Community Health Implementation Strategy / Improvement Plan

Aspirus Lake View Hospital

Lake County Public Health

2026-2029



Acknowledgements

Aspirus Lake View Hospital and Lake County Public Health are excited to share this Implementation Strategy / Improvement Plan with the community. The plan was developed in Summer 2026. The plan includes strategy leadership from the health department, the hospital and other community partners. The issues are complex and will require persistent partnerships. We look forward to continued collaboration to create a healthier Lake County for all.

Respectfully,

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Executive Summary

Background

After jointly completing a Community Health Needs Assessment in late 2025 through early 2026, Aspirus Lake View Hospital and Lake County Public Health continued their longstanding collaboration with this Implementation Strategy / Improvement Plan.

Priorities

Aspirus Lake View and Lake County Public Health prioritized the following community health issues:

- Mental Health
- Drug Misuse and Substance Use
- Move More / Active Living

Process

Representatives from Aspirus, Lake County Public Health and the Carlton-Cook-Lake-St. Louis Community Health Board, worked together to develop a plan to address the top needs. The partners are using a Results-Based Accountability (RBA) framework to structure their plan. Strategy identification criteria included:

- Alignment with the end result (indicator)
- Evidence-base
- Feasibility
- Organizational capacity

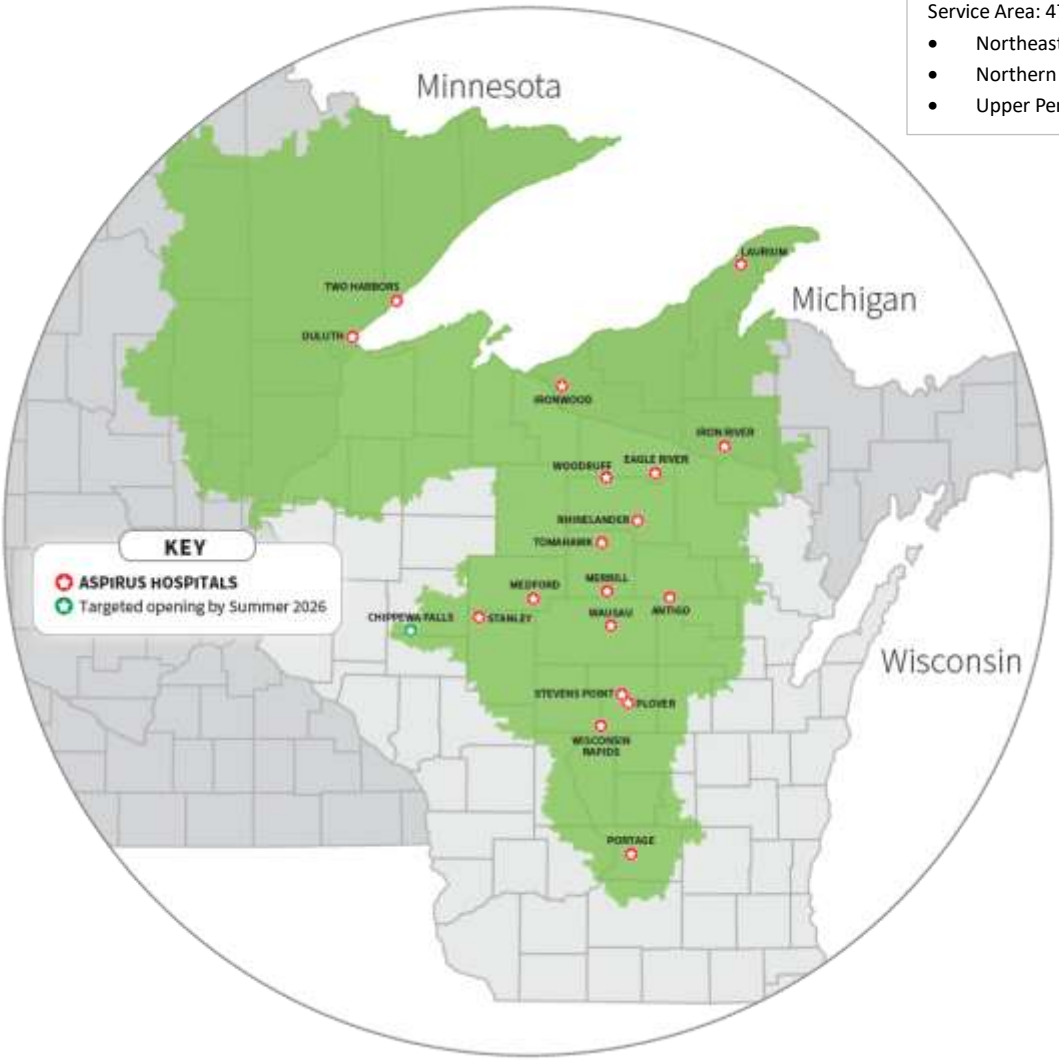
Aspirus and Public Health Profiles

Aspirus Health and Aspirus Lake View Hospital

Aspirus Health is a nonprofit, community-directed health system based in Wausau, Wisconsin, serving northeastern Minnesota, northern and central Wisconsin and the Upper Peninsula of Michigan. The health system operates 19 hospitals and 130 outpatient locations with nearly 14,000 team members, including 1,300 employed physicians and advanced practice clinicians. Learn more at aspirus.org.

Service Area: 47,517 square miles

- Northeastern Minnesota
- Northern and Central Wisconsin
- Upper Peninsula of Michigan



Aspirus Lake View Hospital and Clinics is committed to providing local access with high-quality health care and has the opportunity to keep care local and strengthen access to primary and specialty care. Aspirus Lake View has provided residents of Two Harbors and the North Shore with compassionate, quality care for more than a half-century. Aspirus Lake View Hospital also features Aspirus Lake View Two Harbors Clinic and Aspirus Lake View Pharmacy. The hospital's emergency department is open 24/7/365.

Lake County Public Health

Lake County Public Health works collaboratively with individuals, families, communities, businesses and health systems to preserve and protect a culture of health for those who live, work, learn, and play in Lake County.

Building a Foundation for Health

The health of Lake County depends on a strong and stable foundation. Many sectors play a role in establishing the groundwork for good health and include things like: a quality education, access to health care and other resources, affordable housing, clean air, water and more!

What is Public Health's role?

Lake County Public Health professionals support our county's health by collecting data, partnering with foundational organizations, and delivering a variety of programs designed to:

- Prevent illnesses before they start.
- Promote health opportunities for all.
- Protect the health of the county when faced with significant challenges.

Examples include:

- Preparing for emergencies.
- Assisting schools, communities, and worksites to support health through policy, system and environmental change.
- Providing free food safety classes for Lake County restaurant workers.
- Increasing access to healthy food for residents with lower incomes.
- Preventing unplanned pregnancies and sexually transmitted infections by distributing free condoms.
- Preventing opioid overdose deaths by becoming Naloxone Access Point.
- Educating the community on a wide range of topics including gun locks, radon testing, medication disposal and more.

About the Implementation Strategy

For Aspirus, the implementation strategy (IS), and the corresponding community health needs assessment (CHNA), is one way to live our mission – to heal people, promote health and strengthen communities – and reach our vision – being a catalyst for creating healthy, thriving communities.

Definition / Purpose of a CHNA and Implementation Strategy

A CHNA is "a systematic process involving the community to identify and analyze community health needs and assets in order to prioritize, plan and act upon unmet community needs."[1] The value of the CHNA lies not only in the findings but also in the process itself, which is a powerful avenue for collaboration and potential impact. An implementation strategy is "the hospital's plan for addressing community health needs, including health needs prioritized in the CHNA and through other means".[2]

Compliance

The completion of an implementation strategy – and a corresponding needs assessment – is a requirement for both hospitals and health departments. For non-profit hospitals, the requirement originated with the Patient Protection and Affordable Care Act (ACA). The IRS Code, Section 501(r)(3) outlines the specific requirements, including having the final, approved report posted on a public website. Additionally, CHNA and Implementation Strategy activities are annually reported to the IRS.

In Minnesota, non-profit hospitals are also guided by State Statute Sec. 144.6985. The statute has a number of requirements, including public reporting, the identification of three priority areas, and the incorporation of evidence-based practices and evaluation measures.

[1] Catholic Health Association of the United States, https://www.chausa.org
[2] Catholic Health Association of the United States, *A Guide for Planning & Reporting Community Benefit*

Final Prioritized Needs

Based on community input, health data, and multiple additional criteria, Aspirus Lake View Hospital and Lake County Public Health identified three priority health needs for focused action.

- Mental Health
- Drug Misuse and Substance Use
- Move More / Active Living

Needs Not Selected

Several important community health issues – Dental Care; Access to Healthy Food; Financial Instability; Access to Affordable, Quality Medical Care; Difficulty Navigating the Healthcare System / Insurance; Access to Affordable, Quality Childcare – were ranked as needs in the community but not chosen as the top three either due to a lack of staff feasibility, partner alignment, available evidence-based strategies, or smaller gaps in data between what is seen in the county versus the state. The State of Minnesota requires hospitals prioritize exactly three needs.

General Approach to Implementation

The partners are using the results-based accountability (RBA)[3] framework for the implementation plan. RBA focuses on both population-level accountability as well as program-level accountability. The tables below are outlined in the RBA framework.

The next six pages include, for each of the three prioritized needs, a 1-page overview of the need and a 1-page plan. The plans:

- Are described at a general level; plans with more specificity will be created annually.
- Reflect the time period July 1, 2026 – June 30, 2029.
- Reflect intended efforts; circumstances may affect the completion of the efforts.
- May be modified over time.

[3] Clear Impact, https://clearimpact.com/results-based-accountability/

Mental Health

Why is it Important?

More than 1 in 5 adults in the United States (59.3 million people in 2022) has a mental illness.[1] Mental health and physical health are closely related, with a correlation between some physical chronic illnesses and poor mental health.[2] Some risk factors include lack of access to education, income, employment and housing; adverse childhood experiences (ACEs); social isolation; drug or alcohol use.[2] Untreated mental health issues can contribute to issues such as family conflicts, problems with drugs or alcohol, weakened immune system, some chronic diseases and more.[3]

Sources: (1) National Institute of Mental Health, https://www.nimh.nih.gov/health/statistics/mental-illness. Accessed on 2/20/2025. (2) Centers for Disease Control and Prevention, https://www.cdc.gov/mental-health/about/index.html. Accessed on 2/20/2025. (3) Mayo Clinic, https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968. Accessed on 2/20/2025.

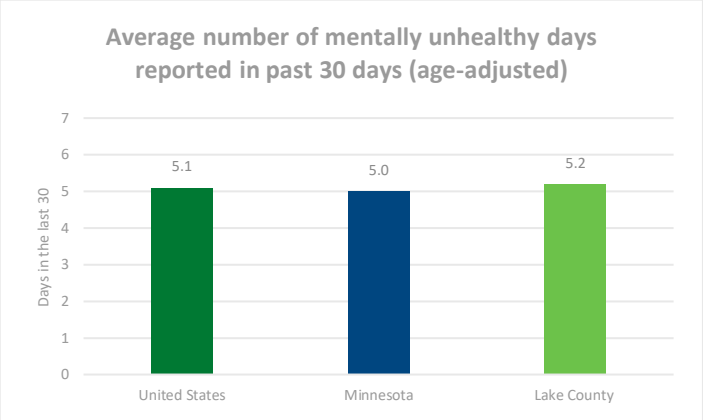
Disparities and Inequities

Disparities and inequities can show where interventions would be most beneficial.

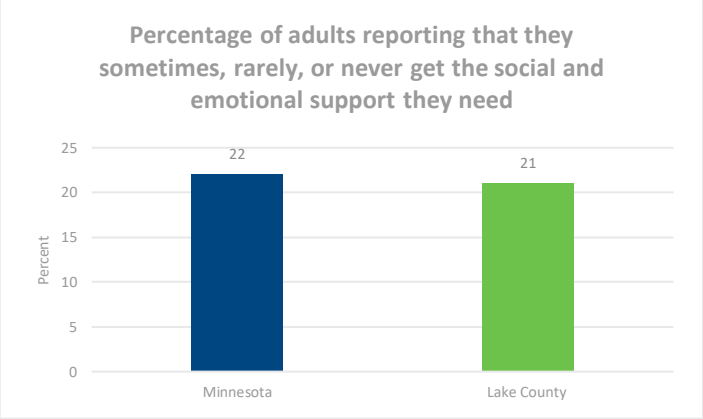
- Individuals in marginalized groups are more likely to have poor mental health.[1]
- The likelihood of depression decreases as education levels increase.[2]
- Depression is higher for women compared to men.[2]
- The suicide rate for men is four times the rate for women.[3]
- Access to mental and behavioral health services and the corresponding outcomes are disproportionately worse for 'children and adolescents in racial, ethnic, sexual and gender minority groups' and 'children with autism spectrum disorder and other developmental disorders, children living in rural and under-resourced areas, and those involved in the child welfare or juvenile-justice systems'.[4]

Sources: (1) Macintyre, A., Ferris, D., Gonçalves, B.et al. What has economics got to do with it? The impact of socioeconomic factors on mental health and the case for collective action. Palgrave Commun4, 10(2018). https://doi.org/10.1057/s41599-018-0063-2. (2) Centers for Disease Control and Prevention, https://www.cdc.gov/mmwr/volumes/72/wr/mm7224a1.htm. Accessed on 2/21/2025. (3) National Institute of Mental Health, https://www.nimh.nih.gov/health/statistics/suicide#part_2557. Accessed on 2/21/2025. (4) Hoffmann JA, Alegría M, Alvarez K, Anosike A, Shah PP, Simon KM, Lee LK. Disparities in Pediatric Mental and Behavioral Health Conditions. Pediatrics. 2022 Oct 1;150(4):e2022058227. doi: 10.1542/peds.2022-058227. PMID: 36106466; PMCID: PMC9800023.

Data Highlights



Source: County Health Rankings and Roadmaps (2025 data release).



Source: County Health Rankings and Roadmaps (2025 data release).

Additional Data

- Percentage of adults reporting that they always, usually or sometimes feel lonely (2022): 31% Lake County; 31% Minnesota. (Source: 2025 County Health Rankings and Roadmaps)
- Ratio of population to mental health providers (2024): 678:1 Lake County; 278:1 Minnesota. (Source: 2025 County Health Rankings and Roadmaps)

Community Perceptions & Challenges

Community survey respondents:

- Identified 'not prioritizing seeking mental health care' and 'excessive use of screen time' in the top three issues (within the Health Behavior category).
- Identified 'availability of mental health appointments' in the top three issues (within the Clinical Care category).

Mental Health

Program-Level Accountability		Population-Level Accountability	
Strategy	**Performance Measures**	**Indicator**	**Result**
Conduct mental health-related classes, trainings and events (e.g., QPR, CALM)	• # of trainings • # of participants • # of gunlocks distributed • Evaluation results (by training/program)	Decreased number of individuals who attempt suicide *Lake County baseline for self-harm and suicidal injury: 267.3 per 100,000 population (2023).* *Source: MDH dashboard*	All Lake County residents have equitable opportunity for mental health support and services
Increase social support for school-aged youth	• % of middle school students who feel like they can talk to a school adult about problems • % of high school students who feel like they can talk to a school adult about problems • # of (new) community-based programs/initiatives that support youth (e.g., mentoring)		
Provide in-school counseling and SEL education	• # of students seen • # of SEL activities (e.g., in the classroom)		

Collaborative Partners	Aspirus Resources
• Lake Superior School District (ISD 381) • Lake County Public Health and Human Services • Northeast Regional Suicide Prevention Coordinator	• Funding through Aspirus Community Benefit dollars • Staff time – coalition participation, event planning and promotion, presentations, resource identification • Space – hosting support groups and meetings • Clinical services and related infrastructure – providing direct mental health care, FindHelp

Drug Misuse and Substance Use

Why is it Important?

Alcohol and drug use are leading causes of preventable deaths.[1] Smoking is the leading cause of preventable death, with more than 480,000 deaths annually and a reduced life expectancy of 10 years.[2]

Alcohol is the most frequently used substance in the United States (ages 12+).[1] The number of alcohol-attributed deaths due to excessive alcohol use in the United States increased by 29% in the span of 5 years, from 138K in 2016-2017 to 178K in 2020-2021.[1] Short term risks and long-term impacts of excessive alcohol use include: violence (e.g., child maltreatment); unintentional injuries (e.g., falls); cancer; high blood pressure; long term memory problems and more.[3]

After a decade of increases in deaths due to drug overdoses (2011 to 2022), recent and preliminary data (for 2023 and 2024) show a leveling or decrease in overdose deaths in the United States. Drug dependence can result in a number of complications, including job loss, injuries, sexually transmitted infections, suicide, as well as family and social relationships.[4]

Substance misuse costs everyone. The estimated annual economic impact of alcohol misuse is $249B and for illicit drug use, the cost is $193B.[5] The estimated impact of smoking (healthcare spending and productivity) is $600B (2018).[6]

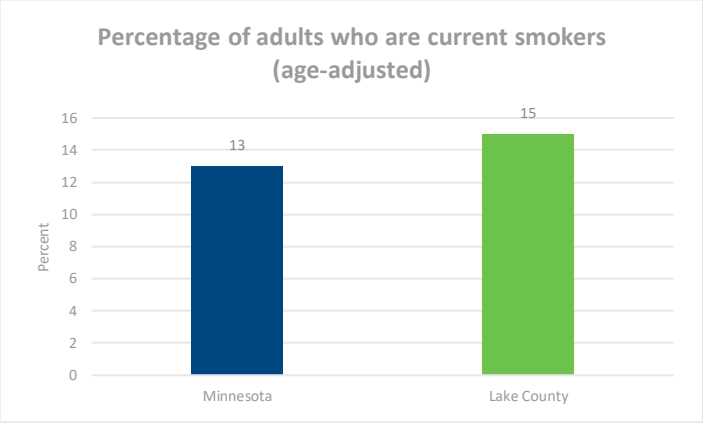
Sources: (1) Centers for Disease Control and Prevention, https://www.cdc.gov/alcohol/facts-stats/index.html. Accessed on 2/23/2025 and then revisited on 3/23/2025; page not available on 3/23/2025. (2) Association of American Medical Colleges, https://www.aamc.org/news/smoking-still-leading-cause-preventable-death-us-doctors-may-soon-have-new-tools-help-people-quit. Accessed on 3/23/2025. (3) Medical College of Wisconsin, Wisconsin Alcohol Policy Project, https://www.mcw.edu/departments/comprehensive-injury-center/wi-alcohol-policy-project/understanding-the-problem. Accessed on 3/23/2025. (4) Mayo Clinic, https://www.mayoclinic.org/diseases-conditions/drug-addiction/symptoms-causes/syc-20365112. Accessed on 3/23/2025. (5) U.S. Department of Health and Human Services, https://www.hhs.gov/surgeongeneral/reports-and-publications/addiction-and-substance-misuse/index.html. Accessed on 3/23/2025. (6) Centers for Disease Control and Prevention, https://www.cdc.gov/tobacco/campaign/tips/resources/data/cigarette-smoking-in-united-states.html. Accessed on 3/23/2025.

Disparities and Inequities

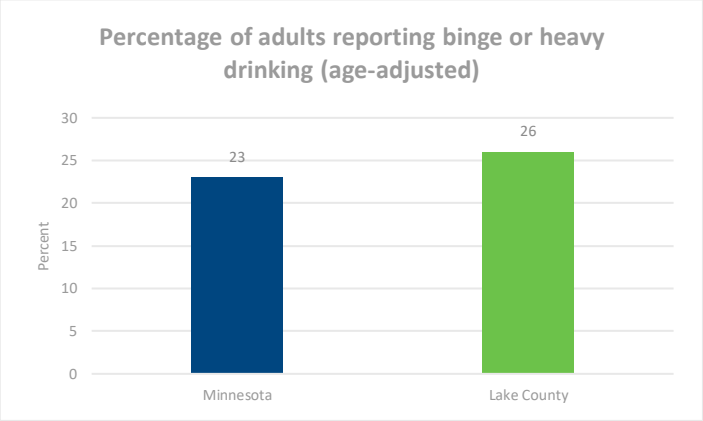
Disparities and inequities can show where interventions would be most beneficial. Smoking is higher within a number of communities compared to their counterpart: rural; veterans; individuals with less than a high school diploma; individuals with blue collar or construction jobs; LGBT (compared to straight); communities.[1]

Sources: (1) American Lung Association, https://www.lung.org/research/sotc/by-the-numbers/top-10-populations-affected. Accessed on 3/23/2025.

Data Highlights



Source: County Health Rankings and Roadmaps (2026 updated data).



Source: County Health Rankings and Roadmaps (2025 data release).

Additional Data

- Percentage of driving deaths with alcohol involvement (2018-22): 43% Lake County; 31% Minnesota. (Source: 2025 County Health Rankings and Roadmaps)
- Number of drug poisoning deaths per 100,000 population (2020-2022): not available for Lake County; 22 Minnesota. (Source: 2025 County Health Rankings and Roadmaps)

Community Perceptions & Challenges

Community survey respondents:

- Identified 'drug misuse (prescribed and illegal)' in the top three issues (within the Health Behavior category).
- Survey comment: "It would be great to have places that encourage social gatherings but remain sober. There is too much encouragement of drinking alcohol in our community."

Drug Misuse and Substance Use

Program-Level Accountability		Population-Level Accountability	
Strategy	**Performance Measures**	**Indicator**	**Result**
Continue implementation of the school prevention curriculum and policies	• # classrooms that utilize the new school curriculum • # of Lake County Public Health and Aspirus Lake View staff classroom presentations • % of youth who perceive alcohol as harmful • % of students who choose alternative programming over suspension	Decreased binge or heavy drinking *Lake County baseline for binge or heavy drinking: 22% (2023).* *Source: Behavioral Risk Factor Surveillance System (BRFSS) on the County Health Rankings and Roadmaps website*	All Lake County residents have equitable opportunities for substance-free living
Provide recovery coaches	• # of peer recovery hours provided • # of individuals referred • # of individuals referred who engaged in recovery services		
Implement the Towards Zero Deaths Workplan	• # of activities/efforts implemented • # of people participating in responsible beverage server training		
Develop a Substance Use & Mental Health Coalition	• # of partners • # of collaborative events • Goals and/or workplan established • Organizational framework established		
Screen patients for alcohol use and follow up accordingly	• % of patients screened • # of closed loop referrals		

Collaborative Partners	Aspirus Resources
• Lake Superior School District (ISD 381) • Lake County Public Health and Human Services • Northeast Regional Suicide Prevention Coordinator • Northeast Regional Tobacco, Alcohol and Other Drug Prevention Coordinator • Towards Zero Deaths Collaborative	• Funding through Aspirus Community Benefit dollars • Staff time – coalition participation, event planning and promotion, presentations, resource identification • Space – hosting support groups and meetings • Clinical services and related infrastructure – providing direct care, FindHelp

Move More / Active Living

Why is it Important?

Only 1 in 4 adults and 1 in 5 adolescents in the United States meet physical activity guidelines for aerobic and muscle-strengthening activities. Although most people don't get the recommended amount of physical activity, it can be especially hard for older adults and people with chronic diseases or disabilities. Physical activity can help prevent disease, disability, injury and premature death.

Benefits [of physical activity] include improved thinking or cognition for children 6 to 13 and reduced short-term feelings of anxiety for adults. Regular physical activity can help keep your thinking, learning and judgement skills sharp as you age. It can also reduce your risk of depression and anxiety and help you sleep better.

Source: Excerpted verbatim from:
- Healthy People 2030 https://odphp.health.gov/healthypeople/objectives-and-data/browse-objectives/physical-activity on May 10, 2026.
- Centers for Disease Control and Prevention https://www.cdc.gov/physical-activity-basics/benefits/index.html on May 10, 2026.

Disparities and Inequities

Disparities and inequities can show where interventions would be most beneficial.

- In general, youth with lower socioeconomic status have lower physical activity levels.[1] This disparity is in part due to the quality and/or quantity of physical activity environments and school funding.[1,2]
- Residents in rural communities are less likely to meet federal physical activity guidelines compared to their urban counterparts.[3]

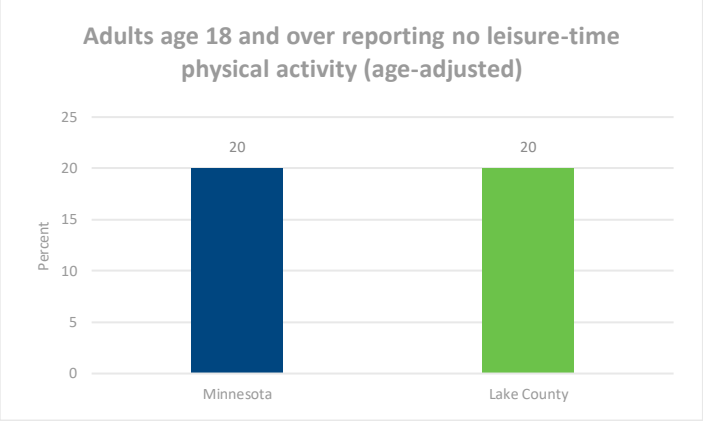
Source: (1) Powell-Wiley TM, Martinez MF, Heneghan J, et al. Health and Economic Value of Eliminating Socioeconomic Disparities in US Youth Physical Activity. JAMA Health Forum. 2024;5(3):e240088. doi:10.1001/jamahealthforum.2024.0088. (2) James F. Sallis, American College of Sports Medicine, https://acsm.org/disparities-quality-physical-activity-environments/ accessed on May 10, 2026. (3) Kegler MC, Gauthreaux N, Hermstad A, Arriola KJ, Mickens A, Ditzel K, et al. Inequities in Physical Activity Environments and Leisure-Time Physical Activity in Rural Communities. Prev Chronic Dis 2022;19:210417. DOI: http://dx.doi.org/10.5888/pcd19.210417 accessed on May 10, 2026.

Community Perceptions & Challenges

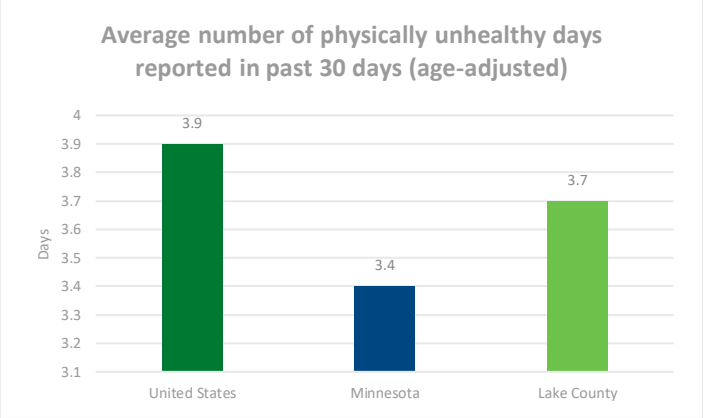
Community survey respondents:

- Identified 'excessive use of screen time' in the top three issues (within the Health Behavior category).

Data Highlights



Source: County Health Rankings and Roadmaps (2025 data release).



Source: County Health Rankings and Roadmaps (2025 data release).

Additional Data

- Percentage of adults who are overweight or obese (2022): 35% Lake County; 34% Minnesota. (Source: 2025 County Health Rankings and Roadmaps)
- Percentage of adults with diagnosed diabetes (2022): 9% Lake County; 9% Minnesota. (Source: 2025 County Health Rankings and Roadmaps)

Move More / Active Living

Program-Level Accountability		Population-Level Accountability	
Strategy	**Performance Measures**	**Indicator**	**Result**
Implement Safe Routes to School (Silver Bay)	• % of recommendations from WKS Safe Routes to School Plan implemented • # of students participating in bike rodeo • #of students participating in walking school buses • # of students participating in walk/bike to school days	Decreased number of individuals who are physically inactive *Lake County baseline for physical inactivity: 23% (2023).* *Source: Behavioral Risk Factor Surveillance System (BRFSS) on the County Health Rankings and Roadmaps website*	All Lake County residents are physically active
Improve Bike-Friendly designation (Two Harbors)	• Bike-Friendly Community Designation level (example action steps: promoting the paths; engaging local businesses) • Bike-Friendly locally-led evaluation results through SHIP		
Conduct and promote activity-related classes, trainings and events	• # students who participated in active-living events (e.g., bike rodeo events) • # of classes offered through partnership with the Aspirus space • # of participants at activity-related classes • # of instructors offering classes, especially to senior population		

Collaborative Partners	Aspirus Resources
• Lake Superior School District (ISD 381) • Lake County Public Health and Human Services • Lake County Age-Friendly Coalition • Active Living / Bike-Friendly Coalition • Northeast Regional Statewide Health Improvement Partnership (SHIP) Coordinator • Bike MN	• Funding through Aspirus Community Benefit dollars • Staff time – coalition participation, event planning and promotion, presentations, resource identification • Space – hosting support groups and meetings • Clinical services and related infrastructure – providing direct mental health care, FindHelp

System Priorities and Health Equity

Aspirus' community health efforts include the above efforts along with system strategies and growing attention to health equity.

System Priorities

In addition to addressing locally-identified community health priorities, Aspirus identifies and addresses system-level priorities. These system-level priorities emerge through a process that considers: the shared priorities of the 19 Aspirus hospitals; internal momentum; existing effective strategies; funding opportunities.

For 2026-2029, Aspirus' system-level priorities are: behavioral health; food navigation; healthcare access and navigation. When there is overlap between locally-identified and system-identified priority areas, Aspirus strategies are part of the Implementation Strategy/Plan. When system-identified priorities are not part of a local Strategy/Plan, some Aspirus system strategies may still be implemented locally.

Health Equity

As noted above, social drivers of health (SDOH) are an Aspirus system priority area. This is because research shows that social and economic factors (social drivers) are significant 'upstream' contributors to individuals' and communities' health outcomes. Social and economic conditions influence disease risk, access to care, and health outcomes long before individuals enter the healthcare system.

In clinical settings, Aspirus hospitals and clinics are gathering social drivers of health data as a way to understand how to tailor care to better meet the unique needs of each patient, leading to improved health equity and better health outcomes. Using aggregated patient-level social drivers' data can assist in understanding the root causes of complex health issues to improve access to preventative and chronic care services. Linking patient level SDOH data and community level data can provide stronger clinical-community linkages to help connect healthcare providers, community organizations and public health agencies.

Aspirus implements The Joint Commission Elements of Performance (NPG.04.01.01). This process includes: assessing patients' health-related social needs; providing information about community resources; identifying disparities, and; implementing strategies to improve disparities.

Approval by the Hospital Board

The Implementation Strategy report was reviewed and approved by the Board of Directors for Aspirus Lake View Hospital on September 23, 2026.

Conclusion

Aspirus Lake View Hospital and Lake County Public Health are proud to share this collaborative plan for community health improvement.

Appendix: Strategy Evidence-Base and Organizational Leadership

For each strategy, the tables below provide the evidence-base and the local leadership and capacity.

Mental Health

Strategy	Evidence-Base	Leadership and Capacity
Conduct mental health-related classes, trainings and events (e.g., QPR, CALM)	Question, Persuade, Refer (QPR) and Counseling on Access to Lethal Means (CALM) are both approved programs in the best practices registry of the Suicide Prevention Resource Center. https://sprc.org/bpr-programs/qpr-gatekeeper-training-for-suicide-prevention/ https://sprc.org/bpr-programs/counseling-on-access-to-lethal-means-calm/	Lead organization: Aspirus + MN Suicide Prevention Grant Type of support: Staffing; technical assistance / expertise (on suicide prevention); NE regional suicide prevention coordinator
Increase social support for school-aged youth	From a peer-reviewed journal article: "… social support acts as a significant protective factor against mental health challenges such as depression, anxiety, stress and overall emotional and behavioral difficulties in adolescents." https://pmc.ncbi.nlm.nih.gov/articles/PMC12401246/	Lead organization: Lake County Public Health; Type of support: Staffing; funding
Provide in-school counseling and SEL Education	School-based trauma counseling is scientifically supported per *What Works for Health* (County Health Rankings and Roadmaps). https://www.countyhealthrankings.org/strategies-and-solutions/what-works-for-health/strategies/school-based-trauma-counseling From a meta-review study by faculty at the Yale School of Medicine "Building on decades of research that demonstrate positive results of SEL, this study confirmed that students who participated in SEL programs do better in school, academically and socially." https://medicine.yale.edu/news-article/new-research-published-in-child-development-confirms-social-and-emotional-learning-significantly-improves-student-academic-performance-well-being-and-perceptions-of-school-safety/	Lead Agency: Aspirus and Lake County Public Health Type of support: Funding

Drug Misuse and Substance Use

Strategy	Evidence-Base	Leadership and Capacity
Continue implementation of the school prevention curriculum and policies	Universal school-based alcohol prevention programs have some evidence per *What Works for Health* (County Health Rankings and Roadmaps) https://www.countyhealthrankings.org/strategies-and-solutions/what-works-for-health/strategies/universal-school-based-alcohol-prevention-programs	Lead organization: Lake Superior School District; Lake County Public Health Type of support: Funding; coordinating speakers;
Provide recovery coaches	Multiple positive outcomes are associated with peer recovery coaching, including reduction of future substance use, enhanced adherence to treatment, improved self-efficacy, improved quality of life and improved stress control. https://www.sciencedirect.com/science/article/pii/S1976131722000494#sec5	Lead organization: Aspirus Type of support: Funding and staffing (technical assistance on referrals)
Implement the Towards Zero Deaths Workplan	Responsible beverage server training (one component of the Towards Zero Death workplan) has some evidence per *What Works for Health* (County Health Rankings and Roadmaps) https://www.countyhealthrankings.org/strategies-and-solutions/what-works-for-health/strategies/responsible-beverage-server-training-rbsrbst	Lead organization: Lake Co PH Type of support: Staffing
Develop a Substance Use & Mental Health Coalition	Community organizing in public health has expert opinion supporting its efficacy, per What Works for Health (County Health Rankings and Roadmaps). https://www.countyhealthrankings.org/strategies-and-solutions/what-works-for-health/strategies/community-organizing-in-public-health	Lead organization: Aspirus Type of support: Staffing
Screen patients for alcohol use and follow up accordingly	Alcohol brief intervention programs are scientifically supported per *What Works for Health* (County Health Rankings and Roadmaps) https://www.countyhealthrankings.org/strategies-and-solutions/what-works-for-health/strategies/alcohol-brief-interventions	Lead organization: Aspirus Type of support: Clinical staffing

Move More / Active Living

Strategy	Evidence-Base	Leadership and Capacity
Implement Safe Routes to School (Silver Bay)	Scientifically supported per *What Works for Health* (County Health Rankings and Roadmaps) https://www.countyhealthrankings.org/strategies-and-solutions/what-works-for-health/strategies/safe-routes-to-schools	Lead organization: Lake Co PH Type of support: Staffing
Improve Bike-Friendly designation (Two Harbors)	Enhancing access to places for physical activity is scientifically supported per *What Works for Health* (County Health Rankings and Roadmaps) https://www.countyhealthrankings.org/strategies-and-solutions/what-works-for-health/strategies/places-for-physical-activity Bicycle and pedestrian master plans have some evidence per *What Works for Health* (County Health Rankings and Roadmaps) https://www.countyhealthrankings.org/strategies-and-solutions/what-works-for-health/strategies/bicycle-pedestrian-master-plans	Lead organization: Lake Co PH; Bike-Friendly Coalition Type of support: Lake Co PH staffing; SHIP technical assistance; Bike MN (staffing/technical assistance)
Conduct and promote activity-related classes, trainings and events	Activity programs for older adults are scientifically supported per *What Works for Health* (County Health Rankings and Roadmaps) https://www.countyhealthrankings.org/strategies-and-solutions/what-works-for-health/strategies/activity-programs-for-older-adults	Lead organizations & support: • Lake Co PH: Staffing for bike rodeo, Age-Friendly Calendar, and communications • Aspirus: Space for classes; communication with patients; staffing for technical assistance for trainers

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ASPIRUS HEALTH

MINNESOTA LAKE COUNTY