Services to Mitigate Health Disparities

Where people live, work, play, and socialize impacts their health outcomes and life expectancy. This is referred to as social determinants of health. These include: economic stability, education access, healthcare access, neighborhood environment, and social/community context. Social determinants of health also are linked to health disparities including: high maternal and infant mortality rates among Black women, higher rates of homelessness among LGBTQ+ youth, and suicide being a leading cause of death among Native Americans/Indigenous peoples. Addressing these social barriers is essential to reducing health inequities. Community Action Agencies (CAAs) in Minnesota provide services and make systemic changes that address and mitigate these.

Access to Housing

Lack of safe and stable housing is correlated to increased mortality, heart attack and disease, asthma, substance use, teen pregnancy, depression, and suicide. Safe housing can decrease emergency room visits and healthcare costs, and lead to fewer falls and better nutritional health. CAAs provide the full spectrum of housing services, from emergency services and housing for people experiencing homelessness to homeownership opportunities. CAAs also provide programs that reduce utility costs and improve home safety.

Access to Healthcare

Barriers to healthcare -- such as lack of reliable transportation, shortage of local and in-network providers, and lack of healthcare coverage -- can cause delays in diagnoses, higher rates of disability and morbidity, and even lead to death. CAAs help people enroll in Medical Assistance, MinnesotaCare, MNSure, and individual insurance options. Some CAAs also provide local vaccine clinics. Head Start provides dental & medical care for enrolled children.

Access to Employment & Economic Opportunities

Employment and income are both associated with better health outcomes, as health insurance is often provided through employers and disposable income makes medical care, medications, and preventive care options like gym memberships and healthy food accessible. Some CAAs provide job training and certification services to find secure employment and move out of poverty.
24 Local Agencies & 11 Tribal Governments

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>> MinnCAP’s Full Board

Minnesota’s Tribal Nations
1. Bois Forte Band of Chippewa
2. Fond du Lac Band of Lake Superior
3. Grand Portage Band of Lake Superior
4. Leech Lake Band of Ojibwe
5. Lower Sioux Indian Community
6. Mille Lacs Band of Ojibwe
7. Prairie Island Indian Community
8. Red Lake Nation
9. Shakopee-Mikwakanon Sioux C
10. Upper Sioux Community
11. White Earth Nation

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