

2020-2024

**Le Sueur-Waseca  
Community Health Board**

**Community Health Improvement Plan  
NOVEMBER 2019**



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**Public Health**  
Prevent. Promote. Protect.

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## Message from the Leadership Team

Dear Community Members,

As the Public Health Directors of Le Sueur and Waseca Counties, it is our charge to assure the health of all populations in our communities. Through our five year Local Public Health Assessment and Planning Process, we were given many opportunities to take a closer look at the health trends in our population and research proven prevention strategies. We are pleased to offer the Community Health Improvement Plan as a starting point in implementing best prevention practices. As a part of the process our mission statement and values were revisited. While our mission did not change, our values were condensed. We will continue to intertwine these in all of the work we do for the public in keeping them healthy.

### Mission

In partnership, the Le Sueur-Waseca Community Health Board protects, promotes, preserves and enhances the health of our community. (March 13, 2013)

### Values

Integrity - We are honest, trustworthy and transparent in all we do. We strive to do the right things to achieve the best public health outcomes.

Respect - We demonstrate and uphold a standard of conduct that recognizes and values the contributions and diversity of all. We earn and preserve trust through our behavior and the quality of our work.

Competency – We deliver compassionate services of the highest quality using standards research has proven effective.

Collaborate – We value the diversity and unique contributions of our employees and partners. Teamwork and partnerships produce cost effective health outcomes by bringing people, resources and organizations together to achieve common goals.

Thank you for your partnership in helping us to achieve the goal of healthy communities. Together we can make a difference!

Sincerely,

Cindy Shaughnessy  
Le Sueur County Public Health Director

Sarah Berry  
Waseca County Public Health Director

## The State of Health in Le Sueur and Waseca Counties

### Organization

The Le Sueur-Waseca Community Health Board is a multi-county Community Health Board (CHB) governed under Minnesota Statute Chapter 145A. In 1977 a Joint Powers Agreement was signed by Le Sueur County and Waseca County establishing the Le Sueur – Waseca Community Health Board. The membership includes the five Le Sueur County Commissioners and the five Waseca County Commissioners. Le Sueur County Public Health and Waseca County Public Health are separate and distinct agencies, each serving the population of their respective counties. Both agencies are guided by the Six Areas of Public Health Responsibility and have developed and maintained programs over the years to meet the needs of their populations. There are similarities in the programs in each agency, for example both public health agencies provide WIC, Family Home Visiting, Immunizations, DP&C and Environmental Health Services and Statewide Health Improvement Partnership activities. Waseca County is the lead agency for the county's waived services case management activities for AC (Alternative Care) and EW (Elderly Waiver). Le Sueur County is the lead for the county's AC, EW, CADI (Community Access for Disability Inclusion), CAC (Community Alternative Care) and BI (Brain Injury) waivers. Le Sueur County also has a robust Medicare Certified Home Health Care program. Recent changes to the CHB include the addition of key CHB staff, and the implementation of Healthy Families America, an evidence-based family home visiting model, to address rising concerns regarding out-of-home placement and widening gaps in social classes. An addition to the CHB in 2013 was a Health Coordinator who serves both counties doing program implementation of Public Health Emergency Preparedness and the Statewide Health Improvement Partnership. Additionally, a CHB Business Manager was added in 2016 to better and more effectively track grants and program performance.

### Demographics

Established in 1700, Le Sueur County is named after the Great French Explorer, Pierre Charles Le Sueur, who traveled up the St. Peter's River, now known as the Minnesota River, in the year of 1700. The county seat of Le Sueur County is Le Center and as of 2018 the county has an estimated population of **28,494** people ([Source: Vintage 2018 Population Estimates](#) - US Census Bureau website). The name Le Center was changed from Le Sueur Center to Le Center in 1930 (Le Sueur County, 2006, para. 1). The following cities make up Le Sueur County: Cleveland, Elysian, Kasota, Kilkenny, Le Center, Le Sueur, Montgomery, and New Prague.

Waseca County was founded by Dakota Indians who inhabited the land of Waseca County before the first white settlers located in the area. The Asa and Eliza Sutlief family filed the first claim in the county in Wilton Township in 1854. By the time the county was organized in 1857, most of the areas in the county were established (Discover Waseca, 2013, para. 1). The city of Waseca serves as the county seat and as of 2018 the county has an estimated population of **18,691** people ([Source: Vintage 2018 Population Estimates](#) - US Census Bureau website). The following cities make up Waseca County: Janesville, New Richland, Waldorf and Waseca.

## Population Shifts

Recently the Minnesota Demographic Center released data that indicates our rural communities will be experiencing significant demographic changes. Conversation has been had regarding the increase in our aging population as the Baby Boomers enter retirement. This is worth noting, due to the changes in the workforce as well as anticipated impacts to current service delivery models. Less conversation has been had around a second demographic shift. It is anticipated that minority populations in our region will increase by over 150% from 2005 to 2035 (Figure 2). The largest shifts are projected to be in Black and Hispanic minorities. Minority populations in Minnesota experience extreme health disparities, including some of the highest rates of obesity (Advancing Health Equity in Minnesota, p.17).

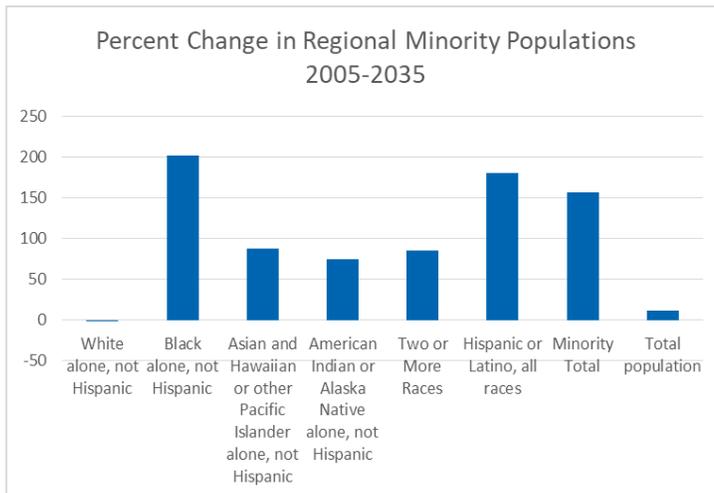


Figure 2

## Top Priorities Selected

In response to our Community Health Assessment results, the Le Sueur – Waseca Community Health Board is recommending work is focused to improve outcomes in the following areas of concern: mental health, physical activity, healthy eating, and substance use reduction.

## Purpose and Background

The purpose of the *Le Sueur-Waseca Community Health Board Community Health Improvement Plan* is to provide a framework for a long-term systematic effort to address public health problems in a community. The development of a Community Health Improvement Plan (CHIP) every five years is a customary practice of public health departments across Minnesota. We also have other accompanying plans, including a Strategic Plan, which has gone through CHB approval.

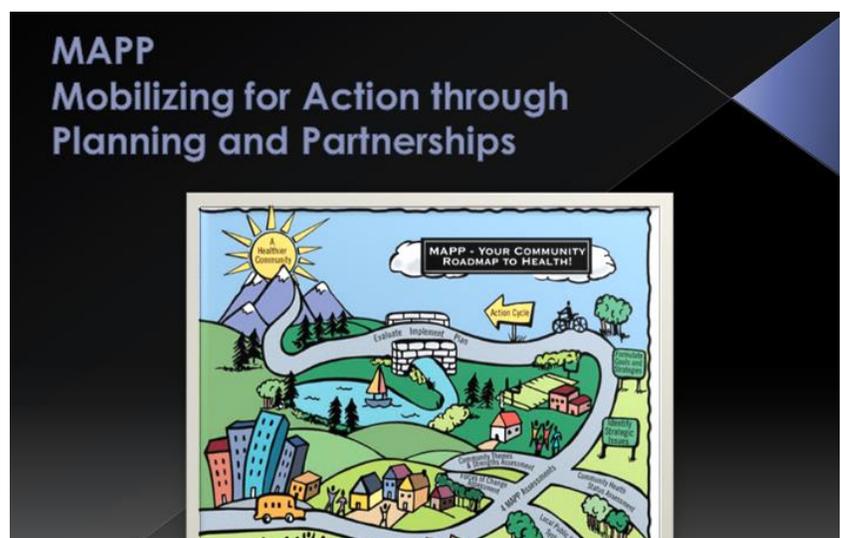
The health status of a community is a dynamic indicator of a community's social and economic prosperity. It is important to monitor the health status of all residents we serve on a regular basis. The Community Health Assessment is a collection and analysis of data collected from several sources and was most recently published in November 2019. This assessment was used in a collaborative process to develop this Community Health Improvement Plan.

### **The Community Planning Process**

The Local Public Health Act of 2003 (MN Statutes 145A.10, Subd. 5a) requires Community Health Boards to set public health priorities based on a community health assessment conducted every five years. Tax exempt hospitals in Minnesota are required to conduct a Community Health Needs Assessment every three years. During the 2015-2019 local public health planning cycle, the local public health and hospital planning cycles aligned which created an opportunity to collaborate. Twelve southern Minnesota counties (Blue Earth, Brown, Faribault, Freeborn, Goodhue, Le Sueur, Martin, Mower, Nicollet, Scott, Waseca, and Watonwan) collaborated with Mayo Clinic Health System (MCHS) to complete the assessment together. This was an exceptional opportunity for local public health to work together with one of the largest health systems in southern MN to determine local health priorities and concerns.

### **Community Engagement**

How the collaborative partnership evolved: Representatives from MCHS, local public health (LPH) directors and SHIP (Statewide Health Improvement Partnership) staff held an initial planning meeting in October 2017 at MCHS, Mankato. The meeting was facilitated by Linda Bauck-Todd, Minnesota Department of Health (MDH) Public Health Nurse Consultant. The MAPP (Mobilizing for Action Through Planning & Partnerships) process was reviewed, internal and external stakeholders were



*Figure 3: MAPP is a strategic planning process used by communities to collect and analyze data, prioritize issues, identify resources to address priorities, and develop goals and strategies. Components of MAPP were adapted and utilized in this process.*

identified and a vision and timeline established. Joseph D. Visker, PhD, MCHES, FESG from Minnesota State University, Mankato agreed to collect data for the assessment and met with representatives from the group to discuss the specific health related variables. A total of 97 measures and 19 variables were identified from existing web resources (refer to Annex 1). Variables included: Demographics, Mental Health, Lead, Suicide, Nutrition & Physical Activity, Tobacco, Alcohol, Drugs, Sexual activity / Sexually Transmitted Infections / Contraceptive Practices, Healthcare System, Social & Economic factors, Maternal-Infant-Child Health, Immigrant Populations, Limited English Proficiency (LEP), Chronic Conditions, Dental, Immunizations, Hospitalizations & Emergency Department Visits, and general/other.

The large group divided into smaller groups with Le Sueur, Waseca and Scott counties working with MCHS New Prague and MCHS Waseca. Meetings were held in early 2018 to review the MAPP process, develop next steps, set a timeline, determine how to engage the community to collect input, review the list of stakeholders identified at the last meeting and identify a data subcommittee. Community Stakeholder breakfasts were held at both New Prague and Waseca MCHS hospitals in May 2018 with representatives from public health, school superintendents, city council members, community mayors, industry leaders, community members, hospital representatives and board members. With the input of these community stakeholders, the top ten health concerns/priorities were identified and included: Environment – community, school or work; Chronic Disease – heart disease, diabetes, asthma, etc.; Health Care Access; Healthy Foods – access or cost; Physical Exercise; Safety – emotional or physical; Sleep; Support System – lack of; Stress, Anxiety & Depression; Tobacco, Alcohol or Drugs.

Over the summer and fall of 2018, MCHS staff and LPH staff went out into the community to find out what the community felt were the top three concerns from the original list of ten. MCHS developed display boards with each of the ten health concerns to use at various community events. MCHS and LPH staff attended county fairs, school health fairs, staff meetings, advisory committee meetings, community health board meetings, etc. During those events participants were asked to put a sticky tab on their top 3 health concerns. MCHS tallied the results from the events. The results for the Waseca area and New Prague area (Le Sueur County) results were tallied separately. The New Prague area had over 500 respondents. The top two areas of concern were Stress, Anxiety & Depression and Chronic Diseases. Exercise and Food Access tied for third. The Waseca area had over 240 respondents. The top three areas of concern were Stress, Anxiety & Depression, Exercise and Food Access.

The results from the community engagement events along with data from the Community Health Assessment were presented to the Community Health Board, the Le Sueur Public Health Advisory Committee and CHB leadership staff. Information was gathered from additional community groups and county committees, including the SHIP Community Leadership Team to aid in the formation of our Community Health Improvement Plan (CHIP). This data was presented in summary format or data specific to the community group focus and was used as a starting place to request feedback regarding ongoing improvement efforts. (For example, data regarding Mental Health status was provided to Waseca County Healthy Minds, Healthy Community group and ideas for improvement activities were generated specific to that focus area.)

Using this community input, data from the Community Health Assessment, and the goals of our partners, CHB Commissioners and staff ranked the following as the top priorities for our work in the next 5 years: mental health, healthy eating, physical activity, and substance use.

## Improving Community Health

### Health Focus Area #1 Mental Health

We continue to hear from our partners and leaders about growing concerns that our communities are suffering from increased mental distress. Data from our community health assessment shows this is reality and not just perception. Of special concern is the rapidly increasing rates of students reporting depression, anxiety and other mental distress on the Minnesota Student Survey. Our school districts are very concerned about the deteriorating mental health of the children they serve, and have interest and resources to begin addressing issues, but are looking for community partners and help. The Le Sueur- Waseca Traverse Des Sioux Library system is an active and engaged partner, hosting a health fair event the last 2 years. Public Health will seek to build partnerships and support community efforts to address the root causes of mental distress as well as encourage projects to increase resiliency in our communities.

Goal:

Stabilize student’s mental distress and decrease the percentage of students reporting adults in their community care about them “not at all” on the Minnesota Student Survey.

#### **LESUEUR COUNTY**

<i>How much do you feel ...</i>		Grade							
		5th		8th		9th		11th	
		Male	Female	Male	Female	Male	Female	Male	Female
		%	%	%	%	%	%	%	%
<i>...adults in your community care about you?</i>	<b>Not at all</b>	6%	8%	9%	13%	10%	15%	11%	11%
	<b>A little</b>	15%	12%	14%	14%	17%	21%	27%	33%
	<b>Some</b>	30%	19%	30%	30%	26%	23%	26%	24%
	<b>Quite a bit</b>	27%	32%	29%	25%	29%	30%	26%	20%
	<b>Very much</b>	22%	29%	18%	18%	17%	11%	12%	12%

#### **WASECA COUNTY**

<i>How much do you feel ...</i>		Grade							
		5th		8th		9th		11th	
		Male	Female	Male	Female	Male	Female	Male	Female
		%	%	%	%	%	%	%	%
<i>...adults in your community care about you?</i>	<b>Not at all</b>	4%	12%	10%	16%	13%	19%	10%	21%
	<b>A little</b>	11%	14%	18%	20%	22%	15%	20%	21%
	<b>Some</b>	26%	24%	32%	25%	35%	36%	26%	30%
	<b>Quite a bit</b>	41%	29%	21%	19%	17%	18%	21%	13%
	<b>Very much</b>	19%	22%	20%	19%	13%	11%	23%	14%

Figure 3 – Minnesota Student Survey 2019

Proposed Activities:

- Work with schools to identify evidence-based practices that build resiliency and support the implementation of such practices in order to increase the mental health of students.
- Continue to build existing partnerships and engage new partners around mental health initiatives.

## Health Focus Area #2 Healthy Eating

Our community's access to healthy foods is imperative to decreasing the incidence of many chronic diseases. Additionally, changing social norms will also be necessary in order to decrease the consumption of high fat, high calorie meals. SHIP has engaged a variety of partners in the last decade, but have experienced the most continuity within schools. It remains important to the community to educate and form healthy behaviors in our youth, especially youth experiencing food insecurity.

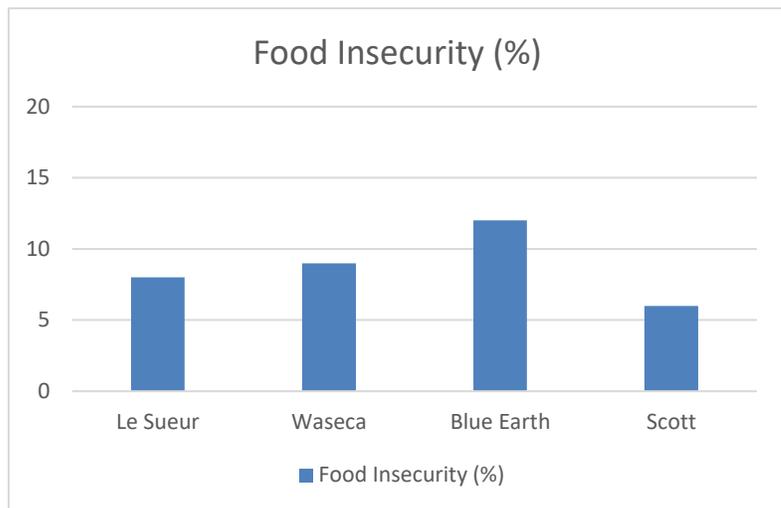


Figure 4 - Food Insecurity (2015) Countyhealthrankings.org

Goal:

Continue SHIP work on Healthy Eating initiatives, especially projects that address food insecurity issues as measured through the SHIP reach data, increasing the number of children who are eating 5 servings of fruits and vegetables each day from an average of 14% in Le Sueur County and 13% in Waseca County to 25% as reported on the Minnesota Student Survey.

Proposed Activities:

- Continue to work with schools choosing to implement healthy food projects.
- Increase healthy food and partnerships with local food shelves, including backpack food programs.

### Health Focus Area #3

#### Physical Activity

Levels of obesity in our communities are of great concern. One of the single most effective ways to attain and maintain a healthy weight is by increasing daily physical activity. While schools have been engaged around increasing physical activity, partnerships with cities to implement and plan safe routes to school has also met with success.

Communities are interested in having safe places to be active, and are especially concerned about the safety of our youth.

Community planning is in various stages across our counties, and SHIP continues to engage partners to increase opportunities for active living.

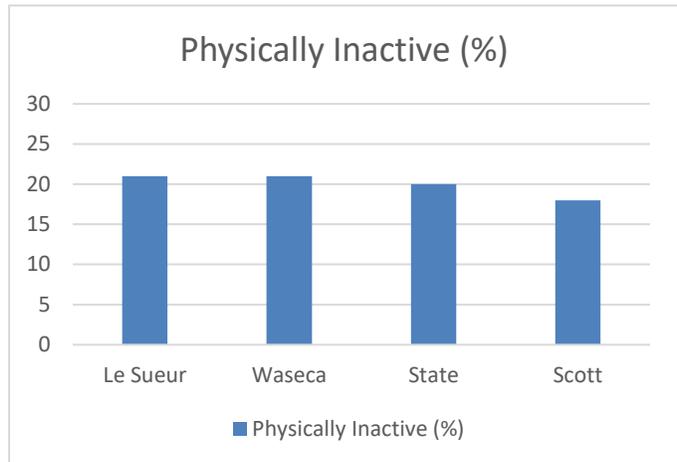


Figure 5 - Physically inactive (2014) countyhealthrankings.org

#### Goal:

Initiate and complete projects that improve or increase access to daily physical activity, as measured by SHIP reach data, increasing the 11<sup>th</sup> graders reporting 5 or more days of physical activity to 25% from 18% in Le Sueur County and 15% in Waseca County.

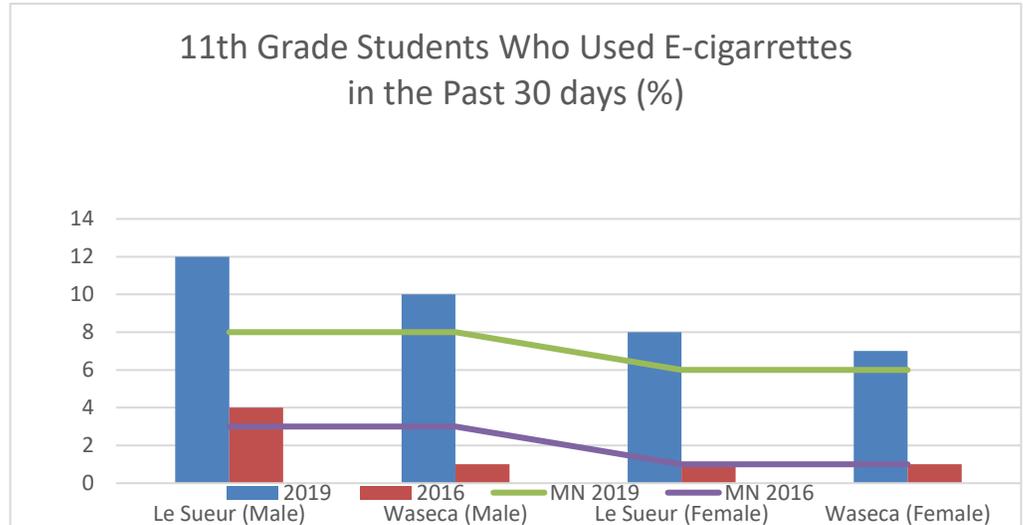
#### Proposed activities:

Work with communities to develop and implement active living plans.

Work with communities to develop and implement safe routes to school plans.

## Health Focus Area #4 Substance Use

Figure 6 - Minnesota Student Survey data 2019 and 2016



Substance use has a correlation to mental health. Currently we are seeing alarming rates of e-cigarette use, especially among our youth. Recent data shows many long-term health effects from e-cigarette use, including an increased use of other drugs.

### Goal:

Educate and empower the community to pass policies and laws that limit the availability of substances to youth, especially e-cigarettes as measured through SHIP reach data.

### Proposed activities:

Work with local school districts to provide consultation and technical assistance in educating parents, students and staff about the dangers of e-cigarettes as well as policies for enforcement.

Work with local governments, when requested, to provide technical assistance regarding laws and policies for tobacco control.

## Revision and Monitoring

### **Revision**

The Community Health Improvement Plan is a document that must remain responsive to the needs of the community. As work is done toward our goals, we learn more about what our community needs, what strategies are effective, and which areas require more support prior to change. Much of our planning revolves around our SHIP strategies, feedback was also sought from our SHIP Coordinator and Health Coordinator regarding our progress and ongoing planning. The SHIP strategies outlined in our report are also revised and reviewed by the Healthy Together Community Leadership Team.

Additionally, our Community Health Board meets quarterly and receives up-dates about our SHIP activities. Internal attendance at this public meeting has recently been increased to include leadership staff from both Waseca and Le Sueur Counties. This meeting is often a forum for discussion, not just among the commissioners but also between the commissioners and staff regarding issues in our communities. Revisions to this plan will be drafted by the Community Health Services Administrator in consultation with the Le Sueur County Public Health Director and the afore mentioned staff, then brought to the Community Health Board for their review and approval.

We make efforts through the Healthy Together Community Leadership Team, Le Sueur County Public Health Advisory Committee, Waseca County Collaborative for Families and other ongoing projects to engage our community and elicit their support for our projects. When partners are difficult to engage, staff are tasked to reevaluate our work in that area to see if the need is gone, or just the will. Our SHIP work focuses on health equity, and has parameters set to focus the work on the areas of greatest need. However, change requires investment and organizations or locations may not have time and/or energy to pursue the change. Revision of goals has been necessary in these realities.

### **Monitoring**

As we undertake this, our first and second revision of the Community Health Improvement Plan, we struggled to know how to effectively monitor goals that were difficult to measure. Moving forward, we are committed to improving the measureability of our goals, which will lend themselves better to monitoring processes. As a Community Health Services Agency, we are just beginning the implementation of performance measures and reporting as well as a Workforce Development Plan. All of the related outcomes and planning will be assessed and shared quarterly by the Leadership Team, which is comprised of both Public Health Directors plus the four supervisors. Additionally, the SHIP Coordinator and Health Coordinator are instrumental in the monitoring and revision process. They connect this plan to the SHIP grant and Healthy Together Community Leadership Team, using the measurement tools and current state guidance for monitoring progress for projects and communities.

## Goal Matrix

Performance Measure	Data Source	Measurement	Year	Target
<b>Decrease the percentage of students reporting adults in their community care about them “not at all” on the Minnesota Student Survey</b>	MSS	1619 students	2019	1400
<b>Increase the number of children who are eating 5 servings of fruits and vegetables each day as reported on the Minnesota Student Survey</b>	MSS, SHIP reach reporting	14% in Le Sueur County 13% in Waseca County	2019	25%
<b>Increase access to daily physical activity, as measured by SHIP reach data, specifically the 11<sup>th</sup> graders reporting 5 or more days of physical activity</b>	MSS, SHIP reach reporting	18% in Le Sueur County 15% in Waseca County	2019	25%
<b>Increase the number of tobacco related policies updated</b>		4 sites	2019	6 sites total

## Revision Record

Revisions to the CHIP plan are undertaken on an annual basis. Every effort is made to accurately reflect both the original intent and the progress made toward obtaining better health for our community.

	Revision Number	Description of Change	Pages Affected	Reviewed or Changed by

For questions about this plan, contact:

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## References

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