

2021: A Year of Deepened Health Equity Action

In 2021, Living Healthy Washington County continued to improve community health with a deepened focus on our new health equity efforts. Community partner projects increased residents' access to healthy foods, physical activity, mental well-being, and reduced use and exposure to commercial tobacco products.



LivingHealthy | **Washington County**

Supported by the Statewide Health Improvement Partnership,
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www.livinghealthywc.org
651-430-6655



2021 Deepening Health Equity: Examples of Our Work

Health Equity Practices

 Change policies & practices to support equity efforts

 Use data to identify equity needs and monitor efforts

 Focus equity efforts on specific geographic spaces within the county

 Be burden sensitive by understanding who is experiencing inequities

 Work with community partners to implement equity efforts

Healthy Foods
Expanding food access for individuals and families with no transportation access through food delivery support.



Tobacco
Increasing access to smoke-free housing in low-income settings through smoke-free policy work and resources.



Health Care
Analysis of community assessment data to better understand community needs focused on health equity, COVID-19 impacts, and racism.



Well-being
Mental health supports for sectors impacted by COVID-19 and shared with school, worksite, and healthcare partners.



What is Health Equity?

Health equity is achieved when every person has the opportunity to attain their full health potential and no one is disadvantaged from achieving this potential because of social position or other socially determined circumstances.
—Center for Disease Control

<https://www.cdc.gov/chronicdisease/healthequity/index.htm>

Child Care
Supporting child care and foster care providers that serve low-income families and children in placement.



Schools
Use an equity-based funding model to support schools with higher proportions of students receiving free and reduced lunch.



Worksite
Outreach and relationship building with BIPOC businesses in the county.



Active Living
Supporting trail accessibility efforts that make the outdoors useable for individuals with disabilities.





SCHOOLS

While preparing our students academically, schools also have a vital role in supporting student health and well-being. On a daily basis, students are exposed to nutritious foods, opportunities for physical activity, and social and emotional learning. New this year, several districts chose to focus their efforts on student well-being by completing a Trauma Responsive Schools Assessment Process. Historically, we have been able to provide resources and trainings for Developmental Adapted Physical Education, active classroom, and mindful movement for implementation in Special Education classrooms in multiple school districts.

4 Partners

4 districts

34,895
students

48
school sites

6 Partners

4 cities, 1 countywide collaboration,
1 health care provider

267,568
residents

ACTIVE LIVING

Living Healthy Washington County is committed to improving access to physical activity for people of all ages, incomes, and abilities. Funding has supported several adaptive physical activity equipment projects in schools, health care, and community settings. In 2021, Washington County Parks worked with community partners to develop guidelines and plans for making trails more accessible for people with disabilities.



HEALTHY EATING

Living Healthy Washington County works to make fresh, affordable, healthy foods readily available to all residents. By partnering with community food shelves and nonprofit organizations, funding helps get healthy food into the hands of residents who need it most. This year, all projects focused on improving access to fresh produce for low-income residents.

4 Partners

2 food shelves,
2 community organizations

50,547
residents

8 Partners

1 health care system, 3 community
organization, 3 local businesses, 1
government agency

267,568
residents

HEALTH CARE

Living Healthy Washington County partners with health care providers in the county to assess health data and develop plans for addressing health inequities. We also work with health systems to promote breastfeeding/chestfeeding as the preferred way to feed babies during the first year of life. We work to promote healthy aging in our community by training businesses and community partners to adopt Dementia-Friendly practices.



WORKSITES

Living Healthy Washington County helps local employers create a culture of wellness and address health issues important to employees. Most partnering businesses and schools chose to focus on employee well-being and resilience, a new worksite offering this year. Living Healthy Washington County provided wellness resources on mental well-being, healthy options, and systemic racism. Funds were set aside to support BIPOC-owned businesses and workplaces with BIPOC employees.

5 Partners

3 employers, 2 school districts (with 21 sites)

2,262
employees

28 Partners

28 housing sites

2,588
housing units

5,051
residents

TOBACCO-FREE LIVING

Everyone deserves to breathe clean air. With tobacco-free housing policies in place, adults and families have more choices about where they live, with reduced exposure to secondhand smoke. Living Healthy Washington County works with the American Lung Association to support owners and managers of multi-unit housing to provide smoke-free units to all tenants. We also support cities and schools with tobacco ordinance development and best practices to reduce youth access to tobacco. This year, we partnered with a district to provide youth led cessation services.



CHILD CARE

Living Healthy Washington County helps give young children a healthy start. Child care, preschool, and foster care providers are trained to provide children with opportunities for mindful movement. Children learn social and emotional regulation skills while also being physically active. We recruited foster care providers serving some of our county's most vulnerable children, along with child care providers serving children that receive child care assistance.

13 Partners

2 childcare centers, 11 home
daycare providers

162
children