



Minnesota State Profile

Building Resilient Inclusive Communities

Overview

Building Resilient Inclusive Communities (BRIC) is a program of the [National Association of Chronic Disease Directors](#) (NACDD) [Center for Advancing Healthy Communities](#). NACDD and its more than 7,000 Members seek to improve the health of the public by strengthening leadership and expertise for chronic disease prevention and control in states, territories, and at the national level. Established in 1988, in partnership with the U.S. Centers for Disease Control and Prevention (CDC), NACDD is the only membership association of its kind serving and representing every state and U.S. territory's chronic disease division.

In collaboration with the CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) and the Division of Population Health (DPH), and a team of nationally recognized experts, NACDD is providing funding to 20 states (including 15 DNPAO SPAN-funded states and five DNPAO Ambassador states) to implement BRIC at both a state and local level. As part of the program, states are engaging more than 60 communities to address food and nutrition security, safe physical activity access, and social connectedness through policy, systems, and environmental (PSE) change strategies. Social determinants of health, health equity, and social justice principles are integrated into the planning and implementation of all three strategy areas, in addition to accounting for the impact of the COVID-19 pandemic on groups at highest risk.

The initial project period was Jan. 1, 2021 – Dec. 31, 2021; an additional year of funding was awarded in 2021 and again in 2022, expanding the project period to Dec. 31, 2023. These profiles represent the state- and community-level activities planned by each BRIC state.

Learn more about the [BRIC program](#) or e-mail BRICinfo@chronicdisease.org.

State-Level Activities

Overarching

- Convene interagency committee to gather information to address equity in COVID-19 response.
- Review and assess Minnesota Board on Aging State Plan 2019-2022 to identify strengths and gaps in relation to BRIC strategies.
- Meet with Minnesota Board on Aging to discuss their State Plan planning process to ensure food and nutrition security, safe physical activity access, and social connectedness, along with health equity and the impact of COVID-19, is considered in future planning.
- Participate on the Minnesota Department of Health (MDH) Cultural, Faith, and Disability Communities Branch incident command center to gather information to better address equity in COVID-19 response.



Food and Nutrition Security

- Assess opportunities to expand Super Shelf implementation.
- Partner with University of Minnesota Extension to provide technical assistance to community partners and participating food shelves to implement food guidelines, become SuperShelves, and adopt SafeChoice.

Safe Physical Activity Access

- Assess the capacity of communities to engage in community planning for parks and pedestrian plans.
- Promote active transportation planning and pedestrian safety across all jurisdictions.
- Provide technical assistance to communities hosting Walkable Community Workshops and implementing community planning processes.
- Revise MDH's *Inclusive Walk Audit Facilitators Planning Guide* and *Let's Go for a Walk Guide* to address equity. The documents provide guidance to local planners and communities on inclusive strategies for facilitating walk audits.

Social Connectedness

- Assess state level partnerships and other social connectedness resources.
- Convene local public health SHIP staff to learn about social connectedness opportunities and existing social connectedness and mental health partner activities.
- Meet with Minnesota Board on Aging staff to identify areas of collaboration regarding social connectedness and other BRIC strategies.
- Connect with the Minnesota Central Council on Aging and their coalition for ending social isolation and loneliness.
- Collaborate and align BRIC work with the MDH CDC Accelerating Social Determinants of Health planning grant, which includes social connectedness, and the MDH Building Our Largest Dementia (BOLD) grant.

Community-Level Activities

Aitkin County (Rural)

Food and Nutrition Security (Reaching an estimated 978 residents)

- Aitkin County Coordinating Area Resources Effectively (CARE) will collaborate with Aitkin County State Health Improvement Plan Coordinator and Community Leadership Team (CLT) on equitable food and nutrition security for Aitkin Food Hub including an online purchasing and distribution platform to distribute local foods and establish a Super Shelf at the Aitkin Community Food Shelf.
- Distribute local foods (market boxes).



- In collaboration with the school and the City of Hill City, support the development and construction of an intergenerational community garden.
- Secure a Memorandum of Agreement (MOA) between local schools and the Aitkin Farmers Market to foster sustainability for the Aitkin Food Hub.
- Develop a Food Shelf Coalition of County food shelves.
- Identify a convenience store and establish an MOA with the owner to merchandise healthy foods and beverages.

Safe Physical Activity Access (Reaching an estimated 21 residents)

- In consultation with Developmental Achievement Center (DAC), participate in City of Aitkin's Park Committee Task Force to be a voice for disabled and older adults.
- Engage community to contribute to a concept map for Aitkin's Park Community Design.
- Support City of Aitkin's Park Committee Task Force in implementing community-driven physical activity opportunities appropriate for active aging during COVID-19.
- Develop a Walk Audit for the City of Aitkin.

Social Connectedness (Reaching an estimated 259 residents)

- Develop a coalition for social isolation.
- In collaboration with the school and the City of Hill City, secure partnerships to support the construction of an intergenerational community garden.
- Develop partnership with Aitkin Friends of the Arts and others, as needed, to offer opportunities including ongoing calendar of events to promote regular social interaction for older adults.
- Establish system of support and referral to train Aitkin CARE staff and volunteers of CARE Call – Pay it Forward when making calls to older adults. Develop a manual, which will include policies, guidelines, and reporting system of referrals to social resources for staff and volunteers.
- Continue Grandfriend Program to encourage social connectivity between elementary students in Aitkin and McGregor school district and older adults.

Mahnomen County/White Earth Tribal Nation (Rural)

Social Connectedness (Reaching an estimated 1,314 residents)

- Focus on multi-generational storytelling, while bridging oral tradition and cultural knowledge and skills with youth to pass on to future generations. Develop/enhance relevant partnerships with organizations in the community.
- Traditions passed on to youth will include ribbon skirt making, beadwork, traditional skills used for gathering wild foods, such as manoomik (wild ricing), and fishing. These traditions are quintessential components of Anishinaabek culture and lifeways.



- Secure Elder involvement in community connectiveness through advertisement in the Anishinaabeg Paper.
- Create a sustainability plan for the intergenerational mentoring activities and elder programming.

Health Equity Spotlight

- Minnesota has prioritized equity in COVID-19 response planning. Incident Command System includes the Cultural, Faith, and Disabilities Branch which is composed of over 70 staff serving in a variety of roles to deepen partnerships with community organizations and build trust in communities experiencing health inequities. In order to develop an effective response for these communities, capacity building among decision makers and staff around issues of historical trauma, racism, and white supremacy are necessary to change response efforts and to assure barriers to inclusion are addressed.



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