

Healthy St. Mary's 2032: Imagining The Next Generation of Action Teams

September 24, 2026

Agenda

1. New Action Teams
2. Fishbone Analysis
3. Break Into Groups
4. Wrap Up

New Action Teams!

- Teams were chosen based off of results from the community survey, secondary data, stakeholder interviews, and focus groups
- Recurring topics were pulled from data, and then grouped together to create our teams!
- New teams:
 - Social Transformation Action Team (STAT)
 - Healthy Eating, Active Living (HEAL)
 - Access to Care Action Team(ACAT)
 - Crisis Response & Behavioral Health (CRABH)

SOCIAL TRANSFORMATION ACTION TEAM (STAT)



01

Housing

- Education on owning a home
- Section 8 housing
- Accessible housing
- Senior housing

04

Period Equity

- Access to period products
- Advocacy
- Menstrual health education

02

Homelessness

- Connecting to resources
- Addressing compounding needs
- Expansion of temporary and transitional housing

05

Economics

- Financial literacy
- Affordability
- Educational opportunities
- Stable job access

03

Food Access

- Healthy food drives
- Food access list
- Food security text system
- Promotion of existing food resources
- Community Gardens

HEALTHY EATING, ACTIVE LIVING (HEAL)

01

Overweight, Obesity & Diabetes

- Healthy eating
- Cooking demonstrations
- Nutrition education

02

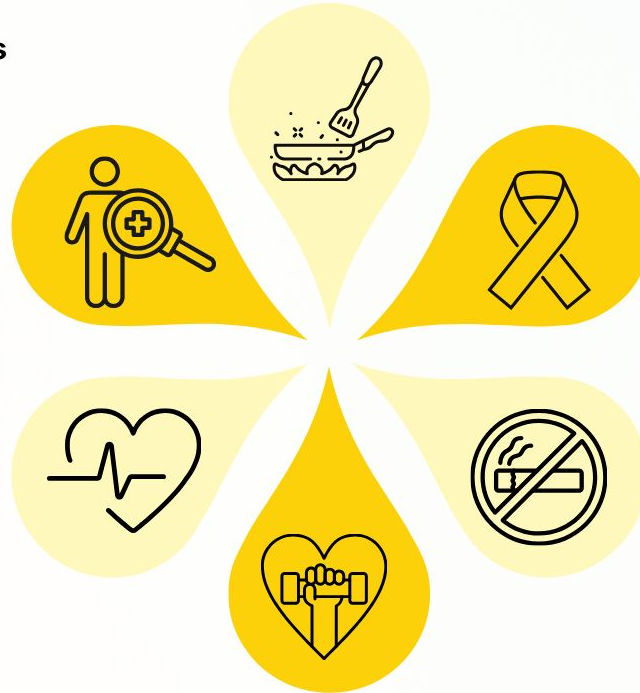
Cancer

- Prevention
- Screening
- Education

03

Nicotine

- Business compliance for 21+ sales
- Youth vaping
- Cessation education



04

Physical Activity

- More to Explore
- Promotion of parks and recreation
- Youth physical activity minimums
- Group motivation

05

Cardiovascular Disease

- Remote patient monitoring
- Reducing high blood pressure
- Education on high cholesterol
- Spotting a stroke

06

Aging Healthy

- Vision and hearing
- Dementia and screenings
- Aging in place
- Physical activity

ACCESS TO CARE ACTION TEAM (ACAT)

Technology

- Digital literacy
- Telehealth
- Remote patient monitoring
- Understanding patient portals

Dental Care

- Insurance
- Provider availability
- Reducing risk of secondary conditions

Insurance

- Navigating enrollment
- Medicare/Medicaid
- Children's Health Insurance Program

Health Literacy

- Understanding medical instructions
- Plain language
- Language access for LEP

Transportation

- Public transit
- Medical transportation
- Rural areas

Providers

- Retention
- Student pipeline
- Long wait times
- Specialists
- Emergency Department capacity

Infectious Disease

- Immunizations
- Health education



CRISIS RESPONSE & BEHAVIORAL HEALTH (CRABH)



01

Safety

- Crime
- Intimate Partner Violence (IPV)
 - Teen dating violence
 - Domestic violence

02

Crisis Services

- Suicide prevention
- Mobile crisis unit
- Promotion of 988
- Support of demographics at higher risk

03

Mental Health

- Behavioral health providers
- Discrimination
- Youth supports

04

Community Supports

- Youth mentoring
- Social isolation/loneliness
- Intergenerational groups

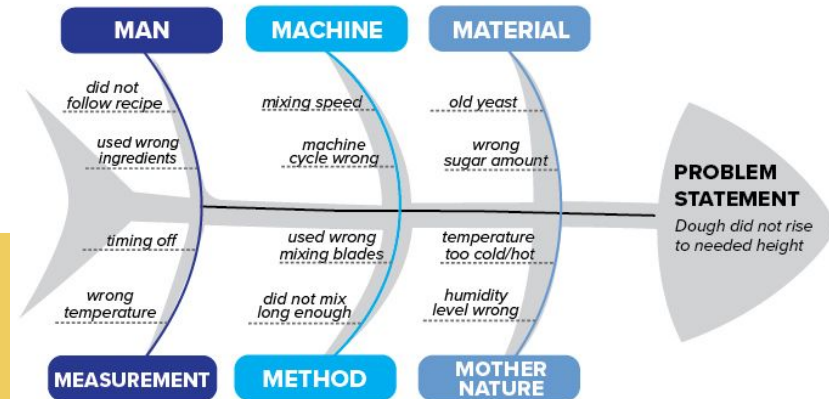
05

Substance Use Disorder

- Naloxone training and distributions
- Stigma trainings and awareness
- Business compliance for 21+ sales of alcohol
- Recovery-friendly workplaces

Fishbone Analysis

- Root causes of issues - why is this happening?
- List the issue, or topic, in the fish's head
- Identify the main themes that contribute to the issue. Traditional themes are man (people), machine, material, measurement (data), money, method or policy, and mother nature (or environment), but you may find alternative themes that fit your topic better.
- Ask “why do these root causes happen” to dig deeper into sub-themes
 - If our topic is cancer screening and one of our themes is that people don't go to the doctor. We can start to think about why people may not go. Could it include transportation, child care, cost? Do these sub-themes have a further root cause?
- Using these root causes, think of what project could lead to better outcomes. Remember to keep your project realistic and include which partners could be involved



Break Into Groups

- Pick 1 topic from the topic options list and write it in the fish's head
- Brainstorm root causes and write themes in the colored boxes. Write down sub-themes along the lines of the fish ribs
- Decide on projects that relate to these root causes and write them down in the squares

Example

- **Topic:** Cancer prevention & screening
- **Theme:** Knowledge
- **Sub-themes:** awareness of risk, anxiety with procedures
- **Project:** Creating graphics that detail what a procedure includes. These can be created within the action team and distributed to providers for waiting rooms

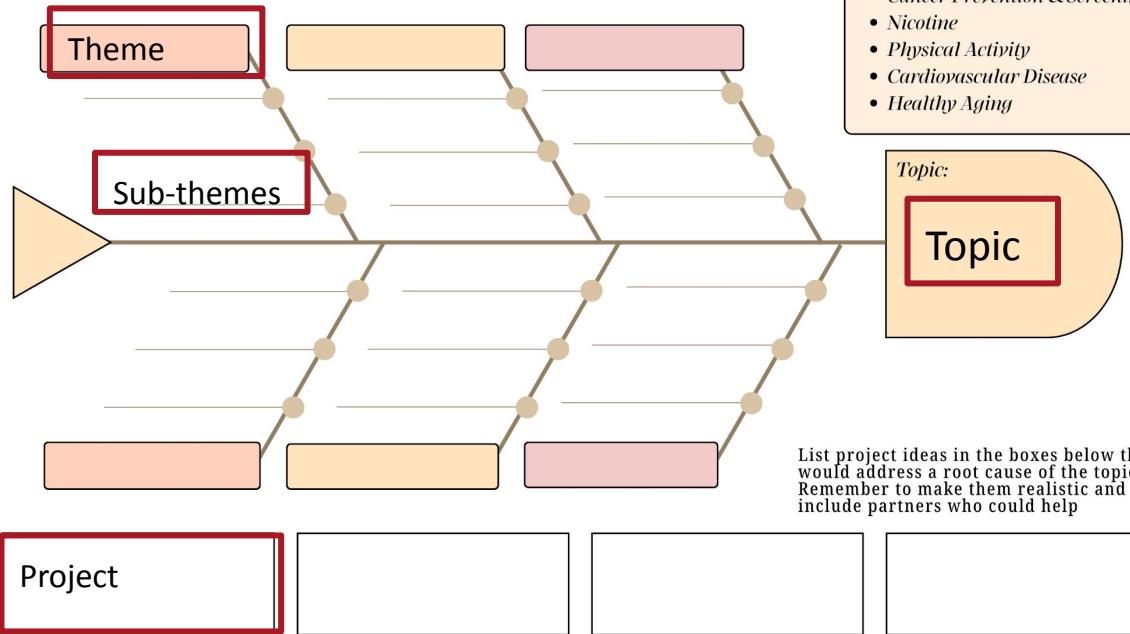
HSMP Fishbone Analysis

Pick one topic included in this Action Team and write out factors that impact this issue in the boxes. Under each box, list out different aspects of the problem

Action Team: Healthy Eating, Active Living

Topic options

- Overweight, Obesity, Diabetes
- Cancer Prevention & Screening
- Nicotine
- Physical Activity
- Cardiovascular Disease
- Healthy Aging



Thank You!

- New teams launch in January!
- Make sure you are signed up for our emails: healthystmarys.com/membership
- Remember to complete your evaluations!
- If signed up for CEUs, remember to turn in your evaluation at the check-in table before you leave