

Community Health Needs Assessment Accomplishments

APRIL 1, 2021 TO MARCH 31, 2022

CRMC
CUYUNA REGIONAL
MEDICAL CENTER

PRIORITY

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

PRIORITY

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 Podsiady; 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 Skjveland; 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

PRIORITY

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 Podsiady; 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, 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