

# Community Health Needs Assessment Accomplishments

CALENDAR YEAR 2019



## Obesity/Overweight

### Improve Nutrition Objectives:

- Decrease percentage of adults who are overweight/obese from 66% to 60%
- Decrease percentage of students who describe themselves as overweight/obese from 7-14% to 10%

### Strategies:

- Develop sustainable strategies that encourage residents to make healthy choices
- Increase access to healthy food choices
- Offer healthy menus in CRMC Culinary Services with nutrition information
- Provide healthy options in CRMC vending machines
- Offer National Diabetes Prevention Program classes
- Provide healthy food at community events
- Support Cuyuna Lakes Lunch Bunch with healthy food
- Financially support Cuyuna and Emily food shelves
- Provide nutrition education in Crosby-Ironton and Pequot schools
- Support Cuyuna Range Farmers Market
- Provide healthy food at Crosby's Music in the Park
- Provide healthy food at Crosby's Christmas in the Park

### Results to Date:

- Publish monthly Harvest of the Month
- Provide fruit and vegetable certificates to Crosby Food Shelf and School District
- Support Crosby Farmer's Market and Power of Produce program for youth
- Host Sprout fresh food market at Heartwood
- Launch Eating Well media campaign
- Rooty the carrot mascot at community events
- Cash donations to Emily, Crosby food shelves
- Provide food and volunteers for Cuyuna Lunch Bunch program
- Sponsor and distribute Operation Sandwich lunches for Brainerd youth
- Hold Living Well classes in January and September
- Healthy food stations/demonstrations at Music in the Park
- Dietitian presentations at Crosby-Ironton schools
- Lunch & Learns and Biggest Loser weigh ins at Graphic Packaging
- MIMIS Weight Loss support groups and seminars
- Sponsorship of Fishing to End Hunger

### Increase Activity Objectives:

- Decrease percentage of adults not meeting recommended physical activity (64.1% to 50%)
- Increase percentage of students who are physically active at least five of the past seven days (8.3%-31.2% to 25%)

### Strategies:

- Increase active living opportunities and active lifestyles
- Promote walking and bicycling
- Offer fitness activities at community events
- Sponsor and promote Cuyuna Triathlon
- Offer National Diabetes Prevention Program classes
- Support Cuyuna Range Youth Center Health Fair
- Encourage sit stand desks and walking meetings
- Sponsor are fun runs/walks

### Results to Date:

- Launch March the Mississippi community health challenge to encourage adults and youth to be active
- Provided two bicycles for CRMC staff to use during breaks
- Launched new CRMC employee wellness program including free yoga and TOPS group
- Sponsor Ranger Run program for Crosby-Ironton youth
- Provide obstacle course at Music in the Park event
- Sponsor Hallett Center ice skating rink
- Sponsor Cuyuna Triathlon
- Provide bike helmets to Crosby-Ironton students
- Hold Living Well classes in January and September
- Supplemented CRMC employees' Hallett Kids Camp tuition
- Sponsorship of Cuyuna Crusher, Sour Grapes Run, Cuyuna Range Bronco League baseball team and local High School & Elementary sports teams
- Cash donations to Brainerd Lakes YMCA, Brainerd Lakes Curling Club, Hallett Center of Crosby, Lakes Area Multisport group, Northern Lights
- Youth Hockey and Vacationland Figure Skating Club
- Crosby-Ironton Mountain Bike team tent
- Sports Physicals

## Mental Health

### Objective:

- Decrease percentage of adults who report poor mental health (28% to 25%)

### Strategies:

- Offer depressions and anxiety screening in clinics and at community events
- Increase community education/awareness about mental health
- Research mental health first aid program
- Support Saving Hearts Suicide Prevention efforts (support group and run/walk)
- Support Kinship Partners (youth mentoring)
- Recruit additional mental health providers

### Results to Date:

- Recruited and onboarded Licensed Professional Counselor Pennie Carnes and Psychologist Dr. Kristan Furan
- Offered depression screening to all CRMC patients--6,742 adults along with 574 adolescents completed in 2019
- Completed assessments for 1,380 adults with either a depression or dysthymia diagnosis or encounter in 2019
- Committee formed with community representatives in January
- Participated in United Way's Make It Okay efforts
- Painted large blue Smiles on campus in February as part of Smiles awareness
- Emergency Department staff attended mental health training in March
- Sponsored Kinship Partners Purses Plus, Taste of the Lakes and Taste of the Cuyuna Lakes events
- Coordinated and offered free Good for Business conference about employee mental well-being in May (100 attended)
- Leadership Team received Mental Health First Aid Training in July
- Sponsored Smiles Fest in August and two psychologists participated
- Offered caregiver burnout training to all employees in September
- Sponsored Savings Hearts Walk and participated with employee team in November
- Co-sponsored Veteran's Breakfast with mental health speaker in November
- Sponsored Smile Express in December and one psychologist participated

- Provided 3 Good Things notebooks for community presentations in December
- Offer six free Employee Assistance Program visits annually to each CRMC employee
- Creating a Path to Well-Being for Healthcare Professionals presentation offered to physicians
- Developed and distributed Community Resource Guide
- Sponsored CRMC staff mental health education series
- Donations to Crisis Line and Referral Service, Mid-Minnesota Women's Shelter, United Way, Kinship Partners, Cuyuna Range Youth Center, School Districts, Bridges of Hope and Habitat for Humanity
- 12 Steps support group
- QPR Training for Home Health
- Provider survey conducted on burnout and mental well-being
- Mindfulness Mental Health Seminar for aging population

## Advance Care Directives

### Objective:

- Increase the percentage of individuals who have an advanced care directive of file with their primary care provider from 25% to 30%

### Strategies:

- Establish Silos to Circle Partnership
- Educate public through free presentations
- Ensure availability of forms at hospital and clinics
- Create National Decisions Day education and awareness

### Results to Date:

- CRMC physicians discuss with patients
- Table top display, advanced directives at Hallett Library
- Presentations to Crosby, Cuyuna, Deerwood and Ironton city councils
- Presentation to Ministerial Association, advanced directives made available in area churches
- CRMC staff wear Ask Me About Advance directives stickers
- Media release, Facebook posts
- CRMC Connection newsletter article
- CRMC Intranet articles, website posting
- Clinic monitor postings
- Materials distributed at community events
- Monthly Healthcare Decision seminars
- Bi-monthly advance care planning sessions
- Advanced care directives distributed to all staff, competition to complete