

Investing in Communities to Improve Health

2015 Community Benefit
& Engagement Report



Allina Health



2015 COMMUNITY BENEFIT & ENGAGEMENT REPORT

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“It is imperative to understand how we can address and make a difference in health-related needs such as access to healthy food and activity, social connections and support for mental health and wellness.”

PENNY WHEELER, MD
PRESIDENT AND CHIEF EXECUTIVE OFFICER



Dear Friends,

At Allina Health, we have a tradition of commitment, hard work and dedication to improve the health of the communities we serve. In 2015, for example, Allina Health provided \$178.3 million in Community Benefit through a variety of programs, partnerships and investments, as shown in the table on the opposite page.

We track programs that fit government-defined categories for improving community health and access to care. These include financial assistance for people who are uninsured or underinsured, training health professionals and preventive programs as well as many other types of programs and services.

Health care starts in the communities where we live, work and play. In fact, 80 percent of health happens outside the walls of medical facilities. As such, it is imperative to understand how we can address and make a difference in health-related needs such as access to healthy food and activity, social connections and support for mental health and wellness.

Through this report, we're pleased to share a sample of our community work. You'll discover how we're responding to community health priorities identified through an assessment process and read about how we're engaging employees in giving back locally and around the world.

To learn more about our community involvement, please visit allinahealth.org/community.

In good health,

Penny Wheeler, MD
President and Chief Executive Officer

ALLINA HEALTH
COMMUNITY BENEFIT
TOTAL \$178.3 MILLION

Charity Care and Means Tested Government Programs	\$135.6 million
Cost of providing charity care (financial assistance)	\$14.8 million
Costs in excess of Medicaid payments	\$49.8 million
Medicaid surcharge	\$24.0 million
MinnesotaCare tax	\$47.0 million
Community Health Improvement Services	\$9.5 million
Subsidized Health Services	\$3.5 million
Health Professions Education	\$17.2 million
Research	\$3.8 million
Partnerships and Other Community Benefit Cost	\$8.7 million
Cash and in-kind contributions	\$3.2 million
Other community benefit cost	\$5.5 million

COMMUNITY BENEFIT AND COMMUNITY HEALTH NEEDS ASSESSMENT

An important part of providing Community Benefit is understanding needs and resources in the communities we serve. In 2015, Allina Health continued to address needs identified through a community assessment process in 2013. In addition to local activities in communities where our hospitals and clinics are located, we are addressing mental health/wellness, healthy eating/active living and access to care across the health system.

The following pages in this report share stories of our work (in 2015) in each of these three priority areas.

Mental health and wellness

Mental health and wellness are essential components to well-being and physical health. Overall, people who have serious mental health conditions face an increased risk of having chronic medical conditions and of dying at a younger age.¹

In 2014, approximately 18 percent of adults in the United States reported having mental illness.² Mental health conditions do not only affect adults. In Minnesota, 38 percent of 9th grade females and 20 percent of 9th grade males reported significant problems with feeling depressed in the last year.³

¹ Colton & Mandersheid, Congruencies in Increased Mortality Rates, Years of Potential Life Lost, and Causes of Death Among Public Mental Health Clients in Eight States, 2006.

² National Survey on Drug Use and Health, 2014.

³ Minnesota Student Survey, 2013.



More than
500
employees have
volunteered to be trained
as *Be the Change*
Champions.



“Allina Health is the largest provider of mental health and addiction care in the state. Being the largest provider we need to lead the way as it relates to eliminating stigma within the industry,” said Joseph Clubb, MSW LICSW, VP of Operations, Mental Health & Addiction.

“Stigma affects the patient’s experience profoundly, because they feel as though they may be unable to bring up things they’re feeling,” said Penny Wheeler, MD, CEO and president, Allina Health. **“When you can’t get a holistic view of what a person brings to a situation, you can’t treat them as well as you could otherwise.”**

Working to eliminate stigma around mental health conditions and addiction

At Allina Health, we believe mental well-being is critical to overall health. We know the impact of mental health conditions and addiction is tremendous on individuals, families and communities. We also know stigma, or the set of negative and unfair beliefs that a society or group of people have about something, is often harder to face than the mental health condition or addiction itself, and it stops people from getting help.

This is why, in 2016, we’re launching ***Be the Change***, an effort to eliminate stigma around mental health conditions and addiction at Allina Health. We want all patients to receive the same consistent exceptional care when they enter our doors, whether they present with a medical need, a mental health condition or addiction.

In 2015, we asked employees to share their thoughts on stigma and how it impacts health care. We also asked for employee volunteers to become *Be the Change* Champions. Champions will help colleagues understand what mental health conditions and addiction are, facilitate conversations about the stigma surrounding them and generate awareness to help change attitudes within Allina Health. More than 500 employees volunteered to lead this effort. As we continue to advance *Be the Change*, we’ll look for opportunities to engage the community to work with us to eliminate stigma around mental health conditions and addiction.

Changetchill.org, provides free, easy-to-use information about stress – what it is, what can trigger it and how to best manage it.

In an effort to help teens build skills to manage stress, we launched the **Chiller Challenge** – a contest allowing teens the opportunity to create the next ‘Chiller’ for the Change to Chill website.

Chillers are visuals that help teens slow down and step back from stress. They can be original photos teens take, artwork they make or videos they create. Monthly winners received a \$25 e-gift card and grand prize winners received a Change to Chill prize pack including an e-gift card and their Chiller is featured on the Change to Chill website.



Change to Chill in action

Oakland Area Learning Center, an alternative education program in Cambridge used the Change to Chill online resources to help students build their resiliency skills.

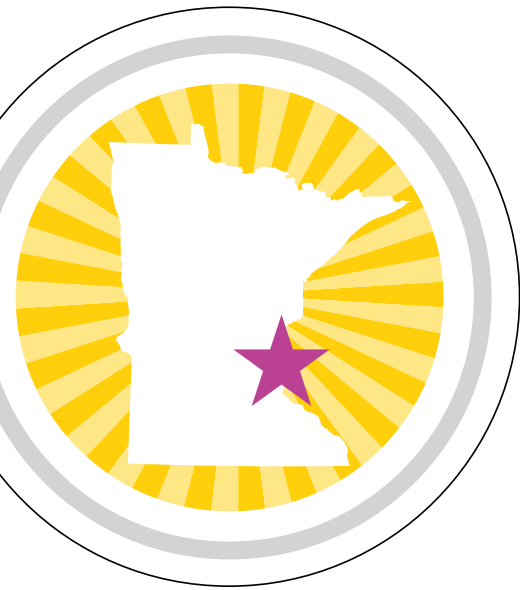
“Many students come through our doors with anxiety, stress and depression. If we can provide them with experiences to guide their education and build on their personal pathway to health, these kids will then have the skills to thrive in both good and challenging times,” said Rebecca Fuller, principal at Oakland Area Learning Center.

Darcy Rylander, wellness coach at Cambridge Medical Center, introduced Oakland Area Learning Center students

to techniques on how to reduce stress and identify triggers for stress. Students also used interactive lessons to develop their meditation and resiliency skills.

“Being aware of what causes you stress is one step in learning how to handle it well,” said Darcy. “Even the simple act of focused breathing can have a calming effect and help lower stress.”

Several months after the course, students reported using the meditation techniques to help them fall asleep at night. The Just Breathe techniques, specifically, are used on a regular basis to transition from one situation to another.



STATE INNOVATION MODEL GRANT

Partnering with schools

In 2015, Allina Health expanded a long-standing Healthy Student Partnership with the Anoka Hennepin School District through a state Accountable Communities for Health (ACH) grant. Partnership activities included health screenings and health and wellness promotion activities at eight district traditional and alternative high schools.

Jill*, a senior at Anoka High School, attended several of the health and wellness promotion sessions sponsored by Northwest Metro Healthy Student Partnership ACH. She explored approaches to stress management and learned how to employ effective relaxation techniques such as deep-breathing exercises, to improve well-being and academic performance. By using deep, calming breaths, Jill was able to reduce perceived stress and anxiety and better prepare herself for test-taking. This led to more successful exam results! Learning new breathing techniques gave Jill the confidence to effectively cope with stressful situations, which she says will be invaluable in college next year.

In an effort to help others benefit from the Healthy Student Partnership ACH health promotion programming, Jill and three of her classmates gathered information and provided invaluable feedback on each of the health and wellness promotion sessions. Their findings were presented to the associate superintendent and the Healthy Student Partnership Leadership Team.

**Name has been changed*



Programming lead by the YMCA (above) teaches students at Champlin Park High School how to use exercise as a stress reduction strategy. The partnership is made possible through the Healthy Student Partnership.



Mural completed by students at Anoka-Hennepin Regional High School through a partnership with Banfill-Locke Center for the Arts. The partnership is made possible through the Healthy Student Partnership and was established to help teens learn to use art, creativity and imagination as a stress reduction strategy.



A young girl with her hair in braids adorned with large, clear, round hair ties is seen from behind, looking at a large wooden crate filled with dark purple grapes. She is wearing a bright blue t-shirt. The background shows other produce like peaches and oranges, suggesting a market or grocery store setting. The overall scene is brightly lit and colorful.

Healthy eating and active living

Eating healthy meals and snacks and living an active life are two important ways to promote health and prevent excess weight and reduce risk for further health issues, such as cardiovascular disease and diabetes.⁴

When it comes to healthy eating, only 22 percent of Minnesota adults eat enough fruits and vegetables in a day.⁵ Additionally, more than one out of every six Minnesota adults report getting no exercise in the past month.⁶ In 2014, two out of three Minnesota adults were overweight or obese.⁷

⁴ Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults, National Institutes of Health, 1998.

⁵ Behavioral Risk Factor Surveillance System, 2009.

⁶ Behavioral Risk Factor Surveillance System, 2006-2012.

⁷ Behavioral Risk Factor Surveillance System, 2014.

NEIGHBORHOOD HEALTH CONNECTION™

Neighborhood Health Connection, a community grants program developed by Allina Health, aims to improve the health of communities through social connections, healthy eating and physical activity. In 2015, Allina Health awarded 58 Healthy Activity grants to local nonprofits and government agencies in Minnesota and western Wisconsin. Grants ranging from \$500–\$10,000 were used to help people make – and strengthen – personal connections through healthy activities. A total of 2,789 people participated in those activities. Two activities are profiled here.

Fun, Fresh Food and Fitness

For some residents in South St. Paul's Nan McKay and Jon Carroll high-rises, it's difficult to get out and shop for fresh ingredients to cook healthier meals. Knowing transportation was a big obstacle, Mindy Ostrow, public housing manager for the South St. Paul Housing and Redevelopment Authority, created "An Afternoon of Fun, Fresh Food and Fitness." For 12 weeks, residents had the opportunity to gather together, learn how to cook healthier foods, take part in exercise classes and shop at the St. Paul farmer's market.

The program drew several local organizations and businesses together, partnering to provide health-filled afternoons to those interested.

"This program was wonderful," said resident Mary Towey. "It was great for those of us who don't have cars anymore. It gave us a chance to get nice fresh vegetables and fruit."



The Shakopee Diversity Alliance: Somali women's exercise program

From time constraints to physical limitations, almost everyone has obstacles to overcome when trying to get fit. Ibrahim Mohamed, president of the Shakopee Diversity Alliance, discovered that Somali-American women in Shakopee had more challenges than most; they didn't know much about exercise and couldn't find a women-only environment to work out, which many Muslim women prefer.

Through the Healthy Activity grant, Mohamed created the Somali Women's Exercise program, or Somali Jimisci.

"This collaboration, this fostering, this sense of community, is really important," said Tamara Severtson, community engagement lead, Allina Health. "We want everyone to feel welcome everywhere."

Participants tried Zumba, yoga and strength training classes at the River Valley YMCA in Prior Lake, and swimming lessons at the East Junior High pool in Shakopee. Both locations limited the classes to women only.

Muna Sharif, who had been swimming just a few times before participating in the activity said, "Swimming is now my number one exercise. Every time I was doing swimming, I went home and slept really good."



Health Powered Kids™

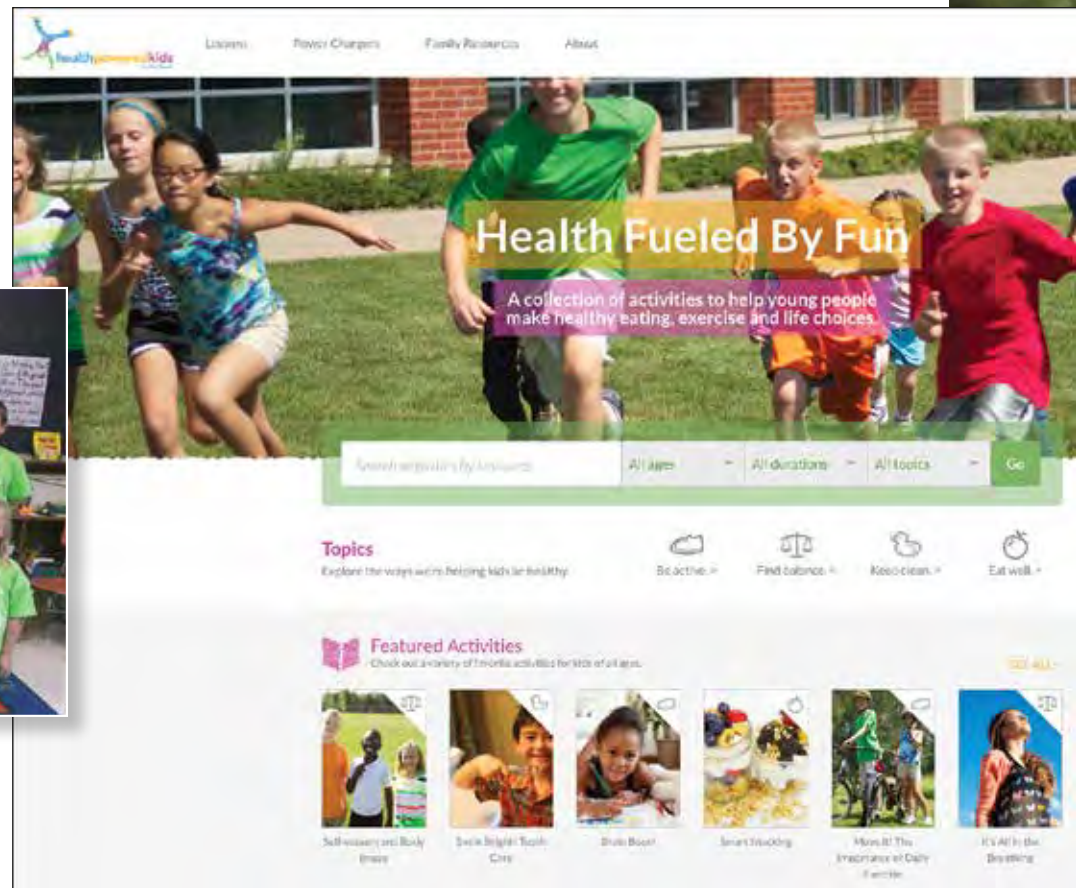
Now in its fourth year, our free online community education program **Health Powered Kids (HPK)** is empowering kids to make healthier choices around being active, eating well, keeping clean and stressing less.

From our annual survey, we know that Health Powered Kids reaches thousands of children each year. In 2015, approximately 9,500 people visited the Health Powered Kids website.

Because teaching kids to live well should be fun!



Pictured above: Bonnie Baranek, an Allina Health employee from New Ulm, visited first graders at St. Mary's elementary school to discuss ways to stay active, eat well, keep clean and stress less.



In 2015,
approximately
9,500
people visited
the HPK website

In 2015, Health Powered Kids website was upgraded to include:

- **Pre-populated lesson plans:** Features more pre-built lesson plans and in-class “Power Charger” activities to help kids develop positive physical and mental habits in a few minutes.
- **Easier navigation:** It offers a friendly, new design as well as enhanced navigation tools and search elements. And, the site is accessible on any device.
- **No more log-in:** We’ve eliminated the log-in which means one less password for you to remember.





Allina Health
Market BUCKS
Eat fresh. Buy local.

As one way to increase access to local fresh fruits, vegetables, dairy, meats, grains and other products, community members in some Minnesota communities can receive Allina Health Market Bucks to use at local farmers' markets and food co-ops.



Allina Health
Market BUCKS
Eat fresh. Buy local.

Market Bucks
accepted here.

supported by
Allina Health

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Market Bucks are distributed through Allina Health medical providers as well as community partners including local public health departments, senior centers and food shelves. In 2015, the effort was supported by markets and food vendors in the cities of Faribault, Northfield, Owatonna and Farmington.

In 2015, 10,000 Market Bucks (each valued at \$1) were distributed in the community and almost half were used at local farmers markets. The Market Bucks have no expiration date and they continue to be used. As a pilot program, Market Bucks has been very popular and with evaluation findings expected in mid-2016, the program may expand to additional distribution sites, activities and communities in the future.



THE BACKYARD INITIATIVE (BYI)

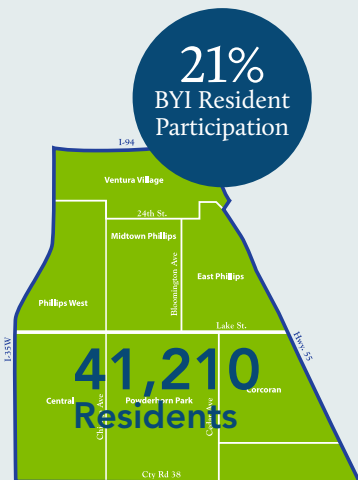
is a dynamic partnership between the residents of South Minneapolis, the Cultural Wellness Center and Allina Health to support the community's capacity to take care of its own health. The BYI improves social connections and health literacy through 12 Citizen Health Action Teams (CHATs) which are formed 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.

The BYI Resource Center, located in South Minneapolis at the Midtown Global Market, is a gathering place for BYI leaders, participants and the broader community.

IN 2015

- 40 events were hosted which promoted social support, social cohesion, health education and health empowerment among participants
- 3,120 people visited to receive information about the BYI, community health resources and CHAT specific activities.
- 25 percent of those visitors had prior knowledge of the BYI or a particular CHAT.

Community Involvement



Community volunteer hours

50,720

Residents contribute \$5.60 in volunteer time for every \$1 invested by Allina Health

\$\$\$
\$\$\$ \$

CHAT leaders

346

Participants in CHAT activities

8,454

Partnership with



Minneapolis' ReThink Your Drink Campaign

As a group, CHATs completed a total of 9,320 health improvement activities in 2015. For example, to encourage residents of South Minneapolis to choose healthy beverages over sugary ones, a BYI Resource Center team conducted four events for the ReThink Your Drink, Every Sip Counts! Campaign. These events resulted in:

250 people engaging with the BYI Team to learn about the negative health effects of consuming sugary drinks and sampling 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.



SAFE ROUTES TO SCHOOL

Encouraging healthy behaviors in youth

New Ulm is working to make changes to the physical environment and educate students and their parents on the benefits of walking and biking to and from school through the **Safe Routes to School** program. According to a Safe Routes to School survey completed by New Ulm parents this year, only nine percent of students who live within a mile or less from their school actually walk or bike to school. Additionally, over half of all parents indicated they were concerned about the speed and amount of traffic, and the safety of intersections and crossings.

In 2015, many local organizations, including the New Ulm Medical Center, have been hard at work: improving arrival/dismissal processes to make school areas safer, introducing a 'Bike Walk Fun!' PE curriculum on walking and biking safety, holding events to educate and encourage students and creating city-wide safe routes to alleviate parents' concerns in finding the safest ways to school for their children.

While there is still more to be done to support biking and walking to school, efforts remain to improve the health and quality of life for all New Ulm residents.

According to a Safe Routes to School survey completed by New Ulm parents this year, only nine percent of students who live within a mile or less from their school actually walk or bike to school.

STEPPING ON

Hospitals working to reduce falls in older adults

One out of every three adults age 65 and older falls every year. As a result, most have significant health and lifestyle consequences. Among older adults, falls are the leading cause of injury and hospital admissions for trauma and death.

Stepping On, a seven-week falls prevention program currently offered by five Allina Health hospitals (Buffalo Hospital, Cambridge Medical Center, Mercy Hospital, River Falls Area Hospital and Unity Hospital), is proven to reduce falls in older adults by over 30 percent. It is appropriate for independent, older adults with a history of falls, at risk of falls or who have a fear of falls.

This program is offered at a minimal fee and is open to the public. It helps participants identify why they fall, as well as the different ways to prevent falls, such as: strength and balance exercises, home safety check suggestions and a medication review. Participants leave with more strength, achieve better balance and experience a feeling of confidence and independence as a result of performing various exercises and sharing personal falls experiences as a group.



"The awareness of balance issues and the confidence I've gained from class and exercises has allowed me to expand my daily activities."

– Stepping On participant

35%

of people who fall
become
less active.

Access to care

Access to care means people can get the health services they need, when they need them, from trusted providers. Lack of insurance is a primary barrier to access to care and contributes to poor health. Minnesota's uninsured rate for adults was four percent in 2015.⁸ This is down from an estimated eight percent in 2013, and strongly linked to the Affordable Care Act. However, people of color in Minnesota are still more likely than whites to be uninsured or under-insured.⁹ Additionally, almost one in four Minnesota adults do not have a regular doctor, whether or not they have insurance.¹⁰

⁸ Minnesota Health Access Survey, 2015.

⁹ Ibid.

¹⁰ Behavioral Risk Factor Surveillance System, 2011-2012.



EARLY YOUTH EYECARE (E.Y.E.) COMMUNITY INITIATIVE

As a sponsored program of Phillips Eye Institute Foundation, the **Early Youth Eyecare (E.Y.E.) Community Initiative** strives to remove vision problems as a major roadblock to learning by providing regular vision screenings, follow-up, and subsequent treatment services to Minneapolis and Saint Paul Public School children in kindergarten, first, third, fifth and sixth grades. During the 2015-2016 school year, E.Y.E. staff and volunteers conducted nearly 30,000 vision screenings in more than 100 schools.

An E.Y.E. Case Coordinator contacts the parent/guardian of every student who does not pass the screening to determine whether they have been able to access vision services for their child or whether assistance is required to pursue care. For many of these students, the disparity between being notified there is a need for further care and actually receiving care is significant. During the 2015-2016 school year, of the 4,390 students who did not pass the vision screening, close to half had a change in care as a result of the E.Y.E. vision screening.

The E.Y.E. Program promotes access to vision care by coordinating and funding transportation services, interpreter services and all medically necessary vision services (e.g., eyeglasses, surgery, medications) on a child's behalf. Referrals are made to a network of participating E.Y.E. providers (ophthalmologists and optometrists), including the Kirby Puckett Eye Mobile. Since the launch of the Eye Mobile, more than 715 students have received vision care and glasses, when prescribed, who would otherwise likely have gone without.



"Dear Phillips [Eye Institute], I am writing to give you a huge THANK YOU!! My daughter is a 5th grader in South Minneapolis. Recently [Phillips Eye Institute] was there screening all of the kids. My daughter failed the eye exam twice. My husband has been unemployed for about five months and we have no vision insurance right now. I can't THANK YOU enough for providing the opportunity for my daughter to get an eye exam and glasses. She is thrilled! It is great enough that you go into the schools to do the exams but to provide the glasses if the child is uninsured is the icing on the cake. I know it made a big difference for her. I am so thankful for your program!"

HADI MEDICAL CLINIC

With support from Allina Health, Dr. Abdul Nathani opened the **Hadi Medical Clinic** in Brooklyn Center in May 2013. The clinic's mission is to provide no-cost health care consultations alongside a friendly team of health care professionals so that you and your family can stay healthy.

Hadi Medical Clinic is open to everyone in need of its service, regardless of race, faith or socioeconomic status. The clinic provides free primary care consultations by board certified doctors. In addition, lab tests are arranged as necessary at a nominal fee.

According to Dr. Nathani, "We hope as new communities become more aware of our clinic and our purpose, Hadi Medical Clinic will continue to grow and fulfill our mission of serving others."

Dr. Nathani is extremely passionate about caring for the underserved and providing them equal opportunities to access quality health care. He views his giving of time and resources as a special "calling" to serve others. He is well known through the halls of Mercy Hospital as a Hospitalist who truly cares for the patients he sees and for the staff he interacts with. Allina Health provides support in the way of computers and medical equipment, as well as lab services for Hadi patients.



Dr. Nathani received an Anoka County Public Health award for his service to the homeless and underserved in 2016. Shown here with Commissioner Scott Schulte.

To learn more, visit
hadimedicalclinic.org/about-us/



CARING FOR PEOPLE EXPERIENCING VIOLENCE

National estimates indicate one in five women will experience rape in their lifetime and one in three women and one in four men will be a victim of intimate partner violence (National Intimate Partner and Sexual Violence Survey, 2010). In addition, more than three million children receive intervention services and more than 1,500 child abuse related deaths occur annually (National Children's Alliance, 2014).

These violent encounters can result in a multitude of medical and social consequences including mental health and addiction issues, unintended pregnancies, sexually transmitted diseases, chronic pain, suicide, relationship issues and re-victimization. A recent article in Evidence-Based Medicine, (March 2015) termed violence a chronic medical condition which needs a comprehensive management plan for patients and families.

Allina Health's **Forensic Nurse Program** meets the acute forensic needs of patients experiencing violence in a timely manner through patient-centered care by trained forensic nurses in collaboration with Emergency Department personnel. The program has been providing emergency care to patients experiencing violence for more than 15 years, and currently operates at 10 sites providing forensic nursing care to nearly 400 patients annually.

More work is needed to prevent future violence-related morbidity and mortality; however, Allina Health is making great strides as home to the first and only comprehensive forensic nursing program in the state.

Community Partnerships

Allina Health is known for expert treatment of illness and injury. But our service to the community goes far deeper than that. The best way to improve community health is through sustained partnerships. As a not-for-profit health care system, we partner and give back to the community in many different ways – all focused on improving the health of those we serve.



New Shoes, Healthy Kids

On April 18, more than 1,800 Allina Health employees, families and friends helped distribute 10,000 pairs of athletic shoes at the New Shoes, Healthy Kids events.

For the second year in a row, volunteers helped fit and distribute new athletic shoes and socks to kids at 16 Allina Health and various community locations.

Allina Health is committed to supporting the community in becoming healthy and staying healthy. Shoes are a basic necessity that many kids in our communities lack. Giving kids a pair of shoes allows them to play and be active.

"These are shoes for kids who might not otherwise have access to a new pair of shoes," says Ellie Zuehlke, director, Community Benefit and Engagement, Allina Health. New shoes promote exercise, healthy play and healthy self-esteem – all factors which support learning.



"One little boy was so excited about his new shoes that he searched the building for someone to take a picture of him holding his new shoes. He had the biggest smile on his face!"

"We had a child come in wearing shoes two sizes too small. Once we got her fitted and into a new pair of comfortable shoes, her mother was moved to tears."



FB4K

FREE BIKES 4 KIDZ



Give a bike. Change a life.

As a health care system, we recognize good health habits start early, which is why, for the fifth year in a row, we partnered with **Free Bikes 4 Kidz (FB4K)**, a non-profit organization geared toward helping all kids ride into a healthier, happier childhood by providing bikes to those most in need.

With the help of 800 employee volunteers, more than 5,000 bikes were collected from employees and members of the community during our collection events in the fall.

During our December distribution events, bikes were donated to kids in need at 16 different Allina Health and community locations. For the first time, one of the distribution sites was Hazel Park Prep Academy, an elementary school in St. Paul where 82 percent of students are eligible for free or reduced-priced lunch. The new distribution location was the result of an expanded partnership between Allina Health, Free Bikes 4 Kidz, and St. Paul Public Schools. Free Bikes 4 Kidz and St. Paul Public Schools worked together to identify children most in need. Volunteers from Allina Health and St. Paul Public Schools fit 350 kids with helmets and bikes, and distributed bike safety and concussion education booklets.



PROJECT SEARCH

In 2015, River Falls Area Hospital became part of an international program called Project SEARCH. This program provides employment and education opportunities for individuals with significant disabilities.

Students spend nine months gaining real-life, transferable skills at the hospital. They complete three internships throughout hospital departments, combining instruction and immersion in the workplace setting that prepares them to meet future employer expectations. Internships are offered in areas ranging from the Emergency Department and Nutrition Services to Human Resources and Environmental Services.

The program is a partnership between the hospital and the community partners supporting the student interns: Bridge for Community Life, River Falls and Ellsworth school districts, TMG, Wisconsin Department of Workforce Development and ContinuUs.

“Although we are a health care provider, the work we do at River Falls Area Hospital is not just providing health care – our goal is to be a good partner to the community we serve,” said David Miller, hospital president. **“This program is excellent for the students who take part in it, but is good for us at River Falls Area Hospital, too, and I’m convinced we get more from it than we will ever be able to give.”**



Mission Matters: Employee Volunteerism

2015 IN REVIEW



Number of employees
logging 20 hours or more

1,908

Total
hours logged:
135,944
worth more than
\$3,136,228



Number of employees
logging at least one hour

4,050



The Global Fund
program supported

146

Allina Health employees
on trips to

24

different countries



Percent of employees who have
logged at least one hour:

15.64%



Allina Health

Allina Health employees play a critical role in the lives of the patients and family members they serve. This dedication continues outside the walls of Allina Health through volunteer work and giving back to the community in ways that have personal meaning.

In 2015, Allina Health employees donated more than 135,000 volunteer hours to organizations and causes they love – worth more than \$3 million.¹

Allina Health proudly supports employees' service in the community by making a charitable contribution to the not-for-profit organization of the employee's choice for each 20 hours of service an employee volunteers, up to three per calendar year. In 2015, \$250,300 was donated to more than 1,200 not-for-profit organizations through the Dollars for Doers program.

In addition, Allina Health makes a charitable contribution when employees participate in a walk, run or bicycle event that benefits a charitable organization. The more employees who participate in an event, the larger the contribution Allina Health makes on their behalf. In 2015, \$20,750 was donated on behalf of Allina Health employees.



"Service is core to my being. I am glad the organization I work for (where I spend a large amount of my time and energy) goes above and beyond to support my interests and our local community."

¹Latest figure from 2014 Bureau of Labor Statistics data, indexed by *Independent Sector* in March 2015.





GLOBAL FUND | Mission Jamaica

Caren Nemec, BAN, RN, CAPA, is a staff nurse at Buffalo Hospital who recently used the Allina Health Global Fund to financially support her medical mission work in Jamaica. As part of a nine-person mobile medical team, made up of two family practice doctors, three RNs and four support personnel, Caren managed the pharmacy.

Jamaica provides nationalized free health care, but accessibility is a major obstacle. There are few medical providers, clinics or hospitals. Jamaicans often cannot travel from the mountains and savannahs to the site of care. Plus, many health care sites have limited electricity and water.

During her week-long trip, a total of 305 people were seen for care. Many reaped the benefits of the medical personnel by getting their blood sugars checked, medications filled and learning about their medications.

On the way back from the second day's clinic, one of the nurses saw an accident down a side road. "We stopped and learned a man had fallen off a tractor pulling a sugar cane wagon," said Caren. "He was awake and alert, but had multiple lacerations. Our team of doctors and nurses checked him out and lifted him into his friend's truck to be transported to a hospital for stitches. It felt good to be his Good Samaritans."

After returning from the trip, Caren said she had a new-found appreciation for being away from technology, living simply and being more focused and present with others. "I appreciate having a job, good roads and safe, reliable, transportation. I also appreciate that my home and hospital has affordable electricity, safe running water, toilets, a septic system, a kitchen and available food. This trip has made a difference in the world and I have grown."

COOKING MATTERS® MINNESOTA

Through a partnership between Share our Strength® and University of Minnesota Extension, Cooking Matters® Minnesota empowers families at risk of hunger with the skills, knowledge and confidence to make healthy, delicious and affordable meals.

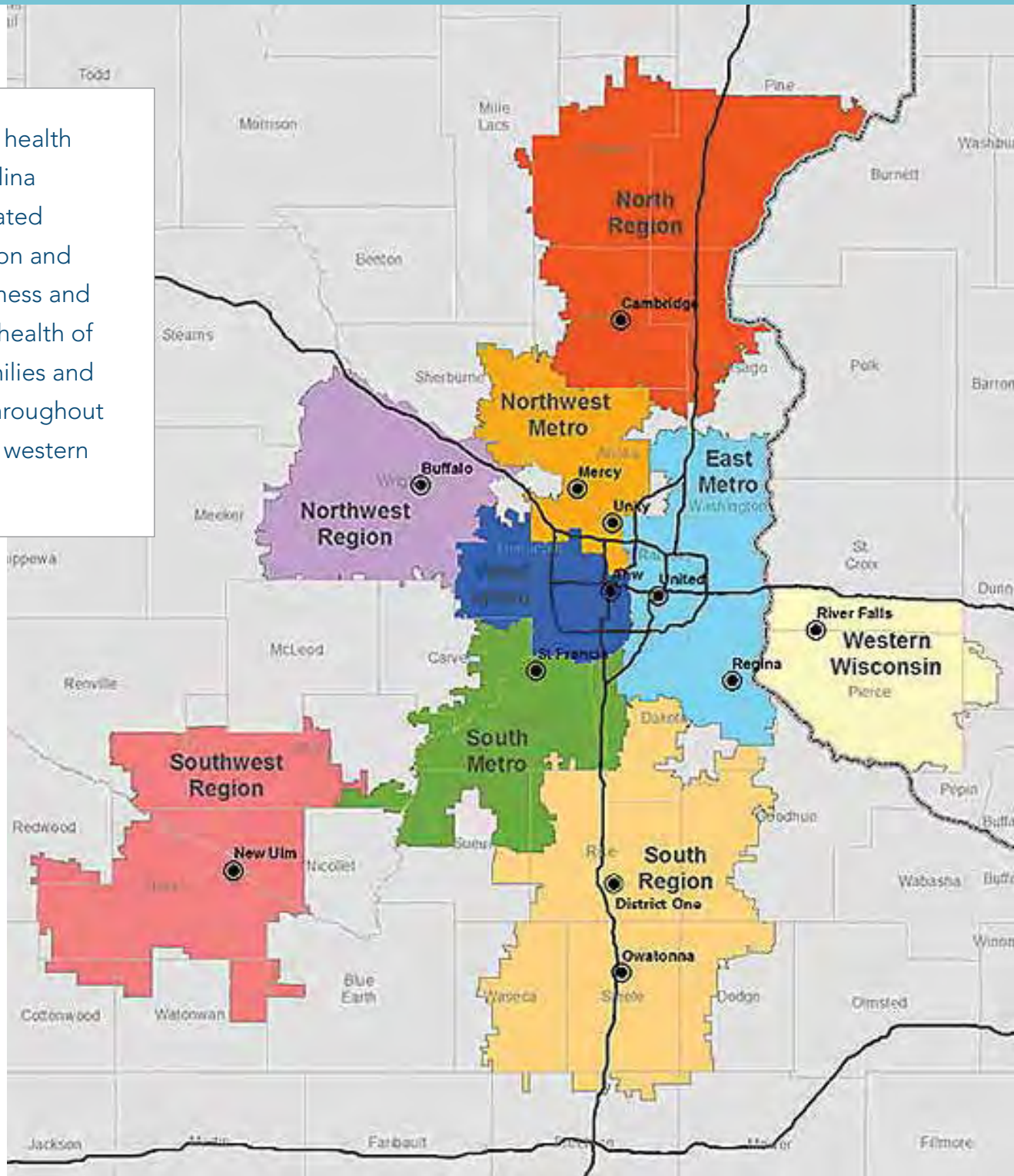
St. Francis Regional Medical Center has co-hosted these classes several times in the past. Chefs Marc Nicholson and Rochelle Allen of the Legacy Café also volunteer their time to lead the classes. At one class co-hosted with HeadStart, 14 families learned about easy and healthy meals and snacks they can make on a budget.

According to Chef Marc, “The program provides all of the tools to succeed. It provides hands on instruction/guidance, knowledge (nutritional/culinary), and the food to reproduce the meals at home. It really stresses that learning the right set of easy-to-learn skills can save families money and still produce quality food.



OUR COMMUNITIES

A not-for-profit health care system, Allina health is dedicated to the prevention and treatment of illness and enhancing the health of individuals, families and communities throughout Minnesota and western Wisconsin.



TWIN CITIES METRO AREA:

Northwest Metro Region

The Northwest Metro Region includes both Mercy Hospital and Unity Hospital, and primarily serves communities within Anoka County. It also includes areas within Sherburne and Hennepin counties.

South Metro Region

The South Metro Region includes St. Francis Regional Medical Center and primarily serves Scott and Carver counties. It also includes communities in Sibley, Le Sueur, Dakota and Hennepin counties.

West Metro Region

The West Metro Region includes Abbott Northwestern Hospital and Phillips Eye Institute and serves communities within Hennepin County, with Minneapolis being the largest city in the region.

East Metro Region

The East Metro Region includes United Hospital and Regina Hospital and serves Ramsey, Washington and Dakota counties. This region spans the eastern edge of Minnesota into the metro area surrounding the city of St. Paul.

GREATER MINNESOTA:

North Region

The North Region includes Cambridge Medical Center and serves small and rural communities within Isanti, Chisago, Kanabec and Pine counties north of the metropolitan area of Minneapolis and St. Paul.

Northwest Region

The Northwest Region includes Buffalo Hospital and is located west of the metropolitan area of Minneapolis and St. Paul. This region primarily serves Wright County, but also serves communities within Stearns, Meeker and Hennepin counties.

Southwest Region

The Southwest Region is located in south central Minnesota and includes New Ulm Medical Center. The region serves communities and rural areas in and around Brown County and communities within Sibley and Nicollet counties.

South Region

Located south of the Twin Cities metropolitan area, the South Region includes District One Hospital and Owatonna Hospital and serves small and rural communities in and around Steele, Rice, Waseca, Dodge, part of Dakota and Goodhue counties.

WESTERN WISCONSIN:

This region is served by River Falls Area Hospital and includes small and rural communities within Pierce and St. Croix counties.



Allina Health employees, family and friends at the Jingle Bell Run in December, 2015.

Investing in communities to improve health

At Allina Health, we believe health care is more than just treating people when they are sick. We are committed to improving the health of the communities we serve and helping people live healthier lives.

As a trusted and compassionate partner, Allina Health ensures community benefit and engagement is an integral part of our culture and strategic plan. Investing in these efforts is one way we support people on their path to better health.



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