

# Priority Health Issue 2: Prevent Chronic Health Conditions through Active Living and Healthy Eating

## Assets / Resources:

Existing relationships and collaboration between food shelves, local nonprofits, city staff, county staff, school leaders, and MN Dept. of Transportation reflect a strong dedication to increasing access to healthy food and designing communities that support physical activity. Assets and resources include the Goodhue County Food Access Network, Community Garden/Food Rx coalition, Safe Routes to Schools (SRTS) Teams, and Cannon Falls Active Transportation Team.

## Challenges / Barriers:

Challenges and barriers include the cost and availability of healthy foods like fruits and vegetables, cost of fitness programs, gym memberships, and youth extracurricular activities, and residents having to choose between buying food or paying for utilities or housing. Another major challenge is existing community infrastructure that limits opportunities for active transportation.

## Collaborative Partnerships:

Statewide Health Improvement Partnership, Red Wing Food Shelf, C.A.R.E Clinic, Mayo Clinic Health System, SRTS Teams, and the Kenyon and Cannon Falls Active Transportation teams.

## Action Plan Overview:

<b>Result:</b> Everyone has access to healthy, nutritious food and physical activity-friendly communities			
<b>Indicator(s):</b>			
<ul style="list-style-type: none"> <li>• Percent of Goodhue County adults with high blood pressure</li> <li>• Percent of Goodhue County students and adults who are obese (based on BMI)</li> </ul>			
<b>Strategies</b>	<b>Timeframe</b>	<b>Strategy lead</b>	<b>Performance measures (how much, how well, is anyone better off?)</b>
Support physical activity through Safe Routes to Schools and active transportation plans	2026-2028	Goodhue County SHIP; MNDOT	<i>% of schools in Goodhue County with a Safe Routes to Schools plan</i>  <i>% of Safe Routes to Schools recommendations implemented</i>  <i>% of students with Safe Routes % of students at schools with plans that walk, bike, or roll to school</i>
Expand access to nutritious foods through community-based programs (ex. Food Rx and community gardens)	2026-2028	Goodhue County SHIP; Goodhue County Food Access Network	<i># of community gardens started</i>

**Priority Health Issue: Prevent Chronic Health Conditions through Active Living and Healthy Eating**

**Result: All community members have access to healthy, nutritious food and physical activity-friendly communities**

**Indicator(s):**

- Percent of Goodhue County adults with high blood pressure
- Percent of Goodhue County students and adults who are obese

**Strategy: Support physical activity through Safe Routes to School and active transportation plans**

Activities	Timeframe	Strategy Lead	Performance Measure(s)	Progress Notes
Strengthen the implementation of Safe Routes to Schools/Parks plan recommendations	2026-2028	Goodhue County SHIP; MNDOT; Safe Routes Partnership	<p><i><b>% of schools in Goodhue County with a SRTS plan</b></i></p> <p><i><b>% of SRTS recommendations implemented</b></i></p> <p><i><b>% of students at schools with plans that walk, bike, or roll to school</b></i></p> <p><i><b># of park and trail master plans in Goodhue County communities</b></i></p>	
Expand cultural representation on SRTS teams	2026-2028	Goodhue County SHIP		
Support the creation of active transportation plans	2026-2028	Goodhue County SHIP; MNDOT; Varies by community	<p><i><b># of active transportation plans</b></i></p>	

**Strategy:** Expand access to nutritious foods through community-based programs (ex. Food Rx and community gardens)

Activities	Timeframe	Strategy Lead	Performance Measure(s)	Progress Notes
Support community-based agriculture through community gardens	2026-2028	Goodhue County SHIP; Mayo Clinic Health System	<p><i># of accessible gardens used at Red Wing Community Garden</i></p> <p><i># of community gardens started or improved</i></p> <p><i>% of participants reporting increased gardening knowledge</i></p> <p><i>% of participants reporting increased fruit/vegetable intake</i></p>	
Promote healthy eating through Food Rx	2026-2028	Goodhue County SHIP; CARE Clinic; Mayo Clinic Health System	<p><i># of partnerships created between healthcare providers and food system</i></p> <p><i># of participants redeeming food prescriptions</i></p>	
Host a youth-led health education podcast with local experts to provide youth with accurate medical information and build trust in healthcare and public health leaders	2026	Dr. Seth Gregory, MD; RiseUp Partnership	<p><i>% listeners reporting an increase in knowledge</i></p>	