



Regional CHA/CHIP Summary (2024–2029)

The Carlton-Cook-Lake-St. Louis Community Health Board (CCLS CHB) is committed to improving the health and wellbeing of our communities. Our Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP) for 2024–2029 outlines the priority health areas and strategic initiatives that will guide our work for the next five years.

CHA/CHIP Process

The CHA/CHIP process involves:

- Gathering and analyzing local data on the conditions that impact health.
- Gathering community input.
- Collaborating with public health departments and community partners.

Each county—Carlton, Cook, Lake, and St. Louis—worked closely with local partners to identify priority health areas and strategies to address these areas through the CHIP. This collaborative process ensures that the strategies we implement are community-driven and include evidence-based principles.

Regional Priority Health Areas

The CCLS CHB identified the following three priority health areas that aligned with the areas determined at the local level:

1. Mental Health and Wellbeing
2. Substance Misuse
3. Healthy Eating, Active Living (HEAL)

Regional Strategies

Mental Health and Wellbeing

- Provide communications support to increase awareness of mental health resources.
- Secure funding to ensure sustainable mental health initiatives.
- Implement internally focused trauma-informed policies to better support individuals affected by Adverse Childhood Experiences (ACEs).

- Share regional resources and align work plans among public health departments, schools, and community partners.
- Evaluate together by working collaboratively to measure and improve the impact of mental health initiatives. The CCLS CHB plays a key role in this process, facilitating data sharing, coordinating evaluation efforts, and providing support for the refinement of strategies.

Substance Misuse

- Focus on primary prevention to reduce the prevalence of substance misuse through education and awareness.
- Scope cannabis prevention efforts considering cannabis legalization, with a focus on youth prevention and education.
- Evaluate harm reduction efforts such as naloxone distribution and overdose prevention programs.
- Support medication storage and disposal initiatives to prevent accidental misuse of prescription drugs.
- Evaluate together by sharing data and best practices to continuously refine substance misuse prevention strategies.

Healthy Eating, Active Living (HEAL)

- Share relevant resources, prioritize equity, and align work plans across counties to ensure equitable access to healthy foods and physical activity opportunities.
- Identify root causes of health disparities in nutrition and physical activity, particularly among underserved populations.
- Evaluate together by collecting and analyzing data to track progress and adjust strategies.

Next Steps

The CCLS CHB is committed to transparency and accountability as we move forward with this living plan. As conditions and resources evolve, we continuously update the CHIP to reflect current needs and priorities. We will collaborate with community partners to implement and evaluate these strategies, aiming to create healthier, more resilient communities across our region.

For more information and to view local reports, please visit our website:

<https://communityhealthboard.org/health-data/>.