

## Essentia Health-Northern Pines (Aurora)

5211 Highway 110 | Aurora, MN 55705

**Aurora, MN** (1,714 population)



7 focus group



55 community members



30 partnering organizations

### GUIDING PRINCIPLES

1. Collaborate towards solutions with multiple stakeholders (e.g. schools, worksites, medical centers, public health) to improve community health.
2. Build trust through collaboration with community members experiencing health disparities.
3. Prioritize sustainable evidence-based efforts around the greatest community good.
4. Create clear, specific, realistic, and action-oriented goals to improve priority health indicators.

### PROCESS

Work Together



Communicate

Mental Health Stigma	Youth Are Drug Free	Healthy Food, Active Living
<p><b>Indicators:</b>                      17% of St. Louis County residents failed or delayed asking for help with emotional problems (2015)                      45% of Mesabi East 11th grade students seriously considered suicide (2016)</p> <p><b>Strategies:</b></p> <ul style="list-style-type: none"> <li>- Launch mental health anti-stigma campaign</li> <li>- Promote intergenerational activities</li> <li>- Support school based programs for mental health</li> </ul>	<p><b>Indicators:</b>                      38 drug overdose deaths in St. Louis County in 2016                      24% of Mesabi East 11th grade students used an e-cigarette in the past 30 days (2016)</p> <p><b>Strategies:</b></p> <ul style="list-style-type: none"> <li>- Increase substance use programming in schools</li> <li>- Local policy, system, and environmental change to restrict access to tobacco products for youth</li> </ul>	<p><b>Indicators:</b>                      67% of St. Louis County residents are overweight or obese (2015)                      36% of Mesabi East 11th grade students are overweight or obese (2016)</p> <p><b>Strategies:</b></p> <ul style="list-style-type: none"> <li>- Support programs to increase nutritional food consumption</li> <li>- Increase opportunities for physical activity</li> <li>- Increase access to healthy foods</li> </ul>

