

Essentia Health-St. Mary's Medical Center
407 E 3rd Street | Duluth, MN 55805

Duluth, MN (86,164 population)



19 focus groups



336 community members



75 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 Health	Youth Substance Abuse	Food Insecurity
<p>Indicator: Youth and adults who felt down, depressed and hopeless more than half the days in the last two weeks</p> <p>Strategies:</p> <ul style="list-style-type: none"> - Support safe care transitions and create organizational linkages - Improve response to individuals in crisis through mental health training - Adopt trauma informed models in schools and health care 	<p>Indicator: 14.9% of Duluth 9th grade student used a tobacco product in the last 30 days (2016)</p> <p>Strategies:</p> <ul style="list-style-type: none"> - Support public policy on tobacco restrictions at a local and state level - Implement broad-based educational campaign through mass media, schools, and peer based - Promote/enhance youth tobacco cessation interventions and resources 	<p>Indicator: 17.5% of Duluth adults are often worried about running out of food (2015)</p> <p>Strategies:</p> <ul style="list-style-type: none"> - Make food more affordable and accessible - Develop screening for food insecurity and strengthen connections to resources, tools, and support - Increase healthy food consumption in youth - Reduce transportation barriers

