

# 2018

## Kaarka Warbixinta Caafimaadka Haweenka Minnesota

*Caafimaadka Haweenka  
Minnesota oo Kooban (2016-2017)  
(A Snapshot of Minnesotan  
Women's Health 2016-2017)*

Daabacaad ay samaysay Xarunta Waxbaridda Hogaanka ee  
Caafimaadka Hooyada iyo Caafimaadka Dadweynaha (Center for  
Leadership Education in Maternal and Child Public Health),  
Jaamacadda Minnesota Iskuulka Caafimaadka Dadweynaha  
(University of Minnesota School of Public Health)



Ka hel macluumaad taageeraya, tixraacyo iyo macluumaad  
kale barta [z.umn.edu/mnwhrc18](http://z.umn.edu/mnwhrc18).



### MACLUUMAAKA DADWEYNAHA

(DEMOGRAPHICS)

2016-2017

Tirada dadka Minnesota (MN) ayaa si tartiib tartiib ah u kordhaysa. Laga bilaabo 2016 illaa 2050, tirada dadka MN ayaa la saadaalinayaa inay ku korodho 15%, oo ay ka tagto 5.53 milyan oo gaarto 6.36 milyan. Xilligan, korodhka tirada haweenka waxyar ayuu ka gaabinayaa korodhka tirada ragga. Waxaa la filayaa in heerka korodhka dumarka ee la saadaalinayo uu ka hoosayn doono tirada ragga wixii ka dambeeya 2020.

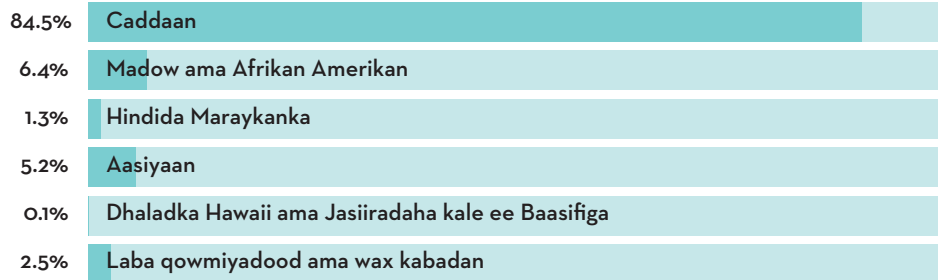
Sanadkii 2017, tirada guud ee haweenka ayaa ahayd 50% (2,804,325) tirada dadweynaha gobolka. Tirada dheddigga da'da 15-44 waxay ahayd 1,066,806, qiyaastii 38% dumarka MN oo dhan, oo u dhiganta kor u kac 1% ah 2016 ilaa 2017. Haweenka ka weyn 80 ayaa ah 60% dadweynaha ku nool miyiga MN, 62% magaalooyinka yar yar ee MN, 64% magaalooyinka waaweyn ee MN iyo 63% magaalada aadka u weyn (urban) ee MN.

INTA SANADOOD EE LA FILAYO IN UU  
GAARO CIMRIGA NOLOSHA DUMARKU

**81.1**

SANO (LIFE EXPECTANCY)

### Qowmiyada



### Da'da



■ Tirada Dadka

### Furaha

Magaalada aad u weyn (urban): 50,000+ ay deganyihiin

Magaalo weyn: 10,000-49,999 ay deganyihiin

Magaalo yar: 2,500-9,999 ay deganyihiin

Miyiga: Goobta shaqo ee loo safro ayaa ah goob ka baxsan magaalada weyn/lagu urursan yahay

Waxaa laga soo xigtay: Greater Minnesota: Refined & Revisited report

Kaarkan Warbixinta (The Report Card) waxaa la soo saaray iyadoo la adeegsanayo ilo kala duwan oo macluumaad ah oo u dhexeeya 2011-2018. Inta badan xogta loo adeegsaday kaarkan warbixinta ayaa waxaa lasoo gudbiyey 2017.



## CAQABADAHA CAAFIMAADKA

2017

Sanadkii 2017 waxaa jiray qiyaastii 2,199,595 haween ah oo da'doodu ahayd 16+ MN gudeheeda, 66% ka mid ah waxay ku jireen suuqa shaqada. Dumarku waa 42% wadarta guud ee dadka aan caymis lahay ee MN. Dadka laga tirada badan yahay ama dumarka aan caddaanka ahayn ayaa saddex laab ay u badan tahay in aysan caymis lahayn marka loo eego dumarka cadaanka ah.

Intii u dhaxeysay 2015 iyo 2018, tirada dadka guri la'aantu ku dhacday ee dadka qaangaarka ah ee da'doodu u dhaxayso 25-54 ayaa kor u kacday. Sanadkii 2017, 2,875 dumar ah oo da'doodu u dhaxayso 18-54 ayey haysataa hoy la'aan.

Dadka laga tirada badan yahay ama dumarka aan caddaanka ahayn ayaa saddex laab ay u badan tahay in aysan caymis lahayn marka loo eego dumarka caddaanka ah.

7%

DHEDIGA DAAHA U DHEXEYYA 18-64 EE MN AYAAN HAYSAN CAYMIS

TIRADA DADKA AAN CAYMISKA HAYSAN MARKA QOWMIYADA LOO EEGO:

CADDAAN

4%

AAN CADDAAN AHAYN

12%



### HOY LA'AANTA HAWEENKA MN MARKA LOO EEGO KOOX KASTA DA'DOODA 2018

DA'DA KOOXDA	DUMARKA QAANGAARKA AH
18-21	429
22-24	299
25-54	2,147
55+	264

### KA QAYBQAADASHADA SUUQA SHAQADA MARKA LOO EEGO QOWMIYADA (ISBARBAR DHIGA)

QOWMIYADA	HEERKA
Cadaan aan ahayn-Hispanic	81%
Asian	70%
Madow	71%
Hindida Mareykanka	65%
Laatiin	73%
Dumarka oo dhan	79%



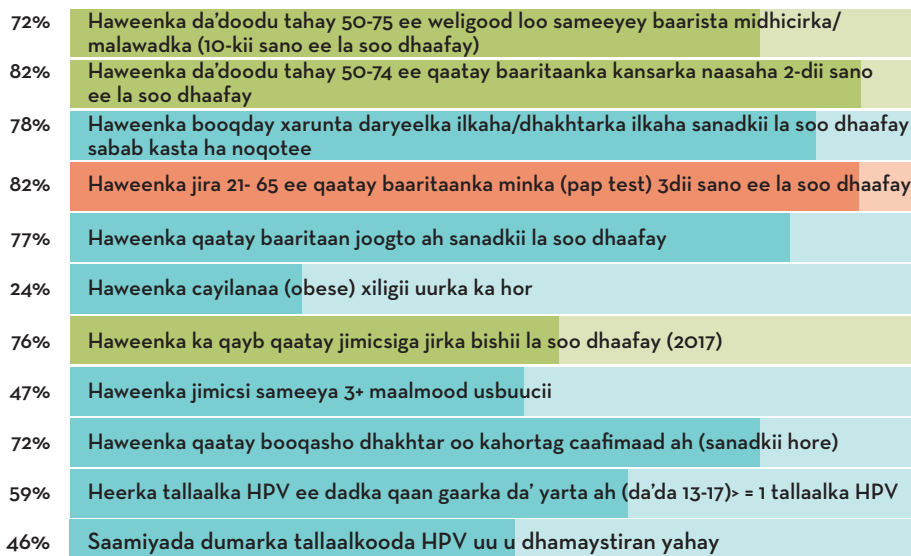
## CAAFIMAAD KA HORTAGA CUDURADA

2016

Isku soo wada duuboo, haweenka MN ayaa kor u dhaafay heerka laga rabey ee hiigsiga Healthy People 2020 (HP2020) dhanka bartilmaameedyada caafimaadka ka hortaga cudurada. Haweenka da'doodu u dhaxayso 50-74 ayuu heerka qaadashada baaritaanka kansarka naasuhu meel sare marayaa (mammogram) (82%) marka loo eego bartilmaameedka HP2020 (81%). Haweenka madow ayaa qaatay heerka iska baaritaanka kansarka ee ugu sareeya (91%), waxaa ku soo xiga baaritaanka dumarka caddaanka ah (83%). Si kastaba ha noqotee, tirada qaddarka dadka la isticmaalay ee dumarka madow iyo kuwa Hispanic-ga aan caddaanka ahayn ee ka qayb qaatay Habka Sahminta khatarka La Xiriira Habdhaqanka Behavioral Risk Factor Surveillance System (BRFSS) ayaa aad u yarayd in ay muujiso inta ay gaarsiisan tahay heerka baaritaanka kansarka naasaha ee haweenka kooxahan ka tirsani, taas oo muujinaysa halista saraysa ee kansarka noocan ah ee dumarka madow.

TALLAALKA HPV KUWA UU U DHAMAYSTIRAN YAHAY

46%



■ Ka koraysa bartilmaameedka HP2020 ■ Ka hoosaysa bartilmaameedka HP2020

Tilmaamayaasha caafimaadka ee qaybtan lagu soo bandhigay waxay u dhigmaan tilmaamayaasha CDC BRFSS. Dhamaan tilmaamayaasha lama barbar dhigo bartilmaameedka HP2020 maxaa yeelay bartilmaameedka HP2020 iyo tilmaamayaasha BRFSS had iyo jeer la mid ma ah. Booqo barta [cdc.gov/brfss](http://cdc.gov/brfss) iyo [healthypeople.gov](http://healthypeople.gov) si aad u hesho macluumaad dheeraad ah.



# CAAFIMAADKA DHALMADA KA HOR IYO CAAFIMAADKA XUBNAHA TARANKA

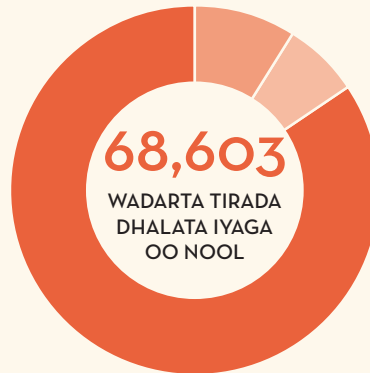
2017

Sanadkii 2017, waxaa uur qaaday wadar ahaan 78,227 haween ah MN guda-heeda. Heerka uurku wuxuu ahaa 73.3 uur ah 1,000kii dumar ah oo da'doodu u dhaxayso 15-44. Gobolku wuxuu tiriyay wadarta guud ee dhalashada 68,603 carruur nool (dhammaan kelida iyo mataanaha marka la isku daro), kuwaas oo 9% ay ahaayeen dhicis (oo ku dhashay in ka yar 37 toddobaad oo uur ah) iyo 7% miisaankoodu hooseeyo (wax ka yar 2,500 garaam/5 rodol, 8 wiiqiyadood).

**77%**

HOYOYOYINKA UURKA LEH AYAA QAATAY DARYEELKA UURKA INTII LAGU JIRAY RUBUCII UGU HOREEYEE EEE MUDDADA UURKOODA

## Dhalashada uurka hal ilmo ah iyo kuwa mataanaha ahba



- Dhalashada Dhiciska ah (<37 asbuuc) 9%
- Dhalashada iyada oo miisaankoodu hooseeyo (<2500 garaam) 7%
- Dhalashada Miisaankooda oo caadi ah 84%

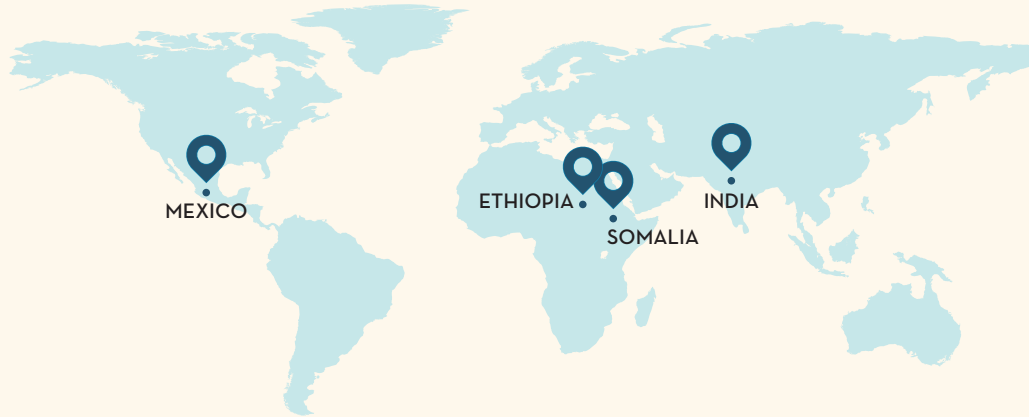


## Heerka Uur Qaadidda

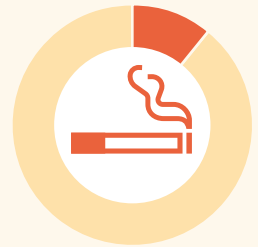
DUMARKA JIRA INTA U DHAXAYSA 15-44 SANO: 64.3 dhalasho 1000kiiba

HEERKA DHALASHADA: 12.3 dhalasho 1000 kiiba tirada guud ee dadweynaha

## Afarta Waddan ee ugu Sarreeya ee Asal ahaan ay Kasoo Jeedaan Haweenka ku Dhala MN



19% DHALMOOYINKU WAXAY AHAAYEEN HOYOYOYIN KU DHASHAY WADDAN SHISHEEYE



**11%**

DUMARKA MN SIGAAR AYEY CABBAAN UURKA KA HOR AMA XILLIGA AY UURKA LEEYIHIIN



## Dhalmada nool oo loo kala qaybiyey Jinsiyada iyo Qowmiyada Hooyooyinka n=69,746

AAN AHAYN					HISPANIC	WADARTA
Caddaan	Madowga Maraykanka	Hindida Maraykanka	Asian/Pacific Islander	Cidkale/la aqoon		
47,890	8,664	1,197	5,492	466	4,894	68,603



HAWEENKA DA' YARTA AH EE KU JIRA XILIGA AY DHALI KARAAN AYAA ISTICMAALA HABKA KALA DHEERAYNTA DHALMADA EE MUDDADA BADAN QOFKA U SHAQEEYA EE LA ISKA SAARI KARO (LONG-ACTING REVERSIBLE CONTRACEPTIVES LARCS) EE KU JIRA BARNAMIJYADA CAAFIMAADKA MN (MEDICAID)



# CAAFIMAADKA DHALMADA KA HOR IYO CAAFIMAADKA XUBNAHA TARANKA (Sii socda)



## Welwelka iyo Walaac Dhalmada ka Dib (Postpartum Depression)

**11%**

HOOYOOYINKA AYUU DHAKHTAR U SHEEGAY IN AY WELWEL QABAAN UURKA KA HOR

**13%**

HOOYOOYINKA AYAA ISKOOD U SHEEGAY IN AY ISKU ARKEEN CALAAMDAHA WELWELKA DHALMADA KA DIB AH

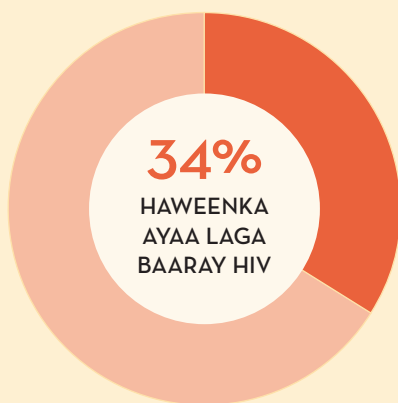


## Kiisaska jeermisyada galmada lagu kala qaado (STIs) ee lasoo gudbiyey

Tirooyinkan waxaa soo gudbisay MDH waxaana ku jira cudurada galmada lagu kala qaado (STIs) ee laga soo gudbiyey goobaha adeegyada oo kala duwan oo gobolka oo dhan ah. Waxaa in la ogaado mudan in All Payers Claim Database ay noqon karto ilo wanaagsan oo lagu qabto tirada shakhsiyaadka la baaray.

## Waxaa laga baaray HIV/AIDS

(N=2257)



**74**

DUMAR AH AYAA LAGA HELAY CUDURKA HIV 2017

## Jabtada (Gonorrhea)

Dadka da'doodu u dhaxayso 20 - 24, ragga ayaa tiro ahaan xoogaa u badan kiisaska jabtada ee 100,000 ee qofba marka loo eego kiisaska dumarka ee jabtada qaba, iyadoo 500 rag ah iyo 478 kiis oo dumar ah ay 100,000 qofba qabaan jabtada.



## SONKOROWGA XILIGA UURKA IYO DHIIG KARKA XILIGA UURKA

2015 GUDEHEEDII,

**6%**

DHALITAANADA KU LUGLAHAA HOOYOOYIN QABAY SONKOROWGA UURKA;

Tan kuma jiraan dumarka qabay sonkorowga nooca type 1 ama nooca type 2 uurka kahor.

Haweenka da'doodu tahay 20 - 24 ayaa qaba tirada ugu badan ee bakteeriyada

**Kalamiidiya gobolka.**

(~3,400 oo kiis 100,000 ee qofba)

## Kalamiidiya (Chlamydia)

Guud ahaan, heerka tirada chlamydia ee MN ayaa gaadhay heerkii ugu sarreeyey iyada oo uu ku dhacay 444 qof 100,000 ee qofba. Tani waa kor u kac 4% intii ay ahayd 2016. Heerka tirada jabtada ku dhaca MN ayaa kordhay 28% oo gaartay 123 qof 100,000 ee qofba marka la barbar dhigo 96 qof 100,000 ee qofba ee sanadkii 2016. Haweenka da'doodu tahay 20 - 24 ayaa qaba tirada ugu badan ee chlamydia gobolka (~ 3,400 oo kiis 100,000 ee qofba).

## Waraabowga (Syphilis)

Kiisaska ugu hooseeya ee waraabowga hore ee dumarka ku dhaca ayaa ahaa 2007kii, iyadoo laba kiis la soo sheegay. Tiradan ayaa si isdaba joog ah u sii kordheysay tan iyo markaas waxayna gaartay 91 kiis 2017. Heerka waraabowga darajada koowaad ah (primary) iyo midda darajada labaad ah (secondary) waa 5.5 oo qof 100,000 ee qofba. Tani waa hoos u dhac 5% laga soo bilaabo 2016.

## DADKA HOOS KU QORAN AYAA ISLA WADAAGA DADKA UGU BADAN EE TIRADA HAWEENKA QABA WARAAHOWGA

HINDIDA MARAYKANKA

**35%**

CADDAANKA AAN HISPANIC AHAYN

**29%**

MADOWGA AAN HISPANIC AHAYN

**23%**



Kansarka naasaha ayaa ahaa  
37% ee tobanka kansarada ugu  
badan ee ku dhacay dumarka MN  
sanadkii 2015.

## KANSARKA

2015

Kansarku waa sababta keenta dhimashada ugu badan ragga iyo dumarka MN. Marka dhammaan kansarada hal meel la isugu geeyo, kansarku waa cudurka 7aad ee ugu badan ee soo noqnoqda. Kansarka naasaha ayaa ahaa 37% kansarada ku dhacay dumarka MN sanadkii 2015. Guud ahaan, kansarka sambabka iyo neefmareenka sambabka ayaa ah sababta ugu weyn ee keenta u dhimashada kansarka, iyadoo uu yahay heerka labaad ee ugu badan ee ku dhacitaanka cudurka balse ah ka ugu badan heerka u dhimashada.

### Heerka Tobanka Kansar ee ugu korreeya Haweenka

NOOCA KANSARKA	HEERKA OO DA'DA LOO EEGAY
Naaska Dumarka	134.5
Sambabka iyo Neefmareenka sambabka	53.3
Midhicirka iyo Dabada (Rectum)*	34.2
Corpus iyo Uterus NOS	31.7
Kansarada ku dhaca maqaanka (Melanomas of the Skin)	28.2
Qanjirka (Thyroid*)	18.7
Qanjirada iyo Unugyada Dhiiga Cad (Non-Hodgkin Lymphoma)	17.4
Kansarada dhuuxa (Leukemias)	12.3
Beeryarada*	12.2
Kelyaha* iyo Xididada kelyaha (Renal Pelvis)	12

100,000 ee haween ahba

### Heerka dhimashada/Nooca kansarka

NOOCA KANSARKA	HEERKA OO DA'DA LOO EEGAY
Sambabka iyo Neefmareenka sambabka	33.3
Naaska dumarka*	19.2
Midhicirka iyo Dabada (Rectum)	11.1
Beeryarada* (Pancreas*)	10
Ilmo galeenka (Ovary*)	6.4
Kansarada dhuuxa (Leukemias)	4.6
Qanjirada iyo Unugyada Dhiiga Cad (Non-Hodgkin Lymphoma)	4.4
Corpus iyo Uterus NOS*+	4.4
Maskaxda iyo sistamka kale ee neerfaha	4.1
Beerka* iyo Xididada Xamaytida (Liver* and Intrahepatic Bile Duct*)	3.1

100,000 ee haween ahba

+ Si kale looma cayimin

\*Noocyada kansarka ee la xiriira cayilka (obesity)



## CAAFIMAADKA BULSHADA IYO DEEGAANKA

2015-2018



2%

### BAQDIN GELINTA IYO WAXYEELADA LAMAANAHA (INTIMATE PARTNER VIOLENCE [IPV])

Sanadkii 2015, 2% dumarka uurka leh ayaa waxay la kulmeen rabshadaha u dhexeeya labada qof ee nolasha wadaagta muddadii 12 bilood kahor uurkooda iyo 2%

33

### DILKA DADKA

Sanadkii 2017, waxaa jiray 33 kiis ayaa lasoo sheegay oo dumar la dilay ah.

1.5x

### HEERKA TIRADA DADKA ISDILEY

Heerkani waa 6 qof 100,000 ee qofba. Dumarka ayaa waxay 1.5 jeer u u badan tahay inay u dhintaan is-dilis marka loo eego dadka la dilo ee MN

7%

### HEERKA TIRADA DADKA XABSIGA KU JIRA

Waxaa xabsiga ku jira 649 haween ah oo qaangaar ah (7% tirada guud ee dadka xabsiyada ku jira) ee MN dhexdeeda. (Laga bilaabo Janaayo 1, 2019).



# CUDURKA JOOGTADA AH (CHRONIC DISEASE)

2012-2017

Haweenka MN waxay qabaan cudurada joogtada ah (chronic diseases) (38%) oo xoogaa yar sarreeya marka loo eego ragga (33%). Intaas waxaa sii dheer, haweenka waxaa ku badnaa xanuunada joogtada ah sida dhiigkarka, neefta iyo tufka (rheumatoid arthritis).



**41%**

Haweenka ayuu miisaankoodu yahay heerkii lagula taliyey

**31%**

Dumarka ayuu miisaankoodu ka badan yahay heerka ku habboon (overweight)

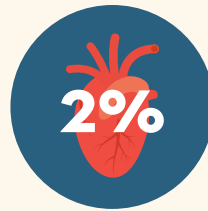
**26%**

Dumarka ayaa cayilan

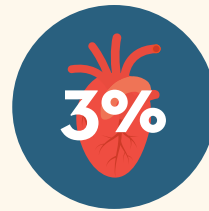
**5%**

Ayuu miisaankoodu hooseeyaa ama aan la aqoon

## % Haweenka uu waligood dhakhtar ku sheegay in ay qabaan:



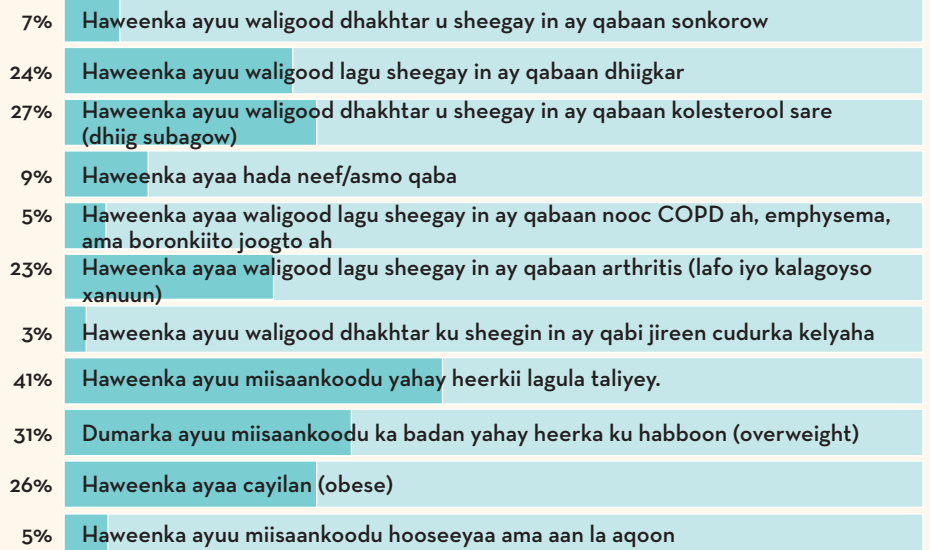
**WADNE ISTAAG**  
(oo loo yaqaano myocardial infarction)



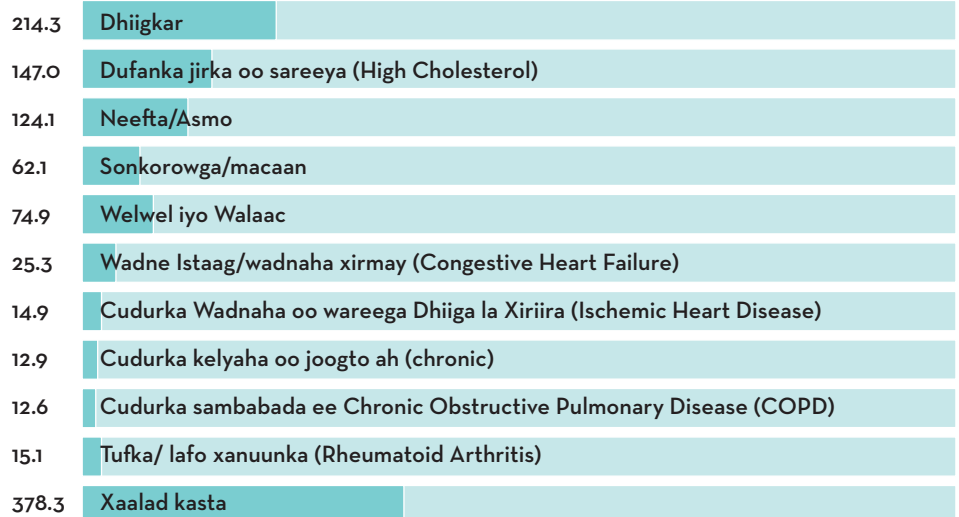
**ANGINA AMA CUDURADA KALE EE WADNAHA**



**FAALUG**  
(oo loo yaqaano dhiig maskaxda ku furma)



## HEERKA TIRADA HAWEENKA QABA CUDURADA JOOGTADA AH EE SOO SOCDA



Heerka inta qof ee 1,000 qof ee Minnesota





# CAAFIMAADKA MASKAXDA IYO ISTICMAALKA MAANDOORIYAHA

2011-2016

Haweenka ayaa ah 55% wadarta macaamiisha ay u adeegaan hay'adaha caafimaadka maskaxda gobolka, goobaha bulshada iyo isbitaalada gobolku.

Heerka gaaritaanka (heerka tirada shaqsiyaadka isticmaala adeegyada caafimaadka maskaxda) dheddigga waa 53.7 qof 1,000kii qofba. Heerkani wuxuu ka sarreeyaa ka labka (ragga) oo ah 44 qof 1000kii qofba.



WADARTA GUUR EE MACAAMIISHA AY U ADEEGEEN WAKAALADAHAA CAAFIMAADKA MASKAXDA EE BULSHADA DHEXDDEEDA, IYO CUSBITAALADA GOBOLKA



Haweenka, wixii ka badan 4+ cabitaan oo hal mar ah ayaa loo tixgeliyaa in ay tahay cabitaan xad dhaaf ah.

## Isticmaalka khamrada oo xad dhaaf ah

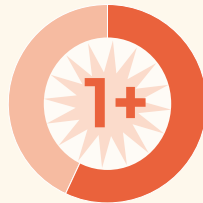
Isticmaalka khamrada xad dhaafka ah waxay sababi kartaa waxyeelo kala duwan sida natiijooyinka dhalmada oo liita, kansarka, cudurka wadnaha, shilalka gawaarida, iyo kuwo kale oo badan. Haweenka, wixii ka badan 4+ cabitaan oo hal mar ah ayaa loo tixgeliyaa in ay tahay cabitaan xad dhaaf ah. Wixii khamro ah ee ay cabbaan haweenka uurka leh ama dadka da'doodu ka yar tahay 21, ama dumarka cabba 8+ cabitaan hal todobaad gudihii, ayaa loo aqoonsan yahay in ay tahay khamro cabitaanka culus.



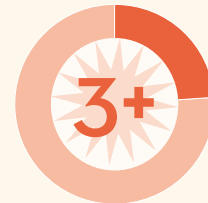
Dhacdooyinka Rabshadaha Caruurnimada (Adverse Childhood Experience ACE) waxaa lagu tilmaamay in ay tahay waayo aragnimo naxdin leh oo nololsha qofka ku dhacda kahor intuuusan gaarin da'da 18 sano oo uu qofku soo xasuusto marka uu qaan gaaro.

## Dhacdooyinka Dhibaatada Caruurnimada hore (Adverse Childhood Experience ACE)

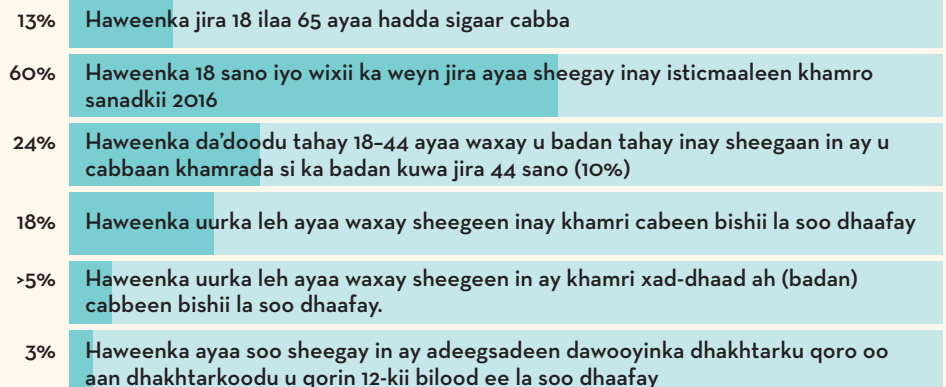
Waxaanu war bixintan kaga warbixineynaa Dhacdooyinka Dhibaatada Caruurnimada hore (Adverse Childhood Experience - ACE) sababta oo ah waxay la xiriirtaa caafimaadka jirka iyo maskaxda oo liita, cudurada joogtada ah, guusha waxbarashada oo hooseysa, guusha dhaqaalaha oo hooseysa iyo marka uu qofku gaangaaro oo ay guushiisa dhanka bulshadu ay dhaawacanto Dhacdooyinka Dhibaatada Caruurnimada hore (Adverse Childhood Experience- ACE) waxay si xoogan ula xiriiraan astaamaha arrimaha caafimaadka maskaxda goor dambe oo nololsha qofka ah, oo marka heerka dhibcaha dhacdooyinka ay sareeyaan, waxay u badan tahay in qofka qaan gaarka ah uu sheegto in uu qabo dibreeshin ama welwelka marka ay qaangaar yihiin. MN BRFSS oo la sameeyay sanadkii 2011 ayaa soo bandhigtay macluumaadkii ugu dambeeyay ee dadka qaan gaarka ah. Waxay muujineysaa, marka la barbar dhigo ragga, haweenka ayaa inta badan soo gudbiyey inay la kulmaan xadgudub jinsiga ah iyo in ay arkeen rabshadaha guriga, cudurada maskaxda iyo dhibaatooyinka la xiriira cabitaanka khamrada qoyska dhexdiisa.



57% DUMARKA AYAA SHEEGAY IN AY SOO MAREEN HAL MAR AMA IN KA BADAN OO AH DHACDOOYINKA DHIBAATOYINKA EE CARUURNIMADA HORE (ACES IN CHILDHOOD) SANADKII 2011



24% DUMARKA AYAA SHEEGAY IN AY SOO MAREEN SADDEX AMA IN KA BADAN OO AH DHACDOOYINKA DHIBAATOYINKA EE CARUURNIMADA HORE (ACES IN CHILDHOOD)



# Kaarka Warbixinta Caafimaadka Haweenka Minnesota 2018: Caafimaadka Haweenka Minnesota oo Kooban (2016-2017)

Daabacaad ay samaysay Xarunta Waxbaridda Hogaanka ee Caafimaadka Hooyada iyo Caafimaadka Dadweynaha (Center for Leadership Education in Maternal and Child Public Health), Jaamacadda Minnesota Iskuulka Caafimaadka Dadweynaha (University of Minnesota School of Public Health)

## Ku saabsan:

Annaga oo si dhow ula shaqeynayna shaqaalaheena iyo Xarunta Daraasadaha Caafimaadka ee Waaxda Caafimaadka Minnesota (MDH), Waaxda Caafimaadka Ilmaha iyo Qoyska (Center for Health Statistics, Child and Family Health Division), iyo Qeybta Dhiirrigelinta Caafimaadka iyo Waaxda Cudurada Joogtada ah (Health Promotion and Chronic Disease Division), waxaan si taxaddar leh u naqshadeynay Kaarka Warbixinta Caafimaadka Haweenka Minnesota (MN-WHRC) si looga caawiyo in la arko muuqaal ka tarjumaya tilmaamayaasha caafimaad ee gaarka u ah dadyowga gobolkeena. MN-WHRC waxaa la soo saari doonaa sanad-dhaaf-kasta marka xogta cusub la helo, iyada oo ujeedadu tahay bixinta dib u eegis dhameystiran iyo isbarbardhig sanadaha oo dhan. Xogtan ayaa ka tarjumaysa waaya-aragnimada nolol maalmeedka dumarka, waxaana loo adeegsan karaa in loo isticmaalo dhaqanka iyo siyaasadaha Minnesota, iyadoo la siinayo fursadda lagu hagaajinayo natiijoyinka caafimaadka dumarka ee muddada dhow iyo muddada fog.

## Wax ku Saabsan Ilaha Xogta:

Kaarka Warbixinta (The Report Card) waxaa la soo saaray iyadoo la adeegsanayo ilo kala duwan oo macluumaad ah oo u dhexeeya 2011-2018. Inta badan xogta loo adeegsaday kaarkan warbixinta ayaa waxaa lasoo gudbiyey 2017; markaa, haddii ay ka duwan tahay, sannad macluudka lasoo aruuriyey ayaa lagu agqoray cinwaan kasta ama mawduuca. Hababka soo aruurinta macluumaadku sidoo kale way ku kala duwanaa kartaa sanadkasta, oo cabbirada tirada dadka ayaa kala duwanaa karta sistem kasta oo macluumaad soo gudbin ah. Boqolleyda (boqolkiiba inta ay tahay) waa la soo gaabiyey si ay u fududeeyo, iyadoo boqolleyda oo dhamaystiran laga heli karo websaydka internetka ee MN-WHRC.

In si kale loo tilmaamo mooyee, xogta oo dhan waxaa loogu talagalay haweenka jira 18+ sano. Mid ka mid ah xaddidaadaha ilaha xogtu waa in qaar ka mid ah macluumaadka la soo gudbiyey aan loo kala qaybinin jinsi ahaan iyo jinsiyada/qowmiyad ahaan. Waxaan macluumaadka wadaageynaa iyada oo loo eegayo jinsiyada iyo qowmiyada si loogu helo bartilmaameed wanaagsan oo ilaha ah iyo in wax ka qabasho loo fidiyo dadka u baahan. Erayada "dheddig" ama "dumar/haween" waxaa loo adeegsaday si midba midka kale bedeli karo. In kasta oo aysan soo koobaynin dhammaan aqoonsiyada jinsiga, waxaa loo isticmaalaa sababta oo ah waxay ka turjumayaan luqadda isha xogta.

## Mahadnaq

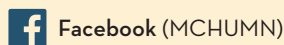
Mahadnaq, tixraac buuxa ee macluumaad iyo faahfaahin dheeraad ah waxaa laga heli karaa [z.umn.edu/mnwhrc18](http://z.umn.edu/mnwhrc18). Kaarka warbixinta waxaa qaabayntiisa lagaga da'yaday Center for Women's Health Research (CWHR) ee ay leedahay North Carolina (NC), taas oo soo gudbinaysay xaalada caafimaadka ee haweenka North Carolina dhowr sanadood. Kaararkooda warbixinta iyo websaytka la socda ayaa nagu dhiirrigeliyay inaanu taas oo kale gobolka u sameysanno. Mahadsanid!

## Wax ku saabsan Xarunta Waxbaridda Hogaanka ee Caafimaadka Hooyada iyo Caafimaadka Dadweynaha (Center for Leadership Education in Maternal and Child Public Health)

Lixdan sano, Xarunta Waxbaridda Hogaanka ee Caafimaadka Hooyada iyo Caafimaadka Dadweynaha (Center for Leadership Education in Maternal and Child Public Health) waxay ka shaqaynaysay hagaajinta heerka caafimaad haweenka, caruurta, dhalinyarada iyo qoysaskooda MN. Shaqada xaruntu waxay salka ku haysaa mabaadi'da caddaaladda bulshada waxayna diiradda saareysaa horumarinta xirfadaha iyada oo loo marayo sii wadashada waxbarashada xirfadeed, la tashiga iyo kaalmada farsamada ee ururada ku salaysan bulshada iyo wakaaladaha caafimaadka dadweynaha iyo adeega bulshada. Ardayda qaadanaysa shahaadada Masterka ee Caafimaadka Dadweynuhu waxay helayaan tababar ku saabsan horumarinta xirfadaha caafimaadka bulshada iyo mowduucyo ku saabsan caafimaadka hooyada iyo dhallaanka.

### LA XIRIIR

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Xarunta Waxbaridda Hogaanka ee Caafimaadka Hooyada iyo Caafimaadka Dadweynaha waxaa taageeray Health Resources and Services Administration (HRSA) ee waaxda caafimaadka iyo Adeegyada Bulshada Maraykanka (U.S. Department of Health and Human Services HHS) iyada oo loo marayo deeqda lambakeedu yahay T76MC0005-59-00 Leadership Education in Maternal and Child Public Health oo ah lacag gaaraysa \$1,750,000. Macluumaadkan ama waxa halkan ku jira iyo gunaanadka dhexgalka qalabkeena dhexgalka bulshadu waa kuwo ay iskood u leeyihiin qorayaashu waana in aan loo qaadanin in ay ku hadlayaan magaca rasmiga ah ama sharciga, am in aysan ahayn ogolaansho ay bixinayso HRSA, HHS ama Dowladda Mareykanka.

Naqshadaynta iyo Daabacaada waxaa sameeyey: University of Minnesota Printing Services



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