

# RESEARCH THAT HAS ***CHANGED THE WORLD***

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THE COOPER INSTITUTE IMPACT REPORT 2020 - 2021

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# LETTER FROM THE BOARD CHAIRMAN & PRESIDENT

Dear Friends,

On March 4, 2021, we celebrated our esteemed founder and colleague Dr. Kenneth Cooper's 90th birthday. Five decades ago, Dr. Cooper advocated for a new approach to medicine, which focused on disease prevention rather than disease management. In 1970, Dr. Cooper founded The Cooper Institute and commenced the Cooper Center Longitudinal Study (CCLS), which today contains more than 326,000 records from 116,000 individuals representing over 2,200,000 person-years of observation. Dr. Cooper had the foresight to create and maintain this rich repository of health-related data which will enable The Cooper Institute researchers to study important health and wellness questions into the future. This year's research covered a variety of important topics, including omega-3 fatty acids and prostate cancer as well as alcohol use and fitness.

On November 3, 2021, we gathered at the Omni Dallas Hotel for our annual Legacy Celebration to commemorate The Cooper Institute's 50th anniversary and formally celebrate Dr. Cooper's birthday. The event was extraordinary and was a testament to Dr. Cooper's life and work. Guests were uplifted by moving accounts of Dr. Cooper's accomplishments and entertained by a comedy group which created an impromptu musical inspired by Dr. and Mrs. Cooper's life, "Cooper: The Musical." We are grateful to everyone who attended this special event.

## OTHER EVENTS WHICH HELPED US TO CELEBRATE THIS LANDMARK YEAR INCLUDED:

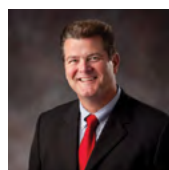
- Foundation to Fitness Brick Campaign – an opportunity to honor Dr. Cooper and support The Cooper Institute with the purchase of a customized, commemorative brick.  
Visit our website to order your brick today!
- Coffee with Cooper – a bimonthly educational online series focused on wellness and self-care.  
We have been fortunate to have Dr. Kenneth H. Cooper, Dr. Tyler C. Cooper, Dr. Nina B. Radford, and Dr. Camron Nelson – all from the Cooper Clinic. Stay tuned for future sessions.

Unfortunately, COVID-19 continues to impact our communities – and at The Cooper Institute, we continue to shift our approach to meet the needs of the moment. After a Cooper Institute research study indicated that students were experiencing a significant decrease in physical activity due to challenges associated with the pandemic, The Cooper Institute launched the FitnessGram Playground, a free online portal for educators which offers resources intended to increase access to opportunities for physical activity. Thanks to the FitnessGram Playground, millions of children nationwide have access to quality physical activity and assessment resources. In addition, our youth programs, including the NFL Play 60 FitnessGram Project and Healthy Zone School Program, continue to provide resources and activities to help children stay fit and healthy during the pandemic.

**We are grateful for your support of The Cooper Institute and wish that all are Well. Into the Future.**



**Laura F. DeFina, MD, FACP**  
President and CEO,  
The Cooper Institute



**Tedd Mitchell, MD**  
Chairman, Board of Trustees,  
The Cooper Institute



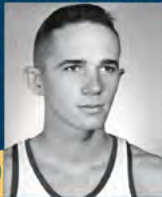
# Celebrating 90 years of Kenneth H. Cooper, MD, MPH



Born to periodontist William Hardy Cooper and wife Ruby Isabella.

MARCH 4  
1931

Attended The University of Oklahoma on a track scholarship and studied pre-med.



1949



Joined the United States Army as a physician in 1957 and transferred to the Air Force in 1960.

1957

Married Millie Clark on August 7.



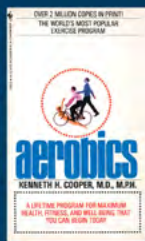
1959



Worked with the Air Force and NASA Apollo Lunar Mission, setting the platform to launch his aerobics life work.

1964

Published international best seller, *Aerobics*, creating a new word and revolutionary fitness movement that swept America and the world. In 1986, aerobics was added to *The Oxford English Dictionary*.



1968



Published in *The Dallas Morning News*, "Aerobics author demonstrates jog" upon arrival at Love Field as he considered founding The Cooper Aerobics Center in Dallas.

Used the aerobics program to train the 1970 Brazilian soccer team, who that same year, won the World Cup. Also established The Cooper Institute for Aerobics Research.



1970



The *Journal of the American Medical Association* published The Cooper Institute landmark study showing being fit reduces death by all causes by 58%.

1989

Led the way to eliminate trans fats from PepsiCo's Frito-Lay snack line and the rest of the world followed.



2002



2015

Inducted into the National Football Foundation Leadership Hall of Fame for his work with multiple NFL teams and players.

Opened the Cooper Aerobics Health & Wellness Center in Nanjing, China, with son Tyler Cooper, MD, MPH.



2017



2019

Dr. Kenneth Cooper and wife Millie with their five grandchildren.

At 90 years of age, the "father of aerobics" continues seeing patients, traveling and delivering keynotes on the topics of vitamin D and preventing childhood obesity.

CELEBRATING  
**90**  
DR. COOPER

MARCH 4  
2021

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# The Cooper Institute has proven...

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## 1970s . . . . . 1980s . . . . . 1990s

Being more fit is associated with lower cardiovascular disease risk.

Fitness decreases mortality from all causes by 58%—landmark study.

Becoming fit at any age significantly reduces mortality risk.

## 2000s . . . . . 2010s . . . . . 2020s

Higher levels of fitness are associated with improvements in mental health by decreasing symptoms of depression by more than 50%.

Higher mid-life fitness levels result in a 40% reduction in Medicare costs in later life. Higher fitness levels are associated with a lower risk of dementia, stroke and certain cancers.

The continued importance of fitness as a means to improve quality of life and reduce mortality risk.



# HONORING WILLIAM L. HASKELL, PHD

## A WORLD EXPERT IN PHYSICAL ACTIVITY, FITNESS, AND HEALTH

William L. Haskell, PhD received his undergraduate degree from the University of California at Santa Barbara and his PhD in exercise physiology from the University of Illinois. He served in the United States Public Health Service (USPHS) Heart Disease and Stroke Control Program, including as project officer for a National Pilot Study of Physical Activity and Coronary Disease.

Mentored by the pioneers in exercise physiology, Bill extended their work and had an eminent career researching a better understanding of the health benefits of physical activity.

As a Captain in the USPHS, Bill Haskell met a young Air Force physician, Kenneth H. Cooper, MD, MPH, who had a bold idea that exercise was medicine. Lieutenant General Richard Bohannon, United States Air Force surgeon general, and Dr. Haskell supported Dr. Cooper's establishment of the Cooper Institute for Aerobics Research and the need to provide scientific evidence that physical fitness was associated with better health and longevity. Dr. Haskell was recruited to the faculty at Stanford University School of Medicine and rose through the ranks to become a Professor of Medicine.

He is recognized as a world expert in physical activity, fitness, and health. He led a groundbreaking NIH-funded clinical trial demonstrating that multiple risk factor intervention conducted by a multidisciplinary team slowed progression of coronary atherosclerosis.

**Among many other honors and awards, in 2008, Bill led a group of scientists in the development of the first national guidelines for physical activity. He is the beloved mentor to many students and trainees who have gone on to successful careers of their own.**







David Leonard, Stephen Farrell, Laura DeFina, Kenneth H. Cooper, Tedd Mitchell, Andjelka Pavlovic, Kerem Shuval

**AT THE COOPER INSTITUTE, DR. HASKELL BECAME A MEMBER AND EVENTUALLY, THE CHAIR OF THE COOPER INSTITUTE'S SCIENTIFIC ADVISORY BOARD. IN THIS ROLE, BILL HELPED GUIDE THE DIRECTION OF THE INSTITUTE'S RESEARCH.**

Dr. Haskell has been the Senior Scientist for The Cooper Institute and the Cooper Center Longitudinal Study since 2005 and has provided clear direction to the Institute, its Board of Trustees, and its staff on fitness, exercise, and preventive medicine research.

His sage and kind presence resonates through the halls of the Institute and in the development of our research studies and plans. His contribution to the success of the Institute's work is invaluable and will shape our direction Well. Into the Future.



William Haskell, Laura DeFina, Joe DeFina

**Dr. Haskell has supported the research efforts of The Cooper Institute for more than 50 years. To honor his service, The Cooper Institute dedicated a conference room in his name. Renaming it as the William Haskell, PhD Conference Room.**



# THE COOPER INSTITUTE MADE SIGNIFICANT SCIENTIFIC CONTRIBUTIONS IN 2021

The Cooper Institute research team continued to explore the many benefits of living a physically active lifestyle. Some of our most impactful peer-reviewed articles published in 2021 are summarized below.

## ***Keeping Children Healthy during and after COVID-19 Pandemic: Meeting Youth Physical Activity Needs***

### **Are children experiencing physical loss during the pandemic?**

- Of respondents, 79% reported their students were less physically active during school closure.
- Significant reductions were observed in weekly requirements for Physical Education with many more schools reporting “no” or “zero” hours required during the pandemic.

## ***Fit and Tipsy? The Interrelationship between Cardiorespiratory Fitness and Alcohol Consumption and Dependence***

### **Do athletes drink more?**

- Results show that highly fit women and men were 2.1 and 1.6 times more likely to consume moderate/heavy amounts of alcohol, respectively.
- These findings suggest that health care providers should focus jointly on encouraging physical activity and screening for excessive alcohol consumption.







## ***Association of the Omega-3 Index with Incident Prostate Cancer with Updated Meta-Analysis: The Cooper Center Longitudinal Study***

### **Are fish-oil supplements related to prostate cancer risk?**

- The relationship between omega-3 fatty acids (fish oils) and future risk of prostate cancer are controversial.
- We found no significant relationship between blood levels of omega-3's and future prostate cancer risk. These findings were consistent with previous literature examining this topic.
- Thus, any concerns regarding increased risk for prostate cancer should not prevent health care professionals from continuing to recommend 1-2 servings/week of non-fried, fatty fish as advised by the American Heart Association and the 2021 Dietary Guidelines for Americans.



## ***Sitting Time, Physical Activity, and Cognitive Impairment in Midlife and Older Adults***

### **Can physical activity counteract the risk of cognitive decline if you sit during most of your waking hours?**

- Results revealed that physical inactivity and prolonged sitting (three quarters of day) increase the likelihood of cognitive impairment by 27% and 60%, respectively.
- Sit less, move more, and remember!

### **2021 Research Summit**

In the fall of 2021, The Cooper Institute convened virtually for the Third Annual Prevention Research Summit. Invited investigators included experts in the field of physical activity, fitness, and prevention research from prestigious institutions, including Harvard University, Stanford University, University of Texas Southwestern, University of Texas School of Public Health, and National Institutes of Health. During the Summit, all research experts provided collaborative guidance on the most important prevention and wellness topics for future research.



# ADVOCACY IN MOTION

## THE COOPER INSTITUTE CONTINUES TO ACTIVELY ENGAGE WITH LAWMAKERS REGARDING KEY POLICIES THAT WILL HELP ENHANCE THE HEALTH AND WELLNESS OF THE WORLD.

The Cooper Institute has been a key player in the public policy arena throughout the country over the years. Our efforts only strengthened during 2021. This year we made great strides in Texas and Oklahoma advancing policies that will have a lasting effect on the health and wellness of our youth.

During the Texas 87th Regular Legislative Session, The Cooper Institute was able to support preservation of the \$1.7 million in funding for continued fitness assessment statewide in schools.

### Additional wellness topics that we supported included:

- The passage of SB 248, which establishes required permitting for electronic cigarettes as well as implementing significant fines for those retailers selling products to minors.
- Legislation that strengthened the training of all 911 Telecommunicators that handle medical emergency calls to ensure they provide CPR training while assistance arrives.
- Legislation that will improve food security by simplifying the Supplemental Nutrition Assistance Program (SNAP) application process for seniors and disabled individuals.







The Cooper Institute also worked with partners in Oklahoma to pass HB 2381 out of the House, which will implement an annual physical fitness assessment in grades 3-12. This bill will now be considered during the 2nd Regular Session in February 2022 by the Oklahoma Senate.



March Forth! to Oklahoma - Kenneth H. Cooper, MD, MPH walking the halls with volunteers to share the importance of building a healthier generation now and Well. Into the Future.

Our Governmental Affairs team has been meeting with the Office of the Governor, Lt. Governor, key Senators and numerous Oklahoma City stakeholders, including Dan Little, as well as engaging in key coalitions in an effort to cultivate support for passage and implementation of this proposal during their 2022 session.



Dr. Kenneth H. Cooper, Dan Little

Thank you for another impactful year. If you are interested in engaging with our Healthy Living Advocacy efforts, please contact Joel Romo at [jromo@cooperinst.org](mailto:jromo@cooperinst.org).



# THE FITNESSGRAM PLAYGROUND WEBSITE OFFERS PHYSICAL ACTIVITY AND FITNESS RESOURCES

The high prevalence of obesity in U.S. children remains a significant public health problem. As the COVID-19 pandemic continues, our research shows that students are experiencing a significant decrease in physical activity due to challenges associated with the pandemic.

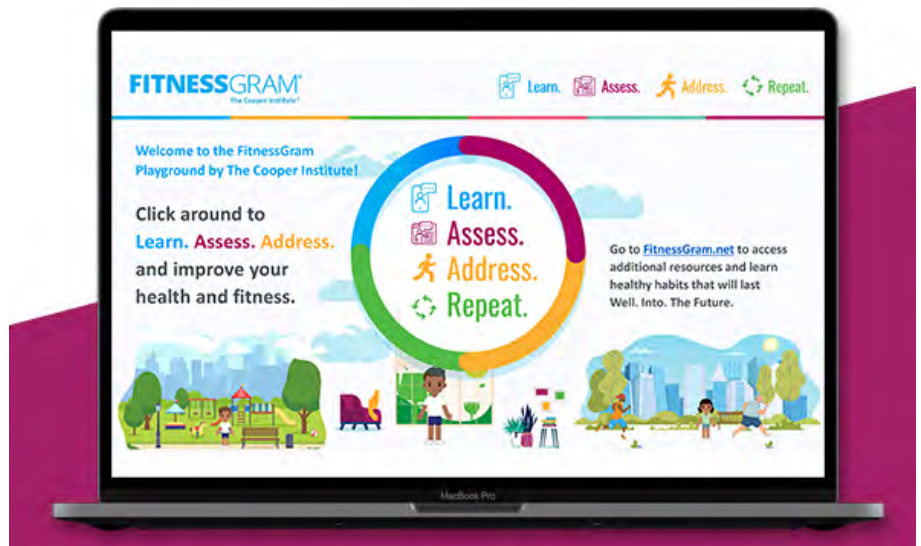
To combat this, in February 2021, The Cooper Institute launched the FitnessGram Playground, an online site offering thousands of homes and schools access to physical activity and fitness resources. This interactive tool is supported by the NFL Foundation and the United Way of Metropolitan Dallas.

**NOW, MILLIONS OF KIDS AND THOUSANDS OF SCHOOLS NATIONWIDE HAVE ACCESS TO THE FOLLOWING ACTIVE RESOURCES:**

- FitnessGram Online Learning Modules
- Get 60: Fit 4 FitnessGram H.Y.P.E. Break Videos Vol. 2
- FitnessGram Activity Tracker App
- The Cooper Institute's YouTube Channel
- FitnessGram PACER Test Remixes! powered by Hip Hop Public Health







## HIP HOP PUBLIC HEALTH PARTNERSHIP

Utilizing the recommended 60 minutes of moderate to vigorous exercise per day as a framework, The Cooper Institute partnered with New York City-based nonprofit, **Hip Hop Public Health** to develop a dance-inspired fitness video series to keep kids and their families active during the pandemic – Get 60: Fit 4 FitnessGram H.Y.P.E. Break Videos Vol. 2.

“We are thrilled to continue our partnership with The Cooper Institute to provide communities with free, fun, standards-based resources that lift up spirits and encourage daily physical activity in school or at home,” said Hip Hop Public Health CEO and Executive Director, Lori Rose Benson.

## ESSILOR VISION FOUNDATION PARTNERSHIP

The Cooper Institute partnered with Essilor Vision Foundation (EVF) to bring awareness about the importance of clear vision and physical activity to teachers, school nurses, and school staff by promoting EVF’s “\$5,000 Reasons to be a Champion for Sight” sweepstakes.

**This partnership allows The Cooper Institute to continue to expand our focus on the health and wellness of the whole child.**

## FITNESSGRAM ADVISORY BOARD

The FitnessGram Advisory Board continues to be at the forefront of scientific discoveries with respect to youth fitness and health outcomes. These efforts are crucial for ensuring that FitnessGram remains the gold standard assessment of health-related physical fitness. Stay tuned for exciting new research coming in 2022.



**STAY HEALTHY  
AND PHYSICALLY  
ACTIVE.  
IN SCHOOL,  
AT HOME  
OR ANYWHERE.**

**FITNESSGRAM®**  
The Cooper Institute®



**Healthy ZONE**

## **NFL PLAY 60 FITNESSGRAM PROJECT**

A partnership between the NFL Foundation and The Cooper Institute, was restructured to ensure most effective methods of implementing enabling resources from NFL PLAY 60 partners (e.g. Fuel Up to Play 60, American Heart Association, and NFL FLAG) within participating schools. A primary goal of the NFL PLAY 60 FitnessGram Project is to measure the effectiveness of the structured implementation model on youth health, physical fitness, and the school environment. As such, the project focuses on a collective impact model with multiple NFL PLAY 60 partners engaged in improving the lives of youth across the nation. See right column to learn more about the scientific impact of the NFL PLAY 60 FitnessGram Project on youth health.

## **HEALTHY ZONE SCHOOL PROGRAM**

A partnership between The Cooper Institute and United Way of Metropolitan Dallas, focuses on providing eligible schools with opportunities to implement physical activity and nutrition programs and thereby creating a culture of health within their respective schools. An essential component of the Healthy Zone School Program is the ability to scientifically evaluate its impact through surveys and FitnessGram data. A recently published study showed that as teachers' perceived success of programming increases the likelihood of youth achieving the Healthy Fitness Zone for Aerobic Capacity also increases.







# NFL PLAY 60 FITNESSGRAM PROJECT IMPACT.

## YOUTH LIFESTYLE BEHAVIORS

Physical inactivity and poor nutrition are major public health issues contributing to high rates of childhood obesity, Type II Diabetes, and later life cardiovascular disease and cancer.

- Only about 24% of children and youth 6-17 years of age are meeting physical activity guideline recommendations (U60 minutes/day of moderate to vigorous activity on U5 days/week).
- Approximately 60% and 90% of youth are not consuming the recommended amounts of fruits and vegetables, respectively.

## COLLECTIVE IMPACT

Since 2019, the NFL PLAY 60 FitnessGram Project team worked closely with NFL Clubs, NFL PLAY 60 partner organizations, and regional school districts to support more than 450 schools across the nation to participate in this robust program. The overarching goal of the NFL PLAY 60 FitnessGram Project is to assist schools in providing healthy lifestyle resources and sustainable programming to their students, families, educators, and the greater community.

## SCIENTIFIC IMPACT: 2019 - 2020 SCHOOL YEAR

The annual scientific evaluation found that the NFL PLAY 60 FitnessGram Project continued to reach a large number of students across the nation during the 2019 - 2020 school year.

Programmatic surveys revealed healthful school environment trends:

- Increase in school wellness committees.
- Increase in faculty wellness and physical activity programs.
- Increase in healthy nutrition promotions.

In addition to surveys, teachers conducted the FitnessGram assessment in 314 schools resulting in ~100,000 students tested with the following findings:

- Significant improvement in aerobic capacity and musculoskeletal fitness.
- Maintenance of BMI levels.

These preliminary findings are of particular importance as schools participating in the NFL PLAY 60 FitnessGram Project continued to effectively implement programming and improve the health of their students even in the face of a pandemic.





Fred R Meyer

## FORMER FOUNDING TRUSTEE AND CEO, FRED MEYER HAD A PASSION FOR FITNESS AND HEALTHY LIVING.

In his unwavering dedication to The Cooper Institute, Fred left a bequest of \$1 million to lay the foundation for the Meyer Society Planned Giving program, inspiring others to build an endowment into a sustaining legacy of life-changing research and education.

It was important to Fred for our country to improve childhood fitness levels and reduce the financial and physical burden of diabetes, heart disease and age-related decline.

## HE FELT STRONGLY THAT THE WORK BEING DONE AT THE COOPER INSTITUTE WOULD HAVE A MEANINGFUL AND LASTING IMPACT ON GENERATIONS TO COME.

To join the Meyer Society or start a conversation and explore planned giving opportunities for you and your family, contact Sophia Stoller at 972-341-3230 or [sstoller@cooperinst.org](mailto:ssstoller@cooperinst.org).



**"DR. COOPER THANK  
YOU FOR YOUR WISE  
INSPIRATIONAL  
LEADERSHIP."**

STEVE REINEMUND





# GIVING OPPORTUNITIES

## MEYER SOCIETY PLANNED GIVING



For more than 50 years, The Cooper Institute has provided the science behind the philosophy that exercise is medicine and shown the world the positive effects that health and fitness have on our quality of life.

**Your planned gift is an invaluable resource for The Cooper Institute in our mission to change the face of health care around the world through the power of preventive research, education and advocacy.**

## COFFEE WITH COOPER



Coffee with Cooper is a virtual series that focuses on taking control of your health and working toward a healthier future. This program presents up-to-date health and wellness information and offers suggestions for healthier living based on proven science.

**To register for the latest Coffee with Cooper virtual series, visit [Cooperinstitute.org](http://Cooperinstitute.org).**

## BRICK CAMPAIGN

**Bricks may be purchased by an individual, group (single or multiple families) or corporation in support of Dr. Cooper's Foundation to Fitness campaign.**



**Purchase your brick today at:  
[CooperInstitute.org/  
Foundationtofitness](http://CooperInstitute.org/Foundationtofitness)**

All proceeds from the purchase of these bricks benefit The Cooper Institute, 501(c)(3), which provides health-changing research and education to allow each of us to live Well. Into the Future.



## STATEMENTS OF FINANCIAL POSITION

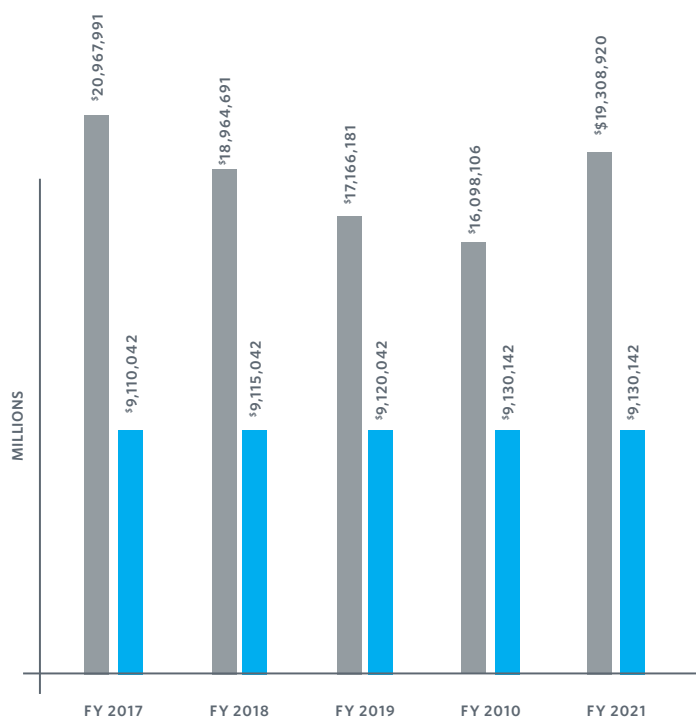
Year Ended June 30, 2021

(with comparative totals for the year ended June 30, 2020)

	2021	2020
<b>ASSETS</b>		
Cash and cash equivalents	\$710,629	\$191,129
Accounts receivable	315,588	165,126
Prepays and deposits	106,230	104,454
Property and equipment, net	3,771,612	4,128,614
Beneficial interest in investments held by community foundation	15,771,422	12,682,577
<b>TOTAL ASSETS</b>	<b>20,675,481</b>	<b>\$17,271,900</b>
<b>LIABILITIES</b>		
Accounts payable	\$123,036	94,755
Accrued payroll	173,675	133,619
Note payable	504,700	388,000
Deferred revenue	565,150	557,420
<b>TOTAL LIABILITIES</b>	<b>1,366,561</b>	<b>1,173,794</b>
<b>COMMITMENTS AND CONTINGENCIES</b>	<b>-</b>	<b>-</b>
<b>NET ASSETS</b>		
Without donor restrictions	\$4,625,523	\$4,544,832
With donor restrictions	14,683,397	11,553,274
<b>Total Net Assets</b>	<b>19,308,920</b>	<b>16,098,106</b>
<b>TOTAL LIABILITIES AND NET ASSETS</b>	<b>\$20,675,481</b>	<b>\$17,271,900</b>

## NET ASSETS & PERMANENT ENDOWMENT FUND

● Total Net Assets ● Permanent Endowment Fund



## STATEMENTS OF ACTIVITIES AND CHANGE IN NET ASSETS

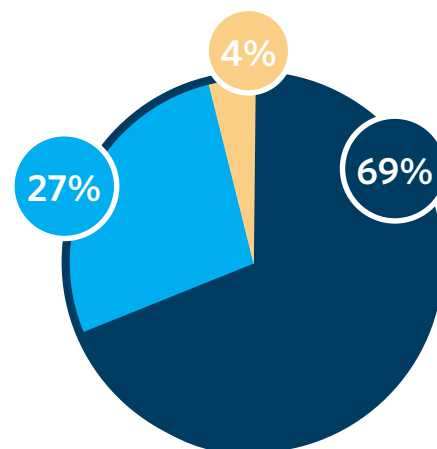
Year Ended June 30, 2021

(with comparative totals for the year ended June 30, 2020)

	2021	2020
<b>SUPPORT AND REVENUE</b>		
Contributions and grants, net	\$1,485,908	\$1,521,411
Epidemiology and clinical application	68,595	64,126
Youth fitness	1,908,377	2,099,880
Rental income	507,893	515,727
<b>Special Event</b>		
Net special event revenue	-	691,612
<b>Total support and revenue</b>	<b>\$3,970,773</b>	<b>\$4,892,756</b>
<b>EXPENSES</b>		
<b>Program services</b>		
Public education	236,164	471,814
Research	1,039,175	1,203,115
Youth education	2,126,726	2,703,743
<b>Total program services</b>	<b>\$3,402,065</b>	<b>\$4,378,672</b>
<b>Supporting services</b>		
Management and general	1,371,482	1,529,165
Fundraising	186,088	260,654
<b>Total supporting services</b>	<b>1,557,570</b>	<b>1,789,819</b>
<b>Total program and supporting expenses</b>	<b>\$4,959,635</b>	<b>\$6,168,491</b>
<b>Change in net assets from operating activities</b>	<b>(988,862)</b>	<b>(1,275,735)</b>
<b>NON-OPERATING INCOME</b>		
Other income	6,777	-
Gain on extinguishment of debt	388,000	-
Income from beneficial interest in investments held by community foundation	3,838,845	207,660
<b>Change in net assets from non-operating income</b>	<b>4,233,622</b>	<b>207,660</b>
<b>CHANGE IN NET ASSETS</b>	<b>3,244,760</b>	<b>(1,068,075)</b>
<b>NET ASSETS, beginning of year</b>	<b>16,098,106</b>	<b>17,166,181</b>
<b>Cumulative effect of a change in accounting principle</b>	<b>(33,946)</b>	<b>-</b>
<b>NET ASSETS, end of year</b>	<b>\$19,308,920</b>	<b>\$16,098,106</b>

## FUNCTIONAL EXPENSE MIX

- Programs
- Fundraising
- Administrative





# THANK YOU FOR YOUR SUPPORT.

## \$100,000+

Orville C. Rogers (1917- 2019)  
Mr. and Mrs. Kenny Troutt

## \$50,000 - \$99,999

Cooper Complete Nutritional  
Supplements  
Roger and Marianne Staubach  
The Rainwater Foundation

## \$25,000 - \$49,999

Dr. David and Jo Cooper  
Dr. and Mrs. Kenneth Cooper  
Steve and Gail Reinemund

## \$10,000 - \$24,999

Troy Aikman  
Preston and Caroline Butcher  
Brian and Meredith Casey  
Thomas and Shelly Codd  
Elmer and Sandra Doty  
Lyda Hill  
Norma K. Hunt  
HEB/ Central Market  
Drayton and Elizabeth McLane  
Charlotte and Gil Minor  
Drs. Tedd and Janet Mitchell  
Robert Palmer  
Dr. E. Grace Pilot  
The Rosewood Foundation

## \$1,000 - \$9,999

Aileen & Jack Pratt Foundation  
Chuck Anderson  
Leonard and Nancy Anglis  
Amy Meyer Barrentine  
Allan and Ellen Barry  
Michael and Linda Bourland  
Dr. Gary and Shiela Cook  
Joe and Laura DeFina  
Dr. Phillip and Evelyn Dowdle  
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Robin Fish  
Scott Fish  
William Gayden  
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Dr. Nina B. Radford  
Leslie Sansone  
Dr. Carolyn K. Schroeder  
Louis Siracusa  
Jenny and Jeff Staubach  
Scott Turner  
Bob and Pat Walker  
Dr. Rick Wilson

## \$999 - 500

Dr. Christopher Abel  
Donald and Janie Bowles  
James Burkhalter  
Dr. Tyler and Angie Cooper  
Ralph Cox  
Stephen and Becky Good  
Priscilla Hagstrom  
Stephen Hall  
David Herbert  
Dr. Marilu D. Meredith  
Jaime Montemayor  
Rhett Mullis  
Patrick J. Riordan  
Joel Romo  
Richard Stein  
Clifford Teinert

## \$499 - UNDER

Albertsons/ Safeway  
Amazon Smile  
Stephanie Ashenfelter  
Karen Austin  
Ursula Banzhaf  
Amanda Bartley  
Lorlene Beck  
Kevin Bell  
Lynn Bergman  
Bill Harris  
Peggy Blalock  
Keith Blue  
Ralph and Betty Boone  
John Booth  
James Bowers  
Kari Brandenburg  
Donald Brauning  
Bob Brown  
Montie Brown  
Tom Brown  
Toni Burt  
James Campbell-Quick  
Eunis Christensen  
udson Lockett III  
Ray Cole  
John Coleman  
Roberta Corbett  
Susan Criddle  
April Crommett  
Ronald Crosby  
Beverly Dannis  
Joseph Decosimo

Robert Dell  
George Derr  
Elizabeth Disch  
Mark Donovan  
Kimberly Doumen  
Emmett Driggers  
Jeanne Dunlap  
Tony Eckwood  
Ann Edlund  
David Evans  
Facebook  
Shelley Fey  
Margaret Filingeri  
Carl Fischer  
Hollye Fisk  
Jodie Flannery  
Brittney Floyd  
Jay Fountain  
Lisa Fox  
Amber Freeland  
George Jr. Gey  
Wanda Gifford-Reid  
Mark Gray  
H.J. Greenlee  
Kendra Grzywinski  
Anna Haydock  
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# LEGACY CELEBRATION

## Honoring Dr. Kenneth H. Cooper



Kenneth H. Cooper, MD, MPH and Millie Cooper

On November 4th, The Cooper Institute hosted its annual Legacy Celebration at the Omni Hotel in downtown Dallas. We were proud to celebrate The Cooper Institute's 50th Anniversary and reflect on the five decades of the Institute's groundbreaking research, education and advocacy efforts and to honor the 90-year legacy of Kenneth H. Cooper, MD, MPH. He has devoted his life to improving the health and well-being of the Dallas community and the world.

**WE WANT TO THANK EVERYONE WHO JOINED US FOR MAKING OUR LEGACY CELEBRATION SUCH A SUCCESSFUL AND MEMORABLE EVENING FOR THE COOPER INSTITUTE.**

We continue to be amazed by the generosity and consistent support. The Institute is pleased to share with you that this year's event fundraised over \$600,000 to support the work of The Cooper Institute.

**THE GENEROSITY OF OUR DONORS ALLOWS THE COOPER INSTITUTE TO CONTINUE GROUNDBREAKING RESEARCH AND DEVELOPMENT OF LIFE-CHANGING PROGRAMS THAT WILL ALLOW THE WORLD TO LIVE WELL. INTO THE FUTURE.**



Dan Sterling, Debbie Morren, Berkley, Tenley & T.J. Estes



Clark & Kai Cooper with Dr. Kenneth H. Cooper



Nancy Ann Hunt, Thomas W. Codd, Hon. Jeanne L. Phillips



Tedd & Janet Mitchell, Millie & Dr. Kenneth H. Cooper



Margot & Jim Keyes, Lyda Hill, Carole & Scott Murray



Emcee Shelly Slater



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Yvette Henderson, Dr. Nina Radford,  
Dr. Tony Evans, Elizabeth Cannings



Dr. Chris Abel, Dr. Shawn Abel,  
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Roger & Marianne Staubach,  
Dr. Kenneth & Millie Cooper



Dawn & Rick Olivanes, Darren &  
Stephanie Whitworth



Tom Collingwood, Tedd Mitchell,  
Roger Reynolds



Chris Geno, Kayla Heath



Dr. John Poteet, Dr. Larry Gibbons,  
Mrs. Shirley Poteet



Dr. Kenneth H. Cooper honored by  
Legacy Celebration guests





**Fitness is a journey,  
not a destination; you must  
continue for the rest of your life.**

*Kenneth H. Cooper, MD, MPH*





The Cooper Institute is dedicated to  
promoting life-long health and wellness  
through research and education.



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