



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 after-school 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/tobacco-related issues to encourage positive decision-making for their lives. Programming was offered in the Karen language.



Tanzanian woman in WellShare's Survive and Thrive program.

Photo credit: Diana DuBois

## 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.

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.

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

## Healthy Communities

*Working with community organizations and healthcare providers for healthier communities.*

**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.



WellShare staff and volunteers at a community health fair.

Photo credit: Tha Dah Loo

## 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
<b>Total Income</b>	<b>\$1,571,517</b>

### Expenses

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

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WellShare International, 122 West Franklin Avenue, Suite 510, Minneapolis, MN 55404 USA  
 612- 871-3759 | info@wellshareinternational.org | www.wellshareinternational.org