

Partnering for the Health and Well-Being of All

Our Vision: Communities with equitable health care and resources where all people live healthy and fulfilling lives

Our team made a difference in the lives of over 44,000 people through direct service provision in Minnesota, Tanzania and Uganda. In collaboration with the communities we serve, our community health workers addressed health concerns and social determinants of health through home visits, clinic-based services, group health education, school-based programs, health communication and a wide range of community-based outreach activities.

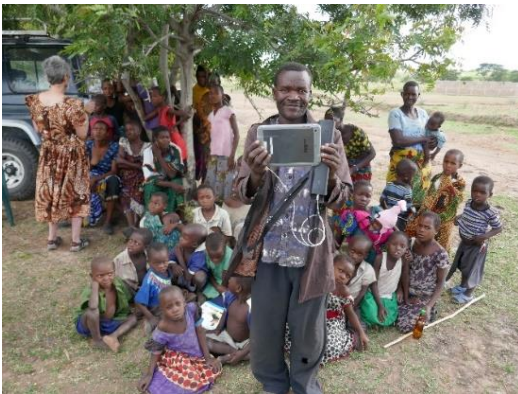
Healthy Children, Healthy Families

WellShare supports families' ability to achieve the health necessary for self-sufficiency today, and invests in a bright future for their children tomorrow. Program achievements that supported children and families include:

- **637 Somali and Karen people** learned about reproductive health and child spacing in our *SPEAK program (Spacing Pregnancies program for East African and Karen communities)*. WellShare is a leader in the design and delivery of culturally-specific approaches to supporting couple communication for achieving their desired family size.
- **96 Somali youth** learned about health, developed leadership skills and received support for academic success in our afterschool *The Young Achievers Program*. This year long, weekly program provides a safe space for Somali youth to go after school. New curriculum content addressed risks of e-cigarettes and marijuana.
- **2,094 Somali patients** benefited from health coaching and care system navigation at the *M Health Fairview Smiley Clinic*. We also helped increase the cultural competency of clinic staff and promote awareness of additional Somali-language health resources.
- A new **Community Advisory Board** of Somali health professionals and community members was formed to support our new *Evidence Based Home visiting* early childhood development program. With their assistance we adopted the 'Parents as Teachers' model and engaged our **first 19 families**, in December.

Empowerment through Learning

Through broad community outreach and engagement, we cultivate lifelong learning about individual and community health. Examples of increased health literacy necessary for people to live the healthiest life possible are:



- Our *East African Smoke-Free Program* videos have attracted over **215,000 social media views**, helping people learn about the risks of vaping and secondhand smoke, and smoking cessation.
- In *Tanzania*, we provided **73,247 service contacts**, educating about danger signs in pregnancy, newborn health, cholera, HIV and more.
- **1,075 people** benefited from health screenings, education and referrals related to chronic disease diagnosis and management, through our *Eliminating Health Disparities Initiative* program.
- The Somali community learned about the health risks, emotional trauma, and laws related to female genital cutting (FGC) through **3 community dialogues, 90 radio broadcasts**, and in-person education sessions reaching **139 additional people**.

Integrated Health System Impact

WellShare leverages partnerships with health plans, care systems and research institutions for systems change that can lead to scaled impact. Highlights of partnership outcomes are:

- **130 women** were supported in cervical cancer prevention through pap smear follow up conversations at the *University of Minnesota CUHCC*.
- **26 Karen children and elders** received flu vaccines just days after focus group discussions uncovered this need in research conducted with the *University of Minnesota Science Café* project.
- **603 families improved their ability to navigate** the healthcare system through the *Our Health Program*, implemented in partnership with UCare.



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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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