

# Health and Rural Communities



More than 46 million Americans, or 15% of the U.S. population, currently live in rural areas. People in rural communities face poorer health outcomes than their urban counterparts. These health disparities are made worse by factors that include a lack of access to care, the COVID-19 pandemic, and more.

As the charitable giving arm of Medica — a Minnesota based health plan — the Medica Foundation works to improve the health of those in need by investing in community-led initiatives that advance health equity across the regions we serve.

Since 2019, we've invested over \$2.7 million to support rural health programs in Minnesota, Nebraska, North Dakota, South Dakota, Wisconsin, and Iowa. Food insecurity, mental health, domestic violence, early childhood health, and substance use disorders are some of the spaces we work in to improve health outcomes for people in rural communities.

Our relationship with HealthFinders Collaborative in Northfield, Minnesota dates back to 2009. Over the years we have invested in their work which supports culturally-specific care for Northfield's growing Latino and Somali communities, addressing health disparities in this region.

Volunteers of America Western Nebraska is a new partner that supports the rural health needs of communities in the state's panhandle area.



## COMMUNITY VOICES

“Medica’s support enables us to integrate these services into our unique and holistic model of care, ensuring we can support patients in all aspects of their health.”

**Charlie Mandile**  
Executive Director,  
HealthFinders Collaborative

“The Medica Foundation has been an essential collaborator with our various programs. We are grateful for their support and encouragement in our existing outreach efforts, which reflects our common goals to increase health equity, encourage self-sufficiency, and promote positive developmental growth to help Nebraska’s most vulnerable.”

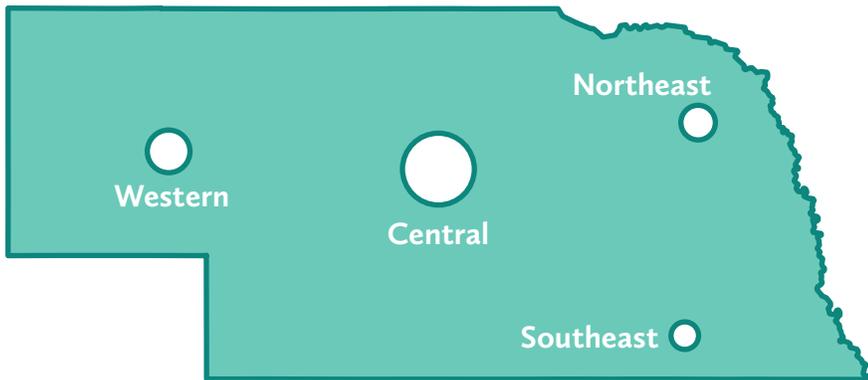
**Danny Jowers**  
Director of Program Development,  
Volunteers of American  
Western Nebraska

2019-2021

# Rural Health Investments



MINNESOTA	INVESTMENT
Central	\$290,000
Northeast	\$385,000
Northwest	\$165,000
Southwest	\$130,000
Southeast	\$440,000
Statewide Impact	\$340,000
<b>TOTAL</b>	<b>\$1,750,000</b>



NEBRASKA	INVESTMENT
Central	\$225,000
Northeast	\$40,000
Southeast	\$10,000
Western	\$95,000
<b>TOTAL</b>	<b>\$370,500</b>



**NORTH DAKOTA**  
\$270,000



**SOUTH DAKOTA**  
\$230,000



**WISCONSIN**  
\$90,000



**IOWA**  
\$37,500