

# Nobles County Community Services

## Community Health Improvement Plan (CHIP)

2014-2018



### OUR MISSION;

TO PROMOTE, EMPOWER AND PROTECT HEALTH AND TO PREVENT DISEASAE BY WORKING WITH THE ENTIRE NOBLES COUNTY COMMUNITY



**PublicHealth**  
Prevent. Promote. Protect.

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**Nobles**  
*Community Health Services*

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# Nobles County Community Services Public Health Visions and Values

## Visions

### Community value for Public Health

With evidenced based practices we will:

- Provide Public Health education within the community
- Collaboration with community partners for quality services
- Seek to understand needs within diverse traditions, values and beliefs

### Healthy Communities

With engagement of community partners and community leaders we will:

- Provide educational opportunities to improve health
- Work to advance health equity for all persons
- Strengthen relationships within diverse populations and build trust
- Empower individuals to self-advocacy of healthy futures

### Strengthen Public Health Infrastructure

With implementation of our core values we will:

- Engage all community partners to understand and improve health equity for all persons
- Be visible and have a strong professional presence within all communities
- Provide essential Public Health services with culturally appropriate methods

### Improve Health Equity

With community engagement, education and advocacy we will:

- Work to allow all persons equal access to health services in a holistic manner
- Advocate for the right that all persons have safe options in every aspect of life
- Provide education and support the importance of a healthy future for all starts with healthy children and carries through to all years of a lifespan

## Values

Our facilitated strategic planning sessions for our Local Public Health Department outlined the following values reflect our values as a group for the work we do and will continue to do through:

- Determination of **teamwork** within all entities
- **Respect** within ourselves and all lives that we touch
- Education and accurate **knowledge** of community needs
- Understanding and working towards health **equity** with all partners
- Exhibit and maintain a culture of **professionalism** while protecting the health of all
- Active listening, distribution of all forms of **communication** while impacting health

## Executive Summary

Community Health Boards (CHB) is required to engage in community health improvement since the inception of the Local Public Health Act (LPHA) origination in 1976. Nobles County Community Services (NCCS) has developed its Community Health Improvement Plan (CHIP) to meet this required deliverable for determination of our top ten identified health needs for our county. The process we used for this task was aligned with the Minnesota Department of Health (MDH) specialists, Local Public Health (LPH) staff, NCCS Administrative staff, elected officials and community partners through an electronic Community Health Needs assessment survey, review of Sanford Health Network Survey, conversations with local health partners and an in-person forums setting within our non-English speaking populations within our very rural setting in an effort to prevent bias. We were able to survey representatives from the Hispanic/Latina, African, Burmese and Laotian communities in these forums. This Community Health Needs Assessment was completed in the fall of 2014 providing the foundation and basis for our top ten identified health needs. Once the data was reviewed we were then able to determine our top three most important community health issues. They are as follows:

1. Healthier Lifestyles and Obesity-related behaviors
2. Access to Health Care including mental health, dental, vision and primary care
3. Prenatal care and education or Maternal/Child referrals to existing programs.

The following plan details our efforts going forward into 2015, as we have completed our Community Health Assessment (CHA) and CHIP to guide NCCS, community partners, stakeholders and residents to help address these identified priority areas within the next five years. We hope this CHIP will encourage the residents within Nobles County along with our community partner's work towards healthier lifestyles, increase health equity and improve overall population health for all persons living in Nobles County. NCCS is a newly formed CHB after re-organization transitioned from Nobles-Rock Public Health Department in 2010 and merging with Nobles County Human Services as a combined Health and Human Services Agency in 2012. Thus, with several organizational transitions since 2010 there has not been focused work on any one area within the Public Health Department until late 2013 when the work of the required deliverables directed by MDH began. This is a humble beginning and the words of Mother Teresa echo our efforts,

*"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."*

~Mother Teresa

## **NOBLES COUNTY OVERVIEW**

Nobles County is 723 square miles with 715.11 square miles that primarily encompasses rural farming communities and 7.5 square miles of water within. The other largest employers include JBS; international meatpacking facility employs approximately 2,400 persons. Other manufacturing includes Champion Homes in the manufacturing of modular homes. Bedford Industries is a family owned business known internationally for plastics manufacturing and packaging closure options. Additionally, two large South Dakota based healthcare entities provide employment for many within their clinics and local hospital services. Avera Medical Group-Worthington provides outreach services and employs 115 people, persons Sanford Worthington Medical Center has a two clinics; one in Worthington and one in Adrian. Sanford Worthington has 482 employees. Research based companies such as Merck, manufactures vaccines for the livestock industry and is located in Worthington. Other businesses located here animal processing industry with the largest employer housing 2400 employees representing over 50 countries. Additionally there are companies specializing in Technology, Bio-sciences and a Bio-diesel fuel production plant in Brewster that ships product throughout the United States and employ 80 persons. According to the 2010 census data Nobles County had 21,373 residents with 12,378 residents living in Worthington, the county seat. The county has eleven smaller cities and twenty townships and three unincorporated communities throughout. Tucked in the southwest corner of the state, South Dakota is located approximately 50 miles to the west and Iowa about 15 miles to the south. If one travels Interstate 90 and the junction of Minnesota State Highway 60 north, your destination has been reached.

Within the county are found bike/walking paths, with one large project for extension of a bike completed in the past year in Worthington. It is refreshing to see the higher usages of these active living options within our communities. This success has been possible through the assistance of community partners with the YMCA and City partners and Chamber committees. These partners have been deeply embedded in our Statewide Health Improvement Program (SHIP) program with the help of combined county funding access in the last two cycles of SHIP.

Education includes public and Christian-based primary schools and pre-schools, and public secondary school, preschools. In Worthington, Minnesota West Community and Technical College is a two-year college.

**Nobles County Facts** The following information was founded within the US census data for 2010 along with projections into changes in 2013.

Nobles County Facts	2010	2013 est.	Minnesota Facts
Population	21,378.00	21,617.00	##
Persons under age 5		8.1%	6.4%
Persons under age 18		26.2%	23.6%
Persons age 65 and over		15.8%	13.9%
White alone		86.6%	86.2%
Black or African-American		4.0%	5.7%
American Indian or Alaska Native		1.4%	1.3%
Asian alone		6.5%	4.5%
Native Hawaiian/Other Pacific Islander		0.2%	0.1%
Hispanic/Latino		25.3%	5.0%
White alone/not Hispanic or Latino		63.4%	81.9%
Foreign born person 2009-2013		18.9%	7.3%
Language other than English spoken at home		26.0%	10.7%
Median Household income 2009-2013		\$48,208	\$59,836
Persons below poverty level 2009-2013		16.0%	11.5%
High school graduates or higher (age 25 +) 2009-2013		78.7%	92.1%
Bachelor degree or higher (25+) 2009-2013		14.5%	32.6%
Per capita money income in past 12 months (in 2013 dollars)		\$ 22,598	\$30,913
Free and Reduced Lunches	56.7 %	59.8 %	38.8 %



## The Framework: Mobilizing for Action through Planning & Partnerships (MAPP)

# MAPP Overview



The community engaged in the MAPP process to conduct community-based assessments from a variety of sources.

## Partnership Development

## Four MAPP Assessments

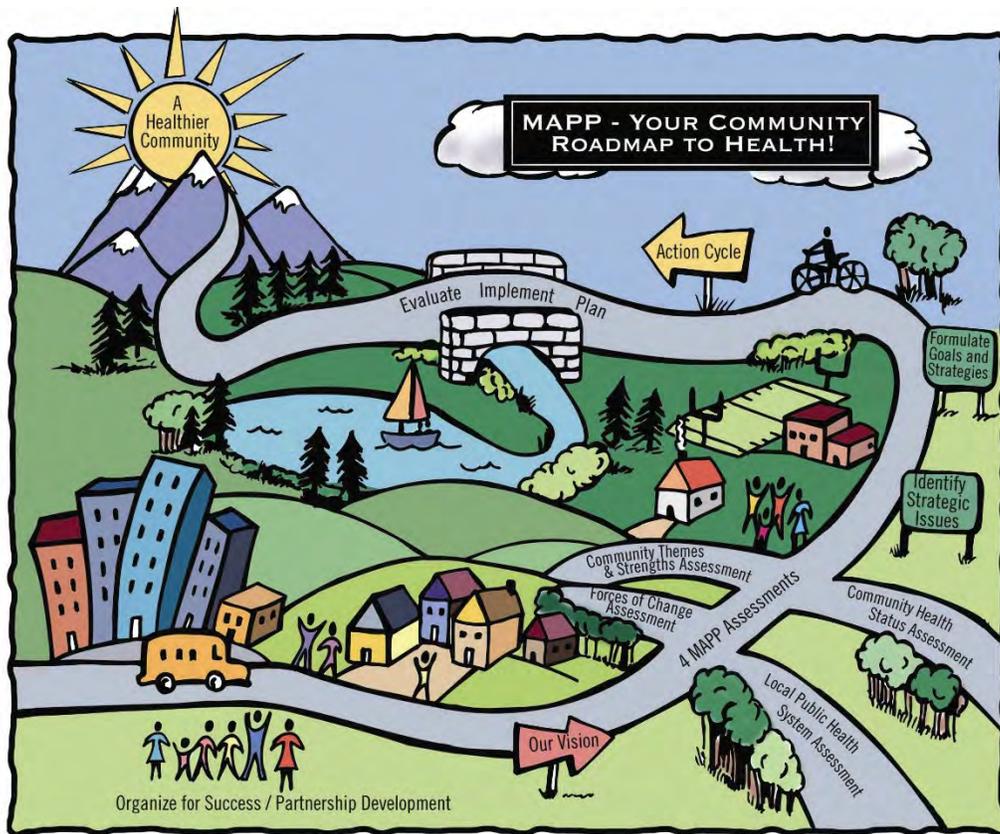
## Identifying Strategic Issues

## Visioning

## Identify Strategic Issues

## Formulate Goals and Strategies

## MAPP TOOL



**Note:** The MAPP tool was developed by NACCHO in cooperation with the Public Health Practice Program Office, Centers for Disease Control and Prevention (CDC). A work group composed of local health officials, CDC representatives, community representatives, and academicians developed MAPP between 1997 and 2000.

## Introduction

Nobles County Public Health, following guidelines of the Minnesota Department of Health (MDH) and the Public Health Accreditation Board (PHAB), defines the work of a Community Health Improvement Plan (CHIP) as a “long term, systematic effort to address health problems on the basis of the results of assessment activities and the community health improvement process. This plan is used by health and other governmental education and human services agencies, in collaboration with community partners, to set priorities and coordinate target resources. A CHIP is critical for developing policies and defining actions to target efforts that promote health. IT should define the vision for the health of the community inclusively and should be done in a timely way”.

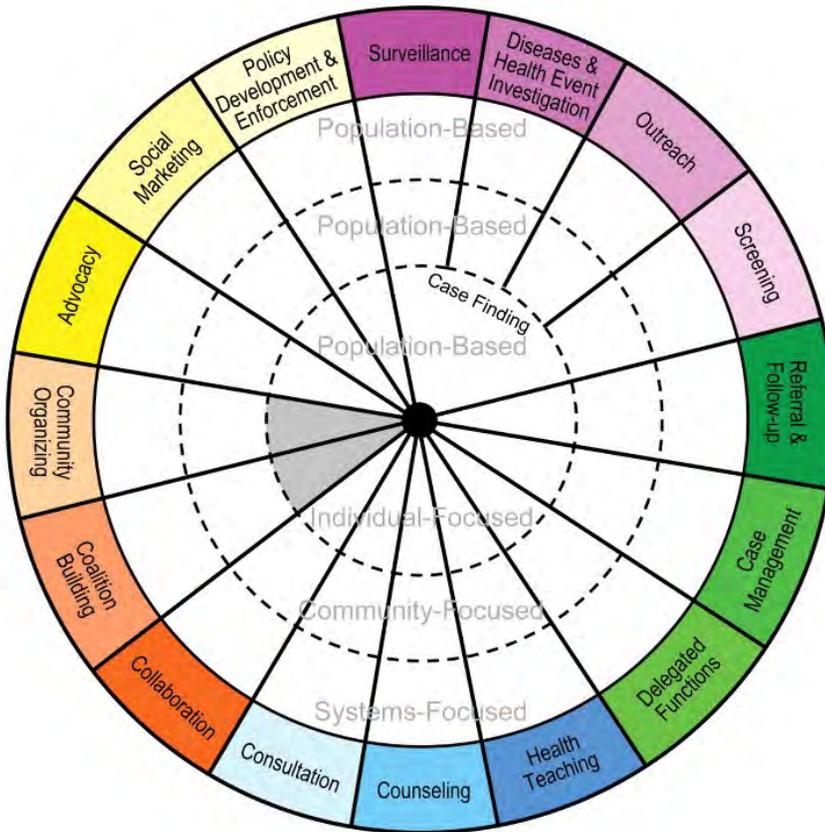
To ensure our plan is effective to meet the needs of our communities in Nobles County, there needs to be careful review of all data collected and reviewed among our agency and community partners, healthcare professionals, elected officials and organizational and business leaders for identification of the most important health needs facing our communities. We will need to work collaboratively within our current community partners and those yet to be identified for success in the work we do going forward. We also intend to utilize the information collected up to this point in time and new information going forward to maintain as working documents. This will allow for adjustments along the way as needs demand.

Nobles County PH team utilized the Top Ten Essential Public Health Services recognized by the National Public Health System (NPHS) and Mobilizing for Action through Planning and Partnerships (MAPP) Assessment were used as guides for our CHIP process. MAPP is a community driven process to improve community health. The National Association of County and City Health Officials (NAACHO) developed MAPP, in concert with the Centers for Disease Control (CDC) and the Public Health Practice Program offices. Through facilitated public health meetings and use of the MAPP framework 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. With this process the hope for implementation of CHIPS through the MAPP process will help “Communities achieve health and quality of life by mobilizing partnerships and taking strategic action”. This work is divided into phases for community-wide strategic planning; MAPP represents a continuous process in which phases often reflect back on one another. Community-driven strategic planning is not a sequential activity and is most successful when it is interwoven with the activities of local public health system partners in a sustained manner.

## National Public Health Performance Standards

Purpose of the Essential Services framework and the focus on the Local Public Health (LPH) system provides a crucial link with the **National Public Health Performance Standards** (NPHPS), being developed by CDC, NACCHO, and other national public health organizations. The local-level instrument of the NPHPS is an integral part of Map's Local Public Health System Assessment.

Public Health Interventions



In an effort work collectively within our community partners we need to utilize Public Health Interventions as identified through what has become to be recognized as the Public Health wheel. This identifies the ongoing assessments, policy development and assurance for Public Health delivery. This level of systems based

approach identifies the focus for individuals, communities and systems for population-based interventions. Populations are a collection of individuals who have more than one personal or environmental characteristic in common. A population of interest is a population that is essentially healthy but has factors that could improve health with lifestyle changes that affect overall health. A population at risk is a population with a common identified risk factor or risk exposure that poses a threat to health. (Quote from MDH-Applications for (PH nursing)

## **TOP TEN ESSENTIAL PUBLIC HEALTH SERVICES As determined by National Public Health System (NPHS)**

1. Monitor health status and solve community Health problems
2. Diagnose and investigate health problems and health hazards in the community
3. Inform educate and empower people about health issues
4. Mobilize community partnerships and action to identify and solve health problems
5. Develop policies and plans that support individual and community health efforts
6. Enforce laws and regulation that protect health and ensure safety
7. Link people to needed personal health services and assure the provisions of health care when otherwise unavailable
8. Assure competent public and personal healthcare workforce
9. Evaluate effectiveness, and quality of personal and population based health services
10. Research for new insights and innovative solutions to health problems.

Planning and implementation for a community health improvement plan (CHIP) was a new process for our local Public Health Department. For this deliverable outlined by MDH, there was limited time and resources to work on our local Community Health Assessment (CHA). This timeframe started with the inception of the concept described to a new Public Health Director for Nobles County in the fall of 2013. The use of the Essential Services framework, described within, and the focus on the local public health system, provides a crucial link with the **National Public Health Performance Standards** (NPHPS), being developed by CDC, NACCHO, and other national public health organizations. The local-level instrument of the NPHPS is an integral part of MAPP Local Public Health System Assessment.

In Minnesota, LPH follow six essential areas of Public Health according to Minnesota Statute 145A and are required to report on these areas annually. They are as follows;

\*Assure an Adequate Local Public Health Infrastructure

>Capacity Measures from National Standards

>Minnesota-Specific Measures

\*Promote Healthy Communities and Healthy Behaviors

\*Prevent the Spread of Infectious Disease

\*Protect Against Environmental Health Hazards

\*Prepare for and Respond to Disasters, and Assist Communities in Recovery

\*Assure the Quality and Accessibility of Health Services

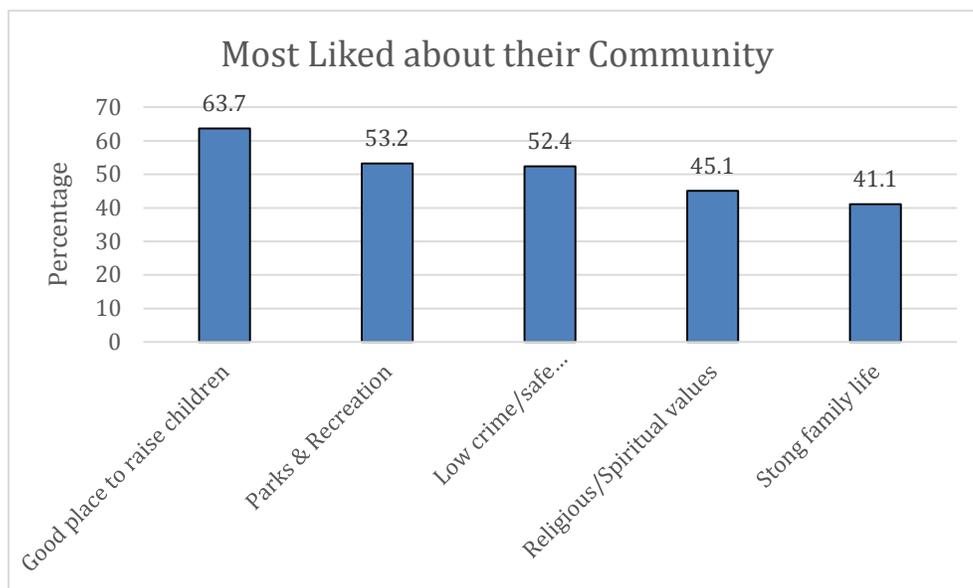


## Results from Nobles County Community Survey

From the results of our Community Health assessment we have formulated our top ten identified health needs and work will begin on the implementation phase of this plan in 2015. In many ways this has been a whirlwind learning experience. It is our hope going forward to continue to learn and develop plans to benefit our communities with collaboration of our community partners. It is exciting to perfect our processes going forward into planning and collaboration with our community partners as the concept of public health reaches far beyond our agency walls.

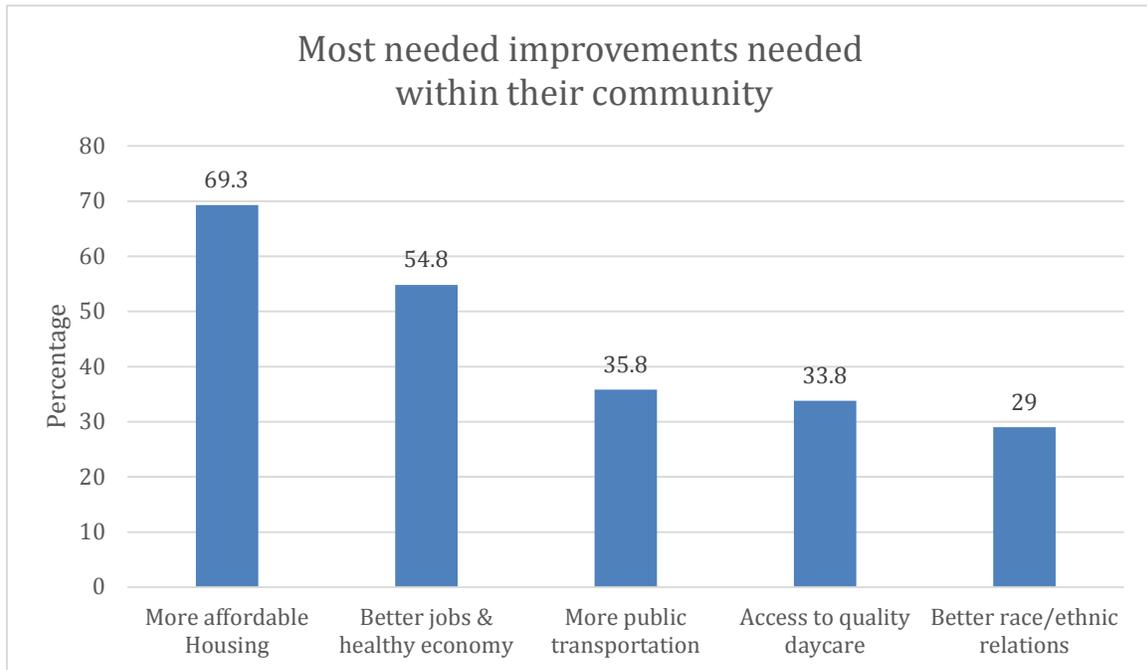
Social Determinants of Health has been a high priority in conversations and work discussed with MDH. Additionally, social determinates has also been identified through Healthy People 2020. There are five areas of these determinants documented that need consideration within review of Community Health Assessments (CHA); 1). Economic Stability, Education 2). Social and Community Context, 3). Health and Health Care, 4). Neighborhood, 5). Built Environment.

Nobles County Survey results documented the top five areas respondents liked most about their community included 1) Good place to raise children 2) Parks and recreation 3) Low crime/safe neighborhoods 4) Religious/spiritual values 5) Strong family life these were followed by good race and ethnic relations and clean environment. Despite our unique circumstances these areas were positive.



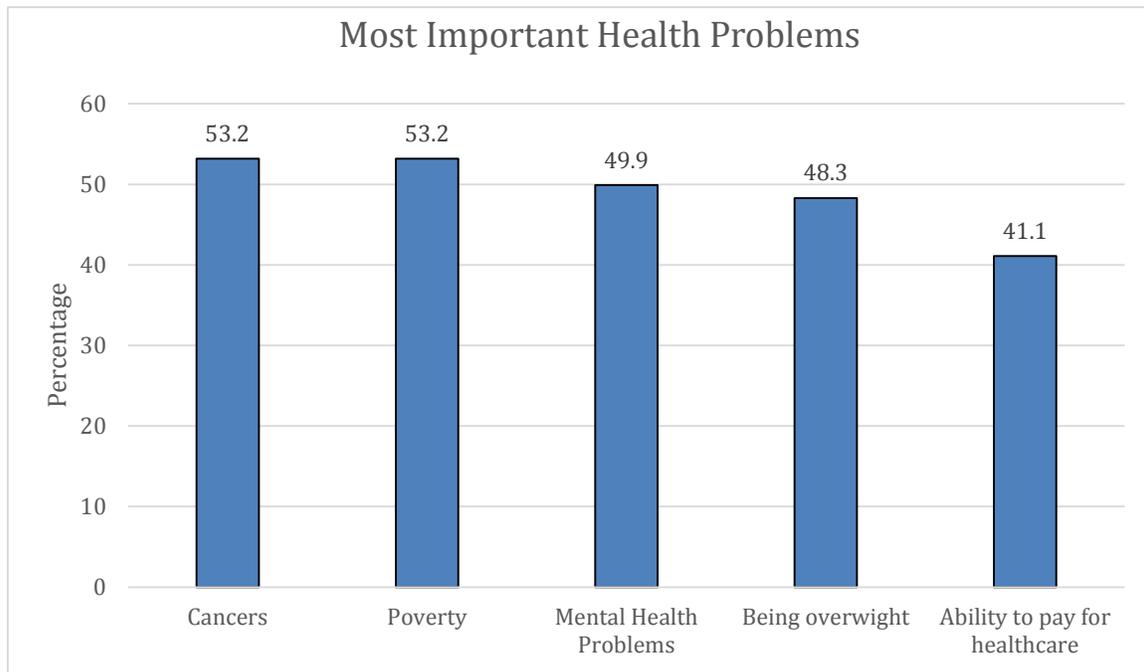
## Community Improvements

Survey results when asked what five needed improvements needed within their community, the respondents indicated 1) More affordable housing 2) Better jobs and healthy economy 3) More public transportation 4) access to quality daycare 5) better race/ethnic relations followed by healthier behaviors and lifestyles, improved access to healthcare, and lower crime /safe neighborhoods.



## Most Important Health Problems

The survey identified most important health problems as 1) Cancer 2)Poverty 3)Mental Health problems 4)Being overweight 5)Ability to pay for healthcare, followed by teen pregnancy, domestic violence, aging problems were also identified.



Survey results were completed through 1)Survey Monkey 2)Four interpreted Health Equity Listening Group Forums representing African, Burmese, Latino and Laotian populations for a total of 132 responses to include 58 persons involved in the listening groups, and informal group settings with community partners. Additionally conversations and evaluation of local public health staff, a gap analysis of Maternal Child Health needs in fall of 2013 identified the need for additional staff. There was discussion with elected officials, Nobles County Health and Human Services Advisory Board, Nobles County Advisory Board, Nobles county school nurses and educators, local health care providers as well in an effort to determine our priority issues in health for our county and residents.

## ***Top 10 Health Concerns for Nobles County Community***

- 1. Healthier Lifestyles and Obesity-related behaviors**
- 2. Access to Health Care including mental health, dental, vision, and primary care**
- 3. Prenatal Care and Education or Maternal/Child referrals to existing programs**
4. Health Literacy and Understanding of the Health Care system
5. Affordable and Safe Housing for working families
6. Fair pay jobs and healthy economy
7. Public transportation availability
8. Access to quality and affordable child care options
9. Better race and ethnic relations
10. Support Services for elders- especially those in rural areas or non-English speaking

We have identified our top three Health Concerns of priority in bold print. The following pages outline our plans to address these top three areas.

**Goal 1:** Reduce obesity and create healthier lifestyle behaviors of the residents in Nobles County with continued work of SHIP activities through policy, systems and environmental change strategies which focus on healthy

eating and lifestyles.

**Objective #1:** By December 31, 2018, increase the number of worksites with wellness action plans to promote evidence-based policies and practices by adding four new sites with focus on small businesses in an effort to reach more disparate populations.

*Source of Evidence Base: Statewide Health Improvement (SHIP) Strategy Implementation Guides (Minnesota Department of Health, 2013)*

- *“Worksites should create, or expand, healthy environments by establishing, implementing, and monitoring policy initiatives that support wellness.” IOM Report: Accelerating Obesity Prevention*
- *“Workplace health promotion and prevention is a means to reduce the burden of chronic illness, improve health, and slow the growth of health care costs.” Affordable Care Act*

*Policy Component (Y/N): Y – Worksite Wellness Policies*

*Targets Health Inequities (Y/N): Y – focus on businesses with disparate populations*

## ACTION PLAN

Activity	Target Date	Lead Organization
Implement approved SHIP worksite wellness work plans by December 31, 2018	Ongoing	Public Health
Plans detailing this work as approved through SHIP. Statewide Health Improvement Program implementation plans available through Nobles County Community Services Public Health (DVHHSPPH) offices. NCCSPH may be reached at 507-295-5285. DVHHSPPH may be reached at 507-847-2366	Ongoing	SHIP Staff

### State and National Alignment of Priorities

Healthy Minnesota 2020	Healthy People 2020	National Prevention Strategy
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<p>Build health-promoting public and private policies by:</p> <ul style="list-style-type: none"> <li>• Increasing access and consumption of fruits and vegetables</li> <li>• Increase physical activity</li> </ul> <p>Create Safe and supportive environments</p> <ul style="list-style-type: none"> <li>• Promote intergenerational transmission of healthy cultural practices in breastfeeding</li> <li>• Reduce Tobacco use</li> <li>• Reduce obesity</li> </ul> <p>Strengthen community action</p> <ul style="list-style-type: none"> <li>• Expand Community Health Workers integration into community</li> <li>• Increase numbers of breastfed babies up to 6 months of age</li> </ul>	<p>The nutrition and weight status objectives for healthy people 2020 emphasize that efforts to change diet and weight should address individual behaviors, as well as the policies and environments that support these behaviors in settings such as schools, worksites, health care organizations, and communities.</p>	<p>Increase access to healthy and affordable foods.</p> <p>Nutrition standards and policies that align with the Dietary Guidelines for the Americans increase access to healthy food and beverages and limit access to less healthy foods.</p> <p>Implement organizational and programmatic nutrition standards and policies.</p> <p>Such policies can be implemented in work sites, schools, early learning centers, institutional cafeterias/food service, hospitals, and older adult living facilities. Such policies not only help people make healthier food choices, but over time will lead to a wider variety of healthier products from which to choose.</p> <p>Help people recognize and make healthy food and beverage choices.</p> <p>People are better able to make healthy decisions when provided with the information and motivation to identify and make healthy choices. Easy-to-understand nutrition information at the point of purchase can help people make healthier food choices.</p> <p>Support policies and programs that promote breastfeeding.</p> <p>Support workplace policies and programs that increase physical</p>
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		<p>activity. Effective workplace programs and policies can reduce health risks and improve the quality of life for millions of U.S. workers.</p> <p>Workplace initiatives such as flextime policies, lunchtime walking groups, and access to fitness facilities, bicycle racks, walking paths, and changing facilities with showers can increase the number of employees who are physically active during the work day.</p>
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**Goal 1: Reduce obesity and create healthier lifestyle behaviors of the**

residents in Nobles County with continued work of SHIP activities through policy, systems and environmental change strategies which focus on healthy eating and lifestyles.

**Objective #2** By December 31, 2018, increases from three to six the number of schools implementing evidence-based policy and practice changes to ensure adequate amounts of physical activity and healthier eating in meals, snacks and concessions.

**Objective #3:** Increase the amount of physical activity or veg/fruit consumption during the school day and lower BMI overweight/obese % in two school districts by December 31, 2018.

*Source/Evidence Base: Statewide Health Improvement (SHIP) Strategy Implementation Guides (Minnesota Department of Health, 2013)*

- *According to CDC's Recommended Community Strategies and Measurements to Prevent Obesity in the United States in order to support healthy food and beverage choices they recommend restricting availability of less healthy foods and beverages in public service venues.*
- *In order to positively impact health behaviors and reduce health risks targeting school aged children is essential. The availability of less healthy food in schools is inversely associated with fruit and vegetable consumption and is positively associated with fat intake among students.*

*Policy Component (Y/N): Y – School wellness policies encompassing healthy eating and physical activity strategies.*

*Targets Health Inequities (Y/N): Y Socioeconomic status (low-income); Language/Literacy*

*Existing Assets and Resources:*

- *Engaged, experienced and successful with school wellness work since 2010 through SHIP.*
- *Currently working with 13 schools in 6 school districts covering a total of 8,500 children.*
- *Fully funded strategy work through 2015 year. MDH is planning for SHIP 4 that will fund work through 2017.*
- *Strong partnership with Southwest Regional Development Commission.*
- *Beginning March 2015 - State and Local Public Health Actions to Prevent Obesity, Diabetes, and Heart Disease (the 1422 Grant). This new program, building on efforts initiated in 2013, intensifies work in state and large city health departments to prevent obesity, diabetes, heart disease, and stroke and reduce health disparities through community and health system interventions. Funding provided through the Prevention*

*and Public Health Fund of the Affordable Care Act. (Work plan and outcomes/objectives forthcoming.)*

Action Plan		
Activity	Target Date	Lead organization
Implement approved SHIP healthy school food and active school day work plans	Ongoing	SHIP
Plans detailing this work as approved through SHIP. Statewide health improvement program implementation plans available through Nobles County Community Services Public Health (NCCSPH) and/or Des Moines Valley Health and Human Services		
Public Health (DVHHSPH) offices. NCCSPH may be reached at 507-295-5285. DVHHSPH may be reached at 507-847-2366		

STATE AND NATIONAL ALIGNMENT OF PRIORITIES		
Healthy Minnesota 2020	Healthy People 2020	National Prevention Strategy
Build health-promoting public and private policy. <ul style="list-style-type: none"> <li>• Increase physical activity.</li> <li>• Increase fruit and vegetable consumption.</li> <li>• Reduce tobacco use.</li> <li>• Reduce Obesity.</li> </ul>	The Nutrition and Weight Status objectives for Healthy People 2020 emphasize that efforts to change diet and weight should address individual behaviors, as well as the policies and environments that support these behaviors in settings	Increase access to healthy affordable foods.  Nutrition standards and policies that align with the Dietary Guidelines for Americans increase access to healthy food and beverages and limit access

<p>Assure that schools offer the full range of child nutrition programs.</p>	<p>such as schools, worksites, health care organizations, and communities.</p>	<p>to less healthy foods.</p> <p>Implement organizational and programmatic nutrition standards and policies.</p> <p>Such policies can be implemented in work sites, schools, early learning centers, institutional cafeterias/food service, hospitals, and older adult living facilities. Such policies not only help people make healthier food choices, but over time will lead to a wider variety of healthier products from which to choose.</p> <p>Help people recognize and make healthy food and beverage choices.</p> <p>People are better able to make healthy decisions when provided with the information and motivation to identify and make healthy choices. Easy-to-understand nutrition information at the point of purchase can help people make healthier food choices.</p> <p>Implementing joint use or after-hours agreements for school gymnasiums and community recreation centers increases the use of these facilities.</p>
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		<p>Promote and strengthen school and early learning policies and programs that increase physical activity.</p> <p>Schools, early learning centers, and before- and after-school programs can all adopt standards, policies, and programs that support active lifestyles.</p> <p>Programs that increase the length or quality (i.e., time spent being active) of school-based physical education improve overall student activity levels and academic performance.</p>
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<p><b>Goal 1:</b> Reduce obesity and create healthier lifestyle behaviors of the residents in Nobles County with continued work of SHIP activities through policy, systems and environmental change strategies which focus on healthy eating and lifestyles.</p>
<p>Objective #4 By December By December 31, 2018, Nobles, Cottonwood and Jackson Counties will see a reduction in cardiovascular disease by 10% and heart attack hospitalizations by 5%.</p> <p>Objective #5: Nobles, Cottonwood and Jackson residents will report and increase the amount of physical activity by 10% by December 31, 2017.</p>
<p><i>Source/Evidence Base: Statewide Health Improvement (SHIP) Strategy Implementation Guides (Minnesota Department of Health, 2013)</i></p> <ul style="list-style-type: none"> <li>• <i>Active Living provides safe and convenient opportunities for physical activity.</i></li> <li>• <i>Active Living policies and practices in community design; land use, site planning, and facility access are proven effective to increase levels of physical activity.</i></li> <li>• <i>A number of specific policies and practices that create active communities are those</i></li> </ul>

that support walking and bicycling or non-motorized transportation.

- The following four dietary behavior changes together have the greatest impact towards improving the risk factors most related to the leading causes of death and disability (obesity, hypertension, and high cholesterol). By improving these risk factors, we can prevent, delay, or reduce the onset or severity of heart disease/stroke, diabetes, cancer, and depression.
  - increasing consumption of fruits and vegetables while reducing consumption of saturated fats, sodium, and added sugars

Policy Component (Y/N): Y

Targets Health Inequities (Y/N): Y Socioeconomic status (low-income); Language/Literacy

*Existing Assets and Resources:*

- Engaged, experienced and successful with community healthy eating and active living strategy implementation through SHIP since 2010.
- Currently working with 4 cities covering a total of 17,943 people.
- Fully funded strategy work through 2018 year with the 1422 Grant.
- Strong partnership with Southwest Regional Development Commission with four cities developing an Active Living Plan.
- Beginning March 2015 - State and Local Public Health Actions to Prevent Obesity, Diabetes, and Heart Disease. This new program, building on efforts initiated in 2013, intensifies work in state and large city health departments to prevent obesity, diabetes, heart disease, and stroke and reduce health disparities through community and health system interventions. It is financed by the Prevention and Public Health Fund of the Affordable Care Act. (Work plan and outcomes/objectives forthcoming.)

**ACTION PLAN**

Activity	Target Date	Lead Organization
By December 31, 2018 implement approved SHIP Community Healthy Food and Active Living work plans.	Ongoing	Public Health
Plans detailing this work as approved through SHIP. Statewide Health Improvement Program implementation plans available through Nobles County Community Services Public Health (NCCSPH) and/or Des Moines Valley Health and Human Services Public Health (DVHHSPPH) offices. NCCSPH may be reached at 507-295-5285. DVHHSPPH may be reached at 507-847-2366		

**Goal 2:** Nobles County residents will have improved access to health care with a focus on dental/oral health education, prevention, screening, early intervention and treatment services in order to improve and maintain oral health.

Objective #1 Child will receive fluoride varnish and proper oral health education at one WIC appointment by December 31, 2018. Each year between 2015-2018, 500 children ages 0-5 and the child's caregiver will receive fluoride varnish and proper oral health education.

Objective #2 WIC staff will provide caregivers information about fluoridated local water or filtered water through education completed while varnish is applied to the child's teeth..

*Source of Evidence base:*

- For greater than 65 years, water fluoridation has been a safe and healthy way to effectively prevent tooth decay. The CDC has recognized water fluoridation one of the ten best public health achievements in the 20<sup>th</sup> century.

The surgeon General report on Oral Health in America indicates:

- Oral health is connected to overall health and well-being.
- Tooth decay is the single most common chronic childhood disease.
- Over 50 percent of 5- to 9-year-old children have at least one cavity or filling, and that proportion increases to 78 percent among 17-year-olds.
- There are striking disparities in dental disease by income. Poor children suffer twice as much dental caries as their more affluent peers, and their disease is more likely to be untreated.
- Fluoride varnish is effective in preventing caries on permanent teeth. According to the Centers for Disease Control and Prevention (CDC) and the ADA, the quality of evidence for the efficacy of fluoride varnish in preventing and controlling dental caries in the permanent teeth of moderate/high-risk children is high. These organizations strongly recommend fluoride varnish because of consistent, good quality, patient-oriented evidence.

*Health inequity indicator (Y) –Lack of dental access, socioeconomic status indicator (low income) Language indicator (Y)*

Current Assets:

- Agency Women, Infant and Children (WIC) program with active clients and families creates access for education.
- Child Study teams with local schools allow opportunity for growth of education into other venues in the future.

- Relationships with Head Start, ECFE, and day care providers and foster care families.
  - MCH staff with active caseloads for family home visiting crosses over duties into WIC on a regular basis, thus potential for expansion into home visiting.
  - Grant received from SW Initiative for Dental varnishing for children ages 0-5 yrs. of age without any health insurance to provide further outreach in 2015.
- *Member counties of Southern Prairie Community Care (SPCC). SPCC is a regional 12 county organization that works collaboratively with community partners on innovative strategies to improve the health of people in our region. Our work is centered on population health initiatives, developing a regional electronic medical record to support care delivery, and implementing integrated collaborative community care processes that respond to individual patient needs and dynamics to improve their health status.*

## Action Plan

Activity	Target Date	Lead Organization
Public Health nurses and CHW will research and train on application of dental varnishing and education on oral health as taught by Dr. Amos Deinard, University of Minnesota	May 2015	Public Health
WIC staff and CHW will conduct oral health education with children and caregivers and assess utilization of MA care for prevention of caries with dental visits on a regular basis.	May 2015	WIC/dental subcommittee
Dental Varnish application will occur with 500 children ages 0-5 years of age during WIC appointments annually	Annual	Public Health
Education for families related to value of fluoridation of water to be completed annually	Annual	MCH/WIC/CHW staff
MCH nurses will implement dental varnishing education into home visits and provide written information in languages required.	July 2015	MCH/WIC/CHW
Staff will make referrals to Open Door Mobile Dental unit as they are in Nobles County weekly.	Ongoing	PH Staff
Staff will coordinate with Our Lady of Guadeloupe Free Clinic for dental varnishing clinic for children 0-5 without insurance with grant dollars	May 2015	PH Director/OLGFC Staff

## State and National Priorities Alignment Grid

Healthy Minnesota 2020	Healthy People 2020	National Prevention Strategy
<p><i>A Healthy Start for all</i> indicates one strategy to improve access to health services. One identified strategy listed is to “assure all children have access to health care” the other is to provide on supportive services on poorest children”. One objective is to Increase Utilization of the Oral Health System</p>	<p>Healthy People 2020 states - community water fluoridation and school-based dental sealant programs are 2 leading evidence-based interventions to prevent tooth decay.</p> <p>Objectives for public health improvement include the need to:</p> <ul style="list-style-type: none"> <li>• Increase awareness of the importance of oral health to overall health and well-being.</li> <li>• Increase acceptance and adoption of effective preventive interventions.</li> <li>• Reduce disparities in access to effective preventive and dental treatment services.</li> </ul> <p>Potential strategies to address these issues include:</p> <ul style="list-style-type: none"> <li>• Promoting interventions to reduce tooth decay, such as dental sealants and fluoride use.</li> </ul> <p>Evaluating and improving methods of monitoring oral diseases and conditions.</p>	<p>Under Clinical and Community Preventive Services the following is recommended:</p> <p>Support implementations of community based preventive services and enhance linkages with clinical care.</p> <p>Expand public-private partnerships to implement community preventive services (e.g., school-based oral health programs, community-based diabetes prevention programs).</p>

**Goal 3.** Increase early intervention (pre-natal care) and strengthen healthy relationships (maternal child bonding with focus on breastfeeding) through evidence based family home visiting models for a healthy start to life and improved infant health outcomes.

**Objective #1** By December 31, 2018, Nobles county will increase the proportion of pregnant women accessing early and adequate prenatal care within the first trimester by 15%.

*Source/Evidence Base:*

Healthy Minnesota 2020 /Minnesota Department of Health/State Health Improvement Framework, 2012

- Support for a Healthy Start for all, encourages communities to move towards this goal with evidence base programs and strategies.

Build health-promoting public and private policies

- Enhance parental leave policies
- Workplace policies that support breastfeeding

Create safe and supportive environments

- Assure all families can receive newborn home visits

Prenatal care increases maternal awareness of healthy behaviors and choices, screens for risk factors and unhealthy conditions, and improves access to testing and treatment for medical complications. Minnesota has persistent disparities in rates of first –trimester care.

Social Determinants of health create additional stress and complications for healthy outcomes with less than desirable living conditions, lack of health insurance, lack of resources for nutrition and other conditions create one to be emotionally out of touch. Children in these situations have complicated starts to life and parents become too exhausted to be positively motivated. Homes that have affection, are free of stress help build healthy starts for their children. Children exposed to trauma at early ages experience adverse childhood experiences (ACES) have a higher risk for alcoholism, depression, heart disease, domestic violence and suicide.

*Policy component (Y/N) Y*

*Targets Health Inequities (Y/N) Y: Socioeconomic status (low-income), Language/Literacy*

Existing Assets and Resources:

- Partners with local hospital and clinics in several areas
- Partnerships with Nobles County School Nurses, Special Education Staff and Child Study team for infants and children at risk.
- Newly hired Community Outreach workers to build trust within populations of need
- Family Home visiting nurses in Nobles county with longevity and one new additional hire
- Interventions through Follow Along Program (FAP) and Families First
- Recent trained staff for car seat education for families

- Strong community partners with Community Education, ECFE, Head Start, Our Lady of Guadeloupe Free Clinic, Open Door Mobile Medical and Dental units, and SMOC
- Member County of Southern Prairie Community Care (SPCC). SPCC is a regional 12 county organization that works collaboratively with community partners on innovative strategies to improve the health of people in our region. Our work is centered on population health initiatives, developing a regional electronic medical record to support care delivery, and implementing integrated collaborative community care processes that respond to individual patient needs and dynamics to improve their health status.

Action Plan		
Activity	Target Date	Lead Organization
Nobles County community Services Public Health (NCCSPH) will work with Family Home Visiting (FHV) Nurse Consultant to determine best model for FHV .	ongoing	Nobles Co. PH Director
Staff will participate in training towards evidence base models and work towards the “gold standard” in Family Home Visiting for MCH nurses, CHW as appropriate.	Ongoing	Public Health
MCH nurses will make contact with all referrals via letter or phone call. Letters will have follow up with CHW or MCH nurses as appropriate.	February 2015	Public Health
All public Health nurses and CHW will attend Breastfeeding course provided through SHIP to enhance breastfeeding education and promotion with moms	April 2015	SHIP
Outreach to churches/meeting places to provide prenatal education in a safe haven for clients vs. county government building	May 2015	CHW/PH Staff
Meeting with partners to determine best method of prenatal referrals and follow up communication/ Plan of action for best outcomes	June 2015	Public Health
Breastfeeding friendly worksites work to increase mother/child bonding	On going	SHIP
Assessment of teen education and healthy choices in prevention and or healthy birth outcomes within traditions, values and beliefs	Fall 2015	Public Health
Assessment of Nurse Family Partnership home visiting model for best practice and outcomes	2016	Public Health
Seek funding to enhance FHV program and or model as appropriate	Ongoing	Public Health Director
Educate all clients on the importance of immunizations	ongoing	Public Health

## State and National Alignment Priorities

Healthy Minnesota 2020	Healthy People 2020	National Strategy
<p>Healthy Minnesota 2020 is built around three themes – a healthy start for all, equal opportunities for health, and community empowerment for health.</p>	<p>The risk of maternal and infant mortality and pregnancy-related complications can be reduced by increasing access to quality preconception (before pregnancy) and interconception (between pregnancies) care. Moreover, healthy birth outcomes and early identification and treatment of health conditions among infants can prevent death or disability and enable children to reach their full potential.</p> <p>Social determinants of maternal health include pre pregnancy health behaviors and health status, which are influenced by a variety of environmental and social factors such as access to health care and chronic stress.</p> <p>The risk of maternal and infant mortality and pregnancy-related complications can be reduced by increasing access to quality preconception (before pregnancy) and interconception (between pregnancies) care. Moreover, healthy birth outcomes and early identification and treatment of health conditions among</p>	<p>Promote the use of evidence-based preventive services within existing health services.</p> <p>Strategic Directions include:  <b>Healthy and Safe Community Environments:</b> Create, sustain, and recognize communities that promote health and wellness through prevention.</p> <p><b>Clinical and Community Preventive Services:</b> Ensure that prevention-focused health care and community prevention efforts are available, integrated, and mutually reinforcing. The provision of evidence-based clinical and community preventive services and the integration of these activities are central to improving and enhancing physical and mental health.</p>

	infants can prevent death or disability and enable children to reach their full potential.	
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