

2019 COMMUNITY HEALTH NEEDS ASSESSMENT - IMPLEMENTATION STRATEGY PLAN

Priority Area #1: Social Determinants of Health



Goal: Improve social determinants of health among adults and youth living in low-income households.

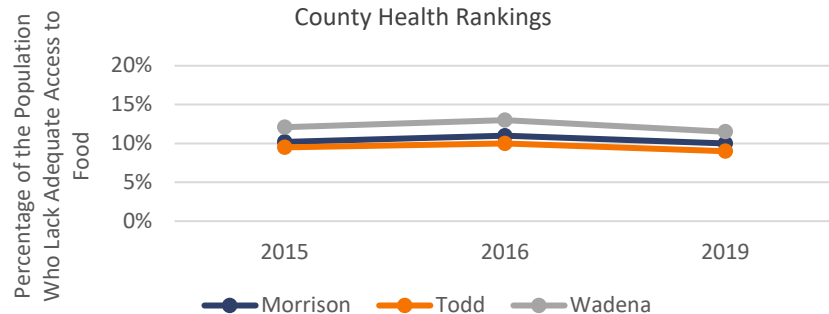
| Strategies / Activities | Role / Partners / Resources | Tracking and Performance Measurement |
|--|---|---|
| 1. Facilitate and support clinical- and community-based initiatives to increase the ability for adults and youth to access and afford nutritious foods. | | |
| 1.a: Collaborate with regional partners to assess community need, identify gaps and opportunities, and monitor data. | LHS Community Health (support) / MTW Community Health Board - SHIP / Hilltop Regional Kitchen / ISD #2170 / Central MN Council on Aging / Healthy Kids Collaborative / Staples Motley Beyond Poverty / CLC-Staples (EPRI) / Minnesota Department of Human Services- Integrated Health Partnerships (IHP) / LEAP | <p>Short Term Outputs:</p> <ul style="list-style-type: none"> • Number of patients screened for food insecurity • Number of food insecure patients impacted • Number of patient referrals to internal clinic-based programs • Number of patient referrals to community-based support and services • Number of resources provided • Statewide initiatives supported <p>Medium Term Indicators:</p> <ul style="list-style-type: none"> • Decreased percentage of adults who experience food insecurity. (County Health Rankings) • Decreased percentage of youth who experience food insecurity. (County Health Rankings) • Increased percentage of youth (students) who benefit from Free/Reduced-Price Meals. (MDE Report Card) • Increased percentage of households who qualify and receive SNAP benefits. <p>Long Term Indicators:</p> <ul style="list-style-type: none"> • Decreased percentage of all individuals living in poverty. (U.S. Census Bureau) • Decreased percentage of all individuals living below 200% Federal Poverty Level (U.S. Census Bureau) • Decreased percentage of children in poverty (County Health Rankings) |
| 1.b: Sustain and improve clinic-based interventions to screen food insecurity and refer patients to internal programs and community-based initiatives (e.g., <i>Engage interventions: Food Farmacy, Fresh Delivered, Meals at Discharge, Cardinal Pax, SNAP</i>). | LHS Community Health (co-lead) / LHS Clinic Systems / MTW Community Health Board - SHIP / Hilltop Regional Kitchen / ISD #2170 | |
| 1.c: Support and expand clinical- and community-based programs targeting at-risk patients, especially seniors and low-income individuals and youth (e.g./ <i>PAX, Food Farmacy, Fresh Delivered, Meals at Discharge</i>). | LHS Community Health (co-lead/support)/ Healthy Kids Collaborative / MTW Community Health Board - SHIP / ISD #2170 / University of Minnesota Extension / Minnesota Department of Human Services / Central MN Council on Aging / Beyond Poverty | |
| 1.d: Disseminate clinical- and community-based support and services resources to at-risk patients, especially seniors and low-income individuals and youth (e.g., <i>Engage initiatives: Food Farmacy, Fresh Delivered, Meals at Discharge, SNAP, WIC</i>). | LHS Community Health (co-lead/support)/ Healthy Kids Collaborative / MTW Community Health Board - SHIP / ISD #2170 / University of Minnesota Extension | |
| 1.e: Participate in statewide initiatives to address and improve food security throughout the region and in Minnesota. (e.g., MN Food Charter, Good Food Access Fund). | LHS Community Health (support) / MTW Community Health Board - SHIP / Hunger Solutions / Minnesotans for Healthy Kids Coalition / MN Food Charter / LEAP | |

| Strategies / Activities | Lead / Role / Partners / Resources | Tracking and Performance Measurement |
|---|---|--|
| 2. Collaborate and establish regional partnerships to address the social, economic, and environmental risk factors that impact health outcomes. | | |
| 2.a: Improve and enhance clinical-community linkages between clinical teams, community organizations, and public health agencies to expand social services across systems. | LHS Community Health (lead/co-lead)/ Healthy Kids Collaborative / MTW Community Health Board - SHIP / ISD #2170 / | Short Term Outputs: <ul style="list-style-type: none"> • Number of meaningful partnerships, • Number of patients screened for food insecurity • Number of patient referrals to internal clinic-based programs • Statewide initiatives supported Medium Term Indicators: <ul style="list-style-type: none"> • Decreased percentage of adults who experience limited access to healthy food. (County Health Rankings) • Increased high school graduation rate. (Community Commons) • Decreased percentage of the population age 25+ with no high school diploma. (Community Commons) Long Term Indicators: <ul style="list-style-type: none"> • Decreased percentage of all individuals living in poverty. (U.S. Census Bureau) • Decreased percentage of all individuals living below 200% Federal Poverty Level (U.S. Census Bureau) • Decreased percentage of children in poverty (County Health Rankings) |
| 2.b: Actively seek opportunities to engage community partners in programs, funding opportunities, and policy initiatives to address social risk factors such as housing, transportation, access to healthy food and economic development. | LHS Community Health (co-lead/support) / Healthy Kids Collaborative / MTW Community Health Board - SHIP / ISD #2170 / City of Staples / CLC-Staples / Region 5 / LEAP | |
| 2.c: Collaborate with local school district to address social and economic risk factors that impact educational achievement and equity among students and families. | LHS Community Health (support) / ISD #2170 / MTW Community Health Board - SHIP / City of Staples / Minnesota Department of Health / Minnesota Department of Education / | |

Social Determinants of Health Trend Data (Medium and Long Term Indicators):

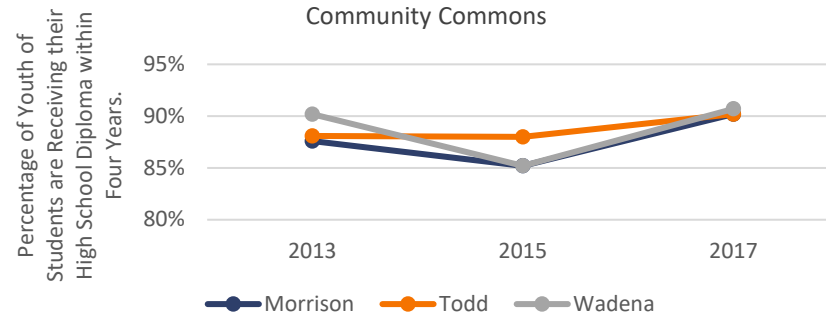
Food Insecurity - All Individuals

County Health Rankings



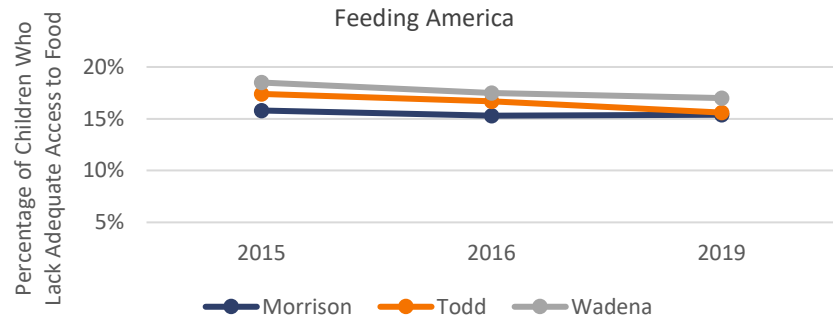
High School Graduation Rate

Community Commons



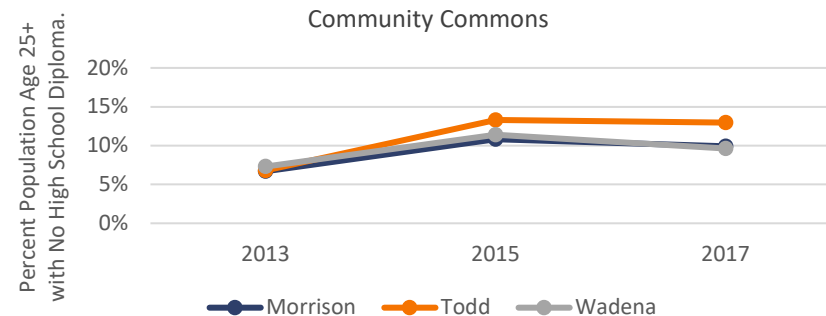
Food Insecurity - Children

Feeding America



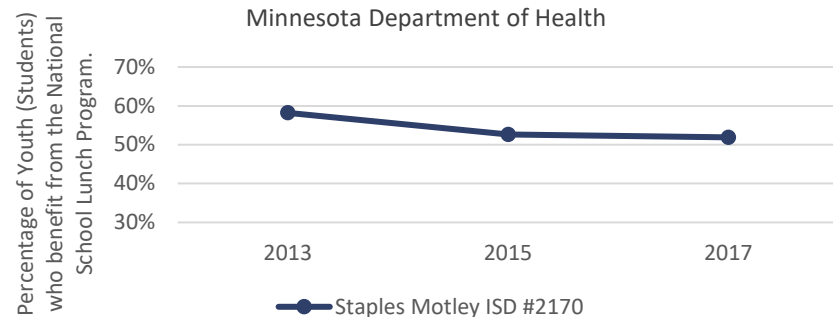
No High School Diploma - Age 25+

Community Commons



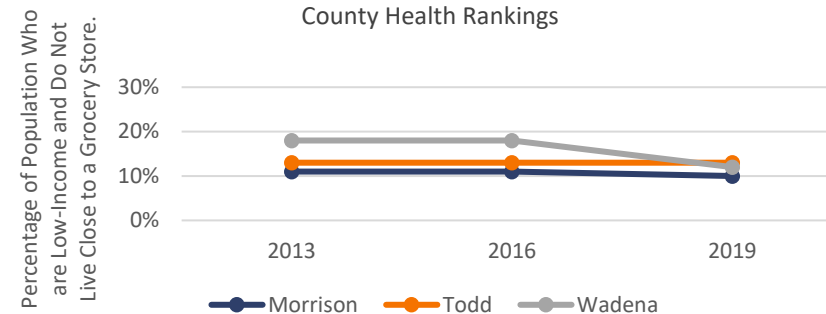
Free and Reduced Price Meal Program - Youth

Minnesota Department of Health



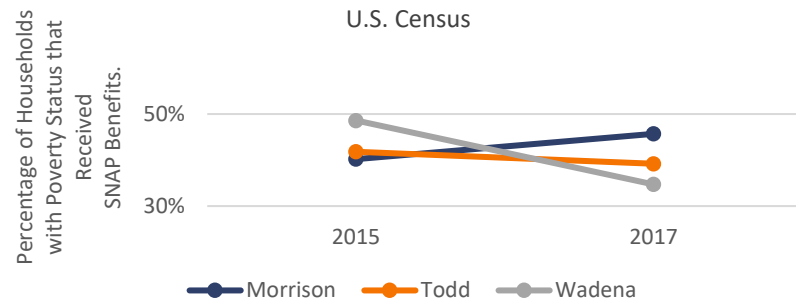
Limited Access to Healthy Food - All Individuals

County Health Rankings



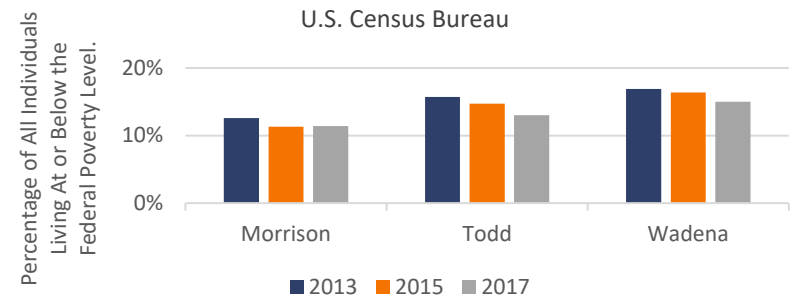
SNAP Participation - Households

U.S. Census



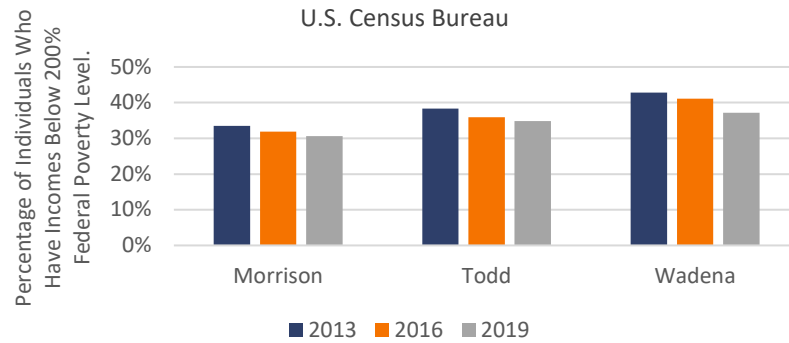
Poverty - All Individuals

U.S. Census Bureau



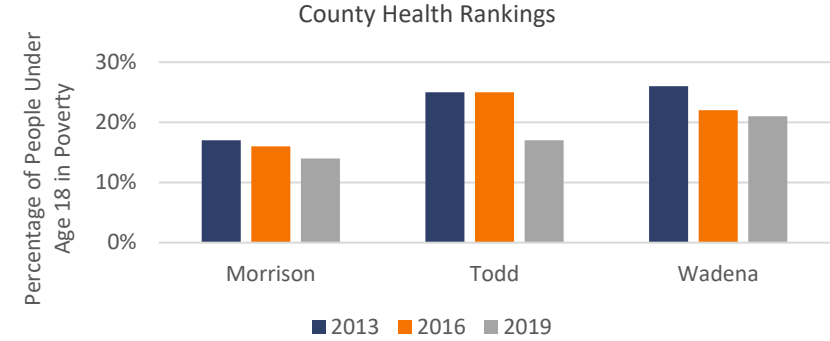
< 200% Federal Poverty Level - All Individuals

U.S. Census Bureau



Poverty - Youth

County Health Rankings



2019 COMMUNITY HEALTH NEEDS ASSESSMENT - IMPLEMENTATION STRATEGY PLAN

Priority Area #2: Mental Health & Substance Use



Goal: Improve access and availability to mental and behavioral health education, awareness, and community-based interventions for individuals, families, employers, and youth.

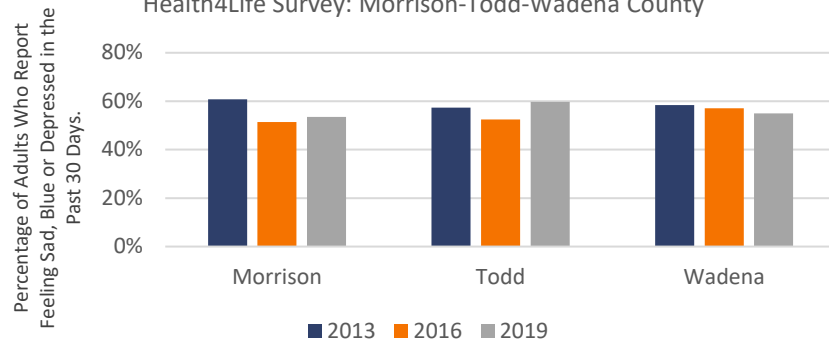
| Strategies / Activities | Role / Partners / Resources | Tracking and Performance Measurement |
|--|--|---|
| 1. Increase education awareness and accessibility of mental health resources across the region. | | |
| 1.a: Collaborate with regional partners to assess mental health status in the community, identify gaps and opportunities, and monitor data. | LHS Community Health (support) / MTW Community Health Board - SHIP / ISD #2170 / Healthy Kids Collaborative / Staples Motley Beyond Poverty / Region V+ Adult Mental Health Initiative / Crisis Line | <p>Short Term Outputs:</p> <ul style="list-style-type: none"> • Number of meaningful partnerships engaged • Number of educational offerings • Number of funded projects • Statewide initiatives supported <p>Medium Term Indicators:</p> <ul style="list-style-type: none"> • Decreased percentage of adults who report feeling sad, blue or depressed in the past 30 days (Health4Life Survey) • Decreased percentage of youth (students) who report feeling down, depressed or hopeless. (MN Student Survey Data for 5th, 8th, 9th & 11th-Grade) • Decreased percentage of youth (students) who report ever "seriously considered attempting suicide." (MN Student Survey Data for 5th, 8th, 9th & 11th-Grade) • Decreased percentage of youth (students) who report has ever "actually attempted suicide" (MN Student Survey Data for 5th, 8th, 9th & 11th-Grade) <p>Long Term Indicators:</p> <ul style="list-style-type: none"> • Decreased suicide mortality rate per 100,000 (Community Commons) 17.6% |
| 1.b: Offer and promote ongoing education and outreach on stigma, depression, suicide prevention and evidenced-based mental health programs and services across the region. | LHS Community Health (support) / MTW Community Health Board - SHIP / Region V+ Adult Mental Health Initiative / Staples Motley Beyond Poverty / Minnesota Department of Health / Crisis Line / LEAP | |
| 1.c: Actively engage partners in reducing youth suicidal thoughts and attempted suicide among 5-12 th grade students with education, outreach, and direct support | LHS Community Health / Healthy Kids Collaborative / Crisis Line / Area School Districts /TMW SHIP / Staples Motley Beyond Poverty | |
| 1.d: Participate in regional and statewide initiatives and campaigns to support increased awareness of mental health issues and services (Ex. Make it Ok, MN 10x10) | LHS Community Health (support) / Region V+ Adult Mental Health Initiative / MDH / LEAP | |

| Strategies / Activities | Lead / Role / Partners / Resources | Tracking and Performance Measurement |
|--|--|---|
| 2. Reduce the use and abuse of illegal drugs, tobacco and risky alcohol behaviors. | | |
| 2.a: Collaborate with regional partners to assess community drug, tobacco and alcohol use, identify gaps and opportunities, and monitor data. | LHS Community Health (support) / MTW Community Health Board - SHIP / ISD #2170 / Healthy Kids Collaborative / Staples Motley Beyond Poverty / Region V+ Adult Mental Health Initiative | <p>Short Term Outputs:</p> <ul style="list-style-type: none"> • Number of meaningful partnerships engaged • Number of educational offerings / outreach events • Number of funded projects • Number of policies, system and environmental change initiatives • Statewide initiatives supported <p>Medium Term Indicators:</p> <ul style="list-style-type: none"> • Decreased percentage of adults who report binge drinking. (Health4Life Survey) • Decreased percentage of youth (students) who report Marijuana drug use. (MN Student Survey Data for 5th, 8th, 9th & 11th-Grade) • Decreased percentage of youth (students) who report alcohol use. (MN Student Survey Data for 5th, 8th, 9th & 11th-Grade) • Decreased percentage of adults who report any use of tobacco including e-cigarettes. (Health4Life Survey) • Decreased percentage of youth (students) who report e-cigarette use. (MN Student Survey Data for 5th, 8th, 9th & 11th-Grade) <p>Long Term Indicators:</p> <ul style="list-style-type: none"> • Decreased percentage of adults who report alcohol abuse in individuals age 21 and older is a moderate to serious problem. (Health4Life Survey) • Decreased percentage of adults who report alcohol abuse in individuals under age 21 is a moderate to serious problem. (Health4Life Survey) • Decreased percentage of adults who report illicit drug use is a moderate to serious problem. (Health4Life Survey) • Decreased percentage of 5th-Grade youth (students) who report exposure to secondhand smoke. (MN Student Survey Data for 5th, 8th, 9th & 11th-Grade) • Decreased percentage of adults who report tobacco use as a "serious problem." (Health4Life Survey) |
| 2.b: Offer and promote ongoing education and outreach on the correlation between substance abuse and mental health issues. | LHS Community Health (support) / MTW Community Health Board - SHIP / Region V+ Adult Mental Health Initiative / Minnesota Department of Health | |
| 2.c: Engage policies, system and environmental change initiatives to prevent drug use in the community and region (e.g., social host ordinances, youth tobacco prevention policies). | LHS Community Health (support) / Region V+ Adult Mental Health Initiative / LEAP | |
| 2.d: Participate in statewide initiatives to prevent and support substance abuse and chemical health collaborations across Minnesota. | LHS Community Health (support) / Region V+ Adult Mental Health Initiative | |

Mental Health and Substance Use Trend Data (Medium and Long Term Indicators):

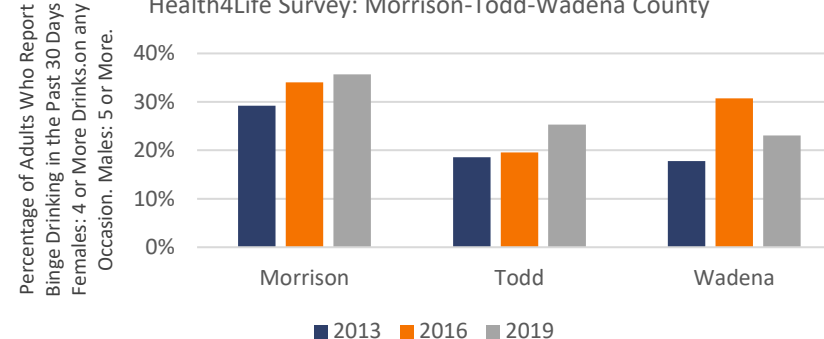
Feeling Sad, Blue or Depressed - Adults

Health4Life Survey: Morrison-Todd-Wadena County



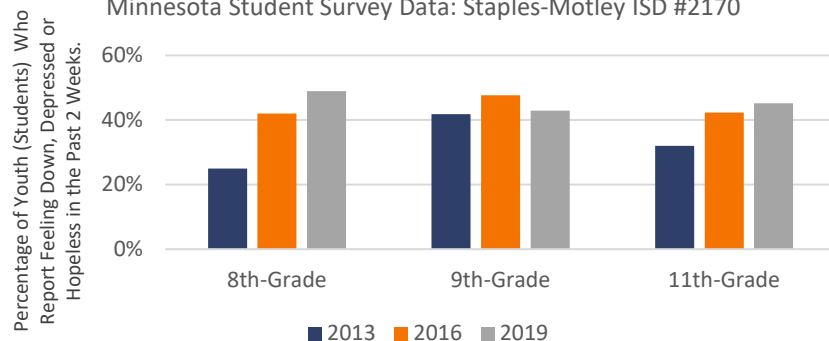
Binge Drinking - Adults

Health4Life Survey: Morrison-Todd-Wadena County



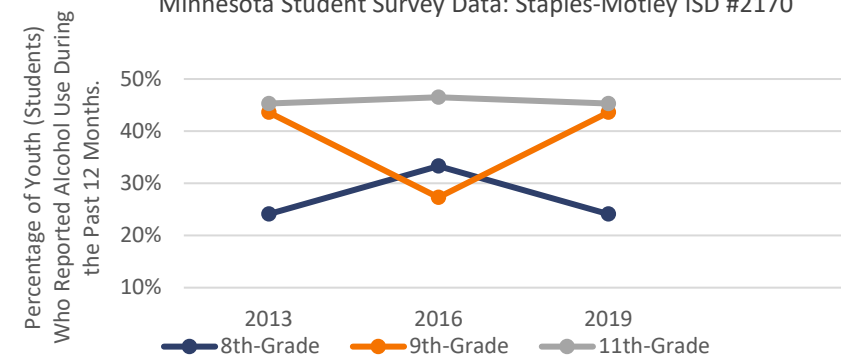
Feeling Down, Depressed, or Hopeless - Youth

Minnesota Student Survey Data: Staples-Motley ISD #2170



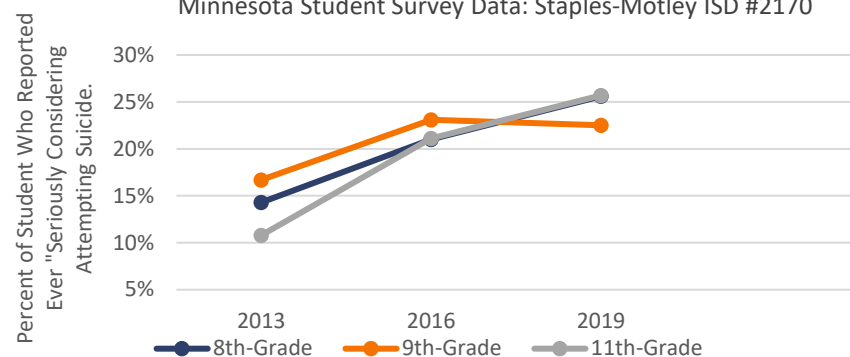
Alcohol Use - Youth

Minnesota Student Survey Data: Staples-Motley ISD #2170



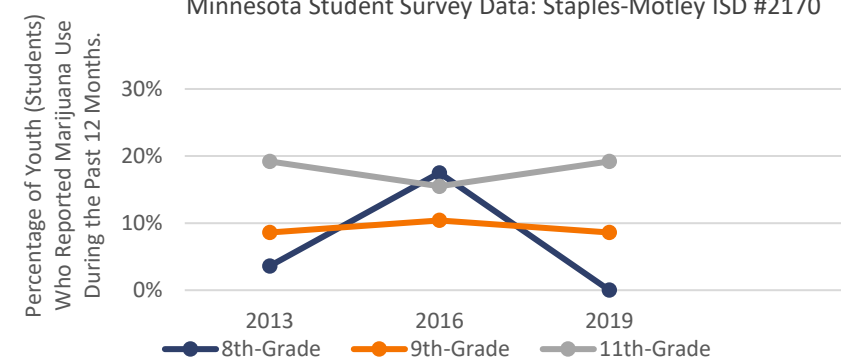
Considered Attempting Suicide - Youth

Minnesota Student Survey Data: Staples-Motley ISD #2170



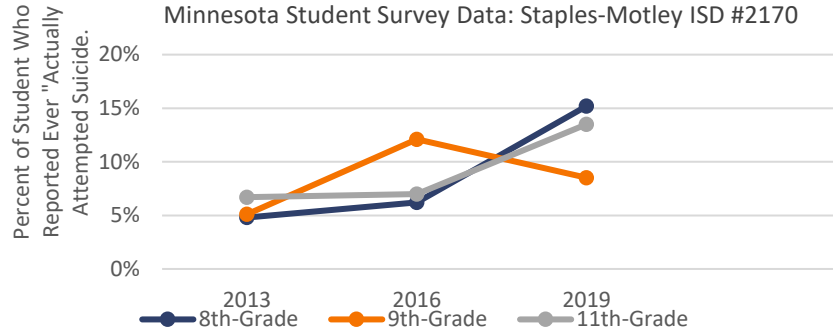
Marijuana Drug Use - Students

Minnesota Student Survey Data: Staples-Motley ISD #2170



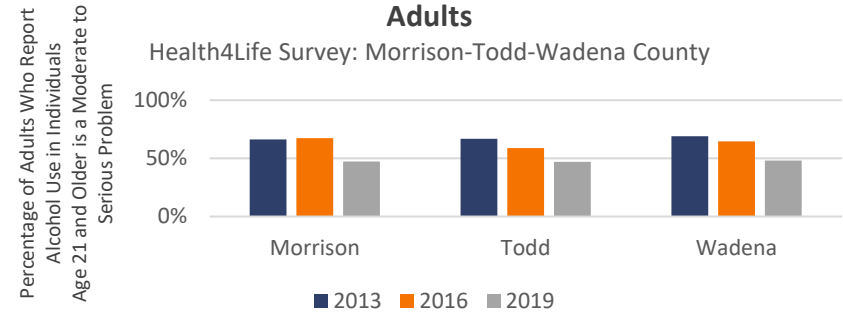
Attempted Suicide - Youth

Minnesota Student Survey Data: Staples-Motley ISD #2170



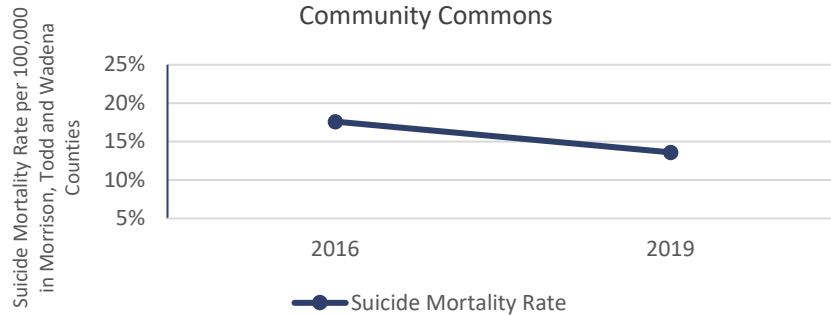
Moderate to Serious Problem for Alcohol Use - Adults

Health4Life Survey: Morrison-Todd-Wadena County



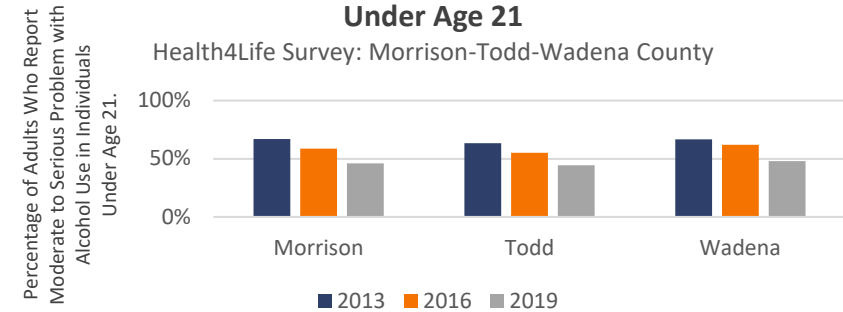
Suicide Mortality Rate Per 100,000

Community Commons



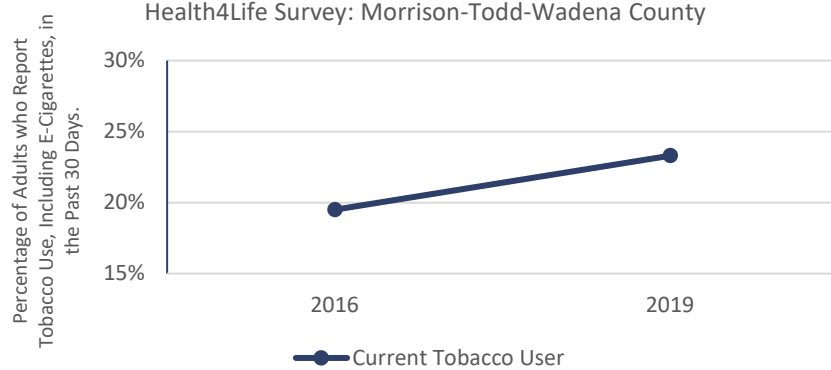
Moderate to Serious Problem with Alcohol Use - Under Age 21

Health4Life Survey: Morrison-Todd-Wadena County



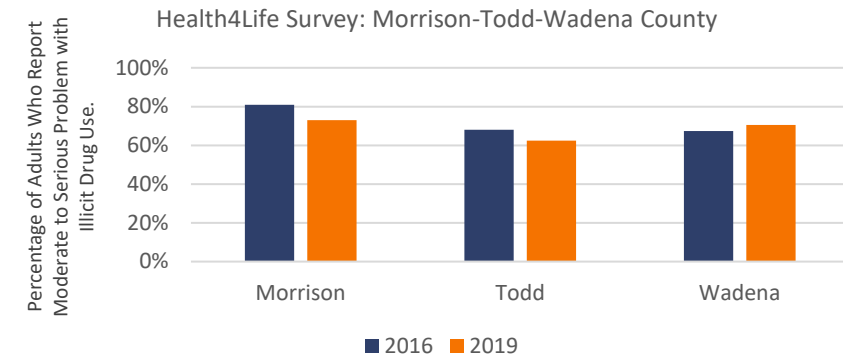
Tobacco Use, Including E-Cigarettes - Adults

Health4Life Survey: Morrison-Todd-Wadena County



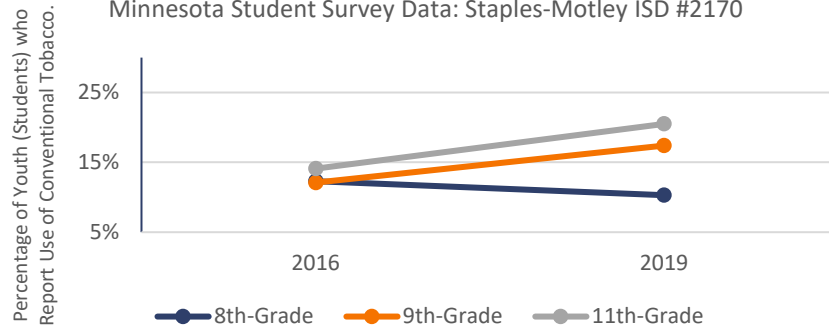
Moderate to Serious Problem with Illicit Drug Use

Health4Life Survey: Morrison-Todd-Wadena County



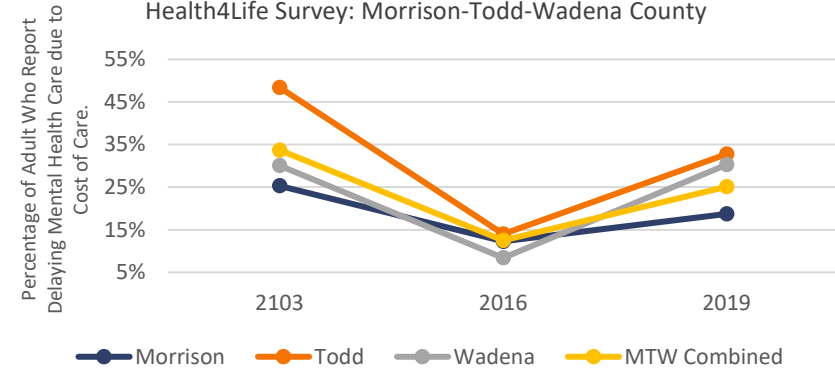
Conventional Tobacco Use - Youth

Minnesota Student Survey Data: Staples-Motley ISD #2170



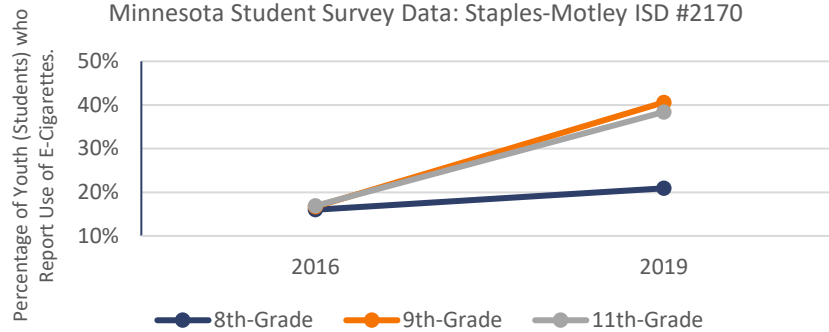
Barrier to Mental Health Care - Cost

Health4Life Survey: Morrison-Todd-Wadena County



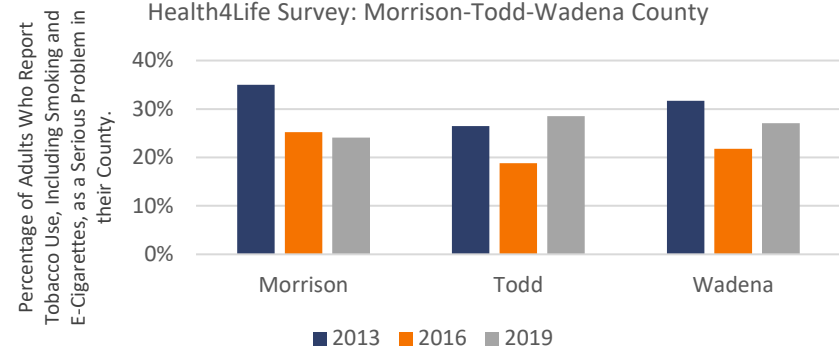
E-Cigarette Use - Youth

Minnesota Student Survey Data: Staples-Motley ISD #2170



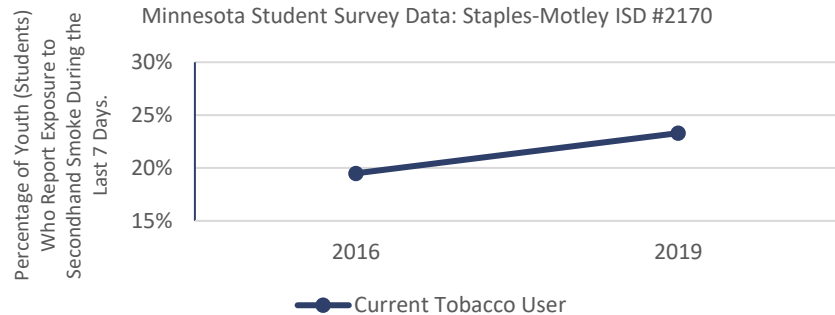
Serious Problem with Tobacco Use

Health4Life Survey: Morrison-Todd-Wadena County



Exposure to Secondhand Smoke - Youth

Minnesota Student Survey Data: Staples-Motley ISD #2170



| Mental Health Providers Per-Capita | Morrison County | Todd County | Wadena County |
|------------------------------------|-----------------|-------------|---------------|
| 2019 | 770:1 | 840:1 | 330:1 |
| 2016 | 840:1 | 3030:1 | 430:1 |
| 2013 | 8303:1 | N/A | 4614:1 |

2019 COMMUNITY HEALTH NEEDS ASSESSMENT - IMPLEMENTATION STRATEGY PLAN

Priority Area #3: Healthy Body Weight (Adult and Youth)



Goal: Prevent and reduce the risk of obesity and overweight in adults and youth through increased opportunities to consume nutritious food options and participate in regular physical activity.

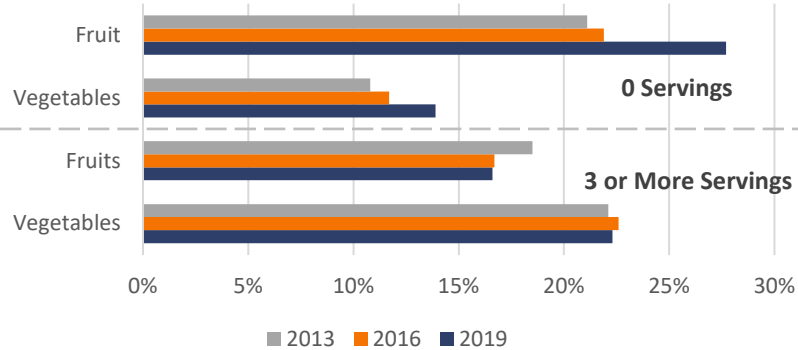
| Strategies / Activities | Lead / Role / Partners / Resources | Tracking and Performance Measurement |
|--|---|---|
| 1. Increase access to and the availability of affordable, nutritious foods to improve healthy eating | | |
| 1.a: Improve availability and accessibility of healthy food and beverage choices at worksites, schools, businesses and retailers (e.g., <i>Healthy Vending, Smarter Lunchrooms Movement, Farm to School, School Gardens, Farmers Market</i>). | LHS Community Health (lead/co-lead) / Healthy Kids Collaborative / MTW Community Health Board - SHIP / University of Minnesota Extension / Minnesota Department Agriculture / MN Farmers Market Association / Cornell University / LEAP | Short Term Outputs: <ul style="list-style-type: none"> Increased accessibility of healthy foods (lbs of food distributed, # of recipients) Increased availability of healthy foods (environment change) Number of patient referrals Number of vendors and patrons at Farmers Market Statewide initiatives supported Medium Term Indicators: <ul style="list-style-type: none"> Increase percentage of adults who consume at least three servings of fruits and vegetables. (Health4Life Survey) Decrease percentage of adults who do not consume fruits and vegetables daily. (Health4Life Survey) Increase the percentage of youth (students) who consume fruits and vegetables one time or more per day. (MN Student Survey Data for 5th, 8th, 9th & 11th-Grade) Decrease percentage of youth (students) who do not consume fruits and vegetables daily. (MN Student Survey Data for 5th, 8th, 9th & 11th-Grade) Long Term Indicators: <ul style="list-style-type: none"> Decrease the percentage of adults who self-report weight status of overweight and obese. (Health4Life Survey) Decrease the percentage of youth (students) who self-report weight status of overweight and obese (MN Student Survey Data for 5th, 8th, 9th & 11th-Grade) |
| 1.b: Provide support to area schools to implement USDA nutrition standards and additional policy, system and environmental changes to increase student consumption of healthy foods (e.g., <i>Local School Wellness Policy, Smarter Lunchrooms Movement tactics and assessments</i>). | Healthy Kids Collaborative (lead/co-lead) / MTW Community Health Board - SHIP / Minnesota Department of Education / USDA Food and Nutrition Services / MyPlate / Cornell University | |
| 1.c: Integrate partner referral systems to social services and evidence-based chronic disease prevention programs (e.g., <i>SNAP, ICPD – I Can Prevent Diabetes</i>). | LHS Community Health (lead) / MTW Community Health Board / Diabetes Educators / Minnesota Department of Human Services Office of Economic Opportunity / Minnesota Extension | |
| 1.d: Collaborate with area partners to increase accessibility and availability of fruits and vegetables to high-risk population groups, including: seniors, low-income individuals and families, and patients with multiple chronic conditions. | LHS Community Health (support) / Morrison-Todd-Wadena Healthy Connections / Minnesota Department of Human Services- Integrated Health Partnerships (IHP) | |
| 1.e: Facilitate support, trainings, education and community resources to increase accessibility, affordability and availability of locally grown healthy food options (e.g., <i>'Sota Grown, Market Bucks programs, SNAP at Farmers Market, Farm to School/Institution, grow your own resources</i>). | Healthy Kids Collaborative (support) / Staples Area Farmers Market / CLC-Staples/ Hunger Solutions / Minnesota Department Agriculture / University of Minnesota Extension / LEAP | |
| 1.f: Participate in statewide initiatives to influence improved access, affordability and availability of healthy foods (e.g., <i>Good Food Access Fund</i>). | LHS Community Health (support) / Hunger Solutions / Minnesotans for Healthy Kids Coalition / MN Food Charter / LEAP | |

| Strategies / Activities | Lead / Role / Partners / Resources | Tracking and Performance Measurement |
|---|--|---|
| 2. Increase access to and the availability of affordable, physical activity opportunities to improve active living patterns. | | |
| 2.a: Provide outreach and support to area schools to plan, implement and evaluate at least one active school strategy annually (e.g., <i>Safe Routes to School</i> education and awareness events, <i>Walk! Bike! Fun! Curriculum</i> , <i>active classroom</i> , <i>active recess</i> , <i>before/after school activities</i>). | LHS Community Health (lead/co-lead) / Healthy Kids Collaborative / MTW Community Health Board - SHIP / ISD #2170 / University of Minnesota Extension / Bicycle Alliance of Minnesota / Minnesota Department of Transportation | <p>Short Term Outputs:</p> <ul style="list-style-type: none"> • Number of active school strategies implemented • Number of youth (students) impacted • Increased accessibility and affordability of community-wide physical activity opportunities • Statewide initiatives supported; participation and actions tracked • Wellness facilities progress and milestones tracked. <p>Medium Term Indicators:</p> <ul style="list-style-type: none"> • Decrease percentage of adults who report no participation in physical activity in the past 30 days (Health4Life Survey) • Increase the percentage of adults who report they have adequate and safe places to walk and bicycle (Health4Life Survey) • Increase the percentage of adult who report they have adequate access to indoor recreational space • Increase the percentage of youth (students) who engage in physical activity for at least 60 minutes per day on at least 5 five days in the last week (MN Student Survey Data for 5th, 8th, 9th & 11th Grade) <p>Long Term Indicators:</p> <ul style="list-style-type: none"> • Decrease the percentage of adults who self-report weight status of overweight and obese. (Health4Life Survey) • Decrease the percentage of youth (students) who self-report weight status of overweight and obese (MN Student Survey Data for 5th, 8th, 9th & 11th-Grade) |
| 2.b: Increase accessibility and availability of low to no-cost physical activity options for youth and adults (e.g., <i>open swim</i> , <i>pedestrian-friendly spaces</i> , <i>community park improvements</i>). | Healthy Kids Collaborative (lead/co-lead) / MTW Community Health Board - SHIP / Minnesota Department of Education / City of Staples – Public Works, Park and Recreation / ISD #2170 / LEAP | |
| 2.c: Collaborate and support pedestrian and bicycle safety programs (<i>bicycle and pedestrian education and awareness events - bicycle rodeo, helmet fittings and ABC Quick Checks</i>) to initiate and improve active transportation plans (e.g., <i>Safe Routes to School, Bicycle and Pedestrian Plans, Bicycle/Walk Friendly Communities and Businesses, host walkable or bikeable community workshops, local active transportation planning, city and regional trail expansion.</i>) | LHS Community Health (lead/co-lead/support) / MTW Community Health Board - SHIP / City of Staples / Minnesota Department of Health / Minnesota Department of Transportation / Bicycle Alliance of Minnesota / National Safe Routes to School Partnerships / Minnesota Safe Routes to School Online Resource Center | |
| 2.d: Continue to connect and integrate community-based referral systems with evidenced based chronic disease prevention programs (e.g., <i>Juniper Matter of Balance, ICPD – I Can Prevent Diabetes</i>). | LHS Community Health (lead/co-lead)/ Morrison-Todd-Wadena Healthy Connections / Minnesota Department of Human Services Office of Economic Opportunity / Juniper Programs / University of Minnesota Extension SNAP Education | |
| 2.e: Participate in statewide initiatives to improve physical activity standards in schools and support active transportation plans, policies and funding in communities and throughout the state of Minnesota (e.g., <i>Safe Routes to School infrastructure funding, updated pedestrian and bicycle policy language, bicycle and pedestrian training with bus safety training</i>). | LHS Community Health (support) / Healthy Kids Collaborative / MTW Community Health Board - SHIP / Minnesota for Health Kids Coalition / Bicycle Alliance of Minnesota / Minnesota Department of Education / LEAP | |
| 2.f: Support, participate and contribute towards the collaboration of local government, the business community and local school district to advance opportunities to assess need, plan, fund and improve the Wellness facilities across the area. | LHS Community Health (support) / ISD #2170 / City of Staples / Staples Chamber of Commerce / LEAP | |

Healthy Body Weight Trend Data (Medium and Long Term Indicators):

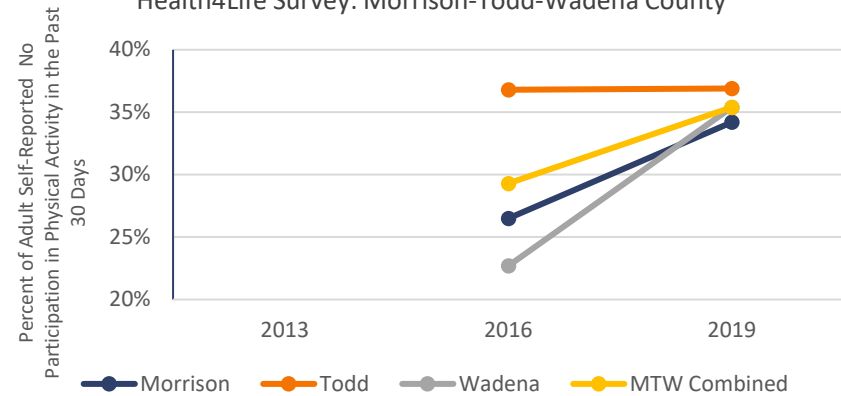
Fruit and Vegetable Consumption - Adults

Health4Life Survey: Morrison-Todd-Wadena County



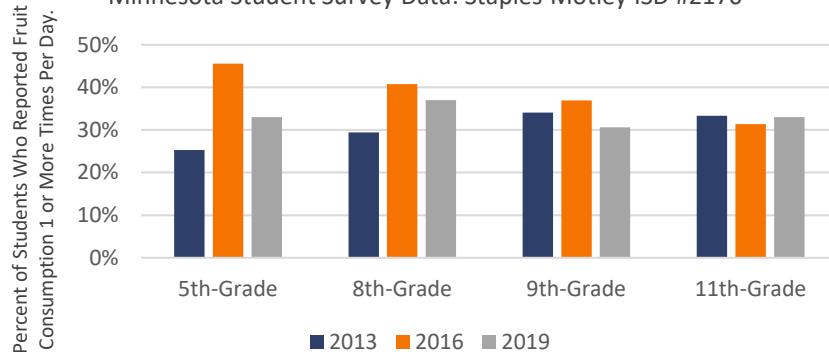
Physical Activity - Adults

Health4Life Survey: Morrison-Todd-Wadena County



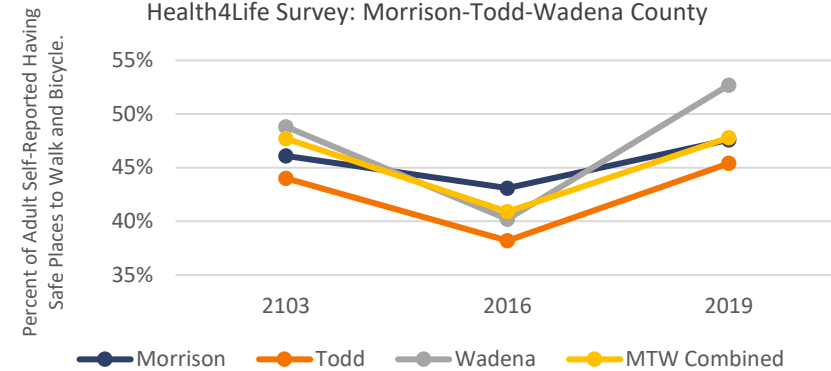
Fruit Consumption - Youth

Minnesota Student Survey Data: Staples-Motley ISD #2170



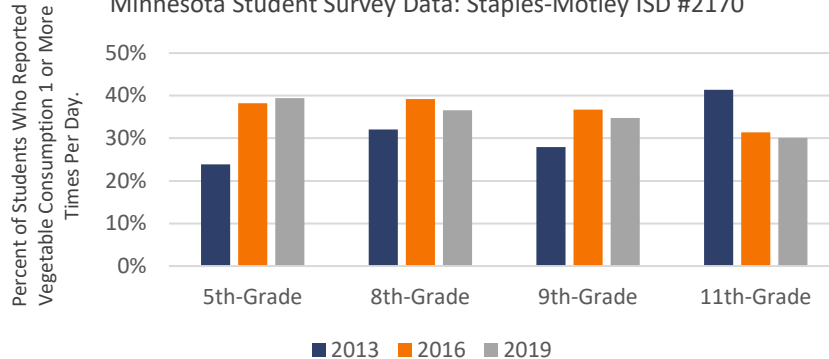
Safe Places to Walk and Bicycle - Adults

Health4Life Survey: Morrison-Todd-Wadena County



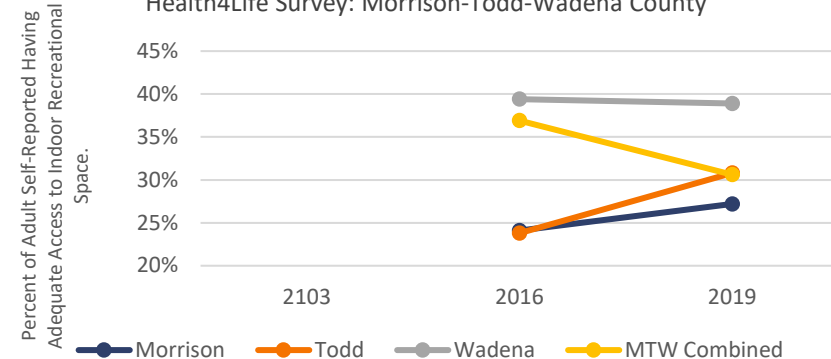
Vegetable Consumption - Youth

Minnesota Student Survey Data: Staples-Motley ISD #2170



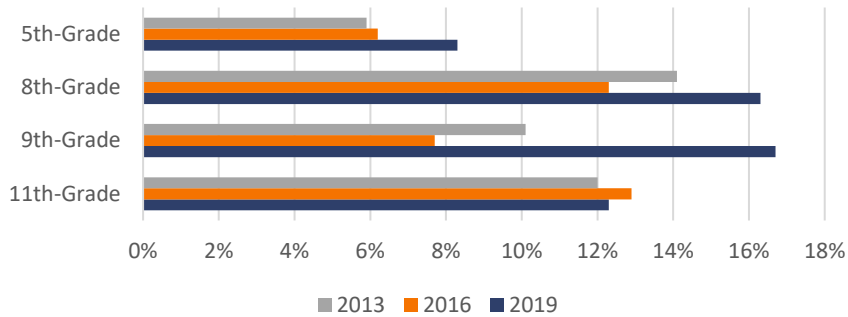
Adequate Access to Indoor Recreational Space- Adults

Health4Life Survey: Morrison-Todd-Wadena County



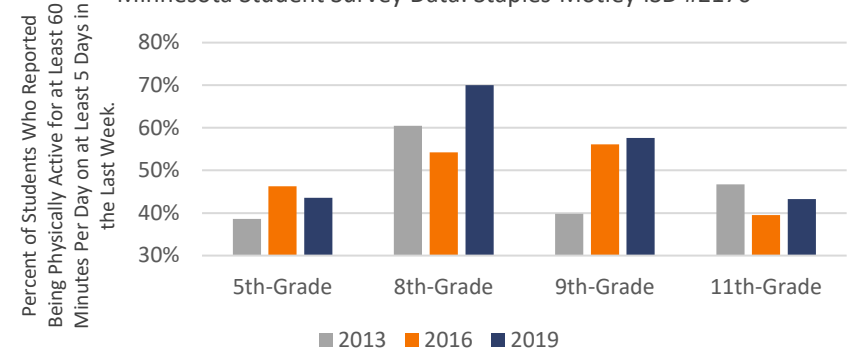
Zero Consumption of Fruits - Youth

Minnesota Student Survey Data: Staples-Motley ISD #2170



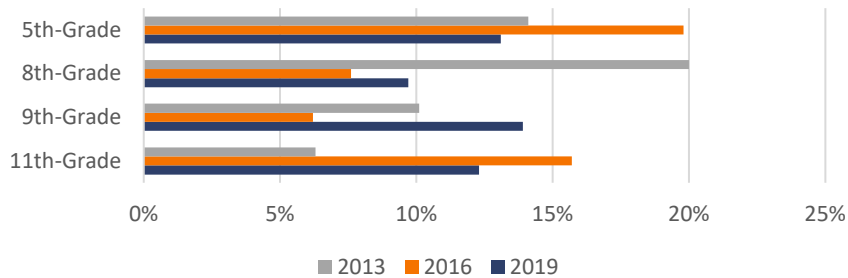
Physical Activity - Youth

Minnesota Student Survey Data: Staples-Motley ISD #2170



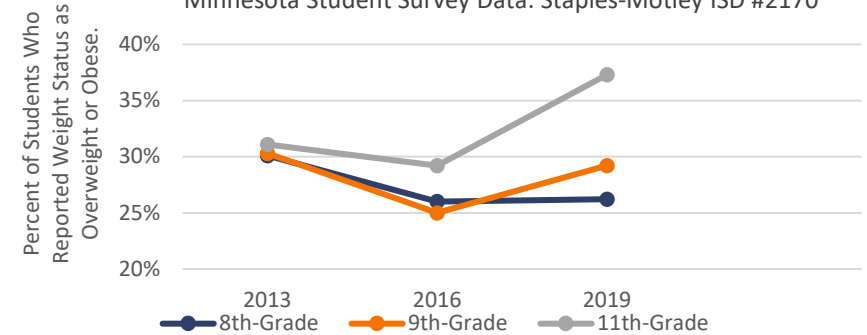
Zero Consumption of Vegetables - Youth

Minnesota Student Survey Data: Staples-Motley ISD #2170



Overweight and Obesity - Youth

Minnesota Student Survey Data: Staples-Motley ISD #2170



Overweight and Obesity - Adults

Health4Life Survey: Morrison-Todd-Wadena County

