

## Essentia Health-Deer River

115 10th Avenue NE | Deer River, MN 56636

Deer River, MN (977 population)



8 focus groups



97 community members



20 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 Illness Support	Substance Free	Healthy Food, Active Living
<p><b>Indicators:</b>                      13% of Itasca County residents delayed seeking mental health care (2015)                      38% of Deer River 9th grade students seriously considered suicide (2016)</p> <p><b>Strategies:</b></p> <ul style="list-style-type: none"> <li>- Launch a mental health anti-stigma campaign</li> <li>- Implement trauma informed strategies in local schools</li> <li>- Expand access to mental health providers</li> </ul>	<p><b>Indicators:</b>                      25% of Deer River 9th grade students used a tobacco product in the last 30 days (2016)                      16% of Deer River 9th grade students used an e-cigarette in the last 30 days (2016)</p> <p><b>Strategies:</b></p> <ul style="list-style-type: none"> <li>- Local policy, system, and environmental change to restrict access to tobacco products for youth</li> <li>- Education on connections between mental health and substance use</li> </ul>	<p><b>Indicators:</b>                      69% of Itasca County adults who overweight or obese (2015)                      37% of Deer River 9th grade students are overweight or obese (2016)</p> <p><b>Strategies:</b></p> <ul style="list-style-type: none"> <li>- Expand options for physical activity throughout Itasca County</li> <li>- Expand access to health and nutritious foods in Itasca County</li> </ul>

