

# Isanti County 2015 Community Health Improvement Plan:

## Executive Summary

Isanti County Public Health Department (ICPH) and its partners are determined to improve the quality of life and overall health of Isanti County residents. After conducting a thorough Community Health Assessment with input from community leaders and the general public, ICPH identified the top health priorities facing the community. Through collaboration with local organizations as well as statewide programs, ICPH plans to address these priorities with a variety of strategies. Each strategy contains measureable objectives to track progress towards the goals of improving health in each specific area of priority. Following is a summary of the top five health priorities and corresponding health improvement strategies:

Health Priority	Suggested Strategies
Mental Health and Wellbeing	<ul style="list-style-type: none"><li>- Reduce stigma through implementing policy and system changes, supporting mental health services, and presenting an anti-stigma campaign to county residents.</li><li>- Develop mental health promotion services across ages and circumstances through supporting current parenting and educational services, providing resiliency training, promoting infant mental health training, and developing a model for dementia care across the continuum of care.</li></ul>
Access to Health Services (Dental and Mental Health)	<ul style="list-style-type: none"><li>- Improve access to dental services for low-income residents by partnering with a mobile dental clinic that specializes in caring for children with disadvantaged backgrounds.</li><li>- Promote partnerships with dentists, health care organizations, health plans, and local government to help provide reduced-cost services and improve access.</li></ul>
Obesity	Reduce the rate of obesity and overweight status by promoting healthy food initiatives and partnering to establish a regional Food Access Network to increase access to locally grown food.
Physical Activity	Promote parks, affordable exercise programs, healthy lifestyle classes, and chronic disease prevention programs.
Alcohol, Tobacco, and Other Drugs	Reduce the use of e-cigarettes among youth by promoting smoking cessation programs through Partners in Healthy Living, strengthening county point-of-sale policies regarding tobacco sales, and further educating youth about the dangers of tobacco and e-cigarettes.