



ANNUAL REPORT 2019

Dakota County Community Health Improvement Plan



Building healthy families and communities in Dakota County through partnerships



Healthy Dakota Initiative

The Healthy Dakota Initiative is a comprehensive community health assessment and improvement project that engages representatives from a broad cross-section of partner organizations, including hospitals, clinics, schools, non-profits, and businesses, as well as community members. The Healthy Dakota Initiative aims to engage the community in a strategic planning process to improve the health and safety of all Dakota County residents, and to ensure that the priorities and strategies are shared by the partners in the county.

Vision

Health and well-being for all in Dakota County

Values

- Strong community connections promote optimum well-being.
- Individuals, families, groups and organizations actively participate in creating a healthy community
- All who live or work in Dakota County – regardless of age, gender, race, ethnicity, or socioeconomic status – have multiple opportunities to maximize their health.

About this report

This is the fifth and final report on annual progress in achieving the goals of the 2014-2019 Dakota County Health Improvement Plan. This report, the Dakota County Community Health Assessment, and the Dakota County Community Health Improvement Plan are posted on the Dakota County website at:

<https://www.co.dakota.mn.us/Government/publiccommittees/CHA/Pages/default.aspx> .

For additional information, please contact the Dakota County Public Health Department, by e-mail (public.health@co.dakota.mn.us) or by phone (651-554-6100).

Publication date: February, 2020

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Executive Summary

This is the fifth and final report for the 2014-2019 Community Health Improvement Plan (CHIP). Dakota County partners identified community health priorities in 2018. Three priorities: adult mental health, adult physical activity, and suicidal ideation in adolescents align with the priorities of this plan, so work will continue towards these priorities in the 2020-2024 plan. An analysis of the community-wide outcomes is incorporated into this report and includes a discussion of the work that will continue into the next plan cycle.

Preventing obesity: healthy eating and physical activity

The goal established for this priority is to reduce chronic disease, health disparities, and health care costs by creating sustainable policy, system, and environmental changes that increase access to healthy food, increase opportunities to be physically active, and increase breastfeeding support. Baseline measurements and targets were established in 2014 and have been used to monitor community-level outcomes. Dakota County Public Health (DCPH) received funding from the Minnesota Department of Health (MDH) to implement the Statewide Health Improvement Partnership (SHIP) from November 1, 2017 – October 31, 2020. The work completed for this priority was done under this grant. The data and accomplishments below represent progress in the two-year grant cycle from November 1, 2017-October 31, 2019.

Healthy eating key accomplishments

- The Dakota County Public Health Department (DCPH) worked with 18 schools in 6 districts to implement activities to increase healthy eating, such as Smarter Lunchrooms, and healthy breakfast and snack options before, during and after the school day.
- In 2017, a cohort of 6 child care centers were trained to incorporate healthy eating at their sites. The trainings reached 73 staff across 6 sites impacting 421 children. Centers made changes including substituting water for sugary juice, increasing the number of vegetables served and replacing unhealthy snacks.
- DCPH partnered with 11 worksites to enhance worksite wellness by updating policies and starting programs to increase healthy eating, including improved vending machine options and developing healthy food policies for meetings. One worksite developed a community garden with 35 employees actively participating, planning, implementing, and eating fresh produce.
- DCPH partnered with community leaders to help create a professional development network of Latinx childcare providers, specifically those not associated with formal child

care centers, also known as Family Friend and Neighbor (FFN) child care. Since it started in 2017, 7 trainings have been held and 112 providers have been training on topics including nutrition for young children, Sudden Unexpected Infant Death Syndrome and feeding basics, and healthy eating. The nutrition topics are part of the new Start Strong curriculum from the University of Minnesota Extension. All materials and presentations were provided in Spanish.

- Under the Good Food Sold Here initiative, DCPH worked with three corner stores to increase the presence and visibility of healthy options, by providing training, one-on-one support, signage, and funding. All three stores made new relationships with distributors, farmers, organizations, or businesses.

Physical activity key accomplishments

- DCPH worked with 18 schools in 6 districts to implement activities to increase physical activity, such as Moving and Learning and active recess.
- In 2017, a cohort of 6 child care centers were trained to incorporate additional physical activity in their sites. The trainings reached 73 staff across 6 sites impacting 421 children. Centers made changes including integrating movement into everyday activities.
- DCPH supported the development of Safe Routes to School plans for six schools across two districts.
- DCPH partnered with 11 worksites to enhance worksite wellness by updating policies and starting programs to increase physical activity.
- Three planning and design studies were completed by city and county partners in Active Living Dakota County – City of Farmington Bicycle and Pedestrian Plan, South St. Paul Mississippi River Greenway Wakota Trailhead and Overlook Design and Eagan Soo Line Feasibility Studies.
- Four projects involving improvements to trails and sidewalks in Dakota County were granted federal funding for construction, totaling \$5,442,240 – North Creek Greenway in Lakeville and Farmington, CSAH 42 Multiuse Trail and Crossing in Apple Valley, Minnesota River Greenway in Eagan, Greenleaf Elementary Galaxie Crossing in Apple Valley.

Preventing mental illnesses: promoting mental health

The goal established for this priority is to improve mental health and prevent mental illnesses by identifying needs, providing education, and promoting access to mental health services for all residents of Dakota County. Baseline measurements and targets were established in 2014 and will be used to monitor community-level outcomes as new data becomes available. Below is a summary of the accomplishments under this priority during the period 10/1/2018-9/30/2019.

Mental health key accomplishments

- The Dakota County Healthy Communities Collaborative hosted the South of the River Mental Health Summit for 400 people on October 26, 2018 at Hosanna! Lutheran Church in Lakeville.
- Dakota County sponsored two-hour trainings conducted by 1000 Petals (<https://1000-petals.com/>) at several local schools. Some staff also received a residency, where further guidance and in-class support was offered. The following results highlight feedback given approximately 3 school-months after the training was provided. In Dakota County, 426 staff members received the two-hour training, and 142 provided feedback 3 schools months after the training. The pie-chart to the right highlights the strong impact the training had with 94percent using the techniques and 57percent using them frequently (from 2 days a week to every day).
- Dakota County Public Health conducted 3 Make It Ok presentations for 36 participants.
- NAMI-MN conducted 12 Ending the Silence presentations in Dakota County in 2019 for a total of 473 students.
- Dakota County Public Health partnered with Dakota County Social Services and the Center for Community Health on training and awareness activities for Mental Health Awareness Month in May 2019.
- The Moving and Learning curriculum was taught to 426 school staff and 94percent of survey respondents reported they used the techniques.

Introduction

In April 2013, the Dakota County Public Health Department launched the Healthy Dakota Initiative (HDI), a comprehensive community health assessment and improvement project. The Healthy Dakota Initiative Steering Committee includes representatives from a broad cross-section of partner organizations, including hospitals, clinics, schools, non-profits, and businesses.

The HDI aims to engage the community in a strategic planning process to improve the health and safety of all Dakota County residents, and to ensure that the priorities and strategies are shared by the partners in the county. The Dakota County Community Health Assessment represented the first step in the planning process. In addition to information about the health of the community, the Community Health Assessment includes information about assets, challenges, barriers, and resources that the Healthy Dakota Initiative Steering Committee used to develop the Dakota County Community Health Improvement Plan (CHIP).

Based on the data from the Community Health Assessment, the HDI Steering Committee identified two priority areas for the CHIP:

1) Mental illnesses/promoting mental health

Improve mental health and prevent mental illnesses by identifying needs, providing education, and promoting access to mental health services for all residents of Dakota County.

2) Physical activity/eating habits/obesity

Reduce chronic disease, health disparities, and health care costs by creating sustainable policy, system, and environmental changes that increase access to healthy food, increase opportunities to be physically active, and increase breastfeeding support.

Action teams of community partners were formed for the two priority areas to identify goals, measureable objectives and strategies. This document reports on the accomplishments of the fifth and final year of implementation (October 2018-September 2019).

For additional information, including the Dakota County Community Health Assessment and the Dakota County Community Health Improvement Plan, see the Dakota County website at:

<https://www.co.dakota.mn.us/Government/publiccommittees/CHA/Pages/default.aspx>.

Implementation and monitoring of plan

Information will be collected on a quarterly basis in order to update the Dakota County Public Health tracking tool. The action teams have committed to developing annual work plans, and to meet at least twice per year to review the progress of each objective. At these meetings, community partners will give updates on their activities and discuss any barriers or changes that need to be made. Once a year, action team members will review progress and available measurement data on each objective. Based on this review, the action team may recommend quality improvement projects or revisions to the plan. Plan revisions will be decided by consensus of the appropriate action team and will be based on the following criteria:

- Feasibility of the strategy (if not started)
- Effectiveness of the strategy
- New or emerging health issue
- Strategy completed
- Change in health status indicators
- Change in level of resources available

Note: The activities under the Obesity priority are funded by the SHIP grant, which is on a 2-year cycle. The interventions are prescribed by the grant and the work plan is set for the 2-year period, so the action team is not able to recommend plan revisions during the 2-year period of the grant. Therefore, annual discussions will be limited to progress on strategies, changes in level of resources, and recommendations for future grant cycles. This action team met twice in 2019.

An annual report will be completed by January of each year that details the progress and future plans for each of the objectives.

For more information about the Community Health Improvement Plan, priorities, and action teams, please see the [2014-2019 Community Health Improvement Plan](#).

Priority 1: Physical Activity/Eating Habits/Obesity

Goal 1: *Dakota County children and adolescents will have increased access to nutritious foods and increased opportunities for physical activity.*

Objective 1 and 2

Performance Measure	Baseline	Target	Current Status	Data Source
Reduce the percent of preschool children (2-5 year olds enrolled in WIC) who are obese	11.3 percent (2012)	10 percent (Healthy People 2020)	11.5 percent (2019)	Minnesota Department of Health, WIC
Reduce the percent of children and adolescents (9th grade students) who are obese	7.8 percent (2013)	7 percent (Healthy People 2020)	9.4 percent (2019)	Minnesota Student Survey

DCPH received funding from the MDH to implement the SHIP 4 grant from November 1, 2017 – October 31, 2020. The work completed for this priority was done under this grant. The data and accomplishments below represent progress during the two-year grant cycle of November 1, 2017- October 31, 2019.

Progress on community-level outcomes

When the plan began in 2014, two community indicators were identified to measure this goal: 1) a reduction in the percent of preschool children enrolled in WIC who are obese; and 2) to reduce the percent of 9th grade students who are obese.

In 2012 (baseline year), 11.3 percent of preschool children enrolled in WIC were obese. The target was 10 percent, which is the Healthy People 2020 target. As measured in 2019, the percent is 11.5 percent, so this measure remained stable over the five-year plan cycle, and it did not reach the target.

In 2013 (baseline year), 7.8 percent of 9th grade students were obese. The target was seven percent, which is the Healthy People 2020 target. As measured in 2019, the percent is 9.4 percent, so this measure slightly increased over the five-year plan cycle, and it did not reach the target.

Future Plans

Although these indicators did not improve over the five-year plan cycle, childhood obesity was not a priority identified in the most recent community health assessment (2018), so there will not be objectives in the 2020-2024 CHIP to address this. Dakota County Public Health continues to work with partners on childhood obesity through the Statewide Health Improvement Partnership grant through interventions in child care and schools.

Accomplishments

Child Care

In 2017, a cohort of 6 childcare centers were trained to incorporate additional physical activity and healthy eating in their sites. The trainings reached 73 staff across 6 sites, impacting 421 children. A few key changes included substituting water for sugary juice, increasing the number of vegetables served, replacing unhealthy snacks, and integrating movement into everyday activities.

The Youth Support Program Manager at the YMCA led the group through sample noncompetitive games and physical activity exercises from the Coordinated Approach to Child Health (CATCH). The trainings have impacted participants' work as childcare providers. After the February session, 100 percent of respondents strongly agreed or agreed that they feel confident in their ability to use the content from the training with the children in their care.

Beyond the work done through these completed trainings, DCPH staff have specifically reached out to providers caring for children of historically underrepresented communities, including Latinx and Somali communities. The trainings have been adapted and translated, often working with community representatives and bicultural/bilingual speakers to tailor each to be most appropriate.

Schools

The Moving and Learning training is structured to provide teachers with the knowledge and skills to use mindful movement throughout the day in their classrooms for stress reduction and social/emotional skill-building. Dakota County sponsored two-hour trainings conducted by 1000

Petals (<https://1000-petals.com/>) at several local schools. Some staff also received a residency, where further guidance and in-class support was offered.

In Dakota County, 426 staff members received the two-hour training, and 142 provided feedback three school-months after the training. Ninety-four percent reported using the techniques and 57 percent reported using them frequently (from 2 days a week to every day).

Goal 2: *Dakota County adults will have increased access to nutritious foods and increased opportunities for physical activity.*

Objective 1

Performance Measure	Baseline	Target	Current Status	Data Source
Increase the percent of adults who are at a healthy weight	35.9 percent (2014)	47 percent (Healthy Minnesota 2020)	30.5 percent (2019)	Metro SHAPE Survey (2014), Dakota County Adult Health Survey (2019)

The Dakota County Public Health Department received funding from the Minnesota Department of Health to implement SHIP 4 from November 1, 2018 – October 31, 2020. The work completed for this priority was done under this grant. The data and accomplishments below represent progress in the two-year grant cycle of November 1, 2018-October 31, 2019.

Progress on community-level outcomes

In 2014 (baseline year), 35.9 percent of adults were at a healthy weight. The target was 47 percent, which is the Healthy Minnesota 2020 target. As measured in 2019, the percent is 30.5 percent, which is a seven percent decrease over the five-year plan cycle, and it did not reach the target.

Future Plans

This indicator did not improve over the five-year plan cycle and adult physical activity was identified as a priority in the most recent community health assessment (2018), so there will be objectives in the 2020-2024 CHIP to continue working on this. Strategies will include: supporting up to four active living planning projects, providing resources to city partners for active living

projects, holding two educational sessions on topics related to active living, and providing tools and assistance for comprehensive plan implementation.

Accomplishments

Worksites

Eight organizations, reaching 2,000 employees, worked to encourage and provide opportunities for healthy eating and physical activity. These included improving vending machine options and developing health food policies for meetings. One worksite developed a community garden with 35 employees actively participating, planning, implementing, and eating fresh produce. Organizations also held walking challenges and created wellness committees to continue to update the environment and policies around health. One organization developed a Wellness Committee that planned programs such as a fitness survey, a “Stand, Stretch, and deStress” challenge, and a walking challenge. They also provided a wellness booth at their benefits event. Another worksite developed a map and other activities that will be included in new hire materials.

Community Food & Active Living

SHIP continued to support the expansion of the Metro Food Access Network (MFAN). MFAN is a large group of partners with the mission of leveraging collective capacity to advance equitable access to food for all Metro Area residents. MFAN helps members collaborate and increase their knowledge and capacity to address system issues locally and regionally. It is facilitated primarily by the University of Minnesota Extension with additional funding from Metro County SHIP grantees (Ramsey, Dakota, Hennepin, Washington, and Carver). Their work includes: quarterly meetings for 300 unique food system partners, resources for advancing racial equity in the food system and to support integration of food access into comprehensive plans.

One innovative effort (Good Food Sold Here) offered through the Minnesota Department of Health (MDH) involved working with corner stores to increase the presence and visibility of healthy options. Not all communities in Dakota County have equal access to grocery stores and often use local convenience stores as an alternative; however, many of these do not routinely stock the same healthy options as a full grocery store. To help address this, Public Health staff identified three corner stores as a pilot and provided training, one-on-one support, as well as signage and funding. All three stores developed new relationships with distributors, farmers, organizations, or businesses.

The County continued to work with Active Living Dakota County. Active Living Dakota County is made up of staff from City and County Parks, Planning and Public Health Departments. The group collaborates to plan, design and secure funding for new trails and sidewalks that support active living. SHIP supports these multi-year projects by providing resources for planning and design studies as well as grant writing. Three planning & design studies were completed: City of Farmington Bicycle and Pedestrian Plan, South Saint Paul Mississippi River Greenway Wakota Trailhead and Overlook Design, and Eagan Soo Line Feasibility Studies.

Four projects involving improvements to trails and sidewalks in Dakota County were granted federal funding for construction, totaling \$5,442,240. For all applications submitted in this round of funding, each dollar spent on grant preparations yielded \$272 in funds awarded, a 26,986 percent return on investment. Collaboration and shared expertise from City and County staff were integral to the success of grant applications.

Four grants were secured by the active living grant writer for active living infrastructure:

North Creek Greenway in Lakeville and Farmington: \$480,000

CSAH 42 Multiuse Trail and Crossing in Apple Valley: \$1,256,000

Minnesota River Greenway in Eagan: \$3,508,000

Greenleaf Elementary Galaxie Crossing in Apple Valley: \$ 198,240

Priority 2: Mental Illnesses/Promoting Mental Health

Goal 1: *Community partners in Dakota County will adopt mental health promotion strategies that emphasize protective factors and self-sufficiency.*

Objective 1

Performance Measure	Baseline	Target	Current Status	Data Source
Reduce the percent of 9 th graders who attempted suicide in the past year	3.8 percent (2013)	3 percent (Healthy People 2020)	3.1 percent (2019)	Minnesota Student Survey

The accomplishments and results reported below are for the fifth year of CHIP implementation – October 1, 2018-September 30, 2019.

Progress on community-level outcomes

In 2014 (baseline year), 3.8 percent of 9th graders attempted suicide in the past year. The target was three percent, which is the Healthy People 2020 target. As measured in 2019, the percent is 3.1 percent, which is a slight decrease over the five-year plan cycle, but it did not quite reach the target.

Future Plans

This indicator improved slightly over the five-year plan cycle and suicidal ideation in adolescents was identified as a priority in the most recent community health assessment (2018), so there will be objectives in the 2020-2024 CHIP to continue working on this. This plan is still under development, but strategies may include: training and educating Dakota County partners on healthy coping skills/strategies for youth; equipping educators and parents with evidence-based mental health and trauma intervention trainings to serve children within schools and at home; and convening a workgroup to recommend policies, systems, and/or environmental changes to increase protective factors and reduce risk for young people who identify as LGBTQ.

Accomplishments

400 people attended the South of the River Mental Health Summit, which was held on October 26, 2018 at Hosanna! Lutheran Church in Lakeville. The Summit was hosted by the Dakota County Healthy Communities Collaborative. Attendees included professionals in corrections, Early Childhood, education, faith communities, health care, law enforcement, mental health, public health, social services and others. Dr. Clayton Cook, PhD gave the keynote address on “Modern View of Mental Health: More Than Just Addressing Problems”. There were 13 breakout learning sessions that included the following topics: attachment, historical trauma in minority communities, teen chemical dependency, law & order in Dakota County, culturally responsive awareness, self-regulation & mindfulness, school-based threat assessments, eating disorders treatment, e-cigarettes and other tobacco trends, fetal alcohol syndrome, gender diversity in schools, adolescent sexual health, and a journey to wellness.

250 attendees completed an evaluation at the end of the South of the River Mental Health Summit (response rate: 62.5 percent). Overall, attendees found the summit helpful. Below are the key findings from the evaluation survey:

- 100 percent of respondents agreed or strongly agreed that the topics selected for presentation were valuable, timely, and suitable for their needs.
- 100 percent of respondents agreed or strongly agreed that the exhibitors were useful in providing resources they can use.
- 95 percent of respondents agreed or strongly agreed that the keynote presentation was helpful.

Three months following the Summit, a follow-up survey was sent to 70 participants who agreed to be contacted to find out how they have continued to use what they learned at the Summit. Twenty-one people responded to the follow-up survey (response rate: 30 percent). Seventy-six percent of respondents found the information presented at the summit helpful or very helpful for them in understanding and or accessing mental health services for children and families in the county. Fifty-seven percent of respondents indicated they had used resources from the summit.

The Dakota Healthy Communities Collaborative continued to meet quarterly during the reporting period.

The Moving and Learning training is structured to provide teachers with the knowledge and skills to help their students utilize the training’s techniques in the classroom. Dakota County sponsored two-hour trainings conducted by 1000 Petals (<https://1000-petals.com/>) at several local schools. Some staff also received a residency, where further guidance and in-class support was offered. In Dakota County, 426 staff members received the two-hour training, and 142 provided feedback three school-months after the training. Ninety-four percent reported using the techniques and 57 percent reported using them frequently (from 2 days a week to every day).

Three Adverse Childhood Events trainings were held in 2019 – one for parents and community members, one for school staff, and one for volunteers and parents. The Dakota County Healthy Communities Collaborative also sent three community members to be training in giving this presentation.

Objective 2

Performance Measure	Baseline	Target	Current Status	Data Source
Reduce the average number of mentally unhealthy days for adults in the past 30 days	2.6 days (2014)	2.3 days (10 percent improvement over baseline)	3.0 (2016)	County Health Rankings

*Note: In 2016, the methodology to calculate average number of mentally unhealthy days for adults in the past 30 days was changed by the County Health Rankings. The baseline and target were adjusted. However, direct comparison is not available for measurements prior to 2016. The accomplishments and results reported below are for the fifth year of CHIP implementation – October 1, 2018-September 30, 2019.

Progress on community-level outcomes

In 2014 (baseline year), the average number of mentally unhealthy days for adults in the last 30 days was 2.6 days. The target was 2.3 days, which is a 10 percent improvement over baseline. The data are not directly comparable between 2014 and 2016 due to a methodological change. However, the average number appears to have increased from 2014 to 2019 and it is above the target.

Future Plans

This indicator did not improve over the five-year plan cycle and adult mental health was identified as a priority in the most recent community health assessment (2018), so there will be objectives in the 2020-2024 CHIP to continue working on this. This plan is still under development, but strategies may include: identifying local businesses and organizations to serve as mental health champions to disseminate mental health information to their customers/clients; creating a mental health resource guide that contains information on local/national organizations, telehealth, rural/farm health tools, etc.; equipping professionals that have close community ties, such as barbers, hair and nail stylists, etc.) with Question, Persuade, Refer (QPR) suicide prevention gatekeeper skills; promoting Center for Community Health's menu of best practice interventions that increase social connectedness and reduce isolation; and increasing the number of grief trainings offered to school and community team members.

Accomplishments

Dakota County Public Health conducted 3 Make It Ok (MIO) presentations for 36 attendees in 2019.

NAMI-MN conducted 12 Ending the Silence presentations in Dakota County in 2019 for a total of 473 students.

During May 2018, DCPH partnered with Dakota County Social Services (DCSS) and the Center for Community Health on training and awareness activities for Mental Health Awareness Month. Activities included: a County Board presentation and Board proclamation and distribution of 4,586 print materials at tables in county buildings and libraries.

Goal 2: *Community partners in Dakota County will assure access to appropriate services and programs that support optimal mental well-being.*

Objective 1

Performance Measure	Baseline	Target	Current Status	Data Source
Among adults who needed mental health care, reduce the percentage of who delay getting care	56 percent (2014)	50 percent (5.6 percent improvement over baseline)	43 percent (2019)	Metro SHAPE Survey (2014), Dakota County Adult Health Survey (2014)

The accomplishments and results reported below are for the fifth year of CHIP implementation – October 1, 2018-September 30, 2019.

Status of community-level outcomes

In 2014 (baseline year), the percent of adults who needed mental health care and delayed getting care was 56 percent. The target was 50 percent, which is a 5.6 percent improvement over baseline. As measured in 2019, the percent is 43 percent. There was a decrease of 13 percent from 2014 to 2019 and the 2019 percent is below the target.

Future plans

This indicator improved over the five-year plan cycle, however, access to health care due to cost was identified in the most recent community health assessment (2018) and Dakota County is working with community partners to address this. This work may also increase access to mental health care.

Accomplishments

There were no activities under this objective in 2019.

Objective 2

Performance Measure	Baseline	Target	Current Status	Data Source
Among youth – 8 th , 9 th and 11 th graders - who seriously considered or attempted suicide in the past 12 months, increase the percent who received mental health treatment during the past year	27.6 percent (2013)	30.4 percent (2.8 percent improvement over baseline)	37.6 percent (2019)	Minnesota Student Survey

Note: The performance measure was revised due to a change in Minnesota Student Survey questions between 2013 and 2016.

The accomplishments and results reported below are for the fifth year of CHIP implementation – October 1, 2018-September 30, 2019.

Progress on community-level outcomes

In 2013 (baseline year), the percent of students who seriously considered or attempted suicide in the past 12 months who received mental health treatment was 27.6 percent. The target was 30.4 percent, a 2.8 percent improvement over baseline. As measured in 2019, the percent is 37.6 percent, a 10 percent increase from 2013. It is also seven percent above the target.

Future plans

This indicator improved over the five-year plan cycle, however, access to health care due to cost was identified in the most recent community health assessment (2018) and Dakota County is working with community partners to address this. This work may also increase access to mental health care.

Accomplishments

Between July and September 2019, there were 14 community forums with 210 participants were held by NAMI in partnership with Neighbors, Inc. and the South St. Paul Police Department. The goal of the forums was to provide mental health resources to families where they gather.

Goal 3: *Community partners in Dakota County will build local capacity and leadership that creates optimal mental well-being.*

Objective 1

Performance Measure	Baseline	Target	Current Status	Data Source
Increase the readiness score of the community to engage in mental health promotion	4.1 (2015)	5.0 (1 level higher than baseline)	4.9 (2019)	Dakota County Public Health

The accomplishments and results reported below are for the second year of CHIP implementation – October 1, 2018-September 30, 2019.

Progress on community-level outcomes

In 2015, the community mental health promotion readiness score was 4.1. The target was to increase this to 5.0 (one level higher than baseline). As measured in 2019, the score is 4.9, an increase from 2015. It is still slightly below the target.

Future plans

This indicator improved over the five-year plan cycle and will not continue to be an objective in the 2020-2024 CHIP.

Accomplishments

M Health Fairview held two Adult Mental Health First Aid trainings held in Dakota County – one at Eagan Community Center on 5/7/2019 and one at Fairview Ridges Education Center in Burnsville on 8/5/2019 for a total of 39 attendees. Of these attendees, 32 completed a post-training evaluation and 94% (30 out of 32) indicated that they agreed or strongly agreed that they had acquired such skills as recognizing signs of a mental health problem or crisis, responding to someone in distress, and assisting the person to access resources and/or professional help.