

# Research and education

## Our mission

### To improve health and well-being in partnership with our members, patients and community

Discovery and education are central to advancing our organization's mission. We're proud of the many ways HealthPartners Institute made a difference this past year. With our connection to the health plan and care at HealthPartners, our findings and initiatives can move quickly from concept to practice. Our annual highlights present a few stories that demonstrate how research and education are driving innovation and results. Enjoy!



**Nico Pronk, PhD**  
President and Institutional Official  
HealthPartners Institute  
Chief Science Officer, HealthPartners



**Jen Augustson**  
Vice President  
HealthPartners Institute

# From evidence to everyday care

## Research leads to improved care for those with opioid use disorder

An Institute study published in JAMA Internal Medicine shows that use of a clinical decision support system (CDSS) in primary care clinics was associated with improved access to treatment for individuals whose opioid use caused significant impairment or distress. Building on these positive findings, HealthPartners expanded this CDSS to all its primary care clinics.

Opioid use disorder affects 2.1 million people in the U.S., yet few primary care clinicians are trained in addiction medicine. Many are reluctant to treat this condition because of a lack of institutional support and knowledge. These findings demonstrate that an opioid use disorder CDSS can increase evidence-based treatment of this disorder and increase accessibility for primary care patients.

By embedding innovations like this into everyday practice, we're not only improving care for patients with opioid use disorder, we're also translating the advances from our Institute directly into the work we do to improve outcomes for all our patients.

– Dr. Michael Stiffman, Chair, HealthPartners Family Medicine

## International Diabetes Center partners with health plan and care group to improve diabetes care

HealthPartners was selected as one of four health plans in the country to test a groundbreaking initiative to improve diabetes care. Our health plan, care group and International Diabetes Center are key partners in this pilot.

Supported by a grant from the Alliance of Community Health Plans (ACHP) and the Helmsley Charitable Trust, we will assess whether Medication Therapy Management (MTM) pharmacists' direct support of health plan members who use continuous glucose monitors (CGMs) improves outcomes and reduces health disparities. This support includes CGM education, prescribing, therapy adjustment and more.

The Institute's expertise in research and education will be leveraged in the development of tools and training for pharmacists, data collection and analysis, and project management. Understanding health outcomes, plan member experience and financial sustainability of this care model will be key. If the results are positive, they will help build a case for long-term policy changes that support greater access to this technology.

## Creekside residency program simplifies ADHD screening for adults

For many adults, getting an attention-deficit/hyperactivity disorder (ADHD) diagnosis can take months or even a year. Patients often navigate multiple assessments before returning to their primary care clinician to discuss treatment. At our Creekside Family Medicine Residency Program, residents and faculty are closing this gap with a simpler, faster approach.

Through specialized training, residents are now equipped to lead initial ADHD screenings and conduct some follow-up visits focused on diagnosis and treatment. By seamlessly integrating this care within the primary care setting, residents are helping patients get answers faster and begin treatment sooner.

The results are promising. As published in Annals of Family Medicine, Creekside clinicians demonstrated they could achieve a confident diagnosis and treatment more efficiently using this new method.

At the residency, we're constantly looking for new innovations and seeking solutions to improve patient care, and aim to expand this model to additional clinics.

– Dr. Gregory Dukinfield, Medical Director, Creekside

# Discovery, dissemination and impact

## By the numbers

- 25 years of participation in Vaccine Safety Data link research
- 442 journal articles, chapters and books published
- \$36M in grant funding received in 2025

## Study reveals lingering decreases in pediatric vaccinations following pandemic

When COVID-19 and related stay-at-home orders kept many families from seeking routine medical care, fewer infants received immunizations. Despite efforts by care systems like ours to create safe spaces for families to come in, national research showed fewer vaccines were given early in the pandemic.

Recently, our colleagues published a study in Pediatrics that analyzed infant immunization data from before, during and after the pandemic. It showed that as of late 2023, routine childhood immunizations remained below pre-pandemic levels.



## More than 200 clinical trials bring research to patients and the community

- Through the ANCHOR asthma clinical trial, we're testing the effectiveness of the AIRSUPRA inhaler. It combines two common asthma medicines into a single inhaler to help treat symptoms and prevent asthma attacks. The total enrollment goal was 1,500 participants across five study sites in the U.S. We enrolled 427 participants at our site. Use of Asthma Registry MyChart messaging has been a unique and productive recruitment tool for this trial.
- TRIA Research and Education Center was awarded nearly \$700,000 from Female Athlete Conference, Inc. to investigate recovery and return-to-sport processes in athletes with bone stress injuries (BSIs). The study aims to establish gold-standard outcomes for assessing BSI healing and to explore relationships between recovery trajectories, biomarkers and subsequent injury risk.
- Metro-Minnesota Community Oncology Research Consortium (MMCORC) helped the National Cancer Institute's Tomosynthesis Mammographic Imaging Screening Trial (TMIST) meet its enrollment goal of 108,907 participants worldwide. This breast cancer prevention trial compares the effectiveness of 2D versus 3D mammography for post-menopausal women with dense breast tissue. MMCORC participating sites enrolled 875 of those participants locally.

## Reducing cardiovascular risks with diabetes medication

Institute researchers contributed to a study led by Kaiser Permanente comparing how well four different glucose-lowering medications reduced the risk of heart attack and stroke. Published in JAMA, the study compared the effectiveness of: GLP-1 receptor agonists, SGLT2 inhibitors, sulfonylureas and DPP4 inhibitors. The research showed that continued use of GLP-1 receptor agonists offered the most protection against heart attacks and strokes.

About 38 million Americans have type 2 diabetes, and there are many different medications that can be prescribed to treat it. Because of the size of this study – around 300,000 adults – researchers were able to provide information to help inform medication choices for adults with type 2 diabetes who may already have heart disease, and for those who are trying to prevent heart problems from developing.

# Strengthening care through education

## By the numbers

- 1,000+ clinician educators supporting the next generation
- 4,329 student experiences in 61 learner types
- 700+ residents and fellows trained

## Simulation prepares teams for real-life maternal care

Rising maternal mortality rates, particularly among patients in marginalized communities, underscore the urgent need for improved training and equitable care.

With support from generous donors, our clinical simulation team acquired MamaAnne, a new maternal and birthing simulator that enhances hands-on learning for clinical teams. One of the first of its kind in the world, MamaAnne enables realistic, high-fidelity training that helps clinicians refine their skills, strengthen emergency response and improve outcomes for mothers and babies. This focus on maternal care represents an important investment toward safer, more equitable care for families in the communities we serve.

- About 16,000 participants take part in our clinical simulation programs annually
- Nationally accredited by the Society for Simulation in Healthcare (2025)

## Building and retaining the future APC workforce

Our Advanced Practice Clinician (APC) Fellowship strengthens our workforce by preparing clinicians to grow and thrive in their careers. Last year, nearly 90% (17 of 19) of graduating fellows accepted positions at HealthPartners, reflecting the program's impact on development and long-term retention. Through mentorship, a hands-on learning environment and a strong core curriculum, fellows gain essential clinical and professional skills across nine fellowship programs, supported by more than 400 dedicated educators.



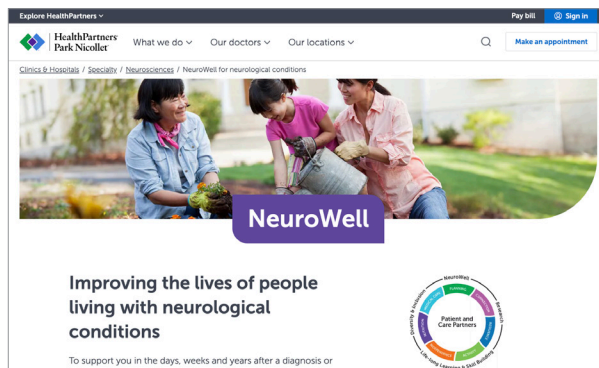
# Collaborating to meet community needs

## Center for Evaluation and Survey Research has vital role in Community Health Needs Assessments

For U.S. nonprofit hospitals, a Community Health Needs Assessment (CHNA) is a critical tool for identifying and prioritizing community health needs. It's required every three years, as is a plan to address those needs. Over the past six years, our Center for Evaluation and Survey Research has partnered with HealthPartners Community Health and Partnerships to support our eight hospitals in completing two CHNA cycles. We were also approached by two area health systems to support their organizations' CHNA needs.

## Website offers resources and research for neurological conditions

NeuroWell helps patients and caregivers navigate neurological conditions like stroke, dementia and Parkinson's. This new website at [healthpartners.com/neurowell](http://healthpartners.com/neurowell) offers credible, easy-to-access information, including how to manage health at home and stay connected in the community. It also provides information about neuroscience research studies, an integral part of NeuroWell's mission.



## Spotlight on surgical technologists in MedTech 3.0

Approximately 30 participants from more than a dozen organizations – including Mayo Clinic, Hennepin Health and the Minnesota Department of Employment & Economic Development – gathered at the HealthPartners Institute Clinical Simulation Center at Regions Hospital to observe a day in the life of a surgical technologist. We hosted this workshop as part of MedTech 3.0, a Greater MSP initiative to advance Minnesota's leadership in health care technology and workforce development.

Through a simulated emergency scenario, participants gained a hands-on view of how technologists anticipate surgical needs, manage instruments, troubleshoot equipment and support patients – all while working under pressure. The experience encouraged open dialogue and collaboration around workforce challenges. It also generated ideas to strengthen medical innovation through cross-sector partnerships across the state.

**This initiative brings partners together around real workforce needs while elevating the voices of those closest to the work. The result is stronger collaboration, better retention and a workforce that puts Minnesota at the forefront of global health care innovation.**

**– DeLinda Washington, Senior Vice President and Chief People Officer, HealthPartners**

# Knowledge Exchange: a global resource

Users in 13,000 cities generated more than 475,000 site visits to our Knowledge Exchange at [healthpartners.com/knowledgeexchange](https://healthpartners.com/knowledgeexchange). It's making an impact worldwide as a trusted source for health care discoveries and learnings generated by HealthPartners.



Visit [healthpartnersinstitute.org](https://healthpartnersinstitute.org) to learn more about the Institute, including our leadership team and board of directors.

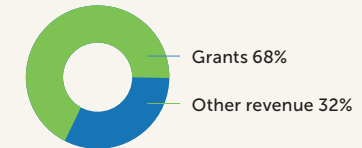


## Financials 2025

**\$52M**  
Operating revenue

**\$57M**  
Operating expenses

Operating revenue sources



Total net assets \$83M  
100% of our net assets are unrestricted