For more information:
Visit: allinahealth.org/backyard
Call: Allina Health: 612-262-44
Call: Cultural Wellness Center: 612-721-5745
The Backyard Initiative
A Resource in the Community

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.

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.

2015 Partnerships

Minneapolis Health Department
ReThink Your Drink Campaign

A BYI Resource Center team conducted four events for the campaign to encourage residents of South Minneapolis to choose healthier beverages over sugary drinks. These events resulted in:

- 250 people engaging with the BYI team to learn about the negative health effects of consuming sugary drinks and to sample healthy alternatives,
- 50 community residents signing up online to participate in the campaign,
- 10 children participating in an in-depth health promotion activity at Phelps Park in South Minneapolis.

Portico Healthnet

631 residents screened for health insurance
487 residents referred to health and social services
264 residents enrolled in MNsure Programs
60 residents served in Portico’s Coverage Program

A Portico MNsure Navigator serves the South Minneapolis community weekly at the BYI Resource Center.

Examples of 2015 CHAT Activities in the Community

Re-birthing Community/ Communities of Light

Builds the community self-sufficiency and engagement by offering workshops and opportunities for community discussion through a co-operative model. This CHAT worked with Growing the Backyard and the BYI Resource Center to distribute a total of 3,000 pounds of vegetables to people in need.

Out in the Backyard

Builds a sense of community among LGBT people by connecting them to community resources related to health and wellness. Among other activities, this CHAT offered 520 hours of Zumba, 416 hours of yoga and 208 hours each of self-defense, hip hop dance and pilates classes throughout the Backyard.

Growing the Backyard

Increases access to affordable, healthy food for families by training youth and families on gardening techniques and distributing fresh produce across cultures. This CHAT worked with Growing the Backyard and the BYI Resource Center to distribute a total of 3,000 pounds of vegetables to approximately 200 visitors to the Midtown Global Market. Of these 200 purchasers, 75% were residents within the backyard.

As a group, CHATs completed a total of 9,320 health improvement activities in 2015.