

## Essentia Health-Virginia

901 9th Street N | Virginia, MN 55792

Virginia, MN (8,488 population)



10 focus groups



80 community members



16 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 Stigma	Youth Are Drug Free	Healthy Food, Active Living
<p><b>Indicators:</b>                      15% of Virginia adults delayed seeking mental health care (2015)                      32% of Virginia 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>- Encourage and support social-emotional learning and resiliency strategies</li> </ul>	<p><b>Indicators:</b>                      38 drug overdose deaths in St. Louis County (2016)                      20% of Virginia 9th grade student used tobacco in last 30 days (2016)</p> <p><b>Strategies:</b></p> <ul style="list-style-type: none"> <li>- Expand programming for families affected by substance abuse to build resiliency</li> <li>- Adopt trauma informed interventions in schools</li> <li>- Local policy change to restrict access to tobacco products for youth</li> </ul>	<p><b>Indicators:</b>                      67% of Virginia adults are overweight or obese (2015)                      31% of Virginia 9th grade students are overweight or obese (2016)</p> <p><b>Strategies:</b></p> <ul style="list-style-type: none"> <li>- Expand programs that encourage physical activity</li> <li>- Expand healthy food access</li> <li>- Increase utilization of existing outdoor public spaces</li> </ul>

