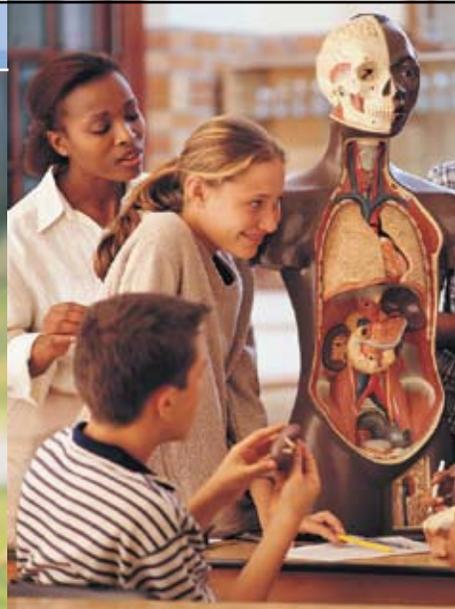


annualreport



Creating a Healthier Future
Through *Healthy Choices*

2007



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Susan Todd

Creating a Healthier Future — One Young Texan at a Time

You may ask, "How do you create a healthier future? What does a healthier future look like?" It's difficult to boil this down to a simple answer, but bottom line, good health is greatly dependant on the choices we make each and every day. We can't make smart choices if we don't have dependable, accurate information on which to base those decisions. But we all know that even when we have that information, we don't always make the choice that is best for our health. So how do we encourage young people to make healthier choices that will last them a lifetime?

We need to support a culture of healthy decision making by focusing our efforts in the environments in which Texas youth live, work and play. That's why so many of the programs funded by the foundation take place at schools or with church or service groups that focus on youth. You'll read about the great success these efforts are having in this 2007 annual report.

TMA Foundation supports programs that reach out to the youth of Texas in hopes that they will grow and develop with a greater sense of responsibility for their health and well being, and in turn, live healthier, more productive lives as adults. This is a tall order indeed, but with the support of thousands of donors like you and funding partners that you will read about in this annual report, together, we can influence young people to make healthy choices, which will have a lasting impact for them and their families.

There are many needs in Texas, and while physicians are meeting many of those though the patients they see in their offices, in the emergency room and through clinics and public programs, the decisions that young people make are influenced by many factors in their environment — ones well beyond the control or influence of the physicians office. That's where TMA's health improvement programs pick up. With your continued philanthropic and volunteer spirit, we all can create a healthier future, one young Texan at a time.

Sincerely,

*Susan Todd
President, TMA Foundation*

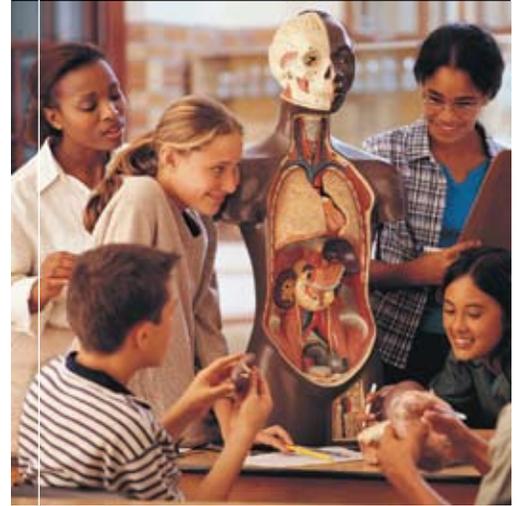
Healthy Choice: Scientific Literacy

The TMA Ernest and Sarah Butler Awards for Excellence in Science Teaching supports healthy choices by honoring elementary, junior high school, and senior high school teachers who share their energy and enthusiasm for science through creative and innovative methods to cultivate student interest in medicine and science. Established in 1990, the program provides a cash award to three winning teachers, as well as a cash grant to their schools for science curriculum enhancement.

The need for rewarding outstanding teachers is greater than ever:

Scientific literacy has declined in the U.S. since the 1970s. According to the National Science Foundation's 2005 Science and Engineering Indicators/2008 report, 23 percent of Texas eight graders and 25 percent of fourth graders have achieved proficiency in science compared to a US average of 27 percent.

The consequences of scientific illiteracy are far reaching and include a patient's inability to manage their health care and to analyze environmental, health, and safety issues, including health care information obtained via popular media such as the internet.



Pictured from left to right at TMA's 2006-2007 award presentation at TexMed 2007 in Dallas: Susan Todd, TMA Foundation President, Nancy Schunke, Julie Isom (accepted the award for Sarah Joy Anderson), and Amy Hill.

How it Works: Each summer, TMA calls for nominations, which may be made by TMA and TMAA members as well as the general public. Nominees must be Texas state-certified, full-time public or private school science teachers with a minimum of two years' classroom experience and be returning to teach the following school year. All nominees are required to complete an application and winners are recognized at TMA's annual meeting the following spring. Go to www.tmacares.com for more about how to nominate an outstanding teacher.

2007 Highlight: TMA partnered with the Science Teachers Association of Texas to directly reach outstanding teachers from across the state.

2007 Funding Partners: The generosity of Dr. Ernest and Mrs. Sarah Butler of Austin in establishing an endowment at TMAF for this program provides yearly core support. Additional major support in 2007 was provided by a grant to TMAF from Blue Cross and Blue Shield of Texas.



Healthy Choice: Immunizations

TMA's Be Wise — ImmunizeSM supports healthy choices by providing immunizations to Texas youth and educating parents and caregivers about how immunizations are a critically important way to keep children healthy. Launched in October 2004 to improve Texas' ranking as 41st in the nation for childhood immunizations among 19- to 35-month olds, more than 101,000 immunizations have been given to Texas children through 2007.

Here is one unfortunate reminder of just how critical

immunizations are: In 2006, more than 2,000 cases of whooping cough were reported in Texas and nine children died — eight were infants. While whooping cough can be fatal, other diseases can have serious symptoms and can cause children not only to feel miserable, but to miss weeks of school. Fortunately, immunizations can protect young people from many potentially serious diseases. Be Wise — Immunize delivers education and immunization services in ways and locations that lead parents and caregivers to make a positive health action: ensuring their children are fully immunized.

How it Works: The program is carried out across the state by TMA and TMA members who organize and participate in community-wide health fairs, clinics and other outreach events with the following goals:

- Community Assessment and Outreach
- Physician Education and Patient Advocacy
- Statewide and Community Partnerships

Dozens of physicians were spokespersons in their community writing letters to the editor and serving as a resource regarding the benefit and need for immunizations. Hundreds more featured Be Wise materials in their offices to answer patient questions and dispel misinformation about immunizations that can prevent parents from ensuring their children are fully immunized. The program also produced the TMA's Be Wise — Immunize Physician Immunization Toolkit which is available via www.texmed.org, hard copy or on a CD.

Milestone: 163 events (nine percent above 2006) and 31,349 shots delivered to Texas children thanks to the efforts of physicians, their families and 28 community partners.

Highlight: During National Immunization Awareness Month in August, more than 7,000 Texas children were protected against diseases thanks to a statewide vaccination blitz spearheaded by TMA physicians and TMA Alliance members who joined forces with county health departments and school districts. A record 53 clinics were held and more than 17,000 shots were administered to kids across the state. Over a span of days, Tarrant County Medical Society Alliance (CMSA) administered more than 11,000 shots, and Potter-Randall CMSA, Taylor-Jones-Haskell CMSA, and Travis CMSA cumulatively administered more than 4,000 shots. Other counties such as

Hidalgo-Starr CMSA, Nueces CMSA, and Wichita Falls CMSA had successful Saturday clinics, administering more than 1,300 shots.

New Participants: Five new counties — Cameron-Willacy, Fort Bend, Smith, Williamson and Wichita Falls participated in 2007.

Community Partners: Among the 28 partners were the Williamson County Health Department, Triangle Pediatrics in Jefferson County, and Blue Cross and Blue Shield’s Caring for Children Care Van program.

Medical Community Grants: In addition to the events and clinics by TMA and TMAA members across the state, the foundation helped to fund three major initiatives of TMA county medical society alliances and medical student chapters that focused on providing immunizations to their local communities. More than 6,000 Texans were served and 16,000+ immunizations provided through efforts carried out by:

- Tarrant County Medical Society Alliance Foundation
- Taylor-Jones-Haskell County Medical Society and Alliance
- Texas A&M University Health Science Center TMA Medical Student Chapter.

Funding Partners: Be Wise — Immunize was made possible thanks to a generous grant from Prudential Financial and gifts from hundreds of physicians, many of whom contributed to TMAF through a donation opportunity featured on the annual TMA dues statement.



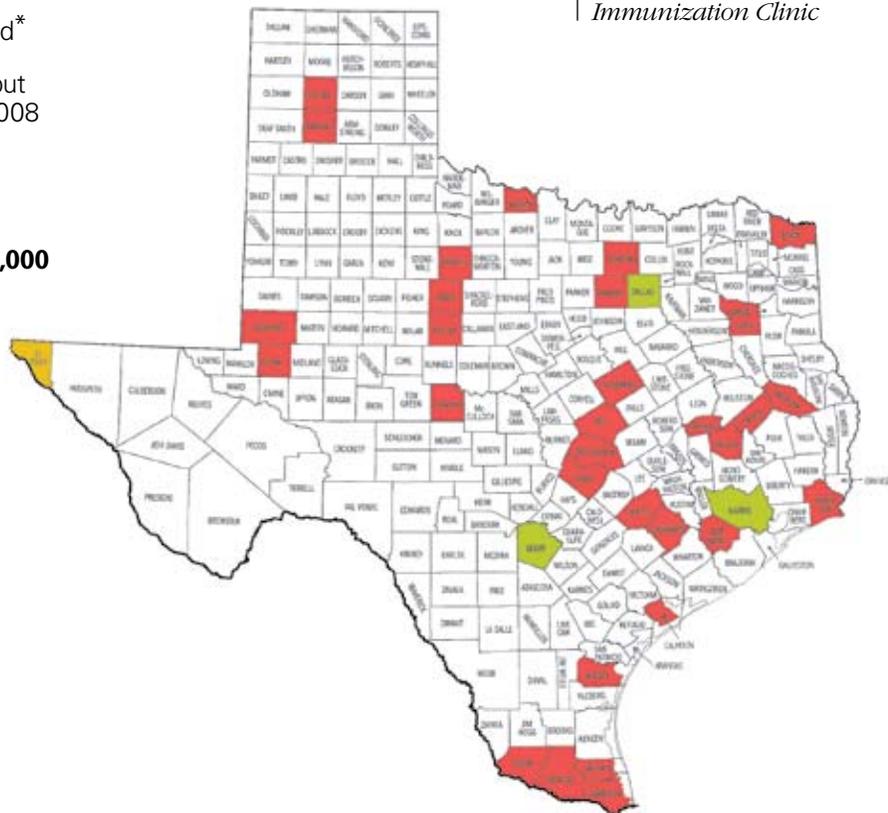
McAllen Health Fair



Tarrant County Immunization Clinic

- Counties where clinics have been held*
- Count where clinics have been held but targeted to increase participation in 2008
- New target county in 2008

Total clinics/events*: **346**
 Total vaccinations administered*: **101,000**
 *From Oct. 2004 - Dec. 2007





Healthy Choice: Bicycle Helmets

Hard Hats for Little Heads supports healthy choices by donating bicycle helmets to young Texans. Started in 1994 by a TMA physician member to reduce head injury and death among Texas youth, more than 40,000 helmets have been provided to young cyclists since the program was established.

Tragically, head injury is the leading cause of death and permanent disability when a bicycle crash occurs. Of the 770 people in the US killed in bicycle accidents in 2006, 95 percent were reportedly not wearing a helmet. * In Texas, none of the nine children who died from a bicycle-related injury in 2005 was wearing a helmet.**

How it Works: TMA county medical societies, alliance and medical student chapters and specialty societies receive up to 50 free helmets from TMA on a matching basis and donate them to children aged 3 to 14 at health fairs, bicycle rodeos/bicycle safety days, city-wide and local donation projects. Community partners often include schools, churches, hospitals, public health clinics and local police departments. Children whose helmets fit poorly are at twice the risk of head injury, thus TMA physicians help fit helmets and educate parents and children about the importance of wearing a helmet properly.

Milestone: A record 95 events were held and more than 11,000 helmets provided to young Texans thanks to more than 29 physicians, 8 county societies, 18 alliances and their community partners who carried out the program.

Highlight: Of the 95 events, 28 were sponsored by new or first time hosts of the program. Physicians, medical students and TMA Alliance members took the initiative to sponsor these events in communities all across the state including Wichita Falls, Alpine, Abilene, Temple, Navasota, McAllen, Houston, Cleburne, Dallas and many more.

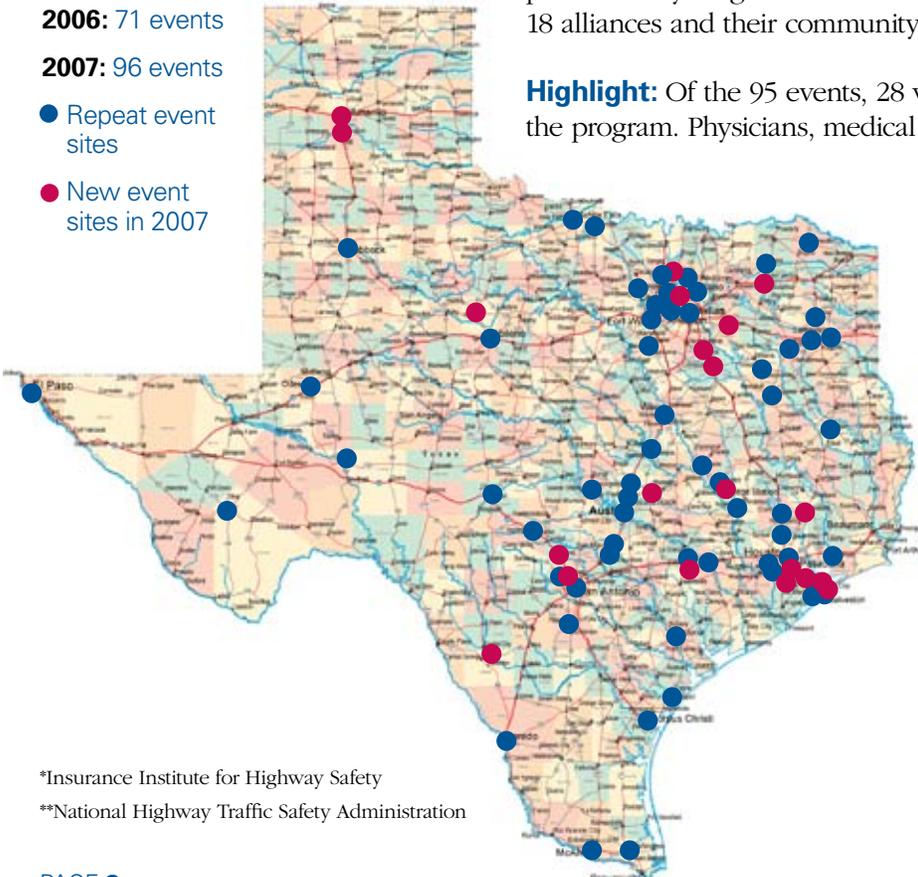
New Participants: Texas City, Boerne, Amarillo, and more.

Community Partners: More than 15 community groups such as The University of North Texas Center for Brain Health, Hopkins County Memorial Hospital, and Elves and More of Houston partnered with medicine in 2007.

2006: 71 events

2007: 96 events

- Repeat event sites
- New event sites in 2007



*Insurance Institute for Highway Safety

**National Highway Traffic Safety Administration

Medical Community Grants: In addition to the events held by TMA and TMAA members across the state, two grant funded programs incorporated Hard Hats into their 2007 community health projects:

- Be Active Rio Grande Valley by Cameron-Willacy County Medical Alliance, Northern Chapter
- Boosting Child Safety by the Lamar Delta County Medical Alliance

Read more about these initiatives on page 9.

Funding Partners: A generous grant from Blue Cross and Blue Shield of Texas provided major support to this TMAF-funded program.



*Nueces County Medical Society
Hard Hats for Little Heads*

Healthy Choice: Prevention and Early Detection of Cancer

The TMA Physician Oncology Education Program supports healthy choices by providing Texas physicians, physicians-in-training, and those in training to become physicians (e.g., medical and undergraduate students) with the knowledge and skills necessary to reduce cancer morbidity and mortality through collaboration among the public, private, and volunteer sectors of the state.

Cancer is the second leading cause of death for all Texans, yet there is a need for physician education that covers cancer prevention, screening and early detection, and symptom management.

How it Works: POEP offers a wide range of education to physicians including a symposium supported in part by TMAF. Held during TexMed, the TMA annual meeting, the 9th annual Cancer: What Primary Care Physicians Need to Know session focused on five topics: breast cancer screening, the HPV vaccine, skin cancer, colorectal cancer screening, and pain management.

Milestone: More than 85 percent of attendees said, “the information presented would improve the quality of patient care in their practice. Nearly 140 physicians, physicians-in-training, and students attended the program and gained new knowledge about screening and diagnosing the disease.

2007 Funding Partners: A generous grant from Blue Cross and Blue Shield of Texas supported this TMAF-funded program.



Healthy Choice: Ensuring Texans Have the Physicians They Need

Established in 1998, TMA's Minority Scholarship Program supports healthy choices by investing in the future of physicians caring for Texans. The program was designed as a distinctive means to fill a gap brought about by the 1996 Hopwood Ruling from the Fifth Circuit Court of Appeals, and an expanded interpretation by the Texas Attorney General, which eliminated race as a consideration for admissions, recruitment, and financial aid at Texas public universities.

The Need to Plan For the Future is Clear: In Texas, where the Hispanic and African American populations are rapidly increasing, there is a low population-to-physician ratio for these minority groups. Of the 1,314 Texas medical school graduates in 2007, only 223 (17 percent) were minorities.*

How it Works: Eligible students must be a permanent legal resident of the U.S. and identify him or herself as Hispanic, African American or Native American; have been accepted by a Texas medical school and submit a copy of the official acceptance letter (students already attending medical school are not eligible); and submit a completed application form, including a 750-word essay describing his/her interest in carrying out the TMA vision: To improve the health of all Texans.

Recipients pictured from left to right with Carolyn Evans, MD, Chair, TMA Educational Scholarship and Loan Committee, and member, TMA Board of Trustees (fourth from left) at TMA's award presentation at TexMed 2007 in Dallas: Luis Olivas, Daisy Gracia, Marisa Byars, Ricardo Badillo, Ryan White, Kayla Mapps, LaQuisa Hill, and Marlene Garcia.



Milestone: A record eight, \$5,000 scholarships were provided to a student entering each Texas medical school.

Funding Partners: Major support was provided by the following generous donors to TMAF-- Wendell D. Daniels, MD; Dr. and Mrs. Dennis J. Factor; Dr. James T. and Mrs. Cecilia S. Norwood; Gene K. Richard, MD; Andrews Kurth LLP Law Firm; AT&T; Blue Cross and Blue Shield of Texas; and the TMA county medical societies of Harris, Dallas, Travis, Tarrant, El Paso, McLennan, and Hidalgo-Starr.

*Texas Higher Education Coordinating Board, 2007

Healthy Choices: Good Nutrition, Exercise and Car Seats

By assessing the needs and collaborating with community groups, three of TMAF's 2007 Medical Community Grant recipients supported healthy choices by reaching thousands of youngsters and their families with life-saving education and services.

1 Boosting Child Safety by the Lamar Delta Medical Alliance sponsored a booth at Kids Safe Saturday in Paris, a community wide safety event where parents signed up for one of five different education sessions. After watching a 10- minute video on the importance of using safety seats and the practical points of using safety seats, parents received a them appropriate for the child's weight and height. Safety seat check points enabled parents to ensure they installed the seats correctly.

Milestone: 130 safety seats were donated to families who made a healthy choice for their children. Nearly 2,500 people attended Kids Safe Saturday and received the message of protecting their children's health.

Community Partners: Think Child Safety, Texas Department of Transportation, Safe Riders, local EMS and others.

2 Run For Your Life by the Smith County Medical Society Alliance reached out for the third year in a row to all sixth graders in the Tyler Independent School System with a program that made healthy eating and regular exercise fun and rewarding. By supplying pedometers and a monitoring system, students tracked the number of steps taken each day. First and second place winners were selected from each school for the number of steps walked in a month and were recognized at an awards program. In addition, a health fair featured information about healthy eating, different types of exercise, screenings for vision and dental health, immunizations and helmets were donated to bicycle riders.

Milestone: More than 1,400 students received pedometers and information on living a healthier, more active life style.

Community Partners: East Texas Medical Center, Trinity Mother Frances Hospital and Spine and Joint Hospital

3 Be Active Rio Grande Valley with Safety, Nutrition and Exercise by the Cameron-Willacy County Medical Alliance, Northern Chapter reached hundreds of elementary students through three, one-day events where children learned about the benefits of exercise and good eating habits as well as bike safety tips. Screening for diabetes and information about Tuberculosis for parents also was provided.

Milestone: The program grew from one event attended by 300 students in the 2006-2007 school year, to three events reaching more than 1,000.

Community Partner: H-E-B





TMA Foundation Board member, Catherine L. Scholl, MD, clowns around at the 14th TMAF annual gala.

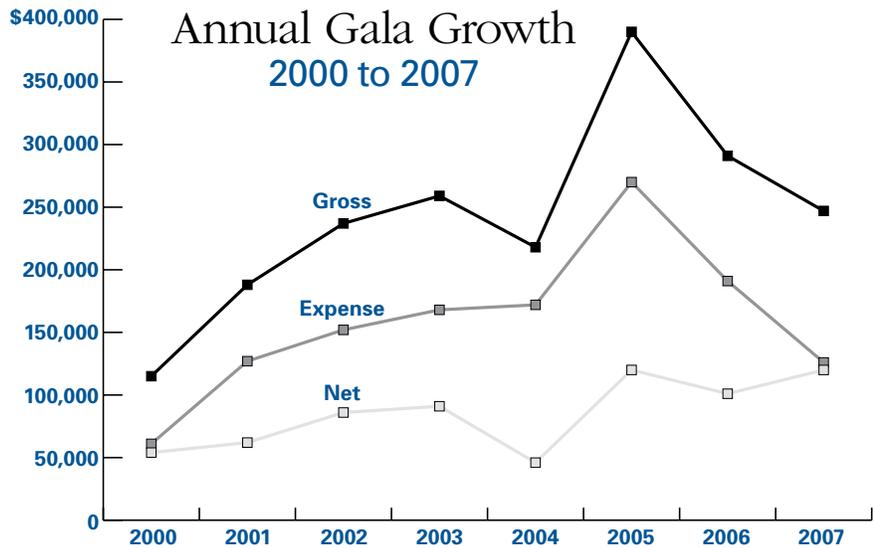
Susan Todd, TMAF President, presents the 2007 John P. McGovern Champion of Health Award to James T. Norwood, MD for Project Access.



Big Top a Big Success!

More than 500 guests, many donning red clown noses, had a big time under the big top at the foundation's 14th annual gala, April 27, 2007 at the Hyatt Reunion in Dallas. "Under the Big Top in Big D" was held in conjunction with TMA's TexMed meeting. Ringmasters Dr. Fred and Mrs. Sandi Ciarochi, Duncanville and Dr. Rex and Mrs. Pat Hyer, Fort Worth ensured the success of the event which featured a 150-item silent auction, 100-bottle wine cellar raffle, and clowns and other circus entertainers for all to enjoy. More than \$246,000 was raised with the cost to raise a dollar at \$.47, which is below the industry standard of \$.50.

Top patrons ensured the success of TMA Foundation's work to "fund initiatives with the power to help physicians create a healthier future for all Texans." Sincere thanks go to: Baylor Health Care System; Texas Medical Liability Trust; H-E-B; AmeriPath, Texas; and Blue Cross and Blue Shield of Texas.



Two Champions Recognized

Ensuring more Texans receive the care they need was the focus of two projects recognized by the 2007 TMA Foundation John P. McGovern Champion of Health Award. The award was presented at the TMA Fall Conference on Saturday, Oct. 20, 2007 at the Hyatt Regency Austin.

The top winner was Project Access Dallas, a program developed by Dallas County Medical Society, and the secondary winner was the Luke Society, a Galveston program that provides health care to the homeless.

TMAF's Champion of Health Award was established in 1994. It is named after John P. McGovern, MD, a Houston physician and philanthropist who, through his generosity, endowed this award. The award focuses on outstanding programs that promote healthy lives and healthy communities by addressing urgent threats to the public's health and further TMAF's mission "to help physicians create a healthier future for all Texans." The top winner receives a bronze champion statue and a \$5,000 grant to be used towards their program and the secondary winner a \$2,500 grant.

The Financial Picture

(as of Dec. 31, 2007)

Endowments

Legacy of Caring.....	\$1,460,572
Ernest and Sarah Butler Endowment for Excellence in Science Teaching.....	\$529,497
General Endowment.....	\$328,744
John P. McGovern Endowment.....	\$374,232

Funds

Unrestricted.....	\$606,912
Temporarily Restricted.....	\$161,994
Joseph T. Painter, MD Fund for Cancer Education.....	\$172,296
Total Net Assets.....	\$3,634,247

Income

Donations Received.....	\$541,036
Investment Income.....	\$103,739
Operating Grant.....	\$115,000
Total Income.....	\$759,775

Investments

Realized Gain on Sale of Investments.....	\$148,861
Unrealized Gain.....	(\$42,281)
Total Gain from Investments.....	\$106,580

Expenses

Operations.....	\$362,799
Benefit.....	\$120,397
Fund-related expenses.....	\$1,273
Donor recognition.....	\$2,665
Newsletter.....	\$5,749
Total incurred in the production of revenue.....	\$492,883

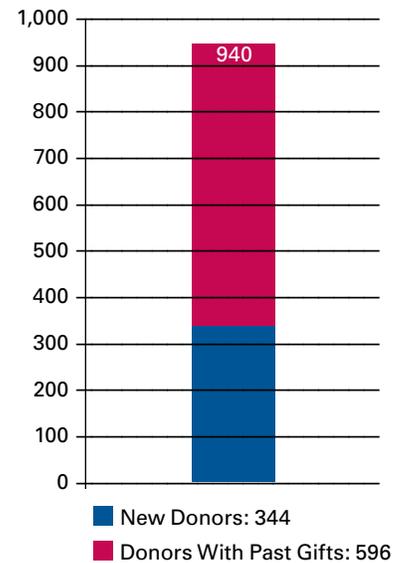
Program Grants

TMA Programs.....	\$219,338
Medical Community Grant Program.....	\$28,873
Champion of Health Award.....	\$7,500
Total Grants Paid Out.....	\$255,711

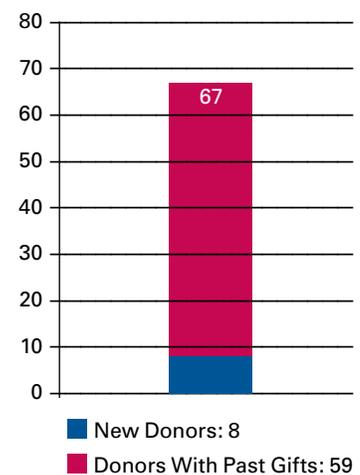
Net Increase in Assets..... \$117,761

(Income and investment gains over expense and grants)

Individuals Who Made One or More Gifts in 2007



Corporations Who Made One or More Gifts in 2007



2007 Leadership Society

The Leadership Society is a special group of donors who are passionate about creating a healthier future through healthy choices.

Donors who contribute \$1,000 or more from September to August each year are recognized for their generosity and receive special benefits and recognition.

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Dr. Charles and Mrs. Terri Andrews <i>Fort Worth</i>	Dr. Mark J. and Mrs. Betty Kubala <i>Beaumont</i>
Ching-Yen J. Chang, MD <i>Houston</i>	Dr. and Mrs. Alan C. Leshnower <i>Odessa</i>
Dr. and Mrs. Fred F. Ciarochi <i>Duncanville</i>	Sarah and Alan Losinger <i>Dallas</i>
Wendell D. Daniels, MD <i>Longview</i>	Drs. Jayne Middleton and Carl O. Trusler <i>Abilene</i>
Dr. and Mrs. Dennis J. Factor <i>Dallas</i>	Dr. and Mrs. Jim and Charli Rohack <i>Bryan</i>
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Austin I. King, MD, FACS <i>Abilene</i>	*Deceased

2007 Major Donors

TMA and the family of medicine are taking an increasingly active and effective role in helping Texans make healthy choices. To meet this challenge, the foundation has a major gifts effort which starts at \$10,000 or more in cumulative cash contributions. TMAF is grateful to the following persons who became major donors in 2007 and joined the 112 of their colleagues at this generous level of participation.

Dr. Charles and Mrs. Terri Andrews <i>Fort Worth</i>
Mr. John L. Ehrle <i>Houston</i>
Dr. T. David and Mrs. Lea Ann Greer <i>Henrietta</i>
Dr. Frank and Deborah Lonergan <i>Benbrook</i>
Dr. James T. and Mrs. Cecilia S. Norwood <i>Dallas</i>

Growth in Major Donors

YEAR	MAJOR DONORS
2001	38
2002	80
2003	85
2004	85
2005	98
2006	112
2007	119