

PRIORITY 3: ENGAGE PRIORITY POPULATIONS

Goal Authentically engage single moms, people of color, and Indigenous people in determining strategies that reduce their barriers to optimal health. (Specific populations were included in this goal because they experience higher rates of poverty than the county average.)¹

Community Health Objectives	Baseline
By December 31, 2023, increase the percentage of Goodhue County adults who ate 5 or more servings of fruits and vegetables a day. Source: Goodhue Community Health Needs Assessment Survey	37% 2015
By 2022, decrease the percentage of Goodhue County 5 th grade males who did NOT eat any green salad, potatoes, carrots, or other vegetables in the last week. Source: MN Student Survey	17% 2016
By 2022, decrease the percentage of Goodhue County 5 th grade females who did NOT eat any green salad, potatoes, carrots, or other vegetables in the last week. Source: MN Student Survey	13% 2016
By 2022, decrease the proportion of Goodhue County 9 th graders on free or reduced price lunch who are overweight or obese. (For 9 th graders not on free or reduced, the percentage was 23% in 2016.)	43% 2016
By December 31, 2023, decrease the diabetes rate for Goodhue County adults with annual household incomes less than \$25,000. Source: Goodhue County Community Health Needs Assessment Survey	14% 2015
By December 31, 2023, decrease the diabetes rate for Goodhue County adults who are people of color. (The overall diabetes rate for Goodhue County adults in 2015 was 7%.)	14% 2015

Action Plan Objectives	Baseline
3-1a. In 2019, spend \$1,000 on supporting participation of low-income community members (e.g., childcare, transportation, meals, payment for time) in developing/revising CHIP strategies.	TBD
3-1b. In 2019, hold 3 meetings to engage food shelf clients in prioritizing, planning and piloting ways of increasing healthy, nutritious food at the Red Wing Area Food Shelf.	2 meetings 2018
3-1c. In 2019, engage Zumbrota area residents in planning and promoting I CAN Prevent Diabetes classes, and track number of changes in program planning (e.g. day, time, and location of class, identifying and addressing barriers to participation) influenced by community members.	TBD

Alignment with State/National Priorities

Healthy Minnesota 2022

- Priority 3: All can participate in decisions that shape health and well-being

Healthy People 2020

- D-16 Increase prevention behaviors in persons at high risk for diabetes with prediabetes
- NWS-10.3 Reduce the proportion of adolescents aged 12 to 19 years who are considered obese
- NWS-15 Increase the variety and contribution of vegetables to the diets of the population aged 2 years and older

National Prevention Strategy

- Healthy Eating Recommendation 1. Increase access to healthy and affordable foods
- Healthy Eating Recommendation 4. Help people recognize and make healthy food and beverage choices

¹Populations with higher rates of poverty than the county average (11%) according to the American Community Survey 2011-2015: female householder, no husband present (38%), Black (72%), Hispanic or Latino (19%), American Indian (44%).

Priority 3 Action Plan

Strategy 3-1 Authentically engage low-income audiences in selecting, planning, and implementing Live Well Goodhue County strategies

Engaging communities affected by health issues is a **practice-based and science-based** strategy (CDC, 2011). Authentically engaging with the community is included as one of six practices in the Minnesota Department of Health online Resource Library for Advancing Health Equity (Minnesota Department of Health, 2018). The Resource Library states, “Community history, wisdom, and knowledge is a critical source of information and experience that should be considered together with public health practice and evidence.” The Resource Library also refers to national public health standards 1.1, 1.2, 3.1, 4.1, 4.2, 5.1, 5.2, 6.1, and 7.1 (Public Health Accreditation Board, 2016).

Live Well Goodhue County’s mission is to improve the health of our residents by making it easier to be active, eat nutritious foods and live tobacco-free, so engagement will focus on strategies related to that mission:

- Red Wing Area Food Shelf clients and volunteers will select and pilot a strategy to increase access to healthy, nutritious foods based on ideas from two “Meet and Eats” organized by Live Well Goodhue County in 2018. The U.S. Dietary Guidelines provides an evidence-based approach to chronic disease prevention and recommend increasing access to fruits and vegetables and reducing access to sodium, added sugar, and saturated fat, while offering culturally desirable foods. (U.S. Department of Health and Human Services and U.S. Department of Agriculture, 2015).
- Zumbrota area seniors and food shelf participants will be invited to help with planning and participant recruitment for I CAN Prevent Diabetes (also known as National Diabetes Prevention Program). I CAN Prevent Diabetes is based on a randomized-control trial showing that changes in lifestyle such as losing 7% of bodyweight (about 15 lbs. if you weigh 200 lbs.) and exercising at least 150 minutes a week reduced type 2 diabetes risk among people at high risk (Knowler, et al., 2002). Many other studies have found the group program helped participants achieve desired lifestyle changes.

Action Plan Objectives	Activity	Target Date	Partners	Lead Person/ Organization Responsible	Progress Notes
3-1a. In 2019, spend \$1,000 on supporting participation of low-income community members (e.g., childcare, transportation, meals, payment for time) in developing/revising CHIP strategies.	Offer childcare, meals, and gift card incentives for attendance at Red Wing Area Food Shelf Increasing Healthy, Nutritious Food Meetings	January, March, and June 2019	Red Wing Food Shelf, First United Methodist Church	Live Well Goodhue County Coordinator, GCHHS	
	Provide healthy food and beverages to encourage attendance at “Stop Diabetes” Informational Meetings and “Are YOU at Risk” Screenings. Hold meetings and screenings where clients are and when they are there.	February & March, 2019	University of Minnesota Extension, Mayo Clinic Health System, Zumbrota Towers, Zumbrota Food Shelf, Pine Island Home Services/Senior Center, Pine Island Sharing Shelves, All Seasons Community Services	Live Well Goodhue County Coordinator, GCHHS	

Action Plan Objectives	Activity	Target Date	Partners	Lead Person/ Organization Responsible	Progress Notes
	Offer childcare, healthy food and beverages and gift cards to encourage attendance at Healthy Community Forums in each of our communities. The forums will include engaging residents about future strategies that fit their town.	October, 2019	Cities of Cannon Falls, Goodhue, Kenyon, Pine Island, Red Wing, Wanamingo, Zumbrota; Cannon Falls, Goodhue, Pine Island, Kenyon-Wanamingo, Zumbrota-Mazeppa School Districts; Mayo Clinic Health System; All Seasons Community Services, Cannon Falls Food Shelf, Pine Island Sharing Shelves, Red Wing Food Shelf, and Zumbrota Food Shelf	Live Well Goodhue County Coordinator, GCHHS	
3-1b. In 2019, hold 3 meetings to engage food shelf clients in prioritizing, planning and piloting ways of increasing healthy, nutritious food at the Red Wing Area Food Shelf.	Increasing healthy, nutritious food pilot meeting – Selection of pilot strategy to implement	January, 2019	Red Wing Area Food Shelf clients, board, and volunteers, First UMC, U of M Extension	Live Well Goodhue County Coordinator, GCHHS	
	Increasing healthy, nutritious food pilot meeting with Food Shelf Board – Approval of select pilot strategy	February, 2019	Red Wing Area Food Shelf Board	Live Well Goodhue County Coordinator, GCHHS	
	Increasing healthy, nutritious food pilot meeting - Develop action plan for pilot strategy implementation	March, 2019	Red Wing Area Food Shelf clients, board, and volunteers, First UMC, U of M Extension	Live Well Goodhue County Coordinator, GCHHS	
	Increasing healthy, nutritious food pilot meeting - Review results from pilot implementation and discuss additional options	June, 2019	Red Wing Area Food Shelf clients, board, and volunteers, First UMC, U of M Extension	Live Well Goodhue County Coordinator, GCHHS	
	Increasing healthy, nutritious food meeting with Food Shelf Board - Review results, approve strategy implementation or new pilot strategy	June, 2019	Red Wing Area Food Shelf Board	Live Well Goodhue County Coordinator, GCHHS	

Action Plan Objectives	Activity	Target Date	Partners	Lead Person/ Organization Responsible	Progress Notes
3-1c. In 2019, engage Zumbrota area residents in planning and promoting I CAN Prevent Diabetes classes, and track number of changes in program planning (e.g. day, time, and location of class, identifying and addressing barriers to participation) influenced by community members.	Stop Diabetes Presentation at Zumbrota Towers - Recruit residents to participate in stop diabetes awareness campaign planning	January, 2019	University of Minnesota Extension, Zumbrota Towers	Live Well Goodhue County Coordinator, GCHHS	
	Stop Diabetes Awareness Campaign Meeting - Identify local opportunities to host "Stop Diabetes" Informational Sessions and "Are YOU at Risk" engagement meetings	February, 2019	Will seek to meet with Zumbrota area residents who have low income or are at high risk for diabetes	Live Well Goodhue County Coordinator, GCHHS	
	Host "Stop Diabetes" Informational Sessions - Educate residents	February, 2019	Zumbrota Food Shelf, Pine Island Home Services/Senior Center, Pine Island Sharing Shelves, All Seasons Community Services	Live Well Goodhue County Coordinator, GCHHS	
	Host "Are YOU at Risk" Engagement Meetings - Recruit 4-8 low-income individuals for I CAN Prevent Diabetes class	March, 2019	Zumbrota Food Shelf, Pine Island Home Services/Senior Center, Pine Island Sharing Shelves, All Seasons Community Services	Live Well Goodhue County Coordinator, GCHHS	

Plans for Sustaining Action & Monitoring Implementation	Progress Notes
<p>Resources for Implementation</p> <ul style="list-style-type: none"> To support implementation of 3-1a in 2019, Goodhue County Health and Human Services will contribute up to \$500 in funding from Minnesota's Local Public Health Act and \$500 in funding from the Statewide Health Improvement Partnership (SHIP). Live Well Goodhue County (GCHHS), Red Wing Area Food Shelf, and First United Methodist Church provide staff/volunteer time, space, and funds for objective 3-1b. University of Minnesota Extension, Mayo Clinic Health System, and Live Well Goodhue County (GCHHS) provide staff and funding for 3-1c., I CAN Prevent Diabetes. Live Well Goodhue County is supported by the Statewide Health Improvement Partnership (SHIP) of Minnesota Department of Health (MDH). 	
<p>Participation of Stakeholders & Partners in Monitoring Implementation</p> <ul style="list-style-type: none"> Live Well Goodhue County Community Leadership Team will review action plan annually. The Community Health Assessment committee will receive an update at least annually. 	
<p>Process for Revising the Action Plan</p> <ul style="list-style-type: none"> Live Well Goodhue County Community Leadership Team will discuss and record revisions in meeting minutes annually. The Healthy Communities Supervisor and Live Well Goodhue County Coordinator will contact partners as needed for progress notes and pictures and draft revisions. 	

LIVE WELL GOODHUE COUNTY COMMUNITY LEADERSHIP TEAM Coordinator: David Anderson, GCHHS

Current Members	Organizational Affiliation
Elaine O’Keefe	Live Healthy Red Wing
Gene Leifeld	Community Member, Zumbrota
Ruth Greenslade	Goodhue County Health and Human Services
Jessica Kitzmann	Red Wing Housing and Redevelopment Authority
Kanko Akakpovi	University of Minnesota Extension
Katy Schuerman	Kenyon-Wanamingo Public Schools
Kim Wojcik	Red Wing Area Seniors, Inc.
Kirsten Ford	Focus Design
Laura Prink	United Way of Goodhue, Wabasha and Pierce Counties
Mike Melstad	Red Wing Family YMCA
Pam Horlitz	Mayo Clinic Health System in Cannon Falls, Lake City, Red Wing
Pastor Karl Rydholm	United Lutheran Church, Red Wing
Jessica Seide	Goodhue County Health and Human Services
Laura Smith	Goodhue County Health and Human Services
Teri Washburn	The Kenyon Leader
Yaneth Santiago	Community Member, Red Wing