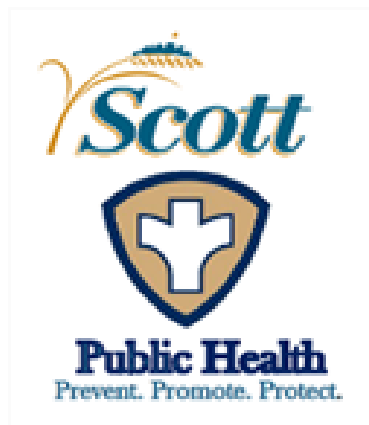


Scott County Community Health Improvement Plan 2015 - 2019



Message to the Community:

This is the 2015-2019 Scott County Community Health Improvement Plan. The plan is a combined effort by the Public Health Department and our many community partners.

The Community Health Improvement Plan includes goals, measurable objectives, and action steps for the three priority planning areas identified by the Community Health Steering Committee:

- Preventing chronic disease through healthy eating and physical activity,
- Identifying at risk infants and toddlers: Healthy Development
- Mental health: Healthy Communities

The plan is designed to be a living document for action and a guide for community stakeholders to improve the health of Scott County.

Additionally, Scott County has undertaken a new and ongoing initiative we call “Delivering What Matters.” This is not a program or a project, but a reenergized focus on identifying true priorities and achieving goals that matter to our citizens, complete with outcome measures and priority-based budgeting approaches. Our hope is that you, the community, will see how our Community Health Improvement Plan supports and strengthens “Delivering What Matters.” We look forward to working with you on fulfilling the plan to improve the community’s health in Scott County.

Wishing you good health,

Merrilee Brown, MA, BSN, RN
Director of Public Health
Community Health Services Administrator

About this report:

The Scott County Community Health Improvement Plan is posted on the Scott County Website at:

<http://www.co.scott.mn.us/HelpingPeopleHealth/PublicHealth/Pages/About-Us.aspx>

For additional information, please contact Scott County Public Health at 952-496-8555.

Publication date: December 31, 2014

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Executive Summary

Scott County Public Health Department convened, facilitated and participated, in the Community Health Improvement Planning (CHIP) process. Based on the data from the Community Health Assessment, Scott County Public Health Department identified three priority issue areas for the CHIP:

Chronic Disease Prevention: Through Healthy Eating and Physical Activity

Identifying At Risk Infants and Toddlers: Healthy Development

Mental Health: Healthy Communities

The Community Health Improvement Plan describes the strategies for each identified community health issue. It describes partners in planning and strategy development as well as implementation.

This plan will be implemented, and used to monitor progress which will be reported to the Community Health Board, community partners, and the public. The plan will be modified and adapted as needed to meet the needs of health needs of the community.

Scott County Public Health Vision and Values

Scott County Vision: Where individuals, families and communities thrive

Public Health Support for the Scott County Vision:

- Everyone living in Scott County has an opportunity to be in a safe, healthy environment.
- Everyone has access to quality health care.
- Healthier people across the lifespan; this includes emotional, physical, social and mental status.
- Focused and empowered community collaboration and public health presence.
- All residents and communities are prepared for public health emergencies.

Scott County Public Health Values:

- Social Equity: We recognize that everyone's needs matter equally and have a spirit of compassion for all.
- Collaboration: We believe in teamwork and partnerships to achieve common goals and well-supported outcomes.
- Integrity: We are honest, trustworthy and transparent in all we do.
- Prevention: We believe in strategies that promote healthy living and prevent disease.
- Courage: We will advocate for the needs of those most vulnerable.
- Quality: We strive to deliver continuous quality improvement services.

Scott County Overview

About the Jurisdiction

Scott County is a mixed suburban /rural county located in the southwestern corner of the Twin Cities Metropolitan area which is the 16th largest metropolitan area in the United States. The 2010 U.S. Census estimated the county's population at 129,928. Scott County was the fastest growing county in the state of Minnesota last decade, with a 45% increase in total population. The population is expected to increase by 100,000 persons by the year 2030 according to Metropolitan Council population forecasts (19, 5). Scott County has seven cities, eleven townships and six school districts. Scott County has a land area of 365 square miles and is bound on the west and north by the Minnesota River. Population density is 364.5 people per square mile which is 658 less than the seven county Twin Cities Metropolitan area average. The cities with the largest population are located in the northern part of the county. Scott County enjoys a growing mix of commercial, industrial, and housing development, yet also maintains its rural flavor.

Scott County is often referred to as the entertainment destination of the Twin Cities Metropolitan area. Scott County is home to several historic, scenic, and entertainment destinations including Canterbury Park race track, Murphy's Landing living history museum, Elko Speedway, Mystic Lake Casino, the Renaissance Festival, and Valley Fair Amusement Park. Scott County also has an abundance of parks and outdoor activities with area lakes and rivers, and beautiful hillsides for apple picking, sledding and skiing, and the rural sprawling countryside.

The Shakopee Mdewakanton Sioux (Dakota) Community is a federally recognized Indian tribe. The Shakopee Mdewakanton Sioux (Dakota) Community presently owns more than 3,760 acres of land, all of which are located within or near the original 250-acre reservation established for the Tribe in the 1880s. Of that amount only 1,843 acres are held in trust by the federal government, protecting it forever. These Tribal lands are located within Prior Lake and Shakopee cities. As the largest employer in the county, the Shakopee Mdewakanton Sioux (Dakota) Community employs more than 4,200 and is a powerful economic force. The Shakopee Mdewakanton Sioux (Dakota) Community provides much needed employment opportunities for Indian people and thousands of non-Indian people from the surrounding area. Shakopee Mdewakanton Sioux (Dakota) Community is a partner with Scott County, Scott County cities and Scott County citizens (18).

About the People

Scott County has the highest median household income of any Twin Cities metro county (approximately \$82,000), relatively low unemployment (<7%) and poverty (5%), and the highest percent of high school graduates among all Twin Cities metro counties (94%). Scott County does rank among the lowest of the seven Metro area counties in percent of residents with a college education (36%), but is still substantially higher than the state average. Scott County's population is relatively young with 32% of the population 0-19 years of age and only (8%) of the residents over the age of 65 (19, 20).

Scott County has 6% of its children living in poverty compared to Hennepin County at 18% and Ramsey County at 25%. Poverty in Scott County exists in hidden pockets. Free and reduced lunch is considered an estimate of poverty in a community. Minnesota Department of Education reports 35% of Shakopee, 28 % of Jordan, 21% of Belle Plaine, 16% of Prior Lake-Savage and 15 % of New Prague students receive free or reduced lunch (20).

According to the Metropolitan Council, Scott County's racial and ethnic populations from 2000 to 2013 grew by 229% - the largest percentage growth in the Twin Cities Region (14). The racial makeup of the county is 87.5% White, 3.3% Black or African American, 1% American Indian and Alaska Native alone, 6.1% Asian alone, 0.01% Native Hawaiian and other Pacific Islander alone , 2% from two or more races. 4.7 % of the population is Hispanic or Latino (19).

The population of the county remains primarily white with small numbers of multiple minority/ethnic populations. The majority of the residents speaking a primary language other than English at home are located in the northern part of the county. For example- the Shakopee school district reports 40 languages and dialects as the primary languages spoken among their students. Obtaining data on small numbers and highly diverse populations makes it difficult to focus on issues. The delivery of health care services that are culturally and linguistically appropriate is challenging (6).

Scott County residents currently without insurance: 4.6% of children without insurance, 8.4% of adults without insurance, creating a total of 7.1% of the population without health insurance. Individuals who are uninsured or underinsured receive less medical care. When they do receive care it has often been significantly delayed and their condition and final outcome is worse.

Overall Health in the Community

According to the County Health Rankings, which uses numerous sources to give a snapshot of the health of each county when compared to other counties in the state, Scott County ranks very well. The 2014 County Health Rankings rank Scott County 11th overall for health outcomes and 5th overall for health behaviors. However, according to this source: 8% are uninsured, 9% rank their health as fair or poor, 13% of adults smoke, 24% of adults are obese and 19% of adults are physically inactive. All of these rates are at least slightly better than the state averages (13, 21).

Scott County participated in the Metro Adult Health Survey in 2010. This survey provided high quality data on health behaviors broken down by characteristics such as age, income, education, and area of residence. Body Mass Index obtained through standard calculation indicated that 40 % of Scott County respondents were overweight with an additional 20 % being obese. Current smokers were 12.4%, and an additional 26 % reported being former smokers. Moderate or vigorous activity (defined as 30 or more minutes of moderate activity per day, 5 or more days per week or 20 or more minutes of vigorous activity per day for 3 or more days per week) was attained by 55% of respondents. (17)

The Women, Infants and Children program is administered through the Community Action Program in Scott County. The Women, Infants and Children program serves about 800 clients each month and has several resources in place to support breastfeeding, healthy eating, physical activity, and tobacco cessation. A Women, Infants and Children program garden is a model that staff uses to demonstrate how to grow and harvest produce for their families.

Two hospitals and fourteen primary medical clinics serve the county. The Shakopee Mdewakanton Sioux (Dakota) Community Tribal Health clinic provides care for members and Native Americans living in Scott County and surrounding communities. Mental Health services are offered through the Scott County Mental Health Center, Shakopee Mdewakanton Sioux (Dakota) Community Behavioral Health, the Allina Clinic Shakopee, Behavioral Health Services Incorporated in Shakopee and other facilities in surrounding areas. There are no mental health inpatient services in the county.

Planning Process

All local public health agencies in Minnesota are required to assess their community, identify public health priorities, and create an action plan using local resources. The Local Public Health Assessment and Planning process includes two assessments: The organizational self-assessment and a community health assessment.

The Community Health Assessment process included information collected during public forums in each community in 2011, discussions within the Scott County Health Care Systems Collaborative, data review from the 2010 Metro Adult Health Survey (17), data from a 2013 survey on mental health issues and data from the Scott County Health Matters Community Health Assessment 2014 (1), developed for the Scott County State Health Improvement Program Grant. The Community Health Improvement Plan is based on the priorities identified in the community assessments.

The Community Health Forums held in 2011 consisted of Public Health staff and the County Commissioners (who serve as the Scott County Community Health Board) from the jurisdiction meeting with citizens (who were invited via advertisement in community paper), community leaders (invited by letters from the Community Health Board) of the seven cities in Scott County. Scott County data on four health topics: sexually transmitted diseases, alcohol use, chronic diseases and obesity, and early childhood intervention was shared at each forum and structured questions to gain input related to public health's role and public health measures to implement was discussed.

The Scott County Healthcare Collaborative was formed in 2012 and consists of health plans, hospitals, clinics and public health. Each entity provided their community health priorities based on current data each had collected. The collaborative used this data to choose three priorities to work on together to impact the health of Scott County citizens. The 3 areas chosen to concentrate mutual efforts were mental health, chronic diseases and obesity, and access to health care in the county. The Collaborative's Mental Health Subgroup determined that they needed more data from practitioners in the Scott County and information was collected by them in 2013. The chronic disease and obesity efforts of this group are being addressed through the Scott County Statewide Health Improvement Community Leadership team.

The Scott County Statewide Health Improvement Program Community Leadership Team was formed to advise Scott County Public Health on strategies for reducing chronic disease and obesity. This leadership team is made up of community leaders, front line agencies who work with citizens related to food, physical activities and citizens. This group reviewed the Scott County Health Matters Community Health

Assessment 2014 (1), which includes data collected through the Metro Adult Health Survey (17), the MN Student Survey (9), County Health rankings, Women Infants and Children program data. This leadership group reviewed strategy recommendations related to prevention of chronic diseases and obesity in the Healthy Minnesota 2020 Framework- Statewide Health Improvement Framework (10). The leadership group then reviewed existing county assets and resources in order to recommend strategies for Public Health and community partners to address issues identified in Scott County. The leadership team continues to advice on the actual implementation of strategies.

The Community Health Steering Committee is composed of a cross section of public health professionals within the Scott County Public Health department. This steering committee was formed to reviewed a variety of data from the above assessments/groups and consolidate the information into the Community Health Improvement Plan. The committee went through a multi-step process to identify priorities and the strategies to include in this plan. Six priority health issues were identified from the Community Health Assessments. The top community health issues identified include:

- Strengthen Early Identification of Infants and Toddlers: Healthy Development
- Mental Health
- Chronic Disease Prevention: Through Healthy Eating and Physical Activity
- Sexually Transmitted Infections
- Teen Alcohol Use
- Exposure to Second Hand Smoke

The following criteria were used to prioritize these issues:

- Number of people impacted
- Significant data shows high incidence or prevalence
- Impacts high risk populations:
 - Elderly
 - Lower social/economic status
 - Disabled
 - Limited English proficiency
 - Children
 - Racial/ethnic minorities
- No one else is doing the work
- Return on investment
- Resources available
- Political will
- Community support
- Existing financial support

Prioritize Among the Six Health Issues

Each member of the committee compared health issues then chose the highest priority using a standardized tool. Results of the individual prioritization were combined and the top three health issues were identified.

The three top health issues identified were:

- **Chronic Disease Prevention: Through Healthy Eating and Physical Activity**
- **Identifying At Risk Infants and Toddlers: Healthy Development**
- **Mental Health: Healthy Communities**

The Community Health Steering Committee then reviewed current work that is being done in Public Health related to the three top issues. Through a process of brainstorming and voting, additional strategies were then determined for the issues of Mental Health and for Identification of at risk Infants and Toddlers: Healthy Development. Both of these priorities support the Healthy Minnesota 2010 themes of capitalizing on the opportunity to influence health in early childhood and assuring that the opportunity to be healthy is available everywhere and for everybody (10).

The Community Health Steering Committee determined that the strategies developed for the Scott County State Health Improvement Program (SHIP) grant would be used for the Chronic Disease Prevention: Through Healthy Eating and Physical Activity section of the plan. The detailed strategies in this plan are the recommendations of the Scott County Statewide Health Improvement Community Leadership team.

The rest of this document is organized by the three priority areas identified: Chronic Disease Prevention: Through Healthy Eating and Physical Activity, Identifying At Risk Infants and Toddlers: Healthy Development, and Mental Health: Healthy Communities. Each priority starts with discussion of the data from the Community Assessment review that supports the importance of the priority to the community. Each section then describes the Public Health Action plan for the identified issues.

Priority One: Chronic Disease Prevention: Through Healthy Eating and Physical Activity

Background: Why this is important

Chronic diseases, including heart disease, stroke, cancer and diabetes are among the most common and most costly diseases, accounting for about 7 out of 10 deaths in the United States. In addition, the long course of some chronic health problems leads to further debilitation and reduced quality of life. Healthy behaviors, such as nutritious foods and physical activity can be significant in preventing disease and controlling its complications.

Sixty-seven percent of deaths of Scott County residents are due to chronic diseases (1). The top 5 of these diseases are cancer, heart disease, stroke, chronic respiratory disease, and diabetes. Research has shown that as weight increases to reach the levels referred to as "overweight" and "obesity,"* the risk for the following conditions also increases:

- Coronary heart disease.
- Type 2 diabetes.
- Cancers (endometrial, breast, and colon).
- Hypertension (high blood pressure).
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides).
- Stroke.
- Liver and Gallbladder disease.
- Sleep apnea and respiratory problems.
- Osteoarthritis (a degeneration of cartilage and its underlying bone within a joint).
- Gynecological problems (abnormal menses, infertility).

*Overweight is defined as a body mass index of 25 or higher; obesity is defined as a body mass index of 30 or higher

Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death (3).

Why is this important to Scott County?

Adult Health Status - Metro Adult Health Survey (17)

The Metro Adult Health Survey was conducted as a random sample mail and telephone survey of adult Scott County residents between April and September 2010. The data collection was the first of its kind in Scott County, as the data was scientifically drawn directly from residents of the county.

| Core Issue | Scott County Data |
|---------------------------------------------------------------------------------------------------|-------------------------------------------------|
| Weight Status According to Body Mass Index | Overweight, not obese - 40% Obese - 20% |
| Physical Activity: 20 or more minutes of vigorous activity per day 3 or more days per week | Meets requirements - 33% |
| Told they had high blood pressure or were borderline | 32% |
| Told they had high cholesterol | 25% |
| Told they had diabetes | 4.1% |
| Smoking Status | Current Smoker - 12.4% Former Smoker - 26.0% |

Adolescent Health Status:

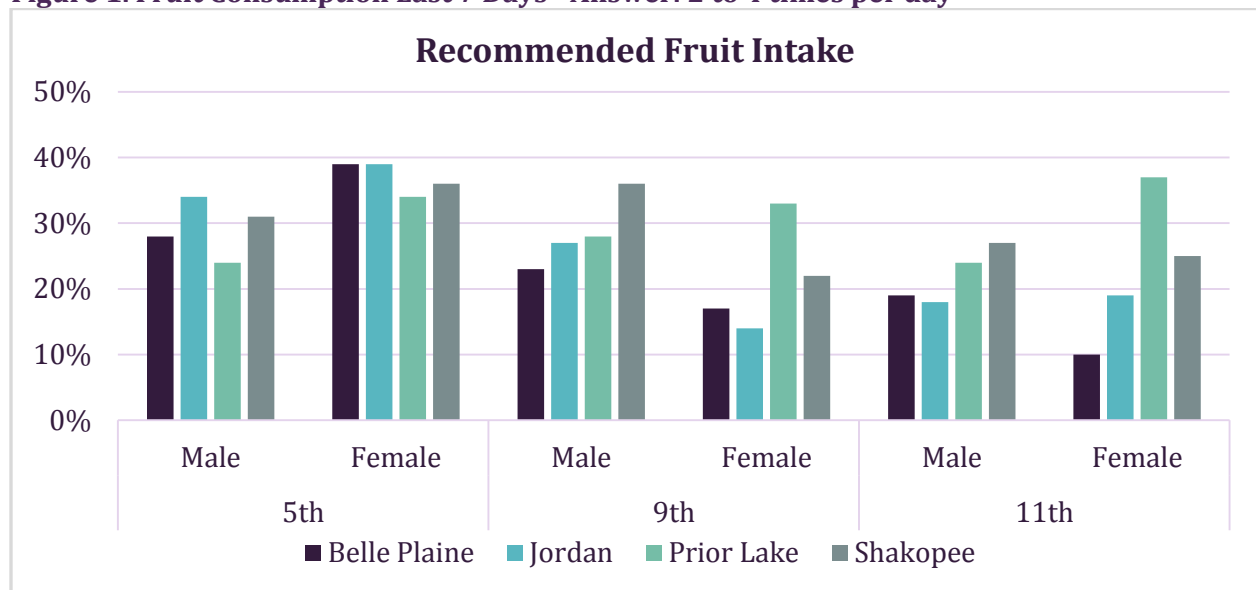
Four of the five school districts in Scott County participated in the 2013 Minnesota Student Survey (9). The Minnesota Student Survey is conducted every three years and includes questions related to many factors including diet, physical activity, tobacco/substance use, and weight. The following tables and charts demonstrate some comparisons among the four districts.

Body Mass Index Trend: As detailed in the figure below, while there were no substantial differences between 2010 and 2013, unhealthy body weight decreased among 9th grade males, but increased slightly among 9th grade females in Scott County from 2010 to 2013 (Table 1).

Table 1. Body Mass Index Trend in Ninth Graders

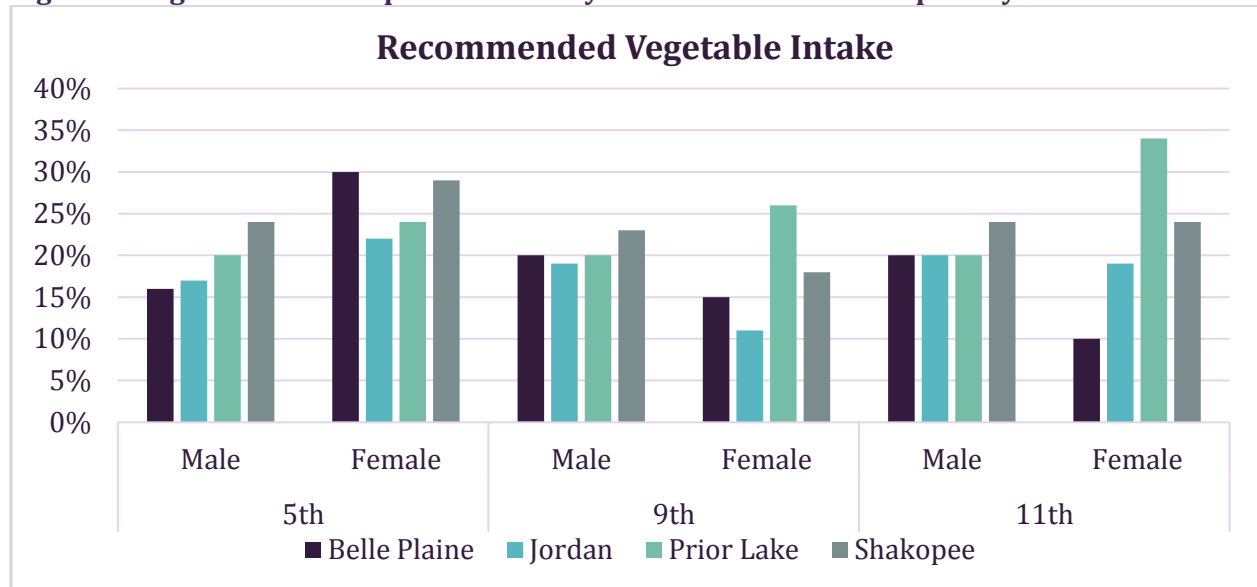
| | 2010 | | 2013 | |
|----------------|-----------------------|--------|-----------------------|--------|
| | 9 th Grade | | 9 th Grade | |
| | Male | Female | Male | Female |
| Not Overweight | 72% | 85% | 75% | 83% |
| Overweight | 17% | 11% | 15% | 12% |
| Obese | 11% | 4% | 10% | 5% |

Figure 1. Fruit Consumption Last 7 Days - Answer: 2 to 4 times per day



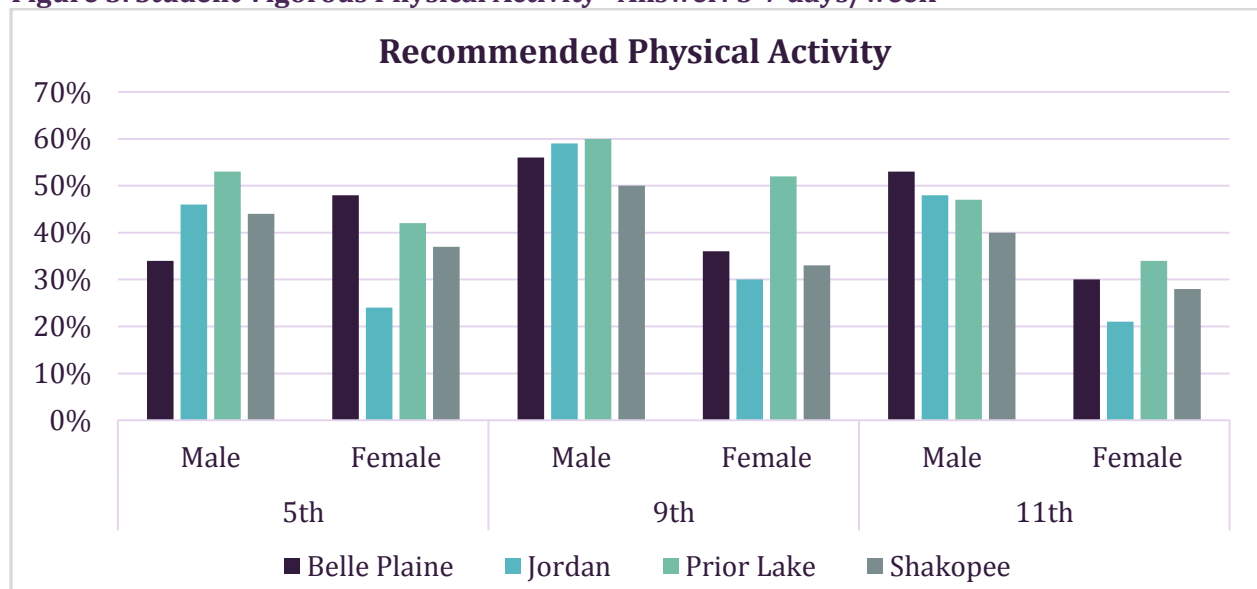
Generally, fruit consumption among Scott County students has increased since 2010, however numbers are concerning across the board as less than 40 % are getting the recommended servings of fruit per day.

Figure 2. Vegetable Consumption Last 7 Days –Answer: 2 to 4 times per day



Generally, vegetable consumption (2 – 4 times per day) among Scott County students is very low at less than 35% across the board.

Figure 3. Student Vigorous Physical Activity –Answer: 5-7 days/week



Overall less than 60% of students are meeting recommended physical activity with female students having lower rates than male students.

More students in Belle Plaine and Jordan indicated that they were obese or overweight using standard calculations of self-reported height and weight. Children in these same

communities indicated that they eat fewer fruits and vegetables. In addition, Jordan females appear to have the lowest rates of physical activity across all age groups surveyed.

Community Perception/Need:

In community forums held in 2011, participants were more aware of media, educational, and promotion activities to address this problem. How to motivate people was the most perplexing question. Most discussion focused on schools, activities outside of school, and the role of parents. Attendees did not voice thoughts regarding change at the policy and systems level.

Public Health Action Plan:

Vision: Reduce chronic disease associated with obesity, by increasing access and availability to fruits, vegetables and physical activity for all residents.

| SCHOOLS | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|--------------------------------------------------------------------------------------------------------------|
| Goal: | | |
| <ul style="list-style-type: none"> Increased access and availability of fruits, vegetables and physical activity to school aged children. | | |
| Measurable: | | |
| <ul style="list-style-type: none"> Increase Student Fruit & Vegetable Intake 10% by 2019 Increase Students Meeting Recommendation for Physical Activity by 10% by 2019 Increase Healthy Weight by 10% by 2019 | | |
| Baseline: | | |
| <ul style="list-style-type: none"> 28% of students meeting recommended fruit intake (2 or more servings per day) and 22% of students meeting recommended vegetable intake (2 servings per day) (2013 Minnesota Student Survey)(9) 44% of students meeting recommended amount of physical activity (at least 60 minutes per day for 5 or more days/week)(2013 Minnesota Student Survey) (9) 81 % of students are at a healthy weight (2013 Minnesota Student Survey)(9) | | |
| STRATEGY | TIMEFRAME | PARTNERS |
| School districts will implement policy, system and environmental changes to increase access and availability of fruits and vegetables | 2015-2019 | <ul style="list-style-type: none"> Scott County Public Health Local school districts |
| School districts will implement policy, system and environmental changes to decrease access and availability of foods high in saturated fats, salt and/or added sugar | 2015-2019 | <ul style="list-style-type: none"> Scott County Public Health Local school districts |
| School districts will implement policy, system and environmental changes to increase access and availability of physical activity before, during and/or after school | 2015-2019 | <ul style="list-style-type: none"> Scott County Public Health Local school districts |

COMMUNITY-CHILD CARE

Goal:

- Increased access and availability of fruits, vegetables and physical activity for children aged 0-5.
- Increased support for a breastfeeding mother in the child care setting.

Measurable:

- Increase fruit and vegetable intake 10% by 2019
- Increase children meeting recommended amount of physical activity 10% by 2019
- Increase the percent of mothers who breastfeed 6 months 10% by 2019 (47%)
- Increase the percent of mothers who breastfeed 12 months 10% by 2019 (21%)

Baseline:

- 37.4% of mothers who breastfeed 6 months (2013 Minnesota Women, Infant and Children Program Information System) (12)
- 11% of mothers who breastfeed 12 months (2013 Minnesota Women, Infant and Children Program Information System) (12)

(TARGET POPULATION: Child Care Providers Serving Low-Income Families.)

| STRATEGY | TIMEFRAME | PARTNERS |
|------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Child care programs will implement policy, system and environmental changes to increase access to fruits and vegetables. | 2015-2019 | <ul style="list-style-type: none"> • Scott County Public Health • Local child care providers • Local child care provider resource organizations (Providers Choice) • Scott County Child Care Licensing |
| Child care programs will implement policy, system and environmental changes to decrease access to foods high in saturated fat, salt and added sugar. | 2015-2019 | <ul style="list-style-type: none"> • Scott County Public Health • Local child care providers • Local child care provider resource organizations (Providers Choice) • Scott County Child Care Licensing |
| Child care programs will implement policy, system and environmental changes to support breastfeeding mothers. | 2015-2019 | <ul style="list-style-type: none"> • Scott County Public Health • Local child care providers • Local child care provider resource organizations (Providers Choice) • Scott County Child Care Licensing |

COMMUNITY-ACTIVE LIVING

Goal:

- Increase access to physical activity opportunities.

Measurable:

- Increase the percent of adults who are at a normal weight 10% by 2019
- Increase the percent of adults who get the recommended amount of physical activity by 10% by 2019

Baseline:

- 55% of Scott County adults meeting recommended moderate or vigorous activity levels (2010 Metro Adult Health Survey)(9)
- 40% of Scott County adults are at a healthy weight using standard BMI measures. (2010 Metro Adult Health Survey)(9)

(TARGET POPULATION: Low-income residents and residents age 60 years or older.)

| STRATEGY | TIMEFRAME | PARTNERS |
|--------------------------------------------------------------------------------------------------------------------------------------|-----------|--------------------------------------------------------------------------------------------------------|
| Communities will implement policy, system and environmental changes to improve walkability and bikeability throughout the community. | 2015-2019 | <ul style="list-style-type: none"> • Scott County Public Health • Local cities |

COMMUNITY-HEALTHY EATING

Goal:

- Increase access and availability of healthy, nutritious foods in the community.

Measurable:

- Increase the pounds of fruits and vegetables available at local food shelves 10% by 2019 (30,720 lbs.)
- Increase the percent of adults who are at a healthy weight by 10 % by 2019
- Increase the percent of adults who get 3-4 servings of vegetables daily 10% by 2019
- Increase the percent of adults who get 3-4 servings of fruit daily 10 % by 2019

Baseline:

- 27,927 lbs. (Food Shelf Data from Belle Plaine Food Shelf and Peace Center Food Shelf)
- 40% of Scott County adults are at a healthy weight using standard Body Mass Index measures (2010 Metro Adult Health Survey)(9)
- 28.8% of Scott County adults had 3-4 servings of vegetables daily (2010 Metro Adult Health Survey)(9)
- 29.4% of Scott County adults had 3-4 servings of fruits daily (2010 Metro Adult Health Survey)(9)

(TARGET POPULATION): Low-income residents and residents age 60 years or older.

| STRATEGY | TIMEFRAME | PARTNERS |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Local Food Shelves will increase access and implement policy, system and environmental changes to availability of fruits and vegetables | 2015-2019 | <ul style="list-style-type: none"> • Scott County Public Health • Local food shelves • U of MN –Extension • Three Rivers Park District |
| Local food shelves will implement policy, system and environmental changes to decrease access and availability of foods high in saturated fat, salt and added sugars | 2015-2019 | <ul style="list-style-type: none"> • Scott County Public Health • Local food shelves • University of Minnesota –Extension |

COMMUNITY-WORKSITES

Goal:

- Increase worksites that have a worksite wellness program focusing on healthy eating, physical activity, supporting a breastfeeding mother and reducing tobacco use/exposure.

Measurable:

- Increase the percent of adults who are at a normal weight 10% by 2019
- Increase the percent of adults who get the recommended amount of physical activity by 10% by 2019
- Increase the percent of adults who get 3-4 servings of vegetables daily 10% by 2019
- Increase the percent of adults who get 3-4 servings of fruit daily 10 % by 2019
- Increase the percent of mothers who breastfeed 6 months 10% by 2019 (47%)
- Increase the percent of mothers who breastfeed 12 months 10% by 2019 (21%)

Baseline:

- 40% of Scott County adults are at a healthy weight using standard Body Mass Index measures (2010 Metro Adult Health Survey)
- 37.4% of mothers who breastfeed 6 months (2013 Minnesota Women, Infant and Children Program Information System)(12)
- 11% of mothers breastfeed 12 months (2013 Minnesota Women, Infant and Children Program Information System)(12)
- 28.8% of Scott County adults had 3-4 servings of vegetables daily (2010 Metro Adult Health Survey)(9)
- 29.4% of Scott County adults had 3-4 servings of fruits daily (2010 Metro Adult Health Survey)(9)

(TARGET POPULATION: low-income residents and residents age 60 years or older.)

| STRATEGY | TIMEFRAME | PARTNERS |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|--------------------------------------------------------------------------------------------------------------------------|
| <p>Worksites will implement policy, system and environmental changes to increase access and availability to fruits and vegetables and decrease access and availability to foods high in saturated fat, salt and added sugar in the workplace.</p> | <p>2015-2019</p> | <ul style="list-style-type: none"> • Scott County Public Health • Local businesses/organizations |
| <p>Worksites will in implement policy, system and environmental changes to increase opportunities for physical activity during in the workplace</p> | <p>2015-2019</p> | <ul style="list-style-type: none"> • Scott County Public Health • Local businesses/organizations |
| <p>Worksites will implement policy, system and environmental changes to increase support for a breastfeeding mother returning to work</p> | <p>2015-2019</p> | <ul style="list-style-type: none"> • Scott County Public Health • Local businesses/organizations |

Priority 2: Identifying At Risk Infants and Toddlers: Healthy Development

Background

From pregnancy through the first years of life, all the environments in which children live and learn as well as the quality of their relationships with adults and caregivers have a significant impact on their ability to learn, their physical and emotional health and how they interact with others. Prenatal and infant health establishes the foundation for growth and development and is dependent on the context of family, culture, and community.

Health in young children is created through the makeup of parental genes, economic stability, adequate housing, food, and provision of levels of education; which are often referred to as the social determinants of health. While brain architecture is being constructed prenatally and in young infants, early adverse experiences including poverty, abuse, neglect, and lack of adequate food can weaken brain structure and permanently alter or disrupt normal development. Toxic stress and adversity within the prenatal to age three timeframe are major contributors to a multigenerational cycle of stress, poverty, educational problems and future disease for young children. As a child ages, the ability to mold the brain decreases making the ages of 0-3 a highly important time to identify delays and recommend services available to support children in achieving healthy development. (2, 11).

The use of consistent and continuous screening tests and surveys can be used and shared by parents and professionals to identify and address stressors and health concerns early. This can be an efficient and cost effective way to connect families to services to minimize childhood adverse experiences that lead to chronic lifetime health conditions/behaviors.

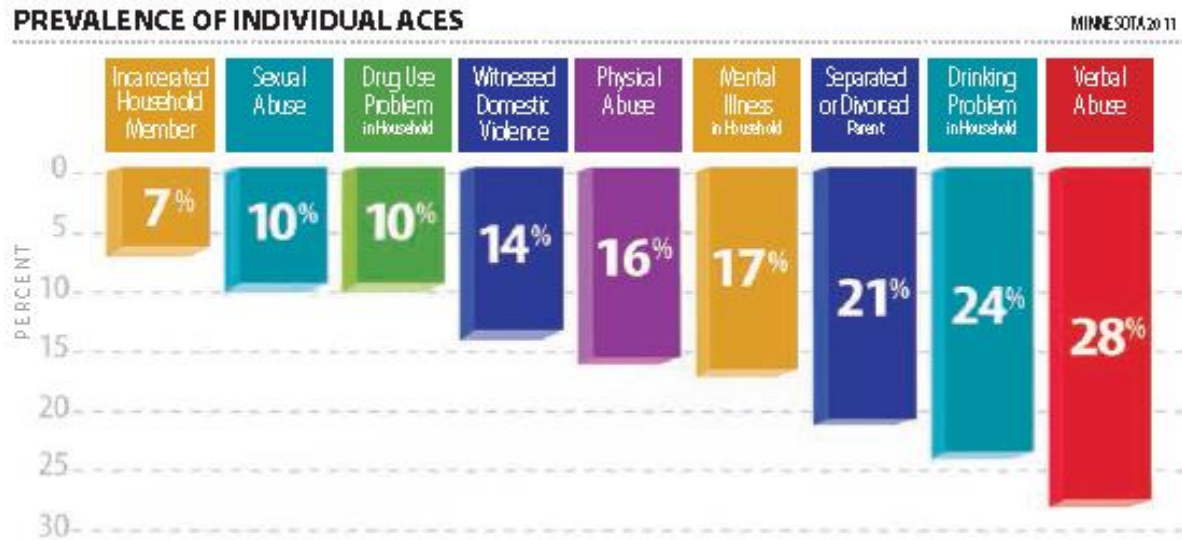
Why is this important to Scott County?

“Many of our most intractable public health problems are the result of compensatory behaviors such as smoking, overeating, high risk sexual behavior, and alcohol and drug use, which provides immediate relief from emotional problems caused by traumatic childhood experiences.” Felitti, V. The impact of Early Life Trauma on Health and Disease: The Hidden Epidemic (4).

Adverse childhood experiences (ACEs) have been studied among Minnesota adults, and have been found to be common. Over half of Minnesotans responding to questions about adverse childhood experiences reported at least one adverse event in childhood with the 5 most common being emotional abuse, problem drinking, separation or divorce, mental

illness, and physical abuse. Adverse childhood experiences are more common among those who did not graduate from high school, are unmarried, rent rather than own, are unemployed, or worry about paying rent/the mortgage or buying food (7).

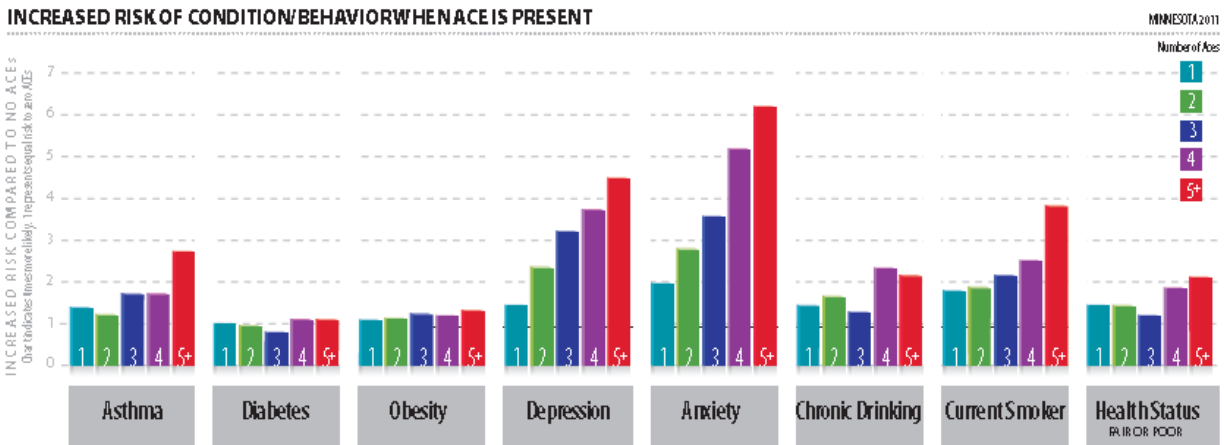
Figure 4. Prevalence of Individual - Adverse Childhood Experiences Minnesota 2011



The ACE score is a measure of cumulative exposure to particular adverse childhood conditions. Exposure to any single ACE condition is counted as one point. If the person experienced none of the conditions in childhood the score is zero. Points are then totaled for a final ACE score. It is important to note that the ACE score does not capture the frequency or severity of any given ACE in a person's life, instead focusing on the number of ACE conditions experienced. In addition, the ACE conditions used in this ACE study reflect only a select list of experiences.

Adverse childhood experiences frequently occur together, and have a strong cumulative impact on the health and functioning of children and adults. For those with at least one adverse event, 60% have two or more adverse events, and 15% have five or more. Figure 5 below shows the increased risk of a health condition or behavior when an adverse childhood experience is present for adults. Scientific research has demonstrated that the earliest possible identification and intervention has improved childhood well-being building self-sufficiency in adulthood (7).

Figure 5.- Increased risk of condition/behavior when an Adverse Childhood Experience is present in Minnesota, 2011



Community Perception/Need:

In community forums held in 7 communities in 2011, early childhood intervention was discussed. The Community focused mostly on the need to do more outreach and teach parenting skills. There were many good ideas suggested including:

- Providing information to families on healthy growth and development (including using incentives)
- Parenting classes,
- Working with clinics and health care providers,
- Materials at libraries,
- Promotion of healthy growth and development websites,
- Community education and
- Acquiring funding for pre-school activities at day care.

Public Health Action Plan:

Vision: Every child, from before birth to age 3 in Scott County will thrive in their family and community and achieve their full potential regardless of race, income or geography.

Goals:

- Increase screening of children (0-3) for developmental concerns to connect to services that reduce effects of adverse childhood experiences.
- Increase the use of a standardized set of questions in prenatal families to identify adverse childhood experiences.

Measurable:

- Increase the number of children identified with development concern using a reliable set of questions and referred to Help Me Grow (a program for children ages 0-5 who are eligible for early intervention for developmental delays) and/or medical care by 2%.

Baseline:

- Total number of births to Scott County families in 2012-2014 = 5,805 (13).
- Percentage of children 0-3 years identified with developmental concern using a reliable set of questions and referred to Help Me Grow = 3.8%

| STRATEGY | TIMEFRAME | PARTNERS |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Build a communication strategy about reducing and preventing Adverse Childhood Experiences through:</p> <ul style="list-style-type: none"> • Increasing parental knowledge regarding safety practices in homes (fall prevention, violence in the home, Sudden Infant Death Syndrome, Shaken Baby syndrome and lead exposure). • Increasing the use of a reliable set of questions to identify growth and development concerns. | <p>2015-2019</p> | <ul style="list-style-type: none"> • Scott County Public Health • Minnesota Department of Health • Scott County Health Care Providers • Community Action Program • Women Infants and Children Program • Parents • Early Childhood and Family Education • Mental Health Care Providers <ul style="list-style-type: none"> • Scott County Public Health • Licensed Child Care (Home and Centers) • Scott County Health Care Providers • Community Action Program • Women Infants and Children Program |

| | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Increase social marketing messages to promote parental knowledge of healthy developmental/social emotional milestones. • Increase communication /partnership to do prenatal screening for high risk behaviors associated with Adverse Childhood Experiences • Increase understanding of the impact of drug, alcohol and tobacco use during pregnancy through social marketing | | <ul style="list-style-type: none"> • Parents • Early Childhood and Family Education • River Valley Nursing Center • Scott County Public Health • Help Me Grow- Interagency Early Intervention Committee • Scott County Library System • Licensed Child Care (Home and Centers) • Infant Supply Businesses • Health Care Providers • Scott County Public Health • Minnesota Department of Health • Minnesota Department of Education • Scott County Health Care Providers • Women, Infants and Children Program • River Valley Nursing Center • Women Infants and Children Program • Mental Health Care Providers • Scott County Public Health • Minnesota Department of Health • Minnesota Organization of Fetal Alcohol Syndrome • Women Infants and Children Program |
| <p>Increase awareness and understanding of the impact of Adverse Childhood Experiences within agencies that serve children/families.</p> | <p>2015-2019</p> | <ul style="list-style-type: none"> • Scott County Public Health • Minnesota Department of Health • Scott County Licensed Child Care (Home and Centers) • Women Infant and Children Program • Early Childhood Family Education |
| <p>Increase social connectedness, and facilitate access to family</p> | <p>2015-2019</p> | |

| | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>supports services:</p> <ul style="list-style-type: none"> • Promote early detection of delays using a reliable set of questions. • Promote age appropriate support services. <ul style="list-style-type: none"> • Promote partner referral of families with adverse childhood experiences for family home visiting programs | | <ul style="list-style-type: none"> • Scott County Public Health • Minnesota Department of Health • Community Action Program • Women Infant and Children Program • Mental Health Care Providers • Scott County Food Shelves, • Early Childhood and Family Education • River Valley YMCA • Scott County Library System • Scott County Licensed Child Care (Home and Center) • River Valley Nursing Center <ul style="list-style-type: none"> • Scott County Public Health • Scott County Health Care Providers • Women Infant and Children Program • River Valley Nursing Center • Scott County Human Services |
| <p>Build collaborative leadership to form vision and support change</p> | <p>2015-2019</p> | <ul style="list-style-type: none"> • Scott County Public Health • Minnesota Department of Health • Interagency Early Intervention Committee • Scott County Health Care Providers • Scott County Health Care System Collaborative • Mental Health Care Providers • Women Infant and Children Program • Scott County Human Services |

Priority 3: Mental Health: Healthy Communities

Background:

The Scott County Health Care Systems Collaborative was formed in 2012 with the vision to create a healthier community by connecting identified community needs with community resources. Members have included public and private health care agencies, health plans, schools, and other community partners.

The Collaborative reviewed all Community Health Needs Assessments done by local hospitals, health plans and local public health. Mental Health was found to be the highest health care need or gap, and a common priority for all partners. Mental health care was high in demand for youth, teens and seniors.

Findings from a number of recent national studies indicate that adults with a serious and persistent mental illness are dying, on the average, 25 years earlier than the general population. The leading causes of these premature deaths are heart and lung disease, diabetes and cancer (8).

Why is this important to Scott County?

The Collaborative elected to survey local health care/mental health care providers and other community partners between July and Sept 2013. Key findings of the survey included:

- Lack of time and inadequate training as top barriers to screening for medical providers.
- Providers who are licensed to prescribe medication for mental health conditions refer for additional assessment and therapy less often than the expected standard of care.
- Mental health providers see lack of family support as the primary barrier to mental health referral. Emergency Room staff reported lacking the time to process referrals.
- In general, all respondents saw the lack of funding, lack of resources, and patient lack of awareness of their mental health issues as nearly equal barriers to receiving care.

The survey confirmed mental health as a priority, and specifically identified New Prague as an area of need due to distance to resources.

Community Perception/Need:

The Collaborative discussed many local issues related to mental health care - the lack of local inpatient beds and a long wait time for inpatient care, lack of transportation, increased social worker hours and chemical health support in specific schools, special needs with senior facilities and cultural groups, and the lack of communication between care providers. The discussions have added to the learning of collaborative members with many finding they were unaware of local resources.

Public Health Action Plan:

The Collaborative’s first initiative has been to create a resource grid of essential information regarding all mental health providers and their services in Scott County (14). This guide will be distributed to medical providers, schools, social services agencies and other community partners. It will be stored on the Scott County Public Health website, and will be updated quarterly.

Vision: Scott County citizens will have access to mental health services as needed in order to thrive in our community.

| | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Goal: | | |
| <ul style="list-style-type: none"> • Increase referral rates for additional assessment and therapy. | | |
| Measurable: | | |
| <ul style="list-style-type: none"> • 5% increase in referrals for additional assessment and therapy | | |
| Baseline: | | |
| Scott County Mental Health Survey (2013)(unpublished data): <ul style="list-style-type: none"> • Refer for additional assessment – 48% of patients (all respondents) • Refer for therapy – 39% of patients (all respondents) • Refer for additional assessment – 69% of patients (prescriber referral rate) • Refer for therapy – 60% of patients (prescriber referral rate) | | |
| STRATEGY | TIMEFRAME | PARTNERS |
| Develop resource/referral list of mental health resources (including free and low cost/sliding fee scale care and support groups) based on existing resource lists from the National Alliance for Mental Illness First Aid Book, the sub-committee and the mental health | Dec 2014 | <ul style="list-style-type: none"> • Scott County Health Care System Collaborative- Mental Health Sub-Committee • Scott County Public Health • Mental Health Center |

| | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>center.</p> <p>Post resource/referral list to website, and promote use of tool by all health care and social service providers.</p> | <p>Feb 2015</p> | <ul style="list-style-type: none"> • Scott County Health Care System Collaborative- Mental Health Subcommittee • Scott County Public Health • Mental Health Center |
| <p>Re-survey agencies that participated in the 2013 Mental Health Survey.</p> | <p>Nov/De2015</p> | <ul style="list-style-type: none"> • Scott County Health Care System Collaborative- Mental Health Subcommittee • Scott County Public Health • Mental Health Center |
| <p>Evaluate new referral rates following dissemination of resource list.</p> | <p>Jan - Mar 2016</p> | <ul style="list-style-type: none"> • Scott County Health Care System Collaborative- Mental Health Subcommittee • Scott County Public Health • Mental Health Center |

Summary

Scott County Public Health Department convened, facilitated and participated in the Community Health Improvement Planning (CHIP) process. Based on the data from the Community Health Assessment, Scott County Public Health Department identified three priority issue areas for the CHIP:

- Chronic Disease Prevention: Through Healthy Eating and Physical Activity
- Identifying At Risk Infants and Toddlers: Healthy Development
- Mental Health: Healthy Communities

The Community Health Improvement Plan describes the strategies for each identified community health issue. It describes partners in planning and strategy development as well as implementation. This plan will be adapted as new data becomes available as strategies are implemented.

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Community Health Steering Committee

- Merrilee Brown, Scott County Public Health*
- Gretchen Etzler, Scott County Public Health*
- Tiffany Heath, Scott County Public Health*
- Noreen Kleinfehn-Wald, Scott County Public Health*
- Barbara Ottinger, Scott County Public Health*
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- Mary Erickson, River Valley YMCA*
- Gretchen Etzler, Scott County Public Health*
- Matt Helgerson, Jordan School District*
- Jerry Hennen, Community Member*
- Anna Herrmann, Mayo Clinic Health System, New Prague*
- Noreen Kleinfehn-Wald, Scott County Public Health*
- Mary Kramasz, Scott County Agricultural Society*
- Beth Loechler, Families and Individual's Sharing Hope*
- Libby Lincoln, Park Nicollet Foundation*
- Dave Menden, Scott County Commissioner*
- Jane Peterson, Shakopee Mdewakanton Sioux Community - Shakopee Dakota Clinic*
- Lori Pint, Farm Advisory Board*
- Maria Quiroz, Jordan School District
- Victoria Ranua, Shakopee Mdewakanton Sioux Community
- Claire Robling, Scott County Legislative and Communications Coordinator*
- Tamara Severtson, St. Francis Regional Medical Center*
- Pete Shutrop, Scott County Agricultural Society*
- Linda Schwichtenberg, Scott County Public Health*
- Jenna Tuma, Three Rivers Park District*

- Michael Wilcox, MD, Scott County Medical Director*
- Gloria Wolf, University of Minnesota Extension Office*
- Laurie Wolf, Scott County Child Care Licensing*

Statewide Health Improvement Program Site Partners

- Belle Plaine Food Shelf*
- Belle Plaine School District*
- City of Belle Plaine*
- City of New Prague*
- City of Shakopee*
- Esperanza*
- Jordan School District*
- Peace Center Food Shelf*
- Raven Stream Elementary-New Prague School District*
- Southwest Metro Educational Cooperative*
- Scott County Government*

Scott County Health Care System Collaborative Team

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- Libby Lincoln, Park Nicollet Foundation*
- Lis Mc Carty, Medica*
- Kim McGovern, Scott County Public Health*
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- Lorie Reller, Scott County Health and Human Services*
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- Pam Selvig, Scott County Health and Human Services*
- Tamara Severtson, St. Francis Regional Medical Center*

- Linda Schwichtenberg, Scott County Public Health*
- Dr. Anthony Stately, Shakopee Mdewakanton Sioux Community*
- Jamie Stolee, St. Francis Regional Medical Center*

Scott County Public Health Community Forums 2011

- City of Belle Plaine
- City of Elko New Market
- City of Jordan
- City of New Prague
- City of Prior Lake
- City of Savage
- City of Shakopee

(*) Current Partners and Community Assets.

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