

2016 COMMUNITY HEALTH NEEDS ASSESSMENT



Essentia Health
St. Joseph's Medical Center
523 North Third Street, Brainerd, MN 56401



Essentia Health
Here with you

**Essentia Health St. Joseph's Medical Center
IMPLEMENTATION PLAN**

Priority 1: CROW WING ENERGIZED	
	<p>Partners: Crow Wing County Public Health, City of Brainerd, Crow Wing County (Adult Mental Health, Chemical Dependency and Adult Protection Teams), Hallett Community Center (Crosby, MN), Crow Wing and Southern Cass County United Way, Brainerd YMCA, Heartland Hospice, Brainerd Lakes Area Chamber of Commerce, Brainerd Public School District, Pequot Lakes School District, Crosby Ironton School District, Crosslake Community Charter School, Brainerd Dispatch, University of Minnesota Extension SNAP ED Educators, U of M Master Gardeners, St. Christopher's Catholic Church, Lord of Life Lutheran Church, Cuyuna Regional Medical Center, Mills Ford Company, The Center (aging population), Nisswa Lutheran Church of the Cross, Crow Wing County Land Services, Brainerd Park United Methodist Church, Carefree Living, Union United Church of Christ, Takedown Gym, Salvation Army-Brainerd, Crosby High School, Trailside Center, Pequot Tool & Equipment, Anytime Fitness Center, Brainerd YMCA, Trinity Lutheran Church, Crosslake Lutheran Church, CTC - Consolidated Telecommunications Company, CLOW Stamping, Pine River Life Center, Pillager Food Shelf, St. Croix Hospice, Lord of Life Lutheran Church, Crow Wing County Victim Services Inc., Crosslake Lutheran Church, Pointway Church, Good Samaritan Society, Senior Linkage Line, Grandview Lodge, Central MN Council on Aging, Breezy Point Police Department, Crow Wing County Veteran's Assistance Services, Happy Dancing Turtle & Hunt Utilities Group, Nisswa Chamber of Commerce, Crow Wing Power, City of Pequot Lakes, Hopkins Health and Wellness, SNAP Fitness Center, Ultra Paws, Crow Wing County Human Resources, Minnesota Teen Challenge – MNTEC, Northern Pines Mental Health, Community Behavioral Health Hospital–Baxter, Wellness in the Woods, NAMI – Crisis Line and Referral Services, Minnesota Communities Caring for Children, MN Adult and Teen Challenge, Nystrom & Associates, Pathways to Harmony, Smile Again Ministries, Crisis Line and Referral Services, Brainerd Lakes Early Childhood Coalition, Crow Wing County Victim Services, University of Minnesota, Lakes Area Restorative Justice Program, Brainerd Lakes Holistic Community, Blue Cross Blue Shield, EssentiaCare, Health Partners, Minnesota Department of Health, Statewide Health Improvement Program (SHIP).</p>
Strategy #1	Action(s)
In FY2017-FY 2019, SJMC will help to maintain grassroots health and wellness movement in partnership with Crow Wing County Community Services as an ongoing sustainable effort.	Steering committee meetings, 10 per year Goal group meetings, 10 per year Host annual health and wellness event Develop infrastructure for deeper community partnerships for employers with 10 or fewer employees. (Brainerd Lakes Chamber of Commerce reports 75% of local businesses have 10 or fewer employees)
Expected Short-Term Outcomes	Sources of Measuring Outcomes
Increased community participation and awareness in community health activities.	Attendance rosters, registration for annual conference

Priority 2: OBESITY, PHYSICAL INACTIVITY, POOR NUTRITION

	<p>Partners: St. Christopher’s Catholic Church, Lord of Life Lutheran Church, Cuyuna Regional Medical Center, Mills Ford Company, Essentia Health-St. Joseph’s Hospital, Essentia Health-Baxter Clinic, Essentia Health-Brainerd Clinic, The Center (aging population), Nisswa Lutheran Church of the Cross, Crow Wing County Land Services, Crow Wing County Community Services, Brainerd Park United Methodist Church, Carefree Living, The City of Brainerd, Union United Church of Christ, Takedown Gym, Salvation Army-Brainerd, Crosby High School, Trailside Center, Pequot Tool & Equipment, Pequot Lakes High School, Anytime Fitness Center, Brainerd YMCA, Trinity Lutheran Church, Crosslake Lutheran Church, CTC, CLOW Stamping, Pine River Life Center, Pillager Food Shelf, St. Croix Hospice, community volunteers, Crow Wing Energized, Lord of Life Lutheran Church, Crow Wing County Victim Services Inc., Crosslake Lutheran Church</p>
--	---

<p>Strategy #1</p>	<p>Action(s)</p>
<p>By the end of FY 2019, SJMC will have 60% of NDPP participants meet or exceed the CDC recommendations on weight loss (5% of body weight) and exercise during the program duration (1 year). In 2016, we will reach at least 500 community members, with 15% annual growth in NDPP participation. Begin to address childhood obesity through strategic partnerships and programming.</p>	<p>SJMC will host at least one NDPP training for community leaders for further implementation efforts; special focus will be on community partners who work with lower- income and aging populations.</p>

<p>Expected Short-Term Outcomes</p>	<p>Sources of Measuring Outcomes</p>
<p>Increase the community’s capacity to address being overweight, obese or having prediabetes by training lifestyle coaches and improving access to class offerings. Specific focus will be on community partners who work with lower-income and aging populations.</p>	<p>Health coaches’ data Attendance records from lifestyle coach trainings</p>

<p>Expected Long-Term Outcomes</p>	<p>Sources of Measuring Outcomes</p>
<p>In FY 2018 and FY 2019, SJMC will increase community reach with 15% annual growth (from 500 participants) in participation.</p>	<p>Health coaches’ data</p>

Priority 3: FALLS PREVENTION

Partners: Good Samaritan Society-Bethany, Good Samaritan Home Care, parish nurses, Crow Wing County Public Health, community volunteers, Brainerd Family YMCA, Minnesota State Services for the Blind, Carefree Living-Brainerd, Riverside Assisted Living, Pillager, Comfort Keepers, Northern Lakes Senior Living, Central Minnesota Council on Aging, Todd County Public Health, Morrison County Public Health, Cass County Public Health.

Strategy #1

Action(s)

In FY 2017, SJMC will build infrastructure for “Matter of Balance” community class opportunities.

In FY 2018 – SJMC will reach 100 community participants in approximately 10 “Matter of Balance” classes.

In FY 2019, SJMC will help to increase community participation by 20%.

Host at least one “Matter of Balance” training in partnership with Minnesota Council on Aging each year.

Collaborate with existing community partners and those being developed to mainstream a referral process from Essentia Health providers to these community assets.

Class hosts to be determined. Specific focus will be placed on community partners working with lower-income populations.

Expected Short-Term Outcomes

Sources of Measuring Outcomes

Increase the community capacity to address falls prevention by training “Matter of Balance” coaches.

Attendance records from “Matter of Balance” coach training

Expected Long-Term Outcomes

Sources of Measuring Outcomes

Reduce falls and associated healthcare costs.

Minnesota Council on Aging and American Hospital Association data related to falls in Crow Wing County

Priority 4: BUILD RESILIENCY

Partners: Community volunteers, Northern Pines Mental Health, Community Behavioral Health Hospital–Baxter, Crow Wing County Community Services, faith communities, Wellness in the Woods, NAMI, Minnesota Communities Caring for Children, local school districts, local businesses, Chamber of Commerce, Brainerd Dispatch newspaper, MN Adult and Teen Challenge, Nystrom & Associates, Pathways to Harmony, Smile Again Ministries, Crisis Line and Referral Services, Brainerd Lakes Early Childhood Coalition, Crow Wing County Victim Services, University of Minnesota, Lakes Area Restorative Justice Program.

Strategy #1**Action(s)**

In FY 2017, SJMC will improve resilience for individuals in our community most at risk and help develop skills to cope with life’s stresses by increasing the awareness of Adverse Childhood Experiences (ACE’s). We’ll reach 25% of Crow Wing County’s population through media partnerships to raise awareness and connections to resources.
Improve resilience to help community cope with life’s stresses through prevention methods.

Continue collaborating with local newspaper to educate and promote resiliency-building skills.
Specific focus will be placed on community partners who work with lower-income and aging populations.

Expected Short-Term Outcomes**Sources of Measuring Outcomes**

In FY 2017, SJMC will develop a measure on reach to specific audiences.
In FY 2017 – SJMC will increase the reach of “Attitude of Gratitude” (Resiliency Building Tool Kit) by 15%.

Community partners will report to Essentia Health staff on the population, reach and impact that the tool kit provides in their workplace, community setting, service group etc.
Pre- and post-questionnaires will be used by community partners to measure resiliency based research by Dr. Bryan Sexton.

Expected Long-Term Outcomes**Sources of Measuring Outcomes**

In FY 2018, SJMC will spread the reach of “Attitude of Gratitude” (Resiliency Building Tool Kit) and develop another evidence-based initiative supporting resiliency.
In FY 2019, SJMC will increase the reach of “Attitude of Gratitude” and the second tool by 15% as well as develop a third evidence-based initiative supporting resiliency.

Community partners will report to Essentia Health staff on the population, reach and impact that the tool kit provides in their workplace, community setting, service group etc.

Priority 5: ADVANCED CARE DIRECTIVES

	Partners: Crow Wing County Public Health, Carefree Living, Heartland Hospice, Comfort Keepers, Northern Lakes Senior Living, Riverside Assisted Living-Pillager, Minnesota State Services for the Blind, Good Samaritan Society-Woodland, Bethany, home care, parish nurses, community volunteers, Central Minnesota Council on Aging, Wellness in the Woods, Cass County Public Health, Todd/Morrison/Wadena County Public Health
Strategy #1	Action(s)
Increase the impact of individuals within the community who have an advanced care directive on file with their primary care provider.	Specific focus will be placed on populations age 65 and older.
Expected Short-Term Outcomes	Sources of Measuring Outcomes
In FY 2017, SJMC will measure to establish a baseline on the number of people who have an advanced care directive on file with their primary care provider.	Primary care records within Essentia Health’s Central Region show baseline measure of 17.7% of patients age 65 and older who have an advanced care directive on file.
Raise awareness and education surrounding “aging in place” and advanced care directive planning.	Registration reach for “Got Plans” aging conference and other ongoing efforts.
Expected Long-Term Outcomes	Sources of Measuring Outcomes
In FY 2018 and FY 2019, SJMC will have an annual increase of 10 percent in patients age of 65 and older who have an advanced care directive on file with their primary care provider.	Primary care records showing advanced care directives on file.

Conclusion

As part of a nonprofit health system, Essentia Health-St. Joseph’s Medical Center is called to make a healthy difference in people’s lives. This needs assessment and implementation plan illustrates the importance of collaboration between our hospital and its community partners. By working collaboratively, we can have a positive impact on the identified health needs of our community during Fiscal Years 2017-2019. There are other ways in which Essentia Health-St. Joseph’s Medical Center has and will continue to indirectly address local health needs; including the provision of charity care, the support of Medicare and Medicaid programs, discounts to the uninsured and others. Over the next three years, Essentia Health-St. Joseph’s Medical Center will continue to work with the community to ensure that this implementation plan is relevant and effective and to make modifications as needed.