

2023 - 2024

STRATEGIES



Public Health
Prevent. Promote. Protect.
Aitkin County



*Healthy Northland
Statewide Activities

MN EATS

The MN Eats context area is dedicated to creating healthier food environments by increasing access to affordable, appealing, healthy, and culturally relevant food and beverage options.



FOOD RX

The goal of the Food Rx Statewide Activity is to connect a clinic or health system with a food retailer to deliver a "food Rx" to clients or patients via a standardized screening and referral process.

Setting: Health Care

Goals: Continue work on this project for 3 years and focus on sustainability.



FARMERS' MARKET/HUB

Increase access to and availability of farmers markets in communities with the greatest need, for example, where access to affordable fruits and vegetables is challenging and chronic disease rates are high.

Setting : Community

Goals: Increase return of investment for AFM Hub for sustainability. Explore Pop - Up markets at Riverwood and Shamrock Township.



BREASTFEEDING BABY CAFE NEW

A free "drop-in" center to provide support and education for breastfeeding moms and pregnant women.

Setting: Health Care

Goals: ?



BREASTFEEDING SUPPORTIVE SPACES AND PLACES



This statewide activity will reduce barriers to parents returning to work by working with employers to help them follow the STEPs (Support Time Education Place) to creating a lactation support program

Setting : Community & School

Goals: Nursing Suite to be available ("check out") institutions to use for events. Work with school districts and local businesses in Aitkin County to assess and provide supporting staff to express milk.



FOOD GUIDELINES NEW

Our food choices are often influenced by our physical environment, such as the food available in work, school or community settings. This means that organizations and public places that offer food are influential venues when addressing healthy food access.

Setting: Community & Health Care

Goals: ?



COMMUNITY FOOD ASSESSMENTS & PLANNING NEW

A community food assessment is a collaborative and participatory process that systematically examines a broad range of community food issues and assets, so as to inform change actions to make the community more food secure.

Setting: Community & Health Care

Goals: To create a "Find Food Aitkin County" webpage for the community of Aitkin County to have access where to find food. To be linked with Find Help.



FOOD RETAIL

Stores will receive assistance including: guidance on how to stock and display healthy foods, market research to understand and stock items that customers want and promotional material to highlight healthy foods

Setting: Community

Goals: Expand work to the East Lake Convenience Store and to collaborate with Mille Lacs Tribal SHIP



IMPROVE SAFETY AND ACTIVE TRANSPORTATION & MOBILITY



Enhancing access to places for physical activity through local planning involves implementing PSE changes, such as supportive policies and practices to increase access to trails, transit, and nearby facilities and destinations (such as parks or grocery stores).

Setting: Community

Goals: Continue work with the City of Aitkin. Explore possibilities with Shamrock Township.



SUPERSHELF



The aim for a SuperShelf is for food shelf participants to access healthy, culturally appropriate foods in the easiest and most dignified way possible.

Setting: Community

Goals: Expand work to the McGregor Food Shelf

MN CTF

Intentionally working with communities to improve the health and environments of all Minnesotans, especially communities facing tobacco-related disparities and most targeted by the tobacco industry, recognizing social determinants of health and lifting up community assets.

MN MOVES

SHIP is working at the community level to make it easier for Minnesotans of all ages to improve their health and well-being by making routine physical activity more accessible and convenient. The objective of the MN MOVES strategy is to increase physical activity – primarily walking and bicycling – throughout the state of Minnesota.



PUBLIC HEALTH SETTINGS: QUIT PARTNER REFERRALS



Quit Partner is Minnesota's state quitline. Quitlines are effective, free, evidence-based tobacco cessation interventions that help commercial tobacco users quit through a variety of service offerings, including phone coaching, quit medications, practical information on how to quit, and mailed self-help materials.

Setting: Community & Health Care

Goals: Riverwood to incorporate Quit Partner resource at clinic visits. Explore collaborating with other public health programming and institutions (i.e. River Oaks Dental).



PARK PLANNING



Park Planning addresses improved access to parks, trails, and open spaces to create opportunities for physical activity. Incorporating health equity into this approach is fundamental to this activity. Park Planning includes engagement to identify and designate space, park access improvements, and activities that encourage the sustained use of parks. This work needs to address access through planning and PSE activities identified by the community.

Setting: Community

Goals: Continue work with the City of Aitkin. Explore possibilities with Shamrock Township.



TOBACCO- FREE POINT OF SALE

This strategy intends to reduce youth and other targeted groups' exposure to commercial tobacco products and marketing through local ordinance changes. Local Public Health SHIP (LPH SHIP) will pursue and implement evidence-based approaches that will lead to decreased youth access and overall exposure to marketing practices.

Setting: Community

Goals: Update Aitkin County's Tobacco Ordinance and provide TA for Cities in Aitkin County who would live to review their tobacco ordinance.



TOBACCO FREE SCHOOLS



This activity utilizes the Whole School, Whole Community, Whole Child model to frame activities within ten different components of the school setting. Specific PSE changes include, but are not limited to, enhancing district commercial tobacco policy, implementing commercial tobacco/vaping education and curriculum, and developing systems to support cessation.

Setting: Schools

Goals: Hill City School District to review their tobacco policy to reflect the 3-tiered approach for alternatives to suspension (including My Life My Quit and/or In Depth program. Collaborate with other school districts who are at the stage of readiness to work on this strategy.

MN WELL-BEING

SHIP intentionally invests in creating opportunities in partnership with communities to create equitable, healthy, and positive conditions that promote well-being and resiliency for all Minnesotans. For SHIP 2022-2025, the goals of SHIP Well-being are to begin to heal from the pandemic through social connection and then examine the way in which SHIP can do our work with a trauma-informed lens.



WELL-BEING INNOVATED ACTIVITIES DEVELOPED THOROUGH 6 STEPS

The goal of the Community Well-being Flexible Activity: 6 Step Process is for local public health to meet a deep well-being community need not represented in current SHIP statewide and flexible activities.

*Committee for the Awareness & Prevention of Suicide (CAPS)

Setting: Community

Goals: ??



WELL-BEING SOCIAL CONNECTION (LAYERED WITH ALL STRATEGIES)



This WB statewide activity will be accomplished by assisting partners to incorporate social connection within a SHIP activity by reframing policies and systems to ensure belonging.



SCHOOL - BASED SOCIAL AND EMOTIONAL CLIMATE **NEW**

Schools can create a body confident environment for students and staff through consistent education and practices. Here are some evidence-based strategies and practices for using the Whole School, Whole Community, Whole Child (WSCC) approach to promote body confidence and prevent eating disorders and disordered eating in schools.

Setting: Schools

Goals: Offer professional development opportunities for teachers to discuss teacher's own values and attitudes around food, body and eating. Provide a safe physical environment for all children of all body sizes.



WELL-BEING HEALTHY BRAIN INITIATIVE

The Healthy Brain Initiative improves understanding of brain health as a central part of public health practice. The initiative creates and supports partnerships, collects and reports data, increases awareness of brain health, supports populations with a high burden of Alzheimer's disease and related dementias.

Setting: Health Care

Goals: ?



CLINICAL - COMMUNITY LINKAGES FOR ACES (ADVERSE CHILDHOOD AFFECTS) **NEW**

ACEs Network of Care Clinical - Community Linkages Program will be designed to help Riverwood Healthcare Providers who are screening for ACEs, connect their patients to trauma - informed services. The goal of the program is to identify the patient's current stressors, working with the patient to increase the total dose of buffering and protective factors and to promote safe, stable and nurturing relationships and environments for people with their ACEs scores.

Setting: Health Care

Goals: Outreach to providers, education on the benefits and potential outcomes of incorporating ACEs screenings into area practices.