

A Community Health Action Plan for 2020-2022

A community health needs assessment was conducted to identify the area's most significant health issues, the current community assets and programming addressing the issue, and to develop an implementation plan. The New Ulm and surrounding areas' most significant and widespread health issues are:

1. Healthy lifestyles across the lifespan
2. Mental health
3. Addiction and risky use of substances



1. Healthy lifestyles across the lifespan

Our goal is to support educational programs, activities and policies that help individuals increase access to physical activity and healthful foods, as well as support eating well and active living.

OBJECTIVE #1: Maintain and support the Worksite Wellness Action Team to provide quarterly networking and training opportunities.

- Provide quarterly workplace wellness trainings
- Partner with Mental Health and Wellness Action Team to provide resiliency program to local worksites

OBJECTIVE #2: Maintain a team that addresses the safety for walking and biking by making improvements to the built environment in New Ulm.

Continue to prioritize and implement the recommendations contained in the Walkable Livable Communities Report.

Continue to prioritize and implement the objectives contained in the Safe Routes to School Plan.

Work with the city to incorporate a health chapter in the newest edition of the city comprehensive plan.

Work with the city to make Minnesota Street a two-way or pedestrian plaza.

OBJECTIVE #3: Maintain and support the Food Environment Action Team to continue improving access, availability and affordability of healthier food choices in a variety of different venues throughout New Ulm.

Work with local civic and religious organizations to improve nutritional offerings at their potlucks and events.

Research and implement a Food RX program.

Work with schools, city and county to adopt and implement healthy concession policies.

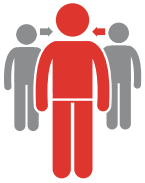
Continue to expand the restaurant recognition program.

Continue to promote and support the community garden and expand gardening communitywide.

Work with the food shelf to offer self-selection by their clientele and redesign their food storage and display areas promote healthier options.

Work with the farmers market to create events during open times.

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2. Mental health

Our goal is to reduce the burden of mental health by reducing stigma, improving early identification, and offering resiliency programming focused on mental health conditions.

OBJECTIVE #1: Partner and lead efforts to provide educational opportunities that increase awareness and understanding related to mental health.

Maintain a community Mental Health Action Team.

Implement resiliency programming in New Ulm (i.e., The People Project).

Partner with Brown County Public Health to offer the ACES training and create an implementation plan.

Expand the Change to Chill program for teens in the community.

Offer QPR (Question, Persuade and Refer) trainings to help people save a life from suicide.

Partner with the police department and local assisted living facilities to decrease social isolation.

Partner with NAMI, NUMC Occupational Health, schools, ECFE, CAST, day cares, food shelf and others to offer educational programs aimed at improving mental health and reducing stigma, especially during awareness months of May and October.

OBJECTIVE #2: Increase community knowledge around available mental health resources and how to access them.

Identify and create a mental health resource landing page on the Heart of New Ulm website for the county.



3. Addiction and risky use of substances

Our goal is to support educational programs, activities and policies that increase awareness of addiction and misuse of legal substances, and also address the use of illegal substances.

OBJECTIVE #1: Partner with SHIP, Park and Recreation Commission, Brown County Public Health, American Lung Association and other interested partners to implement tobacco use prevention policies in Brown County.

Work with the Park and Recreation Commission to craft a tobacco-free youth events policy in all city parks in New Ulm.

Work with worksites to expand the number of worksites with tobacco-free grounds policies.

Work with the County Commissioners to adopt a smoke free youth events policy for Brown County public parks.

Investigate the possibility of raising the legal age to purchase tobacco in the City of New Ulm to 21 years of age.

Offer resources and educational information aimed at reducing the use of e-cigarettes.