

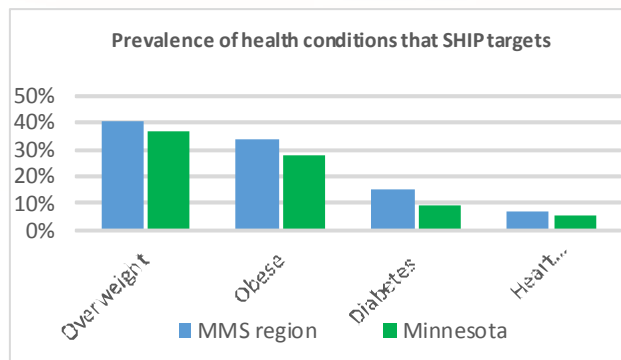


Meeker, McLeod, Sibley  
*Healthy Communities*

Home to healthier communities, schools, workplaces, childcare and health care organizations

### Obesity ranked a significant concern in tri-county region

MMS Community Health Services began conducting an ongoing Community Health Opinion survey in January 2016. Initial results show that of more than 90 public health issues on topics ranging from mental health to the environment, infectious diseases and chronic conditions, adult and childhood obesity were both rated in the top five issues of most concern. Over 80 percent of respondents thought each of these issues are of serious or moderate concern in their county. This is further supported by data from the first Community Health Survey for the region, conducted in 2014. Results from the survey indicate almost 75percent of people living in the area are overweight or obese, which is 10percent higher than the statewide rate.



Results also showed several chronic health conditions related to obesity are higher in the region compared to the entire state. For example, prevalence of diabetes in the region is 15.3 percent versus 9.5 percent statewide and prevalence of heart trouble or angina is 7.3 percent in the region versus 5.5 percent statewide.

Fortunately, respondents from

the community opinion survey are overwhelmingly supportive of SHIP strategies that can help provide more opportunities for residents to be healthy. For example, over 80 percent of residents are supportive of adding or expanding farmer's markets, developing sidewalks or trails, and increasing access to fitness or exercise facilities.

### Community Leadership Team takes collaboration to a new level

In 2013, the Community Leadership Team (CLT) joined together with Meeker-McLeod-Sibley (MMS) Public Health, the four major health care systems, and numerous partners to do a joint community health assessment.

As a result of that process, a joint community health improvement plan was developed and the CLT has been leading those efforts over the last several years. It is time for the hospitals to do another community assess-

ment, so the CLT is partnering with SHIP, Public Health and the community once again to identify and tackle the health needs together. By working together, we will have a stronger impact on our community.

### SHIP FY 2016 Meeker-McLeod-Sibley Profile

#### OUR RESOURCES

- Population: 74,263
- Rural setting
- Square miles: 1,688
- FY 2016 Award: \$ 222,794
- Years as SHIP grantee: 7
- # of Strategies implemented: 6
- # of Partner sites: 25
- Schools: 4
- Healthy Eating: 4
- Tobacco: 9
- Active Living: 2
- Worksite Wellness: 1
- Health Care: 5



Above: A photo from the previous community input session.

## Meeker-McLeod-Sibley COMMUNITY HEALTH SERVICES

**Allie Freidrichs, MMS CHS Director**

1805 Ford Ave., Suite 200

Glencoe, MN 55336

Phone: 507-766-3531

Fax: 320-864-1484

Email: [allie.freidrichs@co.mcleod.mn.us](mailto:allie.freidrichs@co.mcleod.mn.us)



**Public Health**  
Prevent. Promote. Protect.

**Meeker McLeod Sibley**  
Community Health Services

[www.mmspublichealth.org](http://www.mmspublichealth.org)

**Meeker-McLeod-Sibley (MMS) Community Health Services (CHS) provides a wide variety of public health services, including SHIP.**



For more information or to partner on SHIP initiatives, you can contact:

**Mary Bachman, MMS SHIP Coordinator**

Phone: 507-237-4048

Email: [maryb@co.sibley.mn.us](mailto:maryb@co.sibley.mn.us)

or visit [www.mmshealthycommunities.org](http://www.mmshealthycommunities.org)

You may also contact MMS SHIP Staff:

Pam Bagley | 320-693-5370

Jean Johnson | 320-864-3185

### OUR MISSION

*To lead efforts to protect and promote the health of the people in Meeker-McLeod-Sibley counties through education, empowerment and provisions of essential public health services.*

## SHIP has made an impact at Sibley Estates

Early in 2014, Property Manager Kelly Pierson of Sibley Estates West and Sibley Estates East set one of his goals as manager: evaluate the possibility of going smoke free. Sibley Estates is a property based Section 8 Senior/Disabled property. Residents are typically seniors 62 years of age or older, or people with disabilities. The unique populations these units serve tend to have chronic health conditions or higher than average rates of certain chronic diseases that are affected or caused by secondhand smoke exposure, and tend to have higher rates of tobacco-related health disparities than the general population.

Sibley Estates East and West has a combined 50 units. When this process started in early 2014, approximately 30 percent of the residents were smokers in the Sibley Estates buildings.

Through this partnership, Meeker-McLeod-Sibley SHIP staff were able to provide apartment manager materials, assist with policy development and implementation, as well as the transition to smoke-free buildings. As a

part of the process, Sibley Estates residents completed a resident survey, sharing their experiences with secondhand smoke in their living space and their support for smoke-free building policies.

The Sibley Estates properties are managed by Dominion Management, but owned by Sibley County. Because of this, the Sibley Estates smoke-free policy change would not have been possible without the support of the Sibley County Board of Commissioners. Their leadership and support of Public Health provided an opportunity to protect some of our most vulnerable residents.

In April 2015, the Sibley County Board of Commissioners voted to adopt smoke-free policies at Sibley Estates East and Sibley Estates West, and they both became smoke-free effective January 1, 2016. Since this time, Pierson estimates the smoking rate of residents has dropped approximately 10 percent.

Meeker-McLeod-Sibley SHIP continues to assist additional multiunit housing properties in going smoke-free.



*Above: A photo of Sibley Estates East, located in Henderson.*

*Below: A photo of Sibley Estates West, located in Winthrop.*

