



2018 Community Health Improvement Annual Report

MARCH 2019

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 2018 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**
- **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. 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**

Community Context

A key aspect of the Community Health Assessment process has been to authentically engage residents in the conversation that identifies community strengths and needs *as perceived by community members themselves*. Community engagement then creates a contribution to the planning and implementation of solutions within the communities where people live. Public participation ensures that an assessment and subsequent plan reflect the vision, goals and values of community members.

Scott County Public Health has worked in tandem with community members and other interested organizations to facilitate an assessment that would be of benefit to all. In late summer 2016, Scott County began an effort to discuss key issues in the 2040 Comprehensive Plan. The conversation topics included early education, healthy eating, housing, parks and trails, active living, careers, and transportation. Surveys (both online and paper), focus groups, and

pop-up engagement events were held. Participants in focus groups included CAPS students from Shakopee, 4H, the Scott County Historical Society, the Southeast Asian community, Esperanza, and Kingsway Assisted Living in Belle Plaine.

In September, 2017, a presentation of the State of the County's Health was made to FISH (Families and Individuals Sharing Hope). County data was presented from the 2016 Minnesota Student Survey results, Robert Wood Johnson County Health Rankings and the mobile clinic operated by Scott County Public Health. Two main questions were then asked: 1) what does the data say about issues and assets in our community; 2) what are the top 3 health issues that should be addressed.

In October, 2017, 140 guests participated in a community meal and engagement process, Intentional Social Interaction, at the Shakopee Community Center. Small groups of 5 – 6 individuals discussed seven questions about community health needs, access and health care in Scott County. The questions were distributed by a random ordering system, and guests were asked to focus on questions of greatest importance to the group. All handwritten notes and verbal responses were captured and analyzed following the event.

Between July and September, 2018, Scott County Public Health conducted a resident survey on the top issues affecting the health of our community. The survey was conducted at the county fair, a weekend community festival, the courthouse, the Workforce Development Center, laundry mats, ethnic grocery stores, Project Community Connect, and numerous pop-up events. A total of 1,125 surveys were completed by public health staff and nursing students doing a clinical rotation in the agency. The survey was conducted in person using both English and Spanish. One question was asked; "What do you believe are the top 3 issues affecting the health of your community?" along with the typical questions of gender, age, race/ethnicity, and income.

Representatives from Scott County Public Health have participated in collaborative meetings with St. Francis Regional Medical Center, Fairview Ridges Hospital in Burnsville, and the Mayo Clinic Health System in New Prague on various dates throughout 2017 and 2018. Similarly, these organizations have participated in the Scott County Health Care Systems Collaborative developing a consensus of our top health priorities.

The Scott County Health Care Systems Collaborative recently merged with the SHIP Community Health Leadership Team into a Community Health Improvement Committee. At the initial meeting of the group, results of the Community Health Assessment were reviewed and participants had the opportunity to provide feedback about the previous community health issues and progress made, as well as identify their priorities for the upcoming Community Health Improvement Plan.

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 various organizations and community members to move work forward in reducing risk factors that lead to chronic diseases. In 2018, SHIP worked with 71 partner sites to implement activities that expand opportunities and access to healthy eating, active living and tobacco free living.



Healthy Eating in Communities

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 2018, 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, 2017-2018

Healthy Eating Activities	Total	Reach
All Activities	10	N/A
Community-Based Agriculture	4	507
Emergency Food Programs/Systems	3	36,481
Food Retail	2	39,656
Beginning Engagement	1	139,490

The Food Shelf Networking Group in Scott County provides an opportunity for networking, collaborating and supporting all food shelves throughout the county. The group is facilitated by SHIP staff which provides a great opportunity to learn more about food access in the community. This has helped break down silos and move towards a collective approach to support increasing access to healthy food.

Belle Plaine Food Shelf and Peace Center decided to focus their efforts on bettering their evaluation and tracking method. With support of SHIP funding, both food shelves decided to implement a program called Pantry Saver. This software has the ability to track any needs the food shelf may have including: produce tracking which integrates with a scale to track pounds. The tracking then allows the food shelf to better evaluate their changes made around healthy food options. The food shelf managers and volunteers “RAVE about the software” and support through funding from SHIP!

A new strategy Scott County SHIP participated in around healthy eating in 2018 was food retail. Scott County SHIP staff participated in the Good Food Sold Here pilot project lead through the Minnesota Department of Health. Two retailers in Scott County, Empire Gas and Grocery and Top Star, agreed to make improvements around access to healthy foods. This included purchasing coolers dedicated to healthy foods and beverages, signage placed throughout the store highlighting healthy options and customer intercept surveys to gain community feedback. Backstretch Gardens, located near Canterbury Racetrack and CAP Agency food shelf, completed their third season in 2018. With 50% of the garden plots dedicated to the CAP Agency and WIC we were able to improve food access to many families and individuals in Scott County. In 2018, 130 WIC families and 180 CAP Agency food shelf participants received garden produce. This included 395 lbs harvested through WIC and 407 lbs harvested through the food shelf. In addition to these families, the additional 50% of the garden beds supported 18 individual gardeners who grew their own produce for their families. Backstretch Gardens has increased access to healthy food for many families and individuals throughout the county and continues to grow each year.

In addition to community gardens, SHIP supports Farmers Markets interested in improving their reach to underserve communities and implementing projects around healthy food. Through SHIP, the Veteran’s Harvest Market implemented the Power of Produce program, which offers \$2 tokens for seniors and youth to purchase produce. In 2018, the market registered 222 youth, ages 4-12 and 219 seniors. In return, \$1,490 in tokens were distributed to youth and \$1,660 to seniors.



Workplace: Healthy Eating & Breastfeeding Support

Through Worksite Wellness in 2018, SHIP continued facilitation of the Scott County Worksite Wellness Collaborative. 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 three new worksites and continued work with then alumni worksites from the 2017 collaborative. Each of these worksites also have multiple locations throughout the county, with a total of 45 partner sites. With 13 worksites, expanding across 45 locations, this allowed SHIP to increase its reach among businesses in Scott County by reaching 5,832 employees.

Partner Sites Working on Workplace Strategy, 2017-2018

Workplace Activities	Partner Sites ¹	Reach
All Activities	45	5,832
Access to Healthy Eating	24	4,074
Breastfeeding Support and Facilities	20	2,467

¹ Workplace partner sites can have multiple locations and all locations are included in the number of partner sites. For example, ABC Bank is 1 partner site with 6 locations, and thus the total number of partner sites is 7.



Schools: Healthy Eating

In addition to the community and worksite settings, SHIP provides technical assistance to schools to set goals and adopt best practices to create healthy food environments through locally sourced produce, smarter lunchrooms, and school-based agriculture. In 2018, twelve schools participated in school-based agriculture activities, and three assessed their cafeteria environment through smarter lunchrooms work. Over 10,000 students were potentially impacted by the various healthy eating in schools activities.

School Activities	Partner Sites	Reach
All Activities	15	10,048
Healthy Eating Activities	15	10,048
School Based Agriculture	12	6,429
Smarter Lunchrooms	3	3,619



Active Living in Communities

In addition to healthy eating strategies, SHIP aims to address chronic disease through its Active Living work. In 2018, SHIP continued its partnership with Three Rivers Park District to implement PSE changes through Active Living strategies. This included the addition of wayfinding signage in the parks to better serve the community of Scott County and to support utilizing the parks for physical activity. SHIP’s *Active Living in Communities*, *Worksite Wellness*, and *Schools* strategies all help improve physical activity and increase access to opportunities for active living.



Workplace: Active Living

In 2018, 21 worksite locations implemented PSE changes to increase access to active living for employees, reaching 3,057 employees. Examples of active living activities implemented in 2018 include, bike programs to support active commuting, sit/stand stations, walking meeting policies, and more.

Workplace Activities	Partner Sites	Reach
Access to Active Living	21	3,057



Schools: Active Living

Additionally, schools focused on quality physical education, active classrooms and before and after physical activity opportunities. A total of ten schools adopted active classroom strategies, four ensured quality physical education, and five increased offerings in before and after school

physical activity opportunities. Combined, these activities potentially reached over 10,000 students. At Belle Plaine Public Schools, the physical education department now has enough heart rate monitors to equip an entire class. This allows physical education staff the opportunity to improve grading as well as support students to understand where they should be in regards to heart rate during a class.

In 2018, SHIP staff partnered with the county public works department to support new walkways along County Hwy 16. This road provides access to four schools in Shakopee. SHIP staff supported the project by creating messaging around Safe Routes to School to provide to families when the new walkways were activated.

School Activities	Partner Sites	Reach
Physical Activity Activities	14	9,089
Quality Physical Education	4	2,271
Active Classrooms	10	6,818
Before and After School Physical Activity Opportunities	5	2,271



Tobacco-free Living in Communities

SHIP tobacco-free living activities support efforts to create smoke-free housing policies that reduce resident and staff exposure to secondhand smoke and point-of-sale policies that reduce youth exposure and access to tobacco products. In 2018, SHIP staff completed point of sale audits in cities throughout Scott County. These audits provided information on ways tobacco companies are marketing and reaching various community populations. Data collected includes pricing, product placement and types of products sold. The potential reach from our tobacco work includes 39,656 Scott County residents.

Partner Sites Working on Tobacco-Free Living Strategy, 2017-2018

Tobacco- Free Living Activities	Partner Sites	Reach
All Activities	3	N/A
Point of Sale	3	39,656

Congratulate and Educate tobacco checks were completed at 51 stores throughout Scott County with three stores not passing the compliance check. These checks are for educational purposes and no sanctions should be incurred from the state, county or city. The goal of the Congratulate and Educate project is to congratulate clerks who pass their compliance checks (do NOT sell tobacco to minors) and to provide education on: (1) the law, (2) what compliance checks are, (3) why compliance checks are important, and (4) the possible penalties to clerks AND owners when tobacco is sold to someone under 18. This project encourages and supports community policing whereby local law enforcement and the community work together to restrict youth access to tobacco and related devices and products.

Another initiative SHIP staff worked on was through the Campaign for Tobacco Free Kids, Kick Butts Day. Staff worked with students and teachers from Jordan High School, Jordan Middle School, and Belle Plaine Middle School to coordinate tobacco prevention awareness and education. This annual celebration of youth leadership allows youth to raise awareness of the problem of tobacco use in their community. Students at these schools took a pledge to be tobacco free and #BeTheFirst tobacco free generation by signing a banner.



Youth also personalized a “Not A Replacement” selfie statement with descriptions of who they are and what they represent. Sidewalks in front of the schools were chalked with tobacco facts and quotes to bring attention to the toll of tobacco and tobacco industry marketing. After this success, both schools are interested in making this day even bigger within their school and community. “I feel like it went great, next year I’ll have a whole grade level participate or maybe even the whole school and tie something in with my elementary students”, commented Katie Graff, Physical Education and Junior High Health teacher.



Child Care

SHIP and the Readmobile staff engaged licensed and unlicensed child care providers to build relationships, identify training needs, and provide support pertaining to health eating and physical activity. Current work has been focused around engagement and will look to provide various supports and services in the upcoming year. The intent is to build relationships with those that provide services to at risk populations, to engage multiple health care providers, libraries, childcare providers and social services in the promotion of fun and active opportunities for early learning.

Next Steps

Scott County SHIP will continue to assess and evaluate impact in efforts to reduce chronic disease. New initiatives introduced in 2018 will be evaluated early on and revised accordingly. The Scott County Community Leadership Team (CLT) has joined the Scott County Healthcare Systems Collaborative to improve engagement and action planning from members. This will allow SHIP staff 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.

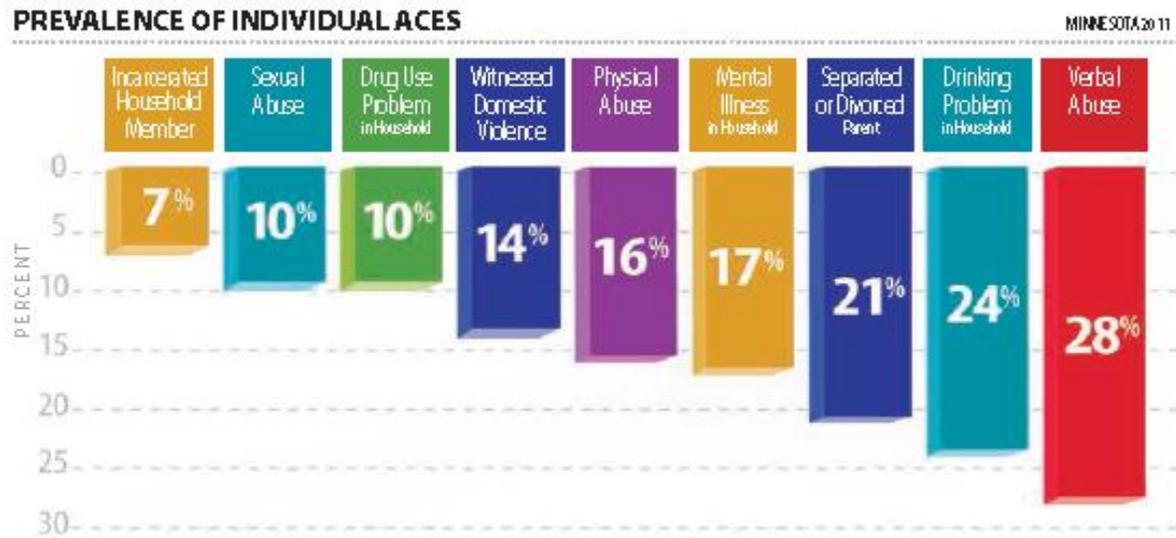
The use of consistent and continuous screening tests and surveys can be used and shared by parents and professionals to identify and address stressors and health concerns early. This can be an efficient and cost effective way to connect families to services to minimize childhood adverse experiences that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

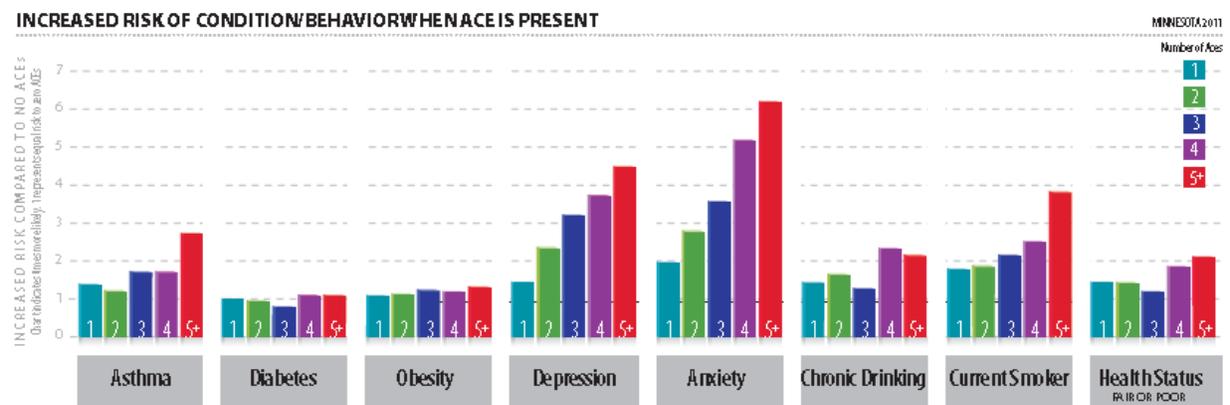
Figure 4. Prevalence of Individual - Adverse Childhood Experiences Minnesota 2011



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

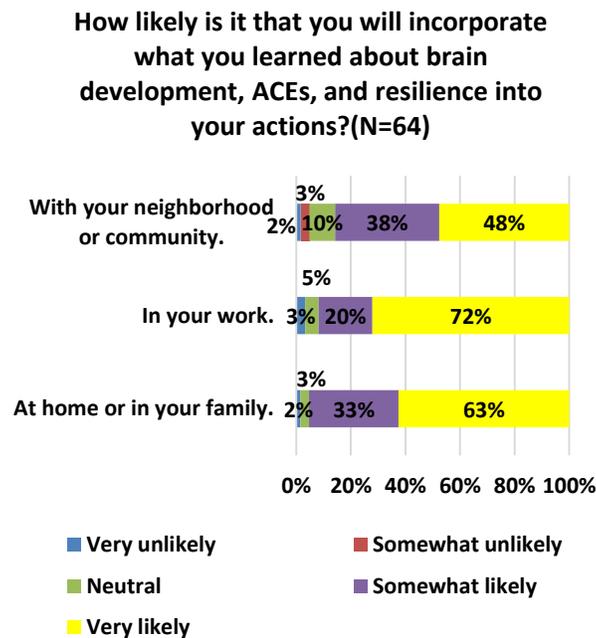
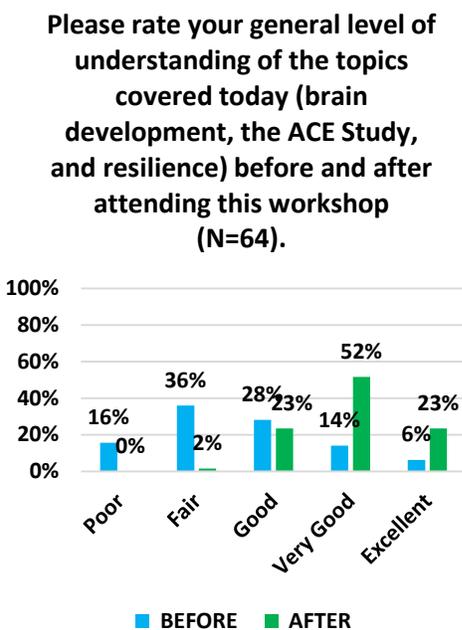
Increase awareness and understanding of the impact of Adverse Childhood Experiences within agencies that serve children/families.

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

- 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

In response to the Scott County HealthCare Collaborative’s interest to prevent or mediate ACES, a community-wide ACES training occurred on June 12, 2018 in partnership with the Minnesota Communities Caring for Children Organization. 75 participants attended training focusing on ACES and “Self-Healing Communities”. Evaluation data showed a significant increase in knowledge about ACES from before to after the presentation. A similar training will be provided to Birth to Three Early Intervention providers and partners in January 2019.



Live, Earn, Learn Initiative 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. In addition to the logic model, a broad-based awareness campaign promoting Early Childhood Screening was implemented. Initial discussions about potential data sharing occurred with the Shakopee School District in 2018.

Early literacy initiatives continue in partnership with the libraries and Readmobile. The Readmobile launched services at a variety of community locations in 2018 and public health continued to support their programming and activities. Through a library grant family home visiting shared First Step Stem activities during home visits with over 40 families, to support parents in learning of science, technology, engineering and math related activities. To further engage families and connect them to home early childhood services such as home visiting, Welcome Baby kits were developed and purchased with funding from Health Partners.

In 2018, 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. Scott County Public Health staff contributed to grant applications to pursue funds for program expansion through our partnership with Metro Alliance for Healthy Families. MAHF Program was the recipient of \$8,544,119.00 over four years, \$634,014.00 of which will support expansion in Scott County to serve additional families with evidence-based home visiting services.

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. Activities, information and information links are provided to parents to promote development. Around 600 children were enrolled in the program this past year. In 2018, quality improvements were made to the program to align with program standards, and to increase engagement of families. Domain specific activities were added for children that might benefit from strengthening skills in specific areas. 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.

Scott County Public Health (Family Health) and Scott County Human Services (Minor Parent, Parent Support Outreach, and MN Department of Human Services) partnered to provide 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. In 2018, this multi-disciplinary team began meeting under the joint leadership of Scott County Public Health and Human Services. Initial work of the group has been development of a case consultation specific to families with children from birth to five years old impacted by substance use. Broad representation from providers working with this population are participating. Next steps are to determine specific measures for progress.

- Health Partners funding allowed Scott County Public Health to develop a safe sleep and crib distribution program. 45 cribs will be given out to families participating in home visiting services.
- Outreach efforts to prenatal provider to increase awareness of Family Home Visiting services. New strategies for outreach and engagement were developed with WIC, local clinics, and the Allina Health System. SCPH also plans to apply for the administration of the WIC program in 2021.
- In 2018, Scott County Public Health through the Statewide Health Improvement Partnership (SHIP) assisted with funding to train three home visiting staff and one WIC staff in Certified Lactation Consultation to expand the ability support young mothers who chose to breastfeed.

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.

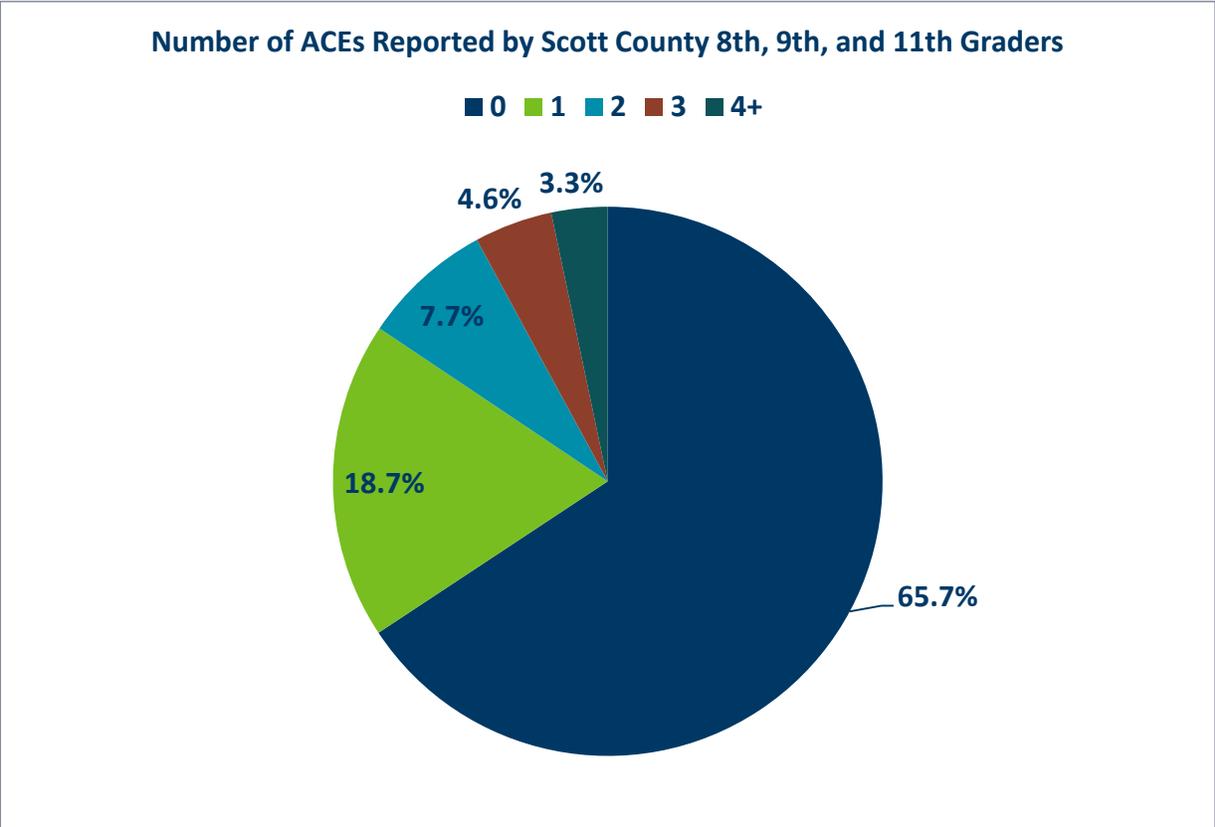
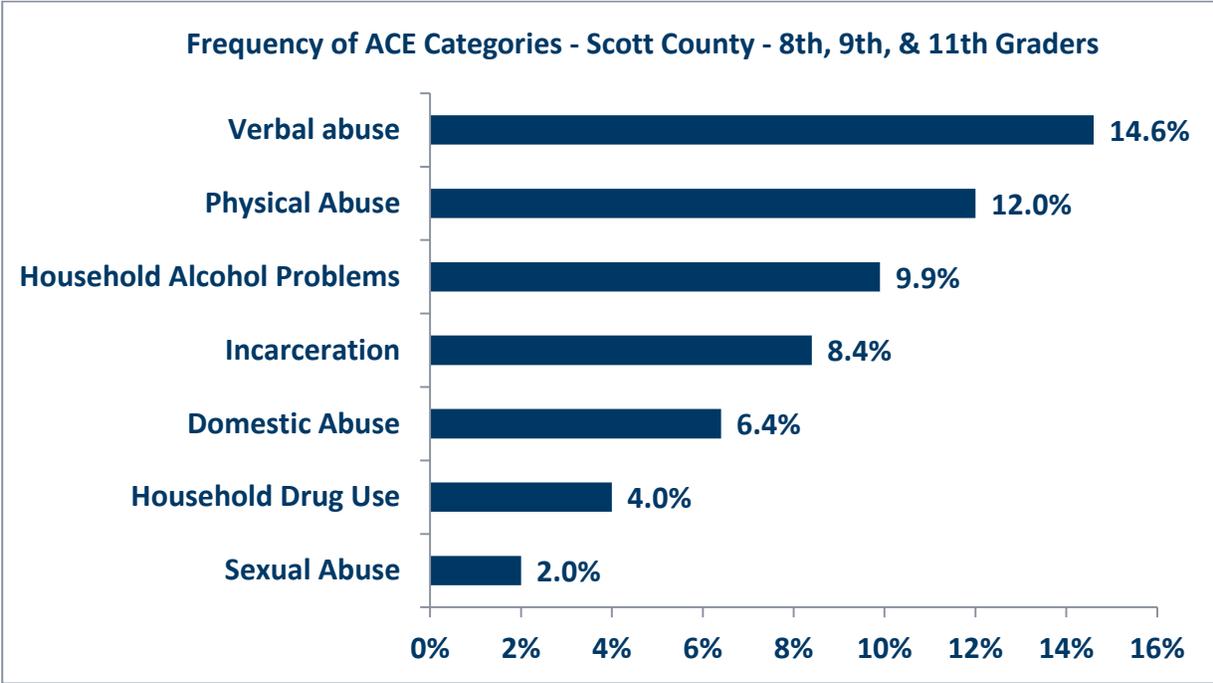
Vision: Scott County citizens will have access to mental health services as needed in order to thrive in our community.

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.

Several large-scale mental health service delivery changes and new initiatives have started in Scott County. Starting April, 2018 Canvas Health began providing these 24/7 crisis mobile mental health services in Scott County. In addition, there is movement towards establishing a 16-bed Intensive Residential Treatment Service (IRTS) operated by Guild in the county. Land has been procured and ground-breaking is expected in 2019. The Scott County Mental Health Center has obtained additional funding for trauma training for therapists, added therapists for day treatment, and moved the age of participation in the Alternative Learning Center down to ten.

Many other awareness-raising activities have been maintained. Allina continued the Change to Chill training for kids, and maintained involvement in NAMIs Super Saturday event. The Scott County Board of Commissioners did a proclamation for Mental Health month.

In 2018, the mental health focus took a preventative shift towards Adverse Childhood Events, and local data from the most recent (2016) Minnesota Student Survey was analyzed and reviewed. The following charts note the frequency of ACE categories in our 8th, 9th, and 11th graders, and the number of ACEs experienced by the same population.

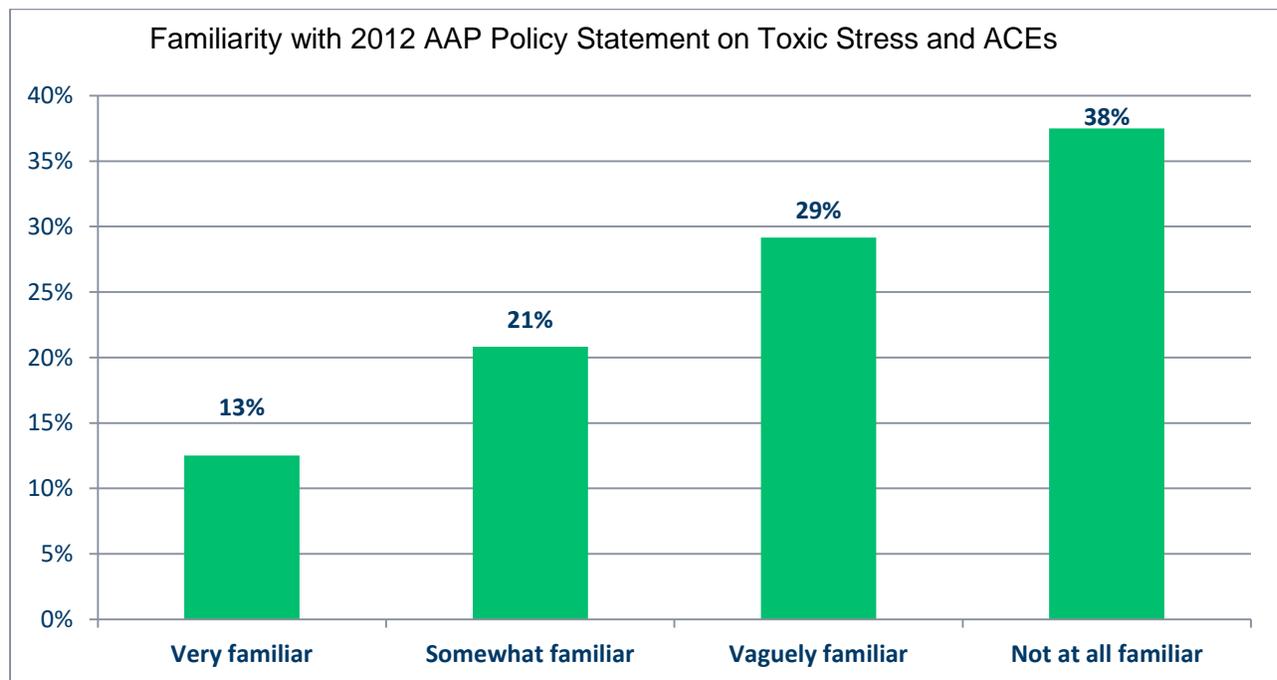


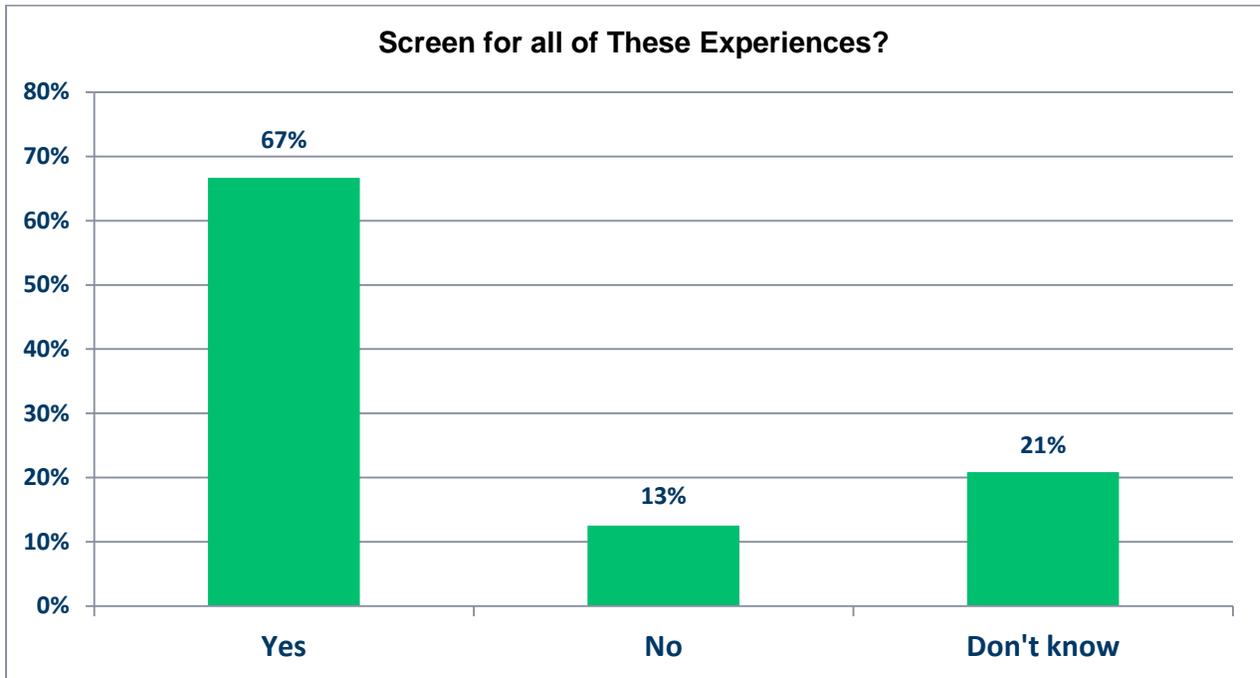
Data was also analyzed at the same grade levels investigating whether the number of ACEs was correlated to those who considered or attempted suicide. As expected, there was increasing suicide ideation with each additional ACE score, and there was an increasing suicide attempt with each additional ACE.

Empowerment, Positive Identity, and Social Competency are protective factors, and variables from the Student Survey can be grouped together to identify these factors. Again, as expected, those students with no ACE score, or a lower ACE score, reported “often” and “higher” levels of protective factors. In order to grow knowledge about ACEs, and to think through next steps, the Collaborative reviewed the above Student Survey data and undertook two additional activities.

First, a review of literature on screening for ACEs in a variety of health care settings (pediatric, prenatal, family medicine) was researched and presented to the Collaborative. In many studies, the American Academy Policy Statement (AAP) from 2012 recommending screening was foundational. Many significant points were noted, but are beyond the scope of this annual report. It was decided that a brief survey would be conducted with health care providers to determine our screening rate.

The ACEs survey was conducted in October/November with primary care providers and pediatricians working in Scott County. 24 responses were collected from all but one of the clinic systems. Attention in the survey focused on knowledge about the AAP policy statement, and screening for all the categories of ACEs. The following two charts illustrate the survey results.





Secondly, a representative from the Minnesota Communities Caring for Children (MnCCC) provided information on next steps to train trainers for further expansion of ACEs education and building resiliency in the community. The training scheme became the basis for expansion of ACEs work in 2019. At the conclusion of 2018, when reviewing our community health assessment results, the Community Health Improvement Committee (CHIC) again identified mental health and ACEs as one of the top priorities for the county.

Next Steps

With the re-organizing and expansion of mental health services in the county, the focus has now shifted towards the effects and remediation of Adverse Childhood Events. Resources will be identified in a February 2019 Community Health Improvement Committee (CHIC) meeting, and action plans will be outlined in a March meeting. Preparing local trainers from a variety of sectors will be foundational for future initiatives.

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).

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. Lack of dental care for the uninsured and underinsured was also a strong theme. 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.

Through the community engagement process, Scott County Public Health saw the need for improved oral care so in 2017 they partnered with school system professionals, dental providers, public health insurance providers, Early Childhood program coordinators, and WIC staff to form the Oral Health Collaboration. The collaborative also completed a county-wide gap analysis and established two objectives:

1. To ensure children and families in Scott County are aware of the importance of children's oral health and know how to care for their teeth.
2. To increase children's access to professional dental care.

Oral Health Collaboration



Achievements

- **Provided dental education information to professionals who work with children**
 - Public Health Resource Guide published
 - Dental education materials shared with early childhood screeners and public health family home visiting staff
- **Ensured children receive flouride varnish where possible**
 - Flouride application assessed at ten clinics
 - Varnish application at Central Family Center in Shakopee
- **Oral health screening done in school health office for grades kindergarten to fifth.**
 - Lift the Lip training provided to nine Licensed School Nurses
- **Increased oral health education, supplies, screening, and treatment in elementary schools**
 - Medical CAPS students collected 709 items during a tooth fairy Smile Drive
 - Operation Grace provided dental visits to 46 kids within the Shakopee school district, thus providing \$12,981 of donated care
 - Central Family Center dental activities-Children's Dental Services education classes and brushes
 - Children's Dental Services screened 2,093 children in 5 elementary schools
- **Provided oral health education to parents**
 - Baby bottle tooth decay promotion taken to Readmobile
 - Handed out flouridated water flyer
 - Oral health education provided at community events, Head Start dental events, and English as a Second Language (ESL) classes

Next Steps

A Health Care Access subcommittee continues to develop expanded health care solutions. Objectives for the new CHIP will be developed during the upcoming Community Health Improvement Planning process beginning in 2019.

Looking Ahead at 2019

As we move forward into 2019, a new Community Health Assessment will be finalized and new priority health issues will be addressed. Through our data collection process and analysis, the community identified eight top health issues in Scott County (see graphic to the right).

The Community Health Assessment will help ensure that local resources are directed toward where they can make the greatest and most timely impact. It also provided the opportunity for community leaders, organizations and residents to discuss priority issues for creating health. The next steps will be to identify strategic community issues, where the community resources exist and where work needs to be done. The Community Health Improvement Plan will define a vision for the community’s health, and identifies goals and action steps need to address specific health issues. Ongoing activities from the previous Community Health Improvement Plan include:



Chronic Disease Prevention: Through Healthy Eating and Physical Activity

- Worksite Wellness Collaborative will expand from 14 worksites in 2018 to 19 worksites in 2019. Participating employers will conduct an organizational assessment through the Workplace CDC Scorecard 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.
- Backstretch Gardens will promote and hire a garden coordinator to further support sustainability of the garden. The CAP Agency and WIC will continue to grow produce for families needing food assistance and overall support access to healthy food.

- Scott County SHIP will continue 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 provide education in the community, schools and other organizations around the impact of increase e-cigarette use in youth.
- 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.
- Normandale Community College will promote scholarships for Community Health Workers, funded through SHIP, to provide expansion of services offered at Scott County safety net providers.
- Prior Lake Harvest 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. They are also relocating and will be rebranding their market to better serve the community.
- SHIP staff will explore more opportunities to support breastfeeding in the community and discuss potential for a Scott County Breastfeeding Coalition.

Identifying At Risk Infants and Toddlers: Healthy Development

- The work of the educational preparedness workgroup will continue engage young families in early childhood programs and increase early childhood screening rates. A website including community resources and supports to families, as well as a texting program is under development.
- Family home visiting will engage in implementing a broad outreach plan across the county to build relationships with referring partners, and increase referrals, particularly in the prenatal period.
- Public Health will convert to a new electronic health record: PH-Doc which will create efficiencies and improve data collection, reporting and program evaluation efforts.
- The national re-accreditation process of the MAHF Healthy Families America program will begin early in 2019 and conclude in a site visit in May.
- Public Health Home Visiting staff will participate in a Breastfeeding Collaborative to work on statewide quality improvement measures.

Mental Health: Healthy Communities

- Scott County Public Health will continue to build awareness around mental health through activities during Mental Health Awareness Month of May.

- Mental health and Adverse Childhood Experiences (ACES) will be combined for the next Community Health Improvement Plan.

Health Care Access

- Continue to work with Open Door Health Center to begin to provide dental services three times per week through their Mobile Dental Unit.
- Work with the Community Health Improvement Committee to develop new strategies for the Health Care Access issue
- 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 fifth and final year of our community health improvement plan. A new Community Health Assessment was completed and a new five year improvement plan will be developed by the Community Health Improvement Committee. 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 is 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
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
Katie Gumtow	Blue Cross
Annie Halland	UCare

COMMUNITY HEALTH IMPROVEMENT PLAN – 2018 ANNUAL REPORT

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
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Melissa Gatten	St. Mary's Health Clinics
Katie Gumtow	Blue Cross
Annie Halland	UCare
Michelle Lea Johnson, MD	Allina Health System - Quello
Doug Jaeger	Open Door Health Center
Amber Kahnke	River Valley Nursing Center
Noreen Kleinfehn-Wald	Scott County Public Health
Brian Knapp	Fairview Health System - Ridges

COMMUNITY HEALTH IMPROVEMENT PLAN – 2018 ANNUAL REPORT

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Michael Wilcox, MD

Fairview Ridges Hospital
Park Nicollet Foundation
Scott County Public Health
Scott County Public Health
Shakopee School District 720
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