



LAKE COUNTY 2023-2025 COMMUNITY HEALTH ASSESSMENT



PURPOSE

Community health assessments use data to determine priority health areas most impacting a community's health. This includes assessing the conditions in which we live, learn, work, and play. Local health departments collaborate with community members and partners to select these priority health areas.

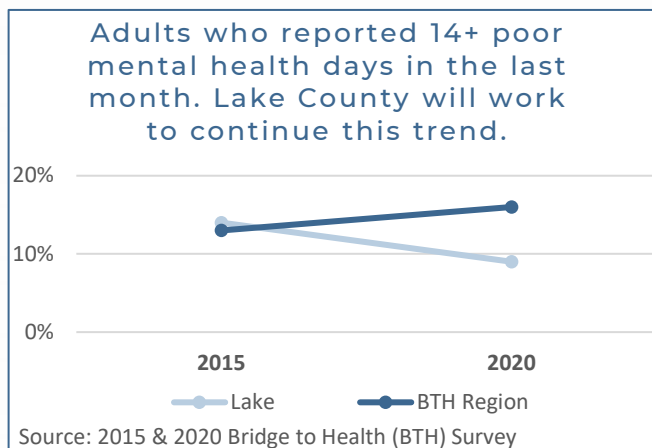
PROCESS

After Lake County Public Health and community partners determine priority health areas, they work together to assess potential strategies that could make an impact. Public health and partners are building a community health improvement plan to address priority health areas over the next 5 years.

PRIORITY: BE WELL MENTALLY

Mental health was a top priority among Lake County focus groups. Approximately 20% of adults report having depression. Chronic absenteeism and self-reported anxiety are high in our schools. The ratio of mental health providers to patients is lower than state averages. We're also recovering from a global pandemic.

We can strengthen our mental and emotional health through social connections, physical activity, and needed resources in our schools and agencies.

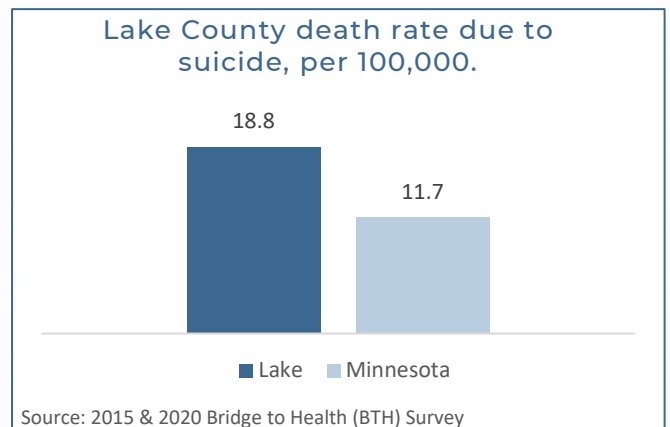


PRIORITY: ADDRESS SUICIDE

Suicide is complex and rates are high. Lake County Public Health, Lake View and others are committed to monitoring the data, educating on this topic, and exploring reduction strategies.

Over half of suicides are completed by firearms; mental illness is connected to most victims; intimate partner problems, problems with alcohol and other substances are also factors. Talking about suicide does NOT increase one's risk.

Below is Lake County's age adjusted death rate per 100,000 persons. This weighting process can be more sensitive to small numbers, like we have in Lake County. Please reach out to learn more about the data or to discuss the strategies Lake County is implementing.



PRIORITY: MOVE MORE

Physical activity contributes to mental wellness and other health benefits including reducing pain. There are many ways to move throughout your day.

Long winters, icy conditions, and few fitness facilities are reported as barriers to moving more for fun and fitness.

Planning safe streets, expanding physical activity opportunities, and recognizing all movement as beneficial can give us the momentum to move more!

To learn more about the assessment and the community health improvement plan, visit our website:

<https://www.co.lake.mn.us/health-and-human-services/public-health/>

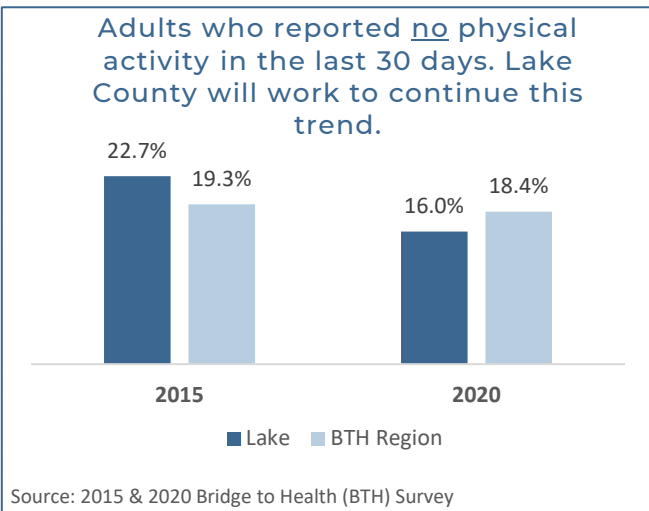


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PRIORITY: MOVE MORE CONTINUED

Lake County saw a positive trend between 2015 and 2020. Lake County will implement strategies to continue this trend and enhance opportunities for activity across the lifespan.



CONCLUSIONS + NEXT STEPS CONTINUED

Traditionally, local public health departments develop a Community Health Improvement Plan (CHIP) every five years and local health care providers do this every three. By combining efforts, this partnership was able to apply for grant funding to hire the National Rural Health Resource Center (NRHRC) to assist in this work. The NRHRC did a full community health needs assessment by extracting data from multiple sources and seeking input from nonprofit agencies, schools, and residents of Lake County.

The CHIP was built from this assessment, which can be found here: <https://www.co.lake.mn.us/community-health-needs-assessment/>

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