



CHAPTER 11

PHYSICAL AND MENTAL HEALTH

VISION STATEMENT:

All of us have easy access to what we need for optimal health and well-being.

February 25, 2019

Introduction

The health and prosperity of a community relies on the physical and mental health of its residents, and in Red Wing, we place a strong priority on creating an environment where it's easy to eat healthy and get active. That's not a reality yet for everyone, but we are working to reach that goal.

As our *Red Wing Report Card* shows, we can get better at making healthy choices, but changing lifestyle habits are hard, so often it takes many years (often decades) to see progress in facets such as obesity rates, diabetes rates, improved eating habits, and lower rates of depression and anxiety.

Red Wing is fortunate to already have strong collaborations to forge ahead in tackling some of the difficult and patient work required to improve physical and mental health outcomes. Our county and city partner well, and frequently, on many fronts.

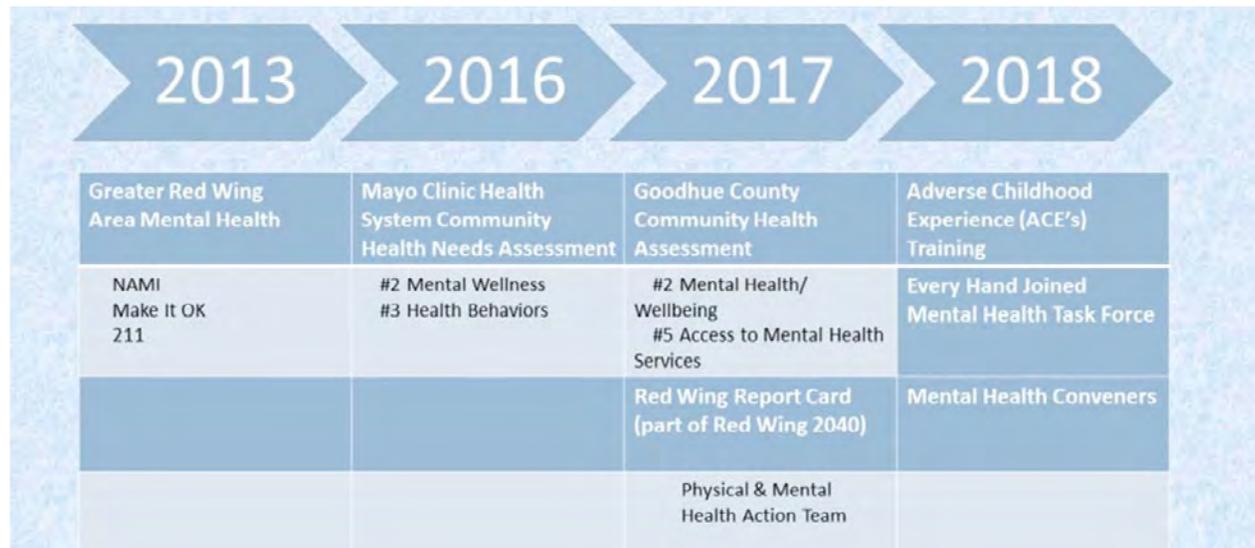
Collaborations such as Live Healthy Red Wing, Live Well Goodhue County, and the recently formed Mental Health Collaborative have brought together leaders from many areas to look at trends, discuss local barriers, ask questions of the public, and assess our community needs and desired outcomes.

In addition, Red Wing benefits from strong, community-based need assessments, founded on data and research, by Goodhue County Health and Human Services and Mayo Clinic Health System-Red Wing. These documents are crucial for informing everyone in our community about the needs and status of our health, and Goodhue County's collaborative of health-based leaders is imperative for making progress.

The stakes are high. In 2017, life expectancy in the U.S. declined again, a trend that has not happened since 1915 to 1918.



FIGURE 11.1 HISTORY OF MENTAL HEALTH WORK IN RED WING



Did You Know?

Volunteers from Friends of the Bluffs spent more than 1,000 hours in 2018 repairing and clearing bluff trails at Memorial Park so people can hike, bike, snow shoe, and cross-country ski.

Source: Friends of the Bluffs, 2018



PHYSICAL AND MENTAL HEALTH

What would make Red Wing a better place to live?

447

responses across all 2017 community engagement events and surveys mentioned things that Red Wing could do to improve the physical and mental health of its residents. The top suggestions are shown to the right.



Improved Access to Affordable/ Healthy Food Options

2017 community engagement participants indicated that Red Wing's grocery stores do not offer enough variety. Many mentioned wanting additional options like a co-op, Trader Joes, HyVee, or Kowalski's. The farmers market is very popular, and respondents indicated they would like expanded seasonal food offerings. Access to fresh produce, local foods, and organic options are increasingly important to people. Since the surveys, Red Wing has added an Aldi.



Affordable Healthcare Services

25% of 2017 Community Survey participants believe that there is too little affordable healthcare available in Red Wing. According to the U.S. Census American Community Survey, from 2011-2015, 7.5% of the Goodhue County population did not have health insurance.



More Mental Health Services

15% of respondents to the 2017 Community Survey said Red Wing offers too few mental health services. The 2016 MN Student Survey echoed this, with more than 9% of 8th, 9th, and 11th graders in Goodhue County surveyed reporting they have attempted suicide.

What do folks like most about living in Red Wing?

149 / 4,160
Responses mentioned physical and mental health, including:

41
Outdoor Recreational Opportunities

30
Specific Amenities (i.e. YMCA, Pools, Library)

26
Walkable Community

21
Medical Services



Encourage Active Living through Public Improvements

Creating an urban environment that supports those who want to make healthy choices is one of the ways Red Wing can improve the physical and mental health of its residents. Many comments from the 2017 community engagement events and the 2015 Bike-Walk Survey for Underserved Populations mentioned wanting a more walkable and bikeable city.



Offer More Affordable Classes & Activities

17% of respondents to the 2017 Community Survey indicated that they would participate in more healthy activities if they were offered. People mentioned sports leagues, outdoor workout and group activity spaces, expanded YMCA classes, and access to youth and senior recreation center programming.



Additional Public Services, Amenities, or Resources

Participants in the 2017 community engagement events indicated that Red Wing could improve accessibility for those with disabilities, services for non-native speakers and immigrants, resources for families whose children have special needs, mentorship programs, and assistance for low-income individuals and families.

STUDENT SURVEY SNAPSHOT

SUBSTANCE ABUSE

The 2016 Minnesota Student Survey asked Goodhue County's 5th, 8th, 9th, and 11th graders about incidences of substance abuse at school and at home. The hundreds of responses received indicate that alcohol and drug use is affecting the well-being of children in the community. The following statistics are of note:

13%

Live with someone who abuses alcohol

5%

Live with someone who uses illegal drugs or abuses prescription drugs

35%

of 8th, 9th, and 11th graders report using alcohol or drugs in the past year (excluding tobacco)

15%

of 5th graders report using alcohol or drugs in the past year

By 11th grade, nearly **5%** of students report they have tried to cut down on using alcohol or drugs but couldn't, or continued to use alcohol or drugs despite knowing it was hurting relationships with friends or family

2017 Report Card

Poverty rates and social connectedness are strongly linked to individual health and well-being.

How is each of us addressing the broader aspects of health to ensure all residents have what they need to be healthy?

Physical Activity

Young adults are moving less than older adults. Will this become a trend?

Moderate Physical Activity By Age*

Those who get 30 minutes or more of moderate physical activity 5 days a week



Less than 20% of 18- to 34-year-olds



Less than 40% of 35- to 65+-year-olds

Source: Goodhue County Community Health Needs Assessment Survey, 2015

Healthy Eating

How can we create surroundings where it's easy for our children and teens to eat healthy so they build good habits and live longer?

Recommended Fruits and Vegetables*



Only 37% of us aged 18 to 65+ eat 5 servings of fruits and vegetables per day

Source: Goodhue County Community Health Needs Assessment Survey, 2015

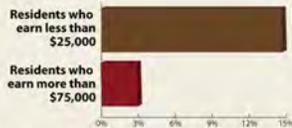
Did You Know?

Two community gardens and a growing daily Farmers' Market offer healthy foods and the chance to connect with each other.

Diabetes

Those of us with lower incomes have higher rates of diabetes.

Diabetes Rates*



Source: Goodhue County Community Health Needs Assessment Survey, 2015

Access to Health Insurance

In 2017, access to health insurance is shifting and uncertain.

Residents Without Health Insurance



Source: U.S. Census Bureau, American Community Survey 5-Year Estimates 2011-15

Did You Know?

The CARE Clinic helped 438 RW residents without health insurance in 2016. Source: Red Wing CARE Clinic, 2016



Mental Health Assistance

The need for affordable mental health services at every age exceeds what we are currently offering.

Access to a Mental Health Provider*

Top U.S. Performers	Goodhue County
1 provider for every 360 residents	1 provider for every 1,080 residents

Source: County Health Rankings and Roadmaps

* Represents Goodhue County (data not available for Red Wing).

+ A "provider" as defined in this survey covers a broad range of assistance, so actual access for many residents may be more limited than statistics show.

We want Red Wing to be a city where people can live to their full potential. That means being a place where people have the ability to access good food, get active on a daily basis, find quality mental health care when they need it, and connect with each other and the land around them to feel physically and socially connected for better mental health and well-being.

Key Issues

High quality mental health services are not available or accessible to all.

Red Wing mimics most of the country in not being able to keep up with the growing mental health needs of our community. Our demand for affordable mental health services at every age exceeds what we are currently offering. Top U.S. performing cities offer one mental health care provider for every 360 residents; Goodhue County currently offers one mental health care provider for every 1,080 residents.

A team of experts in the field currently working on mental health cite these reasons for Red Wing's lack of mental health care:

- » Lack of understanding of the services available in Red Wing
- » Gaps in the communication between the referring agencies and service agencies
- » Lack of insurance coverage
- » Limited services for chemical health treatment
- » Unaffordable insurance in the Mayo Clinic Health System corridor

The history of the community working on mental health issues is shown in Figure 11.1 on page 196.

Young adults are moving less than older adults, and the majority of all residents aren't getting the exercise they need.

Less than 20 percent of young adults meet the recommended guideline of getting 30 or more minutes of moderate exercise five days a week, while less than 40 percent of adults aged 25 to 65+ get the recommended amount of exercise. Creating environments that encourage movement for all people has been implemented in the design of parks, trails, and even Red Wing's current sidewalk policy. We need to continue this practice to building our city in a way that makes it easy and pleasant to get active throughout the day.

We know children need fresh air and safe spaces to move and play in every day. Many children in our community do not have access or safe routes to parks. Some of our neighborhoods lack the connectivity that makes these public spaces safe for all children. While these are related issues in the Public Safety and Parks segments of this plan, it is important that we highlight the need for safe routes to parks for our children. Raising healthy children requires that we provide safe and secure places for them to learn, play, and grow and safe routes to get to these places, be it school or parks. Communities that make opportunities for daily access to healthy activities (parks, pools, hiking trails, ski and bike trails etc.) for the youngest and oldest amongst us care for all of us.

Most of us aren't eating enough healthy foods to keep us feeling good.

Only 37 percent of us aged 18 to 65+ eat five servings of fruits and vegetables per day. The community has made some progress on keeping

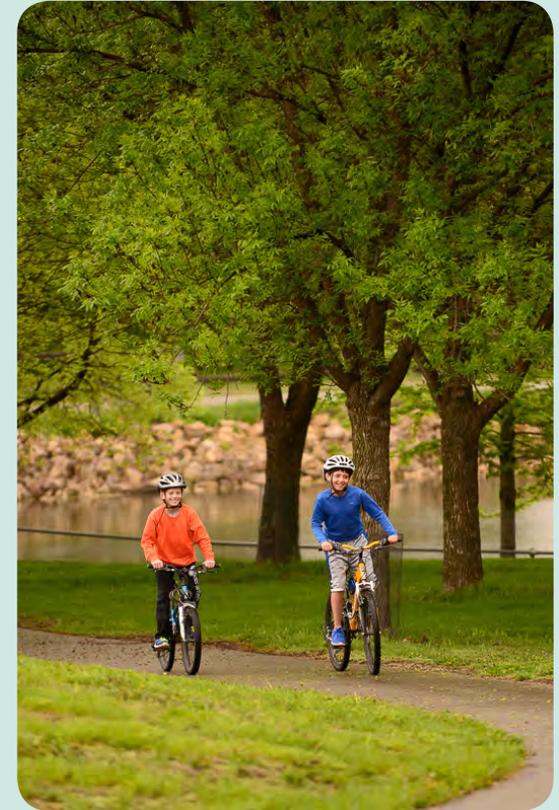
our youngest residents fed through the Hunger Free Kids Network, which has incorporated the nationwide summer food program that has grown from feeding 1,276 children in 2014 to serving 14,431 in 2017. The Packing for the Weekend Program led by the Goodhue, Wabasha & Pierce Counties United Way, provided 58,623 missing meals in the 2014-15 school year. The Red Wing Area Food Shelf serves approximately 300 different families each month. And still, we have people who are going to bed hungry.

With the United Way's leadership, we are participating in the Leaders Partnering to End Poverty program, which we anticipate will lead to some new strategies for ending hunger. In the meantime, churches, social service agencies and many caring community members are trying to help feed those that need our help the most. Unfortunately, we still have too many people getting inadequate food and nutrition.

In 2018 a small food shelf was started at Red Wing High School. It is anonymous and kids come in to take food home to help feed their families. Donations have come from many caring community members to support this new option for keeping kids fed.

Residents want more access to healthy foods.

While Red Wing has had some improvement in access to affordable, healthy foods in 2018 with the introduction of the Fare for All program, expansion of the Farmers Market EBT program, and the addition of ALDI's grocery store, the need remains tremendous. Below are some programs that are meeting immediate needs, but more work needs to be done to eliminate hunger for all in our community.



Did You Know?

80% or more of young adults say they would like to live in a place where they don't need a car to get around.

Source: Live Well Goodhue County, County Health and Human Services Department, 2018

- » Fare For All provides fresh, quality food items at a lower cost than a typical grocery store. It helps families stretch their food budget and access nutritious foods that tend to be more expensive. Most government and emergency food assistance programs serve only low income families, so Fare For All serves as a good resource both for those families and for families and individuals who don't meet certain income requirements. Fare For All uses a cooperative food purchasing model that utilizes volume buying power. They purchase produce and meat in large quantities at wholesale prices and pass that savings along to participants with a savings of up to 40 percent on their bulk order.
- » The Red Wing Farmers Market has expanded its payment options to include EBT cards since 2017
- » Red Wing's two community gardens are constantly full and a third garden, East Side Community Garden, will be built after the new bridge is complete.
- » More farmers are opting to provide farm-to-table service using the CSA model.

Many of the issues with food security stem from people living in poverty or just a bit above the poverty line, which is an issue that is also being dealt with in the Economy section of this plan.

Type II Diabetes is on the rise, and those of us with lower incomes have higher rates of diabetes than those who earn more money.

Red Wing, along with the rest of the country, is facing a public health crisis with the rise of preventable chronic diseases. Diabetes Type II can be prevented and/or managed better when people have nutritious foods to eat and healthy activities to do. According

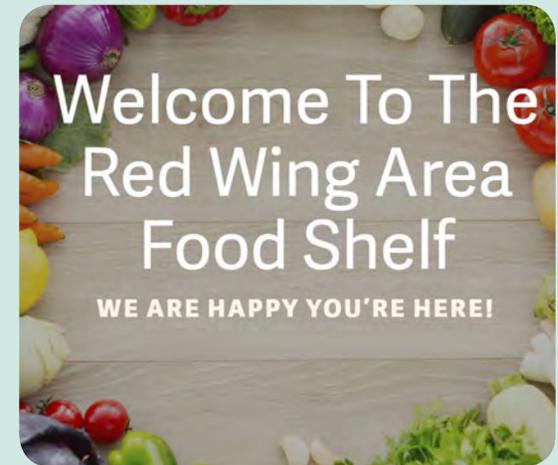
to the World Health Organization, the guidelines for activity for adults aged 18–64 is at least 150 minutes of moderate-intensity aerobic physical activity, at least 75 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity activity throughout the week. For children to maintain health the recommendation is 60 minutes or more of moderate-to-vigorous physical activity daily. When families are having to work two and sometimes three jobs, exercise often gets overlooked. Further complicating efforts to lead healthy lives is the abundance of ready-made foods that are often high in carbohydrates and fats and are heavily marketed as part of a normal diet. Our bodies are rebelling.

Diabetes Type II is an expensive disease not only for individuals and families, but also for the country. According to the American Diabetes Association, the average cost of health care for someone with Diabetes Type II is 2.3 times the average person's costs. Diabetes costs in America are currently at \$327 billion dollars per year. With lost wages, high cost of care, and the additional stress it puts on families and caregivers, Diabetes Type II is an epidemic that tends to have the most impact on those who have the least financial resources.

More residents need access to health insurance.

The C.A.R.E. Clinic is a free clinic serving uninsured and low-income residents of Goodhue County and Lake City, Minnesota. They help those who qualify apply for MNSure. However, many are still unable to afford health care coverage, food, rent, and transportation. (See the Getting Around and Housing chapters for details on the latter two issues.)

Red Wing is in a challenging situation due to



Did You Know?

44 percent of the food distributed by the Red Wing Area Food Shelf goes to youth under age 18.

Source: Live Well Goodhue County, 2018

The Hunger Free Kids Network, together with the Red Wing School District, serves roughly 15,000 lunches to children throughout the summer in numerous places throughout the city. In 2017, the partnership also received grants to add a new breakfast nook at the high school so more students would be able to eat breakfast and consequently learn better in school.

Source: Hunger Free Kids Network, 2018

the fact that we are in the Mayo Clinic Rochester coverage corridor and our premiums are based on that large, internationally serving, hospital.

Key Directions

- » Increase available mental-health services
- » Develop skills and capacity within the Mental Health Collaborative
- » Continue with capital projects that make it easier to get around by walking or biking
- » Increase the amount of community input gathered for park planning
- » Provide more programming and ways to make social connections through the outdoors
- » Provide more resources for those with chemical dependency, including providing housing options while in treatment

Goals, Strategies and Actions

Goal 11.A: Make high-quality mental health services available and accessible to everyone.

Strategy 11.A.1: Form a Mental Health Collaborative to work on these and potentially other projects:

- » Survey, analyze and improve the array of services available to residents.
- » Educate the community on ways to improve mental wellness for all of us.
- » Provide community-wide education and communication systems that give people easy, immediate access to crisis services.
- » Create a comprehensive Resource Directory (or enhance current ones) for services.

Strategy 11.A.2: Develop leadership skills and capacity in the Mental Health Collaborative, in partnership with the Goodhue County Family Services Collaborative.

Goal 11.B: Build social and physical surroundings that encourage all of us to engage in activities that enhance our physical and mental health.

Strategy 11.B.1: Get more community input on park planning and programming so parks meet the needs of all ages and stages of life. Include feedback on programming to develop more social, community-building programs outdoors.

Strategy 11.B.2: Develop safe routes to parks so parks are accessible to all.

Strategy 11.B.3: Develop more opportunities and safe routes for biking in the city—as exercise and as a means of transportation.

Goal 11.C: Implement innovative, evidence-based solutions to slash chemical dependency and prescription drug abuse.

Strategy 11.C.1: Local service providers collaborate in developing affordable housing for those in treatment and those with criminal backgrounds. Find ways to provide outpatient treatment with lodging.

- » Sober Housing
- » Short-Term Housing
- » Group Residential Housing

Terminology

Goals:

Goals are broad statements that describe a desired outcome. They are often long-term and aspirational in scope.

Strategies:

Strategies are policies, projects, programs, and practices that support one or more of the plan's goals. They address the "who, what, when, where, and how" of reaching a goal and may involve multiple sub-strategies and actions. Strategies may be ongoing and may or may not have definitive start and completion dates.

Did You Know?

In 2017, the average age of Goodhue County residents receiving treatment for substance use disorders was 34 years old, with only a quarter being full-time, part-time, or seasonally employed. Out of the 439 residents receiving treatment, 65 percent were male and 35 percent were female; 83 percent identified their race/ethnicity as “white.”

Source: Minnesota Department of Human Services Drug and Alcohol Abuse Normative Evaluation System County Report, 2017

Of people who are getting help for mental-health issues in 2017, 62 percent of them rated their recovery environment as an “extreme problem” or “serious problem.”

Source: Minnesota Department of Human Services Drug and Alcohol Abuse Normative Evaluation System, Goodhue County Report

Strategy 11.C.2: Expand the array of services available to those in need.

- » Promote integrated mental and chemical health services to the community.
- » Promote integrated mental and chemical health services or wrap-around services.
- » Increase the number of opportunities available for adults and juveniles through Narcotics Anonymous, Alcoholics Anonymous and Al-Anon.

Online Library

You can see all of the foundational work of Red Wing 2040 on the City’s website, www.red-wing.org/red-wing-2040.html

TABLE 11.9 STRATEGIC ACTION MATRIX

Strategic Action	SHARE Principle(s)	Who can help achieve this?	Timing
Goal 11.A: Make high-quality mental health services available and accessible to everyone.			
» Strategy 11.A.1: Form a Mental Health Collaborative to work on these and potentially other projects:	Health, Accessibility, Resiliency, Equity	Family Services Collaborative, LHRW, EHJ Youth Enrichment Network, Youth Outreach, YMCA	Short-term
» Strategy 11.A.2: Develop leadership skills and capacity in the Mental Health Collaborative, in partnership with the Goodhue County Family Services Collaborative.	Sustainability, Health, Resiliency	NAMI Peer Support Training, EHJ, YMCA, Hispanic Outreach, Youth Outreach, Mayor, businesses, school	Long-term
Goal 11.B: Build social and physical surroundings that encourage all of us to engage in activities that enhance our physical and mental health.			
» Strategy 11.B.1: Get more community input on park planning and programming so parks meet the needs of all ages and stages of life. Include feedback on programming to develop more social, community-building programs outdoors.	Sustainability, Health, Accessibility, Equity	City, Public Works, Engineering, Community Development	Ongoing
» Strategy 11.B.2: Develop safe routes to parks so parks are accessible to all.	Health, Accessibility, Equity	Churches/faith communities, NPO's, demographic reps	Short-term
» Strategy 11.B.3: Develop more opportunities and safe routes for biking in the city—as exercise and as a means of transportation.	Health, Accessibility, Equity	Grocery stores, worksites, city, LHRW, Mayo clinic, county	Long-term
Goal 11.C: Implement innovative, evidence-based solutions to slash chemical dependency and prescription drug abuse.			
» Strategy 11.C.1: Local service providers collaborate in developing affordable housing for those in treatment and those with criminal backgrounds. Find ways to provide outpatient treatment with lodging.	Health, Accessibility, Resiliency, Equity	Consumers, GCHHS – Goodhue County Health and Human Services, Social Services, HRA, HOPE Coalition, Landlords, Other agencies working on homelessness	Long-term
» Strategy 11.C.2: Expand the array of services available to those in need.	Health, Accessibility, Resiliency, Equity	Consumers, Mayo Clinic Integrated Behavioral Health, Midwest Recovery Services, Common Ground, GCHHS, Red Wing School District	Ongoing