



Community Leadership Team

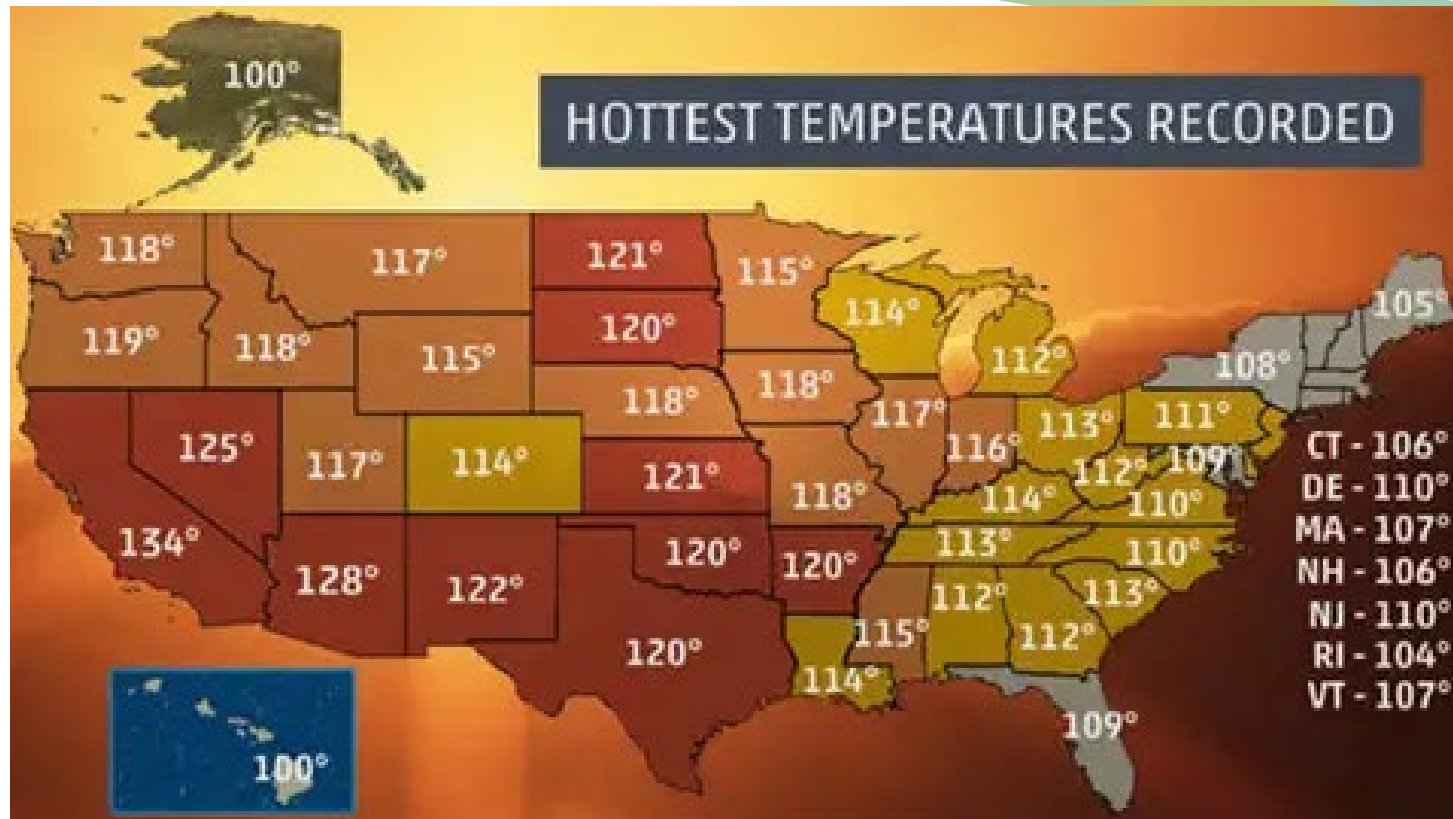
6/12/2024

Agenda

- * Introductions/Icebreaker.
- * SHIP Quick Updates.
 - * New Nobles County SHIP Staff.
 - * Current Partner Site Projects.
 - * MDH updates.
- * Partner Share:
 - * External SHIP Health Equity Project- HUD Housing.
- * Roundtable Updates.

Which State(s) has/have the average hottest temperature during the summer season?

Which Country has the record for the hottest temperature ever recorded set?



Icebreaker

- * What is your favorite Summer Olympic Sport?



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

- * Nobles County SHIP Staff-
 - * Hanh Nguyen.
 - * Phone: (507)-295-5389.
 - * hnguyen@co.nobles.mn.us

SHIP Updates

- * Community/County Focus Area(s):
 - * What needs do you see in your community/county?
- * SHIP Budget:
 - * \$192,621 for SHIP 2023/2024.
 - * \$17,046 spent in Community Partner Awards.
 - * \$26,000 for SHIP Community Awards- must be spent by 10/31/2024.
- * SHIP Leverage Funding- grant writing assistance for non-SHP projects:
 - * \$867,722.
- * Community Partner Awards Applications (Mini-Grants)– *solicitation is currently open:*
 - * Community Application.
 - * Healthcare Application.
 - * School Application.
 - * Worksite Application.

Current Projects

* MN MOVES:

- * Mt. Lake Christian Schools-
 - * Active Classrooms.
- * Jackson & Nobles Counties-
 - * MnDOT SRTS and Infrastructure Grants.
- * Jackson Center for the Arts-
 - * Diversity Bench Mural project.
- * Active Living Committees- trying to expand service area.

* MN EATS:

- * Bill & Oi's Farmers Market- Worthington
 - * Rolling out SNAP/EBT Machine.
- * HLO Schools-
 - * Tower Garden project.
 - * School Nutrition Services project.
- * Worthington Food Shelf-
 - * SuperShelf Rollout.
- * Jackson Farmers Market-
 - * Senior and WIC Nutrition Programs, SNAP/EBT Machine.
- * Breastfeeding Boosters.
 - * Breastfeeding Friendly Community initiative.
- * Sanford Worthington Medical Center-
 - * GusNIP Grant- Food Rx is wrapping up.

* MN Tobacco-Free:

- * Tobacco Retailers-
 - * Counter Tools Auditing.
 - * Educational Compliance Checks.
- * Smoke-Free Multi-Unit Housing-
 - * Summer 2024 newsletter.
 - * Health Equity project.
- * Windom Area Schools-
 - * Tobacco Cessation project.
- * MN Well-Being:
 - * JCC Schools-
 - * Wellness Room rollout at JCC High School.
 - * Worksite Wellness Rollout.
 - * Jackson Senior Activities Coordinator-
 - * Community-wide survey rolled out early June 2024.

SHIP Presentation- SHIP External Health Equity Project

- * Des Moines Valley Health and Human Services (DVHHS) is collaborating with multi-unit housing agencies to identify solutions to address health inequities and disparities in Cottonwood and Jackson Counties.
- * The purpose of this assessment is to gather feedback from underrepresented populations in Cottonwood and Jackson Counties to identify community strengths and weaknesses.
- * Please note: this survey was anonymous.

Housing as a Social Determinant of Health (SDoH)

- * Housing is a well-recognized social determinant of health, with direct impacts on:
 - * Health outcomes (e.g., mortality, disability, falls, and asthma).
 - * Directly related to environmental exposures (e.g. lead paint, mold, mildew, pests, air quality, access to cooking equipment and refrigeration).
 - * Directly related to financial stability (e.g., one of the largest regular household expenses).
 - * Particular relevance for individuals with disabilities (e.g., the home environment may inhibit or promote functional independence).
- * Rural Housing:
 - * Rural areas have, on average, older and poorer quality housing stock, which may be perpetuating rural health disparities.
 - * Many rural areas also struggle to either provide adequate affordable housing for new residents and/or to manage vacant homes and properties in rural communities where the population is decreasing.

Des Moines Valley Health and Human Services (DVHHS) SHIP team SDOH Focus Area- Housing

* SDOH Considerations:

- * Smoke-Free Policies,
- * Access to physical activity opportunities (i.e. bike share system, on-site evidence-based programs),
- * Access to healthy eating (i.e. outdoor community gardens),
- * Access to tobacco cessation services (i.e. Quit Partner).
- * What do each of these look like in our communities, how does SDOH link to multi-housing)?

* Target Populations:

- * Multi-Unit Housing residents, various income levels living in Cottonwood & Jackson Counties.

* Focus Areas:

- * Conduct a Community Strengths and Weaknesses Assessment for multi-unit housing property residents and managers to participate in Cottonwood and Jackson Counties.
- * Once assessment is completed, analyze results, and develop an action plan that emphasizes tobacco-free policies and tobacco cessation, active transportation and physical activity, and healthy eating.

Housing Redevelopment Authority (HRA) Overview

- * Jackson HRA:

- * 50 units.

- * Mt. Lake HRA:

- * 42 units.

- * Windom HRA- Riverview Apartments:

- * 58 units.

- * Windom HRA- Hillside Manor Apartments (Senior Living):

- * 30 units.



HUD Housing Assessment Summary

* Demographics:

- * 43% of participants were over 65 years old.
- * 74% of participants reside in Cottonwood County.
- * 93% of participants identify as Caucasian.
- * 56% of participants identify as female.

* Demographics, continued:

- * 53% of participants have some form of a disability or a chronic health condition (i.e. diabetes).
- * 82% of participants reported being single, divorced, or widowed.
- * 87% of participants reported making under \$25,000 per year.
- * 46% of participants are employed.
 - * 20% reported FT employment.

HUD Housing Assessment Summary

* Housing Preferences:

- * 61% reported Single-Family Housing would be their preferred housing choice vs. 22% reported Senior-Housing.

* Neighborhood Characteristics (top three):

- * Close to family/friends.
- * Close to amenities.
- * Close to healthcare facilities.

* Housing Related Challenges in the Community (top three):

- * Affordable housing and cost of housing repair.
- * Availability of housing options.
- * Presence of unkept/vacant housing/lots.

HUD Housing Assessment

* Individuals Current Housing Needs (top three choices) :

- * My current housing meets my needs today, and for the next 10 years.
- * My ability to stay in the region depends on finding decent affordable housing.
- * My current housing needs major repair/improvements to remain livable.

* Concerns with Current Living Location (top five):

- * Cost of housing.
- * Ability to pay for housing or utilities.
- * Condition of housing.
- * Social isolation- in my apartment.
- * Appliances not working.

HUD Housing Summary

- * Top Three Needs for Where you Live (Apartment Area):

- * More affordable housing.
- * Access to healthy food (i.e. onsite gardens or onsite food pantry).
- * Active transportation to get to/from work (i.e. bike share/scooter share system).

- * Top Three Needs for Where you Live (Community/County):

- * Access to affordable food (i.e. farmers markets, grocery stores).
- * Access to health services (i.e. specialty services).
- * Safety and low-crime.

HUD Housing Summary

- * What Type of Housing Is Missing in Your Community:

- * Affordable Housing.
- * Senior Housing.
- * Single Family Housing.

- * How Individuals Ended Up Living Where They're At:

- * Homelessness.
- * Health Condition/Disability.
- * Relationship Status.
- * Cost of Living.
- * Aging Concerns.
- * Referrals.
- * Not wanting to be a homeowner anymore.

HUD Housing Summary

- * ATOD Concerns:
 - * 33% of participants mentioned that alcohol, tobacco, and other drug is a problem or needs an intervention.
 - * 4% reported cannabis smoke is a problem.
 - * 13% reported they'd like to living in an apartment/housing with no smoking exposure.
 - * Over 10% would be interested in tobacco cessation support.

Developing Evaluation Measures- Examples

* Smoke-Free Policies:

- * Collect and/or update data on apartment properties- how many apartments already have tobacco-free policies?
- * How many apartments have a policy, but have enforcement concerns?

* Access to ATOD Cessation Services:

- * Utilize data collected from this assessment to determine number of individuals interested in tobacco cessation or evidence-based cessation programs.
- * Collect data from local healthcare providers- what types of cessation services are already offered?
- * Is tobacco cessation included as part of the Screen, Counsel, Refer, Follow (SCRF) process?

* Access to Healthy Eating:

- * Gather feedback/interest in food insecurity opportunities- on-site community gardens, emergency food pantries, etc.
- * Collect data from local healthcare providers- what types of evidence-based nutrition programs are available? For example, I Can Prevent Diabetes, Food Rx, etc.).
- * Is there interest or readiness to partner with health coaches, dieticians or nutritionist on healthy eating education/resources, and Master Gardeners with hands-on learning opportunities?

* Access to Physical Activity:

- * Collect data on the number of individuals who rely on walking and/or bicycling as the primary form of transportation to get to work, run errands, get to a medical appointment, etc.- at some point in the day, we all are a pedestrian.
- * Collect data on general fitness opportunities- is there interest to provide on-site evidence-based programs such as Falls Prevention, Tai Ji Quan, etc.
- * Collect data from communities to identify what types of transit services they available- bicycle shares, scooter shares, taxi or bus services, etc.

What's Next???

- * Share assessment with apartment residents and other interested parties.
 - * Incorporate results into the DVHHS 2024-2029 Community Health Improvement Plan (CHIP).
 - * Develop an Action Plan(s) that incorporates SHIP PSE Changes.
 - * Evaluate PSE Changes as they're adopted/implemented.
- * Lessons Learned:
 - * Reach out to additional apartments, not just HUD/HRAs-
 - * Consider conducting a HEDA project to include Market-Rate/Work-Force Housing.
 - * Collaborate with local organizations to help disburse surveys to reach a broader audience.
 - * Have follow up meetings with assessments that were not fully completed, if possible.

Roundtable Updates



Thank You !

- * Next meetings:

- * September/October 2024.

- * DVHHS-Nobles SHIP Website:

- * <https://cjinship.com/>

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