Community Health Needs Assessment

2020-2022

Essentia Health-Deer River

115 10th Avenue NE | Deer River, MN 56636

Deer River, MN (977 population)



8 focus groups



97 community members



20 partnering organizations

GUIDING PRINCIPLES

- 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.

Mental Illness Support

Indicators:

13% of Itasca County residents delayed seeking mental health care (2015) 38% of Deer River 9th grade students seriously considered suicide (2016)

Strategies:

- Launch a mental health anti-stigma campaign
- Implement trauma informed strategies in local schools
- Expand access to mental health providers

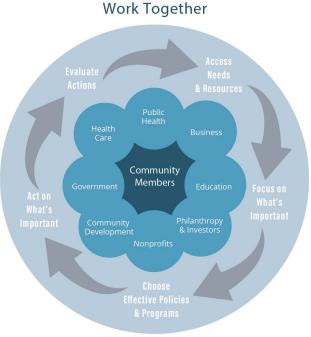
Substance Free

Indicators:

25% of Deer River 9th grade students used a tobacco product in the last 30 days (2016) 16% of Deer River 9th grade students used an e-cigarette in the last 30 days (2016)

Strategies:

- Local policy, system, and environmental change to restrict access to tobacco products for youth
- Education on connections between mental health and substance use



PROCESS

Communicate

Healthy Food, Active Living

Indicators:

69% of Itasca County adults who overweight or obese (2015) 37% of Deer River 9th grade students are overweight or obese (2016)

Strategies:

- Expand options for physical activity throughout Itasca County
- Expand access to health and nutritious foods in Itasca County

