

# LNPK 156

Social Determinants of Health Accelerator Plan, August 2022



## **Table of Contents**

- 1-Acknowledgements
- 2-Introduction
- 2-Background
- 3-Community Health Issues
- 5-Planning Process
- 5-Leadership Team
- 7-Group Norms
- 8-Community Engagement
  - 8-Action Plans
- 9-Goal and Outcomes
  - 12-Housing
  - 13-Transportation
  - 14-Food Access
  - 15-Tobacco-Free
- 16-Community-Clinic Linkages
- 17-Social Connectedness
- 18- Policy, Systems, & Environment
  - 18-Emerging Topics
- 19-Funding/Sustainability
- 19-Spectrum of Success
  - 23-Summary
- Appendix A-Strategy Cross-Walk
- Appendix B-Definitions & Sources
- Appendix C-Healthy People 2030
- Appendix D-References

## **Acknowledgements**

LNPk 156 authors Josh Gorham, Susan Vitulli, Jodi Slick, Tracy Onchwari, Torri Tuttle, Bailey Soma, and Dr. Tracy Bibelnicks, would like to thank CDC's National Center for Chronic Disease Prevention and Health Promotion for Closing the Gap Social Determinants of Health Accelerator Planning grant funds to support the development of action plans to address the health disparities in Lincoln Park. The resulting plan is not an endorsement of opinions or activities from the CDC, but represents the work of community residents and St. Louis County Public Health and Human Services, Ecolibrium3, Lincoln Park Children and Families Collaborative, Community Action Duluth, Northern Expressions Art Collective, Duluth Aging Support, Duluth Art Institute, Arrowhead Area Agency on Aging, Family Rise Together, Family Freedom Center, Duluth Superior Area Community Foundation, City of Duluth, Essentia Health, Arrowhead Parish Nurse Association, Lake Superior Community Health Center, Human Development Center, and Generations Healthcare Initiatives.

## **Dedication**

This plan is dedicated to the residents of LNPk 156, who exhibit resilience and hope for continued development of a healthy neighborhood where all can thrive, and the numerous community organizations that have dedicated their efforts to advancing health, economic, and environmental justice in our neighborhood.

## Introduction

The concept of Blue Zones®, where people live the longest and healthiest lives, has been popularized through the media and best-selling books. On the opposite end of the spectrum are communities that struggle to obtain health equity because of negative social determinants of health (SDOH). In Duluth, MN, one of these “gray zones” is in the Lincoln Park neighborhood where at-birth life expectancy in Census Tract 156 is only 69 years, placing it in the lowest half percent in Minnesota.

LNPk 156 is an all-hands-on-deck approach to develop and implement a SDOH Accelerator Plan that: 1) models deep engagement and co-creation between an impacted community and health organizations; 2) develops solution sets across multiple SDOH domains within a local context; and 3) embeds action with the community and cross-pollinates approaches between diverse sector partners for expanded project impact.

LNPk 156 is an asset and research-based approach that recognizes community members’ lived-expertise, the depth of existing organizations, programs, and partnerships, and strong SDOH research. It aligns strategies to maximize impact for a traditionally marginalized population currently experiencing the greatest health disparities in Minnesota.

Built by residents, community-based organizations, healthcare institutions, public health, and governmental representatives, the LNPk 156 Social Determinants of Health Accelerator Plan outlines priority strategies to collaboratively address the built environment, social connectedness, community-clinic linkages, food access, and tobacco-use in Lincoln Park.

## Background

Duluth, MN has a population of 86,000 and is located along a 26-mile portion of the St. Louis River, Duluth-Superior harbor, and Lake Superior. Lincoln Park is the geographic center of the community, just west of downtown Duluth. Locally, the neighborhood is defined as “from rocks to docks, skyline to shoreline- port inclusive.” That reflects boundaries of the 15th Ave West or the Point of Rocks outcropping that separates Lincoln Park from downtown, the iron ore docks at 34th Ave West, Skyline Parkway, a scenic drive along the edge of Duluth’s 800-foot hill, and the St. Louis River and Duluth-Superior Harbor. “Port inclusive” is added to this description because I-35, railway infrastructure, and industrial uses have historically separated households from the 11 miles of waterfront, so Lincoln Park as a port or river neighborhood is an underdeveloped identity. The neighborhood hosts significant transportation infrastructure including I-35, the Twin Ports Interchange, state highway 53 (bisecting the neighborhood into east-west sections), a railyard, and the largest inland port in the United States.

Lincoln Park comprises two census tracts representing upper (on the hill) and lower (along the highway and harbor) sections. The lower area is St. Louis County census tract 156, the focus of the LNPk 156 Social Determinants of Health (SDOH) Accelerator

Plan. LNP 156 has been a hot-spot for community redevelopment and home to several efforts led by community-based organizations in the ten plus years leading up to this plan. Housing, food security, transportation equity, environmental sustainability, youth development, and community development resources have a long history of working within the Lincoln Park Neighborhood.

The population of census tract 156 is approximately 2,740 people with 1,347 Households. The median household income is \$30,446 versus \$52,463 for all of Duluth. Twenty-seven percent of residents aged 18-64 years have a disability versus 11% of the population in Duluth, MN.

In 2013, St. Louis County released a report “Health is more than Healthcare” that found life expectancy for residents living in Lincoln Park and the downtown Duluth areas were the lowest in the county

and more than ten years less than the zip code with the highest life expectancy. In 2020 a similar follow-up study was conducted but at the census tract level. This indicated an increased disparity experienced by Lincoln Park because the neighborhood was no longer bundled with the higher income and longer-lived Minnesota Point neighborhood. Income, educational attainment, housing stock, and access to resources such as food and healthcare are noted barriers within census tract 156.

This geography was selected as a target

population because it allows for a hyper-local, all-hands-on-deck effort that will build on years of planning across multiple sectors, at a time when millions of dollars’ worth of resources and infrastructure projects are primed to be invested into similar Justice40 neighborhoods across the country. The Lincoln Park neighborhood has a rich history and many assets that provided an immense opportunity for the neighborhood to integrate planning across the five SDOH domains of the built environment, community-clinic linkages, food security, social connectedness, and tobacco-free policy to maximize health benefits.



*Lincoln Park 156 includes Duluth port operations, 11-miles of waterfront along the St. Louis River and Duluth/Superior harbor, a traditional main street, and high density of heavy highway and rail infrastructure.*

## Community Health Issues

For the LNPK 156 SDOH Accelerator plan, health and demographic data was explored at different scales depending on availability. One key health data source is the 2020 Bridge to Health Survey (B2H) conducted collaboratively with local healthcare systems and public health. The B2H Survey has been a trusted source of population-based health status information that numerous organizations and local coalitions have used to improve the health of people throughout the northeast Minnesota and northwest Wisconsin region. The B2H Survey is in line with other data sources and demonstrates disproportionate self-reported chronic disease incidence across both of Lincoln Park's census tracts.

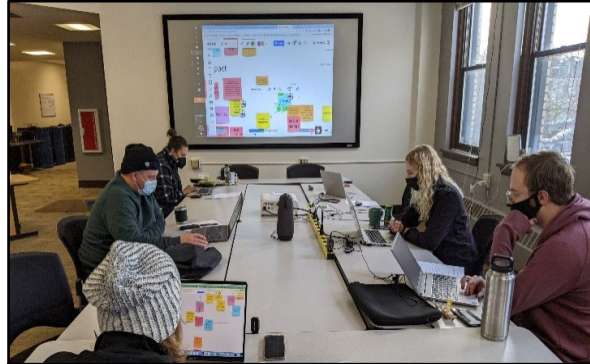
In 2020, the Lincoln Park Neighborhood was over-sampled to provide a comparable data-set with the hopes of being able to identify neighborhood specific health inequities represented in life expectancy disparities found in the 2013 and 2020 St. Louis County Health Status Reports. The [2020 Lincoln Park B2H data set](#) was used to identify possible chronic disease health disparities unique to Lincoln Park. In Lincoln Park, 28.3% perceived fair/poor health status (vs 18.8% in region). Disease prevalence reported for Lincoln Park neighborhood according to the B2H Survey includes:

- **Asthma:** 18 % of Lincoln Park residents, as opposed to 13% of Minnesota residents and 14.9% nationally.
- **Cancer:** 9% of Lincoln Park residents reported having been diagnosed with cancer. In Lincoln Park, residents living below 200% of the federal poverty level (FPL) reported a cancer rate of 12.1% compared to 5.1% for those above 200% of the FPL.
- **Diabetes:** 13.5% of Lincoln Park residents versus 8.8% of Minnesota residents and 10.7% nationally report diabetes. An additional 13.6% of Lincoln Park residents report having pre-diabetes. For both pre-diabetes and diabetes, rates are higher for those who do not hold a college degree.
- **Heart trouble/angina:** 8.5% of Lincoln Park residents compared to 3.4% of Minnesota residents and 3.9% nationally report heart trouble or angina. This rate is 11.1% among those who have only a high school level of education.
- **High Blood Pressure:** 34.4% of Lincoln Park residents report high blood pressure versus 28.7% of Minnesotans. For those living at less than 200 percent of FPL, 36.3% reported high blood pressure versus 29.2% of those living above 200 percent of the FPL. Educational attainment correlates with diagnosis with high blood pressure, with those with high school or associate's degrees/vocational school educational attainment showing rates over 40%.
- **Stroke-Related Health Problems:** 5.2% of those living under 200 percent of FPL reported in the Lincoln Park neighborhood versus 1.7% of residents living above 200 percent of FPL. For Minnesota residents, the rate is 2.6%. Nationally the rate is 3.2%.

## LNPk 156 Planning Process

Development of the LNPk 156 SDOH plan involved layers of partnership and community involvement. The structure included a Project Management Team, a Community Leadership Team, sector specific consultations, and multiple methods of community engagement.

The core of the Project Management Team was Co-PI's Josh Gorham and Susan Vitulli of St. Louis County Public Health and Human Services and Jodi Slick of Ecolibrium3. The project structure included weekly project staff meetings where PI's were augmented throughout the planning year by additional public health staff, a public health intern, and Ecolibrium3 AmeriCorps VISTA members. The Project Management Team submitted the application, designed the process, facilitated community meetings and engagement, conducted intervention research, and drafted the plan for review.



*Project Management Team members discuss the LNPk 156 Spectrum of Success and evaluation of actions that are most impactful and implementable within the planning and 1-year workplan timeframe.*

## Leadership Team

The LNPk Community Leadership Team was composed of neighborhood-based organizations, healthcare professionals, and government representatives. The LNPk Community Leadership Team participated in one-on-one conversations, group planning sessions, and community engagement activities.

**Neighborhood organizations** participating in the planning process focus on advocacy and policy work, and directly serve Lincoln Park residents through programs, projects, and neighborhood coordination. Participating neighborhood-based organizations were:

**Ecolibrium3**, a Lincoln Park Community-based development organization leading housing, energy, blight reduction, disaster resilience, food security, and social connectedness work. They are a nationally recognized program/project developer that co-facilitated LNPk 156 with St. Louis County.

**Community Action Duluth**, a community action agency engaged in anti-poverty work including housing, food security, workforce development, and healthcare navigation.

**Duluth Aging Support**, a local non-profit organization working with those 65+ and caregivers that is co-leading the Duluth Age Friendly initiative following the 8-domains identified by the AARP that have significant overlap with the LNPk 156 planning domains.

**Arrowhead Area Agency on Aging**, a non-profit agency, designated by the state to address the needs and concerns of all older persons.

**Main Street Lincoln Park**, a business association for the LNPK's commercial district.

**Duluth Community Schools Collaborative**, a non-governmental organization embedded into the Duluth Public School District to provide wrap-around support to families in Lincoln Park working on food and healthcare access.

**Family Freedom Center**, a black-led and focused organization expanding social connectedness within the community, developing Freedom Farms, and providing elder/youth support.

**Northern Expressions Arts Collective**, is Lincoln Park-based nonprofit working with children and families through art to advance social connectedness, food and nutrition knowledge, and educational success.

**Lincoln Park Children and Families Collaborative**, a collaborative focused on birth-to-five support, circles of support, and Tobacco is Sacred and anti-vaping initiatives.

Duluth Art Institute, an indigenous-led arts organization operating a youth leadership program, addressing racial tensions, and expanding economic opportunities for artists.

**Family Rise Together**, a black-led organization focused on social justice, reconnecting families divided by incarceration or the foster care system, and economic empowerment.

**Duluth Superior Area Community Foundation**, a local community foundation that has two initiatives that intersect with the work of the LNPK 156 plan. The Opportunity Rising initiative seeks to address the economic and educational disparities that exist within the region. The Ready North Network is a convening of emergency government, healthcare, non-profit organizations, and funders to advance disaster preparedness, response, recovery, and resilience through building strong connections.

**Healthcare organizations** that participated in the project have experience working together through the Bridging Health Duluth Coalition that conducts a shared Community Health Needs Assessment and have developed collaborative Community Health Improvement Plans. These partners also conduct the regional Bridge-to-Health (B2H) survey. Healthcare participants in the Community Leadership Team included:

**St. Louis County Public Health**, the county public health agency facilitating LNPK 156 along with providing health innovation resources to address food access issues in Lincoln Park.

**Essentia Health**, an integrated health system serving patients in Minnesota, Wisconsin, and North Dakota. Essentia is the largest regional hospital system.

**Arrowhead Parish Nurse Association**, an association that provides support, education, and encouragement for current and prospective nurses seeking to serve their faith community. The participating nurse serves a parish in the Lincoln Park neighborhood.

**Lake Superior Community Health Center**, a universal, fully integrated healthcare center offering primary care, dental, behavioral health, access to discount pharmacy and chiropractic services.

**Generations Health Care Initiatives**, a private, non-profit foundation dedicated to engaging the community to improve health for all, especially the underserved.

**Human Development Center**, is a private non-profit, community mental health center that serves residents in four counties in northeastern Minnesota and one county in northwestern Wisconsin.





## Community Engagement

Community engagement on the LNPk 156 SDOH Accelerator Planning process included four main efforts. The first included a review of previous and concurrent community engagement processes. The second was working with each partner neighborhood organization to design an engagement opportunity. This focus was on meeting residents where they are currently involved in the neighborhood and included a conversation with a neighborhood leadership team, a food access and health survey, a neighborhood canvass, farmer's market tabling, and attendance at over a dozen organizational meetings. The third effort was one-on-one interviews of residents to discuss challenges, opportunities, hopes, and prioritization of actions. The final engagement activity was vetting of the LNPk 156 approaches at a celebratory neighborhood block party with over 300 residents in attendance. During the final celebration residents were able to add input into street design, social connectedness activities, food access, and the launch of the Duluth Age-Friendly Initiative.

To expand co-creation of social determinants of health approaches and implementation, a Lincoln Park neighborhood council has been formed. Residents that participated in the planning process were invited to apply. The LNPk Council is meeting monthly and each member is committed to participating in community-organizing training and extended neighbor engagement over the next year. The LNPk Council began with partial funding through LNPk 156 participation stipends and will continue into 2023 with funding provided by the Funder's Networks Partners for Places Program.



## Action Plan

The LNPk 156 action plan was built on data analysis, existing programmatic and funding resources, health impact research, listening sessions with the leadership team and domain specialists, and broad community engagement. This work resulted in outcome statements for the overall plan and then for each domain. Under the recommendation of stakeholders and in recognition of contemporaneous processes (e.g. AARP Age-Friendly Domains), the built environment domain was further divided into transportation and housing for outcomes and actions. This analysis of existing and planned efforts by partners, also served as a basis to prevent duplication of efforts and ensure alignment with partner missions, visions, and values. What follows is a summary table of outcome statements (Figure 1) with evaluation metrics and tools for tracking progress, followed by domain summaries that include data, opportunities, year one actions, and needs.

## Figure 1. Outcome Statements and Evaluation

### LNPK 156 Overarching Goal

Lincoln Park is a 15-minute neighborhood where residents live in safe and affordable housing, and are able to enjoyably access their needs within 15 minutes of their homes without needing to own a private vehicle.

**Evaluation**

Evaluation of the 15-minute neighborhood would be accomplished by establishing a walk shed metric (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7369879/>) around key neighborhood locations, such as the transportation bus stops, parks, and grocery store to develop a centroid of the census block group in LNPK156. The walk shed would be developed around this centroid to a distance of ½ mile in each direction to assess what services are available within the 5 domains outlined. This tool would be done on a yearly basis to measure progress over time.

### Built Environment Housing

Safe, healthy, resilient, and affordable housing is available to LNPK community members, displacement pressure is reduced, home ownership opportunities are available, and LNPK actively works to reverse impacts of historic redlining.

**Evaluation**

Evaluation of the availability of safe, healthy, resilient, and affordable housing would be measured by tracking a number of current outcome metrics as well as a few new process metrics. The current metrics tracked would include the number of people who exit from homelessness or displacement services into permanent or secure housing, homeownership rates, affordability of homes, cost burden household rates, mortgage default rates, percentage of renters vs. homeowners in LNPK 156, and the number of individual units available at each level of cost affordability. Additionally, LNPK 156 would host trainings for residents and management companies to educate about how housing is a SDOH and participation would be tracked with an aim to increase understanding, as well as tracking participation in programs that increase homeownership in the area by other partners such as City of Duluth or OneRoof Housing. Lastly, we would utilize “CHAS” data from HUD ([Consolidated Planning/CHAS Data | HUD USER](#)) to demonstrate the extent of housing problems and needs in LNPK 156 and to help inform local leaders about potential funding and housing decisions.

### **Built Environment Transportation**

Lincoln Park is a model for healthy climate-forward street design, accessibility, transportation equity, and safety. The transportation system adds to the quality of life of community members by expanding focus beyond automobiles to enhance economic vitality, active-living, and social connectedness. No one is seriously injured or killed on LNPK streets.

#### **Evaluation**

Evaluation of LNPK 156 as a model for healthy built environment transportation efforts will be measured by reduced energy burden at the census tract level on yearly basis. Additionally, we would conduct a refined neighborhood survey within the community to capture baseline data on all energy costs, distance traveled to work, transportation options and usage, accessibility of transportation, and transportation costs throughout the month. This would then be repeated yearly to track changes and monitor for reduced expenditures over time. Lastly, we would assess traffic accident rates and deaths within LNPK 156 to inform any areas of improvement or safety design measures that could be implemented.

### **Food Access**

Lincoln Park has a 7-day a week grocery store that provides the complete variety of USDA “food basket” options at an affordable price and is accessible to residents within 15-minutes without the need for a personal vehicle.

#### **Evaluation**

Evaluation of the LNPK 156 grocery store will include usage data and number of consumers on a month-by-month basis for the first year upon opening, point-in-time surveys of consumers to assess their shopping habits and availability of items, and data from the walk shed analysis showing how far people traveled to shop at this grocery.

### **Tobacco-Free**

Lincoln Park sees itself as a smoke-free neighborhood where tobacco is limited to cultural and sacred usage, commercial tobacco and vaping is not for sale, all air in public spaces is free of commercial tobacco, and all residents have access to non-punitive assistance to quit.

<b>Evaluation</b>	Evaluation of the smoke-free neighborhood progress will be captured using several approaches. First, LNPk 156 will track any new policy changes that are implemented either by Federal, State or Local government as well as any workplace or resident policies that are implemented through local LNPk 156 leadership agencies. Second, Quit Partner is being utilized by one of the LNPk 156 leadership agencies and through this partnership can track how many used the services, how and where it was marketed, and who accessed the tools. Last, we would track changes in the number of smoking violation tickets that are issued and any youth court mandates processed through the Department of Corrections.
-------------------	--

**Community-Clinic Linkages**

All people in LNPk 156 are able to access affordable, high quality healthcare within the neighborhood, either via tele-visit or physical clinic. Community organizations, healthcare agencies, government, and residents continue to collaboratively advance upstream solutions that address the social determinants of health affecting LNPk 156 residents.

<b>Evaluation</b>	Evaluation of affordable, high quality healthcare being available within the LNPk 156 will be tracked by availability of services, locations, formats, and usage rates. Additionally, the Bridge to Health survey results (every 5 years) and Community Health Needs Assessment data (every 3 years) will illustrate gaps and additional points of access still needed for the community.
-------------------	---

**Social Connectedness**

Every person in LNPk 156 has opportunities for socially cohesive and supportive relationships, families, homes, and neighborhoods. LNPk 156 residents and partners actively work to reduce isolation and provide opportunities to feel a sense of purpose and community that fully embraces our cultural diversity.

<b>Evaluation</b>	Evaluation of opportunities for social connectedness in LNPk 156 will include the Bridge to Health survey results (every 5 years) and Community Health Needs Assessment data (every 3 years) which will be used to track progress over time. Additionally, we would conduct a comprehensive resident evaluation of their social connectedness experiences to understand the neighborhood nuances and needs. This evaluation would occur in between the years of the formal data surveys. Lastly, outreach efforts and attendance at community events hosted by LNPk 156 will be tracked and participation surveys offered, in order to gather feedback about the events and measure relevance and effectiveness.
-------------------	--



**LINCOLN PARK**

# Built Environment Housing

Safe, healthy, resilient, and affordable housing is available to LNPK community members, displacement pressure is reduced, home ownership opportunities are available, and LNPK actively works to reverse impacts of historic redlining.

## By the Numbers

7 out of 10 Lincoln Park residents reported a lack of affordable housing

3X as many Lincoln Park households reported barriers to keeping housing due to loss of income, inability to pay utilities/rent/mortgage, than surrounding communities

7 out of 10 households in LNPK 156 are renters (Census 2020)

LNPK 156 housing stock is extremely old with high prevalence of lead water lines, fuel oil heating, and open combustion cooking

## Neighborhood Voices

Residents indicated that reducing the costs of utilities and rent/mortgage, increasing availability of clean, safe, affordable housing, and reducing blight and displacement pressure were priorities.

## 2022-2023 Actions

1. Create integrated home assessments and improvement programs to include healthy housing, aging-in-place, energy transition, and disaster resilience.
2. Optimize Housing Trust Fund and Tax Increment Financing investments to increase the availability of affordable housing and accessory dwelling units.
3. Declare the neighborhood a “Lead-free Zone” and advocate for accelerated lead water line replacement and paint removal.
4. Complete a 10-year plan with the Department of Energy and the National Renewable Energy Lab to electrify housing stock and increase distributed energy generation.



## Needs

Developing resources to establish a housing navigator system to assist tenants, property owners, and homeowners access to energy efficiency and home improvement programs, grants, financing, and tax credits, and to convene stakeholders to plan implementation of anti-displacement policies, projects, and programs.

# L N P K

## LINCOLN PARK

# Built Environment Transportation

Lincoln Park is a model for healthy climate-forward street design, accessibility, transportation equity, and safety. The transportation system adds to the quality of life of community members by expanding focus beyond automobiles to enhance economic vitality, active-living, and social connectedness.

No one is seriously injured or killed on LNPk streets.

### By the Numbers

Over \$2.5 billion is being spent on heavy highway construction within the LNPk 156 Census Tract over a decade with the reconstruction of I-35, Minnesota Highway 53, and the Blatnik Bridge

1 in 2 LNPk 156 residents do not have access to a private vehicle

1 in 4 residents aged 18-64 experience disabilities

1 in 5 LNPk 156 residents report transportation access issues for food or healthcare

### Neighborhood Voices

Improving mobility and transportation access within LNPk was a common talking point among neighborhood interviewees. Everything from improved sidewalks, snow removal, and enhanced bus stops were

### 2022-2023 Actions

1. Develop an integrated planning process and community-led engagement for a successful design phase for the LNPk 156 Active Transportation Corridor rebuild of the W. Superior Street.
2. Work with community stakeholders, the US DOE, and the National Renewable Energy Lab to explore energy and sustainability upgrades to W. Superior Street (e.g. EV charging, geothermal grid).
3. Establish neighborhood criteria and transit design for implementation of a bus-rapid transit system through Lincoln Park.
4. Explore creation of shared e-mobility and micro-mobility assets.
5. Deepen sidewalk accessibility improvements and snow-removal.



### Needs

Funding for community engagement, leadership development, and opportunities to experience different healthy street and under-highway designs, to enhance resident knowledge and involvement in the redevelopment of Superior Street and bus rapid transit planning.



## LINCOLN PARK

# Food Access & Security

Lincoln Park has a 7-day a week grocery store that provides the complete variety of USDA “food basket” options at an affordable price and is accessible to residents within 15-minutes without the need for a personal vehicle.

### By the Numbers

4 of 10 LNPK Residents report barriers to accessing food

4 in 10 LNPK 156 residents below 200% of the federal poverty line report purchasing groceries from a gas station 1 or more times per week

6 in 10 LNPK 156 residents report cost as a barrier to food security

7 of 10 residents are overweight or obese

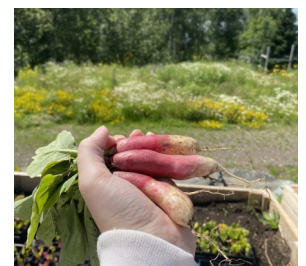
The number 1 resident request to improve their health is an affordable grocery store in Lincoln Park

### Neighborhood Voices

Over the past decade of community engagement, the development of a Local Foods Local Places Plan, and a Fair Food Access Campaign, residents have indicated the number one need is for a neighborhood grocery store offering affordable, healthy food and accepting SNAP/ WIC. Additional requests included home growing, garden access, and urban agriculture opportunities.

### 2022-2023 Actions

1. Complete building redevelopment and opening of a non-profit small footprint grocery store. Work with potential parties interested in larger grocery development in Lincoln Park.
2. Expand farmers’ market, CSA opportunities, and mobile market until grocery store opening.
3. Create a food retailing training program.
4. Develop business and funding plan for a fully accessible community commercial kitchen and urban farm.
5. Expand nutrition and food gardening education, summer meal access, and integration of farm-to-school in Lincoln Park.



### Needs

Funding for neighborhood leadership council and business planning to ensure successful development of food access and security projects. Continued support of neighborhood Stone Soup food partnership.



**LINCOLN PARK**

# Tobacco Policy & Substance Use

Safe, healthy, resilient, and affordable housing is available to LNPK community members, displacement pressure is reduced, home ownership opportunities available, and LNPK actively works to reverse impacts of historic redlining.

## By the Numbers

2X as many Lincoln Park residents report smoking compared to the surrounding region

3 in 10 Lincoln Park residents report using e-cigarettes

6 in 10 Lincoln Park smokers indicate an attempt to quit within the past year

18-34 year old males in Lincoln Park have a level of e-cigarette use significantly higher than the MN state average

Waste needles and cigarette butts were reported as a blight and safety issue within LNPK

## Neighborhood Voices

Community members reported that resources should be made available for those wanting to quit, that youth violating Duluth's Tobacco 21 policy should be supported as opposed to punished, and that youth education should be emphasized.

## 2022-2023 Actions

1. Support Lincoln Park Children and Families Collaborative's development and implementation of a youth anti-vaping, anti-tobacco leadership team.
2. Extend community outreach on tobacco cessation materials available through Minnesota's Department of Health's Quit Plan (1-800-QUIT-NOW).
3. Apply successful anti-tobacco policy and awareness approaches to e-cigarettes and THC products.
4. In partnership with the Regional Stormwater Reduction Partnership, explore marine debris funding for a pilot project to reduce illegal cigarette disposal through a public ad campaign.



## Needs

Ongoing capacity building assistance to ensure access and best practice implementation of cessation programming, and new campaign development for emerging substance use issues.



# L N P K

## LINCOLN PARK

# Community - Clinic Linkages

All people in LNP 156 are able to access affordable, high quality healthcare within the neighborhood, either via tele-visit or physical clinic.

Community organizations, healthcare agencies, government, and residents continue to collaboratively advance upstream solutions that address the social determinants of health affecting residents.

### By the Numbers

4 of 10 Lincoln Park residents report delaying or not seek medical care when needed

1 in 2 Lincoln Park residents report delaying or not seeking dental care

1 in 10 residents reported not filling prescribed medication

3 in 10 residents perceive their health to be in fair-to-poor condition

1 in 5 residents report poor mental health

### Neighborhood Voices

Although residents recognized healthcare assets available in adjacent neighborhoods, they indicated barriers such as transportation and convenience. Of primary interest was access to dental providers that accept MA, mental health resources, and addiction recovery supports.

### 2022-2023 Actions

1. Continue convening of LNP 156 Leadership Team to expand planning activities and ensure social determinants of health consideration in action plan implementation.
2. Develop comprehensive outreach plan for timely notification to residents of mobile health resources including mobile dental health clinics.
3. Establish telemedicine and tele-mental health support at the Lincoln Park Community Resilience Hub.
4. Expand access to healthcare and wellness resources within the Lincoln Park neighborhood.



### Needs

Funding and program support to continue convening of the LNP 156 Social Determinants of Health partnership. Long-term sustainability plan for Lincoln Park neighborhood council.



**LINCOLN PARK**

# Social Connectedness

Every person in LNP 156 has opportunities for socially cohesive and supportive relationships, families, homes, and neighborhoods. LNP 156 partners and residents actively works to reduce isolation and provide opportunities to feel a sense of purpose and community.

## By the Numbers

1 in 5 Lincoln Park residents reported often or always experiencing isolation and loneliness and lack of a meaningful or purposeful life

2 of 5 residents report experiencing depression

1 in 2 households report inadequate internet access

2 in 5 percent of residents state that internet access is unaffordable

1 in 5 residents report need for skill building to use the internet

## Neighborhood Voices

Social connectedness received perhaps the most interest and variety of ideas from LNP 156 community engagement efforts. Improvements in the community built environment, such as at parks, community center, and broadband access, along with improving transportation opportunities, will have an effect on the barriers often experienced by people.

## 2022-2023 Actions

1. Complete renovations of the Lincoln Park Community Resilience Hub to include establishment of a community accessible computer lab, black-led organizational space, and public programming space.
2. Renovate the neighborhood park into a recreation asset of regional significance.
3. Obtain funding and complete design of a city-owned fiber optic network pilot project in Lincoln Park 156 and expand device access and technology training for underserved residents.
4. Establish a Community Care Corps and social programming to engage volunteers and community members in intergenerational activities.



## Needs

Sustainable funding for volunteer-based programming coordination.

## Policy, Systems, and Environment

LNPK 156 planning teams recognized that to ensure long-term and sustainable action, each year-one effort must reflect associated policy, systems, and environment changes (PSE). PSE changes are inherently sustainable, because the changes can often be permanent and lead to long-term changes in the opportunity to engage and live in health-supporting behaviors. According to the Minnesota Department of Health, social and economic factors are a large driver of health (40 percent) compared to other factors such as genetics (10 percent) and clinical care (10 percent).

LNPK 156 worked to examine strategies and determine the existing level of evidence toward positive health impacts. A strategy crosswalk (see Appendix A) was developed to indicate anticipated strategies, expected beneficial outcomes, potential beneficial outcomes, and ties to Healthy People 2030. LNPK defines a policy change as one that focuses on changes to a procedure, ordinance, law, resolution, or mandate. Cities, counties, states, school districts, and healthcare organizations are examples of entities that have policies. Examples of policy changes that can increase the efficacy of year-one actions include examples like land use and zoning laws that may prohibit or allow community based agriculture practices, snow removal procedures to improve walkability, and prohibiting tobacco use on school grounds. A systems change is a change to the rules within an organization. Systems changes often go hand-in-hand with policy changes. For example, a municipality may need to alter its staffing system to meet a newly adopted snow removal policy within the community. Environmental change is a change to the physical space within a given community. Examples can include development of new sidewalks or trails, adding a grocery store to a neighborhood, or installing signage in indoor areas to remind people of a no indoors smoking policy.

## Emerging Topics

In the course of conversations about LNPK 156, topics related to health emerged that will require additional conversation, community engagement, and exploration of challenges and opportunities.

**Anti-racism** was identified as a potential overarching theme for LNPK 156 later in the planning process. The stress due to racism was identified as a key contributing factor to health disparities in the St. Louis County Health Status Report (2013). Strategic actions to become an anti-racist neighborhood might include exploring issues like displacement, healthcare and service systems, and much more. More conversations among the community are needed to ensure an adequate process and vetted actions.

**THC** legality was approved by the Minnesota State Legislature in July of 2022. The law states that food and beverages may contain up to 5 milligrams of hemp-derived THC per serving and no more than 50 milligrams per package. Although the law permits purchase only by those over 21 years of age, the legislation did not include any resources for enforcement or monitoring of the law. While the law states that THC

products cannot appear as candy, products are on the market which violate this policy directive. Investigative journalism by the Star Tribune (Johnson & Faircloth, 2022) found numerous violations when visiting five stores in the Twin Cities metropolitan area.

According to results from the Minnesota Student Survey (2019), specific to Duluth, MN, perception of harm from use of THC products is declining among high school students, which indicates that use of THC products is likely to rise among the age group. As THC becomes more present in the local community, prevention strategies should be discussed and considered to limit the adverse effects on the community, especially among youth.

## Sustainability/Funding Strategy

A federal shift of funding priorities through initiatives like Justice40, and expanded funding opportunities facilitated through the American Rescue Plan and the Bipartisan Infrastructure Law, have created a complex year of planning and proactive applications to achieve implementation resources. The recent passage of the Infrastructure Reduction Act will require additional assessment to determine applicability of the manifold climate and clean energy opportunities to LNPk 156 efforts.

LNPk 156’s planning process began with development of a Spectrum of Success for the 1-year process and the resulting plan. The Spectrum of Success defined failure, minimal, target, and epic performance levels for the process, participation, research, product, strategies/actions/ and communications. An example of one of the domains with documentation of LNPk 156’s success to date is included in Figure 2.

Figure 2. Spectrum of Success for Project Implementation			
Failure	Minimal	Target	Epic
<ul style="list-style-type: none"> <li>Strategies do not have associated funding strategies or pathway to obtain funding.</li> <li>Project does not identify methods for continued trust building &amp; convening of project partners.</li> </ul>	<ul style="list-style-type: none"> <li>Potential funding is identified for each strategy/ action.</li> <li>Potential funding is identified for continued LNPk partnership convening.</li> </ul>	<ul style="list-style-type: none"> <li>Funding applications are in process to fund 2-3 strategies.</li> <li>Resources are committed to continue LNPk 156 convenings and administration of year 1 action plan.</li> </ul>	<ul style="list-style-type: none"> <li>Funding has been acquired to implement 2-3 strategies.</li> <li>A long-term funding source has been identified for LNPk 156 convening and resident champions.</li> </ul>

## Performance to Date

### Built Environment:

- **AWARD-** A US Department of Transportation RAISE grant of \$24,999,160 has been awarded to the City of Duluth for the complete rebuild of W. Superior Street through Lincoln Park. This will include replacement of 140-year-old utilities, building-front-to-building-front new construction, development of the main street into an active transportation corridor, addition of fiber optics, and climate-forward options including EV infrastructure.
- **AWARD-** A US Federal Transit Administration Areas of Persistent Poverty Program grant of \$315,000 was awarded to the Duluth Transit Authority to conduct planning for development of a bus rapid transit corridor through Lincoln Park. The project will create community-driven recommendations in collaboration with LNPk 156 partners to improve access as the cornerstone of the DTA Better Bus Blueprint.
- **AWARD-** A US Department of Energy Communities Local Energy Action Plan technical assistance grant was awarded to Ecolibrium3 on behalf of LNPk 156. This grant will provide \$500,000 of technical assistance from the National Renewable Energy Lab to develop a 5-year energy transition plan for Lincoln Park to include aging housing stock, the LNPk Community Resilience Hub, Main Street LNPk buildings and transportation infrastructure, and the Port. With the passage of the IRA, this timeframe is being shifted from a 5-year aspirational plan without clear funding pathways to a 10-year implementable plan to optimize the IRA opportunities within LNPk 156.
- **AWARD-** LNPk 156 organizations the Duluth Aging Support, Arrowhead Area Agency on Aging, and Ecolibrium3 have partnered to create the Duluth Age-Friendly Initiative and were awarded \$15,000 in AARP Challenge Grant funds to engage in six community-based design challenges including public space under Highway 53, trail amenities, public gardens, ADUs/tiny homes, intergenerational programming, and an open category to identify and plan solutions to challenges faced when aging.
- **FULL APPLICATION ENCOURAGED & SUBMITTED (announcement anticipated 10/22)-** The City of Duluth applied to the US Department of Energy's Renewables Accelerating Community Energy Resilience for \$977,813 to develop an innovate energy resilience framework that includes community-based participatory research coupled with a traditional asset-based approach. The application was informed by LNPk 156 community engagement and stakeholder conversations and could result in accelerated solar and storage deployment at the LNPk Community Resilience Hub and establishment of Minimum Community Resilience

Standards based on avoidance of household level negative impacts from disasters and grid outages.

- **FINALIST (announcement anticipated 9/22)**- LNPK 156 lead partner Ecolibrium3 is one of eight Round 1 finalists, in partnership with the City of Duluth, for a \$1M grant from the ICLEI Climate Action Fund (Google funded). Funds would be used to advance multiple LNPK 156 priorities including reducing household energy burden, improving indoor air quality, developing a community garden gathering space at the LNPK Community Resilience Hub, and advancing shared e-mobility implementation.

#### **Food Access:**

- **AWARD**- A Healthy Food Finance Initiative grant award of \$200,000 was received to advance the development of a small footprint grocery in Lincoln Park. This provides the staffing and planning capacity in alignment with the DEED construction award (see Multiple Domains).
- **AWARD**- The Funders Network Award a collaborative of LNPK 156 partners a 2022 Partners for Places grant in the amount of \$75,000. This funding will advance urban farm accessibility for mobility limited individuals and support continued trust building between government, academia, philanthropy, and community-based organizations.
- **AWARD**- St. Louis County Public Health and Human Services awarded a second year of Health Innovation Funding in the amount of \$90,000 to four LNPK 156 partner organizations to expand a mobile market, educate young families on food growing and nutrition, support the launch of a community urban ag site and portable gardens, manage community garden space, and enhance community connectedness around food as an access point to mental health resources.

#### **Tobacco-free:**

- **AWARD**- The Minnesota Department of Health selected LNPK 156 project partner, the Lincoln Park Children and Families Collaborative, a Youth E-cigarette Prevention and Cessation Initiative grant. Funding is \$150,000/year for up to 4 years.

#### **Social Connectedness:**

- **AWARD**- Duluth Superior Area Community Foundation awarded two grants totaling \$75,000 for advancement of community connection space accessible to mobility limited individuals and a Love-Your-Block program fellow to encourage community-driven solutions. Funding leveraged a match from the Partners For Places grant award to deepen collaborative development and resident participation.
- **AWARD**- The Lighthouse Center for Vital Living received a 2022 Technology for Home-and Community-Based Services grant to expand technology access to older

community members and those experiencing disabilities. \$35,000 of the grant award will be used to model a low-income neighborhood approach in LNPK.

- **AWARD-** Although initial funding was secured over 5 years ago to complete renovations of Lincoln Park's namesake park, there have been significant delays and attempts by a non-resident of means to have the federal parks funding removed. During the LNPK 156 planning period, final approvals were made and groundbreaking were accomplished with an added commitment of American Rescue Plan funds bringing the renovation budget to \$4.1 M. Families and older individuals have had limited access to the park due to restroom facilities that have been closed.
- **APPLIED (anticipated announcement Fall 2022)-** The City of Duluth chose LNPK 156 as their target community for a community-owned fiber optic broadband network pilot. The City has applied for \$3.2 M from the Minnesota Department of Employment and Economic Development's Border-to-Border grant program.
- **APPLIED (anticipated announcement 9/22)-** LNPK 156 partners Duluth Aging Support and Ecolibrium3 have jointly applied for \$200,000 to establish a Community Care Corps which would be operated out of the LNPK Community Resilience Hub to advance social connectedness, direct service support, and technology access for older adults, adults with disabilities, and caregivers. If funded this project would create a larger volunteer base for a multitude of community-based activities and programs.

#### **Multiple Domains:**

- **AWARD-** The Minnesota Department of Employment and Economic Development awarded a \$843,650 grant to LNPK 156 co-lead Ecolibrium3 under a Targeted Community Capital Project program to complete three construction projects in LNPK 156. These projects include renovation of Ecolibrium3's Superior Street office into a small footprint grocery store, addition of an elevator to the Duluth Children's Museum to add an elevator allowing for the development of a create space/STEM lab, and renovations to the LNPK Community Resilience Hub for a community computer lab, event/programming space, workforce development training, and a hub-within-a-hub Black leadership center. Funding will also allow energy improvements in the overnight winter shelter.

## Highest Need

- **LNPK 156 Partner Convening, Coordination, Neighborhood Council-** Longer-term resources are needed to carry LNPK 156 projects forward and to build community voice. LNPK 156 allowed compensation to residents for their lived experience and involvement, and coverage of operational costs for neighborhood nonprofits to engage in the process. Developing a sustainable method for this will allow a deepening of involvement across the community. A high return on investment can be accomplished for neighborhood health through operation grants LNPK 156 conveners.

## Summary

LNPK 156 is a Social Determinants of Health Accelerator Plan resulting from a year-long collaborative process between public health, neighborhood nonprofits, healthcare institutions, city government, and residents. It advances the understanding of, and actions to alleviate, the social determinants of health experienced by residents within St. Louis County census tract 156, where residents experience significant health disparities. Informed by data, research, community engagement, and vetted best practices, LNPK 156 action plans span the built environment, food access, tobacco-free policies, community-clinic linkages, and social connectedness. The LNPK 156 planning process involved more than 17 organizations and 500 residents, and has already acquired over \$27 million in implementation funding.

Because this planning process required community engagement level work, the work can only move forward at the speed of trust. The level of engagement needed for this depth of planning is very high and difficult to attain in twelve months. Moving forward, it will be necessary to continue the work in LNPK 156 through ongoing community engagement efforts that emphasize relationship building, growing trust, and continuing to dialogue about community opportunities with residents and other stakeholders.

We thank the CDC for planning funds to complete this important first step in addressing our greatest health needs and the time and consideration of our residents and partners in making this plan truly actionable.



## Appendix A- Strategy Cross-Walk

Strategy	Level of	Expected Beneficial Outcomes	Potential Beneficial Outcomes	Healthy People 2030 Outcome
Inclusionary Zoning	2	Increased access to affordable housing Increased access to quality housing	Increased socio-economic diversity Increased asset accumulation	SDOH-04
Housing Trust Fund	3	Increased access to affordable housing Increased access to quality housing	Reduced energy expenditures Reduced energy use	EH-04 SDOH-04
Housing Rehab Loan/Grant Programs	1	Improved housing conditions Improved health outcomes Improved mental health	Increased energy efficiency Reduced hospital utilization Reduced absenteeism Improved neighborhood quality Increased neighborhood stability	AHS-07,08 EH-04 RD-01,02,03,04
Weatherization Assistance Programs	2	Improved health outcomes Improved well-being	Increased energy efficiency Reduced energy expenditures Improved mental health Reduced absenteeism	AHS-07,08 SDOH-04

<b>Complete Streets and Streetscape Design Initiatives</b>	1	Increased physical activity Increased pedestrian and cyclist safety	Increased active transportation Reduced obesity rates Improved sense of community Improved neighborhood safety Reduced stress Reduced vehicle miles traveled	<b>IVP-06 NWS-04 PA-10,11</b>
<b>Traffic Calming</b>	1	Reduced traffic speed	Increased pedestrian and cyclist safety Increased active transportation Reduced crashes	<b>IVP-06 PA-10,11</b>
<b>Transit Expansion</b>	1	Increased access to public transit Increased use of public transit	Increased physical activity Reduced vehicle miles traveled Reduced emissions	<b>EH-02 PA-10 PA-11 RD-04</b>
<b>New Grocery Store in Underserved Area</b>	2	Increased access to healthy food	Increased healthy food consumption Reduced obesity rates Increased food security Improved health outcomes	<b>NWS-01,02,04 SDOH-04</b>
<b>Smoke Free Policy for Outdoor Areas (Bus Stops)</b>	2	Reduced smoking in outdoor spaces	Reduced youth smoking Reduced tobacco consumption Increased quit rates Reduced exposure to secondhand smoke Improved health outcomes	<b>RD-01,02,03,04 TU- 01,02,03,04,05,06,07,08,10,11,19,22</b>

<b>Internet Based Cessation Support Services</b>	1	Increased quit rates		<b>RD-01,02,03,04</b> <b>TU-</b> 01,02,03,04,05,06,07,08,10,11,19,22
<b>Mobile Health for Mental Health</b>	2	Improved mental health	Reduced drug and alcohol use Reduced post-traumatic stress Reduced tobacco use	<b>AHS-01,04,05,06</b> <b>HC/HIT-05,07</b> <b>RD-01,02,03,04</b> <b>TU-</b> 01,02,03,04,05,06,07,08,10,11,19,22
<b>Telemedicine</b>	1	Increased access to care	Improved mental health Reduced mortality Increased medication adherence Reduced vehicle miles traveled Reduced emissions	<b>AHS-01,04,05,06,07,08</b> <b>D-02</b> <b>HC/HIT-05,07</b>
<b>Telemental Health</b>	2	Improved mental health Reduced post-traumatic stress	Increased access to mental health svcs Reduced suicide Reduced vehicle miles traveled Reduced emissions	<b>AHS-02,04,05,06</b> <b>D-02</b> <b>HC/HIT-05,07</b>
<b>Mental Health First Aid</b>	2	Increased knowledge of mental health Reduced stigma		<b>SDOH-04</b>

<b>Intergenerational Programs</b>	2	Increased social connectedness	Increased self-esteem Improved social skills Increased academic achievement Reduced delinquent behavior Improved sense of community Reduced victimization	<b>SDOH-04</b>
<b>Broadband Access</b>	2	Increased broadband adoption Increased labor force participation	Increased access to care Increased access to mental health services Increased financial stability Improved health outcomes Improved mental health Improved well-being Increased social connectedness	<b>HC/HIT-05,07 SDOH-04</b>
<b>Community Centers</b>	3	Improved social networks Reduced isolation Improved well-being	Increased community involvement Increased civic participation	<b>SDOH-04</b>

**Level of Evidence Key:** 1) Strategies with this rating are most likely to make a difference; 2) Strategies with this rating are likely to work, but further research is needed to confirm effects; 3) Strategies with this rating are recommended by credible, impartial experts.

## Appendix B- Strategy Definitions and Sources

Strategy	Definition	Source(s)
<p><b>Broadband Access</b></p>	<p>Broadband is a term that refers to the range of technologies that provide a high-speed connection to the internet. Disparities in broadband access can serve to exacerbate disparities in other social determinants of health.</p>	<p>(Broadband Initiatives for Unserved and Underserved Areas, 2021) (Bauerly et al., 2019)</p>
<p><b>Community Centers</b></p>	<p>Community centers are public venues where community members go for a variety of reasons, including socializing, participating in recreational or educational activities, gaining information, and seeking counseling or support services. Community centers house a variety of programs and can be open to everyone in a community or only to a particular sub-population, such as seniors, youth, or immigrants.</p>	<p>(Community Centers, 2020)</p>
<p><b>Complete Streets and Streetscape Design Initiatives</b></p>	<p>“Complete Streets” is a term used to describe transportation planning and design policies and processes that emphasize safety and accessibility for all users. A Complete Streets policy ensures that the needs and safety of pedestrians, bicyclists, motorists, and transit riders of all ages and abilities are considered in the design and operation of roads.</p>	<p>(Public Health Law Center, 2010) (Complete Streets &amp; Streetscape Design Initiatives, 2017)</p>

<p><b>Housing Rehab Loan/Grant Programs</b></p>	<p>Housing rehabilitation loan and grant programs provide funding to repair, improve, or modernize dwellings, and remove health or safety hazards from those dwellings. Programs primarily serve families with low and median incomes, and may prioritize services for households with vulnerable members such as young children and elderly adults. These programs can adopt a comprehensive housing improvement strategy or focus on individual housing components such as heating and insulation, plumbing, structural concerns, lead, asbestos, or mold. Programs can be focused at local, state, and federal levels.</p>	<p>(Housing Rehabilitation Loan &amp; Grant Programs, 2022) (Home Improvement Loans and Grants, CDC, 2022)</p>
<p><b>Housing Trust Fund</b></p>	<p>Housing trust funds (HTFs) work to facilitate affordable, quality housing by creating or maintaining housing for families with low incomes; subsidizing rental housing; and supporting non-profit housing developers. Trust funds may also assist homebuyers with low incomes through down payment support, counseling, or interest subsidies, and may provide gap financing. HTFs exist at federal, state, county, and city levels.</p>	<p>(Housing Trust Funds, 2022)</p>

<p><b>Inclusionary Zoning</b></p>	<p>Inclusionary zoning (IZ) &amp; housing policies require developers to reserve a portion of housing units for residents with low incomes, often with restrictions on resales that specify purchase by households with low or moderate incomes. Inclusionary zoning &amp; housing policies may be based on mandatory requirements or development incentives, such as density bonuses, expedited permits and approvals, relaxed design standards, or fee waivers or reductions. Units created via IZ are available to homeowners and renters and are typically part of multifamily developments.</p>	<p>(Inclusionary Zoning &amp; Housing Policies, 2022)</p>
<p><b>Intergenerational Programs</b></p>	<p>Intergenerational programs between adolescents and older adults have been implemented in a variety of settings to enhance connectedness for both groups.</p>	<p>(Martins et al., 2018)</p>
<p><b>Internet Based Cessation Support Services</b></p>	<p>Internet-based tobacco cessation interventions provide information, strategies, or behavioral support to assist tobacco users who want to quit.</p>	<p>(Internet-Based Tobacco Cessation Interventions, 2018)</p>
<p><b>Mental Health First Aid</b></p>	<p>Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues.</p>	<p>(Mental Health First Aid, 2019)</p>
<p><b>Mobile Health for Mental Health</b></p>	<p>Mobile Health for Mental Health Mobile health uses text messaging and applications (apps) on mobile devices (e.g., cell phones, tablets) to deliver health care services and support to individuals with mental health concerns.</p>	<p>(Mobile Health for Mental Health, 2018)</p>

<p><b>New Grocery Store in Underserved Area</b></p>	<p>Financing initiatives, tax incentives, or zoning regulation changes can be structured to bring grocery stores or supermarkets to underserved neighborhoods. Grocery stores or supermarkets that sell a wide variety of fresh fruits and vegetables, dairy products, meat, baked goods, packaged, and frozen items are less available in low income than in middle income neighborhoods, in predominantly black than white neighborhoods, and in urban than suburban areas.</p>	<p>(New Grocery Stores in Underserved Areas, 2020) (Powell et al., 2007)</p>
<p><b>Smoke Free Policy for Outdoor Areas (Bus Stops)</b></p>	<p>According to the Public Health Law Center (2021), "Enforcement of smoke-free outdoor area policies is important because there is no risk-free amount of exposure to secondhand smoke and because we know that even outdoors, secondhand smoke can reach hazardous levels. But enforcement should balance the goal of protecting the public from secondhand smoke exposure with the knowledge that punitive measures are unlikely to help those struggling with tobacco addiction to end their tobacco use. Research tells us the best approaches to help those confronting addiction are counseling and education."</p>	<p>(Smoke-Free Policies for Outdoor Areas, 2018) (Public Health Law Center, 2021)</p>



<p><b>Telemedicine</b></p>	<p>Telemedicine, sometimes called telehealth, uses telecommunications technology to deliver consultative, diagnostic, and health care treatment services. Services can encompass primary and specialty care, referrals, and remote monitoring of vital signs, and may be provided via videoconference, email, smartphones, wireless tools, or other modalities. (What Is Telehealth?, 2022)</p>	<p>(Telemedicine, 2016) (What Is Telehealth?, 2022)</p>
<p><b>Telemental Health</b></p>	<p>Telemental health is the use of telecommunications or videoconferencing technology to provide mental health services.</p>	<p>(Telemental Health Services, 2015)</p>
<p><b>Traffic Calming</b></p>	<p>Traffic calming measures such as speed humps and tables (raised traffic calming devices, for use on lower speed roads), speed bumps (tall, narrow strips, typically in parking lots), pedestrian center crossing islands, and roundabouts strategically modify the built environment to affect traffic speed and patterns.</p>	<p>(Traffic Calming, 2018) (Federal Highway Administration, n.d.)</p>
<p><b>Transit Expansion</b></p>	<p>Public transportation systems include buses, trains, trams, trolleybuses, ferries, or rapid transit (e.g., light rail transit (LRT), bus rapid transit (BRT), or metro services) that are available for use by the general public and run on a scheduled timetable. Community-wide transportation systems are most common in urban areas and are often supported by federal and municipal funds.</p>	<p>(Public Transportation Systems, 2017) (Improving Public Transportation for America's Communities, n.d.)</p>

<b>Weatherization Assistance Programs</b>	<p>The Weatherization Assistance Program (WAP) is a program of the US Department of Energy that assists families with low incomes to make their homes more energy efficient and permanently reduce energy bills. The program often supports insulation of walls and attics, air sealing, ventilation improvements, furnace repair and replacement, and refrigerator replacement<sup>1</sup>.</p>	<p>(Weatherization Assistance Program (WAP), 2017) (Oak Ridge Institute for Science and Education, 2014)</p>
---	--	--

## Appendix C- Healthy People 2030

<b>Healthcare Access and Quality (AHS)</b>	
1	Increase the proportion of adolescents who had a preventive health care visit in the past year
4	Increase the proportion of females who get screened for breast cancer
5	Reduce the proportion of people who can't get the dental care they need when they need it
6	Reduce the proportion of people who can't get prescription medicines when they need them
7	Increase the proportion of high school students who graduate in 4 years
8	Reduce chronic school absence among early adolescents
<b>Diabetes (D)</b>	
2	Reduce the proportion of adults who don't know they have prediabetes
<b>Environmental Health (EH)</b>	
4	Reduce blood lead levels in children aged 1 to 5 years
<b>Health Communication and Health Information Technology (HC/HIT)</b>	
4	Increase the proportion of adults who talk to friends or family about their health
5	Increase the proportion of adults with broadband internet
<b>Injury and Violence Prevention (IVP)</b>	
6	Reduce deaths from motor vehicle crashes
<b>Nutrition and Weight Status (NWS)</b>	
1	Reduce household food insecurity and hunger
2	Eliminate very low food security in children
3	Reduce the proportion of adults with obesity
4	Reduce the proportion of children and adolescents with obesity
<b>Physical Activity (PA)</b>	
10	Increase the proportion of adults who walk or bike to get places
	Increase the proportion of adolescents who walk or bike to get places

<b>Respiratory Disease (RD)</b>	
1	Reduce asthma deaths
2	Reduce hospitalizations for asthma among children and adults
3	Reduce hospitalizations for asthma among older adults
4	Reduce asthma attacks among persons with current asthma
<b>Social Determinants of Health (SDOH)</b>	
4	Reduce the proportion of families that spend more than 30 percent of income on housing
<b>Tobacco Use (TU)</b>	
1	Reduce current tobacco use in adults
2	Reduce current cigarette smoking in adults
3	Reduce current cigarette, cigar, and pipe smoking in adults
4	Reduce current tobacco use in adolescents
5	Reduce current e-cigarette use in adolescents
6	Reduce current cigarette smoking in adolescents
7	Reduce current cigar smoking in adolescents
8	Reduce current use of smokeless tobacco products among adolescents
10	Eliminate cigarette smoking initiation in adolescents and young adults
11	Increase past-year attempts to quit smoking in adults
13	Increase use of smoking cessation counseling and medication in adults who smoke
19	Reduce the proportion of people who don't smoke but are exposed to secondhand smoke
22	Reduce the proportion of adolescents exposed to tobacco marketing

## Appendix D- References

Bauerly, B. C., McCord, R. F., Hulkower, R., & Pepin, D. (2019). Broadband Access as a Public Health Issue: The Role of Law in Expanding Broadband Access and Connecting Underserved Communities for Better Health Outcomes. *Journal of Law, Medicine & Ethics*, 47(S2), 39–42. <https://doi.org/10.1177/1073110519857314>

Bibelnieks, T., University of Minnesota Duluth, & St. Louis County Public Health and Human Services. (2020). *St. Louis County Health Status Report Addendum*. St. Louis County.

*Broadband initiatives for unserved and underserved areas*. (2021, August 12). County Health Rankings & Roadmaps. <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/broadband-initiatives-for-unserved-and-underserved-areas>

*Community centers*. (2020, January 21). County Health Rankings & Roadmaps. <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/community-centers>

*Complete Streets & streetscape design initiatives*. (2017, November 16). County Health Rankings & Roadmaps. <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/complete-streets-streetscape-design-initiatives>

Federal Highway Administration. (n.d.). *Pedestrian Safety Guide and Countermeasure Selection System*. <http://pedbikesafe.org/PEDSAFE/countermeasures.cfm>

Generations Health Care Initiatives & County of St. Louis. (2020). *Bridge to Health Survey Lincoln Park Neighborhood*. [https://bridgetohealthsurvey.org/images/pdfs/BTH2020reports/Lincoln\\_Park\\_Neighborhood\\_2020\\_Bridge\\_to\\_Health\\_Survey\\_Report.pdf](https://bridgetohealthsurvey.org/images/pdfs/BTH2020reports/Lincoln_Park_Neighborhood_2020_Bridge_to_Health_Survey_Report.pdf)

Holden, K., Akintobi, T., Hopkins, J., Belton, A., McGregor, B., Blanks, S., & Wrenn, G. (2015). Community Engaged Leadership to Advance Health Equity and Build Healthier Communities. *Social Sciences*, 5(1), 2. <https://doi.org/10.3390/socsci5010002>

*Home Improvement Loans and Grants | Health Impact in 5 Years | Health System Transformation | AD for Policy | CDC*. (2022). Centers for Disease Control and Prevention. <https://www.cdc.gov/policy/hst/hi5/homeimprovement/index.html>

*Housing rehabilitation loan & grant programs.* (2022, March 10). County Health Rankings & Roadmaps. <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/housing-rehabilitation-loan-grant-programs>

*Housing trust funds.* (2022, June 22). County Health Rankings & Roadmaps. <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/housing-trust-funds>

*Improving public transportation for America's communities.* (n.d.). US Department of Transportation. <https://www.transit.dot.gov/about-fta>

*Inclusionary zoning & housing policies.* (2022, March 29). County Health Rankings & Roadmaps. [https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/inclusionary-zoning-housing-policies#footnote\\_1](https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/inclusionary-zoning-housing-policies#footnote_1)

*Internet-based tobacco cessation interventions.* (2018, September 17). County Health Rankings & Roadmaps. <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/internet-based-tobacco-cessation-interventions>

Johnson, B., & Faircloth, R. (2022, August 21). "The enforcement is almost nonexistent": Without state funds, Minnesota THC market hard to monitor. *Star Tribune*. <https://www.startribune.com/the-enforcement-is-almost-non-existent-without-state-funds-minnesota-thc-market-hard-to-monitor/600200067/>

Martins, T., Midão, L., Martínez Veiga, S., Dequech, L., Busse, G., Bertram, M., McDonald, A., Gilliland, G., Orte, C., Vives, M., & Costa, E. (2018). Intergenerational Programs Review: Study Design and Characteristics of Intervention, Outcomes, and Effectiveness. *Journal of Intergenerational Relationships*, 17(1), 93–109. <https://doi.org/10.1080/15350770.2018.1500333>

*Mental Health First Aid.* (2019, January 25). County Health Rankings & Roadmaps. <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/mental-health-first-aid>

*Mobile health for mental health.* (2018, December 18). County Health Rankings & Roadmaps. <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/mobile-health-for-mental-health>

*New grocery stores in underserved areas.* (2020, January 28). County Health Rankings & Roadmaps. <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/new-grocery-stores-in-underserved-areas>

Oak Ridge Institute for Science and Education. (2014, September). *Health and Household-Related Benefits Attributable to the Weatherization Assistance Program*. [https://weatherization.ornl.gov/wp-content/uploads/pdf/WAPRetroEvalFinalReports/ORNL\\_TM-2014\\_345.pdf](https://weatherization.ornl.gov/wp-content/uploads/pdf/WAPRetroEvalFinalReports/ORNL_TM-2014_345.pdf)

Okun, T. (n.d.). *White Supremacy Culture Characteristics*. WHITE SUPREMACY CULTURE. <https://www.whitesupremacyculture.info/characteristics.html>

Powell, L. M., Slater, S., Mirtcheva, D., Bao, Y., & Chaloupka, F. J. (2007). Food store availability and neighborhood characteristics in the United States. *Preventive Medicine*, 44(3), 189–195. <https://doi.org/10.1016/j.ypmed.2006.08.008>

Public Health Law Center. (2010, July). *Minnesota's Statewide Complete Streets Law*. <https://www.publichealthlawcenter.org/sites/default/files/resources/MN%20Complete%20Streets%20Policy%20Final%2012%2012%2013.pdf>

Public Health Law Center. (2021, January). *Smoke and Tobacco-Free Outdoor Areas*. <https://www.publichealthlawcenter.org/sites/default/files/resources/Outdoor-Smoke-free-Model-Ordinance.pdf>

*Public transportation systems*. (2017, June 29). County Health Rankings & Roadmaps. <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/public-transportation-systems>

*Smoke-free policies for outdoor areas*. (2018, November 5). County Health Rankings & Roadmaps. <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/smoke-free-policies-for-outdoor-areas>

St. Louis County Public Health and Human Services. (2013). *Health is More Than Healthcare, St. Louis County Health Status Report*. <https://www.stlouiscountymn.gov/Portals/0/Library/Dept/Public%20Health%20and%20Human%20Services/SLC-Health-Status-Report.pdf>

*Telemedicine*. (2016, June 6). County Health Rankings & Roadmaps. <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/telemedicine>

*Telemental health services*. (2015, October 14). County Health Rankings & Roadmaps. <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/telemental-health-services>

*Traffic calming*. (2018, October 9). County Health Rankings & Roadmaps. <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/traffic-calming>

*Weatherization Assistance Program (WAP)*. (2017, August 29). County Health Rankings & Roadmaps. <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/weatherization-assistance-program-wap>

*What is telehealth?* (2022). Health Resources and Services Administration. <https://telehealth.hhs.gov/patients/understanding-telehealth/>