Creating a Sustainable Community Partnership -
The Long Prairie Wellness Network

RURAL HEALTH CONFERENCE
JUNE 19, 2017

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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

The Six Dimensions of Wellness

©1975
Bill Hetler, MD, Co-Founder, National Wellness Institute

- OCCUPATIONAL
- EMOTIONAL
- PHYSICAL
- SPIRITUAL
- INTELLECTUAL
- SOCIAL
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
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 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.
Long Prairie Farmers’ 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
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
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

<table>
<thead>
<tr>
<th>CentraCare LP &amp; EV Clinic Population (ages 18-64)</th>
<th>%Tobacco Users</th>
<th>%Depressed</th>
<th>%Overwt &amp; Obese</th>
<th>Ave # ED Visits</th>
<th>Ave # Hosp Visits</th>
</tr>
</thead>
<tbody>
<tr>
<td>All PMAP Tobacco Users</td>
<td>100.0%</td>
<td>23.4%</td>
<td>71.5%</td>
<td>1.19</td>
<td>1.49</td>
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<tr>
<td>PMAP Non-Hispanic Females</td>
<td>42.1%</td>
<td>22.4%</td>
<td>70.2%</td>
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<tr>
<td>PMAP Non-Hispanic Males</td>
<td>45.9%</td>
<td>10.8%</td>
<td>74.8%</td>
<td>0.70</td>
<td>0.94</td>
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<tr>
<td>PMAP Hispanic Females</td>
<td>5.9%</td>
<td>8.8%</td>
<td>79.4%</td>
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<td>2.03</td>
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<tr>
<td>PMAP Hispanic Males</td>
<td>36.4%</td>
<td>0.0%</td>
<td>72.7%</td>
<td>2.45</td>
<td>2.91</td>
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</tbody>
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Next Steps

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

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