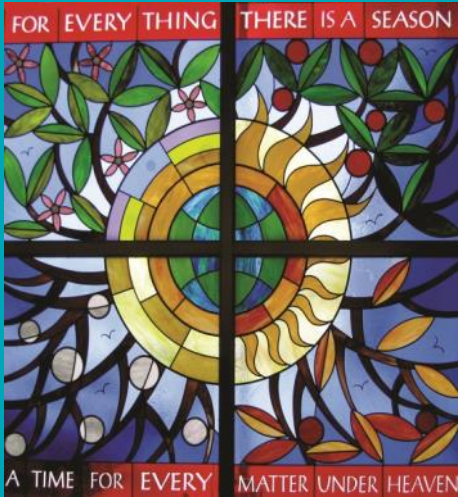


# Community Health Needs Assessment



April, 2022

# Executive Summary



## Community Health Needs Assessment

### Our Purpose Statement

The purpose of this Community Health Needs Assessment (CHNA) is to identify and prioritize significant health needs of the community served by CHI LakeWood Health. The priorities identified in this report help to guide the hospital's community health improvement programs and community benefit activities, as well as its collaborative efforts with other organizations that share a mission to improve health.

This CHNA report meets requirements of the Patient Protection and Affordable Care Act that not-for-profit hospitals conduct a community health needs assessment at least once every three years.

### Living Our Mission

The hospital's dedication to engaging with the community, assessing priority needs, and helping to address them with community health program activities is in keeping with its mission. As CommonSpirit Health, we make the healing presence of God known in our world by improving the health of the people we serve, especially those who are vulnerable, while we advance social justice for all.

## Our Assessment Collaborators

In the fall of 2021, we brought together people with expertise, interest, and knowledge of community health issues to develop and to contribute to the assessment process. This included the CHI LakeWood Health's Senior Leadership Team, our Board of Directors, the 109 residents in our service area who completed the community health survey in January-February, 2022, and our 10 community focus group members which met on March 8, 2022.

## Our Community

CHI LakeWood Health, located in Baudette, MN is the sole area provider of hospital services for residents of Lake of the Woods County, as well as portions of Koochiching, Beltrami, and Roseau counties and neighboring Canada. The 2022 Community Health Needs Assessment is a summary report of the health needs that have been identified for Lake of the Woods County, as surrounding counties have similar demographics.

# Executive Summary



Representation at our Community Focus Group Included::

- Ministerial
- Emergency Medical Services , Sheriff, Firefighter
- Lake of the Woods Social Services Director
- Lake of the Woods School (Superintendent, and Social Worker)
- Lake of the Woods Prevention Coalition
- Lake of the Woods Suicide Prevention Committee Member/ Community member
- Lake of the Woods School Board Member
- Lake of the Woods Public Health Director
- CHI LakeWood Health Communications/ PR Manager.

## Assessment Process and Methods

To prepare for our Assessment Process, we reviewed data sources from the CommonSpirit “Suggested Data Sets and Sources for Community Health Needs Assessment”. Only data sources that provided research based data was utilized. All data was reviewed and analyzed by the Senior Leadership team of CHI LakeWood Health. The team looked at state, county and local comparisons, multi-year trends, and comparisons of survey and focus group top issues.

Health information and data has come primarily from Minnesota Department of Health (MDH) 2021 county health statistics. The data from the “How do we compare?” section is from the 2021 County Health Rankings & Roadmaps: Minnesota, a publication from the University of Wisconsin Population Health Institute.

Data obtained from a source other than above sources is in the document. It is important to note, however, there is data that simply is not available from sources.

We solicited input from a broad representation of members within our Service Area by sending invitations for our Community Focus Group to 20 representatives of agencies serving underserved low-income and minority populations.

Our Public Health Department, which provides Public Health services for Lake of the Woods County, contributed to the Needs Assessment by attending the Community Focus Group. Public Health services are available to low-income and medically underserved populations, including minority families within our Service Area.

## Process and Criteria to Identify and Prioritize Significant Health Needs

The Senior Team of CHI LakeWood Health met on March 25th, 2022 and ranked the list of identified health needs according to the seriousness of the issue and whether the health need particularly affected persons living in poverty or reflected health disparities. After discussion, the prioritization process identified five priority issues for the community:

1. Lack of Health Care Providers
2. Substance Abuse
3. Mental Health
4. Day Care
5. Affordable Housing

These prioritized needs were validated by the members of the community focus group.

Although CHI Lakewood Health recognized the importance of all needs identified by the community, we will not directly design strategies for needs of Day Care and of Affordable Housing due to limits on resource, expertise, or duplication of effort.

This CHNA report was adopted by the CHI LakeWood Health Hospital Board in May of 2022.

## Executive Summary

A copy of the 2022 CHI LakeWood Health Community Health Needs Assessment is readily available.

A paper copy is available for inspection upon request at the CHI LakeWood Health Marketing and PR Office.

An electronic copy is available at:  
<https://lakewoodhealthcenter.org/about-us/>

Written comments on this report can be submitted to the CHI LakeWood Health Marketing Office at 600 Main Avenue S Baudette, MN 56623 or by email at:

[carrie.davidson@commonspirit.org](mailto:carrie.davidson@commonspirit.org)

## Community Definition

Lake of the Woods County is designated as a Health Professional Shortage Area for:

- Primary Care
- Dental Health
- Mental Health

We are designated as a Medically Underserved Area for:

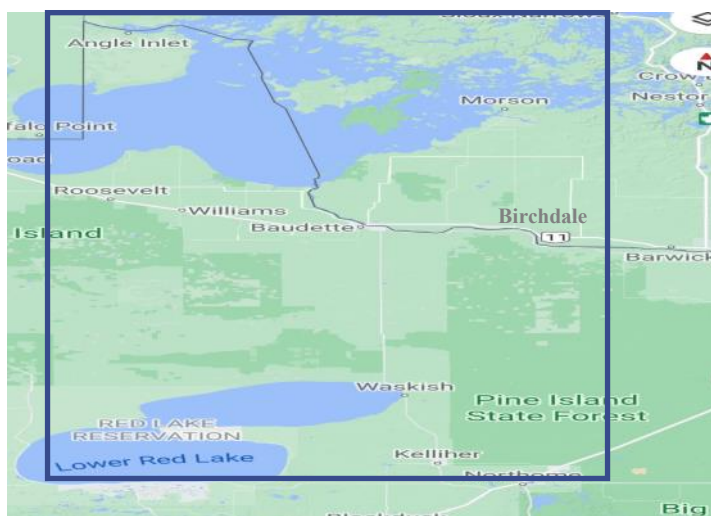
- Primary Care

Sources: <https://datahrsa.gov/tools/shortage-area/hpsa-find>

<https://data.hrsa.gov/tools/shortage-area/mua-find>

## Our Service Area And Rationale

Our 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. The closest hospitals to LakeWood are LifeCare Medical Center in Roseau, MN and Rainy Lake Medical Center in International Falls, MN—both over 60 miles away and both are Critical Access Hospitals. The nearest secondary and tertiary care facilities to LakeWood are located in Bemidji, MN, at 101 miles South, Grand Forks, ND at 180 miles Southwest, and Fargo, ND at 236 miles Southwest.



## Our Service Area Zip Codes

Angle Inlet	56711
Baudette	56623
Birchdale	56629
Kelliher	56650
Roosevelt	56672
Waskish	56685
Williams	56686



## Description of Lake of the Woods County

Lake of the Woods County was founded on January 1, 1923 and was named after the lake that covers a large portion of it. It is a rural county located in northern Minnesota; in fact, it is the northernmost point of the lower 48 states. It is bound on the north by Canada, on the east by Koochiching County, on the south by Beltrami County, and on the west by Roseau County. It has a total area of 1,775 square miles, of which 1,298 square miles is land and 477 square miles is water.

- There are 32 townships; however, there are no township governments.
- The Northwest Angle and the community of Angle Township can only be reached from the rest of Minnesota by crossing the lake or by traveling through Canada.
- There are two cities: Baudette, the county seat, and Williams. There are 14 unincorporated towns.
- The Rainy River, which runs between Rainy Lake and Lake of the Woods, forms a natural boundary between the United States (U.S.) and Canada.
- The stunning international waters of Lake of the Woods and Rainy River provide some of the best fishing in the world.
- A section of Red Lake Indian Reservation is in the Northwest Angle of Lake of the Woods County near the Canada-U.S. Border. It has no permanent residents.

Lake of the Woods is over 70 miles long and wide, and contains more than 14,552 islands and 65,000 miles of shoreline. Lake of the Woods is the sixth largest freshwater lake in the U.S., after the five Great Lakes.

## Community Definition

As a rural area in Minnesota, we have unique health concerns. Many of our residents, especially our low income residents, populations of color, and American Indians, experience inequitable living conditions in many aspects of their lives.

### ASSETS:

Lake of the Woods County residents share an appreciation for the beauty of the area and the resourcefulness of their communities.

We rank first out of the 87 Minnesota Counties for our Physical Environment.

# Community Definition

## NEEDS:

Our decreasing population will require thoughtful planning for a thriving community.

## ASSETS:

The attractions of Lake of the Woods County are much the same today as they were when the pioneers came to settle—fishing, hunting, water, and clean air.



Willie the Walleye Statue, Baudette, Mn.

## Lake of the Woods County: Our People

The history of Lake of the Woods region began in 1688 when Jacques De Noyon came from Quebec to become the first white man to view the waters. After his arrival, there are no known expeditions to the area until Pierre La Verendrye came with a party of 50 men in 1732. La Verendrye found the area populated by Cree, Monsonis, Assinboine, and Sioux Indians. Victims of Indian warfare, the history for the next 100 years was characterized by the influx of voyageurs and fur trading companies.

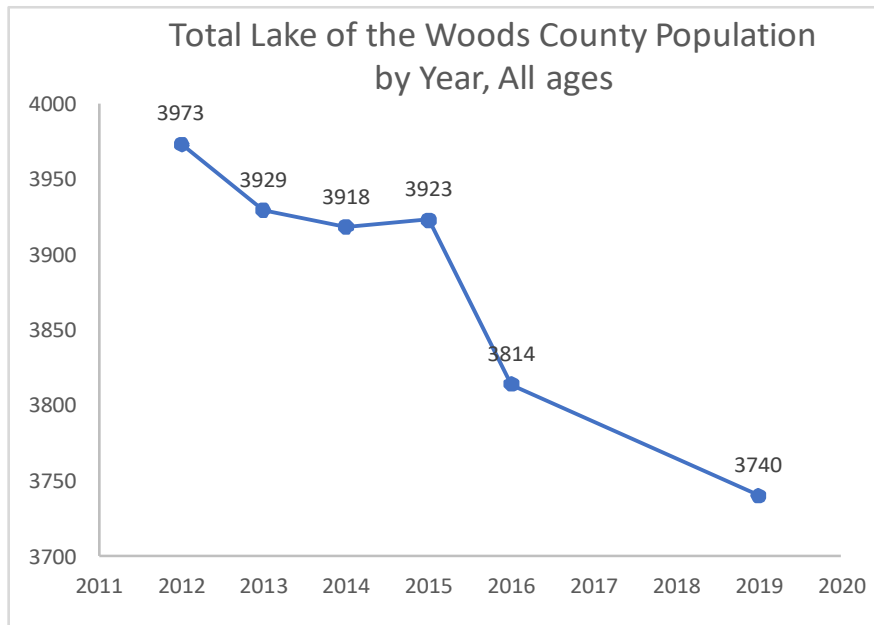
In 1823, the International Joint Boundary Commission established the border between Canada and the U.S. In 1885, the county got its first permanent settler, Wilhelm Zippel, a fisherman from Germany, who settled on the south shore. He was joined by Joe Beaudette, a trapper who would later give his name to the town of Baudette. In 1922, the residents voted to separate from Beltrami County and formed Lake of the Woods County.



## Community Definition

The US Census Bureau lists the 2019 population of our incorporated cities as: Baudette 1,030 residents and Williams 102.

According to the MDH, the 2019 Lake of the Woods County population is 3,740, which is a decrease of 4 residents since 2017.

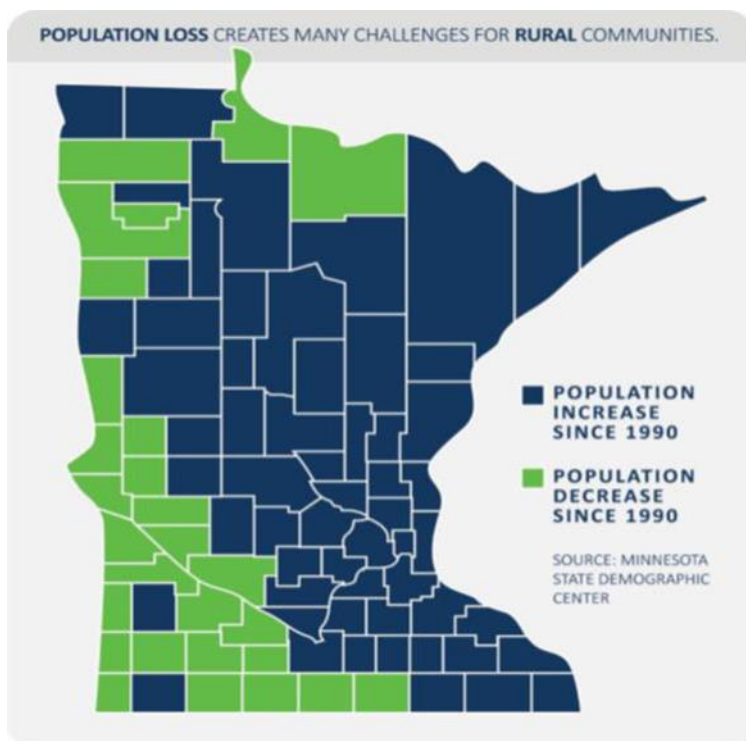


### NEEDS:

According to the Minnesota State Demographic Center, 60 of the 87 Minnesota counties will have a decline in population over the next decade. It is projected that Lake of the Woods County will lose more than one-third of its current residents.

In fact, our county is expected to have the largest decline of all 87 Minnesota counties (49.1%).

Source: Long-Term-Population-Projections-for-Minnesota-dec2020\_tcm36-457300.pdf



# Community Definition

## NEEDS:

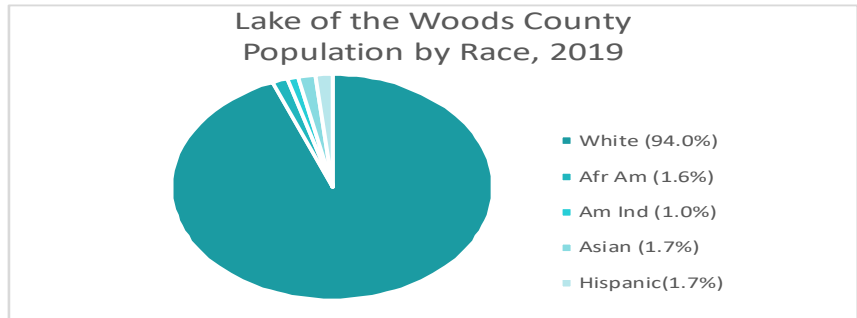
Much about Lake of the Woods County is changing. Once very demographically homogenous, our racial and ethnic diversity is slowly changing.

## ASSETS:

Growing racial, ethnic, and cultural diversity brings significant economic contributions and a richness of perspectives, skills, and experiences.

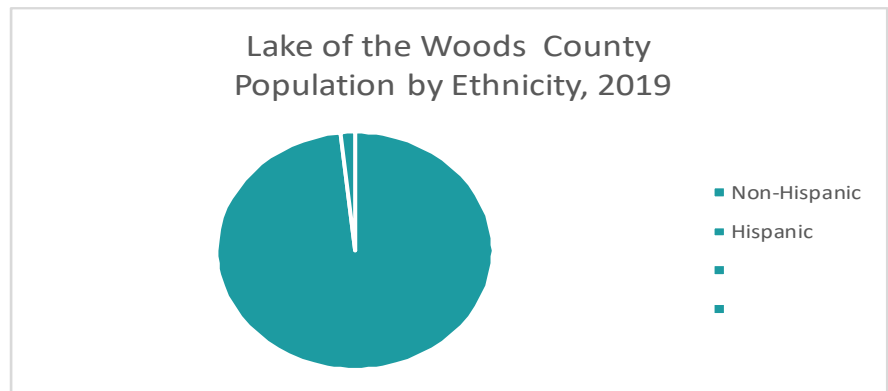
## Race and Ethnicity

The racial and ethnic distribution of the 3,740 Lake of the Woods County residents remains stable. The charts below illustrate the race and ethnicity distribution of the County Population in 2019.



*And our survey said....*

In our recent survey, 4.6% of the 109 respondents self-identified as a race other than white



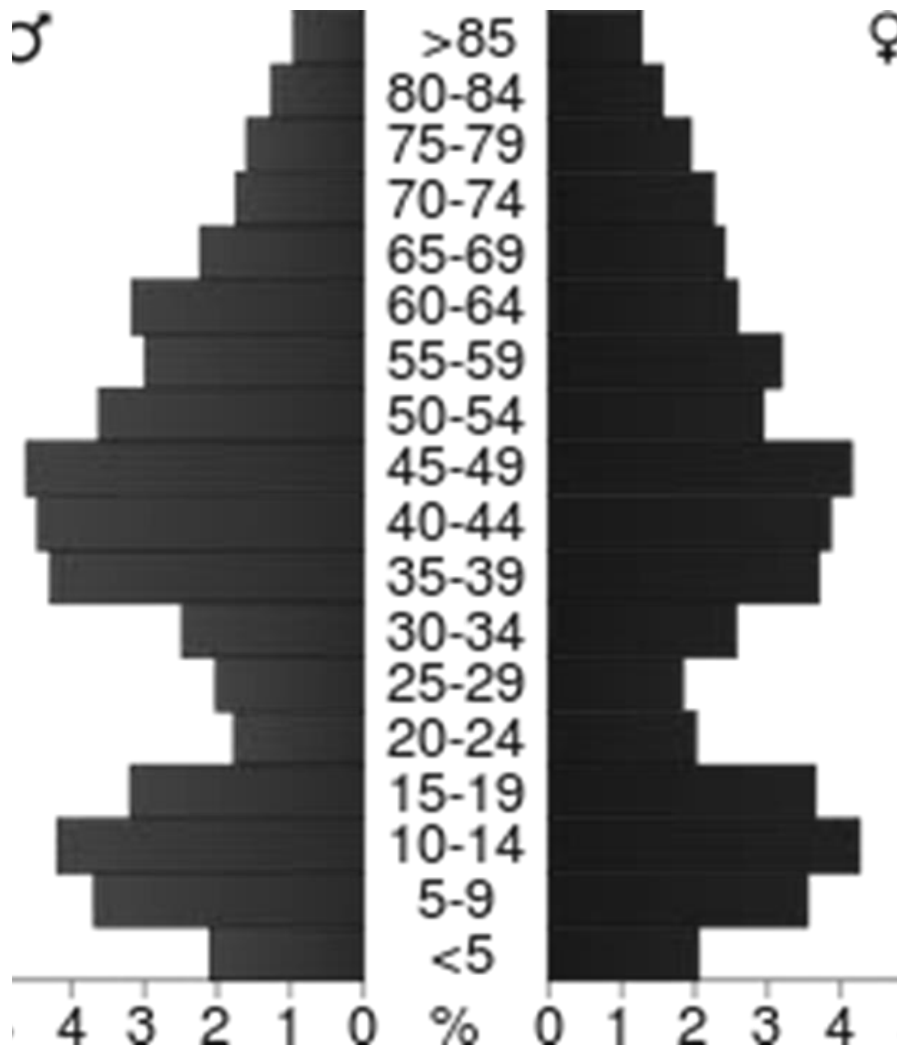
## More on our Population

According to the MDH, of the 3,740 residents in 2019:

- 4.8% (179) are children under the age of 5 (down 10 from 2017)
- 20.1% (751) are children under the age of 19 (down 4 since 2017)

*And our survey said....*

66.1% of the 2022 survey respondents (n=109) identified Day Care as a community need on our community survey .



The sex and age distribution chart shows that Lake of the Woods County has an aging population. This is true throughout Minnesota, but is especially true in the rural areas where the aging population is expected to grow more substantially than in the metro area.

It is predicted that 31.0% of the total population will be age 65 and over for Lake of the Woods County in the year 2035. (Center for Rural Policy and Development)

## Community Definition

According to MDH, of our 3,740 residents in 2019:

- 25.4 % (949) are 65 years of age and over (an increase of 55 since 2017)

### NEEDS:

Additional health care providers and services will be necessary to meet the needs of the aging population.

*And our survey said....*

30.3% of our 2022 survey respondents (n=109) self-identified to being over 65 years of age.

# Assessment Data and Findings

## NEEDS:

Lake of the Woods County residents and agencies need to be prepared for weather extremes, including blizzards and tornadoes.

Climate changes may affect health for our residents with increased heat episodes and increased insect populations.

## ASSETS:

Lake of the Woods County's mild springs, dry autumns, warm summers, and snowy winters bring tourists to the area to appreciate the changing seasonal opportunities, with summer vacations at the lake, spring fishing, winter snowshoeing, ice fishing, and fall hunting.



## Lake of the Woods County: Our Place

The natural beauty of the area and the climate brings tourists to our area to enjoy activities around Lake of the Woods and the Rainy River.

### Our Weather

The State of Minnesota typically has cold, snowy winters and hot, humid summers. Lake of the Woods County, as well as all of Northwest Minnesota, is subject to extreme weather conditions with long, frigid winters, where air temperatures and wind chill can drop below zero. The average snowfall is 37 inches. In the summer, temperatures hover around the high 70's, but can reach the 90s. The coldest temperature record in Minnesota is -60 degrees F; the warmest 114 degrees F.

Weather data for Minnesota show a trend toward increasing warmth and more frequent heavy downpours with four of the five warmest years on record occurring in the last ten years.

### How Do We Compare?

#### Physical Environment: Air Pollution-Particulate Matter

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
6.3	4.9	4.8	4.9	5.8

#### Drinking Water Violations

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
	No	No	No	Yes

SOURCE: University of Wisconsin, 2021

## Assessment Data And Findings

### Roads, Highways, and Transportation

Access throughout the county is achieved with three state highways (11, 72, and 172) providing 300 miles of roadways. There are also numerous county roads. The Baudette-Rainy River International Bridge connects Rainy River, Ontario, Canada with Baudette.

The nearest commercial airline is available in Bemidji, which is located 101 miles south. Baudette International Airport & Seaplane Base is a county-owned public-use airport located one mile north of Baudette. It is located on the Rainy River, which is the border between Minnesota in the U.S. and Ontario in Canada. It covers 364 acres and has one runway and a seaplane landing area.



Paul Bunyan Transit provides public transportation in Baudette with service to 172 (Lake Road), the Clementson area (six miles east of Baudette), and six miles south of Baudette. They also provide tickets for Jefferson Bus Lines in Bemidji.

The nearest Amtrak railroad station is located in Detroit Lakes, which is 190 miles southwest of Baudette. Ticket services are arranged on line at [www.amtrak.com](http://www.amtrak.com).

#### NEEDS:

Our Focus Group had concerns on obtaining necessary specialty care outside of our service area, in terms of distance, cost, availability, and affordability.

#### ASSETS:

We are fortunate to have improving transportation options within driving distance.

## Our Parks and Trails



Lake of the Woods County is home to portions of Big Bog State Recreational Center, which has been called Minnesota's last true wilderness. The two-part recreational area includes a 500 square-mile peat bog, the largest in the lower 48 states. A mile-long board walk provides a first hand look at the unique plants and animal life of this rare resource.

We are fortunate to have one State Park in our county: Zippel Bay State Park located 10 miles northwest of Williams, which offers six miles of trails.

There are five community parks in our county: Timber Mill Community Park, Willie Walleye Park, Peace Park, Williams Community Park, and Lady Slipper Park. Timber Mill Community Park is complete with baseball diamond, playground, and volleyball and horseshoe courts, and a skateboard park.

We also have several trails that traverse our county. There is a walking/biking trail that connects the city of Baudette with the Baudette Public School and Timber Mill Park. Zippel Bay State Park offers a six-mile trail and 11 miles of cross country skiing trails.

While there are no mountains near Lake of the Woods and even small hills are scarce, the area does offer several routes for mountain biking. The forest roads surrounding Faunce Star Forest campground about 13 miles south of Williams offers 30 miles of routes.



# Assessment Data and Findings

## The Opportunity for Health in Lake of the Woods County

Opportunities for health for Lake of the Woods County residents begin within their families, neighborhoods, worksites, and schools. This is where we live, play, work, and learn.



### How Do We Compare in the 87 Minnesota Counties?

#### Health Outcomes

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
NA	84	77	25	45

#### Health Factors

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
NA	78	76	52	38

#### Health Behaviors

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
NA	82	69	32	36

SOURCE: University of Wisconsin, 2021

## Education and Employment

Health and learning are closely connected, and education is an important predictor of health because it both shapes and reflects multiple factors that affect people's life choices. There is one school district in our county. Lake of the Woods Public School District ISD 390 had a K-12 enrollment of 451 in 2021-22. Preschool and Early Childhood programs are also housed at the school. There are also private and home-school opportunities in Lake of the Woods County.

### ASSETS:

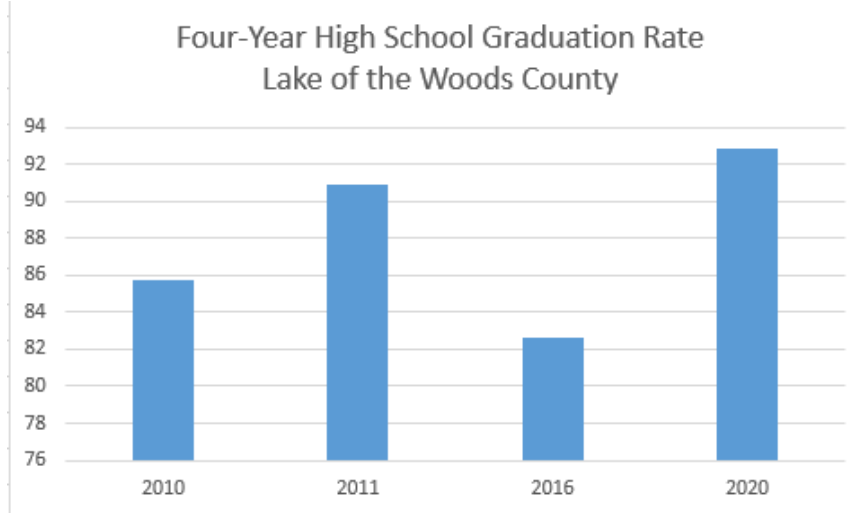
As we explore the opportunity for health, the chart on the left compares our ranking for overall Health Outcomes, Health Factors, and Health Behaviors for Lake of the Woods County with our three surrounding counties.

We rank in the upper third to half of all Minnesota Counties for the Health Outcomes, Health Factors, and Health Behaviors in the University of Wisconsin County Health Rankings.

# Assessment Data and Findings

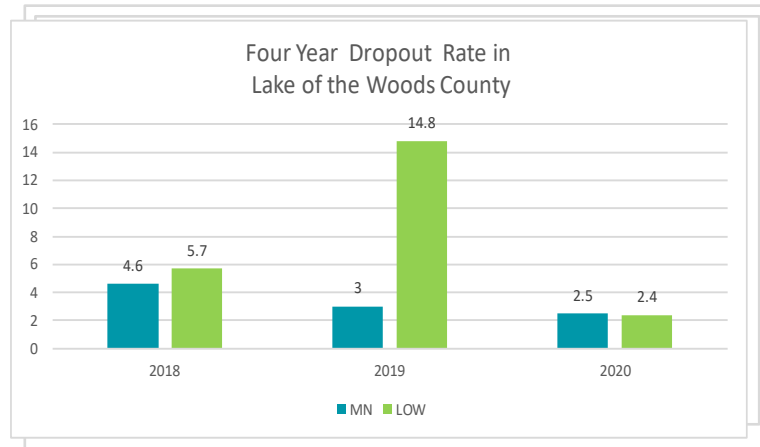
## And our survey said....

30.3% of our 2022 survey respondents (n=109) reported having less than a high school education.



The Four-Year Graduation Rate is a four-year, on-time graduation rate based on a cohort of first time ninth grade students plus transfers into the cohort within the four-year period minus transfers out of the cohort within the four-year period. The Four-Year Graduation Rate is aligned to the National Center for Education Statistics Exclusion-Adjusted Cohort Graduation Indicator.

Source: <https://datacenter.kidscount.org/Minnesota>



Source: <https://datacenter.kidscount.org/Minnesota>

### How Do We Compare?

#### Social & Economic Factors: High School Graduation

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
93%	92%	92%	93%	93%

#### Social & Economic Factors: Some College

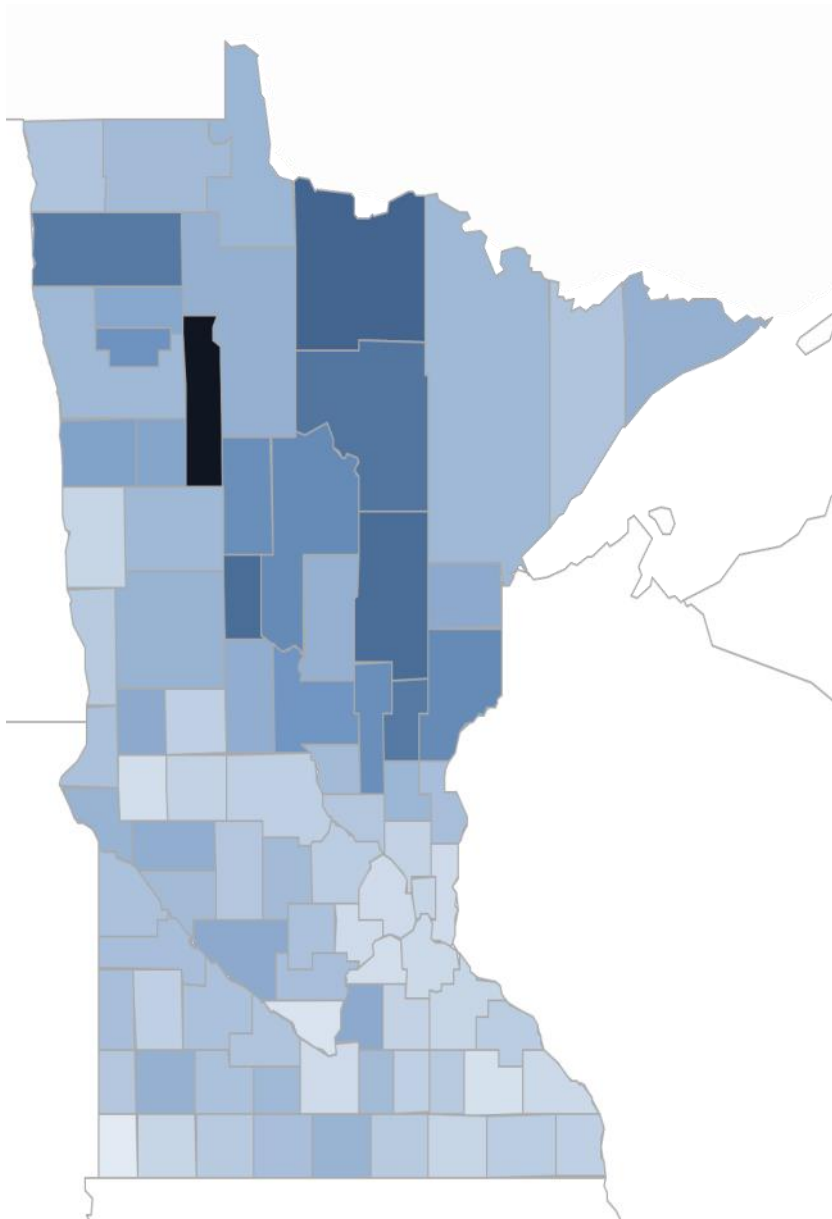
MN	Beltrami	Koochiching	Lake of the Woods	Roseau
75%	69%	67%	52%	67%

## Assessment Data and Findings



*And our survey said...*

Lack of workers in our community was identified in our client survey as a concern.



Education is a gateway to employment, which is a source of income and health insurance for residents. The chart above shows the Average Annual Unemployment in Minnesota, 2021.

The increasing blue color represents increased unemployment rates.

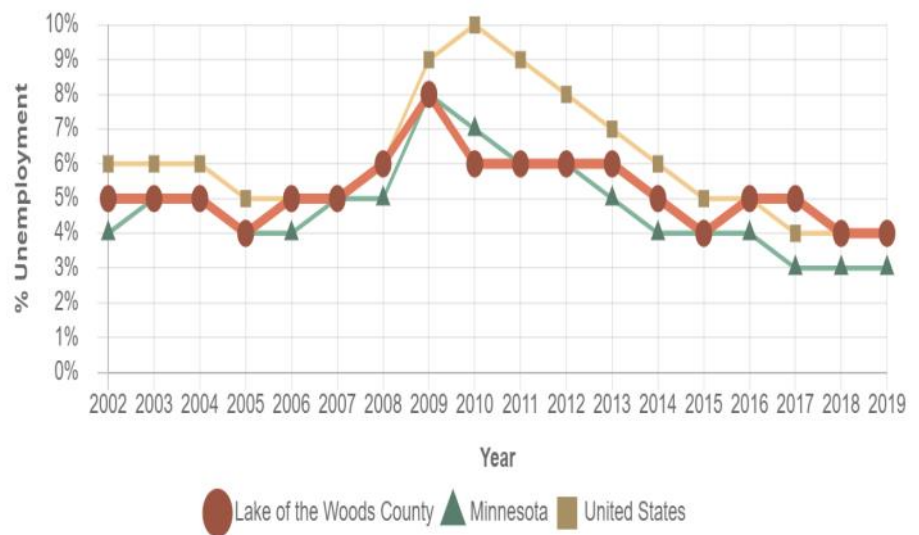
Light blue to dark blue indicates worsening unemployment rates.

# Assessment Data and Findings



## Unemployment in Lake of the Woods County, MN County, State and National Trends

No significant trend was found in Lake of the Woods County for this measure.



### How Do We Compare?

#### Social & Economic Factors: Unemployment

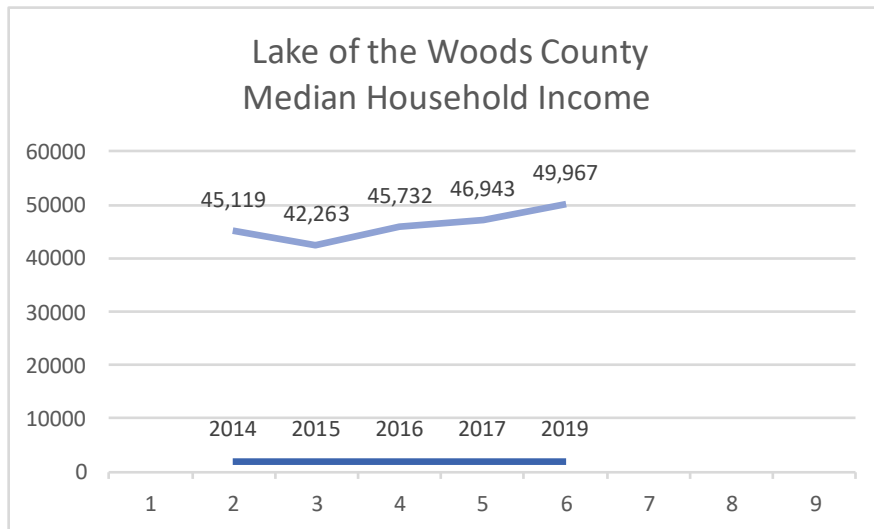
MN	Beltrami	Koochiching	Lake of the Woods	Roseau
3.2%	4.3%	6.4%	4.1%	3.9%

# Assessment Data and Findings

## Income

Employment is important, yet income involves more than money earned from a job. According to MDH, it also includes assets and access to a variety of economic resources.

A Median Household Income (MHI) is simply the amount that divides the income distribution into two equal groups, half having income above that amount and half having income below that amount. In 2019 the Minnesota MHI was \$71,306 while the Lake of the Woods County MHI was \$49,967.



*2021 Income inequality in Lake of the Woods County is rated at..... 4.2.*

Income inequality is the ratio of household income at the 80th percentile to income at the 20th percentile. According to the County Health Rankings, the Minnesota ratio is 4.3 with the overall range in Minnesota being 3.2-5.3.

### NEEDS:

Poverty, often resulting from lack of income, is linked to health in many ways. It limits choices in education, employment, and living conditions, among other things.

*And our survey said....*

31.2% of our 2022 survey respondents (n=109) replied to having an income less than \$49,900 annual salary, which is the median income of Lake of the Woods County..

# Assessment Data and Findings



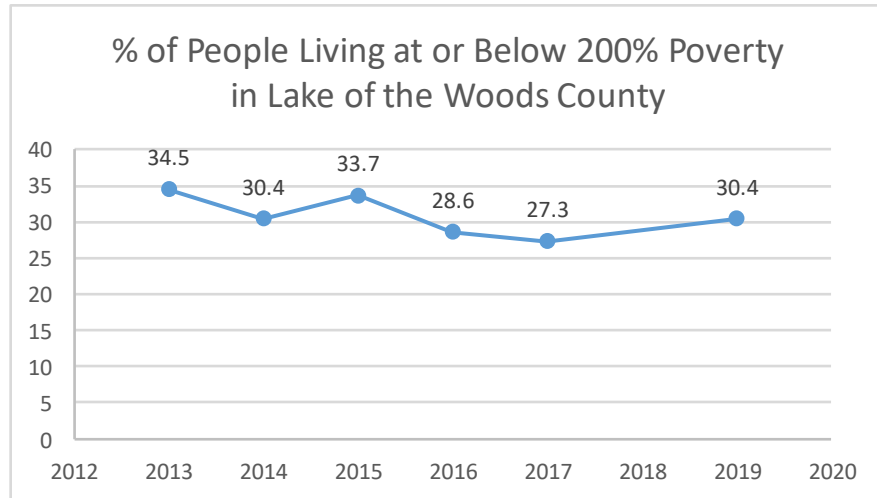
## NEEDS:

Lake of the Woods County is designated as a Medically Underserved Area in Primary Care for the Low Income population.

Source: <https://data.hrsa.gov/tools/shortage-area/mua-find>

## Poverty

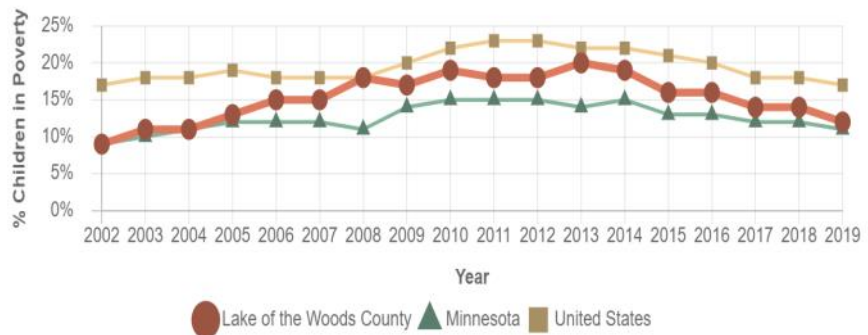
Poverty, often resulting from limited income or lack of income, is linked to health in several ways; it limits choices and it limits access to safe places to live, work and play, and places to buy healthy foods.



## Children in Poverty

### Children in poverty in Lake of the Woods County, MN County, State and National Trends

The long term trend in Lake of the Woods County is getting worse for this measure. However, in recent years the trend has improved.



Notes: Prior to 2005, children in poverty was based on the Current Population Survey; beginning in 2005, it was based on the American Community Survey.

## How Do We Compare?

### Social & Economic Factors: Children in Poverty

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
11%	15%	23%	20%	15%

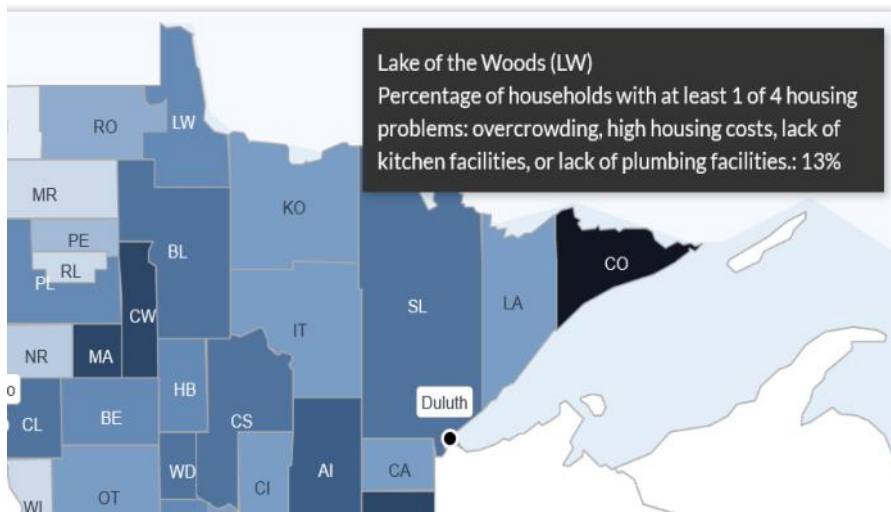


# Assessment Data and Findings

## Housing and Home Ownership

As part of the building environment, housing is a key factor for health. Older housing in particular can present threats to health, such as lead-based paint.

Home ownership gives the occupants more control over their living environment and can be a source of financial stability as an asset in time of need.



Source: U of Wisconsin County Health Rankings, 2021

### Lake of the Woods County Housing Facts (U.S. Census Bureau, 2017)

Housing Units, 2013-17	3,781
Homeownership rate, 2013-17	81.6%
Median selected monthly owner costs with a mortgage, 2013-17	\$995
Median value of owner-occupied housing units, 2013-17	\$128,400
Households, 2013-17	1,533



*And our survey said...*

Affordable Housing was one of the top five issues of greatest concern for our county in our 2022 Community Health survey.

## Assessment Data and Findings

### Health and the Housing Connection

#### Lead

Lake of the Woods County residents are exposed to lead in homes and in certain occupations. The older a home is, the more likely to contain lead-based paints. It is estimated that 13.2% of our homes were built in 1949 or earlier. Lead-based paints were phased out of use in the 1950's and fully banned by 1978. Younger children who spend time in homes with chipping or peeling paint built before 1978 are at greatest risk.

In 2019, 9.6% of the children under 6 years of age were tested for lead annually, and none were found to have elevated blood levels.

#### Radon

It is estimated that two of five Minnesota homes have high radon levels due to its unique geology and cold climates. Radon gives off radioactive particles that, when breathed in can damage the lining of the lungs.

From 2010-2020, 5.5 per 10,000 housing units were tested in our county, and 35.3% had test results equal to or greater than 4pCi/L (picocuries per liter). While there is no known safe level of radon, the EPA recommends this be addressed if the level is 4 pCi/L.

# Assessment Data and Findings



## Social Connectedness

People at all stages of life need social connection for optimum health.

## Single-Parent Families

Overall, the proportion of Minnesota children living in families with single parents has been slowly growing over the past decade. In 2019, 35.6% of our children under the age of 18 are living in single parent headed households.

## Growing Older

Social Connectedness is a challenge for the aging. Approximately 12% of households had residents who were 65 and older and living by themselves in 2010. People living alone are 25% more likely to experience loneliness and almost a 20% chance of having no one to care for them if they become ill or disabled.

### NEEDS:

Both adults and children in households with a single parent are at greater risk for adverse health.

### How Do We Compare?

#### Social & Economic Factors: Social Associations

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
12.9	12.4	15.3	31.9	15.8

#### Social & Economic Factors: Children in Single-parent Households

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
20%	33%	30%	33%	15%

# Assessment Data and Findings



## Our Students

### ASSETS:

Our youth actively participate in school, faith based, and community work activities.

### Lake of the Woods County Student Survey

**2019**

**Spend one day a week attending church-related activities (9th graders)**

**11%**

**Spend one day a week or more in a school sport team (9th graders)**

**68%**

SOURCE: Minnesota Student Survey, 2019

## Assessment Data and Findings

### Community and Personal Safety

The same factors that influence where people live and the opportunity they have to be healthy are also linked to the experience of violence. The following chart displays the rate of serious crime in Minnesota.



#### NEEDS:

Violence and crime affect health in multiple ways. Individuals who experience crime, as well as those who witness or hear about it, experience a range of effects from a delay in cognitive development for children to poor mental health.

#### ASSETS:

Protective factors like the involvement of caring friends and adults moderate the effects of negative life experiences and improve the opportunity for positive health outcomes.



# Assessment Data and Findings

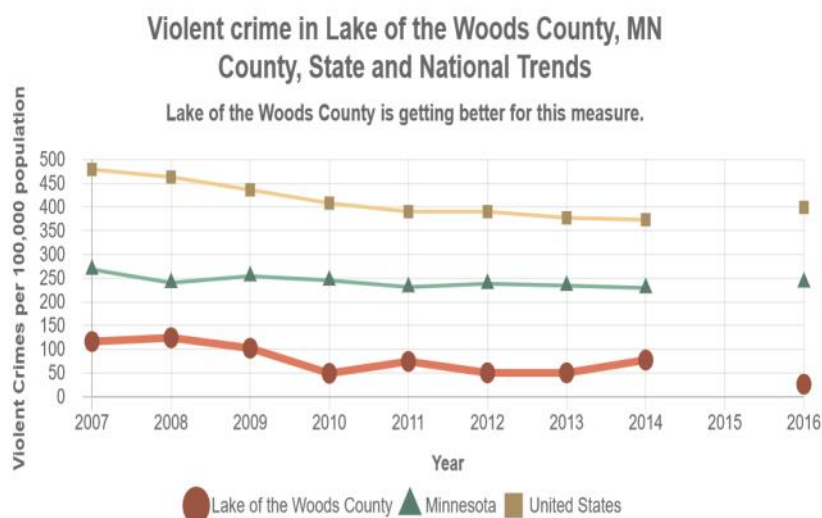


## NEEDS:

In the 2019 Minnesota Student Survey, 61.1% of all 9th graders reported having one or more Adverse Childhood Experiences (ACE'S). ACE'S are described as a traumatic experience in a person's life occurring before age 18.

- In 2019, there were 34 unique children (ages 0-17) named as subjects of maltreatment in Lake of the Woods County. There were 34 family assessments completed for possible neglect, physical or sexual abuse or mental injury.
- In 2019, Lake of the Woods County had 11 unique children (0-17 years old) in out-of-home care, which is 15.4 children per 1,000. (MN =11.2 children per 1,000).

In the chart below, Violent & Property Crime rate is defined as the number of violent & property crimes reported per 100,000 population. They are offenses that involved face-to-face confrontation between victim and the perpetrator, including homicide and robbery as well as property crimes.



Notes:  
2015 data is unavailable for all counties and states.

## How Do We Compare?

### Social & Economic Factors: Violent Crime

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
236	257	127	51	10



# Assessment Data and Findings

## Our Students

### Lake of the Woods County Student Survey Results 9th Graders

	2019
Strongly agreed or agreed to feeling safe in school	97%
Reported that a student threatened to beat them up in the past 30 days, 1x a week or more	8%
Was bullied through email, chatrooms, IM, websites or texting within past 30 days	21%
Has a parent or other adult in your household ever hit, beat, kicked, or physically hurt you in any way	14%
Ever been in a casual or serious relationship who physically hurt you on purpose	5%
Can talk to their parents when having a problem	82%
Ever forced to have sex or do something sexual when they did not want to	8%

#### ASSETS:

84% of 9th graders reported that their parents cared “very much” or “quite a bit” about them in the 2019 MN Student survey.

SOURCE: Minnesota Student Survey County Tables 2019

# Assessment Data and Findings



■  
A TOP RECURRING  
THEME BROUGHT  
FORWARD BY THE  
COMMUNITY NEEDS  
FOCUS GROUP AND  
CLIENT SURVEY

~  
Limited Health  
Care Providers

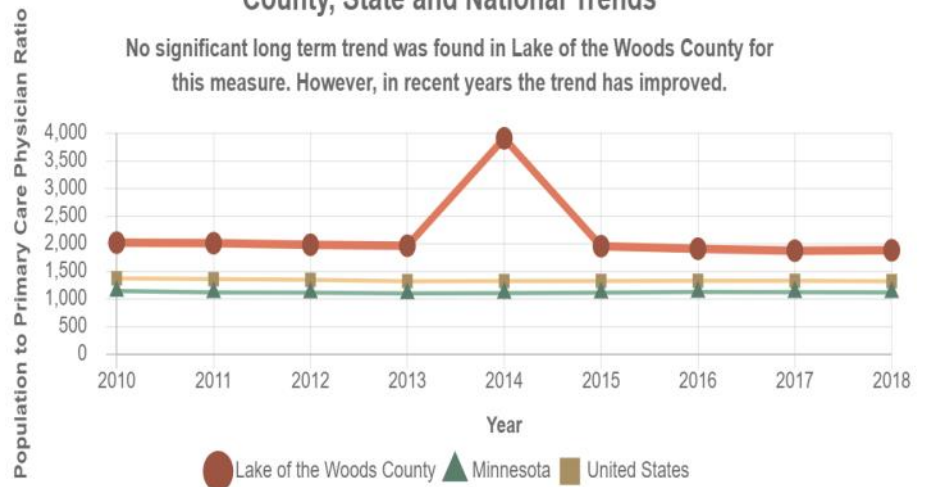
## Access to Health Care

### Physicians in Lake of the Woods County

Access to care requires not only financial coverage, but also access to providers. Sufficient availability of primary care physicians is essential for preventive and primary care, and when needed, referrals to appropriate specialty care.

The table below shows the number of Primary Care Physicians. It is the ratio of the population to primary care physicians. The ratio represents the number of individuals served by one physician in the county if the population was equally distributed across physicians.

Primary care physicians in Lake of the Woods County, MN  
County, State and National Trends



Notes:  
The data in this table reflect the average population served by a single primary care physician.

*And our survey said....*

Limited health care providers was rated as the #1 greatest need or concern for our community in our 2022 Community Health Survey.

## Assessment Data and Findings

Several factors shape the opportunity for health in Lake of the Woods County—education, employment, and transportation, for example. The same factors also affect access to health care. The health care workforce that carries out our routine and preventive care primarily consists of primary care physicians, mid-level practitioners, and dentists.

CHI LakeWood Health is a 15-bed Critical Access Hospital that includes a rural health clinic. Our Clinic and our Public Health department offers child and teen check-ups, which are health screenings to public program enrollees from birth through age 20.

Lake of the Woods County is designated as a Health Professional Shortage Area for the Disciplines of Primary Care, Mental Health, and Dental Care.

Source: <http://www.hrsa.gov/tools/shortage-area/hpsa-find>

*And our survey said...*

34.9% of our 2022 survey respondents (n=109) replied yes to delaying their medical care. Of those that replied yes, 40.9% stated the delay was due to not being able to get an appointment, and 24.3% thought it was not serious enough, and 18.9% stated it was because of the cost.

### How Do We Compare?

#### Clinical Care

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
NA	68	71	73	76

#### Clinical Care: Primary Care Physicians

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
1,120:1	1,090:1	3,110:1	1,880:1	1,680:1

#### Clinical Care: Preventable Hospital Stays

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
5,826	7,106	5,157	4,965	9,799

#### Clinical Care: Mammography Screening

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
45%	49%	46%	36%	49%

SOURCE: University of Wisconsin, 2021

# Assessment Data and Findings

## NEEDS:

Ten percent of Minnesota’s population resides in northwestern Minnesota, but the region hosts only 6 percent of the state’s primary care physicians and 8 percent of the dentists.

## ASSETS:

We have dentists in surrounding counties who do accept patients enrolled in public-funded health care programs.

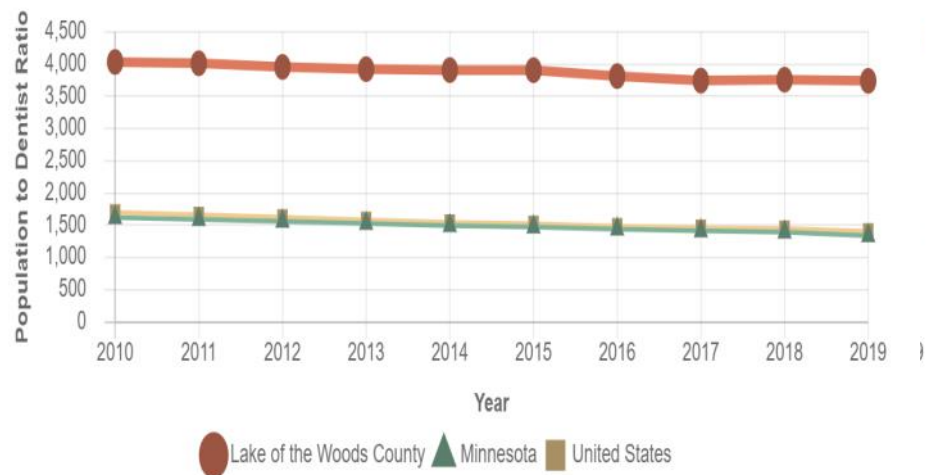
## Dental Providers in Lake of the Woods County

Untreated dental disease can lead to serious health effects including pain, infection, and tooth loss. Although lack of sufficient providers is only one barrier to accessing oral health care, much of the country suffers from shortages.

There is not a Dental practice in Lake of the Woods County.

Dentists in Lake of the Woods County, MN  
County, State and National Trends

Lake of the Woods County is getting better for this measure.



Notes:  
The data in this table reflect the average population served by a single dentist.

*And our survey said.....*

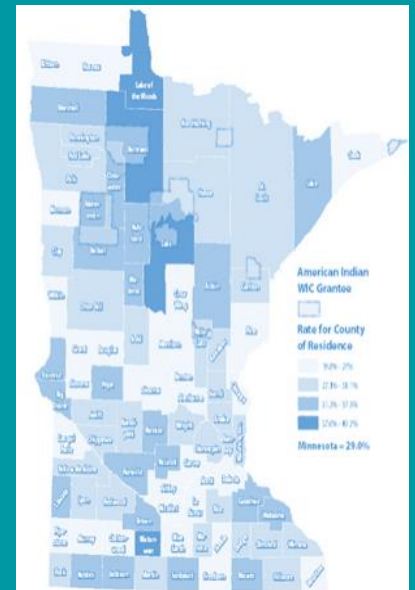
“We need more intensive measures to provide health care providers to this area.”

# Assessment Data and Findings

## Access to Nutrition Information

### Women, Infants, and Children (WIC) Program

The Lake of the Woods County WIC program provides nutrition education and food vouchers to income-eligible residents including infants and children to age 5 as well as pregnant, post-partum, and breastfeeding mothers.



### How Do We Compare? Food Environment Index

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
8.9	7.9	6.7	8.2	8.6



## Insurance Coverage

Health care coverage is provided through a system of multiple health insurances. In Minnesota, more than half receive coverage from an employer, and a third are covered by public programs.

In Lake of the Woods County, the 2019 average monthly enrollment for all families and children in Minnesota Medical Assistance is 574 and 29 in MinnesotaCare.

The 2019 average monthly enrollment for Adults with no kids is 145 for Medical Assistance and 58 for MinnesotaCare.

The Minnesota Department of Health reported 5.8% of the population in Lake of the Woods County is uninsured, compared to 5.1% of all Minnesotans. (2018)

There are a total of 959 residents enrolled in a Public Program, which is 25% of the total population.

### *And our survey said....*

0.01% of our 2022 (n=109) survey respondents replied they did not have medical insurance. 12.8% of our respondents replied they had medical assistance or are on a pre-paid medical assistance program.

## How Do We Compare?

### Clinical Care: Uninsured Adults

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
5%	9%	7%	6%	5%

Source: University of Wisconsin, 2021.



# Assessment Data and Findings

## Healthy Living in Lake of the Woods County

Lake of the Woods County	2017	2019
<b>Nativity (birth rate)</b>		
<b>Number of births</b>	<b>34</b>	<b>42</b>
<b>Birth rate per 1,000 population</b>	<b>9.1</b>	<b>11.2</b>
<b>Low birth weight Less than 5 pounds, 8 ounces</b>	<b>2</b>	<b>2</b>
<b>Premature births less than 37 weeks gestation</b>	<b>2</b>	<b>2</b>
<b>Received prenatal care in the first trimester</b>	<b>79.5%</b>	<b>83.3%</b>
<b>Births to unmarried women</b>	<b>17</b>	<b>15</b>
<b>Number of infant deaths by birth year</b>	<b>0</b>	<b>9</b>
<b>Teen birth rate per 1,000</b>	<b>Less than 20 events</b>	<b>Less than 20 events</b>

In 2017, 73.5% of the infants enrolled in the Lake of the Woods County Women, Infants, and Children (WIC) program were ever breastfed.

### How Do We Compare?

#### Health Outcomes: Low Birth Weight

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
7%	6%	7%	4%	6%

### How Do We Compare?

#### Health Behaviors: Teen Birth Rate

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
13	31	14	19	16

SOURCE: University of Wisconsin, 2021

# Assessment Data and Findings

## Physical Activity and Eating Habits Our Students



### Lake of the Woods County Student Survey Results 9th Graders

		2019
How many minutes were you active for at least 5 of the past seven days.?	60 minutes	26%
Have you had to skip a meal because not enough money to buy food?		3%
At the present time, do you think you are overweight or obese?		30%
Consumed fruit at least once in The past 7 days		87%

SOURCE: Minnesota Student Survey 2019

### How Do We Compare?

#### Health Outcomes: Poor or Fair Health

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
13%	17%	16%	15%	13%

#### Health Outcomes: Poor Physical Health Days

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
3.1	4.1	3.9	3.6	3.4

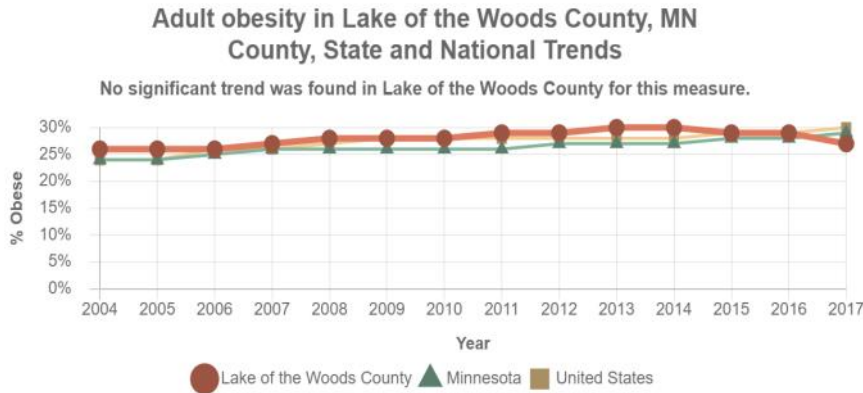
The 2021 County Rankings defines Poor Physical Health days as the average number of physically unhealthy days reported in the past 30 days (age adjusted) as cited in the Behavioral Risk Factor Surveillance System.

SOURCE: University of Wisconsin, 2021

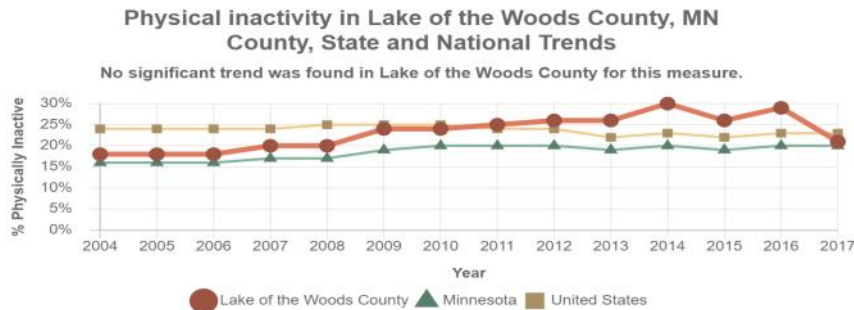
# Assessment Data and Findings

## Our Adults

### Weight and Physical Activity in Adults



Notes:  
 Each year represents a 3-year average around the middle year (e.g. 2015 is the middle year of 2014-2016).  
 Starting with the 2011 data, a new BRFSS methodology was introduced that included cell phone users. Data from prior years should only be compared with caution.



Notes:  
 Each year represents a 3-year average around the middle year (e.g. 2015 is the middle year of 2014-2016).  
 Starting with the 2011 data, a new BRFSS methodology was introduced that included cell phone users. Data from prior years should only be compared with caution.

*And our survey said....*

Nearly 50% of the 2022 survey respondents (n=109) self-reported being told by a health professional they are overweight.

### How Do We Compare?

#### Health Behaviors: Adult Obesity

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
29%	34%	33%	27%	37%

#### Health Behaviors: Physical Inactivity

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
20%	23%	28%	21%	25%

SOURCE: University of Wisconsin, 2021



Weather is noted as the greatest reason for lack of physical activity, followed by not having enough time by our residents who completed our 2022 survey.

## Alcohol, Tobacco, and Drugs

### Lake of the Woods County Student Survey-9th Graders

	<b>2019</b>
Engaged in binge drinking (5 or more drinks) on 10 or more occasions the past year	0%
Did not use any cigarette in the past 30 days	97.3%
Did not use any alcohol and/or other drug use the past year	81.1%
Has not used any chewing tobacco, snuff , or dip, past 30 days	97%
Any use of e-cigarette in past 30 days	11%
Used marijuana in the past 30 days	5%
Taken your own or someone else's ADHD (Ritalin) to get high in the past 12 months	5%
Do you feel your parents feel it is wrong or very wrong for you to vape or use e-cigarettes?	79%
On how many occasions have you used the Oxytocin/Percocet drugs without a doctor's Rx or differently than the doctor told you to use it?	3%

SOURCE: Minnesota Student Survey ,2019



# Assessment Data and Findings



A TOP RECURRING  
THEME BROUGHT  
FORWARD BY NEED BY  
THE CLIENT NEED  
SURVEY AND THE  
COMMUNITY FOCUS  
GROUP



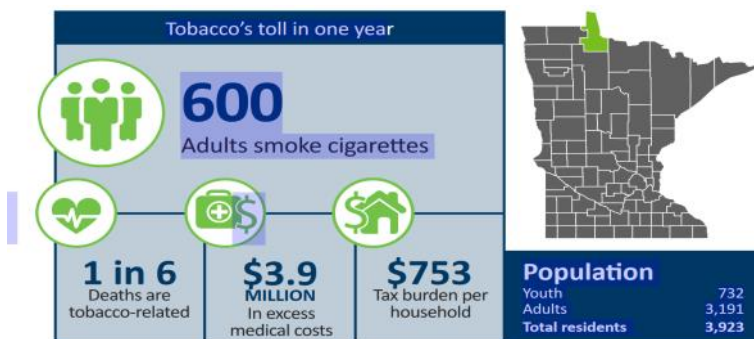
Substance Abuse

## Our Adults-Changes in Health Behaviors

### Alcohol Abuse in Minnesota

Excessive alcohol use can result in harms such as motor vehicle injuries, violence, heart disease, cancer, alcohol poisoning, and poor birth outcomes. Excessive alcohol use cost \$3.9 billion in Minnesota in 2010.

### Tobacco Use in Lake of the Woods County



## How Do We Compare?

### Health Factors: Rankings of Social, & Economic Factors

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
N/A	81	84	66	22

### Health Factors: Adult Smoking

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
16%	22%	21%	21%	20%

### Health Factors: Excessive Drinking

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
23%	25%	24%	23%	23%

SOURCE: University of Wisconsin, 2021

# Assessment Data and Findings



■  
**A TOP RECURRING  
 THEME BROUGHT FOR-  
 WARD BY NEED BY THE  
 CLIENT NEED SURVEY  
 AND THE COMMUNITY  
 FOCUS GROUP**  
 ~  
**Mental Health**

## Promoting Mental Health Our Students

### Lake of the Woods County Student Survey 9th Graders

**2019**

Have ever ran away from home during the last 12 months	5%
Feel your parents care about you “quite a bit” or “very much”	84%
Feel other adults in their community care about them “quite a bit” or “very much”,	29%
Can talk to their parent or guardian about problems they are having	82%
Have done something to purposely hurt or injure themselves without wanting to die in the past 12 months.	24%
Felt down, depressed, or hopeless several days to nearly every day during the past two weeks	51%
Ever thought about killing themselves	33%
Ever tried to kill themselves	17%

Source: Minnesota Student Survey, 2019

### How Do We Compare?

#### Heath Outcomes: Poor Mental Health Days

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
3.5	4.0	3.9	3.9	3.8

Average # of mentally unhealthy days reported in last 30 days (age-adjusted).

SOURCE: University of Wisconsin, 2021



## Acute and Chronic Diseases and Injury

Cancer and Heart Disease have been the leading causes of death in Lake of the Woods County and Minnesota for decades.

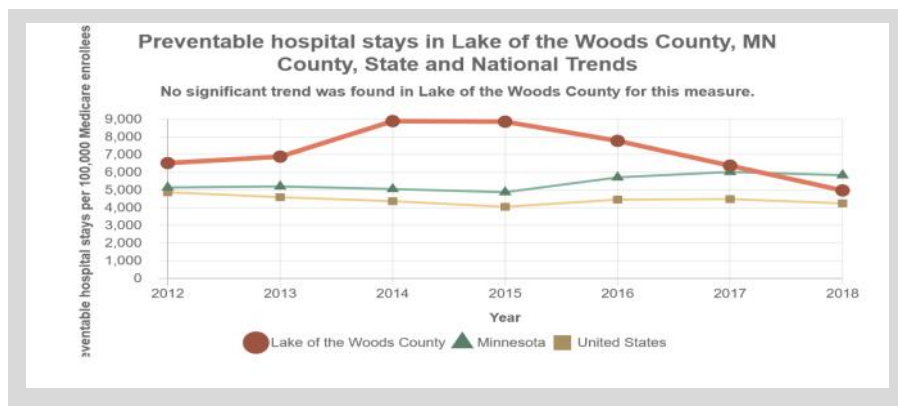
### Lake of the Woods County: The Five Leading Causes of Death, 2019

- Heart Disease
- Cancer
- Unintentional Injury
- Chronic Lung/Respiratory Disease
- Alzheimers

The Heart Attack hospitalization rate nationwide from 2016-2018 for ages 35 and older is 41.7 per 10,000. The Minnesota rate is 26.4.

### Lake of the Woods County: Diabetes

According to the 2021 University of Wisconsin County Health Rankings, 13% of Lake of the Woods County Adults aged 20 and above have been diagnosed with Diabetes, as compared to 9% of Minnesotans.



### ASSETS:

Cancer prevention efforts and screenings remain a priority for our residents.

## Acute and Chronic Diseases and Injuries

### Unintentional Injuries

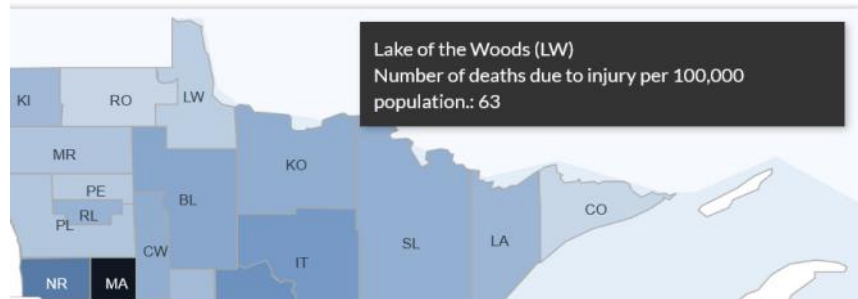


Injuries are one of the leading causes of death in the US. Unintentional injuries were the third leading cause, and intentional injuries the 10th leading cause of US mortality in 2017. The leading causes of death in 2017 among unintentional injuries, respectively, were: poisoning, motor vehicle traffic deaths, and falls. Among intentional injuries, the leading causes of death in 2017, respectively, were: firearm suicides, suffocation suicides, and firearm homicides.

#### NEEDS:

Falls in all age groups are a leading cause of not only death, but also of injury for our residents.

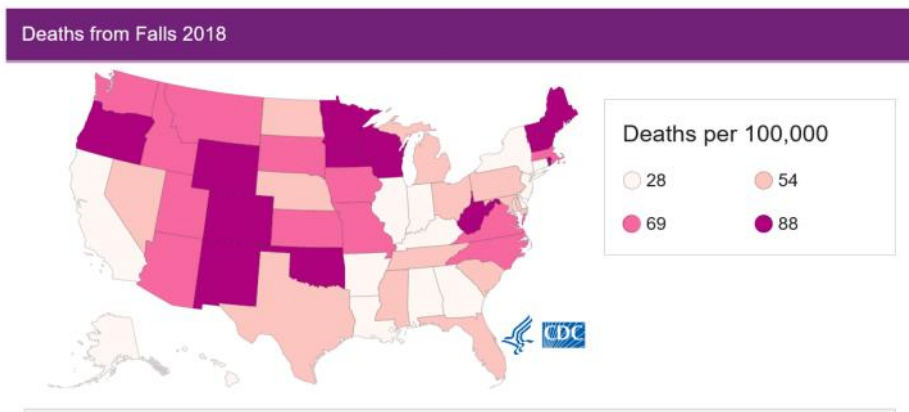
32.1% of our 2022 survey respondents (n=109) replied they were somewhat or very concerned about falling.



Source: University of Wisconsin County Health Rankings, 2021

### Falls in Older Adults

Falls are a threat to the health of older adults and can reduce their ability to remain independent. According to the CDC, falls among adults 65 and older caused over 34,000 deaths in 2019, making it the leading cause of injury death for that group. Minnesota ranks fourth highest in the nation for fall-related deaths among older adults 65 and older with a fall rate of 26.1%

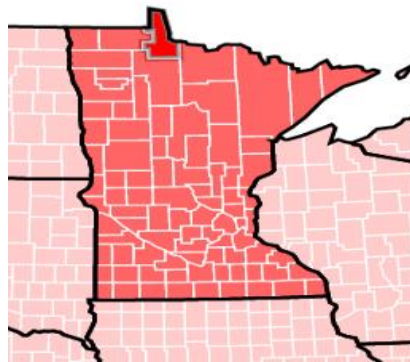


# Assessment Data and Findings

## Acute and Chronic Diseases and Injury

### Coronavirus Disease 2019 (COVID-19)

COVID-19 is an infectious respiratory disease caused by a coronavirus not found in people before. MDH acknowledges they are still learning the ongoing incidence of Covid-19, yet one fact has remained consistent: anyone of any age can get the disease. Some people may get sicker than others. People who have COVID-19 can give it to others, even if they do not feel sick.



According to the CDC, Lake of the Woods County continues to be designated at a high level of transmissibility on February 23, 2022.

	February 23, 2022
Cases	<10
Case Rate per 100k	suppressed
% Positivity	N/A
Deaths	0
% of population $\geq$ 5 years of age fully vaccinated	57.4%
New Hospital Admissions	0

#### *And our survey said....*

15.6% of our 2022 survey respondents (n=109) replied to not being fully vaccinated for COVID. Of those non-vaccinated, 47% identified having an allergy or other health concern and the fear of the vaccine for not receiving the vaccine.



#### **ASSETS:**

Our Public Health Department is a valuable resource for COVID-19 Information, education, and vaccinations.

# Assessment Data and Findings

## NEEDS:

The Lake of the Woods County School Immunization rates have fallen below the Minnesota rates and have shown decline over the past five years.

## How Do We Compare?

### Health Behaviors: Sexually Transmitted Infections

Minnesota	422
Beltrami	470
Koochiching	199
Lake of the Woods	187
Roseau	111

SOURCE: University of Wisconsin, 2021

## Infectious and Vaccine Preventable Diseases

### Number of Cases of other Selected Diseases Reported in Lake of the Woods County, 2018

Campylobacteriosis	1	Giardiasis	1
Lymes Disease	0	Human Anaplasmosis	1
West Nile	0	Influenza In Hospital	2
Chlamydia	7	Tuberculosis	0

### Number of Cases of Vaccine-Preventable Diseases Morbidity in Lake of the Woods County, 2017

Mumps	0	Pertussis	0
Hepatitis A	0	Hepatitis C	1

## Childhood Immunizations

In 2021, 59.0 % of Lake of the Woods County children age 24-35 months are up-to-date for the recommended vaccine series, as compared to 63.2% of all Minnesota Children.

In 2020, 11.1% of Lake of the Woods County Adolescents age 13 and older are fully vaccinated, as compared to 26.5% of all Minnesota adolescents.

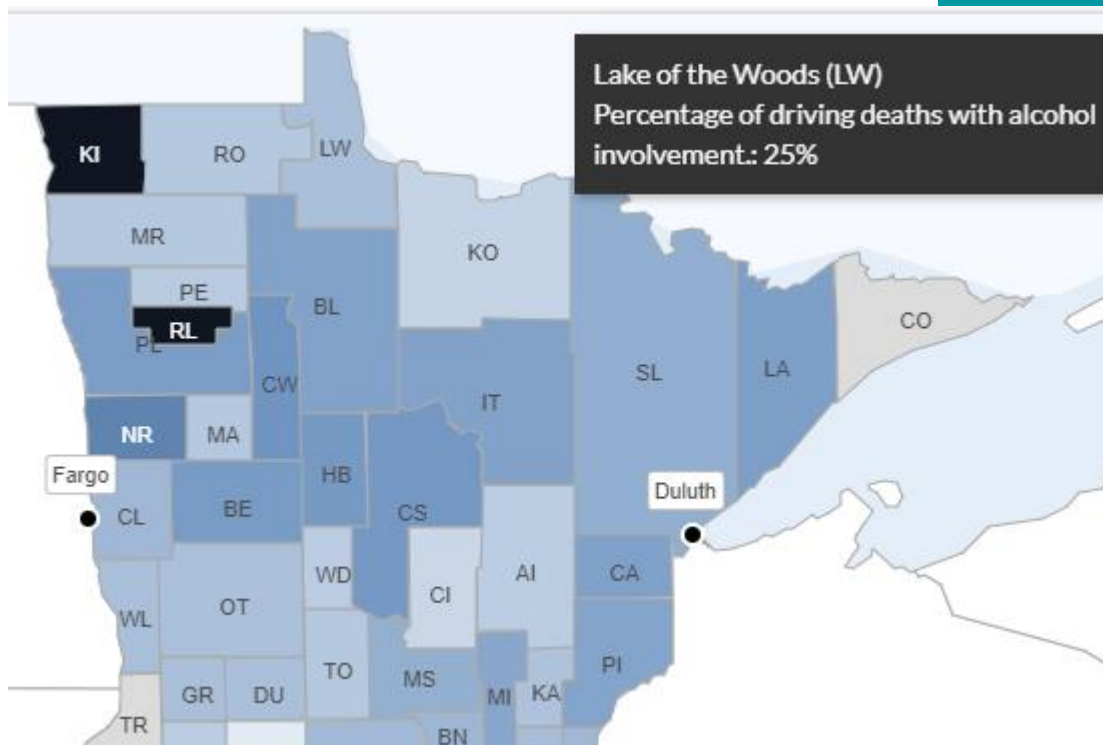
## Influenza Vaccinations

According to the 2021 University of Wisconsin County Health Rankings, 20.0% of the fee-for-service Medicare enrollees in Lake of the Woods County received their annual influenza vaccination, as compared to 50% overall rate in Minnesota.

## Alcohol-Impaired Driving

There were 32 DWI convictions in Lake of the Woods County in 2020. Of the 5 vehicular crashes in 2020, none resulted in an Alcohol-Impaired driving death. In the graphic below the increasing darker shades means a higher percentage of driving deaths with alcohol involvement.

Sources: Department of Public Safety, MN Crash Facts 2020



Source: University of Wisconsin, 2021

### How Do We Compare?

#### Health Behaviors: Alcohol Impaired Driving Deaths (2015-2019)

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
30%	42%	13%	25%	20%

Source: University of Wisconsin, 2021

# Assessment Data and Findings



## Alcohol-related Motor Vehicle Fatalities & Injuries in Lake of the Woods County, 2020

<b>Total Fatalities</b>	<b>0</b>
<b>Alcohol Related Fatalities</b>	<b>0</b>
<b>Total Injuries</b>	<b>4</b>
<b>Alcohol-related Injuries</b>	<b>1</b>
<b>Cost of Alcohol-related Crashes, Fatalities, and Injuries</b>	<b>\$99,000</b>

## Fatalities, Severe Injuries, Seatbelt, and Motorcycle Crash Statistics Lake of the Woods County, 2016-2020

<b>Total Occupant Fatalities</b>	<b>4</b>
<b>Total Occupant Serious Injuries</b>	<b>4</b>
<b>Unbelted Fatalities</b>	<b>0</b>
<b>Motorcycle Fatalities</b>	<b>0</b>

Sources: Minnesota Department of Public Safety, Office of Traffic Safety, September 2020



## Prioritized Description of Significant Community Health Needs

Lake of the Woods County is a great place to live, as Minnesotans are on average among the healthiest people in the nation. Our lakes, fields, and rivers provide a beautiful backdrop for everyday activities. Our people and our organizations share the mission of protecting, maintaining, and improving the health of our residents.

This document has presented an assessment of health in Lake of the Wood County in the broadest sense of the concept. Health is defined by the World Health Organization as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” To reflect this understanding of health, this Community Health Assessment discusses a wide array of indicators and information, including the conditions and factors that affect health and the indicators of health status.

The process used to conduct the assessment included the collection and the analysis of data. While this assessment presented many important issues, it did not present every possible health-related issue. Health information and data has come primarily from Minnesota Department of Health 2021 county health statistics.

The data from the “*How do we compare?*” section is from the *2021 County Health Rankings & Roadmaps: Minnesota*, a publication from the University of Wisconsin Population Health Institute.\*

Data obtained from sources other than those above are in the document. It is important to note, however, there is data that simply is not available from sources.

We have included areas of needs based on input from our community survey and focus group comments when determining prioritized significant health needs. The assessment process included the receiving of community input. This included our community health survey and a community focus group.



The 2021 County Health Rankings report ranks Minnesota Counties on a variety summary measures of health outcomes and health factors, including a rank for mortality, morbidity, health behaviors, clinical care, social and economic factors, and the physical Environment.

\*EDITOR'S NOTE: The report ranks 84 Minnesota Counties; those having high ranks (e.g., 1 or 2) are estimated to be the “healthiest.” To see the complete document for their measures, data sources, and years of data, access the report at [www.countyrankings.org/Minnesota](http://www.countyrankings.org/Minnesota).

## Resources Potentially Available to Address Needs



### Our Community Resources

Lake of the Woods County Leaders are known for their strong community spirit and their innovative and effective solutions to challenging problems. Many of these agencies have been identified in this CHNA.

In past Implementation Plans, we have had strong support from our community partners, including Psychiatric Medical Care (PMC), Lake of the Woods Suicide Awareness and Prevention Committee, Lake of the Woods School, LifeCare Medical Center, the economic development committee, Rainy River Community College, Lutheran Social Services, Dollars for Scholars, Land of the Dancing Sky Area Agency on Aging, Sanford Health and regional homecare/hospice programs.

CHI LakeWood Health remains committed to providing support for addressing our identified Community Needs. We have developed strong Community Benefit programming and we will continue to utilize our programs, financial resources, and our health professional staff, where appropriate.

We look forward to working with the identified community partners, our current community benefit supports and potential new partners as we move ahead in the development of our 2022 CHNA Implementation Plan.

## Impact of Actions Taken Since The 2019 Community Health Needs Assessment

There were three significant needs identified in our 2019 Community Health Needs Assessment: Mental Health; Transitions of Care-Persons with Complex Medical Issues; and Low-income, Poverty, and Implications that Result.

Over the past two years, CHI LakeWood Health has dedicated most of its resources to address the response to the on-going coronavirus pandemic. Due to this, many areas of the CHNA were not able to be addressed as initially planned. In addition, the pandemic has brought many changes with both new regulations and recommendations that have significantly transformed the way we operate.

As we continue to evolve, our goal is to find alternatives to address the areas that have been impacted by the pandemic and to consider on-going support for the three prioritized areas of our 2019 CHNA. Here are the impacts of the programs we were able to address during this public health crisis.

**Mental Health:** In the fall of 2021 CHI LakeWood Health re-established onsite behavioral health services with the recruitment of a Licensed Clinical Social Worker. We also remain committed to evaluate and to implement mental health programming, such as the Senior Life Solutions, an outpatient counseling program designed to meet the mental health needs of those who are 65 and older. We have continued to collaborate with community partners in trainings, workshops and initiatives that address mental health issues, such as suicide awareness and prevention.

**Transitions of Care – Persons with Complex Medical Issues:** We have maintained our working relationship with the Land of the Dancing Sky Area of Aging. We were able to hold an initial Matter of Balance Class in the fall of 2019; however, COVID directives from the CDC and the Department of Health restricted ongoing classes. Our goal remains to recruit and develop potential partners for Home Care/Hospice.

**Low income, Poverty and Implications that Result:** We remain in contact with the Lake of the Woods Economic Development Committee. They were not meeting during the pandemic, and their current priority will be in assisting small businesses impacted by the pandemic. When the committee is actively meeting, CHI LakeWood Health will identify a representative to attend meetings and to address our under employed population.

# Community Health Needs Assessment

## Our Community Health Needs Assessment Members

### **Jeffry Stampohar**

CHI LakeWood Health President

### **Jay Ross**

CHI LakeWood Health Vice President of Operational Finance

### **Carrie Davidson**

CHI LakeWood Health Manager Operations-Marketing

### **Kay Schell**

CHI LakeWood Health Manager Community Health

### **Josiah Hoagland**

CHI LakeWood Health Director of Mission

### **Kristi Streed-Bowman**

CHI LakeWood Health Executive Assistant

### **Kristin Coauette**

CHI LakeWood Health Vice President Patient Care Services

