



## Inspiring Sustainable Community Health Improvement Together

Struggling to put best-practice guidelines into action, inspire your coalition to take ownership of the work or make health a shared value?

If yes, we're here to help. We'll help you achieve improved health outcomes and sustainable change by expertly guiding you through the process of how to:

- **Align** health as a shared value to **inspire** community action
- **Understand** community needs
- **Build** community capacity and **activate** coalitions
- **Construct** a sustainable financial structure
- **Leverage** data for engagement to **influence** the change process
- **Attain** maximum community engagement
- **Measure** impact successfully

## Transformation That's Doable, Affordable, Sustainable

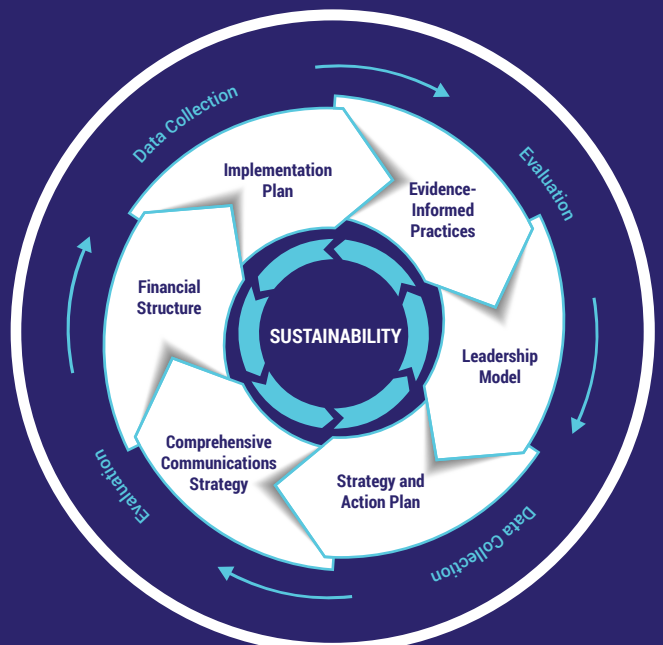
As your partner, we'll ensure you cultivate and inspire key stakeholders to champion priorities to transform health. With vast experience and industry-leading best practices, our diverse team of experts offers affordable, tailored consulting services to help representatives from health care systems, public health, higher education, government and/or community organizations.

**Our Vision:** To simplify and accelerate rural community health improvement efforts for sustainability and impact.

## Who We Are

With more than 20 years of experience, our community rural health consulting team is well versed in creating sustainable change. We are passionate about evidence-based solutions to community rural health improvement and sharing lessons learned from our award-winning initiative, Hearts Beat Back.® The Heart of New Ulm Project.

We've taken the best practices from our on-the-ground experience and developed a proven process for sustainable community health improvement work and impact in rural communities.



Whatever stage you are at in your process, choose from our array of tailored solutions to address your initiative's specific needs and budget.

### ■ Comprehensive Consulting Packages

Our experts will visit your community, assess one or more community health challenges, and provide a detailed tailored report designed to inspire aligned action. Then, through personalized regularly scheduled calls and site visits or trainings, we'll help you drive, manage and measure health improvements in your community.

### ■ Technical Assistance Coaching Calls

Our trained experts are ready to coach you and your team to success through support calls at your convenience. Let us help you move successfully through the stages of community health improvement change.

### ■ Presentations

Looking to inspire your community, kick start your initiative, challenge the status quo, integrate new ideas into a project or maximize community health outcomes? A member of our team will catalyze your partners with a tailored motivational presentation designed to chart the course for change. Choose from a variety of timely topics or let us design a custom presentation.

### ■ Blueprint for Action Report

Name your challenge. From the food and built environments to communications, coalition development and activation, we've got you covered. Our experts will spend two days in your community with your team and key stakeholders to complete a comprehensive assessment of an identified community health challenge. We'll then provide you with a detailed actionable report that your team(s) can use to inspire action toward a common goal.

### ■ Local Workshop

Corral your team, key stakeholders and residents in one place, and we'll do the rest. We'll take you on a half-day or full-day journey to help you address your community health needs and develop your own tailored action plan.

### ■ Visit to New Ulm, Minnesota

Spend a day in New Ulm hearing from community leaders about what it's taken to drive change in a rural area over the last 10 years. What started as a research project has transformed into an inspired, community-driven/owned health improvement effort with measurable outcomes. It has engaged and trained residents across the spectrum, inspiring them to positively change food and built environments and adopt policies designed to help sustain health improvements well into the future.

All solutions are customizable.  
Please contact us for pricing.

"Engaging with the Minneapolis Heart Institute Foundation was instrumental in our ability to implement a collaborative movement for our rural community."

— Don Damron, Vice President of Ambulatory Services, OSF HealthCare System

## Connect With Us at the MHIF Rural Health Transformation Center!

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Creating a world without heart and vascular disease

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