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2019 COMMUNITY BENEFIT AND  
ENGAGEMENT REPORT

# Investing in Communities to Improve Health



A not-for-profit health care system, Allina Health is dedicated to the prevention and treatment of illness and enhancing the health of individuals, families and communities throughout Minnesota and western Wisconsin.



# A Letter from Penny Wheeler

Dear friends,

Allina Health has a long history of working to prevent illness and improve the health of our communities. It is core to our mission and part of our responsibility as a not-for-profit health care organization. Our commitment to serve our local communities goes beyond our 90+ clinics and 11 hospitals. Much of the work we do at Allina Health is designed to help people become and stay healthy by addressing broader health needs in our community. In 2019, for example, Allina Health invested more than \$200 million in Community Benefit through a variety of programs, partnerships and investments.



To understand the broader health concerns of our community, we conduct community health needs assessments every three years and work with other not-for-profit organizations, businesses, local governments and community residents to develop and implement plans to address identified needs.

In this report, you will see a sample of how Allina Health is working to respond to these needs and improve the overall health and wellness of people in the communities in which we provide care for patients. This includes a robust employee volunteerism effort, working to improve access to healthy food and increase physical activity, increasing social connections and support of mental wellness, and other initiatives and efforts that benefit our communities.

Additionally, Allina Health is working to address social determinants of health among our patients through the Accountable Health Communities model, in which we screen Medicare and Medicaid patients for health-related social needs such as food insecurity and housing instability. This model is a great example of Allina Health's commitment to whole person care, and of how we work to meet people where they are on their journey to their best health.

And, before I close, I'd be remiss if I did not touch on the crisis we are all facing at this moment: The coronavirus pandemic. While this report details our work in 2019, our current world is in the midst of dealing with this global health crisis. I believe our foundational mission and values, along with our incredible team of employees, volunteers and partners, Allina Health will come through this crisis with an even deeper commitment to improving health disparities for every person in our community.

I invite you to learn more about our community involvement efforts by visiting our website at [allinahealth.org/community](http://allinahealth.org/community).

In good health,

Penny Wheeler, MD President and Chief Executive Officer

# 2019 by the Numbers

## ACCOUNTABLE HEALTH COMMUNITIES MODEL

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Nearly **180,000** screenings for social needs were offered at **76** clinics and **3** hospitals



**24%**



of patients completing the screening identified at least one need

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more than **580** patients



identifying needs received support from a navigator in connecting to community resources

**1,105** health and education professionals trained on how to help teens stress less



more than **100,000** people accessed resources & tools to improve youth wellness through the Health Powered Kids & Change to Chill websites



## COMMUNITY WELLNESS

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**34** Chill Champion interns led stress reduction activities for their teenage peers

**16** schools created a relaxing space for and offered stress reduction resources to their students by participating in the Change to Chill School Partnership program



## EMPLOYEE VOLUNTEERISM

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**3,523** employees  
logged **133,471**  
volunteer hours



**\$318,100** donated to  
organizations Allina Health  
employees care about  
through **Dollars for Doers**

**108** Allina Health  
employees traveled to  
**20** different countries  
through a Global Fund supported trip.



In collaboration with FB4K, more than  
**700** employees collected **5,357**  
bikes to give away to children who  
could not otherwise  
afford one



## RESPONDING TO LOCAL NEEDS

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**\$474,000**  
in financial support  
was provided to  
community clinics and  
other safety net organizations  
that provide **medical and mental**  
health services



Neighborhood Health  
Connection gave **\$270,000**  
to 68 organizations to provide



programming aimed  
at building social  
connections through  
**healthy eating and**  
active living

# Responding to Local Needs

In 2019, we continued our third year of commitment to the priorities identified in each hospital's 2016 Community Health Needs Assessment. The common priorities across all our communities were mental health and healthy eating/active living.

## Mental Health and Well-Being

We work to support mental health and well-being by providing community health improvement programming and financial and volunteer support for mental health services and schools.

2019 highlights of this work included:

- Change to Chill, Allina Health's program to help teens manage stress in their life, trained and supported University of Minnesota students in mentoring local high school students.
- Owatonna Hospital and District One Hospital partnered with Steele County Public Health, Rice County Public Health, and Rice County Chemical and Mental Health Coalition to create the Health and Happiness Project. This project is a free mental wellness initiative that will provide a multi-cultural toolkit with well-being activities such as gratitude, mindfulness and self-care.
- New Ulm Medical Center, as part of the Brown County Mental Health and Wellness Action Team, packaged and distributed 280 care bags with resources for coping with stress to local farmers.

Partnerships and collaboration are at the heart of our work to improve community health. Allina Health actively participated in many community coalitions and partnerships working to address issues related to mental health, including:

- North Metro Mental Health Roundtable
- East Metro Mental Health Crisis Alliance and East Metro Mental Health Roundtable
- SAVE 5K Walk in Buffalo, Minnesota
- Walk for Recovery and NAMI Walk to improve access to mental health services and increase opportunities for recovery.





## Access to Healthy Food

Allina Health is working in partnership with many local organizations to ensure all people in our communities have access to healthy, affordable food.

2019 highlights included:

- Abbott Northwestern Hospital funded and implemented a Sheridan Story weekend backpack food program at Anderson Elementary School. 3,625 bags of food were sent home with 175 students over 25 days.
- Through the Giving Garden, Cambridge Medical Center employees use volunteer time to grow vegetables that were then donated to local organizations.
- More than 50 Allina Health clinics offered community coupons to Fare for All, a program of The Food Group. Fare for All offers fresh produce and frozen meats at 40 percent off retail prices.

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In the 2019 Give Healthy Food Drive, Allina Health employees donated 5,892 pounds of food – more than 4,910 meals – to local food shelves and The Food Group.

# Accountable Health Communities (AHC) Model

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At Allina Health, providing exceptional medical care is just one aspect of improving health. We are exploring new ways of providing care to our patients, which take into account the environment in which our patients live and non-medical barriers to health.





In May 2017, Allina Health was awarded a five-year Accountable Health Communities (AHC) cooperative agreement with the Centers for Medicare & Medicaid Services. Through the AHC model, care teams in 76 Allina Health clinics and 3 hospitals screen patients with Medicare and/or Medicaid insurance for health-related social needs such as food insecurity and housing instability. If a need is identified, a care team helps the patient connect with community resources tailored to their unique needs.

In 2019, 586 patients received support from an AHC navigator in connecting to community resources. This is one navigator's story:

"I had a patient who was eligible for navigation. She had a history of alcoholism, homelessness and malnutrition due to alcohol abuse. I was able to

get her set up with some local churches and gave her Allina Bucks for food. I also got her set up with the Workforce Center, housing, social services, and public health services via NowPow.

I ran into her today at the hospital. She said she has not touched a drop of alcohol, has cut down to five cigarettes a day, is working 30 hours a week, has her own place and car, and she looks amazing. She hugged and thanked me. The greatest part is that the reason she was at the hospital was because her daughter had given birth and she was able to be there, in the delivery room. She told me she has several grandchildren but because of us, this is the first time she was able to be present."

# Financial Summary

Allina Health Community Benefit in 2019



|                 |   |
|-----------------|---|
| <b>\$23.4M</b>  | Cost of providing charity care (financial assistance) |
| <b>\$41.8M</b>  | Costs in excess of Medicaid payments                  |
| <b>\$26.6M</b>  | Medicaid surcharge                                    |
| <b>\$54.9M</b>  | MinnesotaCare tax                                     |
| <hr/>           |   |
| <b>\$146.7M</b> |   |

Charity Care & Means tested government programs



Health Professions Education



Partnerships and other community benefit costs

|               |                                |
|---------------|--------------------------------|
| <b>\$5.3M</b> | Cash and in-kind contributions |
| <b>\$3.6M</b> | Other community benefit cost   |
| <hr/>         |                                |
| <b>\$8.9M</b> |                                |



Subsidized Health Services



Community Health Improvement Services



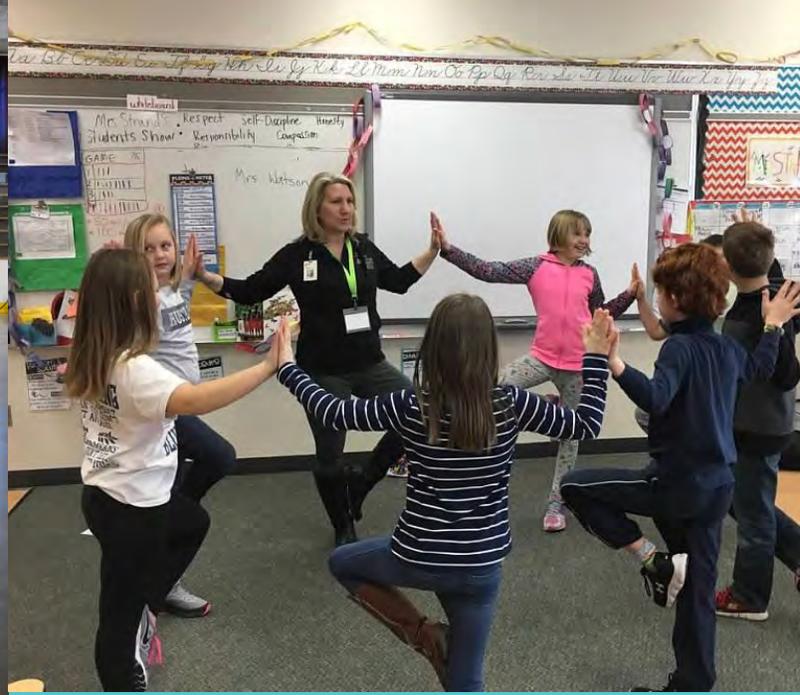
Research

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Total Community Benefit

**\$202.1 M**





“Much of the work we do at Allina Health is designed to help people become and stay healthy by addressing broader health needs in our community.”

-Penny Wheeler, MD





# Investing in communities to improve health

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At Allina Health, we believe health care is more than just treating people when they are sick. We are committed to improving the health of the communities we serve and helping people live healthier lives.

As a trusted and compassionate partner, Allina Health ensures community benefit and engagement is an integral part of our culture and strategic plan. Investing in these efforts is one way we support people on their path to better health.

[allinahealth.org](http://allinahealth.org)

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