

Meeker-McLeod-Sibley Community Health Services

Community Health Improvement Plans

Obesity

Collective Action:

Meeker-McLeod-Sibley(MMS) Community Leadership Team (CLT) will reflect the Healthy People 2020 nutrition and weight status goal to promote health and reduce chronic disease risk through the consumption of healthy diets and achievement of maintenance of healthy body weights.

Objectives:

1. Will decrease self-reported adult obesity rate from 33.6% to 30% by December 31, 2020. *(Source: MMS Community Health Survey)*
 2. Will increase the percentage of adults self-reporting consumption of the recommended fruit and vegetable daily allowance from 32% to 35% by December 31, 2020. *(Source: MMS Community Health Survey)*
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Meeker-McLeod-Sibley Community Health Services

Strategy: MMS CHS will provide support and technical assistance to community partners that implement policy, systems and environmental changes related to healthy eating and/or active living.

Objective1: Will have a minimum of 5 PSE changes in each sector of: schools, workplaces, healthcare and community in one or multiple partner sites by July 2018.

Performance Measures: # of partner sites, # of meetings attended, # of PSE changes

Action Plan: will be the SHIP work plans.

Strategy: BF decreases the risk of obesity. MMS will collaborate with community partners through the Crow River Breastfeeding Coalition. The mission of the coalition is to protect, support and promote breastfeeding through a variety of strategies.

Objective 2: Will identify a minimum of three locations that increased access to environmental spaces that support breastfeeding practices by December of 2018.

Performance Measures: # community partners implement new or enhanced BF policies and practices, # Partner organizations attending BF Coalition meetings

Action Plan: Will be developed by the Crow River Breastfeeding Coalition

Monitoring of the performance measures will be done by the Community Health Improvement Team (CHIT) with oversight by the Performance Excellence Team (PET).

Senior Health

Collective Action:

Meeker-McLeod-Sibley (MMS) Community Leadership Team (CLT) will reflect the Healthy People 2020 older adults goal to improve the health, function, and quality of life of older adults while addressing rising healthcare cost of the older population.

Objectives/Indicators

1. Decrease the health care costs of older adults (*Source: All Claims Payor Data base?*)

Meeker-McLeod-Sibley Community Health Services

Strategy- MMS will implement strategies to keep seniors independent and safe living in their preferred environment. MMS will train staff to provide chronic disease management classes and falls prevention classes. Develop and promote local partnerships and

community engagement to provide a network of services/programs and resources for the senior population.

Objective: 1. A minimum of 50 seniors living in Meeker, McLeod and Sibley Counties will fully participate in chronic disease management, and fall prevention classes by July 2018.

Performance Measures: # chronic disease classes offered, number attendees, % of participants reporting increased knowledge and confidence with self-care.

Action plan- will have MNRAA initiate development of action steps.

Objective: 2. MMS staff will participate and be engaged in a minimum of 6 community based initiatives.

Performance Measures: # staff, # of meetings attended, % of community based initiatives meeting outcomes.

Action Plan: A specific action plan will not be developed, rather coordination of attendance and opportunities for collaboration will be discussed and planned by staff at CHIT meetings.

Monitoring of the performance measures will be done by the Community Health Improvement Team (CHIT) with oversight provided by the Performance Excellence Team (PET)

Mental Health

Collective Action:

Meeker-McLeod-Sibley (MMS) Community Leadership Team (CLT) will reflect the Healthy People 2020 goal to improve mental health status through prevention and by ensuring access to appropriate, quality mental health services.

Indicator(s):

1. Decrease the percentage of people self-reporting a delay in mental health services from 9.6% to 8% by December 31, 2020. *(MMS Community Health Survey)*
 2. Decrease the percentage of people self-reporting 1 – 9 poor mental health days in a 30 day period from 33%.4% to 31%. *(Source: MMS Community Health Survey)*
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Meeker-McLeod-Sibley Community Health Services

Strategy: The MMS Mental Health Task Force is being convened by MMS staff. The purpose of this task force is to reduce the negative impacts of mental health issues facing the community. The task force will focus on barrier to access of mental services related to stigma. The first strategy will be to and the second strategy is to implement an on-going community education/awareness campaign.

Objective 1: Implement a media blitz/campaign to start September of 2017 and run through March 2018

Performance Measures: # of billboards, press releases, facebook posts,

Action Plan: Will be developed by the MMS Mental Health Task Force

Objective 2. Implement an on-going community education/awareness campaign start, including Mental Health First Aid (MHFA) September 2017 through December 2019.

Performance Measures- # MMS staff trained in MHFA, # of MHFA presentations , # of community events, pre/post survey of participants attending events/classes, etc.

Action Plan: Will be developed by the MMS Mental Health Task Force

Objective 3 Increase educational efforts through twice a year presentations, monthly newsletter, for public health staff, county staff in Meeker, McLeod, Sibley and other interested worksites .

Performance Measures - # of receiving newsletter, pre/post survey, # of events, # of outreach efforts

Action Plan:

Monitoring of the performance measures will be done by the MMS Mental Health Task Force and the CHIT.

Access to Care

Collective Action

Meeker-McLeod-Sibley (MMS) Community Leadership Team (CLT) will improve access to all services that promote a healthy life through policy, system, and environmental changes and programing.

Indicators:

1. Decrease the percentage of people self-reporting a delay in medical care from 23.7% to 21% by December 31, 2020. *(Source: MMS Community Health Survey)*
2. Decrease the percentage of people self-reporting a delay in dental care from 20.6% to 18% by December 31, 2020. *(Source: MMS Community Health Survey)*

Meeker- McLeod-Sibley Community Health Services

Strategy: MMS aims to be a safety net for community members facing barriers to accessing services in order to fulfill the public health role of assurance. MMS will monitor accessibility through programs and provide direct service when able.

Objective 1. Will provide dental outreach to increase utilization of dental benefits among the Medicaid population ages 0-21

Performance Measures % of PrimeWest and SCHA participants utilizing dental benefits

Action Plan: will follow Child &Teen Check-up (CTC) work plan

Objective 2. Will increase the % of Medical Assistant participants receiving a CTC exam by 5% by December 2018.

Performance measure: number of exams reported in Catch Data base, # of outreach efforts to participant , # of outreach efforts to providers

Action Plan: will follow CTC work plan

Objective 3 Increase the number of MMS residents receiving dental varnishing by 10% by July 2018.

Performance measure: number of no-duplicated clients, # of sites dental varnishing is offered

Action Plan: will be developed by the CTC team.

Monitoring of the performance measures will be done by the CTC team and CHIT with oversight provided by the Performance Excellence Team (PET)

Binge Drinking

Collective Action:

To implement an education awareness campaign for school age kids across Meeker-McLeod-Sibley counties

To build awareness on the hazards of binge drinking

Indicators:

1. Decrease the percentage of people self-reporting binge drinking from 30.7% to 28% by December 31, 2020. *(Source: MMS Community Health Survey)*
2. Decrease the percentage of students reporting that they used alcohol in the past year from 18% to 16% by December 31, 2020. *(Source: MMS student survey)*

Meeker-McLeod-Sibley Community Health Services

Strategy: MMS does not directly work on strategies addressing binge drinking, but rather will participate in local coalitions when opportunities arise. MMS will increase awareness on the dangers of binge drinking through established media efforts. Action plans have not been developed for this strategy due to staffing capacity.

Objective 1: Increase MMS presence at local coalitions to build a stronger more consistent relationship with community partners.

Performance Measures: # coalition meetings, 1-2 identified staff tasked to attend coalition meetings.

Action Plan:

Objective 2: Increase media visibility regarding binge drinking by July 2018

Performance measure: # press releases, # social media posts

Action Plan:

Objective 3: Will offer a minimum of 2 community presentations on binge drinking by July of 2018.

Performance measure: # of presentations, # of attendees, % reporting increase of knowledge and awareness

Action Plan:

Monitoring of performance measures will be done by the CHIT with oversight provided by Performance Excellence Team (PET)

Choice/Behavior/Culture

Collective Action:

To increase community awareness and understanding of the Social Determinants of Health and health equity across Meeker-McLeod-Sibley communities.

Indicator :

1. Will develop a long-term communication plan to provide on-going and consistent education and community outreach on healthy equity, including social determinants of health.
2. Will conduct on-going research and analysis on population based data related to health equity (HEDA)

Meeker-McLeod-Sibley Community Health Services

Strategy: MMS recognizes the need to increase education and awareness on health equity issues for the community, staff and local elected officials. MMS CHS will encourage a health in all policies approach with all programs and service areas. MMS will continue to explore emerging professions in the public health field that work with populations experiencing health inequities. MMS staff will strive to improve the narrative around health equity and encourage unbiased opinions.

Objective 1. Will offer 2 community workshops/town hall meetings on the Social Determinants of Health and Health Equity by December 31, 2020.

Performance Measures: pre/post survey of community presentations, # in attendance,

Action Plan:

Objective 2. Will provide on-going and consistent education to MMS staff and CHB members on the impact of health equity issues.

Performance Measures: # of staff trainings/workshops, IDI scores, # of CHB presentations/education efforts, Pre/post survey of CHB members

Action Plan:

Monitoring of performance measures will be done by the CHIT with oversight provided by Performance Excellence Team (PET)