

# Community Health Needs Assessment



CHI LakeWood Health  
Baudette, Minnesota

2015-2016

# Table of Contents

Introduction .....	3
CHI LakeWood Health .....	3
Other Resources .....	6
Methodology .....	7
Demographic Information .....	9
Health Indicators and Outcomes .....	10
Community Concerns and Health Needs Identified .....	16
Priority Health Needs and Summary .....	18
Summary of Community Health Needs Addressed following CHNA 2013 .....	19
Appendix A – Demographic Summary of Participants/List of Participants .....	21
Appendix B – Agenda and Worksheets Utilized for the Community Forum .....	25
Appendix C – Data Collection Results from the Community Forum .....	50
Appendix D – County Health Rankings .....	60
Appendix E – Kids Count Minnesota 2015 Fact Sheet .....	68
Appendix F – CHI LakeWood Health (CHNA) List of Issues and Priorities .....	70

# Introduction

The purpose of conducting a community health needs assessment is to describe the health of local people, identify use of local health care services, identify and prioritize community needs and identify action needed to address the future delivery of health care in the defined area. A health needs assessment benefits the community by: 1) collecting timely input from the local community, providers and staff; 2) providing an analysis of secondary data related to health conditions, risks and outcomes; 3) compiling and organizing information to guide decision making, education, and marketing efforts, and to facilitate the development of a strategic plan; 4) engaging community members about the future of health care delivery; and 5) allowing the charitable hospital to meet federal regulation requirements of the Affordable Care Act, with required not-for-profit hospital to complete a community health needs assessment at least every three years.

## CHI LakeWood Health

### Mission

“The mission of CHI LakeWood Health and Catholic Health Initiatives is to nurture the healing ministry of the Church, supported by education and research. Fidelity to the Gospel urges us to emphasize human dignity and social justice as we create healthier communities.”

CHI LakeWood Health is a 15-bed critical access hospital. CHI LakeWood Health employs approximately 150 people and is the largest employer in Lake of the Woods County. The overall economic impact is estimated at \$18.3 million.<sup>1</sup> LakeWood Health Center is one of 103 hospitals that are part of Catholic Health Initiatives operating in 18 states nationwide. This includes four academic health centers and major teaching hospitals as well as 30 critical access facilities; community health-services organizations; accredited nursing colleges; home health agencies; living communities; and other services that span the inpatient and outpatient continuum of care. CHI ranks as the nation’s second-largest non-profit health system.

---

<sup>1</sup> Office of Rural Health and Primary Care and Minnesota Department of Health, October 2009

Services offered locally by CHI LakeWood Health include:

General and Acute Services

- Ambulance
- Anesthesia Services
- Behavioral Health Services
- Rural Health Clinic
- Emergency Room
- Hospital (acute care)
- Organ and Tissue Procurement
- Pharmacy
- Respite Care
- Social Work
- Surgery – visiting specialist
- Swing Bed Services
- Visiting Specialist – obstetrics/gynecology
- Visiting Specialist – orthopedics
- Visiting Specialist – podiatry

Screening/Therapy Services

- Cardiac Rehab
- Laboratory Services
- Occupational Therapy
- Physical Therapy
- Sleep Studies

Radiology Services

- CT Scan
- DEXA Scan
- Fluoroscopy
- General x-ray
- Holter monitoring
- Mammography
- MRI
- Ultrasound

Wellness and Disease Management Services

- Body Works
- Diabetes Education – I CAN Prevent Diabetes
- Nutrition Services
- Prenatal Education Classes
- Smoking Cessation – Freedom From Smoking

## History

CHI LakeWood Health opened in March 1950 as “Baudette Community Hospital.” It was owned by the community and operated by the Sisters of St. Joseph, Crookston, Minnesota. The hospital was leased to the Sisters of St. Joseph in 1954 and in 1957 the Sisters purchased the hospital and changed the name to "Trinity Hospital".

In 1982, the Sisters of St. Joseph entered into a management contract with United Health Resources of Grand Forks, North Dakota until they sold the hospital to Franciscan Sisters Health Care, Incorporated in 1985. During this time, Trinity Hospital took over management of the Pioneer Nursing Home, the long-term term care facility located one mile east of the hospital. In 1986, the hospital acquired the county-owned public health service. Trinity Hospital bought the Pioneer Nursing Home in 1990 and the name was changed to "LakeWood Health Center" to reflect the coming together of acute care, long-term care (LakeWood Care Center), and home health/public health (LakeWood Nursing Service) under one umbrella.

Catholic Health Corporation of Omaha, Nebraska took over sponsorship of LakeWood Health Center in 1993. Two years later they merged with two other large Catholic health care systems to form Catholic Health Initiatives (CHI), the current sponsor, based in Englewood, Colorado.

CHI LakeWood Health completed a building and renovation project in 2000 that resulted in all health care services being available on one campus. LakeWood Nursing Service transferred to Catholic Health Initiatives Health Connect At Home. The operation moved off site in June 2010 and the financial operations were separated in December of 2010. Catholic Health Initiatives At Home discontinued home health services in Lake of the Woods County and public health, school nursing, Parker’s Arc transferred back to CHI LakeWood Health in July of 2012. CHI LakeWood Health is the only hospital, clinic and licensed long term care provider in Lake of the Woods County.

CHI LakeWood Health is committed to the promotion of healthier communities. CHI LakeWood Health is proud of its Catholic heritage and its ability to provide direct and indirect support to the communities it serves. CHI LakeWood Health is included in the Official Catholic Directory as a tax-exempt hospital.

## Health Care Facilities and Other Resources

In addition to the 15-bed critical access hospital, CHI LakeWood Health operates a 40-bed long term care facility (LakeWood Care Center), 10-unit residential assisted living (Parker's Arc), rural health clinic (LakeWood Health Center Clinic), rural health clinic nurse visiting program and public health services (LakeWood Public Health) and the ambulance service (Lake of the Woods Ambulance Service).

CHI LakeWood Health providers include two physicians with a third physician working two weeks out of each month. Recruitment is underway for mid-level providers including nurse practitioners and/or physician assistant. Additionally, outreach specialists offer services in obstetrics/gynecology, orthopedics, podiatry and general surgery.

CHI LakeWood Health has recently increased access to tele-medicine services with providers based out of Altru-Grand Forks, ND and Sanford Medical Center-Bemidji, MN. Specialties include wound care, internal medicine, infectious disease, oncology/hematology, psychiatry, gastroenterology, dermatology, endocrinology and rheumatology.

CHI LakeWood Health is located in Baudette, a rural and isolated area of Northern Minnesota serving Lake of the Woods County and surrounding counties of Roseau, Koochiching, Beltrami and on occasion residents of Canada. Baudette, the county seat is situated approximately 330 miles northwest of Minneapolis/St. Paul. Lake of the Woods County also includes the Northwest angle, the northern most point of the lower 48 states. Closest neighboring cities with hospital access include Roseau at 58 miles to the west, International Falls at 69 miles to the east, Bemidji at 102 miles to the south. Lake of the Woods County borders Canada to the north.

Baudette Dental provides comprehensive dental care services for family care and general dentistry services. New patients are welcome. The office is open four days per week.

There is one school district in the county, ISD #390, Lake of the Woods Public School providing curriculum for students K-12 and includes a variety of sports, music and theater. Enrollment for the 2015-2016 school year was 458 students (K-12). Preschool and early childhood programs are also housed at Lake of the Woods School. Adult education programs

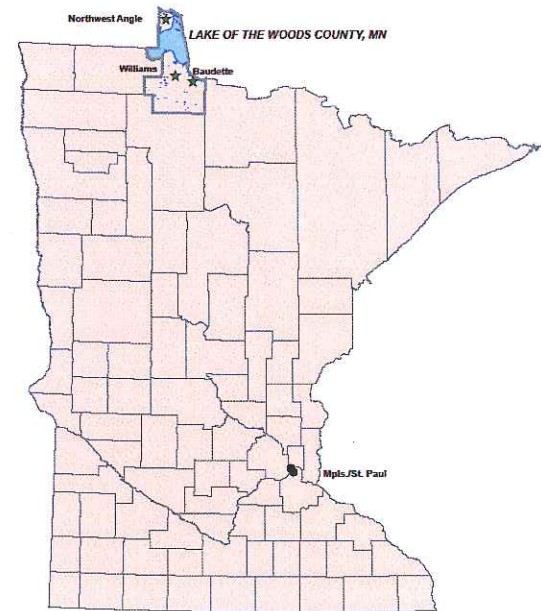
including GED classes are offered. The school maintains a heated indoor swimming pool and indoor walking track available for public use.

The electrical line worker program from Minnesota State Community and Technical College (Wadena, MN) established a partnership with North Star Electric Cooperative. This brings in a new cohort of students each fall.

The community has a movie theater, six-lane bowling alley, a senior citizen center, eighteen hole golf course, hockey/curling rinks, city library and a new twenty-acre city park along the Rainy River that includes picnic shelter, playground, public boat landing, camping, sand volleyball, ball fields, walking track and skate park. The airport has been expanded in recent years. A new walking and bike trail from the city to the school has been completed and provides a safe route off of the busy highway. Tourism is a large part of local business as the area is known for hunting and fishing in both winter and summer months as well recreational area for snowmobiling and ATVs (all terrain vehicles). There is 65,000 miles of shoreline and several different boat landings along the Rainy River to enjoy and a number of resorts that will rent boats and equipment. There is also a local shooting range just outside of town that is utilized for teaching gun safety for youth. Zipple State Park is located in Lake of the Woods County.

## Assessment Methodology

CHI LakeWood Health primarily serves Lake of the Woods County and areas immediately adjacent to the county border. This service area is defined based on the location of the medical facilities, the geographic distance to other hospitals and the history of use by consumers. Located in the hospital's service area are the communities of Baudette (population 1,059 in 2014), Williams (191 population in 2010) Angle Inlet - a census-designated place, unincorporated community (population 60 in 2010) and Birchdale (an unincorporated community in Koochiching County 26 miles east of Baudette).



A community group consisting of nearly 60 community members was convened and met in a single session on September 24, 2015. The session was held at 5:00 p.m. at First Lutheran Church, Baudette, MN and a complimentary evening meal was served to all in attendance. Demographic information of individuals attending was collected in a private manner and separated from the registration area. (See Appendix A) Members of the community group represented the broad interests of the community served by CHI Lake Wood Health. Invitations were sent to organizations representing the school district, county social services, occupational and development office, ministerium, city and county government, local business owners and health care workers/leaders and the public health director. The meeting was announced on the local radio station and posted in the local newspapers. The session was facilitated by Ms. Jody Horntvedt, Extension Educator, University of Minnesota. An overview of the past community health needs assessment was provided along with the objectives for the evening. The forum objectives were to: 1) Collect quantitative and qualitative information for the Lake of the Woods Community Health Needs Assessment and 2) Demonstrate proactive healthy community interaction and identification of community needs. The assessment included areas of health, safety-violence prevention, nutrition, physical activity, and quality of life. (See Appendix B)

Ten tables were set up with 4 – 6 participants at each table. Each table was labeled with a general topic with worksheets listing the problems and concerns generated at the 2012 forum. Space was also provided on each worksheet to add new items. Two rounds were held allowing participants to choose two areas of interest or expertise. A leader was assigned at each table to record participant comments and the level of importance for each item. Each participant voted high, moderate or low on the importance and this could be done verbally or by hand signal to give everyone the opportunity for input and full participation. At the conclusion of each round, each table selected five priorities and ranked them 1 to 5. (1 most important). Each table reported out their findings by writing the problem or concern on a letter size sheet of paper and these were posted on the wall under the various broad categories for the whole group to view. The facilitator provided a time of conversation, observations and concerns that have a common thread. All of the individual notes were collected to review any comments and note any listing of resources needed or resources that are currently in place. This process was not intended to be scientific or statistically valid. It was designed to collect



qualitative data and quantitative data from the community – specifically related to community perceived health needs and what resources are needed.

## Secondary Data

Secondary data was collected and analyzed to provide a snapshot of the area’s overall health conditions, risk, and outcomes. Information was collected from a variety of sources including the U.S. Census Bureau; the Minnesota Department of Health; the Robert Wood Johnson Foundation’s County Health Rankings, the Annie E. Casey Foundation, KIDS COUNT Data Center.

## Demographic Information

The following table summarizes general demographic and geographic data about Lake of the Woods County.

<b>Table 1: COUNTY INFORMATION AND DEMOGRAPHICS</b> (Selected Measures from Quick Facts -- US Census Bureau)				
	Lake of the Woods County	Lake of the Woods County – updated data	Minnesota	Minnesota – updated data
Population	4,045	3,923 (2015)	5,303,925	5,489,594 (2015)
Population change, 2000-2010	4522 (-477) -10.5%	-3.0% (2015)	4,919,479 (+384,446) +7.8%	+3.5% (2015)
Square miles (2010)	1,297		79,626	
People per square mile (2010)	3.1	3.0 (2014)	66.6	68.5 (2014)
White persons (2011)	96%	95.1% (2015)	86.9%	85.4% (2015)
High school graduates or higher (2007-2011)	88.8%	91.5% (2010-2014)	91.6%	92.3% (2010-2014)
Bachelor’s degree or higher	15.9%	16.2% (2010-2014)	31.8%	33.2% (2010-2014)
Persons below poverty level (2007-2011)	15.9%		11.0%	
Children in poverty (2011)	18.1%		15.3%	
65 years or older (2011)	20.2%	22.7% (2015)	13.1%	14.7% (2015)
Median age	48.2	48.9 (estimate)	37.3	
Median household income (2007-2011)	\$43,523	\$45, 119 (2010-2014)	\$58,476	\$60,828 (2010-2014)

The data indicates that Lake of the Woods County population is declining with a higher median age than the state median age. The percentage of population over age 65 is also above the state average. This likely signifies an increased need for medical care in the service area due to an aging population. The population age 65 and over in Lake of the Woods County is

projected to be over 31% in 2035. Children living in poverty is above the state average at 18 to 19%. Fifty-five percent of Lake of the Woods School elementary population and 53% of the secondary student population qualified for free or reduced price lunches in the fall of 2015. The median household income in Lake of the Woods County is well below the state average. Lake of the Woods County is a rural and isolated area with 3.0 persons per square mile. Transportation can be an issue for rural residents and isolation can also have effects on health status.

## Health Conditions, Indicators and Outcomes

As noted, several sources were reviewed to inform this assessment including the following :

- 1) 2016 County Health Rankings Minnesota
- 2) Public Health Profiles
- 3) Kids County Data Book, State Trends in Child Well-Being, July 2015. Of interest, the Gallup-Healthways Well-Being Index (WBI), shows that Minnesota ranked seventh nationally in well-being during 2015 and has ranked in the top ten states in the nation since 2012. The index is an average of six sub-indexes; life evaluation, emotional health, physical health, healthy behavior, work environment, basic access.

County Health Rankings (<http://www.countyhealthrankings.org>)

The 2016 *County Health Rankings* report ranks Minnesota counties according to their summary measures of health outcomes and health factors. Counties also receive a rank for mortality, morbidity, health behaviors, clinical care, social and economic factors and the physical environment. Lake of the Woods County ranks 7 of 87 in health outcomes (improved from 19 of 87 in 2013) and 53 of 87 in health factors (improved from 65 of 87 in 2013). (See Table 2) (See Appendix D for 2016 County Health Rankings Minnesota).

For some of the measures included in the rankings, the County Health Rankings list the “Top U.S. Performers”. “The Top Performer number marks the point at which only 10% of counties in the nation do better. The 90<sup>th</sup> percentile or 10<sup>th</sup> percentile, depending on whether the measure is framed positively (high school graduation) or negatively (adult smoking).” The variables listed in red are areas where the ranking tool highlights potential challenges the community may want to examine more closely.

<b>Table 2: Selected Measures COUNTY HEALTH RANKING AND ROADMAPS 2013 and 2016</b>	Lake of the Woods County 2013	Lake of the Woods County 2016	MN 2013	MN 2016	Top US Performer^ 2016	Rank (of 87) 2013	Rank (of 87) 2016
<b>Health Outcomes</b>						<b>19</b>	<b>7</b>
<b>Mortality</b>						<b>20</b>	<b>10</b>
Premature Death	4,759	4,600	5,126	5,100	5,200		
<b>Morbidity</b>							
Poor or fair health		11%			12%		
Poor physical health days		2.8		2.8	2.9		
Poor mental health days		2.8		2.9	2.8		
Low birth weight		4.0%	6.5%	6.0%	6.0%		
<b>Health Factors</b>						<b>65</b>	<b>53</b>
<b>Health Behaviors</b>						<b>44</b>	<b>30</b>
Adult Smoking		16%		16%	14%		
Adult Obesity	28%	29%	26%	26%	25%		
Physical inactivity	24%	26%	19%	20%	20%		
Excessive drinking		19%		21%	12%		
Motor vehicle crash death rate			10		10		
Sexually transmitted infections	148	201	276	348	134		
Teen birth rate		21	26	22	19		
<b>Clinical Care</b>						<b>86</b>	<b>85</b>
Uninsured	13%	12%	10%	9%	11%		
Primary Care Physicians**	2,021:1	1,960:1	1,140:1	1,100:1	1,040:1		
Dentists**	4,095:1	3,920:1	1,660:1	1,500:1	1,516:1		
Mental Health Providers		1,960:1		490:1	370:1		
Preventable hospital stays	73	59	51	41	38		
Diabetic Screening	78%	79%	88%	89%	90%		
Mammography Screening	53%	63%	73%	65%	71%		
<b>Social &amp; Economic Factors</b>							
High school graduation	86%		77%			<b>46</b>	<b>38</b>
Some college	55%	67%	72%	74%	72%		
Unemployment	6.0%	4.7%	6.4%	4.1%	3.5%		
Children in poverty	18%	19%	15%	15%	13%		
Inadequate social support	3%		14%		14%		
Children in single-parent households	29%	25%	27%	28%	21%		
Violent crime rate	92	58	248	229	59		
<b>Physical Environment</b>							<b>17</b>
Daily fine particulate matter	9.0	11.9	10.0	12.0	9.5		
Access to recreational facilities	25		11		16		
Limited access to healthy foods**	15%		6%		1%		
Fast food restaurants	38%		47%		27%		

\*\*Data should not be compared with prior years due to changes in definition. Note: Blank values reflect unreliable or missing data.

## Public Health Community Health Profile

Minnesota Department of Health's 2015 community health profile for Lake of the Wood's County is available at <http://www.health.state.mn.us/divs/chs/countyttables/>. The Minnesota

County Health Tables are a compilation of public health data for Minnesota and its 87 counties. The County Tables are published yearly. Heart disease followed by cancer were the leading causes of death in 2014. Three deaths by suicide also noted. (2014) (See Table 3).

#### Economics

Lake of the Woods is a low income, isolated community. Persons of all ages living at or below 200% of poverty for Lake of the Woods County was 30.4% compared to 27.1% in Minnesota. (2010 – 2014 American Community Survey Census).

In early 2000, the largest employer in Lake of the Woods County was Solvay Pharmaceuticals. The company was sold to ANI Pharmaceuticals in 2007 and there were approximately 50 employees remaining at the Baudette location. Younger professionals with families left the area changing the income levels for the community, decreasing the number of children enrolled in the local school and decreased the percentage of people in the county with college education. ANI Pharmaceuticals completed a reverse merger in June 2013 with Illinois-based BioSante Pharmaceuticals Inc. At the end of 2014, ANI Pharmaceuticals recorded over 90 employees and growth continues at the Baudette manufacturing site.

The economy of Lake of the Woods County is heavily based in tourism, primarily the resort industry. There are approximately 50 resorts in the county. These resorts, bars, restaurants and liquor stores employ a large number of people and many are parents of school aged children. The resorts also offer work to youth. The work is often seasonal, includes odd hours and shift work. There are usually no health insurance benefits offered for this part time work.

The unemployment rate (2015) for Lake of the Woods County is 4.7% compared to 4.1% in the State of Minnesota. (U.S. Department of Labor statistics). The unemployment rate for Lake of the Woods County ranged between 3.5% to 5.5% from January 2014 to May 2016 and 3.0% to 5.5% in the State of Minnesota. (MN Employment and Economic Development).

## Education

Percent of population aged 25 years and older with less than or equal to high school education or equivalent (i.e. GED) is 51.9% compared to 34.1% in the State of Minnesota. (Demographics Table 6: Selected Minnesota Socioeconomic Statistics by State & County 2010-2014 American Community Survey/Census). The four year drop out rate for Lake of the Woods 2008-2011 is 2.1%-3.6% compared to 5.8%-5.1% for the State of Minnesota. (KIDS COUNT Data Center 2008-2011).

Lake of the Woods Secondary School received the 2016 US News and World Report “Silver Award.” Schools are ranked based on their performance on state-required tests and how well they prepare students for college. “Lake of the Woods Secondary is ranked 39th within Minnesota. Students have the opportunity to take Advanced Placement® course work and exams. The AP® participation rate at Lake of the Woods Secondary is 64 percent.”

(Total minority enrollment is 11 percent.)

## Nutrition

For some households, financial stressors put healthy foods out of reach. For others living in remote areas of the county, getting access to groceries that include healthy options requires money for transportation. Lake of the Woods County ranked at 15% indicating the population does not have easy access to healthy foods.<sup>2</sup> The local food shelf distributes food one day per month with availability for emergencies. The local school district identified children who are hungry on return to school after weekends and initiated a food backpack program. The City of Baudette does have one full grocery store offering a meat department, produce aisle, deli and bakery. The grocery store in the City of Williams has a new owner. A new store was built on the property, attached to the existing gas station and vehicle repair business. A Farmer’s Market was established in the summer of 2012 and they have had four successful seasons. The community gardens sponsored by CHI LakeWood and State Health Improvement plan started in 2010 and continue to be successful. The garden plots have expanded each year. The cost of groceries has been listed as a barrier in Lake of the Woods County. Meals on Wheels and senior congregate dining continues at the Brink Senior Center, Monday through Friday. The program is sponsored by Lutheran Social Services along with

---

<sup>2</sup>County Health Rankings & Roadmaps, 2013 Minnesota  
Robert Wood Johnson Foundation and University of Wisconsin Population Health Institute.

volunteers and donations from the community. Meal counts are declining making it difficult to keep the program viable.

### Mental Health

Poor mental health days noted at 2.8 in Lake of the Woods County compared to 2.9 in Minnesota and 2.9 in top US performer. Three suicides noted for Lake of the Woods County in 2014 and this is significant for this community. (see Table 3: Ten Leading Causes of Death in Minnesota and Lake of the Woods County, 2014 MN County Health, ([www.health.state.mn.us/healthymnpartnership](http://www.health.state.mn.us/healthymnpartnership)).

Mental health services and provider access have recently changed in Lake of the Woods County in the social service office. Lake of the Woods School has two full time social workers on staff each school year. Counseling services through Behavioral Health at CHI LakeWood continue by contracted services with LifeCare Medical Center, Roseau, MN. Availability of counselors and appointments are limited as reported by those making referrals and those trying to seek services. There are times the behavioral health services are not able to keep up to the referrals and appointments are generally scheduled out 3 – 4 weeks for new patients. Crisis situations are referred for service out of the county. CHI LakeWood Health has recently improved access to psychiatrists through tele-medicine. This has been helpful for medication management and follow up appointments as well as timely consultation for inpatient and emergency room patients. The Minnesota Department of Health Data Injury Access System reports nine incidents of self-directed violence in Lake of the Woods County that required hospital care during 2014. Five of the nine were between ages 15 – 29 and four were between ages 40 – 60.

### Substance Abuse

#### Smoking

Lake of the Woods County and State of Minnesota both rank 16% on adult smoking. The national Top U.S. performer ranks at 14%. Freedom From Smoking classes are offered intermittently through the Cardiac/Pulmonary Rehab department at CHI LakeWood Health. The local State Health Improvement Program (SHIP) is working with local housing units to eliminate tobacco use and second hand smoke with a goal of smoke free apartments in 2016. The SHIP group has also been conducting point of sale training and audits in Lake of the Woods County.

### Alcohol Use

Excessive drinking for Lake of the Woods County on 2016 County Health Rankings is ranked 19% however Minnesota ranks higher at 21% compared to the Top U.S. performer ranking of 12%. Local law enforcement reports alcohol and other substances are often involved when they are called in to assist. (Bar fights, domestic disturbances, driving while intoxicated). Alcohol consequences show that from 2005 to 2009 the arrest rate with Lake of the Woods as the county of residence averaged 87.2 per 10,000 population. Arrests in Lake of the Woods as “the county of arrest” the average rate was 133.9 per 10,000 population. (Office of Traffic Safety). This indicates that a number of the arrests were for individuals visiting the county and may be indicative of the number of tourists that vacation in the area. In 2010 – 2014 there were 190 DWI’s in Lake of the Woods County. There were no alcohol related motor vehicle deaths. In 2014 there are 39 recorded DWI’s. (Source: MN Department of Public Safety)

### Illegal Substance Use

There were seven Lake of the Woods County narcotics arrests in 2009 – three of which involved marijuana. (Bureau of Criminal Apprehension). From 2005-2009 the average annual rate of adults on probation for drug offenses in Lake of the Woods County was 9.4% per 10,000 population: no juveniles were on probation during that period. The rate of adults in prison for drug offenses averages 3.4 per 10,000 population during that same period. Lake of the Woods County Sheriff states substance abuse is a concern and close proximity to the Canadian – U.S. border is a concern for substances coming into the area. Prescription drug abuse is a growing concern.

Cause of Death	Lake of the Woods County	Minnesota
<b>Cancer</b>	7	9624
<b>Heart Disease</b>	11	7571
Unintentional Injury (leading causes MN--falls, motor vehicle, poisoning)	2	2488
<b>Stroke</b>	1	2172
Chronic Lower Respiratory Disease	2	2263
Alzheimer's Disease	0	1623
Diabetes	0	1184
Nephritis	3	672
Suicide	3	683
Pneumonia and Influenza	1	591

# Community Concerns and Health Needs Identified

The community needs were identified in five categories: Health, Safety, Nutrition, Physical Activity and Quality of Life (See list of Issues and Priorities) Appendix F.

Health issues listed included hospice and home care shortage with closure of these services in July 2012 of CHI Connect at Home. The Rural Health Clinic Visiting Nurse Program is available but this program does not address hospice services or non skilled care needs. This was the number one concern voiced and ranked high after discussion. At the time of the community forum, the clinic was staffed with two family nurse practitioners and two physicians. In 2014 the Minnesota Nurses Association was voted to represent about half of the CHI LakeWood Employees. Nurses left the organization for a variety of reasons and traveler staff was utilized to cover shifts. The concerns by some for recruitment and retaining of nursing staff are reflected in the data collection. The number of ambulance EMTs has also declined with fewer available for calls. Recruitment and training plans were underway at the time along with recruitment of a new department head for the ambulance. Specialty services are requested by the community and specialty services that are available are well utilized with full appointments and for the most part meeting the needs. There are plans to add specialty services by tele-health through collaboration with Altru Health System in Grand Forks, ND and Sanford Health in Bemidji, MN. Alcohol and drug use/abuse was listed with wait time for treatment programs too long. CHI LakeWood Behavioral Health has two providers, each working one day each week. The need exceeds the capacity and this has caused a backlog in scheduling appointments for both new evaluations and returning patients. LifeCare is working on hiring another therapist with a goal to have services available four days per week. Medication management and the distance to a psychiatrist is a noted gap for our rural area. CHI LakeWood Health is working on tele-health for psychiatric services and recently received access to a psychiatrist consult for emergency room patients and in-patients via tele-health services. Cancer, diabetes and heart-related issues were listed as medical conditions of concern. Common conditions listed for the group attending the forum were arthritis, allergies, back pain, diabetes, high blood pressure, overweight, anxiety, and high cholesterol. Transportation issues were voiced related to limited hours of van service. Paul Bunyan Transit has taken over the transportation system utilizing dispatch out of the Bemidji site. The issue was not as pressing at this time but transportation and limited hours of service along



with no weekend or holiday hours is noted. Transportation also comes up under safety and driving under the influence. There are no cabs or ride services available for hire.

Top safety issues listed included drug and alcohol abuse and driving under the influence. The community felt education and awareness with a focus on youth was a needed resource along with enforcement of existing laws and ordinances. The Lake of the Woods Prevention Coalition was listed as a strong resource for our community. A new concern listed for the community is the practice of texting and driving/distracted driving. Safety concerns regarding the lake and large number of tourists who come to enjoy this natural resource. Safety on the ice during winter fishing as well as the warmer weather seasons on the lake were noted. Quick weather changes along with consumption of alcohol add to the risks. Railroad crossings and the cargo that is being transported through the county and City of Williams and City of Baudette comes to the surface on this assessment. Emergency Management through the county, city and health center do have plans in place.

The most prevalent concern for violence in Lake of the Woods County was listed as domestic violence followed by suicide and bullying. There is a coalition meeting regularly for suicide prevention and awareness. This coalition was established in August of 2014 following death by suicides that occurred in our community.

Nutritional concerns listed the cost of healthy foods as a top concern along with the availability of fresh fruits and vegetables. Also included in this category were limited access to senior meals and obesity. The resources identified as needs included more grocery store options, nutrition and cooking education along with more fresh fruits and vegetables available at school and work places.

Physical activity concerns were identified related to facility access, transportation issues and increasing sedentary lifestyles related to technology and electronics. Free access and more access to school facility, parental role modeling of athletic activities, health coaches, bike trails, decreasing sports costs to students, work site wellness programs, were ideas listed as potential resource needs for the community.

Quality of life is affected by poverty, high cost of food, depression/mental health issues, addictions and isolation. Resources that could assist include access to higher paying jobs, job opportunities for youth and young adults, transportation, and more time for family events/family time and support services that allow for care at home and support to stay in the community for those with special needs.

## Priority Health Needs and Summary

The community health needs were identified by those participating in the community forum held in September 2012 and September 2015. Along with the secondary data, the health needs were prioritized by CHI LakeWood Health Interim President, VP of Patient Services, Mission Director, Social Service Director, Director of Marketing and Public Relations, Public Health Director and Lake of the Woods County Social Service Director on April 20, 2016. The four areas of need were reviewed and approved as priorities by CHI LakeWood Health Board of Directors on May 2, 2016.

- Nutrition, Physical Activity – Obesity (Cardiovascular Wellness)
- Elderly Services – to include community support and quality housing to allow residents to stay at home with services (Home care/Hospice/End of Life Care)
- Mental Health Services
- Drug and Alcohol Abuse

The Implementation Strategy will be developed and approved by the CHI LakeWood Health Board of Directors in advance of November 15, 2016.

CHI LakeWood Health has been involved in community health collaboration over the years and has a history of sponsoring community forums to assess area health issues and needs. CHI LakeWood Health continues a deep commitment and involvement in community health activities working with the community to set priorities and plan for health improvement in Lake of the Woods County. We are grateful to the citizens, health care professionals and community leaders for their thoughtful input for the assessment.

**Summary**  
**Community Health Needs Addressed**  
**For CHNA completed June 2013**

**Home Care and Hospice Shortage – (Lack of Services in Area)**

- Explored partnering with CHI St. Joseph Hospital in Park Rapids, MN to provide oversight and leadership for satellite hospice program in Lake of the Woods County. Due to low client census numbers in history of the program, not a viable option at this time.
- Explored a volunteer based hospice program and contacted Kittson County Hospice, Inc. for information on the model of their program.
- Collaborated with Lake of the Woods County Social Services to obtain coverage from LifeCare Medical Center, Roseau, MN (west end of county) and Good Samaritan Society, International Falls, MN (east end of service area/county) for Home Care. Not able to obtain coverage for hospice services.
- CHI LakeWood Health provides respite care and end of life care at care center and health center.
- Patient rooms at the health center were remodeled and furnished to accommodate the comfort of family/friends who want to stay in the room with the patient. Two private rooms have been completed along with a third double room.
- Planning and fundraising is underway to expand and remodel the family room at the health center.
- Rural Health Clinic Nurse Visiting Program was approved in August 2012 and continues. The program grew in number of visits initially with decline in number of visits at end of 2015 comparing to 2014. There is opportunity to market and grow this service. Some of these clients received end of life care in the home.

**Nutrition, Physical Activity and Obesity – (Cardiovascular Wellness)**

- CHI LakeWood Health continues to coordinate and sponsor the community gardens which are located on the LakeWood campus. Twenty-seven garden spots were prepared with twenty six taken by community members in 2015. CHI LakeWood assists by tilling, fertilizing, hauling garden refuse and providing a gift certificate for plants or seeds to get started.
- CHI LakeWood continues to sponsor the Diabetic Resource Center which includes program “I Can Prevent Diabetes”, a maintenance class and a quarterly diabetes support group open to the public.
- CHI LakeWood Health partnered with LakeWood Regional Healthcare Foundation and local farmer’s markets to develop and sponsor a “Fruit and Veggie Prescription Program.” Utilizing the Diabetic Resource Program and Cardiac Rehab staff to identify participants who could benefit from improved access to fruits and vegetables. Screening was provided before and after the program. Twenty one participants of thirty four completed the program and showed improvement in three of the five markers. Vouchers are provided for the participant (the number of vouchers provided included the family members) to purchase fresh fruit and vegetables at local farmer’s market. This program was renewed for summer of 2016.

- Continue to support the Body Works exercise center at the Health Center with access 24 hours per day with minimal fees for the public. The American Legion in Baudette sponsors 80 individuals each year to assist with New Year's resolution for exercise and choices for healthier lifestyle.
- CHI LakeWood Health provides staff and supplies for health fairs at public events and screening events for local employers upon request.
- Employee wellness activities continue with education, activity challenges, healthy snack options to sample, sharing healthy recipes along with promotion of activity on off time and sign out of equipment. Program and ideas are shared with other groups and employers on request.
- Continue to participate in Statewide Health Improvement Program.

**Transportation** – (primarily elders and handicapped for appointments, work and recreation) CHI LakeWood Health participated on the board of FAR NORTH van service in the past advocating for Lake of the Woods County and residents. The service has since been taken over by Paul Bunyan Transit, Bemidji, MN. The service has expanded its route and does have out of town trips scheduled. CHI LakeWood Health promotes use of the service and utilizes the service for resident activities and outings. There continues to be limited access on weekends and evenings. The service can be hired for special events at rate of \$60 per hour. Most patients who need a ride out of town for medical appointments utilize Lake of the Woods County Social Services, volunteer drivers or friends and family. Transportation services did not come up as a priority during the September 2015 community forum

**Demographic Summary of Participants at September 24, 2015 Community Forum****Do you live in Lake of the Woods County?**

YES	50
NO	5
N/A	1

**Do you work in Lake of the Woods County?**

YES	46
NO	8
N/A	

**What is your age?**

under 18	
18-25	
26-35	11
36-45	5
46-55	10
56-65	17
over 65	13
N/A	

**What is your gender?**

Male	13
Female	42
N/A	1

**What is your marital status?**

Married	42
Single	7
Widowed	6
N/A	1

**What is the highest grade you completed in school?**

Some high school	
High school graduate or GED	9
Associate's degree	16
Bachelor's degree	15
Graduate or professional degree	15
N/A	1

**What is your employment status?**

Full-time	30
Part-time	11
Homemaker	0
Multiple Job Holder	3
Unemployed	1
Retired	11

Student	0
N/A	0

**What is your annual household income?**

\$0-\$14,999	3
\$15,000 - \$24,999	7
\$25,000 - \$34,999	5
\$35,000 - \$49,000	3
\$50,000-\$74,999	16
\$75,000-\$99,999	5
\$100,000-\$199,999	10
\$200,000 and over	0
N/A	7

**How would you describe your ethnic-racial background?**

African American - Black	
American Indian - Alaska Native	
Asian	
Hispanic or Latino of any race	
White or Caucasian	55
Other	1

**What is your insurance status?**

Insurance through employer	37
Insurance through parents	0
Private insurance	6
Indian Health Services	0
Medicare	11
Medicaid	1
MN Care	6
Veteran's Health Care Benefits	3
Uninsured/underinsured	1
N/A	0

**Which of the following health conditions apply to you? (Check all that apply)**

Arthritis	13
Asthma/COPD	2
Allergies	8
Bone/joint problems	5
Insomnia	1
Cancer	1
Chronic pain	0
Dementia	0
Depression	4
Back pain	8
Diabetes	6
Heart conditions	3

High blood pressure	11
Overweight/obesity	14
Substance abuse	0
Osteoporosis	1
Anxiety	8
Fatigue/malaise	2
High cholesterol	10
Digestive problems	4

**How might LakeWood serve you better? (Check all that apply)**

Improved confidentiality	7
More convenient hours	4
Telehealth	7
Interpretive services	0
More doctors/medical providers	26
More specialists	18
Transportation services	8
Improved quality of care	9
Improved customer service	10
Latest medical technologies	6
Other:	

ability to email Dr, give your employees a fair contract,

higher wages, more local workers, take care of nurses/ employees, psychologists/ psychiatrists,

**How long does it take you to get to LakeWood?**

Less than 10 minutes	37
10 to 30 minutes	17
31 to 60 minutes	2
More than 1 hour	2
N/A	0

**What are your suggestions to improve the delivery of local health care?**

Care for veterans local

Continued training for emergency care

We need a home health and hospice program

More physicians locally and specialists coming to Baudette

Weight loss program for the whole community

I think keeping jobs in the community

Increase availability of nurses

Have people call you back

Keep our nurses

Good communication all the way around

Less venting of grievances by employees in the newspaper...

.....Does not lead to customer confidence in the hospital

Walking track out to the resorts (x2)

OB delivery back to Baudette (x2)

Contract with MNA and employee nurses (x2)

More Providers, More consistent Drs and more local staff

**Community Health Needs Assessment  
24-Sep-15**

Name

John Tschudy - Pastor  
 Bruce Burton - Hospital Board  
 Julie Joerns  
 RuBelle Towne  
 Michelle Brown - Public Health  
 Sandra Sindelir  
 Sharon Fallon  
 Ken Moorman - County Commissioner  
 Carrie Hasbargen  
 Phyllis Paulsen  
 Jeff Bauers  
 Marla Carlson - Public Health L.P.N.  
 Rebecca Curran - C.N.A.  
 Susie Larson - L.P.N.  
 Terri Mio  
 Lori Thompson - C.N.A.  
 Katie Levasseur - C.N.A.  
 Jaime Boretski  
 Kay M. Schell  
 Patrica Davidson - R.N.  
 Oly Olson  
 Amy Ballard - Social Services  
 Andy Harness  
 Gary Davis  
 Laura Hundt - M.N.A.  
 Scott Christensen - E.M.T. and Pastor  
 Linda Bauers - Radiology  
 Chris Plourde - Local Volunteer Fireman  
 Maureen Hasbargen - C.N.A.  
 Tammy Lafreniere, Public Health RN  
 Danielle Abel, R.N.  
 Janelle Westerlund, Clinic Manager  
 Terri Poppitz  
 Tom Mio, Pharmacist  
 Holly Cole  
 Ben Koppelman, Hospital President  
 Karen Hanson - Retired Nurse  
 Lois Slick  
 Rachael Raschke - R.N.

McCall Plourde – Radiology  
 Bonnie Harness - R.N.  
 Twyla Gjovik - C.N.A.  
 Peg Beckel - R.N.  
 Marilyn Johnson  
 Ashley Hitner  
 Kyle Crawford - E.M.T.  
 Melody Otto - Public Health L.P.N.  
 Carol Tschudy  
 Sarah Johnson - Pastor  
 Carol Brune - Parish Nurse  
 Kim Benike - Whole Foods Distributor  
 Woody Fiala - Media  
 Louise Menk  
 Karen Kroeze  
 Judy Humeniuk - Retired Teacher/Mayor  
 Carrie Davidson - Hospital Foundation  
 Jenny Loughrey - R.N.  
 Jenny Moorman - Retired Teacher



# Community Health Assessment Agenda

Thursday, September 24, 2015

5:00 Arrival and Registration

Dinner

5:30 Welcome and Introductions

Overview of Community  
Assessment

5:45 Community Input (Round 1)

Topic 1 = Health

Topic 2 = Safety / Violence  
Prevention

Topic 3 = Nutrition

Topic 4 = Physical Activity

Topic 5 = Quality of Life

6:30 Wrap-up Round 1 *and* Transition to  
Round 2

6:45 Community Input (Round 2)

7:30 Group Sharing *and* Thank You

8:00 On Your Way Home

# Welcome

## Purpose of the Gathering:

To collect information about the Lake of the Woods community which will inform LakeWood Health Center in their three-year planning process and serve as a reference for other community groups.

## Conversation Guidelines:

1. Be respectful of others.
2. Seek to understand, not to be understood.
3. Ask questions for clarification.
4. Allow everyone an opportunity to speak.
5. Be mindful of confidentiality.

## Voting Guidelines:



*Thank You!*

**...for being part of tonight's conversation!**

# Community Health Needs Assessment

**Topic  
1**

**Category = HEALTH (physical, mental, oral)**

Question: *What are the problems and concerns related to health in Lake of the Woods County?*

Priorities (Select 5)	Input from the 9-25-12 Workshop	Importance			Notes
		High =	Moderate =	Low =	
	Hospice and home health care shortage	High =			
		Moderate =			
		Low =			
	Wait time for medical Drug use/abuse and Alcohol use/abuse	High =			
		Moderate =			
		Low =			
	Doctors/shortage of providers	High =			
		Moderate =			
		Low =			
	Transportation, distance to services	High =			
		Moderate =			
		Low =			
	Lack of mental health providers/services	High =			
		Moderate =			
		Low =			
	Overweight kids and adults	High =			
		Moderate =			
		Low =			
	High cost of health care	High =			
		Moderate =			
		Low =			

# Community Health Needs Assessment

Category = HEALTH (physical, mental, oral)

Question: *What are the problems and concerns related to health in Lake of the Woods County?*

Priorities (Select 5)	Input from the 9-25-12 Workshop	Importance			Notes
		High =	Moderate =	Low =	
	Baby deliveries	High =	Moderate =	Low =	
	Need for more onsite specialty services	High =	Moderate =	Low =	
	Insurance cost too high	High =	Moderate =	Low =	
	Healthcare emergency service provider shortage (ambulance)	High =	Moderate =	Low =	
	Nutrition, lack of choices and high cost	High =	Moderate =	Low =	
	Need for community resources	High =	Moderate =	Low =	
	Cancer	High =	Moderate =	Low =	

# Community Health Needs Assessment

Category = HEALTH (physical, mental, oral)

Question: *What are the problems and concerns related to health in Lake of the Woods County?*

Priorities (Select 5)	Input from the 9-25-12 Workshop	Importance			Notes
		High =	Moderate =	Low =	
	Need for female providers and services	High =			
		Moderate =			
		Low =			
	Low income = high poverty	High =			
		Moderate =			
		Low =			
	Prescription drug affordability	High =			
		Moderate =			
		Low =			
	Underemployment	High =			
		Moderate =			
		Low =			
	Basic needs being met for all	High =			
		Moderate =			
		Low =			
	Interpretive service – getting test results sooner	High =			
		Moderate =			
		Low =			
	Activity areas for winter	High =			
		Moderate =			
		Low =			

# Community Health Needs Assessment

Category = **HEALTH (physical, mental, oral)**

Question: *What are the problems and concerns related to health in Lake of the Woods County?*

Priorities (Select 5)	Input from the 9-25-12 Workshop	Importance			Notes
		High =	Moderate =	Low =	
	Stigma attached to seeking mental health care / victim protection	High =	Moderate =	Low =	
	Greater focus on healthy behaviors / lifestyles in the business sectors	High =	Moderate =	Low =	
	Access to parenting classes	High =	Moderate =	Low =	
	Group homes needed for young adults	High =	Moderate =	Low =	
	High numbers of diabetes and heart-related issues	High =	Moderate =	Low =	
	Need for dialysis	High =	Moderate =	Low =	
	Dementia / Alzheimers	High =	Moderate =	Low =	

# Community Health Needs Assessment

**Category = HEALTH (physical, mental, oral)**      Question: *What are the problems and concerns related to health in Lake of the Woods County?*

Priorities (Select 5)	ADDITIONAL ITEMS (not previous included in input from the 9-25-12 workshop)	Importance			Notes
		High =	Moderate =	Low =	

# Topic 2

## Community Health Needs Assessment

### Category = SAFETY and VIOLENCE PREVENTION

Question: *What are the problems and concerns related to safety and security in Lake of the Woods County?*

Priorities (Select 5)	Input from the 9-25-12 Workshop	Importance			Notes
		High =	Moderate =	Low =	
	Drugs and alcohol; driving under the influence	High =			
		Moderate =			
		Low =			
	No stop lights on Hwy 11	High =			
		Moderate =			
		Low =			
	Wildlife on roadways	High =			
		Moderate =			
		Low =			
	Water/boating/swimming/ice safety education	High =			
		Moderate =			
		Low =			
	Freezing temps / Extreme weather	High =			
		Moderate =			
		Low =			
	Speed limits not observed	High =			
		Moderate =			
		Low =			
	Older / elderly drivers	High =			
		Moderate =			
		Low =			



# Community Health Needs Assessment

**Category = SAFETY and VIOLENCE PREVENTION** Question: *What are the problems and concerns related to safety and security in the county?*

Priorities (Select 5)	Input from the 9-25-12 Workshop	Importance			Notes
		High =	Moderate =	Low =	
	Lack of law enforcement and safety professionals				
	Unsafe entrance to school for traffic accidents				
	Texting / distracted driving				
	Potholes in alleys / uneven and icy sidewalks				
	Isolation / remote area				
	Tourism town and lack of respect for large lake				
	Border security				

# Community Health Needs Assessment

**Category = SAFETY and VIOLENCE PREVENTION** Question: *What are the problems and concerns related to safety and security in the county?*

Priorities (Select 5)	Input from the 9-25-12 Workshop	Importance			Notes
		High =	Moderate =	Low =	
	Only one pharmacy and lack of medication understanding				
	Education on importance of immunizations (declining immunization levels)				
	Car seats and booster use/safety				
	Railroad crossings / Hazmat				
	Yielding to pedestrians				
	Vehicles parking on street near intersections decreased visibility				
	Farm safety				

# Community Health Needs Assessment

**Category = SAFETY and VIOLENCE PREVENTION** Question: *What are the problems and concerns related to safety and security in the county?*

Priorities (Select 5)	Input from the 9-25-12 Workshop	Importance			Notes
		High =	Moderate =	Low =	
	Lack of trained water rescue programs				
	Specialized training / CPR				
	Kids left home alone				
	People passing on the right at intersections				
	Athletic injuries and concussions				
	Loose dogs				
	Violence (child/domestic abuse)				

# Community Health Needs Assessment

Category = SAFETY and VIOLENCE PREVENTION Question: What are the problems and concerns related to safety and security in the county?

Priorities (Select 5)	ADDITIONAL ITEMS (not previous included in input from the 9-25-12 workshop)	Importance			Notes
		High =	Moderate =	Low =	
	Poor use of bicycle helmets				
	Lack of street lights				
	People not stopping at stop signs				
	4-wheeler safety and helmets				

# Community Health Needs Assessment

**Topic**  
**3**

**Category = NUTRITION**

Question: *What are the problems and concerns related to nutrition and diet in Lake of the Woods County?*

Priorities (Select 5)	Input from the 9-25-12 Workshop	Importance			Notes
		High =	Moderate =	Low =	
	Cost of healthy food and food in general				
	Lack of education on healthy choices and nutrition				
	Limited availability of fresher fruits and vegetables at affordable prices				
	Limited access to senior meals				
	Obesity				
	Fast food and restaurants with minimal healthy choices				
	Not sitting down to eat as a family				

# Community Health Needs Assessment

Category = **NUTRITION**

Question: *What are the problems and concerns related to nutrition and diet in the county?*

Priorities (Select 5)	Input from the 9-25-12 Workshop	Importance			Notes
		High =	Moderate =	Low =	
	Only one grocery store				
	School lunch				
	Students not having breakfast before coming to school				
	Portion sizes				
	Processed foods				
	Pop machines in school				
	Listing of calories and fat grams a local eating establishments				

# Community Health Needs Assessment

Category = NUTRITION

Question: *What are the problems and concerns related to nutrition and diet in the county?*

Priorities (Select 5)	Input from the 9-25-12 Workshop	Importance			Notes
		High =	Moderate =	Low =	
	Sedentary lifestyles	High =			
		Moderate =			
		Low =			
	Medical conditions – education on specific diagnoses	High =			
		Moderate =			
		Low =			
	Eating foods that are improperly prepared	High =			
		Moderate =			
		Low =			
		High =			
		Moderate =			
		Low =			
		High =			
		Moderate =			
		Low =			
		High =			
		Moderate =			
		Low =			

# Community Health Needs Assessment

## Topic 4

### Category = PHYSICAL ACTIVITY

Question: *What are the problems and concerns related to physical activity and exercise in Lake of the Woods County?*

Priorities (Select 5)	Input from the 9-25-12 Workshop	Importance			Notes
		High =	Moderate =	Low =	
	High usage of technology and low uses of activity				
	Transportation				
	Access				
	Access to gym / work-out facilities limited				
	Not enough organized activities on west-end of LOW County (Williams)				
	Weather conditions				
	Transportation to and from activities				



# Community Health Needs Assessment

Category = **PHYSICAL ACTIVITY**

Question: *What are the problems and concerns related to physical activity and exercise?*

Priorities (Select 5)	Input from the 9-25-12 Workshop	Importance			Notes
		High =	Moderate =	Low =	
	Limited time for activity	High =	Moderate =	Low =	
	Limited summer activity for children and adolescents	High =	Moderate =	Low =	
	School too far from town	High =	Moderate =	Low =	
	X-country ski trails	High =	Moderate =	Low =	
	Lack of involvement in the athletic opportunities	High =	Moderate =	Low =	
	Cost	High =	Moderate =	Low =	
	Laziness	High =	Moderate =	Low =	

# Community Health Needs Assessment

Category = **PHYSICAL ACTIVITY**

Question: *What are the problems and concerns related to physical activity and exercise?*

Priorities (Select 5)	Input from the 9-25-12 Workshop	Importance			Notes
		High =	Moderate =	Low =	
	Lack of families working-out together	High =			
		Moderate =			
		Low =			
	Lack of exercise opportunities	High =			
		Moderate =			
		Low =			
	Untreated mental illness	High =			
		Moderate =			
		Low =			
	Affordability, cost of programs and sports	High =			
		Moderate =			
		Low =			
	Limited activities away from school	High =			
		Moderate =			
		Low =			
		High =			
		Moderate =			
		Low =			

# Community Health Needs Assessment

**Topic**  
**5**

**Category = QUALITY OF LIFE**

Question: *What are the problems and concerns related to quality of life in Lake of the Woods County?*

Priorities (Select 5)	Input from the 9-25-12 Workshop	Importance			Notes
		High =	Moderate =	Low =	
	High cost of living				
	Depression and mental health				
	Cold weather				
	No access to shopping, arts, radio				
	Isolation				
	Resort workers have long hours and low pay				
	Slow internet due to our remote area				

# Community Health Needs Assessment

Category = **QUALITY OF LIFE**

Question: *What are the problems and concerns related to quality of life in the county?*

Priorities (Select 5)	Input from the 9-25-12 Workshop	Importance			Notes
		High =	Moderate =	Low =	
	Spiritual deficit				
	Too busy				
	Lack of jobs				
	Poverty				
	Radio stations				
	Hospice				
	Limited activities for seniors				

# Community Health Needs Assessment

Category = **QUALITY OF LIFE**

Question: *What are the problems and concerns related to quality of life in the county?*

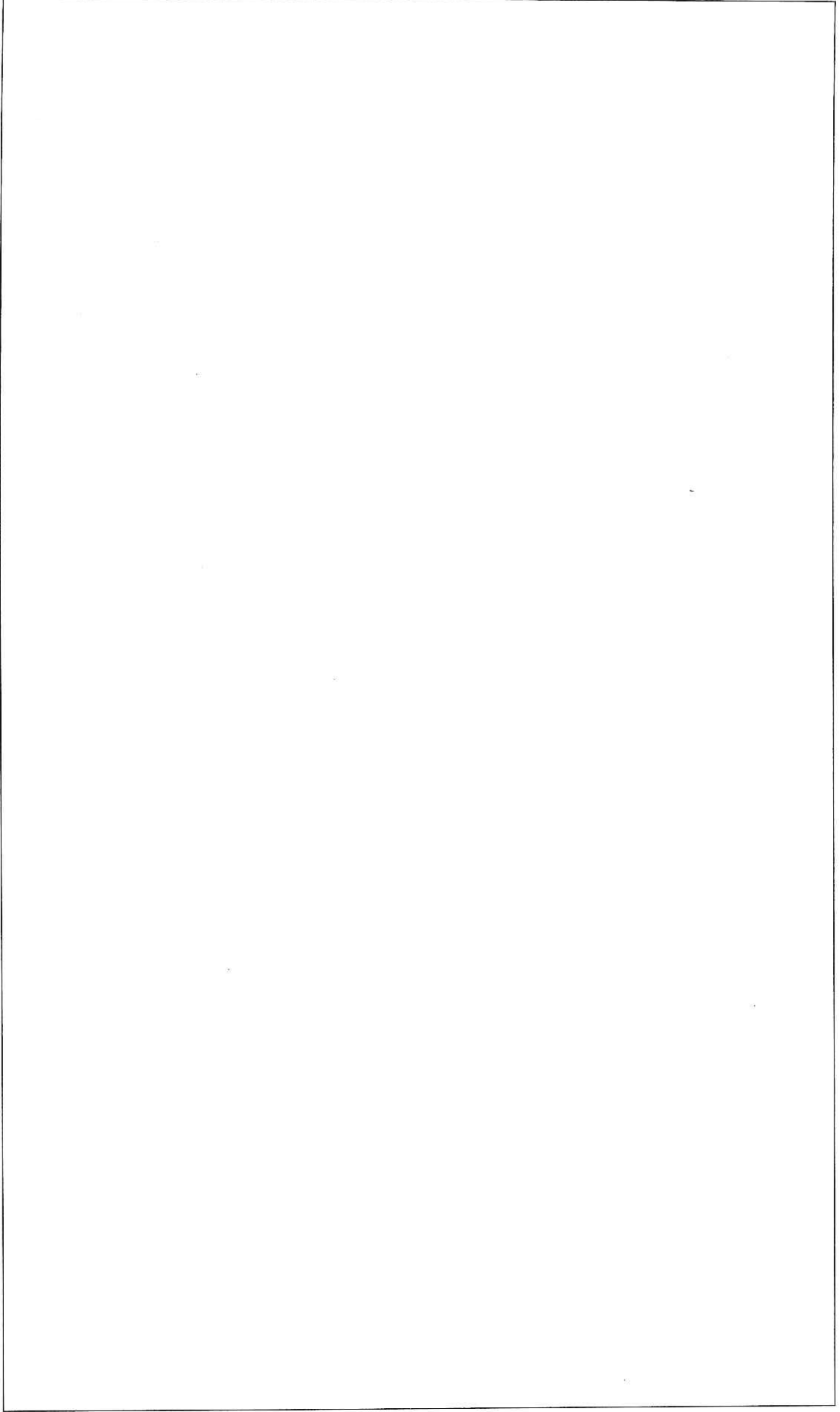
Priorities (Select 5)	Input from the 9-25-12 Workshop	Importance			Notes
		High =	Moderate =	Low =	
	Limited arts and entertainment	High =			
		Moderate =			
		Low =			
	Lack of jobs	High =			
		Moderate =			
		Low =			
	Boredom	High =			
		Moderate =			
		Low =			
	Alcoholism	High =			
		Moderate =			
		Low =			
	Underemployment	High =			
		Moderate =			
		Low =			
	Cost of membership to health care programs	High =			
		Moderate =			
		Low =			
	Tourism good/bad	High =			
		Moderate =			
		Low =			



## Community Health Needs Assessment

Category =

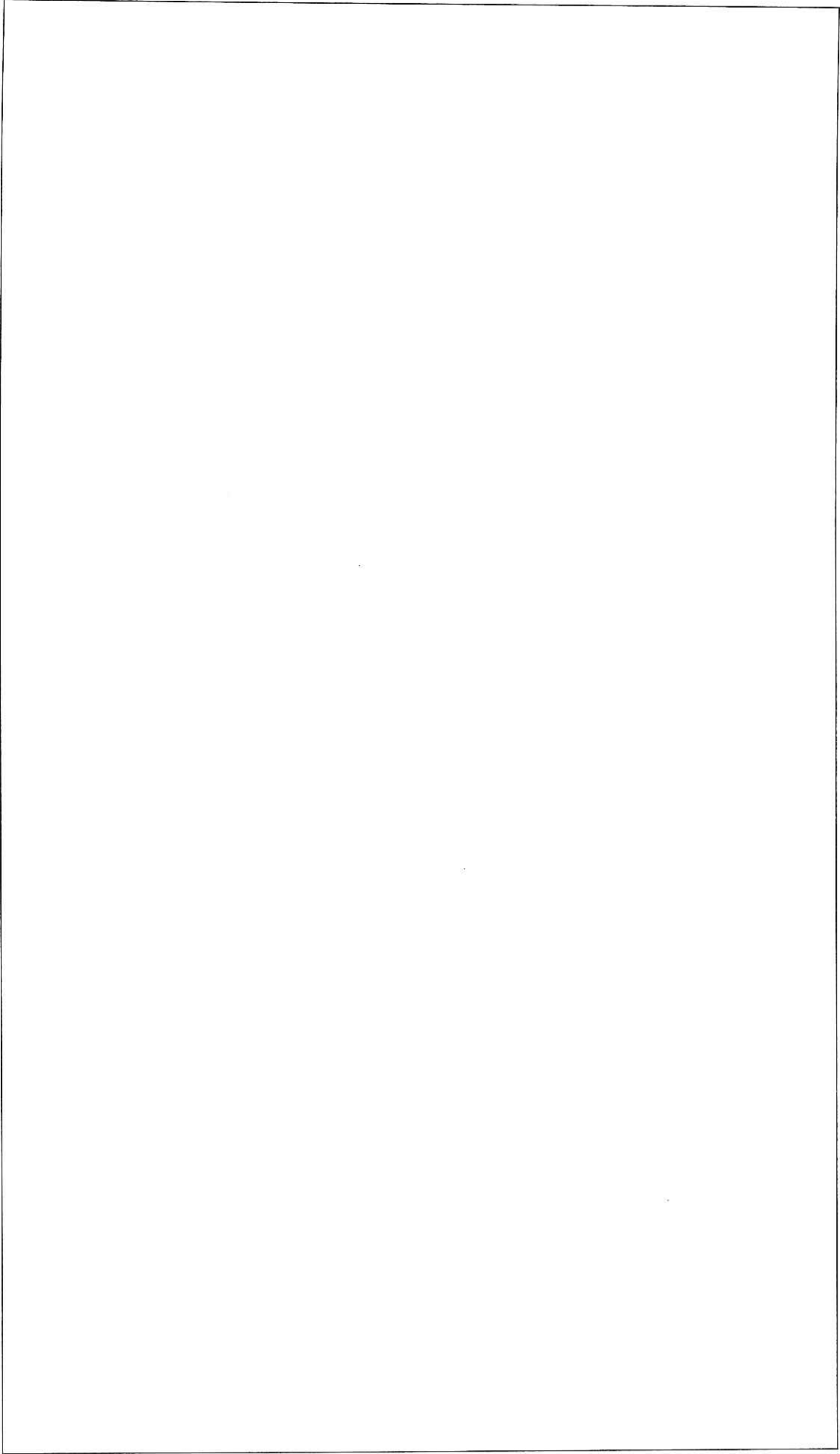
Question: *What resources are CURRENTLY AVAILABLE to address the health priorities identified?*



## Community Health Needs Assessment

Category =

Question: *What resources (not currently available) ARE NEEDED to address the health priorities identified?*





## Community Health Needs Assessment

**Category =**

*Question: What additional WORDS OF WISDOM do you have to offer? Please record below...*

**Category = |**

*Question: Who was part of this conversation? Please LIST NAMES below...*

<b>CATEGORY 1: HEALTH (physical, mental, oral)</b>			
<i>What are the problems and concerns related to health in Lake of the Woods County?</i>			
N=21			
	H	M	L
<b>Hospice and home health care shortage</b>	21	0	0
<b>Wait time for medical Drug use/abuse and Alcohol use/abuse</b>	13	8	0
<b>Doctors/shortage of providers</b>	9	12	0
Transportation, distance to services	5	11	5
<b>Lack of mental health providers/services</b>	16	5	0
<b>Overweight kids and adults</b>	11	10	0
<b>High cost of health care</b>	12	3	6
Baby deliveries	2	9	4
<b>One table of participants did not answer the remaining questions N=15</b>			
Need for more onsite specialty services	11	4	0
Insurance cost too high	15	0	0
<b>Healthcare emergency service provider shortage (ambulance)</b>	15	0	0
Nutrition, lack of choices and high cost	11	4	0
Need for community resources	0	5	10
<b>Cancer</b>	10	5	0
Need for female providers and services	0	0	15
Low income = high poverty	6	3	6
Prescription drug affordability	0	14	1
Underemployment	0	0	15
Basic needs being met for all	0	11	4
Interpretive services – getting results of test sooner	0	11	4
Activity areas for winter	0	0	15
Stigma attached to seeking mental health care/victim protection	10	0	5
Greater focus on healthy behaviors/lifestyles in the business sectors	6	0	9
Access to parenting classes	0	10	5
<b>Group homes needed for young adults</b>	2	2	11
<b>High numbers of diabetes and heart-related issues (group x 1 omitted rating)</b>	6	3	2
Need for dialysis	0	13	2
Dementia/Alzheimer's	6	0	5
<b>**Employee – Employer Relations</b>	6	0	0
<b>**Shortage of Nurses</b>	5	0	0
<p><b>Bold = problem/concern was listed as 1 – 5 top priority by at least one group of participants</b>  <b>Bold &amp; gray highlight = Listed as 1 – 5 priority <u>and</u> high importance votes by participants</b></p>			

<b>CATEGORY 2: SAFETY / VIOLENCE PREVENTION</b>			
<i>What are the problems and concerns related to safety and security in Lake of the Woods County?</i>			
	<b>N=18</b>		
	<b>H</b>	<b>M</b>	<b>L</b>
<b>Drugs and alcohol and driving under influence</b>	18	0	0
No stop lights HWY 11	5	6	7
Wildlife on roadways	2	1	15
<b>Water/boating/swimming/ice safety education</b>	6	9	3
Freezing Temps/Extreme weather	7	2	9
Speed limits not observed	5	5	8
Older/elderly drivers	3	8	7
Lack of law enforcement and safety professionals	0	4	14
<b>Unsafe entrance to school for traffic accidents</b>	5	12	1
<b>Texting/distracted driving</b>	18	0	0
Potholes in alleys/uneven and icy sidewalks	4	12	2
Isolation/remote area	0	3	15
<b>Tourism town and lack of respect for large lake</b>	13	3	2
Border security	6	4	8
<b>Only one pharmacy and lack of medication understanding</b>	13	4	1
Education on importance of immunizations (declining immunization level)	8	9	1
<b>Car seats and booster use and safety</b>	7	8	3
<b>Railroad crossings/Hazmat</b>	18	0	0
Yielding to pedestrians	12	5	0
Vehicles parking on street near intersections decreases visibility	14	3	0
Farm safety	8	8	2
Lack of trained water rescue programs	6	5	7
Specialized training/CPR	9	6	3
Kids left home alone	2	15	1
People passing on the right at intersections	6	9	2
<b>Athletic injuries and concussions</b>	4	11	3
Loose dogs	5	0	13
<b>Violence child/domestic abuse</b>	14	1	3
Poor use of bicycle helmets	9	6	3
Lack of street lights	0	3	15
People not stopping at stop signs	0	17	0
4-wheeler safety and helmets	10	8	0
<b>**Suicide and Bullying</b>	5	0	0
<b>**Semi-trucks and utility trucks speeding through town</b>	3	0	0
<b>**Need for more psychology/psychiatrist services</b> Tele-health and onsite visits	3	2	0

\*\*New problem/concern added by 1 group of participants

<b>CATEGORY 3: NUTRITION</b>			
<i>What are the problems and concerns related to nutrition and diet in Lake of the Woods County?</i>			
	<b>N=19</b>		
	<b>H</b>	<b>M</b>	<b>L</b>
<b>Cost of healthy food and food in general</b>	19	0	0
<b>Lack of education on healthy choices and nutrition</b>	7	10	2
<b>Limited availability of fresher fruits and vegetables at affordable prices</b>	18	1	0
Limited access to senior meals	5	8	6
<b>Obesity</b>	19	0	0
<b>Fast Food and Restaurants with minimal healthy choices</b>	4	8	7
<b>Not sitting down to eat as family</b>	13	6	0
<b>Only one grocery store</b>	14	5	0
School lunch	1	18	0
Students not having breakfast before coming to school	2	8	9
<b>Portion sizes</b>	12	2	5
Processed foods	11	8	0
Pop machines in school	0	4	15
Listing of calories and fat grams at local eating establishments	8	5	6
<b>Sedentary lifestyles</b>	12	2	5
<b>Medical conditions – education on specific diagnoses</b>	11	8	0
Eating foods that are improperly prepared	10	9	0

<b>CATEGORY 4: PHYSICAL ACTIVITY</b>			
<i>What are the problems and concerns related to physical activity and exercise in Lake of the Woods County?</i>			
	<b>N = 19</b>		
	<b>H</b>	<b>M</b>	<b>L</b>
<b>High usage of technology and low uses of activity</b>	10	9	0
<b>Transportation</b>	2	6	11
Access	0	10	9
Access to gym/work-out facilities limited	0	8	11
<b>Not enough organized activities on west-end of LOW County (Williams)</b>	5	10	4
<b>Weather conditions</b>	11	6	6
Transportation to and from activities	2	17	0
<b>Limited time for activity</b>	0	9	10
<b>Limited summer activity for children and adolescents</b>	4	12	3
School too far from town	0	10	9
X-country ski trails	0	1	18
<b>Lack of involvement in the athletic opportunities</b>	15	4	0
<b>Cost</b>	12	7	0
<b>Laziness</b>	16	3	0
Lack of families working-out together	1	18	0
Lack of exercise opportunities	0	4	15
<b>Untreated mental illness</b>	7	6	6
<b>Affordability, cost of programs and sports</b>	13	8	0
Limited activities away from school	0	14	5
<b>Parental Volunteering</b>	4		

<b>CATEGORY 5: QUALITY OF LIFE</b>			
<i>What are the problems and concerns related to general quality of life in Lake of the Woods County?</i>			
			<b>N=18</b>
	<b>H</b>	<b>M</b>	<b>L</b>
High cost of living	5	11	2
<b>Depression and mental health</b>	17	1	0
Cold weather	0	3	15
No access to shopping, arts, radio	0	12	6
Isolation	0	11	7
Resort workers have long hours and low pay	0	16	1
Slow internet due to our remote area	0	2	16
Spiritual deficit	0	8	10
Too busy	2	10	6
Lack of jobs	4	12	2
Poverty	12	5	0
Radio stations	0	0	18
<b>Hospice</b>	18	0	0
Limited activities for seniors	0	8	10
Limited arts and entertainment	1	11	6
<b>Boredom</b>	3	0	15
<b>Alcoholism/Drugs/Gambling/Addictions</b>	18	0	0
Underemployment	6	12	0
Cost of membership to health care programs	6	7	5
<b>Tourism good/bad</b>	3	6	10
<b>Community members need multiple jobs to make ends meet</b>	13	5	0
Husband/wife work opposite shifts – no family time	8	10	0
<b>**Housing- Senior and Low Income/Quality</b>	6	0	0
<b>**Debt and Money Management Counseling</b>	4	2	0
<b>**Limited Access to home care</b>	4	0	0
<b>**Disabled group home or living services</b>	--	--	--
<b>**More education for advanced degrees</b>	0	4	1
<b>**Halfway home for mental health transition</b>	--	--	--
<b>**Middle class people not supported</b>	--	--	--

\*\*New problem/concern added by 1 group of participants

### List of Assets and Needs

#### What resources are currently available?

- Local training for certified nursing assistants
- Currently advertising for nurses and actively seeking staff nurses
- CHI LakeWood Health is able to utilize traveling nurses to cover staffing
- Currently recruiting for ambulance staff
- Some in home care (but very little) – Rural Health Clinic Nurse Visiting Program – (2)
- We want to keep our hospital
- End of life care/"hospice" patients are able to utilize respite care at LakeWood Health or Care Center or Rural Health Clinic Nurse Visits
- Ageless Care Options
- Home at Heart Services
- Good Samaritans – Int. Falls
- Changes made in school lunch program to address obesity but more education needed at home
- Healthy school lunches (2)
- Specialists are regularly scheduled
- Diabetics Resource Center (3) and I CAN Prevent Diabetes (3)
- Diabetes Support Group and classes
- Cardiac Rehab and Pulmonary Rehab – Education and Exercise
- Wellness Center
- Work Site Wellness Center – sign out bikes, other exercise/recreation equipment at LakeWood
- "Towards Zero Deaths" through MN DOT – have presented to the County Commissioners
- Mental Health First Aide training available – assists with helping individuals who are suicidal
- Violence prevention work through CHI
- Friends Against Abuse (2)
- Active DUI Court – ordered into the program with intensive supervision (2)
- Lake of the Woods Prevention Coalition – includes an active student group at school (STUDS) focusing on prevention of under-age alcohol use (3)
- Car seat safety workshop
- Three AA groups (4) and Al anon
- Bartending and serving classes provided through the Lake of the Woods Prevention Coalition
- Current physical therapy concussion assessments for athletes
- Good hazmat team through the fire department and additional resources available in 40 minutes – some supplies at the hospital but not sure if it is enough
- City police are more visible, presence in town and helps with decreasing speeds
- Local Grocery Store
- Sub Way and McDonald's list calories/health choices
- Backpack Program during the school year – community supported
- 4-H club, Boy Scouts, Girl Scouts
- Fresh fruit at gas stations (2)

- Summer Food Program at School for youth
- Youth Center (pioneer youth center) (2)
- Brink Center Meals and Meals on Wheels
- Williams Senior Center – Meals X 2 per week
- WIC
- SNAP – Supplemental Nutrition Assistance Program
- Food Shelf
- Food Stamps
- Community Gardens (3)
- Fruit and Vegetable Program (limited season) (2)
- Farmer’s Market (Limited to Saturdays – summer months) (4)
- Our County Pantry – limited hours (2)
- Vendors with healthy food at market (2)
- High School Health Class
- State Health Improvement Program Grant -
- Local TOPS chapter (3)
- BodyWorks at LakeWood is open 24 hours (5)
- Baudette Unique Health Spa – downtown Baudette
- School walking track (indoor and outdoor)
- Tennis Courts at school
- Softball and baseball fields
- Outdoor basketball at school
- Play ground at school
- Physical-Ed and Recess at school
- Sports through school plus excellent JO Volleyball program and Youth Hockey Program
- Exercise/weight room at school (2)
- School Pool (5)
- Water Aerobic Exercise Classes at school (2)
- Bike paths
- Community 5K run/walk events (2)
- Take a Kid Fishing Event
- Skate Park at Timbermill Park
- School gyms (3)
- Ice Arenas Baudette, Williams and Rainy River (2)
- Bone Builders at Brink Senior Center (2)
- Walking trails (3)
- Ski trails
- Activities directed at school
- Community Education (2)
- City and State Parks (3) (Timber Mill Park and Zipple Bay Park noted)



- Natural Resources of the area rivers, lake and woods
- School Forrest and activities such as cross country skiing and snowshoeing
- LakeWood has Behavioral Health Department and is adding tele-health/psychiatric services (3)
- Behavioral Health Services through LifeCare – three providers offering choice for patients
- Telehealth services on site for LakeWood ER and inpatients who need psychiatric assessment or screening
- Lake of the Woods County Social Services (2)
- Community Support Program (2)
- Public Health Medication Set up (2)
- Four Local Providers
- Emergency Room for Crisis
- Programs available in Bemidji
- Grant for Suicide Prevention – Suicide Awareness and Prevention Coalition (2)
- Local theater downtown
- Tourism Bureau
- Bowling Alley
- Paul Bunyan Transit – could use expanded hours however
- Volunteer drivers for social services, veterans,
- Care Center residents utilize the bus - passes are purchased
- Hockey equipment is donated, exchanged to keep costs down for parents
- School does have some discount for families with multiple athletes or for students involved in more than one sport
- American Legion sponsors community members and contributes to the Body Works
- Most students are able to participate in sports due to low numbers, smaller school size
- Summer program currently includes T-Ball, baseball, golf, swimming lessons

#### **What resources (not currently available) are needed?**

- Research other communities who are able to provide hospice services
- Get Hospice license back (3)
- Maybe the county could assist with addressing this need
- Better wages for nurses
- Sign on bonuses for nurses
- Offer the cost of EMS training for those willing to complete it
- Look for someone to collaborate with the school for “healthy food” opportunity
- Provide more education on services and what is available now (2)
- Mental Health - because of confidentiality (stigma) people go somewhere else
- General health education – topics related to being over-weight
- Home health so more care can be provided at home and stay at home
- “Friendship Bench” for kids who are lost
- Bring back DARE program unless already in place

- Need more signage for garbage at the lake
- Need teaching on railroad crossings
- No drug treatment here (local)
- Driver's Education – education on texting /distracted driving (2)  
    “signs and commercials aren't effective “
- Response teams for a train accident
- Expand hours for local pharmacy – on call pharmacist “No pharmacy available on Saturdays”
- More monitoring on back roads – same people drinking and driving a lot – Law enforcement knows who they are
- Stricter laws about DUI – people are still driving after multiple DUIs
- Speeding in town – place a speed reader/regulator
- More crossing arms at rail road crossings – some roads do not have them
- Education for importance of eating together as a family
- Nutritional program through school, University of Minnesota extension office or other (2)
- Adult cooking classes/educational classes/canning/food preservation
- Year round green houses at the school
- Food Matters – On line education
- Calorie Counting – list of resources and a websites
- Home Economics Class at school
- Affordability of healthy food options at the grocery store
- Get up and move incentives – discounts on fruit and veggies if you are on a walking program  
    or show your gym membership for a discount
- Another grocery store (2)
- Dollar Store coming in?
- City Bikes to rent – include 3-wheel bikes
- Kayak, canoes, paddle boats, - program or rentals
- Hiking lessons – group sessions – through community education?
- Summer Rec Program
- Walking to school days
- Bike to School days
- Funding needed for west end recreation (Williams area)
- Needs assessment in Williams for organized activities – what are the needs?
- Health Coach
- Fit bits for kids through school – wellness grant?
- More intermural sports – less competitive – more for fun (school Olympics for example)
- Cost effective education sessions – i.e. Low Sodium, portion sizes, obesity, fat, (2)
- Meet with dietitian 1:1 – physician recommended
- Dietitian to hold group classes/sessions
- Offer nutrition classes at the Brink Center for senior citizens
- Expand community gardens at Timbermill Park, school, park in East Baudette or Youth Center

- Activity bus for students
- Financial assistance to reduce activity fees for students
- Wellness coordinator
- Volunteers – more people to be involved/interested
- Education
- Gambler's Anonymous
- More community education to recognize issues (mental health/mental illness)
- Ice Rink on the bay
- Expand Timbermill park
- More counseling services
- Increase Awareness – alcoholism
- Enforcement of DUIs
- Improve relationship between Resorts and Community
- Transportation – Paul Bunyan could use enhanced time for after hours, weekends and out of town (Williams, Bemidji, etc)
- Scholarships for sports or cover activity fees
- Water Park

**County Health  
Rankings & Roadmaps**

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program

# 2016 *County Health Rankings* **Minnesota**



A collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.

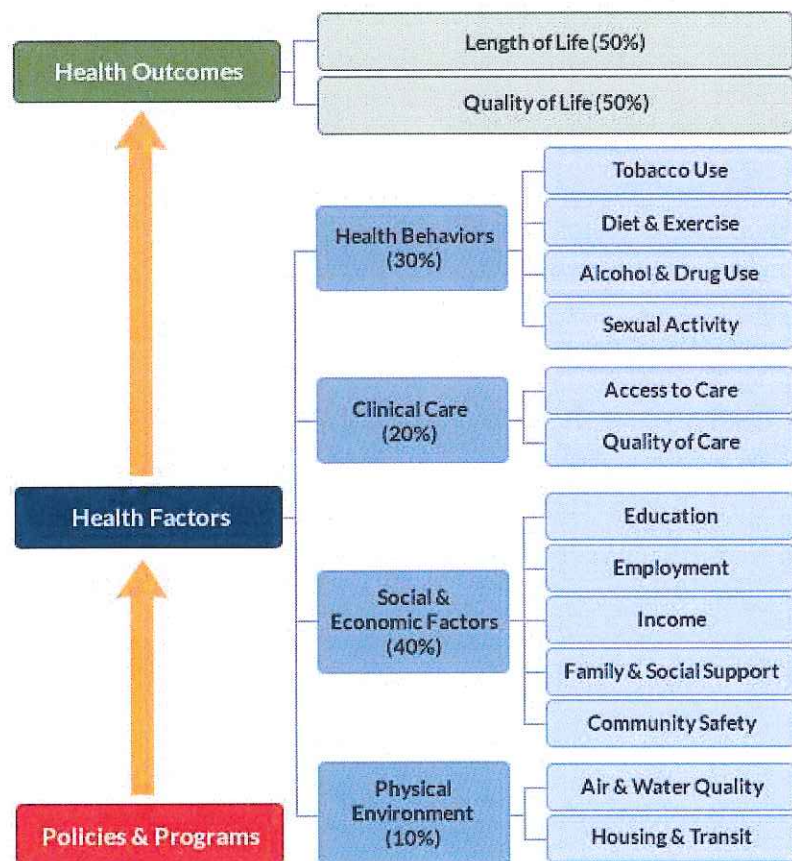


## INTRODUCTION

The *County Health Rankings & Roadmaps* program brings actionable data and strategies to communities to make it easier for people to be healthy in their homes, schools, workplaces, and neighborhoods. Ranking the health of nearly every county in the nation, the *County Health Rankings* illustrate what we know when it comes to what is making people sick or healthy. The *Roadmaps* show what we can do to create healthier places to live, learn, work, and play. The Robert Wood Johnson Foundation (RWJF) collaborates with the University of Wisconsin Population Health Institute (UWPHI) to bring this program to cities, counties, and states across the nation.

## WHAT ARE THE COUNTY HEALTH RANKINGS?

Published online at [countyhealthrankings.org](http://countyhealthrankings.org), the *Rankings* help counties understand what influences how healthy residents are and how long they will live. The *Rankings* are unique in their ability to measure the current overall health of nearly every county in all 50 states. They also look at a variety of measures that affect the future health of communities, such as high school graduation rates, access to healthy foods, rates of smoking, obesity, and teen births. Communities use the *Rankings* to help identify issues and opportunities for local health improvement, as well as to garner support for initiatives among government agencies, healthcare providers, community organizations, business leaders, policy makers, and the public.



## DIGGING DEEPER INTO HEALTH DATA

Although we know that a range of factors are important for good health, every state has communities that lack both opportunities to shape good health and strong policies to promote health for everyone. Some counties lag far behind others in how well and how long people live – which we refer to as a “health gap.” Find out what’s driving health differences across your state and what can be done to close those gaps. Visit [countyhealthrankings.org/reports](http://countyhealthrankings.org/reports).

To further explore health gaps and other data sources in your community, check out the feature to [find more data](#) for your state and [dig deeper](#) on differences in health factors by geography or by population sub-groups. Visit [countyhealthrankings.org/using-the-rankings-data](http://countyhealthrankings.org/using-the-rankings-data).

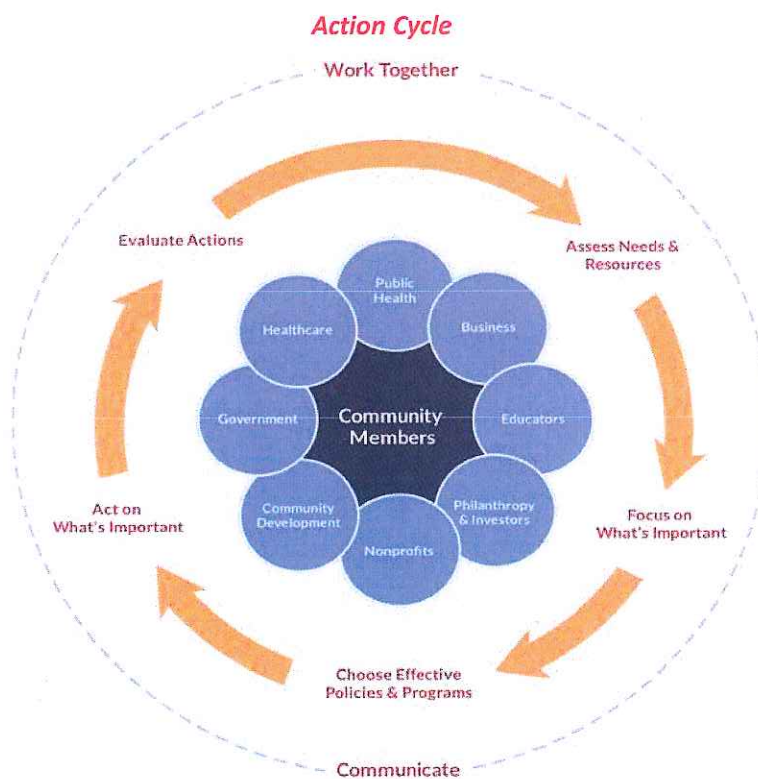
<sup>1</sup> [www.countyhealthrankings.org/minnesota](http://www.countyhealthrankings.org/minnesota)

## MOVING FROM DATA TO ACTION

*Roadmaps to Health* help communities bring people together to look at the many factors that influence health and opportunities to reduce health gaps, select strategies that can improve health for all, and make changes that will have a lasting impact. The *Roadmaps* focus on helping communities move from *awareness* about their county's ranking to *actions* designed to improve everyone's health. The *Roadmaps to Health* Action Center is a one-stop shop of information to help any community member or leader who wants to improve their community's health by addressing factors that we know influence health, such as education, income, and community safety.

Within the Action Center you will find:

- Online step-by-step guidance and tools to move through the Action Cycle
- [What Works for Health](#) – a searchable database of evidence-informed policies and programs that can improve health
- Webinars featuring local community members who share their tips on how to build a healthier community
- Community coaches, located across the nation, who provide customized consultation to local leaders who request guidance in how to accelerate their efforts to improve health. You can contact a coach by activating the Get Help button at [countyhealthrankings.org](http://countyhealthrankings.org)



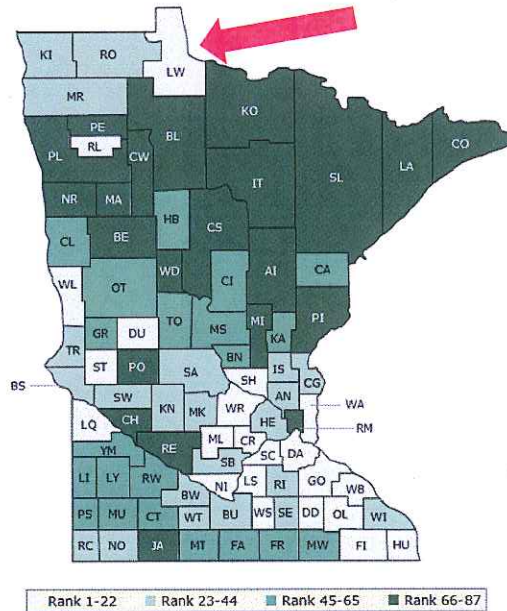
## HOW CAN YOU GET INVOLVED?

You might want to contact your local affiliate of United Way Worldwide, the National Association of Counties, Local Initiatives Support Corporation (LISC), or Neighborworks— their national parent organizations have partnered with us to raise awareness and stimulate action to improve health in their local members' communities. By connecting with other leaders interested in improving health, you can make a difference in your community. In communities large and small, people from all walks of life are taking ownership and action to improve health. Visit [countyhealthrankings.org](http://countyhealthrankings.org) to get ideas and guidance on how you can take action in your community. Working with others, you can improve the health of your community.

**HOW DO COUNTIES RANK FOR HEALTH OUTCOMES?**

The green map below shows the distribution of Minnesota’s **health outcomes**, based on an equal weighting of length and quality of life.

Lighter shades indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available at [countyhealthrankings.org](http://countyhealthrankings.org).

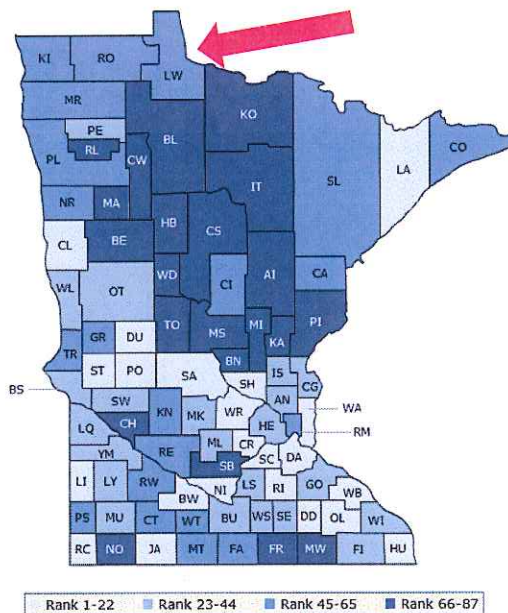


County	Rank	County	Rank	County	Rank	County	Rank
Aitkin	72	Fillmore	9	Martin	49	Rock	36
Anoka	40	Freeborn	45	McLeod	12	Roseau	38
Becker	71	Goodhue	17	Meeker	28	Scott	3
Beltrami	86	Grant	52	Mille Lacs	77	Sherburne	18
Benton	57	Hennepin	44	Morrison	65	Sibley	31
Big Stone	33	Houston	5	Mower	53	St. Louis	76
Blue Earth	43	Hubbard	60	Murray	58	Stearns	25
Brown	24	Isanti	34	Nicollet	13	Steele	39
Carlton	61	Itasca	75	Nobles	42	Stevens	4
Carver	1	Jackson	80	Norman	83	Swift	27
Cass	85	Kanabec	56	Olmsted	8	Todd	50
Chippewa	70	Kandiyohi	32	Otter Tail	51	Traverse	37
Chisago	26	Kittson	30	Pennington	67	Wabasha	15
Clay	62	Koochiching	79	Pine	82	Wadena	74
Clearwater	84	Lac qui Parle	22	Pipestone	55	Waseca	19
Cook	78	Lake	81	Polk	69	Washington	2
Cottonwood	63	Lake of the Woods	7	Pope	68	Watonwan	23
Crow Wing	59	Le Sueur	21	Ramsey	66	Wilkin	10
Dakota	11	Lincoln	46	Red Lake	20	Winona	41
Dodge	14	Lyon	48	Redwood	64	Wright	6
Douglas	16	Mahnomen	87	Renville	73	Yellow Medicine	47
Faribault	54	Marshall	29	Rice	35		

**HOW DO COUNTIES RANK FOR HEALTH FACTORS?**

The blue map displays Minnesota’s summary ranks for **health factors**, based on weighted scores for health behaviors, clinical care, social and economic factors, and the physical environment.

Lighter shades indicate better performance in the respective summary rankings. Detailed information on the underlying measures is available at [countyhealthrankings.org](http://countyhealthrankings.org)



County	Rank	County	Rank	County	Rank	County	Rank
Aitkin	76	Fillmore	27	Martin	61	Rock	18
Anoka	39	Freeborn	72	McLeod	35	Roseau	48
Becker	73	Goodhue	37	Meeker	36	Scott	4
Beltrami	85	Grant	52	Mille Lacs	82	Sherburne	12
Benton	69	Hennepin	25	Morrison	74	Sibley	67
Big Stone	30	Houston	19	Mower	78	St. Louis	64
Blue Earth	43	Hubbard	71	Murray	28	Stearns	13
Brown	8	Isanti	38	Nicollet	5	Steele	33
Carlton	65	Itasca	77	Nobles	70	Stevens	22
Carver	2	Jackson	15	Norman	57	Swift	40
Cass	84	Kanabec	80	Olmsted	1	Todd	79
Chippewa	66	Kandiyohi	51	Otter Tail	31	Traverse	54
Chisago	32	Kittson	46	Pennington	26	Wabasha	7
Clay	14	Koochiching	81	Pine	83	Wadena	75
Clearwater	86	Lac qui Parle	34	Pipestone	50	Waseca	44
Cook	45	Lake	17	Polk	60	Washington	3
Cottonwood	47	Lake of the Woods	53	Pope	21	Watonwan	59
Crow Wing	62	Le Sueur	42	Ramsey	58	Wilkin	29
Dakota	6	Lincoln	16	Red Lake	68	Winona	41
Dodge	11	Lyon	24	Redwood	63	Wright	10
Douglas	9	Mahnomen	87	Renville	56	Yellow Medicine	23
Faribault	49	Marshall	55	Rice	20		



## 2016 COUNTY HEALTH RANKINGS: MEASURES AND NATIONAL/STATE RESULTS

Measure	Description	US Median	State Overall	State Minimum	State Maximum
<b>HEALTH OUTCOMES</b>					
Premature death	Years of potential life lost before age 75 per 100,000 population	7,700	5,100	3,200	11,000
Poor or fair health	% of adults reporting fair or poor health	16%	12%	9%	22%
Poor physical health days	Average # of physically unhealthy days reported in past 30 days	3.7	2.8	2.3	4.4
Poor mental health days	Average # of mentally unhealthy days reported in past 30 days	3.7	2.9	2.4	4.1
Low birthweight	% of live births with low birthweight (< 2500 grams)	8%	6%	3%	8%
<b>HEALTH FACTORS</b>					
<b>HEALTH BEHAVIORS</b>					
Adult smoking	% of adults who are current smokers	18%	16%	13%	25%
Adult obesity	% of adults that report a BMI ≥ 30	31%	26%	23%	34%
Food environment index	Index of factors that contribute to a healthy food environment, (0-10)	7.2	8.2	6.1	9.3
Physical inactivity	% of adults aged 20 and over reporting no leisure-time physical activity	28%	20%	16%	33%
Access to exercise opportunities	% of population with adequate access to locations for physical activity	62%	84%	2%	100%
Excessive drinking	% of adults reporting binge or heavy drinking	17%	21%	18%	25%
Alcohol-impaired driving deaths	% of driving deaths with alcohol involvement	31%	31%	0%	100%
Sexually transmitted infections	# of newly diagnosed chlamydia cases per 100,000 population	287.7	348.4	51.7	535.6
Teen births	# of births per 1,000 female population ages 15-19	40	22	9	88
<b>CLINICAL CARE</b>					
Uninsured	% of population under age 65 without health insurance	17%	9%	6%	16%
Primary care physicians	Ratio of population to primary care physicians	1,990:1	1,100:1	9,270:1	420:1
Dentists	Ratio of population to dentists	2,590:1	1,500:1	5,260:1	1,120:1
Mental health providers	Ratio of population to mental health providers	1,060:1	490:1	10,680:1	280:1
Preventable hospital stays	# of hospital stays for ambulatory-care sensitive conditions per 1,000 Medicare enrollees	60	41	28	68
Diabetic monitoring	% of diabetic Medicare enrollees ages 65-75 that receive HbA1c monitoring	85%	89%	67%	95%
Mammography screening	% of female Medicare enrollees ages 67-69 that receive mammography screening	61%	65%	50%	79%
<b>SOCIAL AND ECONOMIC FACTORS</b>					
High school graduation	% of ninth-grade cohort that graduates in four years	86%	81%	64%	97%
Some college	% of adults ages 25-44 with some post-secondary education	56%	74%	48%	82%
Unemployment	% of population aged 16 and older unemployed but seeking work	6.0%	4.1%	2.5%	10.3%
Children in poverty	% of children under age 18 in poverty	23%	15%	6%	33%
Income inequality	Ratio of household income at the 80th percentile to income at the 20th percentile	4.4	4.4	3.2	5.4
Children in single-parent households	% of children that live in a household headed by a single parent	32%	28%	15%	53%
Social associations	# of membership associations per 10,000 population	13.0	13.2	6.9	41.0
Violent crime	# of reported violent crime offenses per 100,000 population	199	229	0	787
Injury deaths	# of deaths due to injury per 100,000 population	74	57	39	102
<b>PHYSICAL ENVIRONMENT</b>					
Air pollution – particulate matter	Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5)	11.9	12.0	10.4	13.3
Drinking water violations	Indicator of the presence of health-related drinking water violations. Yes - indicates the presence of a violation, No - indicates no violation.	NA	NA	No	Yes
Severe housing problems	% of households with overcrowding, high housing costs, or lack of kitchen or plumbing facilities	14%	14%	7%	18%
Driving alone to work	% of workforce that drives alone to work	80%	78%	69%	86%
Long commute – driving alone	Among workers who commute in their car alone, % commuting > 30 minutes	29%	30%	11%	54%

## 2016 COUNTY HEALTH RANKINGS: DATA SOURCES AND YEARS OF DATA

	Measure	Data Source	Years of Data
<b>HEALTH OUTCOMES</b>			
<b>Length of Life</b>	Premature death	National Center for Health Statistics – Mortality files	2011-2013
<b>Quality of Life</b>	Poor or fair health	Behavioral Risk Factor Surveillance System	2014
	Poor physical health days	Behavioral Risk Factor Surveillance System	2014
	Poor mental health days	Behavioral Risk Factor Surveillance System	2014
	Low birthweight	National Center for Health Statistics – Natality files	2007-2013
<b>HEALTH FACTORS</b>			
<b>HEALTH BEHAVIORS</b>			
<b>Tobacco Use</b>	Adult smoking	Behavioral Risk Factor Surveillance System	2014
<b>Diet and Exercise</b>	Adult obesity	CDC Diabetes Interactive Atlas	2012
	Food environment index	USDA Food Environment Atlas, Map the Meal Gap	2013
	Physical inactivity	CDC Diabetes Interactive Atlas	2012
	Access to exercise opportunities	Business Analyst, Delorme map data, ESRI, & US Census Tigerline Files	2010 & 2014
<b>Alcohol and Drug Use</b>	Excessive drinking	Behavioral Risk Factor Surveillance System	2014
	Alcohol-impaired driving deaths	Fatality Analysis Reporting System	2010-2014
<b>Sexual Activity</b>	Sexually transmitted infections	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention	2013
	Teen births	National Center for Health Statistics - Natality files	2007-2013
<b>CLINICAL CARE</b>			
<b>Access to Care</b>	Uninsured	Small Area Health Insurance Estimates	2013
	Primary care physicians	Area Health Resource File/American Medical Association	2013
	Dentists	Area Health Resource File/National Provider Identification file	2014
	Mental health providers	CMS, National Provider Identification file	2015
<b>Quality of Care</b>	Preventable hospital stays	Dartmouth Atlas of Health Care	2013
	Diabetic monitoring	Dartmouth Atlas of Health Care	2013
	Mammography screening	Dartmouth Atlas of Health Care	2013
<b>SOCIAL AND ECONOMIC FACTORS</b>			
<b>Education</b>	High school graduation	EDFacts	2012-2013
	Some college	American Community Survey	2010-2014
<b>Employment</b>	Unemployment	Bureau of Labor Statistics	2014
<b>Income</b>	Children in poverty	Small Area Income and Poverty Estimates	2014
	Income inequality	American Community Survey	2010-2014
<b>Family and Social Support</b>	Children in single-parent households	American Community Survey	2010-2014
	Social associations	County Business Patterns	2013
<b>Community Safety</b>	Violent crime	Uniform Crime Reporting – FBI	2010-2012
	Injury deaths	CDC WONDER mortality data	2009-2013
<b>PHYSICAL ENVIRONMENT</b>			
<b>Air and Water Quality</b>	Air pollution - particulate matter <sup>1</sup>	CDC WONDER environmental data	2011
	Drinking water violations	Safe Drinking Water Information System	FY2013-14
<b>Housing and Transit</b>	Severe housing problems	Comprehensive Housing Affordability Strategy (CHAS) data	2008-2012
	Driving alone to work	American Community Survey	2010-2014
	Long commute – driving alone	American Community Survey	2010-2014

<sup>1</sup> Not available for AK and HI.

## CREDITS

**Report Authors**

University of Wisconsin-Madison  
 School of Medicine and Public Health  
 Department of Population Health Sciences  
 Population Health Institute

Bridget Catlin, PhD, MHSA  
 Amanda Jovaag, MS  
 Marjory Givens, PhD, MSPH  
 Julie Willems Van Dijk, PhD, RN

Suggested citation: University of Wisconsin Population Health Institute. *County Health Rankings 2016*

This publication would not have been possible without the following contributions:

**Data**

Centers for Disease Control and Prevention: National Center for Health Statistics and National Center for Chronic Disease and Health Promotion  
 Dartmouth Institute for Health Policy & Clinical Practice

**Research Assistance**

Paige Andrews  
 Kathryn Hatchell  
 Keith Gennuso, PhD  
 Hyojun Park, MA  
 Elizabeth Pollock  
 Jennifer Robinson  
 Matthew Rodock, MPH

**Communications and Outreach**

Burness  
 Mary Bennett, MFA  
 Matthew Call  
 Megan Garske  
 Kitty Jerome, MA  
 Kate Konkle, MPH  
 Jan O'Neill, MPA

**Design**

Forum One, Alexandria, VA

**Robert Wood Johnson Foundation**

Andrea Ducas, MPH  
 Michelle Larkin, JD, MS, RN  
 James Marks, MD, MPH  
 Joe Marx  
 Donald Schwarz, MD, MPH  
 Amy Slonim, PhD  
 Kathryn Wehr, MPH

## County Health Rankings & Roadmaps

Building a Culture of Health, County by County

[countyhealthrankings.org](http://countyhealthrankings.org)



University of Wisconsin Population Health Institute  
 610 Walnut St, #527, Madison, WI 53726  
 (608) 265-8240 / [info@countyhealthrankings.org](mailto:info@countyhealthrankings.org)

# 2015 KIDS COUNT PROFILE MINNESOTA

OVERALL RANK

1



THE ANNIE E. CASEY FOUNDATION

## ECONOMIC WELL-BEING

DOMAIN RANK

5

### Children in poverty

2013

14%

177,000 CHILDREN

WORSENERD

2008 11%

### Children whose parents lack secure employment

2013

24%

314,000 CHILDREN

WORSENERD

2008 22%

### Children living in households with a high housing cost burden

2013

26%

332,000 CHILDREN

IMPROVED

2008 34%

### Teens not in school and not working

2013

5%

14,000 TEENS

WORSENERD

2008 4%

## EDUCATION

DOMAIN RANK

6

### Children not attending preschool

2011-13

55%

78,000 CHILDREN

UNCHANGED

2007-09 55%

### Fourth graders not proficient in reading

2013

59%

N.A.

IMPROVED

2007 63%

### Eighth graders not proficient in math

2013

53%

N.A.

IMPROVED

2007 57%

### High school students not graduating on time

2011/12

12%

N.A.

IMPROVED

2007/08 14%

N.A. NOT AVAILABLE



## HEALTH

DOMAIN RANK

2

### Low-birthweight babies

2013

6.4%

4,398 BABIES

UNCHANGED

2008 6.4%

### Children without health insurance

2013

6%

72,000 CHILDREN

UNCHANGED

2008 6%

### Child and teen deaths per 100,000

2013

19

258 DEATHS

IMPROVED

2008 22

### Teens who abuse alcohol or drugs

2012-13

5%

21,000 TEENS

IMPROVED

2007-08 9%

## FAMILY AND COMMUNITY

DOMAIN RANK

4

### Children in single-parent families

2013

29%

356,000 CHILDREN

WORSENERD

2008 25%

### Children in families where the household head lacks a high school diploma

2013

8%

101,000 CHILDREN

WORSENERD

2008 7%

### Children living in high-poverty areas

2009-13

6%

76,000 CHILDREN

WORSENERD

2006-10 5%

### Teen births per 1,000

2013

17

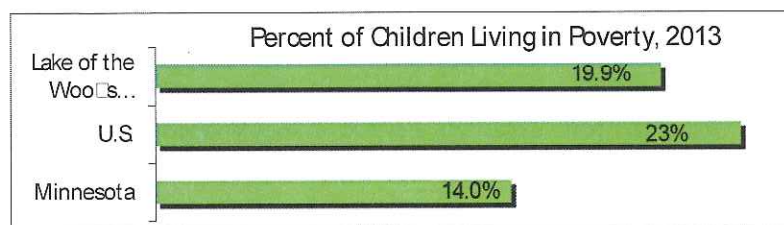
2,950 BIRTHS

IMPROVED

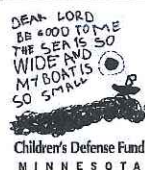
2008 26

## KIDS COUNT Minnesota 2015 Fact Sheet

## Lake of the Woods County



Economic Well-Being	Current Year	Statewide	Lake of the Woods County
% of children in poverty, age 0-17	2013	14.0%	19.9%
% of students receiving free/reduced-price lunches	2014	37.7%	48.6%
% of children receiving Supplemental Nutrition Assistance Program (SNAP)	2014	13.9%	26.8%
# of mothers and children receiving WIC	2013	196,954	145
Median household income	2013	\$60,664	\$42,644
Family Structure	Current Year	Statewide	Lake of the Woods County
Birth rate per 1,000	2013	12.8	8.7
# of children, age 0-17	2013	1,279,597	714
% of babies born to unmarried mothers	2013	32.9%	58.8%
Teen birth rate per 1,000 (3-year estimate)	2013	8.2	4.6
% babies born with no father on the birth certificate	2013	12.2%	20.6%
Health	Current Year	Statewide	Lake of the Woods County
% of low-birthweight babies	2013	4.7%	2.9%
% of children without health insurance (ages 0-19)	2013	5.7%	9.1%
Average monthly enrollment in MinnesotaCare	2014	24,133	289
Average monthly enrollment in Medical Assistance	2014	379,400	289
Early Childhood Education	Current Year	Statewide	Lake of the Woods County
Average annual cost for licensed center-based infant care	2015	\$14,764	NP
Average annual cost for licensed family-based infant care	2015	\$7,990	\$5,200
Average annual cost for licensed center-based toddler care	2015	\$12,776	NP
Average annual cost for licensed family-based toddler care	2015	\$7,599	\$5,200
Average annual cost for licensed center-based preschool care	2015	\$11,379	NP
Average annual cost for licensed family-based preschool care	2015	\$7,260	\$5,200
Education, Grades K-12	Current Year	Statewide	Lake of the Woods County
# public school enrollment K-12	2014	842,932	455
% of limited english proficient (LEP) students	2014	7.9%	0.0%
% of special education students	2014	13.4%	13.0%
% of students changing schools	2013	12.6%	9.4%
% of public high school graduates	2013	81.2%	91.7%
% of public school student dropouts	2013	5.0%	2.8%
Safety	Current Year	Statewide	Lake of the Woods County
Child abuse and neglect rate per 1,000	2013	3.3	1.4
Child out-of-home placement rate per 1,000	2013	9.0	1.4
Children arrested for a serious crime rate per 1,000	2013	12.4	0.0
Children in the Family Assessment Response Program rate per 1,000	2013	14.4	24.7

[www.cdf-mn.org](http://www.cdf-mn.org)
[datacenter.kidscount.org](http://datacenter.kidscount.org)


## KIDSCOUNT DATA CENTER

The KIDSCOUNT Data Center contains more than 100 measures of child well-being at the national, state, county, and city level. Three to five years of trend data is currently available. This wide-ranging database allows users to generate custom reports for a geographic area or to compare geographic areas on a topic (using Ranking, Maps, and Line Graphs).



Meeting 04.20.16  
 CHI LakeWood Health,  
 Public Health and  
 Director of  
 County Social Services

CHI LakeWood Health Center  
 Community Health Needs Assessment  
 Top List of Issues  
 (from Community Forum 09.24.15)

HEALTH	SAFETY	NUTRITION	PHYSICAL ACTIVITY	QUALITY OF LIFE	PRIORITIES
<p><b>Problems – Issues</b></p> <ul style="list-style-type: none"> <li>*Hospice and Home Health</li> <li>+Wait for Medical Care – drug/alcohol abuse</li> <li>+Lack of Mental Health Providers</li> <li>*Overweight Kids &amp; Adults</li> <li>-Emergency Medical Services Providers</li> <li>-High Cost of Health Care</li> <li>-Cancer</li> <li>-Diabetes and Heart related issues</li> <li>-More Specialist Doctors</li> <li>-Group Home – Young Adult</li> <li>-Shortage of Nurses</li> <li>-Employer/Employee Working Relations</li> </ul>	<p><b>Problems – Issues</b></p> <ul style="list-style-type: none"> <li>+Drugs and Alcohol and DUI</li> <li>+Suicide and Bullying</li> <li>-Texting/Distracted Driving</li> <li>-Violence (Child and Domestic Abuse)</li> <li>-Railroad Crossing – Hazmat</li> <li>-Tourism/lack of respect for large lake</li> <li>-Lack of Pharmacy on weekends</li> <li>-Car Seat Safety</li> <li>-Water, Boating, Swimming, Ice safety, Specialized training</li> </ul>	<p><b>Problems – Issues</b></p> <ul style="list-style-type: none"> <li>*Obesity</li> <li>Sedentary Lifestyles</li> <li>Limited availability of fresh fruits and vegetables at affordable prices</li> <li>Cost of healthy food and cost of food in general</li> <li>Only one grocery store</li> <li>Not sitting down to eat as a family</li> <li>Portion Sizes</li> <li>Lack of education on specific diagnosis</li> <li>Lack of education on healthy choices and nutrition</li> <li>Fast food and restaurants with minimal healthy choices</li> </ul>	<p><b>Problems – Issues</b></p> <ul style="list-style-type: none"> <li>High Use of Technology = Low Activity</li> <li>Weather Conditions</li> <li>Lack of Involvement in Athletics</li> <li>Cost</li> <li>Affordability/cost of Sports</li> <li>Laziness</li> <li>Untreated Mental Illness</li> <li>Limited time for activity</li> <li>Parental Volunteering - Modeling</li> <li>Not enough organized activities (west end of county)</li> <li>Limited Summer Activities</li> </ul>	<p><b>Problems – Issues</b></p> <ul style="list-style-type: none"> <li>+Depression &amp; Mental Health</li> <li>+Addictions (Alcohol, Drugs, Gambling)</li> <li>*Hospice</li> <li>*Home Care</li> <li>*Housing (Senior/Quality/Low Income) Group Homes (disabled/handicapped)</li> <li>High Cost of Living</li> <li>Multiple jobs to make enough money</li> <li>Families work opposite shifts – No family time</li> <li>Under Employment</li> </ul>	<ul style="list-style-type: none"> <li>*Nutrition, Physical Activity and Obesity (Cardiovascular Wellness)</li> <li>*Elderly Services community support housing</li> <li>*Mental Health Services</li> <li>*Drug and Alcohol Abuse</li> </ul>
<b>RESOURCES NEEDED</b>	<b>RESOURCES NEEDED</b>	<b>RESOURCES NEEDED</b>	<b>RESOURCES NEEDED</b>	<b>RESOURCES NEEDED</b>	<b>RESOURCES NEEDED</b>