

Community Health Needs Assessment Accomplishments

APRIL 1, 2018 TO MARCH 31, 2020



Obesity/Overweight

Improve Nutrition Objectives:

- Decrease percentage of adults who are overweight/obese from 66% to 60%
- Decrease percentage of students who describe themselves as overweight/obese from 7-14% to 10%

Strategies:

- Develop sustainable strategies that encourage residents to make healthy choices
- Increase access to healthy food choices
- Offer healthy menus in CRMC Culinary Services with nutrition information
- Provide healthy options in CRMC vending machines
- Offer National Diabetes Prevention Program classes
- Provide healthy food at community events
- Support Cuyuna Lakes Lunch Bunch with healthy food
- Financially support Cuyuna and Emily food shelves
- Provide nutrition education in Crosby-Ironton and Pequot schools
- Support Cuyuna Range Farmers Market
- Provide healthy food at Crosby's Music in the Park
- Provide healthy food at Crosby's Christmas in the Park

Results:

- Published monthly Harvest of the Month patient/consumer education
- Provided 200 \$10 fruit and vegetable certificates to Crosby Food Shelf and School District
- Financially supported and promoted Crosby Farmer's Market and Power of Produce program for youth
- Hosted Sprout's fresh food market at Heartwood
- Launched Eating Well traditional and digital media campaign
- Conceptualized and purchased Rooty the carrot mascot, made appearances at numerous area community events
- Cash donations to Emily, Crosby food shelves; Fishing to End Hunger; United Way; Kids Against Hunger; Breath of Life Adult Day Services (meals)
- Provide food and volunteers for Cuyuna Lunch Bunch program: 2018 (1,216); 2019 (840); 2020 (846)
- Sponsor and distribute Operation Sandwich lunches for Brainerd youth (800)
- Develop, promote and teach Living Well classes
Fall 2018—41 people lost average of 4.45 pounds, lowered blood pressure from 141/81 to 134/80; Winter 2019—42 people lost average of 2.29 pounds, lowered blood pressure from 135/80 to 128/80; Winter 2020—28 participants lost an average of 1.5 pounds, lowered blood pressure from 136/78 to 121/76
- Taught breastfeeding education classes (18)
- Developed Intensive Behavior Therapy for Obesity program
- Healthy food stations/demonstrations at Music in the Park
- Dietitian presentations at Crosby-Ironton schools
- Lunch & Learns and Biggest Loser weigh ins at Graphic Packaging

2018

- Weight loss seminars-Baxter (69), Crosby (42)
- Weight loss support group (134)
- Diabetes prevention class (5)
- Diabetes Dialogue (80)
- Diabetes support group (5)
- Crosby-Ironton 8th grade class nutrition talk (20)
- Cuyuna Range Youth Center health fair (300)
- Music in the Park (800)
- A Cuyuna Christmas (800)

2019

- Weight loss seminar-Baxter (107)
- Weight loss seminar-Crosby (49)
- Weight loss seminar-Aitkin (10)
- Weight loss support group (159)
- Diabetes education class (9)
- Diabetes support group (4)
- Music in the Park (800)
- A Cuyuna Christmas (800, 1,000)
- Diabetes summit (11)

2020

- Weight loss seminar-Crosby (58)
- Weight loss support group (27)
- Diabetes support group (8)

Increase Activity Objectives:

- Decrease percentage of adults not meeting recommended physical activity (64.1% to 50%)
- Increase percentage of students who are physically active at least five of the past seven days (8.3%-31.2% to 25%)

Strategies:

- Increase active living opportunities and active lifestyles
- Promote walking and bicycling
- Offer fitness activities at community events
- Sponsor and promote Cuyuna Triathlon
- Offer National Diabetes Prevention Program classes
- Support Cuyuna Range Youth Center Health Fair
- Encourage sit stand desks and walking meetings
- Sponsor fun runs/walks

Results to Date:

- Launch March the Mississippi community health challenge to encourage adults and youth to be active
- Provided two bicycles for CRMC staff to use during breaks
- Launched new CRMC employee wellness program including free yoga and TOPS group
- Sponsor Ranger Run program for Crosby-Ironton youth: 2018 (169), 2019 (135)
- Provide obstacle course at Music in the Park event
- Sponsor Hallett Center ice skating rink
- Sponsor Cuyuna Triathlon
- Provide bike helmets to Crosby-Ironton students (80)
- Hold Living Well classes in January and September (see nutrition)

- Supplemented CRMC employees' Hallett Kids Camp tuition
- Provide athletic trainer and program for Crosby-Ironton schools
- Donated Roman Chair and Cybex knee extension to Crosby-Ironton schools
- Crosby Clinic provided reduced-rate sports physicals to student athletes (132)
- Sponsorship of Cuyuna Crusher, Cuyuna Off-Road Triathlon, Cuyuna Lakes Ice Fishing Tournament, Race for Cure, Deerwood Summerfest 5K, Sour Grapes Run, Lakes Country Triathlon, Cuyuna Range Bronco League baseball team and local High School & Elementary sports teams, Cuyuna Scout Camp, Boy Scouts
- Cash donations to Brainerd Lakes YMCA, Brainerd Lakes Curling Club, Hallett Center of Crosby, C-I Ranger Athletics and Activities, Northland Arboretum, Cuyuna Mountain Bike Trails, Brainerd Sports Boosters, Brit & Bridle Saddle Club, Crosby-Ironton Youth Softball, Lakes Area Multisport group, Northern Lights Youth Hockey, Cuyuna Lakes High School Mountain Bike Team, Pequot Lakes Youth Sports, Brainerd Basketball Association, Brainerd Varsity Cheer Team, Cuyuna Range Youth Center, C-I Rangerettes, Youth Basketball, Longville Area Skating Rink, Mount Ski Gull, Let's Go Fishing and Vacationland Figure Skating Club
- Purchase tent for Crosby-Ironton Mountain Bike team
- Sponsor Play for Patrick youth heart screenings (110)
- Distribute Frisbees at Crosby's 2019 Fourth of July parade (2,300)

Mental Health

Objective:

- Decrease percentage of adults who report poor mental health (28% to 25%)

Strategies:

- Offer depression and anxiety screening in clinics and at community events
- Increase community education/awareness about mental health
- Research mental health first aid program
- Support Saving Hearts Suicide Prevention efforts (support group and run/walk)
- Support Kinship Partners (youth mentoring)
- Recruit additional mental health providers

Results to Date:

- Recruited and onboarded Licensed Professional Counselor Pennie Carnes and Psychologist Dr. Kristan Furan
- Offered depression screening to all CRMC patients--6,742 adults along with 574 adolescents completed in 2019
- Completed assessments for 1,380 adults with either a depression or dysthymia diagnosis or encounter in 2019
- Provided conference room and publicity for Saving Hearts Suicide Support Group
- Committee formed with community representatives, numerous meetings held
- Participated in United Way's Make It Okay efforts
- Painted large blue Smiles on campus in February as part of Smiles awareness
- Emergency Department staff attended mental health training
- Provide conference room, refreshments for Memory Loss Support Group
- Sponsored Kinship Partners Purses Plus, Taste of the Lakes and Taste of the Cuyuna Lakes events
- Coordinated and offered free Good for Business conference about employee mental well-being in May (100)
- Host Sex Addicts Anonymous 12-step support group
- Leadership Team received Mental Health First Aid Training
- Sponsored Smiles Fest, two psychologists participated (1,000)
- Offered caregiver burnout training to all employees
- Sponsored Savings Hearts Walk and participated with employee team

- Co-sponsored Veteran's Breakfast with mental health speaker (50)
- Sponsored Smile Express, one psychologist participated (1,000)
- Provided 3 Good Things notebooks for community presentations
- Offer six free Employee Assistance Program visits annually to each CRMC employee
- Creating a Path to Well-Being for Healthcare Professionals presentation offered to physicians
- Developed and distributed Community Resource Guide, posted online
- Sponsored CRMC staff mental health education series
- Donations to Saving Hearts, Crisis Line and Referral Service, Mid-Minnesota Women's Shelter, United Way, Make It Okay Campaign, Bridges of Hope, Kinship Partners, Cuyuna Range Youth Center, Operation Save the Shelter, Salem West, Prevent Child Abuse Radiothon, Cuyuna Range Elementary School UNA Patrol (stop bullying), School Districts, Bridges of Hope and Habitat for Humanity
- Offered 12 Steps support group (5, 14)
- Provided QPR Training for Home Health staff
- Conducted provider survey on burnout and mental well-being
- Sponsored Mindfulness Mental Health Seminar for aging population

Advance Care Directives

Objective:

- Increase the percentage of individuals who have an advanced care directive of file with their primary care provider from 25% to 30%

Strategies:

- Establish Silos to Circle Partnership
- Educate public through free presentations
- Ensure availability of forms at hospital and clinics
- Create National Decisions Day education and awareness

Results to Date:

- CRMC physicians discuss with all patients, provide forms
- Table top display, advanced directives at Crosby's Hallett Library
- Presentations to Crosby, Cuyuna, Deerwood and Ironton city councils
- Presentation to Ministerial Association, advanced directives made available in area churches
- CRMC staff wear Ask Me About Advance directives stickers
- Media release, Facebook posts
- CRMC Connection newsletter article
- CRMC Intranet articles, website posting
- Clinic monitor postings, brochures
- Materials distributed at community events
- Monthly Healthcare Decision seminars
- Bi-monthly advance care planning sessions
- Advanced care directives distributed to all staff, competition to complete
- Presentation to Crosby area Ministerial Association about advanced directives (10)
- Crosslake Senior Expo booth with education (400)
- Crosby and Deerwood City Council presentations (50)
- 2018: Provided one-on-one Healthcare Directive assistance (43)
- 2019: Provided one-on-one Healthcare Directive assistance (31)
- 2019: Advance Care Directives given to CRMC employees (277)
- 2020: Provided one-on-one Healthcare Directive assistance (60)
- 2019: Advance Care Directives given to CRMC employees (277)