

Morrison-Todd-Wadena Community Health Board



CHIP ANNUAL REPORT

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Morrison County Public Health
200 Broadway Avenue East
Little Falls, MN 56345
320-632-6664

<http://www.co.morrison.mn.us/>

Todd County Health & Human
Services – Public Health Division
212 2nd Avenue South
Long Prairie, MN 56347
320-732-4440

<http://www.co.todd.mn.us/>

Wadena County Public Health
22 Dayton Ave Southeast
Wadena, MN 56482
218-631-7629

<http://www.co.wadena.mn.us/>

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Introduction

In 2013 and 2016, the Morrison-Todd-Wadena Community Health Board in collaboration with Tri-County Health Care, Lakewood Health System, CentraCare Health-Long Prairie and St. Gabriel's Hospital completed a community health need assessment that gathered data and information on the health of the population including a broad range of factors that impact health on the population level as well as existing community assets and resources to address health issues.

Public health and healthcare staff spent several months looking at the data gathered from Minnesota Department of Health, electronic medical records, county data tables, Minnesota Student Surveys, and other sources. Additionally, the Community Health Survey was completed in 2013 and 2016 across the three counties which provided valuable local data that was not available in the past. The two data points now provide the beginning of trend data for our three counties.

While each healthcare system has a unique set of priorities the main community health issues from 2013 remained the same for 2016, namely, adult and childhood obesity, mental health, and social determinants of health. Within social determinants of health the main areas that are being addressed including food insecurity and tobacco use in disparate populations. Several public health and healthcare staff continue to meet to update and review the community health improvement plans.

Additional engagement with healthcare systems has continued since 2013 to address common community health priorities. Along with healthcare, the Morrison-Todd-Wadena Community Health Board has utilized several community partnerships and coalitions to advance the work of the community health priorities. Continuing collaboration with several community partners on the SHIP grant has continued long term strategies within schools, worksites, healthcare systems, and community agencies. Additionally, an urgency to address mental health issues resulted in a Region Five mental health needs assessment that addressed treatment, crisis services, prevention, and advocacy. In addition, food insecurity has become a regional priority with three healthcare systems working on screening and referring food insecure patients to CSA programs, providing education, training and resources.

Continued collaboration will be needed to further advance policy changes and long term sustainability of community health priorities. A focus on regional collaboration and identifying local sources of funding will be vital to ensure the community health improvement work remains timely and relevant.

Priority 1- Obesity

Background: The Morrison-Todd-Wadena Community Health Board utilizes the Statewide Health Improvement Partnership (SHIP) grant and its brand 'Health4Life' to complete the majority of strategies focused on healthy eating and physical activity.

The goal of the Obesity Community Health Improvement Plan is to, "Prevent and reduce obesity in adults and children by increasing physical activity and healthy eating opportunities through policy, systems and environmental changes."

The two objectives that have been identified to accomplish this goal include:

- By December 2019, increase consumption of fruits and vegetables by 5 percentage points and decrease consumption of sugar sweetened beverages by 5 percentage points for adults and children.
- By December 2019, increase the number of adults and children who meet the recommended guidelines for physical activity by 5 percentage points.

Progress: The attached MTW CHB Community Health Improvement Monitoring Plan outlines the short term and long term indicators that are being tracked for each priority area.

Significant findings from 2013 to 2016 include:

- We saw a significant decrease from 2013 to 2016 in the number of adults reporting moderate physical activity five days or more per week (44.7% → 26.4%). The question wording changed slightly in 2016 including the phrase, "other than your regular job" which could be one reason for the significant decline.
- From 2013 to 2016, we found a 5 percentage point decrease in the number of adolescents who report consuming daily at least 1 or more can, bottle, or glass of pop/soda daily (48% → 43%).
- We also saw an increase in the percent of obese adults, from 32.1% in 2013 to 34% in 2016. We will have to wait until 2019 data to determine if this is a trend or not.

Successes:

- The Central MN Food Access Network was created in 2015 and has provided direction for the region on implementing the MN Food Charter strategies and local food policies.
- The Senior Fruit and Vegetable Program continues to annually serve over 100 senior homebound residents; providing home delivery of local fruits and vegetables in Todd and Wadena counties.
- The Hilltop Regional Kitchen and Sprout Marketplace have successfully redeveloped abandoned buildings and will serve as regional hubs for local food distribution and meal delivery.
- Two worksite wellness collaboratives have been implemented in Wadena and Little Falls with great success; impacting 13 local businesses and resulting in several worksite wellness policies.

Next Steps: The obesity community health improvement plan has not been significantly changed. Child care is no longer a priority for our SHIP work and has been removed. Title 3 funding has allowed additional funds to offer evidence-based courses including Matter of Balance and I CAN Prevent Diabetes to seniors in our three counties.

Priority 2- Mental Health

Background: The Morrison-Todd-Wadena Community Health Board has worked closely with mental health partners in the central region to prioritize strategies to address mental health prevention and promotion of service.

The goal of the Mental Health Improvement Plan is to, “Improve education, screenings, awareness and access to community based mental health resources to promote early intervention and treatment of mental health conditions.

The three main objectives that have been identified to accomplish this goal include:

- By December 2019, increase education and screenings of mental health conditions and knowledge of services available.
- By December 2019, update protocols for depression screening and follow up for women of reproductive age within Public Health visits, clinics and programs.
- By December 2019, provide at least five mental health prevention programs or trainings (e.g., QPR, Mental Health First Aid, resiliency) in Region Five.

Progress: The 2016 Morrison-Todd-Wadena Community Health Survey shows improvement in mental health in some areas compared to 2013. However, overall mental health continues to be a problem.

- In 2016, 12.1% reported they felt sad, blue or depressed 10 or more days in a month, compared to 18.3% in 2013.
- In 2016, 65.3% stated they have high or medium stress level, compared to 73.2% in 2013.
- Additionally in 2016, 9.5% reported they had delayed receiving mental health care in the past 12 months, compared to 13.3% in 2013; of those who delayed care 26.3% (51.7% in 2013) did not think it was serious enough, 12.5% (26.4% in 2013) thought it cost too much, and 25% (21% in 2013) did not know where to go to receive mental health services.

Successes:

- Public health staff conducted a mental health assessment in collaboration with mental health partners in Cass, Crow Wing, Morrison, Todd, and Wadena Counties.
- One training was conducted on infant mental health training on childhood protective factors for early childhood partners and providers.
- Three trainings were completed on Adverse Childhood Experiences (ACES); including a train the trainer event in Brainerd which trained 23 local participants.
- Two Youth Mental Health First Aid trainings were provided for school staff and youth service providers.
- In 2016, public health staff began the development and pilot testing of a mental health awareness campaign, “Stop the Silence”.

Next Steps: The ‘Stop the Silence’ mental health awareness campaign materials will be finalized and rolled out in 2017 with community partners, healthcare systems and worksites. Staff will assess depression screening protocols for public health programs that serve women of reproductive age to ensure consistency and appropriate follow-up/referral.

Priority 3- Social Determinants of Health

Background: The Morrison-Todd-Wadena Community Health Board needs assessment continues to illustrate the need to address social determinants of health to reduce health disparities.

The main goal of the Social Determinants of Health Community Health Improvement Plan is to, “Build and strengthen partnerships with community agencies to address food insecurity and tobacco use/exposure in at-risk populations to reduce health disparities.

The two objectives that have been identified to accomplish this goal include:

- By December 2019, decrease the number of adults who report being food insecure in the past 12 months by five percentage points.
- By December 2019, reduce the number of adults and adolescents who report tobacco use by three percentage points.

Progress: The attached MTW CHB Community Health Improvement Monitoring Plan outlines the revised short term and long term indicators that are being tracked for each priority area, including food insecurity and tobacco use/exposure. This is a significant change from our previous CHIP submitted in 2013 which emphasized Health Homes and education on social determinants of health. We did receive one small mini-grant to have one staff trained on conducting Healthy Home assessments, but without dedicated funding this work did not continue.

Successes:

- In 2016, received Tobacco Free Communities grant funding for 2016-2020. The TFC grant has started the creation of a community awareness campaign, updating cessation protocols and advancing tobacco policy work within the MTW CHB.
- Public health supported three health care systems in developing food insecurity screening and referrals systems. The Community Supported Agriculture programs served over 200 families in 2016 by providing free local produce and education on food preparation and storage.

Next Steps: With community support a new focus on food insecurity and tobacco use and prevention will be implemented in the Social Determinants of Health community health improvement plan. In the past year, three health systems have implemented programs and screenings to address food insecurity in their client populations. Additionally, the Tobacco Free Communities grant will provide the dedicated funding and staffing needed to sustain long term strategy work in tobacco prevention.