

Three Rivers Public Health Department (3RPHD)

Dodge, Saunders, and Washington Counties



\$53,812

FY24-25 MHI Award



10,878

MHI-eligible Residents



DISTRICT PROFILE

Total Population **80,896**

27% ages 0-19

19% ages 65 & up



6%

Veteran Population



12.5%

Persons with disabilities



13.8%

Speak languages other than English

13.4% Minority Population



MHI WORK PLAN

3RPHD planned to expand chronic disease self-management by offering at least three Living Well courses and three community education events. We will work with its health coalition to implement evidence-based strategies, identify barriers to health, and include community voices in planning. Staff training in health literacy and data use will strengthen programs and services.

COMMUNITY IMPACT

Residents joined Living Well and Meta Salud courses, while “Walk and Talk” groups promoted fitness and social support. Health fairs expanded access to screenings, and new programs like a Budgeting Class and Cleaning Academy linked health with daily life skills. All staff completed health literacy and data use training, strengthening the department’s capacity to serve the community. The impact of MHI is not just about health outcomes-it’s about opening doors, building trust, and creating opportunities for long-term well-being in our community.

HIGHLIGHTS

17 Residents Completed Courses

A 13-week course provided practical strategies for healthier living.

21 Staff Trained

All staff completed Health Literacy 101 and data training to improve communication and decision-making.

100+ Residents Reached Through Fairs

Women’s and Men’s Health Fairs provided screenings, education, and resources.

New Life Skills Programs

Budgeting and Cleaning Academy courses connected families with tools to support financial stability and healthier homes.