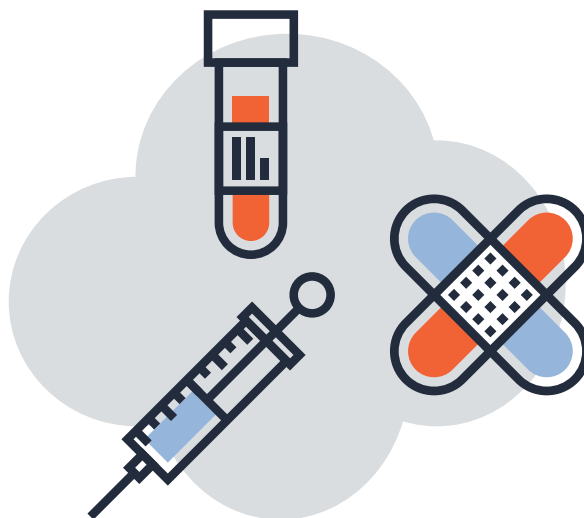
### hsCRP

High-sensitivity C-Reactive Protein Screening (hsCRP) is a blood test that can help measure your risk of developing cardiovascular disease. This test measures the amount of overall inflammation in your body.

### Blood Type

This test shows what type of blood you have.

Many people are curious about what blood type they have. Your blood type will never change throughout your lifetime, so you only need to check it one time.



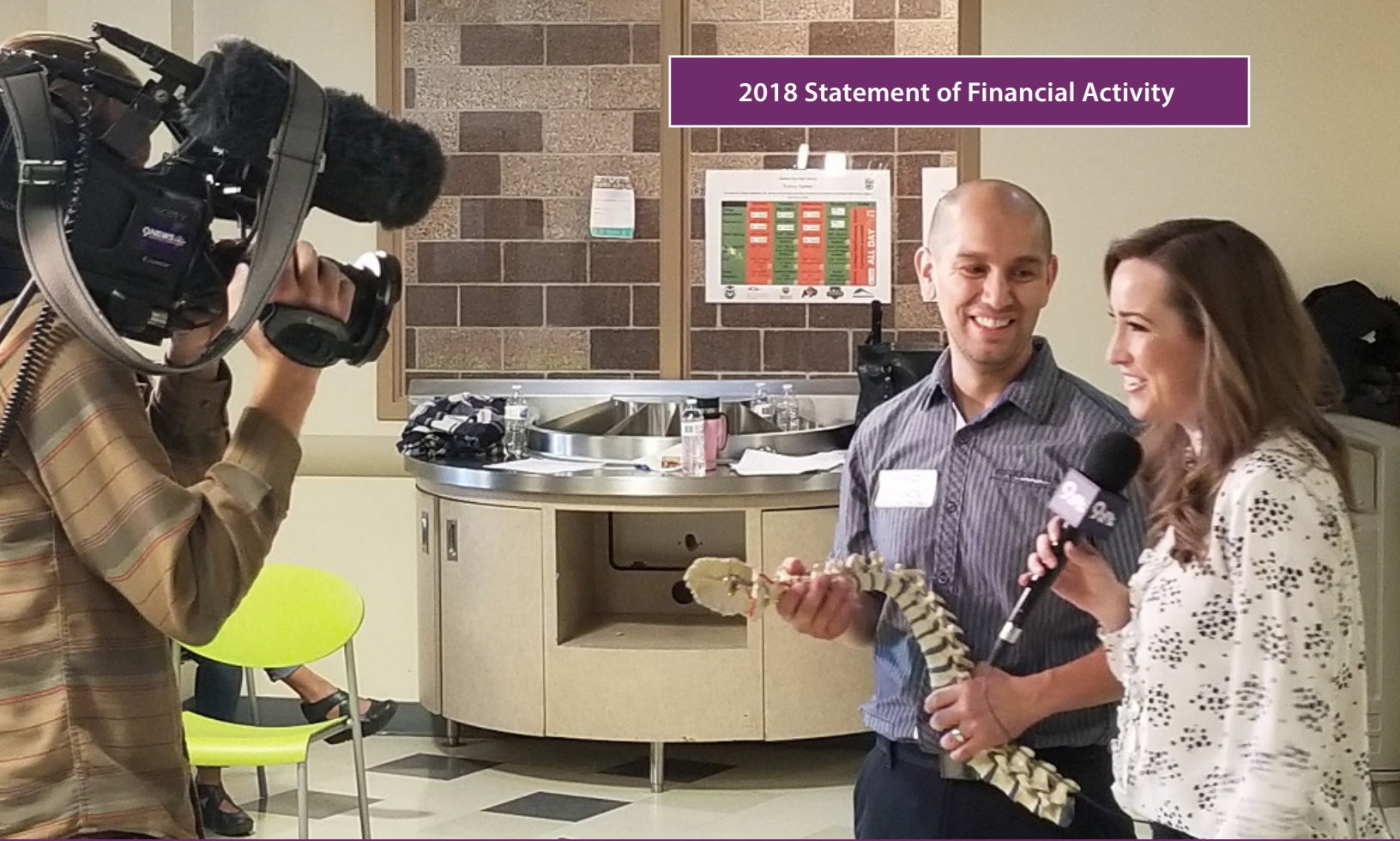
## 2018 Colon Cancer Impact Report

Colon cancer is the third leading cause of cancer-related death in the U.S. However, it is largely treatable when caught early.

4,356 Colon Cancer kits were distributed.

Of kits returned, 6.2% showed abnormal results and participants were encouraged to speak with their medical professional.

## 2018 Statement of Financial Activity



We are grateful to KUSA/9News for their continued support of 9Health. Pictured above: 9News Meteorologist Kylie Bearse discusses spine health at a 9Health Fair.

**Beginning multi-year investment  
to create future service offerings**

## 2018 \$OVERVIEW

**Total Assets**  
\$6,964,539

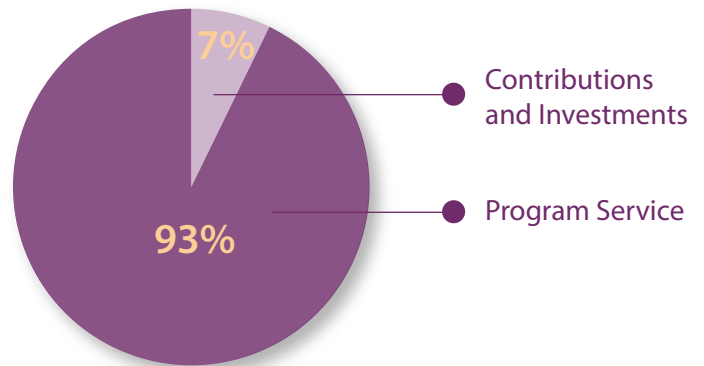
**Total Liabilities**  
\$939,657

**Total Net Assets**  
\$6,024,882

**Total Change in Net Assets\***  
(\$1,131,681)

\* Includes net investment loss of \$261,068 and \$379,000 in investments in future service offerings

## 2018 Income by Type



## 2018 Expenditures by Function

