

Glacial Ridge Health System - Community Health Needs Assessment  
2013 Implementation Strategy

This implementation strategy is a roadmap for Glacial Ridge Health System (GRHS) to help meet the needs of our community as identified in the Community Health Needs Assessment (CHNA) conducted in 2013. GRHS is committed to improving and supporting health and wellness within our community. In addition to focusing on priority needs, GRHS will:

1. Continue to collaborate with Horizon Public Health and other community resources to identify significant health risks and develop solutions to reduce community impact.
2. Identify new partnerships that can strengthen community health.
3. Collaborate our resources to meet the community health needs based on availability and relevance to planned interventions.

Through the CHNA, the two primary community health needs identified were:

1. Obesity
2. Youth Alcohol & Drug Use

For each of the needs, GRHS and community partners have identified goals, strategies and activities, local partnerships, and performance measures for the goals our community will address to improve the health of our community.

Note: For obesity, one of the strategies is to increase physical activity opportunities for adults and youth. This overlaps with the goal of reducing youth alcohol and drug use by having healthy, alternative places to be with friends. Further, because we do not have baseline student data to measure outcomes for drug use by youth, there is no specific measurement for this goal. We believe that strategies to address youth alcohol use will also address some of the issues affecting youth drug use.

The CHNA and implementation strategy has been shared with community partners, and together, we will work toward completing the strategies and activities to address our most important community health needs at this time.

Glacial Ridge Health System's Strategic Planning Committee will monitor and review progress annually at a minimum.

<b>Goal: To prevent and reduce obesity in adults and children by promoting healthy eating and physical activity</b>		
<b>Strategies / Activities</b>	<b>Lead / Role / Partners</b>	<b>Tracking and Performance Measurement</b>
<p><b>Increase access to, and consumption of, healthy foods</b></p> <ul style="list-style-type: none"> <li>- Work with area partners to increase availability of fruits and vegetables to higher risk population groups (low-income, seniors, etc.)</li> <li>- Improve availability of healthier food and beverage choices at schools and businesses</li> <li>- Provide support as needed to Minnewaska Area Schools in implementing USDA guidelines, policy and menu changes that increase student consumption of healthy foods including more additional fruits and vegetables, as well as free breakfast for all PK-12, (Farm to School – MN Dept. of Ag program) lunch menu</li> <li>- Facilitate seminars and provide education through outreach services on healthier eating</li> <li>- Participate in statewide initiatives that improve access, affordability and availability of healthy foods (Ex. MN Good Food Access, MN for Healthy Kids Coalition Initiatives)</li> </ul>	<p>Horizon Public Health / Horizon SHIP ( Statewide Health Improvement Program) / Glenwood Lakes Area Chamber / Pope County Food Shelf / (Farmers Markets, Community Gardens)</p> <p>Minnewaska Area Schools / Glacial Ridge Health System / United Way – back pack attack program / Horizon Public Health</p> <p>Minnewaska Area Schools - support</p> <p>Glacial Ridge Health System - lead</p> <p>Glacial Ridge Health System – support</p>	<p><b>Short-Term Outputs:</b></p> <ul style="list-style-type: none"> <li>- Increase access to and public awareness of local Farmers Markets in the summer and year-round local online farmers market</li> <li>- Support community initiatives</li> <li>- Provide free seminars and articles/online posts to the community on healthy eating</li> <li>- Statewide initiatives supported (SHIP)</li> </ul> <p><b>Medium-term Indicators:</b> Increase number of students in Pope County who consume &gt;5 servings of fruits/vegs from:</p> <ul style="list-style-type: none"> <li>- 6<sup>th</sup> graders = 21.5%</li> <li>- 9<sup>th</sup> graders = 22.1%</li> <li>- 12<sup>th</sup> graders = 15%</li> </ul> <p>Source: 2011 MN Student Survey</p> <p><b>Long-term Indicators:</b> Decrease the percentage of Pope County adults who are overweight and obese from 38% and 24.9% respectively. Source: 2009 MN Department of Health, Behavioral Risk Factor Surveillance System</p> <p>Decrease the percentage of overweight and obese adolescents in Pope County from:</p> <p><b>Overweight:</b></p> <ul style="list-style-type: none"> <li>- 9<sup>th</sup> graders = 20.1%</li> <li>- 12<sup>th</sup> graders = 14%</li> </ul> <p><b>Obese:</b></p> <ul style="list-style-type: none"> <li>- 9<sup>th</sup> graders = 8.1%</li> <li>- 12<sup>th</sup> graders = 10.8%</li> </ul> <p>Source: MN Department of Health, Center for Health Statistics, 2010.</p>

<p><b>Increase access to physical activity opportunities for adults and children</b></p> <ul style="list-style-type: none"> <li>- Support community initiatives that improve facilities / parks / paths</li> <li>- Encourage utilization of community parks, walking paths, bike paths, etc. by leading fun community challenges</li> <li>- Summer fitness programs for students</li> <li>- Promote SilverSneakers and Insurance reimbursed health club memberships</li> </ul>	<p>Horizon SHIP / Glenwood Complete Streets Project – City and MNDOT / Glenwood &amp; Beyond / Safe Routes to School / Walk, Bike, Explore</p> <p>Glacial Ridge Health System (Wellness Center) and Glacial Ridge Health System Employee Advisory Committee - lead</p> <p>Glacial Ridge Health System (Wellness Center) - lead</p> <p>Glacial Ridge Health System (Wellness Center) – lead</p>	<p><b>Short-Term Outputs:</b>  Number of initiatives sponsored align with GRHS' CHNA goals</p> <p>Number of adults and children reached, increased physical activity offerings, statewide initiatives supported</p> <p><b>Medium -term Indicators:</b>  Reduce the number of adults who report they are physically inactive in the past 30 days from 23.4%; 2009 survey references from CDC, National Center for Chronic Disease Prevention and Health Promotion, Division of Diabetes Translation</p> <p>Increase the percentage of students who are physically active for 30 or more minutes on at least 5 of the last 7 days:</p> <ul style="list-style-type: none"> <li>- 6<sup>th</sup> graders = 72%</li> <li>- 9<sup>th</sup> graders = 62%</li> <li>- 12<sup>th</sup> graders = 55%</li> </ul> <p>Source: 2011 MN Student Survey</p> <p><b>Long-term Indicators:</b>  Decrease the percentage of Pope County adults who are overweight and obese from 38% and 24.9% respectively. Source: 2009 MN Department of Health, Behavioral Risk Factor Surveillance System</p> <p>Decrease the percentage of overweight and obese adolescents in Pope County from:</p> <p>Overweight:</p> <ul style="list-style-type: none"> <li>- 9<sup>th</sup> graders = 20.1%</li> <li>- 12<sup>th</sup> graders = 14%</li> </ul> <p>Obese:</p> <ul style="list-style-type: none"> <li>- 9<sup>th</sup> graders = 8.1%</li> <li>- 12<sup>th</sup> graders = 10.8%</li> </ul> <p>Source: MN Department of Health, Center for Health Statistics 2010</p>
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**Goal: To prevent and reduce alcohol use, binge drinking, and drug use by youth.**

Strategies / Activities	Lead / Role / Partners	Tracking and Performance Measurement
<p><b>Decrease access to, and consumption of, alcohol by students at Minnewaska Area Schools</b></p> <ul style="list-style-type: none"> <li>- Support initiatives and programs of state, public health, and Minnewaska Area Schools</li> <li>- Participate in community initiatives that create a safer environment for youth and to educate the community on the risks of youth alcohol and drug use. (Ex. Against Substance Abuse in Pope County – [ASAP]), Students Against Destructive Decisions (SADD), Drug Abuse Resistance Education (DARE) program)</li> </ul>	<p>Glacial Ridge Health System - support</p> <p>Horizon Public Health / Minnewaska Area Schools / Local Law Enforcement</p>	<p><b>Short-Term Outputs:</b></p> <ul style="list-style-type: none"> <li>- Support community initiatives</li> <li>- Increase community and parent awareness</li> <li>- Review alcohol, smoking and drug use at each Child and Teen Checkup using the standard MN CTC form, and discuss/refer if needed.</li> </ul> <p><b>Medium -term Indicators:</b></p> <ul style="list-style-type: none"> <li>- Number of students reached</li> <li>- Number of parents and community members reached</li> </ul> <p><b>Long-term Indicators:</b>                      Decrease the percentage of adolescent binge drinking within the last 2 weeks from</p> <ul style="list-style-type: none"> <li>- 9<sup>th</sup> graders = 13%</li> <li>- 12<sup>th</sup> graders = 40%</li> </ul> <p>Source: 2011 MN Student Survey</p>

<p><b>Provide a range of community-based family and youth activities</b></p> <ul style="list-style-type: none"> <li>- Support community partnership initiatives</li>   <li>- Encourage attendance and presence at community events by GRHS, providers, staff and their families</li> </ul>	<p>Glenwood and Beyond / Minnewaska Area Schools / ECFE / Glenwood Lakes Area Chamber / City of Glenwood – Barsness Park and City Park / 4-H / Leagues / Clubs</p> <p>Glacial Ridge Health System - lead</p>	<p><b>Short-Term Outputs:</b></p> <ul style="list-style-type: none"> <li>- Identify community initiatives being worked on and planned</li> <li>- Support community initiatives</li> <li>- Number of participants in area fun runs</li> </ul> <p><b>Medium-Term Indicators:</b></p> <ul style="list-style-type: none"> <li>- Increased number of activities that are accessible and available for youth and families</li> <li>-</li> </ul> <p><b>Long-Term Indicators:</b></p> <ul style="list-style-type: none"> <li>- Decrease in youth alcohol use</li> <li>- Decrease in youth smoking / tobacco use</li> <li>- Decrease in youth drug use</li> <li>- Strong community resources for parent and youth support</li> </ul>
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