



2024 Community Action Plan

Grand Itasca Clinic & Hospital

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Action Plan Framework

In our 2022-2024 CHNA Implementation strategies, we set forth a 10-year vision to increase community health equity. We will advance this work through a series of CHNA implementation strategies and action plans that will build over the decade toward achieving that vision. This 2024 action plan supports our vision of community health equity by driving the work of our system CHNA implementation strategies and addressing priority needs. To read more on our 2022-2024 CHNA Implementation strategies, please find the reports here:

https://stcr-prd-cd.fairview.org/about/Our-Community-Commitment/Local-Health-Needs

2024 System Action Plan Framework

The Action Plan framework organizes the System Action Plan work around four categories of work to support M Health Fairview's goal to drive more equitable outcomes and inclusive environments and experiences for our patients, employees, and communities. These strategies are:

- Policy, System, and Environmental Change Initiatives
- Programs, Collaboratives, and Local Partnerships
- Education, Outreach, and Training Events
- Community Engagement

Community Health Equity Health Approach

Grand Itasca programs, collaboratives, and partnerships are developed and implemented in alignment with an overarching approach and set of values centered on health equity. The system-wide suite of programs (which can be found in our program list) has been developed over the years through close partnerships with community members and community partner organizations to center communities that face barriers to accessing opportunities for health and healthcare.

Additionally, Grand Itasca identified two specific populations, racial and ethnic minorities experiencing health disparities and people experiencing poverty, that we prioritize as we are developing new community-informed approaches, making program improvements, and marketing and recruiting for current programming. We continue to build resources and programming that are available in multiple languages, remove administrative and identification barriers, support minority and locally owned businesses and partners that serve those experiencing health disparities, and bring resources and clinical services to trusted community locations to serve our communities best.

All the following programs are offered at low or no cost and are available to people that identify as having a need that a specific program may help mitigate.

Priority Needs and Priority Populations

Fairview Health Services is guided by a deep and abiding commitment to our patients, our employees, and the communities we serve. Our ongoing efforts to embed the values of diversity, equity, and inclusion throughout our organization are a crucial part of the way we demonstrate that commitment. Over the course of 2021, Fairview's hospitals and medical centers conducted our Community Health Needs Assessment (CHNA) process to determine local priority community needs and our response. As part of this process, we listened and

learned much about our community's most pressing needs. Through those conversations, and supported by community data and perspectives, we prioritized the following needs:



We also identified two priority populations particularly affected by historical and ongoing systemic inequities:

👬 Åcross the lifespan and from rural to urban geographies		
Racial or ethnic populations experiencing health disparities	:	Persons experiencing poverty

We also included Grand Itasca Community Benefit programs that respond to local needs.



Community benefits are programs or activities that provide treatment or promote health and healing in response to identified community health needs and meet at least one of the following community benefit objectives: improve access to healthcare services; enhance health of the community; advance medical care or healthcare knowledge; or relieve/reduce the burden of government/other community efforts to improve health.

Policy, system, and environmental change initiatives (PSE)

Grand Itasca's mission and vision extend beyond traditional healthcare settings, driving a healthier future for the communities we serve. The PSE initiatives are implemented across the system (hospitals, clinics, etc.) to create sustainable and lasting change to advance health equity and community well-being.



= Priority need being addressed



= Community Benefit program



= Both priority populations are being served

Initiative	Objectives	Progress
Habitat for Humanity Accessing structural racism and barriers to equity init Grand Itasca supports health and affordable housing for	2024 Goals: 2 days to help with a Habitat build	1 day to help with a Habitat build
all as a foundation for healthy, vibrant communities and inclusive growth. In 2023, Grand Itasca volunteered a work crew of 6 employees to assist with a home renovation for a deserving family.		
Grand Itasca understands the importance of working collaboratively with our community. Knowing the resources available and where there are gaps gives us the opportunity to work together to improve our community as a whole. Grand Itasca employees are part of numerous community discussions, meetings, and organizational boards. We make a conscious effort to be accessible to the community in various capacities.		Boys & Girls Club Community Café ElderCircle Grand Rapids Farmer's Market Itasca Economic Development Council ISD 316, 317, and 318 Itasca County Public Health Kiesler Wellness Center Kootasca Community Action National Alliance on Mental Illness Second Harvest YMCA And many others

Programs, Collaboratives and Local Partnerships

Programs: Grand Itasca implements programming, activities, and initiatives, applying an equity-centered, culturally responsive approach, as we identify challenges and opportunities, create or expand programs and partnerships, and then scale or deepen learning and successes across our system and the communities we serve.



= Priority need being addressed



= Community Benefit program



†† = Both priority populations are being served

Program	Goals and Outcomes	Partners
VeggieRx Navigating and accessing care and resources In 2023, we partnered with the Grand Rapids Farmer's Market and held an 8-week healthy eating class, giving participants access to \$20 in fresh produce each week. A weekly newsletter was sent, providing education on healthy eating, recipes, and local resources. A cooking demonstration by a Grand Itasca physician was attended by nearly all participants. Participants were primarily patients from our diabetes support group and cardiac rehab.	program	Grand Rapids Farmer's Market Grand Itasca Foundation

Itasca County Public Health (SHIP)



Navigating and accessing care and resources





Through a SHIP grant, Grand Itasca has been able to expand their food insecurity programming. As a result of this partnership, all patients are now screened for food insecurity. Patients in need can leave with a bag of groceries and a list of resources to help.

2024 Goals:

The goal from 2023 was reached.
Additional food insecurity
programs are in process.

2023 Outcomes:

 Cabinet was installed at Grand Itasca to store food bags for patients that indicate food insecurity.

Itasca County Public Health SHIP (Statewide Health Improvement Partnership)

Second Harvest Northern Lakes Food Bank



Accessing structural racism and barriers to equity





Second Harvest North Central Food Bank (Grand Rapids) joined with Second Harvest Northern Lakes Food Bank (Duluth) on January 1, 2024 to form the Second Harvest Northland Food Bank. Grand Itasca will continue their partnership to address hunger in our region, which is a social determinant of health.

- Grand Itasca supports our local food bank by sending a team of volunteers each month to help package food. Most foods come in bulk and need to be individually packaged.
- A Grand Itasca director sits on the local board of directors for Second Harvest.
- Grand Itasca is a sponsor of the annual Chef's Gala fundraiser for Second Harvest.

Grand Itasca purchases emergency food bags from Second Harvest to provide to patients that indicate food insecurity.

2024 Goal:

100 volunteer hours 200 food bags

 Adding food resource packets to be handed out with the food bags

2023 Output:

102 volunteer hours 233 food bags handed out (thru Nov) Second Harvest Northland Food Bank

Code Lavender



Healing, connectedness, and mental health



Code Lavender is a self-care tool that uses Oshibori, essential oils, M Tech hand massage, etc. that Grand Itasca implemented for its employees. Our employees are part of our community and Code Lavender teaches them tools that help with life/work balance.

2024 Goals:

- 4 events, offer quarterly to employees
- 10% employee participation

2023 Outcomes:

• 5 events 105 employees participated M Health Fairview Grand Itasca Foundation

Collaboratives and Local Partnerships

Grand Itasca partners with community members to support activities related to community health and wellbeing. We invest and engage in mutual projects and initiatives by sharing resources and actively exchanging information. A collaborative is to partner with the community in each aspect of the decision, including the development of alternatives and the identification and delivery of the preferred solution. When describing working with the community in this way, it is sometimes called co-design, co-build, or co-implement.

Collaboratives and partnerships	Objectives	Partners
Project Care Free Clinic Navigating and accessing care and resources This Control Grand Itasca provides free lab and radiology services for patients that are seen at Project Care. Many of the healthcare volunteers at Project Care are Grand Itasca providers and pharmacists.	 2024 Goals: 10 Imaging patients (as needed) 10 Lab (as needed) 2023 Outcomes: 9 Imaging patients 8 Lab patients Total cost of services \$16,691 	Project Care Free Clinic
Twin Cities Gay Men's Chorus Accessing structural racism and barriers to equity Grand Itasca was a sponsor to bring the Twin Cities Gay Men's Chorus to Grand Rapids in January 2024. This event not only brought incredible musical talent to our community, but also brought awareness of and support for the LGBTQ+ community. "Our support for all people, regardless of race, ethnicity, gender, age, ability, religion, or sexual orientation, extends beyond our walls into the community."		Kootasca Community Action - Circles of Support Community Presbyterian Church Community Presbyterian Church Youth Group Second Harvest North Central Food Bank Itasca Area Indivisible Grand Rapids Human Rights Commission Itasca Unitarian Fellowship Zion Lutheran Church St. Andrew's Lutheran Church Itasca Pride

Workforce Development Accessing structural racism and barriers to equity Accessing structural racism and barriers to equity Grand Itasca continues to look at ways to develop our local workforce by partnering with area schools. We partnered in high school career development programs/events, including GRHS Career Day, GRHS Student Pathway program, MN North-Itasca Mock Interviews, Greenway Mock Interviews, Summer Internship, Iron Range SCRUBS Camp, Greenway Career Expo, and Discover Health.	 2024 Goals: 6-8 High School career development programs 2023 Output: 8 High School career development programs 	Lake Superior College Grand Rapids High School MN North – Itasca Greenway
YMCA: Childcare Classroom Support Accessing structural racism and barriers to equity This Due to a shortage of childcare in our community, the YMCA was approached by the city to expand their services into the IRC building. Several organizations donated to this project, including Grand Itasca.	2024 Goals: Complete financial obligation towards the childcare expansion (two additional payments of \$5,300 each) 2023 Outcomes: 58 additional childcare spots were created	YMCA
Memorial Blood Center Navigating and accessing care and resources Grand Itasca supports blood donation from our employees through a partnership with Memorial Blood Center.	2024 Goals: • 4 events 50 employees donate blood 2023 Outcomes: • 4 events 47 employees donated blood	Memorial Blood Center

Kiesler Wellness Center	2024 Goal:	Kiesler Wellness Center
Healing, connectedness, and mental health	Continue to show support	
Kiesler Wellness Center is a peer-driven community support program for adults impacted by mental illness. Grand Itasca works closely with Kiesler, as they have a shared patient/client base.	 Outcomes: Grand Itasca worked with Kiesler Wellness Center to improve processes throughout the year for those struggling with mental illness. Grand Itasca was a sponsor for Kiesler's annual fundraiser. 	
Boys & Girls Clubs of Grand Rapids and Greenway Healing, connectedness, and mental health Contribute our time, talent, and expertise to support initiatives related to youth development.	 Orand Itasca is in discussion with the B&G Club to find a way to support their work in a more substantial way in 2024. Outcomes: Grand Itasca's Physician Recruiter is a member of the B&G Club Board of Directors. 	
Lake Superior College – equipment donation Healing, connectedness, and mental health Grand Itasca donated surgical instrument sets to Lake Superior College's Surgical Technologist program. Our Surgical Director is a member of their Surgical Technician Advisory Board.		Lake Superior College

Education, Training, and Outreach Events

Grand Itasca is committed to providing education to improve the health and well-being of our patients and community members.



= Priority need being addressed



= Community Benefit program



† = Both priority populations are being served

Event	Goals and Outcomes	Partners
Living Well with Chronic Pain Navigating and accessing care and resources In partnership with Juniper, this evidence-based 6-part series supports those with chronic pain. Two peer leaders take the participants through a prescribed curriculum.	2024 Goals 1 series 5 completers 2023 Outcomes 1 series 4 completers	Juniper Eldercircle
Living Well with Diabetes Navigating and accessing care and resources In partnership with Juniper, this evidence-based 6-part series supports those with Diabetes. Two peer leaders take the participants through a prescribed curriculum.	 2024 Goals 1 series 5 completers 2023 Outcomes 1 series 4 completers 	Juniper Eldercircle

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Living Well with Chronic Conditions Navigating and accessing care and resources In partnership with Juniper, this evidence-based 6-part series supports those with a chronic condition. Two peer leaders take the participants through a prescribed curriculum.		Juniper Eldercircle
Walk With Ease Navigating and accessing care and resources In partnership with Juniper, this evidence-based 6-week series supports those with arthritis. This evidence-based program has been proven to help people with arthritis or other related conditions to reduce pain and improve overall health.		Juniper Eldercircle
Psychological First Aid Healing, Connectedness and Mental Health Psychological First Aid (PFA) is an evidence-informed training for all community members and professionals. Trainees will learn how to support healthy recovery in individuals following a traumatic event, public health emergency, natural disaster, or personal crisis. The curriculum integrates public health, community health and individual psychology by drawing upon skills the trainees probably already have. PFA is a two-hour training. Grand Itasca's Community Health Coordinator is a trained instructor for the M Health Fairview system.	2 local classes 54 participants	M Health Fairview

YMCA Health Fair with UMD Pharmacy students	2024 Goals:	Itasca County YMCA
	50 participants	UMD Pharmacy
Navigating and accessing care and resources	·	Itasca Public Health
	2023 Outcomes:	ElderCircle
	47 participants	Senior Linkage Line
	Tr participanto	NAMI
The YMCA Health Fair is offered to the public at no cost.		CERDAR
Participants can have a lipid panel and glucose		Alzheimer's Assoc.
assessment done by pharmacy students from UMD,		First Call for Help
along with bone density and blood pressure checks.		Lutz Consulting Solutions
Many health partners are on hand to offer their support		Latz Consulting Conditions
and services, including memory, grip, and balance		
assessments. This health fair is a favorite in our		
community and a great learning partnership for the		
students		
Students		
Safe Routes to School	2023 Goals:	ISD 318, East Elementary and West
		Elementary
Healing, connectedness, and mental health	Continue with this event in May and October	Elementary
	15 kids' participation	
	2022 2 1 2 2 2 2 2	
	2022 Outcomes:	
Safe Routes to School is an initiative that encourages		
physical activity for school-aged children. Grand Itasca		
partners with them twice a year by sending a team that		
walks kids to a designated pickup spot after school.		
Bikes have also been an option at some of the events.		
Diabetes Support Group	2024 Goals:	YMCA
Healing, connectedness, and mental health	10 monthly sessions (doesn't meet	
	Nov./Dec.)	
	40 participants (annual total)	
	2023 Outcomes:	
Grand Itasca's Diabetes educator facilitates a support	 41 participants (annual total) 	
group for those in our community with Diabetes, along		
with their families.		
with their rannings.		

Cancer Support Group	2024 Goals:	I YMCA
Healing, connectedness, and mental health Grand Itasca offers a cancer support group, in partnership with two local organizations, the Itasca County Breast Cancer Support Group and the Itasca	 12 (monthly) sessions 50 participants total 2023 Outcome: 8 (monthly) sessions 40 participants 	Itasca County Breast Cancer Support Group
County YMCA. GICH provides a monthly educational newsletter for the group.		
YMCA Together We Ride Bike Rodeo Healing, connectedness, and mental health	2024 Goals: 90 kids visit table to learn about proper helmet fitting	YMCA Ardent Bicycles
	2023 Outcome:91 kids visited the GICH table	
The YMCA encourages families to get up, get out, and get moving. This event allows families to enjoy the YMCA's bike fleet or bring their own bikes, with free bike inspections, a bike obstacle course, games and bounce houses, and a free hot dog dinner. Grand Itasca provides materials for proper helmet fittings and has given away bike helmets, as well as held drawings for bicycle giveaways throughout the years.		
Educational presentations to local organizations Navigating and accessing care and resources	 2024 Goals: 5 community presentations 2023 Outcomes: 5 community presentations 	ElderCircle The Pillars Van Dyke Elementary Bois Forte Reservation
Grand Itasca provides speakers to various events throughout the community. From infection control to how to lift clients properly, we can provide many topics to community organizations that request our expertise.		

NAMI Event – Waiting for Beds community event	2024 Goal:	NAMI
Healing, connectedness, and mental health NAMI strives to provide education, support and advocacy for children and adults with mental illness and their families. In May 2023, NAMI facilitated a community discussion to bring awareness about the mental health crisis that often escalates when someone is kept waiting in the ER, due to a shortage of beds in mental health facilities across the state. Grand Itasca's Dr. David Anderson was part of the discussion panel. Also contributing to the discussion was GICH's ED Director and their ED Manager.	 Continue to show support through the education committee 2023 Outcomes: Waiting for Beds event 42 people attended in person 8 people attended virtually 	
NAMI – ED Mural Healing, connectedness, and mental health NAMI partnered with Grand Itasca in 2023 to renovate a patient room in the Emergency Department that is designated for patients in a mental health crisis. Partnering with a local artist, the room was transformed to create a more inviting, less chaotic, and calming atmosphere.		NAMI Itasca County Public Health

Forest History Contar Biles Bades	2024 Casla	Farest History Contor
Forest History Center Bike Rodeo Healing, connectedness, and mental health	2024 Goals:Education about proper helmet fitting	Forest History Center
	2023 Outcome:3 bikes donated for random drawingEducation about proper helmet fitting	
Grand Itasca participated in the Bike Rodeo at the Forest History Center. Two members of our ED helped to fit bike helmets and handed out information about proper helmet fitting.		
Support Within Reach "Chalk Walk"	2024 Goals:	Support Within Reach
Navigating and accessing care and resources	1 event	Foster Love Kootasca Community Action
ins some state of the state of	2023 Outcomes: • 1 event	AEOA GR Police Department GR Fire Department Additional organizations as well
Chalk Walk is a family friendly event to share community resources. Information of the organizations is provided, and kids do a chalk drawing at each booth. Those that complete all the drawings are entered into a drawing for fun prizes.		Accumental organizations de weil
Community Connect Navigating and accessing care and resources	2024 Goals: • 1 event	Itasca County Health and Human Services
神心 《	2023 Outcomes: 1 event	
Community Connect is a community event hosted by Itasca County Health and Human Services, area church, and nonprofit agencies with a goal to connect people with community resources. Grand Itasca's diabetes educator was on site for the event, providing blood sugar checks and offering diabetes education.		

Free student sports physicals



Navigating and accessing care and resources





Grand Itasca designates a week during the summer to provide free sports physicals to high school and college age students. Appointments are required, as there are a set number of appointments available.

2024 Goals:

• 20 free sports physicals for students

2023 Outcomes:

• 19 students participated

Promoted through many different channels -

- Kootasca Community Action
- MN North-Itasca
- Second Harvest
- GRHS

Community Engagement

Community engagement: It is a continuous process of developing relationships with community members and partners to identify action steps to improve health equity and promote well-being. This intentional practice includes diverse community perspectives, addresses power dynamics, fosters long-term trusting relationships, and leads to action. Our community engagement approaches span across all our service areas and focus on all three priority areas and the two priority populations and are also responsive to emerging needs.

Approach	Activities	Objectives
Sponsorships	 Develop a process for signature partner agreements to ensure prioritization of resources. Support local community organizations in needs that they have identified. Grand Itasca supports many local non-profit organizations through sponsorships, supplies, and staff time. 	All sponsorships to be in alignment with Grand Itasca's commitment to advancing racial equity and its focus on diversity, equity, and inclusion, as well as addressing poverty in our community.
Free Foot Care init	Due to a shortage in foot care services in our area, Grand Itasca now provides this service at no cost to patients. Patients learn of the program through their provider or through community spread.	Foot care is an important part of health, especially for those that have chronic conditions. Grand Itasca offers this at no cost in order to meet the need in our community for this preventive service.
Community Health Needs Assessment Under the 2010 Affordable Care Act all nonprofit hospitals are required to conduct triennial community health needs assessments with community involvement to prioritize community informed priority needs and develop implementation strategies and action plans to address those needs. Assessing and responding to community and patient needs is an important component of population health and integral part of Fairview. Fairview has conducted triennial assessments to inform our community outreach since the mid-1990s. During our	 Community informing and input activities: Conduct Roadshow and presentations to keep internal and external stakeholders engaged and informed. Administer 3 CHNA surveys to learn about barriers and assets for employees, patients, and community members. Conduct a series of stakeholder interviews in each hospital community. Host 3 virtual conversations focused on Healing, Connectedness and Mental Health to learn about barriers and responses unique to specific populations. Host 2 CHNA prioritization events. 	Reach a large set of diverse stakeholders through CHNA engagement events and activities that inform needs and tactics.

2024 Grand Itasca Action Plan

last CHNA Fairview made a bold decision to commit to a 10-year vision of increased community health equity and supporting strategies. You can find the 2021 community health needs assessment reports which outline the prioritized needs, along with the CHNA Implementation strategy reports and the details of our commitment to forwarding community health equity found on our website.

Contact: Jennifer Morman Jennifer.Morman@Fairview.org Community and stakeholder consulting activities:

 Organize and facilitate advisory groups to influence and inform the CHNA process. To complete a CHNA report for each hospital that is approved by the community advisory council and board adopted.

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