

**Dodge-Steele
Community Health Board**



Public Health
Prevent. Promote. Protect.

**Community Health
Improvement Plan
2020-2024**

Adopted: March 4, 2020

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Message from the Leadership Team



Dear Community Members,

As the Dodge-Steele Community Health Board we work under Six Areas of Responsibility to include:

- Assure an adequate local public health infrastructure
- Promote healthy communities and healthy behavior
- Prevent the spread of communicable diseases
- Protect against environmental health hazards
- Prepare and respond to emergencies
- Assure health services

Under this framework, every five years, we create a Community Health Improvement Plan (CHIP) to address top health issues in our communities using best practices in prevention. Over the past nineteen months a Core Planning Team has worked to gather data and input from community members to determine the top health issues. Thank you to those members who took the time to create this plan that we can utilize to put prevention efforts in action to achieve healthier communities for all. This CHIP will be reviewed on a regular basis and adjusted as needed to be sure the action plan is on par with the goals that are outlined. We hope that this plan proves to be clear, concise and used as a resource for others to join in our efforts. Here's to healthy Dodge and Steele Counties!

Sincerely,

Dodge-Steele Community Health Board

Background of Dodge-Steele Community Health Board

Dodge and Steele Counties, which are located in the southeastern portion of Minnesota are combined as a Community Health Board and have been working collaboratively since the passage of the 1976 Community Health Services Act. The Dodge-Steele Community Health Board consists of three members from each County appointed by each County Board. Both public health agencies provide services to promote healthier and safe living in their communities. Service areas include disease prevention and control, immunization clinics, disease outbreak investigation, family health programs, Women, Infants and Children (WIC), Maternal Child Health (MCH), Family Home Visiting (FHV), Senior Programs, MN Choices Assessments, Case Management, Emergency Preparedness for manmade and actual disasters, healthy behavior education guided by the Statewide Health Improvement Program (SHIP), MDH Family Home Visiting Grant, and community health improvement priorities. Our strong partnerships with community organizations, other counties, businesses, schools and The Minnesota Department of Health help build healthier communities for individuals and families in the counties of Dodge and Steele.

MISSION STATEMENT

Promote wellness, prevent disease and protect the health of individuals, families and communities.

VISION

The health of the entire population will be optimized through joint efforts of the Dodge-Steele Community Health Board.

VALUES

Accountability

Collaboration

Efficiency

Evidenced-Based Practice

Holistic Care

Quality

Respect

Dodge County Public Health Department

The Dodge County Public Health Department exists to assure the health and well-being of all people of Dodge County using the principles of planning, promotion, prevention, early intervention and care. As such, public health is an investment in healthy people and healthy communities. The department does this in a number of ways embedded in the program areas below using strategies and tactics that include: immunization clinics and annual flu clinics held in various locations around the county; Women, Infant and Children (WIC) supplemental nutrition program, physical screening and education program for pregnant women and children under age five; home visiting for parenting, improved pregnancies and special needs children; case management and care coordination for seniors; car seat distribution and training; infectious disease and control; health promotion and prevention; emergency preparedness; tobacco and obesity prevention, just to name a few. The staff consists of 6 full time employees and 9 part time and contracted employees with various professional backgrounds and skill areas.

Steele County Public Health Department

The Steele County Public Health Department exists to assure the health and well-being of all people of Steele County using the principles of planning, promotion, prevention, early intervention and care. As such, public health is an investment in healthy people and healthy communities. The department does this in a number of ways embedded in the program areas below using strategies and tactics that include: immunizations clinics and annual flu clinics held in various locations around the county; Women, Infant and Children (WIC) supplemental nutrition program and physical screening and education for pregnant women and children under age five; assistance with medications, individual care, homemaker/home health care services; car seat distribution and training; infectious disease and control; health promotion and prevention; emergency preparedness; tobacco and obesity prevention; and physical therapy, just to name a few. The staff consists of 27 permanent employees and 17 part time and contracted employees with various professional backgrounds and skill areas.

Demographics

Dodge County is primarily a rural county and was home to 20,762 people in 2017. The County population is composed of a predominately white population (92.4%) with Latinos making up the larger part of the minority population (5.5%). In recent years the County has seen a rise in population and is forecasted to continue to rise. The primary contributing factor to the rise in population is the proximately and growth of the Rochester area, with more people choosing to live

in Dodge County and commute to work. Dodge County's chief industry is agriculture and also supports several large manufacturers. There are three Public School Districts that provide pre-K-12 education. Mayo Family Clinic in the city of Kasson provides clinical health for area residents. The County Seat lies in the city of Mantorville.

Steele County is primarily a rural county and was home to 36,887 people in 2017. The County population is composed of a predominately white population (85%) with Latinos making up the larger part of the minority population (9.1%). The County's population remains steady and has a growing trend of immigrant populations. Steele County's primary industry is agriculture and also supports several large manufacturers. There are four Public School Districts that provide pre-K-12 education. Mayo Clinic Health Systems and Allina Hospital in the city of Owatonna provide clinic health for area residents. The County Seat lies in the city of Owatonna.

Health Inequities

Economically, Dodge County fairs a bit better than the Statewide averages in median household income (\$71,078) compared to Minnesota (\$65,699). Approximately 6.8% of children live in poverty with 5.7% of people living in poverty. About 11.3% of the population utilizes Medical Assistance.

Steele County consistently falls below the Statewide economic ratings. The median household income (\$58,882) is well below the Minnesota average (\$65,699). Approximately 14.4% of children live in poverty with 9.9% of people living in poverty. Children living in poverty is significantly higher than the 13.4% Minnesota average. About 19.4% utilize Medical Assistance.

When looking at the leading causes of deaths for Dodge and Steele Counties, Cancer and Heart Disease top the list and contribute to a large amount of the overall deaths recorded.

The conditions in which we live explain in part why some Americans are healthier than others and why Americans more generally are not as healthy as they could be. Social determinants of health are conditions in the environments in which people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks. When analyzing the Social Determinants of Health during the planning process, it was evident that disparities exist across both Dodge and Steele Counties. Some of those include: lack of transportation, food security, barriers to accessing healthy foods, lack of

quality housing, housing stability and poverty. These health disparities then contribute to health issues amongst our population such as obesity, chronic diseases, mental health illness and substance use.

Overview of Process

To begin our Community Health Improvement Plan Process we gathered an internal team that included Dodge and Steele County Public Health staff. The initial meeting was in the beginning of May 2018. The group was given the charge and purpose of the committee and made the decision to use parts of the MAPP Process to conduct our work going forward. Subsequent internal meetings were held in the Summer of 2018 and in July 2018 a Core Planning Team was formed. The Core Planning Team met on a regular basis through February 2020. This Team accomplished the work to form the basis and content of this Community Health Improvement Plan.

The Team consisted of the following members:

- Dodge and Steele County Public Health
- Allina Owatonna Hospital
- Mayo Clinic Health System Owatonna
- United Way of Steele County
- Steele County Safe and Drug Free Coalition

CHIP Process Summary

May 2018	Dodge Steele Public Health CHIP Initial Planning Team Meeting	Determined Partnership Group, Community Input Sources, Selected MAPP process, Reviewed CHIP Checklist, Reviewed CHIP Timeline
June 2018	Dodge Steele Public Health CHIP Planning Team Meeting	Assigned roles, created CHIP contact list, determined decision-making process, determined data organization process, indicator selection based on NACCHO (Demographics, Socioeconomic characteristics, social determinants, behavioral RF, morbidity & mortality, prepped agenda for July Community Partnership Group Meeting
July 2018	Dodge Steele CHIP Initial Dodge Steele CHIP Core Planning Team Meeting	Reviewed 2020-24 CHIP /Allina CHA Timelines Reviewed 2020-24 CHIP Checklist & deliverables

		<p>Reviewed 2015-19 CHIP (process, issues & outcomes)</p> <p>Reviewed 2020-24 CHIP MAPP Process, Projected Top 2 Priorities of Obesity & MH</p> <p>Compiled Data Sets</p> <p>Cross Tabulation Grid Dot Exercise defined indicators, identified data and gaps</p> <p>Discussed Data Collection & Organization Process</p>
August 2018	Dodge Steele CHIP Core Planning Team Meeting	<p>Completed Cross Tabulation Grid Dot Exercise</p> <p>Discussed Data sets, collection and organization (Data source, Data Type (Quantitative/Qualitative, Data Detail/ Trends)</p>
September 2018	Dodge Steele CHIP Core Planning Team Meeting	<p>Reviewed 2020-24 CHIP Checklist and deliverables</p> <p>Reviewed 2015-19 Top 10 Issues</p> <p>Discussed 2020-24 Projected Top 2 Health Priorities</p> <p>Discussed emerging health issues & social trends (opiates, E-cigarettes, housing, transportation, end of life to screen time, work/life balance, addiction)</p>
September-October 2018	Community partner contact list created. Survey Monkey sent to community partners.	<p>Asked partners to identify 10 current/emerging + Community assets/resources</p>
October 2018	Dodge Steele CHIP Core Planning Team Meeting	<p>Cross Tab Grid Data sharing & organization</p>
October 2018	Dodge Steele CHIP Core Planning Team Meeting	<p>Reviewed Survey Monkey Results</p> <p>Cross Tab Grid Data Sharing</p> <p>Categorized into Mental Health, Obesity, Healthy Lifestyles, Health Care Access, Chronic Disease, Dental, Substance Abuse, Social Determinants, Prevention, Personal Safety, Health Equity, Emerging issues, End of Life, Parenting, Pregnancy.</p> <p>Reviewed Hanlon Method</p>
November 2018	Creation of Voters Guide SHIP CLT Vote on Top 10	
December 2018	Steele Co PH Vote on Top 10 Dodge Co PH & CLT Vote on Top 10	
January 2019	Hanlon Method Subcommittee	<p>Reviewed Health Issue Dot Votes results from Dodge Steele CLT's and staff</p> <p>Determined Top 10 Health Issues based on Results</p> <p>Evaluated each method based on Hanlon Method, weighing each issue based on size, seriousness and effectiveness of interventions.</p> <p>Ranked Health Issues 1-10 based on scores.</p>
January 2019	Survey Monkey Vote Top 5 and Rank	
January 2019	Meeting w/ Owatonna School District re: MN Student Survey	
February 2019	Dodge Steele CHIP Core Planning Team Meeting	<p>Review Health Issue Dot Vote Results</p> <p>Allina & UW shared their Top 5 Issues</p>

		Review Hanlon Method Issue Rankings Review Survey Monkey Results Apply Hanlon Method "PEARL" Test: Priority, Economics, Acceptability, Resources, Legality Calculate Priority Score for Health Issues Initiate Planning Focus Groups
February 2019	Dodge Steele CHIP Core Planning Team Meeting	Plan Focus Groups: Mayo Providers, Marnita's Table, Owatonna High School Students, Dodge CLT, Steele CLT
May 2019	Dodge Steele CHIP Core Planning Team Meeting	Plan Focus Group PPT
May 2019	Dodge Steele CHIP Community Team Meeting w/ Ann March	Reviewed Results Based Accountability Community Meeting Process
May 2019	Dodge Steele Subcommittee	Attended Freeborn County Community Health Forum
May 2019	Mayo Providers Focus Group	Focus Group
May 2019	Student Focus Group	Focus Group
June 2019	Marnita's Table Focus Group	Focus Group
August 2019	Steele CLT Focus Group	Focus Group
August 2019	Dodge CLT Focus Group	Focus Group
August 2019	Dodge Steele CHIP Core Planning Team Meeting	Plan Results Based Accountability RBA) Community Forum
September 2019	Plan Community Forum	
October 2019	Dodge Steele CHIP Core Planning Team Meeting	Planned Community Health Forum
November 2019	Community Health Forum Held	
November 2019	Dodge Steele CHIP Core Planning Team Meeting	Follow up meeting to discuss results of Community Health Forum
December 2019	Dodge Steele CHIP Core Planning Team Meeting	
January/February 2020	Draft Final CHIP Plan	
February 2020	Final Approval from governing entities	
March 2020	Submit CHIP Plan to MDH	
March 2020	Dodge Steele CHIP Core Planning Team Meeting	The Core Planning Team will continue to meet to ensure that CHIP Action Plan is carried out and look at any revisions that need to be made to the plan in the future

Overview of MAPP Process

Mobilizing for Action through Planning and Partnerships (MAPP) is a community-driven, strategic planning process for improving community health. Facilitated by public health leaders, this framework helps communities apply strategic thinking to prioritize public health issues and identify resources to address them. MAPP is not an agency-focused assessment process; rather, it is an interactive process that can improve the efficiency, effectiveness, and ultimately the performance of local public health systems. Throughout our work on this Plan, we utilized many of the elements of MAPP to guide us in our process.






Priority Health Focus Areas

Over the past nineteen months local data was reviewed, focus groups were held, and discussions held with community partners to identify the Top 10 Health Issues for community members in Dodge and Steele Counties. They included Voters Guides with summarized health data were utilized to assist in the identity of the top 10 health priorities.








The top 10 identified health priorities (not in any specific order) are the following:

- Dental
- Emerging Health Issues
- Health Equity
- Healthy Lifestyle
- Mental Health
- Obesity
- Parenting
- Prevention
- Social Determinants of Health
- Substance Use

DODGE COUNTY CHIP TOP 10 VOTERS GUIDE

Health Issue	Dodge County Indicators	Source
Mental Health 	-33% 11 th grade girls report feeling depressed several days -Crisis Response is underutilized in Dodge County compared to surrounding counties -11.8% Dodge County residents reported that they delayed or did not seek help for a mental health issue when needed	2016 Kasson-Mantorville Student Survey South Central Human Relations Center 2014 Community Health Needs Assessment
Obesity	-Dodge County obesity rate 33.7% (state average 24.8%)	2018 MDH
Healthy Lifestyle 	-16% 11 th grade girls are physically active 5 days/week -2% 11 th grade boys eat fruits & vegetables 3 times/day -24.1% of Dodge County residents view “time” as a big barrier to physical activity -45.4% of Dodge County residents do not utilize biking/walking paths in the community	2016 Kasson-Mantorville Student Survey 2014 Community Health Needs Assessment
	-26.3% of Dodge County residents delayed getting needed medical care (cost, transportation, insurance) -Population under 65 without health insurance 4%	2014 Community Health Needs Assessment 2018 County Health Rankings
Chronic Disease	-27.7% asthma hospitalization for children under age 18	2018 MDH
Dental	-28.1% of Dodge County residents have not had a dental exam in the last 12 months -Medicaid dental service use 31.8%	2014 Community Health Needs Assessment 2018 MDH data portal
Substance Abuse Alcohol	-27.7% reported binge drinking in the past 30 days -14% of Dodge County residents smoke -8% 11 th grade females used prescription drugs at least once that were not prescribed to them	2014 Community Health Needs Assessment 2018 County Health Rankings 2016 Kasson-Mantorville Student Survey
Social Determinants of Health	-Dodge County poverty rate 7.7% -Free/Reduced Lunch: Triton School District 37.2% Kasson-Mantorville 17.2% Hayfield 30.1%	American Community Survey- US Census Bureau MDE Report Card
Personal Safety	-38% 11 th grade males & females text and drive	2016 Kasson-Mantorville Student Survey
Emerging Issues	-13.4% 11 th graders use electronic cigarettes	2018 MDH
Parenting/ Family Systems	-Children in single-parent households 26%	2018 County Health Rankings
Prenatal Care	-6.6% premature births	2018 MDH data portal
Health Equity 	-Median household income \$68,718	American Community Survey- US Census Bureau
Prevention 	-75.38% Dodge County Immunization rate ages 24-35 months (MN State 67.77%)	2018 MDH data portal

STEELE COUNTY DATA

Health Issue	Steele County Indicators	Source
Mental Health 	-38% 11 th grade girls report feeling depressed several days. -1,342 ER visits for mental health (22% depression, 18% anxiety, 15% alcohol)	2016 Steele Student Survey 2017 Owatonna Hospital Emergency Department
Obesity 	-Steele County obesity rate 33% -MN state obesity rate 24.8% -Jumps to 50% ages 45-64 low income (<\$34,000)	2018 Minnesota Department of Health (MDH)
Healthy Lifestyle 	-15% 11 th grade girls are physically active 5 days per week. -1% 11 th grade boys eat fruits & vegetables 3 times per day. -86.6% Breastfeeding initiation rates. (85% white)	2016 Steele Student Survey 2017 Allina & Steele Co WIC
	-Free Clinic 139 visits in 2017. 230 so far in 2018. (122 Latino, 13 Grass Camp residents) -25% Allina patients Medicaid/PMAP. 28% Medicare (Within ER Medicaid increases to 32%)	2017-2018 Free Clinic 2017 Owatonna Hospital Business Office
Chronic Disease	-Free Clinic: 48 diabetic and 45 high blood pressure visits	2017 Free Clinic
Dental	-Free Clinic: 100 dental visits 2017. 200 wait listed.	2017-18 Free Clinic
Substance Abuse Alcohol	-15% mental health related ER visits were for alcohol-related disorders. (224 visits by 152 patients) -46 DUI. 282 South Central Narcotic arrests -14% students grades 8,9,11 report drinking an alcohol beverage in the past 30 days.	2017 Owatonna Hospital Emergency Department 2017 Owatonna Police Dept 2016 Steele Student Survey
Social Determinants of Health	-300 Homeless/ day (couch hopping, migrant, uninhabitable housing. 100 are school children) Poverty 9.4% (jumps to 47% Black in poverty) -34-65% free/reduced lunch	2017 US Census Data 2017 MN Dept of Education
Personal Safety	-36% 11 th grade males text and drive. -11 deaths/ 26 severely injured due to inattentive driving. -4 sexual assault ER visits.	2016 Steele Student Survey 2017 Owatonna Hospital
Emerging Issues	-Screen time, e-cigarettes	National and local trends
Ageing/End of Life 	-15% of patients admitted had a health care directive in their medical record. That's 717 patients out of 4,526 admitted between 4/17/17 and 11/6/18. The average length of stay in hospice is 3 days.	2017-18 Owatonna Hospital
Parenting/ Family Systems	-27% single parent homes (Black 47%. Hispanic 34%. White 7%)	2018 Steele County Health Rankings
Prenatal Care	-468 births in 2017. 7.8% premature births	2017 Owatonna Hospital 2016 MDH
Health Equity 	93.7% white. 40% children eligible for free lunch. 92% High School Graduation rate. 25% Bachelor's Degree. Median income \$58,140. (\$36,300 Black. \$60,400 White. Hispanic \$45,900) 2114 Food Shelf recipients/ month	2017 US Census Data 2018 Steele Co Food Shelf
Prevention 	-71.72% Steele County Immunization rates ages 24-35 months (MN State 67.77%) - 102 cases Chlamydia in 2017	2017-18 MDH

A Survey Monkey was sent out to an extensive list of Community Partners in January 2019. Participants ranked the top health priorities they felt were most important. This assisted our work group in narrowing down health priorities and conducting a method in ranking those identified priorities.

The top identified health priorities that were chosen to be included in the Community Health Improvement Plan are the following:

- Mental Health and Substance Use
- Obesity and Healthy Lifestyle

The process that was used to rank and prioritize health issues was the Hanlon Method. Developed by J.J. Hanlon, the Hanlon Method for Prioritizing Health Problems is a well-respected technique which objectively takes into consideration explicitly defined criteria and feasibility factors. Though a complex method, the Hanlon Method is advantageous when the desired outcome is an objective list of health priorities based on baseline data and numerical values.

Focus Groups were conducted in Spring and Summer of 2019 to receive further input on the top identified health priorities from community members and partners. Those focus groups included the following:

Primary Care Providers at Mayo Clinic Health System

Community Event held in Owatonna

Owatonna High School Students

Dodge County SHIP Community Leadership Team

Steele County SHIP Community Leadership Team

Community Health Forum with Stakeholders

In November 2019, a Community Health Forum was held with key community partners to address the top health priorities and begin to brainstorm potential solutions or actions to take in the future. Questions that were asked of the focus groups were the following:

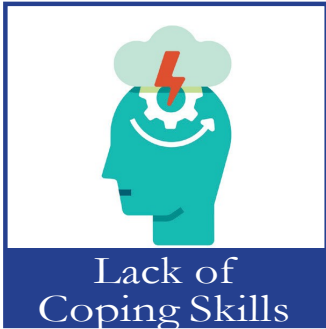
-What do you feel are some of the contributing factors that are causing this health issue? What can we do upstream to address the root causes?

-What assets, that already exist, do we have in our communities that could be tapped in to address this health issue? What partners should be at the table?

-What solutions and/or ideas do you have to address this health issue?

The following information cards were given to each of the groups to assist in giving a background and point to begin the conversations. The key takeaways from the Forum were summarized and implemented in to the action plan of this CHIP.

Mental Health & Substance Use



33-38% of 11th grade girls report feeling depressed several days.
2016 Dodge and Steele Student Survey

1,342 ER visits were for mental health (22% depression, 18% anxiety, 15% Alcohol).
2017 Owatonna Hospital Emergency Dept.

11.8% of Dodge County residents reported delaying or did not seek help for mental health issues when they needed it. 2014 Dodge Community Health Needs Assessment

Among 8th grade students, e-cigarette use **nearly doubled** from 2016 to 2019, and **one in four** 11th graders now use e-cigarettes. 2019 Steele Student Survey

14% of students in grades 8, 9, 11 report drinking an alcoholic beverage in the **past 30 days**. 2016 Steele Student Survey

27.7% report binge drinking in the **past 30 days**. 2014 Dodge Community Health Needs Assessment

“We don’t like social media. It’s not our real life. No one’s life is perfect. But we don’t know how to stop.”
2019 Owatonna Student Focus Group

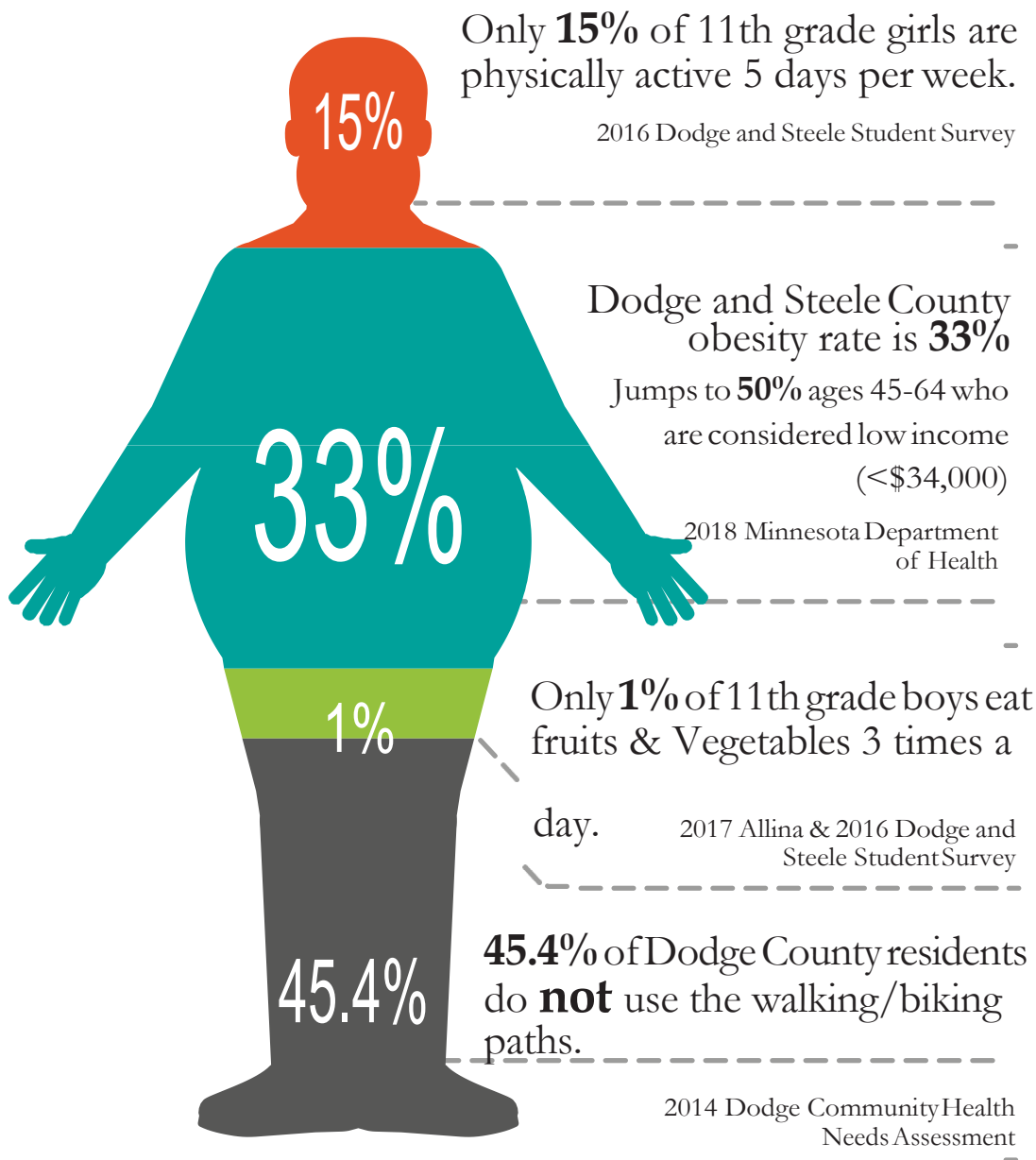
“There is a perception that mental health isn’t an issue if someone isn’t diagnosed.”
2019 Dodge Focus Group



Dodge County Public Health
www.co.dodge.mn.us/departments/public_health.php

Steele County Public Health
www.co.steele.mn.us/divisions/community_services/public_health/index.php

Obesity & Healthy Lifestyle



Public Health
Prevent. Promote. Protect.

Dodge County Public Health

www.co.dodge.mn.us/departments/public_health.php

Improving Community Health

Community Assets and Resources

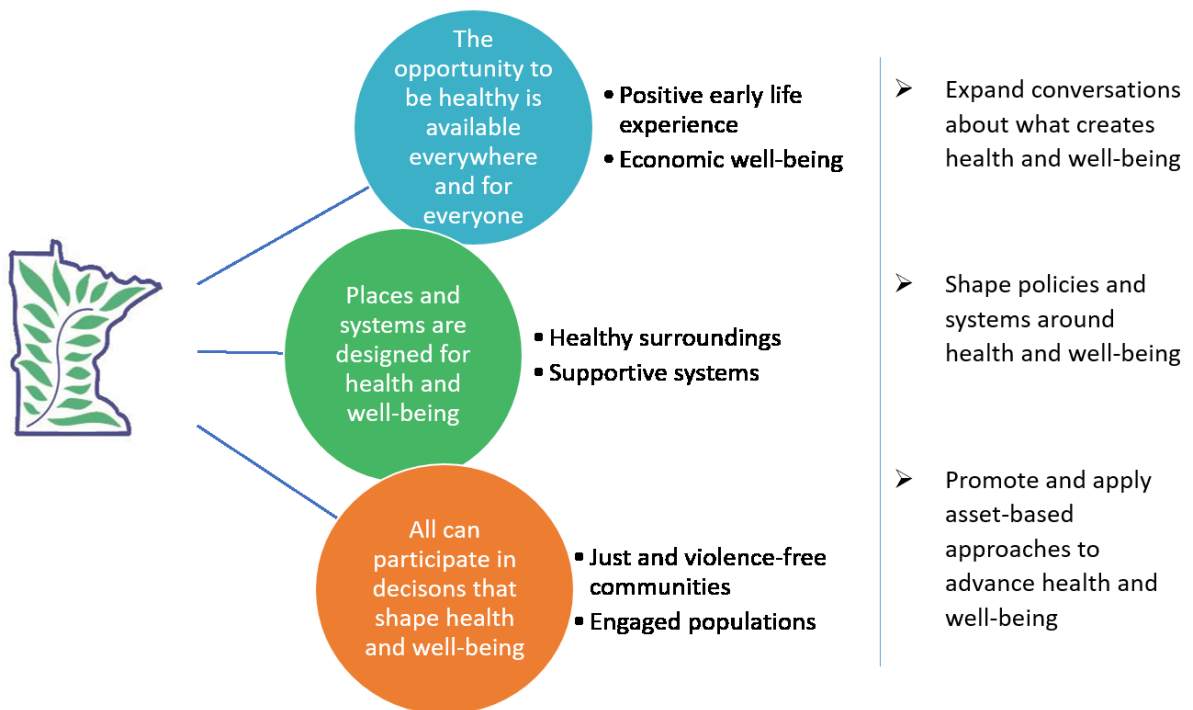
Throughout the planning process, many community assets and resources were identified in Dodge and Steele Counties. These vital assets and resources will be important in improving the health of our communities and will likely be engaged when implementing the action plan. Some of those identified are the following:

- Nehemiah Family Services
- Stage by Stage
- Crisis Response for SE MN
- Multiple Coalitions
- Strong Business Presence
- Human Services
- Community Health Care Advisory Board
- Allina Community Engagement Program
- School Districts
- South Central Human Relations Center-Mental Health Agency
- Mayo Clinic Health System Owatonna
- Owatonna Allina Hospital
- Mayo Family Clinic Kasson
- Safe and Drug Free Schools of Owatonna
- SHIP
- Kasson Head Start
- South Country Health Alliance
- Dodge County Public Health
- Steele County Public Health
- SEMCAC Outreach
- WIC (Women, Infants, Children)
- Public Outreach
- Steele County Free Clinic
- The Center Clinic
- Worksite Wellness Initiatives

- Education
- Community Parks
- Mayo Family Clinic
- Safe Routes to School Program
- Highway 14-four lanes
- Local Law Enforcement
- Crisis Resource Center
- Good collaboration between agencies and schools
- Close-knit Communities
- Schools are center of the communities
- Governmental programming
- Beyond the Yellow Ribbon
- Community Education
- Parks and Recreation Programs
- Trails
- Transitional Housing
- Yoga Studios/Health Clubs
- Food Shelves
- Daycares
- Local Businesses
- Early Childhood Programs

State and National Priorities Alignment

The 2017 Minnesota Statewide Health Assessment is a frank look at the challenges to health in Minnesota. It is a joint effort of the Healthy Minnesota Partnership and the Minnesota Department of Health. The partnership is charged with developing innovative public health priorities, goals, objectives and strategies to improve the health of all Minnesotans, and to ensure ownership of these priorities and strategies across the state. Based off the 2017 Assessment, the Healthy Minnesota 2022 Statewide Health Improvement Framework was built. The “vision” of the Framework is: All people in Minnesota enjoy healthy lives and healthy communities. Below are the three priority areas that the Framework outlines.



The World Health Organization calls health, “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

Everything in our lives — our families, homes, neighborhoods, jobs, schools, the land, water, and air — must support our health.

Health is a resource for our everyday lives. If we are healthy, we can engage with our family and friends, attend school, go to work, play, and be active participants in society by volunteering, voting, and more. Each of us is part of multiple communities, and our health results largely from our interactions with the people and the places that surround us, including both the man-made and the natural world. Because health comes from our interactions, health is something we shape together, and each person's health is affected by every other person's health.

In December 2010, the Department of Health and Human Services launched Healthy People 2020, which has four overarching goals:

- Attain high-quality, longer lives free of preventable disease, disability, injury, and premature death;
- Achieve health equity, eliminate disparities, and improve the health of all groups;
- Create social and physical environments that promote good health for all; and
- Promote quality of life, healthy development, and healthy behaviors across all life stages

The Dodge-Steele Community Health Board, Community Health Improvement Plan (CHIP) has been written to align with both the State of Minnesota and National Health Priorities. The following Action Plan has been written in a format to address the top priority health issues of Mental Health and Substance Use; and Obesity and Health Lifestyle.

Dodge-Steele Community Health Board CHIP Action Plan

Priority Issue	1: Mental Health and Substance Use
Goal #1	Increase community collaboration surrounding mental health and substance use

Objective 1: Establish a Mental Health and Substance Use Coalition by 2021

Action Steps	By When	Resources Needed	Lead Agency	Status with Dates
Locate and convene Community Partners for initial meetings. Approach Behavioral Health Connectivity Sub-Committee of the Community Care Advisory Board for possibility of expanding the group to take on Coalition work. Assure Coalition has a representation of 6 community partners at a minimum.	December 2020	Staff Time	Dodge and Steele Counties Public Health, Fernbrook Family Center, Steele County Safe and Drug Free Coalition	

Action Steps	By When	Resources Needed	Lead Agency	Status with Dates
Establish purpose of the Coalition	December 2020	Staff Time and Time from Partners	Dodge and Steele Counties Public Health, Fernbrook Family Center, Steele County Safe and Drug Free Coalition	
Assess current resources and gaps	December 2021	Staff Time and Time from Partners	Dodge and Steele Counties Public Health, Fernbrook Family Center, Steele County Safe and Drug Free Coalition	
Establish Sub-Committees to carry out action items of Goal #1 and #2	December 2021	Staff Time and Time from Partners	Dodge and Steele Counties Public Health, Fernbrook Family Center, Steele County Safe and Drug Free Coalition	

Objective 2: Increase skills of mental health and substance use stakeholders by 10% by 2024

Action Steps	By When	Resources Needed	Lead Agency	Status with Dates
Research training resources that can be provided to mental health and substance use professionals in the area	2024	Staff Time and Time from Partners	Dodge and Steele Counties Public Health, Fernbrook Family Center, Steele County Safe and Drug Free Coalition	
Provide In-Person Trainings to area mental health and substance use professionals in the area that are easily accessible at minimum of one training per year with the goal of 20 participants at each training	2024	Staff Time, Time from Partners, Funding	Dodge and Steele Counties Public Health, Fernbrook Family Center, Steele County Safe and Drug Free Coalition	
Develop pre and post evaluations to determine if an increase in skills and knowledge was gained by participants engaged in the training	2024	Staff Time and Time from Partners	Dodge and Steele Counties Public Health, Fernbrook Family Center, Steele County Safe and Drug Free Coalition	

Priority Issue	1: Mental Health and Substance Abuse
Goal #2	Increase community awareness to change community norms and perceptions surrounding Mental Health and Substance Use

Objective 1: Improve utilization of services and increase knowledge of when and how to access care amongst community members by 2024

Action Steps	By When	Resources Needed	Lead Agency	Status with Dates
Mental Health and Substance Use Coalition will develop an Education Guide: Stages/Resources to know when and how to access	2022	Staff Time, Time from Partners, Funding	Dodge and Steele Counties Public Health, Fernbrook Family Center, Steele County Safe and Drug Free Coalition	
Mental Health and Substance Use Coalition will develop and implement a plan to disperse the Education Guide to a minimum of 20 agencies and partners	2022	Staff Time, Time from Partners, Funding	Dodge and Steele Counties Public Health, Fernbrook Family Center, Steele County Safe and Drug Free Coalition	

Objective 2: Reduce stigma and negative perceptions surrounding mental health and substance use by 2024 (collected via a community survey)

Action Steps	By When	Resources Needed	Lead Agency	Status with Dates
Conduct Community Survey to establish baseline on community norms and perceptions	2022	Staff Time and Funding	Dodge and Steele Counties Public Health, Fernbrook Family Center, Steele County Safe and Drug Free Coalition	
Partner in the development of a region-wide Resilience Campaign	2021	Staff Time, Time from Partners, Funding	Allina and Rice County Chemical Health Coalition	
Partner in promoting Make it Ok Campaign	2021	Staff Time, Time from Partners, Funding	Dodge and Steele Counties Public Health, Dodge and Steele Counties Family Collaborative	
Carry out SHIP Worksite Initiatives specific to Mental Health and Substance Use	2024	Staff Time, Time from Partners, Funding	Dodge and Steele Counties Public Health	

Dodge-Steele Community Health Board CHIP Action Plan

Priority Issue	2: Obesity and Healthy Lifestyle
Goal #1	Healthy Eating

Objective 1: Decrease Dodge and Steele Counties Obesity Rate from 33% to 22% by 2024

Action Steps	By When	Resources Needed	Lead Agency	Status with Dates
Grow the number and capacity of existing SHIP Worksites. Continue progress on worksite policies to include promotion and access to healthy eating.	2024	Staff Time, Time from Partners, Funding	Dodge and Steele Counties Public Health	
Continue to be an active member in the Steele County Healthy Eating Coalition	2024	Staff Time, Time from Partners, Funding	Steele County Public Health	Ongoing
Partner with Mayo Clinic Health System Women’s Morning of Well-Being Events	2024	Staff Time and Time from Partners	Mayo Clinic Health System	Annual Event
Participate in Community Health Fairs and provide Healthy Eating Information	2024	Staff Time and Funding	Dodge and Steele Counties Public Health	Ongoing

Action Steps	By When	Resources Needed	Lead Agency	Status with Dates
Grow the capacity of SHIP Health Care activities	2024	Staff Time, Time from Partners, Funding	Steele County Public Health, Mayo Clinic Health System, Allina Owatonna Hospital	
Continue efforts to increase the number of participants that are active with the Mom-Baby Team integrated in Allina Owatonna Hospital and Mayo Clinic Health Systems to improve breastfeeding rates and healthy eating habits.	2024	Staff Time, Time from Partners, Funding	Steele County Public Health, Mayo Clinic Health System, Allina Owatonna Hospital	Ongoing
Dodge and Steele County WIC Programs will provide education on the benefits of breastfeeding to encourage this and improve rates. Nutrition Education will be provided to all participants to encourage healthy eating habits early in life.	2024	Staff Time and Funding	Dodge and Steele Counties Public Health	Ongoing

Priority Issue	2: Obesity and Healthy Lifestyle
Goal #2	Active Living

Objective 1: Increase Physical Activity amongst Community Members in Dodge and Steele Counties by 10% by 2024

Action Steps	By When	Resources Needed	Lead Agency	Status with Dates
Grow the number and capacity of existing SHIP Worksites SHIP Worksites. Continue progress on worksite policies to include promotion of physical activity.	2024	Staff Time, Time from Partners, Funding	Dodge and Steele Counties Public Health	
Grow the number and capacity SHIP Schools and Communities projects to promote and reduce barriers to physical activity.	2024	Staff Time, Time from Partners, Funding	Dodge and Steele Counties Public Health	
Participate in Community Health Fairs and provide Active Living Information	2024	Staff Time, Time from Partners, Funding	Dodge and Steele Counties Public Health	Ongoing
Continue to be an active member in the Dodge Refreshed Coalition	2024	Staff Time, Time from Partners, Funding	Dodge County Public Health	Ongoing

References

Minnesota Department of Health. 2017 Minnesota County Health Tables. Retrieved from www.health.state.mn.us

Healthy People 2020: www.healthypeople.gov

National Association of County & City Health Officials: www.naccho.org