

This supplement is produced by community participants of the Backyard Initiative, the Cultural Wellness Center and Allina Hospitals and Clinics

# A Community-Corporate Partnership to Improve Health



The Backyard Initiative began with the vision that the area around Allina's world-class medical facilities should be one of the healthiest communities in the state.

*"We have more than we know, we know more than we say, we say more than you hear. Talking must be accompanied by listening."*

—A Community Member

The goal of the Backyard Initiative (BYI) is to improve the health and healthcare of residents in the Backyard. This initiative began with Allina engaging in many conversations with community stakeholders in May of 2008. Based on these conversations, the Backyard Initiative began with five focus areas: engage communities, build bridges through community partnerships, focus on prevention, expand access to healthcare, and start early with quality early child care and education. Through a series of dialogues with residents of the broader community beginning in December 2008, Allina began to realize that in order for this initiative to be successful, they needed to pause and listen to the community. This began a year-long relationship and trust building process that began to surface the knowledge, experience, cultural values, and health-related priorities of the Backyard residents. This process led to Allina shifting from seeing the community in "their" backyard, to instead, seeing themselves as part of the community's backyard. Allina refocused its priorities to place community engagement at the core of the initiative and adopted a process for supporting the community to develop its own strategies to improve health.

This work of engaging community started with Allina working with the Cultural Wellness Center (CWC), a community non-profit organization based in south Minneapolis, to facilitate the community engagement process.

The CWC organized a number of community gatherings and facilitated dialogues among residents about improving health and health care in the Backyard. CWC has a long history of engaging community residents to improve health through selfstudy, surfacing and producing knowledge, cross-cultural knowledge exchange, and relationship building. The CWC brought this process of engagement that had as its goals to build trust, to generate ideas and strategies by community members, and to create a sense of ownership by residents of the Backyard Initiative. Early in the process, Backyard community residents stated that when health is defined as just the absence of sickness, efforts to improve health focus primarily on access to sickness care. They created a new definition of health that emphasizes well-being in its many dimensions, which focuses attention on what people need to be healthy. This definition of health became the foundation for the initiative.

*"The Big Institution is just people who have to be encouraged to come outside."*

—A Community Member

## The Assessment Process

When community members criticized the initial assessment design, CWC engaged community members to envision alternatives that would be consistent with their values and experience. The CWC organized an

*"Pretty early in the initiative there was a fundamental shift away from viewing the community as being in Allina's 'Backyard' to recognizing that Allina is in the backyard of this community. Along with that, we realized that the work is not about improving the health of a community, but rather acting as a resource in a way that helps community residents to improve their own health."*

—Ellie Zuehlke

Director of Allina's Community Benefit



assessment team to develop and implement a process of gathering information from residents. The Assessment Team of the Backyard Initiative was comprised of community residents and staffed by Allina and the CWC, with Wilder Research providing consultation. The purpose of the assessment was three-fold: 1) to create a picture of the current state of health and well-being of the residents within the Backyard, 2) to engage a broad network of residents in the process, and 3) to use the information gathered to inform and plan the Initiative.

## Community Values Guided the Assessment Process:

### Capacity Building, Leadership Development, Community Ownership

The Team based their assessment on the community's definition of health and the process was guided by principles agreed upon by the community members. These principles illustrate that the community's understanding of community engagement includes more than being invited to the table – residents who live in the Backyard must be engaged in all stages

*"People want to work together but don't know how."*

—A Community Member

of the work and the work must build capacity, leadership, and ownership and support the networks of informal leaders who now hold the community together.

The community residents chose two means of collecting this information: **Listening Circles**

and one-to-one "Walk-around" interviews with a random sample of households within the Backyard area. The primary audience for this information is the people who live in the Backyard area.

*"Help us to transform historical relationships between groups into working relationships which create and produce health. Please!!!"*

—A Community Member

## Allina Hospitals & Clinics

As a mission-driven organization, Allina Hospitals & Clinics strives to provide exceptional health care and to improve the health of the communities it serves. The goal of the Backyard Initiative is to improve the health and health care of people who have Allina Commons, Abbott Northwestern Hospital, and the Phillips Eye Institute in their "backyard." The Backyard Initiative is an innovative partnership with community residents that puts residents at the core of improving the overall health of the Backyard community.

*"The Backyard Initiative experience is proving to be wonderful teacher for all of us on how healthcare and communities can work together effectively. Once we started this project, we quickly learned that to have a strong partnership we need to pause and listen to the community. Once we did that, we stopped our early efforts, re-tooled this project and moved forward in a different direction with broad-based support from the community. This has led to a much stronger partnership that will lead to significant outcomes and innovations in healthcare that will be replicated in other communities."*

—Bobbi Cordano, Interim President, Allina's Center for Health Care Innovation

## Principles that Guide the BYI (2009)

1. Residents who live in the Backyard, whether they are homeowners, renters, homeless, workers, business owners, parents, grandparents, must always be consulted, involved, engaged, listened to and treated as partners.
2. Any assessment of needs or assets, strengths or weaknesses must be done by or with the residents.
3. The Backyard Initiative must listen to and take direction from the many diverse peoples and cultures that live in the area.
4. Those who are taking the lead in the Backyard Initiative must include those who live in the area and people who are from the different cultural communities.
5. The Backyard Initiative must identify and support the informal network of leaders, resource persons, helpers, advocates, and teachers – those who invisibly hold the community together.

*"In the work of the Backyard Initiative in 2009, we built a foundation for a lasting partnership for health and well-being between several groups with divergent histories, backgrounds and life experiences. To reach the place where we are today in this long-term relationship, we honored a process which is tied to indigenous culture and ways of knowing. The process requires interactive learning, deep listening, personal and group reflections. We who came from many places and experiences had to listen to one another. We took the time to listen to the children; we had to relearn how to listen to their experiences. We respected pain, past and present, and we respected the dead and the living. The people of this area who have lived and died for justice, whom we heard about over this year of building were in the voice of Miss Terry and other grandmothers who guided us through this year. We dedicate this work to them and to the children yet to come. This is the kind of work for which the Cultural Wellness Center was created: to develop a successful partnership for health and well-being between a health organization and community members. Thank you all who worked to make it happen."*

—Atum Azzahir

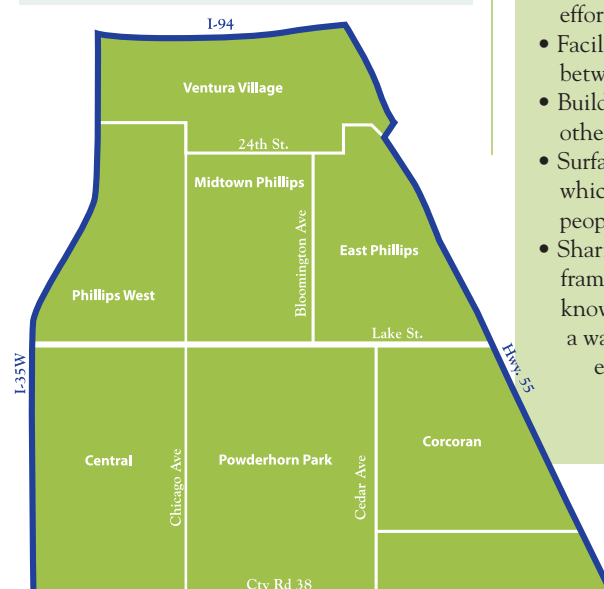
Executive Director of the Cultural Wellness Center



Community residents, including Steve Washington, Reggie Ferguson, Dona Evans & Saundra Crump enjoy a meal together at a BYI Dinner & Dialogue

## Backyard Community's Definition of Health

- Health is a state of physical, mental, social and spiritual well-being. Health is not only the absence of infirmity and disease.
- Health is the state of balance, harmony, and connectedness within and among 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.



## The Role of the Cultural Wellness Center

The Cultural Wellness Center's role in the BYI furthers the mission of the Center: "To unleash the power of citizens to heal themselves and to build community."

### Cultural Wellness Center's role:

To facilitate and guide the process for achieving a community engaged Backyard Initiative in Allina's Center for Health Care Innovation by:

- Building bridges (not gate-keeping)
- Building a collective vision (a common vision for the community's health, definitions, networks, etc.)
- Surfacing the interests, intent, invisible dynamics which are operating in the effort/interactions
- Facilitating clear communications between the various groups
- Building a sense of affinity with each other's group
- Surfacing the assets/cultural capital which exist among/within the local people of the area
- Sharing examples of the concepts, frames, structure, practices, knowledge, and processes that offer a way forward in harmony with each other and between institution and community.





## The Backyard Listening Circles

A listening circle is an engagement tool that is used to surface knowledge and experience within community members while building relationships between community members. Participants in Listening Circles take turns dialoguing about a particular topic through the help of a facilitator. The purpose of the Backyard Listening Circles was to provide community members the opportunity to share their understanding of their health and health needs.

### FINDINGS:

The primary findings from each of the listening circle questions included:

#### How do you keep yourself and your family healthy?

- Eating healthy, staying active, maintaining relationships and community involvement were often tied together
- There is knowledge and behavior around eating healthy and exercising
- Access to healthy foods and exercise helps to make healthy choices, while lack of access hinders healthy behaviors
- Social support is important for staying healthy
- Changes in society affect youth activity levels
- Sports are a popular way for youth to get exercise and stay active
- Exercise/staying active, communication and staying connected affects mental health
- Health is communal, reciprocal

#### How do you maintain harmony and balance in your life?

- Maintaining relationships of all kinds affects all dimensions of health
- Taking time for oneself and family/relationships reduces stress and illness
- Rest/sleep is tied to physical and mental health

#### Who do you turn to for help?

- People use multiple resources when they need help
- Family and friends are important resources for help
- The spiritual and/or religious systems provide resources other than spiritual.
- Friends are often paired with family and were seen as extended family
- For some, it is difficult to ask for help
- The problem or need determines whom people go to for help

#### Barriers to health

The primary barriers to staying healthy mentioned by the listening circles participants were related to health care. Related themes cover many aspects of health care, including:

- Access to and coverage by insurance is a barrier
- Accessing affordable health care is difficult.
- It's difficult to maintain consistent care and/or develop relationships with health care providers
- There is a need for culturally competent health care providers
- Healthcare and insurance systems are confusing

*"The Assessment Team had some problems working together and working with Allina in the beginning. We have come a long way. I have grown in respect for and understanding of the others on the team and I think our individual experiences in the community have helped us have a stronger assessment."*

*I have been impressed by the restraint Allina has shown in letting go of control. As members of the community we have had the authority and opportunity to make decisions and guide the assessment process so that it fits our definition of health and our concerns.*

*One highlight for me was leading a listening circle. Hearing from many different women who live nearby about how they maintain their health and where they struggle has motivated me to continue working to be a part of building a healthier community."*

—Tamara Rasmuson, Assessment Team Member



Angelina Matias-Vazquez, Melissa Hutchison, Candace Washington & Janice Barbee

### Over 200 people participated in the Listening Circles

The Assessment Team developed the plan and process for the Listening Circles based on the BYI definition of health. From August to September 2009, the CWC and Allina supported community residents to conduct 21 Listening Circles with approximately 200 residents across multiple cultural groups and within all Backyard neighborhoods.

#### 1. How do you keep you and your family healthy?

*"We should have more access to good foods and community spaces. It's all about accessing what we need, healthy and all."*

*"We are a community; my health is dependent on the next man's health. If... another person is unhealthy, that impacts me."*

#### 2. How do you maintain harmony and balance in your life?

*"I need people, that keeps me healthy. If I don't have people, I can be very down."*

*"I try to take time for myself, to think, to keep the internal communication with myself, to know where I'm at that moment. Also, to keep communication... with my family and with my friend and with the people I know for real."*

#### 3. Who do you turn to for help?

*"First I help myself, then [I turn to] my aunt and uncle then a chain of family members that can help."*

*"I turn to my friends, family and ask help [from] my religious leaders."*

#### 4. Barriers to Health

*"I can't make over a certain amount because I'll lose the MNCare and that's kind of my only viable option."*

*"I'm bringing in my child and I have no idea what the expenses are going to be, and that's very scary and stressful. I feel like when I'm signing the paperwork, I'm saying that I'm responsible for whatever you decide to charge me for."*

### Listening Circles Questions

1. How do you keep yourself and your family healthy?
2. How do you maintain harmony and balance in your life
3. Who do you turn to for help?

*"This project is impacting the community I live in. I wanted to be a part of the positive change. If I want an entity to be accountable to my community, I do not want to complain without taking action."*

—Dona Evans, Assessment Team Member and Community Interviewer



A BYI Dinner & Dialogue Gathering at the Cultural Wellness Center

### Groups that Participated in Listening Circles

- 4 African American groups (three adult groups, one elder group)
- 3 European American groups (all adults, one women's group)
- 3 Latino groups (two adult groups, one youth group)
- 6 mixed cultural groups (two mothers groups, two GLBTQ groups, one mixed ages, one youth group)
- 3 Native American groups (all adults)
- 2 Somali groups (one women's group, one men's group)



Dinner & Dialogue Gathering at Little Earth: Sarah Langford, Atum Azzahir, and Miss Terri Mooney

*"I have worked on a lot of studies that claim to include community members in the process, but this is the first study that I have been a part of where true community involvement and community leadership was achieved at all stages of the project. My favorite part about working on this project was learning from the residents how to frame issues and interpret data in ways that makes sense for them."*

—Nicole MartinRogers, Wilder Research

## ASSESSMENT SUMMARY

### The Backyard Community Now Has a Baseline for Gauging Its Health

The responses to the Listening Circles and the Walk-around form a baseline of information about the health of people living in the BYI neighborhoods and about perceptions of the quality of life within these neighborhoods. The results from future assessments can be compared to this data to see which factors are improving. Interpreting baseline information now can be difficult. What standard does the community hold up to determine if a result is "good" or "bad"? The Community Commission on Health will be studying and interpreting these findings, determining standards, setting priorities and giving direction to efforts to improve the health of people living in these neighborhoods.

### The Backyard Definition of Health Was Validated

The Listening Circles and survey questions were developed by community members based on a definition of health that includes mental/emotional, social, spiritual health, and environmental health, as well as physical health. The responses reveal that health is seen as complex, including much more than physical health; it is interconnected and impacted by many areas of life.

### Three Common Themes that were revealed in the Listening Circles and the Walk-around

1. **The Power of Interconnections:** Each dimension of health named in the definition is dependent on the others; one dimension of health cannot be understood or addressed in isolation. A healthy body depends on exercise and healthy food, which depends on healthy relationships. Healthy relationships lead to healthy communication which leads to mental health.
2. **The Power of Relationships:** Relationships impact, reinforce the social determinants of health. Exercise is best done with others, as a social activity; healthy eating requires the whole family to support each other; talking with family and friends about your problems keeps you mentally healthy; accountability between people and between people and institutions keeps the community healthy.
3. **The Power of Knowledge and Creativity:** Cultural knowledge, information exchange between patients and health practitioners, and community dialogue contribute to health. Spiritual or religious practices, cultural home remedies, alternative or cultural health practices, and activities that families do together were named as powerful resources for health. Shared knowledge and creativity will improve health.

### Barriers to Health

**Health Care:** People stated that having trust in a health care provider and a lack of access to health care were significant factors in being able to maintain positive health.

**Environmental:** Safety of the environment was the top response in the open-ended questions about what could be done to support health.

**Resources for Children:** The responses concerning children indicate that parents need more resources for their children, including those with special needs.

**Low Income:** Income is an important health factor: connections can be made between level of income and access to health insurance, access to healthy food, and access to safe places to exercise as well as to levels of stress which impact health.





## Backyard Walk-around Interviews

The Backyard Assessment Team developed an approach to gather additional information through “Walkaround” household interviews. The purpose of the Walk-around interviews was to gather specific information and insight about health from many residents of the Backyard. This approach was intended to complement the in-depth discussions from a smaller number of residents who participated in the Listening Circles and add to this baseline information on the health of Backyard residents.

### FINDINGS

#### Health and Health Care Experience

- Nearly half the respondents, 49%, rated their health as excellent or very good
- 22% said their health was fair or poor
- The top four conditions people reported experienced in the past 5 years were: stress (51%), depression (21%), high blood pressure (21%) and chronic pain (20%)
- 41 % of participants reported that some or all of the members in their household are uninsured
- The majority (82%) said they have had a routine checkup with a doctor within the past 2 years
- 17% reported that there was a time during the past year when they needed medical care but did not get it, and the primary reason stated was insurance issues

#### Quality of Life in Neighborhood

- About 60% said that the overall quality of their neighborhood is very good or good
- Respondents were generally positive when asked about other neighborhood quality issues such as opportunity to express ideas, concerns, and opinions and accessibility to affordable foods and safe places for exercise
- Affordable fresh fruits and vegetables are very important or somewhat important to residents (97%)
- 88% of the respondents said locally grown food is somewhat or very important
- 75 % stated that they sometimes, usually, or always worry that their total household income will not be enough to meet their household’s expenses and bills

#### Children and Other Dependents

- 48% live in a household with children
- 31 percent reported that they are giving some sort of unpaid care assistance to a friend or family member who has a health problem
- Of those who have children, 38 % found it either somewhat hard or very hard to find resources in their neighborhood to help support them as parents

#### Cultural Connectedness

- 82 % of the people said they frequently or sometimes participate in cultural practices, celebrations, rituals and other events from their cultural group
- 93% feel it is very important or somewhat important to keep in touch with or learn about their cultural background

### Capacity-Building a Core Community Value

As in the Listening Circle process, the Assessment Team, in its planning of the Walk-around, ensured that members of the community would be a part of every aspect of the process in order to build capacity and improve the appropriateness of the instrument.

### 675 Residents Completed the Interview

The Assessment Team developed 32 questions covering a wide range of topics to reflect the Backyard definition of health.

Allina hired Wilder Research to conduct the Walk-around, and, consistent with the community value of capacity-building, Wilder trained and hired eleven residents, including members of the Assessment Team, as interviewers.

From November 2009 through January 2010, community residents conducted interviews either through door-to-door contact or by phone. A total of 675 Backyard residents completed the interview.

### Languages of Walk-around Interview Participants

35 languages were reported spoken in the “Backyard” neighborhoods with English (89%), Spanish (30%) and Somali (7%) being the top three. Nearly 10% reported an “other” language. In order of frequency, the top seven “other” languages spoken in “Backyard” households are: Vietnamese, French, Ojibwe, Lakota, German, Quizha (Ecuador), and Arabic.

*“The most impressive thing about being part of this project was experiencing the power of community. Instead of another project where outsiders “study” the community, a diverse group of people from many different backgrounds and cultures came together to develop a community driven process. Most importantly the work continues to build community strength and accomplishment.”*  
—June Bouye, Assessment Team Member

### “What is the most important thing that COULD BE DONE in your neighborhood to support the health of you and your family?”

- Safety (20%)
- More/better community resources (12%)
- More/accessible healthy food (12%)
- More clinics/providers (9%),
- Free/affordable health care (7%),
- Affordable health insurance (6%),
- Clean environment (6%), and
- More community gatherings (5%).

### “What is the most important thing that YOU AND YOUR NEIGHBORS COULD DO to support your health and the health of your neighbors?”

- Watch out for each other (36%)
- More community gatherings (13%)
- Clean up the environment (11%)
- Safety/less crime (9%),
- Better communication (8%)
- Physical activity/exercise (6%)
- More/better community resources (6%).

## ASSESSMENT RECOMMENDATIONS

The Assessment Team reviewed the findings from both the Listening Circles and Walk-around and developed the following recommendations. The newly formed Community Commission on Health will also review the findings and consider these recommendations as it does its work of monitoring the community’s health, building the community’s capacity for taking responsibility for its own health, and supporting solutions for maintaining and improving health. The recommendations will serve as a foundation for the projects and initiatives implemented by the Commission’s Citizen Health Action Teams (CHATs). At the time this report was written, there were 12 CHATs working on 12 different strategies for improving health. These CHATs are composed of primarily community residents; some representatives from organizations are also members.

The recommendations reveal the values, standards and practices which community people have named as being necessary for health to exist, and which need to be part of the process of achieving and maintaining health. These are values such as community engagement, relationships, spirituality, and the honoring of culture. The recommendations will help the Commission to develop health priorities and design future health interventions within the Backyard.

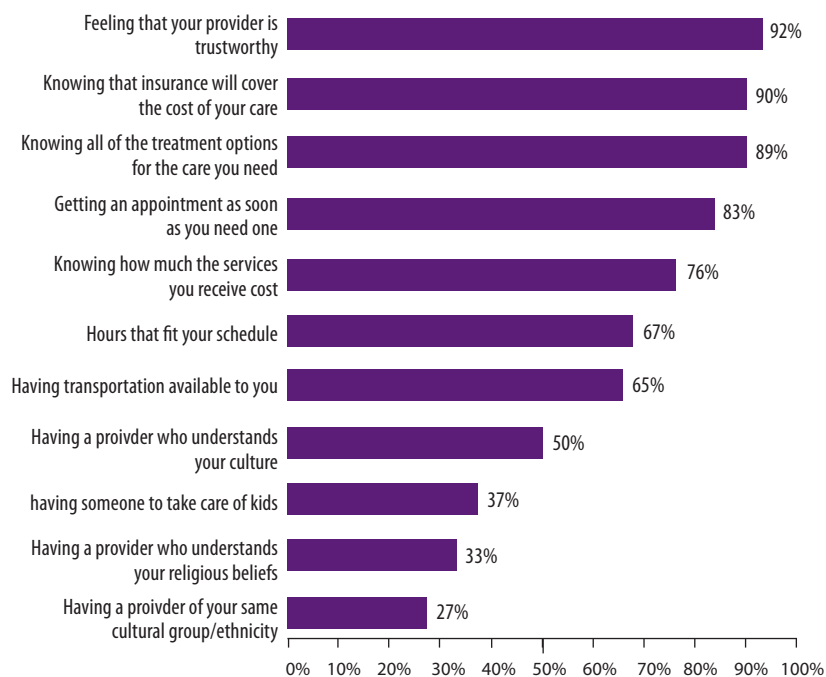
#### The assessment recommendations include:

- Capitalize on the social networks, cultural connections, and optimism within the Backyard community and develop health and wellness activities with a social/community component at the core.
- Explore how Backyard residents get their information and place a priority on connecting with the “informal” communication networks within the Backyard.
- Understand that health—as defined by the Backyard community members—cannot be put in an individual context, but that rather it must be seen through a community lens.
- Make healthcare more accessible by making it more neighborhood based.
- Consider traditional health care as one partner in maintaining health.
- Recognize the importance Backyard residents place on access to healthy and affordable food and identify ways to improve access year-round.
- Explore the role safety plays within the health of the community and create partnerships that help increase safety and the perception of safety within the Backyard.
- Keep the discussion going; continue to explore emerging health concerns and engage the community in creating community- and culturally-based solutions to address these concerns.
- Recognize that health is a shared responsibility.

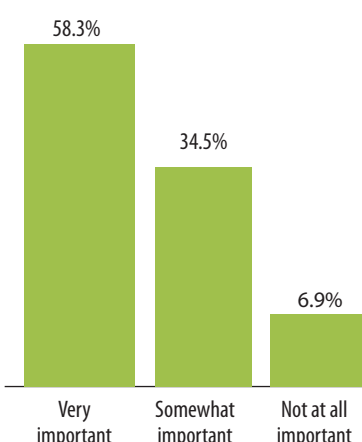
*“There was a moment when I knew we were making great progress. After months of the Assessment Team sharing personal histories, voicing distrust, challenging Allina’s intent, engaging in dialogue about research, and staying true to protecting the community, we had come up with an assessment plan. The defining moment for me was when the larger community group was still questioning the assessment design and, for the first time, a community member from the Assessment Team stood in front of fellow residents and defended the plan. I knew then that the product of months of building relationships and trust was a sense of shared ownership over the assessment; I knew then the power that true partnership could bring to the Backyard Initiative.”*

—Melissa Hutchison, Manager of Allina’s Community Benefit

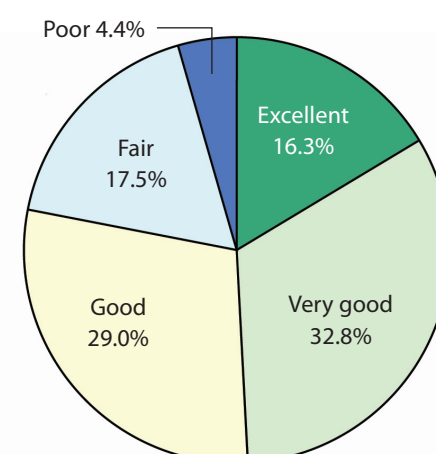
### How important are the following factors to you in terms of having a good healthcare experience? % Reporting very important



### How important do you feel it is to keep in touch with or learn about your cultural background?



### General Health Status



# It Takes a Community... Join us!



## Join Us!

Residents of the Backyard neighborhoods have formed Citizen Health Action Teams (CHATs), each with a different focus for maintaining and improving health. The CHATs are looking for new members, both to help plan and to implement their health strategies. If you want to work together with your neighbors, please contact the Cultural Wellness Center for the meeting times of the CHATs and other BYI events.

And if you have a great idea for improving health, you can recruit your neighbors and form a new CHAT.

Call the Cultural Wellness Center at 612-721-5745, or visit us at 1527 East Lake in the Franklin Bank Building on the corner of Lake Street and Bloomington Ave.

## It Takes a Community...

This assessment report came out of a process and partnership with the community. It reflects the knowledge, experiences and cultures of the Backyard residents. The process included people and organizations who participated in planning, developing, training, implementing, analyzing, interpreting, writing, and learning together.

*[My favorite part of Walk-around was "meeting the people, just going up to the homes and being accepted in the homes. Also ... talking to other people and explaining to them what [we] are doing. I think the value of community building that went on beyond doing the surveys [was] well worth the time it took to talk with other people in the community."*

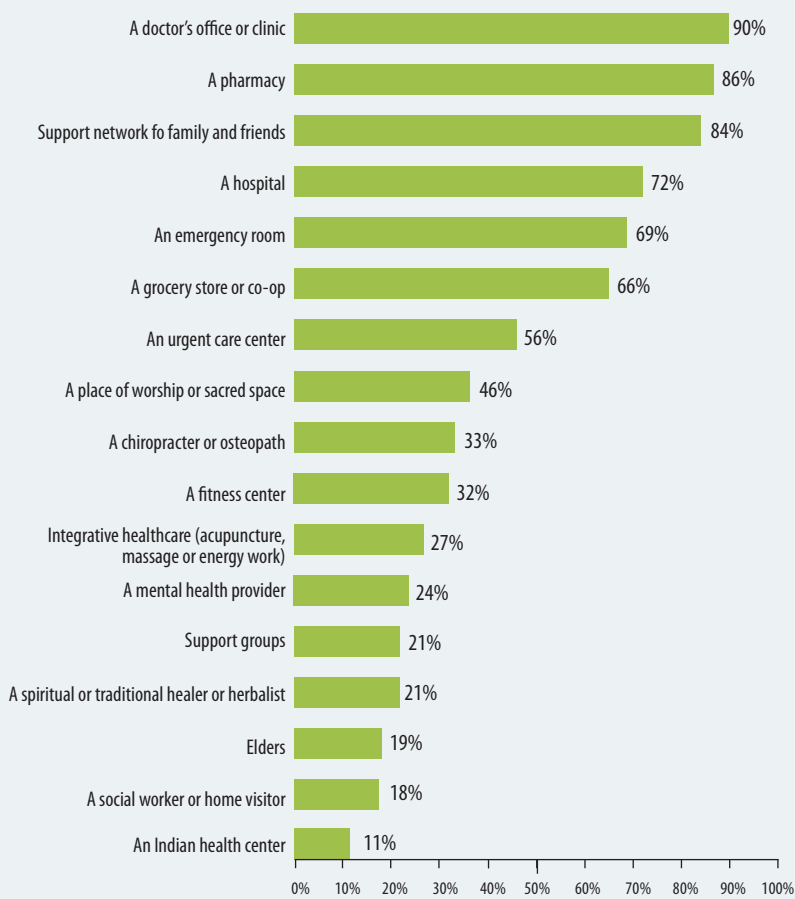
—Saundra Crump, Community Interviewer

## The Citizen Health Action Teams (CHATs) of the Backyard Initiative

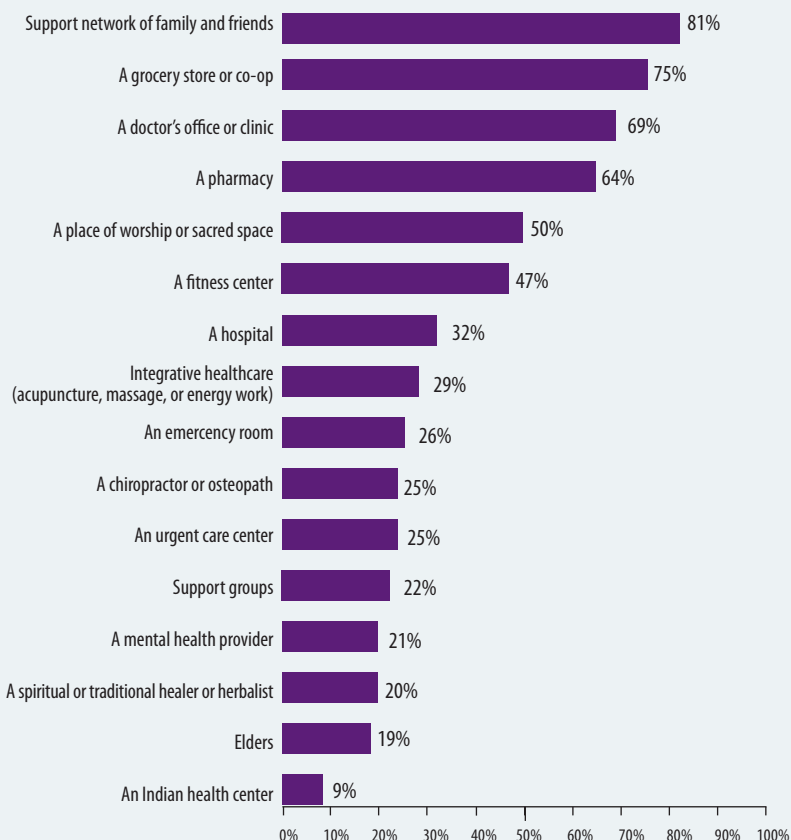
The recommendations will serve as a foundation for the projects and initiatives implemented by the Commission's Citizen Health Action Teams (CHATs). These 12 CHATs have been working on 12 different strategies for improving health. The CHATs are composed of primarily community residents; some representatives from organizations are also members.

- 1. Rebirthing Community:** Bringing Elders and Youth Together: This team is focused on bringing elders and youth together for a "rebirthing" of community. The team has discussed mentoring and visual arts as a way to bring the generations together.
- 2. Establishing Anchor Families:** This team is seeking to establish "anchor families" on each block who can teach life skills and guiding values to youth as well as connect youth and their families to resources for wellness.
- 3. Did You Know?:** This CHAT wants to work on establishing and strengthening informal networks of communication through neighbors by recruiting, training, equipping and supporting block leaders.
- 4. LGBT:** A team that is working to connect individuals from all cultures who are lesbian, gay, bi-sexual or transgender with the resources they need to be healthy and safe.
- 5. Food and Nutrition:** This group is focusing on finding ways to support healthy eating though accessibility to healthy foods and educating about healthy practices across cultures.
- 6. Dakota Language Revitalization:** This group is concentrated on keeping Dakota language and life ways alive and vibrant in the Dakota community.
- 7. Ancient & Traditional Healing Arts:** The focus of this group is on educating community about natural and ancient ways to be healthy and well and connecting people to so-called 'alternative' health practitioners for healing and wellness purposes.
- 8. Environmental:** This group is looking at the impact of environment on the health of residents in the Backyard.
- 9. Communications/Media:** This group is working to lessen or eliminate the divide between people who have information and those who don't so that everyone has the opportunity to be engaged in a healthy community.
- 10. Organizational Leadership:** This group is working with building bridges between the many organizations serving residents in the Backyard area and beyond.
- 11. Healthcare:** This team is looking to identify ways to maximize preventative care and to personalize health care delivery.
- 12. Assessment/Analysis Team:** Developed the assessment process and will continue to guide data analysis and the utilization of the data.

### RESOURCES YOU USE WHEN YOU ARE SICK - PHYSICALLY, MENTALLY OR SPIRITUALLY



### RESOURCES YOU USE TO STAY HEALTHY - PHYSICALLY, MENTALLY, OR SPIRITUALLY



Some of the members of the Assessment Team, and Allina and CWC staff: Paula Fynboh, Melissa Hutchison, Abebech Girma, Ifrah Biyoow, Janice Barbee, Dona Evans, Angelina Matias- Vazquez, June Bouye, Tamara Rasmuson.

*"I think most stories, if not all, I listened to while conducting an interview, will stick with me for a long time...the woman who needs surgery in both eyes but cannot afford to pay for it. She has a child to provide for but her disability and the economy are working against her at present.... One wealthy man was so funny I could not help but laugh even when I did not want to laugh. We both laughed all the way to the end of the survey."*

— Angelina Matias-Vazquez, Assessment Team Member and Community Interviewer

## Kudos to...

- All the community members who participated in the Backyard Initiative (BYI) dialogue and dinner gatherings
- The community members who acted as facilitators and note takers for the Listening Circles and as interviewers for the Walk-around.
- All the Backyard area community members who participated in the Listening Circles and Walk-around interviews
- The Cultural Wellness Center
- Wilder Research
- The staff of Allina Hospitals & Clinics
- Allina leaders who supported a process for placing residents in the core of the Backyard Initiative and Allina in the community's Backyard.

## BYI Commission on Health

A Community Commission on Health was formed in February 2010 to put community residents at the center of the Backyard Initiative. The Commission includes primarily community members who are also members of the CHATs, people from the cultural communities in the Backyard, youth and elders, and people who work in organizations who want to support the work of the community, including the City of Minneapolis, the Health Department, and various non-profits.

The Commission's work is to monitor the health of the community, build the community's capacity for taking responsibility for its own health, and support efforts to maintain and improve the health of Backyard residents. Further analysis and interpretation of the assessment will be done at the request of the Community Commission on Health, with recommendations from the Assessment Team.

For the full Backyard Assessment report and additional information on the Backyard Initiative, visit <http://www.allina.com/backyard>

A copy of the report can also be picked up at the Cultural Wellness Center 1527 East Lake Street, Minneapolis.



10-5316 4-10 \*A REGISTERED TRADEMARK OF ALLINA HEALTH SYSTEM