Creating a Positive Impact

MISSION REPORT 2011

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501(c)(3)
The Cooper Institute Leadership

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**Mission statement**

**The Cooper Institute**
The first Cooper Aerobics Center entity established in 1970 was The Cooper Institute (CI), a 501(c)(3) nonprofit research and education organization dedicated to preventive medicine.

The Institute’s founder, Kenneth H. Cooper, MD, MPH, the “Father of Aerobics,” was an Air Force physician who became interested in the role of exercise in preserving health. When he published his first bestseller, *Aerobics*, in 1968, he introduced a new word and was the spark for millions to become active.

**Our Mission**
The Cooper Institute is dedicated to scientific research in the field of preventive medicine and public health and communicating the results of research to the scientific and medical communities as well as to the general public.

**What We Do**
Our work is diverse, but focuses on advancing preventive health practices. Our scientific and educational assets serve as the foundation of all we do:

- **Data.** We maintain the largest database with an objective measure of fitness—Cooper Center Longitudinal Study (CCLS). Research using this data has affected much of our country’s public health policy.
- **Research.** CI conducts research in heart, metabolic, brain, musculoskeletal, and children’s health.
- **Communicating.** More than 600 manuscripts have been published in scientific journals and are among the most frequently cited references in physical fitness, activity, and health.
- **Teaching.** Education and certification are provided annually to more than 5000 health, fitness, business, science, school, public safety, and military leaders.
- **Health Promotion.** CI methods and tools are available to implement quality programming that improves health.

**Our Values**
Knowledge • Integrity • Leadership • Teamwork • Excellence • Respect
Message from Founder and Chairman
Dr. Kenneth H. Cooper

Over the last 80 years I have been blessed with good health, loving family members, loyal staff, and most importantly, divine intervention. These four things have enabled me to serve others as I spread the importance of a fit and active life. My employees have begun to say we can Cooperize the world! No group better reflects that vision than The Cooper Institute® (CI). Established in 1970, CI is recognized worldwide today as a leader in preventive health research and education. This past year, The Institute experienced exponential growth in its capabilities and reach. On a recent trip to China I was amazed by the influence of the Cooper message. On university campuses and in business settings alike, the Chinese knew of our work and asked us to partner with them. We quickly initiated a youth fitness evaluation project with our Chinese research colleagues and are looking to extend into nine additional countries. Imagine if relationships between differing countries can be strengthened through shared advancements in youth health and fitness! On page 11 you can see some of the highlights of the China trip.

After reading through this year’s mission report I am sure you will agree, never in The Cooper Institute’s 42-year history have we experienced such growth and potential. These are the most exciting times I can remember. Join me in creating a positive impact - let's Cooperize the world together.

Kenneth H. Cooper MD

Message from CEO
Fred Meyer

This year has been very rewarding. Every day at The Cooper Institute, I see medical doctors working with researchers to identify patterns that lead to a life full of good health. These collaborations between medical practice and research distinguish The Institute and form a unique opportunity to answer meaningful questions with the greatest minds. This year our doctors and researchers took major strides in enriching our core research asset—the Cooper Center Longitudinal Study (CCLS). I hope you enjoy learning about our new CCLS and Medicare project on page 8. We continue to add meaningful data points that extend our research findings for increasing longevity and reducing deaths from disease.

Our long tradition of taking what we learn from research and translating findings into meaningful practice in schools, worksites, homes, neighborhoods, and broader communities makes us unique. If you look at any one project at The Cooper Institute you may see valuable research or a meaningful educational program. However, I hope this mission report serves as a compelling narrative as you discover the entirety of our work.

Fred Meyer
The Cooper Institute maintains the largest database with an objective measure of fitness dating from 1970—Cooper Center Longitudinal Study (CCLS). Today, CCLS tracks more than 100,000 Cooper Clinic patients and is one of the largest and most influential data sets in the world. Landmark research using CCLS data has influenced many public health policies and practices in the U.S. and abroad. In collaboration with the nation’s leading university researchers, such as from Stanford University and University of Texas Southwestern Medical Center (UTSW), Cooper Institute (CI) scientists conduct research in many areas. Some studies utilize CCLS such as the NASA study described below. Others draw upon clinical research such as the brain health study highlighted.

Heart Disease Risk Reduction
In conjunction with UTSW, CI is helping ensure that only the healthiest astronauts will be flown on exploratory class missions such as the exploration of Mars. The goal of this work is to enhance existing screening protocols of astronauts to reduce the risk of life- or mission-threatening medical complications. Using CCLS, we are studying changes in coronary artery calcium scoring as an index of development and/or progression of coronary atherosclerosis and the mitigation of risk by physical fitness and statin medication use. The project has implications for public health and may produce strategies to reduce the risk for cardiovascular events in the population at large.

Brain Health
Adults 60 and older represent one of the fastest growing segments of our society. It is anticipated that this vulnerable group could experience a high incidence of cognitive decline with aging. Working with the University of Texas at Dallas, we are comparing cognitive, behavioral, and physiological changes and determining what contribution cognitive training and physical exercise respectively have on different parts of the brain with regard to structure and function focusing on the hippocampus and frontal lobes. This will allow us to prepare the necessary analysis to develop a more comprehensive study for comparing the individual effects of both training regimens to the combined effects of physical exercise and cognitive training on the aging brain.

Laura DeFina, MD, Medical Director, recently received the following grants:
- Roche Diagnostics is funding a CCLS measurement study to evaluate the fitness-related changes in NT-pro-BNP and Troponin biomarkers associated with heart attacks, heart failure, and death.
- The Discovery Foundation is sponsoring an Impaired Fasting Glucose in Cardiovascular Risk Assessment of Women project. In this study, Dr. DeFina is evaluating whether CI can develop a better tool to predict the risk of heart attacks in women and hence, encourage more aggressive preventive treatment in higher risk women before they have heart attacks.
Unlocking the Gene/Environment Interaction: The Impact of the CI/UTSW BioBank

The research partnership between The Cooper Institute and the University of Texas Southwestern Medical Center (UTSW) seeking insight into the genetic makeup of healthy people has crossed a critical milestone. More than 30,000 plasma samples from more than 10,000 people have been collected. The project team collects blood and DNA samples from Cooper Clinic patients and volunteers, and matches them against health information in the CCLS data base. Researchers look for associations between gene patterns and biological characteristics.

The 10,000-person sample size further enables the BioBank to attract grant funding for studies of how genes and genetic sequence variations contribute to disease risk. The BioBank is the largest repository of unique DNA samples in Texas, and one of the largest in the nation.

Discoveries made by the BioBank could eventually lead to new medical treatments, said Scott Grundy, MD, PhD, director of the UTSW Center for Human Nutrition. “This joint research should result in identification of the genetic basis of many chronic diseases. This information should ultimately be generalizable to individuals at risk for these diseases, and it should be useful for discovery of new drugs for prevention and treatment of these diseases.”

The first genetic discovery from the BioBank identified a gene that contributes to the control of blood sugar levels. One project in the grant-application pipeline will look for genetic explanations of why some people can stay physically fit requiring less exercise than other individuals. Another will examine the effects of physical fitness versus genetics on the occurrence of diabetes.
Integrating Powerful New Data: The Impact of the Medicare Study

Cardiovascular disease, cancer, Alzheimer’s, and numerous other diseases are a substantial proportion of healthcare costs. The Cooper Institute is counteracting the rising costs with a focus on major preventive measures—physical activity and physical fitness. The overriding goal of the new research study merging CCLS and Medicare data is to shape the future through research, education, and public policy intervention in the arena of prevention.

This represents the ongoing 41-year mission of The Cooper Institute dedicated to advancing healthy aging from childhood to the senior years through medical research and education. While it is generally acknowledged that being physically fit is good for you, the Medicare study is scientifically measuring how fitness impacts chronic conditions and healthy aging, as well as how it directly relates to health care costs. Despite extensive evidence of the benefit of physical activity and prevention, our healthcare system continues to focus on treating chronic conditions such as obesity and congestive heart failure with unsustainable, unaffordable costs.

This merged CCLS/Medicare dataset is answering questions about the contribution of fitness toward lowering health care costs and providing an opportunity to assess the link between fitness and hospitalization rates for heart attack, stroke, diabetes, and other diseases such as Alzheimer’s.

The addition of the Medicare claims data allows us in a unique way to characterize how health behaviors impact aging and the cost of healthcare. We believe the ultimate savings can be in the hundreds of millions of dollars.

Unanswered questions in this arena include the mechanism through which fitness provides health benefits, the appropriate dose of exercise, and the best forum through which to bring about behavior change. Early evidence suggests that higher fitness in mid-life (in the 40s) materially increases the probability of healthy survival. This indicates that intervening with lifestyle change at mid-life will improve survival rates, compress morbidity, and improve quality of life.

Much prior research on the benefits of exercise in the elderly has been conducted on those already older and less functional; the mid-life approach allows lifestyle intervention to occur before debility exists. This offers a unique window into the future health challenges of the aging baby boomer generation and potential interventions.

The first stage of this extensive new line of research is the study of the association between mid-life fitness and congestive heart failure in older age. The goal of this initial research effort is to define the association and measure the benefits. Congestive heart failure was chosen as a starting point because of the tremendous burden it imposes on healthcare services. Many other chronic conditions, including Alzheimer’s disease and diabetes, will be studied.
A principal focus of Cooper Institute’s research team is to publish the results of our research in high-quality, peer-reviewed journals. During the past year, scientists and educators authored or co-authored 27 articles that appear in the world’s literature. An additional 10 articles are currently in press, while nine are under review by various journals. Scientists and educators also are invited to present their work at major national and international conferences. Some of the most significant publications over the past year include the following:


C Finley, C Barlow, T Haltom, W Haskell. **Glycemic index, glycemic load, and prevalence of the metabolic syndrome in the Cooper Center Longitudinal Study.** *J American Dietetic Association*, 2010;110:1820-1829.


Joining the long line of successful evidence-based projects that stem from Cooper Institute (CI) research, this year The Cooper Institute’s Executive Vice President, Susan Campbell, PhD, was awarded a Cancer Prevention and Research Institute of Texas (CPRIT) prevention grant to create a weight management program designed to help reduce the risk of cancer. Well known for disseminating information and intervention materials designed to increase health-promoting behaviors, the CPRIT-funded project team, managed by Rachel Huber, RD, MPH, will premier the “Today I Will” web-based program in early 2012. TodayIWill.com will provide a single source of education and resources for both medical professionals who wish to become more effective in weight loss counseling and the general public who wish to lose weight and maintain weight loss.

TodayIWill.com follows last year’s highly successful project, My RA FitKit, which was also developed by CI’s talented education team and was seen by millions on television. Last year the education team managed by Norma Hansen, MBA, helped a pharmaceutical company and its agencies develop an unbranded direct response program for moderate to severe Rheumatoid Arthritis (RA) patients. The My RA FitKit program enabled patients and their caregivers to take advantage of a free, customizable exercise program designed specifically by CI for the RA patient. From content research and development, to photography supervision on the program website and in the fulfillment direct mail piece, to video supervision on the television commercial shoot, CI played a vital role in ensuring that the exercises were safe and empowering for an RA patient at any fitness level.
Removing Barriers to International Collaboration: The Impact of the Cooper Message

There is growing interest in childhood physical activity and physical fitness both nationally and internationally. As a result of soaring obesity rates, many countries including China and Korea have developed their own surveillance systems to monitor their children’s fitness trends on a regular basis. Over 14 countries have adopted The Cooper Institute’s (CI) FitnessGram® and interest in CI is growing internationally. In late 2010, CI Founder and Chairman, Dr. Kenneth Cooper; Youth Initiatives Chairman, Charles Sterling, EdD; and members of the FitnessGram Scientific Advisory Board, Weimo Zhu, PhD, and Kurt Cureton, PhD, were part of an invited lecture tour speaking in China on trends in the fitness levels of children from around the world. Dr. Cooper and the FitnessGram team spoke and visited the 2010 Nanjing International Conference on Youth Fitness and Health, the International Forum on Sport Science held in Jinan, and the Beijing Sport University, as well as conducted several business meetings in Shanghai.

The importance of developing a multi-language interface which utilizes the metric system led to the creation of an international version of FitnessGram currently under development. Recognizing the importance of international collaboration on youth health and fitness, Dallas businessman and EDS Founder, H. Ross Perot, funded the establishment of the Perot International Youth Data Center which allows The Cooper Institute to host FitnessGram and its companion nutrition assessment, NutriGram®, data worldwide and continue to contribute meaningful advances to the science of youth fitness and nutrition.
The National Football League (NFL) and The Cooper Institute (CI) partnership was created in 2009 to enhance the promotion of physical activity in youth. The partnership allows the NFL to expand its support beyond awareness into objective measurement and tracking of children’s activity and fitness levels by providing FitnessGram (FG) to over 1100 schools and after-school organizations across all 32 NFL team markets. Participating sites are not only using the data to impact their own programs but students and families are also feeling the positive impact of the FG report card as The Cooper Institute encourages students to become the change agents for their entire family. The scope of the project is unprecedented and offers tremendous potential to impact the lives and health of thousands of children and their families across America.

**IMPACT.** “We are so grateful to be selected by the Arizona Cardinals to participate in the NFL PLAY 60 FITNESSGRAM evaluation project. FitnessGram allows the students to learn how to self-evaluate and see their strengths and weaknesses, while becoming aware that fitness is a lifelong process and not just a once and awhile activity.”  
*Grace Alvarado, Physical Education Teacher at Chandler Traditional Elementary School*

**DATA DRIVES DECISIONS.** “Receiving the NFL PLAY 60 FitnessGram grant through the Tennessee Titans has made it possible to generate FitnessGram reports for every student in our kindergarten through eighth grade school district. Preliminary data show that students in K-4 schools that offer daily physical education have increased fitness levels as compared to upper grade schools (grade 5-8) where they have less time devoted to physical education. The data provides documentation to help support increased physical education in grades 5-8.”  
*Kathy Clark, Physical Education Specialist at Moore Elementary School in Franklin, Tennessee*

**EMPOWER.** “We loved the feedback we received from the FitnessGram report. It motivated my whole family to make healthier choices. My child wants all of us in the Healthy Fitness Zone®.”  
*Parent from Johnston Elementary, a site participating with the Atlanta Falcons*
Charles Sterling, EdD, “Father of FitnessGram” and chairman of Youth Initiatives in the Division of Education, announced his retirement after more than 30 years with The Cooper Institute (CI). Sterling founded the FitnessGram program, which will celebrate its 30th anniversary in 2012. “Dr. Sterling’s contributions to The Cooper Institute are immense and enduring. More than 30 years ago he recognized the need for measuring physical fitness and founded a program that has been tremendous at assessing children’s fitness worldwide,” said Dr. Cooper. “We greatly appreciate the legacy he leaves with us and know that his contributions will shape The Cooper Institute far beyond his retirement.”

Marilu Meredith, EdD, longtime national director of FitnessGram (FG), accepted the responsibility to direct the newly created Perot International Youth Data Center as Don Disney, MS, MA, stepped in to serve as the Institute’s next national director of FG. Dr. Meredith continues to be a sought after speaker at national conferences and has influenced thousands of physical educators through specially designed in-service trainings.

Mr. Disney’s previous position was as the director of health and wellness for the El Paso Independent School District (EPISD), in El Paso, Texas. He will now direct all aspects of the FG program, which serves as the statewide physical fitness assessment tool in Texas public schools, and more than 86,000 schools nationwide, plus 14 countries. FG guides efforts to improve the health of children by measuring overall fitness through six tests looking at aerobic capacity, body composition, and muscular endurance, strength, and flexibility.
Custom designed for grade school children, NutriGram’s (NG) two surveys on healthful eating habits serve as a snapshot of a child’s nutrition world. With instant feedback, customized reports, and a 3D exploration-based adventure game, “The Quest to Lava Mountain,” children learn that healthy foods make powerful fuel that lead to success. With NG, children, families, and schools know where to start to increase nutrition knowledge, improve food choices, and maintain a healthy weight.

“I have several students who have become label readers. Some parents have said their child is stopping them from buying junk food.” Leonar Dozal, teacher at Burleson Elementary, El Paso, TX

NutriGram was developed by The Cooper Institute, in partnership with the Texas Department of Agriculture, to encourage healthful eating habits. It is available during 2011-2012 to all Texas public elementary schools at no cost, and can be purchased by schools and organizations across the United States. Visit NutriGram.org to learn how you can help your students make healthier food choices.

Imagine the possibilities.
Children are our future. They rely on adults to give them healthy food and physical activity options.
The Cooper Institute (CI) has a long history of influencing thought leaders and practices in the fitness and health industry. The Education Division targets both the adult and youth markets to spread fitness and prevention information through educational sources. These efforts have resulted in measurable public policy and programming changes such as the identification of physical inactivity as a significant risk factor for many chronic diseases and the implementation of FitnessGram® for children in over 86,000 schools and school districts. In addition, our Cooper Institute education leaders help shape the fitness programs that train military personnel and first responders. This educational infrastructure provides invaluable support for design and implementation of effective community transformational programs.

“What a wonderful, well structured online learning experience this has been! So many valuable electronic ‘links’ provided in these online sessions. You are gifted, passionate educators who convey a clear vision about health and fitness goal setting, while providing a professional and organized approach for anyone seeking personal training certification. I’m looking forward to my next Cooper Institute fitness course!” Mark Loyacano, Personal Training Education Online

“It’s clear in each case how much you love, prepare for and live your area of expertise. Not only are you all so well-versed in your area, but you were able to pass that information along to us in ways that made learning so much more enjoyable and effective.” Scott Douglas, Abilene Fire Department, Fire Service Fitness Specialist

Learn more about our educational courses and certifications at CooperInstitute.org/Education.
Developed by The Cooper Institute (CI) after a 2-year pilot program and endorsed by the Texas Education Agency, CI partnered with the United Way of Metropolitan Dallas this past year on the Healthy Zone School (HZS) Recognition Program. HZS is a 6-year initiative that will serve 70 schools and affect more than 25,000 students and their families in the North Texas metroplex area. Schools selected receive teacher fitness and nutrition training along with funding for physical education equipment, health promotions, and parent education tools.

Co-chaired by Dallas Cowboy great Troy Aikman and Dr. Kenneth Cooper, the HZS program is made possible through United Way donations and support from Bank of America, Oncor, Texas Health Resources and Enterprise Holdings, operating as Enterprise, Alamo, and National. It is part of United Way’s commitment to ensure lasting change through the region, specifically in the key areas of education, income, and health.

For 2011-12, 12 schools received program honors. The three Healthy Zone Schools are Nell Burks Elementary, McKinney; Bethany Elementary, Plano; and Carlena Chandler Elementary, Allen. The nine Healthy Zone Schools In Training are Bonham Elementary, Dallas; Malvern Elementary, McKinney; Bowie Elementary, Dallas; Jackson Elementary, Plano; Rasor Elementary, Plano; Anderson Elementary, Frisco; Arapaho Classical Magnet, Richardson; George Bannerman Dealey Montessori, Dallas; and Caldwell Elementary, McKinney.
## Financial Statements

### Statements of Financial Position (June 30)

<table>
<thead>
<tr>
<th></th>
<th>2011</th>
<th>2010</th>
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</thead>
<tbody>
<tr>
<td><strong>Assets</strong></td>
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<tr>
<td>Cash and cash equivalents</td>
<td>$392,732</td>
<td>$1,288,740</td>
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<td>Investments</td>
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<td>Accounts receivable</td>
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<td>Inventory</td>
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<td>Prepaids and deposits</td>
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<td>Property and equipment, net</td>
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<td>Software development costs</td>
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<td><strong>Total Assets</strong></td>
<td>$21,897,290</td>
<td>$17,819,705</td>
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<table>
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<tr>
<th><strong>Liabilities and Net Assets</strong></th>
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<tr>
<td><strong>Liabilities</strong></td>
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<td>Seminar deposits</td>
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<td>Deferred contract revenue</td>
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<td><strong>Total Liabilities</strong></td>
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<td>893,133</td>
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**Net Assets**

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<td>Unappropriated</td>
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<td>Board appropriated</td>
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<td><strong>Total unrestricted net assets</strong></td>
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<td>Temporarily restricted</td>
<td>3,333,222</td>
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<td>Permanently restricted</td>
<td>6,059,509</td>
<td>5,388,154</td>
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<td><strong>Total net assets</strong></td>
<td>20,403,041</td>
<td>16,926,572</td>
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**Total Liabilities and Net Assets**

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<tr>
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<th>2011</th>
<th>2010</th>
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<tr>
<td><strong>Total Liabilities and Net Assets</strong></td>
<td>$21,897,290</td>
<td>$17,819,705</td>
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### Statements of Activities and Changes in Net Assets - Year Ended June 30, 2011

(with comparative totals for the year ended June 30, 2010)

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<tr>
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<th>Total 2011</th>
<th>Total 2010</th>
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<td><strong>Support and Revenue</strong></td>
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<td>Epidemiology and clinical application</td>
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<td>Youth fitness</td>
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<td>Continuing education and certification</td>
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<td>Tenant</td>
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<td>Other service revenue</td>
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<td><strong>Total support and revenue</strong></td>
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<td>Salaries, wages, and benefits</td>
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<td>4,293,658</td>
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<td>Facilities rental and maintenance</td>
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<td>Depreciation</td>
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<td><strong>Total program services</strong></td>
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<table>
<thead>
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<th>Supporting services</th>
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<tbody>
<tr>
<td>Salaries, wages, and benefits</td>
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<td>1,031,718</td>
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<tr>
<td>Facilities rental and maintenance</td>
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<td>Depreciation</td>
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<tr>
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<tr>
<td><strong>Total supporting services</strong></td>
<td>1,953,400</td>
<td>2,161,237</td>
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| **Total expenses**       | 7,701,201  | 7,889,488  |
| Change in net assets from operating activities | 896,352 | (217,279) |

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<tr>
<th><strong>Non-Operating Income</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Net realized and unrealized gain on investments</td>
<td>2,298,841</td>
<td>1,001,904</td>
</tr>
<tr>
<td>Interest and investment income, net</td>
<td>281,276</td>
<td>266,874</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Change in Net Assets</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Change in net assets from non-operating income</td>
<td>2,580,117</td>
<td>1,268,778</td>
</tr>
</tbody>
</table>

| **Net Assets, beginning of year** | 16,926,572 | 15,875,073 |
| **Net Assets, end of year**       | $20,403,041 | $16,926,572 |
**Support & Revenue Mix**

3-Year Trend

- **Contributions / Grants**
  - FY 2009: 31.1%
  - FY 2010: 52.7%
  - FY 2011: 37.2%

- **Continuing Education / Certification**
  - FY 2009: 51.6%
  - FY 2010: 3.5%
  - FY 2011: 2.9%

- **Youth Fitness**
  - FY 2009: 9.4%
  - FY 2010: 17.3%
  - FY 2011: 35.9%

- **Epidemiology Research**
  - FY 2009: 3.3%
  - FY 2010: 3.3%
  - FY 2011: 10%

**Fund-Raising Efficiency**

(Cost to Raise $100)

5-Year Trend

- **FY 2007**
  - Fund-Raising Efficiency: $25

- **FY 2008**
  - Fund-Raising Efficiency: $20.4

- **FY 2009**
  - Fund-Raising Efficiency: $13.4

- **FY 2010**
  - Fund-Raising Efficiency: $6.1

- **FY 2011**
  - Fund-Raising Efficiency: $0

**Net Assets & Permanent Endowment Fund**

5-Year Trend

- **Total Net Assets**
  - FY 2007: $20.4
  - FY 2008: $15
  - FY 2009: $10
  - FY 2010: $5
  - FY 2011: $0

- **Permanent Endowment Fund**
  - FY 2007: $0
  - FY 2008: $0
  - FY 2009: $0
  - FY 2010: $6.1
  - FY 2011: $0

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Lane Gorman Trubitt, L.L.P. performed the 2010-2011 audit for The Cooper Institute. Audited statements are available upon request or online at CooperInstitute.org.
Please join The Cooper Institute (CI) in creating a positive impact. Taking one, two, or more of the following action steps helps ensure CI’s mission of effective preventive health research and education is carried out.

**Today I Will:**
- Learn about the links between health behaviors and rising health care costs and how individuals, schools, community groups, and companies can take action to limit the increases
- Advocate for increased funding at the national level for prevention research and health promotion
- Ask to see my local school’s Wellness Policy and ensure the policy addresses healthy school meals and quality physical education guidelines
- Learn more about the connections between wellness and academic indicators so that I can effectively underscore to legislators the urgency of adopting school physical activity and nutritional standards statewide
- Be active for at least 30 minutes and do activities to strengthen my muscles twice a week – I will get up and move at least a few minutes every waking hour
- Fill half my plate with colorful fruits and vegetables
- Become engaged in my company or faith-based wellness program and ensure activity leaders are well-trained and certified
- Identify and partner with existing community groups to support bicycling, walking, and healthy community environments such as community gardens
- Encourage my healthcare provider to make physical activity a “vital sign” so they can track my activity patterns just as they track my weight, blood pressure, and temperature
- Support, through a personal donation, the work of The Cooper Institute to facilitate all of the above

To arrange a visit or learn more about The Cooper Institute, contact Connie Tyne, Vice President of External Affairs, at ctyne@cooperinst.org or call 800.635.7050.
The Positive Impact of The Cooper Institute for 2011