

Investing in Communities to Improve Health

[00:00:00.00] [MUSIC PLAYING]

[00:00:12.69] Allina Health is a large community health provider. We're lucky enough to touch about one in three Minnesotans with our care. So with that size, comes with significant obligations. And that obligation is to actually try to keep our communities as healthy as possible.

[00:00:27.97] We want to be so much more than about responding to illness. We want to be about promoting health. And these efforts allow us to do just that.

[00:00:35.08] [MUSIC PLAYING]

[00:00:39.01] The purpose of Health Equity is to identify and eliminate disparities in both health care and health outcomes for the patients and communities that we serve. Central to Health Equity is listening to our cultural communities. One example would be our fantastic relationship that is emerging with New American Academy.

[00:00:56.91] Allina was one of the first health care provider that came to our community actually and listened to our community needs in terms of health. The diabetic is really a big problem within the Somali community. So we created a focus group to learn what are the barriers and obstacles and what are the things that contribute to the diabetic problems within the Somali community.

[00:01:21.82] This project is really letting us know that there are some concrete things we can do right now within our health care system to close these gaps.

[00:01:29.02] Do we have a nurse or a diabetic educator who speaks the Somali language, who understands the culture and the way that people live. I can see a result of our research project in terms of healthy eating, in terms of physical activity. And also in terms of social connection.

[00:01:48.24] [MUSIC PLAYING]

[00:01:57.30] St. Mary's Health Clinics is a set of clinics that provide care to low income, uninsured individual families and children in the metropolitan area. We provide care at no cost to these individuals in order to support having them have primary preventative care.

[00:02:12.69] In the short time that I have been here as we treat diabetic patients, I've seen where we've impacted and improved their condition. Just because we're teaching them how to eat and giving them medications. And then having the follow-up and their lab work has shown an improvement in their diabetes.

[00:02:34.03] The Food Group is a food bank. Our passion is around increasing access to healthier foods for our food shelf partners, who then get the food to the clients who need it. Visits to food shelves continue to increase every year. As government programs get tighter and tighter, it just puts more pressure on charitable organizations to meet the need. And we can't do it all alone.

[00:02:53.38] Organizations like Allina Health, who donate dollars to us, allow us to purchase food. And we can make sure that those foods are healthier choices that we then get out to our food shelf partners for free.

[00:03:03.52] [MUSIC PLAYING]

[00:03:09.08] Allina Health encourages its employees to volunteer because only a small part of health happens as a result of the medical care. A lot of it happens in community. I think sometimes people wonder well, what can one person do?

[00:03:21.22] Well, in fact, it's not just one person. Allina has 25,000 employees, and 25,000 employees doing volunteer work can have a profound impact on the health and the well-being of our communities.

[00:03:32.17] I've been looking for a volunteer opportunity for quite some time, and I wanted something that was meaningful, that really did provide something special to community members. I just feel so good when I leave the clinic, I really, really do enjoy it. And it's something that I'll continue after I retire.

[00:03:49.15] When we all do better, we all do better. And Allina supports volunteerism for exactly that reason. To cement the relationship between our employees and our communities.

[00:03:58.47] [MUSIC PLAYING]