

# EXPANDING OUR IMPACT


2023 included the launch of our second Healthy Opportunities for People through Equity (HOPE) site in Oakdale, joining our first HOPE site, Landfall. HOPE is a data-driven initiative designed to identify areas within Washington County where residents are experiencing poor health outcomes. We work alongside residents to support community-led solutions to address their health priority areas.

2023




## OUR SHIP WORK: A Year in Review


HOPE




**PLACE-BASED**  
Focusing resources on specific census tracts with higher inequities.



**INTEGRATED**  
Fostering cross-departmental collaborations to provide holistic care to communities.



**COMMUNITY CENTERED**  
Engaging and uplifting residents with lived experience.



**SUSTAINABLE**  
Ensuring the HOPE model is sustainable by embedding community engagement efforts into existing departmental roles and responsibilities.

### HOPE Landfall 2023 Accomplishments

In early 2023, Landfall resident leaders identified key priorities to improve their community. County staff worked hand-in-hand with leaders to bring in desired supports to Landfall.

**Mental Health Workshops** were offered to residents in nine monthly sessions. The trainings were offered in Spanish through Raices Latinas, using culturally appropriate messaging. Raices Latinas also held a workshop for teens focused on mental health and bullying prevention.

The County invited the local elementary school Principal to an existing leader meeting to address **bullying prevention**. The meeting resulted in relationship building and information sharing on bullying prevention training, school policies, and strategies families and students can use to prevent bullying.

Resident leaders shared a need for accessible **English as a Second Language (ESL) classes**. County staff helped coordinate with the local school district and city council to establish ESL classes within the City of Landfall. The weekly classes have been popular, with approximately 15 residents enrolled.

Additionally, two Landfall leaders attended an intensive **Latino Leadership Training** through Neighborhood House, where they learned advocacy skills for their community.



### HOPE Oakdale 2023 Accomplishments

As a new HOPE community, County staff have focused on **deepening relationships** with community members. County staff held listening sessions, which gave residents the opportunity to share their needs and wishes for their community. County staff organized a **Back to School gathering** at the start of the 2023-24 school year, which was well attended and well received by residents. It provided residents the opportunity to socialize with neighbors, learn about county resources and supports, and obtain back-to-school essentials for their children.

#### HOPE: SUPPORTING COMMUNITY-LED SOLUTIONS

Support community leaders through a leadership development program.

Community leaders to define goals and co-create solutions.

Community leaders serve as connectors between Washington County, City staff and neighbors to co-create solutions over time.

### Project Spotlight



A local community leader helped make an existing Woodbury community garden welcoming and accessible to migrant West and East African residents. SHIP funds were used to purchase culturally appropriate farming tools and a portable shed for storage to support the community garden. Residents shared the experience growing their own foods was fulfilling, and there is interest in increasing the availability of community garden plots in southern Washington County and beyond.

This year, Dermatology Consultants partnered with SHIP to enhance supports for breastfeeding mothers. They created a private, welcoming space for breastfeeding employees to express milk. When the room is not needed for expressing milk, it is available to all employees as a calming space to take a break.







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. This year, several districts focused on comprehensive physical activity opportunities through adding adaptive equipment and incorporating new, inclusive curriculum. Several districts installed hydration stations to promote water consumption, and other districts focused on identifying and incorporating trauma-informed practices in their buildings.

8 Partners

4 public school districts  
1 intermediate school district  
3 charter schools

34,937

Students

50

School sites



ACTIVE  
LIVING

Living Healthy Washington County is committed to improving access to physical activity for people of all ages, incomes and abilities. In 2023, the City of Woodbury purchased adaptive equipment and expanded their offerings for youth with disabilities to make parks and recreation programming more accessible. Influencer Hotspot provided opportunities to learn tennis as a lifelong sport to West African migrant children and their caregivers.

4 Partners

1 county, 2 cities,  
1 community organization

272,256

Residents



HEALTHY  
EATING

Living Healthy Washington County works to make fresh, affordable, healthy foods readily available to all residents. Funding supports partners to get healthy food into the hands of residents who need it most. Funding improved access to fresh produce for low-income residents through community gardens and Market Bucks promotion at a local Farmer’s Market. This year, two food emergency food shelves worked to address food insecurity in community members by connecting transportation and food. Funding also provided equipment to support a non-profit organization in their launch of a food pantry in a local library. In the City of Landfall, University of Minnesota Extension staff trained youth on healthy food choices and cooking.

10 Partners

1 city, 1 mobile home community,  
1 farmers market, 2 food shelves,  
4 community organizations,  
1 library

272,256

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. In 2023, we started laying the foundation for a standardized referral process to connect public health clients with Quit Partner programs. We also worked to promote healthy aging in our community by training businesses and community partners to adopt Dementia Friendly practices.

2 Partners

1 public health care provider  
1 community organization

272,256

Residents



WORKSITES

Living Healthy Washington County helps local employers create a culture of wellness and address health issues important to employees. This year, most partnering businesses and schools chose to focus on employee wellbeing and resilience. Living Healthy Washington County provided wellness resources on mental well-being, physical activity, breastfeeding, and diversity, equity and inclusion. One partner chose to focus on improving physical activity opportunities through employees through biking, and another focused on enhancing supports for breastfeeding/chestfeeding employees.

6 Partners

2 employers  
1 city facility  
3 school districts (with 45 sites)

5,161

Employees



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. In 2023, two multi-unit housing properties adopted smoke-free housing policies, four properties were working toward policy development, and 28 other properties received supports to help maintain their existing smoke-free multi-unit housing policies.

34 Partners

34 housing sites

3,462

Housing Units

6,763

Residents