

C OMMUNITY HEALTH IMPROVEMENT PLAN

December 2014

Watonwan County

Executive Summary

Watonwan County was officially created by an act of the Minnesota Legislature made official by the signature of the Governor Alexander Ramsey on February 25, 1860. This county was formerly a part of Blue Earth County and both counties were part of a huge Brown County almost as large as the State of Ohio.

This county has 12 townships and eight cities. It is in the heart of a rich agricultural area. Up to very recent times the railroads played a vital part in the history and welfare of this county's economy. In the past years, increased trucking service and use of passenger cars over state highways (linking this area with the north, south, east, and west) have diminished the role of the railroads. Industrial development through Tony Downs Food Company, ST (Scherr-Tumico) Industries, Westin Automotive, and Swift-Eckrich Inc., plus other smaller, yet enterprising companies, indicates prospects of industrial expansion in this area to serve the agricultural industry.

Process

In January 2013, Cottonwood, Jackson, Faribault, Martin & Watonwan Counties in South Central/Southwest Minnesota collaborated to conduct a community health assessment of their counties. The assessment included compiling existing health data for the five counties covering a gamete of information, including demographics, information on family structure, health status of youth and adults, health behaviors/at-risk behaviors and access to healthy foods, physical activity and health care services.

Watonwan Public Health also participated in a Community Health Needs Assessment with St. James Mayo Clinic Health Systems.

Once data was compiled, the planning committee comprised of the community health managers from each community health board and public health staff met to review the data and identify the information to present to the community groups.

The second phase was to begin making presentations to several community groups to gather feedback on what they believed were the biggest issues impacting the health of their community. These community groups included steering committees developed by the Statewide Health Improvement Program (SHIP) who function to oversee health improvement efforts and provide feedback on health priorities. These included steering committees working in each of the five counties. Feedback was also solicited from the SHIP Community Leadership Team (CLT), a team of community members from all five counties who function to oversee and guide the SHIP program as well as oversee the health status of all five counties as a result of SHIP activities. Community members in these committees include individuals working in public health and human services, early childhood education/K-12, business, city and county government, health care, and citizen representatives.

After presentations were made to each community group, members were asked feedback on two questions: 1) what community members believed are the top health issues impacting their community based on the data and or personal experience, and 2) where the community believes public health should concentrate efforts to improve the status of the health of the entire community.

Steering Committees were asked to create a list of approximately ten items they believed fit these two criteria based on the information presented to them. The following issues were identified from Watonwan County:

1. Female Youth –At Risk Behaviors
2. Mental Health / Stress
3. Teen Pregnancy
4. Marijuana Use Among Youth
5. Child Obesity – Adults
6. Suicide Ideations Among Youth
7. Alcohol Use and Driving Among Youth
8. Poverty Levels / Single Family Homes / Unmarried Mothers
9. Food Access
10. Physical Activity Levels Among Youth
11. Screen Time Levels Among Youth
12. Chronic Disease
13. Lack of Health Care Insurance – Under or Underinsured

From these top health issues, Watonwan County Public Health decided to develop strategies for two issues. They were decided upon because of access to resources and immediate need in the community.

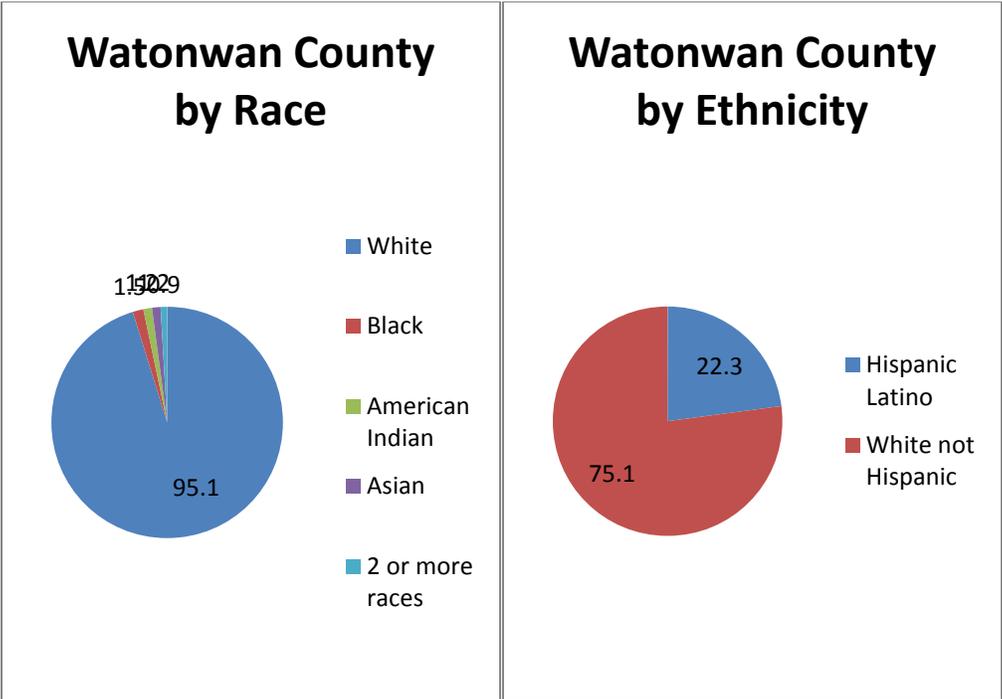
Top 2 Issues to develop strategies:

Female Youth-At Risk Behaviors

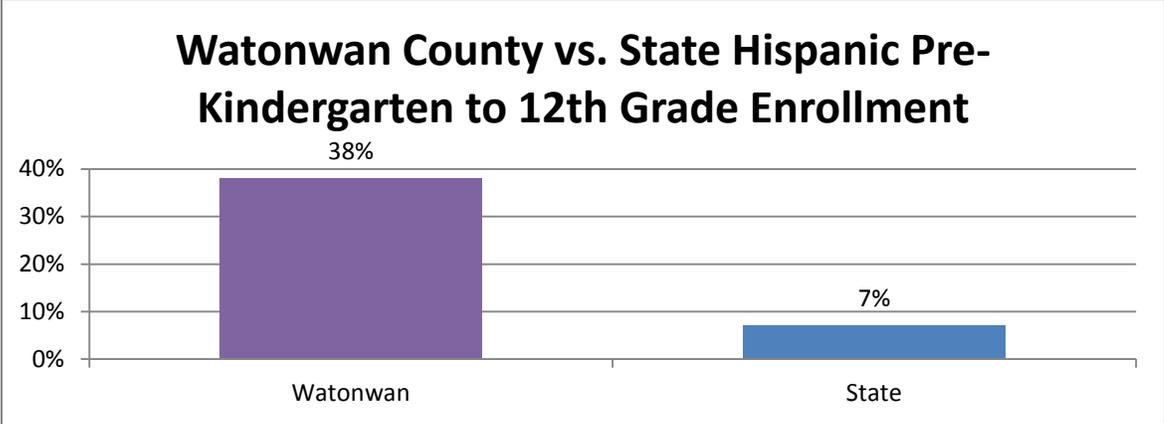
Child Obesity-Adults

Health Inequities and Social Determinants of Health

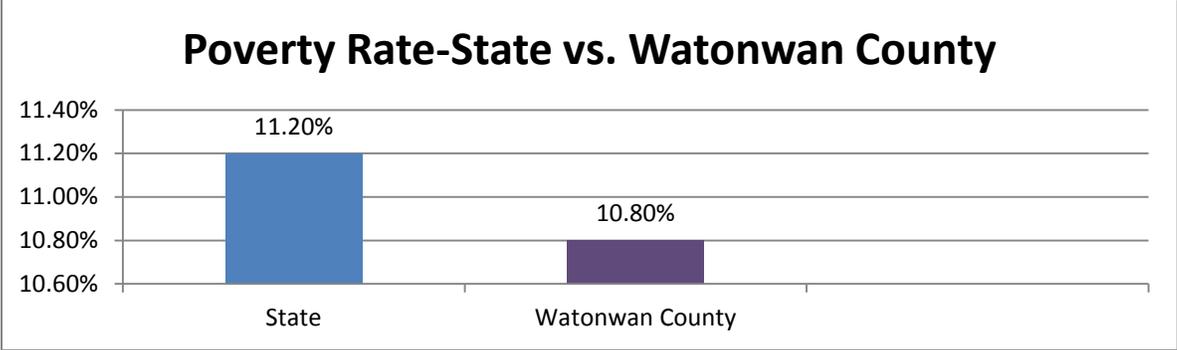
Watsonwan County has a relatively high level of ethnic diversity for being in the South Central region of Minnesota. The poverty rate is higher than the state average and has been slowly climbing the last several years. This and other data lead us to choose our strategic issues and strategies aimed towards populations in our county that were at the most risk.



2013 US Census

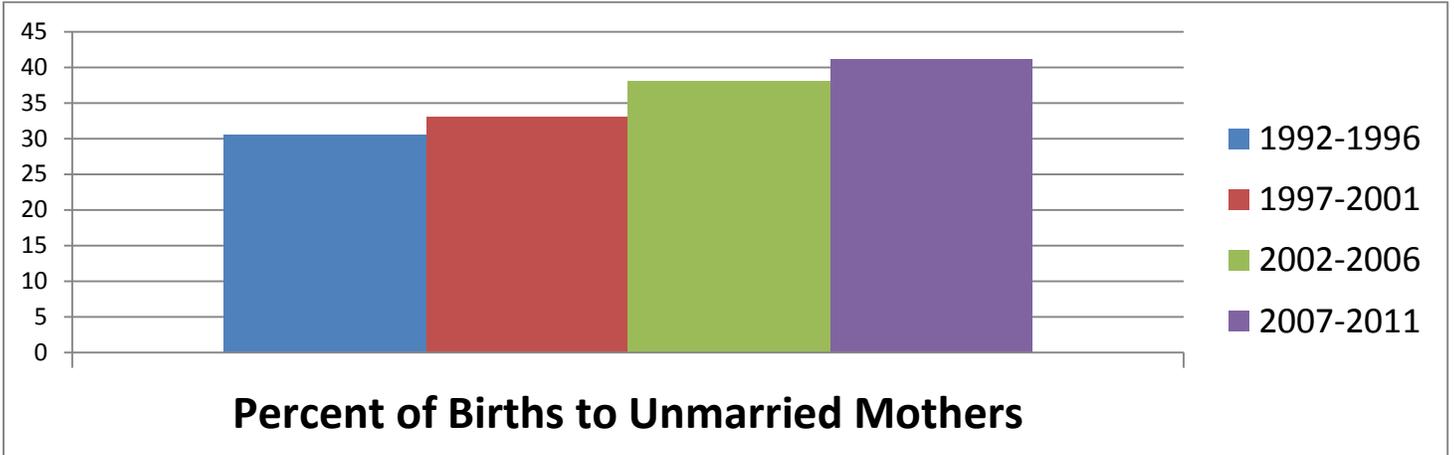


Minnesota County Health Tables, 2012-2013 School Year

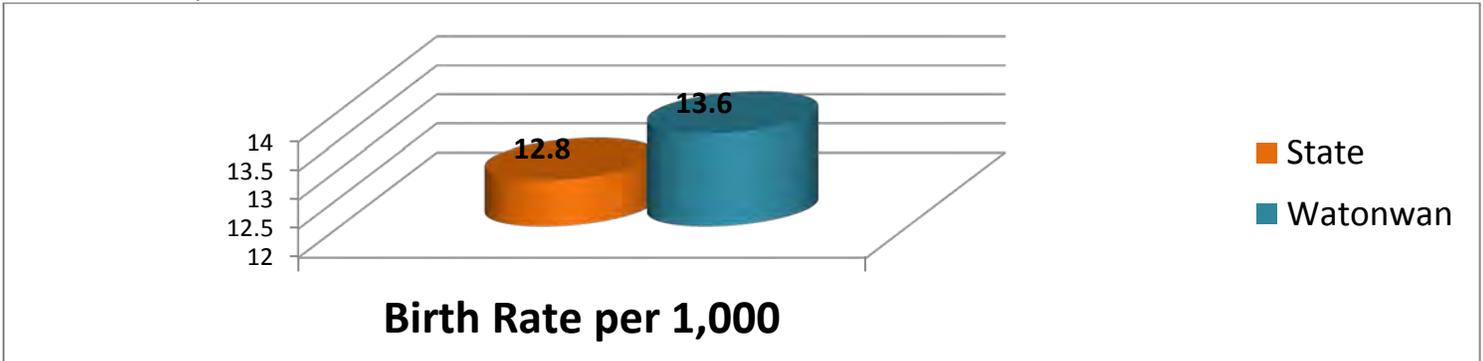


US Census 2013

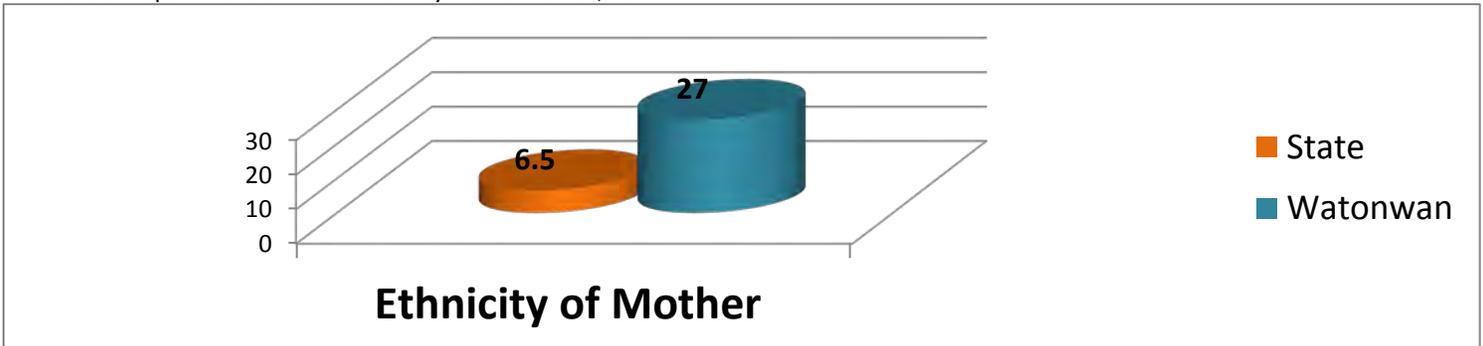
Strategic Issues Identified: Female Youth-At Risk Behaviors



Watonwan Data spreadsheet

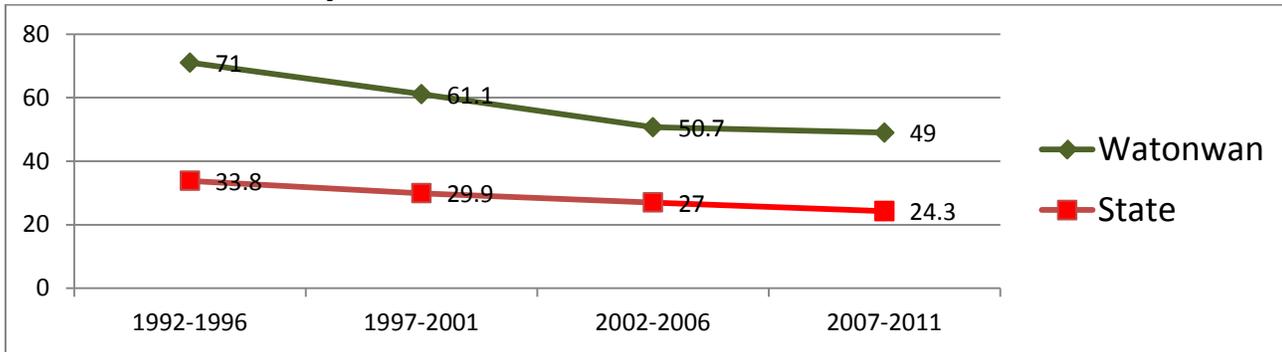


Minnesota Department of Health County Health Tables, 2013



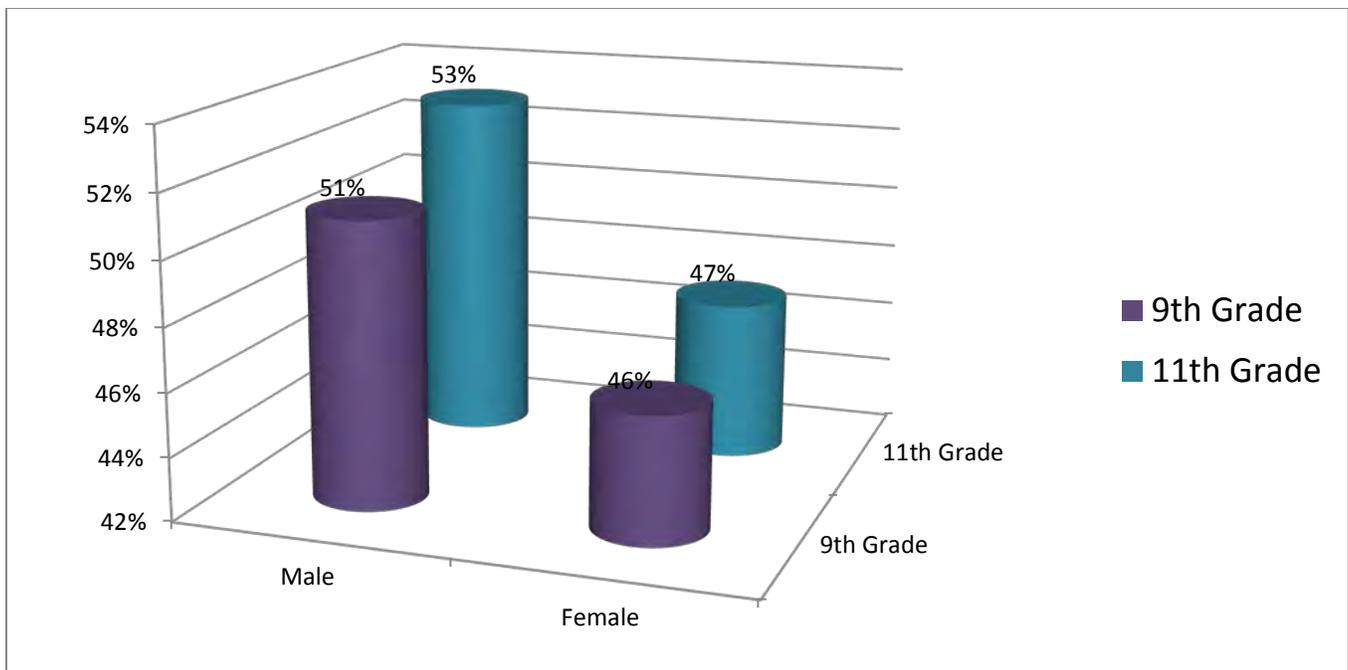
Minnesota County Health Tables, Race and Ethnicity of Mother, 2012

Teen Birth Rate per 1,000 Females, 15-19



Watonwan Data spreadsheet

Condom Use



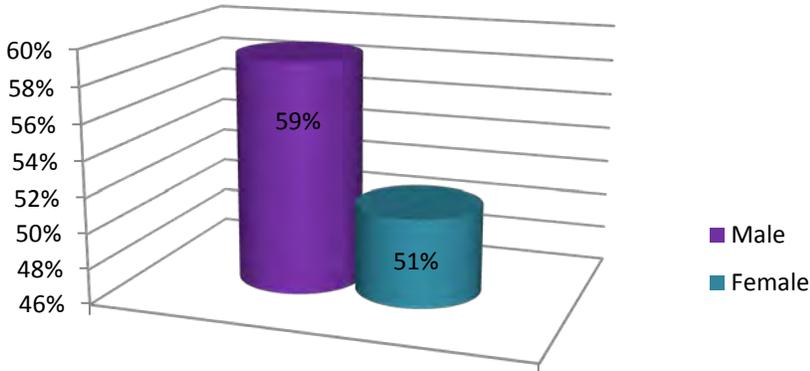
Minnesota Student Survey, 2013

Child Obesity-Adult

% of 9th Graders who were physically active for 30 min. or more on at least 5 of the last 7 days

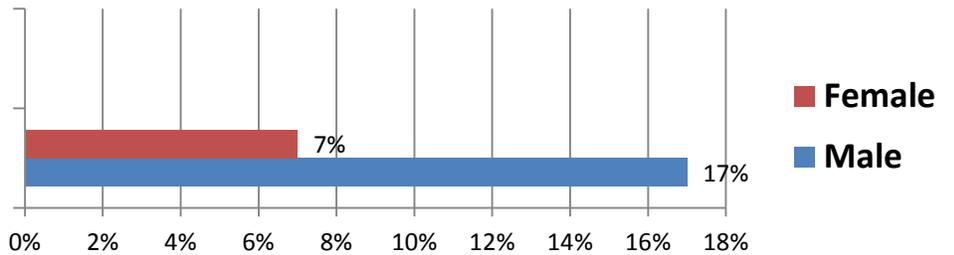


Watonwan Data Sheet

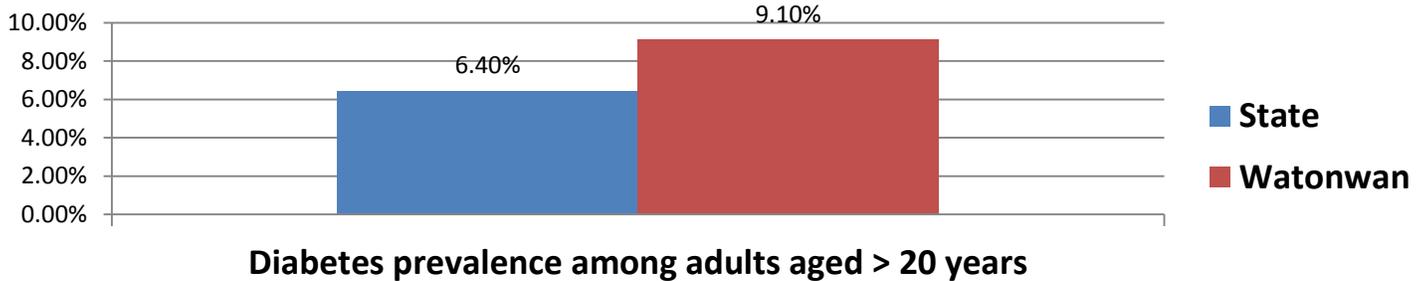


% of 8th Graders who drank 1 or more glasses of pop or soda yesterday

% of 8th graders who are obese according to BMI



Minnesota Student Survey, 2013



Watonwan data sheet

Goals and Strategies

Priority: Female Youth-At Risk Behaviors

Goal: Reduce female youth at risk behaviors and increasing knowledge of safer sex practices.

Healthy People 2020

Family Planning Objective- Increase the proportion of pregnancies that are planned.

Family Planning Objective- Reduce pregnancies among adolescent females

STD Objective-Reduce the proportion of females with HPV infection

OBJECTIVES	STRATEGIES	COMMUNITY PARTNERS	INDICATORS	EVIDENCE BASED/PROMISING PRACTICES	DATE STARTED	DATE COMPLETED
Reduce the # of teen pregnancies	Partner & engage in Adolescent Health and Academic Equity work within community	Watonwan area schools MN Dept. Of Education MCHS CER	Tasks/Events decided on and completed by task forces	Promising practice	10/2014	
Increase safer sex practices with teens that are sexually active.	Partner & support schools offering F.L.A.S.H. curriculum.	St. James Health Teacher CER Director PH staff	Number of students who complete curriculum	Evidence based	10/2014	
Increase # of LARCs being used in county.	Work with medical community to have more providers recommend & place LARCS.	MCHS Madelia Community Hospital & Clinic	Number of LARCs purchased by FPSP program in Watonwan county increased.	Evidence based	12/2014	

Intended Policy Changes: Working towards creating policy in school to regularly offer an evidence based curriculum dealing with sexual health at a minimum.

Priority: Child Obesity-Adult

Goal: Reduce rates of child and subsequent adult obesity rates

Healthy Minnesota 2020

Indicator-Fewer Minnesota households experience food insecurity

Strategy-Provide cooking and nutrition education for parents

Healthy People 2020

NWS Objective-Reduce the proportion of adults who are obese

NWS Objective-Reduce the proportion of children and adolescents aged 2-19 who are obese

NWS Objective-Increase the proportion of schools that do not sell or offer calorically sweetened beverages to students

OBJECTIVES	STRATEGIES	COMMUNITY PARTNERS	INDICATORS	EVIDENCE BASED/PROMISING PRACTICES	DATE STARTED	DATE COMPLETED
Reduce the amount of sugary beverages consumed by adolescents	Work with SHIP to create Rethink Your Drink program in Madelia Elementary School.	Madelia Hospital Madelia school Community members	Less sugary beverage options at school	Promising Practices	Y	
Expand access to healthy foods by having EBT accepted at local farmers market	Partner with Watonwan County Food Partnership and local farmers markets associations.	Farmers Market WCHHS SHIP U of M Extension City of St. James-Administrator	Farmers market in Watonwan County accepting EBT cards.	Evidence based		

Intended Policy Changes: Working towards creating a wellness policy with St. James area schools. Also in the process of updating Madelia schools’ wellness policy so that it is up to current USDA standards.

Acknowledgements of Stakeholders Who Participated in CHIP Process

Mayo Clinic Health Systems-St. James
SHIP Collaboration

Madelia Community Hospital & Clinic
St. James Area Public Schools
Madelia Public Schools
CER
Adolescent Health & Education Equity Partners
Watonwan County Public Health Staff