



Board of County Commissioners Agenda Request

3B

Agenda Item #

Requested Meeting Date: April 8, 2025

Title of Item: Aitkin County CHA & CHIP Presentation

<input checked="" type="checkbox"/> REGULAR AGENDA <input type="checkbox"/> CONSENT AGENDA	Action Requested: <input type="checkbox"/> Approve/Deny Motion <input type="checkbox"/> Adopt Resolution (attach draft) <input type="checkbox"/> Hold Public Hearing <i>*provide copy of hearing notice that was published</i>	<input type="checkbox"/> Direction Requested <input checked="" type="checkbox"/> Discussion Item <input type="checkbox"/> Information Only
Submitted by: Paula Arimborgo		Department: HHS Administration
Presenter (Name and Title): Maggie Rothstein and Erika Guenther, AIK Community Health Board		Estimated Time Needed: 20 minutes
Summary of Issue: Maggie Rothstein, Community Health Services Administrator and Erika Guenther, Public Health Planner are here to present the Aitkin County Public Health - Community Health Assessment & Community Health Improvement Plan.		
Alternatives, Options, Effects on Others/Comments:		
Recommended Action/Motion:		
Financial Impact: <i>Is there a cost associated with this request?</i> <input type="checkbox"/> Yes <input type="checkbox"/> No <i>What is the total cost, with tax and shipping? \$</i> <i>Is this budgeted?</i> <input type="checkbox"/> Yes <input type="checkbox"/> No <i>Please Explain:</i>		



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Aitkin County

Aitkin County Public Health Community Health Assessment & Community Health Improvement Plan

Aitkin County Board of Commissioners & Aitkin County Health & Human
Services Advisory

April 2025



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Community Health Board & CHA/CHIP Overview

Community Characteristics

Community Health Assessment

Community Health Improvement Plan

Next Steps



Acknowledgements

Community Partners

- Aitkin County CHATS
 - Community health coalition co-hosted by Riverwood Healthcare Center and Aitkin County Public Health
- Aitkin County Public Health Emergency Preparedness Group
- Committee for the Awareness and Prevention of Suicide
- Aitkin County Local Advisory Council for Mental Health
- Aitkin County Women of Today
- Aitkin County Health & Human Services Advisory Committee
- Aitkin County Health & Human Services staff

CHA/CHIP Planning Team

- Stacey Durgin Smith
 - Aitkin County Public Health
- Hannah Colby
 - Aitkin County Public Health
- Brea Hamdorf
 - Aitkin County Public Health
- Erin Melz
 - Aitkin County Public Health
- Maggie Rothstein
 - Aitkin-Itasca-Koochiching Community Health Board
- Erika Guenther
 - Aitkin-Itasca-Koochiching Community Health Board
- Alyssa Kotula
 - Public Health Corps, 2023-2024



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Aitkin County is served by the Aitkin-Itasca-Koochiching Community Health Board

The A-I-K CHB is the legally recognized governing body for this Community Health Services area.
Per Minn. Stat. 145A, CHBs must:

Serve a minimum
population of 30,000
Minnesotan residents

Identify local public
health priorities

Implement activities
to address priorities
and areas of public
health responsibility

Must staff a
community health
services administrator
and a medical
consultant

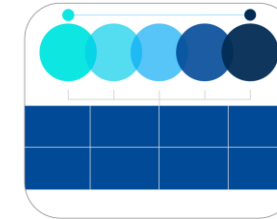
A-I-K Bylaws:
7-member Board

Local Public Health in Minnesota

2023

Foundational Public Health Responsibilities

MN's Joint Leadership Team adopt national framework. MN Legislature allocated funding to Community Health Boards.



2003

Local Public Health Act modified (Minn. Stat. 145A)

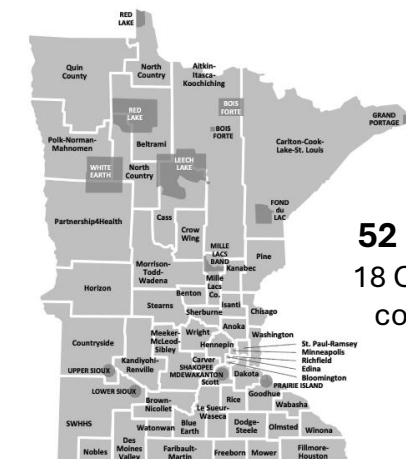
1987

Local Public Health Act revised (Minn. Stat. 145A)

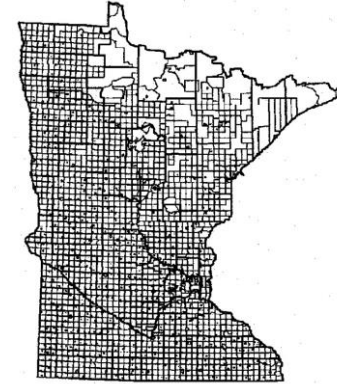
1976

Local Public Health Act (Minn. Stat. 145A)

Allowed Boards of Health to join and work as Community Health Boards. Established partnership approach between state and local agencies. Unique to Minnesota.



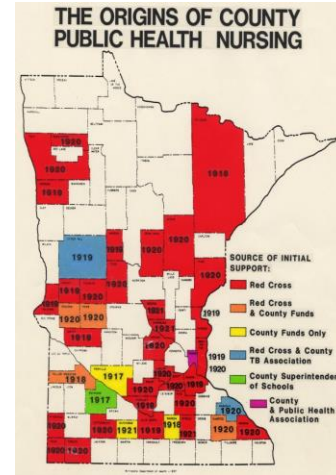
52 CHBs Today
18 CHBs are multi-county, like AIK.



Boards of Health Before 1976

Pre-1976

Over 2,100 local boards of health existed.



1930s & 1940s

State field offices opened to support local public health. Responsibilities expanded.

Mid-1900s

State encouraged communities to create local Boards of Health. Responsible for assessing health and developing policies to prevent spread of disease.



Mid-1800s

Towns and cities authorized to enact legislation to control infectious disease.



April 2025

1872

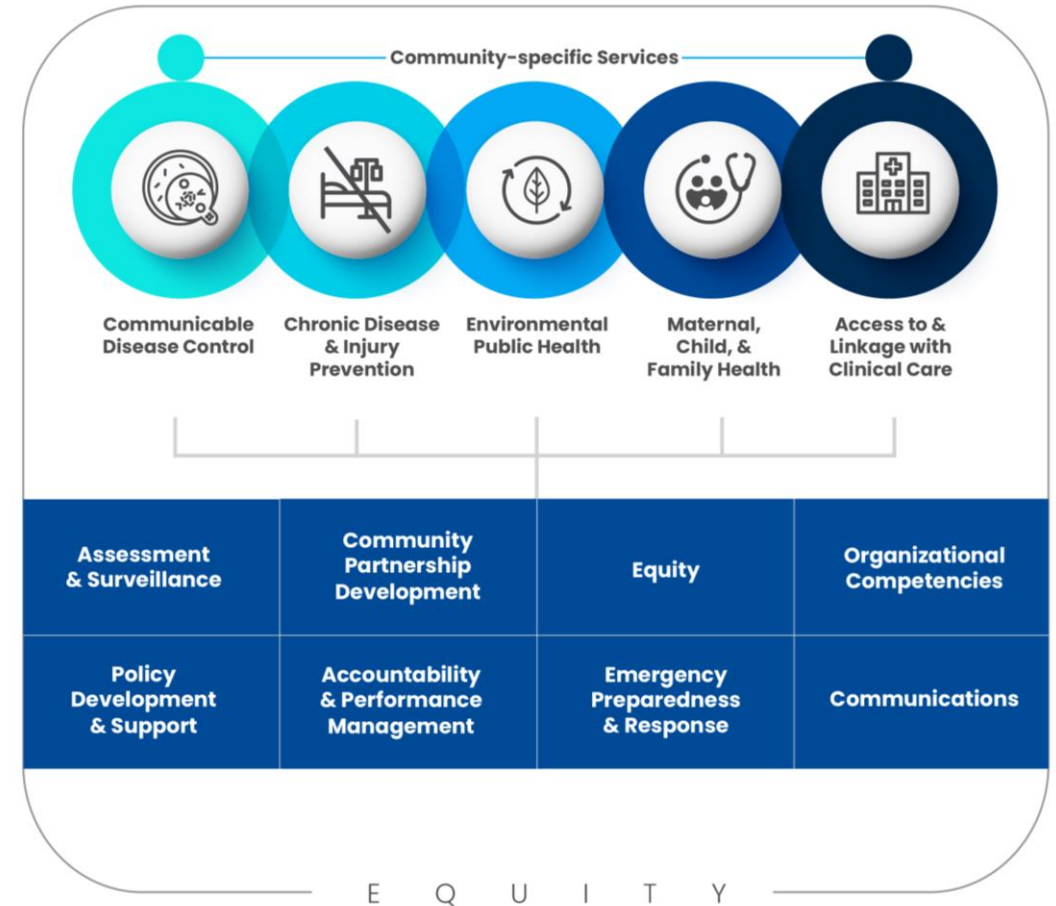
State Board of Health established in Red Wing.



Foundational Public Health Responsibilities

- **Goal:** Ensure that all Minnesotans have access to essential public health protections.
- Adopted by the *Joint Leadership Team for Public Health System Transformation* in 2023
- Implementing the FPHR framework is:
 - Enhancing community health services
 - Promoting dignity for every resident
 - Strengthening local collaboration
 - Building capacity to respond to and improve community health

Foundational Areas





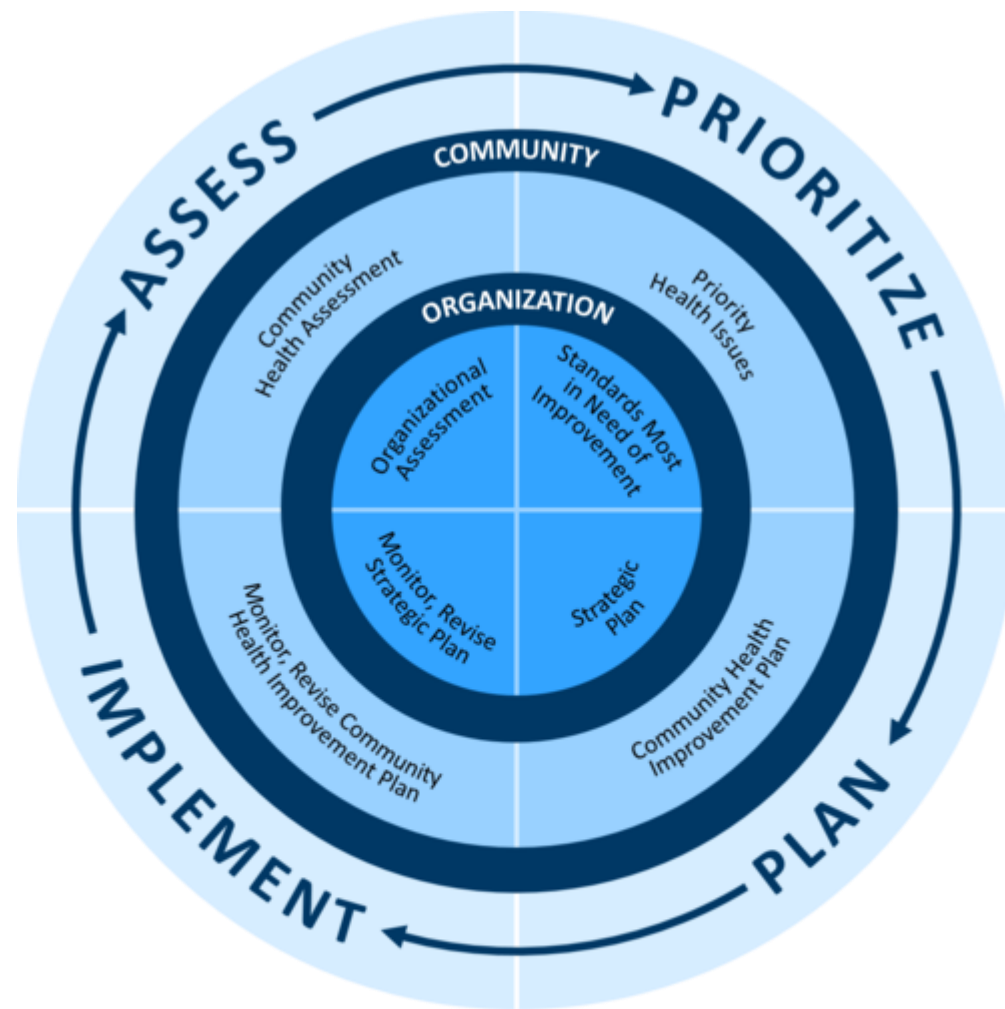
CHA/CHIP Overview

Community
Health
Assessment

-and-

Community
Health
Improvement
Plan

- Minnesota's community health boards are statutorily required to conduct CHA/CHIPs **every 5 years**.
- CHAs help determine local public health priorities.
- CHIPs are multi-year action plans to address the CHA's priorities.



Local Public Health
Assessment and Planning Cycle



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Community Characteristics

Why do we want to understand geographic and demographic information in community health?

- Understand distinct health needs and risks
- Identify health disparities
- Allocate resources effectively
- Develop relevant public health interventions
- Inform policy making and planning





AC

Total Population

16,312 residents

Median Age

56.2 years

Percent Female

49.2%

Percent Veterans

12.6%

<65 w/ Disability

12.6%



AC

Total Area

~1,996 square miles

Minor Civil Divisions

6 cities

40 townships

Borders Tribal Jurisdictions

Mille Lacs Band of Ojibwe

MN

Total Population

5,793,151
residents

Median Age

38.5 years

Percent Female

49.9%

Percent Veterans

5.7%

<65 w/ Disability

8.0%



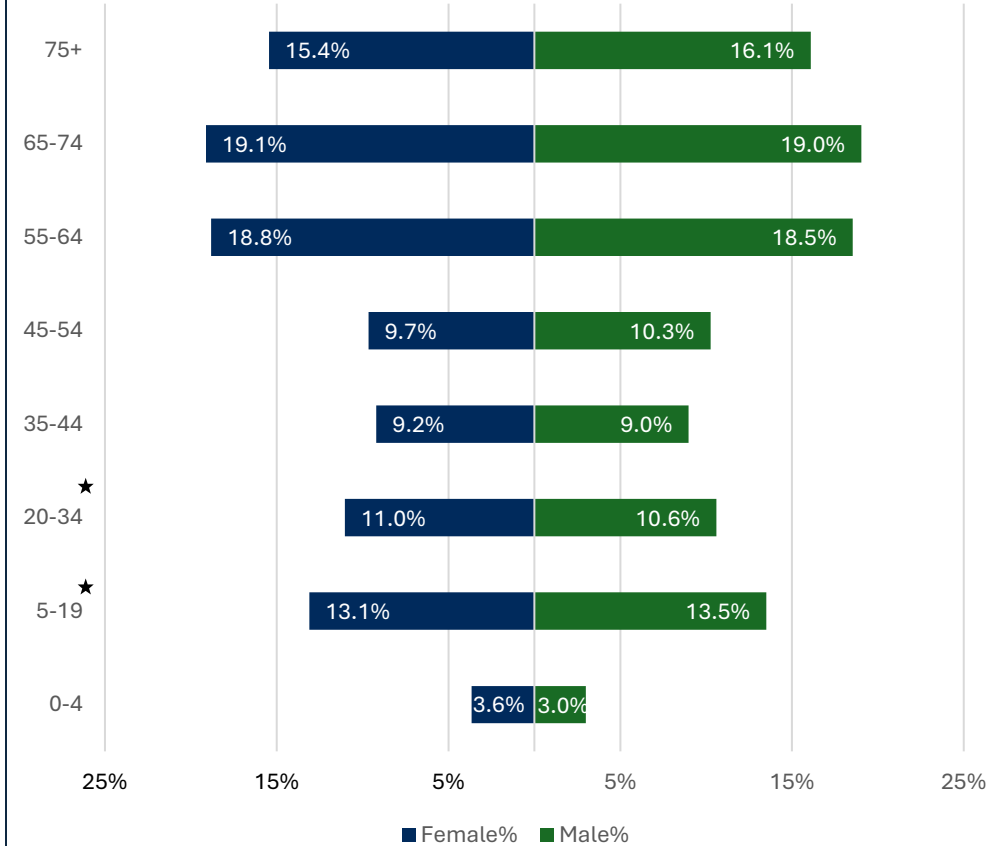
Median Age
56.2 years



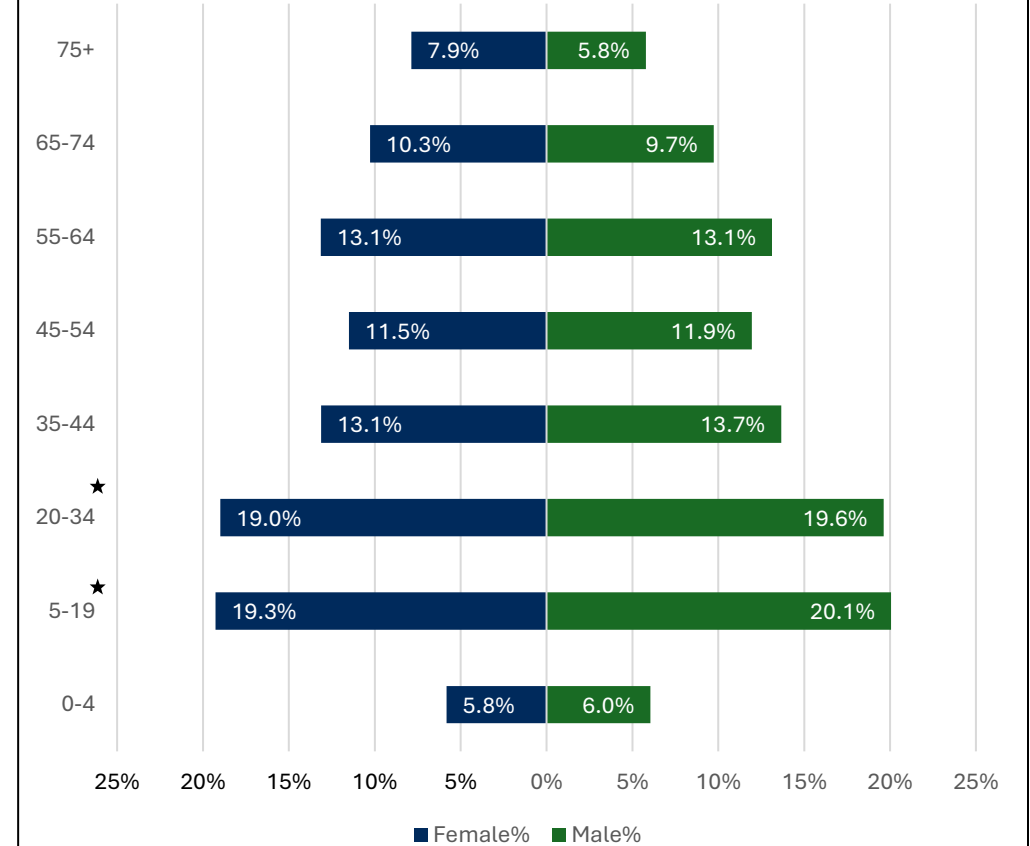
MN

Median Age
38.5 years

Aitkin County – Age Distribution by Sex



Minnesota - Age Distribution by Sex



★ 15-year age grouping



Race and Ethnicity Population Data

- Aitkin County is more racially diverse in 2022 than it was in 2010
 - Less racially diverse than the state of Minnesota
- Aitkin County has higher proportions of White (non-Hispanic) and American Indian/Alaska Native (non-Hispanic) residents than the state

Race and Ethnicity	AC 2010	AC 2022	MN 2010	MN 2022
White alone, non-Hispanic	95.0%	93.8%	83.1%	77.7%
Black alone, non-Hispanic	Z	0.5%	5.1%	6.6%
American Indian and Alaska Native alone, non-Hispanic	2.4%	2.2%	*	0.8%
Asian alone, non-Hispanic	Z	Z	4.1%	5.4%
Native Hawaiian and Other Pacific Islanders alone, non-Hispanic	Z	Z	*	0.03%
Two or more Races, non-Hispanic	1.1%	1.6%	1.9%	3.8%
Hispanic or Latino	1.9%	1.5%	4.7%	5.7%

Value Flag: Z = Value greater than zero but less than half unit of measure shown.

* = data point wasn't identified



Income and Poverty Population Data

- Poverty rates are higher/income levels are lower in Aitkin County than they are in the state of Minnesota
- Children in Aitkin County disproportionately live in poverty compared to people of all ages across the state, especially children under the age of 5

Income and Poverty	Aitkin County	Minnesota
Median household income (2019-2023)	\$59,498	\$87,556
Per capita income (2019-2023)	\$35,185	\$46,957
Percent of people in poverty (all ages) (2019)	12.2%	9.7%
Percent of children in poverty (under 18) (2019)	18.0%	12.2%
Percent of children in poverty (under 5) (2019)	22.7%	12.8%



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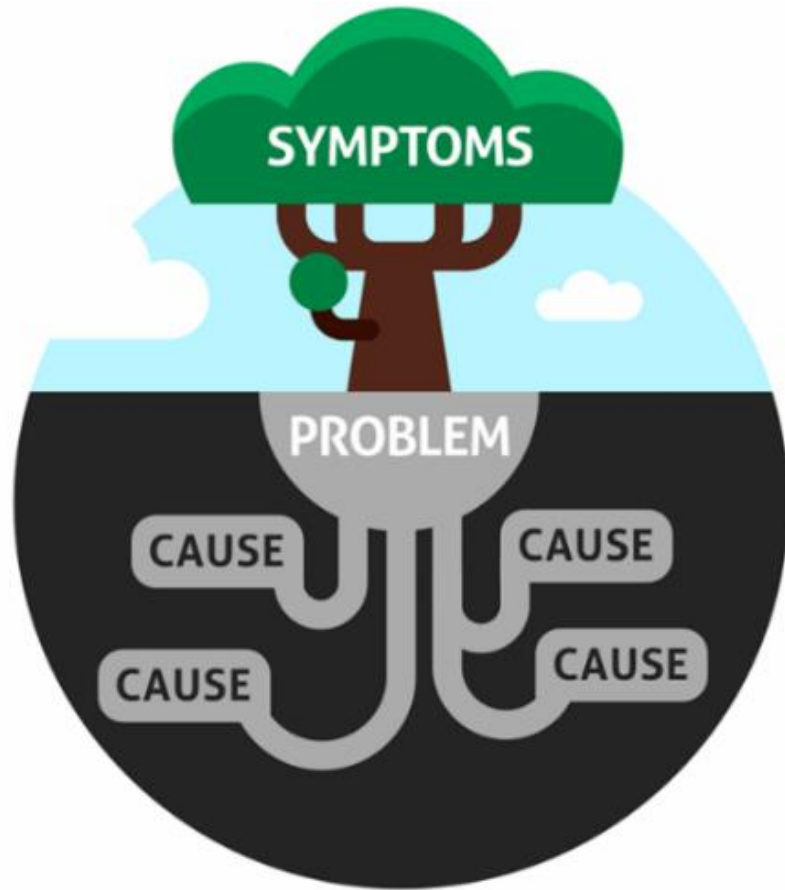
Community Health Improvement Plan

Next Steps



Aitkin-Itasca-Koochiching Community Health Board's

2025 CHA Priority

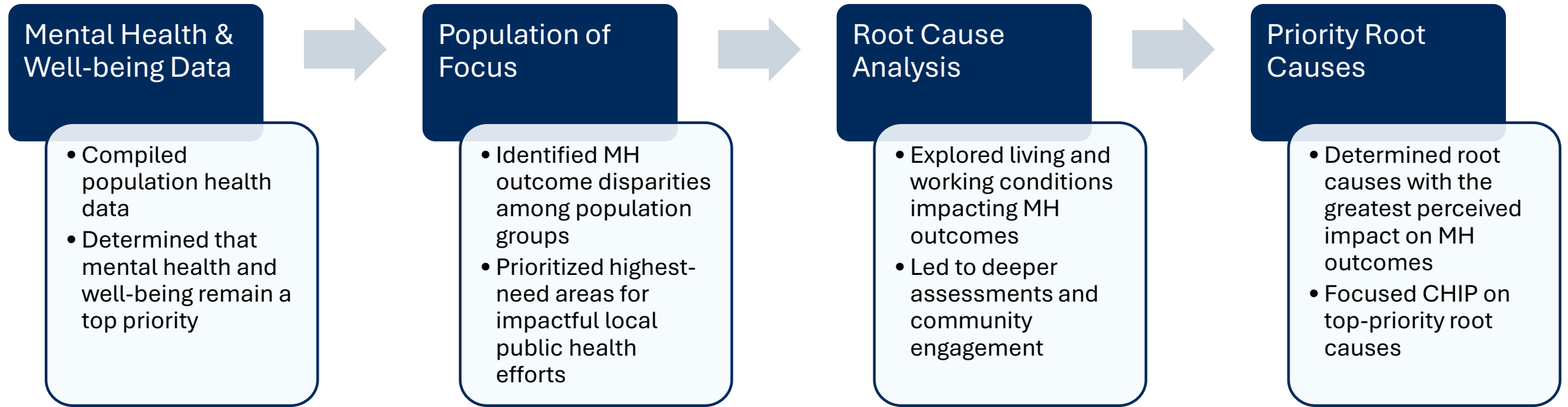


Mental Health and Well-being

- 2020 CHA Priorities:
 - Mental Health & Well-being
 - Substance Use Prevention
- 2023: Population health data compiled and reviewed
 - Presented to local public health staff
 - Staff contextualized based on their work experiences
- Mental health & well-being remains a top priority



AIK 2025 CHA Process





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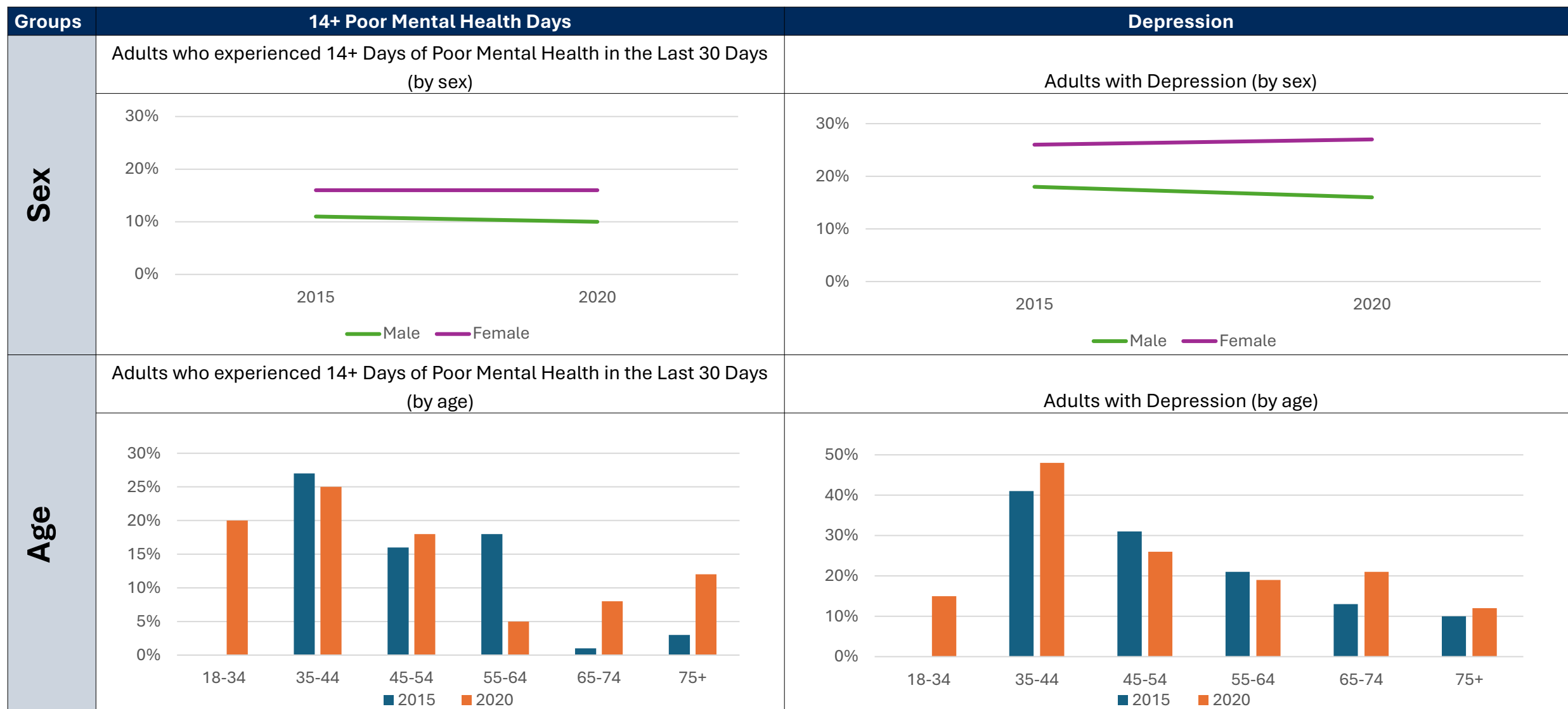
Aitkin County

Community Health Assessment



Aitkin County Mental Health and Well-being Population Health Data

Bridge to Health Survey, 2020





Aitkin County Population of Focus

Women ages 35-44 in Aitkin County

- Consulted with community groups to confirm and contextualize
 - Aitkin County CHATS
 - Aitkin County Public Health Emergency Preparedness Group
 - Committee for the Awareness and Prevention of Suicide
 - Aitkin County Local Advisory Council for Mental Health
 - Aitkin County Women of Today
 - Aitkin County Health and Human Services Advisory Committee



Identified Potential Root Causes

1. Gender expectations in the workplace
2. Gender expectations for home management
3. Gender expectations for caring for an aging parent
4. Gender expectations for parental roles
5. Gender wage gap
6. Substance use disorders
7. Domestic violence
8. Menopause/perimenopause
9. Accessibility/affordability of higher education
10. Accessibility/affordability of healthy food
11. Accessibility/availability of childcare
12. Affordability/availability of housing
13. Accessibility/availability of mental health resources
14. Accessibility/availability of health resources



Aitkin County Root Cause Analysis

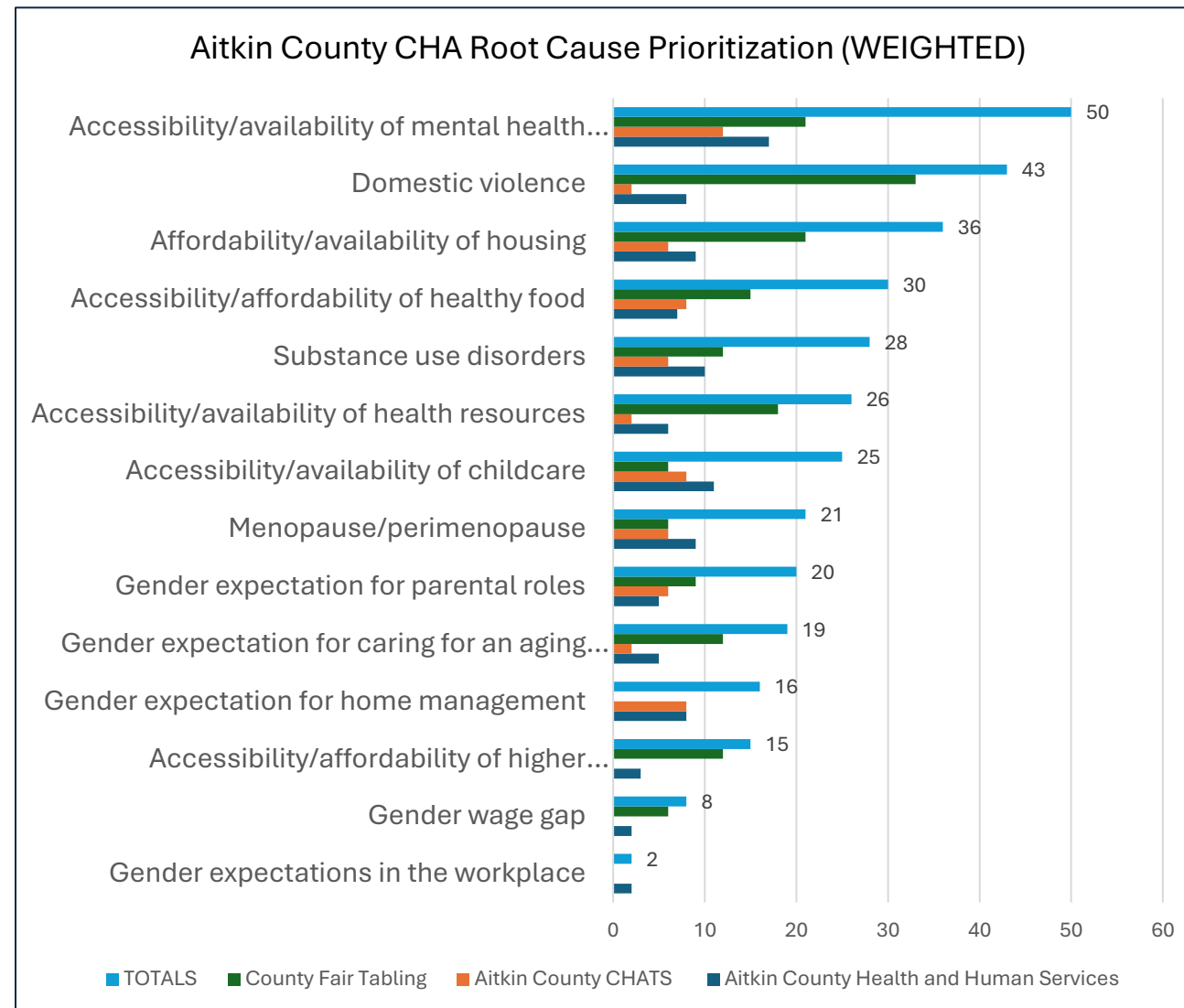
Collected primary data to prioritize root causes.

- Aitkin County Fair (19 respondents)
- Aitkin County CHATS (11 respondents)
- Aitkin County H&HS Advisory Committee and staff (34 respondents)

Weighting Matrix

- Balance response numbers
- Elevate resident voice

Venue	Unweighted Votes	Weight Value	Weighted Votes
County Fair	57	x3	171
CHATS	33	x2	66
H&HS	102	x1	102



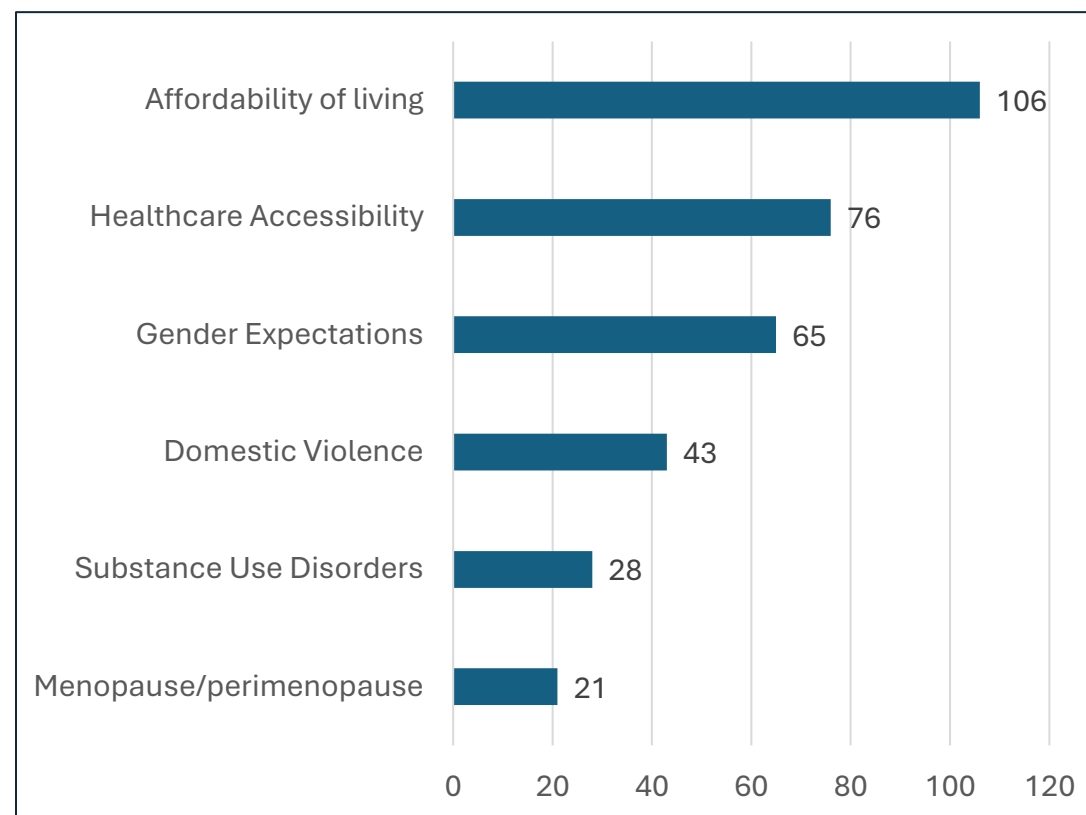


Aitkin County Priority Root Causes

Priority Root Causes (Bucketed)

1. Affordability of living
 - a) Affordability/availability of housing
 - b) Accessibility/affordability of healthy food
 - c) Accessibility/availability of childcare
 - d) Accessibility/affordability of higher education
2. Healthcare accessibility
 - a) Accessibility/availability of mental health resources
 - b) Accessibility/availability of health resources
3. Gender expectations
 - a) Gender expectations for parental roles
 - b) Gender expectations for caring for an aging parent
 - c) Gender expectations for home management
 - d) Gender wage gap
 - e) Gender expectations in the workplace
4. Domestic violence
5. Substance use disorders
6. Menopause/perimenopause

Priority Root Causes (Bucketed)





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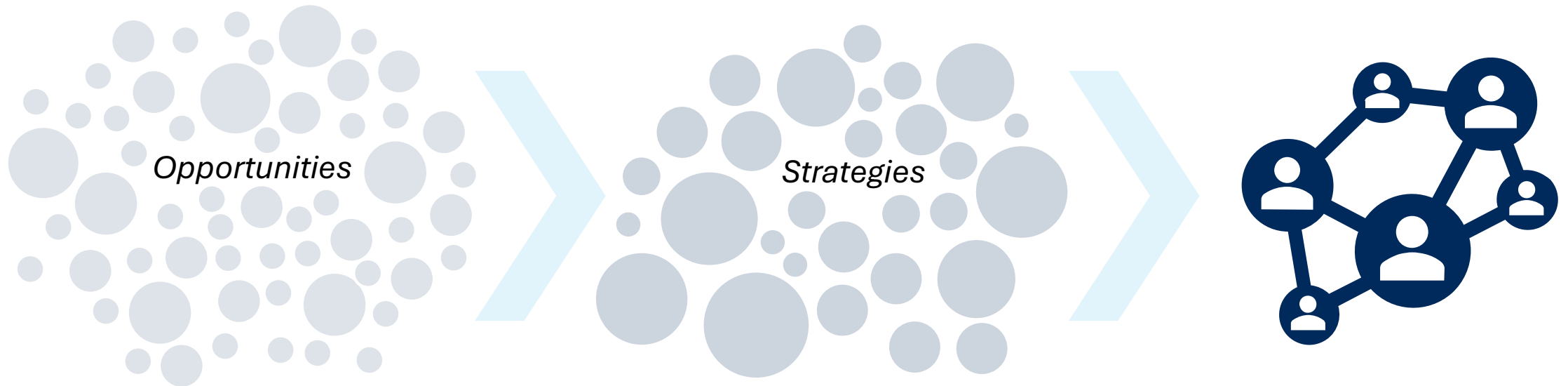
Community Health Improvement Plan



Next Steps



AIK 2025 CHIP Process



Opportunities to address root causes identified by LPH practitioners

Formulate potential strategies to address priority root causes

Prioritize strategies to collaboratively improve community health



Impact Ranking and Capacity Assessment

“Nobody knows everything. But together, we know a whole lot.”

- *Simon Sinek*

Professional Perspective

Thinking about your work, what opportunities do you have to address the priority root causes?

Resident Perspective

Considering what you know about community efforts in your county, what organizations or people have championed work related to a priority root cause?



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Community Health Improvement Plan



Aitkin CHA Summary

Population of Focus

Women ages 35-44 show an increased need for mental health supports

Priority Root Causes (Bucketed)

1. Affordability of living
2. Healthcare accessibility
3. Gender expectations
4. Domestic violence
5. Substance use disorders
6. Menopause/perimenopause

Aitkin CHIP Summary



CHIP Areas	
Referral Pathways and Connections	Communications Planning and Outreach
<p><u>Strategies</u></p> <ul style="list-style-type: none"> • Customizing referral processes for specific pathways to care • Customizing referral processes for affordability/income-based eligibility resources <ul style="list-style-type: none"> ○ Housing, food, childcare, etc. ○ External referrals outside of Aitkin County governmental services • Customizing referral pathways for various public sector resources and services <ul style="list-style-type: none"> ○ Medical Assistance, Supplemental Nutrition Assistance Program, Housing and Redevelopment Authority programs ○ Internal referrals to Aitkin County government programs 	<p><u>Strategies</u></p> <ul style="list-style-type: none"> • Promoting preventative care • Promoting tobacco cessation resources • Education and outreach on the relationship between mental health and substance use disorders • Communication planning and development on healthcare resources in the community • Prevention/education/intervention for substance use disorders • Outreach/education/communications planning on available resources with eligible populations
CHIP Spotlight	
Domestic Violence	
<ul style="list-style-type: none"> • Domestic violence was elevated the second highest priority root cause affecting mental health outcomes among women ages 35-44 in Aitkin County • Violence prevention efforts in public health start by acknowledging and defining the problem (CDC, April 2024). <p><u>Initial Strategy</u></p> <ul style="list-style-type: none"> • Destigmatize help seeking for people experiencing domestic violence. 	



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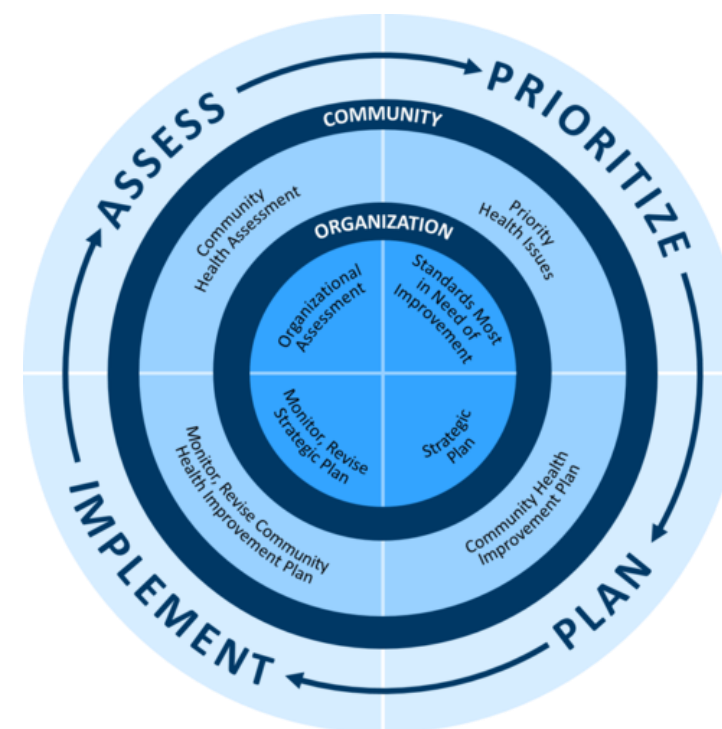
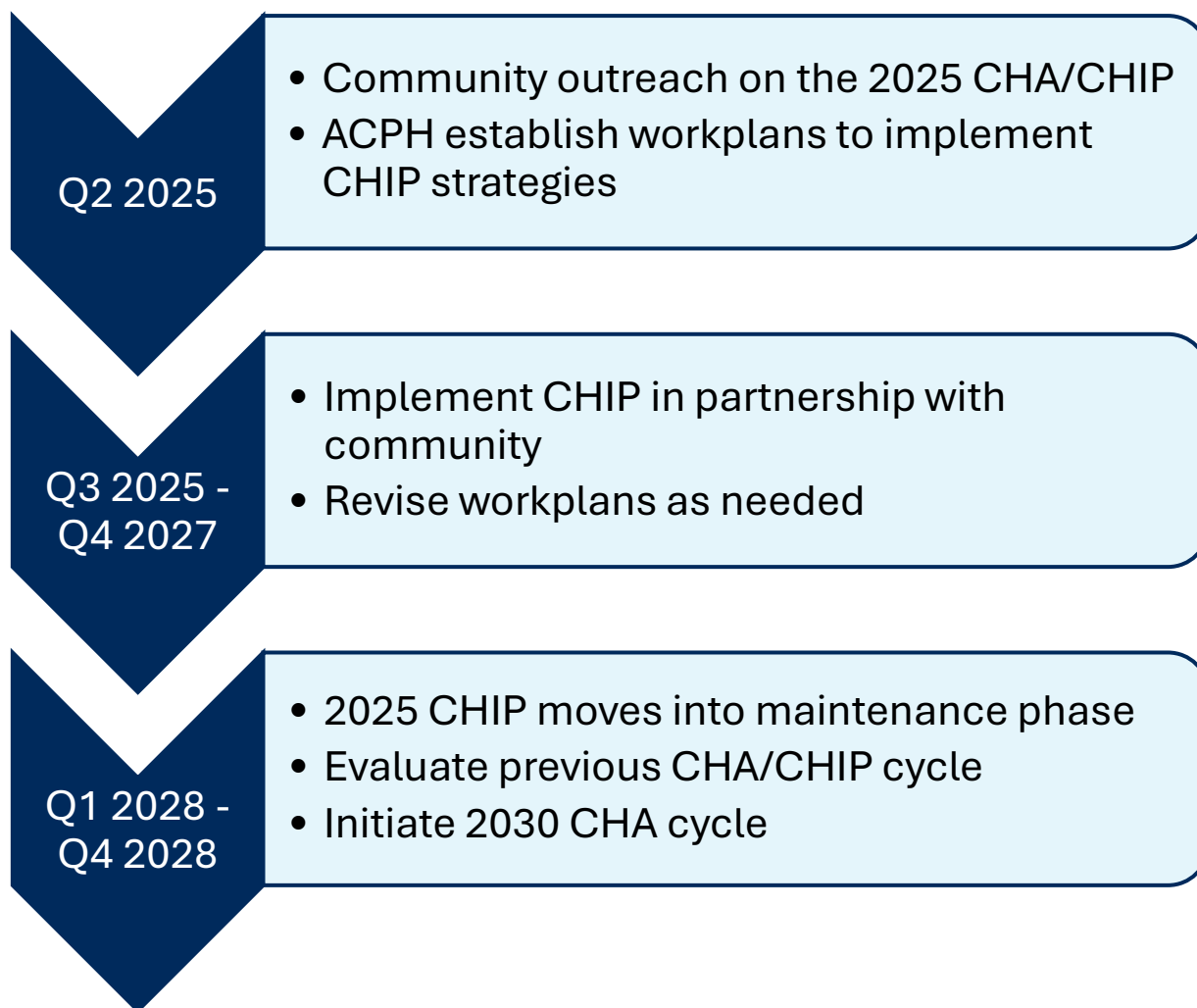
Community Health Improvement Plan



Next Steps



Next Steps: CHIP Implementation



Local Public Health
Assessment and Planning Cycle



Thank You

Questions?

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