

Essentia Health-Sandstone

705 Lundorff Drive | Sandstone, MN 55072

Sandstone, MN (2,741 population)



3 focus groups



50 community members



18 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	Substance Free	Healthy Food, Active Living
<p>Indicators: 10% of Pine County adults felt depressed more than 10 days, in the last 30 days (2015) 19% of Pine County students report having long-term mental health problems (2016)</p> <p>Strategies:</p> <ul style="list-style-type: none"> - Increase access to mental health services and training opportunities - Training for first responders on grief support and stress management - Intergenerational programming 	<p>Indicators: 8% of Pine County 9th grade students use a tobacco in the last 30 days (2016) 17% of Pine County 9th grade students used alcohol in past 30 days (2016)</p> <p>Strategies:</p> <ul style="list-style-type: none"> - Local policy, system, and environment change to restrict access to tobacco products for youth - Start smoking education in schools younger - Trauma specific initiatives 	<p>Indicators: 51% of Pine County adults are obese (2015) 32% of Pine County 8th - 11th grade students are overweight or obese (2016)</p> <p>Strategies:</p> <ul style="list-style-type: none"> - Increase healthy and local food choices - Offer group educational, social, or physical activities to promote social interaction and regular attendance (Special focus on older adults)

