

Community Health Needs Assessment and Implementation Plan

2020–2022

Executive Summary

The mission of Allina Health is to serve our communities by providing exceptional care as we prevent illness, restore health and provide comfort to all who entrust us with their care.

INTRODUCTION

Regina Hospital (Regina) is part of Allina Health, a nonprofit health system of clinics, hospitals and other health and wellness services, providing care throughout Minnesota and western Wisconsin. Every three years, Allina Health's hospitals conduct a federally-required Community Health Needs Assessment (CHNA) to examine health in the communities it serves, identify health priorities and develop strategies and action plans to pursue them. The hospitals conduct their CHNA in partnership with local public health departments, other hospitals and health systems, community organizations and residents.

Hospital and Community Description

Regina is located in Hastings, Minnesota. Regina's primary service area (and the focus of the CHNA) is Dakota County, a suburban and rural community located southeast of St. Paul, MN.

According to the [U.S. Census Bureau](#), an estimated 414,655 people reside in the 587-square mile area occupied by Dakota County. The population density, estimated at 706 persons per square mile, is greater than the national average. The median age in Dakota County is 37.7 years and approximately 25 percent of its total population is under age 18. Almost one-fifth (17.5 percent) of Dakota County residents are people of color—primarily Hispanic or Latino (6.8 percent), Black (5.7 percent) or Asian (4.7 percent). In 2017, approximately nine percent of residents were foreign-born and nearly 5 percent had limited English proficiency. Nearly 7 percent of residents live in households with income below the Federal Poverty Level (U.S. Census Bureau, 2013–2017 American Community Survey 5-Year Estimates). The region has a 630:1 resident to mental health provider ratio, compared with Minnesota's overall ratio of 430:1.

COMMUNITY HEALTH NEEDS ASSESSMENT PROCESS

Regina developed its CHNA as part of the Dakota County Public Health's Healthy Dakota Initiative, the Center for Community Health (CCH) East Metro CHNA Collaborative and the Hastings Equity and Inclusion Committee. The CHNA was conducted in three steps: data review and prioritization, community input and the development of an implementation plan. The process began in July 2018, and was completed in August 2019.

EVALUATION OF 2017–2019 CHNA IMPLEMENTATION PLAN

Between 2017 and 2019, Regina conducted activities to pursue the health priorities identified in its 2017–2019 Implementation Plan: mental health, healthy weight and support services across the aging continuum. With community partners, Regina integrated health programming in schools and community organizations, advocated for health-promoting policies and services and made charitable contributions to community organizations. Highlights included:

- Collaborating with Dakota County Public Health Department’s Mental Health Action team to offer Make It Ok anti-stigma programming to Hastings eighth graders
- Donating employee-collected food for five food drives benefitting Hastings Family Services, Prescott Food Pantry and Food4Kids.
- Assisting the Hastings Honoring Choices program with providing presentations, book clubs and individual Advanced Care Planning consultations to 45 residents.
- Awarding \$24,500 in [Neighborhood Health Connection™](#) grants to 15 local organizations in Regina’s region.
- Advocating for land use policies related to affordable housing, healthy food and amenities that support physical activity in the City of Hastings Comprehensive Plan.

A complete description of 2017–2019 achievements is available online at

<https://www.allinahealth.org/about-us/community->

Data Review and Prioritization

Members of the Healthy Dakota Initiative reviewed state and local data resources related to demographics, social and economic factors and health behaviors, prevalence of health conditions and health care access. They also reviewed survey responses from 1,244 residents and 46 organizational assessments. Finally, they conducted listening sessions with community representatives from social service agencies, housing organizations and legal and mental health services.

Based on the data review, the Healthy Dakota Initiative Steering Committee selected 19 health priorities. Regina staff narrowed the list by reviewing Allina Health patient data and holding three dialogues with members of the Hastings Equity and Inclusion Committee. Through participation in these processes, Regina chose to continue its 2017–2019 CHNA priorities for 2020–2022:

- **Mental health**
- **Support services for the aging continuum**
- **Healthy weight**

Community Input

To gain residents’ perspectives on these priorities and gather ideas for addressing them, Regina staff interviewed representatives from five community organizations. Participants indicated that substance use contributes to youth mental health problems while social isolation, stress related to caregiving and shortage of treatment options affect adults’ mental health. Lack of transportation options to places for physical activity and nutritious foods is a barrier to healthy weight.

Implementation Plan

Based on community input, Regina developed a 2020–2022 implementation plan that outlines the strategies and activities it will pursue to address its health priorities. To make progress in achieving health equity among residents, Regina will prioritize partnerships and activities that engage populations that are historically underserved.

2020–2022 IMPLEMENTATION PLAN

Mental Health and Wellness

Goal 1: Increase resilience and healthy coping.

Strategies

- Increase resilience among school-age youth.
- Increase social connectedness and community-wide resilience efforts.

Activities will include providing Mental Health First Aid and Make It OK workshops; expanding [Change to Chill™](#) to more schools; serving on the Dakota

County Mental Health Action Team; and providing charitable contributions to the Hastings High School Peer Helper Program and similar services.

Goal 2: Reduce barriers to mental health and substance use services.

Strategies

- Decrease stigma associated with seeking help for mental health and substance use conditions, with a particular focus on racial and ethnic minorities and other historically underserved communities.
- Support policy and advocacy efforts aimed at improving access to adolescent mental health and substance use services.

Activities will include promoting stigma-elimination messages during May and October mental health awareness months and advocating for more mental health services and improving access to them.

Support Services for the Aging Continuum

Goal: Broaden the array of programs and services available to support the aging continuum.

Strategies

- Improve affordability and flexibility of local transportation options.
- Increase access to community-based services for individuals and caregivers.
- Reduce social isolation for individuals and caregivers.

Activities will include implementing activities to assist with long-distance caregiving; participating in the Hastings Transportation Options Advisory Board coordinated by Dakota County DARTS; working with Hastings Senior Center to offer education on aging-related topics; and providing charitable contributions to community organizations that provide services to seniors and their caregivers.

Healthy Weight

Goal: Decrease the percentage of population that is overweight or obese.

Strategies

- Increase nutrition knowledge and promote food resources, such as grocery stores, food shelves, co-ops and farmer’s markets.
- Increase knowledge about the importance of exercise and promote local options.
- Reduce social isolation among those who are overweight or obese.

Activities will include engaging employee volunteers in [Health Powered KidSTM](#); supporting efforts to add youth athletic fields in Hastings; providing healthier meal options to employees, patients, residents and Meals on Wheels participants; promoting walking groups; and providing charitable contributions to community-based healthy living programs.

Social Determinants of Health

Across Allina Health’s service area, hospitals indicated addressing social determinants of health is essential to the success of improving identified health priorities. In response, Allina Health identified a systemwide plan for addressing social determinants of health; Regina will participate in the plan’s implementation.

Goal: Reduce social barriers to health.

Strategies

- Establish a sustainable, effective model to systematically identify and support patients in addressing health-related social needs.
- Establish a sustainable network of trusted community organizations that can support patients with these needs.
- Increase policy and advocacy efforts to improve social conditions related to health.

Activities will include supporting implementation and evaluation of the Accountable Health Communities model and transitioning to a modified version; identifying community partners and a tracked referral process that connects patients to them; and supporting community coalitions aimed at improving access to transportation, housing and food.

Community Partners

Meals on Wheels, Loaves and Fishes, Neighborhood House, Dakota County Public Health, Hastings Senior Center, YMCA, Hastings Family Service, Hastings Public Schools, Hastings Community Education, MN Community Care and NAMI MN.

Resources

To fulfill the implementation plan, Regina will contribute financial and in-kind donations such as personnel, charitable donations and Allina Health's systemwide programs. It will also encourage staff to volunteer with local organizations.

Evaluation Plans

Regina will monitor its progress on the implementation plan by tracking process measures such as number of programs delivered and people served, staff time dedicated and dollars contributed. Allina Health will also evaluate systemwide programs to assess their effects on intermediate outcomes that evidence shows are likely to lead to improvement on population health measures. To assess long-term effects, Allina Health will monitor population-level indicators related to Regina's health priorities and systemwide priorities.

CONCLUSION

Through the CHNA process, Regina used data and community input to identify health priorities it will pursue in 2020–2022 with its own strategies and activities and Allina Health initiatives.

The full report for the Regina 2020–2022 Community Health Needs Assessment is available on the Allina Health website:

<https://www.allinahealth.org/about-us/community-involvement/need-assessments>.

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