



# CULTURE CARE CONNECTION

[www.culturecareconnection.org](http://www.culturecareconnection.org)

Increasing the cultural competence of health care providers serving culturally diverse populations  
Winter 2018

Funded by Ucare

## Podcasts: Listen to Explore Health Equity Efforts in Minnesota

The digital medium of podcasts has dramatically grown in popularity in recent years. According to a recent FastCompany report, over 550,000 podcasts are in existence. The genre of medical podcasts for health care professionals is part of that boom.

Medical podcasts are a convenient way to learn more about the health care issues you care about the most. Clinicians, students, and community members interested in improving health all can find podcasts that cover everything from general health news, health care advancements, health IT, and even achieving health equity.

Launched in March of this year, the Center for Prevention at Blue Cross and Blue Shield of Minnesota's [The State We're In podcast](#) examines what it means to have fair and just opportunities to be healthy. Episodes include conversations with people who live and work in Minnesota with various experiences and backgrounds, to foster an understanding of what it

means for communities to achieve their full health potential.

In a recently released special edition, Anika Ward, director of the Center for Prevention, held a [conversation with her brother, Saint Paul Mayor Melvin Carter](#). Mayor Carter spoke about his leadership in Saint Paul and the role the city plays in the health of its residents.



Podcasts focused on health equity in Minnesota are nothing new, however.



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In the past few years, some health care professionals in our state have been featured in episodes of national series. In the Public Health Informatics Institute podcast episode [Working Toward Health Equity Using Information Systems](#), Sudha Setty from the Minnesota Immunization Information Connection speaks about the ways her department uses data to explore questions related to health equity.

Last year bipartisan federal political advocate [BPC Action](#) traveled to Minnesota and around the Midwest asking health care leaders five questions about their

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priorities for reforming our health care system. President and CEO of Allina Health Penny Wheeler [discussed the impact of confusion and disparities on patients](#) and stressed the importance of de-politicizing health care reform.

The downloadable, take-it-with-you nature of podcasts makes them especially useful to the medical community. Being able to multitask by listening to podcasts while exercising or running errands lets busy health professionals maximize the use of their time. Experts from all aspects of health care can be heard on medical podcasts, including government, academia, and industry sources.

At the right is a partial list of Minnesota and national health and health equity podcasts to consider listening to. More podcasts come online every day. For help on how to find and listen to them, see the [Wired Beginner's Guide to Podcasts](#).

## Health Equity and Health Care Podcasts

### American Public Health Association

[Podcasts](#) covering a wide variety of topics around social determinants, addressing disparities, and more.

### Blue Cross and Blue Shield of Minnesota Center for Prevention

[The State We're In](#) - Explores themes related to health, health equity and community, and shares stories related to root causes of preventable death and disease: commercial tobacco use, lack of physical activity, and unhealthy eating.

### BPC Action

[Voices of Care](#) - Each five-minute podcast features state leaders, hospital and payor executives, providers, and patient advocates from all over the country answering questions about their priorities for reforming our health care system.

### MPR News Podcasts

[Picture of Health](#) - Medical commentator Jon Hallberg, MD, and All Things Considered host Tom Crann discuss issues in health and the health care industry.

[Counter Stories](#) - A discussion of race, identity, and life in Minnesota for people of color.

## CLINICAL CORNER

### Reducing Chronic Opioid Use in Minnesota



Seven Minnesota health plans are collaborating on a project to reduce the rate of chronic opioid use among the State Public Programs population in Minnesota.

The race disparities in drug overdose deaths mirror other racial disparities in Minnesota.

According to a recent Minnesota Department of Health [study](#), in 2016, African Americans were two times more likely to die of a drug overdose than whites, and American Indians were almost six times more likely to die of a drug overdose than whites.

The health plans participating in this project are Blue Plus, HealthPartners, Hennepin Health, Medica, Prime West

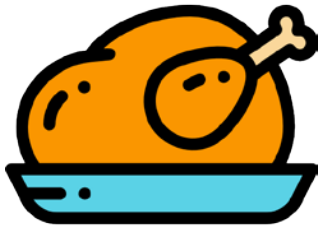
Health System, South Country Health Alliance, and UCare.

The Minnesota Department of Human Services (DHS) has identified 45 days of opioid use as a critical timeline for patients prescribed opioids, as continued use beyond 45 days can result in long-term/chronic use or addiction.

This project, begun in 2018, works to decrease the number of PMAP, SNBC, MSHO, and MSC+ managed care program members who reach that 45-day threshold by providing clinician, member, and community education and resources to understand best practice in opioid prescribing, potential alternative therapies, and safe disposal options.

Visit the [Reducing Chronic Opioid Use page](#) on the Stratis Health website for the provider toolkit: Meeting the Challenges of Opioids and Pain, and other resources.

# NEWS AND RESOURCES



## Healthy Holiday Eating Tips for Diabetics

During the holiday season, families often gather together and enjoy traditional holiday foods. The Centers for Disease Control and Prevention (CDC) provides a list of five healthy eating tips to help people with diabetes and their families stick to their diabetes meal plan. Visit CDC's 5 Healthy Eating Tips for the Holidays website for more information on staying and eating healthy with diabetes during the holidays.

[More >>](#)



## New CLAS Report and Toolkit

Office of Minority Health has developed a framework and toolkit to guide health care organizations' efforts in evaluating their implementation of the National CLAS Standards. The toolkit distills the elements of the framework and can help guide evaluations across four settings; ambulatory care, behavioral health, hospitals, and public health.

[View the report.](#)  
[View the toolkit.](#)



## New Health Disparities Report

Office of Minority Health recently developed a report that summarizes persistent health disparities in the United States, as well as innovative state-level approaches to address them. The strategies used and reported by the states draw upon evidence based strategies, frameworks, and models proven through decades of independent research and practices.

[More >>](#)



## New Urban Indian Health Institute Report

Minnesota is one of the top 10 states with the highest number of cases of missing and murdered indigenous women and girls (MMIWG). This report provides a comprehensive snapshot of the MMIWG crisis in urban American Indian and Alaska Native communities and the institutional practices that allow them to disappear.

[More >>](#)

## February is American Heart Month

American Heart Association (AHA), Twin Cities, Celebrating Community, Addressing Health Equity



Minneapolis native Michelle Davenport is leading the way in addressing health equity by educating her community about blood pressure and stroke symptoms. She shared her story of survival and was honored at the recent AHA Twin Cities Heart Ball. African Americans have the highest rate of stroke, in fact, they are twice as likely to suffer a stroke compared to whites. The AHA is partnering with local groups to address the role social determinants play in health. Where you live and the conditions in which you live impact life expectancy and quality of life more than genetics or clinical care.

[More >>](#)

## Suggested Reading

*Using Our Wit and Wisdom to Live Well with Diabetes* is an autobiography of an American Indian woman's experience of living with and managing diabetes. Published by the Indian Health Service, the book shares personal stories of how her diagnosis impacted the author's everyday life, ways the culture and traditions of her tribe helped her, and changes she made to improve her health.

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## EVENTS

### Webinar: Using Housing Codes to Improve Asthma Health Outcomes Tuesday, December 18, 2018 1:00–2:00 p.m.

This [AsthmaCommunityNetwork.org](http://AsthmaCommunityNetwork.org) webinar highlights the connection between housing codes, asthma, and health outcomes.

Attendees will learn about:

- ✦ Communities that have focused on proactive housing code inspections and enforcement strategies to positively impact children with asthma
- ✦ The National Healthy Housing Standard and how it can be used in housing codes to improve asthma outcomes
- ✦ Lessons learned through working with communities to promote access to in-home asthma environmental interventions

[More >>](#)

### Online Training: Providing Multilingual and Multicultural Health Information January 7– February 4, 2019

This National Network of Libraries of Medicine four-week course, taught online, provides an overview of the current landscape of refugees, immigrants, asylees, and seasonal and migrant farm workers in the United States and highlights unique health challenges impacting these population groups. Training will cover culture, cultural competency, cultural humility, and how your organization is addressing these principles. The course will provide ways your organization can develop programs and services to assist immigrants, refugees, asylees, and seasonal and migrant farm workers in your community.

[More >>](#)

### Event: Gray Area Thinking – Understanding Diverse Humans Thursday, January 31, 2019 1:30–4:00 p.m. Arlington Hills Community Center, St. Paul

Our society is tackling many issues relative to diversity and how to be welcoming toward and inclusive of persons who are “different.” This inclusivity includes challenges to accepting transgender or gender nonconforming persons in health care and other settings.

Ellie Krug, Human Inspiration Works, offers a toolset for interacting with diverse humans mindfully and compassionately. The presentation includes a discussion about inclusivity, being an ally, and the need for greater compassion for all humans.

[More >>](#)

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Stratis Health is a nonprofit organization that leads collaboration and innovation in health care quality and safety, and serves as a trusted expert in facilitating improvement for people and communities.

Stratis Health works toward its mission through initiatives funded by federal and state government contracts, and community and foundation grants, including serving as Minnesota's Medicare Quality Improvement Organization.

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