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GOODHUE COUNTY COMMUNITY HEALTH ASSESSMENT COMMITTEE, DECEMBER 2018

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EXECUTIVE SUMMARY

A community health improvement plan is a long-term plan, describing how the local health department and a broad set of community partners are addressing needs identified in the last community health assessment. This 2018-2023 plan is based on a community health assessment completed for Goodhue County in 2017. The Community Health Assessment Committee reviewed the top 10 health issues from the 2017 assessment and identified three underlying health priorities for 2018-2023 (see priorities on page 3).

Many organizations are involved in addressing these priorities and the legacy priority from the 2014 plan, Family & Parenting. Completing and monitoring the plan, in collaboration with community stakeholders and partners, is a responsibility of Goodhue County Health and Human Services (GCHHS) under Minnesota Statutes §145A and is required by the Public Health Accreditation Board. GCHHS leads the Community Health Assessment committee and will compile updates and revisions to the plan in annual reports.

“Community” refers to the whole population of Goodhue County, as opposed to the health of any one individual. “Health” includes not only our health outcomes but also the health factors that influence health. This plan is about improving the health of the community together and achieving the Community Health Assessment Committee’s vision.

Community Health Assessment Committee Mission:

to identify health disparities and top health issues for Goodhue County and implement and evaluate strategies, policies, and programs.

Community Health Assessment Committee Vision:

“...opportunity for all Goodhue County residents to experience optimal health...”

OVERVIEW OF 2018-2023 ACTION PLANS & STRATEGIES

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HEALTH

PRIORITIES

GOODHUE COUNTY

2018-2023

TALK ABOUT THE IMPACT OF POVERTY ON HEALTH
What can we do to expand conversations on what’s needed to be healthy and increase awareness regarding poverty as a root cause of some substance abuse, obesity, and mental health issues?

REDUCE BARRIERS TO MENTAL HEALTH CARE
How can we reduce barriers to mental health care so people in our county do not live with untreated symptoms of mental illness?

ENGAGE PRIORITY POPULATIONS
How can we authentically engage single moms, people of color, and Indigenous people in determining strategies that reduce their barriers to optimal health?
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  Appendix 3  Action Plan 3: Engage Priority Populations

  Appendix 4  Legacy Action Plan: Family and Parenting
INTRODUCTION

DESCRIPTION OF GOODHUE COUNTY

This Community Health Improvement Plan is about improving the health of all community members in the geographic area of Goodhue County, which is located in southeast Minnesota. In 2017, Goodhue County’s estimated population was 46,304 (U.S. Census Bureau, Population Division), an increase of 2,177 or 5% since the 2000 Census. According to US Census 2017 Population Estimates, 92% of the population is non-Hispanic white, 3% is Hispanic, 1.5% is American Indian, 1% is Black, 0.7% is Asian, and people who are two or more races make up about 2% of the population.

Goodhue County has 10 cities and 21 townships. The county is on the Highway 52 corridor between the Twin Cities and Rochester, including the towns of Cannon Falls, Zumbrota, and Pine Island. The Mississippi River town of Red Wing, on U.S. Highway 61, is the county seat. Other rural communities include Goodhue, Kenyon, Wanamingo, Bellechester, Dennison, and Lake City. Most of Lake City and a portion of Pine Island are in neighboring counties.

Households with children under 18 make up 31% of households in Goodhue County (U.S. Census Bureau, 2013-2017). School districts include Cannon Falls, Goodhue, Kenyon-Wanamingo, Pine Island, Red Wing, and Goodhue County Education District, plus portions of seven others including Zumbrota-Mazeppa and Lake City, which are officially Wabasha County districts. On average, 26% of students in Goodhue County districts receive free or reduced price lunch (Minnesota Department of Education, 2018). As of 2016, an estimated 7.7% of the population in Goodhue County lived below the poverty line, and households in Goodhue County, MN had a median income of $66,038 compared to the state at $65,583 (U.S. Census Bureau SAIPE).

The county has 780 square miles, much of it prime farmland in active production. Outside of agriculture, the economy of Goodhue County is specialized in manufacturing and utilities, and other large industries include healthcare and retail. A major demographic shift is underway. In 2015, 19% of Goodhue County residents were over age 65, but projections from the Minnesota Department of Employment and Economic Development are that by 2045, 27% will be over age 65.
DEFINITIONS

Community Health Improvement Plan
A community health improvement plan is part of a strategic planning process for improving community health, describing how the local health department and a broad set of community partners are addressing needs identified in the last community health assessment. Because writing and updating such a plan is a health department requirement, Goodhue County Health and Human Services (GCHHS) leads the Community Health Assessment Committee. However, the only way we can improve these things is together. The credit for the work goes to the organizations who actively participate and the community members listed.

Community Health
“Community health” refers to the health of the whole population, as opposed to the health of individuals. For example, community health strategies would aim to lower the county’s diabetes rate overall, or for groups most at risk. This is different than offering health tips for individuals on how to prevent diabetes. To improve health at the community level requires convening partners and engaging the community. Community health improvement often includes using evidence-based strategies and making changes to policies and systems. There are many collaborative initiatives in Goodhue County, led by a variety of organizations. Efforts to improve equity, education, housing, or access to mental health care can all prevent illness, prevent injury, and prevent health care costs. That’s community health.

Health
Our Community Health Assessment Committee’s definition of health is contained in our vision statement (see page 20). This vision describes our desired future. “Health” includes not only our health outcomes but also the health factors that influence health. Health outcomes are morbidity and mortality—average quality of life and length of life in Goodhue County. Health factors include not only genetics, personal behaviors, and clinical care, but also the physical environment and social and economic factors that influence health outcomes.
Health Equity

As a Community Health Assessment Committee, we are interested in addressing inequities in the county. The Minnesota Department of Health defines health equity as “the opportunity for every person to realize their health potential—the highest level of health possible for that person—without limits imposed by structural inequities” (Advancing Health Equity in Minnesota: Report to the Legislature, 2014). Health inequities are differences in health between groups due to social, economic, environmental, geographic, and political conditions, also known as the social determinants of health. While other health disparities are the consequence of genetic or biological differences between groups, health inequities specifically result from social conditions we can change through the implementation of policies and practices.

Terms Used in Action Plans

Priority

Underlying challenges that need to be addressed to achieve our vision

Goal

Answers the question “What do we want to achieve by addressing this priority?”

Strategy

Answers the question, “How do we want to achieve our goal? What action is needed?”

Action Plan Objectives

Measure the amount or quality of activities related to the strategy. Specific, measurable, and time-bound.

Community Health Objectives

Population indicators or conditions to which the action plan activities make a contribution. Health outcomes or factors.

Baseline

Most recent data for action plan and community health objectives. The starting point, for comparison.
OTHER ASSESSMENTS AND PLANS

The Community Health Improvement Plan is meant to complement other action planning documents produced by governmental and community partners. The Goodhue County Community Health Improvement Plan is different:

- Entire Goodhue County population
- 5 year timeframe
- Addresses top health issues (including factors that influence health, see definition of “health” on page 6)
- Required by Public Health Accreditation Board and Minnesota Statute

Hospital Community Health Needs Assessments

In Goodhue County, Mayo Clinic Health System uses local community health needs assessment survey and key informant interview data collected in collaboration with the health and human services department in preparing their Cannon Falls, Lake City, and Red Wing hospitals’ CHNAs. The last CHNAs were in 2016 and the next will be in 2019.

- Population served by each hospital
- 3 year timeframe
- Assesses needs so hospitals can provide community benefits that meet the needs of their communities
- Required by IRS and Affordable Care Act to maintain tax-exempt status

View the CHNA reports online: https://mayoclinichealthsystem.org/about-us/community-health-needs-assessments

MAYO CLINIC HEALTH SYSTEM CANNON FALLS HOSPITAL AND CLINIC

United Way of Goodhue, Wabasha & Pierce Counties Key Goals

United Way organizations often do a community assessment and planning processes. The United Way of Goodhue, Wabasha, and Pierce Counties reviews one focus area annually, rotating through Health, Education, and Basic Needs on a three-year grant cycle.

- Multi-county population
- Rotating 3-year timeframe
- Determines focus of Community Investment grant making

To view the United Way of Goodhue, Wabasha, and Pierce Counties’ Key Goals, visit their Community Investment grant webpage: https://www.uw-gwp.org/our-impact/community-investment/

Goodhue County Community Health Improvement Plan 2018-2023 (December 2018)
Comprehensive Plans (such as Red Wing 2040)

Minnesota gives cities and counties the authority to regulate land use through three tools: zoning ordinances, subdivision ordinances, and comprehensive plans (“comp plans”). A comp plan, like Red Wing 2040, contains a community’s vision for the future and its goals and strategies. Smaller cities may do comp plans but are not required.

- Population of city (for city comp plans) or population of county (for the county comp plan)
- Long-term (such as 10-20 years)
- Guides the overall future development and improvement of the city or county

2012 Lake City Comprehensive Plan: https://www.ci.lake-city.mn.us/comprehensiveplan
Red Wing 2040 Comprehensive Community Plan: https://www.red-wing.org/354/Red-Wing-2040
2016 Zumbrota Comprehensive Plan: https://www.ci.zumbrota.mn.us/?SEC=F53D243D-7140-4F30-B944-00C1C6354E2D
2016 Goodhue County Comprehensive Plan: https://www.co.goodhue.mn.us/925/Ordinances-and-Plans

The Red Wing 2040 planning process and the Community Health Improvement Plan process both took place in 2018. Strategy 2-2, Form a Mental Health Coalition to create a unified framework for improved mental health, is a collaborative effort also included in the Red Wing 2040 plan.
WRITING THIS PLAN

MAPP MODEL
Mobilizing for Action through Planning and Partnerships (MAPP) is a national model for health assessment and planning. It is a community-driven strategic planning process to prioritize public health issues and identify resources to address them (National Association of County and City Health Officials, 2018). Writing this plan involved these MAPP phases: Identify Priorities, Formulate Goals and Strategies, and the Action Cycle. The plan is now ready to implement. We will evaluate progress on action plans in annual reports.

SELECTING TOP HEALTH ISSUES
In 2017, the Community Health Assessment Committee reviewed data summaries on all of the following health topics:

ACCESS TO DENTAL CARE
ACCESS TO MEDICAL CARE + UNINSURED
ACCESS TO MENTAL HEALTH CARE
AGING POPULATIONS + FALLS + DISABILITIES
AIR QUALITY + ASTHMA + WATER QUALITY
ALCOHOL
ANIMAL/VECTOR-BORNE DISEASE

BULLYING
CANCER + SCREENINGS
CHILD ABUSE AND DOMESTIC VIOLENCE
CHILD CARE SHORTAGE
CHRONIC HEALTH CONDITIONS
CRIME
EDUCATIONAL ATTAINMENT + K-12 EDUCATION
FAMILY PLANNING

FAMILY AND PARENTING
FOODBORNE ILLNESSES
FOOD INSECURITY
HEALTHY EATING
HOUSING + HOMELESSNESS + AFFORDABILITY
LEAD
SEXUALLY TRANSMITTED DISEASE
SUBSTANCE ABUSE + PRESCRIPTION DRUG ABUSE

MATERNAL, INFANT, AND CHILD HEALTH
MENTAL HEALTH
MENTAL HEALTH: YOUTH
MOTOR VEHICLE CRASHES + DRIVING BEHAVIORS
OVERWEIGHT AND OBESITY
PARKS AND RECREATION
PHYSICAL ACTIVITY
POPULATION GROWTH
POVERTY + INCOME INEQUALITY + UNEMPLOYMENT
RACIALLY DIVERSE POPULATIONS
RADON
TOBACCO, E-CIGARETTES, AND SECONDHAND SMOKE
TRANSPORTATION COST
VACCINE PREVENTABLE DISEASE

Using the data, they rated health topics by size, seriousness, and unfairness:

- Size is the number of people potentially or actually affected by the health topic.
- Seriousness refers to the impact upon disability, premature death, social burdens or health care costs.
- Unfairness means all people do not have an equal opportunity to be healthy surrounding this topic based upon factors like gender, race, age, or income.
For the 15 topics with the highest average ratings, the committee listed which 3 topics were most important/ most related. For example, Income/Poverty was related to 11 of the top 15 health issues, and Mental Health/Wellbeing was related to 7 of the top 15 health issues. This determined which issues were included in the top 10.

A sub-committee finalized the order of the top 10 issues with public input from informal dot surveys. For example, Substance Abuse/Prescription Drug Abuse was moved up from number 7 to number 4 based on public input.

COMMUNITY INPUT AT KENYON ROSE FEST 2017

All health topics are important to monitor. Data on all of the health topics is included in the 2017 Goodhue County Community Health Assessment: [http://www.co.goodhue.mn.us/981/Community-Health-Assessment](http://www.co.goodhue.mn.us/981/Community-Health-Assessment)

SELECTING PRIORITIES

In 2018, the Community Health Assessment Committee looked again at data from the six top health issues in the 2017 Community Health Assessment. The task was to identify which data or indicators we hoped would change over the next 5 years in our county. The intent was to look back at the data that were most concerning to our Committee last year in terms of size, seriousness, and unfairness (health inequity), before we brainstormed possible priorities. We wrote answers on cards and posted on a sticky wall. We rearranged and grouped cards.

Next, we brainstormed priorities. A priority is different from a top health issue because it affects more than one issue. The more it requires us to change the way we function, has long-term consequences, and creates tensions in our community, the more strategic it is. After the meeting, the Committee selected these priorities in an online survey:

1. What can we do to expand conversations on what’s needed to be healthy and increase awareness regarding poverty as a root cause of some substance abuse, obesity, and mental health issues?
2. How can we reduce barriers to mental health care so people in our county do not live with untreated symptoms of mental illness?
3. How can we authentically engage single moms, people of color, and Indigenous people in determining strategies that reduce their barriers to optimal health? (Specific populations were included in this priority because they experience higher rates of poverty than the county average.)

This plan also includes a Legacy priority from the 2014-2018 plan, Family & Parenting.

The Committee can reassess and revise community priorities in the future using new or additional information or data.

**BRAINSTORMED INDICATORS AND PRIORITIES AT A COMMUNITY HEALTH ASSESSMENT COMMITTEE MEETING 2018**

**“IT’S THE COMMUNITY’S PLAN”**

The Community Health Improvement Plan is not about the community telling the health department what to do. It’s meant to be the community’s plan. It describes what the community is doing together with the health department to address the top health issues.

Priorities emerge because organizations agree this is something they are working on or want to work on. We have the perspective, “if no one wants to work on it, maybe we haven’t identified the right problem to work on.” Many different agencies, programs, and initiatives in Goodhue County contribute to improving the community’s health.

The credit for the action plan work goes to the people and organizations who actively participate in meetings about how to improve the community’s health and agree to take on responsibilities. These people and groups are listed in the action plans. All are welcome to join our committee and contribute to future revisions of this plan.

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2 These populations have higher rates of poverty than the county average (11%) according to the American Community Survey 2011-2015: female householder, no husband present (38%), Black (72%), Hispanic or Latino (19%), American Indian (44%).

Goodhue County Community Health Improvement Plan 2018-2023 (December 2018)
Completing and monitoring the plan, in collaboration with community stakeholders and partners, is a responsibility of Goodhue County Health and Human Services (GCHHS) under Minnesota Statutes §145A and is required by the Public Health Accreditation Board standard 5.2. The county provides leadership and support for the planning process in order to meet these requirements. County staff also participate in implementing strategies related to their roles at GCHHS.

Resources for implementing strategies

The action plans are implemented with existing GCHHS and partner organization staff time and volunteer time. Organizations can seek grants or donations or pool money for joint projects. GCHHS budgets $4,500 a year from the state Local Public Health Act grant for the assessment and planning process and implementation. Community Health Assessment Committee members offering grants and donations include:

- United Way Community Investment Grant funding [www.uw-gwp.org](http://www.uw-gwp.org)
- Live Well Goodhue County mini-grants [https://www.co.goodhue.mn.us/1264/Live-Well-Goodhue-County](https://www.co.goodhue.mn.us/1264/Live-Well-Goodhue-County)
- Mayo Clinic Health System community benefit dollars [https://www.mayo.edu/pmts/mc14300-mc14399/mchs14350.pdf](https://www.mayo.edu/pmts/mc14300-mc14399/mchs14350.pdf)

CALL TO ACTION

How can you help improve community health in Goodhue County?

Throughout the planning process, community members and organizations have been actively involved, and our goal is for that to continue. As you think about what you read here, please think about ways YOU can contribute to building an even healthier Goodhue County.

Community health improvement requires partners in a variety of sectors. Therefore, we are always looking for partners from a variety of sectors interested in helping with our mission, which is to identify health disparities and top health issues for Goodhue County and to implement and evaluate strategies, policies, and programs.

Here are some things you might consider:

Expand the work of the plan by advocating for the plan’s priorities

Organizations from all sectors of the community – schools, health care providers, local government, faith organizations, service providers, and others – could potentially use this plan’s priorities to inform their own changes.

In our daily lives, we touch other’s lives throughout our community. Think about the specific priorities listed in this plan. How could you talk about the impact of poverty on health, or engage priority populations, in the places where you learn, work, and play? How can you personally help advocate change? Advocating for changes like this across all sectors of our community is important if we want to see true change.

Stay involved with groups working to implement the plan

Within the community, there are already groups, advisory committees, coalitions, and other action teams implementing strategies to improve community health related to these priorities. These groups are listed in the action plans.

If you, or your organization, are the missing partner in the Community Health Improvement Plan, please contact us. You can contact anyone listed as the “Lead Person/Organization Responsible” in the action plans in the appendices. Or, you can contact Goodhue County Health and Human Services using the contact information on page 1.

We would be happy to get you more information about how you can help support our efforts to improve community health. We look forward to working with you!
PRIORITIES

TALK ABOUT THE IMPACT OF POVERTY ON HEALTH

What can we do to expand conversations on what’s needed to be healthy and increase awareness regarding poverty as a root cause of some substance abuse, obesity, and mental health issues?

Why talking about the impact of poverty on health is a health priority

Poverty creates barriers to access to health services, healthy food, and other necessities, contributing to poor health. Poverty was the #1 top health issue in 2017. Educating about poverty’s relationship to substance abuse, obesity, and mental health relates back to the #2, #3, and #4 top health issues.

As an example of how poverty relates to obesity, nearly twice as many Goodhue County adults who say they “often” worry about running out of food before having money to buy more are obese, as compared to those who “never” worry.

![Goodhue County Adult Obesity Rate by worry about food running out](chart)

Community engagement

The Community Health Assessment Committee brainstormed existing groups working on poverty issues. Core Group members Pam Horlitz and Laura Prink agreed to co-lead this strategy. They reviewed the list and selected the United Way Poverty Simulations and the Blandin Leaders Partnering to End Poverty (LPEP) to help with this strategy. Blandin staff were consulted in writing the action plan, which includes inviting LPEP participants to revise this strategy in 2019.

Existing community assets and resources

- United Way Poverty Simulations
- Red Wing Homeless Response Team
- Blandin LPEP
- Three Rivers’ Goodhue County Homeless Response Team
- Hunger-Free Kids Network
- Red Wing 2040 Economy Team

About Strategy 1-1: Communicate the impact of poverty on health

- This is a practice-based strategy. We will use best practices for communication.
- This strategy involves organizational-level change.

See Appendix 1 for the Priority 1 action plan.

Goodhue County Community Health Improvement Plan 2018-2023 (December 2018)
Note that Goodhue County residents who are Black, two or more races, American Indian, or Hispanic or Latino experience higher rates of poverty.

![Goodhue County Poverty Rate by Race](image)

**REDUCE BARRIERS TO MENTAL HEALTH CARE**

*How can we reduce barriers to mental health care so people in our county do not live with untreated symptoms of mental illness?*

**Why reducing barriers to mental health care is a health priority**

Mental illness is related to higher rates of chronic disease and risk behaviors including inactivity, smoking, and drinking. Barriers to accessing mental health services lead to unmet health needs, delayed care, and preventable hospitalizations. Treatable conditions like depression and other mental illnesses often contribute to suicidal behavior.

Stigma and discrimination can be a barrier to seeking mental health care. People with a history of mental illness were less likely (56%) than those with no history of mental illness (67%) to agree that people are kind to people with mental illness (Goodhue County Community Health Needs Assessment Survey, 2015). As an agricultural county, we are in a position to raise awareness about the stress farmers can face (Minnesota Department of Agriculture, 2018).

A lack of providers and gaps in the service array are also barriers. According to the 2018 County Health Rankings, there is 1 mental health provider for every 1,080 residents in Goodhue County, as compared to 1 mental health provider for every 470 residents in the state of Minnesota. A focus group conducted for the Community Health Assessment identified lack of psychiatrists for medication management as a gap. At the Mental Health Coalition meeting, children’s outpatient and adolescent chemical dependency were also listed as gaps.

**Community engagement**

Our 2014-2018 plan included the Make it OK anti-stigma campaign, which came out of an earlier Greater Red Wing Area Mental Health Initiative. Goodhue County Make it OK has many partners at the table from all sectors: businesses, faith communities, schools, nonprofit organizations and more. The advisory committee helped write the action plan.

In June 2018, the Community Health Assessment Committee brainstormed who should be invited to a “larger meeting” about mental health. Our 2017 assessment, the hospital’s assessment, and the city of Red Wing 2040 assessment had all identified mental health was still an issue. Representatives from these three assessments, plus from Family Services Collaborative, Fernbrook Family Center, Make it OK, and a volunteer (the “mental health conveners”) planned a
November 2018 Mental Health Coalition Meeting attended by 62 people who provided input and wrote action plans around three themes (or “buckets”) from the assessments: service array, improve wellness, and resource directory.

THE "EDUCATE ABOUT MENTAL HEALTH AND IMPROVE MENTAL WELLNESS" GROUP AT THE NOVEMBER 2018 MENTAL HEALTH COALITION MEETING.

Existing community assets and resources

- Family Services Collaborative—ACES/Trauma Training
- SCHA Healthy Pathways Program
- Crisis hotlines
- SE MN Crisis Response
- MDA Coping with Farm and Rural Stress website
- New regional mental health crisis centers
- Emergency Departments
- Make it OK
- School-linked mental health services
- Youth Mental Health First Aid
- United Way 211
- People’s Pamphlet

About Strategy 2-1: Expand Make it OK Anti-Stigma Campaign

- This is an evidence-based strategy.
- This strategy involves community-level change.

About Strategy 2-2: Form a Mental Health Coalition to create a unified framework for improved mental health

- “Mobilize community partnerships to identify and solve health problems” is an essential public health service.
- Measureable objectives have not yet been identified but may involve community- or policy-level change

See Appendix 2 for the Priority 2 action plan.
**ENGAGE PRIORITY POPULATIONS**

*How can we authentically engage single moms, people of color, and Indigenous people in determining strategies that reduce their barriers to optimal health? (Specific populations were included in this priority because they experience higher rates of poverty than the county average.)*

**Why engaging with low-income audiences and populations with higher rates of poverty is a health priority**

Advancing health equity requires including and engaging with those in poverty and others experiencing health disparities. Efforts will be more successful if they are designed with—not for—community members. True partnerships are not about confirming or advancing a pre-existing idea or agenda, but listening and allowing the community to lead the work (Minnesota Department of Health, 2018).

People of color and people with low incomes both have higher rates of diabetes than the general adult population of Goodhue County.

![Goodhue County Diabetes Rates](image)

**Community engagement**

The Community Health Assessment Committee recommended that the Live Well Goodhue County Community Leadership Team lead this priority due to their existing work. In 2016, Live Well Goodhue County completed a Health Equity Data Analysis (HEDA) about the health disparity of higher diabetes rates in low income populations in our county.

In 2017, Goodhue County Health and Human Services received a Health Equity Learning Community grant from the Minnesota Department of Health that led to staff carrying groceries for food shelf clients and organizing Meet and Eats. With Red Wing Area Food Shelf and University of Minnesota Extension, Live Well Goodhue County planned two Meet and Eats in 2018 for food shelf clients and volunteers to work together to brainstorm and prioritize a strategy to increase access to healthy, nutritious foods. This work will continue. The action plan also includes new engagement strategies for I CAN Prevent Diabetes.

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*These populations have higher rates of poverty than the county average (11%) according to the American Community Survey 2011-2015: female householder, no husband present (38%), Black (72%), Hispanic or Latino (19%), American Indian (44%).*
Existing community assets and resources

- Live Well Goodhue County
- ECFE programs
- Baby Café in Cannon Falls
- School teachers and social workers
- Food shelves
- Hispanic Outreach
- All Seasons Community Services in Kenyon
- MOPS members
- Prairie Island Indian Community
- WIC
- Brown Girls club of young women of color at RW high school
- People in poverty
- County HHS clients
- Brown Girls club of young women of color at RW high school
- County HHS clients

About Strategy 3-1: Authentically engage low-income audiences in selecting, planning, and implementing Live Well Goodhue County strategies

- This is a practice-based and science-based strategy.
- This is a system-level change in how strategies are planned and may lead to other policy and system level changes.

See Appendix 3 for the Priority 3 action plan.

FAMILY AND PARENTING

Why family and parenting is a health priority
The early years are arguably the most crucial for a child’s development, influencing a child’s long-term health. A baby’s brain begins to develop before birth, and babies, toddlers, and preschoolers spend the years before Kindergarten building the skills necessary to learn and enjoy school. The link between education and health is significant. Better-
educated individuals are less likely to report anxiety or depression and are at lower risk of heart disease and diabetes. They are less likely to smoke, to binge drink, to be overweight or obese, or to use illegal drugs (Cutler, 2006).

The link between child abuse and health is also well established. Childhood abuse has been associated with depression, anxiety, eating disorders, PTSD, and risky health behaviors including smoking and alcohol and drug use (Springer, Sheridan, Kuo, & Carnes, 2003).

Parenting choices like smoking during pregnancy also affect children’s health. Smoking can increase a woman’s risk of having a low birthweight baby. Teen pregnancy also raises the risk of pregnancy complications and low birthweight. Low birthweight babies face an increased risk of serious health problems during the newborn period and chronic lifelong disabilities.

**Community engagement**

Family and Parenting was the #1 Priority in the 2014-2018 Community Health Improvement Plan. The selected strategy was home visiting, and agencies with home visiting programs met annually to review the action plan. Changes since 2014 included the expansion of Parent Support Outreach Program with a full-time, permanent position at GCHHS and two new evidence-based home visiting programs in Goodhue County: Early Head Start and Healthy Families of America. With so many recent changes, the agencies wanted to continue to meet annually, so Family and Parenting was included as a Legacy Priority in this plan. The agencies met in November 2018 to write the action plan for 2018-2023.

**Existing community assets and resources**

- Schools
- Child Care Providers
- Preschools
- Clinics & Hospitals
- Home Visiting Personnel
- Help Me Grow Minnesota
- Minnesota Coalition for Targeted Home Visiting
- Region 10 Interagency Early Intervention Committee
- Every Hand Joined Early Childhood Network

**About Strategy L-1: Home Visiting**

- This is an evidence-based strategy.
- This is organizational-level change with some system-level change (for example, changes to referral processes).

See Appendix 4 for the Legacy Priority action plan.

**LINK TO APPENDICES (ACTION PLANS)**

The appendices can be accessed online at [https://www.co.goodhue.mn.us/982/Community-Health-Improvement-Plan](https://www.co.goodhue.mn.us/982/Community-Health-Improvement-Plan).

**Appendix 1: Action Plan 1: Talk about the Impact of Poverty on Health**

**Appendix 2: Action Plan 2: Reduce Barriers to Mental Health Care**

**Appendix 3: Action Plan 3: Engage Priority Populations**

**Appendix 4: Legacy Action Plan: Family & Parenting**

The CHA-CHIP visual on the final page of this plan shows our process from identifying 10 top health issues to 3 health priorities that address underlying challenges we must work on to achieve our vision for a healthy Goodhue County.
Equitable **opportunity for all Goodhue County residents** to experience optimal health across the dimensions of wellbeing (physical, social, mental, spiritual, economic, environmental, occupational, intellectual)

- Diverse residents valued for their strengths
- Access to quality healthcare
- Access to healthy foods and places to be active
- Opportunity for academic success
- Strong local economies
- Collaboration to address local needs
WORKS CITED


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The Goodhue County Community Health Improvement Plan 2018-2023 is available online:

https://www.co.goodhue.mn.us/982/Community-Health-Improvement-Plan