

2016 ANNUAL REPORT

At WellShare International, we help families and individuals understand their health conditions, develop healthy habits and connect with providers and resources so they can live healthier and more productive lives. We continue to focus on health equity issues and the reduction of health disparities. In Minnesota, we work closely with refugees, immigrants and other underserved communities. This report represents a portion of our work during 2016.

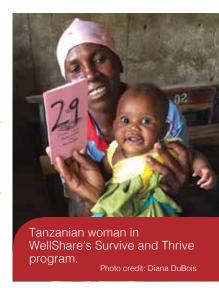
Healthy Living

Keeping healthy people healthy, reducing risks and caring for those with chronic conditions.

109 Somali/East African youth participated in our afterschool program, The Young Achievers. These youth interacted with positive adult role models and prepared for higher education while serving the community by implementing public health campaigns.

Through 61 outreach activities, we educated 4,622 individuals on the harms of tobacco to discourage smoking or chewing betel nut.

An after-school program reached 83 Karen refugee youth with information on reproductive health and alcohol/tobaccorelated issues to encourage positive decision-making for their lives. Programming was offered in the Karen language.



Healthy Bodies

Improving and optimizing the health of individuals.

More than 30 individuals attended a six-week series of chronic disease self-management workshops related to diabetes, arthritis and other conditions.

Nearly 30 elders from diverse communities joined an eight-week series of falls prevention workshops.

We embedded a Community Health Worker at Smiley's Clinic to support Somali patients with health education and resources, care coordination and health care navigation, as well as to ensure patients have access to culturally-informed care.

Healthy Families

Supporting couples in life and with family planning.

CHWs worked within their communities and with local professionals to improve access to culturally-informed reproductive health information and services.

More than 200 Somali men and women received reproductive health information and services through individual conversations and small groups.

Through a partnership with the Karen Organization of Minnesota, more than 50 Karen refugee men and women participated in classes on reproductive health and family planning.

The Survive and Thrive groups in Tanzania supported 508 women and approximately 2,000 family members with health education and small business skills to build their families' incomes.

Healthy Communities

Working with community organizations and healthcare providers for healthier communities.

Through WellShare's Community Health Worker (CHW) Peer Network, we connected more than 500 CHWs with resources and trainings. These connections strengthen the healthcare system for underserved community members.

In collaboration with the Karen Organization of Minnesota and Karen refugee religious leaders, we developed resources and systems to educate the community on the harms of tobacco and betel nut. A 10-hour curriculum was developed and delivered to five adult groups and three high schools.

Working with a major healthcare provider, we conducted 1,137 in-person interviews to understand how their social environments affect cardio-metabolic health in the Somali community.



Karen youth prepared noodle salad for a tobacco education class.

Photo credit: Karen Organization of Minnesota

334 Ugandan community and clinical health workers were trained on family planning counseling and services.

In Uganda, ongoing community dialogues and call-in radio programs have extensive reach and help local communities discuss health misperceptions and develop local solutions.



2016 FINANCIALS 12/31/16

Assets	\$634,001
Liabilities	\$241,068
Net Assets	\$392,933
Income Individual Donations and Special Event Revenue	\$51,527
Foundation and Corporate Grants	\$300,241
Governmental Agencies	\$293,876
Fee for Service	\$902,393
Donated Services and Supplies	\$20,169
Other	\$3,311
Total Income	\$1,571,517

Expenses

Total Expenses	\$1,452,242
Fundraising	\$54,516
Administration	\$277,128
International Programs	\$248,464
Domestic Programs	\$872,134

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Center for Prevention

Funding for Communities Eliminating Tobacco Initiative is provided by the Center for Prevention at Blue Cross and Blue Shield of Minnesota.



The East African Smoke-Free Program is funded by a Tobacco-Free Communities grant from the Minnesota Department of Health.



Some activities are made possible by a grant from the Eliminating Health Disparities Initiative (EHDI) of the Minnesota Department of Health's Center for Health Equity, through an appropriation from the Minnesota State Legislature.

The Spacing Pregnancies Program for East African and Karen Communities (SPEAK) program is funded by the MDH, Family Planning Special Projects.

