



Sanford Health of Northern Minnesota  
Community Health Needs Assessment  
Implementation Strategy  
2017-2019

**SANFORD**  
HEALTH

Dear Community Members,

Sanford Bagley is pleased to present the 2016 Community Health Needs Assessment (CHNA) and Implementation Strategy. There is great intrinsic value in a community health needs assessment when it serves to validate, justify and defend not-for-profit status and create opportunity to identify and address community health issues.

During 2015 members of the community were asked to complete a non-generalizable survey to help identify unmet health needs. Sanford Bemidji and Sanford Bagley worked in partnership with Beltrami County Public Health as we conducted the CHNA. Analysis of the primary research data and secondary research was used to identify health concerns and needs in the community. Community partners and public health leaders assisted with the development of an asset map that lists resources and assets that are available to address each need. A gap analysis and prioritization exercise was also conducted to identify the most significant health needs, and to further address these needs through the implementation strategies that are included in this document.

Sanford Bagley has set strategy to address the following community health needs:

- Mental Health
- Children and Youth

In this report you will find the implementation strategies for 2017-2019, information about what Sanford is doing to address the needs, assets and resources that are available in the community to address the needs, and a discussion on the impact from the 2013 implementation strategies.

At Sanford Bagley, patient care extends beyond our bricks and mortar. As a not-for-profit organization, ensuring that the benefits of health care reach the broad needs of communities is at the core of who we are. Through our work with communities, we can bring health and healing to the people who live and work across our communities. Together, we can fulfill this mission.

Sincerely,



Bryan Nermoe  
President  
Sanford Health of Northern Minnesota



Sammi Davidson  
Administrative Director  
Sanford Bagley Medical Center

## Implementation Strategies

### Priority 1: Children and Youth

According to the American Congress of Obstetricians and Gynecologists, pregnant teens are at higher risk of certain health problems (such as high blood pressure or anemia) than pregnant women who are older. Pregnant teens are more likely to go into labor too early. This is called *preterm* birth. These risks are even greater for teens who are younger than 15 years or for those who do not get prenatal care. Teen pregnancies carry extra health risks to both the mother and the baby. Often, teens don't get prenatal care soon enough, which can lead to problems later on. They have a higher risk for pregnancy-related high blood pressure and its complications. Risks for the baby include premature birth and a low birth weight.

Sanford has made children and youth a significant priority and has developed strategies to improve the health of newborns and young children, and to enhance the level of care that is available for high risk infants. Sanford clinic nurses will communicate with providers and other staff members about the services that are available to at-risk youth in the community. Sanford Ambassadors will provide educational materials and Text 4 Life bracelets at community events.

Additionally, Sanford *fit* is an on-line community health activation initiative created by Sanford Health that provides engaging programs and resources to kids, families, leaders and role models across numerous settings to promote and activate healthy choices. The four key factors of healthy choices, a healthy body and healthy life included in *fit* are, MOOD – emotions and attitudes, RECHARGE – sleep and relaxation, FOOD – mindful nutrition choices, and MOVE – physical activity levels.

### Priority 2: Mental Health/Behavioral Health

Mental health includes emotional, psychological, and social well-being. It affects how people think, feel and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental health problems are common but people with mental health problems can get better and many recover completely.

Sanford has made mental/behavioral health a significant priority and has developed strategies to reduce mortality and morbidity from tobacco use, and has set strategies for suicide prevention.

## Community Health Needs Assessment – Implementation Strategy

### Sanford Bagley Medical Center

#### FY 2017-2019 Action Plan

**Priority 1: Children and Youth**

**Projected Impact: Raise awareness of services available**

**Goal 1: Services for at-risk youth**

Actions/Tactics	Measureable Outcomes	Dedicated Resources	Leadership	Community partnerships and collaborations
Provide education to Sanford Bagley staff on services available in the community	Ensure appropriate clinic staff is educated	Clinic nurses and providers	Leadership team	
Provide information to our patients in public waiting areas of available services in community	We will track the number of flyers distributed	Sanford Marketing	Leadership team	
Provide Text 4 Life bracelets at community events (after prom party, local county fair)	Ensure hand outs are given to appropriate members of the public	Sanford Ambassadors team members	Leadership team	School district

**Priority 1: Children and Youth**

**Projected Impact: Raise awareness of services available**

**Goal 2: Improve the availability of resources for children across the community**

Actions/Tactics	Measureable Outcomes	Dedicated Resources	Leadership	Community partnerships and collaborations
Provide Sanford <i>fit</i> Program to the local schools	Sanford <i>fit</i> is available to all students and families in the area through <i>fit</i> website	Sanford <i>fit</i> leadership Classroom teachers	Leadership team	Local schools Child care leaders

**Priority 2: Mental Health**

**Projected Impact: Provide services to patients as appropriate**

**Goal 1: Reduce tobacco use, suicide prevention**

<b>Actions/Tactics</b>	<b>Measureable Outcomes</b>	<b>Resources</b>	<b>Leadership</b>	<b>Community partnerships and collaborations</b>
Adding service line of tobacco cessation	Participants who successfully complete the program	Respiratory therapist	Leadership team	Collaborating with Bemidji tobacco cessation program
Provide Text 4 Life bracelets at community events (after prom party, local county fair)	Ensure handouts are given to appropriate members of the public	Sanford Ambassadors team members	Leadership team	School district

## Community Health Needs Assessment Key Findings

The top assessed needs from the 2016 primary and secondary research include:

- Economics – affordable housing
- Transportation - availability of public transportation
- Children and Youth – crime, bullying, cost and availability of quality infant care, services for at-risk youth, school absenteeism and dropout rates, cost of quality child care
- Aging – cost and availability of long term care and availability of memory care, resources for caregivers, resources to help the elderly stay in their homes, understanding advanced care directives
- Safety – child abuse and neglect, crime, the presence of street drugs and alcohol in the community, presence of drug dealers in the community, domestic violence, presence of gang activity, elder abuse, child abuse and neglect, safe places for outdoor youth activities, sex trafficking
- Health Care Access – access to affordable health insurance, affordable health care, affordable prescription drugs, affordable dental insurance, affordable vision insurance, use of the emergency department for primary care, availability of non-traditional hours, timely access to physician specialists, and coordination of care
- Physical Health – cancer, chronic disease, obesity, poor nutrition and inactivity
- Mental Health – depression, stress, substance use and abuse, other psychiatric diagnosis
- Preventive Health – flu vaccines

### How Sanford is Addressing the Needs

Identified Concerns	How Sanford Bagley is Addressing the Needs
<b>Economics</b> <ul style="list-style-type: none"> <li>• Availability of affordable housing</li> </ul>	Sanford Bagley leadership will share the concerns with city leaders
<b>Transportation</b> <ul style="list-style-type: none"> <li>• Availability of public transportation</li> </ul>	Sanford Bagley leadership will share the concerns with city leaders
<b>Aging</b> <ul style="list-style-type: none"> <li>• Cost of LTC</li> <li>• Availability of LTC</li> <li>• Availability of resources for caregivers making decisions</li> <li>• Availability of memory care</li> <li>• Availability of resources to help the elderly stay in their homes</li> <li>• Availability of resources for grandparent caregivers for grandchildren</li> <li>• Understanding of advanced care directives</li> </ul>	<ul style="list-style-type: none"> <li>• Sanford collaborates with community services for placement of patients in LTC</li> <li>• Sanford collaborates with county nursing services to assist patients to remain in home</li> <li>• Sanford provides physical/occupational therapy in home through a contract with Clearwater County</li> <li>• Sanford provides assistance to community members for advance care directives/POLST</li> <li>• Sanford offers health education classes to the community. Examples include I Can Prevent Diabetes, Better Choices/Better Health.</li> </ul>
<b>Children and Youth</b> <ul style="list-style-type: none"> <li>• Youth crime</li> <li>• Bullying</li> <li>• Availability/ cost of activities for children and youth</li> </ul>	<p>Sanford primary care clinic provides referrals as appropriate to mental health and other providers for pregnancy</p> <p>Sanford has a pediatrician on staff in the primary care clinic</p>

Identified Concerns	How Sanford Bagley is Addressing the Needs
<ul style="list-style-type: none"> <li>• Availability/cost of quality infant care</li> <li>• Teen pregnancy</li> <li>• Availability of services for at-risk youth</li> <li>• School dropout rates</li> <li>• School absenteeism</li> <li>• Cost of quality childcare</li> </ul>	<p>Sanford will be distributing Text 4 Life bracelets at several community events</p>
<p><b>Safety</b></p> <ul style="list-style-type: none"> <li>• Child abuse and neglect</li> <li>• Crime</li> <li>• Presence of street drugs, prescription drugs and alcohol</li> <li>• Presence of drug dealers</li> <li>• Domestic violence</li> <li>• Presence of gang activity</li> <li>• Elder abuse</li> <li>• Child abuse and neglect</li> <li>• Safe places for outdoor youth activities</li> <li>• Sex trafficking</li> </ul>	<p>Sanford is a mandated reporters and collaborates with social services and law enforcement when necessary</p>
<p><b>Health Care</b></p> <ul style="list-style-type: none"> <li>• Access to affordable health insurance</li> <li>• Access to affordable health care</li> <li>• Access to affordable prescription drugs</li> <li>• Cost of affordable dental insurance</li> <li>• Use of emergency services for primary care</li> <li>• Cost of affordable vision insurance</li> <li>• Timely access to mental health/behavioral health providers</li> <li>• Availability of non-traditional hours</li> <li>• Timely access to physician specialists</li> <li>• Coordination of care between providers and services</li> </ul>	<p>SBMC offers charity care to patients unable to pay for their medical treatment. Sanford's Community Care Policy defines qualifications and financial counselors are available assist patients in completing any documents required to qualify for free or subsidized care per the policy. These same individuals assist patients in enrolling in any public programs for which they qualify.</p> <p>Sanford offers the following services:</p> <ul style="list-style-type: none"> <li>• Primary care clinic</li> <li>• Hospital services</li> <li>• Emergency department</li> <li>• Ambulance service</li> <li>• Several outreach services including mental health, podiatry, sleep medicine, dermatology, etc.</li> <li>• Direct access labs (lower out of pocket expenses for patients for lab tests)</li> <li>• Charity Care</li> <li>• Refer patients to social services for help with insurance needs</li> </ul>
<p><b>Physical Health</b></p> <ul style="list-style-type: none"> <li>• Cancer</li> <li>• Inactivity</li> <li>• Obesity Chronic disease</li> <li>• Poor nutrition</li> </ul>	<ul style="list-style-type: none"> <li>• Sanford coordinates care with regional oncologists to provide care locally for patients</li> <li>• Sanford provides nutrition services at our clinic with a licensed registered dietitian</li> <li>• Sanford provides an adult fitness gym open to members of community</li> <li>• Sanford offers health education classes to our community. Examples include I Can Prevent Diabetes, Better Choices/Better Health.</li> </ul>

Identified Concerns	How Sanford Bagley is Addressing the Needs
<p><b>Mental Health</b></p> <ul style="list-style-type: none"> <li>• Depression</li> <li>• Suicide</li> <li>• Underage drug use and abuse</li> <li>• Drug use and abuse</li> <li>• Alcohol use and abuse</li> <li>• Underage drinking</li> <li>• Stress</li> <li>• Other psychiatric diagnosis</li> <li>• Dementia and Alzheimer's</li> <li>• Smoking and tobacco use/smokeless tobacco use</li> </ul>	<p>Sanford provides mental health outreach services at our clinic</p> <p>Sanford provides a tobacco cessation program</p>
<p><b>Preventive Health</b></p> <ul style="list-style-type: none"> <li>• Flu shots</li> </ul>	<p>Sanford offers flu vaccines at all sites</p>



## Bagley 2016 CHNA Asset Map

Identified concern	Community resources that are available to address the need
<p><b>Economics</b></p>	<p><b>Housing Resources:</b></p> <ul style="list-style-type: none"> <li>• Crist Apartments – 218-785-2159</li> <li>• Hillside Manor – 218-694-3611</li> <li>• Lillegaard’s Apts. – 218-694-2663</li> <li>• Northern Place Realty – 218-694-6827</li> <li>• Otterkill Garden Apts. – 218-695-3324</li> <li>• Parkview Apts. – 218-694-6548</li> <li>• ReMax – 218-280-1015</li> </ul> <p><b>Low Income Housing Resources:</b></p> <ul style="list-style-type: none"> <li>• Clearwater Co. Housing Authority – 218-694-2296</li> <li>• Parkview Apts. – 218-694-6548</li> <li>• Hillside Manor – 218-694-3611</li> </ul> <p><b>Employment Resources:</b></p> <ul style="list-style-type: none"> <li>• TEAM Industries</li> <li>• Sanford Bagley – 218-694-6501</li> <li>• Bagley School District – 218-694-6184</li> <li>• Clearbrook/Gonvick School District – 218-776-3112</li> <li>• Clearwater County – 218-694-6130</li> </ul>
<p><b>Transportation</b></p>	<p><b>Transportation resources:</b></p> <ul style="list-style-type: none"> <li>• Tri-Valley Heartland Express – 218-694-5090</li> <li>• R &amp; L Ride Service – 800-630-6889</li> </ul>
<p><b>Aging population</b></p>	<p><b>Caregiver Resources:</b></p> <ul style="list-style-type: none"> <li>• Caregiver Support Group (held at Faith Lutheran) – 218-694-2631</li> </ul> <p><b>Memory Care resources:</b></p> <ul style="list-style-type: none"> <li>• Cornerstone Nsg &amp; Rehab Center – 218-694-6552</li> <li>• The Garden Place – 218-694-2378</li> <li>• Good Samaritan Society – 218-776-3157</li> </ul> <p><b>LTC resources:</b></p> <ul style="list-style-type: none"> <li>• Cornerstone Nsg &amp; Rehab Center – 218-694-6552</li> <li>• The Garden Place – 218-694-2378</li> <li>• Good Samaritan Society – 218-776-3157</li> </ul> <p><b>Assisted Living Resources:</b></p> <ul style="list-style-type: none"> <li>• Cornerstone Residence of Bagley -218-694-2701</li> <li>• The Garden Place – 218-694-2378</li> <li>• Serenity Assisted Living – 218-785-2175</li> </ul> <p><b>Resources to help seniors stay in their homes:</b></p> <ul style="list-style-type: none"> <li>• Senior Citizens – 218-694-6873</li> <li>• Rice Lake Elderly Nutrition Program – 218-694-2795</li> <li>• Sanford Bagley Clinic – 218-694-2384</li> <li>• Sanford Clearbrook Clinic – 218-776-3124</li> <li>• Essentia Bagley Clinic – 218-694-6281</li> <li>• Clearwater Co. Human Services – 218-694-6512</li> <li>• Sanford Bagley Rehab – 218-694-6640</li> <li>• Clearwater Co. Nursing Services – 218-694-6581</li> <li>• Home at Heart Care, Inc. – 218-776-3508</li> </ul>

Identified concern	Community resources that are available to address the need
<p><b>Children and Youth</b></p>	<p>Sheriff – 218-694-6226 Police – 218-694-6150</p> <p>Teen Pregnancy resources:</p> <ul style="list-style-type: none"> <li>• Sanford Bagley Clinic – 218-694-2384</li> <li>• Sanford Clearbrook Clinic – 218-776-3124</li> <li>• Clearwater Co. Human Services – 218-694-6512</li> <li>• Essentia Bagley Clinic – 218-694-6281</li> <li>• Clearwater Co. Nursing Services - 218-694-6581</li> </ul> <p>Activities for youth &amp; children:</p> <ul style="list-style-type: none"> <li>• 4-H – 218-694-3375</li> <li>• Boy Scouts</li> <li>• Library – 218-694-6201</li> <li>• Church activities</li> <li>• School sports activities</li> <li>• Parks – 218-694-2865</li> </ul> <p>Child Poverty resources:</p> <ul style="list-style-type: none"> <li>• Food Shelf – 218-694-6400</li> <li>• Income Maintenance Assistance program – 218-694-6164</li> <li>• Church Programs</li> <li>• Clearwater Co. Human Services – 218-694-6512</li> <li>• Clearwater Co. Nursing Services – 218-694-6581</li> </ul> <p>Daycare Resources:</p> <ul style="list-style-type: none"> <li>• Susie Zoo Daycare – 218-694-6586</li> <li>• Bunnies Hut Child Care – 218-694-2580</li> <li>• Precious Moments Day Care – 218-694-5151</li> <li>• Deb &amp; Mark Aamodt – 218-694-2580</li> <li>• Carrie Binder – 218-694-2620</li> <li>• Susan Duquette – 218-694-6586</li> <li>• Dianne Horsley – 218-694-6217</li> <li>• Rhonda LaFerriere – 218-694-2322</li> <li>• Barb Martin – 218-694-3713</li> <li>• Margie McCormick – 218-694-6574</li> <li>• Jerianne Moen – 218-358-0856</li> <li>• Brenda Neeland – 218-694-3710</li> <li>• Erin Olson – 218-694-6892</li> <li>• Tamara Graser – 218-280-3836</li> <li>• Michelle Kaiser – 218-358-1189</li> </ul> <p>Resources for at-risk youth:</p> <ul style="list-style-type: none"> <li>• Clearwater Co. Human Services – 218-694-6512</li> <li>• Stelliher Human Services (Crisis Line - 800-422-0045)</li> </ul>
<p><b>Crime/ Safety</b></p>	<p>Sheriff – 218-694-6226</p> <p>Police – 218-694-6150</p> <p>Clearwater Co. Nursing Services – 218-694-6581</p> <p>Child Abuse/Neglect resources:</p> <ul style="list-style-type: none"> <li>• Family Crisis Center – 218-694-2831</li> <li>• Clearwater Co. Human Services – 218-694-6512</li> </ul>

Identified concern	Community resources that are available to address the need
	<p><b>Community resources that are available to address the need</b></p> <p><b>Elder Abuse resources:</b></p> <ul style="list-style-type: none"> <li>• Family Crisis Center – 218-694-2831</li> <li>• Clearwater Co. Human Services – 218-694-6512</li> </ul> <p><b>Substance Abuse resources:</b></p> <ul style="list-style-type: none"> <li>• Mustard Seed Homes – 218-776-2789</li> <li>• The Most Excellent Way (support group) – 218-776-2789</li> <li>• Lake Region Chemical Dependency – 218-694-2035</li> <li>• Sanford Bagley Clinic – 218-694-2384</li> <li>• Sanford Clearbrook Clinic – 218-776-3124</li> <li>• Essentia Bagley Clinic – 218-694-6281</li> <li>• Clearwater Co. Human Services – 218-694-6512</li> </ul> <p><b>Domestic Violence resources:</b></p> <ul style="list-style-type: none"> <li>• Family Crisis Center – 218-694-2831</li> <li>• Sanford Bagley Clinic – 218-694-2384</li> <li>• Sanford Clearbrook Clinic – 218-776-3124</li> <li>• Essentia Bagley Clinic – 218-694-6281</li> </ul>
<p><b>Cost/ Access to Healthcare</b></p>	<p><b>Clinics:</b></p> <ul style="list-style-type: none"> <li>• Sanford Bagley Clinic – 218-694-2384</li> <li>• Essentia Bagley Clinic – 218-694-6281</li> <li>• Sanford Clearbrook Clinic – 218-776-3124</li> </ul> <p><b>Mental Health resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Bagley Clinic – 218-694-2384</li> <li>• Sanford Clearbrook Clinic – 218-776-3124</li> <li>• Essentia Bagley Clinic – 218-694-6281</li> <li>• Clearwater Co. Human Services – 218-694-6512</li> </ul> <p><b>Substance Abuse resources:</b></p> <ul style="list-style-type: none"> <li>• Mustard Seed Homes – 218-776-2789</li> <li>• The Most Excellent Way (support group) – 218-776-2789</li> <li>• Lake Region Chemical Dependency – 218-694-2035</li> <li>• Sanford Bagley Clinic – 218-694-2384</li> <li>• Sanford Clearbrook Clinic – 218-776-3124</li> <li>• Essentia Bagley Clinic – 218-694-6281</li> <li>• Clearwater Co. Human Services – 218-694-6512</li> <li>• Clearwater Co. Nursing Services – 218-694-6581</li> </ul>
<p><b>Physical Health</b></p>	<p><b>Nutrition resources:</b></p> <ul style="list-style-type: none"> <li>• Rice Lake Elderly Nutrition Program – 218-694-2795</li> <li>• Food Shelf – 218-694-6400</li> <li>• Sanford Bagley Clinic – 218-694-2384</li> <li>• Sanford Clearbrook Clinic – 218-776-3124</li> <li>• Essentia Bagley Clinic – 218-694-6281</li> <li>• Clearwater Co. Human Services – 218-694-6512</li> <li>• Clearwater Co. Nursing Services – 218-694-6581</li> </ul> <p><b>Farmer Markets:</b></p> <ul style="list-style-type: none"> <li>• Bagley Farmers Market – 218-358-1990</li> </ul> <p><b>Physical Activity/Fitness/Obesity resources:</b></p> <ul style="list-style-type: none"> <li>• School sports activities</li> <li>• Parks – 218-694-2865</li> <li>• Golf Course – 218-694-2454</li> <li>• Gwen’s Studio of Exercise &amp; Dance – 218-358-0316</li> </ul>

Identified concern	Community resources that are available to address the need
	<ul style="list-style-type: none"> <li>• Studio One – 218-255-5123</li> <li>• Slim Gym – 218-694-5123</li> <li>• Sanford Bagley Hospital Fitness Center - 218-694-6501</li> </ul> <p>Chronic Disease resources:</p> <ul style="list-style-type: none"> <li>• Sanford Better Choices, Better Health</li> <li>• Sanford Bagley Clinic – 218-694-2384</li> <li>• Sanford Clearbrook Clinic – 218-776-3124</li> <li>• Essentia Bagley Clinic – 218-694-6281</li> </ul> <p>Diabetes resources:</p> <ul style="list-style-type: none"> <li>• Sanford Bagley Clinic – 218-694-2384</li> <li>• Sanford Clearbrook Clinic – 218-776-3124</li> <li>• Essentia Bagley Clinic – 218-694-6281</li> <li>• Clearwater Co. Nursing Services – 218-694-6581</li> </ul> <p>Cancer resources:</p> <ul style="list-style-type: none"> <li>• Sanford Bagley Clinic – 218-694-2384</li> <li>• Sanford Clearbrook Clinic – 218-776-3124</li> <li>• Essentia Bagley Clinic – 218-694-6281</li> </ul>
Mental Health/ Behavioral Health	<p>Mental Health resources:</p> <ul style="list-style-type: none"> <li>• Sanford Bagley Clinic – 218-694-2384</li> <li>• Sanford Clearbrook Clinic – 218-776-3124</li> <li>• Essentia Bagley Clinic – 218-694-6281</li> <li>• Clearwater Co. Human Services – 218-694-6512</li> </ul> <p>Substance Abuse resources:</p> <ul style="list-style-type: none"> <li>• Mustard Seed Homes – 218-776-2789</li> <li>• The Most Excellent Way (support group) – 218-776-2789</li> <li>• Lake Region Chemical Dependency – 218-694-2035</li> <li>• Sanford Bagley Clinic – 218-694-2384</li> </ul> <ul style="list-style-type: none"> <li>• Sanford Clearbrook Clinic – 218-776-3124</li> <li>• Essentia Bagley Clinic – 218-694-6281</li> <li>• Clearwater Co. Human Services – 218-694-6512</li> <li>• Clearwater Co. Nursing Services – 218-694-6581</li> </ul>
Preventive health	<p>Clinics:</p> <ul style="list-style-type: none"> <li>• Sanford Bagley Clinic – 218-694-2384</li> <li>• Sanford Clearbrook Clinic – 218-776-3124</li> <li>• Essentia Bagley Clinic – 218-694-6281</li> </ul>

## Demonstrating Impact

The 2013 community health needs assessment served as a catalyst to lift up obesity and mental health services as implementation strategies for the 2013-2016 timespan. The following strategies were implemented.

### **2013 Community Health Needs Assessment Bagley Implementation Strategy**

#### **Implementation Strategy: Implementation Strategy: Obesity**

- Participate in the Sanford Enterprise implementation strategy for obesity
- Participate and help develop a comprehensive weight management program within the Bagley and Bemidji area using an interdisciplinary team inclusive of medical, nutrition, behavioral health and fitness professionals, as well as helping our appropriate patients gain access to weight loss surgery services.
- Continue promoting and increasing community members in the involvement of our Silver Sneakers program to promote and incentivize Medicare eligible customers.
- Implement Sanford *Frontiers* weight management program within the Bagley area.
- Actively participate with community wellness, fitness and health living entities to promote and support fitness and active living by sponsoring walking, screening and educational programs.

#### **Implementation Strategy: Youth**

- Engage community leaders in discussion about needed services for youth
- Focus on advocating for youth and pediatric health quality and wellness through community relations and Sanford volunteers

#### **Impact of the Strategy to Address Obesity**

Sanford Bagley and Bemidji Medical Centers have developed a medical weight loss program inclusive of medical oversight, nutrition counseling, psychological counseling and exercise programming. The interdisciplinary program includes bariatric surgery for those who need surgical intervention.

An intensive behavioral management program with intense nutritional counseling was added to serve Medicare patients. In Bagley, Jumping the January nutrition and exercise program was initiated for employees and community members.

The Sanford Health *fit* initiative, a childhood obesity prevention initiative, continues to grow and mature as we work to refine the offerings and enable broad replication and meaningful use. Supported by the clinical experts of Sanford Health, *fit* educates, empowers and motivates families to live a healthy lifestyle through a comprehensive suite of resources for kids, parents, teachers and clinicians. *fit* is the only initiative focusing equally on the four key contributing factors to childhood obesity: Food (nutrition), Move (activity), Mood (behavioral health), and Recharge (sleep). Through *fit* we are actively working to promote healthy lifestyles in homes, schools, daycares, our clinical settings, and throughout the community by way of technology, engaging programs, and utilizing key role models in a child's life. In 2016 a new *fit* initiative will be available for 20,000 classroom teachers. The classroom curriculum has numerous modules that teachers can access and implement in part or comprehensively.

*Profile* by Sanford is a personalized retail weight loss program designed by Sanford Health physicians and scientists to be simple, effective and sustainable. With a certified *Profile* coach, personalized meal plans and smart technology to track progress, members see real results. Each weight loss plan is designed with a focus on nutrition, activity and lifestyle.

The Enterprise obesity initiative addressed education for providers and education for patients and community members. The first annual Sanford obesity symposium was held in 2014. Over 400 health care professionals from the region and beyond registered for the 2014 and the 2015 symposium. The purpose of the symposium is to enhance the knowledge and competence of participants by providing an update on the latest research associated with the prevention, treatment and management of obesity. The target audience includes primary care physicians, pediatricians and specialty care providers, advanced practice providers, licensed registered dietitians, nurses, and other interested health care professionals.

The symposium is an opportunity to provide prevention and treatment practice guidelines for the adult and pediatric population. The planning committee includes several published providers who are sought after nationally and internationally for their expertise.

Sanford is taking a comprehensive and multi-faceted approach to obesity prevention and treatment. The impact is demonstrated through the lives of our community members who have had positive outcomes because of our programs and services.

#### Impact of the Strategy to Address Youth

Sanford Bagley worked to address at-risk youth in the community. Sanford provided staff for the after-prom parties in Bagley and Clearbrook/Gonvik where they prepared and served healthy refreshments for the students.

The Sanford Bagley ambulance service engaged the community by attending the Healthy Kids/Healthy Choices community event where they provided walk-through tours of the service.

Sanford Bagley also provides a Farm Safety day camp for Foston/Bagley/Clearbrook/Gonvik youth.

The 2013 strategies have served a broad reach across our community and region. The impact has been positive and the work will continue into the future through new or continued programming and services.



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