

2023-2025

# Community Health Needs Assessment



# Table of Contents

- 3 Introduction**
- 4 Cuyuna Regional Medical Center Overview**
- 8 Demographics**
- 9 Factors that Influence Health**
- 12 2023-2025 Community Health Needs Assessment**
- 14 Health Findings**
  - 14 - Health & Wellness Survey*
  - 22 - Key Stakeholders Survey*
  - 26 - CRMC Clinic Patients BMI Statistics & Mental Health Screenings*
  - 27 - Essentia/St. Joseph's Medical Center CHNA*
- 30 Community Health Priorities**
- 36 Conclusion**
- 37 2020-2021 CRMC Community Health Needs Assessment Accomplishments**
- 41 2021-2022 CRMC Community Health Needs Assessment Accomplishments**
- 47 2022-2023 CRMC Community Health Needs Assessment Accomplishments**

# Introduction

Greetings,

Every three years, Cuyuna Regional Medical Center conducts a Community Health Needs Assessment (CHNA) to systematically identify, analyze and prioritize community health needs. The process is conducted in collaboration with many community partners including Essentia Health-St. James Hospital, the Crow Wing County Health Department, Minnesota Department of Health, and other organizations and individuals that represent broad interests in the community, including the medically underserved, low-income, and higher health risk populations. Once priority health needs are identified, CRMC works with partners to implement strategies to improve community health.

At CRMC we are on the relentless pursuit of optimal health for all people within our reach. Our 2023-25 Community Health Needs Health Assessment provides a snapshot of health in the Crow Wing County area.

Through the CHNA process, CRMC can better understand the health status and needs of the communities it serves. Recent health and demographic data was considered together with direct input gathered from patients and community members. The final list of prioritized needs, in descending order, are Mental Well-being, Healthy Eating, and Activity. Our goal is to develop strategies to address these health needs and ensure that CRMC's resources are directed toward where they can make the greatest impact.

A healthy community is critical for people to thrive. We know a significant amount of health is driven by social and behavioral factors including housing, education, access to food, and safe neighborhoods. These social drivers of health were also explored to get a better picture of how they impact our community's health.

We thank our many community partners who participated in the 2023-25 CHNA development process. Partners came from throughout our service area and represented public health, other health facilities, social services and behavioral health providers, schools, and numerous non-profit organizations. We also thank our patients and key stakeholders who took the time to complete a survey as they are a critical voice for the community.

Formally approved by our Governing Board of Directors in March 2023, the 2023-25 CHNA activities will surely make a difference in the health of our communities.



A handwritten signature in blue ink, appearing to be 'A. Hart', written over a light blue circular background.

**Amy Hart, CEO**  
*Cuyuna Regional Medical Center*



# Cuyuna Regional Medical Center Overview

Cuyuna Regional Medical Center consists of a 25-bed critical access hospital, five physician clinics, a 69-bed nursing home and is a partner with Presbyterian Homes and Services in operating a senior living community with 50 independent living apartments, 36 assisted living apartments, 12 memory care apartments, and 16 memory care suites. A locally governed 501(c)(3) nonprofit organization, CRMC is the second largest employer in Crow Wing County.

A community-built facility, CRMC serves approximately 60,000 people in the Brainerd Lakes Area, a place known as Minnesota's vacation destination because of its beautiful lakes and woodlands offering a variety of outdoor recreation opportunities. With an average daily census of 18 patients, CRMC serves approximately 1,500 inpatients and 207,000 outpatients annually and has more than 10,000 ER visits and about 200 births. The majority of CRMC's patients, 65 percent, reside in Brainerd, Baxter, Longville, Aitkin, Onamia, and their surrounding areas. Another 35 percent of its patients live in the Hospital District of Bay Lake, Crosby, Cuyuna, Dean Lake, Deerfield, Deerwood, Emily, Fairfield, Fifty Lakes, Little Pine, Rabbit Lake, Riverton, Trommald, and Wolford.

CRMC furthers its mission by promoting the health of the community through programs and activities that foster health, healing, and wellness. CRMC knows that much of what influences health happens outside of the hospital or doctor's office – in our schools, workplaces, and neighborhoods. Just as its care teams devote themselves to meeting the needs of patients, CRMC is driven to address its



specific community health needs with wellness screenings, health education, health fairs, and other community outreach. CRMC proactively recruits the physicians and specialists needed to meet the community’s healthcare needs and works hard to retain its medical staff. CRMC strives to know what type of physicians are going to be needed and then plans and allocates resources accordingly. The organization also assesses the demographics and practice patterns of current staff to show potential recruiting candidates that there is a need for their services.

<b>AVERAGE ANNUAL STATISTICS</b>	
Daily Census.....	<b>18</b>
Inpatients .....	<b>1,500</b>
Outpatients .....	<b>207,000</b>
Clinic Visits.....	<b>95,000</b>
ER Visits .....	<b>10,200</b>
Surgeries.....	<b>10,200</b>
Births .....	<b>200</b>
Net Revenue .....	<b>\$154 Million</b>
Employees .....	<b>1,050</b>
Physicians.....	<b>55</b>

CRMC is governed by a nine-member, non-profit Governing Board of Directors consisting of four leaders who live in areas geographically representative of CRMC’s service area, two District Board members, two medical staff, and the CEO. The Board’s primary responsibility is to assure the services provided by CRMC meet community standards, promote patient safety, and ensure the hospital is providing the highest quality of health care services to the communities CRMC serves. CRMC also has an 18-member District Board elected by residents of its communities. Members of this group assure that payment on the outstanding debt and other obligations of CRMC are satisfied.

## CARING FOR THE COMMUNITY

Community benefit is part of CRMC’s identity to promote the common good. We do this through programs and activities that foster health, healing, and wellness, and those which directly address community need. It is also a living example of CRMC’s mission and values in action as we strive to achieve our health care vision.

As a community-based hospital and health care provider, CRMC’s mission is to improve the health of the community and provide quality health care services for all citizens, regardless of ability to pay. Each year, CRMC gives back to the community through education, health services, donations, and free and reduced cost health care to ensure that financial issues do not prevent patients from seeking or receiving care.

CRMC makes significant efforts to ensure charity care is granted to all patients who qualify. In FY2022, a total of \$362,758 in services were provided to low-income patients at free or reduced prices and was provided to those who have exhausted third-party resources, do not qualify for Medicaid or have insufficient incomes. CRMC also experienced a loss of \$2,919,303 in the unpaid costs of Medicaid for low-income individuals. The Cuyuna Lakes Area has a high need for several health care services that do not generate enough revenue to cover the cost of providing them. CRMC subsidizes a total of \$2,328,143 in services to ensure their availability to our community.



The organization also provides health-related education to the community through events, classes, lectures, and wellness screenings completely free-of-charge to the community. CRMC's wellness events annually attract more than 10,000 participants. In 2022 a total of 4,601 free summer lunches were provided to youth and another 18,764 frozen meals were distributed to senior citizens. CRMC offers year-round courses on first aid, CPR, childbirth; women's wellness and other health education seminars; as well as support groups on mental health, caregiving, cancer, and weight loss. A total of 11,865 residents were reached through community events in FY2022.

CRMC also supports other organizations and initiatives that share its goal to improve the health of our community with cash donations that benefit the health, social, cultural, and educational needs of the area. In addition, CRMC staff donates time, materials, and leadership to more than 50 community groups including various schools; United Way; Bridges of Hope; Cuyuna Lakes, Brainerd Lakes and Nisswa chamber of commerces; Hallett Community Center; Northland Arboretum; Smiles for Jake; Kinship Partners; Crosby, Ironton, Cuyuna and Deerwood fire departments; numerous athletic teams; and others. Because food insecurity is a great need for the area, CRMC annually invests about \$20,000 towards free summer lunch and holiday break meals for students, healthy food at community events, and stocking the Cuyuna, Pequot Lakes, and Lakes Area food shelves.

**Services provided to low-income patients at free or reduced prices, provided to those who have exhausted third-party resources, do not qualify for Medicaid or have insufficient incomes:**

2017 - \$104,365  
 2018 - \$123,969  
 2019 - \$82,837  
 2020 - \$459,127  
 2021 - \$422,415  
 2022 - \$362,758

**Unpaid costs of Medicaid for low-income individuals:**

2017 - \$1,766,925  
 2018 - \$2,091,151  
 2019 - \$2,14,175  
 2020 - \$2,122,833  
 2021 - \$2,250,682  
 2022 - \$2,919,303

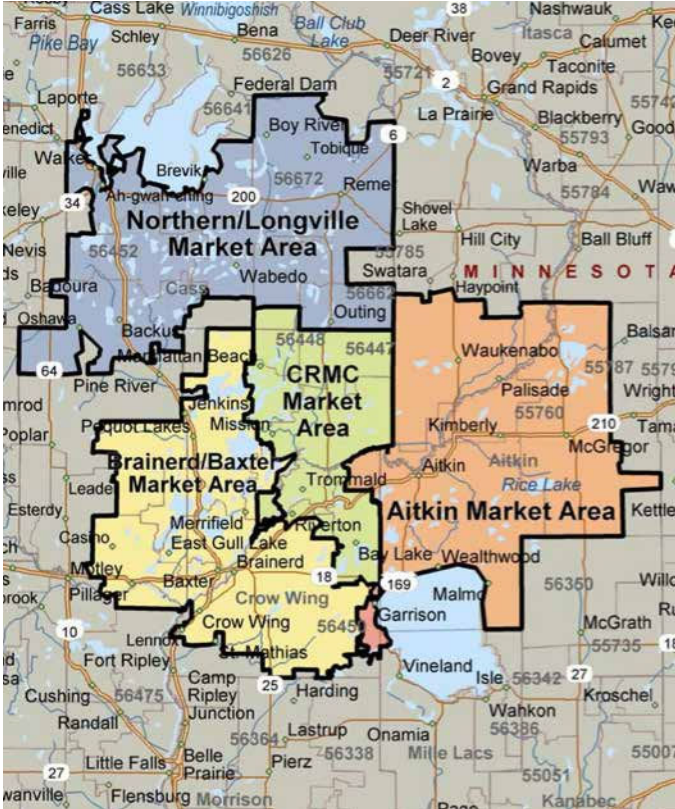
**Subsidized services (ER, Care Center, Home Health & Hospice, Obstetrics):**

2017 - \$2,014,107  
 2018 - \$963,905  
 2019 - \$976,825  
 2020 - \$2,156,814  
 2021 - \$1,969,325  
 2022 - \$2,328,143

**Cash and in-kind donations:**

2017 - \$44,300  
 2018 - \$72,870  
 2019 - \$119,768  
 2020 - \$145,072  
 2021 - \$69,397  
 2022 - \$180,198

CRMC also invests approximately \$3 million per year in capital improvements such as new equipment, facilities, and technology infrastructure.



# Service Area

**PRIMARY AREA:**

- 56441 - Crosby
- 56444 - Deerwood
- 56447 - Emily
- 56448 - Fifty Lakes
- 56455 - Ironton
- 56465 - Merrifield
- 56662 - Outing

**SECONDARY AREA:**

- 56431 - Aitkin
- 56401 - Brainerd
- 56425 - Baxter
- 56450 - Garrison
- 56442 - Crosslake
- 56449 - Fort Ripley
- 56468 - Nisswa
- 56472 - Pequot Lakes
- 56473 - Pillager
- 56435 - Backus
- 56474 - Pine River
- 56655 - Longville
- 56672 - Remer

## Mission:

Accommodating you with care and compassion by dedicating ourselves to you every day.

## Vision:

Cuyuna Regional Medical Center will be the best place to receive care, practice medicine, and work.

## VALUES:

**People** - We are committed to having highly engaged team members through training, teamwork and communication.

**Quality & Safety** - We strive to consistently provide the highest levels of safe and quality care.

**Service** - We are committed to our Standards for Excellence and strive to exceed the expectations of those we serve.

**Innovation** - We are committed to a supportive environment that encourages new ideas and creativity.

**Stewardship** - We honor our heritage and hold ourselves accountable for preserving our human, financial and natural resources.



# Demographics

The majority of CRMC's patients, an estimated 80 percent, live in Crow Wing County.

## CROW WING COUNTY OVERALL DEMOGRAPHICS

### Fast Facts

Population ..... 67,270

### Age

Under 18 years..... 21.0%

65 years and over..... 23.4%

### Gender

Female..... 49.8%

Male..... 50.2%

### Race

White alone ..... 95.8%

Black or African American..... 0.9%

American Indian ..... 1.0%

Asian ..... 0.5%

Hispanic or Latino ..... 1.7%

**Average family size ..... 3.09**

**Veterans ..... 4,881**

### Social & Economic Factors

High school graduate or higher.....94.0%

Bachelor's degree or higher .....25.9%

Median household income .....\$60,810

Per capital income in  
past 12 months .....\$33,601

Households..... 27,539

Persons per household .....2.36

Housing units ..... 42,149

Median value of owner  
occupied housing units ..... \$215,400

Persons in poverty .....10.7%

Total employment ..... 27,290

### Quality of Life

With a disability, under age 65 years ...10.3%

Persons without health insurance ..... 7.1%

### Health

DATA USA reports that 95% of the population in Crow Wing County has health coverage, with 43.2% on employee plans, 17.5% on Medicaid, 17.1% on Medicare, 15.6% on non-group plans, and 1.67% on military or VA plans. By gender, of the total number of insured persons, 49.3% were men and 50.7% women.

Per capita personal health care spending in Minnesota was \$8,871 in 2014, a 4.8% increase from the previous year (\$8,465).

Primary care physicians in Crow Wing County see 927 patients per year on average, which represents a 2.11% decrease from the previous year (947 patients). Compare this to dentists who see 1,227 patients per year, and mental health providers who see 325 patients per year.

### Overall Health Rankings

Source: U.S. News

Population with No Health Insurance:...6.5%

National Median: ..... 11.0%

Smoking Rate: ..... 20/7%

National Median: .....20.0%

Life expectancy:..... 79.9 years

National Median: ..... 77.5 years





**Health Behaviors**

	County	U.S.	State
Adult Flu Vaccination Rate	40.5%	42.0%	53.4%
Adults with No Leisure-time Physical Activity	22.5%	30.0%	19.7%
Adults with Recent Preventive Care Visit	67.7%	74.6%	71.7%
Smoking Rate	20.7%	20.0%	15.9%
Heart Disease Prevalence	5.4%	6.1%	5.0%
Adults in Poor or Fair General Health	13.1%	19.5%	12.9%
Babies Born with Low Birth Rate	5.8%	7.9%	6.6%
Life Expectancy	79.9%	77.5%	80.9%
Teen Birth Rate/1K	14.1%	20.3%	9.5%
Adults with Frequent Mental Distress	13.5%	15.8%	12.3%
Medicare Beneficiaries with Depression	20.3%	18.0%	22.1%

# Factors that Influence Health

What makes some people healthy and others unhealthy? Many factors combine to affect the health of individuals and communities. These factors collectively are known as determinants of health. Sciences generally recognize five determinants of the health of a population, according to the Centers for Disease Control and Prevention. They are genes and biology, health behaviors, social and economic factors, physical environment, and medical care.

## GENES AND BIOLOGY

**Examples of biological and genetic determinants of health include:**

- Age. For example, older adults are biologically more likely to be in poorer health than adolescents because of the physical and cognitive effects of aging.
- Gender. Men and women may acquire different diseases at different ages.
- Heredity. An individual may carry genes that increase his or her risk for certain diseases, like breast cancer, cystic fibrosis or hemophilia.

## SOCIAL AND ECONOMIC FACTORS

Social determinants of health reflect social factors into which people are born, live, learn, play, work and age. They impact a wide range of health, functioning and quality-of-life outcomes.

A range of personal, social, economic and environmental factors can contribute to individual and population health. These factors—sometimes called social determinants of health—can be responsible for unequal and avoidable difference in health status in our communities. For example, people with a quality education and stable employment tend to be healthier throughout their lives.

**Examples of social and economic factors include:**

- Availability of resources to meet daily needs, such as educational and job opportunities, living wages or healthful foods
- Social norms and attitudes, such as discrimination
- Exposure to crime, violence and social disorder
- Social support and interactions
- Exposure to mass media and emerging technologies, such as the internet and smart phones
- Socioeconomic conditions such as poverty
- Quality schools
- Transportation options
- Public safety
- Residential segregation

## HEALTH BEHAVIORS

Individual behavior also plays a role in health outcomes. Many public health and health-care interventions focus on changing individual behaviors such as substance abuse, diet, and physical activity. Positive changes in individual behavior can reduce the rates of chronic disease in the country, state and county.

Individual behavior can directly affect personal as well as population health. Chronic diseases like cancer, heart disease and diabetes are leading causes of death in our county, state and nation. We can prevent or at least reduce the risk of these diseases through changes in our behavior.

For example, if a person quits smoking, his or her risk of developing heart disease or lung cancer is greatly reduced. Other examples of positive health behaviors include increasing physical activity, eating sensibly and avoiding excessive drinking.

Young people sometimes put their health at risk by engaging in behaviors such as unprotected sex or use of alcohol, tobacco or illicit drugs. These risky behaviors can have both immediate and lifelong consequences.

**Examples of individual behavior determinants of health include:**

- Diet
- Physical activity
- Tobacco use
- Alcohol and drug use
- Seat belt use
- Sleep pattern
- Hand washing



## PHYSICAL ENVIRONMENT

Humans interact with the environment constantly and these interactions affect our length and quality of life. The World Health Organization (WHO) defines environment as it relates to health as “all the physical, chemical and biological factors external to a person, and all the related behaviors.” WHO estimates that environmental factors are responsible for about 25 percent of all disease. The physical environment includes not only the natural environment which is generally outside of our control but also the environment we build to live in called the “built environment.”

### **Examples of environmental factors include:**

- Natural environment such as plants, weather and climate change
- Built environment such as buildings and transportation
- Worksites, school and recreational settings
- Housing, homes and neighborhoods
- Exposure to toxic substances and other physical hazards
- Physical barriers, especially for people with disabilities
- Aesthetic elements such as good lighting, trees or benches

Poor health outcomes are often made worse by the interaction between individuals and their social and physical environment. For example, millions of people in the United States live in places that have unhealthy levels of ozone or other air pollutants. Poor air quality can worsen asthma symptoms, especially in children.

## MEDICAL CARE

Access to health-care services and the quality of those services can greatly impact an individual's health. For example, when individuals don't have health insurance, they are less likely to participate in preventive care and more likely to delay medical treatment.

### **Barriers to accessing health services include:**

- Lack of availability
- High cost
- Lack of insurance
- Limited language access
- Inadequate transportation

### **These barriers to accessing health services lead to:**

- Unmet health needs
- Delays in getting appropriate care
- Inability to get preventive services
- Hospitalizations and emergency room visits that could have been prevented



# 2023-2025 Community Health Needs Assessment

This CHNA is a systematic, data-driven approach to determining the health status, behaviors and needs of residents in Crow Wing County. The report contains some intriguing and sometimes disturbing glimpses into the lives and health of residents. The information was used to inform decisions and guide efforts to improve community health and wellness.

## PROCESS

CRMC partnered with Essentia Health/St. Joseph Medical Center to conduct a survey of Crow Wing County's community health needs. CRMC also conducted a survey of its patients and key community stakeholders. Additional data was gathered from Crow Wing County Public Health and local schools.

## GUIDING PRINCIPLES

Collaborate towards solutions with key stakeholders to improve community health.  
Build trust through collaboration with community members.  
Prioritize sustainable, evidence-based efforts around the greatest community good.  
Create clear, specific, realistic, and action-oriented goals to improve health outcomes.  
Prioritize strategies that advance health equity, address structural barriers, or reduce health disparities.

## TIMELINE

The Crow Wing County community health needs survey was completed in summer 2021. CRMC conducted a survey of its patients in February 2023 and key community stakeholders in March 2023. The CHNA Committee worked to prioritize its strategies in March 2023.



# Crow Wing County Health Needs Data Collection and Analysis

CRMC, Essentia Health/St. Joseph's Medical Center in Brainerd, and Crow Wing County Public Health worked with the Minnesota Department of Health to conduct a survey to assess community health needs in 2021. The survey instrument was adapted from the same survey tool utilized by Essentia Health-St. Joseph's Medical center in 2017 and 2014. The 53-question assessment included questions on general physical health, mental health, and health behaviors. A two-stage sampling strategy was used for obtaining a probability sample of adults living in Crow Wing County. For the first stage of sampling, a random sample of Crow Wing County residential addresses was purchased from national sampling vendor Marketing Systems Group of Horsham, Penn. Address-based sampling was used so that all households would have an equal chance of being sampled for the survey. For the second stage of sampling, the "most recent birthday" method of within-household respondent selection was used to specify one adult from each selected household to complete the survey.

An initial survey packet was mailed to 4,000 sample households in Crow Wing County on June 21, 2021. About 10 days after the first survey packets were mailed (June 28), a postcard was sent to all sampled households, reminding those who had not yet returned a survey to do so and thanking those who had already responded. Two weeks after the reminder postcards were mailed (July 12), another full survey packet was sent to all households which had still not returned the survey. The remaining completed surveys were received over the next five weeks, with the final date for the receipt of surveys being August 19, 2021. Completed surveys were received from 957 adult residents of Crow Wing County for an overall response rate of 23.9 percent. On October 15, 2021, the results of the survey were shared with Crow wing Energized Steering Committee and several community members to analyze data and create the priorities. Fourteen community organizations participated in the prioritization process. The 2021 Crow Wing County Survey was utilized; this data source was chosen because of the ability to see trends over time since the same survey tool was used in 2014 and 2017.

In addition, CRMC surveyed its own patients and key stakeholders in the community and incorporated their results together with patient data into its prioritization of strategies.



# Additional Health Findings and Data

## HEALTH AND WELLNESS SURVEY

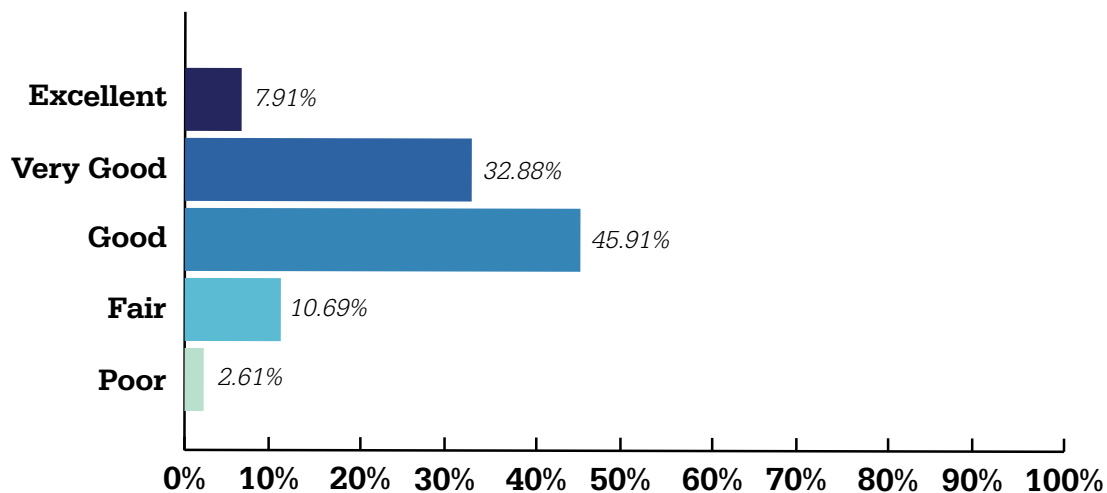
CRMC in February 2023 surveyed its own patients. An electronic survey was delivered to 21,651 patients who had visited CRMC in the past two years. A total of 10,530 patients opened the message and 1,839 clicked to view the survey. A total of 1,113 surveys were returned within a two-week period. The same questions were asked in 2020 and 2018 community surveys to compare exact data.

The top five issues identified in 2023 were: high blood pressure (50.67%), overweight (43.04%), arthritis (38.72%), high cholesterol or triglycerides (38.45%), diabetes or pre-diabetes (23.54%).

The top five issues identified in the previous survey were: overweight (47%), high blood pressure (43%), arthritis (32%), high cholesterol (31%), and depression (22%).

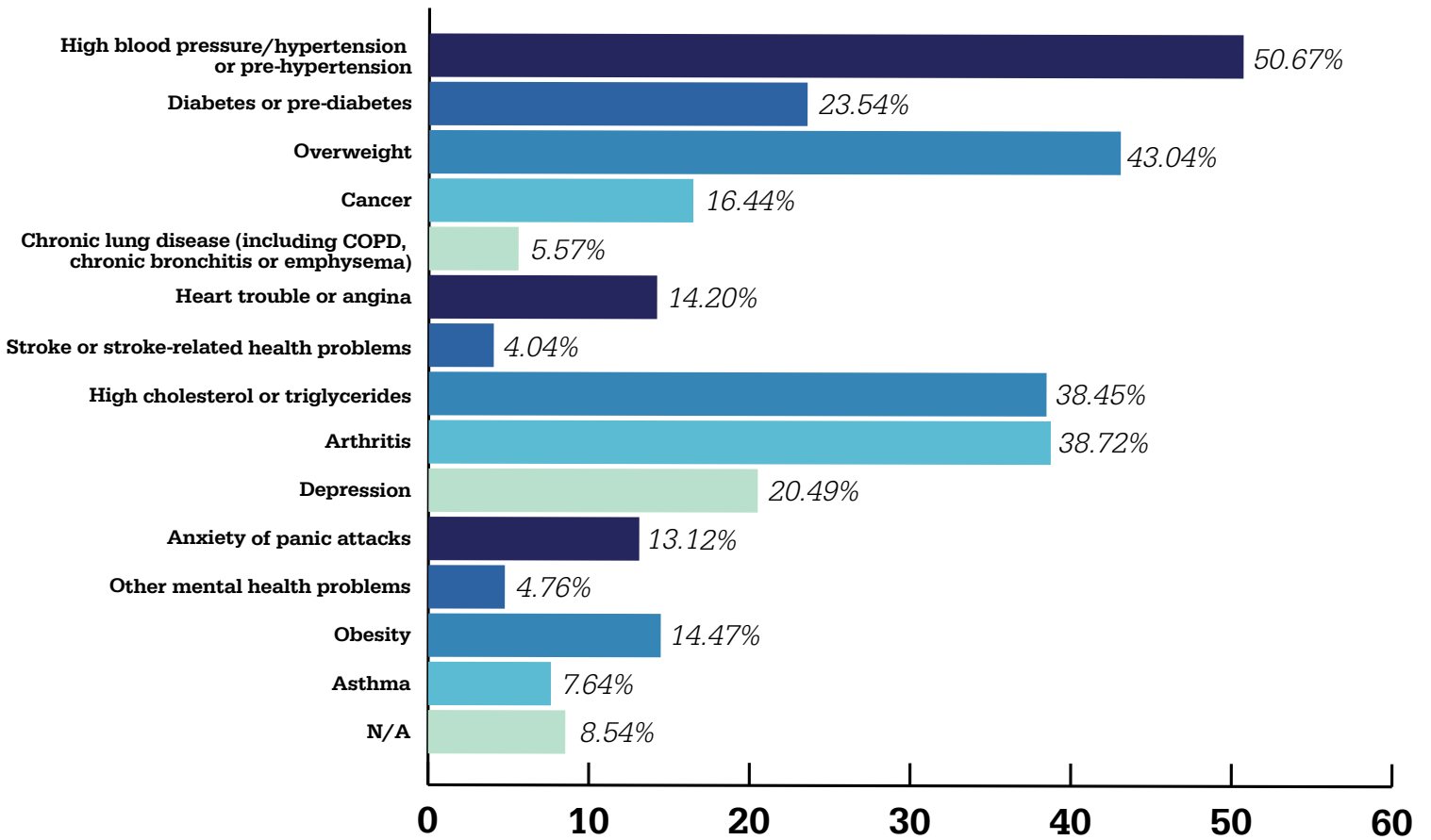
### Survey results are as follows:

#### 1. In general, which of the following best describes your health?



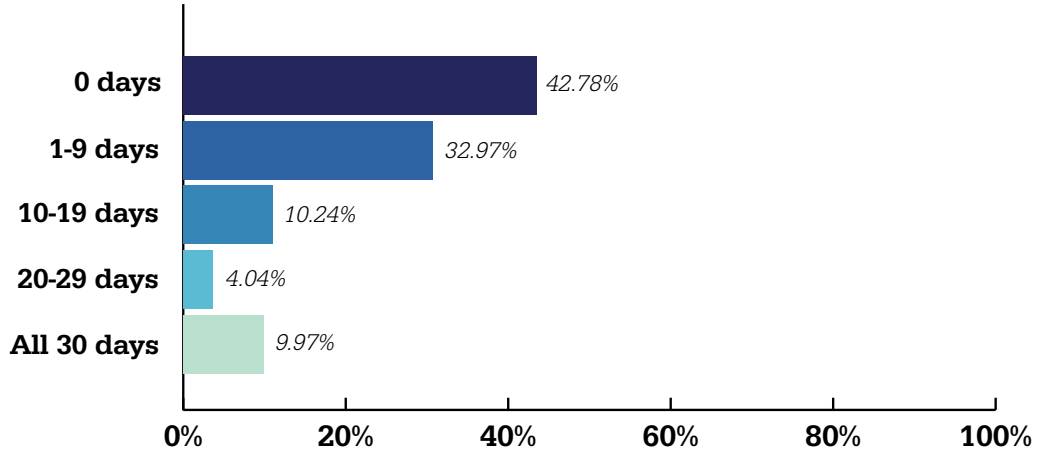


2. Have you ever been told by a doctor, nurse, or other health professional that you had any of the following health conditions?

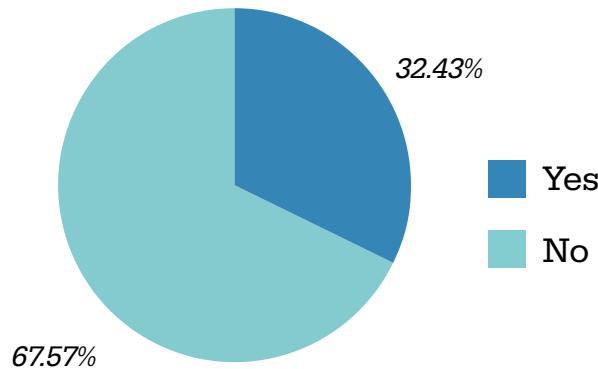




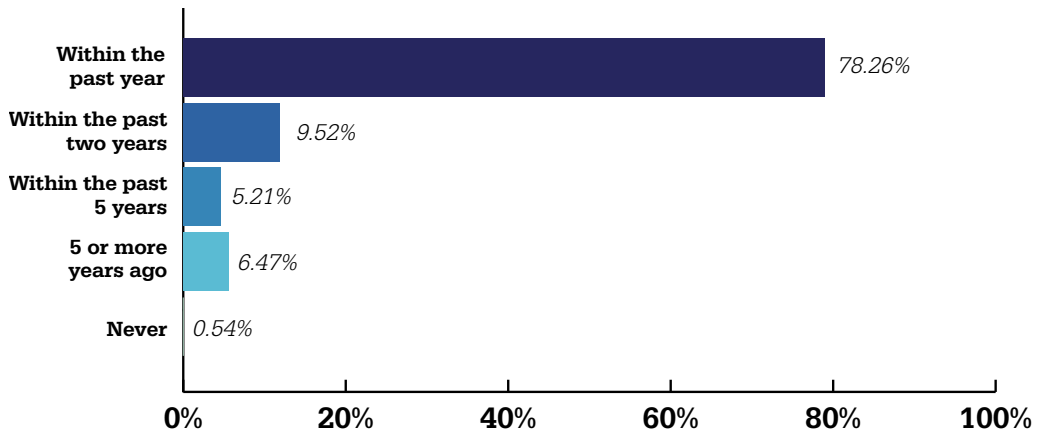
3. Thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?



4. During the past 12 months, was there a time when you thought you needed medical care but did not get it or delayed getting it?



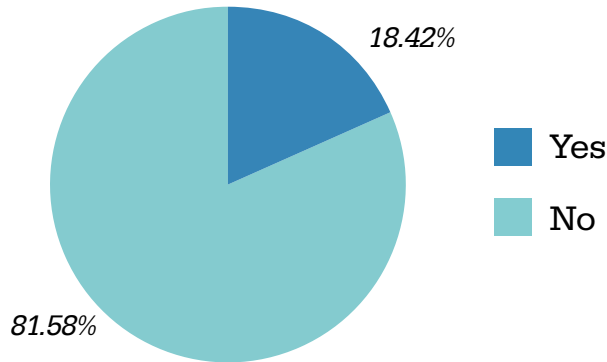
5. How long has it been since you last visited a dentist or dental clinic for any reason?



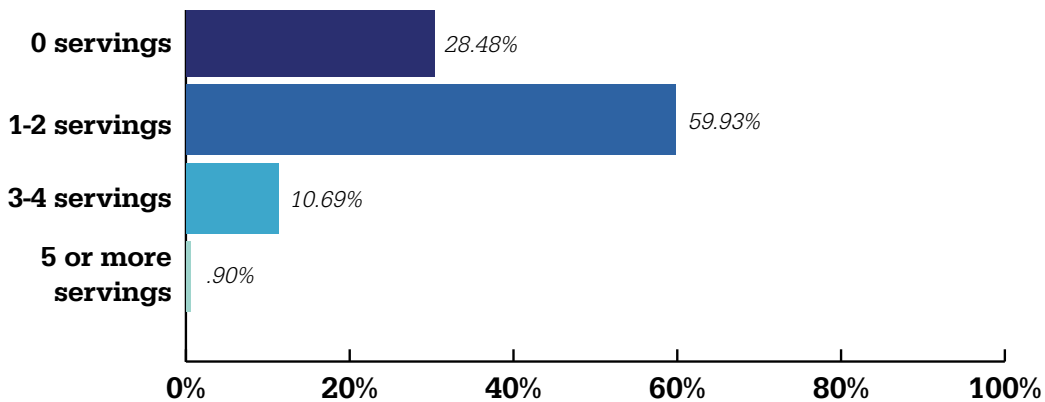




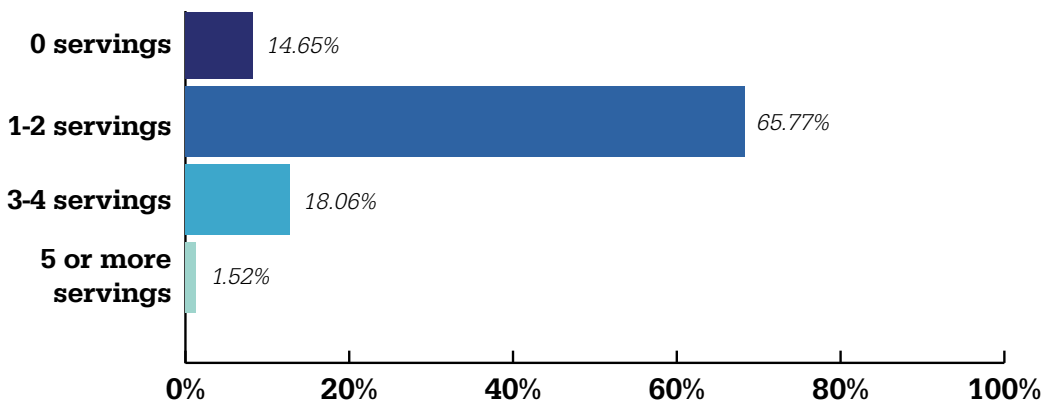
6. During the past 12 months, was there a time when you wanted to talk with or seek help from a health professional about mental health issues such as stress, depression, excessive worrying, troubling thoughts or emotional problems, but did not or delayed talking with someone?



7. A serving of fruit is a medium-sized piece of fruit or a half cup chopped, cut, or canned fruit. How many servings of fruit did you have yesterday? (Do NOT include fruit juice).

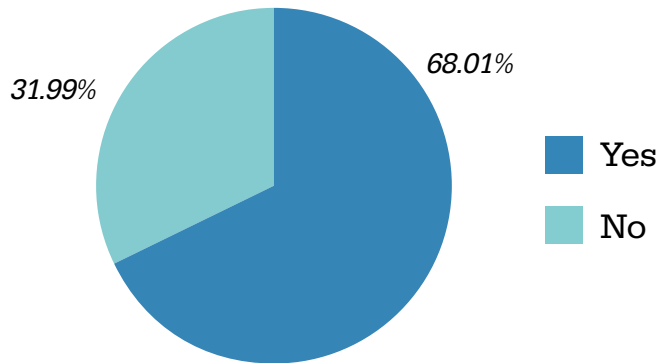


8. A serving of vegetables is one cup of salad greens or a half cup of any other vegetables, not including french fries. How many servings of vegetables did you have yesterday?

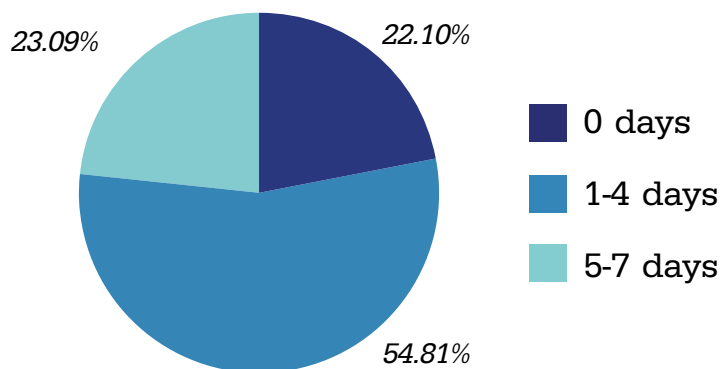




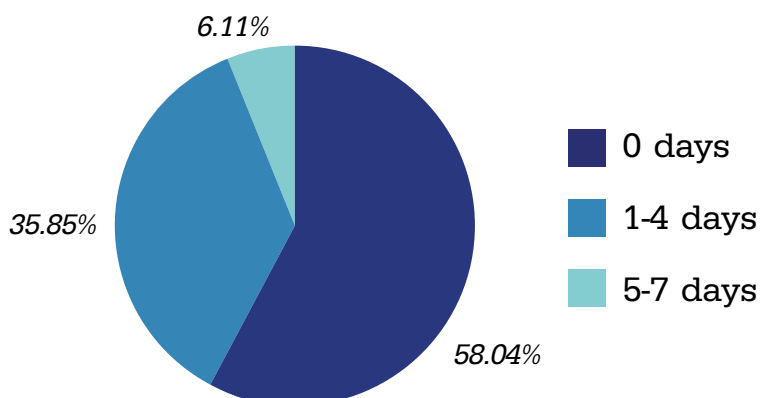
9. During the past 30 days, other than your regular job, did you participate in any physical activity or exercise such as running, calisthenics, golf, gardening or walking for exercise?



10. During an average week, other than your regular job, how many days do you get at least 30 minutes of moderate physical activity? Moderate activities cause only light sweating and a small increase in breathing or heart rate.

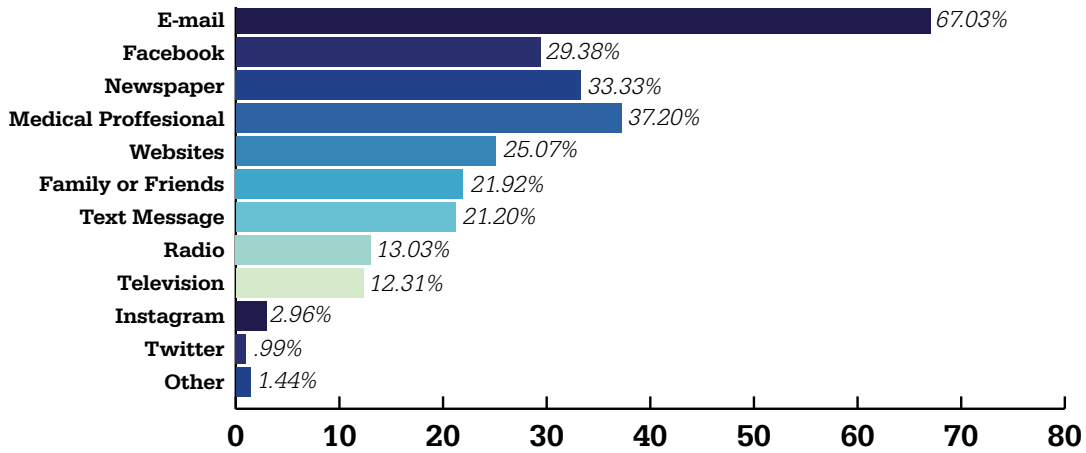


11. During an average week, other than your regular job, how many days do you get at least 20 minutes of vigorous physical activity? Vigorous activities cause heavy sweating and a large increase in breathing or heart rate.

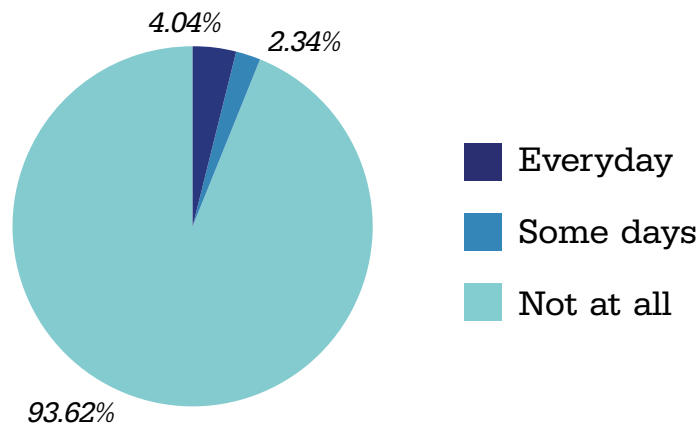




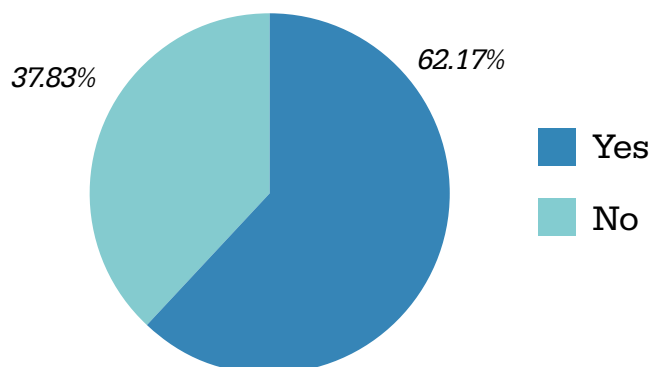
**12. Where do you prefer to hear about health and wellness information or events in Crow Wing County?**



**13. Do you smoke cigarettes every day, some days, or not at all?**

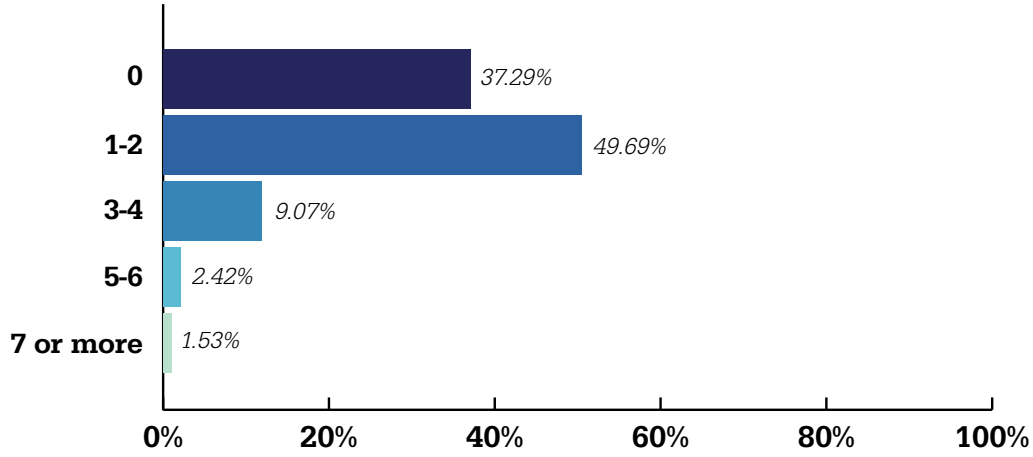


**14. During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?**

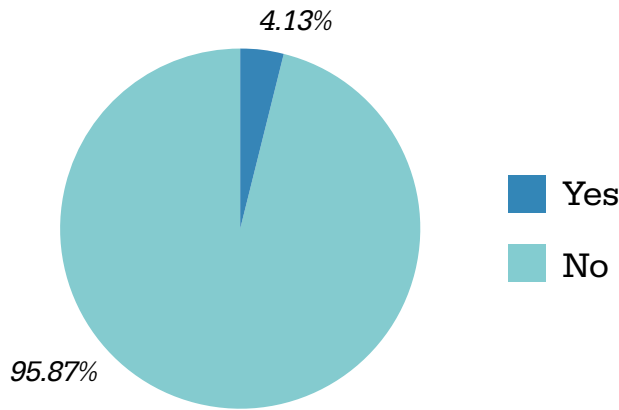




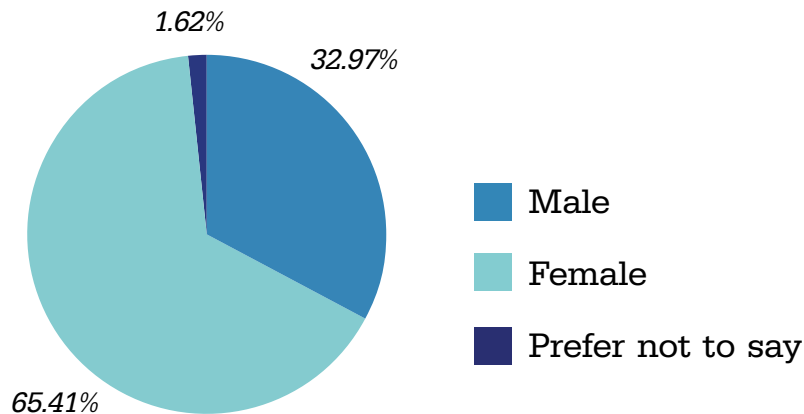
15. During the past 30 days, on the days when you drank, about how many drinks did you drink on average? (One drink is equivalent to a 12-oz. beer, a 5-oz. glass of wine, or a drink with one shot of liquor).



16. Are you in a relationship where you are (or have ever been) physically hurt, threatened, or made to feel afraid?

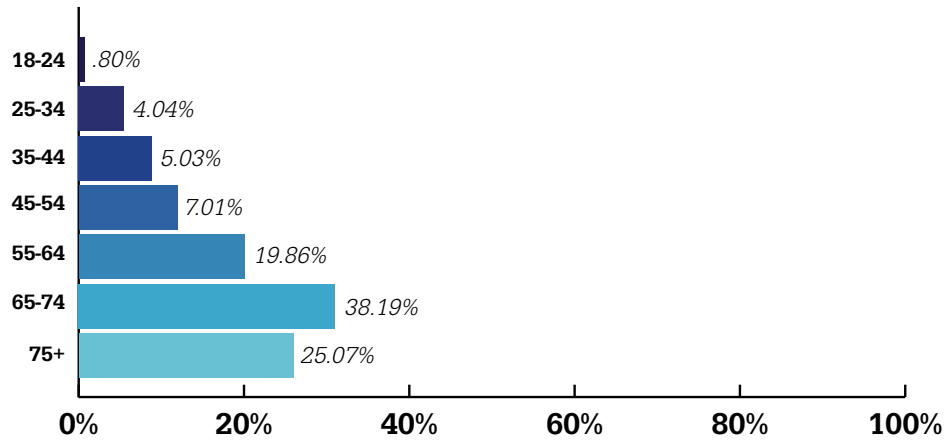


17. Are you:

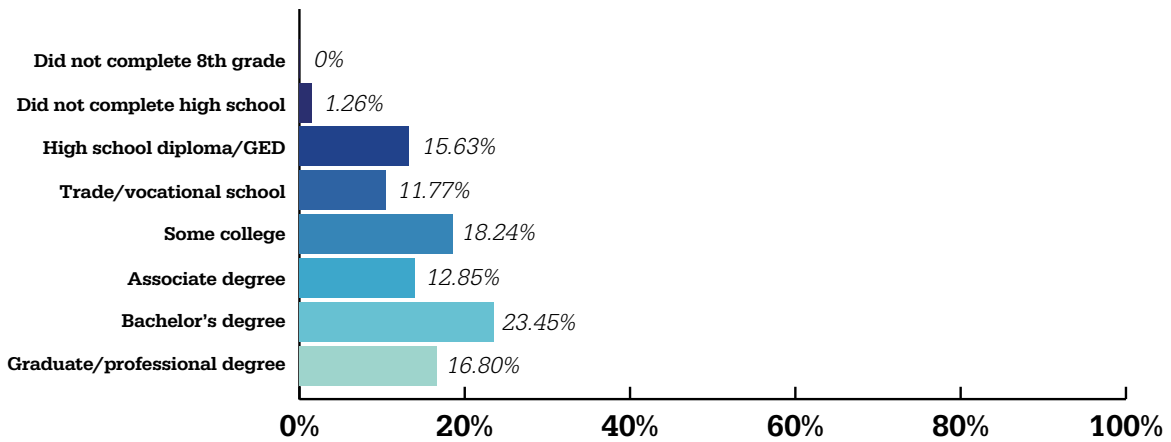




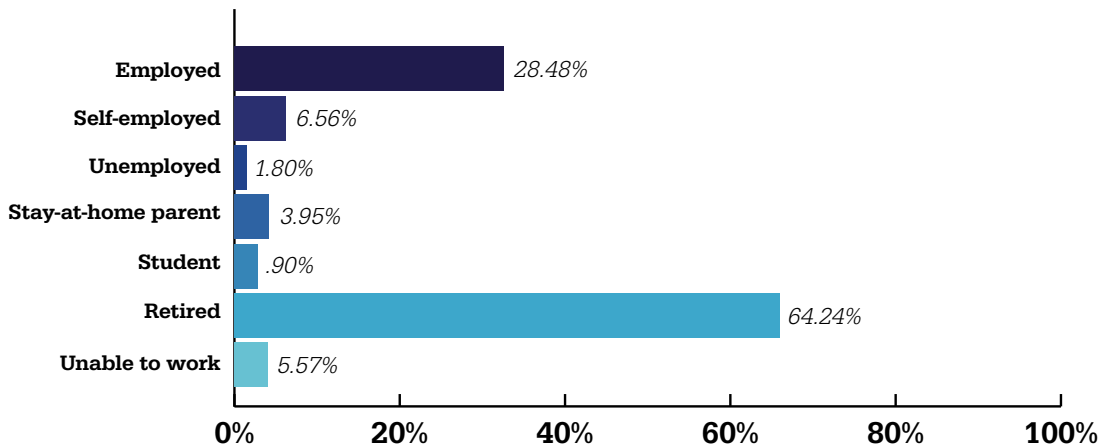
18. Your age group:



19. Your education level:



20. Are you currently:





## KEY STAKEHOLDERS SURVEY

To solicit input from key stakeholders—those individuals who have a broad interest in the health of the community—CRMC conducted an electronic survey in March 2023. The following tool (same as 2020 and 2018) was utilized:

Cuyuna Regional Medical Center is in the process of planning for its 2023-2025 Community Health Needs Assessment, and we are requesting your input. The information gathered will be used to help identify area health and wellness needs that deserve our attention.

To avoid duplication of efforts and achieve a more comprehensive CHNA, in addition to its own efforts CRMC is utilizing results of Essentia Health/St. Joseph's Medical Center 2023-2025 CHNA. Priorities are: Mental Health: people experience good mental wellbeing most days; Healthy Eating & Active Living: meet serving recommendations for fruits and vegetables and increase physical activity; and Tobacco Use: decrease the number of smokers and tobacco use.

Since 2018, CRMC has developed a CHNA as part of its mission to improve the health of the communities it serves. Reports of our accomplishments are available at <https://www.cuyunamed.org/about-us/community-health-needs-assessment> Please complete the survey at <https://form.jotform.com/230656689875072> by Friday, March 17. Thank you!

### Questions

In your professional experience, what areas of focus do you suggest CRMC work on to improve the community's health?

How would you prioritize these areas?

What tactics do you suggest CRMC implement to make a difference in these areas?

Would your organization be willing to partner with CRMC in working on these efforts?

Please provide ideas for any additional strategies.

Would you be willing to serve on a committee to tackle these issues? If so, which area would you like to work on?

If so, what day and time would best meet your schedule for quarterly, virtual meetings?



## KEY STAKEHOLDERS SURVEY RESULTS

107 surveys sent, 10 responses

### Participants

Nathan Bertram, Adult Services Supervisor, Crow Wing County Human Services

Eleanor Burkett, Community Development Specialist, Central Minnesota Council on Aging

Miranda Foy, Population Health and Wellness RN, Cuyuna Regional Medical Center

Matthew Hill, Administrator, City of Crosby

Lori Lestina, Community Living Specialist, Central Minnesota Council on Aging

Joe McLaughlin, General Manager, Hallett Center of Crosby

Jennifer Podsiadly, Foundation & Community Relations Coordinator, Cuyuna Regional Medical Center

Shane Riffle, CEO, Brainerd YMCA

Jamie Skjeveland, Superintendent, Crosby-Ironton Schools

Paul Stokman, Rehabilitation Director, Cuyuna Regional Medical Center

Kara Terry, Director, Crow Wing County Public Health

Lori Vrolson, Executive Director, Central Minnesota Council on Aging

Candice Zimmermann, Executive Director, Northland Arboretum

### Top Health Priorities Identified

- Mental health adults and youth
- Physical activity
- Nutrition

### Questions

**In your professional experience, what areas of focus do you suggest CRMC work on to improve the community's health?**

- Mental health/adult and youth – 7 (social misuse, stress factors, ending social isolation and loneliness)
- Active lifestyles – 6 (encourage people to get or keep moving, accessibility year round, community events that involve physical activity/bring people and families together for fun and enrichment, talks on Metabolic Fitness)
- Community resources – 4 (transportation to medical appointments, expand community paramedic program, skilled home referrals, senior care)
- Healthy Nutrition counseling – 2 (consumption of more fruits and vegetables)
- Tobacco cessation support group
- Aging in place/community/age friendly – 3 (fall prevention/home safety)
- Rural health equity
- Making pricing transparent so patients have the ability to make financial decisions about their health care services
- Maternal Child Health (including parents reading to children, proper nutrition, ensuring people are aware of programs available to them, decrease prenatal substance abuse, ensuring prenatal care for all, etc.)
- Daycare crisis



## How would you prioritize these areas?

- Mental health adults and youth - 7
- Physical activity – 7 (community events/education)
- Nutrition – 3
- Aging – 2
- Social Worker – 1
- Transparency – 1
- Rural health equity – 1
- Maternal health – 1

## What tactics do you suggest CRMC implement to make a difference in these areas?

### Engage with community partners

### Educate population

#### Mental Health

- Support groups
- Reduce stigma
- More accessible services, pricing readily available
- Teaching resilience to youth
- Community education events
- Help community understand mental health and substance abuse, support folks with these issues
- Holistic health (stop separating mental health from physical health)

#### Physical Activity

- Kick ball event
- Corn hole tournament
- Metabolic Fitness event
- Community education events
- Promoting outdoor activities that are free or low cost
- Walk with the Doc on Arboretum campus
- Exercise options for healthy weight

#### Nutrition

- Community education events
- Healthy nutrition counseling, referrals to dietitian
- Free nutritional meals/snacks at community events

#### Other

- Transportation support
- Aging–collaboration and utilizing grants, skilled home referrals
- Social determinants of health client assessment with development of referral protocols
- Leverage leadership of the Cuyuna Range





### Would your organization be willing to partner with CRMC in working on these efforts?

- Yes - 8
- Possibly - 1
- No - 1/time constraints

### Please provide ideas for any additional strategies.

- Mental Health
  - Form coalition to end social isolation and loneliness
- Activity
  - Relaunch Walk with a Doc or expand to Arboretum in Brainerd
- Nutrition
  - Partner with Super One on dietitian approved healthy meal of the week, grocery store health item tours/nutritional label reading/cooking classes
- Other
  - Formal tobacco cessation program
  - Convene service providers and those experiencing issues to determine what they think would be good
  - One Cuyuna Lakes rather than several separate municipalities

### Would you be willing to serve on a committee to tackle these issues?

- Yes - 8
- No - 1

### If so, which area would you like to work on?

- Mental Health - 2
- Physical Activity - 1
- Nutrition - 1
- Community Initiatives - 1
- Open - 4





## CUYUNA REGIONAL MEDICAL CENTER CLINIC PATIENTS BMI STATISTICS AND MENTAL HEALTH SCREENINGS

### 2020 Primary Care and Internal Medicine: 16,248 patients

BMI Category	Adult	Child	Senior	Teen	Grand Total
Normal	25%	22%	22%	49%	25%
Obese	43%	1%	40%	9%	38%
Overweight	30%	3%	36%	14%	31%
Underweight	1%	74%	1%	28%	6%
<b>Grand Total</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>

#### Adult Depression Screening 2020:

14,563 patients screened – 455 or 3.11% screened positive

#### Adolescent Depression Screening 2020:

802 patients screened – 27 or 3.3% screened positive

### 2021 Primary Care and Internal Medicine: 18,171 patients

BMI Category	Adult	Child	Senior	Teen	Grand Total
Normal	24%	25%	23%	50%	25%
Obese	44%	1%	40%	12%	38%
Overweight	31%	5%	37%	20%	31%
Underweight	1%	68%	1%	19%	6%
<b>Grand Total</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>

#### Adult Depression Screening 2021:

16,792 patients screened – 530 or 3.16% screened positive

#### Adolescent Depression Screening 2021:

1,121 patients screened – 34 or 3% screened positive



## 2022 Primary Care and Internal Medicine: 19,044 patients

BMI Category	Adult	Child	Senior	Teen	Grand Total
Normal	24%	25%	23%	56%	25%
Obese	44%	2%	38%	13%	37%
Overweight	31%	6%	37%	18%	31%
Underweight	1%	66%	1%	14%	7%
<b>Grand Total</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>	<b>100%</b>

### Adult Depression Screening 2022:

18,099 patients screened – 844 or 4.66% screened positive

### Adolescent Depression Screening 2022:

1,275 patients screened - 101 or 7.9% screened positive

## ESSENTIA HEALTH/ST. JOSEPH'S MEDICAL CENTER CHNA KEY FINDINGS

### Mental Health

Mental health includes life satisfaction, self-acceptance, sense of purpose, identity, feeling connected and belonging, empowerment, and resilience, which is the ability to bounce back after setbacks.

- Mental health was the second most common health condition (26.3%). Within this category, depression was the most common followed by anxiety and panic attacks, according to the 2021 Crow Wing County Community Survey.
- Mental health is connected to other chronic health issues. Those with mental health conditions were more likely to report being obese/overweight, having high blood pressure, and being less physically active, the 2021 Crow Wing County Community Survey found.
- 12.5% of Crow Wing County adults reported 10 or more days in the past month of “not good mental health,” according to the 2021 Crow Wing County Community Survey.
- 57% of 11th grade students in Crow Wing County reported often or always finding good ways of dealing with things in life that are hard, a decrease from 2016 (59%), stated the 2019 Minnesota Student Survey.

### Community Strengths and Resources Available:

- Crow Wing Energized Mental Fitness Goal Group
- Crow Wing Energized Adverse Childhood Experiences and Resilience Coalition
- Make it OK campaign
- Sources of Strength program



## Healthy Eating & Active Living

Eating healthy and being physically active is important for quality of life and sense of well-being. It's recommended that adults get at least 2.5 of moderate or 1.25 hours of vigorous physical activity throughout the week. Adults are recommended to have at least five servings of fruits and vegetables every day.

### According to the 2021 Crow Wing County Community Survey:

- The total percent of adults in Crow Wing County meeting physical activity recommendations has increased. A total of 35.2% of adults did 30 plus minutes of moderate activity 5-7 days per week compared with 25.7% in 2017. A total of 33.5% of adults did 20 plus minutes of vigorous physical activity 3-7 days per week compared to 25.4% in 2014.
- The total percent of adults in Crow Wing County meeting serving recommendations for fruits and vegetables has steadily increased from 24.0% (2014) to 34.3% (2017) to 38.3% (2021).

### Community Strengths and Resources Available:

- Crow Wing Energized Healthy Choices Goal Group
- Crow Wing Energized Workplace Wellness Goal Group
- National Diabetes Prevention Program
- One Vegetable, One Community Program
- Local trails for walking, biking, and running
- Nature Network

## Tobacco Use

Tobacco use is a leading cause of preventable death in the United States. Smoking leads to disease and disability and harms nearly every organ of the body.

- 35% Crow Wing County 11th grade students reported using an e-cigarette at least one day in the past 30 days, according to the 2019 Minnesota Student Survey
- 14% of Crow Wing County 11th grade students reported using a tobacco product that was flavored like candy, fruit, chocolate, clove, spice, or alcoholic drinks, the 2019 Minnesota Student Survey found.
- Tobacco use in adults improved from 23.3% in 2017 to 16.6% in 2021, stated the Crow Wing County Community Survey.
- Current cigarette smokers trying to quit decreased (39.2% in 2021 compared to 44.1% in 2017 and 70.8% in 2014), according to the Crow Wing County Community Survey.



### **Community Strengths and Resources Available:**

Crow Wing Energized Tobacco Coalition

Essentia Health certified tobacco treatment specialists

American Lung Associations

Local schools

### **Prioritization Process**

After reviewing the data received from completed surveys, the Crow Wing Energized Steering Committee developed the following criteria to prioritize key health needs:

- Size and scope of the issue
- Seriousness of the issue
- Feasibility based on current assets/resources in the community
- Impact on equity

### **The CHNA Steering Committee identified three final priorities for action:**

- Mental Health
- Healthy Eating/Active Living
- Tobacco Use

### **Needs Not Addressed in the CHNA**

Several steering committee members identified housing as an important health community issue, but it is not included in the top priorities. The committee did not feel that it had the resources or funding to address housing. There are other local organization as well as movement at the county level to address housing in Crow Wing County. Substance use, specifically alcohol consumption, was identified as an important health issue. The committee did not feel it had the resources or funding to address the issue.

### **Community Input**

A survey was distributed through the Crow Wing Energized newsletter and social media page, as well as through steering committee organizations that asked for community input on how to address the priority needs and resources available to address the needs. Thirty-two individuals shared their perspective through the survey.



# Health Findings Summary

After reviewing all the survey results and data, CRMC selected the same topics as Essentia Health did for its final priorities to address in 2021-23 with the exception of tobacco use as it was not identified as health issue by CRMC patients or its key stakeholders in the community.

## FINAL SELECTED PRIORITIES

CRMC selected the following as final priorities to address in 2023-25:

**Mental Health**  
**Healthy Eating**  
**Active Living**

### Priorities Not Selected:

Many of the other health issues were not selected because efforts in these three areas would also impact those issues. For example, in addressing mental health issues, CRMC will also tackle substance abuse, depression, anxiety, panic attacks, and stress. If CRMC is successful in improving nutrition and increasing activity, it will reduce the obesity and overweight rates, address the lack of nutritious foods, reduce diabetes, high blood pressure, and high cholesterol. By encouraging individuals to be more active, overweight rates will be reduced together with stress and depression. People will also find relief for their arthritis by being more active. Other issues were not chosen because they consistently ranked as a lower priority in the surveys and statistics.

## CRMC'S 2023-25 COMMUNITY HEALTH NEEDS ASSESSMENT PLAN

The following community health improvement plan outlines how CRMC in partnership with Cuyuna Lakes and Crow Wing County organizations plans to improve the health of residents over the next three years. Specific improvement strategies are included within each of the priority areas. CRMC believes that implementing these strategies will help it achieve its vision for a healthier community.

### Implementation Plan

CRMC will work with internal stakeholders and community partners in its service area to design strategies that address each of the priority community health needs identified in the CHNA. The strategies will outline actions that will be taken to respond to the identified needs.



The resulting three-year plan will address priority needs in the community and be reviewed annually. Progress will be shared with CRMC's leadership, Governing Board of Directors, District Board, and CHNA committees and posted on [www.cyunamed.org](http://www.cyunamed.org) on an annual basis. CRMC has allocated resources to address the priorities set forth in the CHNA. This strategy helps CRMC make the greatest impact with available resources.

Any comments received during the most recent CHNA implementation cycle will inform development of the next plan. No written comments were received from the 2020-23 CHNA for CRMC's service area.

### Desired Results and Data Indicators

Responding to community health needs identified in the CHNA, the results and indicators listed below outline the desired results of community action and data points to help indicate progress.

#### **Desired result: People experience good mental health and well-being most days.**

- Crow Wing County Community Health Survey data indicator: A total of 12.5% percent of adults with 10 or more days in the past month of “not good mental health.”
- Minnesota Student Survey data indicators: A total of 57% percent of Crow Wing County students who frequently or always find good ways of dealing with things in life that are hard.
- CRMC 2023 Community Survey indicator: A total of 20.49% reported depression, 13.12% anxiety or panic attacks; and 4.76% other mental health problems.
- CRMC primary care and internal medicine 2022 patient data indicator: A total of 4.66% of adult and 7.9% of adolescent patients screened positive for depression.
- CRMC Key Community Stakeholder Survey findings: The majority of those surveyed selected adult and youth mental health as the greatest community need.

#### **Desired result: People eat fruits and vegetables every day.**

- Crow Wing County Community Health Survey data indicator: Percent of adults not eating five or more fruits and vegetables per day.
- CRMC 2023 Community Survey indicator: A total of 43.04% of patients are overweight and 14.4% are obese. Another 23.54% have diabetes or pre-diabetes, 38.45% high cholesterol or triglycerides, 50.57% high blood pressure, and 14.20% heart trouble or angina.
- CRMC primary care and internal medicine 2022 patient data indicator: A total of 31 percent of adult, 37% of senior, and 18% of teen patients are overweight. A total of 44 percent of adult, 38% of senior, and 13% of teen patients are obese.
- CRMC Key Community Stakeholder Survey findings: About half of those surveyed selected nutrition/healthy eating a great community need.

**Desired result: People are active every day.**

- Crow Wing County Community Health Survey data indicator: Percent of adults not meeting the recommended moderate or vigorous physical activity guidelines.
- CRMC 2023 Community Survey indicator: A total of 43.04% of patients are overweight and 14.4% are obese. Another 23.54% have diabetes or pre-diabetes, 38.45% high cholesterol or triglycerides, 50.57% high blood pressure, and 14.20% heart trouble or angina.
- CRMC primary care and internal medicine 2022 patient data indicator: A total of 31 percent of adult, 37% of senior, and 18% of teen patients are overweight. A total of 44 percent of adult, 38% of senior, and 13% of teen patients are obese.
- CRMC Key Community Stakeholder Survey findings: A majority of those surveyed selected physical activity as a greatest community need.

## 2023-25 CRMC COMMUNITY HEALTH NEEDS ASSESSMENT STRATEGIES

### Mental Health & Well-being

**Baseline:**

- Percent of adults with 10 or more days in the past month of “not good mental health”: 12.5%
- Coping Skills-Find good ways to deal with things that are head in life: 57% of 11th grade students
- Percent of CRMC patients with depression: 4.66% of adults and 7.9% of adolescents

**Objectives:**

- Decrease percentage of adults who experience poor mental health (less than 12.5%)
- Increase the percentage of 11th grade students who have good coping skills (more than 57%)
- Decrease the percentage of CRMC adult patients with depression (less than 4.66%)
- Decrease the percentage of CRMC adolescent patients with depression (less than 7.9%)

**Tactics:**

- Recruit additional mental health providers, promote their availability
- Provide suicide prevention education in coordination with Smiles for Jake
- Support Smiles for Jake suicide prevention awareness events
- Sponsor and coordinate Cuyuna Christmas event for community
- Offer depression and anxiety screening in clinics and at community events
- Increase community education/awareness about mental health
- Continue to implement mental health first aid program
- Provide facilities for and promote Importance of Unimpaired Mental Health Support Group
- Support Kinship Partners (youth mentoring)





- Host new CRMC Behavioral Health Unit open house
- Distribute Three Good Things journals and Smile boxes
- Offer grief seminars
- Sponsor and promote Dementia Caregiver support group
- Facilitate stress reduction education
- Awareness media campaign

### **Partners:**

- Cuyuna Regional Medical Center Behavioral Health Department
- Smiles for Jake
- Crosby Youth Center
- Importance of Unimpaired Mental Health
- Area churches
- Alzheimer's Association
- Crow Wing County Adult Services
- Law Enforcement
- Crow Wing Energized Mental Fitness Goal Group
- Crow Wing Energized Adverse Childhood Experiences and Resilience Coalition
- Make it OK campaign
- Kinship Partners
- Sources of Strength program
- Area school counselors
- Bridges of Hope – Self Healing Communities Project
- Crisis Line
- Northern Pines Mental Health Center
- Nystrom's and Associates
- Northern Psychiatric
- Lakeland Psychiatric
- Wellness in the Woods
- Region V+ Mental Health

### **Result:**

- People will experience good mental well-being most days
- Less than 12.5% percent of adults experience poor mental health
- More than 57% percent of 11th grade students have good coping skills
- Less than 4.66% percent of CRMC adult patients have depression
- Less than 7.9% percent of CRMC adolescent patients have depression

## **Healthy Eating**

### **Baseline:**

- Total fruit and vegetable servings eaten yesterday/Crow Wing County adults:
- 1-2 servings: 25.9%
- 3-4 servings: 31.5%
- 5 or more servings: 38.3%
- A total of 43.04% of CRMC patients are overweight and 14.4% are obese



### Objective:

- Increase the servings of fruits and vegetables residents eat
- Reduce the percentage of CRMC patients who are overweight (43.04%) and obese (14.4%)

### Tactics:

- Develop sustainable strategies that encourage residents to make healthy choices
- Increase access to/availability of healthy food choices
- Offer additional fruits and vegetables in CRMC's Cornerstone and Cafeteria
- Provide healthy options in CRMC vending machines
- Provide healthy food featuring fruits and vegetables at community events
- Financially support area food shelves
- Provide nutrition education in Crosby-Ironton, Brainerd, and Pequot schools
- Offer Living Well classes
- Support Lunch Bunch, Operation Sandwich, and senior food programs
- Promote vegetable of the year at community events
- Support Crosby Farmer's Market Power of Produce program
- Offer Intensive Behavioral Therapy program
- Provide food shelves with fruit & vegetable vouchers
- Encourage employees to consume more fruits and vegetables through wellness program
- Awareness media campaign

### Partners:

- Cuyuna Regional Medical Center Clinic Nutrition Department
- Cuyuna Regional Medical Center Weight Loss Services
- National Diabetes Prevention Program
- Crow Wing Energized
- One Vegetable, One Community Program
- Crosby-Ironton Schools, Brainerd Public Schools, Pequot Lakes Schools
- Crow Wing County Health Department
- Hallett Community Center, community garden
- Cuyuna, Emily, Lakes Area food shelves
- Cuyuna Lakes Lunch Bunch
- Operation Sandwich
- Meals on Wheels
- Central Minnesota Council on Aging senior food distribution
- Catholic Charities of the Diocese of Saint Cloud senior food distribution

### Result:

- People eat fruits and vegetables every day.
- Less than 43.04% percent of CRMC patients are overweight and less than 14.4% of patients are obese (14.4%).



## Active Living

### Baseline:

- Crow Wing County adults participate in any physical activity in past 30 days: 83.9%
- Crow Wing County adults do 30 plus minutes moderate physical activity (days per week) 1-4: 53.1%, 5-7: 36.2%
- A total of 43.04% of CRMC patients are overweight and 14.4% are obese

### Objective:

- Provide opportunities for adult and youth to meet recommended physical activity
- Reduce the percentage of CRMC patients who are overweight (43.04%) and obese (14.4%)

### Tactics:

- Coordinate and promote area active living opportunities
- Offer Living Well classes
- Provide athletic training services at area high schools and Central Lakes College
- Promote walking and bicycling through CRMC employee wellness program
- Offer fitness activities at community events
- Sponsor and promote Cuyuna Triathlon, area fun runs/walks/bike races
- Support new walking/running trail at Cuyuna Range Elementary School
- Promote National Diabetes Prevention Program classes
- Offer Matter of Balance classes
- Coordinate community Walk with Doc program
- Offer Living Well classes

### Partners:

- Cuyuna Regional Medical Center Rehabilitation
- Hallett Community Center
- Brainerd YMCA
- Crosby-Ironton, Brainerd, and Pequot Lake Schools
- City of Crosby/Ironton/Cuyuna/Deerwood/Emily/Brainerd/Baxter/Breezy Point/Nisswa/Pequot Lakes Recreation Departments
- Crow Wing County Health Department
- Cuyuna Range Youth Center
- Cuyuna Country State Recreation Area
- Crosby Memorial Park
- Crow Wing Energized
- Community youth and adult sports teams/organizations
- Nature Network
- Northland Arboretum

### Result:

- People are active every day
- Less than 43.04% percent of CRMC patients are overweight and less than 14.4% of patients are obese (14.4%)



## NEXT STEPS

Two separate committees will be formed to meet periodically and work on the objectives: Mental Health & Well-being and Healthy Eating/Activity. Annually, CRMC will review this plan and discuss progress. The plan will be updated with most recent data and any needed changes in strategies will be made. CRMC will develop an annual progress report based on the results and publish the information on its website.

## CONCLUSION

As a non-profit, community hospital, CRMC is called to make a healthy difference in people's lives. This CHNA illustrates the importance of collaboration between CRMC and its community partners. By working collaboratively, CRMC can continue to have a positive impact on the health needs of the community. Other ways that CRMC will continue to indirectly address local health include providing charity care and other patient assistance to the under and uninsured and by subsidizing essential services. CRMC will work with the community to ensure this plan is effective and make modifications as needed.

For more information about the CHNA and updates, please visit [www.cuyunamed.org](http://www.cuyunamed.org).





# APRIL 1, 2020 - MARCH 31, 2021 CRMC COMMUNITY HEALTH NEEDS ASSESSMENT ACCOMPLISHMENTS

## Improve Mental Health Wellbeing

- 12% of adults report 10 or more days in the past month of not good mental health
- 11-34% of youth feel down depressed or hopeless for several days in a month

### Objectives:

- Decrease percentage of adults who report poor mental health (less than 12%)
- Decrease percentage of youth feeling down, depressed, or hopeless for several days (less than 16%)

### Strategies:

- Offer depression and anxiety screening in clinics and at community events
- Increase community education/awareness about mental health
- Implement Zero Suicide Program and Culture
- Support Saving Heart for Suicide Prevention efforts (support group and run/walk)
- Support Kinship Partners (youth mentoring)
- Recruit additional mental health providers
- Support Smiles for Jake (suicide prevention movement)
- Launch Wellbeats on-demand mindfulness classes

### Accomplishments:

- Formed Mental Health Committee and met periodically to work on the objectives. Chaired by Director of Care Management Kari Lee Pietz. CRMC staff members included: Chief Human Resources Officer Kim Blank; Employee Wellness Nurse Sarah Dorschner; Psychologists Ken Fogal and Kristin Furan, Psy.D.; Family Physician Monica Goodwin, M.D.; Family Physician Kara Maucieri, M.D.; Critical Care Nursing Director Stephanie Nelson; Community Relations Coordinator Jennifer Podsiadly; Marketing & Public Relations Director Peggy Stebbins; Executive Assistant Bobbie Ward; and Chief Nursing Officer Stacy Weldon. Community members included: Northern Pines Mental Health Center Coordinator Chris Abelt; Life Spring Church Pastor Eric Anderson; Crow Wing County Adult Services Supervisor Nathan Bertram; Crosby-Ironton School District Collaborative Family Service Worker Teppi Bundy; Youth Suicide Prevention Coordinator Stephanie Downey; Baxter Chief of Police Jim Exsted; Wellness in the Woods Peer Supporter Jode Freyholtz-London; Crow Wing County Sheriff Scott Goddard; Smiles for Jake founder Eryk Haapajoki; Mothers Against Drunk Driving Manager Stefanie Hurt; Crow Wing Energized Director Karen Johnson; Community Engagement & Partner Coordinator Laura Kunstleben; Crisis Line and Referral Service Executive Director Mary Marana; Psychologist Holley Mathieu, M.S.; Brainerd Dispatch Publisher Pete Mohs; Nystrom & Associates Regional Outreach Representative Arlene Selander; Crosby



Youth Center Director Chris Swanson; Crosby Chief of Police Andy Rooney; Lutheran Social Services Caregiver Mary Smith; Deerwood Chief of Police Mark Taylor; Suicide Prevention Health System Coordinator Jenilee Telander; Crow Wing County Human Services Director Kara Terry; CTC CEO Kristi Westbrook; and Relationship Safety Alliance Executive Director Shannon Wussow.

- Offered and facilitated monthly Cancer support group
- Coordinated outdoor community holiday Cuyuna Christmas celebration. Offered various games and activities for youth with prizes, provided healthy soup, and hot cocoa
- Promoted Paint the Town Blue on campus and in the community
- Offered Advance Care Planning assistance booths/volunteers
- Provided concussion awareness education and publicity
- Gave financial donation to Nisswa's Christmas for Kids program
- Provided employees with unlimited Employee Assistance Program visits
- Coordinated complimentary Yoga classes for staff for stress relief
- Implemented Intensive Behavioral Therapy program
- Facilitated 12 Steps sex addiction support group
- Supported the following organizations financially and with volunteers:
  - Burlington House
  - Crosby Days for Girls'
  - Cuyuna Range Youth Center
  - Habitat for Humanity
  - Lakes Pregnancy Support Center
  - Salem West
  - Sexual Assault Services of Brainerd
  - Silos to Circles
  - Smiles for Jake
  - United Way of Crow Wing and Cass Counties

### Improve Nutrition

- 66% of adults do not eat five or more fruits and vegetables a day
- 6-18% of youth did not eat any vegetables in the past 7 days
- 1-10% of youth did not eat any fruit in the past 7 days

#### Objectives:

- Decrease adult obesity rate of 30% by encouraging adults to eat five or more fruits and vegetables a day
- Decrease youth overweight rate of 12-19% and youth obesity rate of 6-18% by encouraging youth to eat five or more fruits and vegetables a day

#### Strategies:

- Develop sustainable strategies that encourage residents to make healthy choices
- Increase access to/availability to healthy food choices
- Offer healthy menus in CRMC Culinary Services with nutrition information
- Provide healthy options in CRMC vending machines



- Offer Living Well classes
- Provide healthy food at community events
- Share Healthy recipes and cookbooks
- Launch Wellbeats on-demand nutrition education Support Cuyuna Lakes Lunch Bunch/Operation Sandwich with healthy food
- Financially support Cuyuna and Emily food shelves
- Provide nutrition education in Crosby-Ironton, Brainerd, and Pequot schools
- Support Cuyuna Range Farmers Market
- Provide healthy food at Crosby's Music in the Park, Christmas in the Park
- Fruit & vegetable vouchers
- Worksite wellness

### **Accomplishments:**

- Formed Nutrition Committee and met periodically to work on the objectives. Chaired by Director of Clinical Nutrition Heather Erikson, R.D. CRMC staff members included: Employee Wellness Nurse Sarah Dorschner; Population Health Registered Nurse Miranda Foy; Community Relations Coordinator Jennifer Podsiadly; Marketing & Public Relations Director Peggy Stebbins; Executive Assistant Bobbie Ward; Chief Nursing Officer Stacy Weldon; and Chief Medical Officer Robert Westin, M.D. Community members included: Lakes Area Food Shelf Director Kathy Adams; Nisswa Chamber of Commerce President & COE Pam Dorion; Outreach Program of Brainerd Lakes Executive Director Shawn Hansen; Crow Wing County Commissioner Doug Houge; The Farm on St. Mathias owner Arlene Jones; Central Lakes College Dean Rebekah Kent; Pequot Lakes School District Superintendent Chris Lindholm; University of Minnesota Extension Coordinator Carolyn McQueen; Crosby-Ironton School District Superintendent Jaime Skjeveland; Crow Wing Energized Coordinator Kalsey Stults; and Great River Eye Clinic Manager Janessa Watson Evan.
- Provided food for and served 4,142 nutritious lunches through Cuyuna Lakes Lunch Bunch
- Offered educational seminars about reflux and heartburn
- Facilitated monthly virtual Weight Loss Support Group
- Offered virtual Weight Loss seminars
- Launched Intensive Behavioral Therapy for Obesity program
- Provided healthy soup for Crosby-Ironton Schools Grad Blast
- Gave food vouchers to Type 1 Diabetes patients
- Supported the following organizations financially and with volunteers:
  - Community Care N' Share
  - Crosby Food Shelf
  - Cuyuna Lakes Chamber Eat Local
  - Fishing to End Hunger
  - Produce Pop Up Pantry
  - United Way of Crow Wing and Cass Counties



## Increase Activity

- 65% of adults do not meet recommended physical activity
- 2-16% of youth were not physically active for 60 minutes a day in the last 7 days

### Objectives:

- Provide opportunities for adult and youth to meet recommended physical activity
- Increase percentage of adults who meet recommended physical activity goals from 35%
- Increase percentage of youth who are physically active for at least 60 minutes per day to more than 84%

### Strategies:

- Community activity challenge
- Living Well classes
- Intensive Behavioral Therapy program
- Worksite wellness programs
- Media campaign
- Increase active living opportunities and active lifestyles
- Promote walking and bicycling
- Offer fitness activities at community events
- Sponsor and promote Cuyuna Triathlon, area fun runs/walks
- Offer Living Well classes
- Support Cuyuna Range Youth Center Health Fair
- Launch Wellbeats on-demand fitness

### Accomplishments:

- Formed Activity Committee and met periodically to work on the objectives. Chaired by Director of Rehabilitation Paul Stokman. CRMC staff members included: Employee Wellness Nurse Sarah Dorschner; Family Physician Camille Lang, M.D.; Sports Medicine Specialist Wendi Johnson, M.D.; Community Relations Coordinator Jennifer Podsiadly; Marketing & Public Relations Director Peggy Stebbins; Executive Assistant Bobbie Ward; Chief Nursing Officer Stacy Weldon; and Chief Medical Officer Robert Westin, M.D. Community members included: Deerwood Mayor Mike Aulie; Hallett Center of Crosby General Manager Ivan Bartha; Deerwood Fire Chief Mike Bodle; Cuyuna Lakes Chamber Executive Director Brielle Bredsten; Uplifted Wellness Studio owner Jill Mattson; Crow Wing County Community Services Nurse Michelle Moritz; Brainerd YMCA Executive Director Shane Riffle; Breezy Point Mayor Todd Roggenkamp; Ironton Fire Chief Jeff Thompson; Central Minnesota Council on Aging Community Development Coordinator Rachel Zetah; and Northland Arboretum Executive Director Candice Zimmermann.
- Facilitated monthly virtual Weight Loss support group
- Donated Rehabilitation equipment to Crosby-Ironton Schools
- Facilitated virtual Weight Loss seminars





- Provided Athletic Training services at Crosby-Ironton Schools
- Supported the following organizations financially and with volunteers:
  - Blind Lake ATV Club
  - Brainerd Amateur Hockey Association
  - Brainerd Sports Boosters
  - Brainerd YMCA
  - Camp JIM
  - Crosby-Ironton Youth Basketball
  - Cuyuna Lakes High School Mountain Bike Team
  - Hallett Community Center
  - Longville Skating Rink
  - Nisswa Recreation athletic teams
  - Northern Lakes Youth Hockey Association
  - Northland Arboretum
  - Pequot Lakes Youth Sports
  - Timber Bay youth camp

## APRIL 1, 2021 - MARCH 31, 2022 CRMC COMMUNITY HEALTH NEEDS ASSESSMENT ACCOMPLISHMENTS

### Improve Mental Health Wellbeing

- 12% of adults report 10 or more days in the past month of not good mental health
- 11-34% of youth feel down depressed or hopeless for several days in a month

#### Objectives:

- Decrease percentage of adults who report poor mental health (less than 12%)
- Decrease percentage of youth feeling down, depressed, or hopeless for several days (less than 16%)

#### Strategies:

- Offer depression and anxiety screening in clinics and at community events
- Increase community education/awareness about mental health
- Implement Zero Suicide Program and Culture
- Support Saving Heart for Suicide Prevention efforts (support group and run/walk)
- Support Kinship Partners (youth mentoring)
- Recruit additional mental health providers
- Support Smiles for Jake (suicide prevention movement)
- Launch Wellbeats on-demand mindfulness classes

**Accomplishments:**

- Mental Health Committee met periodically to work on the objectives. Chaired by Director of Care Management Kari Lee Pietz. CRMC staff members included: Chief Human Resources Officer Kim Blank; Employee Wellness Nurse Sarah Dorschner; Psychologists Ken Fogal and Kristin Furan, Psy.D.; Family Physician Monica Goodwin, M.D.; Family Physician Kara Maucieri, M.D.; Critical Care Nursing Director Stephanie Nelson; Community Relations Coordinator Jennifer Podsiadly; Marketing & Public Relations Director Peggy Stebbins; Executive Assistant Bobbie Ward; and Chief Nursing Officer Stacy Weldon. Community members included: Northern Pines Mental Health Center Coordinator Chris Abelt; Life Spring Church Pastor Eric Anderson; Crow Wing County Adult Services Supervisor Nathan Bertram; Crosby-Ironton School District Collaborative Family Service Worker Teppi Bundy; Youth Suicide Prevention Coordinator Stephanie Downey; Baxter Chief of Police Jim Exsted; Wellness in the Woods Peer Supporter Jode Freyholtz-London; Crow Wing County Sheriff Scott Goddard; Smiles for Jake founder Eryk Haapajoki; Mothers Against Drunk Driving Manager Stefanie Hurt; Crow Wing Energized Director Karen Johnson; Community Engagement & Partner Coordinator Laura Kunstleben; Crisis Line and Referral Service Executive Director Mary Marana; Psychologist Holley Mathieu, M.S.; Brainerd Dispatch Publisher Pete Mohs; Nystrom & Associates Regional Outreach Representative Arlene Selander; Crosby Youth Center Director Chris Swanson; Crosby Chief of Police Andy Rooney; Lutheran Social Services Caregiver Mary Smith; Deerwood Chief of Police Mark Taylor; Suicide Prevention Health System Coordinator Jenilee Telander; Crow Wing County Human Services Director Kara Terry; CTC CEO Kristi Westbrook; and Relationship Safety Alliance Executive Director Shannon Wussow.
- Coordinated, publicized, and provided Mental Health providers for Smiles for Jake My Ascension mental health program (Feb. 7-8)
- Offered and publicized Dr. Kara Maucieri mental health presentation (May 27, 12p)
- Hosted and facilitated monthly Cancer support group, provided healthy lunch
- Coordinated, publicized, and staffed with volunteers the Cuyuna Christmas/ Smile Express community holiday celebration. Provided healthy refreshments, games, activities, and prizes. More than 1,000 people attended
- Publicized Paint the Town Blue in the Cuyuna Lakes and on the CRMC campus. Painted blue smiley faces around campus in the snow.
- Sponsored Smile Fest community event in Brainerd, provided volunteers and healthy refreshments.
- Offered Advance Care Planning educational booths, staffed with volunteers
- Provided concussion awareness education
- Sponsored Winter Wonderland stress relief event for staff and their families
- Hosted monthly Cuyuna Area Connections presentations, provided healthy lunch
- Presented Enough Tragedy presentations on impaired driving and hosted demonstration
- Sponsored Walk a Mile in Her Shoes event for domestic assault awareness and education



- Provided employees with unlimited Employee Assistance Program visits
- Sponsored 5K for Mental Health at Central Lakes College, provided educational booth
- Supported the following organizations financially and with volunteers:
  - Brainerd Sertoma Club Winter Wonderland
  - Bridges of Hope
  - Crosby-Ironton School Grad Blast and other activities
  - Cuyuna Range Youth Center
  - Habitat for Humanity
  - Interfaith Volunteers
  - Kinship Partners
  - Lakes Area Pregnancy Support Center
  - Minnesota Teen Challenge
  - Sexual Assault Services of Brainerd
  - Smiles for Jake
  - United Way of Crow Wing and Cass Counties

### Improve Nutrition

- 66% of adults do not eat five or more fruits and vegetables a day
- 6-18% of youth did not eat any vegetables in the past 7 days
- 1-10% of youth did not eat any fruit in the past 7 days

### Objectives:

- Decrease adult obesity rate of 30% by encouraging adults to eat five or more fruits and vegetables a day
- Decrease youth overweight rate of 12-19% and youth obesity rate of 6-18% by encouraging youth to eat five or more fruits and vegetables a day

### Strategies:

- Develop sustainable strategies that encourage residents to make healthy choices
- Increase access to/availability to healthy food choices
- Offer healthy menus in CRMC Culinary Services with nutrition information
- Provide healthy options in CRMC vending machines
- Offer Living Well classes
- Provide healthy food at community events
- Share Healthy recipes and cookbooks
- Launch Wellbeats on-demand nutrition education Support Cuyuna Lakes Lunch Bunch/Operation Sandwich with healthy food
- Financially support Cuyuna and Emily food shelves
- Provide nutrition education in Crosby-Ironton, Brainerd, and Pequot schools
- Support Cuyuna Range Farmers Market
- Provide healthy food at Crosby's Music in the Park, Christmas in the Park
- Fruit & vegetable vouchers
- Worksite wellness

**Accomplishments:**

- Nutrition Committee met periodically to work on the objectives. Chaired by Director of Clinical Nutrition Heather Erikson, R.D. CRMC staff members included: Employee Wellness Nurse Sarah Dorschner; Population Health Registered Nurse Miranda Foy; Community Relations Coordinator Jennifer Podsiadly; Marketing & Public Relations Director Peggy Stebbins; Executive Assistant Bobbie Ward; Chief Nursing Officer Stacy Weldon; and Chief Medical Officer Robert Westin, M.D. Community members included: Lakes Area Food Shelf Director Kathy Adams; Nisswa Chamber of Commerce President & COE Pam Dorion; Outreach Program of Brainerd Lakes Executive Director Shawn Hansen; Crow Wing County Commissioner Doug Houge; The Farm on St. Mathias owner Arlene Jones; Central Lakes College Dean Rebekah Kent; Pequot Lakes School District Superintendent Chris Lindholm; University of Minnesota Extension Coordinator Carolyn McQueen; Crosby-Ironton School District Superintendent Jaime Skjeveland; Crow Wing Energized Coordinator Kalsey Stults; and Great River Eye Clinic Manager Janessa Watson Evan.
- Provided food for and served 3,521 nutritious lunches through Cuyuna Lakes Lunch Bunch
- Offered educational seminars about reflux and heartburn
- Facilitated monthly virtual Weight Loss Support Group
- Offered virtual Weight Loss seminars
- Sponsored Arbor Day event, dietitians hosted booth on planting vegetables, provided recipes
- Coordinated and publicized Senior Frozen Meal Distribution in Deerwood with Catholic Charities
- Distributed frozen meals to average of 75 seniors monthly
- Hosted Deerwood Summerfest youth activities including fruit and veggie walk to promote awareness to eat fruits and vegetables
- Coordinated and hosted Living Well classes for the community
- Provided and publicized Weight Management seminars (September, November & December)
- Gave food vouchers to Type 1 Diabetes patients
- Provided Graphic Packaging Lunch & Learn with Medical Weight Management Nurse Vicki Monson (Jan. 21)
- Sponsored Cuyuna Fishing Tournament to help raise funds for Outreach Program which provides food for youth
- Provided Intensive Behavioral Therapy for Obesity program
- Sponsored Crosby Farmer's Market Power of Produce program
- Provided Athletic Training services at Crosby-Ironton Schools
- Supported Nisswa Lions Club diabetes awareness event
- Provided healthy refreshments for Eagle's View Gratitude
- Supported the following organizations financially and with volunteers:
  - Community Care N' Share
  - Crosby Food Shelf
  - Fishing to End Hunger
  - United Way of Crow Wing and Cass Counties



### Increase Activity

- 65% of adults do not meet recommended physical activity
- 2-16% of youth were not physically active for 60 minutes a day in the last 7 days

### Objectives:

- Provide opportunities for adult and youth to meet recommended physical activity
- Increase percentage of adults who meet recommended physical activity goals from 35%
- Increase percentage of youth who are physically active for at least 60 minutes per day to more than 84%

### Strategies:

- Community activity challenge
- Living Well classes
- Intensive Behavioral Therapy program
- Worksite wellness programs
- Media campaign
- Increase active living opportunities and active lifestyles
- Promote walking and bicycling
- Offer fitness activities at community events
- Sponsor and promote Cuyuna Triathlon, area fun runs/walks
- Offer Living Well classes
- Support Cuyuna Range Youth Center Health Fair
- Launch Wellbeats on-demand fitness

### Accomplishments:

- Activity Committee met periodically to work on the objectives. Chaired by Director of Rehabilitation Paul Stokman. CRMC staff members included: Employee Wellness Nurse Sarah Dorschner; Family Physician Camille Lang, M.D.; Sports Medicine Specialist Wendi Johnson, M.D.; Community Relations Coordinator Jennifer Podsiadly; Marketing & Public Relations Director Peggy Stebbins; Executive Assistant Bobbie Ward; Chief Nursing Officer Stacy Weldon; and Chief Medical Officer Robert Westin, M.D. Community members included: Deerwood Mayor Mike Aulie; Hallett Center of Crosby General Manager Ivan Bartha; Deerwood Fire Chief Mike Bogle; Cuyuna Lakes Chamber Executive Director Brielle Bredsten; Uplifted Wellness Studio owner Jill Mattson; Crow Wing County Community Services Nurse Michelle Moritz; Brainerd YMCA Executive Director Shane Riffle; Breezy Point Mayor Todd Roggenkamp; Ironton Fire Chief Jeff Thompson; Central Minnesota Council on Aging Community Development Coordinator Rachel Zetah; and Northland Arboretum Executive Director Candice Zimmermann.
- Facilitated monthly virtual Weight Loss support group
- Sponsored Arbor Day event, hosted relay races and games, provided prizes
- Started Walk with Doc program for the community, held weekly walks regardless of the weather conditions, publicized



- Coordinated and hosted two Learn to Paddle programs on Serpent Lake
- Provided Sports Physicals for Central Lakes College student athletes
- Provided Sports Physicals for Crosby-Ironton High School student athletes
- Hosted numerous games and activities over two days for Deerwood Summerfest games
- Sponsored Cuyuna Crusher sponsor and provided first aid tent with paramedic, supplies
- Held Living Well classes for the community
- Provided and publicized Weight Management seminars (September, November & December)
- Sponsored Cuyuna Triathlon, provided first aid services
- Supported the following organizations financially and with volunteers:
  - Bit & Bridle Saddle Club
  - Brainerd Amateur Hockey Association
  - Brainerd Basketball Association
  - Brainerd Sports Boosters
  - Brainerd Warriors Baseball
  - Brainerd YMCA
  - Camp JIM
  - Crosby-Ironton Rangerettes Team
  - Crosby-Ironton Youth Basketball
  - Crosslake Community School Clay Target League
  - Cuyuna Lakes High School Mountain Bike Team
  - Cuyuna Lakes Pickleball Association
  - Hallett Community Center
  - Longville Skating Rink
  - Longville Turtle Races
  - Nisswa Recreation athletic teams
  - Northern Lakes Youth Hockey Association
  - Northland Arboretum
  - Pequot Lakes Youth Sports
  - Snowbirds
  - The Wilds Youth Archery Range
  - Timber Bay camp



## APRIL 1, 2022 - MARCH 31, 2023 CRMC COMMUNITY HEALTH NEEDS ASSESSMENT ACCOMPLISHMENTS

### Improve Mental Health Wellbeing

- 12% of adults report 10 or more days in the past month of not good mental health
- 11-34% of youth feel down depressed or hopeless for several days in a month

#### Objectives:

- Decrease percentage of adults who report poor mental health (less than 12%)
- Decrease percentage of youth feeling down, depressed, or hopeless for several days (less than 16%)

#### Strategies:

- Offer depression and anxiety screening in clinics and at community events
- Increase community education/awareness about mental health
- Support Kinship Partners (youth mentoring)
- Recruit additional mental health providers
- Support Smiles for Jake (suicide prevention movement)
- Continue Wellbeats on-demand mindfulness classes for staff

#### Accomplishments:

- Mental Health Committee met periodically to work on the objectives. Chaired by Director of Care Management Kari Lee Pietz. CRMC staff members included: Chief Human Resources Officer Kim Blank; Employee Wellness Nurse Sarah Dorschner; Psychologists Ken Fogal and Kristin Furan, Psy.D.; Family Physician Monica Goodwin, M.D.; Family Physician Kara Maucieri, M.D.; Critical Care Nursing Director Stephanie Nelson; Community Relations Coordinator Jennifer Podsiadly; Marketing & Public Relations Director Peggy Stebbins; Executive Assistant Bobbie Ward; and Chief Nursing Officer Stacy Weldon. Community members included: Northern Pines Mental Health Center Coordinator Chris Abelt; Life Spring Church Pastor Eric Anderson; Crow Wing County Adult Services Supervisor Nathan Bertram; Crosby-Ironton School District Collaborative Family Service Worker Teppi Bundy; Youth Suicide Prevention Coordinator Stephanie Downey; Baxter Chief of Police Jim Exsted; Wellness in the Woods Peer Supporter Jode Freyholtz-London; Crow Wing County Sheriff Scott Goddard; Smiles for Jake founder Eryk Haapajoki; Mothers Against Drunk Driving Manager Stefanie Hurt; Crow Wing Energized Director Karen Johnson; Community Engagement & Partner Coordinator Laura Kunstleben; Crisis Line and Referral Service Executive Director Mary Marana; Psychologist Holley Mathieu, M.S.; Brainerd Dispatch Publisher Pete Mohs; Nystrom & Associates Regional Outreach Representative Arlene Selander; Crosby Youth Center Director Chris Swanson; Crosby Chief of Police Andy Rooney; Lutheran Social Services Caregiver Mary Smith; Deerwood Chief of Police Mark Taylor; Suicide Prevention Health System Coordinator Jenilee Telander; Crow Wing County Human Services



Director Kara Terry; CTC CEO Kristi Westbrook; and Relationship Safety Alliance Executive Director Shannon Wussow.

- Hired and onboarded Dr. Lauren Phillips, psychiatrist
- Sponsored Smiles on 'Sippi community event in Brainerd, provided volunteers and healthy refreshments
- Provided meeting space for and publicized IOU monthly mental health support group
- Hosted and facilitated monthly cancer support group, provided healthy lunch
- Sponsored and facilitated My Ascension programs with Smiles for Jake
- Sponsored and facilitated Seize the Awkward Mental Health Panel at Crosby-Ironton Schools
- Partnered with Smiles for Jake to promote mental health and suicide awareness in Crosby's annual 4th of July parade
- Partnered with Smiles for Jake and Immanuel Lutheran Church to create Hope Walk path in the community
- Presented mental health in the workplace to Nor-Son and City of Baxter by Dr. Lauren Philips in partnership with Smiles for Jake
- Distributed gun locks at community events
- Hosted Grand Rounds: Working Together to End Suicide, What Veterans Want You to Know
- Hosted a Wellness fair for CRMC employees with Mental health resources and volunteers from Smiles for Jake on site
- Assisted Northern Pines Mental Health by providing Emergency Mental Health Technicians at Lakes Jam in 2022 (Dr. Philips/Katie Nystrom)
- Provided an 8-week employee lifestyle change program to promote healthy eating, weight management, stress management, and mental health
- Hosted a monthly gratitude journaling group for employees to decrease stress and increase happiness, improve self-esteem, and increase positivity
- Employees coordinated a Random Acts of Kindness Tree in the lobby to help spread kindness
- Kindness rock activities at Arbor Day, Deerwood Summerfest, and Deerwood Sesquicentennial events
- Partnered with Alzheimer's Association to offer dementia and memory loss seminars
- Coordinated, publicized, and staffed with volunteers the Cuyuna Christmas/ Smile Express community holiday celebration. Provided healthy refreshments, games, activities, and prizes. More than 1,000 people attended
- Publicized Paint the Town Blue in the Cuyuna Lakes and on the CRMC campus. Painted blue smiley faces around campus in the snow.
- Offered Advance Care Planning educational booths, staffed with volunteers
- Sponsored Winter Wonderland stress relief event for staff and their families
- Hosted monthly Cuyuna Area Connections presentations, provided healthy lunch
- Sponsored Walk a Mile in Her Shoes event for domestic assault awareness and education
- Partnered with Optum to provide six Employee Assistance Program counseling sessions per employee per year





- Sponsored 5K for Mental Health at Central Lakes College, provided educational booth
- Supported the following organizations financially and with volunteers:
  - Brainerd Sertoma Club Winter Wonderland
  - Bridges of Hope
  - Crosby-Ironton School Grad Blast and other activities
  - Cuyuna Range Youth Center
  - Habitat for Humanity
  - Interfaith Volunteers
  - Kinship Partners
  - Lakes Area Pregnancy Support Center
  - Minnesota Teen Challenge
  - Sexual Assault Services of Brainerd
  - Smiles for Jake
  - Lakes Area United Way
  - Timber Bay
  - St. Joseph's Catholic Church
  - Camp Jim
  - Aitkin County Jail
  - Lakewood Evangelical Free Church
  - Salvation Army
  - American Red Cross
  - WeAre Reproductive Clinic

### **Improve Nutrition**

- 66% of adults do not eat five or more fruits and vegetables a day
- 6-18% of youth did not eat any vegetables in the past 7 days
- 1-10% of youth did not eat any fruit in the past 7 days

### **Objectives:**

- Decrease adult obesity rate of 30% by encouraging adults to eat five or more fruits and vegetables a day
- Decrease youth overweight rate of 12-19% and youth obesity rate of 6-18% by encouraging youth to eat five or more fruits and vegetables a day

### **Strategies:**

- Develop sustainable strategies that encourage residents to make healthy choices
- Increase access to/availability to healthy food choices
- Offer healthy menus in CRMC Culinary Services with nutrition information
- Offer Living Well classes
- Provide healthy food at community events
- Share healthy recipes and cookbooks
- Continue Wellbeats on-demand nutrition education
- Support Cuyuna Lakes Lunch Bunch/Operation Sandwich with healthy food
- Financially support Cuyuna, Emily, and Pequot Lakes food shelves
- Provide nutrition education in Crosby-Ironton, Brainerd, and Pequot schools



- Support Cuyuna Range Farmers Market
- Provide healthy food at Crosby's Music in the Park, Christmas in the Park
- Worksite wellness fitness and weight management education/groups

### **Accomplishments:**

- Nutrition Committee met periodically to work on the objectives. Chaired by Director of Clinical Nutrition Heather Erikson, R.D. CRMC staff members included: Employee Wellness Nurse Sarah Dorschner; Population Health Registered Nurse Miranda Foy; Community Relations Coordinator Jennifer Podsiadly; Marketing & Public Relations Director Peggy Stebbins; Executive Assistant Bobbie Ward; Chief Nursing Officer Stacy Weldon; and Chief Medical Officer Robert Westin, M.D. Community members included: Lakes Area Food Shelf Director Kathy Adams; Nisswa Chamber of Commerce President & COE Pam Dorion; Outreach Program of Brainerd Lakes Executive Director Shawn Hansen; Crow Wing County Commissioner Doug Houge; The Farm on St. Mathias owner Arlene Jones; Central Lakes College Dean Rebekah Kent; Pequot Lakes School District Superintendent Chris Lindholm; University of Minnesota Extension Coordinator Carolyn McQueen; Crosby-Ironton School District Superintendent Jaime Skjeveland; Crow Wing Energized Coordinator Kalsey Stults; and Great River Eye Clinic Manager Janessa Watson Evan.
- Provided food for and served 4,601 nutritious lunches through Cuyuna Lakes Lunch Bunch
- Offered educational seminars about reflux and heartburn
- Facilitated monthly virtual Weight Loss Support Group
- Offered community seminar on mindful eating
- Provided clinical nutrition information, healthy food, and blood sugar screenings at Women's Wellness event
- Offered Weight Loss seminars, support groups
- Offered Coaches educational seminar, attended by 29 athletic coaches
- Coordinated GERD awareness campaign
- Held the Gift of You employee weight loss education/support group
- Publicized Medical Weight Management and Bariatric Surgery patient success stories
- Sponsored Arbor Day event
- Gave Super One gift cards to social workers for distribution to those in need
- Coordinated and publicized Senior Frozen Meal Distribution in Deerwood with Catholic Charities (6,165 distributed Sept – Dec)
- Distributed frozen meals to average of 75 seniors monthly
- Hosted Deerwood Summerfest youth activities including fruit and veggie walk to promote awareness to eat fruits and vegetables
- Coordinated and hosted two Living Well classes for the community
- Provided and publicized Weight Management seminars
- Provided Graphic Packaging Lunch & Learn with Medical Weight Management Nurse Vicki Monson
- Sponsored Cuyuna Fishing Tournament to help raise funds for Outreach Program which provides food for youth



- Provided Intensive Behavioral Therapy for Obesity program
- Sponsored Crosby Farmer's Market Power of Produce programs for youth and seniors
- Provided Athletic Training services at Crosby-Ironton Schools, Pequot Lakes Schools, and Central Lakes College
- Supplied healthy meal at Cuyuna Christmas to 1,000 attendees
- Furnished nutritious free meal to SmileFest attendees
- Care Management team replenishes local little food shelves that Crosby-Ironton High School students built and installed
- Encouraged employee wellness with water challenges and healthy recipe challenge
- Hosted a Wellness fair for CRMC employees with local resources
- Provided an 8-week employee lifestyle change program to promote healthy eating, weight management, stress management, and mental health
- Provided Wellbeats virtual wellness offerings to employees
- Supplied free healthy meals and snacks for employees to show appreciation (yogurt bar)
- Supported Nisswa Lions Club diabetes awareness event
- Supported the following organizations financially and with volunteers:
  - Community Care N' Share
  - Crosby Food Shelf
  - Lakes Area Food Shelf
  - Pequot Lakes Food Shelf
  - Fishing to End Hunger
  - Lakes Area United Way
  - Salvation Army

### Increase Activity

- 65% of adults do not meet recommended physical activity
- 2-16% of youth were not physically active for 60 minutes a day in the last 7 days

### Objectives:

- Provide opportunities for adult and youth to meet recommended physical activity
- Increase percentage of adults who meet recommended physical activity goals from 35%
- Increase percentage of youth who are physically active for at least 60 minutes per day to more than 84%

### Strategies:

- Employee Wellness activity challenge, kickball tournament
- Living Well classes
- Intensive Behavioral Therapy program
- Worksite wellness programs
- Increase active living opportunities and active lifestyles by supporting trails
- Promote walking and bicycling
- Offer fitness activities at community events
- Sponsor and promote Cuyuna Triathlon, area fun runs/walks
- Offer Living Well classes
- Continue Wellbeats on-demand fitness program for staff

**Accomplishments:**

- Activity Committee met periodically to work on the objectives. Chaired by Director of Rehabilitation Paul Stokman. CRMC staff members included: Employee Wellness Nurse Sarah Dorschner; Family Physician Camille Lang, M.D.; Sports Medicine Specialist Wendi Johnson, M.D.; Community Relations Coordinator Jennifer Podsiadly; Marketing & Public Relations Director Peggy Stebbins; Executive Assistant Bobbie Ward; Chief Nursing Officer Stacy Weldon; and Chief Medical Officer Robert Westin, M.D. Community members included: Deerwood Mayor Mike Aulie; Hallett Center of Crosby General Manager Ivan Bartha; Deerwood Fire Chief Mike Bodle; Cuyuna Lakes Chamber Executive Director Brielle Bredsten; Uplifted Wellness Studio owner Jill Mattson; Crow Wing County Community Services Nurse Michelle Moritz; Brainerd YMCA Executive Director Shane Riffle; Breezy Point Mayor Todd Roggenkamp; Ironton Fire Chief Jeff Thompson; Central Minnesota Council on Aging Community Development Coordinator Rachel Zetah; and Northland Arboretum Executive Director Candice Zimmermann.
- Facilitated monthly virtual Weight Loss support group
- Sponsored Arbor Day event
- Offered Coaches educational seminar, attended by 29 athletic coaches
- Continued Walk with a Doc program for the community, held weekly walks regardless of the weather conditions, publicized
- Held Walk with a Doc first anniversary celebration
- Sponsored CRMC Championship golf tournament, provided physical therapy services
- Provided Sports Physicals for Central Lakes College student athletes
- Provided Sports Physicals for Crosby-Ironton High School student athletes
- Hosted numerous games and activities over two days for Deerwood Summerfest games
- Hosted numerous games and activities over two days for Deerwood Sesquicentennial events
- Sponsored Cuyuna Crusher and provided first aid tent with paramedic, supplies
- Held two Living Well classes for the community
- Provided and publicized Weight Management seminars
- Coordinated wellness activities for employees: kickball tournament, bags tournament, outdoor walking maps
- Hosted a Wellness fair for CRMC employees with local resources
- Provided an 8-week employee lifestyle change program to promote healthy eating, weight management, stress management, and mental health
- Offered Wellbeats virtual wellness offerings for employees
- Partnered with Cuyuna Lakes Mountain Bike group to host ride for Global Fat Tire Bike Day as part of Cuyuna Christmas
- Sponsored Ranger Color Run and provided volunteers for event
- Sponsored Cuyuna Triathlon, provided first aid services



- Supported the following organizations financially and with volunteers:
  - Bit & Bridle Saddle Club
  - Brainerd Amateur Hockey Association
  - Brainerd Basketball Association
  - Brainerd High School Gymnastics Team
  - Brainerd Sports Boosters
  - Brainerd Warriors Baseball
  - Brainerd YMCA
  - Camp JIM
  - Crosby-Ironton Rangerettes Team
  - Crosby-Ironton Youth Basketball
  - Cuyuna Lakes High School Mountain Bike Team
  - Hallett Community Center
  - Longville Skating Rink
  - Longville Turtle Races
  - Nisswa Parks & Recreation athletic teams
  - Northern Lakes Youth Hockey Association
  - Northern Lakes Blue Line Club
  - Northern Lakes Lightning Hockey
  - Northland Arboretum
  - Pequot Lakes Youth Sports
  - Timber Bay camp
  - Lowell Elementary School fun run
  - Paul Bunyan Cyclists
  - Garfield Elementary School activity
  - Timber Bay
  - Soulful Horse

**CRMC**  
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