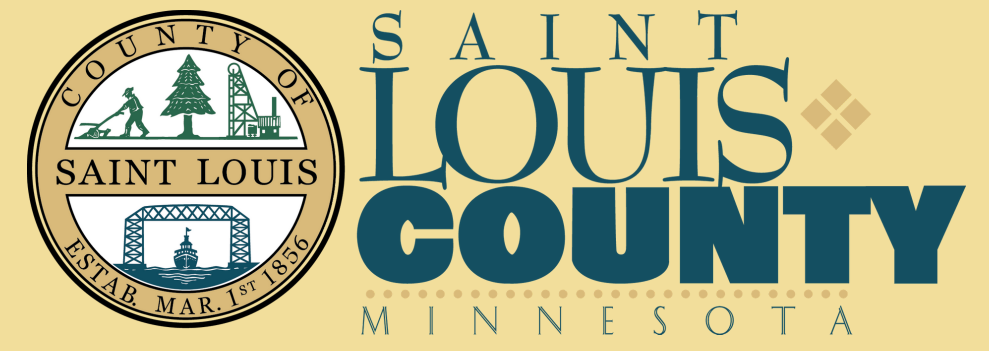


# Northern St. Louis County Community Health Needs Assessments (CHNA)



## What is a Community Health Needs Assessment?

Community Health Needs Assessments (CHNAs) are completed by health-focused organizations across the nation. These assessments help communities to identify the top health concerns in their respective communities by collecting and analyzing data, performing community stake-holder interviews, holding focus groups, completing surveys, and other various methods.

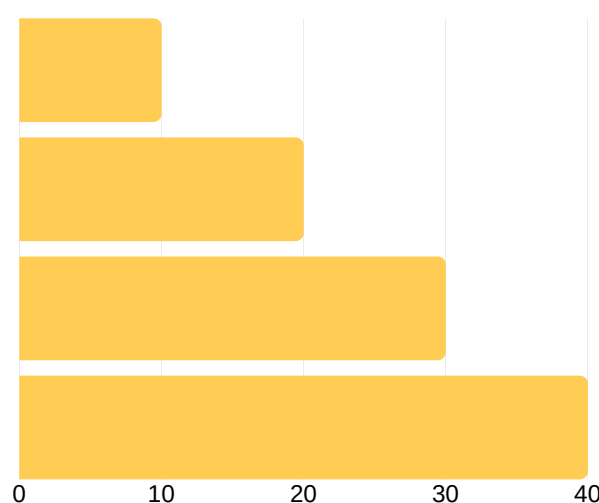
## Why is the Community Health Needs Assessment important?

The CHNA process allows organizations to gain community feedback on the current health status of the overall community. Once the assessment is complete, the top health priorities are identified. This information drives the work of community services, like St. Louis County Public Health & Human Services. And since this process is repeated every 3 - 5 years, progress on improving the identified health priorities can be tracked.

## Does my community have a CHNA report?

Northern St. Louis County has five regions that completed the CHNA process including the Aurora, Cook, Ely, Hibbing, and Virginia regions. Although not every city in Northern St. Louis County could be assessed, there were many health priority themes addressed across these communities.

To access the Community Health Needs Assessments for the region,



### COMMUNITY ONE: AURORA

CHNA completed by Essentia Health

### COMMUNITY TWO: COOK

CHNA completed by the National Rural Health Resource Center

### COMMUNITY THREE: ELY

CHNA completed by the National Rural Health Resource Center

### COMMUNITY FOUR: HIBBING

CHNA completed by Fairview Range

### COMMUNITY FIVE: VIRGINIA

CHNA completed by Essentia Health



# Northern St. Louis County CHNAs Continued...



## Northern St. Louis County - CHNA Priority Areas

### MENTAL HEALTH

Reported in 4/5 local CHNAs



#### Strategies:

- Launch mental health anti-stigma campaign
- Promote intergenerational activities
- Support school based programs for mental health
- Encourage and support social-emotional learning and resiliency strategies
- Implementation of Mental Health First Aid USA and Youth Mental Health First Aid USA

### CHRONIC DISEASE PREVENTION & MANAGEMENT

Reported in 2/5 local CHNAs



#### Strategies:

- Living Well: Chronic Disease Self-Management Program developed by Stanford Medicine
- Empower community members to self-management behaviors, self-efficacy, health status, health care utilization and education

### NUTRITION ACCESS & ACTIVE LIVING

Reported in 3/5 local CHNAs

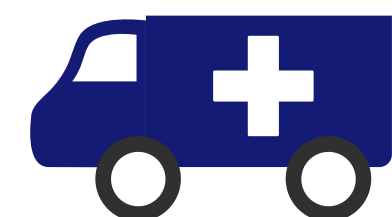


#### Strategies:

- Expand programs that encourage physical activity
- Expand healthy food access
- Increase utilization of existing outdoor public spaces
- Support programs to increase nutritional food consumption
- Increase awareness of the risks associated with drinking sugar-sweetened beverages through the Rethink Your Drink Campaign

### ACCESS & TRANSPORTATION

Reported in 1/5 local CHNAs



#### Strategies:

- Expanded Choices for Healthcare Services through construction of new healthcare building with additional services and specialties
- Develop partnerships for co-advertising of services
- Create an in-service to increase employee awareness of services available within the community
- Increase wellness program services such as free flu shot program

### YOUTH SUBSTANCE USE & ABUSE

Reported in 3/5 local CHNAs



#### Strategies:

- Increase substance use programming in schools
- Local policy, system, and environmental change to restrict access to tobacco products for youth
- Expand programming for families affected by substance abuse to build resiliency
- Adopt trauma informed interventions in schools

## What is being done about these health issues?

**There are several coalitions, task forces, and initiatives in Northern St. Louis County comprised of caring individuals that work together to engage and educate Iron Range communities in community health priorities. Although resources may be limited in rural regions, there are many community members engaged in advocating for the health and well-being of the communities where they work, live, and play.**

### MENTAL HEALTH FOCUSED COALITIONS

- Thrive Range  
Meets in Hibbing with the mission of reducing suicide related deaths through providing online resources, suicide prevention tools for schools, and suicide prevention approaches within healthcare.
- Early Childhood Mental Health Initiative (ECMHI)  
Meets in Virginia with the mission of decreasing Adverse Childhood Experiences (ACES) and building resilience, promoting collaboration among professionals of those serving children, promoting community involvement, identifying current resources and of gaps, and preparing action plans to best fill gaps and utilize available services.
- Iron Range Mental Health Task Force (IRMHTE)  
Meets in Virginia with a mission to increase community awareness, acceptance, and maximize community resources through education, training, collaboration, advocacy, and networking.
- Northland Healthy Minds (NHM)  
Meets in Virginia with the mission of working together to eliminate the stigma surrounding mental illness.

### SUBSTANCE MISUSE/ABUSE PREVENTION FOCUSED COALITIONS

- Ely Prevention, Awareness, & Recovery Coalition (EPARC)  
Meets in Ely and is a grassroots coalition formed to address substance abuse by promoting prevention and education, as well as recovery support.
- Chemical Abuse Prevention and Education Coalition (C.A.P.E.)  
Meets in Virginia with a mission to promote awareness surrounding chemical abuse issues through prevention, intervention, education, and recovery aimed at building healthy and safe individuals/families within the Quad Cities community.

### CHRONIC DISEASE PREVENTION FOCUSED COALITIONS

- Healthy Choices & Active Living
- Healthy Minds, Healthy Bodies (HMHB)  
Meets in Aurora with a mission to reduce youth substance use, build resiliency, and increase healthy habits through innovative programming and community collaboration in the East Iron Range.