The Public Health Approach to Advancing Health Equity and Optimal Health for All

Triple Aim of Health Equity

- Implement a Health in All Policies Approach With Health Equity as the Goal
- Expand Our Understanding of What Creates Health
- Strengthen the Capacity of Communities to Create Their Own Healthy Future

- Strengthens Community Capacity
- Expand Understanding of Health
- Social Cohesion
HEALTH IMPACT ASSESSMENT ON MN-197 NORTHERN CORRIDOR IN BEMIDJI, MN
THE INTERSECTION BETWEEN TRANSPIRATION AND HEALTH IN RURAL MINNESOTA
Funding for this project was made possible by the Centers for Disease Control and Prevention (CDC) Healthy Community Design Initiative (HCDI) through a grant administered between the State of Minnesota, acting through its Commissioner of the Minnesota Department of Health (MDH), and Headwaters Regional Development Commission (HRDC).
WHAT IS HEALTH?

SOCIAL DETERMINANTS OF HEALTH

- Social, Economic & Political Factors
- Natural & Built Environment Conditions
- Living & Working Conditions
- Individual Behaviors
- Individual Factors
- Gender
- Diet
- Mode Choice
- Jobs
- Safety from Crime
- Noise
- Air & Water Quality
- Inequality
- Social Cohesion
- gentrification

MDH
Minnesota Department of Health
HIA is a tool to bring health considerations into the areas where health isn't typically considered.

- **Identifies** potential human health effects including populations most affected
- **Engages** community members and impacted stakeholders
- **Provides recommendations** to maximize the health benefits and minimize potential health risks

![Image Provided by Health Impact Project: http://www.healthimpactproject.org/](http://www.healthimpactproject.org/)
- Promote health, equity and sustainability
- Support intersectoral collaboration
- Benefit multiple partners
- Engage stakeholders
- Create structural or procedural change
BEMIDJI’S CURRENT CONDITIONS

Community Demographics

- 47% of residents live below the federal poverty level in the City of Bemidji
- 11,400 residents live within 1/2 mile of MN-197
- 7,200 residents live within 300 meters of MN-197
- 28% of residents have low/no access to a vehicle. (one vehicle or less)

Health Status

- 62% of Beltrami County residents are overweight (37%) or obese (25%)
- 80% of 8th-11th grade students are not meeting physical activity guidelines

Transportation Behaviors

- 10% of residents use active modes of transportation
- 59% of those employed live and work in Bemidji
CURRENT CONDITIONS ALONG MN-197
Current average daily traffic volume is approximately 13,000-18,000 vehicles per day

Increase traffic volume of 20,000-38,000 motor vehicles per day by the year 2030 (AMA, 2009)

Key Finding: parts of MN-197 have above statewide average crash and severity rates
“MNDOT will look for low cost, short term solutions to address recommendations that are viable. The HIA will be used during the project scoping project that will occur in the next 5 years”- District Planner
There is an association between
- the existing transportation network,
- built infrastructure and environment,
- and the incidence rate of obesity  (Hutch et al., 2011)
MNDOT has already started to incorporate traffic calming features along MN-197
2017 DOWNTOWN BEMIDJI’S GATEWAY ARCH PROJECT
Summer of 2018 Bemidji city will implement decorative crosswalks along Mn-197 near downtown to enhance the visual appeal of the downtown
• reduce crosswalk maintenance
• increase pedestrian safety
Promoted health by encouraging future road decisions that protect and enhance health and equity to key decision makers within Bemidji

Informed key decision makers to design with health in mind

Increased community-engagement and relationships across different professional sectors

Developed 5 recommendations that pertain to advancing health equity in and around MN-197

Shifted attitudes toward incorporating health within transportation decision making process, policies and plans
THANK YOU!

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HEALTH EQUITY DATA ANALYSIS

Healthy Northland/Carlton County SHIP
WHAT CREATES HEALTH?

- Social & Economic Factors: 40%
- Physical Environment: 10%
- Genes & Biology: 10%
- Clinical Care: 10%
- Health Behaviors: 30%
“WHEN I'M HAPPY I EAT, WHEN I'M SAD I EAT, WHEN I'M DRUNK I EAT. OUR CULTURE LIKES TO CELEBRATE AND GATHER WITH FOODS AND NOT HEALTHY FOOD.”

- FDLTCC STUDENT
“...Typically (American) Indians didn’t want to be known historically as farmers.”

- FDLTCC Staff
CULTURE
“They tend to be functioning at a close to stress or closer to breaking point of make it or break it than typically the other school students in the area.”

- FDLTCC Staff (in reference to their students)
MENTAL HEALTH AND WELLBEING
“A LOT OF PEOPLE’S MINDS YOU HAVE TO GO SOMEWHERE TO EXERCISE.”

-FDLTCC STUDENT
“MAYBE THE MEDIA HAS SOMETHING TO DO WITH IT. ADVERTISEMENTS FOR FAST FOOD AND SNACK FOODS. NOT MANY HEALTHY FOODS ADVERTISED.”

-FDLTCC STUDENT
SOCIETAL FACTORS
"IT'S CHEAPER TO (BUY HEALTHY FOOD IN AN URBAN SETTING). RURAL AREAS DON'T HAVE AS MUCH ACCESS (TO HEALTHY FOOD)."

-FDLTCC STAFF
“PAY SCALE AND INCOME OF RURAL PEOPLE TEND TO BE LESS”

-FDLTCC STAFF
LIVING CONDITIONS
“DEMAND BETTER FOOD AND POLICIES, SYSTEMS LEVEL CHANGE"

- FDLTCC STUDENT
BUILDING COMMUNITY CAPACITY

HOSPITAL EMR

“I UNDERSTAND HEALTHCARE ONLY MAKES UP A SMALL PERCENTAGE OF SOMEONE’S HEALTH — THIS IS WHY I SUPPORT PUBLIC HEALTH AND WANT TO INVEST IN PREVENTION.”

-COMMUNITY MEMORIAL HOSPITAL CEO
“These are the conversations we should be having about these things”

-FDLTCC Student
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Strengthen Community Capacity

Expand Understanding of Health

Social Cohesion
Questions?
Comments?