



The Health Equity Leadership Network (HELN)

Who are we?

The Health Equity Leadership Network (HELN) is a group of health equity leaders from across sectors, communities, and geographies coming together to think through how we can better align our work to eliminate disparities and advance health equity in Minnesota.

Why a network?

Complex problems require more than a simple solution. Networks allow for the collaboration and teamwork necessary to address complex issues, like institutional racism. Specifically, networks allow leaders to:

- Break out of silos and expand collaboration
- Build connections for systems change
- Connect to new people and resources
- Co-create and spread innovation
- Increase reach and influence



Connect with us!

Through working together and sharing our strengths, the Health Equity Leadership Network is working to address the challenges of institutional racism, historical trauma and other barriers to achieving health equity.

Join the Health Equity Leadership Network online platform to stay connected:

<https://health-equity-leadership-network.mobilize.io>

For questions or additional information, email us at **Madison.Olmsted@state.mn.us** or call **651-201-5065**.

Our Guiding Principles



Our work is centered in communities most impacted by health inequities.

HELN is driven by community needs and amplifies community-driven solutions and strengths. The network promotes shared power and decision-making. HELN recognizes the complexity of identity and that no one falls into just one category.



The network promotes multigenerational wisdom.

We honor elders of all cultures and promote transfer of knowledge across generations. The network works to promote connectedness amongst people of all ages.



The network promotes risk-taking and systems-level impact.

To address complex issues that require collaboration, we utilize a network approach. We embrace innovation, self-organizing, emergent planning, transparency and challenging ideas and issues in our work.



The network is healing.

The network aims to be restorative and regenerative, where participation fosters joy and healing. The network promotes caring for yourself and each other.

Our Priority Areas

On March 26, 2019, the Health Equity Summit brought together 220 leaders from across the state to continue building out the network. Attendees shared what they believed to be the greatest barriers to health equity, which are summarized in the graphic below. The network is using this framework to guide its priorities.

To learn more, check out the [2019 Health Equity Summit Overview](http://www.health.state.mn.us/communities/equity/projects/hes2019.pdf) at www.health.state.mn.us/communities/equity/projects/hes2019.pdf.

