



MINNESOTA DOCTORS FOR HEALTH EQUITY

2021 ANNUAL MEMBER AND PARTNER REPORT

A PEEK AT THE CONTENTS

PRESIDENT'S MESSAGE-2
YEAR IN REVIEW - 3
STATEMENTS & STATS - 4

***Mission:** Educating Health Professionals to work toward health equity.*

***Vision:** Health Professionals will use their voice, knowledge, and influence to eliminate the inequities that exist in health and healthcare, while working effectively with their patients, health systems, communities, and decision makers to address health equity wherever they live, work, learn, and play.*



President's Message

From Cuong Pham, MD - President, Minnesota Doctors for Health Equity

This past year has been a year of re-transformation for MDHEQ. We had our first board office transition and we had new board members to refresh our energy. We also had an amazing amount of financial support to work on community building and engagement to address nutritional health disparities in Minnesota. Through the process of human centered design health equity project, we have begun the framework for our community, members, and partners to support community-driven solutions in health equity work. This has allowed for our organization to take an important and healthy pause to take note and evaluate our own wellness in our equity work. Though we can continue to bring amazing advocacy work at a quick and reactionary pace from our membership and board, we found that there was an opportunity cost of our energy and future sustainability of our organization.

At the same time, the world never pauses for us. Name the topic of equity or justice and its been in the news: Reproductive and women's rights, Racial hate crimes and mass shooting from gun violence, an anniversary of the murder of George Floyd. This is still in the midst of the unending COVID pandemic, increasing drug overdoses, and worsening mental health access. Like many of you, I feel overwhelmed, tired, and voiceless.

Yet, our communities are able to find resilience in ourselves and each other. You continue to fight for the overwhelmed, tired, and voiceless. That's why I am continually proud to have you all as my colleague and friends. But let's acknowledge how we feel as front line workers and advocates. Despite the heaviness of the world, its OK to pause, acknowledge, and refresh.

I am lucky to have MDHEQ as my family. I lean on you for support and I hope you can lean on us for support. And when you are refreshed and ready to get back on the streets, work in your institution, or chant at the capital, let us know and we will be there with you.

2016-2020

Founding members began brainstorming an organization for health professionals designed with health equity at the center. Became an official 501c3 and formally launched advocacy and education efforts on racism as a public health crisis, housing, rural health and embedding equity in the COVID-19 response and recovery.

2021:

A Year Focused on Supporting Community-Driven Solutions

(click links for additional information)

September: Second Annual Membership Meeting with a special focus on sharing new Legislative Advocacy Toolkit and Keynote speaker, AIDS activist, Sarah Schulman

Launched Primer 5:
[Historical and Cultural Trauma and Trauma-Informed Care](#)

April : Partnered with [Vot_ER](#) for the [Civic Health Conference](#) and hosted event with community partners on voter engagement

Launched Primer 3:
[Social Drivers of Health](#)

February: Hosted Housing Action sessions to explore and dive deeper into the advocacy process and housing concerns in Minnesota.

Launched Primer 1:
[What is Health Equity?](#)

January 2021: Hosted Equity in Palliative Care training to explore health equity concerns in accessing and receiving high quality palliative care.

Launched Toolkit 1:
[Legislative Advocacy](#)

Launched Primer 6:
[Advocacy and Civic Engagement](#)

August: Hosted gathering on special topic: *Racism and Social Rejection is Killing Us*

Launched Primer 4:
[Implicit Bias](#)

March: Hosted two part series with St. Stephen's to learn, engage, and advocate on all levels to address the issue of homelessness

Launched Primer 2:
[Racism and Anti-Racism](#)

January : Sponsored workshop with Defend Glendale & Public Housing Coalition on Public Housing 101 and how to take action to expand affordable housing.

Launched Primer 7:
[Rural Health](#)

Stats & Statements

Our financial picture continues to improve as our capacity for community and physician engagement grows even stronger. We have been fortunate to receive a \$100,000 grant from Blue Cross Blue Shield of Minnesota to expand our work in Minnesota. This financial support is allowing us to revamp our organization, to invest in the sustainable future of MDHEQ.

As we continue to navigate our path forward and strengthen our organization, it is imperative that we continue to have members involved through volunteering, committee engagement, and your continued generous financial support.

~ Tom Schmidt, MD, MDHEQ Treasurer

MDHEQ ended the year with more than 230 members and partners, donating more than \$16,000 throughout the year

Highlight from the Year:

Launched 7 Educational Primers, providing foundational knowledge and trusted resources on core health equity topics plus a Legislative Advocacy Toolkit to serve as a robust resource for ACTION!

- Primer 1-Start Here: [What is Health Equity?](#)
- Primer 2: [Racism and Anti-Racism](#)
- Primer 3: [Social Drivers of Health](#)
- Primer 4: [Implicit Bias](#)
- Primer 5: [Historical and Cultural Trauma and Trauma-Informed Care](#)
- Primer 6: [Advocacy and Civic Engagement](#)
- Primer 7: [Rural Health](#)

