

## Essentia Health-Ada

201 9th Street W | Ada, MN 56510

Ada, MN (1,729 population)



1 Survey, 383 Responses



1 Focus Group, 25 Participants



21 Partnering Organizations

## GUIDING PRINCIPLES

1. Collaborate towards solutions with multiple stakeholders (e.g. schools, worksites, medical centers, public health) to improve community health.
2. Build trust through collaboration with community members experiencing health disparities.
3. Prioritize sustainable evidence-based efforts around the greatest community good.
4. Create clear, specific, realistic, and action-oriented goals to improve priority health indicators.

## PROCESS

Work Together



Communicate

Mental Wellbeing	Physical Wellbeing	Healthier Ada
<p><b>Indicators:</b></p> <ul style="list-style-type: none"> <li>-29% of respondents have been told that they have a mental health condition</li> <li>-People reported an average number of mentally unhealthy days at 3.1 in 2019 compared to 2.9 in 2016</li> </ul> <p><b>Strategies:</b></p> <ul style="list-style-type: none"> <li>- Increase access to telehealth mental health services through collaboration</li> <li>- Engage and collaborate with community to provide mental wellness education</li> </ul>	<p><b>Indicators:</b></p> <ul style="list-style-type: none"> <li>-Percent of respondents were either overweight or obese</li> <li>-Percent of adults were getting recommended physical activity</li> <li>-Percent of people in Norman County report poor or fair health</li> </ul> <p><b>Strategies:</b></p> <ul style="list-style-type: none"> <li>- Provide education on nutrition and healthy living</li> <li>- Partner with schools to support concussion testing</li> <li>- Engage in planning park recreation access and new community gardens</li> </ul>	<p>Essentia Health will continue to engage with the Ada Alive and the Norman County Collaborative to ensure health communities</p>

