

## Kootenai Health Board of Trustees Candidate Questionnaire

Kootenai Hospital District dba Kootenai Health is committed to transparency and accountability. This questionnaire was developed by the Board to ensure voters have the information needed to make an informed decision. Completion of this questionnaire is a requirement. Responses will be posted on the Kootenai Health web site. Please return the fully completed questionnaire to Kootenai Health by email to Michela Seth at [mseth@kh.org](mailto:mseth@kh.org). If you would like to have a photograph of yourself posted on the Kootenai Health web site also, please email a .jpeg or .pdf to [mseth@kh.org](mailto:mseth@kh.org) with your completed questionnaire.

Your Full Name: [Dr. Duke J. Johnson M.D.](#)

1. Please list the high school and all colleges/universities you have attended. For higher education, please describe your area of study and the degree you received, if any.

ANSWER:

- [High School Education – Coeur d’Alene High School](#)
- [Undergraduate College Education – University of California, Los Angeles \(UCLA\) – Graduated with a Bachelor’s Degree in Biology](#)
- [Graduate School Education – UCLA Graduate School of Kinesiology – Graduated with a Master’s of Science Degree in Kinesiology – Published Master’s Thesis which focused on the biochemistry, histochemistry and contracting properties of muscles and nerves. My research was part of a larger project designed to assist in rehabilitation of paralyzed patients which is being utilized successfully today.](#)
- [Doctorate Education – UCLA School of Medicine – Graduated with Medical Degree \(M.D.\) degree](#)
- [Residency Training – Harbor-UCLA County Hospital – Emphasis on Emergency Medicine](#)

2. Please identify your current employers and all employers over the past 5 years.

ANSWER:

[During the last 5 years, I cofounded a direct-to-consumer natural product health company called Makkarios where I serve as CEO.](#)

3. Do you hold, or have you ever held, a publicly elected or appointed position? If yes, please describe.

ANSWER:

[No, this is my first publicly elected or appointed position.](#)

4. Have you, or one of your family members, ever worked for Kootenai Health? If so, please describe.

ANSWER:

Yes, both my two oldest daughters and I have worked for Kootenai Health.

- I worked as a medical assistant (formerly referred to as orderly) for five summers after high school in order to obtain experience in patient care before applying to medical school. Additionally, while initiating my work in preventive medicine, I worked at North Idaho Immediate Care facilities which were bought by Kootenai Health close to when I finished my work there. Perhaps the purchase wasn't complete while I was still there but it was being discussed.
- My two oldest daughters also worked at Kootenai Health for two summers as student health interns in the emergency department.

5. Why are you interested in becoming a Trustee of Kootenai Health?

ANSWER:

- With over 30 years of extensive global experience in preventive medicine, I believe that I would bring a unique perspective to Kootenai Health Trustee Board as Kootenai Health continues to develop. True preventive medicine is less expensive than reactive disease treatment and I believe Kootenai Health can be a leader in preventive medicine surpassing Spokane's largest hospitals. It is quite well established in the corporate wellness industry that for every dollar spent on prevention of disease in well-managed programs, they result in a savings of six to nine dollars in overall healthcare costs. An increased focus on prevention will continue to be a source of revenue to Kootenai Health while saving our citizens unnecessary healthcare costs by proactively addressing disease processes. Sometimes, improving healthcare is defined by some as increase in buildings and physical size. Though some structural growth is justified, growth in real estate and building complexes doesn't necessarily mean better patient care. I believe I can contribute to increasing overall care while reducing costs simultaneously.

6. Please describe your prior leadership experience.

ANSWER:

- After working full-time as an emergency physician for several years, I became passionate about preventive medicine after personally

witnessing many of my emergency patients develop premature chronic diseases (such as heart disease, diabetes and cancer) in their 30s. My work in preventive medicine began in corporate wellness with a company called Execufit. I became one of their primary physicians implementing wellness programs in many large corporations such as Arco, Southern California Edison, Allergan, FBI, etc. Fortunately, this preventive medicine work developed to where I became a Medical Advisor to then I subsequently became Medical Director of Nutrilite Health Institute, the largest supplement manufacturer in the world for 14 years where we implemented preventive medicine programs for our customers globally. As a multibillion-dollar corporation, Nutrilite built a large institute in order to house this program where I helped create and personally provided over 17,000 preventive medicine assessments on clients from all over the world. While in this position we helped initiate and modify other preventive medicine facilities for the corporation in South Korea, China, Germany and Austria. I have been fortunate to teach preventive medicine in 30 different countries globally and helped advise our customers during two previous pandemics, namely, SARS 2002-2003 and H1N1 (Swine Flu) 2009 – 2010.

7. Please state whether you currently serve on, or have previously served on, a board. If so, please identify the company or group, dates served and board responsibilities.

ANSWER:

- Yes, I was a member of the Classical Christian Academy school board for about 9 years during its growth and development.

8. Do you have any experience in finance, accounting, business operations or health care? If so, please explain.

ANSWER:

- Yes, in several different capacities. I cofounded two medical practices starting from scratch that both became successful. The largest practice was in Chino Hills, CA called Johnson Family Medical Care which grew to over 8,000 patients and was bought by St. Jude Heritage Foundation. I oversaw and directed essentially all finance, accounting and business operations for these practices. Additionally, I became codirector of Palm Industrial Medical in Brea, CA which grew to become the second largest provider of industrial medicine in Northern Orange County, CA. Furthermore, when St Jude Heritage Foundation purchased our practice, I became a member of the foundation and, as a member, discussed finance, accounting and business operations of the whole foundation before moving such issues onto the board.

9. Please describe any thoughts you have on improving access to health care in our community.

ANSWER:

- As noted in the answer to Question #5 above, I believe we can significantly improve true preventive medicine care to our community.

10. Please describe any additional health care services you feel our community needs?

ANSWER:

- If Kootenai Health moves proactively into preventive care services, it will reduce healthcare costs making healthcare more affordable for a wider segment of our community while reducing the demands for services moving forward. Instead of being reactive to disease processes, we can be more proactive to reduce them. It will take some time and creativity to make necessary changes within the current structure to accomplish this goal but will not occur unless we start the process now.

11. Do you see any challenges with completing a 6-year term as a Trustee and attending monthly meetings to transact hospital district business?

ANSWER: No

12. Are you employed by, have an ownership interest in, or hold a leadership position in a hospital, ambulatory surgery center or health system? If yes, please explain.

ANSWER: No

13. Do you have any other commitments or relationships that may conflict or interfere with acting in the best interests of the hospital district? If yes, please explain.

ANSWER: No, not to my knowledge.