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Zumbro Valley Health Center Receives Major Donation

Rochester, Minn. – Mayo Clinic has awarded Zumbro Valley Health Center \$75,000 to help develop a metabolic clinic within the organization’s primary care area. The funding will be used to better treat diseases common to people with mental illness such as diabetes, cardiovascular disease, metabolic syndrome and respiratory illnesses by addressing key lifestyle factors during visits.

“We are very grateful to Mayo Clinic for their generous donation to help improve the care of the thousands of people we treat each year,” said Chief Executive Officer Beth Krehbiel, RN, FACHE. “These funds will allow us to help people change unhealthy lifestyle habits like poor nutrition, lack of exercise and obesity.”

Research shows that people diagnosed with a mental illness live, on average, 25 years less than those without one. This is primarily due to physical health conditions caused by modifiable lifestyle factors.

“We look forward to working with Zumbro Valley Health Center to provide this valuable service to our primary care patients who live with mental illness,” said Sarah Crane, M.D., medical director for Mayo Clinic Employee and Community Health. “The Metabolic Clinic will complement the care patients receive in the primary care setting at Mayo Clinic, helping address preventive factors related to managing conditions that can turn into complicated diseases.”

Krehbiel added that Zumbro Valley Health Center staff have treated increased numbers of people with co-morbid conditions over the past year, and that more than half of all patients are now diagnosed with a complex disorder.

“Mayo Clinic has, and continues to be, a major supporter of our efforts to improve the health of the under- and un-served populations in SE Minnesota,” said Krehbiel. “This support has been critical in our ability to enhance the treatment options for these populations.”

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About Zumbro Valley Health Center

Restoring hope...one life at a time. For the past 50 years, Zumbro Valley Health Center has worked to improve the health of people in SE Minnesota regardless of their ability to pay. Our organization enhances the quality of life for individuals through an integrated model of care providing behavioral health, medical, dental and community support services. Last year, staff served more than 4,000 people, the overwhelming majority of whom are from under-served populations. The services we provide all have the same goal – helping people with an addiction disorder, a mental illness or a co-occurring condition lead more healthy, productive and self-sufficient lives. Zumbro Valley Health Center is a private, non-profit organization serving Olmsted and Fillmore counties. For more information, visit our Web site at www.zvhc.org or call 507-289-2089.

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