

**PartnerSHIP 4 Health**  
*Charting a course for good health*

# PartnerSHIP 4 Health 2009-2011: Otter Tail County, Minnesota



Prepared by:  
North Dakota State Data Center  
September 2011

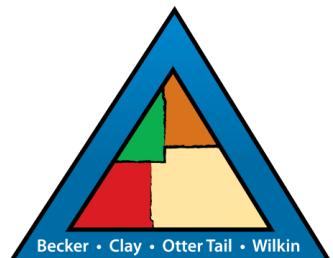
## Preface

This report, “PartnerSHIP 4 Health 2009-2011: Otter Tail County, Minnesota” is an evaluation of the five health initiatives that were implemented in Otter Tail County, Minnesota from June 2009 through June 2011. The initiatives studied are community and school physical activity, school nutrition, worksite wellness, and health care guideline implementation.

This evaluation was made possible by a grant from the Minnesota Statewide Health Improvement Program (SHIP). The report is available online at:

- North Dakota State Data Center: <http://www.ndsu.edu/sdc/publications/research.htm>
- PartnerSHIP 4 Health website: <http://www.partnership4health.org/>

**For more information contact:**



**PartnerSHIP 4 Health**

*Charting a course for good health*

Jason Bergstrand, LSW

PartnerSHIP 4 Health Project Manager

Becker, Clay, Otter Tail, and Wilkin Counties

560 Fir Ave West

Fergus Falls, Minnesota 56537

(cell) 701-306-5280

(work) 218-998-8349

(fax) 218-998-8352

[jason.bergstrand@co.clay.mn.us](mailto:jason.bergstrand@co.clay.mn.us)

<http://www.partnership4health.org/>

Find us on Facebook with the search term “PartnerSHIP 4 Health”

# Table of Contents

<b>Preface .....</b>	<b>2</b>
<b>Executive Summary .....</b>	<b>5-8</b>
What is PartnerSHIP 4 Health? .....	5
Community Physical Activity Initiative in the City of Perham .....	5
School Physical Activity Initiative in Perham-Dent School District.....	6
School Nutrition Initiative in Perham-Dent School District.....	6
Worksite Wellness Initiative in the City of Perham.....	7
Health Care Initiative in Otter Tail County Public Health and Sanford Health Clinics.....	7
<b>About PartnerSHIP 4 Health.....</b>	<b>9-12</b>
Introduction.....	9
Community Leadership Team.....	10
Five Health Initiatives .....	11
Pilot Communities and Sites.....	11
Staff and Partnerships .....	12
<b>Community Physical Activity Initiative: City of Perham.....</b>	<b>13-16</b>
Resources Provided by PartnerSHIP 4 Health .....	13
Summary of Strategies and Outcomes Used to Achieve Community Physical Activity Initiative	
Goals in the City of Perham.....	14
Policies, Systems, and Environmental Changes Impact Graph .....	15
Opportunities for Continued Success through the Community Physical Activity Initiative .....	16
<b>School Physical Activity Initiative: Perham-Dent School District .....</b>	<b>17-20</b>
Resources Provided by PartnerSHIP 4 Health .....	18
Summary of Strategies and Outcomes Used to Achieve School Physical Activity Initiative	
Goals in Perham-Dent School District .....	18
Policies, Systems, and Environmental Changes Impact Graph .....	19
Opportunities for Continued Success through the School Physical Activity Initiative .....	20
<b>School Nutrition Initiative: Perham-Dent School District .....</b>	<b>21-24</b>
Resources Provided by PartnerSHIP 4 Health .....	21
Summary of Strategies and Outcomes Used to Achieve School Nutrition Initiative	
Goals in Perham-Dent School District .....	22
Policies, Systems, and Environmental Changes Impact Graph .....	23
Opportunities for Continued Success through the School Nutrition Initiative .....	24

<b>Worksite Wellness Initiative: City of Perham .....</b>	<b>25-28</b>
Resources Provided by PartnerSHIP 4 Health .....	25
Summary of Strategies and Outcomes Used to Achieve Worksite Wellness Initiative	
Goals for City Employees in Perham .....	26
Policies, Systems, and Environmental Changes Impact Graph .....	27
Opportunities for Continued Success through the Worksite Wellness Initiative .....	28
<b>Health Care Initiative: Otter Tail County Public Health and Sanford Health Clinics in the Cities of Perham, New York Mills, Ottertail, and Pelican Rapids.....</b>	<b>29-33</b>
Resources Provided by PartnerSHIP 4 Health .....	29
Summary of Strategies and Outcomes Used to Achieve Health Care Initiative Goals in Otter Tail County.....	30
Policies, Systems, and Environmental Changes Impact Graph .....	31
Opportunities for Continued Success through the Health Care Initiative.....	32
<b>Appendix: Resources .....</b>	<b>34</b>
General Information.....	34
Publications .....	34

## Executive Summary

### What is PartnerSHIP 4 Health?

PartnerSHIP 4 Health is the Minnesota Statewide Health Improvement Program (SHIP) grantee of Becker, Clay, Otter Tail, and Wilkin counties. SHIP is an integral public health component of the 2008 Minnesota Legislative Health Care Reform Initiative. SHIP was designed to improve the patient experience and care and contain the spiraling costs of health care in Minnesota.

SHIP aims to improve health and contain health care costs by addressing the leading preventable causes of death in the United States: (1) by reducing the percentage of Minnesotans who use or are exposed to tobacco and (2) by reducing the percentage of Minnesotans who are obese or overweight through better nutrition and increased physical activity.

SHIP will reduce obesity and tobacco use/exposure by implementing evidenced-based strategies through policy, systems, and environmental changes in four settings: school, community, worksite, and health care.

### Community Physical Activity Initiative in the City of Perham

The goal of the Community Physical Activity Initiative is to implement policies and practices that create active communities by increasing opportunities for non-motorized transportation (walking and biking) and access to community recreation facilities. City leaders engaged the public in this initiative by first holding a community kick-off meeting to educate and inform residents about aspects of active living and its importance.

Several strategies were used following the initial kick-off meeting including the formation of an Active Living Committee, the adoption of Bike or Walk to Work or School Week, a bike safety rodeo event for both parents and children, and the re-dedication of the Cal Miller Bike Trail. A representative from the Minnesota Complete Streets Coalition also gave a presentation to community leaders explaining the concept of complete streets and the importance of adopting a policy.

The City of Perham was also awarded a mini-grant from PartnerSHIP 4 Health. Funds were used to purchase bike racks, and *“Share the Road”* signage, stencils, and maps.

Recommendations for continued success of the Community Physical Activity Initiative include:

- Adopt a Complete Streets policy.
- Consider the suggestions contained in the report by Charles Marohn regarding utilization of Perham's unusually wide street rights-of-way.
- Insert the new map showing the Cal Miller Bike Trail, other bike trails, parks, etc. into publications by organizations such as PACC and Chamber of Commerce, and post map around the city.

## **School Physical Activity Initiative in Perham-Dent School District**

The goal of the School Physical Activity Initiative is to implement policies and practices that create active schools by increasing opportunities for non-motorized transportation (walking and biking) and access to school recreation facilities.

One area of activity that was influenced by PartnerSHIP 4 Health is participation in the International Walk to School Day that was held on October 6, 2010. Overall, 1,000 students took part in the event. In addition, students are being encouraged to increase daily physical activity during and after school by using a variety of new gym equipment including circuit step platforms, yoga mats, medicine balls, weighted jump ropes, etc., funded by a PartnerSHIP 4 Health mini-grant.

Recommendations for continued success of the School Physical Activity Initiative include:

- Pursue a goal of providing for 60 minutes/day of physical activity for all students through a combination of physical education, active recess, physical activity in the classroom, and integrating physical activity into academic lessons (e.g., GPS units in geography classes).
- Continue to participate in International Walk to School Day each October.
- Advertise community resources and events to increase student awareness about physical activity opportunities in the community.

## **School Nutrition Initiative in Perham-Dent School District**

The goal of the School Nutrition Initiative is to implement comprehensive nutrition policies including: breakfast promotion; healthy lunch and snacks, including classroom celebrations and incentives; fundraising; concessions and vending; school gardens; and “Farm to School” initiatives.

Due in part to the influence of PartnerSHIP 4 Health, Perham-Dent School District adopted one of the strongest school wellness policies to date in Minnesota. Now, healthier choices are being offered to students in snack carts and vending machines. In addition, the District planted 40 apple trees and 40 blueberry bushes to improve nutrition education and access to local foods.

Through a PartnerSHIP 4 Health mini-grant, the Perham-Dent School District was able to purchase promotional materials for their new “Grab-n-Go” breakfast. The mini-grant also funded the apple and blueberry orchard.

Recommendations for continued success of the School Nutrition Initiative include:

- Develop a support network and system to maintain, harvest, and distribute produce from the fruit orchards. Consider using produce from the orchard in snack programs to increase daily servings of fruit. In future years, consider planting vegetable gardens.
- Continue supporting middle school healthy snack cart and healthy vending projects.
- Promote the “Farm to School” program.

## **Worksite Wellness Initiative in the City of Perham**

The goal of the Worksite Wellness Initiative is to implement a comprehensive employee wellness initiative that provides health assessment with follow-up-coaching, provides ongoing health education, and supports policies and an environment that promote healthy weight and healthy behaviors. The City of Perham was chosen as the pilot worksite; initiative strategies applied to city government employees.

One area of activity that was influenced by PartnerSHIP 4 Health is the formation of a county wellness committee. Employee wellness surveys and an environmental audit were conducted at the worksite, as well as health screenings and a health risk appraisal. As a result, healthy snacks are now available at the worksite.

Financial support, provided through a PartnerSHIP 4 Health mini-grant, allowed for the purchase of education and promotional materials highlighting healthy nutrition and exercise and blood pressure monitors. The mini-grant also funded the start-up costs associated with healthy snacks at the worksite.

Recommendations for continued success of the Worksite Wellness Initiative include:

- Use the PartnerSHIP 4 Health Worksite Wellness manual as a guide to continue evidenced-based wellness initiatives.
- Offer annual health screenings.
- Encourage increased physical activity through flex time or breaks and physical activity campaigns.
- Encourage healthy foods to be used for meetings and gatherings.
- Adopt a tobacco-free grounds policy and regularly promote tobacco cessation services.

## **Health Care Initiative in Otter Tail County Public Health and Sanford Health Clinics**

The goal of the Health Care Initiative is to support implementation of the Institute for Clinical Systems (ICSI) Guidelines for “Prevention and Management of Obesity” and “Primary Prevention of Chronic Disease Risk Factors” (also referenced to as “Healthy Lifestyles” as of 2011) by health care providers. This initiative, due to its collaborative nature, was able to incorporate Otter Tail County Public Health and Sanford Health clinics in the cities of Pelican Rapids, Perham, New York Mills, and Ottertail as health care partners.

The major strategies initiated and fostered by PartnerSHIP 4 Health in this initiative were baseline assessment, followed by the formation and maintenance of a Health Care Collaborative, and ending with evaluation of progress made. The assessment strategies, which included a chart audit, allowed PartnerSHIP 4 Health staff as well as the respective health care partner to determine whether screening and management of obesity and tobacco use/exposure was being done.

The Collaborative allowed for teaching and networking and set the stage for the action plan creation and implementation by each health care partner. In addition, Motivational Interviewing training was provided to health care providers to assist them in counseling their patients to consider behavior change. In an effort to assist health care providers in connecting patients to resources, county-specific Community Resources lists were compiled and offered to health care partners as hard copy and via the MNHelpinfo.org website.

Recommendations for continued success of the Health Care Initiative include:

- Refer to evidence-based practice manuals to integrate changes into office systems.
- Create or strengthen a Worksite Wellness Program ([http://partnership4health.org/worksit\\_8\\_1349406616.pdf](http://partnership4health.org/worksit_8_1349406616.pdf)).
- Embed evidence-based changes into an agency policy or system.
- Broaden the target population from adults to include children and teens.
- Continue to set measurable aims, target dates, and data collection requirements.



## About PartnerSHIP 4 Health

### Introduction

PartnerSHIP 4 Health is the Minnesota Statewide Health Improvement Program (SHIP) grantee of Becker, Clay, Otter Tail, and Wilkin counties.



- SHIP is an integral public health component of the 2008 Minnesota Legislative Health Care Reform Initiative and was designed to *improve the patient experience and care and contain the spiraling costs of health care*.
- All 53 Minnesota community health boards and 9 of the 11 tribal governments received SHIP funds.
- SHIP Grants were awarded through a competitive process on a per capita basis of \$3.89 per person, the minimum recommended amount by the Centers for Disease Control and Prevention (CDC) for comprehensive health interventions that address chronic disease prevention.

SHIP aims to:

- Help Minnesotans live longer, healthier, better lives by preventing risk factors that lead to chronic disease.
- Save lives by reducing obesity and tobacco use and exposure.
- Enhance patient experience and contain the rising cost of health care.

SHIP will reduce obesity and tobacco use/exposure by implementing evidenced-based strategies through policy, systems, and environmental changes in four settings:



The Minnesota Department of Health (MDH) presented SHIP grantees with a menu of best practice initiatives related to tobacco, physical activity, nutrition, and healthy weight/healthy behaviors in each of the four settings (school, community, worksite, and health care). Grantees were instructed to choose at least one initiative that addressed tobacco and one that addressed obesity; in addition, they had to implement at least one initiative in each of the four settings. Wherever possible, grantees were also strongly encouraged to select combinations of initiatives in order to create a comprehensive approach to addressing obesity and tobacco use/exposure.

SHIP recognizes that individual *change is more easily sustained when the environment supports it by making the healthy choice the easy choice*. Policy, systems, and environmental (PSE) changes are broad, behind-the-

scenes changes that make it easier for people to access and incorporate healthy behaviors into their daily lives. Examples of policy, systems, and environmental changes include:

### Policy Change:

- A change in laws or regulations, such as tobacco-free public places or providing time during work hours for physical activity.

### Systems Change:

- A change in organizations, such as school districts offering healthy snacks or health system redesign so that tobacco use/exposure, nutrition, and physical activity are addressed at every visit.

### Environmental Change:

- A change in decisions about land use, zoning, and/or community design, such as creating neighborhood access to healthy foods or increasing opportunities for activities such as walking and biking.

SHIP set forth the following timeline for short, intermediate, and long term goals:

- **Short-term goals (1 to 3 years):** increased capacity of state, local, and tribal health systems to promote, adopt, and implement policy, systems, and environmental changes.
- **Intermediate goals (3 to 10 years):** decreased tobacco use/exposure, and increased nutritious eating and physical activity.
- **Long-term goals (10 to 25 years):** decreased tobacco use/exposure and decreased obesity.

SHIP was designed to contain the rising costs of health care. If funding is sustained at the 2009-2011 level, it is estimated that by 2015 SHIP could move as much as an additional 10 percent of the adult population into a normal weight category and as much as an additional 6 percent of the adult population into a non-smoking category. These reductions in risk factors would result in significant cost savings. The estimated potential savings by 2015 is approximately \$1.9 billion, or 3.8 percent of projected health care spending without reform. The 2011 Legislature did retain SHIP in the budget, but reduced funding into the next biennium to approximately 1/3 of the original level.

### **Community Leadership Team**

PartnerSHIP 4 Health began its work with the formation of a Community Leadership Team (CLT) that held its initial meeting July 29, 2009 at the Public Library in Pelican Rapids, MN. The CLT is composed of approximately 25 individuals who were recruited by local public health representatives, and who represent schools, community organizations, community members, transportation, Head Start, refugee communities, Extension Services, health care, and county public health units. By September 2009, the CLT had selected five SHIP initiatives from the menu provided by the Minnesota Department of Health. The CLT selected the initiative implementation sites and was also involved in implementation strategies. The CLT continued to oversee PartnerSHIP 4 Health as work progressed, meeting every other month.

## Five Health Initiatives

The five initiatives selected by PartnerSHIP 4 Health were:

1. **Community Physical Activity Initiative:** Implement policies and practices that create active communities by increasing opportunities for non-motorized transportation (walking and biking) and access to community recreation facilities.
2. **School Physical Activity Initiative:** Implement policies and practices that create active schools by increasing opportunities for non-motorized transportation (walking and biking to and from school) and access to recreation facilities.
3. **School Nutrition Initiative:** Implement comprehensive nutrition policies including: breakfast promotion; healthy lunch and snacks, including classroom celebrations and incentives; fundraising; concessions; vending; school gardens; and “Farm to School” initiatives.
4. **Worksite Wellness Initiative:** Implement a comprehensive employee wellness initiative that provides health assessment with follow-up-coaching, provides ongoing health education, and has policies and an environment that promote healthy weight and healthy behaviors.
5. **Health Care Initiative:** Support implementation of the Institute for Clinical Systems (ICSI) guidelines for “Prevention and Management of Obesity” and “Primary Prevention of Chronic Disease Risk Factors” by health care providers.

## Pilot Communities and Sites

The Community Leadership Team (CLT) selected four primary communities in Minnesota, one from each of the four counties, in which to implement multiple initiatives (i.e., Becker, Clay, Otter Tail, and Wilkin). This was done in order to optimize collaboration and community “buzz.” The CLT recognized that implementing multiple initiatives within the same city would have a greater impact on the community because of the interconnectedness of the topics and the ability to build community momentum. The CLT also sought to create a successful model to follow when implementing initiatives in other communities in the future.

The following community, school, worksite, and health care settings within Becker, Clay, Otter Tail, and Wilkin counties were selected to participate in the 2009-2011 PartnerSHIP 4 Health Initiative as “pilot” settings:

### *Community*

- City of Detroit Lakes (Becker County)
- City of Dilworth (Clay County)
- **City of Perham (Otter Tail County)**
- City of Breckenridge (Wilkin County)

### *School*

- City of Detroit Lakes (Becker County)
- City of Dilworth (Clay County)
- **City of Perham (Otter Tail County)**
- City of Breckenridge (Wilkin County)

#### *Worksite*

- Becker County
- Moorhead School District (Clay County)
- **City of Perham (Otter Tail County)**
- Wilkin County

#### *Health Care*

- Family HealthCare Center – Fargo, ND (serving clients in Clay County, MN)
- Becker County Public Health – Detroit Lakes
- Clay County Public Health – Moorhead
- Otter Tail County Public Health – **Fergus Falls and New York Mills**
- Wilkin County Public Health – Breckenridge
- Orthopedic & Sports Physical Therapy, Inc. – Breckenridge (Wilkin County)
- Essentia Health St. Mary's – Detroit Lakes (Becker County)
- Migrant Health Services, Inc. – Moorhead (Clay County)
- Sanford Health – **Pelican Rapids (Otter Tail County)**
- Sanford Health – **Perham (Otter Tail County)**
- Sanford Health – **New York Mills (Otter Tail County)**
- Sanford Health – Ulen (Clay County)
- Sanford Health – **Ottertail (Otter Tail County)**
- Sanford Health – Hawley (Clay County)

#### **Staff and Partnerships**

In July 2009, the PartnerSHIP 4 Health staff consisted of three public health nurses; it eventually grew to include: a project director, a project manager, community organizers, an active living planner, a health care coordinator, a dietitian, a worksite wellness professional, and the North Dakota State Data Center. Staff was either employed through Clay and Otter Tail counties, contracted through Lakes Country Service Cooperative, or contracted via independent contracts. Staff met monthly throughout the project period, submitted monthly logs, and apprised the CLT of challenges, successes, and overall progress.

As the staff and CLT members of PartnerSHIP 4 Health began their work, relationships and partnerships expanded and flourished.

- *Active Living Committees* were formed and included: city leaders, key stakeholders, and community members.
- *School Wellness Committees* were revitalized or expanded to include Partnership 4 Health staff and other community members.
- *Employee Wellness Committees* were formed or expanded.
- *A Health Care Collaborative* was formed across the four counties; 10 health care partners came together to form a collaborative.
- *Other community sectors* came together as well: schools, cities, worksites, and health care representatives shared ideas and opportunities.

# Community Physical Activity Initiative: City of Perham

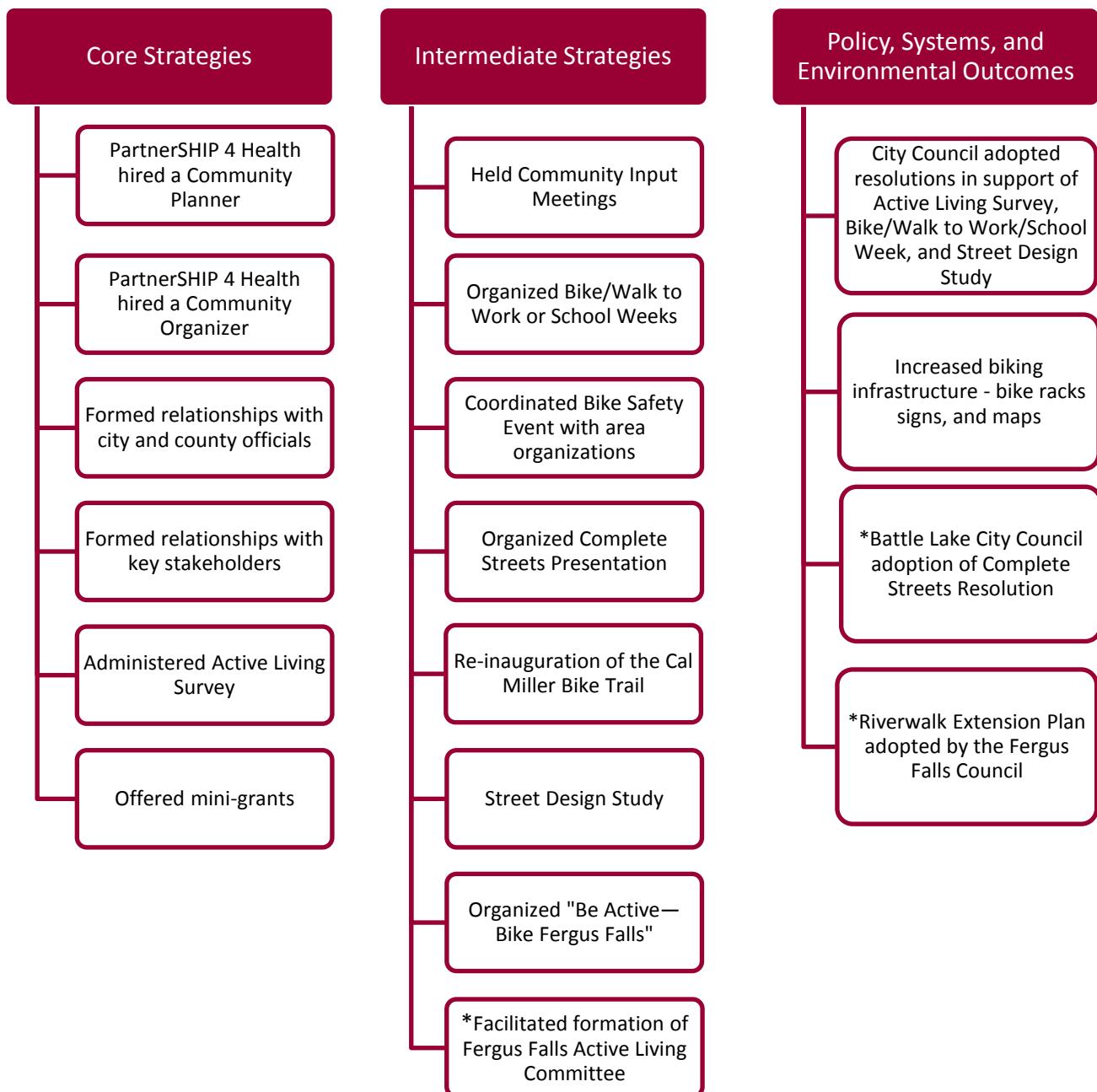
The Community Physical Activity Initiative implemented policies and practices that create:

- Active communities by increasing opportunities for walking and biking.
- Access to community recreation facilities.

## Resources Provided by PartnerSHIP 4 Health:

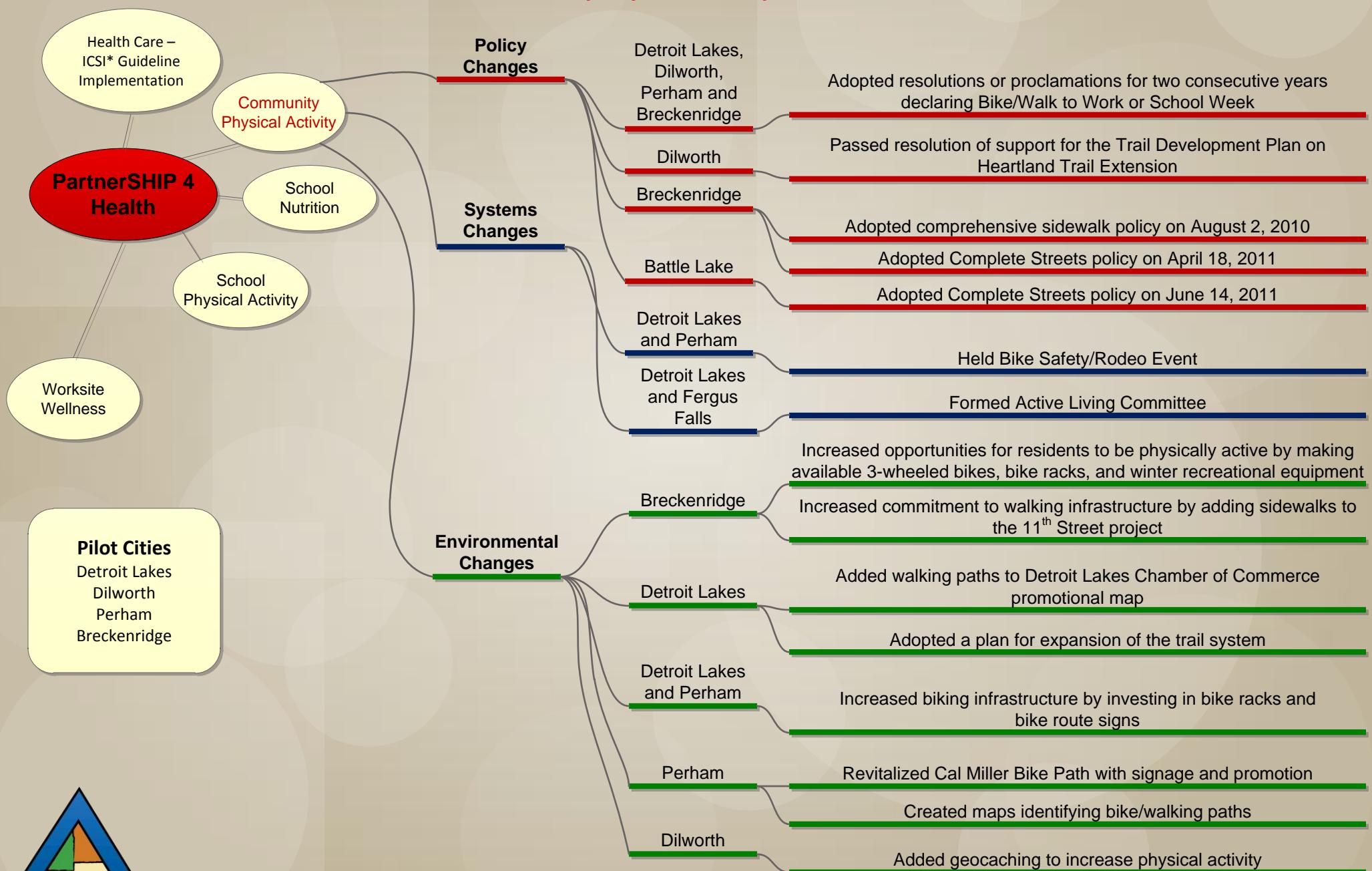
- **Active Living Survey Administration and Evaluation**
  - Baseline of strength and weaknesses related to residents' active living practices
  - Defined community priorities
- **Bike/Walk to Work/School Week Coordinator Contract**
  - Coordinated event to promote awareness of incorporating physical activity into daily living.
- **Mini-Grant: Bike Infrastructure**
  - *Share the Road* bike/walking path signs and directional signs
  - *Share the Road* stencils and paint
  - *Share the Road* maps of paths and activity locations
  - *Share the Road* map publication in Perham book
  - Bike racks strategically placed in the community
- **Street Design Study by Community Growth Institute:**
  - Prepared by Charles Marohn, Jr.: June 1, 2011
    - ([http://www.partnership4health.org/perham\\_3\\_4173049791.pdf](http://www.partnership4health.org/perham_3_4173049791.pdf)).
  - Examined one street corridor and one intersection to identify ways to improve ability of residents to bike and walk within the public right of way.
- **Training**
  - Complete Streets Presentation by Ethan Fawley: December 16, 2010 in Perham
  - Safe Routes To School Training: February 9, 2011 in Alexandria, MN
    - Community and School Representatives
    - Preparation for Safe Routes to School Grant Application
  - Community Emergency Response Team (CERTS): February 24, 2011 in Detroit Lakes, MN
    - Interfaced with pro-bike/pro-walk and gardening initiative
- **Technical Assistance**
  - Community Organizer
  - Community Planner

## Summary of Strategies and Outcomes Used to Achieve Community Physical Activity Initiative Goals in the City of Perham



\*Outcome outside of Perham, but within Otter Tail County

**Impact of PartnerSHIP 4 Health, the Minnesota Statewide Health Improvement Program (SHIP)  
in Becker, Clay, Otter Tail, and Wilkin Counties: 2009-2011**  
**Community Physical Activity Initiative**



\*Institute for Clinical Systems Improvement

## Opportunities for Continued Success through the Community Physical Activity Initiative

The most effective way to create and sustain a healthy community environment accessible to all is through policy, systems, and environmental changes. This approach was used successfully by PartnerSHIP 4 Health and Perham's community members, but there is more yet to be accomplished. The following is a list of evidenced-based practices that PartnerSHIP 4 Health recommends for continued success.

- **Adopt a Complete Streets Resolution**
  - Complete streets are roadways designed and operated to enable safe, attractive, and comfortable access and travel for all users, such as pedestrians, bicyclists, and motorists.
  - Adopting a Complete Streets policy encourages residents and visitors to engage in more physical activity (<http://www.mncompletestreets.org/>).
  - Institutionalizing complete streets principles in the community design planning process results in increased financial and physical health (<http://www.nplanonline.org/nplan/products/model-complete-streets-laws-and-resolutions>).
- **Utilize the Results of the Active Living Survey**
  - Address community priorities ([http://www.partnership4health.org/perham\\_4\\_525681405.pdf](http://www.partnership4health.org/perham_4_525681405.pdf)).
- **Promote and Expand Bike/Walk to Work or School Week** ([www.bikewalkweek.org](http://www.bikewalkweek.org))
  - Engage employers, health professionals, faith communities, service clubs, schools, etc.
  - Continue to promote biking and walking as an opportunity for daily activity as well as a transportation mode.
- **Consider Holding a Bike Safety and/or Rodeo Event Annually**
  - Holding this event annually would serve as a reminder of bike safety practices as well as the importance of an active lifestyle.
  - Consider partnering with additional student groups, parents, civic groups, and law enforcement.
- **Continue Bike Pedestrian Safety Promotion**
  - Conduct periodic public awareness campaigns such as *Share the Road* to improve safety and promote community enjoyment (<http://www.sharetheroadmn.org/>).
  - Utilize a variety of media: TV3, radio, newspaper, community website.
  - Consider partnering with local law enforcement.
- **Involve Faith-Based Communities**
  - Promote walking and biking to faith-related gatherings.
  - Incorporating physical activity into child, teen, and adult ministries is a great opportunity to model healthy lifestyles and stewardship.
  - Consider using property for planting community gardens or fruit orchards.

# School Physical Activity Initiative: Perham-Dent School District

The School Physical Activity Initiative implemented policies and practices that create active schools by:

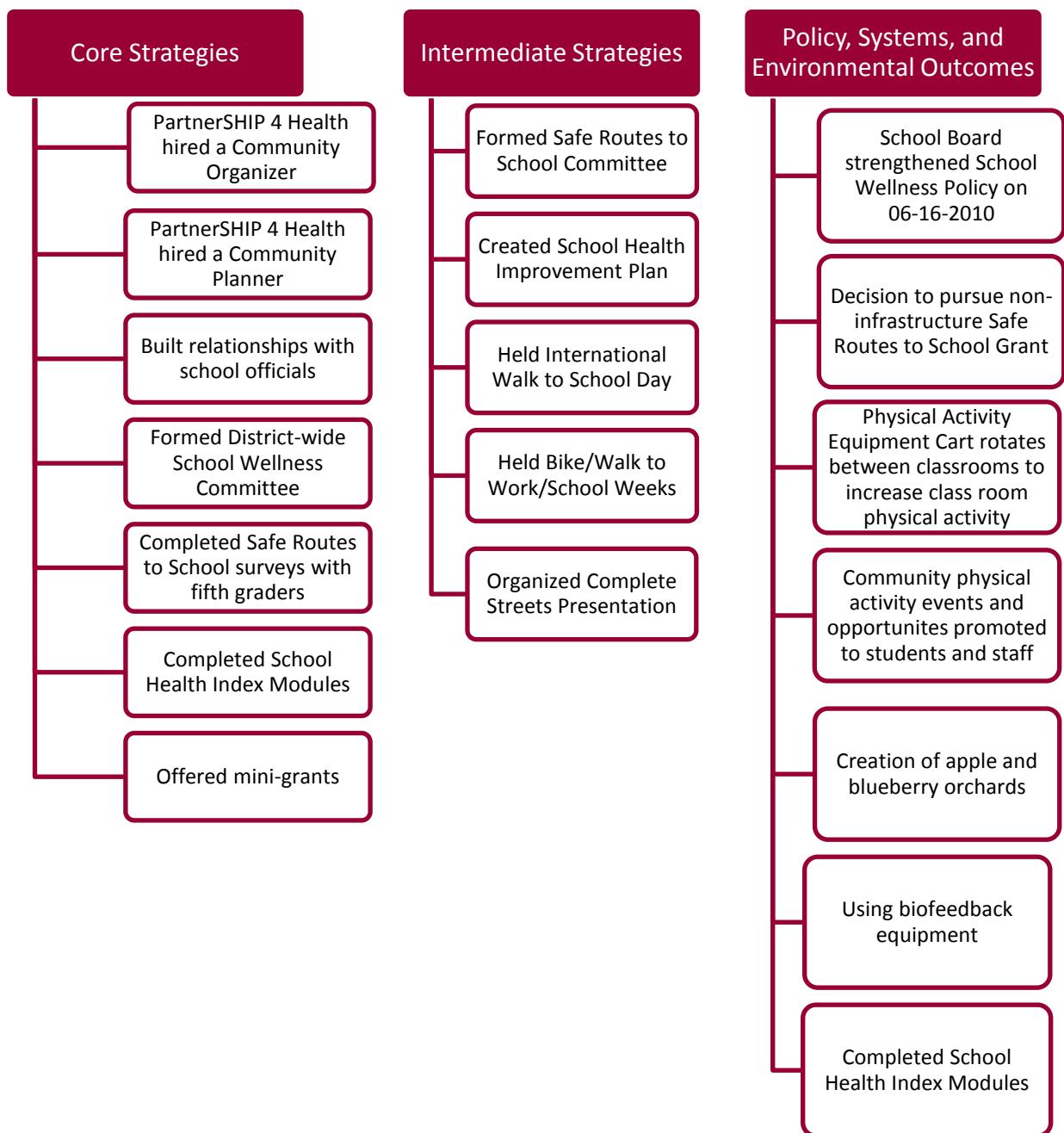
- Increasing opportunities for walking and biking to and from school.
- Increasing access to the schools as recreation facilities.

## Resources provided by PartnerSHIP 4 Health:

- **Bike/Walk to Work/School Week Coordinator Contract**
  - Coordinated event to promote awareness of incorporating physical activity into daily living
- **Mini-Grant: Increased Physical Activity Capacity Before, During, and After School**
  - Made available to students on weekdays and weekends: stability balls, pedometers, heart rate monitors, speed jumping ropes, agility hurdles, circuit step platforms, stopwatches, yoga mats, agility ladder, portable dumbbell rack, exercise scooters, resistance bands, medicine balls, weighted jump ropes
- **Safe Routes to School Survey Administration and Evaluation**
  - Baseline of fifth grade biking/walking to school user rates
  - Barriers and opportunities to biking/walking to school
  - Improves position to receive Safe Routes to School Grant Award
- **Training**
  - School Health Index: December 9, 2009 in Fergus Falls, MN
  - School Wellness Policy Summit: October 26, 2010 in Fargo, ND
  - Complete Streets Presentation by Ethan Fawley: December 16, 2010 in Perham, MN
  - Safe Routes to School Training: February 9, 2011 in Alexandria, MN
    - Community and school representatives
    - Preparation for Safe Routes to School grant application
- **Technical Assistance**
  - Community Organizer
  - Community Planner
  - Project Manager
  - Participation on School Wellness committee
  - Creation of school apple and blueberry orchards

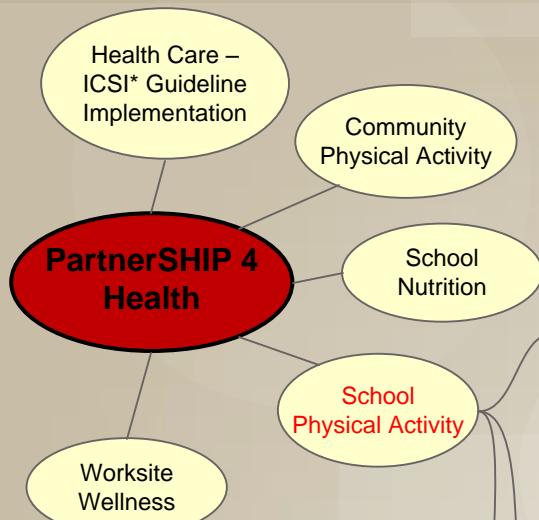


## Summary of Strategies and Outcomes Used to Achieve School Physical Activity Initiative Goals in Perham-Dent School District

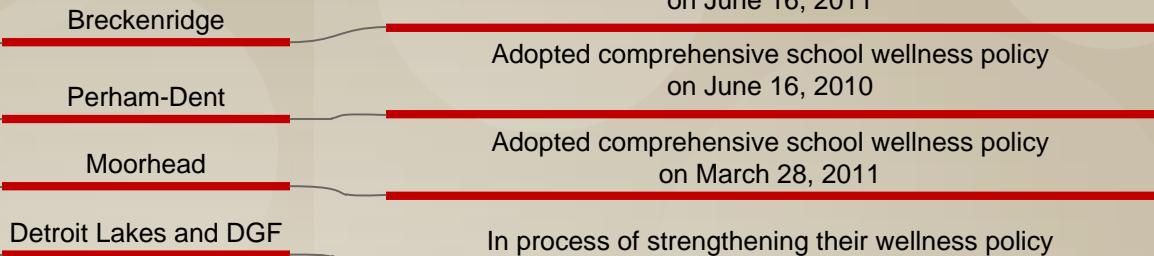


# Impact of PartnerSHIP 4 Health, the Minnesota Statewide Health Improvement Program (SHIP) in Becker, Clay, Otter Tail, and Wilkin Counties: 2009-2011

## School Physical Activity Initiative

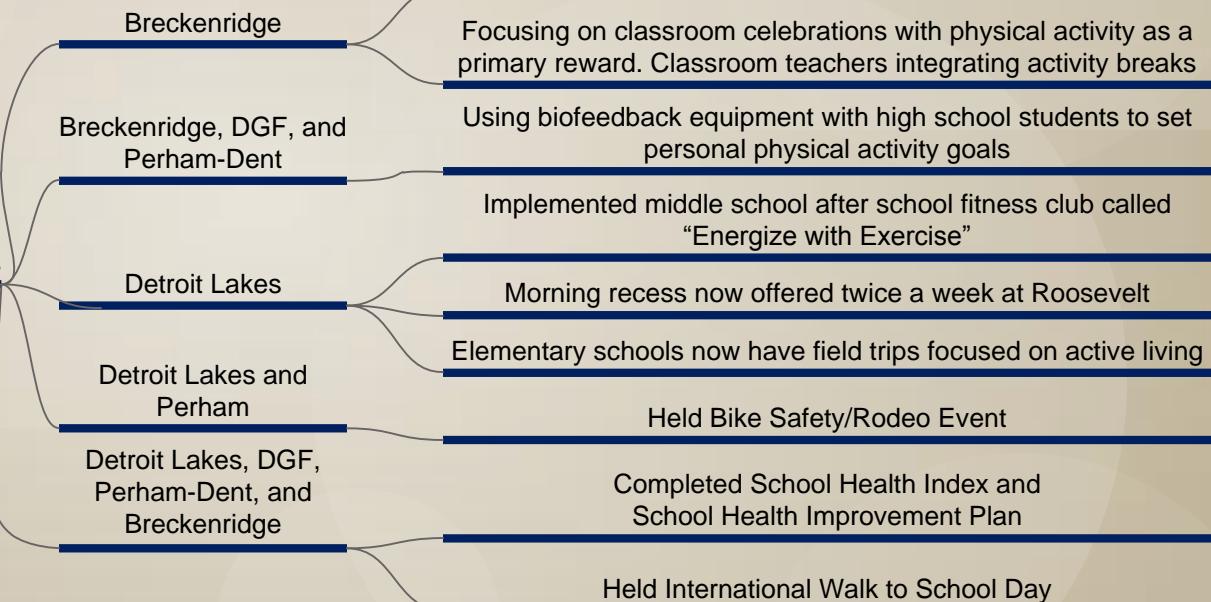


### Policy Changes



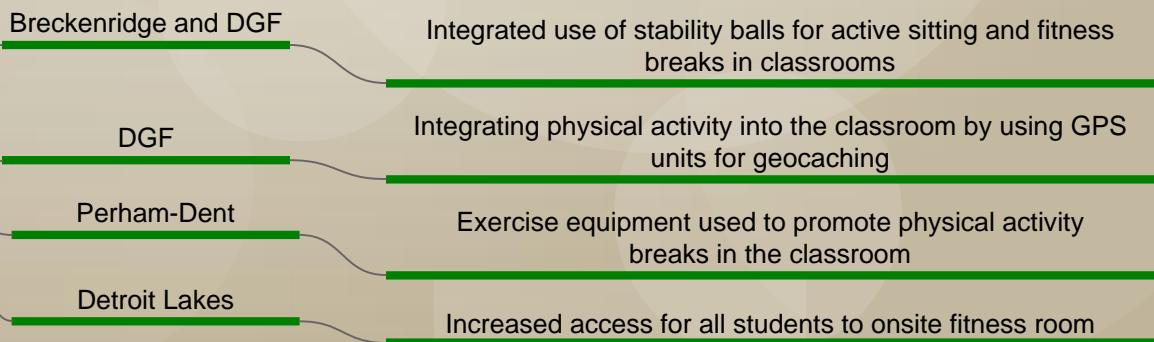
Implemented Fitness Gram (physical activity/nutritional evaluation & goal setting program), which includes parental education

### Systems Changes



Integrated use of stability balls for active sitting and fitness breaks in classrooms

### Environmental Changes



## **Opportunities for Continued Success through the School Physical Activity Initiative**

The most effective way to create and sustain a healthy school environment accessible to all is through policy, systems, and environmental changes. This approach was used successfully by PartnerSHIP 4 Health and Perham-Dent school officials, school staff, students, and community members, but there is more yet to be accomplished. The following is a list of evidenced-based practices that PartnerSHIP 4 Health recommends for continued success.

- **Provide Opportunities for Students for at Least 60 Minutes of Physical Activity Per Day**
  - Follow CDC recommendation (<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>).
  - Consider a combination of physical education, active recess, class room integration, and before and after school access to recreational facilities (<http://www.sparkpe.org/>).
  - Continue to offer recess in the time slot prior to lunch.
- **Facilitate Biking or Walking to School**
  - Increase biking and walking infrastructure at schools such as bike racks and connected sidewalks.
  - Consider neighborhood busing stops versus every home and/or every street stops.
  - Apply for Safe Routes to School grants to improve walking and biking infrastructure in your district (<http://www.saferoutesinfo.org/>).
  - Form Bike to School groups.
  - Participate annually in International Walk to School Day (<http://www.walktoschool.org/>).
    - In 2010, 1,000 Perham K-12 public and private school students, the State Senator, a State Representative, City Council members, and City Administration officials participated in the event. The number of individuals involved indicates a willingness to promote physical activity as well as a desire for healthier lifestyles.
- **Promote Wellness Policy so That it Becomes a Natural Part of the School Health Culture**
  - Review with staff and parents during Fall Back to School events.
  - Reevaluate the strength of the policy at least every three years, and implement any new strategies in years two and three (<http://wellsat.org/>).
- **Increase Capacity for Change**
  - Network or collaborate with other schools with similar initiatives.
  - Participate in webinars and local or national conferences.
- **Advertise Programs and Events**
  - Outreach is a crucial component of any action plan to increase physical activity in schools and foster participation by parents and community members.
  - Utilize press releases, interviews, flyers, posters, etc.

# School Nutrition Initiative: Perham-Dent School District

The School Nutrition Initiative implemented comprehensive nutrition policies supporting:

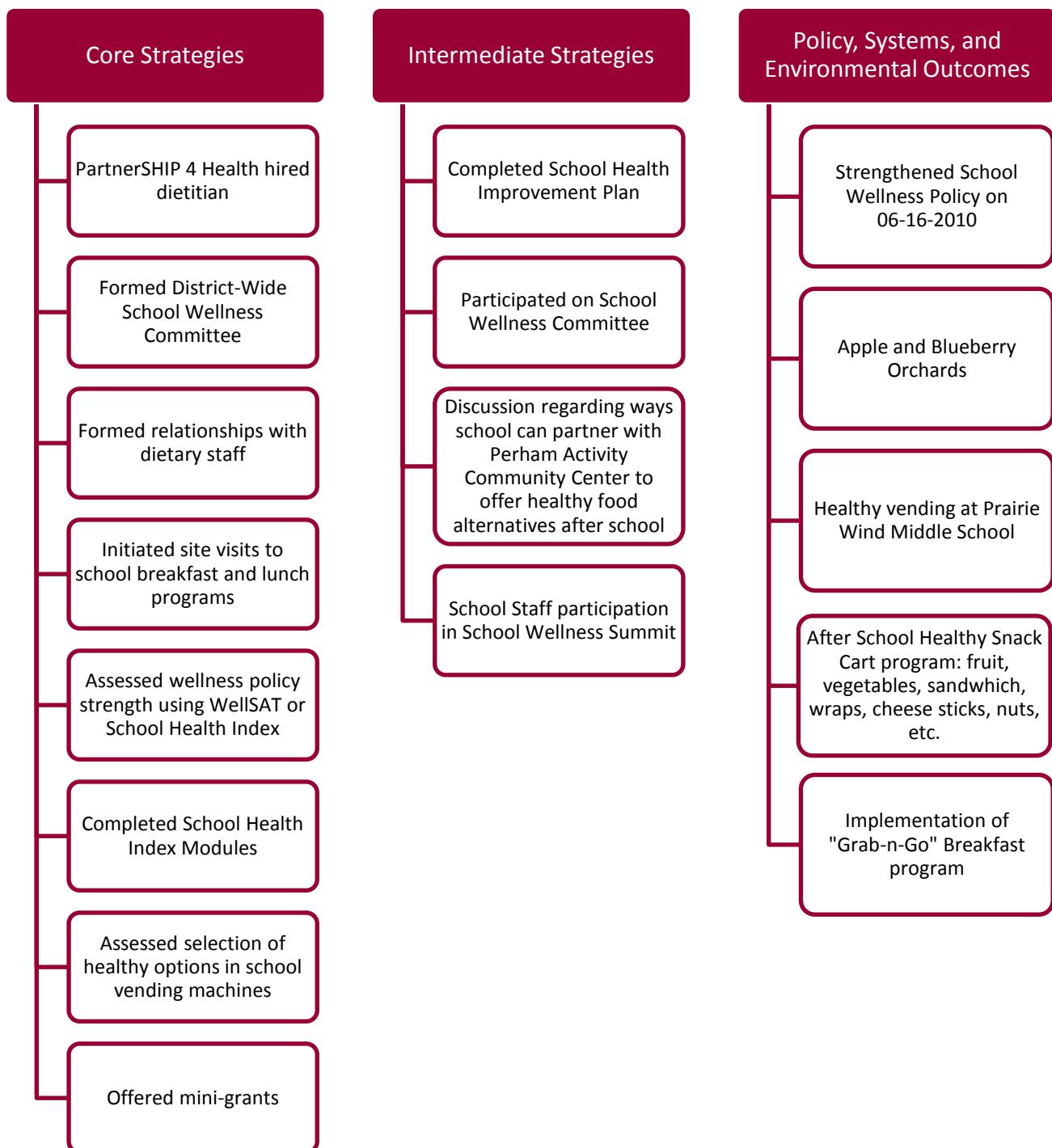
- Healthy meals: breakfast and lunch
- Healthy snacks: classroom celebrations, incentives, fundraising, concessions, and vending
- School gardens
- “Farm to School” initiatives

## Resources provided by PartnerSHIP 4 Health:

- **Mini-Grant**
  - Breakfast Promotion Campaign
  - Apple and Blueberry Orchards created at Prairie Wind Middle School
  - Healthy snack cart for after school snack program at Prairie Wind Middle School
  - Garden supplies for growing lettuce in classrooms; produce used for school salad bar
- **Training**
  - School Health Index: December 9, 2009 in Fergus Falls, MN
  - School Wellness Policy Summit: October 26, 2010 in Fargo, ND
- **Technical Assistance**
  - Dietitian
  - Community Organizer
  - Project Manager
  - Participation on School Wellness committee
  - Creation of school apple and blueberry orchards
  - Facilitation of healthy vending



## Summary of Strategies and Outcomes Used to Achieve School Nutrition Initiative Goals in Perham-Dent School District



# Impact of PartnerSHIP 4 Health, the Minnesota Statewide Health Improvement Program (SHIP) in Becker, Clay, Otter Tail, and Wilkin Counties: 2009-2011

## School Nutrition Initiative



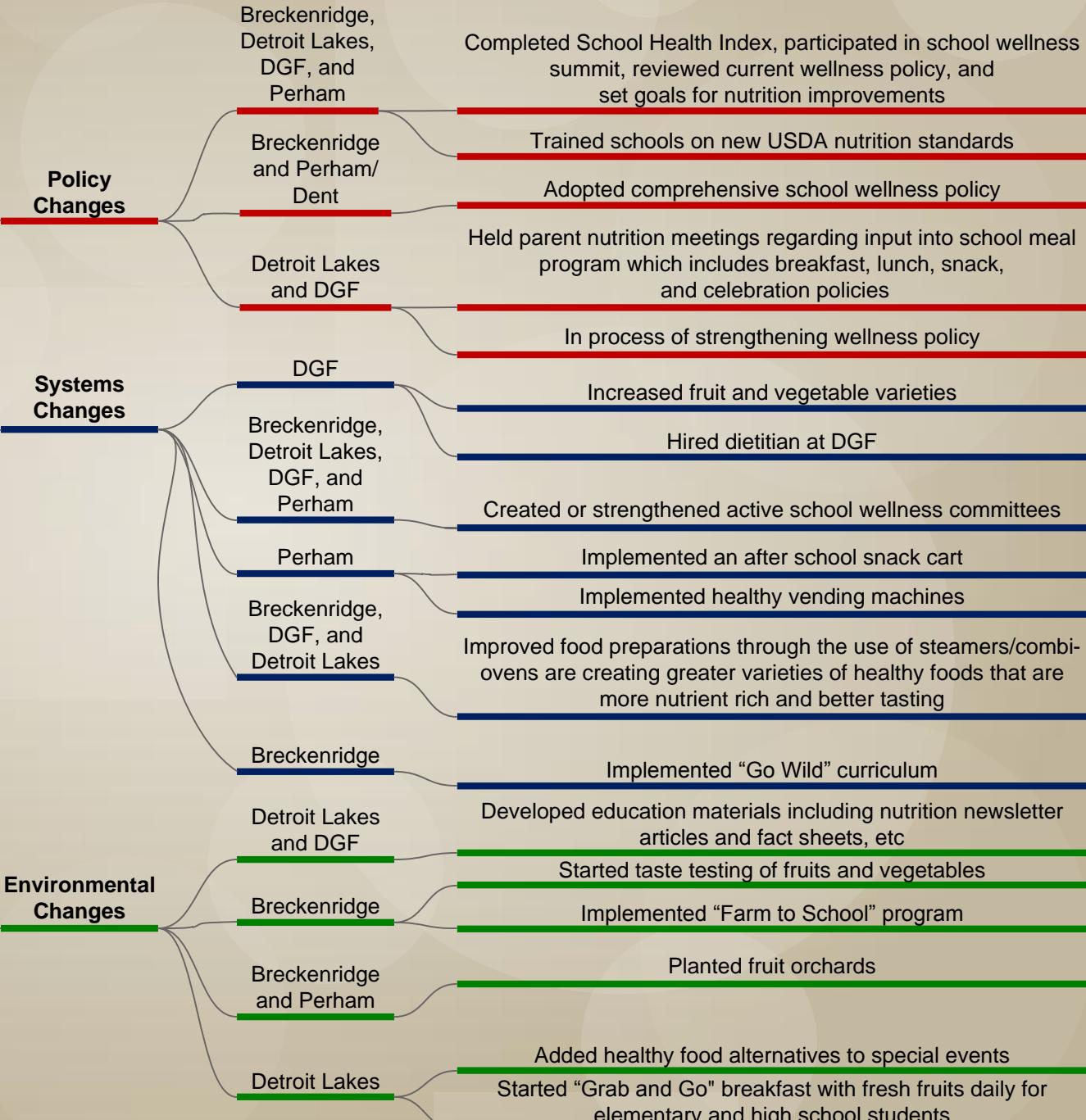
### Pilot Cities

Detroit Lakes  
Dilworth  
Perham  
Breckenridge



DGF: Dilworth-Glyndon-Felton

\*Institute for Clinical Systems Improvement



## Opportunities for Continued Success through the School Nutrition Initiative

The most effective way to create and sustain a healthy school environment accessible to all is through policy, systems, and environmental changes. This approach was used successfully by PartnerSHIP 4 Health and Perham-Dent school officials, school staff, students, and community members, but there is more yet to be accomplished. The following is a list of evidenced-based practices that PartnerSHIP 4 Health recommends for continued success.

- **Promote Wellness Policy so That it Becomes a Natural Part of the School Health Culture**
  - Review with staff and parents during Fall Back to School events.
  - Reevaluate the strength of the policy at least every three years, and implement any new strategies in years two and three (<http://wellsat.org/>).
- **Continue Supporting Middle School Snack Cart and Healthy Vending**
  - Perham middle school students who use the snack cart said they thought it should continue.
  - Continue to promote use of the healthy vending machines that have been installed.
- **Continue Expanding After School Healthy Food Options**
  - Consider partnering with the Perham Activity Community Center (PACC) to improve healthy vending options for a one year pilot program.
- **Continue to Increase Access to Fruits and Vegetables**
  - Develop a system or network for orchard sustainability. Determine who will maintain it, what maintenance includes, who will harvest produce, and how produce will be shared throughout the school district. Consider having each class adopt a tree or a timeframe.
  - Consider using the greenhouse each fall to grow lettuce or spinach to support salad bar.
- **Increase Students' Understanding of Nutrition**
  - Continue to involve students in designing and maintaining gardens/orchards and the greenhouse.
  - Incorporate "Go Wild" Program into curriculum or integrate nutrition into other core curriculum (<http://www.extension.umn.edu/Nutrition/GoWild.html>).
- **Increase Access to Healthy Foods**
  - Continue to promote healthy breakfast programs.
  - Consider adopting the new USDA Child Nutrition Guidelines prior to a mandate (<http://www.fns.usda.gov/cnd/Governance/regulations/2011-01-13.pdf>).
  - Offer healthy foods at concessions, in vending machines, and at school fundraisers.
  - Consider starting a "Farm to School" program (<http://www.farmtoschool.org/state-home.php?id=49>).
- **Solicit Regular Feedback from Students, Parents, and Staff**
  - Utilize student wellness councils, parent focus groups, and staff meetings.



## Worksite Wellness Initiative: City of Perham

The Worksite Wellness Initiative implemented a comprehensive employee wellness initiative that promotes:

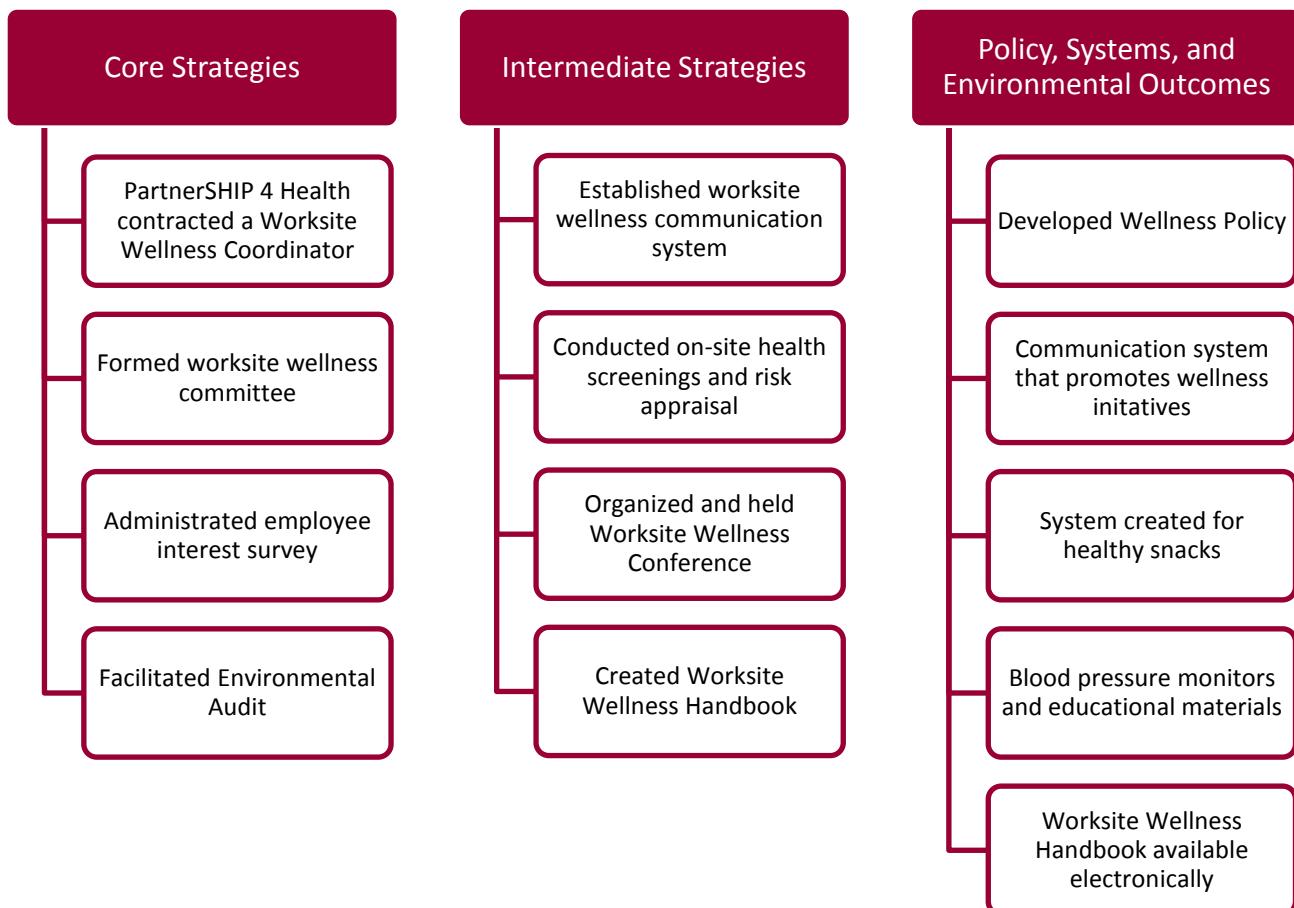
- Health assessment with follow-up-coaching
- Health education
- Wellness policies
- An environment that supports healthy weight and healthy behaviors

### Resources provided by PartnerSHIP 4 Health:

- **Baseline Assessments**
  - Employee Interest Survey
  - Health Risk Assessment
  - Environmental Audit
- **Mini-Grant: Increased Access to Healthy Foods and Wellness Information and Opportunities**
  - Increased access to fruits, vegetables, and other healthy foods assured via:
    - Refrigeration source
    - System developed for preparation and storage
  - Increased wellness information: education materials, nutrition, and exercise posters
  - Increased wellness opportunities: blood pressure monitors in all departmental worksites
- **Training**
  - Action Plan: Assessment, Goal Development, Policy Development, Evaluation
  - Worksite Wellness Summit: June 14, 2011 in Detroit Lakes, MN
- **Technical Assistance**
  - Worksite Wellness Coordinator
  - Project Manager
  - Participation on Worksite Wellness Committee
  - Creation of Worksite Wellness Electronic Manual



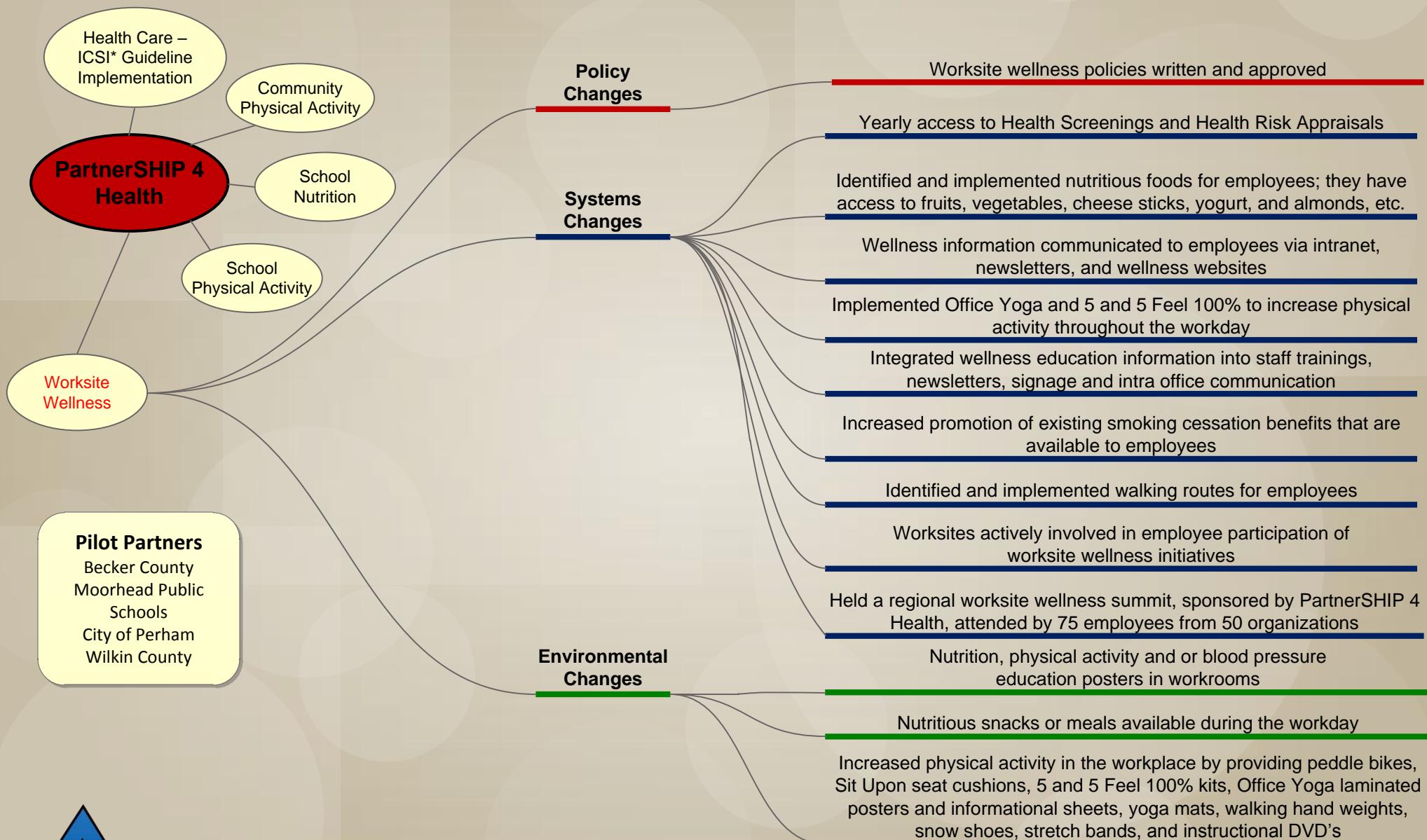
## Summary of Strategies and Outcomes Used to Achieve Worksite Wellness Initiative Goals for City Employees in Perham



# Impact of PartnerSHIP 4 Health, the Minnesota Statewide Health Improvement Program (SHIP) in Becker, Clay, Otter Tail, and Wilkin Counties: 2009-2011

## Worksite Wellness Initiative

### Accomplishments for all Worksites



## Opportunities for Continued Success through the Worksite Wellness Initiative

The most effective way to create and sustain a healthy worksite with healthy choices accessible to all is through policy, systems, and environmental changes. This approach was used successfully by PartnerSHIP 4 Health, the City of Perham Officials, Worksite Wellness Committee members, and worksite employees, but there is more yet to accomplish. The following is a list of evidenced-based practices that PartnerSHIP 4 Health recommends for continued success.

- **Promote a Comprehensive Worksite Wellness Initiative**
  - Follow steps outlined in the *PartnerSHIP 4 Health Worksite Wellness Manual* to create and maintain a robust comprehensive worksite wellness initiative ([http://partnership4health.org/worksite\\_8\\_1349406616.pdf](http://partnership4health.org/worksite_8_1349406616.pdf)).
- **Offer Annual Health Screenings**
  - Health Screenings are the core of any successful worksite wellness initiative.
- **Increase Access to Fruits and Vegetables**
  - Create access to employer land for employee gardens.
  - Consider offering employer land for community garden plots or small raised beds.
  - Plant sustainable sources of food on site.
    - Examples: apples, plums, pears, cherries, raspberries, or blueberries.
    - Make a goal of planting at least one new tree or bush every year.
- **Increase Access to Healthy Foods**
  - Make healthy foods available during meetings.
  - Make available in the employee cafeteria/break room, vending machines, etc.
  - Continue or expand employee-supported healthy snack program.
  - Create a policy regarding healthy foods in the workplace.
- **Increase Access to Physical Activity**
  - Encourage physical activity during flex time or break time.
  - Sponsor employee challenges.
  - Promote Bike/Walk to Work Week.
- **Continue to Integrate Worksite Wellness Information Into Existing Communication Systems**
  - Utilize website, newsletters, staff training, signage, and any intra-office communications.
  - Communicate health benefits of increased exercise.
  - Communicate benefits of intermittent physical activity and office stretches.
- **Promote a Tobacco-Free Environment**
  - Consider adopting a tobacco-free all grounds policy ([http://www.partnership4health.org/wsresources\\_4\\_2974763752.pdf](http://www.partnership4health.org/wsresources_4_2974763752.pdf)).
  - Consistently promote tobacco-cessation services for employees.
  - Consider incentivizing individuals for tobacco cessation efforts.

## Health Care Initiative: Otter Tail County Public Health and Sanford Health Clinics in the Cities of Perham, New York Mills, Ottertail, and Pelican Rapids

The Health Care Initiative supported implementation of the following *Institute for Clinical Systems (ICSI)* Guidelines:

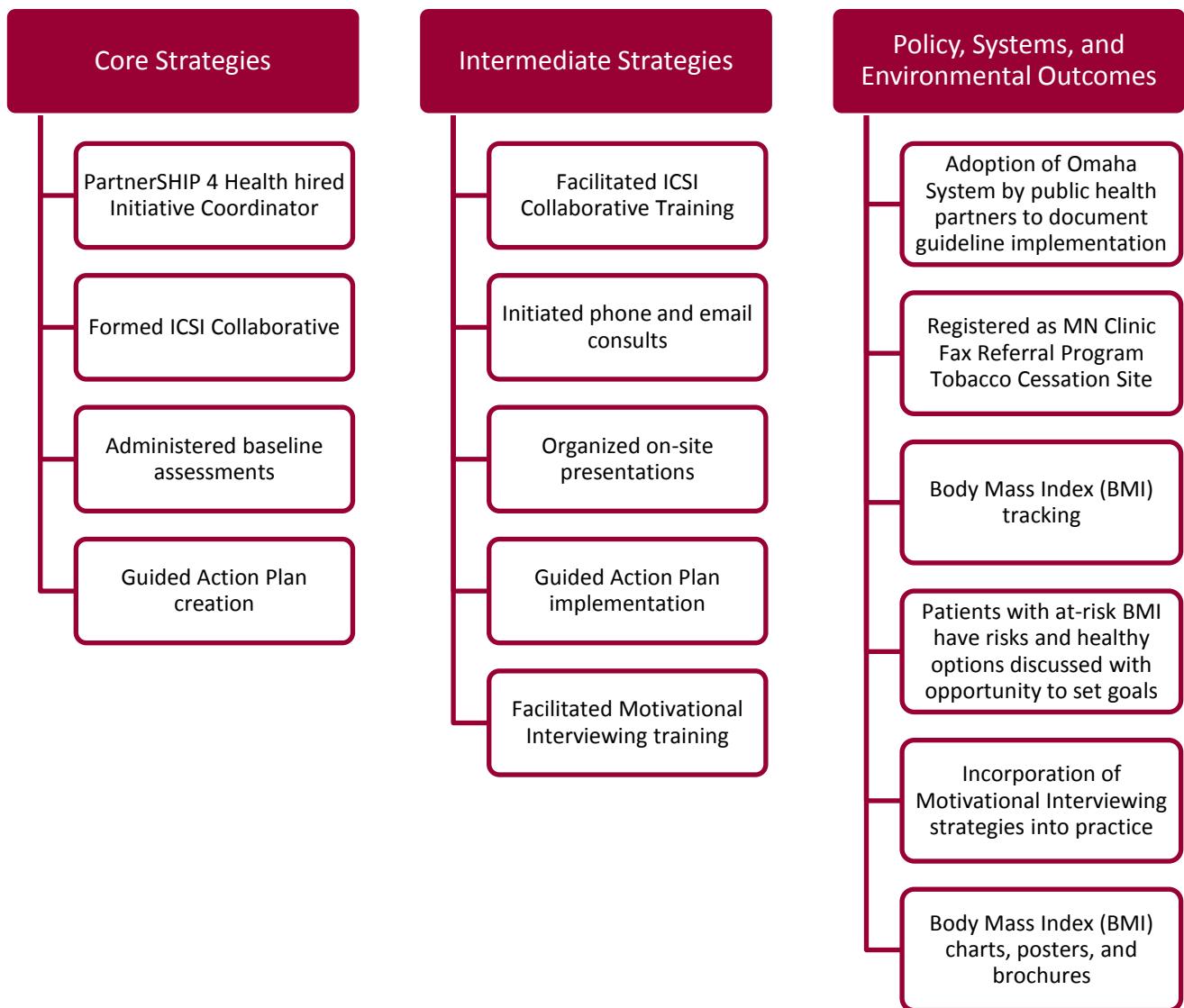
- “Prevention and Management of Obesity”
- “Primary Prevention of Chronic Disease Risk Factors” (“Healthy Lifestyles” as of 2011)

Like the other four initiatives, the health care initiative had a partner in each pilot city. In addition, this initiative, due to its collaborative nature, was able to incorporate six additional partners.

### Resources Provided by PartnerSHIP 4 Health:

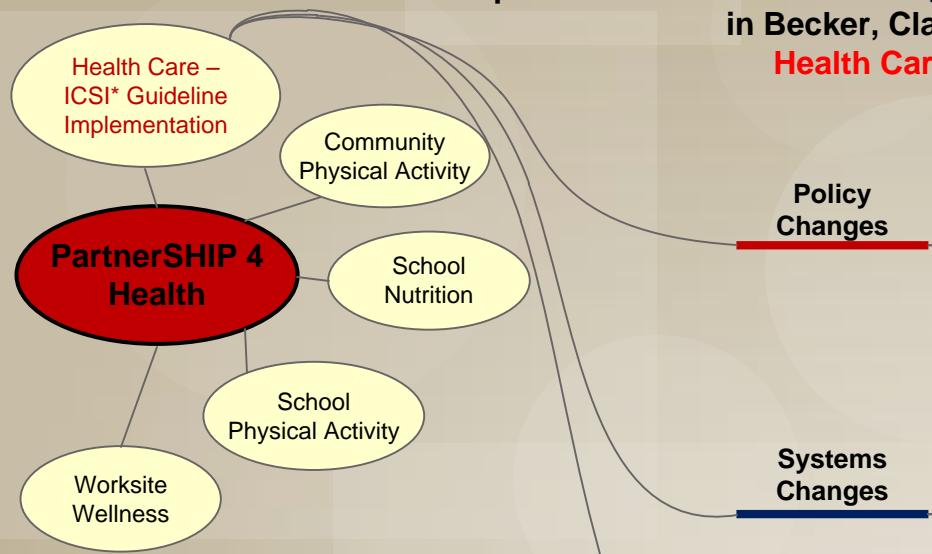
- **Collaborative Led by Institute for Clinical Systems Improvement (ICSI) Staff**
  - Face-to-face sessions, webinars, and conference calls
  - Action Plan and Progress Reports creation and review
- **Document Creation and Administration**
  - Assessment and Evaluation Tools, Clinician Resources, Patient Resources
  - Administration and evaluation of pre- and post-initiative surveys
- **Mini-Grant:**
  - Otter Tail County Public Health: increase guideline implementation
    - Trainer: Omaha System
    - Resources: Laminated Body Mass Index (BMI) Charts, Readiness to Change Assessment Tools, and Nutrition and Physical Activity Patient Resources
  - Sanford Health Clinics:
    - Portable stadiometer and scale that weighs up to 600 pounds
    - Two to four hours of nursing time/week per clinic to track patients with a BMI > 30
    - Role model healthy behavior via healthy snacks at monthly staff meetings
- **Training**
  - Omaha System Training
  - MN Clinic Fax Referral Program for Tobacco Cessation
  - Motivational Interviewing Level I Workshop
  - Motivational Interviewing Individualized Coaching Sessions
  - Tobacco Cessation Conference in Fargo, ND
- **Technical Assistance**
  - Health Care Initiative Coordinator
  - Dr. Gary Oftedahl, ICSI Chief Knowledge Officer

## Summary of Strategies and Outcomes Used to Achieve Health Care Initiative Goals in Otter Tail County



# Impact of PartnerSHIP 4 Health, the Minnesota Statewide Health Improvement Program (SHIP) in Becker, Clay, Otter Tail, and Wilkin Counties: 2009-2011

## Health Care Initiative-ICSI Guideline Implementation



### Policy Changes

- Instituted patient BMI, nutritional status, and activity level assessments
- Adopted policies supporting BMI calculation
- Added BMI, nutrition, physical activity, tobacco status screening, intervention, and outcome prompts to medical records
- Instituted system-wide BMI tracking

### Systems Changes

- Instituted BMI patient education, action plan, resources, and tools in multiple languages
- Instituted Motivational interviewing to enhance patient/clinician healthy lifestyle discussions
- Instituted exercise/rehab/cardio fitness program
- Registered as MN Clinic Fax Referral Tobacco Cessation Program site

### Environmental Changes

- Nursing services available to motivated patients with BMI>30
- Public awareness events focus on healthy living and health risks of obesity and tobacco use
- Encouraged staff to become healthy role models via Worksite Wellness initiatives
- Offering only healthy food at staff meetings
- BMI educational and awareness posters and signage in waiting areas
- Healthy food models in exam rooms
- Health education DVDs in multiple languages distributed to patients and played in waiting rooms and during phone "holds"
- Moved height/weight scale to private and central locations
- BMI charts and posters hung by scales
- Hospital food service lists calorie content on cafeteria foods
- Using portable scale at public awareness events and classes

### Health Care Partners

- Becker County Public Health in Detroit Lakes, MN
- Clay County Public Health in Moorhead, MN
- Essentia Health St. Mary's in Detroit Lakes, MN
- Family HealthCare Center in Fargo, ND
- Orthopedic Sports & Physical Therapy, Inc. in Breckenridge, MN
- Otter Tail County Public Health in Fergus Falls, MN and New York Mills, MN
- Migrant Health Services, Inc. in Moorhead, MN
- Sanford Health Clinic in Pelican Rapids, MN
- Sanford Health Clinics: Perham, Hawley, Ottertail, New York Mills, and Ulen, MN
- Wilkin County Public Health in Breckenridge, MN



## Opportunities for Continued Success through the Health Care Initiative

The most effective way to integrate prevention and management of obesity and tobacco cessation into the health care setting is through policy, systems, and environmental changes. This approach was used successfully by PartnerSHIP 4 Health and Health Care Partners but there is more yet to be accomplished. The following is a list of evidenced-based practices that PartnerSHIP 4 Health recommends for continued success.

- **Refer to Evidence-Based Practice Manuals to Integrate Changes Into Office System**

Prevention and Management of Obesity Practice Manuals:

- American Academy of Family Physicians (2010). AIM-HI practice manual.  
([http://www.aafp.org/online/etc/medialib/aafp\\_org/documents/clinical/pub\\_health/aim/practicemanual.Par.0001.File.tmp/AIMPracticeManual.pdf](http://www.aafp.org/online/etc/medialib/aafp_org/documents/clinical/pub_health/aim/practicemanual.Par.0001.File.tmp/AIMPracticeManual.pdf))
- What Works in Healthcare.  
(<http://www.dhs.wisconsin.gov/health/physicalactivity/sites/healthcare/WhatWorksHealthcarefinal.pdf>)

Tobacco Cessation Practice Manuals:

- American Academy of Family Physicians (2010). Ask and act: a tobacco cessation program. Treating tobacco dependence practice manual: build a better office system.  
([http://www.msafp.org/upload/file497\\_AAFPPracticeManual.pdf](http://www.msafp.org/upload/file497_AAFPPracticeManual.pdf))
- Partnership for Prevention (2008). Working with healthcare delivery systems to improve the delivery of tobacco-use treatment to patients—an action guide. The community health promotion handbook: action guides to improve community health.  
([www.prevent.org/downloadStart.aspx?id=23](http://www.prevent.org/downloadStart.aspx?id=23))

- **Create or Strengthen a Worksite Wellness Program:**

([http://partnership4health.org/worksuite\\_8\\_1349406616.pdf](http://partnership4health.org/worksuite_8_1349406616.pdf))

- **Embed Evidence-Based Changes Into an Agency Policy or System**

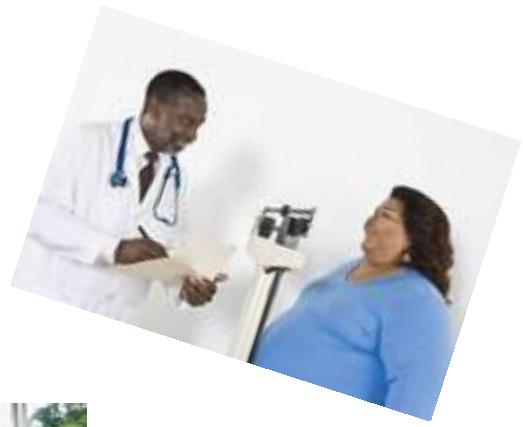
- **Enlarge the Target Population from Adults to Include Children and Teens**

- Spear, B.A., Barlow, S.E., Ervin, C., Ludwig, D.S., Saelens, B.E., & Schetzina, K.E., Taveras, E.M. (2007). Recommendations for treatment of child and adolescent overweight and obesity.  
([http://pediatrics.aappublications.org/content/120/Supplement\\_4/S254.full](http://pediatrics.aappublications.org/content/120/Supplement_4/S254.full))
- James, K. (2011). Aiming for Success in Childhood Obesity Interventions: Family-Based Approaches to Care from Medscape Education Diabetes & Endocrinology.  
([http://www.medscape.org/viewarticle/745701\\_transcript](http://www.medscape.org/viewarticle/745701_transcript))

- **Continue to Set Measurable Aims, Target Dates, and Data Collection Requirements**

Sample Aims and Measures for the Health Care Initiative:

- Aim: By (date), patient BMI calculation will increase from (baseline) % to (projected) %.  
Measure: % of patient charts with BMI documented.  
Data: Chart Audit
- Aim: By (date), patient BMI counseling will increase from (baseline) % to (projected) %.  
Measure: % of patient charts with BMI counseling documented.  
Data: Chart Audit
- Aim: By (date), referrals of patients with a BMI > 30 will increase from (current) % to (projected) %.  
Measure: % of patients with a BMI > 30 whose chart documents a BMI referral.  
Data: Chart Audit
- Aim: By (date), tobacco use and secondhand smoke exposure screening will increase from (current) % to (projected) %.  
Measure: % of patient charts with tobacco use/exposure status documented.  
Data: Chart Audit
- Aim: By (date), tobacco use and secondhand smoke exposure counseling will increase from (current) % to (projected) %.  
Measure: % of patient charts with tobacco use/exposure counseling documented.  
Data: Chart Audit



## Appendix: Resources

### General Information

PartnerSHIP 4 Health:

<http://www.partnership4health.org/>

Minnesota Department of Health SHIP:

<http://www.health.state.mn.us/healthreform/ship/index.html>

Lakes Country Service Cooperative:

<http://www.lcsc.org/lcscorg/site/default.asp>

North Dakota State Data Center:

<http://www.ndsu.edu/sdc/>

### Publications

#### *Evaluation Documents*

Available at: <http://www.ndsu.edu/sdc/publications/SHIP/Evaluation>

- PartnerSHIP 4 Health 2009-2011: Becker County, Minnesota
- PartnerSHIP 4 Health 2009-2011: Clay County, Minnesota
- PartnerSHIP 4 Health 2009-2011: Otter Tail County, Minnesota
- PartnerSHIP 4 Health 2009-2011: Wilkin County, Minnesota

#### *Active Living Studies*

Available at: <http://www.ndsu.edu/sdc/publications/SHIP/ActiveLiving>

- City of Breckenridge, Minnesota: Results of a September 2010 Survey of Breckenridge Residents
- City of Detroit Lakes, Minnesota: Results of a September 2010 Survey of Detroit Lakes Residents
- City of Dilworth, Minnesota: Results of a September 2010 Survey Dilworth Residents
- City of Perham, Minnesota: Results of a September 2010 Survey of Perham Residents

#### *Safe Routes to School*

Available at: <http://www.ndsu.edu/sdc/publications/SHIP/SRTS>

- Survey Results of Students in Breckenridge, Minnesota
- Survey Results of Students in Detroit Lakes, Minnesota
- Survey Results of Students in Dilworth, Minnesota
- Survey Results of Students in Perham, Minnesota