Juniper Year in Review

2022

Juniper had an extraordinary year in 2022, delivering more classes to more people across Minnesota than in any other year. We are grateful to our providers and class leaders for your excellent work in achieving this milestone. During 2022, we also made significant progress in our goal of developing sustainable payment pathways for classes and other social supports.

In 2022, Juniper:

- Successfully navigated the federal and state reimbursement systems to become a **Medicare and Medicaid provider** for the National Diabetes Prevention Program.

- Became a federally recognized **Community Care Hub** and a member of the Partnership to Align Social Care: A National Learning and Action Network.

- Established relationships with two healthcare provider networks with whom we are **exploring pilot projects**.

- Deepened our partnerships with the Minnesota Department of Health in becoming the **first "umbrella hub" organization for the National Diabetes Prevention Program** in the state of Minnesota and one of eight in the nation.

- Maintained **contracts with four health plans** to deliver Juniper classes, including Blue Cross and Blue Shield of Minnesota, HealthPartners, UCare and Itasca Medical Care (IMCare).

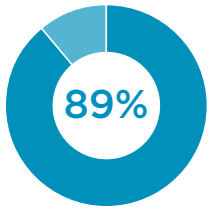| **8,031** Participants	**645** Classes	**4** Health Plan Contracts	**97%** Participants would recommend a class to a friend

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🍃 Live Well

Participants in live well classes say the class helped them:

89% — Feel better about their health
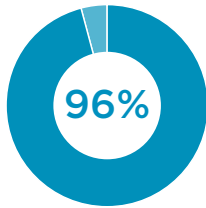
96% — Manage a chronic health condition
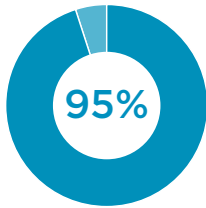
95% — Eat healthier
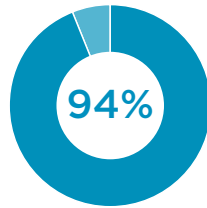
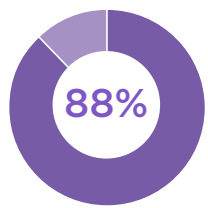**94%** — Increase physical activity

> "The workshops put me back in charge of my life and I feel great. I only wish I had done this sooner."
>
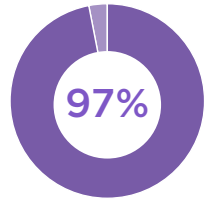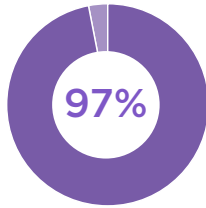> — Living Well with Chronic Conditions participant

🤸 Prevent Falls

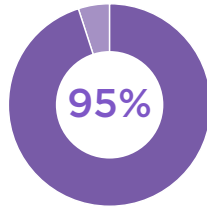**Participants in falls prevention classes say the class helped them:**

88% — Reduce their fear of falling

97% — Achieve the goals they set in their action plan

97% — Feel able to perform daily activities

95% — Feel more satisfied with life

> "The class got me exercising daily. Now I am more confident walking and going up and down stairs. It's helping me continue to live independently."
>
> — Stay Active and Independent for Life class participant

Demographics of Juniper Participants

Gender: Women - 86% | Men - 14%

Class Type: In-person - 73% | Online - 24% | Phone 4%

Participant Location: Rural - 56% | Metro - 43%

Race/Ethnicity

- White — 91%
- Asian — 6%
- Black — 2%
- American Indian — 1%

Age Range

- >60 — 4%
- 60-69 — 20%
- 70-79 — 41%
- 80-89 — 27%
- 90+ — 8%
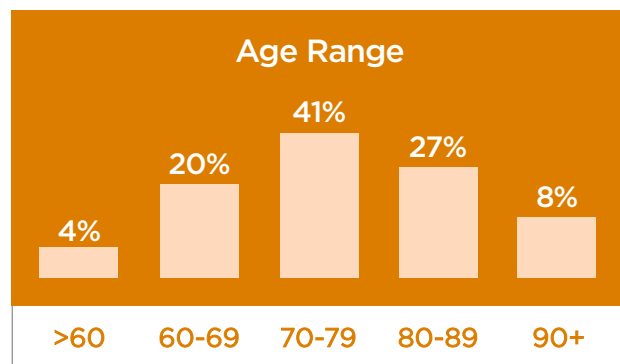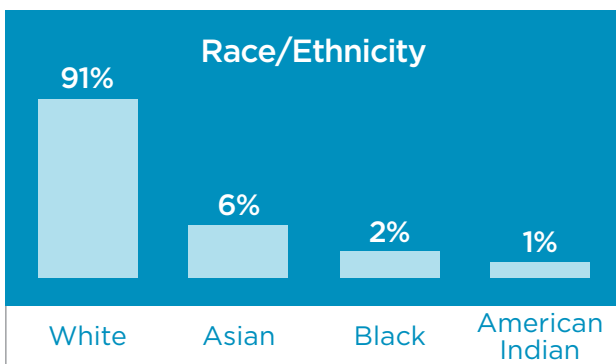
Highlighted Providers

CommonBond Communities

CommonBond Communities is an affordable housing provider that believes every person has the right to a dignified, affordable home that supports independence — a mission that is well-aligned with Juniper's. In addition to providing Juniper classes, CommonBond conducts leader training for Juniper and Older American Act funded programs. Gail Johnson, Health & Wellness Manager at CommonBond was one of the first in our network to offer phone-based classes and she has demonstrated not only how to attract participants but also keep them engaged to the end. "It's wonderful to have a community partner like Juniper that is dedicated to seniors; one of the most vulnerable groups in our communities," according to Gail.

Faith Community Nurse Network

FCNN is an interfaith organization that serves more than 400 faith community nurses. FCNN is a master trainer for multiple Juniper classes and provides stellar program quality and fidelity. FCNN is a vital link between Presbyterian Homes and Juniper community health workers embedded in their facilities. People like participant, Kelly, help FCNN know how important their work is. Kelly had anxiety that kept her from managing daily activities. At each class session, she made an action plan and was delighted to report when she completed her goal. Through the class, Kelly was motivated to see her care provider to get medication to help with her anxiety.

M Health Fairview

Healthcare organizations are in an excellent position to influence people on taking steps to manage their health. M Health Fairview takes this role seriously and has been a leader in making Juniper classes available to their patients. M Health attributes their success to engaging community partners in promoting classes, using dynamic and well-prepared instructors and following up with participants throughout the class. Participant feedback reinforces the value of having clinical staff involved in prevention. One participant noted that she was "very happy that my primary care doctor suggested this program. Time very well spent!"

Highlighted Providers

Live 2 B Healthy

Live 2 B Healthy provides falls prevention classes in private senior living communities, often serving adults with lower incomes. Live 2 B Healthy provides their 13 class leaders ongoing training and professional support, and handles scheduling, marketing, billing and recordkeeping. According to Kelly Nygard, "We are a small, strong team and every one of our trainers is 100% committed." Kelly is particularly appreciative that Juniper funding allows her organization to bring classes to low-income buildings where most residents do not have access to transportation or the ability to pay for health and wellness activities.

VINE: Faith in Action

VINE, located in Mankato, is the largest Faith in Action program in the United States and has been a long-time Juniper provider. VINE is highly connected to its community, so it was no surprise that when through hot-spotting efforts, Juniper realized that the School Sisters of Notre Dame in Mankato were eligible for classes as a benefit of their health plan membership, VINE was on it. VINE found a qualified leader and brought the classes to the convent at a time that worked for the nuns.

Looking to 2023

How we approach health and wellness in this country is nearing an inflection point and, as part of the Juniper network, you are on the frontlines of this change. An increased awareness of the need for preventive care is a key driver of these changes. While systemic change is slow and sometimes chaotic, we are convinced new approaches will bring better health to individuals and our communities.

As a network, we are preparing to meet the demands of an expanded role for community organizations in ensuring access to good health for all.

Thank you for being a part of the Juniper network and for your continued commitment to the work we are doing together.