



UNITED
GENERAL
DISTRICT 304

Building Healthier
Communities

Impact Report 2025



United General District 304 offers more than 50 programs promoting health and wellbeing at every stage of life

www.UnitedGeneral.org

Dear Neighbors and Friends,

In the 60 years since community members voted to create our public hospital district, a lot of growth and changes have taken place in Skagit. Through it all, one thing has stayed the same: our commitment to improving the health and quality of life of the people we serve.

Whether it's children eating fresh foods, adults learning skills for talking with teens, or seniors staying active & engaged, research shows that effective health promotion and disease prevention often happens outside the medical setting. We've offered these types of services for years, thanks to our dedicated staff, trusted partners, and a shared vision of creating healthier possibilities for our community now and for the future.

For this year's report, we are highlighting the impact of our work across the lifespan. Because no matter what stage of life you're in right now, we're working to support our entire community's physical, social, and mental health.

With gratitude and hope,

Ted, Carol, Mary



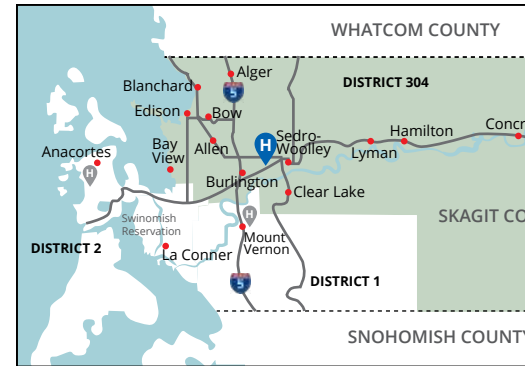
Ted Brockmann
Superintendent / CFO



Carol Hawk
Chief Operating Officer



Mary Voss
Human Resources Mgr.

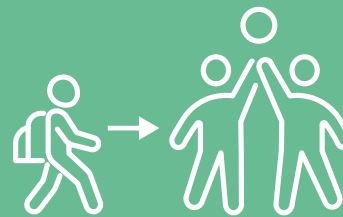


Promoting Health

AT EVERY STAGE



Prenatal to Age 5



Elementary through
Middle School



High School
Young Adults



Public Hospital District

HELLO
MY NAME IS

Skagit County Public
Hospital District No. 304

YOU CAN CALL ME:
United General District 304

Did You Know?

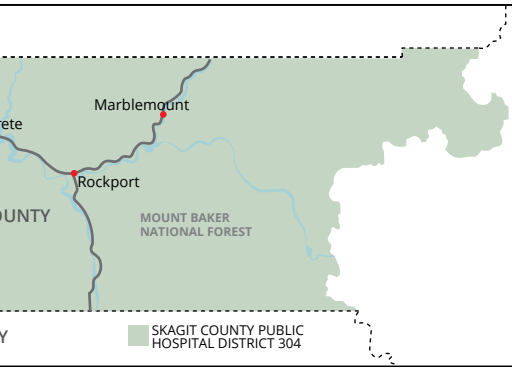
Skagit County Public Hospital District No. 304 is a community created and community owned resource, which means we work for you! As a special purpose district, we're governed by



Our 2025 Board of Commissioners

Pictured from left to right: Jeri Kaufman, Robert Stanley, Debra Lancaster, Greg Thramer, Ashley Gregorius

an elected board, and funded partially by local tax dollars. We've been responsible for delivering services and programs that meet the health needs and priorities of our residents since 1965.



A Powerful Partnership

As your public hospital district, we own the hospital and contract with PeaceHealth to provide all medical and clinical services. Together, our services cover a broad spectrum of health needs. By prioritizing early intervention and community-based wellness, we can help people maintain their health with fewer costly hospital services over time. However, having quality local care available when you need it is essential for our rural area.

Health & Wellbeing

AGE OF LIFE

Education through Adulthood

Core Adulthood

Older Adults





Prenatal to Age Five

At This Stage:

Our brains develop faster from birth to age five than at any other time and early experiences shape how we learn, communicate, and form relationships. By supporting children and families during this key stage, we help lay the groundwork for lifelong health, success, and wellbeing. *Because every child should have a strong start in life.*



Everyone can benefit from learning the science and strategies of positive parenting. Over 12-14 weeks, The Incredible Years programs help caregivers to promote their toddler or preschoolers' social, emotional, and language skills.

“ I felt like I didnt know enough about my children’s development and the program helped me learn patience and a toolset of skills to chose from as a parent. It also helped me learn the different developmental stages and how they process the world around them. ”

- Jenn M. (past Incredible Years participant)

75

Play & Grow gatherings hosted



Where Caregivers Connect

The good and the tough stuff, the messy and the fun stuff, parenting is a journey that benefits from early connection and community. Weekly drop-in groups bring together caregivers in virtual and in-person settings to share their stories alongside experienced facilitators.





1,002
clients served
at our three
WIC clinics




A Healthy Start


Our Sedro-Woolley, Concrete, and Stanwood WIC clinics offer practical and compassionate support for children, families, and pregnant people. From breastfeeding assistance and nutrition education to wellness checks, grocery money, and referrals to community services, WIC is a proven program for safeguarding child development and health.



“I enjoy the connection with WIC staff to talk about nursing my baby – about what’s going really well but also to help when things are challenging.”

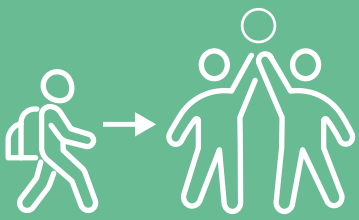
- **Xiomara** (WIC client)

534
Newborns
and families
welcomed




Here for You From Day One

Being there, right from the start, makes a big difference. Our Newborn Outreach program welcomes families at Skagit Valley Hospital and Island Health and offers resources & referrals through Help Me Grow Skagit. We also provide Skagit-specific information to our partners at PeaceHealth’s St. Joseph’s birth centers to welcome Skagit families giving birth in Whatcom County, so that all babies and parents are supported to thrive!



Elementary through Middle School

At This Stage:

As children enter and move through the school years, their interests and skills expand. Our programs foster teamwork, critical thinking, and resilience through interactive learning and leadership opportunities. *Because teaching and modeling healthy behaviors early on paves the way for success.*



1,513

students took part in Farm to School lessons



STRENGTHENING Families PROGRAM

FOR PARENTS AND YOUTH 10-14

Preparing for the Teen Years

The pre-teen and early teen years bring lots of changes for youth as well as the adults in their lives. Parenting with love and limits is at the center of this family program, which also helps young people set goals and stay on a path of healthy behaviors in order to reach them.

Real-World Skills

Starting in Pre-K, students get hands-on learning opportunities in school gardens and develop preferences for fruits & veggies through taste tests and cooking lessons! In the classroom, cafeteria, and community, Farm to School connects kids with local food and farmers in creative and meaningful ways.

Key takeaways from students

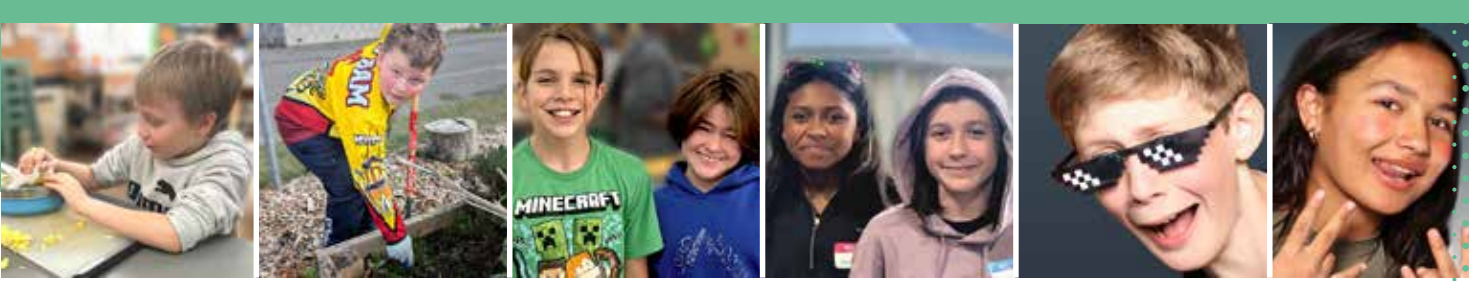


Healing & Connection

Grieving children and teens often need time with others their own age who are facing similar circumstances. Through talk, play, art, and activities with peers & volunteers, Rooted drop-in groups offer connections and community to support the healing process.

Therapy dog, Aspen, provides comfort and connection at Rooted sessions and other activities with United General District 304





99

youth trained as peer leaders in Sources of Strength



Youth Carry the Message

Empowering students to help each other and actively promote belonging in middle school gets ahead of serious issues like bullying, substance use, and suicide. Research shows that peers and peer pressure can be a positive force, and our youth leaders share important messages of hope, health, and strength.



Empowering Youth

A day dedicated to the power of young people to inspire change and lead healthy, purposeful lives! In 2025, our annual summit brought middle schoolers from around the region together to practice power skills – like having difficult conversations and staying true to yourself – all things you wish you learned before high school.

"Leadership is key. You've got to be loving and kind to affect people."

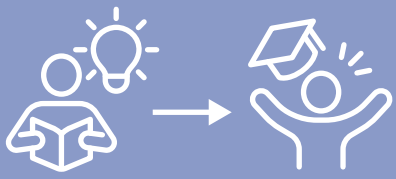
"Be kind and creative with solutions."

"You can be a leader in any situation."

100

6th - 8th graders attended the Youth Got This! summit





High School through Young Adult

At This Stage:

Growing awareness and independence define these important years. When we express care, spark growth, share power, and help expand the possibilities available, youth are more likely to be resilient in the face of challenges and meet important milestones like graduation. *Because youth involved in meaningful activities today are more likely to become healthy, contributing members of our community tomorrow.*



10,800

hours were volunteered by teens in the ViV program across 135+ organizations



Positive Peer Influence

We train teens to deliver presentations to younger students on things like healthy coping strategies, media literacy, and how using cannabis underage can interfere with someone's life. Coming from a peer, this information lands differently!

55

educational presentations made by Peer Educators reached 1,745 younger students



Giving Back to Their Community

Youth who volunteer have been shown to perform better in school & work, and go on to become community-minded adults. Recognizing the value & contributions of youth volunteers is at the heart of our innovative Varsity in Volunteerism (ViV) program, now in all Skagit high schools.

“ I felt more involved with the community and felt a sense of belonging and responsibility to do my best work when I volunteered. ”

- High School ViV Participant



Employment Opportunities

The culmination of the Farm to School experience is an opportunity for employment as a Summer Program Assistant with us. More than a summer job, students apply and level-up life skills that help them succeed in any path they choose going forward.





50
pro-social youth events reached over 900 participants



Youth Coalitions

High schoolers in Burlington-Edison, Concrete, and Sedro-Woolley offer positive ways for their fellow students to live alcohol, tobacco, & drug free. Through fun events and positive messaging campaigns, these clubs celebrate strengths and getting involved IRL (in real life)!

5,737
hours of service learning provided by AmeriCorps members and interns

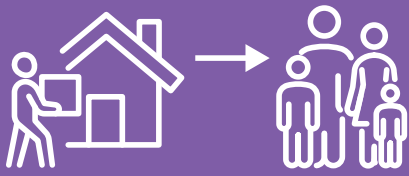


AmeriCorps

A Win-Win Partnership

Each year, we host student interns and AmeriCorps service members as they work toward their educational and career goals. Their contributions expand our programs while developing the next generation of community-driven health professionals.





Core Adulthood

At This Stage:

In adulthood, our responsibilities grow along with careers, families, and other demands on our time. Adopting (or continuing!) healthy habits and maintaining social connections go a long way toward feeling good day-to-day and preventing complications down the line. ***Because even though prioritizing personal wellness isn't always easy, you're worth the effort!***

905

participants hiked over 22,000 collective miles with Trek for Treasure

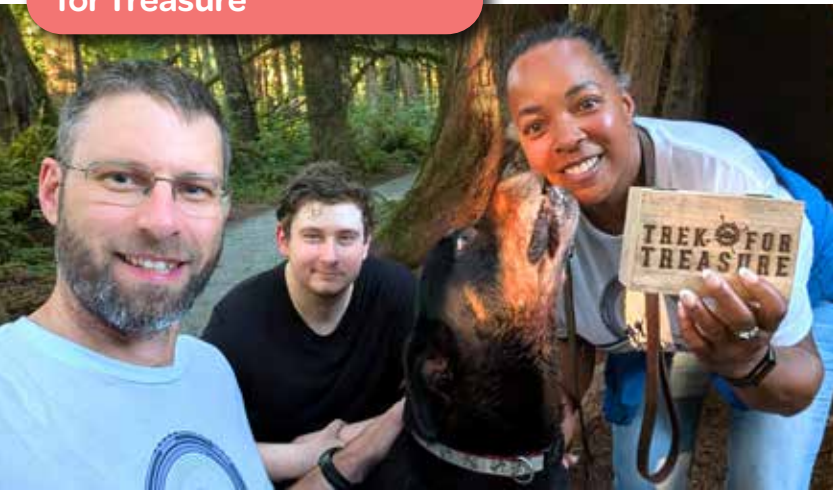


TREK FOR TREASURE



A Season of Exploration

Our popular summer hiking challenge gets people of all ages moving throughout the season, and introduces them to trails they can visit over and over! The bonus? Families and friends have the chance to spend quality time together and create lasting memories.



“I've played a part in the growth of the NSRA trail system since 2022. It is by far one of my

most rewarding experiences and gives me an immense sense of accomplishment. I have learned so much (like how to build a rock wall!), laughed a ton (the crew is great), and been able to see our hard work enjoyed by the community. Plus, when I'm cruising through the forest on my morning runs, I get to think, 'Hey, I did that!'”

”

- Alexandria P. (STB volunteer)

Sweat Equity

When volunteers develop new trails at Northern State Recreation Area (NSRA), they're doing more than making new paths for everyone to enjoy. They're strengthening their own civic muscle and reaping the proven health benefits of giving back.

4,000+

hours were volunteered to create community trails





96

community members served on our Coalitions



Children's Council of Skagit County

Stronger Together

We're uniting community members to make a difference in the lives of children, youth, and adults. By tapping into individual and collective strengths we help create sustainable change!

Whether distributing medication lockbags, hosting safe, sober events for teens, or advocating for policy change, these groups are shaping our community for the better.



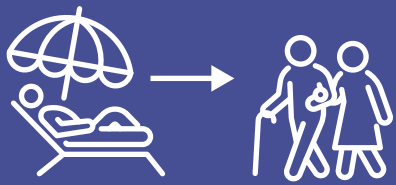
694 medication safety items were distributed free of charge



Minding Our Meds

Medications can support our health and also pose a risk in our home, whether by accident or intentional misuse. We help people secure their medicines, and find ways to

dispose of them safely, protecting the health of our loved ones and the environment. By providing free Naloxone (a.k.a. Narcan), we also prepare people to respond in case of an opioid overdose.



Older Adults

At This Stage:

Many people report increased optimism and life satisfaction during retirement and the golden years. At the same time, physical changes and chronic conditions can make health needs more complex. We offer community-based services that support independence so people can stay active and engaged in their communities. ***Because it's never too late to make positive changes that increase health and happiness!***

\$3,720

of vouchers for fruits & veggies were given to seniors



Naturally Well

What if a prescription had nothing to do with a pharmacy? Our Skagit Nature Rx and Thrive Rx programs offer fresh produce and time outdoors for older adults to improve social, mental, and physical health.



20

free, guided nature walks were offered



Older adults are some of our most dedicated volunteers, especially for our Farm to School program



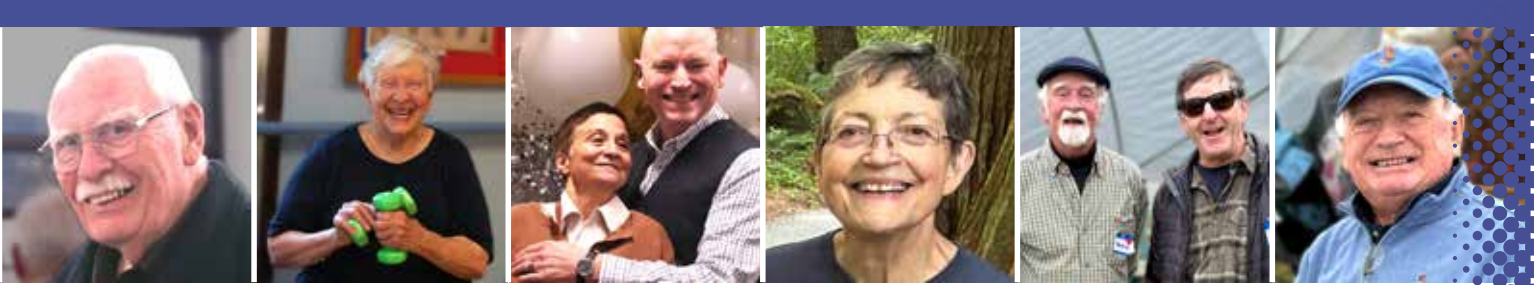
Flexible & Strong

Our popular Yoga for Every Body program is a chance to develop both the body and the mind. With seasoned instructors offering pose modifications and support, people at any age can experience the benefits of a regular yoga practice.

308

yoga classes provided mental & physical health benefits





Movement as Medicine

With accessible equipment and a welcoming environment, United Fitness Center is more than a gym – it's a community! Our members report improvements in balance and strength, allowing greater and safer mobility during activities of daily living, as well as lowered stress and increased motivation.

645

members aged 60+ worked out at United Fitness Center



Exercising at United Fitness Center helps me:

- climb the staircase without stopping to rest
- ride my bike
- split wood
- lift grandbabies
- overtake a friend kayaking
- walk better & farther
- garden easier
- lower my blood pressure
- ride my motorcycle

Hospice

Hospice of the Northwest, which is 50% owned by United General District 304, gives comfort and

care to anyone facing a life-limiting illness. Their new bereavement center also provides one-on-one counseling and group sessions for any community member, whether their loved one was on hospice or not. We are honored to be a part of this important work, helping people experience the best possible quality of life.

1,290

patients were served by Hospice of the Northwest



As we serve people across the lifespan, we focus on these six areas of health & wellbeing



Active Living



Community & Professional Education



Engaged Youth & Communities



Lifelong Learning

We offer enriching learning experiences that develop critical skills, foster personal growth, and increase social connections. From cradle to career and on through our golden years, there's always something new to learn and apply that strengthens individual and community resilience.

230
community members learned how to help in a mental health crisis



138
hours of free parenting programs held for those raising kids of all ages



1,600
fitness classes helped adults of all ages build strength & mobility



183
people were trained to act in a medical or overdose emergency



245
educators & health workers took part in our professional development classes





Healthy Eating



Thriving Children & Families



Stewarding Assets & Opportunities



Introducing the Salmonberry Learning Center

We hosted a ribbon-cutting and resource fair in October to celebrate the opening of the brand new Salmonberry Learning Center. Our board of commissioners recognized a need for space dedicated to health education, and the 1,700 square-foot room features a demonstration kitchen, state-of-the-art technology, and seating for up to 60 learners. Located on the hospital district campus in Sedro-Woolley, this exciting new resource is dedicated to lifelong learning and wellbeing.



Stay tuned for brand new classes, programs, and ways to engage in 2026!



Improving Local Care

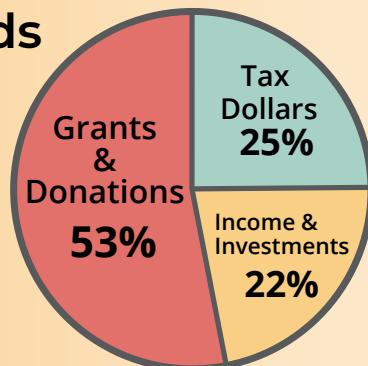
PeaceHealth completed one of its most impactful equipment upgrades in 2025. They now offer high-precision linear accelerator (LINAC) treatment as part of their expanded cancer care. LINAC treatment uses advanced technology to target cancer cells, providing cutting-edge treatment right here in Skagit.



\$3 million in grant funding was awarded to us this year for programs

Being Good Stewards
















To provide over 50 programs and fulfill our mission, we rely on multiple types of funding. By wisely managing resources, including local tax monies, we maintain high-quality services & supports.



Amplifying Our Impact

Grants bring additional resources for our community and allow us to provide both innovative and proven health programming. As credible and effective stewards of resources, we can often secure competitive local, state, and federal grant dollars when they are available.

Prevention programs for people of all ages improve health & quality of life... and also make Cents!

 <p>\$1 invested in strong family resource systems</p>		 <p>yields up to \$29 of potential return</p>	<p>Our newborn outreach nurse and parenting programs connect families to resources through the Help Me Grow Skagit system.</p> <p><small>Source: HMG National Network, 2025</small></p>
 <p>When schools offer school gardens</p>		 <p>44% of students eat more fruits & veggies</p>	<p>So far, we've created and supported seven school gardens through Farm to School.</p> <p><small>Source: Robert Wood Johnson Foundation and The PEW Charitable Trusts, 2016</small></p>
 <p>\$1 invested in tobacco use prevention</p>		 <p>saves \$20 in future healthcare costs</p>	<p>Our youth and adult Coalitions work together to prevent substance use through proven strategies.</p> <p><small>Source: Center for Substance Abuse Prevention, SAMHSA, 2008</small></p>
 <p>AmeriCorps For every federal dollar invested in AmeriCorps</p>		 <p>over \$17 of community benefit is created</p>	<p>We host 2-6 AmeriCorps members each year to support Skagit County and maximize our impact.</p> <p><small>Source: Voices for National Service, 2020</small></p>
 <p>Exercising in our 30's-60's</p>		 <p>can save up to \$1,874 annually on health care in retirement</p>	<p>Our Trek for Treasure program and United Fitness Center gym offer engaging ways to move more!</p> <p><small>Source: Coughlan et al, BMJ Open Sport & Exercise Medicine, 2021</small></p>

Together We're Building Healthier Communities

