



CHIP ANNUAL REPORT

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Updates 1-1-2017 through 12-31-2017

ORIGINAL REPORT 2015

Mille Lacs County
Community Health Services
www.co.mille-lacs.mn.us



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Mission Statement:

To deliver quality public service to all citizens in an effective, professional, and efficient manner.

Introduction

The Mille Lacs County Community Health Improvement Plan (CHIP) was developed and written after months of data collection, meetings, and evaluations. As a part of the Statewide Health Improvement Program (SHIP) in collaboration with Isanti and Pine Counties and under the leadership of Kanabec Community Health Board, Mille Lacs County's Community Health Department participates in the Strategic Prevention Framework model to continually assess the community; not only to identify the problems but also the related conditions and consequences that contribute to the problem. Our process includes collection of the problem, availability of resources to support prevention efforts, and community readiness to address the problem. Based on the assessment and findings, priorities are determined. As of January 1, 2016, Chisago County is no longer part of the same SHIP region as Mille Lacs County. The current four county collaborative consists of Isanti, Kanabec, Mille Lacs, and Pine Counties. Mille Lacs County and SHIP will continually work to build capacity within and outside of the county to do any needed work. By strengthening partnerships and identifying new opportunities for collaboration, Mille Lacs County Community Health is able to engage more people, educate the community in a cohesive and effective manner, and build sustainability. The Community Leadership Team (CLT) supporting related work will play a crucial role in educating the community and building capacity for continued work addressing the health of the community. The CLT is composed of a group of community stakeholders who:

- Act in an advisory capacity
- Assist in mapping community assets
- Identify decision makers related to SHIP projects
- Identify potential priorities
- Assist in setting priorities
- Identify and engage local champions who can help move the work forward
- Ensure health inequities are being addressed

In August 2014, Allison Heinzeller, a Community Specialist from the Minnesota Department of Health, provided the CLT with training on Mobilizing for Action through Planning and Partnerships: A Community Approach to Health Improvement ("MAPP"). Allison led the group in an asset mapping exercise focusing on identifying supporters and potential supporters and champions for worksite health and wellness. This approach leads to the following:

- Measurable improvements in the community's health and quality of life;
- Increased visibility of public health within the community;
- Community advocates for public health and the local public health system;
- Ability to anticipate and manage change effectively;
- Stronger public health infrastructure, partnerships and leadership.

Once the priorities were determined and capacity was built, strategies for addressing the needs continue with the ongoing development, implementation, and the re-evaluation cycle to include community input.



The SHIP CLT consists of a number of key stakeholders from a variety of different agencies throughout the region. SHIP currently partners with 42 local agencies within the 7E region. These partners continue to work on a variety of different strategy areas to increase physical activity, increase healthy eating opportunities, decrease tobacco use and exposure, and increase breastfeeding support all through policy, systems, and environmental changes. Mille Lacs County partners include: The Farm Market Café, City of Princeton, Onamia Farmers Market, Mille Lacs Area Partners in Prevention, Fairview Northland Princeton, Princeton School District, Mille Lacs County Wellness Committee, and Mille Lacs Health Systems. In January 2016, Alisha Fussy, the Mille Lacs County Public Health Educator in collaboration with Isanti County, gave a presentation to the CLT on the health inequities that Mille Lacs County and region 7E continue to face regarding food access, access to physical activity opportunities, and tobacco use with an emphasis on food access and tobacco use. Members were then asked a series of questions to discuss in a small group breakout session to then bring back their findings to the large group for discussion. Since the January 2016 meeting, barriers continue to be discussed amongst the CLT along with continued steps forward to remove these barriers within the community.

2017 Update: The Partners in Healthy Living - SHIP team consisting of Mille Lacs, Kanabec, Pine and Isanti counties, are required to conduct a Health Equity Data Analysis project (HEDA) in 2018. Due to the rising rates of youth tobacco use, the SHIP team with input from their community leadership team, determined that the topic of focus needed to be youth tobacco and e-cigarette use. This decision was drawn from local and statewide statistics including the MN Student Survey. It was noted that our regional youth tobacco use rates were alarmingly high in comparison with the state averages. In 2018, the SHIP team will be conducting 1:1 interviews, creating surveys and collecting both quantitative and qualitative data to capture all aspects and key data points from the target population. The team will be utilizing the community leadership team (CLT) to assist with the planning and implementation along with looking to them for community input and guidance. The data collected will also be utilized for future public health and SHIP work plans.

2016: A new review team consisting of a Public Health Educator-Alisha Fussy, WIC Coordinator-Kris Klopp, Public Health Nurse and Family Home Visiting Coordinator- Lachelle Brinks, Community and Veteran Services Supervisors: Adult and Mental Health unit-Char Kohlgraf, and Community Health Services unit-Kay Nastrom, was internally established in late 2016 to review the entire CHIP as well as each priority area. These discussions explored and reviewed in depth each priority area to update the CHIP as to the progress of all priority areas. This included updates and the alignment of strategy areas based on input and feedback from community members, partners, and the team. Barriers and inequities were discussed, timelines were reviewed, work plans and structures were evaluated and modified, outreach focus area and events along with future strategies were explored and placed on the calendars for future discussions and activities. With the changing of the President, funding and sources were also brought up by the team for discussion and brainstorming for 2017 and beyond. Future meetings were discussed and will be scheduled for spring 2017.

2017 Priority areas Update: With the increased awareness around mental health and prescription drug overdoses, other priority areas will be discussed and possibly added for Mental Health and Wellbeing as well as Opioids in 2018.



Progress on CHIP Priority Areas

Priority 1 Tobacco Use and Exposure

2016: In August 2016, Mille Lacs County Public Health Educator, Alisha Fussy, along with 4 volunteers and two regional SHIP grantees from Kanabec and Pine Counties, conducted tobacco retail assessments of the local tobacco retail environments. The intent of this assessment was to evaluate and determine what tobacco the retail environments displayed and how much advertising/promotions all community members, but primarily youth, are exposed to when they enter those local retailers. For most smokers, smoking begins prior to the age of 18 so by detecting and then addressing any point of sale, advertisement, or access issues with the retailers, we can greatly reduce the amount of youth introduction to those tobacco products. These tobacco retail evaluations looked at the different areas of point of sale which included: price, promotion, and placement of tobacco products. Alisha also has been working with the counter tools retail tracking system and the National Counter Tools Team to identify priority populations that face the highest tobacco disparities in the county. Mille Lacs County will continue to collaborate with key community members and stakeholders to address the point of sale issues through education and ordinance reviews for possible strengthening and updating which could ultimately close the disparity gaps with tobacco use.

The counter tools and retail evaluation data will be used to educate community members and key stakeholders on the issues surrounding the point of sale and the youth tobacco use rate. Currently our overall tobacco cigarette rate in Mille Lacs County has dropped over the past few years however still remains higher than the MN state average. Our youth rate of e-cigarette and flavored tobacco products has followed the state trend and continues to rise at an alarming rate. The appealing flavors and constant target marketing from big tobacco companies on these products have negatively impacted our youth to these tobacco products.

2017 Update: After review of the most recent MN Student Survey data, it was determined that an increase in focus and attention towards youth tobacco and e-cigarettes use rates throughout the region needs to be a priority in 2018. Youth use rates continue to rise at an alarming rate and education is a must within all of the communities. Starting in February 2018 and running through April 2018, Alisha Fussy: Mille Lacs County Health Educator /SHIP Coordinator and Melissa Carstensen: Isanti County Health Educator/ SHIP Coordinator will begin hosting and speaking at educational forums throughout the region on statistics and ordinance strengthening options to decrease youth tobacco initiation and use. The efforts will start in Isanti County and move throughout the region based on community readiness. These will be done with assistance from the state technical assistance providers, and the Regional Prevention Coordinator (Jenilee Telander) funded through the Department of Human Services. These forums are being held to educate community members, parents, youth, partners, key stakeholders, business owners, and others on the current issues around the tobacco point of sale and the local youth tobacco and e-cigarette use rates. Store retail assessments will be conducted in the spring of 2018 in Isanti County to build on the regional data. Mille Lacs County retail assessments were last conducted in August 2016. This data will assist with future planning in Mille Lacs County and throughout the region regarding tobacco prevention and ordinance work.



2016: Mille Lacs County SHIP continues to collaborate with the Mille Lacs Area Partners in Prevention (MAPP) to work on addressing some of the issues around youth tobacco use. We will continue to work together to educate both youth and community members on the health issues surrounding tobacco use and will also be discussing the point of sale issues within the community that increases youth introduction to tobacco.

2017 Update: Mille Lacs County Community Health Services and SHIP continues a partnership with MAPP to educate local communities on the issues around tobacco use. They will continue collaboration in 2018 with efforts towards reducing and preventing youth substance use.

2016: Alisha has also begun a new partnership with Amber Kent, the Coordinator for the new Milaca Planning and Implementation Grant and its coalition team. We will continue to work together on the issues of alcohol, tobacco, and other drug issues within the Milaca Community. The focus of this work is to decrease youth introduction to alcohol, tobacco and other drugs (ATOD), increase youth overall wellbeing, and give youth the support they need to live healthy, substance free lifestyles.

2017 Update: Alisha Fussy, Mille Lacs County Health Educator/SHIP Coordinator, continues partnership with Amber Kent, Planning & Implementation Coordinator for the MAPP Coalition, to advance efforts towards youth substance prevention consisting of Alcohol, Tobacco and other Drugs. 2018 work is planned to include increasing awareness and education around the high rates of tobacco and e-cigarette use, along with the adverse health effects associated with using these products. The focus remains the same, to decrease youth introduction to alcohol, tobacco, and other drugs, increase youth overall wellbeing, and provide youth the support they need to live healthy, substance free lives. In an effort to increase education around the health risks of tobacco use, SHIP in collaboration with the Association for Non Smokers and Allina Health provided schools with two evidence based tobacco curriculums. The curriculums are Tar Wars (4th & 5th grade) and Tobacco 101 (5th-7th grade). These curriculums can be integrated into the school health curriculum by any of the school partners throughout the region. Currently through 2017, there are three school districts within the region have integrated this curriculum.

2016: In August 2016, the Mille Lacs County Board of Commissioners denied the advancement of a tobacco free grounds policy. The proposed policy would have prohibited tobacco use on all county grounds including all outdoor spaces with limited exceptions. Mille Lacs County Community Health will continue efforts in tobacco education and cessation resources for community members and staff. Strategies for 2017 and beyond will include reviewing the current policy and continue discussions for updating and strengthening the current policy to protect staff and visitors from the harms of tobacco use and second hand smoke.

2017 Update: Continued education efforts and conversations have been made throughout 2017 on the harmful health effects of tobacco use both with Mille Lacs County Staff and the administration. These efforts were made through verbal communication, emails, and county resource monitors in the lobby of the Community and Veterans Services building and the Courthouse. Resource handouts on this topic have also been made available and are located in the lobby of the Community and Veterans Services building for both staff members and public community members.



Priority 2 Healthy Eating

2015: Breastfeeding- October 2015, Fairview Northland in Princeton, MN, became a breastfeeding friendly site and continues to be a good resource for our new mothers. They offer breastfeeding classes and advanced trained staff including an International Board Certified Lactation Consultant after delivery and for support.

2017 Update: Mille Lacs County Community Health Services have five Certified Lactation Specialists/Consultants. They are available for any breastfeeding issues or questions. They also promote and provide breastfeeding information to all pregnant mothers and their families to promote & support breastfeeding. Mille Lacs County's current breastfeeding rate is 73%, up 1% from 2016. Breastfeeding continues to be an ongoing effort to support not only the public, but Mille Lacs County employees as well. In 2018 and if there is available funding, 2 more nurses could attend training for their certification.

2017 Update: The Operation Community Connect (OCC) in Milaca gave out 150 free bags of food to cook a healthy meal at home to families that attended the event. The bags included a pan, a recipe, and all the ingredients needed to cook a meal along with a healthy cookbook. Due to the extreme popularity over the last 2 years, the bags given away increased from 100 bags to 150 bags. We will continue with this healthy eating promotional opportunity again in 2018. The OCC in Onamia also occurred in 2017 with big success.

2017 Update: Mille Lacs County Women Infants and Children program (WIC) served on average per month 640 mothers, infants, and children in our communities with the goals to increase healthy eating and access to healthy foods. WIC clinics are held each month in Princeton, Milaca, and Wahkon to allow easier access for all families and facilitate access for those with limited transportation. Anonymous participant and community suggestions and/or complaints are made available for continuous quality improvement and community engagement.

2016: Healthy Snack Stations- Through technical assistance and guidance from Alisha, Mille Lacs County has implemented and expanded three successful healthy snack stations to allow staff access to healthy and affordable food options throughout the workday. In rural Minnesota, it can be a challenge to access healthy choices due to location and limited sources. The snack stations offer healthy alternative options vs the fast and processed foods evident in the rural communities.

2017 Update: The on-site healthy snack stations continue to be very successful in providing the Mille Lacs County staff healthy eating options during the workday. They have expanded to include a variety of fresh salads and produce along with an array of healthy snack choices. In conjunction with the healthy snack stations, Mille Lacs County with assistance of SHIP funding were able to install two hydration stations to increase access to drinking water for staff during the workday. The easy access to free drinking water for staff will provide an alternative healthy beverage option to sugar sweetened beverages. This environmental change will increase water consumption and decrease waste production by providing a clean, refillable water option. 2018 plan is to install one more hydration station in the historic courthouse building to allow equal access to the free drinking water for all employees.



2016: Healthy Smoothie Stations- Mille Lacs County Wellness Committee has implemented healthy smoothie stations. This option provides employees with a healthy smoothie recipe book along with the blenders to make nutritious smoothies themselves.

2017 Update: The Mille Lacs County wellness team continues to support and promote the smoothie stations throughout the campus. In conjunction with the smoothie stations, Mille Lacs County wellness team hosted a lunch and learn in 2017 with a presentation from Rejuve Medical on the importance of balanced nutrition and a healthy lifestyle. Plans for 2018 include additional lunch and learn opportunities and a gardening 101 class to educate staff on growing and utilizing fresh fruits and vegetables. This will increase and support health eating habits for Mille Lacs County staff.

2016: SHIP- Mille Lacs County SHIP is working with numerous stakeholders throughout the region to increase access to healthy affordable foods within community, healthcare, workplace, and school settings through policy, system, and environmental changes. Examples of this collaboration include:

- In 2016, Princeton school district is working on healthier breakfast options. Through SHIP funding, they were able to purchase a healthy breakfast cart along with a smoothie machine where students had access to build their own healthy smoothies.
- In 2016, the city of Princeton had implemented a community garden with assistance from SHIP funding. This project increased the availability to healthy affordable foods and physical activity while maintaining the garden. Future plans are to expand this garden project to impact a larger population within the community along with continuing to increase access to healthy foods for populations facing health disparities.
2017 Update: With the support of SHIP funding, a garden expansion was made possible in the city of Princeton.
- In early 2017, Fairview Northland Princeton has plans to remove all of their sugar sweetened beverages from their buildings through policy work in effort to decrease sugary beverage consumption and ultimately impacting the obesity rates in the community.
2017 Update: Fairview Northland Princeton was successful and did remove all the sugar sweetened beverages from their buildings.

2017 Update: SHIP staff and Fairview Health Systems are looking to partner with local food shelves to increase access to healthy affordable foods for all along with increasing healthy options within the food shelves themselves. To support these efforts, SHIP staff, Fairview Health Systems, Hunger Solutions MN with grant assistance from U Care, are working together to integrate a SNAP Rx program into the hospital/clinic settings. The pilot project population focus areas are going to be the Milaca and Pine City clinics. This program will screen for food insecurity within in the clinic setting and connect patients to needed resources and food assistance. There will be guidance from an allocated workers (community health or social workers) to help navigate through this process. Plans are to start the implementation of this pilot project spring 2018.



Priority 3 Active Living

2016: Mille Lacs County SHIP, Fairview Northland Princeton, and Princeton Community Education are working together to increase physical activity within the community. One of the initiatives for 2017 is a "Princeton Walks" program where members of the community are referred through Fairview Northland Princeton to increase physical activity by walking. All members of the community are welcome to join the walk as well as those referred through the Fairview Northland Princeton referral program. Fairview Northland Princeton will also follow up this referral program to initiate "Walk with a Doc". This framework includes community members walking with a provider as they provide education along with the opportunity to ask questions on numerous different health topics as they walk together for a healthier life style.

2017 Update: The 2017 Princeton Walks program was very successful. Fairview Northland and Princeton Community Education are continuing the Princeton walks program in 2018 with another round planned for spring. They will follow the same framework as the 2017 program where the results and participation will be monitored and recorded for future planning efforts.

2016: Mille Lacs County SHIP, in collaboration with Sherburne County SHIP and the City of Princeton, are working together to update the city's comprehensive plan. The intent of this revision is to increase physical activity opportunities through expanding trails for non-motorized forms of transportation along with increasing access to healthy affordable food throughout community. This will ensure the future health of the community along with assisting to alleviate the health disparities that the population is currently facing.

2017 Update: Mille Lacs County Health Educator/SHIP Coordinator Alisha Fussy and Sherburne County Health Educator/SHIP Coordinator Mandy Feeks have continued a partnership and collaboration with the city of Princeton on their comprehensive planning process. In spring 2017, Alisha and Mandy provided a health in all framework to be utilized by the planning team to ensure that health equity is addressed throughout the comprehensive plan. Efforts towards reducing and eliminating health disparities is a priority with the framework provided. Addressing accessibility to healthy affordable foods for all and inexpensive modes of active transportation opportunities would be addressed utilizing this framework for future planning efforts. From much received input, feedback, and community interest, Mille Lacs County SHIP is currently involved in the beginning phase of the Great Northern Trail plan to increase physical activity opportunities throughout the county. The trail would expand the system from Sherburne County and up to northern Mille Lacs County connecting to the already existing Soo line trail in Onamia. This expansion would greatly affect Mille Lacs county residents as they would have access to numerous miles of trails to utilize non-motorized forms of transportation.



2016: Mille Lacs County SHIP staff, in conjunction of a wellness strategy, are working with the Mille Lacs County Wellness Committee to increase physical activity throughout the workday. SHIP funding opportunities will be granted to Mille Lacs County to implement any policy, systems, or environmental changes around increasing physical activity for the county staff during the workday. The wellness committee is currently in the planning process around this strategy area.

2017 Update: Since a large percentage of Mille Lacs County staff commute 20 or more minutes one way to work each day, The Mille Lacs County wellness team decided that increasing physical activity opportunities throughout the workday was a priority in 2017. Through SHIP funding support, the wellness team was able to purchase a bike fleet for Mille Lacs County staff members to utilize on their breaks. The option of providing this mode of transportation will give staff the opportunity to be active on their break time with a fun and unique option to the workplace. The intention of the bike fleet is to encourage physical activity to increase overall physical health and improve mental clarity. The 2018 wellness team will look at how to expand the physical activity efforts and opportunities for staff throughout their work day.

2016: SHIP is also working with local school districts to increase physical activity before, during, and after the school day. SHIP has provided and continues to provide funding for numerous mini-projects implemented throughout the school districts including the recent purchase of snow shoes for students to utilize at Princeton Primary school.

2017 Update: SHIP continues to support six school districts and twenty four building locations with efforts to increase physical activity before, during, and after the school day. With limited funding available in 2018, SHIP will be looking to implement low-no cost options around policy, systems, or environmental changes. SHIP will also continue providing support and technical assistance around leverage funding and grant opportunities with the school partnerships.

New partnerships are always welcomed from any community agency seeking support for increasing physical activity. Continuous community and partner input and feedback is received for planning and evaluation for ongoing improvements and to increase physical activity throughout the communities of Mille Lacs County. We will continue to make new connections and partnerships along with enhancement of existing relationships with community partners to work together to increase active living for all populations in our communities.