



2014 Backyard Initiative Annual Report

What is the Backyard Initiative (BYI)?

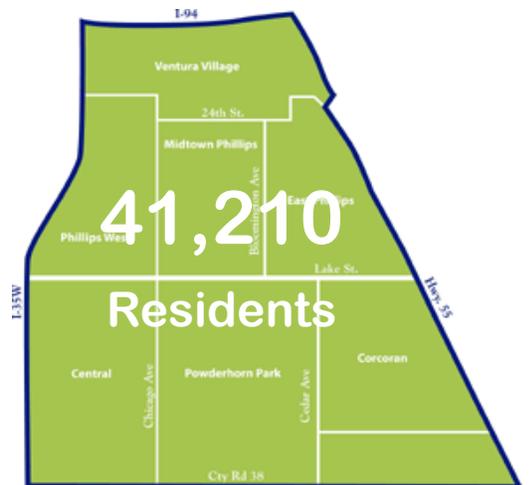
Grounded in a simple premise – that active community and cultural connections are the foundation of good health – the Backyard Initiative (BYI) is a dynamic partnership between the residents of South Minneapolis, the Cultural Wellness Center and Allina Health to support the community’s capacity to take care of its own health.

As part of the BYI, residents draw upon their own knowledge, skills and cultural values to take care of themselves and their families, friends and neighbors.

How does the BYI Work?

The BYI improves social connections and health literacy through 12 Citizen Health Action Teams (CHATs) which are formed and operated by residents in the Backyard.

CHATs are community-led health improvement projects organized around a particular disease, a culturally-defined issue or a specific approach.

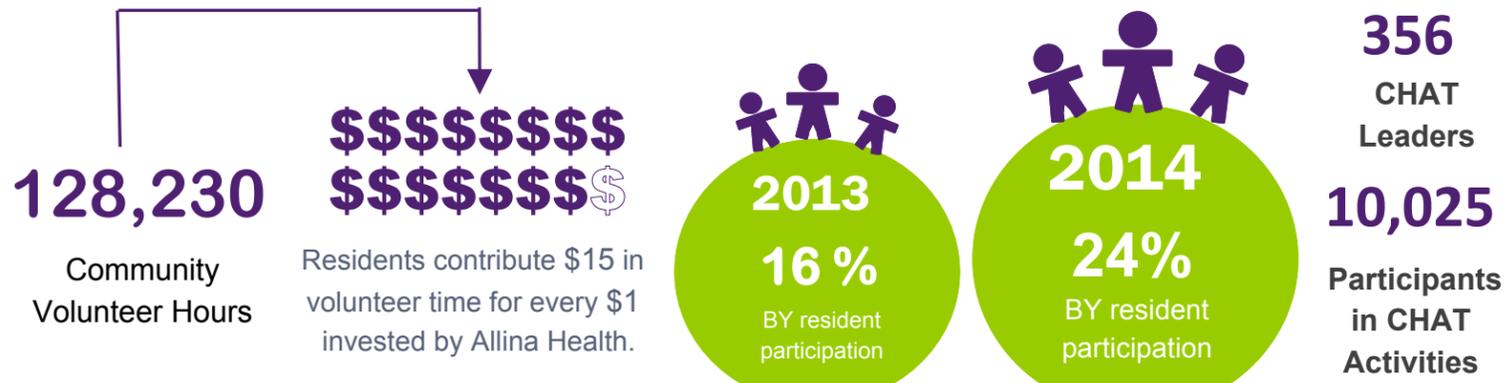


BYI Area

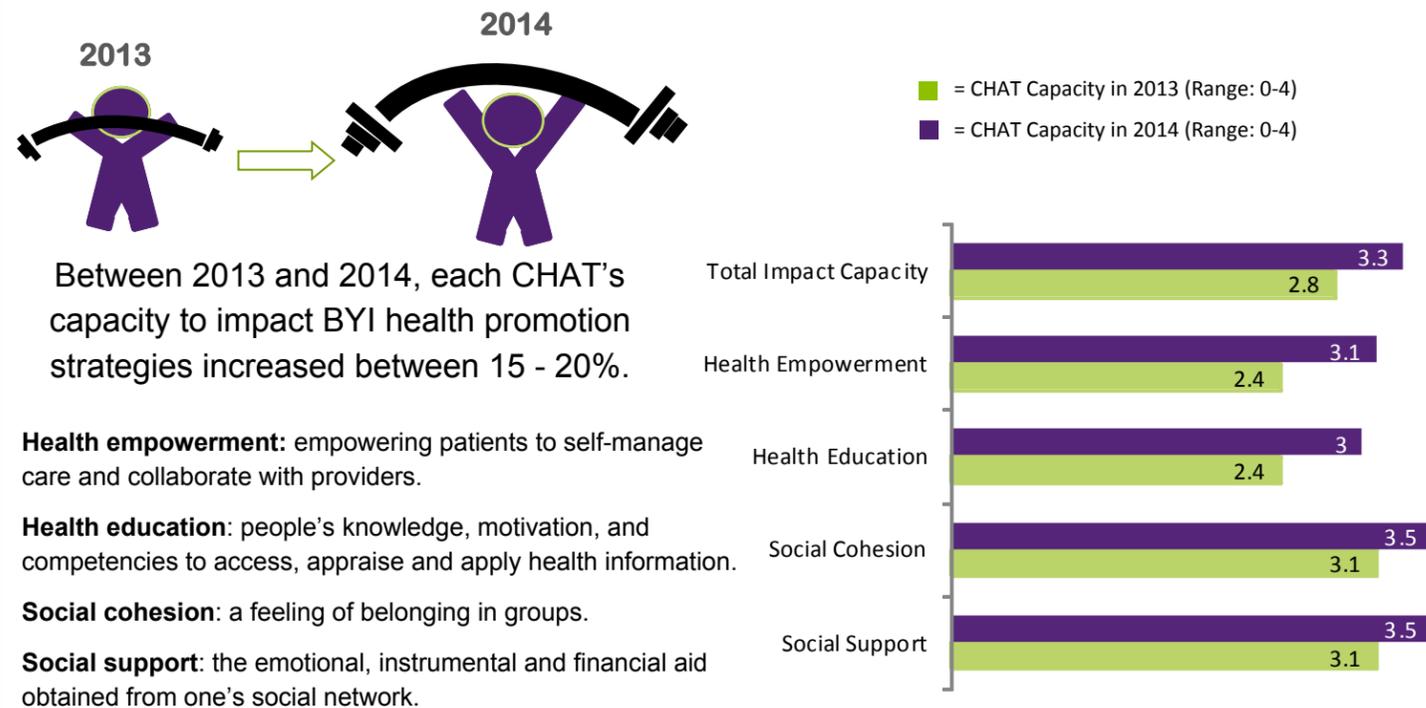
The Backyard includes the neighborhoods of Ventura Village, Phillips West, Midtown Phillips, Central, Powderhorn Park and Corcoran in Minneapolis

The Boundaries are Interstate 94, Interstate 35W, 38th Street South and Hiawatha Ave.

2014 BACKYARD INITIATIVE HIGHLIGHTS



CHAT Impact Capacity



EXAMPLES OF 2014 CHAT ACTIVITIES

The **Out in the Backyard (OIBY)** CHAT builds a sense of community among LGBT people by connecting them to community resources related to health and wellness. Over 322 free exercise classes, such as Zumba, yoga, Bollywood and Hip-Hop dance, and pilates were offered throughout the Backyard.

The **Latino Environmental Health Begins at Home (LEHBAH)** CHAT creates healthy indoor environments for Latino families within the Backyard by educating families on the negative impact of harsh chemicals and teaching them how to use and create safe household cleaners. One hundred community residents attended a total of 10 indoor environmental health workshops and 35 residential kitchens and bathrooms were cleaned using natural products.

The **Growing the Backyard** CHAT increases access to affordable, healthy food for families by training youth and families on gardening techniques and distributing fresh produce across cultures. This CHAT successfully established a seasonal farmers market that sold vegetables from CHAT members' gardens, helped 10 families create successful gardens and distributed 7,500 pounds of fresh vegetables to 3,200 community residents.

As a group, CHATs completed a total of 10,412 health improvement activities in 2014.

BYI Research Team

The 2013 Community Health Survey (CHS) collected information on social support, social cohesion, health literacy, perceived stress and patient activation.

5 Dissemination products were created to share the 2013 CHS results with residents and researchers including 3 community events, 2 summary reports and 1 conference presentation.

The Allina Health-resident research team co-created a process for writing and disseminating manuscripts for peer-review. The first manuscript for publication was submitted in January 2015.

Partnership with Portico Healthnet

Portico continued to do outreach and screenings in the backyard to connect residents with health insurance. These efforts resulted in:

736
Residents screened

&

408
Enrolled in MNSure Programs



89 Residents participated in Portico's Coverage Program.



BYI Resource Center Health Care Access Initiative Launched!

In November 2014, a partnership between the BYI and Portico was launched to provide outreach and enrollment services at the BYI Resource Center in the Midtown Global Market. Six youth CHAT members were trained to screen and refer community residents to the Portico MNSure Navigator on-site weekly at the BYI Resource Center.

The BYI Definition of Health

Developed by Backyard Community Residents

Health is a state of physical, mental, social, and spiritual well-being. It is not only the absence of infirmity and disease.

Health is the state of balance, harmony, and connectedness within and amongst many systems – the body, the family, the community, the environment, and culture. Health cannot be seen only in an individual context.

Health is an active state of being; people must be active participants to be healthy. Health cannot be achieved by being passive.

What do participants have to say?

Here is how one resident describes her experience with four CHATs:

I was diagnosed with diabetes, I always had high blood sugars, abnormal Hgb A1C levels, I suffered from high blood pressure, I was overweight, my children were overweight, it was a family thing.... I moved to Minneapolis and learned about the BYI when some people did some door knocking... I went to meet-ups held by this diabetes group in the Backyard, A-POD, I learned so much, the leaders of the group... the people in the group, the friendships and the support I developed, has made the difference in my life and the lives of my children, siblings and friends. I also started doing Zumba classes with Out in the Backyard, at first it was really hard, I had been inactive most of my life, but I gave it my all, and went at least once a week, then twice a week, every week, and then I started taking yoga, a woman who never exercised was exercising at least 6 times a week. I was getting fresh fruits and vegetable from Growing the Backyard...[and] I attended two cooking classes. I am learning how to cook healthy food without compromising taste... I have lost fifty-two pounds, and plan on losing more... My children are losing weight and developing better eating habits, because I am eating better and living an overall healthy lifestyle... They attend the breakfasts with me sometimes, and attended a couple of dinners given by Out in the Backyard, or the Amen Corner [with the Communities of Light CHAT] where their voices as young women can hear things that help to keep them grounded and on the right track...

I took charge of my life with the help of the BYI's support, they did not do it for me, they taught me how to do it for myself, and I am happy with the results.

For more information:

Visit: allinahealth.org/backyard

Call Allina Health: 612-262-4430 or

The Cultural Wellness Center: 612-721-5745



Visit the BYI Resource Center:

Located at the Lake Street entrance of the
Midtown Global Market

920 E Lake St #G10, Minneapolis, MN 55407