



Social Determinants of Health

Updated 2022

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.

About Community Action

The Economic Opportunity Act of 1964 created the Community Action Network of national and local organizations that connect millions of people, with low and moderate incomes, to essential services. The network works to build community resiliency and self-sufficiency, including removing systemic and structural barriers to move people out of poverty. In Minnesota, 24 Community Action Agencies and 11 Tribal Nations serve all 87 counties, providing poverty solutions with equitable access to various services: homeless prevention and housing assistance, utility bill assistance, healthcare enrollment, food and nutrition services, Head Start early childhood programming, financial asset building, regional transit, and more.

- **8,000 people received eviction counseling and rental assistance**
- **Over 9,000 people** assisted in applying for health insurance and **13,500** assisted in applying for food benefits
- **12,500 children** were served dental screenings, exams and services

Source: 2020 MinnCAP Annual Reports

24 Local Agencies & 11 Tribal Governments

Updated 2022

MinnCAP Leadership

MinnCAP Executive Director

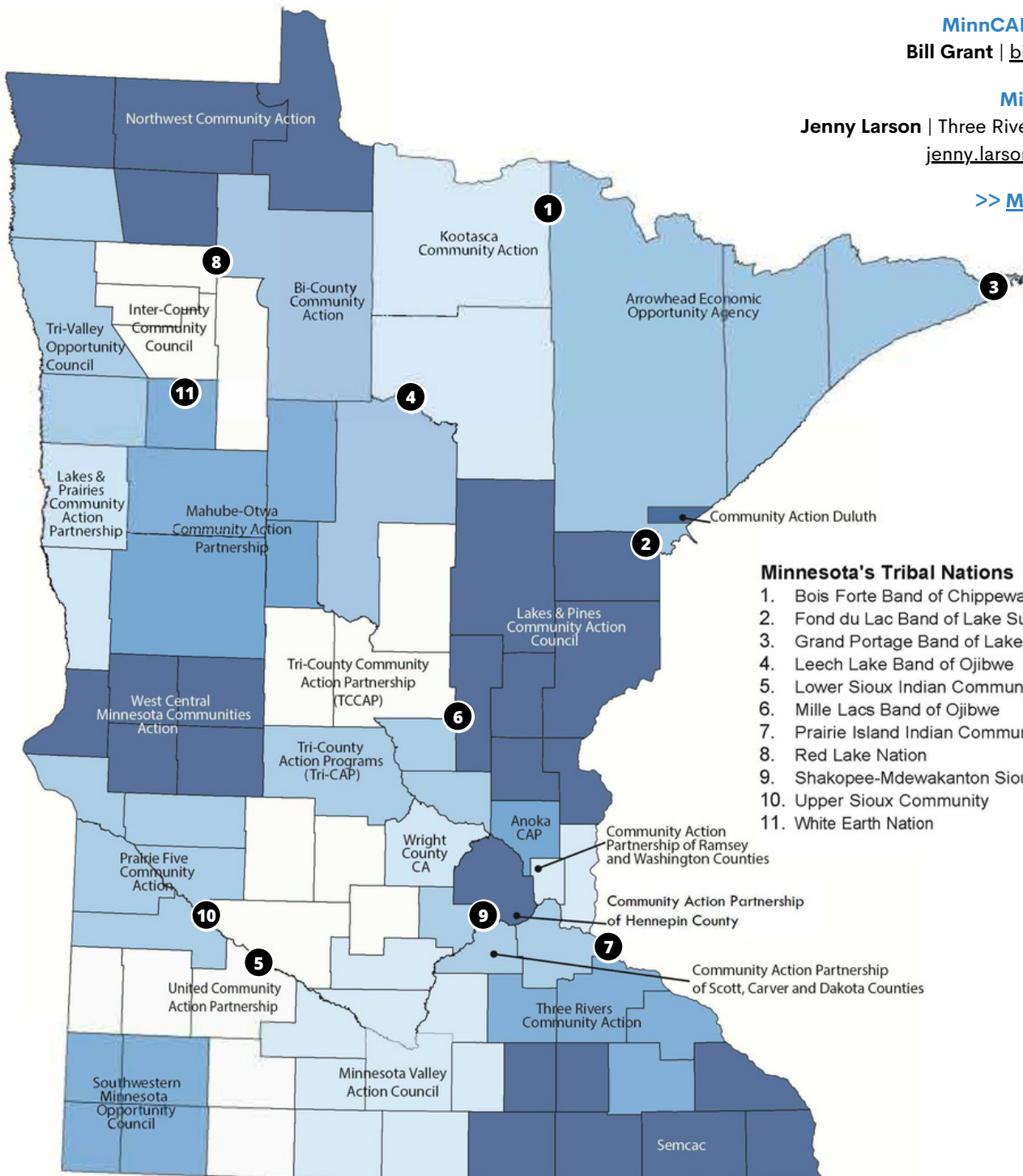
Bill Grant | billgrant@minncap.org

MinnCAP Board Chair

Jenny Larson | Three Rivers Executive Director

jenny.larson@threeriverscap.org

[>> 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-Mdewakanton Sioux Community
10. Upper Sioux Community
11. White Earth Nation

Minnesota Community Action Association Resources Foundation (MCAARF) is the 501c(3) nonprofit that secures funding to support MinnCAP's mission.