



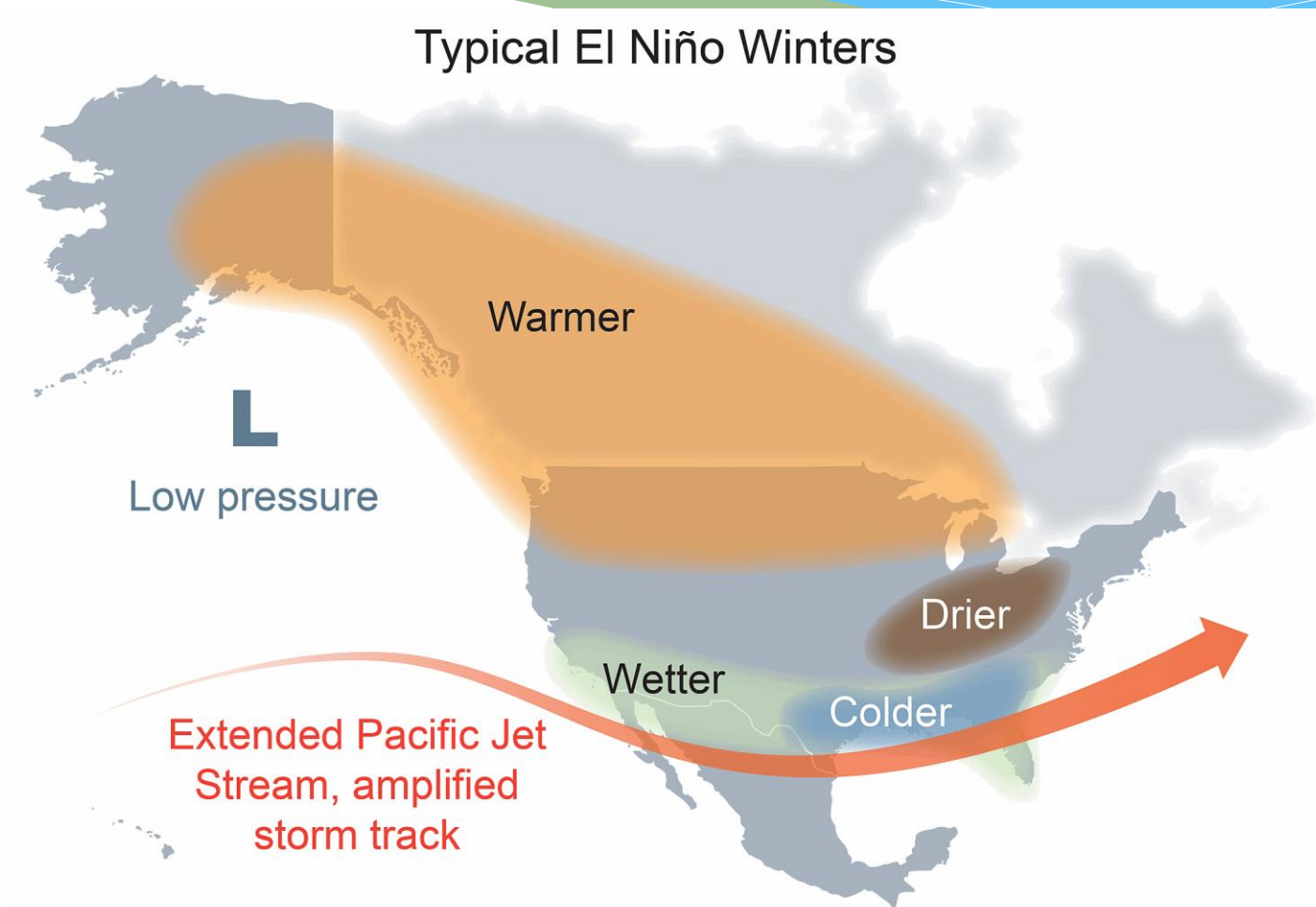
# Community Leadership Team

February 28<sup>th</sup>, 2024

# Agenda

- \* Introductions/Icebreaker.
- \* SHIP Quick Updates.
  - \* MDH Tableau Data Recap- 2022/2023.
  - \* Current Partner Site Projects.
  - \* New Public Health and SHIP Staff.
- \* Partner Share:
  - \* Jackson County Parks & Trails- “Single Track” project.
- \* Roundtable Updates.

# What State(s) typically has an Increased Risk for Severe Weather during El Niño?



# Icebreaker

- \* What are your top three must have office items?
- \* If you could organize a team retreat, where would it be?
- \* If you could take a prop from a movie set, what would it be?



# Land Acknowledgement

- \* The state of Minnesota is home to 11 federally recognized Indian tribes with elected tribal government officials. The State of Minnesota acknowledges and supports the unique status of the Minnesota tribal nations and their absolute right to existence, self-governance, and self-determination. The United States and the State of Minnesota have a unique relationship with federally recognized Indian tribes, formed by the Constitution of the United States, treaties, statutes, case law, and agreements. The State of Minnesota and the Minnesota Tribal governments significantly benefit from working together, learning from one another, and partnering where possible.
- \*
- \* The Minnesota Department of Health (MDH) recognizes, values, and celebrates the vibrant and unique relationship between the 11 tribal nations and the State of Minnesota. MDH believes that the partnerships formed, through a government-to-government relationship, with the 11 tribal nations will effectively address health disparities and lead to better health outcomes for all of Minnesota.

# New Public Health & SHIP Staff

- \* DVHHS Public Health Director-
  - \* Michelle Ebbers.
  - \* Onboarded 2/1/2024.
- \* Welcome to DVHHS, Michelle!

- \* Nobles County SHIP Staff-
  - \* In the works.

# MDH Tableau- SHIP Cycle 2022-2023- Statewide

- \* Total Partner Sites (Statewide):

- \* 1,924.

- \* Stage of Changes:

- \* 41% at least one PSE Change.

- \* 35% working on PSE Changes.

- \* 24% relationship building.

- \* Statewide Partner Sites by Context Area:

- \* 899 MN Eats.

- \* 789 MN Well-Being.

- \* 642 MN Moves.

- \* 371 MN Breathes.

- \* Statewide Partner Sites by Setting:

- \* 793 Community.

- \* 571 Workplace.

- \* 558 Schools.

- \* 90 Healthcare.

- \* 17 Childcare.

# MDH Tableau- SHIP Cycle 2022-2023- DVHHS Region

- \* Total Partner Sites (DVHHS-Nobles County):

- \* 64.

- \* Stage of Changes:

- \* 36% at least one PSE Change.

- \* 16% working on PSE Changes.

- \* 48% relationship building.

- \* Statewide Partner Sites by Context Area:

- \* 32 MN Eats.
- \* 32 MN Moves.
- \* 30 MN Breathes.
- \* 25 MN Well-Being.

- \* Statewide Partner Sites by Setting:

- \* 38 Community.
- \* 18 Schools.
- \* 7 Workplaces.
- \* 4 Healthcare..
- \* 2 Childcare.

# SHIP Updates

- \* SHIP focus for 2024.
  - \* What needs do you see in your community/county?
- \* SHIP Budget:
  - \* \$192,621 for SHIP 2023/2024.
  - \* \$14,031.09 for SHIP Carryover- must be spent by 6/30/2023.
  - \* \$26,000 for SHIP Community Awards- must be spent by 10/31/2024.
- \* SHIP Leverage Funding- grant writing assistance for non-SHP projects:
  - \* \$181,000.
- \* SHIP Evaluation Requirement:
  - \* Wrapped up Power of Food Club evaluation project, January 2024.
- \* Community Partner Awards Applications (Mini-Grants)–*solicitation is currently open:*
  - \* Community Application.
  - \* Healthcare Application.
  - \* School Application.
  - \* Worksite Application.

# Current Projects

## \* MN MOVES:

- \* Mt. Lake Schools-
  - \* Pickleball and Badminton equipment.
- \* Jackson & Nobles Counties-
  - \* MnDOT SRTS and Infrastructure Grants.
- \* Windom Area Health-
  - \* SAIL classes.
- \* Active Living Committees.

## \* MN EATS:

- \* Shalom Hill Farm-
  - \* Community Garden project w/ UM Extension.
- \* HLO Schools-
  - \* Tower Garden project.
  - \* School Nutrition Services project.
- \* Worthington Food Shelf-
  - \* SuperShelf Rollout.
- \* Jackson Farmers Market-
  - \* Power Food Club expansion.
- \* Breastfeeding Boosters.
  - \* Breastfeeding Friendly Community initiative.
- \* Sanford Worthington Medical Center-
  - \* GusNIP Grant- Food Rx wrap up.

## \* MN Tobacco-Free:

- \* Tobacco Retailers-
  - \* Counter Tools Auditing.
  - \* Educational Compliance Checks.
- \* Smoke-Free Multi-Unit Housing-
  - \* Spring 2024 newsletters.
- \* Windom Area Schools-
  - \* Tobacco Cessation project.

## \* MN Well-Being:

- \* Worksite Wellness Rollout.
- \* Healthy Brain Initiative-
  - \* Evidence-Based Programs & Senior Advisory Committee.

# Presenter- Jackson County Parks & Trails- Belmont County Park “Single Track”



**JACKSON COUNTY**  
MINNESOTA



# Drone Video

- \* Produced by Ethan Clerc Media.
- \* [https://www.youtube.com/watch?v=oMXCboQe\\_Ug](https://www.youtube.com/watch?v=oMXCboQe_Ug)



# Single Tracks/Off-Road Trails

- \* Bicycle Roller coaster:
  - \* Off-road trails are four foot, narrow, unpaved trails that wind through the outdoors.
- \* Trail Width:
  - \* Majority of single-tracks are 4ft wide.
  - \* We tried to make our trail wide enough so bikers can go one direction, hikers the opposite.



# Region

- \* Belmont County is located eight miles from the City of Jackson, 12 miles from Lakefield, 15 miles from Windom.
- \* Creates a possibility for a “Regional Trail.”
- Belmont County Park, 52005 850th Street, Jackson, MN 56143



# Why Belmont County Park?

- \* Terrain-

- \* Belmont Park has unique river bluff terrain that is not found in other parks in southwest Minnesota. This type of terrain is great for off-road trails.



- \* Utilization-

- \* The park was being utilized very little, there were few special features that highlight the good qualities.

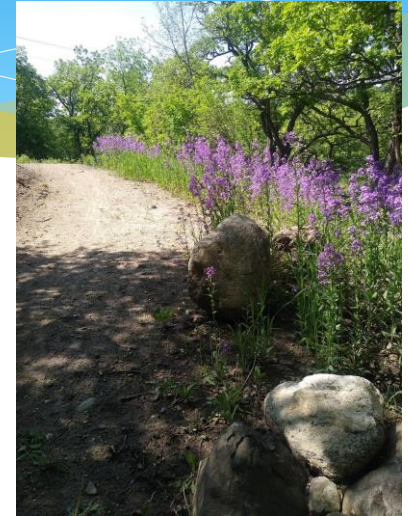


- \* Filling a Need-

- \* Kilen Woos State Park is located next door, with an increase in overnight usage.

# Belmont County Park Vision

- \* Concept originated in 2017.
  - \* There is a huge single-track gap in SW MN.
- \* Single-Tracks are Growing.
- \* The Experience Generation.
- \* Opportunities for Economic Growth.



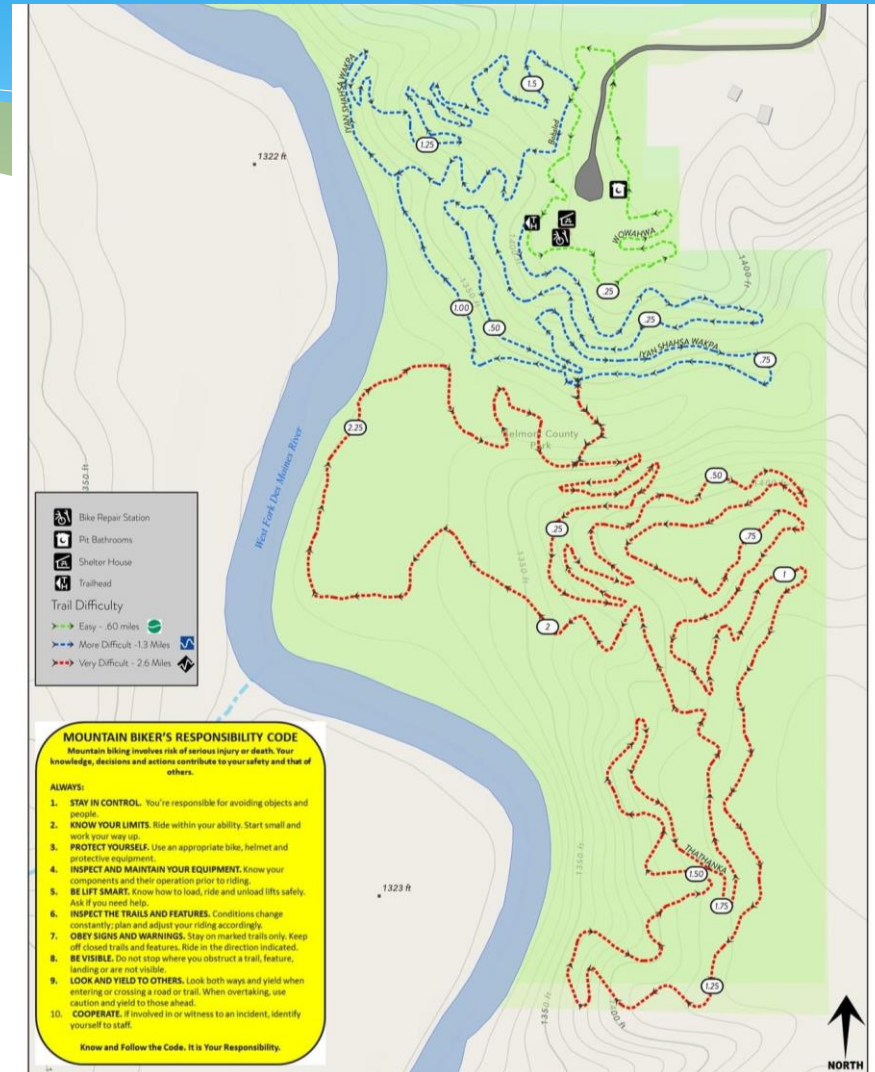
# Timeline of Events

- \* Trail designer:
  - \* 2018: Tim Wegner (Trail Source) completed topography of park.
  - \* Created 6.2 mile certified trail design.
  - \* 1.2 miles created by volunteers.
- \* Surrounding Community Visits:
  - \* Visited w/ Kiwanis Park (Mankato, MN).
  - \* Online park designs of other parks.
- \* Public hearing/open house:
  - \* Held community public meeting August 2018.
  - \* Negative feedback was limited.
- \* State Representative & Senate.
  - \* Representative Gunther.
  - \* Senator Rosen.
- \* Grants:
  - \* LCCMR.
- \* Construction:
  - \* 2022.



# Park Elements

- \* 6.2 miles of trails:
  - \* Easy, moderate, advanced.
- \* Signage:
  - \* Indicating hiking and biking.
  - \* Native American trail names.
- \* Amenities:
  - \* Campsites, trail kiosk, upgraded shelter house and bathhouse, bike racks, bike fix-it station, mt. bike rentals.
  - \* Future plan include additional campsites, dog park.



# Trail Segment Names- Examples

- \* Beginner:
  - \* Wowahwa (peace) is
  - \* 0.70 miles.
- \* Moderate:
  - \* Ian Shasha Wapka (Red Stone River).
  - \* 1.8 miles.
- \* Advanced:
  - \* Thaththanka (Bison) is
  - \* 2.7 miles



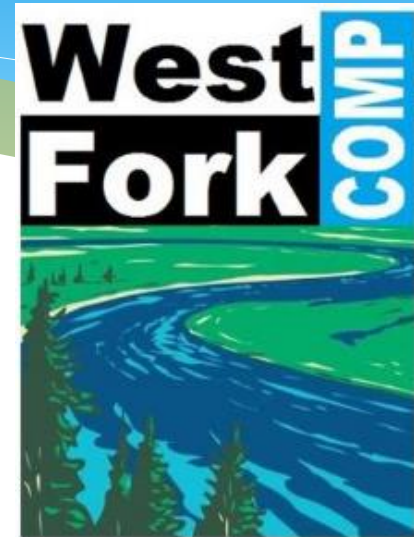
# Future Amenities

- \* More parking and camping.
- \* Updated restrooms.
- \* Mt. Bike Skill Course.
- \* Possibility/interest to expand trail in future.
- \* Possibility to host a High School League Racing event.



# MN High School League- Cycling

- \* Minnesota:
  - \* MN is the first non-mountain state to have Mountain Bike Racing in High School.
- \* Nationwide:
  - \* NICA (National Interscholastic Cycling Association).
- \* The Impact:
  - \* Mount Kato hosted their Sixth Annual Minnesota High School Mountain Bike Championship in October 2017.
  - \* This event welcomed over 1300 students, representing 100 schools across the state.



# Trail Quotes

- \* “We contemplate for so long sometimes, we miss the opportunity.” This board just voted to spend nearly \$5 millions for a 92 mile bike Trails in Northern MN.”
- \* ~ Mark Phillips, Commissioner of MN Dept. of Iron Range Resources and Rehab.
- \* We’ve been meeting all kinds of interesting people, that’s for sure,” Stoffel said. “Crosby is small, but it’s got kind of an international feel these days.”
- \* ~Crosby Café, Patrick Stoffel.

# Special Thanks

- \* Sam Espey- Ezekiel Wheel's Bike Shop.
- \* Jeff Johnson- Trail member.
- \* Dave DeJong- Trail member.
- \* Jeremy Bartosh- Jackson County Parks/Recreation.
- \* Tim Stahl- Jackson County Engineering.
- \* Jacqueline Knips- former JCC Community Education Director.
- \* Ethan Clerc- Ethan Clerc Films.
- \* Friends of the Jackson County Trails- donated \$20,000 to project.



# Roundtable Updates



# Thank You !

- \* Next meetings:

- \* May/June 2024.

- \* DVHHS-Nobles SHIP Website:

- \* <https://cjnship.com/>

- \* Luke Ewald

- \* [luke.ewald@dvhhs.org](mailto:luke.ewald@dvhhs.org)

- \* Michelle Ebbers

- \* [Michelle.Ebbers@dvhhs.org](mailto:Michelle.Ebbers@dvhhs.org)