




Essentia Health - St. Joseph's Medical Center
 523 N 3rd Street, Brainerd, MN 56401
 Crow Wing County Population: 64,217

-  957 community members participated in a survey
-  14 community organizations informed the process
-  32 people helped identify strategies

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 Wellbeing	Tobacco Use	Healthy Eating	Active Living
<p>Reduce stigma and raise awareness of existing resources.</p> <p>Build resilience, optimism, and hopefulness through tools and programs.</p> <p>Encourage supportive relationships and social connectedness.</p>	<p>Advocate for policies that limit access to tobacco and reduce harm.</p> <p>Enhance youth tobacco prevention & education programs.</p> <p>Promote tobacco cessation interventions.</p>	<p>Encourage worksites to promote fruit & vegetable consumptions.</p> <p>Implement the "One Vegetable, One Community" program.</p> <p>Support efforts to make healthy food more affordable and accessible.</p>	<p>Encourage worksites to promote physical activity.</p> <p>Offer evidence-based programs that support active living.</p> <p>Promote and support point-of-decision prompts and trail maps to encourage walking throughout the community.</p>

The full report can be found at EssentiaHealth.org/about/chna

For questions or comments, please contact chna.comments@essentiahealth.org



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