

SOMALI HEALTH BOARD

2017 ANNUAL REPORT



7050 32nd Ave S
Seattle, WA 98118
206-823-1077
Somalihealthboard.org



We envision a thriving and healthy Somali community in Washington State.

Our mission is to reduce health disparities in King County's Somali community through **Systems Change** and **Community Empowerment**.

Systems Change

Maintain partnerships with health systems and allied community organizations to advocate for system change. • Advise healthcare and governmental systems in communicating key health and safety information in a culturally appropriate and effective manner that serves our community.

Community Empowerment

Address identified gaps in health outcomes. • Provide health education to Somali community members. • Maintain a network for Somali health professionals to collaborate, share knowledge and mentor Somali youth to pursue health related careers.

EXECUTIVE BOARD

Robin Pfofman, M.S
Anisa Ibrahim, M.D
Mohamed Ali, MPH
Farah Mohamed, MPH/MSW
Melissa Burgess, MPH/MSW
Hannah Van Den Brandt
Shukri Olow, MPA (former board)

SHB STAFF

Ahmed Ali, PharmD Executive Director	Mohamed Shidane Capacity Development
Jihan Rashid Program Manager	Rahma Ahmed Operations Manager
Abdirahman Yussuf Policy Lead	Maymuna Haji EMS & CPR Educator

FROM OUR EXECUTIVE DIRECTOR

Dear Friends and Colleagues,

I am so pleased to be writing this letter as part of the Somali Health Board's second annual report. I'm excited to share with you this summary of our growth and continued involvement with all aspects of our community's health and to report the unwavering support we continue to receive from the Somali community and our health care community.

This past year has been one of impressive accomplishments for SHB. In our efforts to reduce health disparities, we have expanded our current programs, added new programs, and expanded our partnerships.

We've increased our capacity as an organization and added three new roles. The Somali Health Board now has a full-time program manager, a part-time policy and systems coordinator and a full-time Rainier Valley Fellow who serves dual roles in communications and funds development. We have moved from being an entirely volunteer based organization to having a team of eight members in both full-time and part-time positions. I'm proud to have some of the brightest and most ambitious community members as part of my team working side by side to improve the health and well being of our Somali community.

Some of the most exciting events of the year for me included participating in our annual health fair, seeing families increase their access to fresh fruits and vegetables through the Fresh Bucks program, watching various community driven research projects unfold, sponsoring multiple community events, and forging our successful partnership with Seattle King County Public Health and the Washington State Department of Health in an "all hands on deck" successful effort to prevent a measles outbreak in our community.

As you read this annual report, I hope it will energize you to continue your support of our efforts. To the countless number of community members and friends who've tirelessly committed time and energy to the success of the Somali Health Board (SHB), I thank you. For the many of you who are new, I welcome you to the SHB.

I look forward to working with all of you in the year ahead!

Mahadsanidiin (thank you!)

Sincerely,



Ahmed Ali, PharmD
Executive Director
Somali Health Board (SHB)



FROM OUR BOARD PRESIDENT

Dear Friends,

As we issue the second Annual Report of the Somali Health Board, I want to share a few of my reflections. On a personal level, I feel truly honored and privileged to have been a part of this wonderful community and organization. I have learned so much and have developed relationships that have truly enriched my life.

We embarked on this journey with the ultimate goal of making services more accessible and culturally responsive to improve the health of Somali residents in King County. We knew that developing partnerships with community health care providers was important, but ultimately to be truly successful, this effort needed to be owned and led by the community. The tremendous success of the Somali Health Board is a tribute to the strong and visionary leadership of my Somali colleagues in this work. Rather than a 'vulnerable' community, the Somali community has the wisdom, strength and resilience to identify and address the significant health issues they face.

The success and learnings of this journey are now recognized as a model by other immigrant communities and communities of color who are adopting similar approaches to organize and mobilize themselves in order to minimize health inequities facing their communities. The establishment of the Community Health Board Coalition is groundbreaking. The united voice, calling for health equity and accountability, is powerful.

I am truly excited to see where the next five years lead us!

Robin Pfohman, M.S.

Board President

Somali Health Board



2017 Accomplishments

Quarterly Meetings:

SHB's quarterly meetings continue for the 6th year in a row. At our quarterly meetings health professional and community members come together to share vital information on an array of health topics.

Othello Outreach Clinic:

New this year is our monthly Mercy Housing Othello Clinic partnership with UW SHIFA. Somali Health Board provides health education and UW SHIFA's volunteer clinicians provides medical resources to the community, focusing on preventative care.

Chronic Disease Education:

Participants in our peer to peer program educate their communities about healthy living in a culturally appropriate manner.

-6 new peer educators trained

-9+ activities coordinated (cooking classes, chronic disease education, farmers market trips, social media outreach)

-4 languages spoken by peer health educators.

EMS/CPR Training

We've expanded our by-stander CPR and stroke trainings opportunities to Othello - Mercy Housing and Abubakr Islamic Center in 2017.

Health Insurance Enrollment:

139 community members enrolled by our In-Person Insurance Assistants and helped a significant number of community members renew their health coverage.

Community Based Participatory

As an organization led by highly qualified health professionals, we pride ourselves in collaboration with our colleagues in academia at our local universities and other research institutions.

In 2017, SHB's lead researchers, Dr. Anisa Ibrahim (MD), Dr. Muna Osman (DNP), Dr. Ahmed Ali (Pharm.D), Farah Mohamed (MPH/MSW) and Hana Mohamed (MSW/MPHc) worked in collaboration with UW, Fred Hutchison, Health Alliance International, and Kaiser Permanente Research Institute on various research opportunities with ultimate goals of addressing health concerns related to the Somali community, including HPV Vaccine Hesitancy, Stigmas Associated with Mammography Screenings, as well as concluding the mental health Community Based Participatory Research (CBPR).

It is worth noting that in each of the aforementioned partnership, SHB's team was an equal partner in developing the study design, plan and protocols.

Fresh Bucks:

In partnership with the City of Seattle's Fresh Bucks program, we tabled at several events educating our community about the healthy eating, and handing out coupons that provided access to fresh fruit and vegetables to low income families in our community.

Over \$2,000 dollars worth of Fresh Bucks Coupons given out to the community.

2017 Accomplishments

Health Fair & Mini-Clinic



Our annual health fair and our mini-clinics are opportunities to empower community members to address their health concerns through providing culturally competent preventative care. The 5th Annual Health Fair and Abu-Bakr mini-clinic provided breast cancer, high blood pressure, cholesterol, Hep C, HIV screenings, vision and hearing exams, flu shots, mammography, pediatric services, CPR & EMS education and nutrition education and dental care to the community. Some raw, combined data include:

- 40+ volunteer providers at the health fair and mini clinic
- 285 community members served at the health fair and mini clinics
- 60+ community volunteers at the health fair and mini clinics
- \$350 worth of fresh fruits and vegetables given to the community
- 32 Organizations Represented at the annual health fair

"Somali Health Board is an organization that has brought a lot of benefit for the community. As a peer educator and person, my network of community members look towards me for resources on healthy and good opportunities now. "

*Muna Urur
Peer Health Educator*

"By the will of Allah we were able to server over 30 patients without adequate access to dental care and provide over \$20,000 worth of dental procedures needed to improve their oral health."

*Ahsen Nadeem, DDM
Muslim Health Professionals*

2017 Accomplishments

Civic Engagement



1st East African Lobby Day in Olympia, at the steps of the Capitol building.

Through Seattle Foundation's funded project, the East African Political Awakening Project took off in 2017 in partnership with three other East African community led organizations; Companion Athletics, CARE Center and ADWA. The coalition joined unified collective approach in civic engagement, policy and systems advocacy work, with an ultimate goal developing community's leadership skills and organizing for collective courses.

In a short period of time, we're happy to report several milestones, including holding community led listening sessions with our elected officials to address our concerns, 1st Annual East African Lobby Day attended by 60 community members in Olympia, trained 72 youth and 74 adults in civic engagement, and joined multiple decision making tables throughout King County.

"Recently, I went with SHB leaders, community activists and community members to Washington State Capital for healthcare advocacy, policy change and support of Washington Senate Bill for foreign trained healthcare professionals.

Surely, I admire the collaborative work they do with healthcare systems, community organizations and local institutions to lessen the health disparities of Somali and other emerging communities."

Abdirahman Hashi

Employment & Training Professional, Community Relations Consultant.

2017 Accomplishments

Measles Education & Outbreak Prevention



From right; Dr, Anisa Ibrahim, Asli Ashkir, RN/MPH, Ahmed Ali, PharmD

Following the measles outbreaks in Minnesota, SHB's leadership took the lead in ensuring that a similar outbreak doesn't take place in Washington State within the Somali community. In partnership with Seattle - King County Public Health and the WA Department of Health, we developed outreach efforts to educate and bring needed awareness to the community. This effort reached more than 4000 community members through live streaming video discussions, local TV (SalaxleyTV) and community events.

- **3700+** people reached via online streaming - community discussion led by our guest Asli Ashkir and Dr. Anisa Ibrahim.

"I very much appreciate the important work the Somali Health Board has done, and continues to do, to protect Somali children and adults in King County from measles, a disease that can be serious, but is preventable. Thank you for your dedication to improving the health of King County's Somali Community."

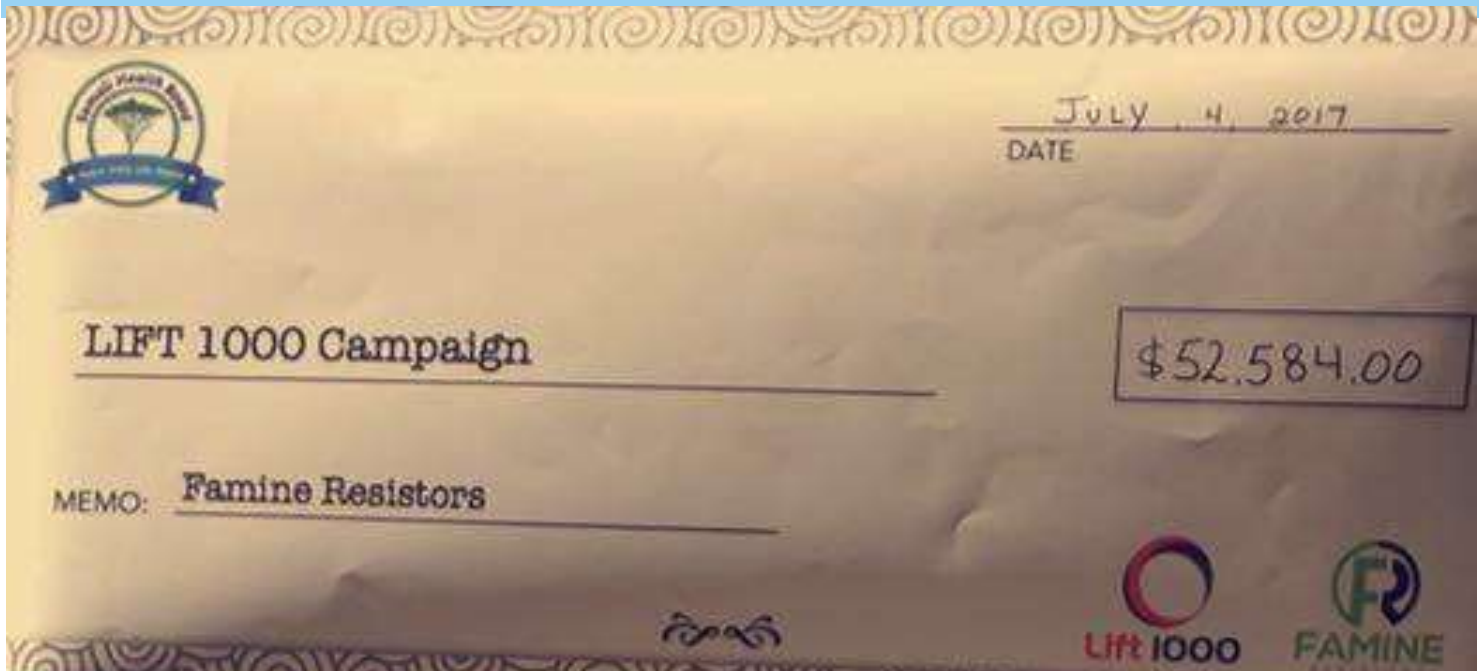
*Dr. Jeffery Duchin
Health Officer and Chief*

"When a measles outbreak erupted in Minnesota in 2017 and had the potential to move across the country, the Somali Health Board was instrumental in efforts to prevent an outbreak in King County. They mobilized quickly, even before the public health department reached out to them, to educate the community about measles and MMR vaccine. With their combination of medical expertise, community connections and cultural insight, they were uniquely effective at education and outreach. We're so fortunate to have this amazing resource and wonderful partnership."

Meredith Li-Vollmer, PhD

2017 Accomplishments

Community Direct Aid



We're very proud of the work that we've done this year to build the resiliency of our community locally and in Somalia during the devastating famine. With our partners and supporters, we raised over \$50,000 for famine relief in Somalia and supported multiple local Somali led efforts and organizations here in King County. We're grateful to our former executive board member Shukri Olow, MPA who spearheaded the Somali Famine Relief effort and ensured that those facing the devastating famine received the needed basic services. Somali famine relief support went to *UNICEF, Dr. Hawa Abdi Foundation, Caawi Walaal, American Refugee Committee and the Amoud Foundation*, with funds equally divided among the organizations on the ground.

Locally, SHB took part in supporting community organizations and local programs by donating over **\$10,000** to the following organizations:

- UW - Somali Students Association
- Somali Youth and Family Club
- Ramadan Iftar Event
- Somali Family Safety Task Force
- Somali Soccer Association/Tournaments
- Somali Independence Day celebration
- Companion Athletics Soccer

"Your support is a light in the dark for families who've been suffering drought and famine conditions. You are helping them get the food and water they so terribly need to recover and make it through in a very vulnerable moment. The world has been slow in acknowledging the devastating conditions in Somalia- and throughout east africa. but we're grateful that you've recognized the crisis early and stepped forward to do something."

*Daniel Wordsworth, President
American Refugee Committee*

2017 Accomplishments

Community Health board Coalition



Public health has a long and storied history of further marginalizing communities of color through exploitative and racist practices. This history has left many marginalized communities with a distrust of public health systems. Somali Health Board has clearly shown that when health professionals from marginalized communities organize, they can have real effects on health disparities.

With recent investments from the Communities of Opportunity grant, the Somali Health Board played a leading role in organizing the Community Health Board Coalition. The CHBC is a grassroots organization of health professionals that understand the needs of their ethnic communities, with the goal of having real effects on health policy. Using the Somali Health Board as a model, 8 other ethnic cultural groups have formed health boards with the goals of **identifying problems within their communities, creating solutions** and **mobilizing people to take action**. Currently, the new coalition focusing on changing the way our systems operate in order to demand more accountability and inclusive representation of the communities those systems intend to serve.

Partner Community Health Board Coalition includes:

Latinx Health Board, Ethiopian Health Council, Eritrean Health Board, Vietnamese Health Board, Iraqi/Arab Health Board, African American Health Board, Cambodian Health Board and the Pacific Islander Health Board.

“We believe the Community Health Board (CHB) model will cultivate broad participation, advocacy and input from CHB and led by health professionals representing communities of color. It is our communities, after all, that experience a disproportionate share of inequities in health, housing and economic opportunity. It is imperative that our voices are represented at policy making tables.”

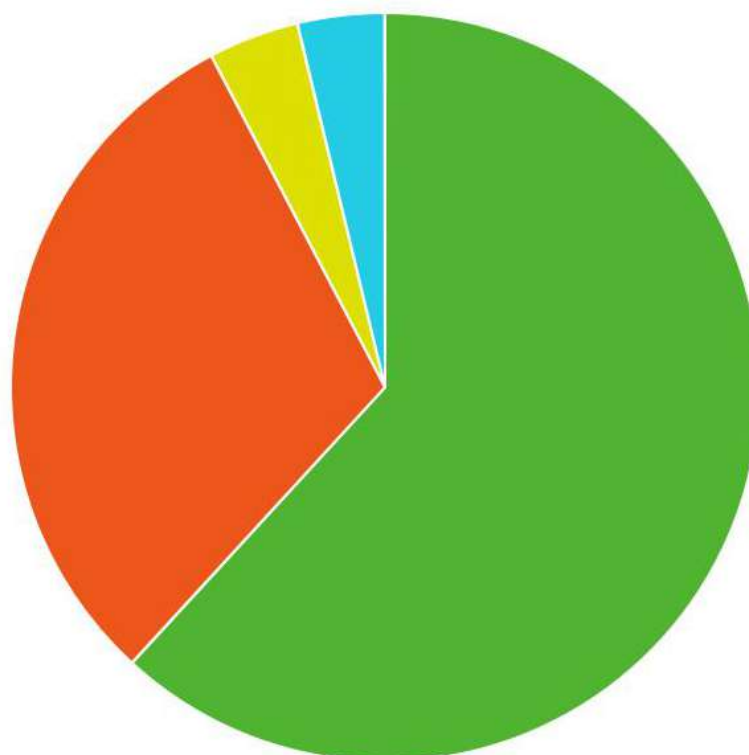
– Community Health Board Coalition

2017 Financial Report

94% of Somali Health Boards Expenses went directly towards programmatic expenses.

Income	
Grants	\$ 205,300.00
Contracts	\$ 101,214.00
Donations	\$ 13,000.00
Events	\$ 12,500.00

Expenses	
Direct Programmatic Expense	\$ 237,190.00
Administrative & Fundraising Expense	\$ 14,820.00
Total Expenses	\$ 252,010.00



■ Grants ■ Contracts ■ Donations ■ Events

Special Gratitude To Our 2017 Sponsors and Donors



2017 DONORS

- Paulina Salinas Diaz
- Erika Fardig
- Farah Ismail
- Kathryn Parker
- Safia Farah
- Katie Ortiz
- Nura Adam
- Edward Gignoux
- Melissa McGrath
- Alanna Beebe
- Roger Dowdy
- Katherine Mraz
- Steven Gary
- Shamsa Ismail
- David Van Den Brandt
- Sheila Peuchaud
- Lindsay Schneider
- Abdirahman Yussuf
- Jeannie Berwick
- Keshet Ronen
- Kayla Weiner
- Romain Jouhannet
- Robby Stern
- Jorge Lozada Ramirez
- Jodie Wohl
- Rachel DHuck
- Robin Pfohman
- Molly Lanpher
- Ellie Menzies
- Mackenzie Melton
- Nicole Pita
- Kaetlin Callahan
- Ubax Gardheere
- Karin Strand
- Rebecca Saldana
- Jennifer Wilgocki
- Julie Van Den Brandt
- Sue Siegenthaler
- Lauren Fee
- Melissa Burgess
- William Van Den Brandt
- James Van Den Brandt
- Mohamed Ali
- Cynthia Holien
- Libby Page
- Norilyn de la Pena
- Julia Robinson
- Ahmed Ali
- Hannah Van Den Brandt
- Helene Fuhrman-Gold
- Cindy ODonnell
- Hannah Curtis
- Brian James
- Natalie Loranger
- Earl Fischer
- Bria Chakofsky-Lewy
- Jane Huntington
- Ellen Forney
- Anthony To
- Tracy Irwin
- Mina Halpern
- Meredith Li-Vollmer
- Gail Thompson
- Judith Debarros

OUR VOLUNTEERS



Dirir Hussien Abdullahi, UW school of medicine 2nd year.

SHB's efforts throughout the year is made possible by our vast number of community members who've taken ownership of the organization's work and efforts We're grateful to the vast number of nurses, doctors, social workers, students, and allies for taking part in each of our efforts in 2017.

Thank you!