

## Essentia Health-Deer River

115 10th Ave NE, Deer River, MN 56636

Service Area Population: 30,808



156 community members participated in a survey.



300 people participated in a focus group.



7 focus groups were conducted.

## 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.
5. Prioritize strategies that advance health equity, address structural barriers, or reduce health disparities

## PROCESS

Work Together



Communicate

Internet Access	Food Access	Mental Well-being
<p>Enhance transportation services to community spaces that provide internet access.</p> <p>Promote internet access in publicly accessible spaces.</p> <p>Provide technology and internet training to new technology/internet users.</p>	<p>Develop and implement policies and procedures that support the use of fresh, whole foods.</p> <p>Communicate about existing food programs in the community.</p> <p>Provide opportunities for people to learn about fresh food preparation.</p>	<p>Provide programming and community events that foster social connection.</p> <p>Coordinate with community partners to bring people together virtually around common interests.</p> <p>Promote awareness of mental health through campaigns that reduce stigma in the community.</p>

The full report can be found at [EssentiaHealth.org/about/chna](https://EssentiaHealth.org/about/chna)

For questions or comments, please contact [chna.comments@essentiahealth.org](mailto:chna.comments@essentiahealth.org)



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