

**DODGE/STEELE**  
**COMMUNITY HEALTH BOARD**



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

**COMMUNITY HEALTH IMPROVEMENT PLAN**  
**2015-2019**

Draft 10/3/14  
Revised 10/15/14  
Adopted: 10/24/14

## **Community Health Improvement Plan**

A Community Health Improvement Plan (CHIP) describes long term, collaborative goals that address public health issues that have been identified through a community health assessment and other community engagement. Local health departments are responsible for protecting and promoting the health of their respective communities, but it cannot be done alone. The community health improvement process is a vehicle for developing partnerships, understanding other organizations' roles, and sharing responsibility for health improvement. (National Public Health Accreditation Board, 2014)

This Community Health Improvement Plan encompasses the geographical areas of Dodge and Steele Counties, which are located in the southeastern portion of Minnesota. Dodge and Steele Counties are combined as a Community Health Board, and have been working collaboratively since 1976. Together we have made assessments, consulted members of our communities, utilized available statistics, determined needs and issues in the various communities, and developed plans to address the priority health issues facing our communities at this time.

## **MAPP**

The tool we used in developing our Community Health Improvement Plan is the MAPP process, which stands for Mobilizing for Action through Planning and Partnerships. This tool helps communities improve health and quality of life through community –wide strategic planning. Using MAPP, communities seek to achieve optimal health by identifying and using their resources wisely, taking into account their unique circumstances and needs, and forming effective partnerships for strategic action. Dodge and Steele Counties used this process to engage community stakeholders in the community health planning process.

The MAPP tool was developed by NACCHO (National Association of County & City Health Officials) in cooperation with the Public Health Practice Program Office of the CDC. The vision for implementing MAPP is: "Communities achieving improved health and quality of life by mobilizing partnerships and taking strategic action."

"Coming together is the beginning. Keeping together is progress. Working together is success."-Henry Ford.

## Community Overview

Dodge and Steele Counties are primarily rural communities with Dodge being 52% rural and Steele being 31% rural. According to the 2013 census bureau, the population for Dodge County was 20,349, and Steele County was 36,465, making a combined population of 56,814.

Ethnic breakdown for Dodge County is: Black or African American 0.6%, American Indian 0.3%, Asian 0.5%, 2 or more races 1.2%, Hispanic or Latino 4.7%. Steele County's ethnic breakdown is: Black or African American 2.7%, American Indian 0.3%, Asian 0.9%, 2 or more races 1.3%, Hispanic or Latino 7.2% (US Census Bureau 2013). Looking at aging population, Dodge County has 13% persons over 65 years old, and Steele County has 15.6% persons over 65 years old.

The main employers in Dodge and Steele Counties are industry/manufacturing, schools and farming. According to the 2013 US Census Bureau data, there are 7,358 households in Dodge County, and 14,190 households in Steele County. The median household income (2008-2012) for Dodge County was \$66,959, and Steele County was \$58,403. Persons living below poverty levels in Dodge County was 7.3%, and 8.6% for Steele County.

There are a total of 8 public school districts, 8 private schools, and 1 charter school in Dodge and Steele Counties. In the 2012-2013 school year, there was a total number of 10,553 K-12 students in these schools. Of those students, 26.9% of Dodge County students, and 39.2% of Steele County students were eligible for free or reduced meals, compared to the state average of 38.3%. Students with limited English proficiency was 7.8% in Dodge County and 7.4% in Steele County. Four-year high school graduation rate per 100 was 78.4 in Dodge County, and 86.9 in Steele County. (MDH Vital Statistics Trend Report)

According to the County Health Rankings and Roadmaps, Steele County is ranked as the fourth healthiest county in the state, and Dodge County is ranked tenth (87 counties in all), which is definitely something to be proud of. However, there are disparities in who experiences good health drawn along lines of income, race/ethnicity and education. Working individuals that live below poverty lines and recent immigrants to the United States tend to fare worse than other residents when it comes to health. People in low income families are less likely to have insurance; less likely to regularly eat fruits and vegetables; and more likely to experience frequent anxiety or depression compared to people in higher income families. Dodge County has 7.3% living in poverty, while Steele County has 8.6%. Unemployment for Dodge County

was 3.7%, and Steele County was 5.9%. Percentage of senior citizens in poverty in Dodge County was 8.5%, and Steele County was 10.4% (US Census Bureau).

## **Community Assessment**

A community health survey was sent to 1,200 households in both Dodge and Steele Counties on April 24, 2014. The survey was developed by staff from Dodge County Public Health and Steele County Public Health with technical assistance from the Minnesota Department of Health Center for Health Statistics.

Completed surveys were received from 387 adult residents of Dodge County for an overall response rate of 32.3% (387/1200). In Steele County, 354 completed surveys were returned, a response rate of 29.5% (354/1200). The data was weighted and analyzed by MDH, and results have been used as part of the process for identifying community health needs for this community health improvement plan.

Some of the other resources used to determine the needs of the Dodge/Steele communities are the Minnesota Student Survey results, CDC statistics, MDH statistics, US Census bureau statistics, community meetings, and one on one discussions with community partners and leaders.

Bremer Bank, Owatonna

Countryside Christian Church, Owatonna

Dodge Center Chiropractic

Dodge County Bike Trails Association

Dodge County Commissioner

Dodge County Family Services Collaborative

Dodge County Licensed Childcare Association

Federated Insurance, Owatonna

First Lutheran Church, Blooming Prairie

Good Shepherd Church, Owatonna

Hy-Vee, Owatonna

ISD 756, Blooming Prairie Public Schools

ISD 761, Owatonna Public Schools

ISD 2125, Triton Public Schools

ISD 4214, West Concord Charter Public Schools

Kasson Library  
Kasson-Mantorville Mayo Clinic  
Latino College Access Program Centro Campesino  
Mayo Clinic Health System  
Owatonna Library  
Riverland Community College  
Sacred Heart Church, Owatonna  
SEMCAC, Kasson  
Somali American Cultural Society of Owatonna  
South Central Human Relations Center, Owatonna  
Spherion Staffing Services  
Star Herald Newspaper, Dodge Center  
St. Joseph's Church, Owatonna  
St. Peter's Episcopal Church, Kasson  
Steele County Attorney  
Steele County Director of Human Services  
Steele County Food Shelf  
Steele County Immigrant Resources Center  
Steele County Safe and Drug Free Coalition  
Steele County Transitional Housing  
U of M Extension, Kasson  
U of M Master Gardner, Kasson  
Workforce Development Inc., Owatonna

After analysis of the community health survey, analysis of available statistics, and discussion with community leaders and partners, a list of 10 top identified health priorities for Dodge and Steele Counties are as follows:

1. Obesity/Overweight
2. Mental Health
3. Tobacco Use
4. Substance Abuse (Alcohol, illegal and prescription drugs)
5. Risky Driving Behaviors
6. Health Screenings/Preventative Care
7. Chronic Disease-Diabetes, Arthritis, Heart Disease

8. Cancer
9. Parenting
10. Awareness of Health Related Resources (GO South East MN trails, victim resources)

Looking at these 10 identified health priorities, it was determined that we would concentrate our community health improvement plan on the top 2 health priorities, obesity/overweight, and mental health. It is our belief that by concentrating on these 2 health priorities, all 10 health priority areas will be addressed. By addressing obesity, the areas of chronic diseases, cancer, mental health, and awareness of health related resources will be addressed. When addressing mental health, the areas of obesity, tobacco use, substance abuse, risky driving behaviors, chronic diseases, parenting, and health resources will be addressed. Health screenings and preventive care could be addressed in both areas.

## **Obesity**

According to the Minnesota Department of Health statistics on obesity, it is evident that obesity is epidemic in Minnesota, and the US as a whole. In the last 25 years, childhood obesity has tripled. In Minnesota, nearly 2/3 of adults are overweight or obese, and only 1 in 4 adults eat enough fruits and vegetables. Only slightly more than half of Minnesota adults get at least a moderate level of exercise. <sup>(1)</sup> A quote from the 1995 New England Journal of Medicine sums it up by stating, "This generation of children will be the first in American history to live less healthful and shorter lives than their parents."

Dodge County has an obesity rate of 33.7%, and Steele County is 33.3%, compared with the state percentage of obese individuals being 24.8%. <sup>(2)</sup> Obesity has important consequences on our state, and nation's health and economy. It is linked to a number of chronic diseases, including coronary heart disease, stroke, diabetes, and some cancers (NIH Clinical Guidelines, 1998). We need public health approaches that make healthy options available, accessible, and affordable for all communities. Evidence based SHIP Strategies have been utilized in our obesity action plan.

"It is unreasonable to expect that people will change their behavior easily when so many forces in the social, cultural, and physical environment conspire against such change." Institute of Medicine.

## CHIP action plan: Obesity

<b>Priority Issue: Obesity/Overweight</b>		Goal (desired result related to the priority issue, what you hope to accomplish): To increase physical activity and decrease intake of high fat and high sodium foods.		
#1 SMART Objective with expected results: By October 2019, increase the number of childcare provider/programs by ten, who have adopted best practices in nutrition, physical activity, and breastfeeding.				Status of Objective
Action Steps/Activities/Deliverables	By When	Resources Needed	Lead Person	Status w/dates
Develop partnerships with area child care providers and early childhood programs interested in increasing physical activity and better nutrition.	Sept. 2015	Staff able to attend and present at area meetings, one on one meetings with area child care staff	Public Health (PH) Staff	
Collaborate with Child Care Resource and Referral to offer classes in Dodge County related to increasing physical activity and better nutrition.	Sept. 2015	SHIP grant funds to pay for the classes.	PH Staff	
Technical assistance and follow-up to providers after taking classes. Assist with policy writing or changes.	On-going	PH staff to attend classes to better offer technical assistance. Assistance from CCRR and MDH as needed.	PH Staff	
#2 Objective: By October 2019, 3 area schools will have incorporated active school day plans in to their curriculum.				
Action Steps/Activities/Deliverables	By When	Resources Needed	Lead Person	Status w/ dates
Develop partnerships with area schools and form wellness committees with interested schools. "Healthy School Index" report to be filled out by participating schools. Assist with policy initiation or changes.	June 2015	Staff able to meet one on one with school staff and participate on wellness committee.	PH Staff	

Offer seminars and trainings to staff that will enhance active school days  (Active School Days)	Through Oct. 2015	SHIP grant funds. Assessment of Healthy School Index.	PH Staff	
Mini-grants available for supplies and/or equipment needed for implementation of active school day strategies.	Through Oct. 2015	SHIP grant funds. Knowledge of other grants available, and other area resources.	PH Staff	

#3 Objective: (specific, measurable, achievable, relevant, time frame) By October 2018, there will be an increase of 3 community gardens in Dodge County.

Action Steps/Activities/Deliverables	By When	Resources Needed	Lead Person	Status w/dates
Work with SEMCAC food shelf in Kasson to re-establish monthly recipe/sampling of available healthy food for recipients of food shelf.	March 2015	Obtaining volunteers by putting an ad in local newspapers. Working with the U of M extension on training of the volunteers.	PH Staff	
Increase access and availability of community gardens.	Aug. 2015	Work with area community leaders on availability of sites. Work with U of M extension and master gardeners to plan for expansion, advertising, and education.	PH Staff	
Explore possibilities of edible landscaping with local community leaders.	Oct. 2016	One on one meeting with community leaders. Attend committee meetings as needed. SHIP funds to implement edible landscaping.	PH Staff	
Explore possibility of starting and/or enhancing area farmers markets.	Oct. 2017	Meet with community leaders. Find community champion to run farmers market. Offer training and technical advice as needed.	PH Staff	

#4 Objective: By October 2019, 2 trails will have increased signage in Dodge County.

Action Steps/Activities/Deliverables	By When	Resources Needed	Lead Person	Status w/dates
Meet with area community leaders to determine needs and interest in active living in the community.	Oct 2015	Staff time and availability of community leaders.	PH Staff	

Offer walking audit of area communities.	March 2015	PH staff time. Possible technical assistance from MDH.	PH Staff	
Explore possibility of area labyrinths.	April 2016	PH staff present to individuals, organizations and businesses. Identify available land for use. Hire necessary crew to design and install labyrinth(s).	PH Staff	
Work with trail association to promote walking and biking on area trails. Increase signage for access to sunrise/sunset trail in Kasson-Mantorville. Explore possibility of "Born-Learning" activity signs.	Oct. 2018	PH staff to attend trail association meetings. SHIP funds for signs and installation.	PH Staff	

<b>Priority Issue: Obesity/Overweight</b>		Goal (desired result related to the priority issue, what you hope to accomplish): Steele County residents will increase physical activity and decrease intake of high fat and high sodium foods.		
#1 SMART Objective with expected results: (specific, measurable, achievable, relevant, time frame) By October, 2015 increase the number of cities with community gardens from one to two in Steele County. Incorporate EBT & WIC vouchers in the Owatonna Farmers Market. Increase opportunities to walk and bike in Steele Co.				Status of Objective
Action Steps/Activities/Deliverables	By When	Resources Needed	Lead Person	Status w/dates
Build relationships/engage partners Provide resources and trainings Provide SHIP funding or locate other sources of funding for community projects	October 2014	Staffing, funding source, technical assistance, trainings, resources/tools	PH Staff Allina United Way	
Assess community nutrition environment or review available data and share results with partners.	January 2015	Staffing, funding source, technical assistance, trainings, resources/tools	PH Staff Allina United Way	
Create & Implement action plans <ul style="list-style-type: none"> <li>Farmers Market (Owatonna)</li> <li>Community Garden (Ellendale)</li> <li>Active Community</li> </ul>	March 2015	Staffing, funding source, technical assistance, trainings, resources/tools	PH Staff Allina United Way	
#2 Objective: By October 2015 Steele County Public Schools will increase from one to three locally grown farm to school and gardens, focusing on schools with 50% free reduced price eligible students.				
Action Steps/Activities/Deliverables	By When	Resources Needed	Lead Person	Status w/ dates
Formation School Health Council and development meeting schedule	December 2014	Staffing, funding source, technical assistance, trainings, resources/tools	PH Staff	

Annual School Assessment, reviewing current practices	January 2015 and ongoing	Staffing, funding source, technical assistance, trainings, resources/tools	PH Staff	
Creation and implementation of work plan with action steps and goals, including staff education.	March 2015	Staffing, funding source, technical assistance, trainings, resources/tools	PH Staff	
Provide SHIP funding or locate other funding sources	October 2015	Staffing, funding source, technical assistance, trainings, resources/tools	PH Staff	

**#3 Objective: (specific, measurable, achievable, relevant, time frame)**

By October 2015 Steele County will have at least seven coalition worksites with active committees instituting elements of worksite wellness mission and vision, work plan and goals and elements of policy, systems and environment.

Action Steps/Activities/Deliverables	By When	Resources Needed	Lead Person	Status w/dates
Worksite Wellness Coalition convened and meetings held	September 2014 and ongoing	Staffing, funding source, technical assistance, trainings, resources/tools	PH Staff	
<b>Assessment:</b> Completion of Worksite assessments	October 2014 and annually.	Technical assistance, resources/tools	PH Staff	
<b>Action:</b> Worksites will complete action plan, including policy, systems & environmental components supporting increased consumption of fruits and vegetables, active worksites and breastfeeding. Policies adopted and efforts sustained.	June 2015 and ongoing	Trainings, resources/tools	PH Staff	

<b>Partnerships:</b> Steele County Public Health will strategically partner with Mayo Clinic Health System, Allina and United Way.	October 2015 and ongoing	Staff, funding source	PH Staff	.
#4 Objective: By September 30, 2019, Dodge/Steele CHB will reduce WIC child obesity rate from 12.0% to 9.6% (2020 Healthy People objective for obesity in childhood).				
<b>Action Steps/Activities/Deliverables</b>	<b>By When</b>	<b>Resources Needed</b>	<b>Lead Person</b>	<b>Status w/dates</b>
<b>Assessment:</b> WIC staff measure height and weight every 6 months, following up every 3 months for clients diagnosed with obesity. BMI is measured starting at age 2. Referrals are made to MD when BMI increases significantly.	Ongoing	Staff, funding source	PH Staff	
<b>Action:</b> WIC gives fat free/low fat milk, whole grains, fruits and vegetables. WIC also maintains a garden for provision fresh vegetables to clients.	Ongoing	Staff, funding source	PH Staff	
<b>Education:</b> Newsletter published monthly that addresses active play and good nutrition. Literature also provided to clients re: sugar, portion control. Also Steele County physical activity guide used for families new to community or where obesity detected. Enhance nutrition education through Participant Centered Services. Interpreter services available.	Ongoing	Staff, funding source	PH Staff	
<b>Build capacity</b> for supporting breastfeeding through staffing Amazing Newborn and referrals to Allina Birth Center & IPO visits. Referrals to MCH nursing staff, Mayo and OMC lactation consultants. Breastfeeding support offered at WIC voucher pick-up and certification appointments.	Ongoing	Staff, funding source	PH Staff	

Alignment with state and national priorities: Health Minnesota 2020-Reduce obesity. Lead indicator: Adults who are at a healthy weight (Objective 11). Healthy People 2020-Increase the contribution of fruits to the diets of the population. National Prevention Strategy-Help people recognize and make healthy food and beverage choices (Healthy Eating Priority, Recommendation 4).

## **Mental Health**

Mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”(World Health Organization, 2001) It is estimated that only about 17% of US adults are considered to be in a state of optimal mental health. There is emerging evidence that positive mental health is associated with improved health outcomes. Mental illness is defined as “collectively all diagnosable mental disorders” or “health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination thereof) associated with distress and or impaired functioning.” Depression is the most common type of mental illness, affecting more than 26% of the US adult population. It has been estimated that by the year 2020, depression will be the second leading cause of disability throughout the world, trailing only ischemic heart disease. (3)

Evidence has shown that mental disorders, especially depressive disorders, are strongly related to the occurrence, successful treatment, and cause of many chronic diseases including diabetes, cancer, cardiovascular disease, asthma, and obesity and many risky behaviors for chronic disease; such as physical inactivity, smoking, excessive drinking, and insufficient sleep. Although there are existing community resources and assets regarding mental health, there is a need for our Dodge/Steele CHB to better understand and work with these community partners.

Planning on how to address mental health in Dodge and Steele Counties, many resources were identified, as well as many areas that need to be addressed were also identified. One statistic of note from SUMN.org fact sheet stated that in 2014, Dodge County’s adults have the highest suicide rate in the state. Obviously, mental health needs to be a priority at this time.

### CHIP Action Plan: Mental Health

<b>Priority Issue: Mental Health</b>		Goal (desired result related to the priority issue, what you hope to accomplish): To increase awareness of mental health issues and to decrease stigma attached to seeking professional assessment and counseling.		
#1 SMART Objective with expected results: Dodge/Steele CHB Public Health Staff will establish strong collaborative relationships with community partners in the prevention and treatment of depression by December 2016.				Status of Objective
Action Steps/Activities/Deliverables	By When	Resources Needed	Lead Person	Status w/dates
Dodge/Steele CHB will conduct an internal assessment regarding current practices and collaborative efforts between staff and community partners.	First Quarter 2015	PH Staff Meetings MDH Technical Support	Dodge/ Steele PH Directors PH Staff	
Dodge/Steele CHB will conduct an assessment of current mental health community resources and systems.	First & Second Quarter 2015	PH Staff Time	Dodge/ Steele PH Directors PH Staff	
Steele County Public Health Staff will participate in and support at least 3 mental health coalitions. Dodge County Public Health will participate in and support suicide prevention task force.	Fourth Quarter 2015 ongoing	PH Staff Time	Dodge/ Steele PH Directors PH staff	

Dodge/Steele CHB will assess PH staff knowledge and needs regarding Mental Health	March 2015	PH Staff Time Technical Support Funding Sources	Dodge/ Steele PH Directors PH Staff	
#2 Objective: Dodge/Steele CHB will report increase in knowledge of mental health resources and education by December 2015.				
Action Steps/Activities/Deliverables	By When	Resources Needed	Lead Person	Status w/ dates
Dodge/Steele CHB will provide annual and ongoing staff education re: mental health resources and educational opportunities.	July 2015	PH Staff time Technical support Funding sources for education	Dodge/ Steele PH Directors PH staff	
Explore and apply for available grants that would support mental health education.	March 2015 Ongoing	PH Staff time	Dodge/ Steele PH Directors PH staff	
Explore programs such as the "Make it OK" campaign and SAVE (suicide awareness voices of education) to guide community education.	June 2015-on-going	PH Staff time	Dodge/ Steele PH Directors PH staff	

## **Alignment with state and nation priorities**

Healthy People 2020 has the goals to “Improve mental health through prevention and by ensuring access to appropriate, quality mental health services”, “Reduce the suicide rate” and “Increase the proportion of adults with mental health disorders who receive treatment”. The National Prevention Strategy has the goals to “Research policies and programs that enhance mental and emotional well-being, especially for potentially vulnerable populations” and to “Promote early identification of mental health needs and access to quality services.”

## **References**

- (1) “SHIP Fact Sheet”, January 2013, Minnesota Department of Health, <http://www.health.state.mn.us>
- (2) “Dodge County Snapshot”, 2014 County Health Rankings and Roadmap, <http://www.countyhealthrankings.org/>
- (3) “Mental Health Basics”, Center for Disease Control, <http://www.cdc.gov/mentalhealth/basics.htm>