



2017 Community Health Improvement Annual Report

MARCH 2018

SCOTT COUNTY PUBLIC HEALTH



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Introduction

Background Information

Scott County Public Health Department convened a Community Health Steering Committee to participate in a Community Health Improvement Planning (CHIP) process. The Community Health Steering Committee was composed of a cross section of public health professionals within the Scott County Public Health department. The process included the review information collected during public forums in each community in 2011, discussions within the Scott County Health Care Systems Collaborative, data review from the 2010 Metro Adult Health Survey, data from a 2013 survey on mental health issues and data from the Scott County Health Matters Community Health Assessment 2014, developed for the Scott County State Health Improvement Program Grant. The Community Health Improvement Plan is based on the priorities identified in these community assessments.

The committee went through a multi-step process to identify priorities and the strategies to include in the plan. Six priority health issues were identified from the Community Health Assessments. The top community health issues identified included:

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

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

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

The Community Health Improvement Plan includes goals, each of which are supported by objectives and were implemented through strategies monitored over time. This report covers the work conducted in Scott County during 2017 to implement those strategies.

Process for Monitoring and Revision

Scott County has several existing stakeholder groups that are responsible for monitoring the progress of the CHIP Priority Areas.

The Scott County Healthcare Systems Collaborative (SCHSC) was formed in 2012 with the vision to create a healthier community by connecting identified community needs with community resources. Their mission is to collaborate as health care leaders to maintain and improve the health of the residents of Scott County. Members have included public and private health care agencies, health plans, schools, and other community partners. The SCHSC meets monthly and receives updates on three priority areas and makes recommendations on next steps and identifies gaps progress. The priority areas are:

- **Health Care Access (new priority area)**
- **Identifying At Risk Infants and Toddlers: Healthy Development**
- **Mental Health: Healthy Communities**

Health Matters Community Health Leadership Team Community Leadership Team, or CLT, provides input regarding the development, implementation, and evaluation of the Statewide Health Improvement Partnership (SHIP) in Scott County. It guides SHIP's mission to implement policy, systems, and environmental change around obesity prevention and tobacco use and control. This includes healthy eating and active living strategies that I know you are interested in. Scott County Public Health and member organizations identify and implement strategies to complete activities and achieve established goals set forth by SHIP. The Team consists of members throughout Scott County that have the ability to affect policy, speak on behalf of the organization they represent, or be considered an expert in the areas related to SHIP work. The CLT meets every other month and hears updates and provides input on two priority areas:

- **Chronic Disease Prevention: Through Healthy Eating and Physical Activity**
- **Health Care Access (new priority area)**

Community Context

Recently, because of changes in health insurance and political climate related to undocumented residents, health care access issues became and higher priority for residents of Scott County. This issue was brought forth at the SCHSC, as community partners were seeing a surge in uninsured residents. Additionally, community members were reporting that members of the Latino community were cancelling their children's health insurance out of fear of being deported. The SCHSC decided more community discussion and engagement was needed to seek information and to build trust. To that end, the collaborative hosted a community event to engage residents in the identification of barriers to health and health care within their own communities, as well as provided an opportunity to suggest strategies to address those barriers. The findings from the event were based upon information supplied by stakeholder participants of the community engagement process Intentional Social Interaction (IZI) during an engagement event held on Tuesday, October 24th, 2017.

Progress on CHIP Priority Areas

Chronic Disease Prevention: Through Healthy Eating and Physical Activity

About this Priority

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

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

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

Public Health staff worked with community partners to address chronic disease through the Statewide Health Improvement Partnership (SHIP). Led by a Community Leadership Team (CLT) made up of key community stakeholders, SHIP aims to reduce chronic disease by implementing policy, systems and environmental changes to increase healthy eating, physical activity and smoke free living.

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

Goal: Increased access and availability of fruits, vegetables and physical activity

School districts will implement policy, systems and environmental changes to increase access and availability of fruits and vegetables.

School districts will implement policy, systems and environmental changes to decrease access and

availability of foods high in saturated fats, salt and/or added sugar.
School districts will implement policy, systems and environmental changes to increase access and availability of physical activity before, during and/or after school.
Child care programs will implement policy, systems and environmental changes to increase access to fruits and vegetables.
Child care programs will implement policy, systems and environmental changes to decrease access to foods high in saturated fat, salt and added sugar.
Child care programs will implement policy, systems and environmental changes to support breastfeeding mothers.
Local food shelves will implement policy, systems and environmental changes to increase access and availability of fruits and vegetables. Updated language in 2016
Local food shelves will implement policy, systems and environmental changes to decrease access and availability of foods high in saturated fat, salt and added sugars.

Goal: Increase worksites that have a worksite wellness program focusing on healthy eating, physical activity, supporting a breastfeeding mother and reducing tobacco use/exposure.
Worksites will implement policy, systems and environmental changes to increase access and availability to fruits and vegetables and decrease access and availability to foods high in saturated fat, salt and added sugar in the workplace.
Worksites will in implement policy, systems and environmental changes to increase opportunities for physical activity during in the workplace.
Worksites will implement policy, systems and environmental changes to increase support for a breastfeeding mother returning to work.
New objective for 2016: Worksites will implement policy, system and environmental changes to reduce tobacco use and exposure for employees.

Goal: Increase access to physical activity opportunities.
Communities will implement policy, systems and environmental changes to improve walkability and bikeability throughout the community.

Progress

Under the Statewide Health Improvement Partnership (SHIP), Public Health staff worked with community members to further explore this topic and develop community-driven solutions to address chronic diseases. In 2017, SHIP worked with 41 partner sites to implement activities that expand opportunities and access to healthy eating, active living and tobacco free living.

Healthy Eating

SHIP works on a number of strategies to improve healthy eating behaviors among Scott County residents. SHIP’s *Healthy Eating in Communities*, *Worksite Wellness*, and *Schools* strategies all help increase access to healthy foods, limit unhealthy options, and increase food literacy in all ages. In 2017, SHIP worked with five partner sites to implement policy, systems, and environmental (PSE) changes to increase access to healthy foods through community-based agriculture and emergency food programs/systems potentially impacting over 36,000 residents.

Partner Sites Working on Healthy Eating in Community Strategy, 2016-2017

Healthy Eating Activities	Partner Sites with PSE Change		
	Total	Main	Reach
Community-Based Agriculture	3	3	-
Emergency Food Programs/Systems	3	3	36,481

¹ Rows may not sum to total across “All Activities” because partner sites may work on more than one activity. For all activities, partner sites that are both main and satellite sites are counted under the main site column except when they are working on a specific activity as a satellite site only. In this case, they are counted in the satellite site column.

Backstretch Gardens, located near Canterbury Racetrack and CAP Agency food shelf, completed their second season in 2017. In partnership with CAP Agency Food Shelf/WIC, Southwest Metro Intermediate District #288, City of Shakopee, Shakopee Mdewakanton Sioux Community (SMSC), Canterbury Racetrack, and others SHIP invited residents and WIC/food shelf clients to garden in over 80 available plots. This resulted in over 500 pounds of fresh fruits and vegetables grown directly for WIC and food shelf clients. CAP Agency also adjusted their hours to meet the needs of clients during the harvest season, increasing the number of households who were able to take home fresh produce. Additionally, SHIP worked with the Shakopee High School Center for Advanced Professional Studies (CAPS) to reach more families through developing marketing and social media tools to introduce in the 2018 season.



BACKSTRETCH
COMMUNITY GARDEN
HARVESTING SINCE 2016

Additionally, in 2017 SHIP introduced a new model for its worksite wellness strategy. Employers interested in implementing PSE changes to improve employee’s health participate in a worksite wellness collaborative, meeting quarterly with other worksites to network and implement best practices. Through this initiative, SHIP staff engaged 10 worksites in increasing access to healthy eating and seven worksites to improve breastfeeding support and facilities, reaching over 3,500 individuals.

COMMUNITY FEEDBACK - HEALTHY EATING

Research done by Scott County has shown positive ratings for our healthy eating initiatives. We've asked what can be improved upon and this is what we heard:

Speech bubbles:

- "I want to learn how to cook. I need to know more about classes that fit my busy lifestyle."
- "I love growing my own food!"
- "We have so many food choices in Scott County!"
- "But so many of them are unhealthy. More farmers markets please!"
- "All of these community gardens look great! I wish there were more. How do I sign up? Where do I look?"
- "Eating healthy can be expensive. Where are more affordable, healthy options?"

Do you feel like the food you eat is healthy?

Response	Percentage
Yes	58%
Sometimes	21%
Mostly	14%
No	7%

Conversations with the Community, 2016

When you think about healthy eating in Scott County, what are the strong points?

- 33% Farmers markets
- 28% Grocery options
- 12% Organic or locally grown produce
- 8% Restaurants
- 7% Community gardens
- 5% Variety
- 4% Affordability
- 3% Other

Conversations with the Community, 2016

When you think about healthy eating in Scott County, what could be improved upon?

- 23% Restaurant options
- 18% Grocery options
- 15% Limited healthy options
- 12% Cost
- 10% Farmers markets
- 8% Organic food
- 8% Locally grown produce
- 8% Abundance of unhealthy options
- 8% Community gardens
- 8% Small businesses
- 8% Accessibility
- 8% Education
- 8% Income disparities
- 8% Other

Conversations with the Community, 2016

Graphics Created By Iconicbestary/freepik.com

Partner Sites Working on Workplace Wellness Strategy, 2016-2017

Workplace Activities	Partner Sites			Reach
	Total	Main	Satellite	
Access to Healthy Eating	10	10	0	1,742
Breastfeeding Support and Facilities	7	7	0	1,816

In addition to the community and worksite settings, SHIP provides technical assistance to schools to set goals and adopt best practices for physical education and physical activity inside and outside of the classroom, and to create healthy food environments through locally sourced produce, smarter lunchrooms, and school-based agriculture. In 2017, two schools participated in farm-to-school activities, eleven in school based agriculture, one provided healthy snacks during the school day, and five assessed their cafeteria environment through smarter lunchrooms work. Over 15,000 students were potentially impacted by the various healthy eating in schools activities. Examples of policies implemented include: wellness policy modifications to limit treats offered through classroom celebrations, local procurement and healthy snack carts.

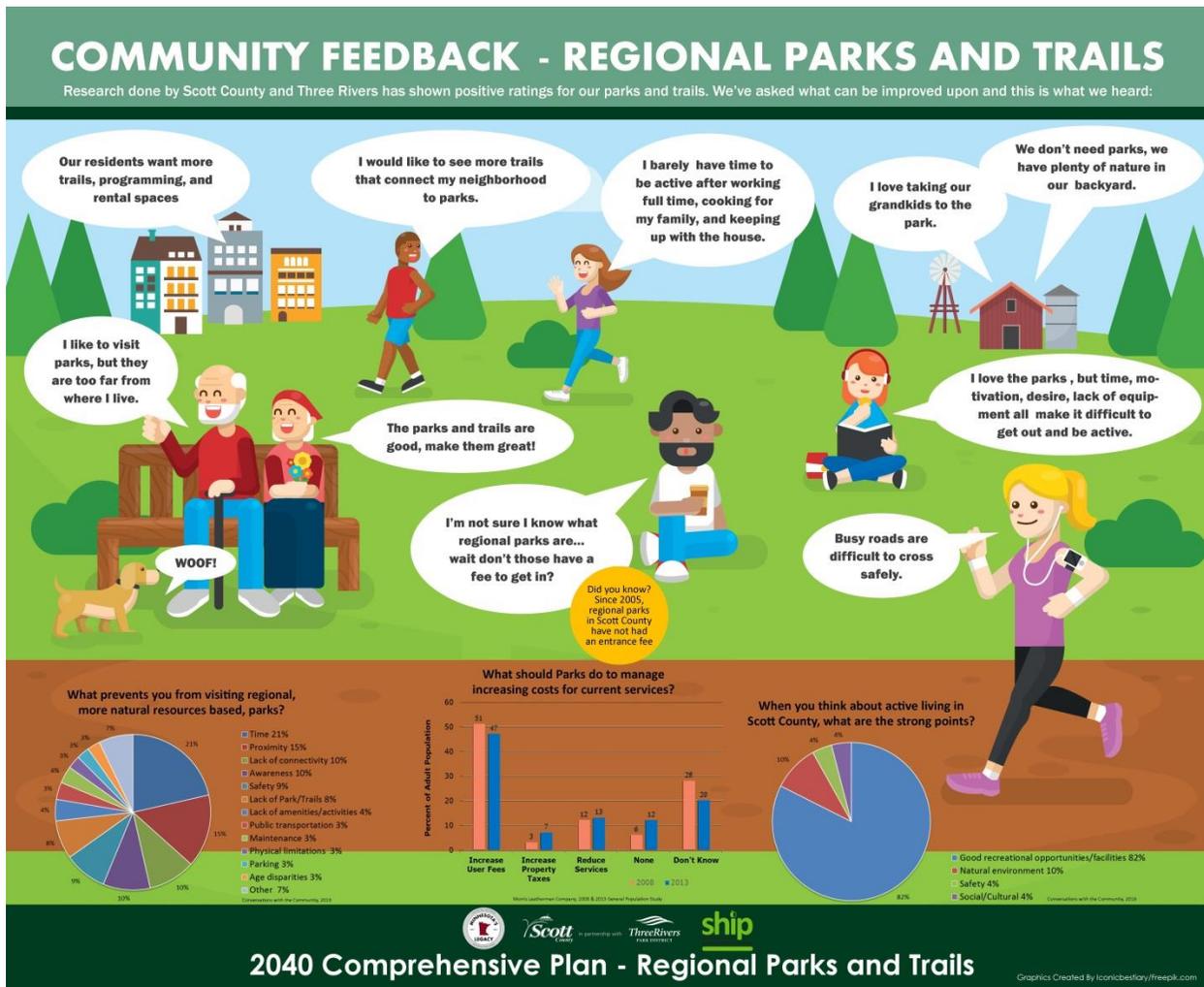
Partner Sites Working on School Strategy, 2016-2017

School Activities	Partner Sites			Reach
	Total	Main	Satellite	
Farm to School	2	1	1	1,810
School Based Agriculture	11	8	3	7,932
Healthy Snacks During School Day	1	1	0	255
Smarter Lunchrooms	5	3	2	3,965
Quality Physical Education	3	3	0	1,747

Active Living

In addition to healthy eating strategies, SHIP aims to address chronic disease through its Active Living work. In 2017, SHIP continued its partnership with Three Rivers Park District to employ a Parks Planner to implement PSE changes through Active Living strategies. SHIP’s *Active Living in Communities, Worksite Wellness, and Schools* strategies all help improve physical activity and increase access to opportunities for active living.

Scott County is currently in the process of updating its 2040 Comprehensive Plan for the Metropolitan Council. Much of the work in 2017 focused on community engagement and strategies to improve access and opportunities for all residents to engage in physical activity. Pop-up engagement surveys, online surveys, and focus groups asked residents questions about gaps, barriers, and opportunities in the following topics: healthy eating, active living, parks & trails, careers, transportation, early childhood and housing. Data from these engagement efforts was summarized and compiled into a final report that was shared with county officials, city planners, and residents. Nearly 100 individuals completed online surveys and 30 paper surveys on the topic of Active Living. We learned that lack of parks and trails as well as safety were primary concerns for residents to accessing physical activity opportunities in Scott County. Residents share their recommendations with staff such as “increased access to indoor recreational opportunities.” Gaps, barriers, and recommendations were incorporated throughout the 2040 Comprehensive Plan and shared with county staff and partner agencies to incorporate into future work plans. Feedback included:



To improve existing trails and county-led efforts, staff is currently reviewing RFPs for improved wayfinding signage. Once completed, this will drastically improve accessibility for residents and visitors. SHIP also supported the purchase of new bike racks and bike maintenance kits for Cleary Lake Park in Scott County.

In 2017, eight worksites implemented PSE changes to increase access to active living for employees, reaching over 1,243 employees. Examples of active living activities include fit boxes for employees to check out over break, sit/stand stations, walking meeting policies, and more.

Partner Sites Working on Workplace Strategy, 2016-2017

Workplace Activities	Partner Sites			Reach
	Total	Main	Satellite	
Access to Active Living	8	8	0	1,243

Additionally, schools focused on quality physical education, active classrooms, before and after physical activity opportunities and safe routes to school to increase opportunities for physical activity. A total of nine schools adopted active classroom strategies, eight schools focused on

safe routes to school, three ensured quality physical education and one increased offerings in before and after school physical activity opportunities. Combined, these activities potentially reached over 11,000 students. SHIP sent physical education instructors to trainings, provided technical assistance and mini-grant funds to school sites to provide quality physical education. In Belle Plaine, a physical education teacher saw a gap in opportunities for staff and students and sought mini-grant funding from SHIP to support a new kick-boxing class for teachers free of charge. These trends in providing more comprehensive wellness policies and organizational culture show promise for future work in these areas.

SHIP staff met with the City of Shakopee, the Shakopee Police Department, County Transportation and Shakopee School District staff to discuss transportation concerns of students and their families. In fall 2017, staff provided technical assistance and letters of support for a Safe Routes to School grant opportunity. This collaborative effort shows an ongoing concern to improve active transportation routes to and from schools and within the community.

Partner Sites Working on School Strategy, 2016-2017

School Activities	Partner Sites			Reach
	Total	Main	Satellite	
Quality Physical Education	3	3	0	1,747
Active Classrooms	9	9	0	6,376
Before and After School Physical Activity Opportunities	1	1	0	467
Safe Routes to School	8	2	6	3,135

In an effort to provide more coordinated services, SHIP secured funding to support part of a Learning & Outreach Specialist position through Scott County Libraries. The focus of this position will be to build relationships with those that provide services to engage multiple sectors (health care, libraries, childcare and social services) in the promotion of fun and active opportunities for early learning. This position’s focus will be to build relationships with licensed childcare providers and FFNs to eventually provide training opportunities for best practices in nutrition and physical activity for children prenatal through childhood. The outreach worker will conduct community outreach and engagement with at-risk and under-represented populations through learning and active opportunities in the community.

In 2017, SHIP also purchased two sets of Born Learning signs and activities through the United Way, both in English and Spanish. These will be used at community spaces: parks, libraries, events, the Readmobile, etc. to help parents, caregivers and communities create quality engagement opportunities when out on a stroll or visiting a local playground. Most early childhood initiatives target either parents or policymakers. Born Learning equips communities to do both. Resources for families and caregivers provide easy to understand and use information and activities to promote early development, while public awareness tools and templates support outreach to opinion leaders and policymakers.

Next Steps

Scott County SHIP will continue to assess and evaluate impact in efforts to reduce chronic disease. New initiatives introduced in 2017 will be evaluated early on and revised accordingly. The Scott County Community Leadership Team (CLT) will continue to engage more stakeholders, develop subcommittees as needed, and take a coordinated approach in addressing chronic diseases in Scott County.

Identifying At Risk Infants and Toddlers: Healthy Development

About this Priority

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

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

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

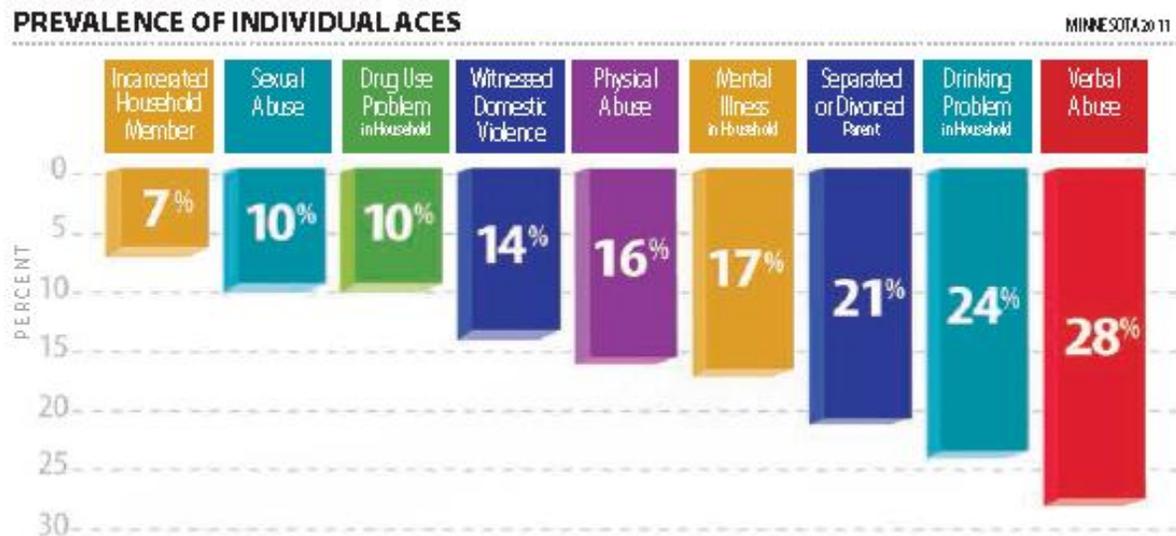
Why is this important to Scott County?

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

Adverse childhood experiences (ACEs) have been studied among Minnesota adults, and have been found to be common. Over half of Minnesotans responding to questions about adverse childhood experiences reported at least one adverse event in childhood with the five most common being emotional abuse, problem drinking, separation or divorce, mental illness, and physical abuse. Adverse childhood experiences are more common among those who did not

graduate from high school, are unmarried, rent rather than own, are unemployed, or worry about paying rent/the mortgage or buying food.

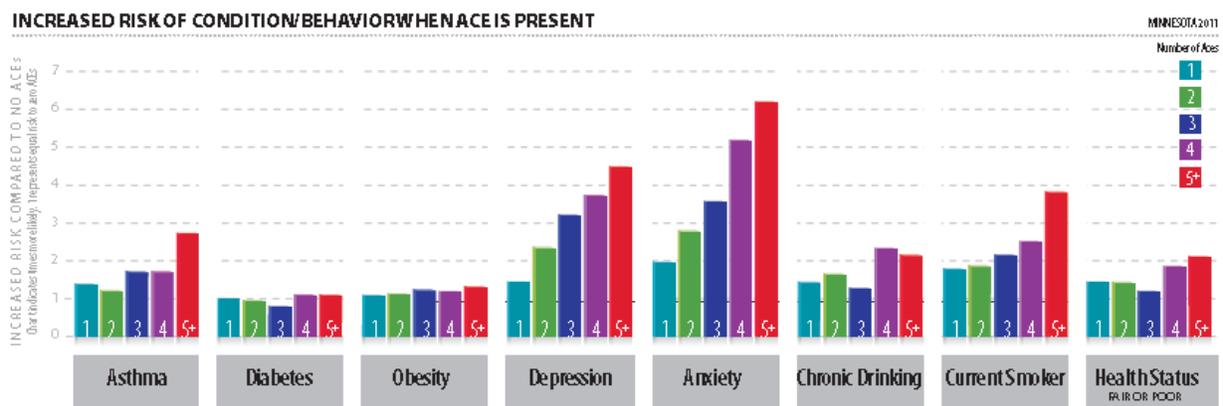
Figure 4. Prevalence of Individual - Adverse Childhood Experiences Minnesota 2011



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

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

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



Community Perception/Need:

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

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

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

Goal: Increase screening of children (0-3) for developmental concerns to connect to services that reduce effects of adverse childhood experiences.

Goal: Increase the use of a standardized set of questions in prenatal families to identify adverse childhood experiences.

Build a communication strategy about reducing and preventing Adverse Childhood Experiences through:

Increasing parental knowledge regarding safety practices in homes (fall prevention, violence in the home, Sudden Infant Death Syndrome, Shaken Baby syndrome and lead exposure).

Increasing the use of a reliable set of questions to identify growth and development concerns.

Increase social marketing messages to promote parental knowledge of healthy developmental/social emotional milestones.

Increase communication /partnership to do prenatal screening for high risk behaviors associated with Adverse Childhood Experiences.

Increase understanding of the impact of drug, alcohol and tobacco use during pregnancy through social marketing

Increase awareness and understanding of the impact of Adverse Childhood Experiences within agencies that serve children/families.

Increase social connectedness, and facilitate access to family supports services:

<ul style="list-style-type: none"> Promote early detection of delays using a reliable set of questions.
Promote age appropriate support services.
Promote partner referral of families with adverse childhood experiences for family home visiting programs
Build collaborative leadership to form vision and support change

Progress

On May 4th 2017, Scott County Public Health and other community partners hosted “A Night Out for Moms and Babies- Celebrating Healthy Beginnings” Event. The event was funded by a MOFAS Community Grant and other community contributions. Community partners such as St. Francis Hospital, clinics, schools and other agencies that work with families contributed to planning, staffing and materials/activities for the event. The primary focus of was to promote healthy babies, and create awareness of the dangers of drinking alcohol while pregnant, including the MOFAS “049” message, and encouraging healthy behaviors before, during, and after pregnancy. Supportive resources were available to participants to increase awareness. There were more than 60 attendees at the event.

The Scott County HealthCare Collaborative discussed Adverse Childhood Experiences (ACES) awareness and screening at many meetings in 2017. Data about screening practices at clinics in the county was collected as part of Child and Teen Check-ups consultations to inform strategies around developmental screening. We learned that most are currently using a standardized developmental and/or social emotional screening tool with children or moving to one. This progressed to exploration of available tools for ACES screening. It was also identified that there is some general awareness about ACES for professionals, but there is a need for more work around identifying community strategies to prevent or mediate them. Increased public awareness about ACES is also needed. After further exploration of ACES training options, a collaborative work group was formed to plan a community-wide ACES training. Training focusing on “Self-healing Communities” will occur in 2018 in partnership with the Minnesota Communities Caring for Children organization.

Live, Earn, Learn Initiative (50/30) is a Collective Impact Project made up of local governmental leadership, private sector, community members, and non-profit providers in Scott County. The Educational Preparedness Group has the vision is to ensure that children are developmentally on track and prepared for educational success. Based on data showing that one third of 3rd grade students in Scott County are not reading a grade level, strategies are under development. A logic model has emerged and the focus has been on identifying children with needs early on, and increasing Early Childhood Screening Program rates. The Scott County Public Health Director and Maternal Child Health Coordinator participated to contribute public health perspective to the Educational Preparedness Work Group and Impact Measures.

The Scott County Board of Commissioners has an objective of ensuring all children have the opportunity for a healthy and successful life. In 2017, the Early Learning Outreach Project contributed to this goal through the creation of a community Readmobile. The Readmobile is all about building the capacity of parents and caregivers to guide the literacy development of the children under their care in order to contribute to the long-term goal of increasing the number of children reading at grade level by third grade. The programming model for the vehicle was developed by staff from Public Health, Children’s Services, and the Library. The Readmobile will launch services at a variety of community locations in 2018.

In 2017, Scott County Public Health continued to provide evidence-based and evidence-informed home visiting to over 200 families. Family home visiting programs have been shown to be an effective strategy to decrease ACES by: promoting school readiness, improving birth and child health outcomes, prevention of abuse and neglect, improving family functioning and self-sufficiency, providing support for child development, and promoting parent-child relationships. It also provides an opportunity for developmental and social-emotional screening of children and connection to community supports as needed.

The increased complexity and needs of parents and children impacted by or at risk for ACES has grown in our communities. Due to the additional unmet need in the community and a legislative increase for reimbursement for evidence-based models provided by Public Health Nurses, Scott County Public Health was able to increase the capacity to serve families in 2017 with an additional half time position in the program. Additional grant applications were submitted to pursue further program expansion through our partnership with Metro Alliance for Healthy Families.

The Follow Along Program is a voluntary developmental screening program for children ages 0-3 years that has been in place for 20 years in Scott County. Follow Along helps parents track their child’s development and let them know if their child is playing, talking, growing, moving and behaving like other children the same age. Standardized, reliable, developmental and social emotional screening tools (ASQ-3 and ASQ-SE2) are used to identify any concerns and assist parents with referrals to early intervention and community resources. Over 650 children were enrolled in the program this past year. In 2017, quality improvements were made to the program to align with program standards, implement online enrollments, and to increase engagement of families. Awareness of the program and developmental information were provided to childcare providers across Scott County as part of Emergency Preparedness awareness efforts, and in partnership with the Scott County Library. 131 providers attended these sessions and the information was well received. Participants received a bag of learning items to teach the kids with, and also were taught how to engage the parents with preparedness. Meetings also occurred with various school district staff to coordinate referrals for children. All outreach efforts support screening and early identification of children with needs for services.

In response to the growing number of families affected by substance use in the community, Scott County Public Health and Crisis Nursery partnered to host a national speaker who provided home visitors, family advocates, and direct service providers with the latest science and practices around substance use disorders, including trends, screening, treatments, and best practices to support parents of young children who are in recovery. Building expertise in home visitors and service providers can help families to be successful in their recovery and promote healthy, positive relationships and learning experiences for children.

Scott County Public Health (Family Health) and Scott County Human Services (Minor Parent, Parent Support Outreach, and MN Department of Human Services) partnered to prepare a Scott County Delivers presentation about Early Interventions to Reduce Child Trauma. Scott County delivers is part of the county's continual improvement cycle and looks specifically at how services are impacting outcomes and key performance measures. The session provided a micro-level and macro-level systemic view of services/supports to help protect children and prevent entry into child protection. We looked at data child protection data and long term evidence-based home visiting data for analysis of how to achieve the joint goal of: Building parental protective capacities and reduce risk factors associated with child abuse and neglect to prevent entry into the child protection system. Opportunities identified include strengthening programmatic partnerships in working with families, assessments and referrals, further data exploration, and development of an early childhood multi-disciplinary team to support service integration. This work will continue into 2018.

In 2017, Scott County Public Health through the Statewide Health Improvement Partnership (SHIP) assisted with funding and implementation of six lactation rooms for community members who may need to utilize them while visiting the Scott County Fair. These rooms are not only for nursing mothers but also used as a changing room for parents needing to utilize it for their children. The rooms are air conditioned and include a changing table, chair and sink. Fair staff was able to build the rooms in a new construction building and are dedicated to meeting the needs of the community.

Mental Health: Healthy Communities

About this Priority

Progress

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

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

Why is this important to Scott County?

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

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

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

Community Perception/Need:

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

Public Health Action Plan:

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

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

Goals: Increase referral rates for additional assessment and therapy.
Strategy
Develop resource/referral list of mental health resources (including free and low cost/sliding fee scale care and support groups) based on existing resource lists from the National Alliance for Mental Illness First Aid Book, the sub-committee and the Mental Health Center.
Post resource/referral list to website, and promote use of tool by all health care and social service providers.
Re-survey agencies that participated in the 2013 Mental Health Survey.

Encourage all primary providers to screen for mental health issues and depression.

Check with clinic managers on our list and identify what is happening now

Evaluate new referral rates following dissemination of resource list.

Review needs assessment and existing data from primary providers and emergency rooms to identify gaps in chemical and mental health services/if services are being met.

Identify actions needed to address gaps; connect with clinics to see if resources will be helpful.

During May, 2017 three agencies promoted basic messaging during Mental Health Awareness month. St. Francis used the “Be the Change” theme within the facility. Scott County Public Health created messaging around the stigma of mental health, and promoted the “Make it Okay” campaign. The Mental Health grid of resources was updated. Facebook posts were used promoting local resources. An article was placed in the SCENE, a county-wide newspaper. UCare sponsored a 5k Walk for Mental Wellness in Coon Rapids, and participated in a NAMI Walk along with St. Francis Regional Medical Center staff.

The Backstretch Gardens by the CAP agency were made more senior-friendly with higher beds, though the actual number of seniors who gardened at this site is not known. Technical assistance and monetary support developed the mobile food shelf to frequent congregate dining sites as there had been a drop-off in seniors using regular food shelves. These activities are intended to increase socialization and purposeful activity while supplementing nutrition.

In 2016, the Belle Plaine Dementia Awareness Alliance (BPDAA) was introduced by Belle Plaine Cares. Scott County SHIP has participated in BPDAA meetings over the past two years to support dementia friendly communities. In January 2017, BPDAA offered “Train the Trainer” for Dementia Awareness education for businesses before offering it to businesses in the community. The training equipped participants with education materials and training to provide to staff at their respective organizations. In addition, SHIP staff is participating in the newly formed Metropolitan Area Agency on Aging’s Public Programs Advisory Committee to represent Scott County and share resources for seniors moving forward. The first convening of this group is April 9th and will continue throughout 2018 and future years.

Several large-scale mental health service delivery changes or new initiatives have started in Scott County. During 2017, Scott County Health and Human Services rearranged the 24/7 crisis mobile health team services. Starting April 2, 2018 Canvas Health will begin providing these services in Scott County. In addition, there is moving towards establishing a 16-bed Intensive Residential Treatment Service (IRTS) in the county.

Next Steps

The Mental Health planning for Scott County has grown from developing resource lists, and measuring referral rates by local providers to a limited number of awareness-raising events and wellness activities as well as improving the quality of 24/7 crisis mobile mental health and establishing much-needed treatment facilities.

There is an overlap between the mental health portion of this plan and the healthy development for infants and toddlers (ACEs) portion. Resurveying providers to determine referral rates for further assessment and therapy is so foundational to planning that it is recommended to be priority activity. However further action steps will need to be discussed with the plan regarding ACEs to create a unified approach on behalf of the collaborative.

NEW Priority: Health Care Access

About this Priority

The health care work in Scott County is connected to a larger Health Care System Collaborative, which was formed to identify, coordinate and prioritize the health needs of the community. It includes representatives from health systems and medical centers, health plans, Shakopee Mdewakanton Sioux Community, schools and public health.

Through this coalition, two key improvement areas were identified:

- Improve health care access for uninsured and underinsured patients
- Engage residents in the process of identifying barriers to health care access

To that end, the collaborative hosted a community event through the Statewide Health Improvement Partnership to engage residents in the identification of barriers to health and health care within their own communities, as well as provided an opportunity to suggest strategies to address those barriers. The findings from the event were based upon information supplied by stakeholder participants of the community engagement process Intentional Social Interaction (IZI) during an engagement event held on Tuesday, October 24th, 2017. Approximately 100 of the 140 total guests of the IZI participated in this portion of the event, for which they were asked to form small groups of five to six individuals each in order to discuss seven questions about community health needs, access and experiences with healthcare in Scott County. The seven-question surveys distributed at this time utilized a randomized ordering system in order to minimize the effect of question order bias. For this purpose, five differently ordered sets were distributed. Fifteen groups discussed the questions and submitted their handwritten notes for transcription and analysis immediately following the event. Since respondents were asked to read all the questions aloud before beginning, and to focus their conversations on questions of greatest importance to the group as a whole, questions receiving higher rates of response are loosely considered to be of greater significance to participants of this event.

The event brought a unique perspective that helped drive a more inclusive discussion around solutions in Scott County. Initial feedback revealed that community members experience a lack

of culturally appropriate care and significant language barriers when seeking health care, as well as transportation issues. Some of the recommendations included creating a free clinic staffed with diverse health care providers, providing more prevention programs and materials in multiple languages and increasing free transportation options for clinics.

Other community recommendations included:

- Invest in sports activities and opportunities for youth to be active on a spontaneous basis (rather than by membership) to accommodate unexpected nice-weather days
- Use waiting room time to screen videos on healthy cooking and nutritional education (in multiple languages or with subtitles in several common languages)
- Collaborate with local community centers, libraries, nonprofits, etc. to host community gatherings designed to build connection and trust across difference and disseminate important information about available resources for healthcare, nutrition and wellness, obtaining a provider, addressing ACEs and other topics of interest to the community
- Support clinics in schools and provide mobile clinic support
- Collaborate with the faith community around mental and physical wellbeing

The full report will become part of the data used for the next round of the Scott County Community Health Assessment.

Next Steps

The findings from the event were reviewed by the Scott County Health Care System Collaborative on December 13, 2017 and January 24, 2018. A Health Care Access subcommittee was formed to develop expanded health care solutions. Additionally, the Collaborative discussed recommendations that can be implemented immediately at the local and clinical level. Additionally, recommendations from the event were discussed with the Fairview Ridges Community Hospital Advisory Committee and the report will be shared with them for their Community Health Needs Assessment.

Objectives for this new priority area will be developed during the upcoming Community Health Assessment process.

Looking Ahead at 2018

As we continue to implement our Community Health Improvement Plan, we are evaluating our work and making efforts to ensure that we are reaching the intended communities. In 2018, the following initiatives will be implemented:

- Complete the analysis of the data gathered through the community engagement process conducted during the Health Equity Data Analysis pilot project and incorporate lessons learned to fill gaps in our programs.
- Ensure the comprehensive plan and work plans are informed by community engagement efforts.
- Discussions will begin to identify what Scott County as a community can do to address teen alcohol, tobacco and marijuana use.

Chronic Disease Prevention: Through Healthy Eating and Physical Activity

- Worksite Wellness Collaborative will expand from 10 worksites in 2017 to 14 worksites in 2018. Participating employers will conduct an organizational assessment and incorporate best practices to improve health of employees.
- A new Learning and Outreach Specialist will engage friends, family, and neighbor child care networks to encourage early learning activities and offer trainings to improve healthy eating and physical activity environments.
- At least ten new beds will be added to the Backstretch Community Garden to provide access to fresh fruits and vegetables for residents as well as WIC and CAP Agency Food Shelf clients.
- Scott County CDA will implement updated smoke free housing policies to comply with the U.S. Department of Housing and Urban Development’s new rule.
- Scott County SHIP will work with two retail owners to implement healthy changes in retail stores through the Good Food Sold Here pilot program.
- Scott County SHIP staff will participate in the University of Minnesota’s Resilient Communities Program to conduct a feasibility study for a food forest, or edible landscape in Scott County.
- Prior Lake Veterans Farmers Market will expand Power of Produce program providing children and seniors with \$2 tokens to improve access and consumption of a variety of fresh fruits and vegetables.
- Scott County Public Health staff will incorporate community engagement feedback into 2040 Comprehensive Plan updates.

Identifying At Risk Infants and Toddlers: Healthy Development

- Early literacy initiatives will continue in partnership with the libraries and Readmobile.
- Through a library grant family home visiting will be implementing First step stem activities during home visits to support parents in learning of science, technology, engineering and math related activities.
- Scott County Public Health will engage community partners in exploring and developing a safe sleep and crib distribution program in Scott Co.
- Outreach to prenatal providers will continue to occur to increase awareness of Family Home Visiting services and to increase efficiency of referrals. New strategies for outreach and engagement will be developed with WIC and local clinics.
- A community-wide ACES training will occur in 2018. From this community discussion, best practice strategies for screening and prevention will be identified and implemented in future efforts.

Mental Health: Healthy Communities

- Belle Plaine will begin implementing a Dementia Friendly Communities Program to build social connections among business owners and residents.
- Raised beds will be built at the CAP Agency Community Garden reduce barriers for seniors who want to participate in the garden.
- Repeat a survey regarding referral rates for further assessment and therapy per collaborative direction. Review needs assessment and existing data from primary providers and emergency rooms to identify gaps in chemical and mental health services/if services are being met.
- Scott County Public Health will continue to build awareness around mental health through activities during Mental Health Awareness Month of May.

Health Care Access

- Review the recommendations from the Health Matters Marnita's Table report to identify low hanging fruit that can be easily implemented
- Convene a group of safety net providers to continue to work on the health care access solution.
- Provide scholarships for Community Health Workers/Community Paramedics from diverse populations in exchange for internship or volunteer hours.

Summary

This annual report is the product of 12 months of collaboration with our partners and the community we serve. The updated action plans outlined in this document cover the third year of our community health improvement plan. The health of our community is ever changing, as are the priorities of our residents. In response to the changing needs of our community, the action plans will be updated as needed to meet current needs and trends. This report will be updated annually and will be available to the general public on the Scott County website. We are thankful to our local public health partners who lend their time and expertise to the action teams.

Appendix: Action Team Members

Chronic Disease Prevention: Through Healthy Eating and Physical Activity

Health Matters Community Health Leadership Team

Team Member	Organization
Lindsay Aijala	Scott County Public Health
Jenny Ames	Shakopee Community Education
Jamie Bachaus	Scott County Public Health
Mike Beard	Scott County Board of Commissioners
Kirt Briggs	Prior Lake City Council (Mayor)
Lisa Brodsky	Scott County Public Health
Brad Davis	Scott County Planning
Mary Erickson	YMCA
Matt Helgerson	Jordan Schools
Noreen Kleinfehn-Wald	Scott County Public Health
Cheryl Kollasch	Scott County Employee Resources
Jackie Lara	CAP Agency
Libby Lincoln	Park Nicollet Foundation
Representative Bob Loonan	Minnesota House of Representatives
Jayne Lubansky	Scott County Public Health
Nathan Moe	Three Rivers Park District
Ibrahim Mohamed	Shakopee Diversity Alliance
Lori Pint	Farm Advisory Board
Angie Rolle	American Cancer Society
Pam Selvig	Scott County Health and Human Services
Tamara Severtson	St Francis Regional Medical Center
Pete Shutrop	Scott County Ag. Society (Scott County Fair)
Joe Vaughn	CAP Agency
Dr. Mike Wilcox	Scott County Medical Director

Identifying At Risk Infants and Toddlers: Healthy Development

Scott County Health Care System Collaborative

Team Member	Organization
Jessica Beekman	Park Nicollet Clinic - Shakopee
Taryn Bratvold	Park Nicollet Health Services
Lisa Brodsky	Scott County Public Health
Joanna Bryant	Shakopee Mdewakanton Sioux Community
Twylla Chant	Shakopee Mdewakanton Sioux Community
Ashlyn Christianson	Blue Cross Blue Shield MN
Brittany Clay	Scott County Public Health
Leon Flack	UCare
Bethany Gabor	St Francis Regional Medical Center
Melissa Gatten	St. Mary's Health Clinics

COMMUNITY HEALTH IMPROVEMENT PLAN – 2017 ANNUAL REPORT

Katie Guntow	Blue Cross
Annie Halland	UCare
Michelle Lea Johnson, MD	Allina Health System - Quello
Amber Kahnke	River Valley Nursing Center
Noreen Kleinfehn-Wald	Scott County Public Health
Brian Knapp	Fairview Health System - Ridges
Alissa Leroux Smith	Fairview Ridges Hospital
Libby Lincoln	Park Nicollet Foundation
Darcy Maskevich	Scott County Public Health
Kim McGovern	Scott County Public Health
Julie Menden	Shakopee School District 720
Peggy Nerdahl	Shakopee School District 720
Lynn Price	Blue Cross Blue Shield MN
Terry Raddatz	Scott County Mental Health Center
Pam Selvig	Scott County Health and Human Services
Tamara Severtson	Saint Francis Regional Medical Center
Angela Sprinkle	Allina Health Systems
Mary Kay Stevens	Scott County Public Health
Jamie Stolee	St Francis Regional Medical Center
Nancy Hoyt Taff	HealthPartners
Heather Tietz	Mayo Clinic Health System – New Prague
Ricky Vang	BCBS
Michael Wilcox, MD	Blue Cross Blue Shield MN

MENTAL HEALTH: HEALTHY COMMUNITIES

Scott County Health Care System Collaborative

Team Member	Organization
Jessica Beekman	Park Nicollet Clinic - Shakopee
Taryn Bratvold	Park Nicollet Health Services
Lisa Brodsky	Scott County Public Health
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Twylla Chant	Shakopee Mdewakanton Sioux Community
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Brittany Clay	Scott County Public Health
Leon Flack	UCare
Bethany Gabor	St Francis Regional Medical Center
Melissa Gatten	St. Mary's Health Clinics
Katie Guntow	Blue Cross
Annie Halland	UCare
Michelle Lea Johnson, MD	Allina Health System - Quello
Amber Kahnke	River Valley Nursing Center
Noreen Kleinfehn-Wald	Scott County Public Health

COMMUNITY HEALTH IMPROVEMENT PLAN – 2017 ANNUAL REPORT

Brian Knapp
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Terry Raddatz
Pam Selvig
Tamara Severtson
Angela Sprinkle
Mary Kay Stevens
Jamie Stolee
Nancy Hoyt Taff
Heather Tietz
Ricky Vang
Michael Wilcox, MD

Fairview Health System - Ridges
Fairview Ridges Hospital
Park Nicollet Foundation
Scott County Public Health
Scott County Public Health
Shakopee School District 720
Shakopee School District 720
Blue Cross Blue Shield MN
Scott County Mental Health Center
Scott County Health and Human Services
Saint Francis Regional Medical Center
Allina Health Systems
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HealthPartners
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