



SCOTT COUNTY PUBLIC HEALTH
**COMMUNITY HEALTH
IMPROVEMENT PLAN**

ANNUAL REPORT
2015 – 2016

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This report was prepared by Scott County Public Health. Portions of this report were modified from the Scott County SHIP Final Report created by Wilder Research in 2015.

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Chronic Disease Prevention: Through Healthy Eating and Physical Activity

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Identifying At Risk Infants and Toddlers: Healthy Development

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 Fairview Ridges Hospital
 Shakopee School District 720
 Park Nicollet Health Services
 Medica
 Blue Cross Blue Shield MN
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 Medica
 Scott County Public Health
 Scott County
 Saint Francis Regional Medical Center
 Allina Health Systems
 St Francis Regional Medical Center
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MENTAL HEALTH: HEALTHY COMMUNITIES

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Saint Francis Regional Medical Center
Allina Health Systems
St Francis Regional Medical Center
HealthPartners
BCBS
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Community Health Assessment

Introduction

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 2015 and 2016 to implement those strategies.

CHRONIC DISEASE PREVENTION: HEALTHY EATING AND PHYSICAL ACTIVITY

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.

Healthy Eating Strategies: Healthy Food in Communities and Healthy School Food

As a part of their Healthy Food in Communities strategy, Scott County Statewide Health Improvement Partnership (SHIP) worked with three Scott County food shelves in 2015 and an additional one in 2016:

- Peace Center food shelf in New Prague
- Belle Plaine food shelf
- Community Action Partnership (CAP) Agency food shelf
- Jordan Area food shelf

They also partnered with:

- New Creation Church and the Esperanza project in Shakopee
- St. Francis Regional Medical Center
- Sweeney Elementary
- Canterbury- Backstretch Community Garden
- Scott County Historical Society
- New Prague community-based agriculture

These partnerships led to policy, systems and environmental changes in healthy food access throughout Scott County. All sites **increased their local networks and connections** in unique ways and established or deepened connections between school and community healthy eating advocates over the last year.

For the Healthy School Food strategy, Scott County SHIP worked with schools in New Prague, Belle Plaine, Shakopee, Prior Lake, Savage and Jordan to **improve healthy food options** based on identified needs in their School Health Assessments.

- At Raven Stream Elementary in New Prague, projects focused on health breakfasts creating a school garden in 2015 and schoolyard garden/outdoor classroom and active classrooms in 2016. In Belle Plaine, engagement around health snacks was a priority in 2015 and in 2016 they focused on quality physical education and school-based agriculture.
- Jordan Schools centered their work on expanding school gardens throughout the district and engaging the school community around the Walking School Bus initiative in 2016.
- In 2016, Redtail Ridge Elementary School in Savage focused their work around indoor gardens and an outdoor learning environment.
- Shakopee School District engaged 3 sites that involved projects around schoolyard gardens and active classroom initiatives in 2016.
- All schools also improved drinking water availability and water promotion.

Reach

Scott County SHIP focused its Healthy Food in Communities activities county-wide through various activities, through food shelves clients and the general community. Through this strategy, in 2016 the

potential reach totaled 135,129 for community-based agriculture, 229,341 through emergency food systems/food shelves and 129,928 for those just beginning engagement.

For their Healthy School Food Strategy, Scott County SHIP worked with all five school districts in Scott County and eleven school site partners: Chatfield Elementary, Oak Crest Elementary, Belle Plaine Junior High/Senior High Schools from the Belle Plaine school district; Jordan Elementary, Jordan Middle, and Jordan High School from the Jordan school district; Raven Stream Elementary from the New Prague school district; Eagle Creek Elementary, Sweeney Elementary and Shakopee Senior High from Shakopee School District and Redtail Ridge Elementary School from the Prior Lake-Savage Area Schools. The total student population of these schools is 7,914 which is 33 percent of the total student population of Scott County.

Activities

A variety of activities occurred both at the school and community levels around increasing access to healthy food options among Scott County residents. Throughout the county, coalitions of food shelf leaders, school district staff and businesses have formed to connect healthy eating, food access, and school garden development.

Healthy Eating- Community strategies

Belle Plaine Food Shelf

In Belle Plaine, the food shelf has focused on **developing partnerships** and **making adjustments to their practices** in order to **increase healthy food access** for their clients in 2015. The Belle Plaine food shelf manager now serves on the Belle Plaine school district Wellness Committee. In addition, Belle Plaine food shelf has encouraged other local food shelf leaders in New Prague and Jordan to work together. Through new SHIP networks and suppliers sites now have the capacity for increased produce purchasing and sharing arrangements through both The Food Group and Second Harvest Heartland. In addition, local faith leaders at St. John Lutheran set up a Plant-A-Row garden project where the harvest from their plot was distributed to food shelf clients. Through their partnership with The Food Group, they have also developed a healthy food promotion project and, with SHIP funds, were able to transform the layout of the food shelf and develop displays to support healthy food choices.

In 2016 the Belle Plaine Food Shelf continued their efforts around healthy food access. Additions in 2016 included the development of a food shelf newsletter that highlighted healthy options and a new refrigerator to offer additional storage for produce donations. The food shelf manager attended the Food Summit

2016 AT A GLANCE

SHIP Strategies	Total Number of Partner Sites	Potential Reach
Active Living in the Community		
Comprehensive Planning	1	38,613
Beginning Engagement	1	38,613
Healthy Eating in the Community		
Community-based		
Agriculture	6	135,129
Emergency Food Systems	4	229,341
Beginning Engagement	2	129,928
Workplace Wellness		
Organizational Planning & Structure	3	1,070
Increase Access to Healthy Eating	2	62
Breastfeeding Support & Facilities	2	1,860
Increase Access to Active Living	3	1,880
Schools		
Healthy Eating in Schools		
Farm to School	3	9,186
School-based Agriculture	5	11,305
Beginning Engagement	5	10,637
Active Schools		
Quality Physical Education	3	2,846
Active Recess	1	637
Active Classrooms	7	11,943
Before & After School Physical Activity Opportunities	1	637
Safe Routes to School	2	2,209
Beginning Engagement	3	2,846
Health Care		
Establish Clinic-Community Linkages for Beginning Engagement	2	180

Conference and has been a great support for other food shelves in Scott County and the overall community in Belle Plaine around food access.

As community leaders, the food shelf managers anchor several healthy living initiatives through their presence on the Belle Plaine school district Wellness Committee and close ties to civic and faith leaders. They plan to incorporate best practices for a healthy food shelf through further work on volunteer training, taste tests, and recipe demos.

New Prague Food Shelf

In 2015, the Peace Center food shelf in New Prague focused on **making changes to the design and operation of the food shelf to make healthy food choices more accessible** to customers and to encourage customers to make healthier choices. They conducted a survey, disseminated to a total of 25 food shelf volunteers and 75 clients in spring 2015, with advice and support from SHIP consultants. The surveys identified a desire for more fruits, vegetables, and other healthy options at the food shelf. Respondents also recommended changes in the design of the food shelf, such as placing the produce on shelves and having additional food storage. In response, the Peace Center food shelf partnered with the Mayo Clinic and invested in making improvements in the Peace Center space. In addition, they worked with the Belle Plaine and Jordan food shelves to increase their capacity for purchasing fresh produce through sharing arrangements with The Food Group and Second Harvest Heartland. They also increased their ability to receive fresh produce donations from local retailers and gardeners.

Additionally, the Peace Center partnered with the Mayo Clinic, the local community garden coordinator, and the Three Rivers Park District to **create a garden space on the land adjacent to their building**. SouthWest Metro Educational Cooperative students assisted with constructing the garden beds, building raised beds to accommodate elderly residents from nearby Queen's Court Senior Living and enable them to participate in the community garden. Information sessions were held at Queen's Court and all of the available plots in the garden were reserved. In addition, gardeners received basic gardening guidance. Through the joint effort of Scott County SHIP and Brown-Nicollet-LeSueur-Waseca SHIP, improvements were made to the existing community garden site in the Philipp Square area as well. Due to connections with the school district, there is the possibility of involving students as volunteers in the community garden and establishing an additional school garden site.

In 2016, the Peace Center continued efforts around healthy access in the community of New Prague. Future plans include addressing the need for tracking of client services and donations. They continue to be involved with the Scott County Food Shelf Networking Group and share resources to other partners in the community.



*Volunteers construct the new Peace Center/
Queen's Court community garden*



*Harvest from the Peace Center/
Queen's Court garden*

CAP Agency & Fare for All

In Shakopee, Scott County SHIP's Healthy Food in Communities strategy has focused on **increasing awareness of Fare for All low-cost food distribution access points in the community** and **supporting fresh fruit and vegetable access through the school-community garden partnership** between Sweeney Elementary and New Creation Church. They also focused specifically on increasing healthy food access for the low-income Hispanic/Latino community.

As a result of SHIP community connections, the Fare for All site was relocated to New Creation Church. The Fare for All program provides low-cost frozen meat and fresh produce. It helps families stretch their food budget and access nutritious foods that tend to be more expensive at retail locations. Most government and emergency food assistance programs serve only low-income families, so Fare for All serves as a good resource both for those families and for families and individuals who don't meet certain income requirements. Previously, the distribution wait lines were outdoors due to the small size of the distribution center. By moving to New Creation Church, it reduced barriers to healthy food access for families by giving a space where families could wait indoors to purchase food. In addition, the Fare for All program reduces barriers identified by some immigrant communities by not requiring income or residency documentation.

Additionally, in partnership with Scott County SHIP, a local farmer and garden coordinator worked with the fifth grade teachers and students at Sweeney Elementary to **plant an expanded garden** at New Creation Church. Students and camp participants tended and harvested the garden over the summer.

The CAP Agency Food Shelf joined Scott County SHIP at the end of SHIP 3, with the addition of a commercial grade fridge/freezer to improve storage and availability of healthier food options at the food shelf. In 2016, the CAP Agency Food Shelf worked with SHIP Staff to move towards a healthy foods policy during SHIP 4. In addition, with assistance from SHIP staff, the food shelf will increase marketing and promotion around the healthier food options and encourage clients to select fruits and vegetables.

Esperanza Summer Cooking Program

In 2016, Scott County Public Health received an Allina Neighborhood Health Connection Grant to work with SNAP-Ed to offer Cooking Matters classes and Fare for All Vouchers to mothers participating in Esperanza's Soccer Mom Program. Up to 12 mothers attended sessions regularly and learned techniques to prepare healthy and affordable dishes. These classes increased Latina mothers and their families' knowledge of healthy alternatives to traditional recipes. Looking ahead, we are excited to partner with a Somali women's exercise group through St. Francis Regional Medical Center to support additional Cooking Matters classes.

Food Retail

Scott County Public Health SHIP began working on assessing the food retail environment of convenience stores starting in lower income and rural neighborhoods in Scott County. Many times convenience stores can be the only food outlet for several miles offering convenient and affordable ready-to-eat foods. Using the Counter Tools software, SHIP staff worked with the Center for Advanced Professional Studies (CAPS) students through Shakopee High School to assess the product, price, promotion, and placement of healthy and unhealthy products. SHIP's objective is to increase access to fruits and vegetables and reduce access to products high in sodium, added sugar and saturated fat. This effort is

layered with the tobacco free living point of sale strategy, also looking at retail environment and the availability and advertisement of a variety of tobacco products.

Backstretch Community Garden

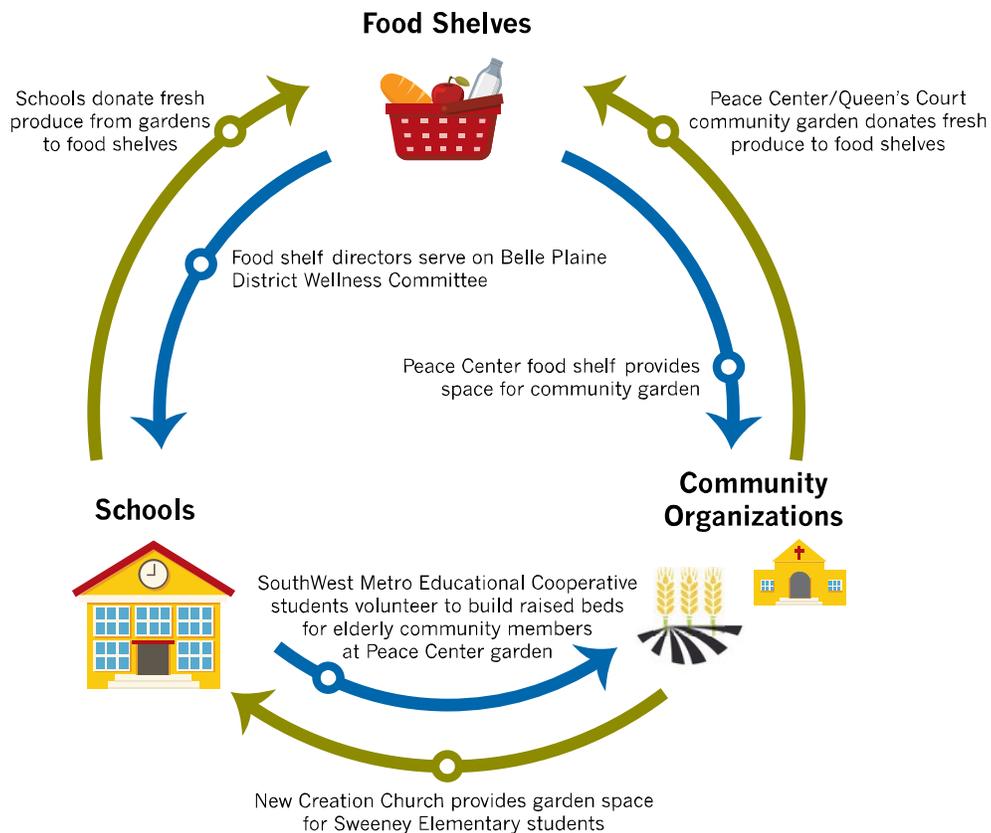
Backstretch Gardens, located at Canterbury Park, completed their first season in 2016 with tremendous help from WIC and CAP Agency Food Shelf. There were a total of 32 garden beds that were installed this summer resulting in an abundance of fresh fruits and vegetables for CAP and WIC clients. CAP is adjusting their hours to meet the needs of their clients during harvest season so that families are able to come out on Saturday mornings and pick their produce.

The space provided at Backstretch Gardens offers unique opportunities to teach youth and is a potential agricultural learning station for residents in Scott County.

Nutrition educators have the ability to teach classes on garden-enhanced nutrition education curriculum. This can have a great impact on children’s vegetable preferences and teach healthier eating habits.

The YouthBuilds Program at Southwest Metro Intermediate District #228 in Chaska helped significantly throughout the process. During the summer months, students were committed to building and installing the garden beds and a shed for tools and equipment. Next season, we hope to see more gardeners come in to foster community development and spirit in Scott County.

Links between food shelves, schools, and community organizations



Healthy Eating- School strategies

Belle Plaine Schools

Belle Plaine Schools includes two elementary school sites, Chatfield, which serves students pre-K/K-2, and Oak Crest, which serves grades 3 through 6. The work of the district's new food service director over the last year has led to the formation of a parent advisory committee, interest in healthy eating and the development of school gardens, and leadership engagement from the Oak Crest Elementary principal. Through their School Health Assessment and the work of their district Wellness Committee, Chatfield staff identified the need for a universal **healthy snack cart**. This is a cart that offers low-cost healthy snack options to students during morning breaks. The school reported that the snack cart had strong support from teachers and staff, but the school Wellness Team (separate from the district Wellness Committee) also wanted to solicit input from parents, since they would need to contribute to the cost of the food on the cart. Survey results showed that 84 percent of respondents said that their family would be interested in participating in a healthy snack cart. The results were relayed by the school wellness team to the parent-teacher organization which provides scholarships and cost coverage for families who are not able to afford snacks from the cart. The cart was purchased this past summer and the snack cart system is in place. In response, Oak Crest elementary has also purchased a cart and is developing a snack cart system. Belle Plaine schools will also be looking into planning for a schoolyard garden in the future.

New Prague Schools

At Raven Stream Elementary, staff created a small team (The Garden Gals) to spearhead the effort to **start a new garden on school grounds** in 2015. The physical education teacher helped with coordination, and plans were drawn up with another teacher. Students, parents, and teachers worked together on the garden site preparation and planting under the expert guidance of a Scott County Master Gardener through the University of Minnesota Extension. As a former elementary teacher himself, the Master Gardener was able to bring several teaching tools for the school staff to replicate and use. The Extension partnership provided coaching and advice for the school team as they built the garden. In 2016, Raven Stream Elementary had the opportunity to expand their garden into an outdoor classroom with support from SHIP. They now have an area for students to actively learn outside. This includes an outdoor chalkboard, benches and clipboards for the students to use during lessons. Annually, Raven Stream incorporates this with a planting day that allows students to plant in their grade-level garden, taste new vegetables offered by food service and learn about the garden.

The director of Nutrition Services at Raven Stream Elementary was instrumental in getting a **new healthy breakfast program** piloted this past spring. After identifying the need through School Health Assessment results, she was able to design and put into place a "Grab and Go" breakfast line in the main meeting area of the school, while keeping within the school's meal program funding guidelines. Information was sent home with students to advertise the new program in February, and then participation was tracked monthly from March through the end of the school year in June 2015. New Prague has not only maintained this program but has expanded it to 4 other school sites in the district.

In addition, Raven Stream Elementary has **fruit and vegetable infused water stations** to increase the amount of water that students drink throughout the school day.

Jordan Schools

The Jordan Area School District used SHIP funds and support to **develop three school gardens**. In the spring and summer of 2015, school gardens were created at the elementary, middle, and high schools.

The Kids Company program tended the elementary school garden through the summer by weeding, watering, and harvesting produce. The Jordan Area School District's Food Service Director assisted the Kids Company program leader with including the produce in snacks for the children. The extra produce harvested from the garden was sent home with families in the program. Family volunteers tended the middle and high school sites, weeding and watering several times per week. High school students from a Life Skills class tended the garden during the month of July. In future years, the school hopes to partner with the Jordan Area Food Shelf to donate produce to food shelf customers.

Jordan schools have **fruit and vegetable infused water stations** to increase water intake of students.

Shakopee Schools

The Shakopee School District was a new partner site for SHIP 4 in 2016. The Food Service Director had an interest of getting assistance to update their current school wellness policy. This connection has turned into many healthy eating and active living changes throughout 3 schools in the district. Each of the 3 schools had attended the Minnesota Schoolyard Garden Conference and all gained interest in implementing a schoolyard at their site. Eagle Creek Elementary School decided to use 2016 for planning of their schoolyard garden. They started small and decided to purchase indoor gardens to allow staff to educate themselves with utilizing a garden in their everyday curriculum. They also planted various fruit trees to get their students outside and learn about the tree growth in their lessons.

Another elementary school in Shakopee that participated in SHIP activities is Sweeney Elementary. They were already working with New Creation Church and the Esperanza garden. Staff decided that they would like to look at incorporating an onsite garden for more staff to utilize throughout the school year. Like Eagle Creek Elementary, Sweeney Elementary is currently in the planning stages and will be starting out indoors. In 2016, they decided to plant fruit trees and continue planning for their gardens in the upcoming year.

Along with the elementary schools, Shakopee Senior High participated in both healthy eating and active living activities with SHIP. They added an additional schoolyard garden to beds they previously had for specific classroom use. This garden will allow other students to utilize the space and learn outdoors. In future planning, they hope to incorporate the produce in cafeteria options and also look at other opportunities including a possible farmers market on site.

Throughout the time SHIP staff has partnered with Shakopee Schools, we have been fortunate to incorporate student involvement. This has proven successful specifically with Smarter Lunchrooms initiatives. This fall, SHIP staff partnered with the Shakopee High Schools Center for Advanced Professional Studies (CAPS). Three projects related to SHIP strategies were selected by students to work on throughout the semester. One project included the Smarter Lunchrooms Initiative where students worked towards changing the environment of the Shakopee High School lunchroom. The group completed a Smarter Lunchrooms assessment and surveyed the high school student body to find out more about patterns of use and changes they would like to see in their cafeterias and menus. Roughly 1,200 students completed the survey and the results were used to inform decisions regarding changes in the lunchroom. The students created signage for menu items at the snack bar in the high school and nutrition services staff incorporated additional healthy options including a fresh fruit cup and vegetable

cups. They implemented an infused water station to encourage students to drink water throughout the school day. By implementing these changes, the lunchroom will encourage healthy eating for students at Shakopee High School.

All activities at the Shakopee School District will be incorporated into the school wellness policy under goals to continue to improve upon throughout the years.

Short-term impacts

Food Shelves

There have been several policy, systems, and environmental changes during 2015 and 2016. In less than a year, food shelf leaders throughout Scott County have met quarterly as a Food Shelf Networking Group, completed membership with The Food Group for increased fresh produce and culturally appropriate food availability, and have begun testing a shared produce ordering process through Second Harvest Heartland to provide a wider array of fruits and vegetables at each of their small food shelves. For 2017, they are looking into implementing software to better track their clients' needs and donations throughout the year.

In August 2015, the Peace Center food shelf board approved the **passage of a healthy food policy** that reflected the feedback from community survey respondents for improved access to healthy foods. In response, the food shelf was redesigned to improve the storage and display of healthy foods. Glass-front display fridges, storage freezers, produce display shelves, promotional signage, and an aisle layout were installed to support expanded fresh produce availability from The Food Group, Second Harvest Heartland, local retailers and gardeners.



Peace Center food shelf – Before



Peace Center food shelf – Before



Peace Center food shelf – After



Peace Center food shelf – After

Building community relationships: Shakopee

AUTHOR: Deb Dalebroux, SHIP Healthy Food in Communities and Healthy School Food Consultant

The focus of the work in Shakopee was **building community relationships**, particularly reaching the low-income Latino population who experience high health disparities. Community leaders on the Shakopee Healthy Eating & Active Living Team



convened by SHIP and a local health system, St. Francis Regional Medical Center, identified the need to **increase access points for fresh fruits and vegetables** in a safe, culturally appropriate and welcoming way. The approach was two-fold: increase awareness of Fare for All low-cost food distribution access points in the community, and support fresh fruit and vegetable access through a school-community garden partnership.

The benefit of the Fare for All program is that it does not require documentation of income or residency to participate (which is a major barrier and fear identified by some immigrant populations) and provides access to healthy foods (fresh frozen meat and fresh fruits and vegetables) at each distribution. In addition, the benefit of the Sweeney Elementary-New Creation Church partnership was multi-fold: the school is able to utilize the garden space (situated on church land adjacent to school property) as an outdoor classroom; fruit and vegetable growing skills and site management are provided by a community garden expert and local farmer; and produce harvested is available for use by Esperanza camp families and in school meals.

This spring, a local farmer, worked with fifth grade teachers and students at Sweeney to plant the expanded garden at New Creation Church. Students took part in the initial planting; 25 Esperanza camp participants continued tending and harvesting this summer. The local farmer plans to be on-hand to guide and assist the Latino youth in gaining experience with the garden this year. This spring, 6 pounds of greens and radishes were

harvested for Sweeney to allow students to see what grew from their seed planting. A Minnesota Ag in the Classroom workshop was provided to Sweeney teachers, to give staff resources and educational tools for using the garden as an outdoor classroom during the fall and spring.

Participants and project coordinators spoke to the impact of the program:

“Father and daughter community volunteers, not only do they harvest but have taken it upon themselves to water plants and remove weeds from them as well. Talk about quality time!” – Esperanza leader

“We had one 14-year-old youth who truly seemed to love the garden, who did the watering and weeding, organized all the tools in the tool shed. He has some special needs and would often be speaking to himself; then he would seem to find peace in the gardens. It is always how he started his day here.”

– Garden leader



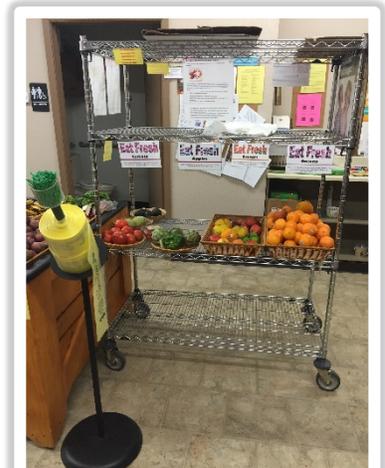
Above, Esperanza program participants and community volunteers tend the garden and enjoy the beautiful fresh produce it yields.

A new partner in 2016, the Jordan Area Food Shelf, provided a new environment for their clients. Through SHIP, the food shelf purchased a new counter refrigerator to allow clients to see produce directly in the cooler without needing to open up a door. This allows produce to be more visible and to encourage clients to choose produce over other items. They also implemented signage and other labeling items to draw customers towards the healthier options and to promote healthy recipes and other resources. The Jordan Area Food Shelf will also be offering Nudges training to their volunteers to gain knowledge on how to encourage their clients to choose healthy options while they shop.

The Belle Plaine food shelf passed a healthy food policy, and SHIP funds allowed them to **redesign their food shelf** to increase access to fresh produce by improving food storage and displays of healthy food. Before SHIP, they had an end cap display of candy. Since SHIP, they have replaced it with healthy food



*Belle Plaine food shelf redesign:
healthy food and recipe displays*



displays that give feature healthy recipes and ingredients. Donuts, cookies, and sweets have moved to the back aisle so that grains and healthier food items are in the front. They have also added produce-safe baskets, attractive display shelves for fresh produce, and carts.

Through SHIP, the CAP Agency food shelf was able to add a commercial grade fridge/ freezer. The food shelf is currently working with a variety of donors and suppliers to acquire and provide fresh fruits and vegetables along with leaner meat products for use by their clients. They have seen increasing success in their ability to acquire these items, however, are limited in their ability to store these items for any length of time. The acquisition of additional fridge/freezer space enhances their ability to accept and manage these items so that they retain their peak ripeness. This project enables the food shelf to modify its policy, systems, and environment regarding retaining fresh fruits and vegetables and increases the ability to stock lean frozen meats. Prior to this, the food shelf had no capacity to maintain fresh fruits or vegetables items beyond their limited fresh shelf life. However, the shelf life of these vegetables will be extended for up to 8 to 10 months through freezing. Fresh and frozen foods contain the greatest health value and the addition of this equipment will improve the storage and availability and thereby increase access to healthier food options at the food shelf.

One of the goals of the food shelves in partnering with SHIP was to **increase the amount of fresh produce donations** that they received from community organizations, local businesses, and local farms

and gardens. Collectively, the Belle Plaine and Peace Center food shelves received 50,187 pounds of fresh produce from various sources since beginning work with SHIP. More than half of donations (53%) came from businesses (including grocers and wholesalers). Almost one-third of fresh produce donations came from Second Harvest Heartland (30%) with whom they have tried a shared produce ordering system in partnership with the Jordan food shelf. Fresh produce donations were also received from individual or home gardens (11%), The Food Group (3%), school and community gardens (1%), and farmers markets and local farms (1%).

Between August 2014 and July 2015, the Peace Center received a total of 30,841 pounds of fresh produce donations from various sources. They received 94 pounds of produce donations from The Food Group, who they began a formal partnership with in June 2015. They received 16 pounds of produce from school and community gardens. In 2016, the Peace Center received a total of 24,547 pounds of fresh produces donations from these sources. Donations from The Food Group saw a dramatic increase from the year before when they began their partnership. At the Belle Plaine food shelf, they received a total of 19,346 pounds of fresh produce donations between August 2014 and August 2015. Donations from The Food Group, a new partnership formed in February 2015 through SHIP’s work, comprised seven percent of the donations. They also received 589 pounds of produce from school and community gardens since beginning their work with SHIP.



Breakfast boxes ready for delivery to students.

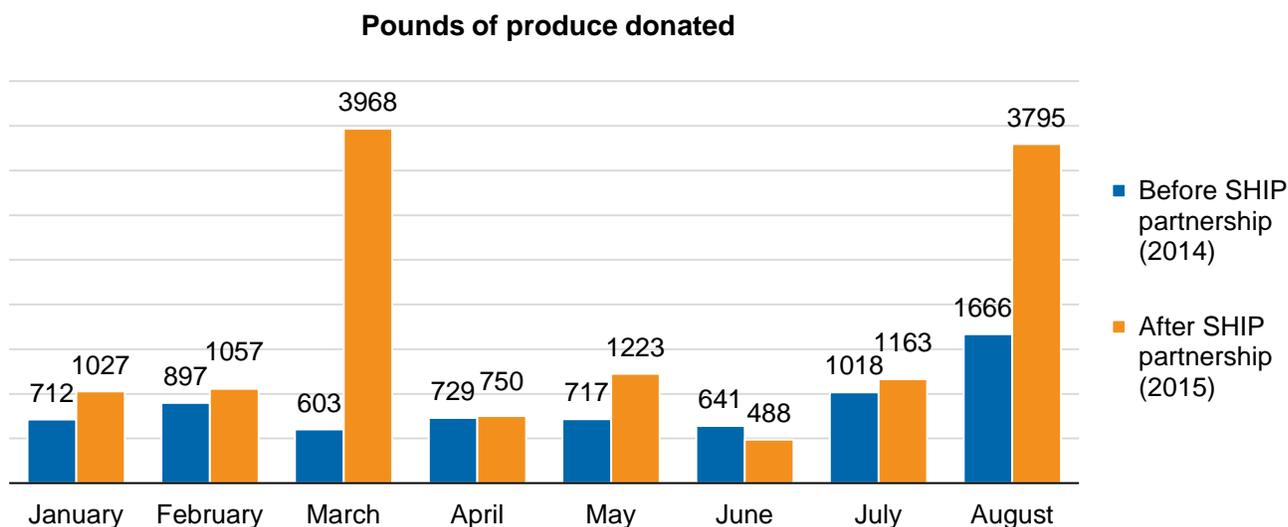
Healthy Food in Communities produce donation data

Source of donation	Total pounds of produce donated, Fall 2014 – Fall 2015		Total pounds of produce donated, Fall 2015 – Fall 2016	
	Belle Plaine (Aug 2014 – Aug 2015)	Peace Center (Aug 2014 – Jul 2015)	Belle Plaine (Aug 2015 – Aug 2016)	Peace Center (Aug 2015 – Jul 2016)
Second Harvest Heartland	6,754	8,395	2,162	4646
The Food Group	1,312	94	1,242	435
Businesses (including grocers and wholesalers)	9,369	17,387	8,144	14,055
School/community gardens	589	16	*	10
Farmers markets/local farms	745	0	248	0
Individual/home gardens	577	4,949	1,057	5401
Total pounds of produce donated (all sources)	19,346	30,841	12,863*	24,547

*At the time of this report, this information was not yet available.

In 2015, The Belle Plaine food shelf provided historical donation data that was used to compare produce donations received before and after partnering with SHIP. Data show a **93 percent increase in produce donations during the months of January – August after partnering with SHIP in comparison to the same time period before their SHIP partnership began**. Overall, the food shelf received more pounds of produce donations each month (January to August) after partnering with SHIP, with the exception of June. Surges in March 2015 and August 2015 are mostly attributed to donations from Second Harvest Heartland, with whom they were purchasing produce in partnership with the Peace Center and Jordan food shelves as a result of their involvement with SHIP.

Comparison of produce donations before and after SHIP partnership (Belle Plaine food shelf)



School-based agriculture

Through the shared school-community garden space, a partnership was developed between Sweeney Elementary, Shakopee Schools, the Esperanza program, and New Creation Church.

At the New Creation-Sweeney community garden, there are 11 groups or families tending the garden; 6 out of 11 included older adults and one is a family of grandparents gardening with their grandchildren. One of the groups reports “We have given an older couple in our neighborhood about 25 percent of our produce.” Another gardener tends three plots to feed her family and said, “I give food to a single mom with kids on a low income.” The data demonstrate how the community gardens impact families beyond their direct participants.

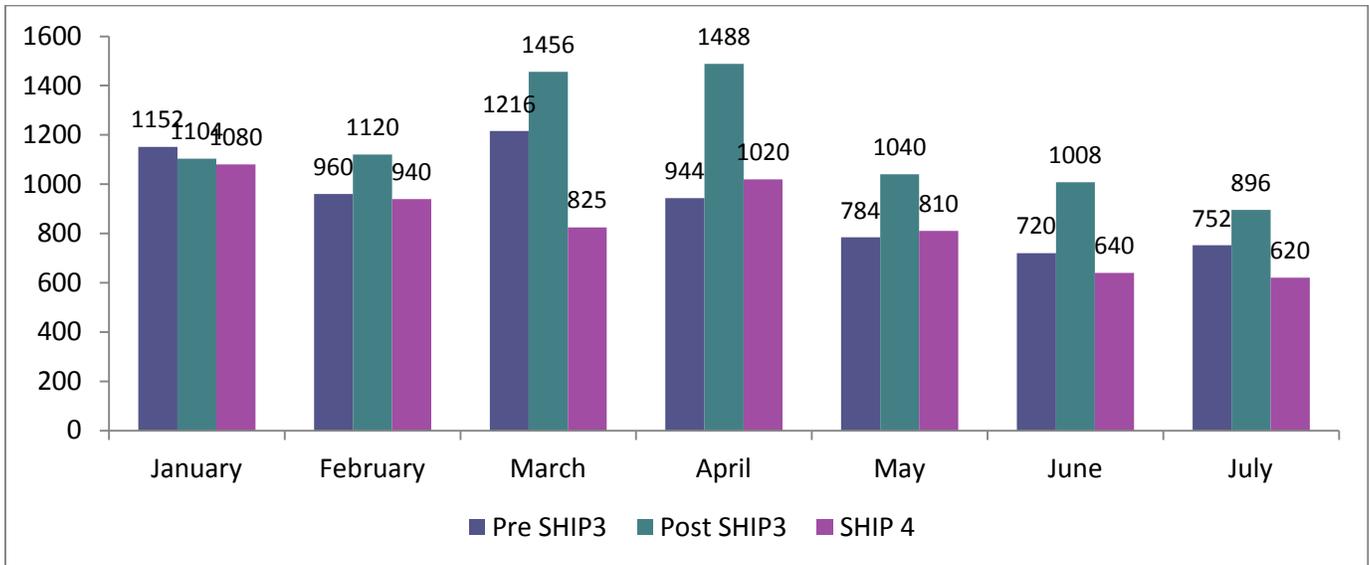
A total of 181 pounds of produce were harvested between late June and early October of 2015. The community garden purchased a scale for the school’s food service director to use in weighing the harvested food.

Fare for All-New Creation Church partnership

During SHIP 3, fresh fruit and vegetable access has increased in the community as demonstrated through an increase in the amount of fresh produce distributed by Fare for All in Shakopee since partnering with SHIP. The number of households served also increased. During 2016, due to staffing shortages and

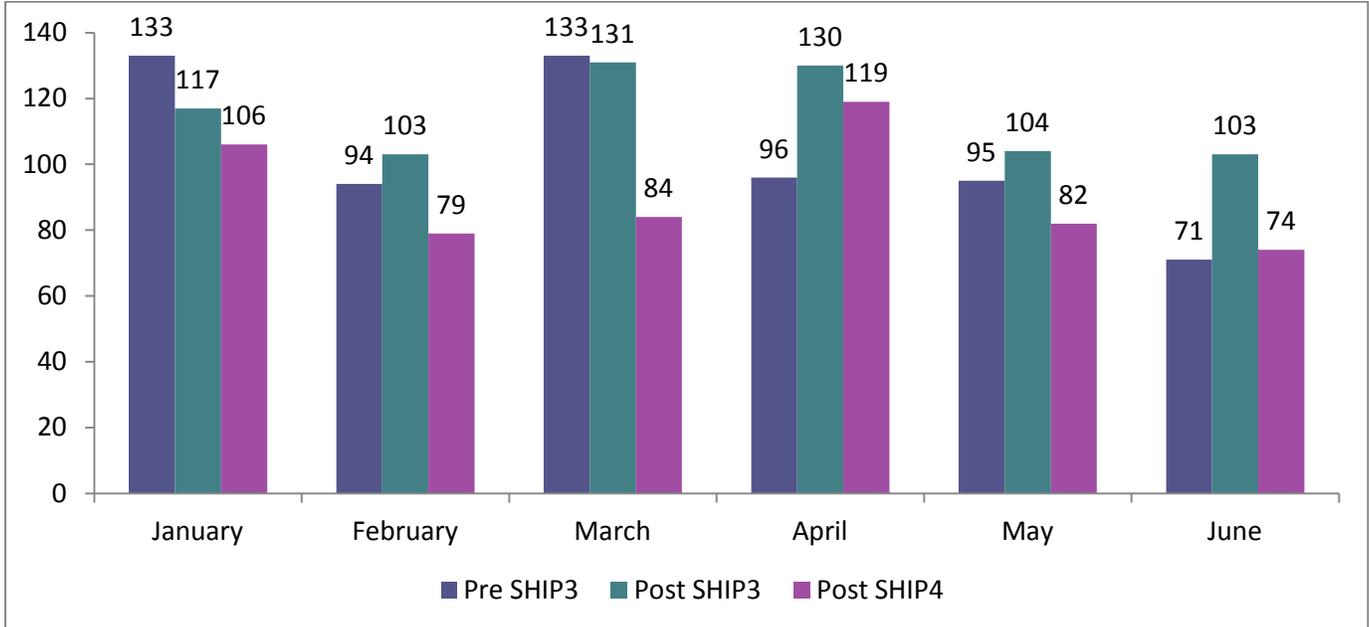
leadership changes, Fare for All was not able to continue with the partnership and dramatic decreases in donations occurred. Additionally, the number of households they were able to serve declined in 2016.

Comparison of Fare for All pounds of produce distributed before and after SHIP partnership



Comparison of households served by Fare for All before and after SHIP partnership

Schools



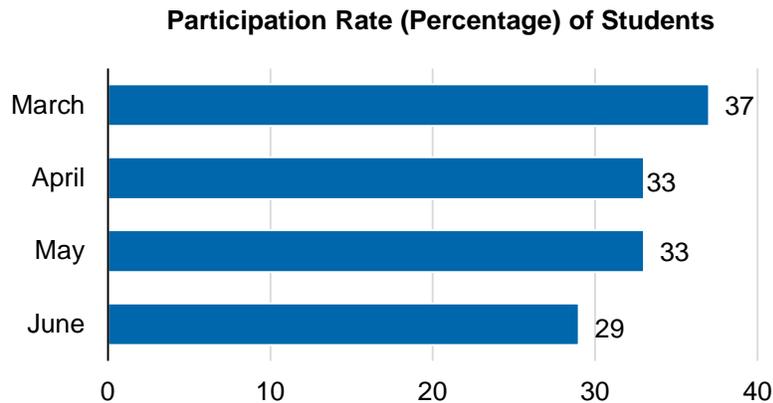
In order to measure the short-term and intermediate impacts of the initiative, Scott County SHIP collected baseline data from the eight participating schools, using the Alliance for a Healthier Generation Healthy Schools Program Assessment. This assessment was used in order to measure their progress putting various strategies in place to provide and promote opportunities for students to make healthy nutritional choices.

A number of healthy food strategies have been partially or fully implemented since July 2014. These include:

- In July 2014, most schools had begun to form school wellness-health councils or were in the process of completing a school health assessment. As of September 2016, almost all of the schools participating in Healthy School Food initiatives have **formed school wellness or health councils and completed school-wide health assessments**.
- In addition, all schools now **have all their food and beverages meeting the USDA Smart Snacks standards**, a strategy that was only partially in place for schools in July 2014.
- Half of the participating schools **have strategies in place to offer fruits and vegetables in venues outside of the cafeteria** as of September 2015, a strategy that was in development or partially in place for participating schools in July 2014.
- Other strategies that were in development in July 2014 but are now under development or partially in place include **meeting USDA Smart Snacks standards with school fundraising efforts, enhancing Farm-to-School initiatives, and instituting policies that encourage non-food rewards** (Figure 7). All of these strategies are being incorporated into all school districts updating their wellness policies.
- Healthy School Food initiatives have resulted in **policy, systems, and environmental changes in virtually all of the schools that participated**. Garden sites were cultivated by volunteer families and students over the summer. At Raven Stream, a total of 11 families tended the garden during the summer. **In total, 393 pounds of produce were harvested in participating school gardens**. Overall, 29 pounds of produce were harvested between June and August at Raven Stream, with additional fall vegetables ready to harvest through October. Much of the produce harvested at Raven Stream was sent home with children. The rest was either eaten by students or donated.
- At the Jordan schools, in addition to a host of family volunteers at the elementary, middle school, and high school sites, **15 students with a variety of disabilities from the Life Skills program tended the high school garden in July**. Life Skills staff all lead activities in the garden and ensured students of all ability levels were able to interact and gain experience. They led and coordinated caring for the garden during the summer. **Harvested vegetables will be preserved and resources provided by SHIP will ensure a supply of fresh foods for use through the year in school meals**. One to two pounds of peas were donated to the Peace Center food shelf. **A total of 364 pounds of produce was harvested at Jordan school sites this summer**.
- Students have also shown interest in other healthy food initiatives within Scott County schools. **The Raven Stream “Grab and Go” breakfast system has had a participation rate of approximately 30 percent, with a slight decline between March and June**. The success of the pilot has resulted in the initiative being replicated elsewhere in the district. The food service staff reported preparation and delivery went smoothly using carts and the school meal program computer system. However, in 2016 SHIP was not able to support this initiative with funding.

We also served about 18 breakfasts per day to our ALC students (Alternative Learning Center, a special site devoted to serving those with learning disabilities and other challenges), which is about 50 percent of their enrollment. In the 2015-2016 school year, we are serving breakfast in all K-5 buildings as a result of the successful pilot program. – New Prague Area Schools representative

Participation rates of Raven Stream Elementary Breakfast Grab and Go Pilot



The snack cart initiative at Chatfield Elementary has seen enough success and support that a similar snack cart will be instituted at Oak Crest, another school in the Belle Plaine district.

In addition, **students have anecdotally responded positively to the water promotion initiatives instituted at all eight involved schools.**

Intermediate and long-term impacts

As SHIP works to create more opportunities for students and low-income residents to access healthy food and have opportunities for better nutrition through partnerships with food shelves, community organizations, and schools, intermediate outcomes that we expect to observe and will measure progress by include:

- Increased consumption of fresh fruits and vegetables among Scott County residents
- Positive community involvement in community gardens that strengthens family and community relations
- Increased fruit and vegetable consumption among students
- Students are more likely to eat breakfast
- Increased water consumption among students
- Increased demand for and market access to locally grown produce in schools

There is evidence that a reduction of approximately five percent of the average BMI in Minnesota could save an estimated \$4 billion in health care costs over 10 years and \$11 billion in 20 years. There is also evidence that increasing the availability of healthy foods and opportunities for physical activity in schools and communities can contribute to reducing rates of childhood obesity. In the longer term, we expect that SHIP's efforts to increase access to fresh produce and more healthful foods will ultimately reduce the risk of obesity, chronic disease, and associated health care costs and improve Scott County residents' quality of life.

Active School Day

As a part of their Active School Day strategy, Scott County SHIP is working with the Jordan, Belle Plaine, Prior Lake/Savage, Shakopee and New Prague school districts along with the SouthWest Metro Intermediate District and other community partners to increase Scott County students' access to physical activity opportunities throughout the school day.

Reach

In 2015, Scott County SHIP worked with the following eight schools for their Active School Day Strategy: Chatfield Elementary, Oak Crest Elementary, Belle Plaine Junior High/Senior High Schools from the Belle Plaine school district; Jordan Elementary, Jordan Middle School, and Jordan High School from the Jordan school district; Raven Stream Elementary from the New Prague school district; and SouthWest Metro Educational Cooperative.

In 2016, five additional schools, Redtail Ridge from the

Prior Lake/
Savage
school
district;
Eagle

Creek Elementary, Sweeney Elementary and Shakopee Senior High from the Shakopee School District, implemented active school day strategies. The total combined student population of these schools is 8,168, which is 35 percent of the total student population of Scott County.



Jordan Senior High School walk and bike to school kick-off event volunteers



The Jordan "Walking School Bus" walk and bike to school kick-off event

Activities

Schools and districts have already established several activities to benefit their students and increase opportunities for physical activity before, during, and after school. Their focus has been on **creating safe routes to school for students who walk or bike, improving the quality of physical education classes, and creating more options for physical activity in the classroom.**

Jordan School District

The Jordan school district has moved forward with creating opportunities designed to **help students choose active transportation to and from school and other physical activity opportunities.** The first of these, the "Walking School Bus" program, gives students the option of walking or biking to school in a supervised group with other students. In addition, the school district is fostering a safety guard program to ensure students are safe on their walk to and from school. Research has shown that when biking and walking routes are made safe, there are 44 percent fewer injuries, and 45 percent increase in walking. Students receive an average of 16 minutes of the 60 minutes of daily recommended physical activity by

biking or walking to school. Coinciding with the “Walking School Bus” program, the school district purchased additional bike racks to support students who choose to bike to school. Along with creating additional and safer options for students to engage in physical activity, it may also decrease traffic congestion during busy drop-off times. In Spring of 2015, the school held two bike and walk to school kick-off events for the program, attended by approximately 300 individuals, and they plan to have more in the future.

Jordan Schools offers a Walk to School Day for families each year to encourage an active commute to school. During the spring of 2015, the school held two bike and walk to school kick-off events for the program, attended by approximately 300 individuals. In 2016, Jordan School District held a Walk/Bike to School Day event on October 5th to help encourage students to stay active before, during, and after the school day. If the students walked or biked to school, they received a token, and water bottle to incentivize participation. The Jordan High school sports teams cheered on and greeted students as they crossed the streets or entered the schools. Parents, students, and even principals participated in this healthy, fun-filled morning! The Elementary School is excited to begin putting together a walking school bus to encourage students to stay active throughout the whole year. They are hoping this will assist with the recruitment of a Walking School Bus Coordinator to assist with active transportation to school throughout the year.

With SHIP funds, the Jordan school district is also **creating activities that are intended to increase students’ access to quality physical education and physical activity options outside of school hours.** They installed a disc golf course and purchased inline skates for their inline-skating program to reduce costs for students. The inline-skating PE unit will be free of charge. Disc golf will be and inline-skating will continue to be incorporated into the schools’ physical education curriculum. Once students have completed curriculum in each unit, they will be able to rent out equipment at the newly established community center so that they can use the disc golf course or inline skates outside of the school day. They will also partner with Jordan Community Education to hold open skate nights outside of the school day.

A Jordan school district staff member emphasized the importance of the role that SHIP has played in allowing their schools to improve physical activity opportunities for their students:

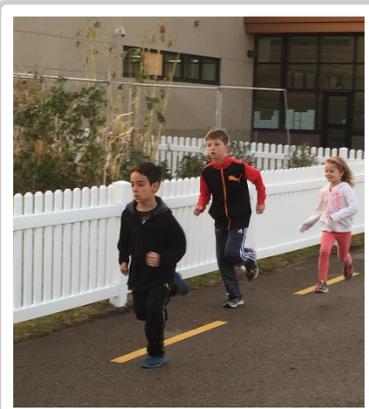
The money given our district through the SHIP grant will benefit our district and our students for years to follow. Without this money, none of these programs would have been possible. This funding has allowed our district to not only expand our curriculum and overall programming during the school day, but also reach into the private lives of our students, benefiting them both inside and outside the confines of the classroom walls. As school budgets seem to grow tighter and tighter, this money made it possible to help our students through new, innovative, fun, and active programming.
– Jordan School District staff person

New Prague Area Schools

In addition to their schoolyard garden created in 2015, Raven Stream Elementary has developed their permanent running course and added a sign with a map letting students and families know the distances for the routes in 2016. This route goes around the school and encourages students, staff and families to stay active throughout the day.



Raven Stream running course map



Raven stream students enjoying the running course

Along with the walking/running path, Raven Stream Elementary has piloted stability chairs for students to use throughout the school day. These chairs encourage students to stay active, which also helps with concentration during their normal classwork. They have received great feedback from both staff and students.

A third grade teacher discussed how the chairs are used in her classroom and how helpful they have been for the students:

We have two active seats in our classroom. We have a "special spot" rotation chart so each day 4-5 kids get first choice on the special spots along with some of the [stability] chairs that I have. Then if they choose not to use them, they are open for others. Students really enjoy them and are often bummed when it isn't their special spot day. The first choice is usually the red ball [chair] that bounces. It has helped students who need movement to maintain their focus. They are getting the movement in without being a distraction.

-Raven Stream Elementary 3rd Grade Teacher

Even students at Raven Stream have commented on the stability chairs.

"It moves with me. Rocks and doesn't tip over. When working I can move my body at the same time and keeps me concentrating. Helps my back and it's fun to sit on since you get to move a little bit."

"I like the chairs because I love to move!"

Belle Plaine School District

Belle Plaine has put into place active classrooms kits, inline skates in physical education, and an activity trail. In the fall of 2015, a physical education teacher and wellness champion in Belle Plaine will conduct staff training in the use of the Active Classroom kits at both Oak Crest and Chatfield Elementary schools. Chatfield Elementary has already started an Active Classroom Challenge and a Jammin' Minute, which is a fitness routine to get staff and students physically active in the classroom. A staff person reported that students have been enjoying the challenge.

Also through SHIP, Belle Plaine Senior/Junior High implemented heart rate monitors into their physical education curriculum. The monitors were purchased as a pilot project and have been very successful.

Currently, the heart rate monitors are being utilized in a women's fitness class and they have really motivated students to perform at the best of their capabilities. Staff has developed an evaluation plan to further track success of the heart rate monitors. Along with heart rate monitors, in 2016 Belle Plaine School updated their wellness policy to incorporate their current practice to prohibit withholding physical activity as a form of punishment for students.

Redtail Ridge Elementary School

In 2016, for a physical activity strategy through SHIP, Redtail Ridge Elementary decided to build an active-outdoor classroom for staff to utilize throughout the day. This idea primarily came from Kindergarten teachers who were looking for ways to keep their students active throughout the day, but still incorporate their normal classroom lessons. They focused on active play in ways such as a mud kitchen, platforms and a play garden. This has gotten the students outdoors and active throughout the school day. Being able to focus on building, digging and other forms of learning has allowed students to keep active while using their imagination in learning. This will be incorporated in other grade levels as well to get kids active throughout the school day.

Shakopee School District

As a new SHIP partner in 2016, Shakopee Schools primarily focused on active classroom in all 3 sites. Eagle Creek Elementary and Sweeney Elementary purchased items for active classroom kits. These kits will allow staff to utilize small equipment for short activity breaks during normal class time. Sweeney Elementary also found use for the kits during indoor recess hours, when students could not get outside due to weather. They are easy to transport and staff seem to be utilizing them throughout the school day.

Shakopee Senior High School also purchased items for active classroom kits but implemented the kits a bit different from the elementary schools. They purchased equipment that was appropriate for high school students and have them available for students during study hall hours and home room. High school teachers did not feel that students would take activity breaks serious and wanted to leave the decision to the students if they wanted to stay active throughout the day. These kits are also available after school hours for those who may not be in a sport or have the opportunity to use the gym.

Short-term impacts

Policy, systems, and environment changes

In order to measure the short-term and intermediate impacts of the initiative, Scott County SHIP collected baseline data from the eight participating schools, using the Alliance for a Healthier Generation Healthy Schools Program Assessment. The assessment measured their progress incorporating various strategies to increase student opportunities for physical activity before, during, and after school. These indicators were chosen to show SHIP's progress implementing policy, systems, and environmental changes that may increase Scott County residents' opportunities for physical activity.

Most Active School Day strategies have moved from development to having strategies fully in place at participating schools. Successes include:

- All eight participating schools were in the process of creating school wellness councils and completing health assessments in July 2014. By September 2015, **school wellness councils had been formed and School Health Assessments were completed at seven schools and were still in**

process at one school. These efforts have continued on in 2016 and all schools have a wellness committee and have completed the school health assessments with any updates needed.

- In July 2014, seven of the eight schools were **developing or had begun offering opportunities for physical activity before and after school**. By September, two schools had fully put in place this opportunity and six were in the process of putting their strategies into place.
- Other strategies that have moved from development into partially or fully having strategies in place include promoting and supporting walking or biking to school, providing teachers with materials to promote physical activity during the school day, and providing breaks for physical activity in the classroom.
- In July 2014, one school had partially **put into place guidelines that do not allow withholding physical activity as a means of punishing students**. By September 2015, four schools had fully incorporated these guidelines. By Fall of 2016, 100% of schools had fully incorporated these guidelines. All schools are in the process of updating their wellness policy to apply the final rule from the USDA. These changes will be implemented, at the latest by June 2017.

Changes in knowledge and behavior

In the future, as a result of SHIP's efforts with the Active School Day strategy, we expect to see:

- An increasingly positive attitude toward physical activity among students in Scott County
- Increased awareness of opportunities for physical activity during the school day among students and parents
- Increased knowledge of links between physical activity, academic achievement, and overall health among parents and school staff
- Increased knowledge of barriers to student participation in physical activities among school staff
- Positive community involvement in Safe Routes to School and other physical activity initiatives

Intermediate and long-term impacts

As SHIP works to increase awareness of and access to physical activity for students in Scott County, intermediate outcomes that we can expect to see include:

- Increased levels of physical activity among students
- Opportunities for physical activity continue to be available throughout the school day and become the norm

There is evidence that increasing the availability of healthy foods and opportunities for physical activity in schools and communities is reducing rates of childhood obesity. In the longer term, we expect that SHIP's efforts to increase access to physical activity opportunities among Scott County students will ultimately reduce the risk of obesity, chronic disease, and associated health care costs and improve Scott County residents' quality of life.

Active Living in Communities

As a part of the Active Living strategy, Scott County is working with the City of New Prague, the City of Shakopee, and the City of Belle Plaine to increase and improve bike and pedestrian transportation options and awareness of these opportunities among community residents by improving signage, updating bike and pedestrian plans, disseminating trail maps and information about bike safety, coordinating with schools on Safe Routes to School initiatives, and providing benches along walking routes.

Reach

After evaluating the needs of different communities throughout the county, in 2015 Scott County SHIP decided to focus their Active Living in Communities strategies in Shakopee, New Prague, and Belle Plaine. The total population of these communities is 53,507, which is 39 percent of the total population of Scott County. In 2016, SHIP staff focused on the entire community in Scott County to reach unrepresented populations to address concerns for the updates in the 2040 Comprehensive Plan.

Activities

In 2015, Scott County SHIP **created an informal work group**, with both city and county representatives as well as a community member, **where they discussed how SHIP can be incorporated in the three communities** that have showed interest in working on Active Living: the City of Belle Plaine, the City of New Prague, and the City of Shakopee. This work group met to discuss action plans in each of the cities.

SHIP staff worked with the City of New Prague and the City of Shakopee to **complete the Bicycle Friendly Community Assessment**. Both cities conducted multiple meetings related to completing the assessment and applied for Bicycle Friendly Community designation in February.

The City of Shakopee and the City of New Prague are currently putting their action plans into place. The City of Shakopee has recruited members for their Bicycle Advisory Group to identify areas for placement of signage and needs for education on bicycle and pedestrian safety in the community.

The City of Belle Plaine has completed their action plan and is focusing on updating bike and pedestrian plans. In August 2015, they partnered with local law enforcement at Night to Unite Events on bicycle safety promotion. They also made improvements to street and trail infrastructure to make the city more bike and pedestrian friendly, put on a StoryWalk event, and made their online trail maps more user-friendly.

2040 Comprehensive Plan

Scott County SHIP staff continues to engage residents in conversations through several community efforts to inform the 2040 Comprehensive Plan as well as a Health Equity Data Analysis Pilot Project. Topics that we are gaining insight on include active living, healthy eating, housing, transportation, parks, early childhood, and career. Conversations surrounding these topics will contribute to the 2040 Comprehensive Plan that helps guide policies and decisions in Scott County. Pop up engagement consisting of surveys that include open-ended questions has also taken place at various locations including Project Community Connect held at Canterbury Park, fall fest at Prior Lake High School, fall frenzy in Savage, Friday night football games, and several other locations in Scott County. Our theme

throughout the process has been “Ideas for Apples.” This has worked well with the community to share their ideas in return for an apple donated by a local orchard.

The results from these engagement efforts will help us gain a better understanding of differences in causes and conditions among differing income levels and race and ethnicities in Scott County. This knowledge will help us target efforts to ensure that all people have full access to opportunities that enable them to lead healthy lives. To this date, we’ve collected over 100 paper surveys and 600 online surveys and have conducted five focus groups. We will continue to reach out to diverse, low-income populations to conduct focus groups and interviews to help inform our Comprehensive Plan updates as well as our work plans.

Short-term impacts

The City of Shakopee received an honorable mention for their Bicycle Friendly Community application. The City of New Prague received feedback from the League of American Bicyclists on how they can work towards improving their scores, and have begun planning to implement the needed changes. **Both communities are working on continuing to make changes to reapply for Bicycle Friendly Community designation.**

Using the Bicycle Friendly Community application, Scott County SHIP collected baseline data from two of the participating cities on policies, infrastructure, and amenities that support pedestrian transportation options. These indicators were chosen to show SHIP’s short-term and intermediate impacts related to incorporating policy, systems, and environmental changes that may increase Scott County residents’ opportunities for active living.

In terms of policies and practices that facilitate and encourage an active lifestyle, the City of Shakopee **purchased additional bike racks and increased their capacity for bike parking by 68 spaces, from 1,056 to 1,124 spaces. The proportion of buses equipped with bike racks also increased from 51-75 percent to nearly 100 percent** (there is only one bus remaining that will soon have bike rack capacity). **They also doubled the number of activities engaged in to educate motorists and bicyclists on sharing the road safely, from four to eight.** Examples of activities included hosting a Bicycle Advisory Committee booth at the Derby Days Expo and the Move and Make on Main event. In addition, they 3,000 updated trail maps that are now available, using already programmed funds (Figure 10).

The City of New Prague purchased six map kiosks and placed them at key trail head locations in the city’s park system to suggest walking routes for residents who are out in the area. They are planning on working towards Complete Streets Policy adoption this coming year.

Short-term impacts for residents in the City of New Prague include, anecdotally, an increased awareness of suggested walking routes, the benefit of which was noted by a city representative in the following quote:



City of New Prague map kiosk.

Within days of installing a couple of the map kiosks I have heard from a number of residents that appreciate the kiosks for suggesting walking routes. Even though we've had the maps on our website for a couple of years (courtesy of SHIP 1 funding), residents have noted that actually seeing the information while walking has been an asset.
 – City of New Prague representative

During SHIP 3, the City of Belle Plaine partnered with local law enforcement at Night to Unite events. They handed out helmets, did helmet fittings, and educated attendees on bicycle safety. In addition, they painted 54 new crosswalks, added 16 trail benches, created 36 new trailblazing signs, and updated their website to make their park and trail maps more interactive and user-friendly.

In 2016 (SHIP4) efforts with the Health Equity Data Analysis and engagement for the comprehensive plan were wrapped up. In 2017, SHIP staff will be analyzing the results and making changes to their work as seen in the responses.

Below is data from 2014-2015 between the City of Shakopee and City of New Prague. Though in SHIP 4, Year 1 we did not directly work with these partner sites, contact has been made to support efforts in the next year. The City of New Prague is looking into SHIP funds to adopt a local Complete Streets Policy in the future.

Active Living strategy-level baseline and follow-up data

	City of Shakopee		City of New Prague	
	2014	2015	2014	2015
Adoption of a local Complete Streets Policy	Yes	Yes	No	No
Total number of public and private bike parking spaces	1,056	1,124	170	170
Percentage of buses equipped with bike racks	51% - 75%	100% ¹	10% or less	10% or less
Percentage of on-street bicycle network that meets or exceeds AASHTO, MUTCD, and NACTO standards	Less than 10%	Less than 10%	Less than 10%	Less than 10%
Number of types of educational activities engaged in over past 18 months to educate motorists and bicyclists on sharing the road safely ^a	4 educational activities	8 educational activities	2 educational activities	2 educational activities
Mapping and route finding information available to community and updated in the last 18 months ^b	2 educational activities	3 educational activities	2 educational activities	2 educational activities

^a Educational activity options included public service announcements, community newsletter/magazine articles, information in new resident packet, utility bill insert, flyer/handout, information sessions/lunch seminars, bicycle ambassador program, newspaper column/blog on bicycling, dedicated bike page on community website, billboards, Share the Road signs, Share the Road information in driver's education, or other.

^b Mapping and route finding options include web-based route finding service, smart phone app, printed/digital bicycle network map, printed/digital mountain bike trails map, and printed/digital greenways and trails map.

Changes in knowledge and behavior

In the future, as a result of the Active Living in Communities strategy, we expect to see an increased awareness among all community residents of bicycle and pedestrian opportunities, safe bicycling practices, and bicycle and pedestrian laws, including the need for drivers and bicyclists to safely share the road. This will increase opportunities for physical activity for Scott County residents.

Intermediate and long-term impacts

As SHIP works to open up more opportunities for active living through increased bicycle and pedestrian opportunities, intermediate outcomes that we can expect to see and will measure progress by include:

- Increased physical activity among Scott County residents
- Increased use of trails by residents
- An increase in biking as a means of transportation

There is evidence that health care costs decrease by nearly 5 percent with each additional day of physical activity per week. In the longer term, we expect that SHIP's efforts to increase access to physical activity will ultimately reduce the risk of obesity, chronic disease, and associated health care costs and improve Scott County residents' quality of life.

Workplace Wellness

As a part of their Workplace Wellness strategy, Scott County SHIP has been working with Scott County Government, Shakopee School District and SouthWest Metro Intermediate District to promote worksite wellness through access to healthy food options, physical activity opportunities, breastfeeding supports and resources, tobacco cessation supports and resources, and supports to reduce tobacco exposure. Scott County SHIP is working to accomplish this through policies, systems, and environmental changes, wellness activities, and education and awareness of the benefits of a tobacco-free grounds policy.

Reach

In 2015, Scott County Public Health SHIP reached an estimated 1.3 to 1.4 percent of the working age population. Currently, they are reaching estimated 2.2 to 2.3 percent of the working age population of Scott County.

Activities

To date, SHIP staff worked with Scott County Government, Shakopee School District and SouthWest Metro Intermediate District to complete an organizational assessment of their worksite's wellness policies and practices. SHIP also worked with Wilder Research to complete an employee wellness interest survey with Scott County Government employees. The results of these assessments were reported in May 2015 and are being used to plan intervention strategies that will have the greatest impact.

The employee interest survey was taken by 324 of 800 (41%) of Scott County employees. Results included:

- Overall, many employees indicated "moderate" to "high" interest in participating in many wellness activities and utilizing wellness supports.

- Across worksites, employees were most interested in discounted memberships to local health clubs (68%), a water refill station (64%), and an onsite farmers market (55%).
- Two-thirds (68%) of women who have been or may become new moms while at their worksite said that having a comfortable, clean, and locked lactation space was very important in their decision to breastfeed.
- One-third (37%) of those who currently smoke are very likely to make a serious attempt to quit in the next 6 months.
- Approximately 4 in 10 (41%) said they would be very likely to use quit medications (e.g., Nicotine patch) if they had free access to them.

The survey also asked employees about current health habits. Results showed that less than half of employees receive the recommended amount of moderate physical activity (40%) and slightly more than half (54%) receive the recommended amount of weekly vigorous physical activity.

Additionally, Scott County SHIP connected with an existing wellness council at Scott County Government and is working with their occupational health nurse to move forward with further education on and promotion of physical activity, healthy eating, breastfeeding support, and tobacco cessation practices. With the guidance of the occupational health nurse, Scott County Government developed a “Total Rewards Philosophy Statement” which outlines their philosophy, vision, and mission for investing in employee well-being. (See Appendix for Total Rewards Diagram.) As of 2016, SHIP has supported funding for water filling stations in county building yet to receive a station, fit kits for employees to utilize on break time and also created a healthy snack station that is currently being piloted in the Public Health division.

Shakopee School District has an active employee wellness committee and was excited to be involved with SHIP in 2016. After completing the organizational assessment, the committee recognized a large gap in their breastfeeding support for mother’s at the workplace. Many building were lacking both a physical space and guidelines for breastfeeding support throughout the district. This has been the main initiative through SHIP. They built a wellness room at the Central Family Center that has been essential for privacy and comfort of many on site. They will continue to expand this initiative throughout the district and will assist with the implementation of a policy.

Southwest Metro Intermediate District completed an organizational assessment and has used results to develop a targeted plan to increase employees’ opportunities for wellness. They are planning on increasing opportunities for physical activity by providing employees with desk jobs with a training on how to incorporate movement into their workday as well as an ergonomic assessment. They will also be providing standing desks, stability balls, and FitDeck cards (playing cards which give ideas for various exercises). The desk will be part of a pilot, with staff participating in a survey of their experiences. The results will be shared with Scott County Public Health and with the Minnesota Department of Health. They will also seek to integrate physical activity through standing and walking meetings. Staff and leadership will encourage employees to take activity breaks. Additionally, they will also create a nursing mothers kit that can be used in a designated space.

Short-term impacts

Policy, systems, and environment changes

One of the goals of SHIP is to change policies, systems, and environments to make the healthy choice the easy choice. This phase of the Workplace Wellness strategy is focused on establishing and developing relationships with key partners and planning strategies for improving health and wellness in the workplace.

To date, the Scott County worksite has made the following changes:

- Added a sit/stand workstation in the public health department
- Created lactation kits for new moms
- Created a wellness room at the Marshall Road Transit Station location for employees
- Purchased bike racks for sites that did not have bicycle parking
- Purchased tobacco cessation resources and smoke-free signage
- Purchased water filling stations for 2 additional county buildings.
- Developed and purchased “fit kits” for employees to utilize during breaks to stay active.

In order to measure additional policy and environmental changes at all worksites, Scott County SHIP collected data at the beginning of their partnership with each worksite (July 2014 for Scott County Government and March 2015 for SouthWest Metro Educational Cooperative) to look at policies, systems, and environmental features related to nutrition, physical activity, tobacco use and exposure and existing cessation supports, and breastfeeding supports.

As of April 2015, Scott County Government had a wellness committee in place, a healthy snack station, a written tobacco-free worksite policy that has enforcement procedures and is consistently enforced, and a policy that supports breastfeeding employees with a lactation room. SouthWest Metro Educational Cooperative had vending machines that offer at least 50 percent healthy foods and beverages, and a written tobacco-free worksite policy. These efforts continued to grow in 2016 with the addition of many policy, systems and environmental changes and with the addition of a new worksite, Shakopee School District. Data will be collected again during SHIP 4 and compared to these baseline data to note any additional developments in the planning or incorporation of policy, systems, and environmental changes that promote opportunities for physical activity, nutritious food, access to breastfeeding resources, and tobacco-free workspaces (Figure 11). SHIP staff will also be coordinating a worksite wellness collaborative in 2017. They are in the planning stages of recruiting new employees to participate in wellness activities at the workplace.

Workplace Wellness strategy-level baseline data

	Scott County	SWMEC	Shakopee Schools
Has a wellness committee or team in place	Yes	Yes	Yes
Has a written healthy foods and beverages policy or guideline	No	Yes	No
Work site has a healthy snack station	Yes	Yes	No
Healthy snack station offers 100% healthy foods	Yes	No	N/A
Healthy snack station offers 100% healthy beverages	N/A	Yes	N/A
Vending offers 50% or more healthy foods	No	Yes	No
Vending offers 50% or more healthy beverages	No	Yes	No
Has a written physical activity policy or guideline	No	No	No
Have at least three places for physical activity at the workplace	No	N/A	Yes
Has a written tobacco-free worksite policy	Yes	Yes	Yes
The policy meets all best practices, including prohibiting use of all forms of tobacco and e-cigarettes and prohibiting use in buildings, on grounds (including personal vehicles on property), and in company vehicles at all times	No	Yes	Yes
The policy has enforcement procedures	Yes	No	Yes
The policy is consistently enforced across the organization	Yes	No	Yes
All employees have access to smoking/quit tobacco program/support	Yes	Yes	Yes
Have a policy that supports breastfeeding employees	Yes	Yes	Yes
Has a mother's room or lactation room	Yes	No	No
Mother's room meets minimum set of standards	Yes	N/A	N/A

¹ No data available for this worksite.

Changes in knowledge and behavior

As a result of SHIP's efforts with the Workplace Wellness strategy, we expect to see that committees and the leadership of participating worksites have:

- Increased awareness of workplace wellness best practices and an increased awareness of the current state of their organization in terms of wellness
- Increased understanding of what policies are needed to support physical activity, healthy eating, breastfeeding, and tobacco cessation

Among employees, we expect to see:

- Increased awareness of the health benefits associated with physical activity, healthy eating, and tobacco cessation
- Increased awareness of and access to physical activity and healthy eating opportunities offered at their worksite

- Increased awareness of and access to lactation and smoking cessation supports that are available through their worksites

Intermediate and long-term impacts

As SHIP works to increase awareness of and access to physical activity opportunities, nutritious food, breastfeeding supports, and tobacco cessation supports, and establish tobacco exposure policies for those employed in worksites in Scott County, intermediate outcomes that we can expect to see include:

- Increased participation in employer-sponsored educational programming and behavior change programs
- Increased proportion of Scott County adults of working age that consume a healthy diet
- Increased proportion of Scott County adults of working age that engage in the recommended amount of physical activity
- Increased proportion of new mothers that are able to initiate and continue breastfeeding
- Increased proportion of Scott County adults of working age that reduce or quit tobacco use and are able to minimize their exposure to secondhand smoke

There is evidence that for each \$1 spent, the return on investment for workplace wellness initiatives is approximately \$3 to \$6. A meta-analysis (analysis of several research studies) found that each \$1 spent on comprehensive workplace wellness programs reduces medical costs by approximately \$3.27 and the costs of employee absenteeism by an estimated \$2.73 per \$1 spent.

In the longer term, we expect that SHIP's efforts to support employees' choices to increase levels of physical activity, improve eating habits, initiate and continue breastfeeding, and reduce tobacco use will ultimately reduce the risk of obesity, chronic disease, and associated health care costs and improve Scott County residents' quality of life.

Child Care

As a part of their Child Care strategy in 2015, Scott County SHIP is working with Providers Choice to conduct Twist & Sprout trainings, educating Scott County child care providers on best practices for increasing the availability of healthy food choices and physical activity opportunities for children in their care, as well as ways to provide support and resources for mothers who are breastfeeding.

Reach

In 2015, Scott County SHIP worked with 58 child care providers throughout Scott County, and held trainings in Shakopee, Jordan, and Prior Lake. These providers work with 301 children, which is an estimated 2.3 to 2.4 percent of the total population of children age 5 and under in Scott County (although it is important to remember that only a portion of children attend child care).

Activities

SHIP staff worked with Providers Choice to recruit providers for three Twist & Sprout training sessions in Scott County. **The Twist & Sprout workshops teach providers how to promote and integrate healthy eating, physical activity, and breastfeeding in their child care program.** They also provide assistance with creating wellness policies that incorporate these practices. The training sessions had 15, 27, and 30 registrants, respectively. The providers who registered for training were given a pre-assessment as part of the registration process and completed a post-assessment to measure policy and practice changes.

Here is positive feedback from one participating provider who planned to incorporate what they had learned in the training in their child care program:

I really enjoyed the Twist and Sprout workshop in Jordan. I cannot wait to use recipes and menus from this workshop (so much I ran to the store afterwards to get items for roasted veggies). I'm so happy I can look them up online. I also like being shown how easy it is to make a health and wellness policy. I'm hoping that adding this will help market the great things I am already doing in my home daycare. This was probably one of the most useful nutrition classes I have been to. – Providers Choice training participant

The child care strategy was not included in 2016 efforts.

Short-term impacts

Policy, systems, and environment changes

One of the goals of SHIP is to change policies, systems, and environments to make the healthy choice the easy choice. In the case of the Child Care strategy, this took place in the form of **changing systems, policies, and environments to allow providers to incorporate best practices around healthy eating and physical activity, and provide supports for women who are breastfeeding.** To that end, Scott County SHIP provided technical assistance, helping providers write policies around these areas.

In order to measure the short-term and intermediate impacts of the initiative, Scott County SHIP collected baseline data from the 58 participating child care providers they are working with, using the **Child Care Self-Assessment**, to look at policies and practices related to nutrition, physical activity, and breastfeeding supports. For consistency, comparative data were analyzed using only those 31 providers who completed both the baseline and follow-up assessments.

Data show that there was an increase in the proportion of providers who had written policies that include healthy eating and physical activity practices and whose practices reflect these policies. After participating in the SHIP-sponsored Twist & Sprout training, 39 percent of responding providers had a written healthy eating policy that reflects current practices in contrast to 23 percent before the training. That is an increase of five providers. At least one additional provider created a written physical activity policy that reflects current practices as well. There was no change in the number of providers who had a policy to support breastfeeding that reflects current practices (Figure 12).

Child Care strategy-level baseline and follow-up data: Policies

	N ^a		No written policy exists		A policy is being drafted		Written policy exists, but does not reflect current practices		Written policy reflects current practices	
	2014	2015	2014	2015	2014	2015	2014	2015	2014	2015
Has a written policy that includes current healthy eating practices	31	31	18 (58%)	14 (45%)	4 (13%)	4 (13%)	2 (6%)	1 (3%)	7 (23%)	12 (39%)
There is a written policy that includes current breastfeeding practices	26	27	20 (77%)	19 (70%)	1 (4%)	4 (15%)	1 (4%)	0 (0%)	4 (15%)	4 (15%)
There is a written policy that includes current physical activity practices	31	31	17 (55%)	17 (55%)	1 (3%)	1 (3%)	1 (3%)	0 (0%)	12 (39%)	13 (42%)

^a Providers who do not care for infants did not respond to questions related to breastfeeding supports. Some providers had missing responses.

Changes in knowledge and behavior

Assessment results show that several providers actively made improvements in practices that provide a healthy environment for young children after participating in the Providers Choice training. The proportion of participating providers who engage in practices that promote physical activity and provide breastfeeding supports increased after participating in the trainings. Two-thirds of providers (68%) now provide at least 120 minutes of indoor and outdoor active play to preschoolers in contrast to just half (52%) of responding providers before participating in the training. This is five additional providers. Three-quarters (74%) of responding providers now provide at least 90 minutes of indoor and outdoor active play to toddlers in comparison to two-thirds (63%) before participating in the training. This is an increase of four providers. Additionally, more than three-quarters (79%) of providers said that they do at least 6-7 best practices for handling breast milk in comparison to two-thirds (64%) before the training. This equals five additional providers. The proportion of providers who serve vegetables at least twice a day decreased from 55 percent to 42 percent (Figure 13).

Child Care strategy-level baseline and follow-up data: Practices

Practice	N ^a		Participating child care providers saying "yes"	
	2014	2015	2014	2015

Fresh, frozen, or canned vegetables are served at least twice a day	31	31	17 (55%)	13 (42%)
At least 120 minutes of active play, both indoors and outdoors, is provided to preschoolers	31	31	16 (52%)	21 (68%)
At least 90 minutes of active play, both indoors and outdoors, is provided to toddlers	31	31	19 (63%)	23 (74%)
Do at least 6-7 of the best practices for handling breast milk	22	24	14 (64%)	19 (79%)

^a Providers who do not care for infants did not respond to questions related to breastfeeding supports. Some providers had missing responses.

Intermediate and long-term impacts

As SHIP works to increase awareness and adoption of child care best practices in Scott County, intermediate outcomes that we expect to see, continue to see, and will measure progress by include the following:

- More children in Scott County who attend child care centers are getting better nutrition and developing healthy eating habits
- More children in Scott County who attend child care centers are getting the physical activity they need and building better habits
- More babies in Scott County who attend child care centers are being fed breast milk

In the longer term, we expect that SHIP's efforts in 2015 to increase child care centers' abilities to provide the children they care for with opportunities for better nutrition and increased physical activity will reduce the risk of obesity, chronic disease, and associated health care costs and improve the overall quality of life of Scott County residents.

Smoke-Free Multi-Unit Housing

As a part of their Smoke-Free Housing strategy, in 2015 Scott County has worked with The Association for Nonsmokers-Minnesota (ANSR)'s Live Smoke Free program, Scott County Community Development Agency (CDA), and the City of Shakopee and City of Savage Crime Free Multi-Housing Coalitions to educate multi-unit housing property managers on the benefits of providing smoke-free housing options and to encourage them to adopt and incorporate smoke-free policies. Another goal is to increase multi-unit housing residents' awareness and use of tobacco-cessation resources.

In 2016 Scott County SHIP did not fund any opportunities around tobacco but did provide resources for any multi-unit housing who were interested in going smoke free. Specifically the Community Development Agency (CDA) in Scott County has reached out for assistance on implementation of the new HUD regulations.

Additionally in 2016, the Association for Nonsmokers-MN has reported that 1 new policy has been implemented in Scott County at a new development. There is an additional condo building that is in the contemplation stage of passing a smoke-free policy.

Reach

In 2015, Scott County SHIP is worked with 28 multi-unit housing complexes, representing more than 1,327 units (including approximately 497 subsidized/affordable housing units), which is 29 percent of the total number of housing units in multi-unit structures (2009-2013) in Scott County.

Activities

Between July 2014 and September 2015, SHIP staff and ANSR identified and reached out to multi-unit housing properties in Scott County. They used incentives to engage 12 target properties, offering gift cards for engaging with Live Smoke Free, conducting resident surveys, and adopting a smoke-free policy. Scott County SHIP has provided assistance in adopting tobacco-free policies for property managers who are interested in making their properties tobacco-free. For those properties that have already adopted policies, Scott County SHIP is helping them to put these into place by providing signage.

In addition to the multi-unit housing properties that SHIP staff is working with, the Scott Carver Dakota CAP Agency verbally indicated that they will adopt a smoke-free housing policy.

In November 2014, SHIP invited landlords and property managers to participate in a webinar on the benefits of smoke-free multi-unit housing policies. One property manager attended, representing two multi-unit housing properties. In February 2015, two workshops were organized by Scott County SHIP on the same topic and six property managers attended. As an additional incentive, a newspaper ad highlighted buildings that have gone smoke-free was developed.



Short-term impacts

In order to measure the short-term and intermediate impacts of the initiative, Scott County SHIP and ANSR collected data from the 28 participating multi-unit housing complexes. They used a tool developed by MDH to look at changes in tobacco-free grounds policies. These indicators were chosen to show SHIP's progress incorporating policy, systems, and environmental changes that may increase Scott County residents' opportunities for tobacco-free living. Note that six multi-unit housing complexes had already adopted and begun putting a tobacco-free policy into place prior to working with Scott County SHIP.

When the 28 participating multi-unit housing properties began working with Scott County SHIP, nearly half (46%) had not contemplated adopting a tobacco-free policy, between one-quarter and one-third (29%) had contemplated adopting a policy but had not yet done so, and one-quarter (25%) were either in the process of adopting, implementing, or maintaining a tobacco-free policy. A total of six properties (21%) had already adopted a tobacco-free policy when they began working with SHIP. **From working with Scott County SHIP, eight additional multi-unit housing properties adopted a tobacco-free policy (378 smoke-free units with 154 affordable housing units).** In total, 60 percent of the multi-unit housing properties were either in the process of adopting, implementing, or maintaining a tobacco-free policy.

Smoke-Free Multi-Unit Housing strategy-level baseline and follow-up data

	Participating multi-unit housing properties	
	Initial stage of policy adoption (N=28)	Final stage of policy adoption (N=28)
Had not contemplated adopting a tobacco-free policy	13 (46%)	4 (14%)
Contemplating adopting a tobacco-free policy	8 (29%)	7 (25%)
In the process of adopting a tobacco-free policy	1 (4%)	3 (11%)
Implementation of tobacco-free policy	4 (14%)	11 (39%)
Maintenance of tobacco-free policy	2 (7%)	2 (7%)
Adopted tobacco-free policy	6 (21%)	14 (50%)

Intermediate and long-term impacts

As SHIP works to increase awareness of and access to smoke-free housing in Scott County, intermediate outcomes that we can expect to see and will measure progress by include:

- More smoke-free housing units available in Scott County
- Decreased tobacco use and exposure to secondhand smoke among residents

There is evidence that decreasing exposure to secondhand smoke in communities is reducing rates of chronic illness. In the longer term, we expect to see that SHIP's efforts to increase access to smoke-free housing will ultimately reduce the risk of chronic disease and associated health care costs and improve Scott County residents' quality of life.

IDENTIFYING AT RISK INFANTS AND TODDLERS: HEALTHY DEVELOPMENT

Vision: Every child, from before birth to age 3 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

Activities

Adverse Childhood Experiences Awareness

Prevention of Adverse Childhood Experiences (ACES) is an important part of impacting early childhood outcomes. As awareness has risen about this issue among early childhood professionals and providers in Scott County in the past few years, there has been a shift in the focus on to how to best prevent ACES. A presentation of how high risk behaviors associated with ACES impact health was presented to both the Scott County Health Care Collaborative and Scott County Board in 2015 and 2016. The Collaborative has been discussing best practices in screening for ACES, and effective prevention strategies to be promoted in our communities. In addition, Public Health continues to conduct screenings and Parents Survey Assessments as a way to determine risk factors, or adverse early childhood experiences for the parents or young children served as part of family home visiting programs. This ensures that services are provided to the most overburdened families and offers an opportunity to for prevention through the intervention of home visiting.

Family Home Visiting

Scott County Public Health provides support and guidance to families with two different in-home programs. Both the Home Visiting Program and the Scott Healthy Families Program work with parents of young children to build skills, reach goals and connect with area supports.

The Scott County Public Health Home Visiting Program is a voluntary program tailored to each family's interests and needs. Home visitors support families to create safe, stable and nurturing relationships. They work with families to achieve their goals, and build protective factors that support healthy outcomes for families and children. Public Health home visitors also work with other professionals, such as doctors, early childhood teachers, and social workers to give families consistent messages, and connect them to any community resources they may want or need.

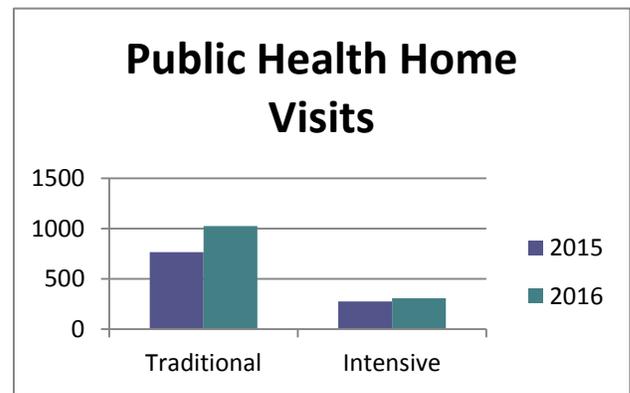
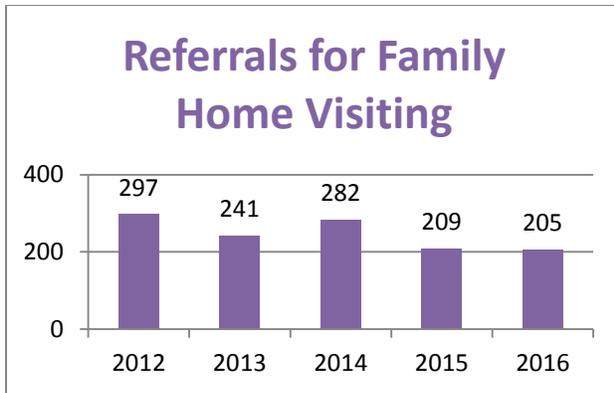
Scott Healthy Families is a voluntary, evidence-based home visiting program offered to first time parents. This program is part of a nine county partnership called Metro Alliance for Healthy Families (MAHF). The Scott Healthy Families visits start during pregnancy or soon after the baby is born. The visits can continue up until the child is 3-5 years old, through the early years of parenting.

In both home visiting programs, a public health nursing assessment is carried out during the initial home visit; ongoing visits are conducted by nurses and/or trained home visitors. Supporting healthy parent-child relationships is a key role of the home visitor. Families also receive information on infant care, child growth and development, parenting approaches, disease prevention, preventing exposure to environmental hazards and support services available in the community.

Addressing safety is a standard practice with individual families as part of home visiting services. Home visitors will assess for any safety risks, such as; interpersonal violence, home safety issues, and sleep safety. They then provide recommendations, education, or resources to help families decrease those risks. Home safety checklists are completed with families. Healthy relationships and positive parenting strategies are also promoted with families during home visits.

In an effort to increase referrals for Family Home Visiting, outreach was conducted in 2016 with the CAP Agency Women Infants and Children's (WIC) program. Staff met with the WIC Coordinator on a monthly basis to collaborate and develop a process to make it easier for WIC staff to refer clients to Public Health's family home visiting program. During WIC appointments, participants are introduced to a variety of Public Health Programs for families, and referral if interested. The focus with families is on offering "New Baby Visits".

However, while referral rates have been decreasing, the number of visits per client has been dramatically increasing. It is speculated that this is due to the increase in complexity of the clients.



Early Childhood Screening

Early Childhood Screening is a process that supports children being ready for kindergarten. The program helps find children with possible health or developmental concerns that may impact learning. The process includes a check of vision and hearing, child development and a review of the child's health. The program helps families access services for their children that will help them to be ready for kindergarten.

In an effort to increase screening of young children, the Scott County Health Care System Collaborative identified several action items in 2016. These included:

- Identify and promote use of a standardize tool(s) to identify growth and development concerns for children 0 - 3.
- Encourage and train providers to screen for appropriate growth and development in children
- Develop talking points/referral resources for clinic staff.

Additionally, data was also gathered in 2016 to identify how many children are being screened by age 3.

District	District Name	Total	Age 3	Age 4	Age 5	> Age 5	Within the first 30 cal days of KG start	After the first 30 cal days of KG start
0720-01	SHAKOPEE PUBLIC SCHOOL DISTRICT	551	155	201	189	6	52	0
0719-01	PRIOR LAKE-SAVAGE AREA SCHOOLS	543	283	164	94	2	34	0
0721-01	NEW PRAGUE AREA SCHOOLS	271	133	115	23	0	0	0
0717-01	JORDAN PUBLIC SCHOOL DISTRICT	97	33	43	21	0	0	0
0716-01	BELLE PLAINE PUBLIC SCHOOL DISTRICT	136	81	48	7	0	0	0
0194-01	LAKEVILLE PUBLIC SCHOOL DISTRICT	608	307	185	115	1	5	0

Lakeville is in Dakota County but covers part of Elko-New Market in Scott County

District	District Name	% at Age 3	% at Age 4	% at Age 5	% After 5
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0720-01	SHAKOPEE PUBLIC SCHOOL DISTRICT	28.10%	36.50%	34.30%	1.10%
0719-01	PRIOR LAKE-SAVAGE AREA SCHOOLS	52.10%	30.20%	17.30%	0.40%
0721-01	NEW PRAGUE AREA SCHOOLS	49.10%	42.40%	8.50%	0.00%
0717-01	JORDAN PUBLIC SCHOOL DISTRICT	34.00%	44.30%	21.60%	0.00%
0716-01	BELLE PLAINE PUBLIC SCHOOL DISTRICT	59.60%	35.30%	5.10%	0.00%
0194-01	LAKEVILLE PUBLIC SCHOOL DISTRICT	50.50%	30.40%	18.90%	0.20%

Lakeville is in Dakota County but covers part of Elko-New Market in Scott County

Prevention of Adverse Childhood Experiences (ACES) is an important part of impacting early childhood outcomes. As awareness has risen about this issue among early childhood professionals and providers in Scott County in the past few years, there has been a shift in the focus on to how to best prevent ACES. A presentation of how high risk behaviors associated with ACES impact health was presented to both the Scott County Health Care Collaborative and Scott County Board in 2015 and 2016. The Collaborative has been discussing best practices in screening for ACES,

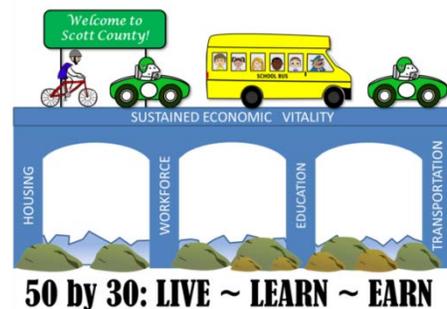
The Collaborative discussed strategies to improve referral rates to Help Me Grow, the statewide intake point for early intervention services. In 2014, the referral rate was 4.2% and in 2015 5.1%, according to Early Childhood Special Education data. Most referrals came from parents, foster parents, guardians and relatives, followed by medical providers and public health. After assessing that most health care providers in Scott County are now using standardized and recommended developmental screening tools, the Collaborative would like to gather more information from providers to learn what would be most helpful to facilitating the referral process. In 2016, Public Health coordinated a Help Me Grow training session with two clinics in Scott County, which the Collaborative is considering replicating across the county.

Data regarding screening tools was gathered from clinic systems in Scott County.

Standardized Screening Tool for Ages 0 -3	
Fairview Outpatient Rehab	Pedi-CAT and an extensive list of other clinical tools
Fairview Clinics	Ages & Stages
Mayo Clinic Health Systems	Ages and Stages 3; moving toward adding Social Emotional component
Metropolitan Pediatric Specialists	Parents Evaluation of Developmental Status (PEDS) and autism screening at 18 and 24 months
Scott County Public Health	Ages & Stages 2 and Social Emotional
Health Partners/Park Nicollet	Ages and Stages; Ages and Stages 2
Mdewankanton Sioux	Varies with provider - MCHAT, PHQ9, CAGE
Allina Medical Clinics	Risk factor screening tool built into electronic record - smoking, seat belt, etc.

Scott County Collective Impact: 50 x 30 Live Learn Earn

In April of 2016, Scott County kicked off a collective impact process targeting several “pillars” including educational preparedness. As part of this initiative, the Education Preparedness Workgroup created a vision their vision to “Ensure children are developmentally on track and prepared for educational success”. This includes ensuring all Scott County children are reading for Kindergarten and that they are reading by third grade. The workgroup is currently looking at data related to early childhood screening and other indicators to identify the best approach to make an impact.



Community Baby Shower

In 2016, concerns were raised at a Collaborative meeting regarding awareness and understanding of the impact of Adverse Childhood Experiences among clinicians that serve children and families. Future activities in this area include developing talking points for clinic staff regarding what to say and where to refer to when a developmental concern is discovered.

In an effort to increase understanding of the impact of drug, alcohol and tobacco use during pregnancy, funding was sought and secured in 2016 to conduct a Community Baby Shower, through a grant from the Minnesota Organization on Fetal Alcohol Syndrome. The Community Baby Shower’s purpose is to educate high risk pregnancy and postpartum women on topics that can help improve birth outcomes and the health of mothers and babies, including abstaining from alcohol during pregnancy. The event is expected to reach 100-200 women and families with messages of preconception health, chemical dependency resources, the dangers of drinking while pregnant, and the importance of the “0-4-9” message.

Current partners include: Crisis Nursery, WIC, Child Care Aware, St. Francis Regional Medical Center, Park Nicollet Shakopee Clinic, Capable Kids, Shakopee HS CAPS students, Early Head Start, Shakopee ECFE. Others invited who may participate: Allina Midwife group, Libraries, Social services, mental/chemical health, lactation counselors, Shakopee Community Assistance, Shakopee Mdewankanton Sioux Community, New Beginnings Program/SW Intermediate District, and other district ECFEs.

The Community Baby Shower will be held in May of 2017.

Scott County Fair’s Infant Feeding Room

During the summer of 2016, Scott County SHIP developed and implemented an infant feeding room for the Scott County Fair. The room provides fairgoers a private, secure space to breastfeed their children as well as provide a changing space for families. During the time when the fair is not in session, the room is available to staff working at the location year round. The building houses many different organizations, who previously did not have a space to utilize as a wellness room. We received many positive comments about the room and will continue to make improvements for next summer.



Child and Teen Checkups

As an ongoing activity, Child and Teen Checkups uses social marketing to promote parental knowledge of health development and social emotional milestones, while encouraging low-income families to attend well-child checkups to help that health problems are screened for, diagnosed, and treated early, before they become more complex and treatment becomes more costly.

Child and Teen Checkup provided outreach to all clinics that serve children 0 – 20 and provided them with information on developmental screenings and where to refer. In 2015, outreach was conducted to 11 medical provider clinics and in 2016, 8 medical provider clinics were reached.

Throughout 2015, 37 displays were created and displayed, 44 articles and 41 media posts were written to promote parental knowledge of healthy development and encourage well-child medical and dental exams. Additionally, staff attended 9 community events to conduct face-to-face outreach to low-income families. In 2016, staff attended 19 Community Events to conduct fact to face outreach to C&TC families. Additionally, 24 displays were created and viewed at various locations throughout the year, 43 articles were sent out to C&TC participants through the Newsletter and 16 Social Media posts were published which included event promotion.

In 2016, as a possible result of these activities, Child and Teen Checkups saw a 4% increase in Scott County residents receiving at least one Child & Teen Checkup screen. Additionally, children in foster care who received at least one C&TC screening increased in 2016 to 94% from 89% in 2015.

Child and Teen Checkups

Child and Teen Checkups are well-child medical and dental exams that are paid benefits for everyone age 0-20 on Medical Assistance.



Medical exams are done by your physician at your clinic

Child and Teen Checkups medical exams should be done at:

- 2 weeks
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 2 years
- 3 years
- 4 years
- 5 years
- 6 years
- 8 years
- 10 years
- 12 years
- 14 years
- 16 years
- 18 years
- 20 years

Dental exams are done by your dentist at your dental office



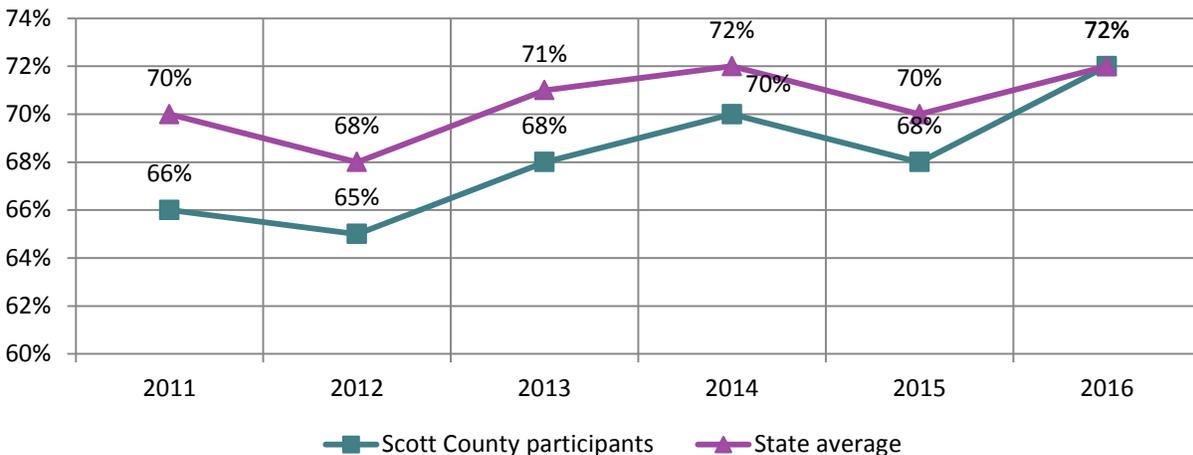
Dental exams should be done:

- When the first tooth appears, or by age 1
- Every 6 months after the first visit

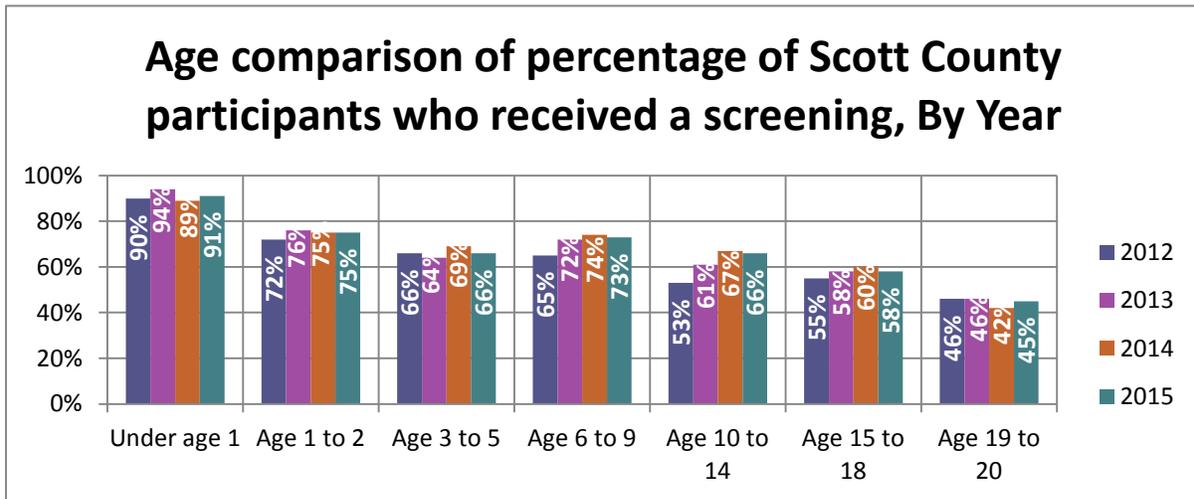


Prevent. Promote. Protect.

Percentage of eligible participants receiving at least one Child & Teen Checkups screen



In 2015, the Child and Teen Checkup Metro Action Group (MAG) began to focus on adolescents, who on average have low participation rates. Targeted outreach was developed tailored to specific identified community. In 2016, in an effort to address this issue, Scott County Public Health engaged the Shakopee Center for Advanced Professional Studies (CAPS) students to help conduct outreach. The students developed a survey for use in three high schools to help understand student’s knowledge and attitudes about preventive care. They utilized that information to create two intervention strategies with a follow-up survey to assess behavior change following the interventions. The goal was to duplicate the most effective intervention for use in other schools. The project was developed collaboratively by Scott County, Dakota County and Medica Child and Teen Checkups staff with support from University of Minnesota Masters nursing students. The survey will be implemented in the Fall of 2017.



MENTAL HEALTH: HEALTHY COMMUNITIES

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.

The Scott County Health Care Systems Collaborative 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 Collaborative 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.

In 2013, the Scott County Health Care System Collaborative identified mental health as having the highest health need/gap priority. The Collaborative’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 twice by public health and the collaborative members to all medical providers, schools, social service agencies and other community partners as well as posted on the Scott County website (<https://www.scottcountymn.gov/documentcenter/view/3215>). A key finding of the survey was that referrals for additional mental health assessment and therapy were less than the expected standard of care.

Other 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.

Within the Community Health Improvement Plan (CHIP) for Scott County Public Health, a goal was to increase referral rates for additional assessment and therapy by five percent. A second survey was completed in March, 2016 with the objectives of measuring referral rates and measuring use of the mental health resource grid. The following will summarize findings.

Total Respondents: 111

Survey Participants by Service Type

- Direct care –medical – 54%
- Direct care – mental health – 33%
- Social services – 9%

Survey Participants by Work Setting

- Hospital 32%
- Medical Clinic – 32%
- Emergency Room – 11%
- Mental Health Clinic – 8%
- County Health and Human Services – 8%
- Tribal Entity – 5%
- School – 4%

Survey Participants by Job Title

- Nurse – 26%
- Physician – 19%
- Therapist – 16%
- Social Worker – 11%
- Nurse Practitioner & Physician Assistant – 8%

Screening Rates

The question on screening was modified from the 2013 survey as follows:

“Do you (or does your work setting) screen ALL patients on a regular basis for mental health needs?”

The wording “or does your work setting” and “ALL” were new to the question, adding clarity to the question. The following were the responses by all respondents:

- Yes – 56%

- Screen as needed only – 29%
- No – 8%
- I don't know – 7%

A total of 29 physicians, nurse practitioners and physician assistants responded to the survey. The physicians were more likely to routinely screen (67%), while nearly the same percent of nurse practitioners/physician assistants were likely to screen as needed.

Ages and Types of Patients Screened

A new question to the survey was the age and types of patients screened. Responses were as follows:

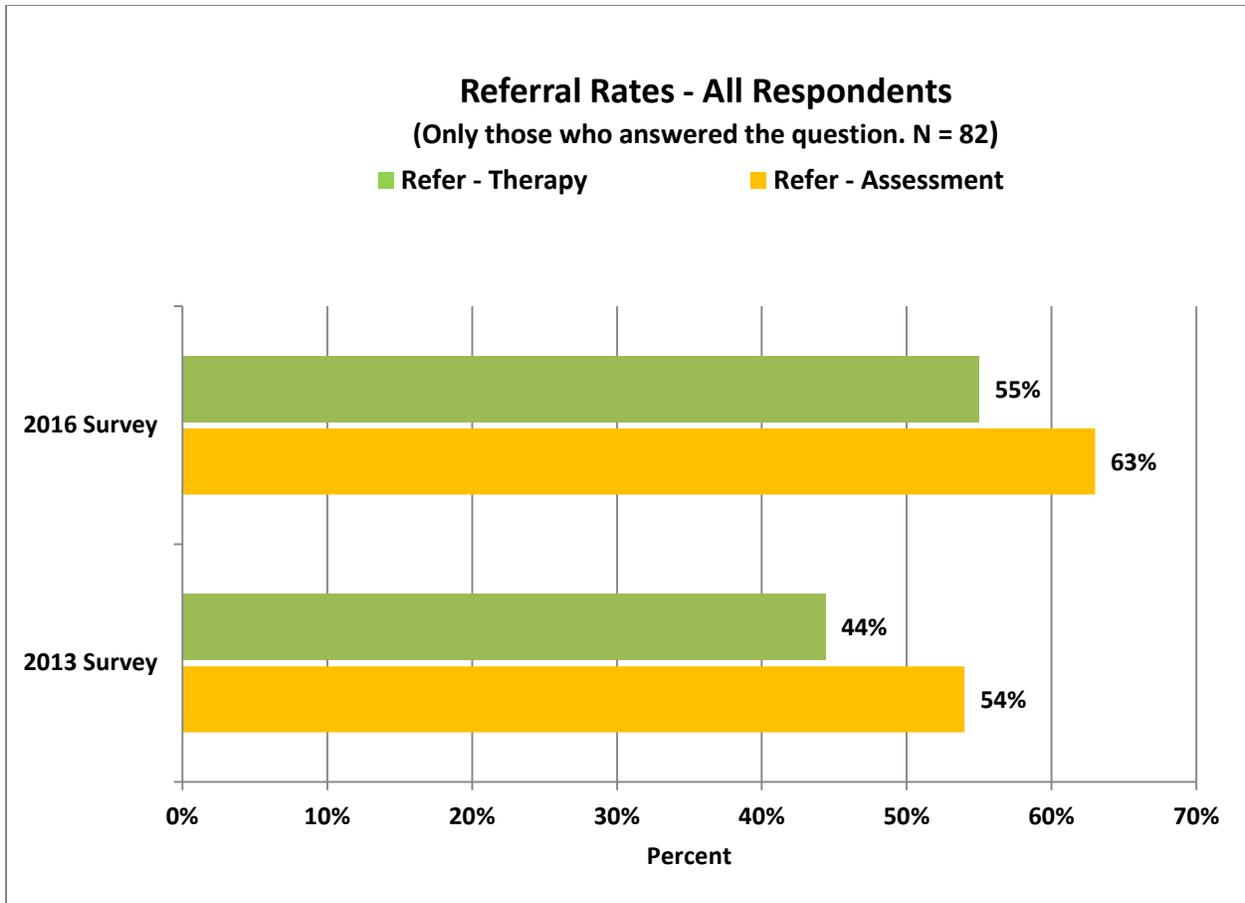
- Pre-school age children – 40%
- Elementary age children – 56%
- Age 11- 19 – 77%
- Age 20- 29 – 88%
- Age 30 – 39 – 85%
- Age 40 – 49 – 85%
- Age 50 – 59 – 83%
- Age 60 – 69 – 83%
- Age 70+ - 78%
- Pregnant women – 61%
- Postpartum women – 71%

Screening Tools Used

The PHQ 9 was the most common screening tool with 70% of respondents indicating they used it, followed by 41% who use the Generalized Anxiety Disorder assessment, and 34% who use the CAGE (screening for alcohol abuse), and 34% who use the Mini-Mental assessment. Use of all tools was higher than in the 2013 survey.

Typical Next Steps for a Positive Screen

This question was to measure the goal set (5% increase in referrals) in the CHIP document. Sixty-two percent of those responding indicated that they refer patients for additional assessment, and 54% indicated they refer for additional therapy. The following chart compares the 2016 referral responses with the 2013 responses. There was a 9% increase in assessment referrals, and an 11% increase in therapy referrals.



The change in referral rate may be related to the type of respondents in the 2016 survey – 10% more direct care provider respondents from hospitals.

Of those physicians, nurse practitioners and physician assistants who responded to this question (n=23) in 2016, 17 (74%) referred for additional assessment and 15 (65%) referred for therapy)

Easier to Find Mental Health Resources Locally

- Definitely or somewhat improved – 27%
- Neutral – 30%
- Somewhat or definitely unchanged – 43%

Work Setting Provides List of Resources

In this question the mental health resource grid was available as a sample through a link in the question. The following were responses from all participants:

- Paper copy available for staff (33%); Electronic copy available for staff (30%)
- Paper copy available for the public (19%); Paper copy available for public (7%)
- None – 14%
- I don't know – 28%

Key Findings

Two and a half years transpired between the two mental health surveys conducted within Scott County, and during this time there has been a preponderance of community assessment done by hospitals that indicates mental health is a high ranking issue. During this time, it appears that referrals for additional assessment and therapy have increased, and that the goal in the CHIP plan has been met. A resource such as the mental health grid, available to at least one-third of those surveyed, may have been helpful in facilitating these referrals.

While there was some perception that access to mental health care has improved, about 16% more felt that it was unchanged or definitely unchanged. This indicates that further strategies are needed to create a robust mental health service delivery.

Following the completion of this project, the Collaborative added two new objectives:

Conduct Additional Assessment

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.

This work is ongoing and included in the 2017 Collaborative work plan.

Looking Ahead at 2017

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 2017, 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 be formed and all participating worksites will conduct an organizational assessment and incorporate best practices to improve health of employees.
- Shakopee High School is planning to add a chicken coop into their health eating activities to improve access to local, sustainable food options.
- Twenty new beds will be added to the Backstretch Community Garden to provide access to fresh fruits and vegetables for WIC clients.
- Scott County CDA will update smoke free housing policies to comply with the U.S. Department of Housing and Urban Development's new rule and install garden beds for employees, residents, and community members to improve access to fresh produce.
- Scott County SHIP will continue to work with Shakopee CAPS students to conduct food and tobacco retail assessments to encourage the availability and access to fresh fruits and vegetables.
- Emergency Food Systems will implement practices and install software to improve access and evaluation efforts related to fresh fruits and vegetables for clients.
- Prior Lake Veterans Farmers Market will implement Power of Produce program providing children and seniors with \$2 tokens to improve access and consumption of a variety of fresh fruits and vegetables.
- River Valley YMCA will work in partnership with McKenna Crossing Senior Living to install raised garden beds to increase availability to fresh produce for residents and CAP clients.
- Scott County Public Health staff will work with city planners to encourage best practices to incorporate healthy community design in comprehensive plan updates.

Identifying At Risk Infants and Toddlers: Healthy Development

- Identify action steps to target improving early literacy through the 50 x 30 Live Learn Earn Collective Action process.
- Conduct a Community Baby Shower in May 2017 to educate high risk pregnancy and postpartum women on topics that can help improve birth outcomes and the health of mothers and babies, including abstaining from alcohol during pregnancy.
- Scott County Fairgrounds will construct new facilities that include rooms designated for infant feeding to improve availability of breastfeeding friendly spaces.

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.
- 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.

Summary

This annual report is the product of 24 months of collaboration with our partners and the community we serve. The updated action plans outlined in this document cover the first and second 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.



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