<table>
<thead>
<tr>
<th>CONTENT OUTLINE</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Letter from the President</td>
<td>3</td>
</tr>
<tr>
<td>Executive Summary</td>
<td>4</td>
</tr>
<tr>
<td>NMSA International Achievements &amp; Updates</td>
<td>5</td>
</tr>
<tr>
<td>Local Chapter Accomplishments &amp; Events</td>
<td>6-8</td>
</tr>
<tr>
<td>Fellowship Updates</td>
<td>9</td>
</tr>
<tr>
<td>Financial Report</td>
<td>10-11</td>
</tr>
<tr>
<td>Inspiration for the Future</td>
<td>12-13</td>
</tr>
</tbody>
</table>
LETTER FROM THE PRESIDENT

Dear friends and colleagues,

The Naturopathic Medical Student Association (NMSA) became a reality over 10 years ago when a group of students across our naturopathic medical schools came together to build a forum for student community. The NMSA gave them a platform to build relationships with future colleagues, voice their passions, and to create professional development opportunities that would help them prepare for and transition into their professional careers.

Since its inception, the NMSA has operated primarily as a volunteer-based, student-run, virtual organization whose leadership is elected by all student members. These leaders are tasked with maintaining and refining the policies, procedures and finances of the organization and representing the student voice within our broader profession. The NMSA further ensures that students have greater access to professional development opportunities, residencies, career opportunities, leadership training, and community building. Through all of its work, the Board of Directors clings tightly to its values, acknowledging that the NMSA exists solely to support students with fun, thought provoking, and empowering leadership experiences. The NMSA not only contributes to creating an environment of student success, but also provides a training-ground for engaged and effective naturopathic medical leaders of the future.

In the past year, the NMSA negotiated landmark relationships to bring students better networking and career development opportunities, set the foundation to be a fully functioning and sustainable organization, identified and engaged new collaborative opportunities to elucidate the context of naturopathic medical education in the progressive medical landscape, and focused on improving student event experience at the chapter and international level. Your Board of Directors improved processes, tools and platforms that streamline its work so that the NMSA can turn its attention more effectively to the needs and desires of the student community in the years to come.

In each subsequent year of service on the NMSA Board of Directors, I have seen the NMSA make incredible strides towards having a greater influence within our field. I have never been more confident in the future of this organization and believe that the strides made in the past year will catapult the NMSA and the student community to the next level.

In service,
Brittany L Krake, MDR
NMSA President, Board of Directors 2016-2017
EXECUTIVE SUMMARY

Who we are. The Naturopathic Medical Student Association (NMSA) is an international, student-governed 501(c)3 non-profit organization established to support naturopathic medical students at accredited schools in the USA and Canada. We provide educational opportunities and increased access to information on how to succeed in our future careers as healthcare professionals. Additionally, we seek to provide our leaders in development opportunities to flex their administrative muscle to assist in their futures in the business of medicine.

Mission. The NMSA acts as a unified, sustainable, ethical and professional voice for naturopathic physicians-in-training across North America. The main emphasis of the NMSA is to function as an advocate for naturopathic physicians-in-training, and create educational and community building initiatives that prepare students with the tools, experiences, and connections necessary to become successful physicians.

What we are doing. The NMSA is where naturopathic medical students come together to learn, network and gain valuable experience enhancing their medical education. The NMSA builds community and supports student leadership and projects to do advocacy work, build relationships with the greater healthcare community and host annual events. NMSA targeted project areas include Legislation and Public Policy, Education, Residency Development, Research and Global Health.

Our history. Students of the naturopathic philosophical school became the founders of modern naturopathic medicine. Students made it happen. They established schools, acted as teaching assistants, ran the admissions office, invested their personal savings, mopped the floors, paid the bills, and created both schools and communities that began to flourish. These became the founders who became your teachers.

In the mid-1990’s, naturopathic students began to reach out to each other between schools, and the first International Naturopathic Student Association (INSA) met at CCNM and began to build a student community. Their second meeting was held at NCNM. At the third meeting of this community at SCNM just over 10 years ago, they formed a formal organization, the Naturopathic Medical Student Association (NMSA). The students of this generation are the NMSA pioneers and the foundation is now firmly in place.

Through the years, NMSA membership has grown to over 2400 students through 9 accredited naturopathic medical programs in the US, Canada, and Puerto Rico. We have hosted 10 international student conferences, forged an advisory group in AMSA, gained a seat at the professional planning table of the Naturopathic Coordinating Council (NCC), established board representation at CAND and AANP, have participated in national, provincial and state legislative and lobbying efforts, as well as in the establishment of Naturopathic Medicine Week in 2 countries. Today’s student leaders advocate for student issues in professional formation – they are working tirelessly to have your voices and concerns heard at every professional planning table.

NMSA Actions
- Enhance Student Opportunities
- Promote Advocacy
- Build Respectful Relationships

NMSA Values
- Empowerment
- Community
- Impact
- Integrity
The students of today are challenged to create new opportunities and participate in new initiatives. We will continue to open additional educational programs and clinics. We will write, do research, teach and grow our profession. We will create an easier path for the students of naturopathic medicine that follow us. Students today continue to be pioneers for the future. Let’s raise our voices. *Your united student voice is the NMSA.*

**NMSA INTERNATIONAL ACHIEVEMENTS: BY THE NUMBERS**

*Celebrating over 10 years of Student Advocacy!*

2 Representatives from Canadian schools represented at the CFMS Spring Meeting
2 2 administrative Interns, providing small stipends to students
   1 - Social Media
   1 - Development
3 3rd development of a 5-year Strategic Plan within the organization, led by our President
4 Executed 4th Annual NMSA Naturopathic Medicine Week Challenge between 8 of the medical schools in the US and Canada
   Congratulations to Boucher and Bastyr Washington!
5 Student Fellows of Research, Integrative Medicine, and Global Health
5 Student recipients of $2000 Bragg Nutrition Scholarships each
10 10th Annual NMSA Cup
   Congratulations to SCNM - 2016 Champions!
10 The NMSA celebrates its 10th year of non-profit organizational status!
15 Students with scholarships for NDi Brigades
48 Travel Grants offered to students seeking additional educational opportunities
90+ Students in attendance at DC FLI, many on partial or full NMSA scholarship!
100+ Students who took advantage of the newly-developed, free AANP dual-membership!
2017 The year for holding our 13th Annual NMSA Conference, hosted at the Arizona Biltmore in conjunction with the AANP in Phoenix, AZ
   100+ Projected Attendees
   20 Speakers
   6+ Sponsors

**Additional Updates**

- Continued the streamlined organizational development and strategic planning implementation
- Contracted the second NMSA Executive Director
- Contracted a professional conference planning company
- Held our first Winter Workshop in a destination city
- Finalized agreements for free dual-membership with the AANP
- Converted from a social media interaction platform to a sustainable membership association software system
- Developed a sustainable, living Prospectus for use in future years
2016-17 NMSA EXECUTIVE LEADERSHIP

EXECUTIVE BOARD
President            Brittany Krake, MDR            NUNM
President Elect      Brice Thompson            NUNM
CFO                  Christine Khuat            Bastyr
CAO                  Blake Langley            NUNM
VP Communication     Krisel Nagallo            SCNM
VP Membership        Dawn Alden               BUC
Executive Director   Stephanie Fogelson preceded by Susan “Socks” Yirku

CHAPTER PRESIDENTS
BINM                  Sophia Vathracoulis
BUC                   Michael Lehman
BUW                   Audrey Lowry
CCNM                  Shreya Soni
NUHS                  Karah Kruse
NUNM                  Brittany Long
SCNM                  Jorge Reveron
UBCNM                 Farhin Rahman
Turabo                Magdiel Rodriguez-Riviera

CHAPTER ACHIEVEMENTS AND EVENTS

Boucher Institute of Naturopathic Medicine Chapter
- 2017 Naturopathic Medicine Week and Golden Avocado: Canadian Chapter Winners!
- Created bi-monthly newsletter submissions including reviews on current research in Naturopathic modalities!
- Sent the President-Elect to attend the CFMS as a guest observer, along with CCNM’s President-Elect for the third year in a row!
- Supported our local NDI team by having them cater a lunch for Nat Med Week Winners!
- Sponsored two students to attend our 2nd annual Boucher Vis Retreat.
- Had two students from Boucher win the Bragg Nutrition Scholarship!
- Recognized NMSA student winners of various awards and scholarships at our local Boucher Awards ceremony!

Bastyr University Washington Chapter
- One Fellow awarded at BUW this year in Integrative Medicine!
- Won the 2016 US Naturopathic Medicine Week Challenge and the Golden Avocado!
- Held the first "Words of Thanks" week where students wrote 345 notes of appreciation to our faculty and staff during the week before Thanksgiving.
- Hosted 1-2 free Philosophy Talks per quarter with elders in our ND profession.
Over 100 ND students and doctors attended our Annual "Hale's Ales Career Panel and Mixer".
Held an Integrative Medicine mixer with UW medical students.

**Bastyr University California Chapter**
- One Fellow awarded at BUC this year in Global Health!
- Development of comprehensive, student-led, NPLEX Study Session modules.
- Held significant presence and role at the Academy of Integrative Health & Medicine (AIHM) Conference in San Diego, 2016.
- Additionally, has held multiple integrative medicine events and attended outside events in conjunction with AIHM.
- Ensured adequate student involvement and that voices were heard through survey implementation.
- Began early Cup training at the BUC campus!

**Canadian College of Naturopathic Medicine**
- Two Fellows awarded at CCNM this year – one for Global Health and one for Integrative Medicine!
- Gained office space for leadership from the CCNM SGA.
- Hosted multiple events beyond that from Naturopathic Medicine Week, such as a Celebratory Event, legislative talks, Lunch Learn & Legislation and other talks, and ran an amazing Global Health Week in conjunction with their Fellow!
- Developed partnership packages, thanked student services and faculty, launched a PedANP club tied to the international organization, and more!
- Met with 50% of the Conservative Caucus of Members of Provincial Parliament to discuss current issues in healthcare and how naturopathic medicine can fill the gaps.

**National University of Health Sciences**
- Conversion of NUHS Chapter to Chicago Chapter.
- Increased manual NMSA membership by 983%, representing 43% of enrolled ND students at NUHS!
- The NMSA Chicago Chapter will be represented on the NUHS campus through the top ND campus clubs.
- NUHS Trivia Cup Team began early preparation for the NMSA Conference in July!
- Increased student’s passion/interest/knowledge in the importance of legislation which lead to the largest NUHS student participation at DCFLI in the school's history.
- A dedicated six-member Executive Board as well as AANP and ILANP reps dedicated to forwarding the NMSA mission and objectives on the NUHS campus.

**National University of Natural Medicine**
- One Fellow awarded at NUNM this year in Research!
- One NNUM student was the winner of a Bragg Nutrition Scholarship!
- Largest turn out for Black Tie for the FLI ever! This was the 3rd Annual Black Tie event at NUNM.
- Sent over 10 students on $500 scholarships to DC FLI to represent naturopathic medicine.
Held 6 community-oriented events to promote NMSA and give back to the student body.
Continued to host multiple annual events such as the Chili Cook-Off, Grilled Cheese fundraiser, speed dating with professional night, and Paint & Sip wine night.
Greatest NUNM NMSA board involvement to date.
Changed from monthly to biweekly meetings for the Executive Leadership to increase involvement.
Every board position filled for next year!

**Southwest College of Natural Medicine**
- NMSA Cup Champions – 2016-2017 – a first-time win for SCNM!!!
- Historical number DC FLI attendees – 20 students from SCNM attended DC FLI this year!
- Maintained automatic enrollment for student membership dues to allow greater membership benefit to the student population.
- Hosted a Triple N networking event with multiple students and professionals before AzNMA meetings to work on networking skills.
- Increased NMSA presence on SCNM campus compared to years before.

**University of Bridgeport, College of Natural Medicine**
- Increased membership three-fold and began auto-enrollment at Bridgeport!
- Ran a Walk for Wellness event monitoring steps to award the individuals with the highest count during NMWC.
- T-shirt fundraiser, Ugly Sweater Christmas Party, Chipotle Fundraiser, and more held at Bridgeport.
- Held a lunch-n-learn with a holistic dentist in the Bridgeport area.
- Sent multiple students to DC FLI with a meet-and-greet party held to bring students from the various schools together.
- Gained Cup sponsorship from within the school to bring students to the NMSA Conference and represent their school.

**Universidad del Turabo, College of Naturopathic Medicine**
- Went through a chapter re-validation process to develop new directives, determine future needs and reasonable activities within the chapter, and desires of the medical students in Puerto Rico.
- 80% member participation in a community health fair to represent the NMSA.
- Visited the National Homeopathic Hospital and the National Medicine and Homeopathy School in Mexico, developing new relationships that promise future collaborative efforts.
- Worked extensively not only with school legislation and administration, but has also worked on a level more level with the Puerto Rican government itself. Has additionally given direct updates to the Puerto Rico ANP about efforts from DC FLI.
- Assisted the school administration with a successful visit from the CNME in 2017!
**FELLOWSHIP PROGRAM UPDATES**

**Integrative Medicine Fellows**

*Sponsored by Seroyal*

- **Tom Bell** of Bastyr is working diligently on his project to bring integrative medicine to answer the question "how can we bridge the gap between ND grads who want to practice primary care and needs jobs/more experience and primary care site that need help/more PCPs?" He has presented to the Naturopathic Academy of Primary Care Physicians in Seattle and is making great project. He will continue his work over the next year with his continued funding.

- **Maryellen Tedeschi** at CCNM is about to strike home with her attendance at ICNM this year in London, England. There, she will be networking and developing with physicians from around the globe. Additionally, she is hoping to get preceptorship hours with the Royal London Hospital of Integrative Medicine. However, her project does not stop in the United Kingdom. When she returns to Canada, Maryellen will continue to work in this realm to develop an Integrative Medicine Week this fall term.

**Global Health Fellows**

*Sponsored by Naturopathic Doctors International*

- **John Michael Lee** of CCNM has also made amazing developments and accomplishments this year in his position. He facilitated a highly successful Global Health Week at CCNM this year and plans to attend an NDI Brigade to Nicaragua this summer.

- **Griffin McMath** at Bastyr California has continued her leadership and professional development as Global Health Fellow by hosting biweekly video conference calls on special topics, writing blog posts, and attending the August 2017 NDI Brigade to Nicaragua.

**Research Fellow**

*Sponsored by NABNE & NPLEX*

- **Brice Thompson** of NUNM, not only serving as NMSA International President-Elect and working toward his ND and MSiMR, has worked extraordinarily hard on his project as Research Fellow. His pilot trail has been recently completed and he will be working this summer to set up the experiments and begin data collection. He plans to submit and present the results of his research at an integrative medicine conference this winter!
# 2017 Financial Status

## Revenue: Where the Money Comes From

<table>
<thead>
<tr>
<th></th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>Projected 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership Dues</td>
<td>$54,350</td>
<td>$56,325</td>
<td>$96,785.71</td>
<td>$102,000.00</td>
</tr>
<tr>
<td>Other (Donations, Grants, Income)</td>
<td>$23,000</td>
<td>$43,000</td>
<td>$40,000</td>
<td>$50,000</td>
</tr>
<tr>
<td>Total Revenues</td>
<td>$77,350</td>
<td>$99,325</td>
<td>$136,785.71</td>
<td>$152,000.00</td>
</tr>
</tbody>
</table>

All figures are US Dollars.

## Budget: Where the Money Goes

<table>
<thead>
<tr>
<th></th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
<th>Projected 2017</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member Travel Grants</td>
<td>$7,200 (9%)</td>
<td>$10,800 (11%)</td>
<td>$9,600 (7.2%)</td>
<td>$9,600 (6.7%)</td>
</tr>
<tr>
<td>Leadership Travel</td>
<td>$5,000 (6%)</td>
<td>$15,000 (15%)</td>
<td>$6,687.62 (5%)</td>
<td>$7,000 (4.9%)</td>
</tr>
<tr>
<td>Board Meetings</td>
<td>$15,000 (19%)</td>
<td>$15,000 (15%)</td>
<td>$15,000 (11.2%)</td>
<td>$15,000 (10.5%)</td>
</tr>
<tr>
<td>NMSA Cup</td>
<td>$4,000 (5%)</td>
<td>$4,000 (4%)</td>
<td>$3,408.98 (2.6%)</td>
<td>$4,000 (2.8%)</td>
</tr>
<tr>
<td>NMSA Conference</td>
<td>$10,000 (13%)</td>
<td>$10,000 (10%)</td>
<td>$33,963.63 (25.4%)</td>
<td>$35,000 (24.5%)</td>
</tr>
<tr>
<td>Scholarships</td>
<td>$3,000 (4%)</td>
<td>$3,000 (3%)</td>
<td>$10,000 (7.5%)</td>
<td>$10,000 (7%)</td>
</tr>
<tr>
<td>Chapter Expense</td>
<td>$7,500 (10%)</td>
<td>$7,500 (8%)</td>
<td>$11,025.54 (8.3%)</td>
<td>$12,390 (8.7%)</td>
</tr>
<tr>
<td>Membership Expenses</td>
<td>---</td>
<td>---</td>
<td>---</td>
<td>$2,000 (1.4%)</td>
</tr>
<tr>
<td>Overhead Web</td>
<td>$3,650 (5%)</td>
<td>$5,000 (5%)</td>
<td>$5,300 (4%)</td>
<td>$5,820 (4.1%)</td>
</tr>
<tr>
<td>Executive Director</td>
<td>$22,000 (28%)</td>
<td>$24,000 (24%)</td>
<td>$24,000 (18%)</td>
<td>$24,000 (16.8%)</td>
</tr>
<tr>
<td>Social Network/ Web Upgrades</td>
<td>---</td>
<td>$5,000 (5%)</td>
<td>---</td>
<td>$4,800 (3.4%)</td>
</tr>
<tr>
<td>Intern Program</td>
<td>---</td>
<td>---</td>
<td>$4,500 (3.4%)</td>
<td>$3,500 (2.4%)</td>
</tr>
<tr>
<td>Fellowship Project Fund</td>
<td>---</td>
<td>---</td>
<td>$9,500 (7.1%)</td>
<td>$9,500 (6.6%)</td>
</tr>
<tr>
<td>Operating Funds</td>
<td>---</td>
<td>---</td>
<td>$500 (.37%)</td>
<td>$500 (.35%)</td>
</tr>
</tbody>
</table>

All figures are US Dollars.
Financial and Organizational Goals of the
Current International Board Executive Committee

Create a culture of complete transparency so the membership can have meaningful input into decision-making about how resources are used.
Seek additional training for Executive Committee members and for the Executive Director to better streamline management and budgeting.
Develop long-standing relationships with sponsors and donors to continue Fellowship Programs, Travel Grants, the Conference, and the Cup at a lower membership fee for students.
Maintain resource utilization for social media presence, website management, and other educational opportunities.
Receive further training for Executive Committee members in QuickBooks and other forms of non-profit management for streamlined internal processes.
Adhere to, monitor, and frequently update the annual working Strategic Plan to ensure forward-movement and thinking. Please see the following chart for the main goals of the NMSA for the next 5 years.

5 YEAR GOALS
- Increased Visibility
- Increased Sustainability
- Increased Member Engagement
- Increased Value of Membership
- Development of Mutually-Beneficial External Relationships
The Value of the NMSA
In the words of your predecessors

“I was honored to join the Naturopathic Medical Student Association (NMSA) as their first Executive Director. As a natural medicine advocate and higher education professional, advancing education and empowering naturopathic students was already a personal cause. It was a privilege to work with the best and brightest of the next generation. Working alongside amazing student leaders to create opportunities for 2500 members, inspired me every day. Naturopathic students from all corners of the US, Canada, and around the globe, are joined in their NMSA commitment to an extraordinary educational experience and to building a professional community dedicated to excellence. The NMSA produces leaders in scholarship, medical practice, research and community health. Thank you for joining me in supporting their bright future.”

Susan Yirku
NMSA Executive Director, 2014-2016
Student Advocate

“It is very exciting to see how much the organization has grown over the years. The reason that we started NMSA was ... simple - it was so that students could bring their voices together and inspire each other. It was so naturopathic medical students could ‘be the change they wished to see’ through working together. I will always do whatever is needed to make NMSA successful. It would be an honor to be involved in some way again. I am here if I can be of any service to you all.”

Jonci Jensen, ND
NMSA Founder
Faculty, Bastyr University; Private Practice, California

“My desire to be involved in NMSA was inspired by the work of the AMSA. AMSA grew leaders, its objectives and philosophies were driven from the 1960s in civil rights, universal health care and socio-medical issues. It changed medicine. It changed people... NMSA has the opportunity to change and inspire medical students studying naturopathic medicine. It is not just about the medicine, it is also not just about licensure. What are we here for... what do we strive to be physicians for? To improve the world of healthcare! Every aspect of medicine; education, board certifications, natural supplements, medicine. NMSA is the opportunity to mold the leaders of our profession[and] the potential to make monumental changes at a national level... NMSA is the voice of physicians in training and their efforts to serve the public, advocating for quality, diversity, professional integrity, development and student well-being. Without NMSA’s strength and organization you only have the medicine, and the medicine is not enough to change the world on its own.”

Vanessa Esteves ND, MSA
Student AANP Board Member 2007
Clinic Director, Oregon Integrated Health, Portland

“The original goal of the NMSA ... was to be the thread that held us together. We had plans to build a website where students could get newsletters, online forums, study guides, “Craigslist” type advertising. The NMSA student conference was also designed to
bring students together and provide networking as well as education, information and support. We also wanted to represent students among the profession and represented students outside the of the profession, primarily interfacing with [AMSA]. The goal with this was to introduce ND students to MD students and eventually harbor future relationship for the benefit of both professions and the patient."

**Cherie King, ND**  
*Former NMSA President*  
*Private Practice, Boulder, CO*

"Over its last ten years of development the NMSA has built a reputation with not only the Naturopathic profession, but also with the student organizations of other health care fields. The organization is now recognized, respected, and positioned for positive growth, thanks largely to the dedicated student leaders and mentors of the last decade! ... The leadership training I got with the NMSA was priceless. I found the NMSA because of my passion for global health, and before I knew it I was a representative of naturopathic students in some really important discussions... Things that had previously seemed daunting, like public speaking and event organization, became very comfortable for me through my experience with NMSA leadership. “

**Erin Moore, ND**  
*Executive Director, Share Nepal*

---

Report prepared by  
**Blake O. Langley, Chief Administrative Officer**  
2016-2017  
*NMSA International*