

WINONA COUNTY PARTNERSHIP

Statewide Health Improvement Partnership | June 2021
For more information visit www.WinonaCountyPartnerSHIP.com



Our goal is to help Minnesotans live longer, healthier, and better lives by preventing risk factors that lead to chronic disease.

Building Community Partnerships

The Winona County PartnerSHIP is making the healthy choice the easier choice by creating an environment that supports healthy behavior. Building authentic community relationships has been an integral component of our efforts.

Our success in implementing sustainable changes is thanks to our diverse partnerships across Winona County. These relationships have allowed us to take a comprehensive approach to our local opportunities and challenges.

The foundation of our community partnerships is our vibrant Community Leadership Team (CLT). This group of local individuals represents an array of sectors and perspectives, and helps set priorities and grow community support for our work in obesity prevention and tobacco use.

Community Leadership Team

27 members representing 16 organizations in Winona County.

Winona County Profile

Population: 50,484 (2019)

Cities in Winona County: 13

Strategies

- Active Living in Schools & Communities
- Healthy Eating in Schools & Communities
- Workplace Wellness
- Childcare
- Healthcare
- Well-being
- Health Equity

Encouraging Biking

Waterfront Family Dentistry, located in downtown Winona, received SHIP funds to encourage biking. They have had multiple patients ask them over the past few years to create a safe spot where they can store their bike during a dentist appointment. Now, Waterfront Family Dentistry has a tooth-shaped bike rack just outside the front entrance of the Waterfront Family Dentistry building. Individuals and families who use their services are now able to bike to their appointment and store it securely while inside. On average, the staff sees 1-2 bikes parked on the rack each day! Staff members are thrilled to play a role in encouraging and fostering healthy behaviors within their patients.

“Now this bike rack not only keeps my bike safe, but also makes Second Street a little more fun and interesting.” – Carol Speltz, RDH at Waterfront Family Dentistry



SHIP funds also paid for multiple bike racks at Winona Family YMCA to further encourage biking to their facility. Individuals who choose to bike to the YMCA secure a great parking location and get in a couple minutes of exercise before entering the building!

The new YMCA, built in 2021, is located just off Lake Winona in Winona. Before parking a bike at the Winona Family YMCA, the bike route there may take you around the beautiful, scenic lake.



Empowering Kids

Winona Area Public Schools received SHIP funding for 10 air fryers. There were 58 students who participated in this class (during the 2020-2021 school year). The students made two different kinds of sweet potato chips; one of the sweet potato chips they created was salty and the other was cinnamon flavored.

During this class, the students learned:

1. How to use an air fryer
2. The nutritional benefits of a sweet potato
3. The health benefits of air frying in comparison to deep frying
4. Some easy recipes they could remake at home
5. What a sweet potato tastes like! It was some of the students first time trying one.

The student's excitement to use the air fryers was clear, and they were able to make delicious bean and cheese quesadillas a few weeks later.



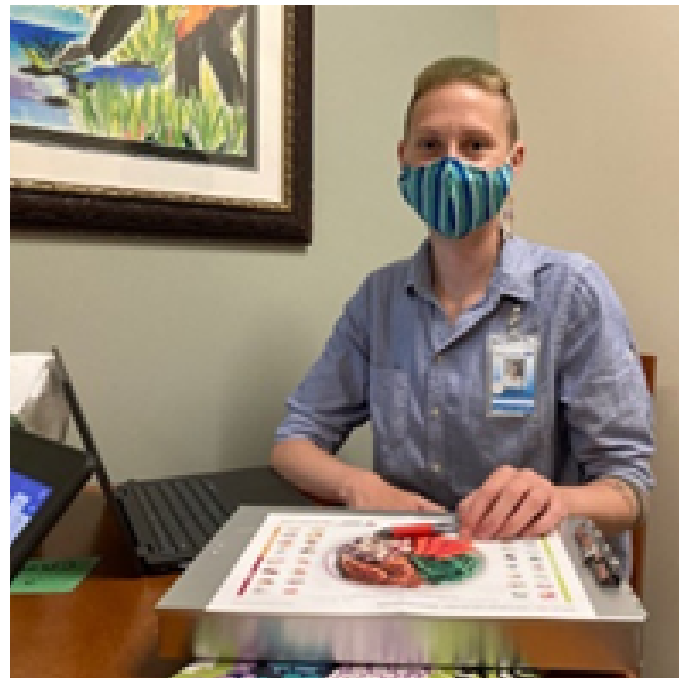
Expanding Knowledge & Providing Excellent Services

In 2018, the first Community Connector for the Winona Community HUB was hired. Since then, an additional Community Connector has been added due to the program's success. Community Connectors are the lifeblood that keeps the HUB running.

People in this position need to be relatable to the clients they work to help. They need to be knowledgeable in health education, advocacy and outreach, motivational interviewing, and intercultural communications skills.

A Community Health Worker certification exists to help develop those skills. Winona County Partnership was able to utilize SHIP funds to help the newest Community Connector, Rheba Tullius, obtain this certification.

The HUB itself has created a huge shift in the systems by which Winona County residents obtain care. Now, when a resident is identified as food or housing insecure, a referring agency can direct them to one knowledgeable Community Connector to ensure their needs are being met. Residents no longer must go from office to office, such as going from Winona County Office Building to Winona Volunteer Services Food Shelf, to see how they can be helped. Taking this stress away allows clients to be able to better adhere to recommendations.



"The CHW program was a positive experience as I was able to balance coursework while actively working in the field, which allowed me to take what I was learning and immediately direct it toward my work with my community. For example, learning new communication styles such as motivational interviewing, strengths-based approaches and teach back method allowed me to expand my ability to connect with my clients.

- Community Connector, Rheba Tullius