Creating a Sustainable Community Partnership- *The Long Prairie Wellness Network*

RURAL HEALTH CONFERENCE
JUNE 19, 2017

BEN DEHN
CENTRACARE HEALTH-LONG PRAIRIE

KATIE GRUBER
BLEND, CENTRACARE HEALTH FOUNDATION

KATHERINE MACKEDANZ
TODD COUNTY HEALTH & HUMAN SERVICES

Overview

- Background on Long Prairie, MN
- Community health indicators
- Creation of Long Prairie Wellness Network
- Community initiatives
- Next steps

Long Prairie, MN

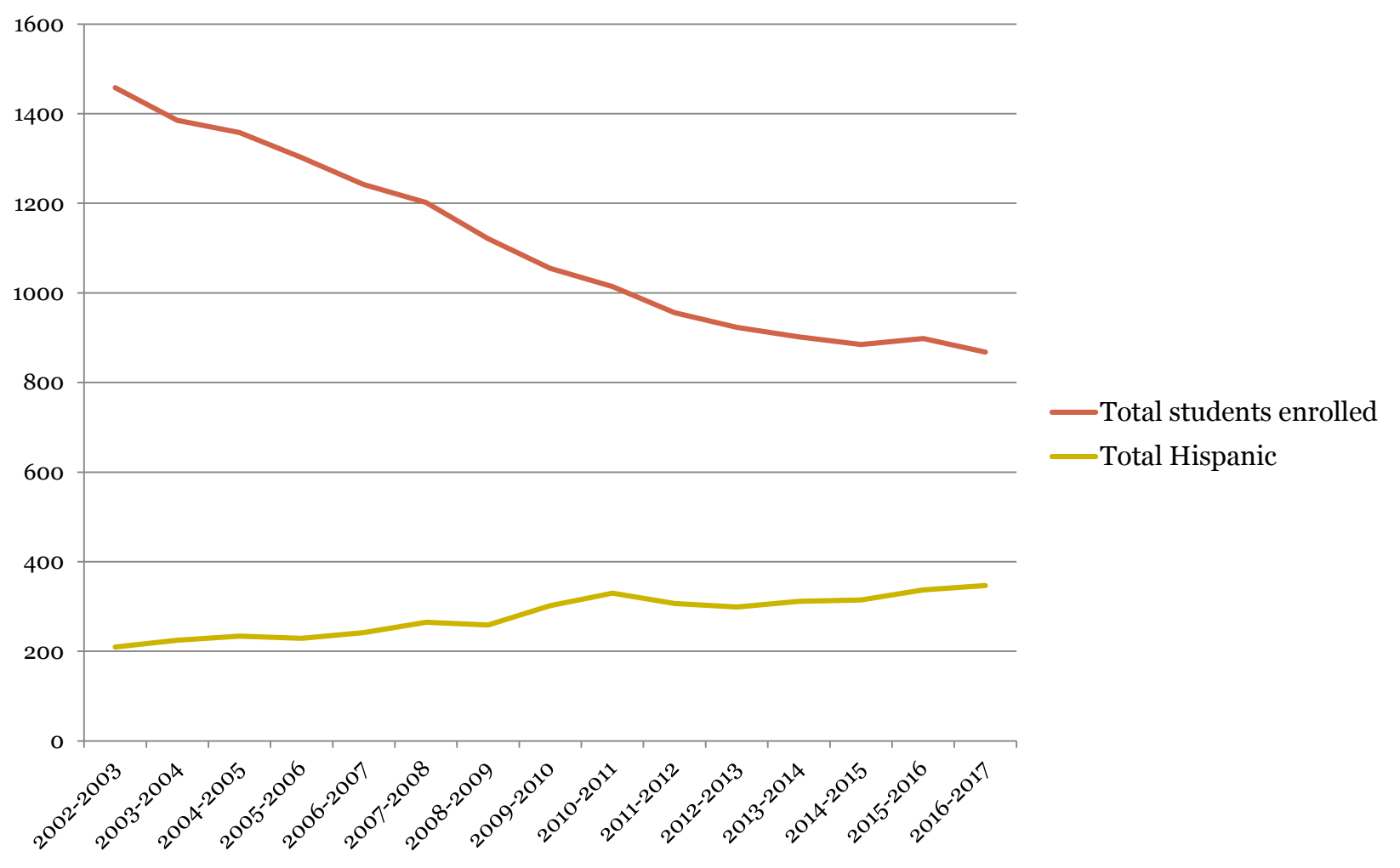
- $37,825 Median household income
- 42.6% Renter occupied housing
- 78.3% High school grad or higher
- 14.9% individuals below poverty line

Race/Ethnicity

- 29.9% Hispanic/Latino
- 40% Hispanic/Latino school enrollment

Source: 2010 US Census, American Fact Finder

Long Prairie-Grey Eagle School Enrollment



Source: MDE Enrollment Data

Community Health Indicators

- 26% report a mental health condition
- 22.3% delayed or did not get needed medical care in the past 12 months
- 20% report worrying about food running out in the past 12 months
- 63.2% participated in any physical activity in the past 30 days

Weight status-

- 72.1% obese/overweight according to BMI
- 50% told they were obese/overweight

Source: 2016 MTW Community Health Survey

Challenges

- Low volunteerism
- Lacking United Way
- Low wage jobs- meat packing industry
- Transient population
- Brain drain/gain

Opportunities

- Expanding social capital
- Commitment from CentraCare Health-Long Prairie
- Younger population (median age 36.9)
- Community leaders engaged in wellness

Creation of Long Prairie Wellness Network

- CentraCare Health- Long Prairie commitment
  - New medical campus
  - Employee wellness campaign
  - Community investments
- Blandin Leadership Training
- BLEND
  - Involvement in Long Prairie and capacity building
  - SNAP-Ed Community Partnership grant

Mission, Vision, and Approach

- **Mission**: To create a sustainable culture of health and wellness in the Long Prairie Community.

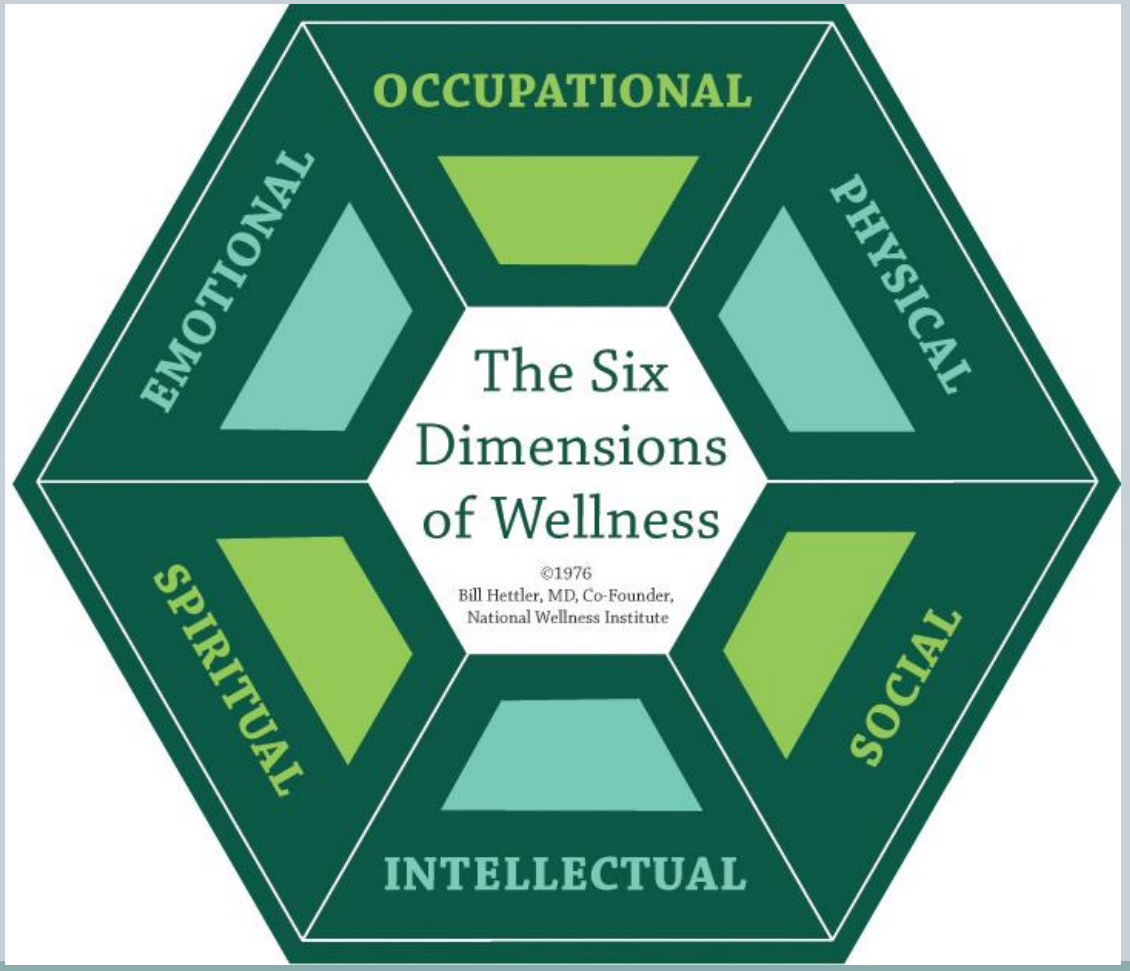
- **Vision**: By 2020, the Long Prairie Wellness Network will support an environment that expands opportunities for physical, emotional, occupational, spiritual, intellectual, and social wellbeing in the Long Prairie community.

- **Approach:** To promote a strong, collaborative network of community stakeholders to improve the overall health of our community.

Guiding Values

- Every dimension of wellness is equally important.
- Individuals' social, economic, work and physical environment all greatly impact their behaviors and opportunities to make healthy choices.
- Social determinants of health including: education, housing, transportation, income, etc. all greatly impact health and health behaviors.
- Visible engagement of community and business leaders will lead to greater accountability and success.
- Our community has unique challenges and opportunities that need to be addressed and prioritized.

6 Dimensions of Wellness



LPWN Structure

- Monthly meetings, 1.5 hours
- Open group, anyone is able to attend
- Networking provided at beginning of meeting
- Focus on ways to collaborate and reduce duplication

LPWN Objectives

- **Objective 1:** By 2020, increase academic performance and post-secondary attainment.
- **Objective 2:** By 2018, create a volunteer network in Long Prairie.
- **Objective 3:** By 2018, improve access to healthy opportunities in Long Prairie.
- **Objective 4:** By 2020, increase the employment rate in Long Prairie.

Progress to Date

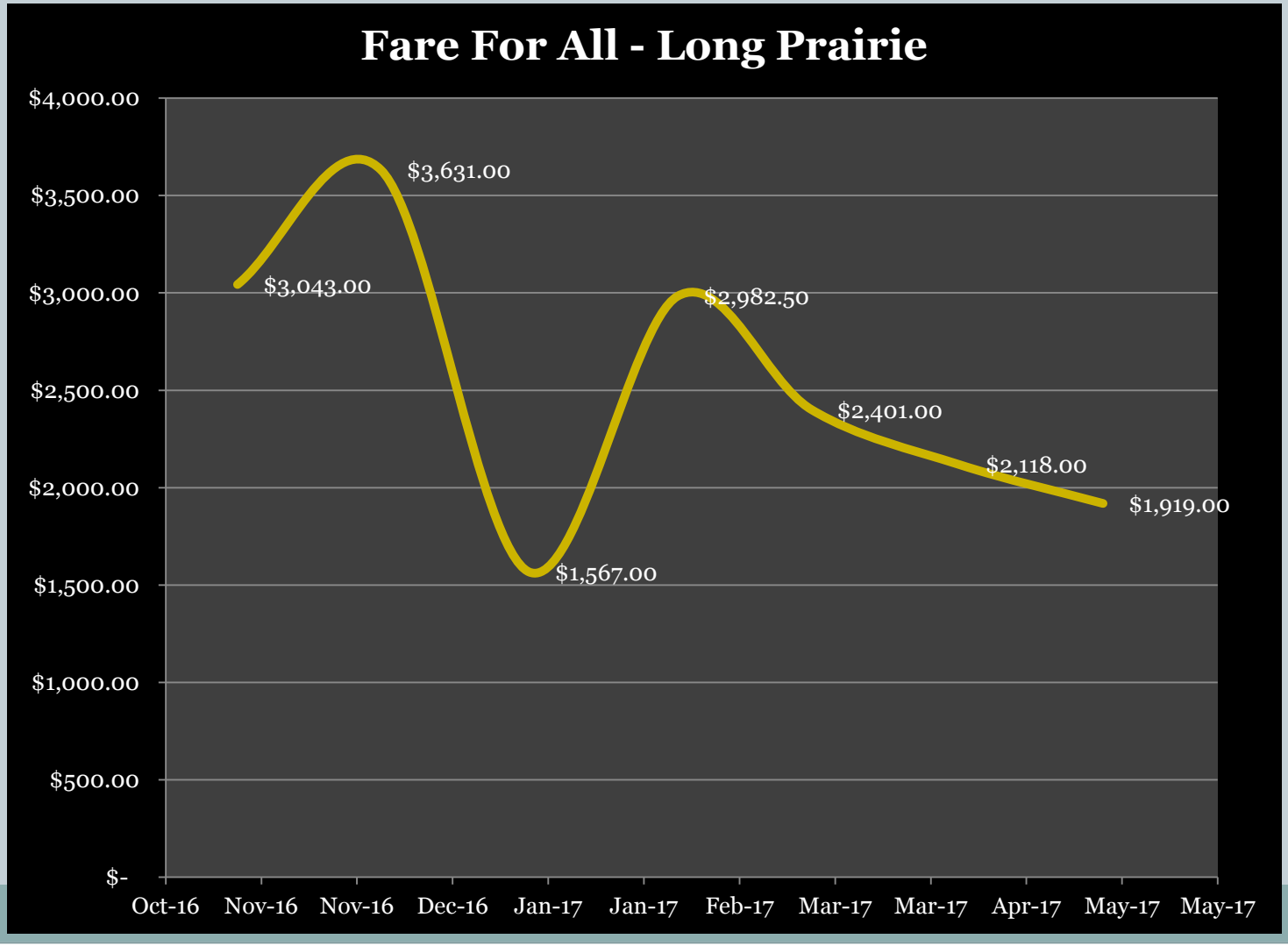
COMMUNITY IMPACT

FARE FOR ALL

Food that makes cents

- Fare for All purchases fresh fruits, vegetables and frozen meats in bulk and passes on the savings to anyone who wants to stretch their food budget.
- The program has no income requirements.
- Began satellite site in Long Prairie in November, 2016
- Pre orders gathered prior to distribution
- Monthly distribution at Trinity Lutheran Church with several volunteers involved each month.

Fare for All


Fare For All - Long Prairie
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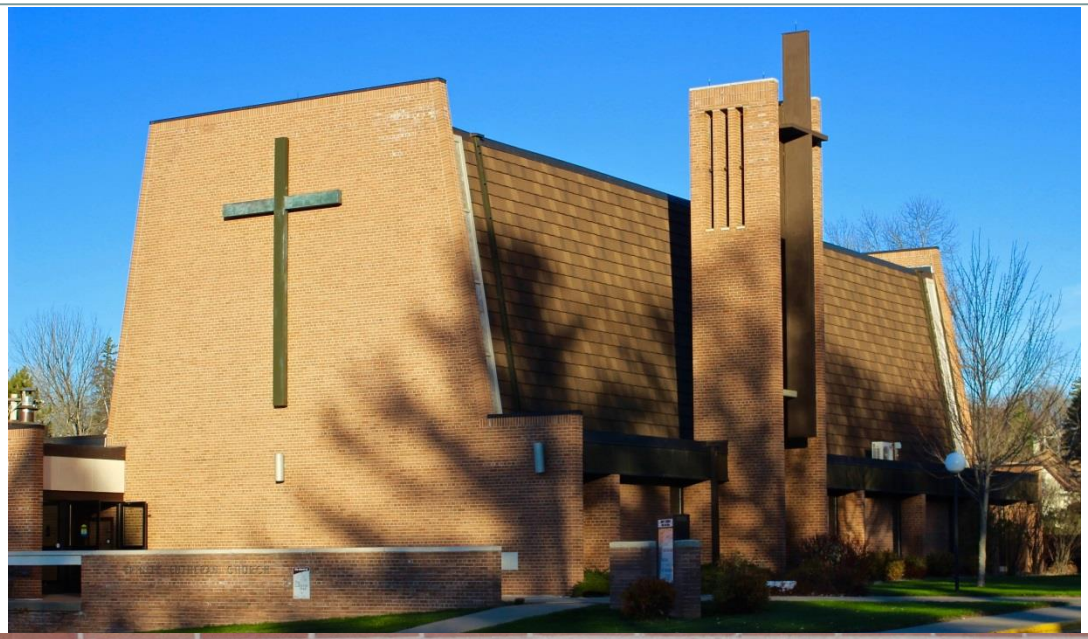

LIVE
GENEROUSLY

Long Prairie Famers' Market Revitalization

- Kick-off June 2016 to launch Share Health CSA pilot
- Bring back the once vibrant weekly community event and meeting place
- Economic benefit

Long Prairie Famers' Market Revitalization

Share Health CSA – using CSA's to address food insecurity and to build economic prosperity in Long Prairie

- 25 food insecure families (49 adults and 61 children) received fresh locally grown food all summer long (June – October)
- From the 14 families with pre-post survey and health screenings. The data show positive changes in only a few short months
  - Statistically Significant improvements for Confidence in Meal Planning, Shopping and Meal Preparation
  - More than half had lost weight and two showed improvement in their BMI score.
  - Two participants improved their blood pressure
  - Six chose a higher rating on the post survey for their perceived health rating.

- Local growers earned $7,500 -- which over the course of the 3-year program will yield $10,000 in economic benefit for the region

PCs for People- Distribution Event

- Distributed 75 computers and three months of free Internet to needy families/individuals
- Training provided on site
- Interpreters available

Good Food Access Program - Day at the Capital

- In partnership with the American Heart Association and the Minnesotans for Healthy Kids Coalition, BLEND led a Central MN campaign to advocate for $10 million to fund the Good Food Access Program
- 30 ESL and Adult Basic Education students from Long Prairie met with Senator Paul Gazelka

Bikeable Community Workshop

- Bike MN, MnDOT and MDH hosted a workshop on Tuesday, May 9, 2017
- Brought together 15 key stakeholders to talk about steps to make Long Prairie a safer, bikeable community

PC-PH Learning Community

- Primary Care & Public Health grant from MDH to increased coordination and build capacity between agencies
- Grant period: March-September, 2017
- Based on data analysis, focus of project is tobacco cessation with PMAP population

Learning Community Data Findings

CentraCare LP & EV Clinic Population (ages 18-64)	%Tobacco Users	%Depressed	%Overwt & Obese	Ave # ED Visits	Ave # Hosp Visits
All PMAP Tobacco Users	100.0%	23.4%	71.5%	1.19	1.49
PMAP Non-Hispanic Females	42.1%	22.4%	70.2%	0.98	1.46
PMAP Non-Hispanic Males	45.9%	10.8%	74.8%	0.70	0.94
PMAP Hispanic Females	5.9%	8.8%	79.4%	0.44	2.03
PMAP Hispanic Males	36.4%	0.0%	72.7%	2.45	2.91

Next Steps

- Greater collaboration with school
- Mental well being- resiliency focus
- Promoting mentoring/volunteerism
- Increased engagement with worksites

Questions?

BEN DEHN, CENTRACARE HEALTH-LONG PRAIRIE
DEHNB@CENTRACARE.COM

KATHERINE MACKEDANZ- TODD COUNTY HEALTH & HUMAN SERVICES
KATHERINE.MACKEDANZ@CO.TODD.MN.US

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KATHERINE.GRUBER@CENTRACARE.COM