

## Healthier Living Thanks to You!

With your generous support in 2017, WellShare International helped women, men, and children learn how to live healthier lives. WellShare's community health workers teach sustainable health practices that empower communities to take ownership of their own health.

Our goal is simple: we help individuals and communities improve their health and access healthcare. As a result, we strengthen families and communities. This report highlights a few of our 2017 accomplishments.

### Youth and Family

WellShare empowers youth and families to make healthy choices early in life which provides a strong foundation for health.

- We reached **227 East African youth** through community, after-school and special school programming. These programs emphasize tobacco-free education, how to make smart life decisions, and career planning.
- More than **220 Somali men and women** received reproductive health information and services through individual conversations and small group education sessions.
- More than **45 Karen refugee men and women** participated in community classes and gatherings which target reproductive health skill-building.
- We published *Karen Decisions about Child Spacing*—a bilingual Karen-English booklet highlighting topics related to child spacing including reproductive anatomy and family planning methods.
- In Tanzania, WellShare supported **484 Survive and Thrive Group members in 17 villages**. Through these groups, women received health education and small business skills training.
- In Uganda, we led **212 community dialogues** on barriers to family planning.



### Health and Wellness

WellShare changes the lives of adults by providing one-on-one wellness coaching on issues such as diabetes, smoking, and healthy eating, as well as creating culturally relevant health resources.

- WellShare screened **240 Somali adults** for hypertension. **26% were hypertensive** and were referred to primary care.
- WellShare reached **127 Karen refugee adults and 63 Karen youth** through a 10-hour tobacco education course. A Karen-specific tobacco curriculum was developed for community use and nearly 100 copies were distributed to Karen churches.
- Through 68 outreach activities, **2,747 East Africans** learned about the risks of tobacco and shisha flavored tobacco smoked through a water pipe.
- New in 2017, WellShare offered classes based on healthy eating with the curriculum from *Cooking Matters*, an evidence-based class.
- More than **275 patients** were referred to dental care and WellShare educated more than **225 patients** about how to confidently navigate the healthcare system.

## Healthy Aging

As people age, health concerns typically increase. WellShare staff are trusted in the community and offer classes to older adults on health topics such as diabetes, hypertension, falls and risk of stroke.



- **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.
- **24-week Tai Ji Quan** classes were provided to Native-American participants to help strengthen their bodies and to address several physical and mental health issues.

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Community University Health Care Center



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

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WellShare International, 122 West Franklin Avenue, Suite 510, Minneapolis, MN 55404 USA  
612-871-3759 | [info@wellshareinternational.org](mailto:info@wellshareinternational.org) | [www.wellshareinternational.org](http://www.wellshareinternational.org)