



MEDICAL CENTER • HASTINGS

Caring for Life

2013-2106

Regina Medical Center's Community Health Needs Assessment



Regina Medical Center
1175 Nininger Road
Hastings, Minnesota 55033

www.reginamedical.org

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Regina Medical Center's Community Health Needs Assessment 2013-2016

The Affordable Health Act of 2010 requires nonprofit hospitals to assess community health care needs and take an active role in improving the health status of the communities they serve.

In 2012, Regina Medical Center spent \$1.25 million in Community Benefit Programs; \$1.050 million in Uncompensated Care; \$313,000 in Charity Care; and a combined \$1.224 million on Medical Care Surcharges and MinnesotaCare taxes.

Regina Medical Center plays an important role in promoting healthy lifestyles and actively works with our community partners and public health officials to promote best practices in the communities we serve. The following assessment highlights some of the many health care offerings Regina provides to the Hastings area. It also includes demographical information from the U.S. Census, Minnesota Department of Health, Dakota County Public Health Department and the Robert Wood Johnson Foundation.

Our assessment concludes with five health care needs that were identified by local community leaders. Regina Medical Center will focus on these efforts during the next reporting period, 2013-2016.

- This assessment is compliant with the Federal Patient Protection & Affordable Health Care Act of 2010.

Overview of Regina Medical Center Hastings, Minnesota

Regina Medical Center is a Catholic health care organization located 20 minutes southeast of the Twin Cities in historic Hastings, Minnesota. The Medical Center is located in Dakota County and is comprised of a 57-bed acute care hospital with attached senior living services, including a 130-unit assisted living and memory care community, adult day services, a 61-bed nursing home, and three multi-specialty clinics; including a clinic in Prescott, Wisconsin.

The hospital offers 24-hour emergency care, specialty care, medical/surgical units, obstetrics and gynecology services and an inpatient geriatric behavioral health unit. The Hastings Surgery Center serves the southeast metro area and specializes in both inpatient and same-day surgery and endoscopic procedures.

Regina offers diagnostic services including MRI and spiral CT, digital mammography, physical, occupational, speech and respiratory therapies, cardiac care, transitional care, family birthing, sleep study and laboratory services. Learn more at www.reginamedical.org.

Regina's Analysis of Public Health Data

Regina Medical Center conducted extensive research and met with key healthcare and community stakeholders in the Hastings area to identify our community's health care needs. This valuable input was the impetus behind the development of our comprehensive community needs assessment.

The following pages include:

- People QuickFacts (demographics from the 2010 U.S. Census) for the Hastings area
- Dakota County Public Health Department's 2013 Community Health Opinion Survey Results
- County Health Rankings & Road Maps - Robert Wood Johnson Foundation
- Minnesota Department of Health's Lead Indicators.

The common themes in the Dakota County Public Health Department's Community Health Opinion Survey Results, the Robert Wood Johnson Foundation's County Health Rankings & Road Maps and the Minnesota Department of Health's Lead Indicators were:

- Obesity in children and adults
- Promote healthy eating
- Increased physical activity
- Substance abuse

Other areas of health concern include: Mental Health, misuse of prescription drugs and clinical preventative services - including cancer screenings. While it is impossible for a small community hospital to address every public health care concern, Regina has identified five areas of focus for the next three years:

Regina Medical Center's Community Health Care Needs: Workplan for 2013-2016 (Specific workplan details are outlined on page 21 of this document.)

1. Promote increased physical activity and proper nutrition to fight obesity in adults and youth
2. Increased access to health care - Regina supports the new MNsure Health Exchange (New)
3. Cancer screenings - continue to promote colorectal and mammogram screenings.
4. Mental health/suicide prevention - Hastings area has witnessed an increase in youth suicides. (New)
5. Patient education on the misuse of prescription drugs (New)



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Hastings, Minnesota Demographics and Local, State and National Health Studies

People QuickFacts	Hastings	MN
i Population, 2012 estimate	22,321	5,379,139
i Population, percent change, April 1, 2010 to July 1, 2012	0.7%	1.4%
i Population, 2010	22,172	5,303,925
i Persons under 5 years, percent, 2010	6.8%	6.7%
i Persons under 18 years, percent, 2010	24.7%	24.2%
i Persons 65 years and over, percent, 2010	13.6%	12.9%
i Female persons, percent, 2010	50.8%	50.4%
i White alone, percent, 2010 (a)	94.1%	85.3%
i Black or African American alone, percent, 2010 (a)	1.6%	5.2%
i American Indian and Alaska Native alone, percent, 2010 (a)	0.5%	1.1%
i Asian alone, percent, 2010 (a)	0.9%	4.0%
i Native Hawaiian and Other Pacific Islander alone, percent, 2010 (a)	*Z	0.0%
i Two or More Races, percent, 2010	2.1%	2.4%
i Hispanic or Latino, percent, 2010 (b)	2.6%	4.7%
i White alone, not Hispanic or Latino, percent, 2010	92.7%	83.1%

*U.S. Census - Based on 2010

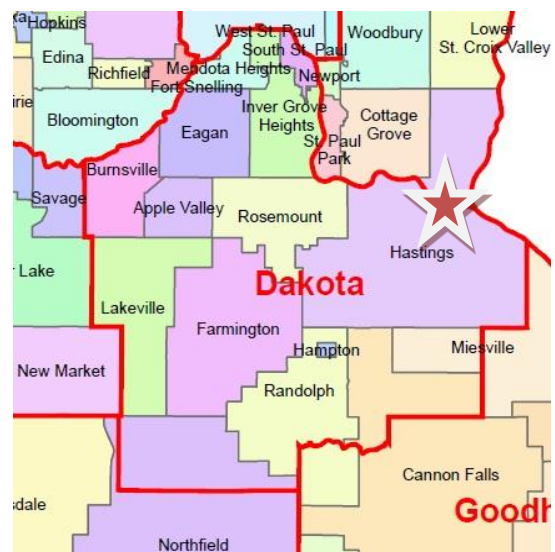
<i>i</i> Living in same house 1 year & over, percent, 2007-2011	86.3%	85.6%
<i>i</i> Foreign born persons, percent, 2007-2011	2.6%	7.1%
<i>i</i> Language other than English spoken at home, percent age 5+, 2007-2011	3.5%	10.5%
<i>i</i> High school graduate or higher, percent of persons age 25+, 2007-2011	92.8%	91.6%
<i>i</i> Bachelor's degree or higher, percent of persons age 25+, 2007-2011	25.0%	31.8%
<i>i</i> Veterans, 2007-2011	1,815	385,675
<i>i</i> Mean travel time to work (minutes), workers age 16+, 2007-2011	24.0	22.6
<i>i</i> Housing units, 2010	9,222	2,347,201
<i>i</i> Homeownership rate, 2007-2011	78.6%	73.6%
<i>i</i> Housing units in multi-unit structures, percent, 2007-2011	18.8%	21.6%
<i>i</i> Median value of owner-occupied housing units, 2007-2011	\$200,700	\$201,400
<i>i</i> Households, 2007-2011	8,454	2,094,265
<i>i</i> Persons per household, 2007-2011	2.51	2.46
<i>i</i> Per capita money income in the past 12 months (2011 dollars), 2007-2011	\$29,351	\$30,310
<i>i</i> Median household income, 2007-2011	\$63,895	\$58,476
<i>i</i> Persons below poverty level, percent, 2007-2011	6.0%	11.0%
Business QuickFacts	Hastings	MN
Total number of firms, 2007	2,120	496,657
<i>i</i> Black-owned firms, percent, 2007	*F	2.5%

i American Indian- and Alaska Native-owned firms, percent, 2007	*S	0.6%
i Asian-owned firms, percent, 2007	*F	2.3%
i Native Hawaiian and Other Pacific Islander-owned firms, percent, 2007	*F	S
i Hispanic-owned firms, percent, 2007	*F	1.0%
i Women-owned firms, percent, 2007	*S	26.8%
i Manufacturer's shipments, 2007 (\$1000)	*D	107,563,060
i Merchant wholesaler sales, 2007 (\$1000)	42,892	82,878,056
i Retail sales, 2007 (\$1000)	238,038	71,384,103
i Retail sales per capita, 2007	\$10,892	\$13,751
i Accommodation and food services sales, 2007 (\$1000)	32,982	10,423,660
Geography QuickFacts		
	Hastings	MN
i Land area in square miles, 2010	10.24	79,626.74
i Persons per square mile, 2010	2,165.0	66.6

***Key:**

- (a) Includes persons reporting only one race.
- (b) Hispanics may be of any race, so also are included in applicable race categories.

D: Suppressed to avoid disclosure of confidential information
 F: Fewer than 25 firms
 FN: Footnote on this item for this area in place of data
 NA: Not available
 S: Suppressed; does not meet publication standards
 X: Not applicable
 Z: Value greater than zero but less than half unit of measure shown



***Dakota County Public Health Department's
2013 Community Health Opinion Survey Results -
Results Reflect Regina Medical Center's Community Health Goals**

The Dakota County Public Health Department recently completed its *2013 Community Health Opinion Survey*. The surveys were completed by 1,304 local residents and the results provide a useful snapshot of the current views of respondents. Nearly 7,000 emails were delivered as a part of this non-random survey.

Regina Medical Center has focused efforts on many of the concerns expressed by respondents and utilized this report as we set our community health goals for 2013-2016.

Respondent Characteristics

- 78.5% female**
- 88% were 35-74 years of age**
- 68% had bachelor's degrees or higher**
- 91% Household income >200% of poverty**
- 97% White, 98% Non-Hispanic**
- 94% have health insurance coverage**
- 77.5% live in Dakota County, 79.5% work in Dakota County**

The "Top 10 Health Concerns" in the Dakota County Public Health Department's *2013 Community Health Opinion Survey* included:

<u>Health Care Concern</u>	<u>Percent "Major Concern"</u>
Distracted driving	73%
Alcohol use by underage youth	59%
Driving under the influence	57%
Obesity (overweight) - children	54%
Use of illegal drugs (not including marijuana)	53%
Tobacco use by youth	53%
Too much screen time	50%
Mental health problems with youth	46%
Over the counter and prescription drug abuse	46%
Obesity (overweight) - adults	45%

*Special thanks to Melanie Countryman, MPH Epidemiologist/Senior Informatics Specialist, Dakota County Public Health

*County Health Rankings & Roadmaps - A Healthier Nation, County by County

Dakota County	Error Margin	Minnesota	National Benchmark*	Trend	Rank (of 87)
Health Outcomes					15
Mortality					5
Premature death	4,221	4,001-4,440	5,126	5,317	
Morbidity					44
Poor or fair health	10%	9-12%	11%	10%	
Poor physical health days	2.8	2.4-3.2	2.9	2.6	
Poor mental health days	2.5	2.2-2.9	2.7	2.3	
Low birth-weight	6.2%	6.0-6.4%	6.5%	6.0%	
Health Factors					6
Health Behaviors					8
Adult smoking	16%	14-18%	17%	13%	
Adult obesity	26%	24-29%	26%	25%	
Physical inactivity	17%	15-19%	19%	21%	
Excessive drinking	20%	17-22%	20%	7%	
Motor vehicle crash death rate	7	6-8	10	10	
Sexually transmitted infections	238		276	92	
Teen birth rate	19	18-20	26	21	
Clinical Care					4
Uninsured	8%	7-9%	10%	11%	
Primary care physicians**	1,495:1		1,140:1	1,067:1	
Dentists**	1,661:1		1,660:1	1,516:1	
Preventable hospital stays	48	45-51	51	47	
Diabetic screening	92%	87-97%	88%	90%	
Mammography screening	71%	67-76%	73%	73%	
Social & Economic Factors					7
High school graduation**	83%		77%		
Some college	77%	75-79%	72%	70%	
Unemployment	6.0%		6.4%	5.0%	
Children in poverty	9%	7-11%	15%	14%	
Inadequate social support	14%	12-16%	14%	14%	
Children in single-parent households	23%	21-25%	27%	20%	
Violent crime rate	90		248	66	
Physical Environment					58
Daily fine particulate matter	11.1	11.0-11.2	10.0	8.8	
Drinking water safety	0%		1%	0%	
Access to recreational facilities	11		11	16	
Limited access to healthy foods**	5%		6%	1%	
Fast food restaurants	55%		47%	27%	

*Minnesota Department of Health's Lead Indicators

Topic Area	Lead Indicator	Baseline	2020 Target
*Healthy Eating	Youth who eat the recommended number of fruits and vegetables daily	18% (2010)	30%
*Physical Activity	Youth/Adults who meet physical activity guideline	Youth: (2010) 74% Boys/68% Girls Adults: (2009) 52.7%	Youth: 92% Boys/89% Girls Adults: 75%
Tobacco Use	Young adults who smoke	27.8% (2010)	18.6%
Alcohol Abuse	Adult binge drinking	17.2% (2010)	15.5%
Arthritis	Adults with arthritis who participate in self-management programs	14.7% (2009)	16.2%
Asthma	Children with asthma who achieve optimal asthma management	24% (2010)	30%
*Cancer	Adults 50 and older who have had colorectal cancer screening	64% (2011)	80%
*Cardiovascular Disease	Adult vascular disease patients who achieve optimal vascular care treatment goals	40% (2010)	50%
Diabetes	Adult diabetes patients who achieve optimal diabetes care outcomes	37% (2010)	41%
*Injury	Fall deaths among the elderly	84.8/100,000 (2009)	79/100,000
*Obesity	Adults who are a healthy weight	38% (2010)	47%
Oral Health	Dental visit in the last 12 months	78.9% (2010)	82.8%

*Prepared by the Minnesota Department of Health - Health Promotion and Chronic Disease Division and the Office of Statewide Health Improvement Initiatives (*Healthy Minnesota 2020*)

*Denotes Regina Medical Center's community health initiatives.



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Top Health Care Concerns and Regina's Matching Programs

Top Health Concerns	Regina Matching Programs
Dakota County Public Health Department's 2013 Community Health Opinion Survey Results	
Distracted Driving	
Alcohol use by underage youth	
Driving under the influence	
Obesity (overweight) children	Partner with Allina Health - "Health Powered Kids" Initiative YMCA Partnership - "Balance Program" for Youth Partner with Allina Health - Free Bikes 4 Kidz Hastings Community Health Fair A Healthier Hastings 4 All Program (AH-HA) Overeaters Anonymous class offered through Education Dept. Weight Management class offered through Education Dept.
Use of illegal drugs (not including marijuana)	
Tobacco use by youth	Hastings Community Health Fair
Too much screen time	Hastings Community Health Fair
Mental health problems with youth	Hastings Community Health Fair Suicide Assessment and Prevention Class offered through Education Department Hastings Area Grief Support Coalition: A Grievors Bill of Rights class offered through Education Dept. Emergency Department for Acute Needs Partnering with United Way of Hastings in "Helping Kids Succeed Program"
Over the counter and prescription drug abuse	New Initiative - 2013-2016
Obesity (overweight) - adults	Hastings Community Health Fair A Healthier Hastings 4 All Program (AH-HA) Annual Regina Alzheimer's Walk Overeaters Anonymous class offered through Education Dept. Weight Management class offered through Education Dept.

Top Health Concerns	Regina Matching Programs
Robert Wood Johnson Foundation (Based upon U.S. Department of Health and Human Services Leading Health Indicators)	
Access to Health Services	Hastings Community Health Fair Regina Compassionate Care Program Support MNSure Program to increase access to health care for community members Charity Care offered through Regina
Clinical Preventative Services	Hastings Community Health Fair Mingle and Mammogram Parties Overeaters Anonymous class offered through Education Dept. Weight Management class offered through Education Dept.
Environmental Quality	
Injury and Violence	
Maternal, Infant and Child Health	Hastings Community Health Fair Boot Camp for New Dads Classes Early Pregnancy class offered through Education Dept. Natural Family Planning class offered through Education Dept. Infant CPR class offered through Education Dept. Successful Breastfeeding class offered through Education Dept.
Mental health	Hastings Community Health Fair Suicide Assessment and Prevention Class offered through Education Dept. Hastings Area Grief Support Coalition: A Grievors Bill of Rights class offered through Education Dept. Alzheimer's & Memory Loss Support Group offered through Education Dept. Parkinson's Support Group offered through Education Dept. Breast Cancer Support Group offered through Education Dept. Vision Loss Support Group offered through Education Dept. Crohn's and Colitis Support Group offered through Education Dept.
Nutrition, Physical Activity, and Obesity	Partner with Allina Health - "Health Powered Kids" Initiative YMCA Partnership - "Balance Program" for Youth Partner with Allina Health - Free Bikes 4 Kidz Hastings Community Health Fair A Healthier Hastings 4 All Program (AH-HA) Annual Regina Alzheimer's Walk Overeaters Anonymous class offered through Education Dept. YMCA Diabetes Prevention Program offered on-campus Weight Management class offered through Education Dept.
Oral Health	
	Early Pregnancy class offered through Education Dept. Natural Family Planning class offered through Education Dept.
	Preparing for Birth class offered through Education Dept.
Reproductive and Sexual Health	Natural Family Planning class offered through Education Dept.
Social Determinants	
Substance Abuse	
Tobacco	

Minnesota Department of Health’s Lead Indicators

Healthy Eating	Partner with Allina Health - “Health Powered Kids” Initiative YMCA Partnership - “Balance Program” for Youth Hastings Community Health Fair A Healthier Hastings 4 All Program (AH-HA) Overeaters Anonymous class offered through Education Dept. Weight Management class offered through Education Dept.
Physical Activity	Partner with Allina Health - “Health Powered Kids” Initiative YMCA Partnership - “Balance Program” for Youth Partner with Allina Health - Free Bikes 4 Kidz Hastings Community Health Fair A Healthier Hastings 4 All Program (AH-HA) Annual Regina Alzheimer's Walk Weight Management class offered through Education Dept.
Tobacco Use	
Alcohol Abuse	
Arthritis	
Asthma	
Cancer	
Cardiovascular Disease	Hastings Heart Restart Program Medical Education (American Heart Association BLS and ACLS training) Acute Stroke Management class offered through Education Dept. Weight Management class offered through Education Dept.
Diabetes	
Injury	Total Joint class offered through Education Dept.
Obesity	A Healthier Hastings 4 All Program Weight Management class offered through Education Dept.
Oral Health	



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Regina's Commitment to Community Health Care Needs and Wellness

Regina's Commitment to Community Health Care Needs

Regina Medical Center works to promote healthy lifestyles in Hastings and the surrounding communities we serve. Through a number of community events and initiatives, Regina promotes increased physical activity and proper nutrition to local residents. Our community health goals reflect the data included in the Minnesota Department of Health's "Healthy Minnesota 2020 Report," Dakota County Public Health Department's "2013 Community Health Opinion Survey" and the "Robert Wood Johnson, County Health Rankings & Roadmaps Report- A Healthier Nation."

This year, Regina Medical Center, United Way of Hastings and Allina Health hosted a Community Health Fair which included healthy lifestyle choices, health screenings and family activities. Throughout the year Regina sponsors

- Mingle & Mammogram Parties - which promotes mammograms along with a fun "ladies night out."
- Boot Camp For New Dads gives new father's the confidence to be a great dad!



Join us for the...
Hastings Community Health Fair

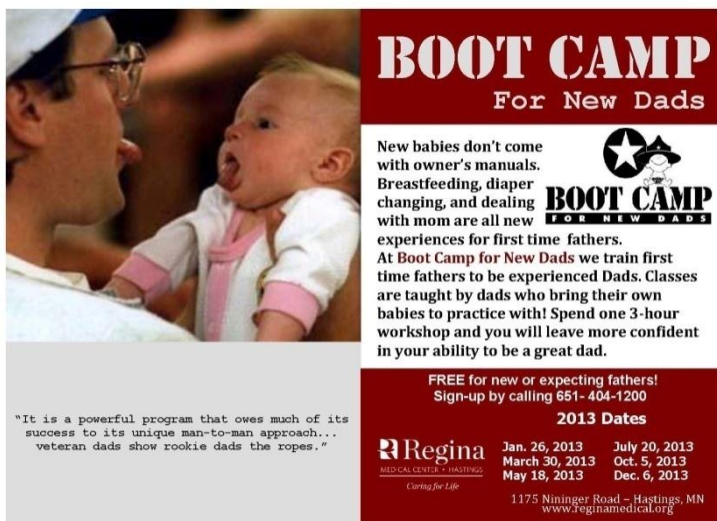
Time: 9 a.m. – noon
Date: Saturday, March 9, 2013
Location: Hastings High School Gymnasium

The Hastings Community Health Fair will be a great opportunity to meet with and learn more about health advocates in the community. Join us for a morning of fun for all ages. There will be drawings, yummy foods, kids activities and a GREAT raffle—something sure to be of interest to everyone!

For more information, please contact Robin Halloum at 651-404-1356 before March 1st or 651-404-1356 after March 1st. Or by e-mail at Robin.Halloum@reginamedical.org






BOOT CAMP
For New Dads

New babies don't come with owner's manuals. Breastfeeding, diaper changing, and dealing with mom are all new experiences for first time fathers. At Boot Camp for New Dads we train first time fathers to be experienced Dads. Classes are taught by dads who bring their own babies to practice with! Spend one 3-hour workshop and you will leave more confident in your ability to be a great dad.

FREE for new or expecting fathers!
Sign-up by calling 651-404-1200

2013 Dates

Jan. 26, 2013	July 20, 2013
March 30, 2013	Oct. 5, 2013
May 18, 2013	Dec. 6, 2013


 1175 Nininger Road - Hastings, MN
www.reginamedical.org

"It is a powerful program that owes much of its success to its unique man-to-man approach... veteran dads show rookie dads the ropes."



You're Invited To A Mammogram Party!!

Mingle & Mammograms

2013 Dates: January 17, March 21, May 16, July 18, September 19, October 3 and 17

Where: Regina Medical Center

Time: 6:00—8:00 p.m.

Qualifications: Ladies age 40 and older for your annual screening mammogram.

Get two or three of your girlfriends together who need a mammogram and book a party by calling our Medical Imaging appointment line at 651-404-1004.

We'll provide the refreshments and special spa treatments at no extra charge—including neck, shoulder, back massage, paraffin hand dip, and more!

Gifts for everyone and a special gift for each lady who is receiving her first mammogram!

See you at the party!


 1175 Nininger Road
 Hastings, MN 55933
 651-404-1004

Regina Medical Center Promotes Wellness Through A Healthier Hastings 4 All



From its inception 60 years ago, Regina Medical Center has been dedicated to promoting 'the health of the whole person.' With our launch earlier this year of A Healthier Hastings 4 All "AH-HA", Regina expands its mission to improve the health and wellness of the entire community.

AH-HA is a multi-faceted community health initiative addressing identifiable health issues. Research reveals that at least 40 percent of all deaths in the nation can be attributed to four personal behaviors -- poor nutrition, inadequate exercise, smoking and hazardous drinking. Approximately 95 percent of the population lives with an identifiable risk factor.

- The AH-HA program, a collaboration of Regina Medical Center in partnership with Allina Health, the Penny George Institute on Health and Healing, and the George Family Foundation, features individual complimentary health

assessments, individual follow-up guidance and resources, a community-wide health needs assessment, and a variety of community events and activities (based, in large part, on the community health needs assessment). AH-HA will be partnering with: Hastings YMCA on a new "Balance Program" for youth, Allina Health's "Health Powered Kids" initiative, Free Bikes 4 Kidz, and numerous other local organizations to promote healthy lifestyles.

The AH-HA program specifically focuses on two of the behaviors that everyone can participate in and benefit from – nutrition and physical activity. Designed for people who live or work in the greater Hastings community, AH-HA is providing free

health assessments. In the second and third years of the program, the screenings will be expanded to include numerous other groups.

You Are Invited!

What?
A Healthier Hastings 4 All (AH-HA) - Kick-Off event

When?
Monday, April 1, 11:00 a.m. to Noon

Where?
Regina Medical Center - Chapel Lobby

Schedule of Activities

11:00 a.m. - Ceremony: Featuring Dr. Peter Schill, Celebrity Chef Marshall O'Brien and Acting Mayor of Hastings, Barb Hollenbeck.

11:30 a.m. - 15-minute walk around the Regina campus: This walk will take place outdoors, so be sure to dress accordingly. AH-HA, in partnership with the Dakota County Public Health Department and the Regina/Allina Employee Wellness Committee, will host a "Simple Steps" walking activity around the Regina campus. FREE pedometers will be given to the first 50 people to participate in the walk

11:45 a.m. - Refreshments and prizes: Sample some amazing food and participate in a drawing for tickets to the Brewers/ Twins game at Target Field, a round of golf and other prizes.

Join us on your lunch break for physical activity, refreshments, and prizes!

A Healthier Hastings 4 All
A Program of Regina Medical Center

Free to Join

Take the first step.

Join Dakota County's
Simple Steps Walking Program
April 1-July 31, 2013

Benefits of joining:

- ✓ Boost energy
- ✓ Reduce stress
- ✓ Improve health
- ✓ Explore your neighborhood

How it works:

- ✓ Walk with friends
- ✓ Track minutes
- ✓ Get rewarded
- ✓ Share your success

Register at: www.dakotacounty.us (search "Simple Steps") beginning **March 15, 2013** or call 651-554-6100.

Simple Steps
In Dakota County

A Healthier Hastings 4 All
A Program of Regina Medical Center

Simple Steps is sponsored by the Dakota County Public Health Department. Partners include cities, parks, businesses and organizations in Dakota County.

Find us on Facebook

The screening provides lab results for total cholesterol, HDL, LDL, triglycerides and blood glucose, in addition to the participant's height, weight, BMI and blood pressure. A follow-up review with a health coach provides custom recommendations and resources on improving one's health.

To date, approximately 264 people have been screened and about 57 percent are either overweight or obese. This demonstrates that Regina Medical Center is focusing on the right areas – nutrition and exercise.

Based on the assessment of the community's health and wellness needs, a variety of activities and events have already been planned.

Another element of the program is the "Family Health Manager," a customized online resource tool that enables participants to track their medical data and find out about upcoming events. (All personal information is confidential.)



We're at the half-way point for Simple Steps!

6-Week Health Challenge

Starting June 17 we are continuing the Simple Steps program with a 6-week health challenge, through July 29.

To encourage camaraderie and exercise, the Allina and Regina Healthy for Life Committee along with AHHA are offering a challenge!

A campus-wide department walking contest!

(This is in lieu of the noon walking group)

Here is how it works:


- Appoint a captain to be the reporter for the department; to submit the number of group walks each Monday.
- 2 or more employees from a department = a group
- A walk = 15 minutes or more. There can be several walks on the same day from different groups within a department.
- Each Monday, your team captain will submit the number of walks for your department to Megan.Vier@allina.com (we will give periodic updates).
- The department with the most group walks will receive a catered healthy lunch, compliments of Regina Medical Center and Ty Erickson, CEO.

Remember, you can still track your walking with Simple Steps - it's not too late...you can record your walking from previous weeks too!

<http://www.co.dakota.mn.us/HealthFamily/HealthyLiving/FitnessExercise/Pages/simple-steps.aspx>

So, beginning June 17 through July 29, get a group together from your department and walk 15 minutes or more on campus!

For more information, please contact: Megan Vier at 651-241-1254 - Megan.Vier@allina.com

Fitness Classes at Regina


- **WHO:** Employees of Regina Medical Center and Allina Health, Spouses, Family members over age 18, Volunteers, Board and Foundation Committee Members
- **WHAT:** 6-week series of Exercise Classes
- **WHERE:** Classes to be held at AHHA (A Healthier Hastings 4 All) lower level of the Ninger Clinic.
- **WHEN:** July 8-August 16 (mornings, afternoons and evenings)
- **WHY:** Get your body moving this summer! It is low cost and it is convenient! Right here on Campus!
- **COST:** - \$18 Punch Card - a punch good for any classes at Regina (\$ 3 per class)

CLASSES OFFERED*:

- **Stretch** (Tuesdays - 30 minutes; 7:15a.m. to 7:45am): Increase range of motion and flexibility in this relaxing class that stretches your muscles, gently and gradually. Feel lighter, confident and more fluid in your movement. Bring a yoga mat.
- **Zumba™** (Wednesdays - 45 minutes; 6pm to 6:45pm): is a fusion of Latin and international music and dance to create a dynamic, exciting, effective cardio workout. These fun and easy routines feature interval aerobic training with a combination of fast and slow rhythms that tone and sculpt the body.
- **Core conditioning** (Thursdays - 30 minutes; Noon to 12:30pm): Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility. Walk taller, feel stronger. Bring a yoga mat.

A Healthier Hastings 4 All A Program of Regina Medical Center

Punch Card Sales: June 24 through June 29 - 10am to 1pm in the Chapel Lobby. Questions? Call or Email: Lisa.Dunne@reginamedical.org 651-404-1120





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Regina Medical Center's Community Health Care Needs: Workplan for 2013-2016

Regina Medical Center's Community Health Care Needs: Workplan for 2013-2016

- **Promote Increased Physical Activity and Proper Nutrition to Fight Obesity in Adults and Youth**
 - Continue our work with Allina Health and the George Family Foundation to promote the goals of the Healthy Communities Partnership.

- **Increased Access to Health Care - Regina Participates in MNsure (New)**
 - Participate with the State of Minnesota's MNsure Health Care Exchange to provide access to health care for more Minnesotans. Beginning Oct. 1, Regina Medical Center will play an important role in helping our patients enroll in state public programs and new subsidized coverage options through Minnesota's new Health Insurance Exchange.

- **Cancer Screenings**
 - Continue to promote our Mingle and Mammograms parties for breast cancer screenings and Don't Fear the Rear Campaign to promote colorectal screenings.

- **Mental Health - Suicide Prevention (New)**
 - Participate in a local youth suicide prevention campaign - the number of young suicides has been on the increase in recent years in the Hastings area.

- **Patient Education on the Misuse of Prescription Drugs (New)**
 - In a recent survey conducted by Dakota County Public Health, participants expressed a growing concern about the misuse of prescription drugs. Regina will begin a comprehensive public campaign and partner with the American Drug Council to increase awareness.

