

Community Health Improvement Plan

The community health improvement plan is developed collaboratively, and defines a vision for the community’s health;

the community health improvement plan is the community’s plan,

not public health’s plan for the community.



**Community Health Assessment**

**Community Health Improvement Plan**

|  |
| --- |
| Goal: All residents in Aitkin-Itasca-Koochiching Service Area will abstain from alcohol, tobacco, and other drug misuse.  |
|  | **Objective:** 9th grade students in Aitkin, Itasca, and Koochiching counties reporting use of alcohol in the last 30-days will decrease by 4% by 2022.**Strategies:** Increase Adverse Childhood Experiences work Community Coalition work |
|  | **Objective:** 9h grade students in Aitkin, Itasca, and Koochiching counties reporting use of any tobacco, including e-cigarettes and hookah, in the last 30-days will decrease by 3% by 2022.**Strategies:** Tobacco sales training/checks School education and community education | **Youth Tobacco** |
|  | **Objective:** Reduce the percent of Aitkin, Itasca, and Koochiching county admissions to MN treatment facilities for drug use by 3% by the end of 2020. **Objective:** Reduce the rate of adults on probation in Aitkin, Itasca, and Koochiching counties for drug offenses as governing sentence by 2% by 2020.**Strategies:** Seek out technical assistance to address stigma in the community and stigma in the providersSeek out new grant opportunities Look for chronic pain management programs |

|  |
| --- |
| Goal: All residents in Aitkin-Itasca-Koochiching Service Area will experience positive mental wellbeing.  |
|  | **Objective:** 9th grade students in Aitkin, Itasca, and Koochiching counties reporting three or more of the following as being "significant" in past 12 months: feeling very trapped, lonely, sad, blue, depressed, or hopeless about the future; sleep trouble, such as bad dreams, sleeping restlessly or falling asleep during the day; feeling very anxious, nervous, tense, scared, panicked or like something bad was going to happen; become very distressed and upset when something reminded you of the past; thinking about ending your life or committing suicide will decrease by 5% by 2022.**Objective:** 9th grade students in Aitkin, Itasca, and Koochiching counties reporting to have seriously considered attempting suicide in the last year will decrease by 3% by 2022.**Objective:** Decrease adults in Aitkin, Itasca, and Koochiching counties reporting poor mental health days in the past 30 days by 5% by 2020.**Objective:** Decrease adults in Aitkin, Itasca, and Koochiching counties reporting suicidal thoughts in the last year by 1% by 2020.**Strategies**: Committee for Awareness and Prevention of Suicide coalition Raise awareness and education: Text line in schools, crisis line referral, safe messaging training/  QPR (Question, Persuade, Refer) training, safeTALK, ASIST (applied Suicide Intervention Skills Training) |

1.Minnesota Student Survey data shows: Percent of 9th Grade Students Reporting Any Use of Alcohol in the Past 30 Days

 2016 2019

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Female** |  **Male** |  | **Female**  | **Male**  |
| **Aitkin County** | 11.7% | 10.4% |  | 15% | 12% |
| **Itasca County** | 23.9% | 21.3% |  | 15% | 14% |
| **Koochiching County** | 24.4% | 17.9% |  | 24%\* |
| \*Data not available by sex |

2. Minnesota Student Survey data shows 9th grade students reporting the use of any tobacco, including e-cigarettes and hookah, in the last 30-days (2016 data not available)

 2019

 **Female Male**

|  |  |  |
| --- | --- | --- |
| **Aitkin County** | 14% | 21% |
| **Itasca County** | 28% | 24% |
| **Koochiching County** | 29% |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 3.Drug and Alcohol Abuse Normative Evaluation System (DAANES) data shows: Percent of Admissions to Minnesota Treatment Facilities for Drug Use  2017 2019  Marijuana Methamphetamines Opioids Marijuana Methamphetamines Opioids

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Aitkin**  | 16.4% | 38.8% | 15.8% | 10.7% | 49.7% | 11.3% |
| **Itasca**  | 15.4% | 35.6% | 16.2% | 14.7% | 38.1% | 13.3% |
| **Koochiching**  | 18.2% | 28.4% | 7.6% | 15.9% | 33.6% | 15.1% |

 |  |   |  |  |  |
|  |  |   |  |  |  |

4.2016 Minnesota Student Survey data shows: Percent of 9th Grade Students Reporting High Distress Levels for Internalizing Disorders

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Female** |  **Male** |  |  **Total**  |
| **Aitkin County** | 40.30% | 18.30% |  | 29.90% |
| **Itasca County** | 40.30% | 20.80% |  | 30.50% |
| **Koochiching County** | 38.70% | 18.20% |  | 28.10% |

9th Grade students reporting past 2-weeks Symptoms of Anxiety, 2019

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Female** |  **Male** |  **Total**  |
| **Aitkin County** | 50% | 17.6% | 34.3% |
| **Itasca County** | 43.4% | 23.3% | 34.7% |
| **Koochiching County** | 37% | 25.9% | 31.5% |
|  |  |  |  |

5.Bridge to Health data shows: Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good? (14 or more days)

 2015 2020

|  |  |  |
| --- | --- | --- |
| **Aitkin 200% poverty or less** | 22.5% | 15.7% |
| **Aitkin more than 200%** | 8.1% | 11.0% |
| **Aitkin Total** | 13.3% | 12.9% |
| **Itasca 200% poverty or less** | 21.7% | 25.9% |
| **Itasca more than 200%** | 5.3% | 9.2% |
| **Itasca Total** | 10.2% | 14.6% |
| **Koochiching 200% poverty or less** | 28.8% | 20.4% |
| **Koochiching more than 200%**  | 5.6% | 9% |
| **Koochiching Total** | 14% | 11.9% |

6.Bridge to Health data shows: Have you thought about killing yourself (2015)? (During the last year)

Have you ever considered attempting suicide (2020) ? (Attempt in Past Year)

 2015 2020

|  |  |  |
| --- | --- | --- |
| **Aitkin 200% poverty or less** | 6.2% | 1.1% |
| **Aitkin more than 200%** | 4.1% | 2.3% |
| **Aitkin Total** | 6.2% | 1.7% |
| **Itasca 200% poverty or less** | 15.1% | 0.3% |
| **Itasca more than 200%** | 4.2% | 1.0% |
| **Itasca Total** | 7.8% | 0.7% |
| **Koochiching 200% poverty or less** | 3.5% | 1.0% |
| **Koochiching more than 200%**  | 2.9% | 0.5% |
| **Koochiching Total** | 2.9% | 0.7% |