

Essentia Health St. Mary's Hospital-Superior
3500 Tower Ave | Superior, WI 54880

Superior, WI (26,676 population)



16 focus groups



100 community members



23 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: 11% of adults in Douglas County report 14+ days of poor mental health per month (2015) 27% of high school students report feeling sad or hopeless (2017)</p> <p>Strategies:</p> <ul style="list-style-type: none"> - Partner with the Mental Health Coordinated Care Committee to develop short term crisis stabilization - Support training for first responders on suicide grief support and warning signs 	<p>Indicators: 19% of Douglas County adults smoke (2015) 30% of high school students used marijuana (2017)</p> <p>Strategies:</p> <ul style="list-style-type: none"> - Partner with schools to decrease tobacco, vaping, and other substance use - Community wide effort on maternal smoking cessation - Partner with the Douglas County Alcohol, Tobacco, and Other Drug Coalition 	<p>Indicators: 75% of high student do not meet physical activity recommendations (2016) 75% of Douglas County adults are overweight or obese (2015)</p> <p>Strategies:</p> <ul style="list-style-type: none"> - Expand farmers market access - Offer free community-wide exercise and nutrition programs

