



PURPOSE

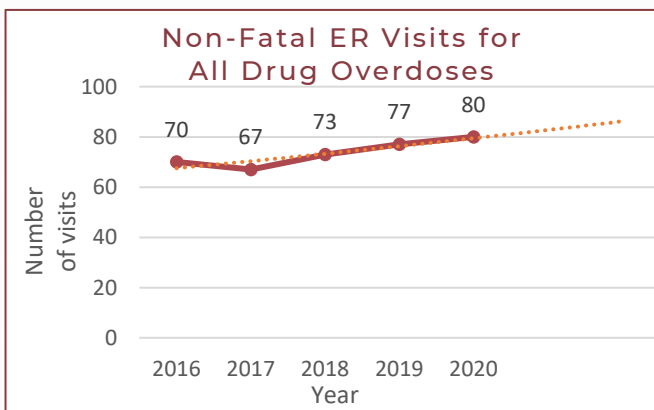
Community health assessments use data to determine priority health areas most impacting a community's health. This includes assessing the conditions in which we live, learn, work, and play. Local health departments collaborate with community members and partners to assess/reassess and select these priority health areas. The following three priorities, and associated indicators, rose to the surface for Carlton County Public Health through the most recent community health assessment process.

PROCESS

Data was reviewed by Carlton County Public Health and community partners in 2022. Following the data review and prioritization, Results Based Accountability-style listening sessions gathered additional data from focused groups. Lastly, community partners helped narrow strategy ideas down within each priority area. This information will be used to guide the development of the Community Health Improvement Plan (CHIP)

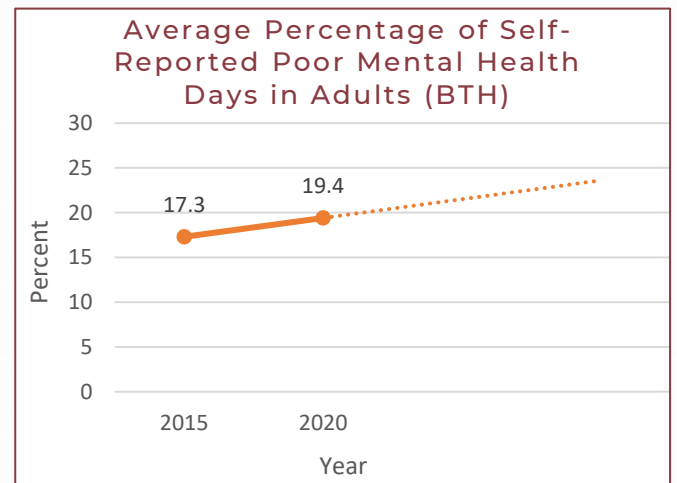
PRIORITY: SUBSTANCE USE PREVENTION

The number of non-fatal emergency department visits for "All Drug" overdoses has continually increased from 2016 to 2020 in Carlton County (MDH Nonfatal Drug Overdose Dashboard, 6/21/23). \*See note on pg. 2.

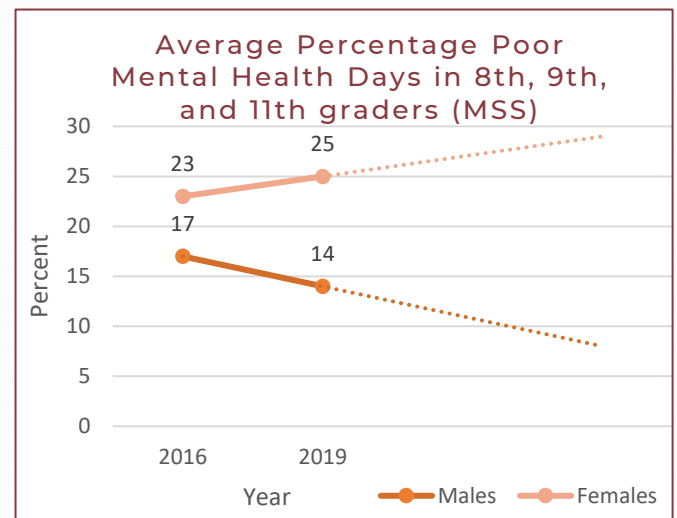


PRIORITY: MENTAL HEALTH & WELL-BEING PROMOTION

According to data from the Bridge to Health (BTH) survey, from 2015 and 2020 the percentage of adults who reported poor mental health days has increased from 17.3 percent to 19.4 percent.



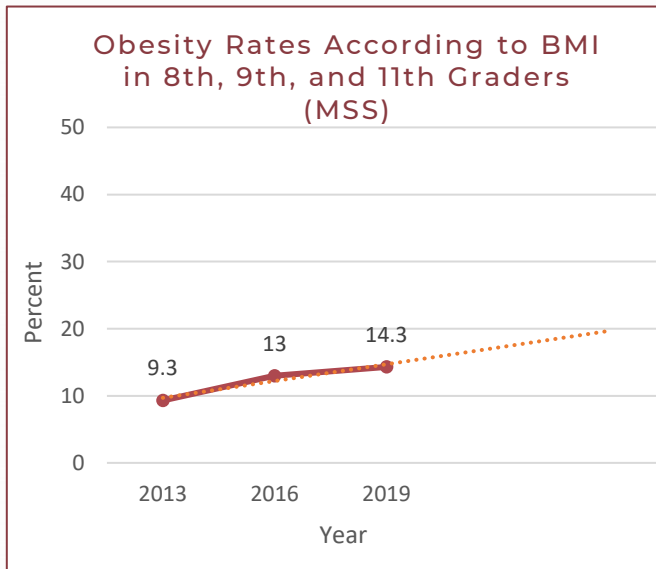
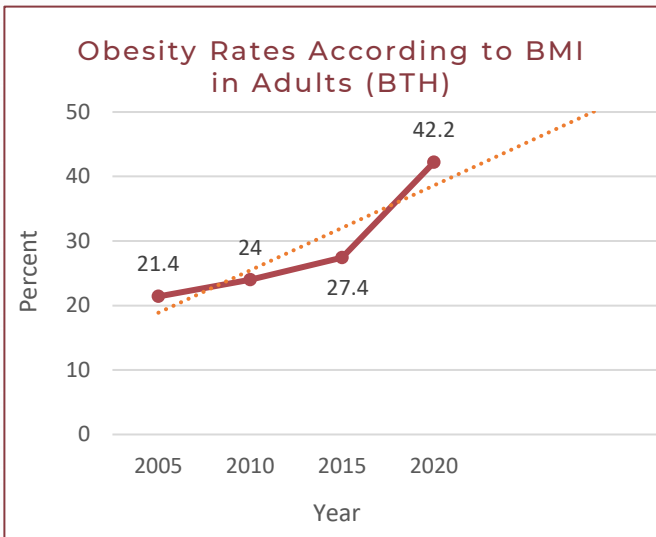
According to Minnesota Student Survey (MSS) data from 2016 and 2019, the average percent of 8<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> graders that reported having poor mental health days has increased in females from 23 percent to 25 percent and decreased in males from 17 percent to 14 percent.





**PRIORITY: OBESITY PREVENTION**

According to data from Bridge to Health (BTH) and Minnesota Student Survey (MSS), obesity rates in Carlton County have increased in adults from 21.4 percent to 42.2 percent since 2005 (BTH), and in youth from 9.3 percent to 14.3 percent since 2013 (MSS).



**CONCLUSIONS + NEXT STEPS**

Based on data, community conversations, and assessment process, substance use prevention, mental health and well-being promotion, and obesity prevention will be pursued in Carlton County Public Health's Community Health Improvement Plan (CHIP). With community partner and internal staff input, Carlton County Public Health will build out strategies for action within the CHIP for the next five years (2023-2027). Strategies may build on current work, or may include new, innovative approaches to address the priorities.

Throughout the strategies, health equity, and policy, systems and environmental changes will be prioritized as ways to dismantle health inequities and create sustainable change for health improvements for all Carlton County residents.

With historically strong partnerships for prioritizing the health of residents, Carlton County Public Health is excited to move forward, working alongside community partners to achieve these next steps:

1. Identify action items related to the priority areas.
2. Determine if additional data is needed to accurately track outcomes.
3. Build out specific strategies with the CHIP to address the priorities and data indicators.
4. Post the CHIP on the Carlton County Public Health and Human Services webpage and distribute widely.
5. Implement and evaluate strategies within the CHIP and update as needed, to meet the community need.

Thank you to all of the community members and partners who provided input through this process. Your time and energy is appreciated as we work together to make Carlton County healthy for everyone!

*\*Data Note: This data differs slightly from what the dashboard provided and what was reviewed internally and with partners fall 2022. The difference in the numbers relates to the past inclusion of intentional (self-harm) related drug overdoses. The new data only reflects unintentional drug overdose numbers.*