

# Crow Wing *energized*

A grass roots movement to improve health & wellness in our community by making the healthy choice the easy choice

## CHNA SURVEY RESULTS

### Crow Wing County Community Health Needs Assessment 2024

CHNA stands for Community Health Needs Assessment. It's a process used to identify and evaluate the health needs of a community. Typically conducted by hospitals, public health departments, or community organizations, the goal is to gather data about the health challenges in a specific area, assess available resources, and prioritize issues to improve health outcomes.

Essentia Health conducts a CHNA through a survey mailed to area residents. The survey is distributed randomly to a representative sample of the community. Efforts are made to ensure diverse participation, including marginalized or hard-to-reach groups.

Survey questions relate to a variety of health-related topics including access to care, mental health, and social determinants.

A total of 872 survey responses were received from community members. In addition, there were 9 consultations with community organizations and 22 public health data sources were analyzed.

The CHNA helps guide decisions on where to focus resources, programs, and initiatives to address the most



## CHNA Community Health Needs Assessment



pressing health needs of the community.

Progress is tracked over time, with CHNAs being conducted every 3 years to ensure that the community's health needs are being met.

Crow Wing Energized will continue to work towards our motto of "Making the Health Choice the Easy Choice" with a focus on some of the areas identified in the CHNA. Watch for more information as we finalize our strategic plan to target some of the specific areas identified.

A summary of the CHNA results can be found on pages 4 & 5

Crow Wing Energized is a grass roots community health and wellness movement led and funded by



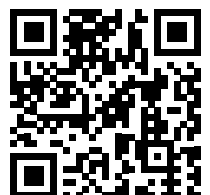
Essentia Health



<https://www.facebook.com/crowwingenergized>

Like or Follow for the latest information.

[www.CrowWingEnergized.org](http://www.CrowWingEnergized.org)



# Workplace wellness

Creating a Healthier and More Productive Workforce

Workplace Wellness meets every month using Teams.

Each session covers a different topic,

but all focus on promoting wellness in the workplace.

Want to learn more or receive an invite for Workplace Wellness presentations? Email [Kelli.Johnson@CrowWing.gov](mailto:Kelli.Johnson@CrowWing.gov)



Deanna Olson

## Workplace Wellness • March 4

### How To Be More Productive - The 5 Resets

Tuesday, March 4 • 9-9:45 a.m. via Teams

Deanna Olson will present “How to be More Productive - The 5 Resets.” This session will teach you how to reset your mindset, unlock the full power of your mind, transform negative thoughts, harness your capacity for being your best self, and increase your productivity and creativity.

**Upcoming Workplace Wellness Dates: May 6th • Sept. 9th • Nov. 4th**

## How to set up a strong wellness committee:

Creating a culture of wellness should involve employees throughout the organization. Gather a diverse group of employees to become wellness “champions” and let the creativity flow with employee input.

Here are some steps to create a robust wellness committee:

- Have workplace wellness written into team members' job descriptions to ensure workplace wellness is a defined duty in their workloads.
- Promote the wellness team throughout the organization to show that workplace wellness is a priority, and the team is there to help with employees' wellness goals. It also inspires participation and team involvement.
- Develop a team with strong leadership who can create agendas, handle conflict, set priorities, motivate others, meet goals and deadlines, and communicate throughout the organization.
- Add diversity to the team by including representation from all different functional areas, experience levels, and fitness levels. A larger organization could have a team of 14-20 people. A small organization may do well with four to seven people. A very small organization might have a team of two to work together.
- Create term limits on wellness committee participation to help keep ideas fresh and avoid burnout.
- Meet regularly and face to face if possible.
- Communicate often and educate the organization on the wellness team's priorities. Let others know how to get involved; it helps employees embrace the wellness program.
- Participate in continuing education about workplace wellness.



# Garlic Sautéed Green Vegetables

This dish pairs great with any main course and is quick, healthy, and packed with nutrients!

## Ingredients:

- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 1 cup broccoli florets
- 1 cup spinach (or any leafy green of choice)
- 1/2 cup green beans, trimmed
- Salt and pepper, to taste
- A squeeze of lemon juice (optional)

## Instructions:

- 1. Prepare the vegetables:** Wash and chop the broccoli into small florets, trim the green beans, and rinse the spinach or other leafy greens.
- 2. Heat the oil:** In a large pan, heat olive oil over medium heat.
- 3. Sauté garlic:** Add minced garlic to the pan and sauté for 1-2 minutes until fragrant, but be careful not to burn it.
- 4. Cook the vegetables:** Add the broccoli and green beans to the pan. Stir for about 5-7 minutes until tender.
- 5. Add spinach:** Once the broccoli and beans are tender, add the spinach or other leafy greens and cook for another 2-3 minutes, just until they wilt.
- 6. Season and serve:** Season with salt, pepper, and a squeeze of lemon juice, if desired.



## Do you live in a community livable for all ages?



Minnesota's population is rapidly aging, with our 65+ population now larger than our school-age population. Brainerd For All Ages is a collaboration supporting the efforts of neighborhoods, towns, cities and rural areas to be great places for people of all ages.



We believe our communities should provide safe, walkable streets; age-friendly housing and transportation options; access to needed services; and opportunities for residents of all ages.

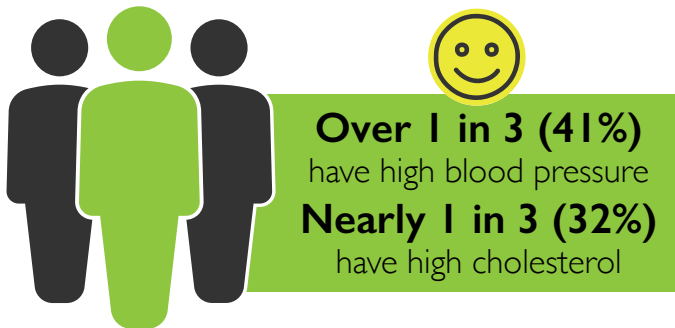
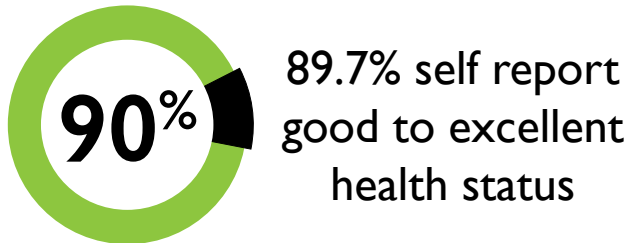
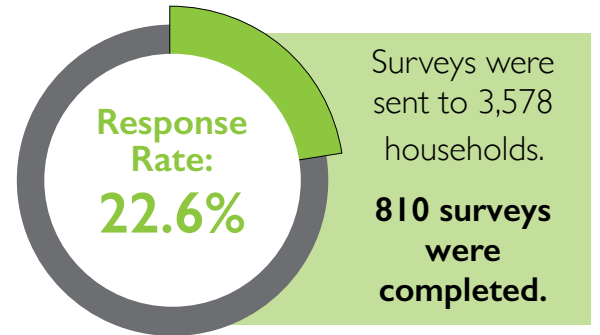
Participate in our survey by scanning this QR code, or visiting [tinyurl.com/B4AA-Survey](https://tinyurl.com/B4AA-Survey).



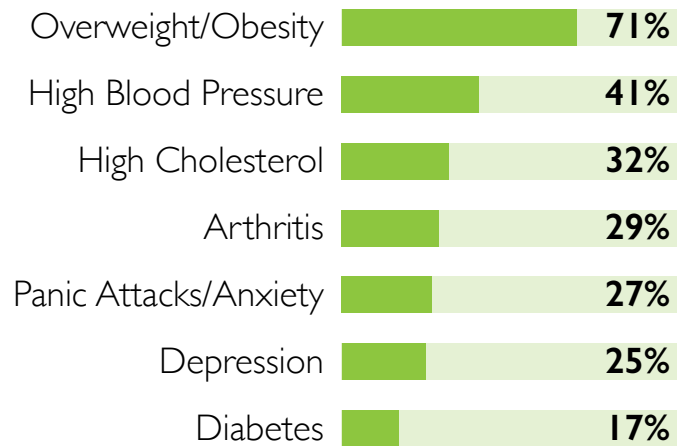
# CHNA SURVEY RESULTS

## Crow Wing County Community Health Needs Assessment 2024

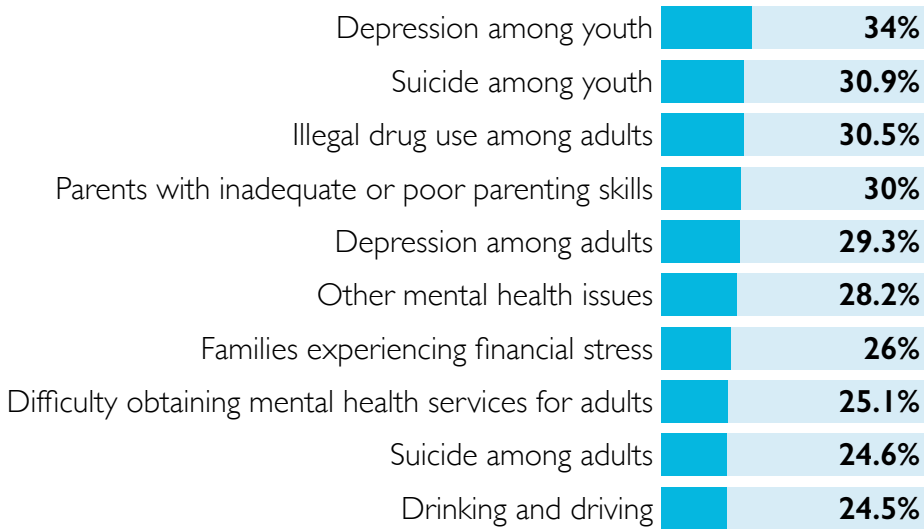
A Community Health Needs Assessment (CHNA) is an essential tool for understanding and addressing the health needs of a community. It empowers organizations to make data-driven decisions, engage with local stakeholders, and develop targeted strategies to improve health outcomes. When done effectively, a CHNA can significantly contribute to reducing health disparities and fostering healthier, more resilient communities.



### Is CWC really that healthy? 😞



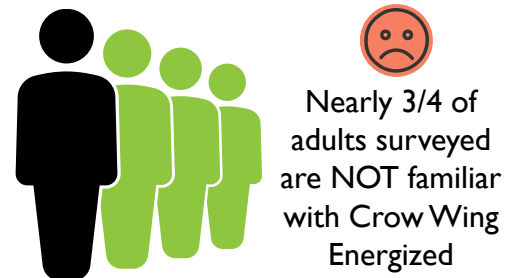
### The highest ranked serious problems overall:



### Communication:

Preferred communication methods of health information and events:

- Social Media - 47%
- Friends/Family - 46%
- Healthcare professionals - 43%



# Healthy Choices: Nutrition, Exercise, Tobacco, Etc.

## Physical Activity:



**Almost 90%** of adults surveyed report getting one or more days a week of at least 30 minutes of moderate physical activity.

Lack of time and discipline or willpower were reported as the most significant barriers to more exercise:

- Nearly 55% of respondents reporting lack of time
- 64% lack of discipline or willpower



## Healthy Eating:

Nearly 27% eat 3 or more servings of vegetables per day.

Nearly 56% have 4 or more servings of water per day.



## Drug & Alcohol Use:

Marijuana use was the highest reported drug use reported at 19.2%

71.8% reported no drug use

Alcohol over the last 30 days: 75.6% reported having at least one drink

15.3% reported heavy drinking • 35% reported binge drinking.

## E-Cigarette Status:

The use of e-cigarettes increased from .3% in 2021 to 7.5% in 2024 😞

## Tobacco Use:



7.1% reported current cigarette use, a decrease from 16.6% in 2021 and 23.3% in 2017!

Current cigarette smokers who are trying to quit increased to 52.3% from 39.2% in 2018

## Mental Well-Being



**1 in 2 (49.6%)** people report experiencing zero days where their mental health was NOT good. This continues to improve going down from 53.1% in 2021 and 62.7% in 2017!

Half of adults in Crow Wing County reported at least one day during the month where their mental health was not good.



**Nearly 1 in 3** adults delayed mental health care because they did not think it was serious enough and/or they were too nervous, afraid or embarrassed.

Cost is another reason for delay in medical care, which was reported by 1 in 3 adults surveyed.

# Make It OK

By talking about mental illnesses and what we can do to Make It OK we change hearts and minds about the misconceptions about mental illnesses. The Make It OK campaign is designed to encourage people to talk more openly about mental illnesses and ask for help.

This one-hour presentation is for the public and those interested in raising awareness of mental health and illness stigma. Learn about Make It OK, the impact of stigma that prevents people from seeking support and care, available resources and how you can help end the stigma by starting caring and informed conversations and learning what to say and how you can offer support. Presentation is facilitated by Deanna Olson-Do Balanced Wellness as a Make It OK Ambassador Professional.

## WHAT IS MAKE IT OK?

Make It OK is a community campaign to reduce stigma by increasing understanding and creating caring conversations about mental illnesses.

# Make It OK Presentation

**Wednesday, Feb. 26**

**6:45-7:45 pm • Free to Attend!**

**Hosted by Deanna Olson**

**Trinity Lutheran Church**

1420 So 6th St; Brainerd



The Make It OK campaign is made possible by HealthPartners, Inc



**Essentia Health**

# Crow Wing *energized*

**We Invite You to Join  
the Crow Wing Energized  
Movement and Enjoy  
Healthy Menu Options!**

**What are the criteria?**

- **Include as many vegetables as possible** -  
Rich in vitamins, minerals, fiber, and antioxidants,  
vegetables help reduce the risk of chronic diseases.

- **Be 600 calories or less** -  
Avoid excess calories to prevent weight gain  
and associated health risks.

- **Most importantly, be delicious** -



**Look for the Crow Wing Energized  
'Approved' sticker on items at these locations:**



**Would your restaurant or business like to  
offer a Crow Wing Energized 'Approved' item?  
Scan the QR code to learn more!**





# Lifestyle CHANGE Class Offerings

Learn how to create a healthier lifestyle and prevent diabetes in a 22-session diabetes prevention program. Groups meet with a trained instructor to help participants lose weight, eat healthier and increase physical activity. There are 16 sessions offered over 6 months, and 6 monthly follow-up sessions for the remainder of the year. Each session is one-hour long. The National Diabetes Prevention Program is a community-based, lifestyle change program that offers diabetes prevention education and support for people with pre-diabetes. Pre-diabetes involves blood sugar levels that are higher than normal, but not yet high enough to be diabetes. An individual with pre-diabetes can delay or prevent type 2 diabetes by making simple lifestyle changes. Diet and moderate exercise resulting in a 5-7% weight loss (usually 10-15 pounds) often work to bring blood sugar levels back down to a healthy range. There is no fee for this class (\$429 value).

## UPCOMING VIRTUAL CLASS:

**MONDAYS | 9-10 A.M.**

First class is Monday, March 10, 2025

Coach: Becky Kalton

Online Class using Zoom

**Registration is required, but the class is FREE!**

**Register online or scan the QR Code:**

[CrowWingEnergized.org/Event](https://CrowWingEnergized.org/Event)

## ADDITIONAL CLASSES:

New classes starting throughout the year and available at varying times throughout the day.

Questions contact Kara Schaefer:

218-454-5901 | [Kara.Schaefer@EssentiaHealth.org](mailto:Kara.Schaefer@EssentiaHealth.org)



## Topics for the First 16 Sessions:

- 1 Welcome and Program Introduction
- 2 Get Active to Prevent Type 2
- 3 Track Your Activity
- 4 Eat Well to Prevent Type 2
- 5 Track Your Food
- 6 Get More Active
- 7 Energy in, Energy Out
- 8 Eating to Support Your Health Goals
- 9 Manage Stress
- 10 Eat Well Away From Home
- 11 Manage Triggers
- 12 Stay Active to Prevent Type 2
- 13 Take Charge of Your Thoughts
- 14 Get Back on Track
- 15 Get Support
- 16 Stay Motivated to Prevent Type 2

### Weeks 17-22 Topics:

How to Stay on Track While Traveling, Sleep and Many More!

Crow Wing  
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**ship**  
statewide health  
improvement partnership



**Essentia Health**



# 5K<sup>for</sup> MENTAL HEALTH AWARENESS

AND 1 MILE WALK

# STOP

APRIL 26  
2025

the  
STIGMA



Register here:  
[5kformentalhealthawareness.itsyourrace.com](https://5kformentalhealthawareness.itsyourrace.com)

**CLC**  
CENTRAL LAKES  
COLLEGE

Crow Wing  
*energized*

Event  
Proceeds  
to benefit:



SHARING  
BREAD  
SOUP KITCHEN

**CLC FOOD**  
  
**PANTRY**

# Mental Health:

## The Root of Personal Strength and Thriving

### Mental health affects all of us.

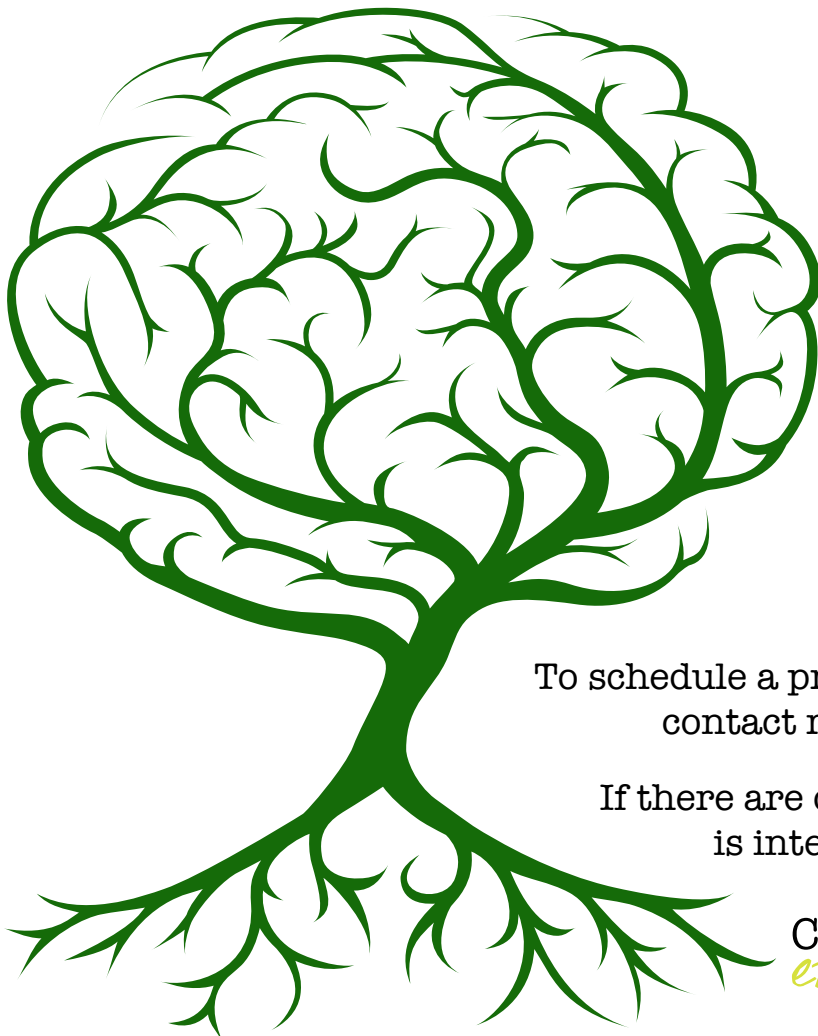
Crow Wing Energized trained presenters offer Make It OK and Adverse Childhood Experiences (ACEs) presentations for businesses, groups or organizations in Crow Wing County.

Nearly 1 in 3 adults in Crow Wing County delayed mental health care because they did not think it was serious enough and/or they were too nervous, afraid, or embarrassed.

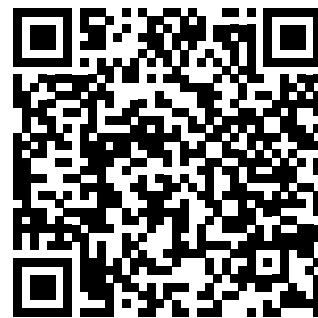


Stopping the stigma of mental health. Make It OK is a community campaign to reduce stigma by increasing understanding and creating caring conversations about mental illnesses.

Building community resilience and overall health.



To learn more about Make it OK and ACEs visit [CrowWingEnergized.org](http://CrowWingEnergized.org) or scan the QR code:



To schedule a presentation or for more information, contact [rena.bolt@essentiahealth.org](mailto:rena.bolt@essentiahealth.org).

If there are other classes your agency/group is interested in, please email us.

