

2025 Grand Itasca Clinic & Hospital Community Action Plan

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The healthcare people receive in a hospital or clinic is only a small part of a person's overall health. That's why our commitment to advancing health equity goes beyond the walls of our facilities and reaches out into the community. Grand Itasca collaborates with the community to improve health and wellbeing and promote health equity through short-term and long-term approaches. The 2025 Grand Itasca Community Action plans share how we're contributing to our Grand Itasca community to respond to the identified 2024 community health needs assessment (CHNA) priority needs as an anchor institution and providing programming to improve community health. Action plan programs are led by Grand Itasca but cannot be accomplished without the support of the community organizations we partner with.

2024 CHNA Priority Needs

- Accessing and navigating care and resources
- Addressing structural racism and barriers to equity
- Cultivating trust, belonging and healing

Importantly, one thing we heard from the community and saw in the data is that the social determinants of health impact some populations more than others. Based on what we learned during our assessment process, we are prioritizing two populations: racial and ethnic populations experiencing health disparities and people experiencing poverty.

2025-2027 CHNA Implementation Strategies

Action Plans will be guided by the identified Community Health Needs Assessment and Center for Community Health Equity implementation strategies:

- Community incubator: addressing the social determinants of health and individual risk factors
- Engagement infrastructure: building trusting partnerships and enabling community and patient voice
- Inclusive institution: transforming internal structures to create an increasingly equitable and inclusive environment.

For more information, please:

- Visit the Grand Itasca Community 2024 Community Health Needs Assessment report or the 2025-2027 Implementation Strategy Report: <https://www.fairview.org/about/Our-Community-Commitment/Local-Health-Needs>
- Contact: Kelly Campbell, Community Health Coordinator at Kelly.Campbell@fairview.org

ACCESSING AND NAVIGATING CARE AND RESOURCES

Individuals and communities struggle to access and navigate the resources they seek to support their unique health and well-being. System complexity, co-occurring health and mental health issues, and lack of coordination across entities make it difficult and cumbersome to access information and care. Provider shortages, lack of culturally responsive providers, and cost of care especially for under- or uninsured community members further exacerbate access challenges. Furthermore, many gaps in service exist, and services that are available are not always appropriate for or trusted by populations.

Identified Top Barriers	
<ul style="list-style-type: none"> • Access to care • Cost of care and insurance • Complexity of system and need for care coordination 	<ul style="list-style-type: none"> • Transportation for accessing care • Co-occurring or intersecting conditions and contexts • Accessing mental health services and providers

Program <i>What will we implement?</i>	Approach <i>What is the approach the program is taking to address the need.</i>
Living Well with Chronic Conditions	This evidence-based 6-part series supports those with chronic conditions. Two leaders take the participants through a prescribed curriculum which includes personal action planning for improved health and well-being.
Minnesota Immunization Networking Initiative	The Minnesota Immunization Networking Initiative (MINI) program is a multi-cultural collaborative established and led by Fairview and supported by nearly 200 community partners through its different programs. MINI provides free vaccines to uninsured, underserved populations in community settings, including Itasca County.
Opioid Response Efforts	MOUD (Medications for Opioid Use Disorder) trainings for staff resulted in eight Grand Itasca providers now able to prescribe. Additionally, a registered nurse substance use disorder care coordinator and a community health worker have been hired for this work. MOUD services are now available for our community.
PIVIO program	This evidence-based 12-week lifestyle medicine program helps prevent, halt, or reverse chronic disease by changing lifestyle habits. Grand Itasca provides pre- and post- labs for participants at no cost.
Project Care Free Clinic	Grand Itasca provides radiology and lab services to patients seen at Project Care Free Clinic. Many of their physician and nursing volunteers are employees of Grand Itasca.
Free Sports Physicals	Free sports physicals are offered annually at the start of summer to prepare high school and college athletes for the season. This is promoted to organizations working with families experiencing barriers

	to accessing healthcare before it is shared publicly, as there are a limited number of appointments available.
Walk With Ease	This evidence-based 6-week program supports those with mobility issues or who simply want to stay active. The leader takes participants through a prescribed curriculum that includes instruction, as well as walking 3-times each week. Developed by the Arthritis Association.
YMCA Annual Health Fair with UMD Pharmacy Students	Several community partners provide free services, such as biometric screenings, memory screenings, hearing tests, balance and strength assessments and more. Twelve organizations partner for this event.

ADDRESSING STRUCTURAL RACISM AND BARRIERS TO EQUITY

Individuals and communities are experiencing differential access and assets due to historical and ongoing structural racism, discriminatory policies, and bias. The social determinants of health (SDoH) as well as individual risk factors contribute to disparate outcomes with care, resources, and opportunity, undermining the ability of all groups to achieve optimal health and wellbeing. Communities are calling for conditions that strengthen their capacity and center their priorities; institutions have a responsibility to share power and recognize marginalized voices in decision-making processes.

Identified Top Barriers	
<ul style="list-style-type: none"> Financial Marginalization and unheard voices Housing 	<ul style="list-style-type: none"> Food access and food justice Community resources

Program <i>What will we implement?</i>	Approach <i>What is the approach the program is taking to address the need.</i>
Children's Literacy	Reach Out and Read is a national program to promote early childhood literacy and has become the standard of care in pediatric primary care. Reach Out and Read is implemented at every routine pediatric checkup, from newborn through five years, with each child receiving a book for their personal at-home library.
Food Resource Packets	Packets with local food resource information, along with a grocery store gift card. It also includes step-by-step instructions on how to apply for public assistance programs in Itasca County.
Habitat for Humanity	A Grand Itasca work team helps with local builds twice during the year. We have also provided meals for other work teams. Our commitment to affordable housing is part of our Housing is Health initiative.

High School and Community College Career Development	Several programs have been implemented to find ways to engage students in healthcare as a career. In partnership with local high schools and community colleges, we strive to grow our local workforce.
Second Harvest Northland Food Bank	Grand Itasca sends a team each month to help package food for Second Harvest Northland Food Bank. Our commitment to provide access to healthy food is part of our Food is Medicine initiative.
Shelf Stable Food bags	Food bags contain shelf-stable, staple items and are available at hospitals and clinics for immediate, low barrier distribution.

CULTIVATING TRUST, BELONGING AND HEALING

Individuals and communities are experiencing an acute sense of polarization, breakdowns in trust of others as well as institutions, and increasing social isolation, especially post-pandemic and with distinct challenges across geographies. Historical trauma and discrimination further compound these issues. This results in diminished social cohesion, increased anxiety or stressors, and lack of opportunities and spaces for connection and healing.

Identified Top Barriers	
<ul style="list-style-type: none"> • Connection • Population specific needs and considerations 	<ul style="list-style-type: none"> • Lack of trust and fear • Culturally appropriate healing • Historical and generational trauma

Program <i>What will we implement?</i>	Approach <i>What is the approach the program is taking to address the need.</i>
Code Lavender	Code Lavender provides employees a 15-minute break to experience a calming atmosphere and learn techniques of self-care. Hand massage, essential oils, chair stretches, and Oshibori (warm towels) are part of the experience. This is offered quarterly to encourage self-care.
Itasca Pride event	Our table at the Itasca Pride event in Grand Rapids gave us the opportunity to talk about wellness and balance in our lives. Providing healthcare to all members of our community is a priority.
Psychological First Aid (PFA)	Psychological First Aid (PFA) is a two-hour 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.
Welcoming Communities of Itasca County	As part of this cohort, we continue to look for ways to support the health of all members of our community. We have participated in several resource events in Deer River and Ball Club, an inclusion event

	that highlighted cultural education for Native American students, as well as a table at the first Itasca Pride event.
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