

Somali Health Board

A Community Led Model For
Addressing Health Disparities

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Group Health Foundation 2018

Background: Public Health – Seattle & King County

Identified communication challenges reaching Somali Residents

- Carbon monoxide poisoning (2006)
- H1N1 (2009 & 2010)

Partnered with local Somali organization and Mohamed Ali, MPH to interview key leaders in Somali community (2011)

Goal of partnership was to understand community health beliefs impacting healthcare practices and decision making

Key Findings from Project

- Economic barriers: low income, lack of health insurance
- Cultural barriers: no focus on preventative care, porcine, gelatin concerns
- Stigma on various health conditions – mental/behavioral health, cancer, vaccinations

Key Findings from Project

- Many see the potential value of having a health advisory board comprising trusted Somali leaders to be consulted in case of emergency
- Important to include people who are actually able to outreach to target population groups
- Would be a way to maintain relationship with Public Health and also provide education on health concerns identified by the Somali community

“Culturally, people back home don’t go to the doctor unless they feel sick. Really sick. Even that itself, you don’t go until you’ve exhausted every other element – religion, home remedies, etc. Going to the doctor is the last resort. If not sick, what’s the point of going to the doctor, what’s the point of getting vaccine, what’s the point in doing all of this if you’re not really sick”

- community member

“People trust rumors; if they hear the vaccine has gelatin they won’t touch it or if they hear the shot will energize you, then then they will believe it. [...] False information spreads way faster than the truth in our community.”

- community member



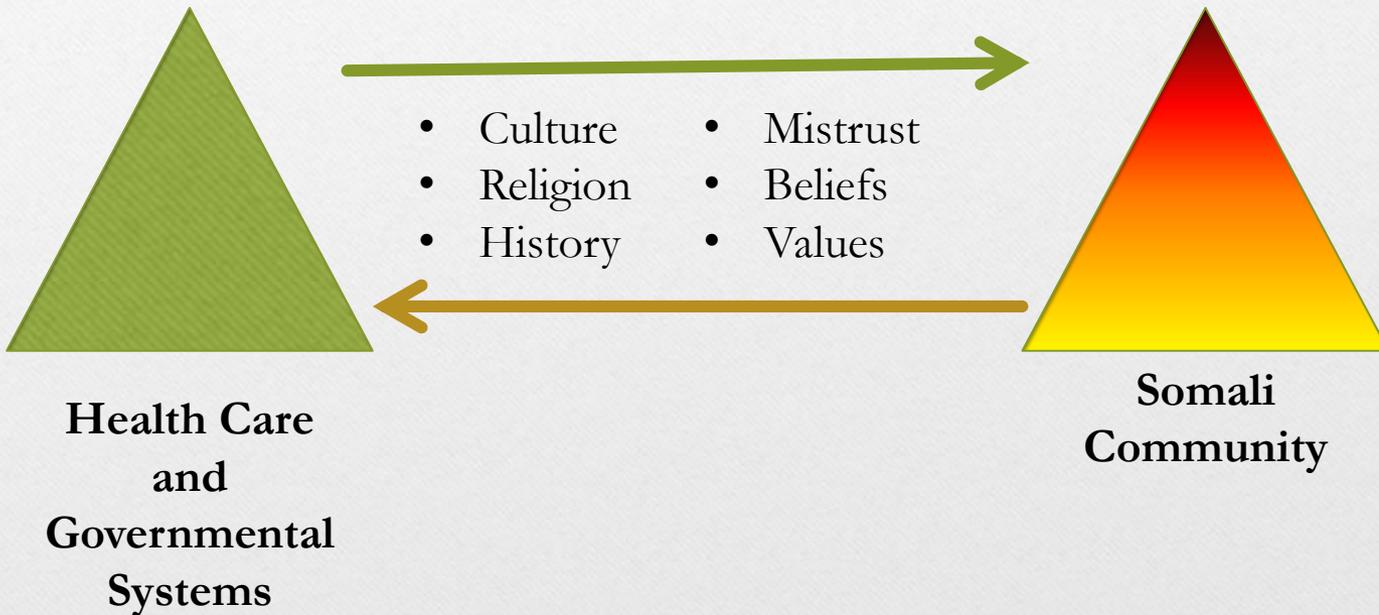
Somali Health Board

★ **Peace, Unity, Life, Health** ★

Somali Health Board

- First quarterly meeting held July 2012
- Public Health invited health systems to the table, Somali health professionals were present
- Focus on prenatal care, labor, and delivery
- Subsequent meetings focused on community priorities: substance abuse, mental health, tobacco/hookah, chronic disease, cancer, and youth violence

Health Board Model



What The Community Provides

- Provide health education with a cultural lens
- Develop community health leaders
- Identify community priorities
- Advocate for change in systems on behalf of the community

SHB: Vision and Mission

Vision

The Somali Health Board envisions partnership and collaboration in which the health systems and service providers work together with the Somali communities and Somali health professionals to promote positive health outcomes

Mission

The Somali Health Board's mission is to reduce health disparities of the Somali immigrants and refugees and to and improve health outcomes within the communities by:

- Advocating for and ensuring culturally/religiously appropriate and relevant policies and services within the health systems
- Developing and implementing meaningful partnership with the health systems
- Developing mutual education for providers and community leaders

SHB Goals

- To create a forum to build relationships between health systems (hospitals, - - community health centers, public health), services (food banks, housing) and the wider Somali community
- To identify key health conditions, concerns and questions impacting the community
- To identify and address systems issues that impact access and the Somali experience of the health care and treatment
- To provide opportunities for mutual learning and education
- To act as an advisory group to offer recommendations to health and governmental systems to better serve the Somali population throughout the state
- To create a space for Somali health professionals to work together
- To empower, mentor and guide the youth to pursue health related careers



Somali Health Board (SHB)

Accomplishments

- Obtained 501c3 status in 2015
- Began health fairs with our 3rd annual being more large scale, November 2015
 - 45 vendors (health systems/service providers)
 - 215 Somali community members
 - 94 Hep C screened (highest # in nation)
- Developed Peer to Peer health education project
 - Chronic Diseases
 - Mental Health
 - Nutrition/Exercise
- Established Centering Pregnancy Program (2013)
 - NeighborCare Health – Columbia
 - Swedish (advisory)
- Community Based Participatory Research (CBPR)
- Mentorship –
 - Somali youth to pursue careers in health care
 - UW school of Public Health
- Cultural Competency Provider/System training
- Health Benefits Exchange Enrollment – EA community
 - IPAs fluent in Somali/Swahili/Arabic



10/19/13
12:00 - 3:00

Free health
Screening
at Multi-Purpose Room

- Blood glucose testing
- Blood Pressure Testing
- Flu shots
- Free Obamacare Enrollment
- Free Hepatitis B education



Free Health Care Screenings



Somali Health Board (SHB)



Somali Health Board (SHB)



SOMALI HEALTH BOARD

3RD ANNUAL HEALTH FAIR



Screenings & Services

- ✓ BLOOD PRESSURE
- ✓ DIABETES
- ✓ CHOLESTEROL
- ✓ HEPATITIS C
- ✓ DENTAL BUS
- ✓ HEALTH INSURANCE ENROLLMENT
- ✓ CHIROPRACTIC CARE
- ✓ NUTRITION
- ✓ MAMMOGRAPHY BUS (SWEDISH)*
- ✓ HOOKAH/SHIISA EDUCATION
- ✓ FLU SHOTS
- ✓ FUN PRIZES AND GIVEAWAYS



Mammography

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206.461.4489



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Public Health
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Ka Qayb Qaado Daryeel Caafimaad

NEW HOLLY GATHERING HALL
7050 32ND AVE S
SEATTLE WA 98118

DATE: NOVEMBER 14TH 2015
TIME: 10:00AM - 4:00PM

2015 Health Fair



2015 Health Fair



Peer to Peer Trainings



SOMALI HEALTH BOARD PEER TO PEER COMMUNITY TRAINING TOPIC: NUTRITION AND ACTIVE LIVING



JANUARY 31ST, 2015
3:30 PM- 6PM
EAST AFRICA COMMUNITY SERVICES- NEW HOLLY
7050 32ND AVE S, SEATTLE WA 98118

FOR MORE INFORMATION CONTACT: FARDOUS GULED @ 206 721-1119

Peer 2 Peer Trainings





MAY 29TH 2015 AUTISM PANEL

Join us at the New Holly Gathering Hall from 5pm-8pm

The Somali Health Board would like to invite you to our FIRST Autism Panel with the Somali Community. The panel will be followed by a Q&A session with the community. This important, first of its kind discussion within the King County Somali community is critical. It will provide an opportunity for community members to learn from experts about comprehensive care and treatment approaches that address the medical, emotional and behavioral needs of children and adolescents with autism spectrum disorder (ASD).

Moderated by Somali Professionals:

Dr. Ahmed Ali Elshamir, MD & Dr. Anisa Ibrahim, MD Pediatric Resident, R2.



Somali Health Board (SHB)

Why is this important?

Our goal for this discussion is to bring families and health professionals together in a culturally relevant learning environment. Through this discussion, families and professionals can learn about the identification and treatment of medical conditions, get expert advice on addressing behavioral concerns and the transition from childhood to adolescence, and generally learn more about helping children and adolescents with ASD have the healthiest and most successful lives possible.

SOMALI HEALTH BOARD

When: Friday May 29th, 2015
Location: New Holly Gathering Hall @ 7054 32nd Ave- Seattle
Time: 5-8 pm

2017 Accomplishments

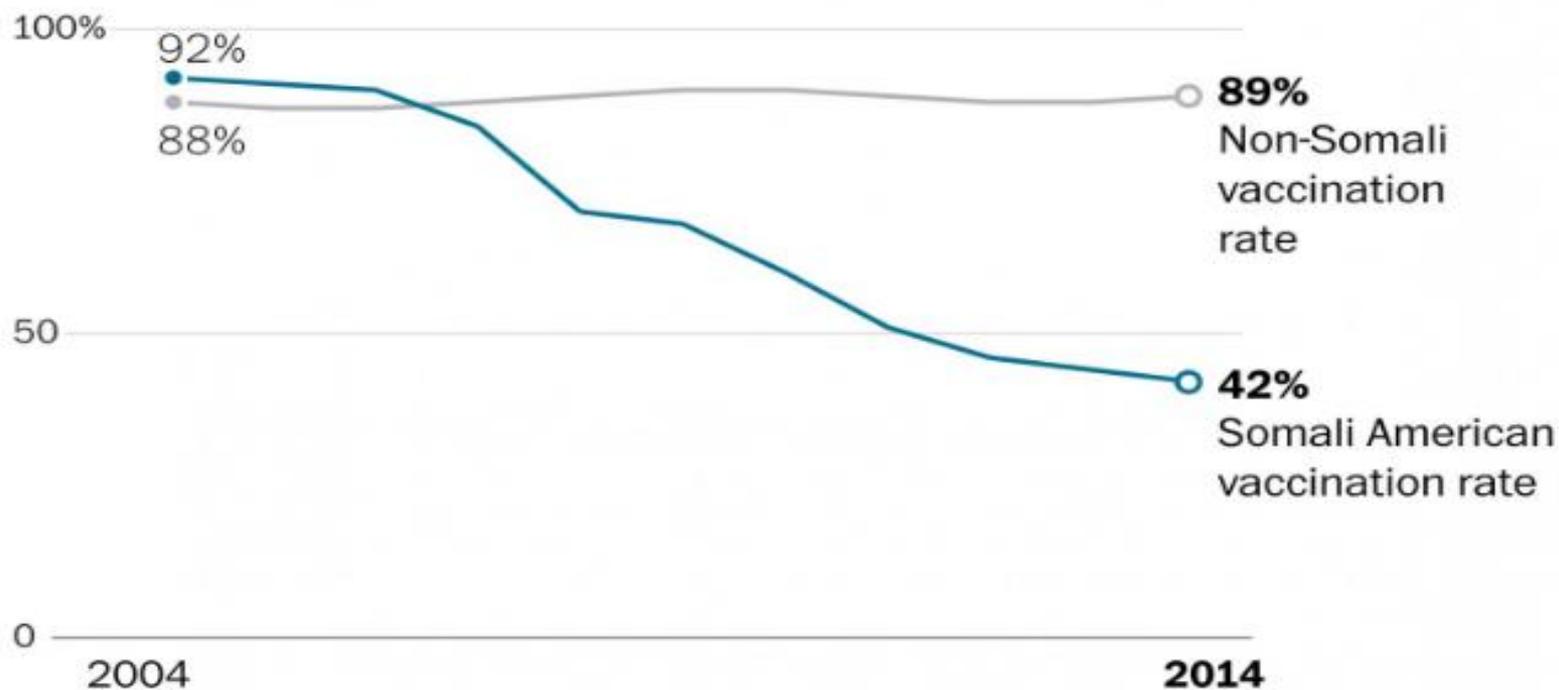
- Held 5th annual health fair, and targeted mini-clinics
 - 40+ Somali health professionals and student volunteers
 - All types of screenings, including HIV, mammography, dental, hearing, vision.
- Established Housing – Health Partnership ~ Othello Clinic
 - SHB/UW residents and Othello Mercy Housing
 - Bi-monthly clinic with emphasis on preventative care
- EMS/CPR/Stroke Trainings
 - By stander CPR training and continued stroke education classes at mosques and community centers
- Breast Cancer Screening Hesitancy (Fred Hutch)
- Mental Health - CBPR
- Policy and Systems Engagement
 - Members participating in decision making tables, e.g. Accountable Communities of Health (ACH), City of Seattle's Sweetened Beverages Tax Community Advisory Board (CAB)
- Measles Education & Outbreak Prevention
 - Seattle– King County's reliance on SHB's efforts to ensure no outbreak
 - 29% increase in MMR vaccination within Somali children in King County clinics (tracked by KC)
- **Established formation of Community Health Boards Coalition!**

Leading Roles in Community Research

- HPV vaccination (UW)
- Vaccine Hesitancy (Kaiser Permanente Research Institute)



Addressing Measles Outbreak



Rates at 24 months in Minnesota-born children

Source: Minnesota Department of Health

THE WASHINGTON POST

Measles Outbreak in Minnesota!

- 63 total confirmed cases
- 4 different counties (53 in Hennepin)
- 60 confirmed to be unvaccinated
- 60 are children age 0-17
- 53 of the cases are Somali-Minnesotan

Vaccine Hesitancy & Misperceptions!

- Autism, Autism, Autism
 - Fear of autism is pervasive and Somalis have been targeted by anti-vaccine groups
 - MN autism study
 - Numerous studies have shown that there is NO link between MMR and Autism
- Gelatin
 - MMR vaccine
- Lack of knowledge and fear of unknown
- Parents wanting to delay vaccines
 - Desire to delay vaccines until school age leaves the most vulnerable children unprotected

Bal aan ka hadalno tallaalka caruurta

Ma leedahay canug jira ama ka yar 5 sano?



Waligaa ma dib-dhigtay, ma ka booday, ama ba iska dhaaftay mid ka mid ah tallaalada lagula taliyay in la siiyo caruurta?

Hadeey haa tahay, fadlan ka qayb-qaado wadahaadalka kooxda diirad-saaridda.

Somali Health Board (SHB)

Kulan Wada Hadalka Koriimada Hore ee Caruurnimada



Sidee baan u sii wanaajin karnaa si loo kormeero iyo taageeraan horumarka hore ee ilmahaaga?

Waxaan rajeyneynaa inaad caawin kartid.

Xiiseyneyso ka qaybqaadashada:

Si aad uga qayb qaadato daraasaddan cilimabaadhista ama macluumaad dheeraad ah, fadlan la xidhiidh kooxda cilmi baarista 206-884-1619.

Agaasimaha Guud ee Daraasadani waa Dr. Abigail Grant oo ka tirsan Xarunta Caafimaadka ee Harborview, 206-744-1652

UW Medicine

HARBORVIEW
MEDICAL CENTER

Ujeedada cilmi baaristu waa inay si fiican u fahmaan:

- Sidee u la wadaageysaa koritaanka iyo horumarka ilmahaaga ee kooxda caafimaadkaaga?
- Maxay noqonaysaa sameynta islicmaalka qalabka baaritaanka ee sahanka daryeelka caruurta yaryar (SWYC) si loo caawiyo goyskaaga kooxdaada caafimaadkaaga iyo la socoshada kormiinka iyo koritaanka ilmahaaga.

Daraasadani waxay noqon kartaa mid ku haboon adiga haddii:

- Waxaad leedahay ugu yaraan hal ilmo 5 jir ah
- Waxaad qeexaysaa inaad tahay qayb ka mid ah bulshada Soomaaliyeed

Maxaan anaga weydiin doonaa inaad sameyso?

- Ka qaybqaado fadhiga kooxda 1 saacadood

Halkee?

- NewHolly Gathering Hall
7054 32nd Ave South
Seattle, WA 98118

Goorma? mid ka mid ah kuwan soo socda:

- Abriil 24-keeda 5:30 ilaa 7:30 galabnimo ama
- May1-da 5:30 ilaa 7:30 galabnimo ama
- May 8-keeda 5:30 ilaa 7:30 galabnimo

Cilmibaaristu mar kasta waa ikhtiyaari

Daryeel bixiyeaasha ka qayb qaata waxay helayaan \$ 30 Safeway gift card si ay ugu mahadceliyaan ka qaybgalkaaga. Daryeelka caruurta iyo cuntada ayaa la siin doonaa.

MEASLES

MEASLES IS A SERIOUS DISEASE

Measles is a serious disease that causes a rash and fever.

Measles is very contagious. It spreads when a person with measles breathes out, coughs or sneezes.

Anyone who is not vaccinated can get measles.

Measles can be dangerous, especially for babies and young children. In rare cases, it can be deadly.



PROTECT YOUR FAMILY FROM MEASLES

The best way to protect your family from measles is to get the MMR shot. Doctors recommend that all children get the MMR shot.

The MMR shot is very safe and effective at preventing measles. It also protects against mumps and rubella.

Getting the MMR vaccine is much safer than getting measles.



MMR VACCINE DOES NOT CAUSE AUTISM

Many doctors and scientists from around the world have carefully studied the MMR vaccine. No studies have found a link between autism and the MMR vaccine.

Scientists are studying what makes a child more likely to have autism. Most scientists agree that family genes may make a person more likely to develop autism. They are also studying connections between autism and where a person lives.

Ask your doctor if you have questions about measles or MMR vaccine.

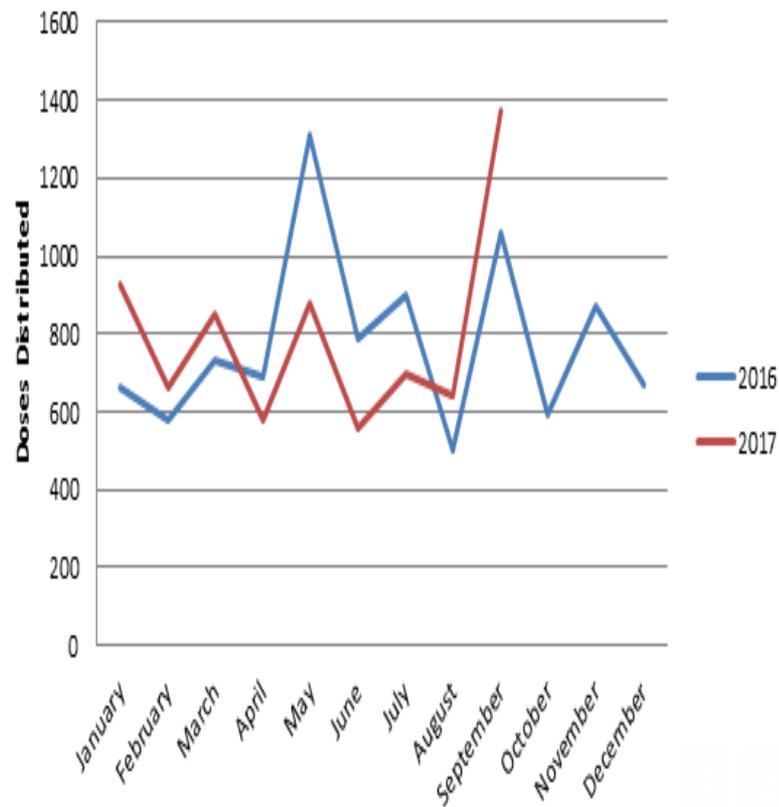
For more information in English and Somali:
<http://kingcounty.gov/health/measles>



Public Health
 Seattle & King County

figure 2

MMR/MMR-V Doses Distributed among CHCs, King County, 2016 & 2017



Community Led Health Boards

- Effective model of community owned and directed health care and education
- Gives power to the community to advocate for cultural competence and accessible services
- Can be extrapolated to other communities
- Presents opportunities to be at the table where decisions are being made
- Input sought from government partners

2017 SHB Led to formation of 8 Community Health Boards Coalition

- African American Health Board
- Eritrean Health Board
- Ethiopian Health Council
- Cambodian Health Board
- Vietnamese Health Board
- Arab/Iraqi Health Board
- Pacific Islanders Health Board





Questions?
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