

**Morrison-Todd-Wadena Community Health Board  
Community Health Improvement Plan – Access to Healthy Behaviors  
(January 2020-December 2024)**

<b><u>Access to Healthy Behaviors Action Plan</u></b>			
<b>Goal:</b> Physical activity and healthy eating opportunities are available and accessible for all income levels to reduce obesity in adults and children.			
<b>Objective 1:</b> By December 2022, increase consumption of fruits and vegetables for adults and children by 3 percentage points.			
<b>Activities</b>	<b>Target Date</b>	<b>Partners</b>	<b>Process Measures</b>
1.1 Collaborate with community partners to reduce barriers residents face to accessing, eating, and preserving fresh, local foods.	Jan-Dec, 2020	UMN Extension, Schools, Cities, Food Hubs, Farmers Market	<ul style="list-style-type: none"> <li>- Number of food-related education classes offered by community education</li> <li>- Number of food-related education classes offered by UMN Extension</li> </ul>
1.2 Collaborate with Hilltop Regional Kitchen to increase access and availability of affordable healthy meals for individuals in need by expanding menu offerings and increasing frozen meal distribution.	Jan-Dec, 2020	Hilltop Regional Kitchen (HRK), healthcare systems, health plans, childcare	<ul style="list-style-type: none"> <li>- Number of menu offerings at HRK</li> <li>- Number of organization receiving meals from HRK</li> <li>- Number of meals at discharge provided to area health care systems</li> </ul>
1.3 Collaborate among food shelves in Morrison and Todd County to increase healthy food access and decrease foods high in sodium, saturated fat, and added sugars in local food shelves.	Jan-Dec, 2020	UMN Extension, Second Harvest Heartland, Food Shelves	<ul style="list-style-type: none"> <li>- Number of meetings of the Morrison-Todd Food Shelf Coalition</li> <li>- Number of gardens started at food shelves</li> </ul>
1.4 Provide worksites support on healthy eating strategies through worksite wellness collaboratives and individual technical assistance	Ongoing	Worksites	<ul style="list-style-type: none"> <li>- Number of businesses that complete the worksite wellness collaborative</li> <li>- Number of updated or revised worksite wellness policies</li> </ul>

1.5 Continue to implement and develop a referral system for evidence-based chronic disease prevention programs with local healthcare systems that includes education, counseling, and follow-up	Ongoing	Healthcare systems Community organizations, UMN Extension, health plans	<ul style="list-style-type: none"> <li>- Number of classes completed</li> <li>- Number of patients who participate in at least 80% of classes</li> </ul>
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**Objective 2.** By December 2022, increase the number of adults and children who meet the recommended guidelines for physical activity by 3 percentage points.

Activities	Target Date	Partners	Process Measures
2.1 Continue to work with targeted MTW schools to implement and evaluate at least one of the following active school strategies: quality physical education, active classrooms, active recess, recess offered before lunch, or before/after school physical activity opportunities	Ongoing	MDH, Schools, UMN Extension	<ul style="list-style-type: none"> <li>- Number of active school strategy trainings that are completed</li> <li>- Number of active schools strategies that are implemented for each school</li> </ul>
2.2 Provide worksites support on physical activity/active living strategies through worksite wellness collaboratives and individual technical assistance	Ongoing	Local businesses Chambers	<ul style="list-style-type: none"> <li>- Number of businesses that complete the worksite wellness collaborative</li> <li>- Number of updated or revised worksite wellness policies</li> </ul>
2.3 Continue working with schools and cities to discuss and implement Safe Routes to School plans, Complete Streets, and comprehensive plans	Ongoing	R5DC, MnDOT, Sourcewell, Schools, Cities	<ul style="list-style-type: none"> <li>- Amount of funding generated to support active living</li> <li>- Number of schools completing SRTS plans</li> <li>- Number of comprehensive plans including community health principles</li> </ul>
2.4 Continue to implement and develop a referral system for evidence based chronic disease prevention programs with local healthcare systems that includes education, counseling, and follow-up	Ongoing	Healthcare systems, Community organizations, UMN Extension, Health Plans	<ul style="list-style-type: none"> <li>- Number of classes completed</li> <li>- Number of patients who participate in at least 80% of classes</li> </ul>

<b>Access to Healthy Behaviors Performance Measures</b>						
<b>Short Term Indicators</b>	<b>Source</b>	<b>Frequency</b>	<b>BASELINE</b>		<b>FUTURE</b>	
			<b>2016</b>	<b>2019</b>	<b>2022</b>	<b>2025</b>
Percent of adults that engage in 30 minutes of moderate physical activity five days or more per week	Community Health Survey	Every 3 years	26.4%	26.1%		
Percent of adults who consume five or more servings of fruits and vegetables	Community Health Survey	Every 3 years	33.3%	33.3%		
Percent of youth that engage in 60 minutes of physical activity, 5 or more days per week	MN Student Survey (5 <sup>th</sup> , 8 <sup>th</sup> , 9 <sup>th</sup> , & 11 <sup>th</sup> grade students)	Every 3 years	55.3%	52%		
Percent of youth who consumed five or more servings of fruits, fruit juice and vegetables per day during the last 7 days	MN Student Survey (5 <sup>th</sup> , 8 <sup>th</sup> , 9 <sup>th</sup> , & 11 <sup>th</sup> grade students)	Every 3 years	17.7%	15.2%		
			<b>2018</b>	<b>2019</b>	<b>2020</b>	<b>2021</b>
Percent of WIC infants ever breastfed	MN Dept of Health	Annual	78%			
<b>Long Term Indicators</b>	<b>Source</b>	<b>Frequency</b>	<b>BASELINE</b>		<b>FUTURE</b>	
			<b>2016</b>	<b>2019</b>	<b>2022</b>	<b>2025</b>
Percent of overweight adults, according to BMI	Community Health Survey	Every 3 years	36.9%	36.0%		
Percent of obese adults, according to BMI	Community Health Survey	Every 3 years	34%	37.7%		
Percent of overweight youth, according to BMI	MN Student Survey (8 <sup>th</sup> , 9 <sup>th</sup> , & 11 <sup>th</sup> grade students)	Every 3 years	17.3%	15.8%		
Percent of obese youth, according to BMI	MN Student Survey (8 <sup>th</sup> , 9 <sup>th</sup> , & 11 <sup>th</sup> grade students)	Every 3 years	12.6%	13.6%		