



NORTH DAKOTA
MULTI-PARTNER HEALTH
COLLABORATIVE

BEYOND THE AISLES: Rural Groceries as Anchors of Health and Equity

Stronger Food Systems • Healthier Communities • Resilient Rural Economies



StrengthenND®

Together, we are Advancing Food Access, Promoting Health Equity, and Strengthening Local Economies Across North Dakota.



THE CHALLENGE



- North Dakota has fallen from the healthiest state in the nation to 14th.
- Rural communities face limited access to fresh, healthy foods, longer travel distances, and transportation barriers.
- These challenges contribute to higher rates of chronic disease, obesity, and preventable illness.

OUR APPROACH

The North Dakota Multi-Partner Health Collaborative (MPHC) brings together partners across sectors to address social drivers of health and build stronger, healthier rural communities.



Cross-Sector Collaboration
Health care, public health, food systems, education, transportation, and communities



Data-Driven & Community-Grounded
Using data and listening to guide solutions that reflect local needs



Equity at the Center
Prioritizing rural, tribal, and underserved communities



Sustainable Systems Change
Creating solutions that improve health, strengthen economies, and last

OUR COLLABORATIVE MODEL



Partner Together



Use Data to Understand



Engage Communities



Implement Solutions



Improve Health & Equity

Working upstream for lasting impact.

INNOVATING SOLUTIONS: THE MATI MOBILE GROCERY INITIATIVE



Region 3 includes Benson, Cavalier, Eddy, Ramsey, Rolette, and Towner counties—home to ~55,000 people, including two tribal communities.

Through the Mobility, Access and Transportation Insecurity (MATI) program, MPHC and StrengthenND received **\$100,000** to pilot a Mobile Grocery Initiative in Region 3.



Bringing healthy foods closer to home



Reducing transportation barriers



Strengthening local producers and economies



Improving health outcomes and equity

WHAT WE FOCUS ON



FOOD ACCESS

Expanding availability of locally produced, minimally processed foods.



TRANSPORTATION SOLUTIONS

Improving mobility to connect people to food, services, and opportunities.



COMMUNITY EMPOWERMENT

Elevating local voices and building skills, leadership, and ownership.



RURAL GROCERY STRENGTH

Supporting grocery stores as anchors of community health and connection.



HEALTH EQUITY & OUTCOMES

Addressing root causes of poor health to create lasting change.

IMPACT WE ARE BUILDING



Stronger rural grocery systems and local food economies



Greater access to healthy, locally produced foods



Reduced transportation barriers to care and goods



Improved health outcomes and quality of life



More resilient, connected, and equitable communities



KEY TAKEAWAYS

- Rural groceries are essential infrastructure for health and opportunity.
- Cross-sector partnerships drive meaningful and measurable change.
- Local solutions—designed with communities—create lasting impact.
- Investing upstream in food access and transportation improves health for generations.

Healthy people. Thriving communities.
Stronger North Dakota.

Visit strengthennd.com to learn more.

OUR PARTNERS



NORTH DAKOTA
MULTI-PARTNER HEALTH
COLLABORATIVE



FOUNDATION
for a
HEALTHY
NORTH DAKOTA



American
Heart
Association.

NORTH
Dakota
Be Legendary.®

Health & Human
Services