

## Essentia Health - Fosston

900 Hilligoss Blvd SE, Fosston, MN 56542

Service Area Population: 1,571



102 individuals completed the survey



16 individuals participated in listening sessions



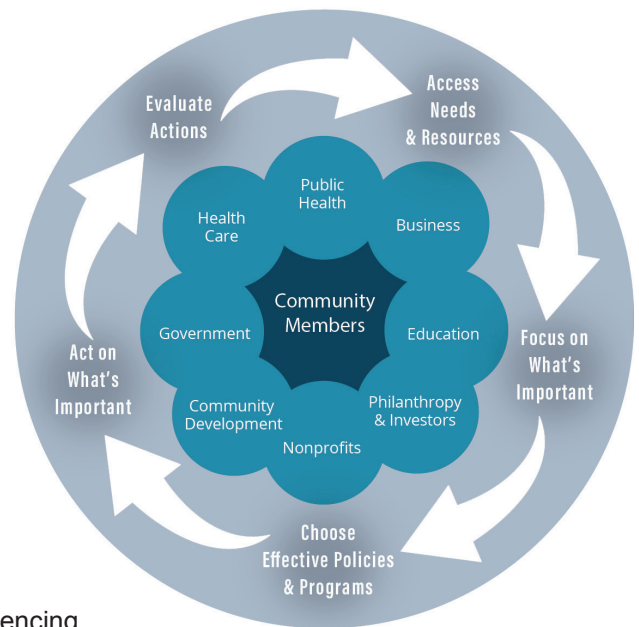
1 community listening session was held

## 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 Wellbeing

Expand access and healthy participation in pro-social activities for youth in grades 4-6.

Increase meaningful relationships between adults and youth by implementing a police officer mentorship program with youth.

Expand education and training to reduce mental illness stigma and increase access to resources through “Be Well”, SafeTalk, and the partnership with the Suicide Prevention Project.

### Physical Activity

Expand public knowledge using positive norming campaigns to promote rural active living opportunities.

Enhance or expand access to underutilized facilities including the skating rink and Youth Center.

Expand access to active living opportunities by expanding the Bike Rodeo to three additional communities.

