

2013-2018

**Le Sueur-Waseca
Community Health Board**

**Community Health Improvement Plan
2018 ANNUAL REVISIONS**



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Purpose and Background

The purpose of the *Le Sueur-Waseca Community Health Board Community Health Improvement Plan* is to provide a framework for a long-term systematic effort to address public health problems in a community. The development of a Community Health Improvement Plan (CHIP) every five years is a customary practice of public health departments across Minnesota. We also have created accompanying Strategic Plan and Quality Improvement Plan that have gone through CHB approval.

The health status of a community is a dynamic indicator of a community's social and economic prosperity. It is important to monitor the health status of all residents of those we serve on a regular basis. The Community Health Assessment is a collection and analysis of data collected from several sources and was most recently published in January 2014. This assessment was used in a collaborative process to develop this Community Health Improvement Plan.

In the time between Community Health Assessments and CHIP development, the Le Sueur – Waseca Community Health Board gathers information from their program efforts, community meetings, and health data to monitor the health status of the community. This information is then used to inform the on-going work of the agency.

For example, in the last couple of years mental health has emerged as a concern, especially in Waseca County after a flooding event in 2016. The concerns have not dissipated two years later, and work is being done in the community. Public Health has been meeting with partners in the community nearly monthly and attendance has waned over the last year. Some partners are not yet ready to implement changes and others are exploring what changes might be best. The Waseca Public Library has planned a Wellness day in February 2019 that developed as a part of these conversations. We will continue to engage partners and gather data and expect that this will be a focus area for our next Community Health Improvement Plan.



Figure 1 - Waseca City Council Hears Testimony

Revision and Monitoring

Revision

The Community Health Improvement Plan is a document that must remain responsive to the needs of the community. As work is done toward our goals, we learn more about what our community needs, what strategies are effective, and which areas require more support prior to change. As much of our planning revolves around our SHIP strategies, feedback was sought from our SHIP Coordinator and Health Coordinator regarding our progress and ongoing planning. The SHIP strategies outlined in our report are also revised and reviewed by the Healthy Together Community Leadership Team.

Additionally, our Community Health Board meets quarterly and receives up-dates about our SHIP activities. Internal attendance at this public meeting has recently been increased to include leadership staff from both Waseca and Le Sueur Counties. This meeting is often a forum for discussion, not just among the commissioners but also between the commissioners and staff regarding issues in our communities. Revisions to this plan will be drafted by the Community Health Services Administrator in consultation with the Le Sueur County Public Health Director and the afore mentioned staff, then brought to the Community Health Board for their review and approval.

We make efforts through the Healthy Together Community Leadership Team and ongoing projects to engage our community and elicit their support for our projects. When partners are difficult to engage, staff are tasked to reevaluate our work in that area to see if the need is gone, or just the will. Our SHIP work focuses on health equity, and has parameters set to focus the work on the areas of greatest need. However, change requires investment and organizations or locations may not have time and/or energy to pursue the change. Revision of goals has been necessary in these realities.

Monitoring

As we undertake this, our first and second revision of the Community Health Improvement Plan, we struggled to know how to effectively monitor goals that were difficult to measure. Moving forward, we are committed to improving the measureability of our goals, which will lend themselves better to monitoring processes. As a Community Health Services Agency, we are just beginning the implementation of performance measures and reporting as well as a Workforce Development Plan. All of the related outcomes and planning will be assessed and shared quarterly by the Leadership Team, which is comprised of both Public Health Directors plus the four supervisors. Additionally, the SHIP Coordinator and Health Coordinator are instrumental in the monitoring and revision process. They connect this plan to the SHIP grant and Healthy Together Community Leadership Team, using the measurement tools and current state guidance for monitoring progress for projects and communities.

Health Focus Area #1: Physical Activity

Goal #1: Increase physical activity within the school

We appreciate the continued support of in our schools as they take on greater roles and implement more strategies in their districts. Additionally, some schools are so excited and enthused by their success they choose to expand into new grades, increasing the number of students who have increased access to activity throughout the school day. This year, schools implementing activity into their school day included: Cleveland, TEAM Academy, Tri City United, Waseca ALC, WEM, and Most Holy Redeemer, Montgomery. Additionally, many schools have been working on providing Safe Routes to School by partnering with City Planners and Region 9 development Council. We've been able to assist with data collection on many of these projects. This year those schools include: JWP, Waseca Public, and Sacred Heart, Waseca. It is fun to see elementary students so excited on walk-to-school days! Need and interest remain high in the goal, so work will continue in this area.

Health Focus Area #1: Physical Activity

Goal #2: Increase active living in the communities

When planning our work for this year, note was made of those areas with continued community support as well as current staff capacity and SHIP contracted work. Much of our staff energy was put into two main areas – Safe Routes to School planning and internal county wellness activities. We additionally did some work in the beginnings of the planning process for a trail connecting Waseca to Freeborn County. While there isn't a lot of measureable change this year, important planning was accomplished and we hope to see increased activities in our communities in the years to come. Interest remains strong, so work will continue in this area.



Figure 2 - TEAM Academy Students Walk to School Day

Health Focus Area #2: Healthy Eating

Goal #1: Increase access to healthy foods in the schools

We appreciate the continued support of in our schools as they take on greater roles and implement more strategies in their districts. Additionally, some schools are so excited and enthused by their success they choose to expand into new grades, increasing the number of students who have improved access to healthy foods throughout the school day. Locations with continuing or new efforts are: Cleveland, Le Sueur – Henderson, TEAM Academy, Waseca ALC, and WEM schools. We will continue to address interests as they occur.

Health Focus Area #2: Healthy Eating

Goal #2: Increase access to healthy foods in the communities

Increased work in this goal was accomplished through continued and direct efforts to increase the number of breastfeeding mothers in Le Sueur and Waseca Counties. To give better support, both Health Departments became Gold Level Breastfeeding Friendly Health Departments. Recognition at this level requires demonstrated proof of policies as well as outreach to the community.

Additional work has also been done to increase access to fresh produce in the food shelves serving Janesville, New Richland and Le Center. These community partners serve a population that has many barriers to healthy food access, and it's exciting to see progress in this goal. When looking at our data it is important to note that Janesville served 617 new clients this year, and the New Richland backpack program has distributed 2585 backpack food packages to children.

A new partner is the Le Center Clubhouse, who are building skills with their clients around gardening, storing and cooking produce. This is an additional 100 community members who will benefit not only from the improved nutrition, but who will also see increased mental wellness from working in a garden and learning more self-sufficiency.

When reviewing the goal matrix for this measure, it seems misleading that we are now working with fewer community partners. However, the work done through our activity is meant to be sustained by our community partners after we've assisted with implementing tools and practices. Therefore, we have not adjusted our goals, but instead would reflect that we have in the last 3 years, reached the 25,000 people mark through efforts in varying partnerships. Demonstrated need and interest remains strong, so work will continue in this area.

Health Focus Area #3: Tobacco Use

Goal #1: Comprehensive Tobacco Policies are passed and implemented by cities and counties

The City of Waseca continued to be engaged as a community around decreasing access to tobacco. Through partnership efforts with the American Lung Association a coalition was formed that successfully pursued lowering the purchase age in the city to 21. After that and other local jurisdictions successes, other communities are expressing interest in decreasing tobacco access for our youth. It was an exciting year in tobacco use reduction, even in the face of increasing youth tobacco consumption. We will remain eager to gather community support and educate youth around the dangers of tobacco related products. We continue to partner with American Lung Association to engage community leaders and youth in our counties.



Health Focus Area #3: Tobacco Use

Goal #2: Increase availability of smoke free multi-unit housing in the communities

Kingsway Estates in Le Sueur implemented a Smoke Free Housing Policy with the assistance of Brown, Nicollet, Le Sueur, Waseca SHIP staff. This type of work has been done when we are approached by housing managers or occupants. With waning political interest and limited staff time, our concerted effort this year has been placed in the T21 movement. This has more community interest as well as the potential to impact a greater number of our community, especially the youth who are being targeted by tobacco companies.

Figure 3 - Waseca Community Supporters Celebrate T21

Goal Matrix

Performance Measure	Data Source	Measurement	Year	Target
Increase the number of students affected by SHIP strategies	SHIP reach reporting	1619 students	2016	
	SHIP reach reporting	2138 students	2017	
	SHIP reach reporting	3650 students	2018	Exceeded
			2019	2900 students
Increase the number of tobacco related policies up-dated	SHIP reach reporting	1 site	2016	
	SHIP reach reporting	4 sites	2017	
	SHIP reach reporting	2 sites	2018	Exceeded
			2019	4 sites
Increase the number of people with access to fresh products through SHIP healthy eating strategies	SHIP reach reporting	34,169 people	2016	
	SHIP reach reporting	14,455 people	2017	
	SHIP reach reporting	9,507 people	2018	Exceeded
			2019	25,000 people

Goals set during our initial development of the CHIP have proven difficult to measure. The next CHIP is currently in development and this difficulty will be addressed at the time of goal development.