

Priority Area #1: Obesity (Adult and Childhood)

Goal: Prevent and reduce obesity in adults and children by increasing healthy eating and physical activity opportunities.

Strategies / Activities	Lead / Role / Partners:	Tracking and Performance Measurement:
Increase access to, consumption and availability of healthy foods • Improve availability of healthier food and beverage choices at worksites, schools, businesses and retailers (Ex. Menu labeling, Smart Lunchroom Scorecards, Farmers Market access) • Provide support to area schools on implementing USDA guidelines and additional policy, system and environmental changes that increase student consumption of healthy foods (Ex. Smart Lunchroom Scorecards) • Continue to integrate community based referral systems to evidenced based chronic disease prevention programs (Ex. I CAN PD) • Work with area partners on increasing availability of fruits and vegetables to high risk population groups (seniors, low-income families, individuals w multiple chronic conditions) • Facilitate support, trainings, education and community resources for accessing locally grown healthy food options (Market Buck programs, farm to institution, grow your own resources) • Participate in Statewide initiatives that improved access, affordability and availability of healthy foods (Ex. MN Good Food Access, MN for Healthy Kids Coalition initiatives)	Community Health / Healthy Kids Healthy Kids Collaborative Community Health, Diabetes Educators Senior F&V Collaborative, TWM Healthy Connections Healthy Kids Collaborative, Staples Area Farmers Market, Senior F&V Supporter Role	Short Term Outputs: Increased offerings of healthy foods, Number of trainings and equipment provided, number of retailers engaged, number of students reached, number of referrals, Statewide initiatives supported Medium Term Indicators: Increase number of adults who consume at least 5 servings of and vegetables from 66.7 % - Community Health Survey Increase the number of adolescents who consume fruits and vegetables - MN Student Survey (5th, 8th, 9th & 11th) Long Term Indicators: Decrease the percent of overweight and obese adults from 71% - Community Health Survey Decrease the percent of overweight and obese adolescents - MN Student Survey

Increase access to physical activity opportunities for adults and children • Provide outreach and support to area schools to implement and evaluate at least one active school strategy: (Ex. active classroom designs, active recess, increased activity before/after school, increased activity during the day) • Increase availability of free and low-cost physical activity options for children and families • Support area wide active transportation and safe pedestrian plans (Ex. local Safe Routes to Schools collaborations, regional trail expansions, local active transportation planning) • Continue to integrate community based referral systems to evidenced based chronic disease prevention programs (Ex. I CAN PD) • Participate in Statewide initiatives that improve physical activity curriculum and active transportation options and funding across Minnesota (Ex. MN for Healthy Kids Coalition) • Support, participate and contribute in continued collaboration with local government, business community and school district in advancing community center growth opportunities	Healthy Kids Collaborative Healthy Kids Collaborative Supporter Role Community Health, Diabetes Educators Supporter Role Collaborative Role	Short Term Outputs: Number of active school strategies implemented, number of students reached, number of trainings provided, increased physical activity offerings, Statewide initiatives supported, community center progress milestones Medium Term Indicators: Reduce the number of adults that report no participation in physical activity in the past 30 days from 29.3% - Community Health Survey Increase the number of adolescents who engage in 60 minutes or more of physical activity, 7 days per week - MN Student Survey Long Term Indicators: Decrease the percent of overweight and obese adults from 71% - Community Health Survey Decrease the percent of overweight and obese adolescents - MN Student Survey
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Priority Area #2: Mental and Behavioral Health

Goal: Improve education, awareness and community based interventions for mental and behavioral health resources for individuals, families, employers and youth.		
Strategies / Activities	Lead / Role / Partners:	Tracking and Performance Measurement:
Increase awareness and education of mental health issues • Offer and promote ongoing education and outreach on stigma, depression, suicide prevention and other mental health issues across the community. • Actively participate in the Region 5+ Mental Health Collaborative • Participate in Statewide initiatives / campaigns that support increased awareness of mental health issues (Ex. Make it Ok, MN 10x10, Minnesota Hospital Association – Strengthening Communities Campaign)	Mental Health Task Force Collaborative Role Supporter Role	Short Term Outputs: Number of educational offerings, number of participants reached, number of media awareness touches Medium Term Indicators: Reduce the rate of respondents that reported feeling sad, blue or depressed in the past 30 days from 52.9% Long Term Indicators: Reduce suicide mortality rate from 17.6 per 100,000 – CDC, Community Commons
Reduce drug use and risky and unhealthy alcohol use • Support and participate in area CAD (Communities Against Drugs) collaboration • Engage in community policy system and environmental initiatives on drug prevention (Ex. social host ordinances) • Participate in Statewide initiatives that support chemical health collaborations and funding across Minnesota	Collaborative Role Collaborative Role Supporter Role	Short Term Outputs: Number of activities engaged, number of stakeholders reached, number of PSE initiatives implemented Medium Term Indicators: Reduce % of survey respondents reporting areas of moderate to severe concern for the following: • Alcohol Abuse Age 21+ • Alcohol Abuse Under Age 21 • Illegal Drug Use Teens Long Term Indicators: Decrease percent of adolescents using tobacco and illegal drugs –Minnesota Student Survey

Reduce tobacco use and exposure among youth and adults • Support and participate in Todd - Wadena - Morrison Tobacco Free Communities coalition. • Engage in community policy system and environmental initiatives that reduce tobacco use, prevent initiation and eliminate secondhand exposure (Ex. tobacco-free grounds, tailored cessation support, youth access provisions)	Collaborative Role, TWM Tobacco Free Communities Coalition Collaborative Role	Short Term Outputs: Number of activities engaged, number of stakeholders reached, number of PSE initiatives implemented Medium Term Indicators: Reduce three county adult tobacco use rate from 19.5% - Community Health Survey Reduce % of survey respondents reporting illegal drug use and tobacco use as a “severe problem” in our communities – Community Health Survey Long Term Indicators: Decrease percent of adolescents using tobacco and illegal drugs –Minnesota Student Survey
Improve awareness and referral options to mental health services within the region • Assess and expand the awareness and referral processes for evidenced based mental health services across our region	Promoting Role, Region 5+ MH Collaborative, Crisis and Referral Line	Short Term Outputs: Expanded scope and reach of mental health service lines Medium Term Indicators: Reduce the rate of respondents that reported feeling sad, blue or depressed in the past 30 days from 52.9% Long Term Indicators: Improve ratios of mental health providers in Todd, Wadena and Morrison Counties (3,030:1 & 840:1) – Population Health Institute & County Health Rankings

Priority Area #3: Social Determinants of Health and Health Equity

Goal: Build and strengthen partnership with community agencies that address the social determinants of health and work toward collective impact solutions.

Strategies / Activities	Lead / Role / Partners:	Tracking and Performance Measurement:
Facilitate community based strategies that improve the availability accessibility, affordability and infrastructure of food systems within our region. • Coordinate the Lakewood Regional Healthy Food Collaborative • Screen and provide resources for patients that have identified as food insecure • Participate in Statewide initiatives that improve the accessibility, affordability and availability of food. (Ex. MN Food Charter, MN Good Food Access)	Lakewood Regional Healthy Food Collaborative LHS Clinic Systems Supporter Role	Short Term Outputs: Number of food insecurity screenings & referrals, number of food insecure individuals reached, number of initiatives/calls to action supported, Medium Term Indicators: Reduce the percent of limited access to healthy food individuals within Morrison, Todd and Wadena Counties (11%, 13%, 18%) – Population Health Institute – County Health Rankings Reduce number of food insecure children in Todd, Morrison and Wadena Counties (18.34%, 19.63%, 21.19%) – Population Health Institute – County Health Ranking Long Term Indicators: Reduce the percent of children living in poverty from 19.36% - Population Health Institute – County Health Rankings Reduce the percent of the total population living in poverty 36.64% - Population Health Institute – County Health Rankings
Work with regional partnership to expand services and initiatives that address the social determinants of health • Expand the linkage between clinical and social service offerings	LHS, Local Area Public Health, TMW Healthy Connections, LEAP, Staples Motley Beyond Poverty	Short Term Outputs: Expand social service and clinical referrals, strengthen access to social services within clinical systems, expand relationships with social service agencies, integrate social service connections within EHR system

- Actively seek opportunities to engage community partners in funding, program and policy initiatives that address health equity, housing, transportation, food access and economic development. - Collaborate with schools to address health issues that impact educational attainment and increase social and educational equity among students and families.	LHS, Regional social service providers, local units of government, area schools, Staples Motley Beyond Poverty, LEAP Area schools, Healthy Kids Collaborative, Community Education	Medium Term Indicators: Reduce the percent of population without a high school diploma in Morrison, Todd counties (10.82%, 13.3%, 11.4%) - American Community Survey Long Term Indicators: Reduce the percent of children living in poverty from 19.36% - Population Health Institute – County Health Rankings Reduce the percent of the total population living in poverty 36.64% - Population Health Institute – County Health Rankings
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