

2026-30 Action Plan

Priority: **Healthy infants, families, and communities**

Improve the wellbeing of families with pregnant women and infants through supports and services that are community-based and responsive to individual needs and experiences.



Strategies:

- Amplify resources, services, and supports that are responsive to community needs and foster the health and wellbeing of families with pregnant women and infants.
- Collaborate with trusted community organizations and partners to maximize resources that promote the health and wellbeing of pregnant women and infants.
- Promote and strengthen development and broad representation in the workforce supporting infant and perinatal health.
- Enhance and integrate knowledge of the impact of parental mental health and intergenerational experiences on perinatal/infant health.

Priority: **Child mental health and wellbeing**

Increase the number of children who are screened for and connected with mental, behavior, and wellbeing resources and services that are responsive to individual needs and experiences.



Strategies:

- Amplify resources, screening, training, services, and supports that are responsive to and address the needs of children and their communities.
- Ensure children from all populations and geographic areas have access to mental health and wellbeing promotion, screening, and resources.
- Provide resources and support for school-based health centers and school nurses to address mental health and wellbeing for children in schools.
- Increase capacity of the child health workforce to provide wellbeing and mental health support across the state.

Priority: **Coordinated support and access for children and youth with special health needs**

Expand awareness of available services and improve access to high-quality, family-centered supports that help children, youth, families, and care teams address health and development in ways that reflect their needs and preferences across settings.



Strategies:

- Strengthen family-centered, evidence-informed supports, services, and resources.
- Involve families and caregivers in shaping, implementing, and improving programs and services.
- Collaborate across systems to remove and reduce barriers to simplify family navigation and improve access to resources and supports.
- Support local efforts to provide services and resources in ways that meet family needs and preferences.

Priority: **Adolescent mental health and wellbeing**

Increase adolescent-centered mental health and wellbeing resources and upstream-focused, universal supports.



Strategies:

- Amplify resources, services, and supports for adolescents who are medically underserved and at greater risk for poor health outcomes.
- Build community capacity to support and increase access to adolescent-centered physical and mental health resources and supports.
- Nourish transformation of systems, environments, and norms that support adolescents in self and community care.
- Promote change in societal attitudes by challenging stigma and harmful beliefs toward adolescent mental health and illness.

Priority: Comprehensive perinatal systems of care

Ensure perinatal women have access to systems of care and care navigation that are comprehensive, high quality, and responsive to individual needs and experiences.

**Strategies:**

- Enhance resources, services, and supports that are responsive to community and individual needs and experiences to improve birth experiences for populations who are medically underserved and at greater risk for poor health outcomes.
- Broaden virtual and in-person services for perinatal women.
- Strengthen health literacy and system navigation by providing community-responsive resources, services, and supports.
- Improve quality and availability of family-centered mental health and substance use disorder services and resources for perinatal women.

Priority: Community health drivers

Address the key drivers and underlying conditions that influence the health of Minnesota's families and communities.

**Strategies:**

- Amplify resources, services, and supports that are responsive to community needs and support the health and wellbeing for all.
- Strengthen the capacity of public health professionals and community leaders to effectively address community health drivers, such as housing and early childhood systems of care, using a public health lens.
- Vitalize Title V activities to address community health factors to improve MCH outcomes and access to care across the life course.
- Ensure data produced and reported through Title V highlight meaningful differences in maternal and child health outcomes, explore root causes, discuss their impact, and provide recommendations for improving health across MCH populations.

Priority: Optimal systems and policies

Support transformation of systems and policies that drive priorities for improving health outcomes, reducing differences, and optimally serving MCH populations in Minnesota.

**Strategies:**

- Amplify community responsive resources, services, and supports to address systems and policies to support the health and wellbeing of MCH populations who are medically underserved and at greater risk for poor health outcomes.
- Develop and mobilize strong interagency, multisector, and community partnerships to respond to uneven trends in maternal and infant deaths through targeted interventions.
- Build workforce and partner capacity to promote systems and policies that optimally serve all MCH populations in Minnesota.
- Engage partners and interest holders to promote family engagement and partnership across all sectors.