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Medica Foundation Gave More Than \$1.1 million in 2008 to Minnesota Health Improvement Projects

Focus on Behavioral Health, Disparities in Health Care and Healthy Living

MINNEAPOLIS — The Medica Foundation in 2008 made grants totaling \$1,162,109 for projects that address a range of health care issues. Primarily, the projects address needs in the areas of behavioral health, disparities in health care and healthy living. Funding also was provided for worksite wellness and general health improvement programs.

“We are very pleased that in 2008 the Medica Foundation was able to continue its commitment to funding projects that have the potential to make a significant improvement in the overall health of Minnesota’s population,” said Rob Longendyke, executive director. “The projects funded by the Medica Foundation help educate Minnesotans about maintaining their health and focus on improved access to much needed care. Initiatives like these are fundamental to better health and lower costs for everyone.”

Examples of the projects funded are provided below. A full listing of projects that received grants from the Medica Foundation in 2008 is available at: [Medica Foundation 2008 Grant Recipients](#).

Behavioral Health Programs

In 2008, the Medica Foundation provided \$379,990 in funding to nine projects designed to develop capabilities or change processes related to behavioral health care service delivery, accessibility and sustainability. Sample projects and the amount of funding provided include:

- The Network, \$41,000, to design a culturally appropriate behavioral health assessment process for at-risk African American men in the program. The Network promotes the recovery, resiliency and prosperity of high-risk adults through the delivery of five core components in one cohesive package: behavioral health care, health care, housing, employment and community/family reengagement.
- Initiative Foundation, \$50,000 to build a seamless system of mental health support for young children and their families in greater Minnesota. Initiative Foundation is based in Little Falls, Minn.
- The Center for Victims of Torture, \$40,000 to develop an evidence-based model of care specifically for children and adolescent torture survivors.

Healthy Living Programs

Healthy Living Programs are designed to modify and enhance lifestyles to achieve optimal health status and quality of life. In 2008, the Medica Foundation provided \$233,918 in funding to 11 healthy living projects. Sample projects include:

- Bolder Options, \$30,000 to expand the Healthy Habits Mentoring Program to support youth health and academic performance in the Frogtown neighborhood of St. Paul.
- MeritCare Health System, \$20,180 to provide a school-based program that focuses on improved food choices, increased physical activity and reduced screen time to help children attain and maintain a healthy weight. MeritCare Health System is based in Fargo, N.D.

- Southeastern Minnesota Area Agency on Aging, Inc., \$30,000 to help at-risk seniors manage their health and maintain their independence through lifestyle and medication management consulting, health and nutrition education and physical activity.

Disparities in Health Care

Eight projects received \$289,311 in funding from the Medica Foundation in 2008. These projects are designed to identify gaps in health care for diverse and low-income populations and to develop programming related to the identified racial, ethnic and socioeconomic disparities. Sample projects include:

- The Bridge for Runaway Youth, \$40,000 to ensure access to preventive care for homeless, runaway and abandoned youth and equip them with information to navigate the health care system and make informed choices.
- Children's Dental Services, \$30,000 to provide culturally-appropriate oral health care and prevention education to low-income children and pregnant women from the Latino community.
- Lutheran Social Services of South Dakota, \$39,338 to coordinate the initial and ongoing medical, wellness and preventive services for newly-arrived refugee families. Lutheran Social Services of South Dakota is located in Sioux Falls, S.D.

In addition to the projects funded in the areas noted above, the Medica Foundation provided \$258,890 in funding to 33 projects that address worksite wellness and general health issues.

About the Medica Foundation

The Medica Foundation is a nonprofit, charitable grant-making foundation and a sister organization to Medica Health Plans, a Minnesota-based nonprofit HMO. The Foundation generally seeks to fund community-based programs and initiatives that can provide sustainable, measurable improvements in the availability, access and quality of healthcare. Email: foundation@medica.com; Phone: 952/992-2060

About Medica

Serving about 1.4 million members, Medica is a health insurance company headquartered in Minneapolis and active in the Upper Midwest. The non-profit company provides health care coverage in the employer, individual, Medicaid, Medicare and Medicare Part D markets in Minnesota and a growing number of counties in North Dakota, South Dakota and Wisconsin. Medica also offers national network coverage to employers who also have employees outside the Medica regional network.

Medica has the highest accreditation status, Excellent, from the National Committee for Quality Assurance (NCQA®) for its Minnesota Medicaid HMO plans and commercial health plans in Minnesota and North Dakota. Medica's vision is to become the community's health plan of choice, trusted for its integrity, respected for its service, and admired for its commitment to innovation and efficiency.

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