




Essentia Health - Holy Trinity
 115 W 2nd St, Graceville, MN 56240
 Service Area Population: 670

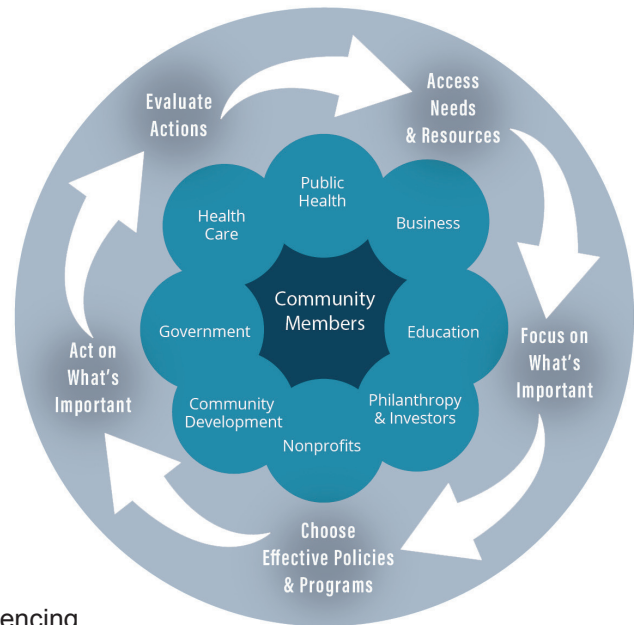
-  49 individuals completed the survey
-  8 key informant interviews
-  1 community listening session with 16 individuals

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.
5. Prioritize strategies that advance health equity, address structural barriers, or reduce health disparities

PROCESS

Work Together



Communicate

Mental Health

Increase usage of MindUp Curriculum to support grades K-8 and use Move Mindfully to support school programming and staff wellness.

Increase access to services with additional in-person School Counselor hours.

Support Summer School/Summer Enrichment programming and expand community volunteers to build healthy connections with trusted adults.

Physical Activity

Support use of Safe Routes to school plan to increase walking and biking in the community.

Install a Frisbee Golf Course in local park.

Support building a Sled Shed to expand winter outdoor activity.

Support "Walking with the Doc" – once a week walk with community figures, that is open to everyone and supports intergenerational activity.

