Community Health Needs Assessment 2020-2022

Essentia Health-Ada
201 9th Street W | Ada, MN 56510

Ada, MN (1,729 population)

1 Survey, 383 Responses
1 Focus Group, 25 Participants
21 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.

Mental Wellbeing

Indicators:
-29% of respondents have been told that they have a mental health condition
-People reported an average number of mentally unhealthy days at 3.1 in 2019 compared to 2.9 in 2016

Strategies:
- Increase access to telehealth mental health services through collaboration
- Engage and collaborate with community to provide mental wellness education

Physical Wellbeing

Indicators:
-Percent of respondents were either overweight or obese
-Percent of adults were getting recommended physical activity
-Percent of people in Norman County report poor or fair health

Strategies:
- Provide education on nutrition and healthy living
- Partner with schools to support concussion testing
- Engage in planning park recreation access and new community gardens

Healthier Ada

Essentia Health will continue to engage with the Ada Alive and the Norman County Collaborative to ensure health communities