



Ready.
Set.
Give.



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A Message From Our Board President and Executive Director

As we reflect on 2024 and the impact the AAFP Foundation has had on family medicine—particularly in the areas of access to care and workforce development—a theme emerges: partnership.

The specialty of family medicine draws individuals who are driven to do the most good for the most people by showing up where help is most needed. But the fact is, we cannot do this work alone.

The AAFP Foundation recognizes the value of collaboration and leverages that power through its signature programs, chapter alliances, scholarships and volunteer opportunities.

The Foundation also relies on the partnership of individual and corporate donors to carry out its mission of advancing family medicine through philanthropy, using humanitarian, educational and scientific efforts.

Over the last year, thanks to the generosity of supporters like you, the Foundation was able to invest more than \$2M in these efforts.

With Ready. Set. Give. as our rallying cry in 2024, we encourage you to engage with the AAFP Foundation by donating, volunteering your time or resources or attending an event. Together, we can make a difference.

All the best.

JAY-SHEREE AKAMBASE
MD, MPH, FAAFP
PRESIDENT



HEATHER PALMER
MA, MBA
EXECUTIVE
DIRECTOR



“It’s been a lifesaver for our clinic.”

KATHERINE GOLD, MD, MSW, MS
THE LUKE CLINIC
FAMILY MEDICINE CARES USA
GRANT RECIPIENT



Family Medicine Cares

Family physicians understand that our communities are only as healthy as our most vulnerable patients.

That's why the AAFP Foundation is committed to expanding access to health care both at home in the U.S. and the Dominican Republic. Our signature humanitarian programs, Family Medicine Cares USA (FMC USA), Family Medicine Cares International (FMCI) and the Family Medicine Cares Resident Service Award (FMC RSA), address the underserved and underinsured in meaningful and sustainable ways.



READY. SET. EXPAND ACCESS TO CARE.

Family Medicine Cares USA

More than 27 million people in the United States are uninsured. Many others are underinsured or lack access to even basic health care due to provider shortages in their communities and other social determinants of health.

In collaboration with the National Association of Free and Charitable Clinics, FMC USA helps bridge these gaps by supporting free clinics in underserved regions throughout the country.

Each year, FMC USA awards up to \$25,000 to new clinics and up to \$10,000 to existing clinics for the purchase of durable medical equipment and instruments, funding up to \$150,000 total annually. In 2024, the program provided grants to 10 clinics, half of which were newly established.

These clinics also give AAFP members, residents and students an opportunity to volunteer their skills where they are most needed. Over 30 of the clinics are student-run.

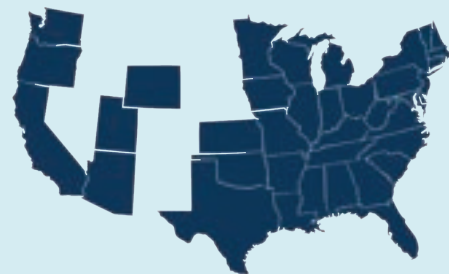
As of
September 2024

\$2.1+

million awarded

131 clinics in 38 states

+ Puerto Rico





READY. SET. SUPPORT HUMANITARIAN OUTREACH.

Family Medicine Cares International

FMCI is improving the health and quality of life of underserved communities in the Dominican Republic by sending an annual delegation for educational and patient care opportunities. Our 2024 trip took place February 10–17, with volunteers participating in:

- Educational events in collaboration with local medical school, Universidad Central de Este. Events included a student panel discussion titled, “Why Family Medicine” and a symposium and resident bi-directional workshop on hypertension.
- Primary care community outreach clinics in four different bateyes—rural settlements of mostly Haitian families near the sugar mills. As non-citizens, they are ineligible for health services. Clinics operate in partnership with One World Surgery, a local organization that helps ensure sustainability and continuity of care.
- A children’s project, supported by the Ruth Ostergaard Children’s Fund, that provided an evening of fun with the children and \$5,000 to Nuestros Pequeños Hermanos for much needed medical equipment and medications.



17 FMCI delegates, including 5 residents



275 patients cared for in community outreach clinics



176 symposium registrants





READY. SET. EMPOWER MEANINGFUL ACTION.

Family Medicine Cares Resident Service Award

The FMC RSA supports a first- or second-year family medicine resident in implementing a 12-month project to address health care disparities and unmet needs in their community. Each year, the program awards up to two \$16,500 grants.

Since the program's inception:

\$346,500 awarded to 33 residents

2024 FMC RSA Recipients (residency year at time of application)



Brandy Truong, MD, (PGY-2)



Sofya Kats, DO, (PGY-1)

Kaweah Health Family Medicine, Visalia, Calif. For their project, *“Addressing STI and Cancer Screenings in LGBT+ Population in Tulare County,”* they will partner with The Source, a local LGBT+ center, to provide formalized training and workshops to residents in their program on using inclusive language, gathering comprehensive sexual health history and best practices for screening and testing for sexually transmitted illnesses and anal cancer.



Armand Ntchana, MD, (PGY-2)

LSU Family Medicine Residency Program, Alexandria, La. Dr. Ntchana’s project, *“Rapides Health Project,”* targets modifiable behaviors among uninsured patients living in Rapides Parish (Central Louisiana) with chronic illnesses such as diabetes, hypertension and coronary artery disease. With an emphasis on achieving and maintaining a healthy weight, the project includes education on nutrition and diet, a 12-month individualized exercise program, access to a health clinic and a 3-month supply of GLP-1 agonists—all at no cost to participants.





One of the jobs of leadership is finding more leadership. The Family Medicine Leads program takes promising leaders and trains them. It's a worthy endeavor and supporting that is really important.



J. MACK WORTHINGTON, MD
FAMILY MEDICINE LEADS SCHOLARSHIP DONOR

Family Medicine Leads

Inspiring medical students to pursue family medicine and mentoring tomorrow's physician leaders are vital to the future of the specialty. Family Medicine Leads (FM Leads), the AAFP Foundation's signature education program,

supports efforts to fill the workplace pathway with the best and brightest through attendance at FUTURE (formerly National Conference) and participation in the FM Leads Emerging Leader Institute (ELI).





READY. SET. FUEL STUDENT EXCITEMENT.

Family Medicine Leads Scholarships

Through the generosity of donors, the AAFP Foundation offered 270 scholarships to medical students and family medicine residents to attend the 2024 National Conference in Kansas City from August 1–3, including 30 scholarships for FM Leads Emerging Leader Institute. In total, 258 scholarships were accepted.



While I was highly interested in family medicine prior to the National Conference, attending the conference has added fuel to my passion to pursue this career and to highlight the specialty within my school.”



2024 FAMILY MEDICINE LEADS
SCHOLARSHIP RECIPIENT





READY. SET. PREPARE FOR THE FUTURE.

Family Medicine Leads Emerging Leader Institute

The 2024 cohort of FM Leads ELI scholars (22 medical students and 8 family medicine residents) attended National Conference, including an event to commemorate the ELI’s 10th year. Joining the celebration were volunteer faculty and mentors, ELI alumni and donors.

Following the conference, the 30 ELI scholars stayed for the two-day leadership development program and were divided into three tracks: Policy & Public Health, Personal & Practice and Philanthropic & Mission-Driven, led by family physician volunteer faculty. Scholars develop and complete a project related to their track with a family physician volunteering mentorship and support. Along with the student ambassador, the three Best Leadership Project Award recipients from the previous year (one from each track) attended the program to help the scholars with their projects.

“Joining a network of leaders and mentors in a Foundation that supports the area of medicine I love the most, with volunteers that are passionate about their job and the scholars, is worth its weight in gold, and anyone is lucky to be part of it! I highly encourage anyone that is interested in family medicine and leadership skills to apply!”

2024 EMERGING LEADER INSTITUTE SCHOLAR



In the last 9 years, 96% of medical students participating in Family Medicine Leads Emerging Leader Institute have matched in family medicine.





We serve a very important clinical role in the communities that we serve, and there's an exceptional opportunity to really find new ways to delivery primary care and family medicine.



AYO ADESANYA, MD, PHD
FAMILY MEDICINE DISCOVERS RAPSDI SCHOLAR

Family Medicine Discovers

Research is essential to the field of family medicine, and no one is better positioned to identify opportunities for learning and improvement than family physicians on the front lines. The AAFP Foundation's signature scientific program, Family Medicine Discovers (FMD), fosters the development and advancement of meaningful, practice-based research by funding and mentoring projects aimed at finding real-world solutions in the primary care setting.



Since launching
in 2019:

\$400,000
has been awarded
in total to 10 FMD
RapSDI scholars





READY. SET. CHAMPION RESEARCH & ADVANCEMENT.

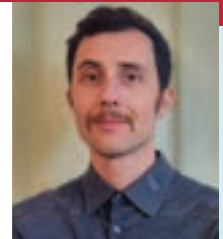
Family Medicine Discovers Rapid Cycle Scientific Discovery and Innovation

In partnership with the DARTNet Institute, the AAFP Foundation's FMD Rapid Cycle Scientific Discovery and Innovation (FMD RapSDI) program supports practicing family medicine physicians new to research by awarding two annual grants up to \$40,000 for novel short-term projects. The program includes mentorship throughout all phases of a project, from recruitment to post-study statistical analysis to preparation of materials for dissemination.

2024 Cycle 5 Scholars (Project duration: January 1 to December 31, 2025):

Boris Bayerman, DO

Kaiser Permanente, Denver, Colo., is conducting a study to assess the impact of a virtual self-management education course on symptoms and quality of life for adults living with Long COVID. The findings will inform clinicians about the potential use of this tool for treating future patients.



Erik S. Kramer, DO, MPH

University of Colorado, Denver, Colo., is exploring the feasibility of using wearable fitness trackers and AI-delivered text messaging to provide self-management education and support for adults with type 2 diabetes. The goal of the project is to improve diabetes management in the primary care setting.





READY. SET. GET INVOLVED LOCALLY.

Family Medicine Chapter Alliance

The Family Medicine Chapter Alliance (FMCA) is a collaborative program of the AAFP Foundation and 55 AAFP constituent chapters/foundations. Engagement with the AAFP and its Foundation often begins at the chapter level, and the FMCA encourages this involvement by offering numerous opportunities for grants.

- FMCA Grant Awards facilitate the sharing of expertise, best practices and outcomes of health care initiatives implemented by constituent chapters nationwide. In 2024, the FMCA awarded \$61,250 in grants to 16 constituent chapters in support of 29 projects in these priority categories: student and/or resident, member outreach and public health.
- FMCA Chapter Engagement Awards serve the dual purpose of motivating donors to support the FMCA and inspiring members of local chapters to initiate projects. The FMCA awards each chapter \$750 to showcase a program or activity that aligns with one of the FMCA's priority areas (see above), using storytelling tools to highlight the work. In 2024, the FMCA awarded a total of \$18,750 to 23 constituent chapters/foundations.

Since 2006,
FMCA Grants
has given:
\$1,476,920
to support
482 projects
from 42 states*

*Plus DC and the Family Medicine Midwest Collaborative





READY. SET. DRAW FROM OUR PAST.

Center for the History of Family Medicine

The Center for the History of Family Medicine (CHFM) was founded on the belief that understanding the evolution of our specialty can help shape its future. The CHFM curates and houses a library of archival repository, audiovisual materials and artifacts at the AAFP Foundation and maintains a searchable online catalog. In addition, the CHFM offers yearly contests and grants. Highlights from 2024 include:

The Richard D. Feldman, MD Student and Resident Essay Contest

for scholarly writing relevant to the history of family medicine in the United States. First-year medical student

Rowan Magnuson

was awarded the top prize of \$2,000 for ***“Medicalizing Marginalization: The Role of Family Physicians in Treating the Social Determinants of Health.”***

Pratiti Roy, MD,

a third-year resident, won \$1,000 for ***“The Compendium of Hardknocks: A Window into the History of Family Medicine.”***

The Sandra L. Panther Fellowship

for research using the CHFM collections to advance understanding and appreciation of the history of family medicine. Family physician,

Jenna Georgiou, MD,

was awarded a \$3,000 grant for her project, ***“Lessons in Family Medicine from the Ancient Greeks.”***

The Oral History Grant

which awards up to \$3,000 annually toward the creation of oral history interviews focused on family medicine.

Alexis Ramos, MD,

received a grant for her project, ***“Healing Beyond Crisis: The Lasting Legacy of a Pandemic on the Health Community in an Underserved Population.”***

753

tours, presentations, reference requests and other engagements handled by the CHFM in 2024





READY. SET. MENTOR.

Student Externship Matching Grants



Since 1992, 1,030 student externships in 43 states + DC have been supported by

\$1,288,750

in matching grants

The Student Externship Matching Grant Awards program supports AAFP constituent chapters and chapter foundations in mentoring medical students to heighten their interest in family medicine. Chapters are encouraged to work with academic institutions or family medicine residency programs to identify and provide a one-to-one student/mentor experience in a research or clinic setting. The Foundation offers matching grants of \$1,250 to each sponsoring chapter/foundation. In 2024, the program awarded 23 matching grants to 11 states, totaling \$28,750, and implemented longitudinal tracking to determine the number of student participants who match into family medicine.



READY. SET. PROVIDE PEACE OF MIND.

AAFP Insurance Services

AAFP Insurance Services, Inc., a wholly owned subsidiary of the AAFP Foundation, is solely dedicated to meeting the needs of family physicians. In turn, earnings directly support the Foundation's philanthropic work. Plan offerings, which are covered by New York Life, Liberty Mutual and other top industry carriers, include:

Life insurance

Disability insurance

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Financial planning





Donor Honor Roll

Every attempt has been made to ensure an accurate listing of all fiscal year 2024 gifts (January 1–December 31, 2024). We apologize for any errors or omissions. Space limits the listing of every contributors, however, we value all our donors.

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Financials

Statement of Financial Position

Assets

| | |
|--|----------------------------|
| Cash and Cash Equivalents | \$2,543,300 |
| Accounts Receivable | 99,874 |
| Accounts Receivable, Planned Giving Program | 232,642 |
| Prepaid Expenses | 174,734 |
| Investments | 23,549,558 |
| Investment in AAFP Insurance Services, Inc. | 1,718,529 |
| Office Equipment, Furniture & Fixtures, Net of Accumulated Depreciation of \$430,092 | 29,363 |
| Total Assets | <u>\$28,348,000</u> |

Liabilities and Net Assets

| | |
|--|----------------------------|
| Accounts Payable | \$962,970 |
| Deferred Revenue | 11,415 |
| Liabilities under split-interest agreement | 146,071 |
| Grant Awards Payable | 95,021 |
| Total Liabilities | <u>\$1,215,477</u> |
| Without donor restrictions: | \$20,018,197 |
| Undesignated | 7,668,443 |
| Board-appropriated | 12,349,754 |
| Total without donor restrictions | 27,132,523 |
| With donor restrictions | 7,114,326 |
| Total Net Assets | <u>27,132,523</u> |
| Total Liabilities and Net Assets | <u>\$28,348,000</u> |

Statement of Activities

Revenues And Support

| | |
|----------------------------------|---------------------------|
| Individual Donations | \$1,093,709 |
| Corporate Support | 1,243,000 |
| Administrative Support | — |
| Grants | 551,696 |
| Investment Return | 2,062,490 |
| Earnings of Subsidiary | 1,439,700 |
| Other | — |
| Total Revenue and Support | <u>\$6,390,595</u> |

Expenses

| | |
|-----------------------|-------------------------|
| Programs | \$2,659,162 |
| Education | 1,766,934 |
| Research | 383,561 |
| Humanitarian | 508,666 |
| Other | — |
| Administration | 519,831 |
| Fundraising | 1,005,054 |
| Total Expenses | <u>4,184,047</u> |

Change In Net Assets

2,206,548

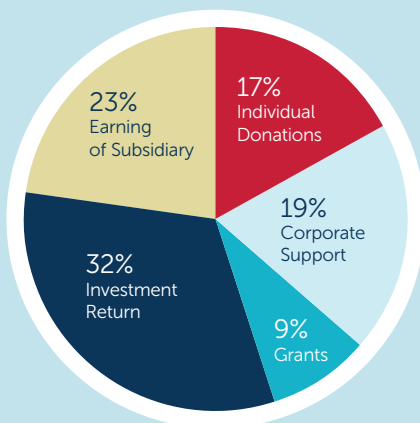
Net Assets, Start Of Year

24,925,975

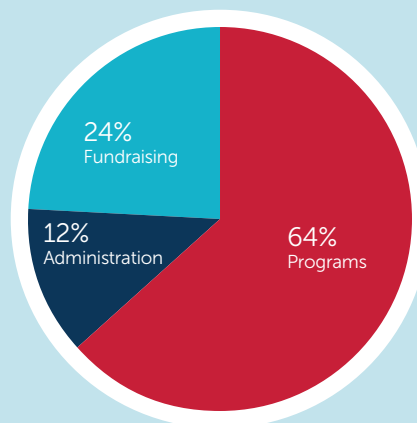
Net Assets, End Of Year

\$27,132,523

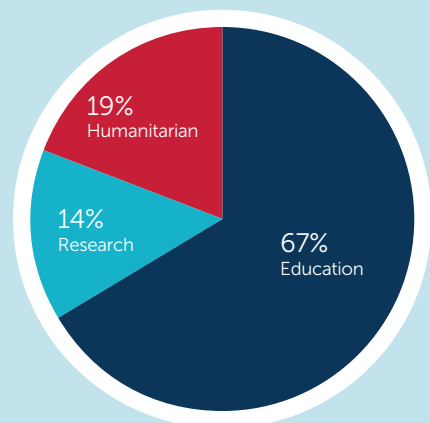
Revenues & Support



Expense Allocation



Program Expenses





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