



Lutheran Social Service
of Minnesota

Seeing and Exploring Life's Future (SELF) Program



CONTEXT

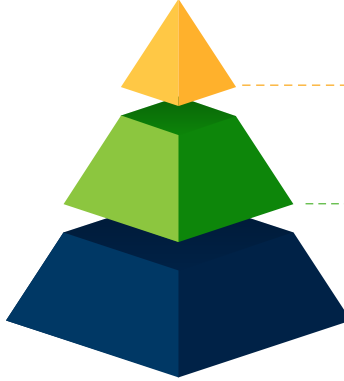
Goal: Lutheran Social Service contributes to closing the gap in teen pregnancy rates for youth of color, LGBTQ+ youth, and youth with disabilities in the Twin Cities and surrounding areas.

Causes: Racism and discrimination have caused long-standing disparities in education, employment, income/wealth, housing, neighborhood conditions, access to health care, transportation, and social connections and support that directly affect health.

Population: Approximately 151,058 youth of color age 10-19 live in the Twin Cities 7-county metro region.

Issue: The rate of teen pregnancy was over 5x higher for American Indians and nearly 4x higher for African Americans than it was for white youth in Minnesota.

APPROACH



Providing youth with intensive services through peer education, youth development, and leadership programming, and delivers community-based presentations for parents and professionals aimed at reducing unplanned teen pregnancy and increasing knowledge around sexual health.

Collaborating to expand teen pregnancy education and promote the implementation of culturally relevant programming.

ROOT CAUSES/ CONDITIONS FOR HEALTH

Addresses the social and economic conditions for health (also known as the social determinants of health). This often happens by changing local, regional or state policy, changing the way systems work or changing the environment.

ORGANIZATIONAL/ INSTITUTIONAL CHANGE

Addresses a health area by changing policies or systems in a school, clinic, hospital, etc. to support healthy behaviors and individual risk/protective factors.

HEALTH PROMOTION/ DIRECT SERVICE

Addresses individual or family-level risk/protective factors through health education, programming, case management, etc.

IMPACT

- 96% of youth that participated in programming felt prepared to make healthy sexual choices in the future
- 88% of youth felt respected based on their racial or ethnic identity
- 100% of professionals reported they were more comfortable communicating with youth regarding sexual health
- 97% of parents felt comfortable communicating with their child about sexual health

OVER 700
youth received sexual
health programming





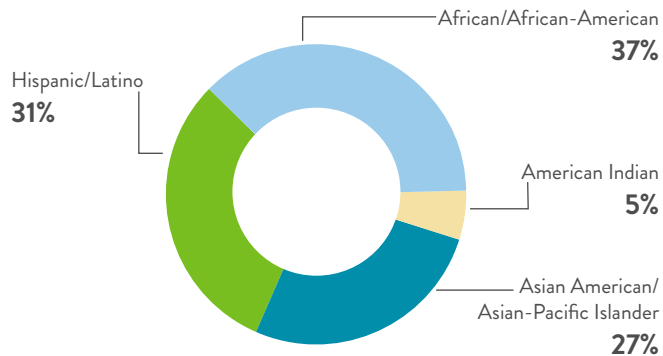
**Lutheran
Social Service**
of Minnesota

Lutheran Social Service of Minnesota is a social service organization headquartered in Saint Paul, Minnesota, with programs serving residents in each of the state's 87 counties. As the largest non-profit organization in Minnesota, LSS employs over 2,300 staff and is supported by 10,000 volunteers.

PRIORITY HEALTH AREA SPOTLIGHT

In 2016, Minnesota reported 3,004 pregnancies among 15- to 19-year-olds. Rates of teen pregnancies among American Indians (56.1 per 1,000 pregnancies) and African Americans (39.6 per 1,000 pregnancies) were among the highest in the state. Disparate rates of unemployment, poverty, adverse childhood experiences, and access to comprehensive sexual health education directly affect sexual health and increase the likelihood of early pregnancy.

Collective Impact: 52,974 individuals were reached through the work of fourteen grantees addressing this priority health area in 2017-18. The proportions of individuals reached by race/ethnicity are shown in the figure below.



EHDI grantees addressing teen pregnancy prevention identified common measures to track and report. Collective results include:

- ★ 86% of program participants know where to access sexual health care
- ↑ Increased comfort talking about sex and birth control with partners
- ↑ Increased number of young people who reported having adults in their lives with whom to talk about sexual health issues

MDH ELIMINATING HEALTH DISPARITIES INITIATIVE

The Eliminating Health Disparities Initiative (EHDI) grant program was created to address health inequities for populations of color and American Indians across eight different priority health areas. Since 2001, the EHDI approach has been to support organizations and projects run by and for communities of color and American Indians to develop and implement strategies that are effective in reaching their communities. Every few years, the program reallocates the competitive grants to organizations and tribes across the state of Minnesota. The current grant cycle is from 2016-2019.