

## Essentia Health-Sandstone

705 Lundorff Dr, Sandstone, MN 55072

Service Area Population: 10,805



82 community members participated in a survey.



58 people provided lived experience stories.



6 organizations served on the CHNA committee.

## 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

### Mental and Social Well-being

Provide attractive educational programming (e.g., after-school programming, Community Ed classes) that supports social connections.

Support fresh food programs (i.e., agriculture programs, school food pantries) within the schools.

Launch a public education campaign about holistic well-being and how diet, physical activity, sleep routines and more contribute to mental health.

### Food Security

Support schools programs that provide free or reduced-cost meals in the evening to families that identify as food insecure.

Collaborate with Pine County as it pursues Blue Zones activities.

Promote participation in the Supplemental Nutrition Assistance Program (SNAP).

Support employers that adopt policies that allow/require employees to volunteer in the community—with the goal of filling food-related volunteer needs in the area.

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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