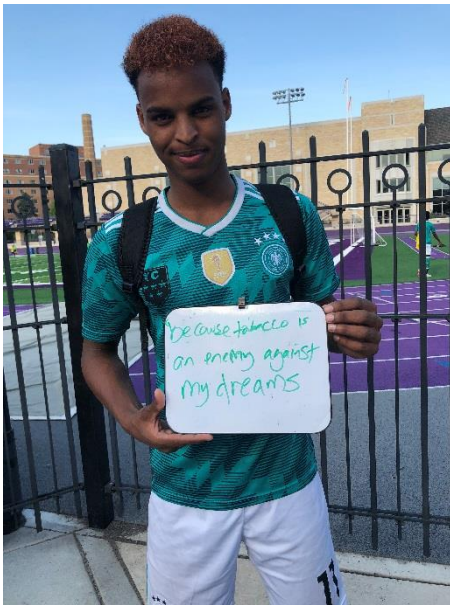


In 2018, WellShare partnered with communities in Uganda and Tanzania, as well as across the Twin Cities, empowering individuals and families to take control of their health and reducing health disparities. WellShare's Community Health Workers educated, advocated for, and acted as liaisons between the populations they serve and various health care and other service institutions. This report highlights a few of our 2018 accomplishments.

Youth and Family

WellShare works with youth, families, and expectant parents to form a strong foundation for life. Our partnerships educate and empower individuals and communities to make healthy choices at all ages.

- Our program in Uganda continued to increase access to counseling and contraceptive choice. In 2018, **800 clients** were trained to competently self-administer injectable contraceptives.
- **109 East African youth** participated in WellShare's after-school program to create collaborative public service messages educating their peers about wellness.
- In Tanzania, WellShare partnered with health workers at hospitals and clinics as well as community health workers at the village level to improve maternal, child, and reproductive health. WellShare engaged **24,489 contacts** to promote education around issues such as cholera, childbirth, breastfeeding and infant care.
- We created **Minnesota's first Karen language STI resource** and shared it with over **75 people**. The resource included the definition of STIs, examples of common infections, means of transmission of STIs, prevention and treatment methods, and local resources.
- We piloted a new class on sexual and reproductive health attended by **53 students**. The class was developed to respond to formative research from our Somali youth team.



Prevention and Education

Believing that knowledge is the basis of health, WellShare offered classes, one-on-one coaching, outreach, and facilitated conversations on topics including smoking, nutrition, and culturally relevant health issues.

- Our piloted cessation readiness class had an attendance of **38 Karen youth**, providing attendees with the skills to quit smoking. **131 individuals** participated in an education program that covered the harms of tobacco exposure and chewing betel nut.
- Responding to the Somali community's disproportionately high diabetes rate, WellShare offered hypertension screenings. **Over 250 adults** were screened for hypertension.
- Through **103 outreach activities**, **2,551 East Africans** learned about the dangers of tobacco use and secondhand smoke
- WellShare connected with **over 110 women and girls** in communities impacted by female genital cutting (FGC). We learned about beliefs and awareness of FGC and provided education about the health risks, emotional trauma, and criminal penalties associated with the practice. Drawing upon these conversations, as well as discussions with Imams and community leaders, WellShare aired a radio PSA about FGC prevention.

Healthy Aging

Learning is a lifelong pursuit. WellShare engages older adults through classes and outreach, encouraging them to continue to improve their health while addressing age-specific concerns.



- **A six-week series of Chronic Disease Self-Management Workshops** was offered three times to adults in the Somali community.
- A Matter of Balance class was offered to **30 Somali participants** to help reduce the risk of falls.
- Our **7 one-hour diabetes education classes** reached **64 individuals**, while our diabetes outreach efforts in the Karen community reached **212 individuals**.

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Community University Health Care Center



Greater Twin Cities United Way

Greater Twin Cities United Way, Optimizing Health program (Strengthening Optimal Health for Somalis and helping children succeed)

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