Community Health Needs Assessment

CHI St. Alexius Health Garrison Service Area

Garrison, North Dakota

2022

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Table of Contents

Executive Summary

To help inform future decisions and strategic planning, CHI St. Alexius Health Garrison conducted a Community Health Needs Assessment (CHNA) in 2021, the previous CHNA having been conducted in 2019. The Center for Rural Health (CRH) at the University of North Dakota School of Medicine & Health Sciences (UNDSMHS) facilitated the assessment process, which solicited input from area community members and healthcare professionals as well as analysis of community health-related data.

To gather feedback from the community, residents of the area were given the opportunity to participate in a survey. Forty-two service area residents completed the survey. Additional information was collected through four key informant interviews with community members. The input from the residents, who primarily reside in McLean County, represented the broad interests of the communities in the service area. Together with secondary data gathered from a wide range of sources, the survey presents a snapshot of the health needs and concerns in the community.

Regarding demographics, McLean County's population from 2010 to 2019 increased by 5.4%. The average number of residents under age 18 (22%) for McLean County comes in 1.5 percentage points lower than the North Dakota average (23.5%). The percentage of residents, ages 65 and older, is almost 10% higher for McLean County (24.2%) than the North Dakota average (15.3%), and the rate of education is about equal for McLean County (92.4%) with the North Dakota average (92.5%). The median household income in McLean County ($68,529) is higher than the state average for North Dakota ($63,473).

Data compiled by County Health Rankings show McLean County is doing better than North Dakota in health outcomes/factors for 14 categories. However, McLean County is performing poorly relative to the rest of the state in 16 outcome/factor categories.

Of 106 potential community and health needs set forth in the survey, the 42 CHI St. Alexius Health Garrison service area residents who completed the survey indicated the following ten needs as the most important:

- Alcohol use and abuse – Youth and Adult
- Attracting and retaining young families
- Availability of resources to help the elderly stay in their homes
- Bullying/cyberbullying
- Cost of long-term/nursing home care

- Depression/anxiety – Youth and Adult
- Drug use and abuse – Youth and Adult
- Having enough child daycare services
- Not enough affordable housing
- Not enough jobs with livable wages

The survey also revealed the biggest barriers to receiving healthcare (as perceived by community members). They included not able to get appointment/limited hours (N=10), not able to see same provider over time (N=10), and no insurance or limited insurance (N=9).

When asked what the best aspects of the community were, respondents indicated the top community assets were:

- Family-friendly, good place to raise kids
- Healthcare
- Local events and festivals

- People are friendly, helpful, and supportive
- People who live here are involved in their community
- Recreational sports and activities

Input from community leaders, provided via key informant interviews, and the community focus group echoed many of the concerns raised by survey respondents. Concerns emerging from these sessions were:

- Attracting and retaining young families
- Alcohol use and abuse
- Availability of resources to help elderly stay in their homes

- Depression/anxiety
- Drug use and abuse (including prescription drugs)

The Garrison area has a number of area assets and resources that are potentially available to address significant health needs.

Overview and Community Resources

With assistance from CRH at the UNDSMHS, CHI St. Alexius Health Garrison completed a CHNA of the Garrison service area. The hospital identifies its service area as northern McLean County, portions of southern Ward County, and portions of southern Mountrail County. Zip codes in the service area include: 58540, 58540, 58735, 58775, 58759, 58779, 58756, 58771, 58770, 58763, 58531, 58716, 58565, and 58567.

Whether a person is returning to Garrison, North Dakota for a summer visit, considering a chance to come fish or hunt, or thinking about finding a new home, this community comes together to meet expectations. The community's retail, service, and professional businesses offer personal care by experienced and friendly personnel. Garrison schools, churches, and organizations remain strong threads in the basics of community life. Year-round recreation opportunities keep area sportsmen enjoying the current season and looking forward to the next. Special events reward enthusiasts with great memories and growing friendships.

Garrison offers all the amenities to make it home: a picturesque location, unbelievable recreation right outside someone's back door, and the comforts of a full-service business district and medical services nearby.

Garrison, North Dakota sprung up in 1905 and organized as a village in 1907. The Taylor Brothers, Cecil and Theodore, founded the original town in 1903. The post office was established on June 17, 1903. Later, when the Soo Line ran its tracks farther north, the town moved to its present location. Garrison is seated just six miles off Highway 83 between Minot and Bismarck and sits just a few miles north of beautiful Lake Sakakawea.

Business flourished in the early years. The early leaders saw Garrison as a town "bustin' at the seams" with "gun totin' rascals." Fortunately for decades to come, the West was tamed, and homes and businesses grew into a solid community. Currently, Garrison boasts many businesses, offering residents and guests the best a small town can offer, right here at home.

Garrison was long considered the Agricultural Gateway City because it was situated in the heart of rich farmland, available at low prices. In 1914-1915, it was considered the largest primary wheat shipping point and was incorporated as a city in 1916.

Figure 1: McLean, Ward, and Mountrail Counties
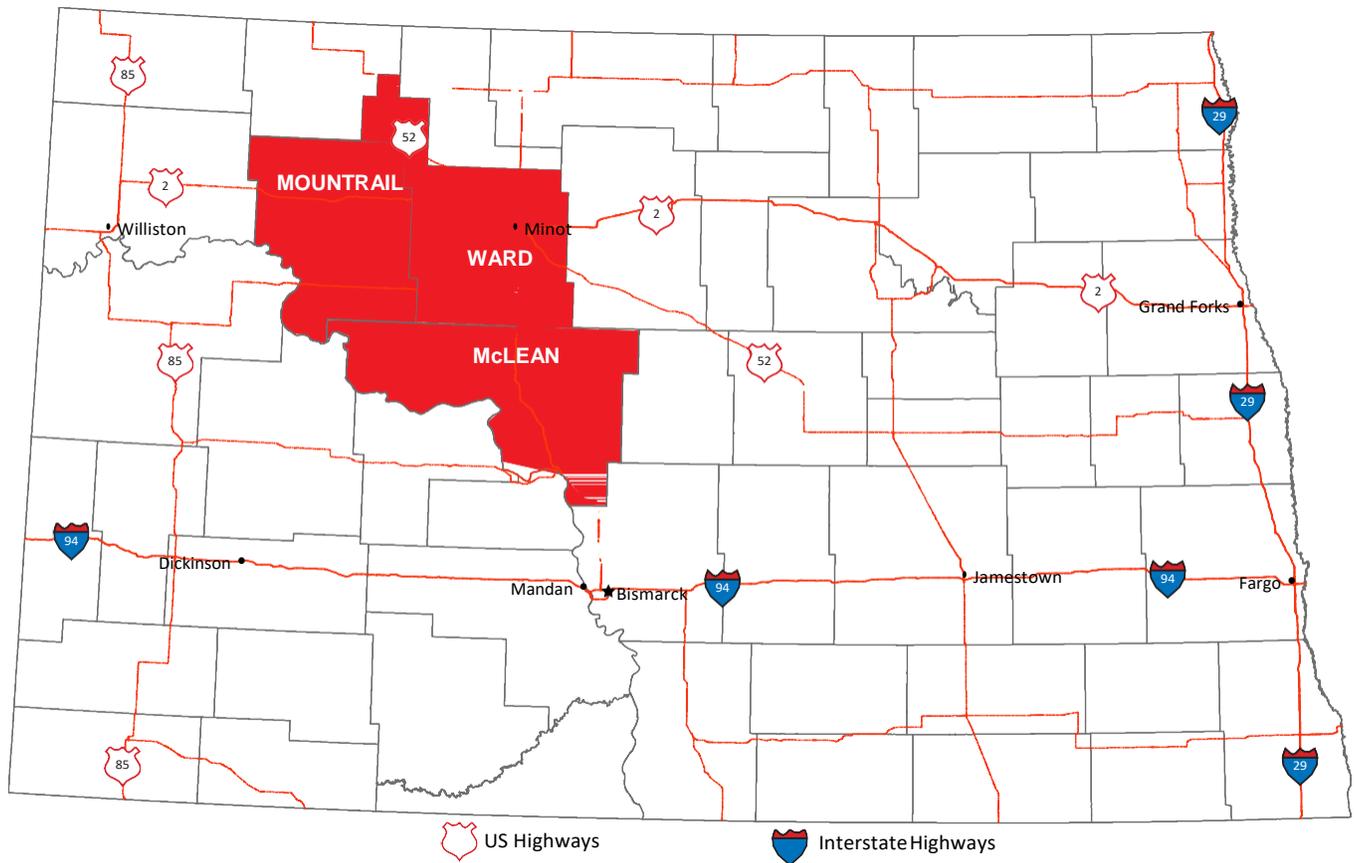
CHI St. Alexius Health Garrison

The CHI St. Alexius Health Garrison's regional healthcare system was formed in April 2016, when several Catholic Health Initiative healthcare facilities joined to form the largest healthcare delivery system in central and western North Dakota. The system is comprised of a tertiary hospital in Bismarck and critical access hospitals (CAHs) in Carrington, Dickinson, Devils Lake, Garrison, Turtle Lake, and Williston as well as numerous clinics and outpatient services. CHI St. Alexius Health also manages four CAHs in North Dakota that are in the communities of Ashley, Linton, and Wishek as well as Mobridge Regional Hospital & Clinics in Mobridge, South Dakota. The Critical Access Hospital Profile for CHI St. Alexis Health that includes a summary of hospital-specific information is available in Appendix A.

CommonSpirit was created by the alignment of Catholic Health Initiatives and Dignity Health as a single ministry in early 2019. Their commitment to serve the common good is delivered through the dedicated work of thousands of physicians, advanced practice clinicians, nurses, and staff; through clinical excellence delivered across a system of 137 hospitals and more than 1,000 care centers serving 21 states; and through more than $4 billion annually in charity care, community benefits, and government program services. With a large geographic footprint, representing diverse populations across the U.S. and a mission to serve the most vulnerable, CommonSpirit is a leader in advancing the shift from sick care to well care and advocating for social justice. CommonSpirit Health also supports a range of community health programs, research programs, virtual care services, and home health programs, addressing the root causes of poor health, such as access to quality care and health equity, affordable housing, safe neighborhoods, and a healthy environment.

CHI St. Alexius Health Garrison includes the services of a 22-bed CAH, a 26-bed skilled nursing facility, an attached rural health clinic, and a newly remodeled emergency department that is available 24 hours a day. They offer many outpatient services, including physical therapy, radiology services, laboratory services, cardiac rehabilitation, and IV treatments.

Since opening in 1952, CHI St. Alexius Health Garrison has been dedicated to serving the residents of Garrison and the surrounding rural communities. CHI St. Alexius Health includes the Garrison Hospital and the Garrison Family Clinic.

CHI St. Alexius Health Garrison has a significant economic impact on the region. They directly employ 92 FTE employees with an annual payroll of over $8.6 million (including benefits). These employees create an additional 31 jobs and nearly $1.74 million in income, as they interact with other sectors of the local economy. This employment results in a total impact of 123 jobs and more than $10.35 million in income. Additional information is provided in Appendix B.

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.

Vision
A healthier future for all – inspired by faith, driven by innovation, and powered by our humanity.

Values

Compassion
  • Care with listening, empathy, and love
  • Accompany and comfort those in need of healing

Inclusion
  • Celebrate each person's gifts and voice
  • Respect the dignity of all

Integrity
  • Inspire trust through honesty
  • Demonstrate courage in the face of inequity

Excellence
  • Serve with fullest passion, creativity, and stewardship
  • Exceed expectations of others and ourselves

Collaboration
  • Commit to the power of working together
  • Build and nurture meaningful relationships

Services offered locally by CHI St. Alexius Health Garrison include:

General and Acute Services

  • Acne treatment
  • Adult day care
  • Allergy, flu, and pneumonia shots
  • Blood pressure checks
  • Cardiology (visiting physician)
  • Cardiac rehab
  • Clinic
  • Emergency room
  • Gynecology
  • Hospital (acute care)
  • Immunizations

  • Mole/wart/skin lesion removal & biopsies
  • Nutrition counseling
  • Orthopedics (visiting physician)
  • Pharmacy (inpatient/outpatient)
  • Physicals: annuals, DOT, sports and insurance
  • Prenatal care up to 32 weeks
  • Respite care
  • Skilled nursing facility
  • Sports medicine
  • Swing bed services

Screening/Therapy Services

- Chronic disease management
- Holter monitoring
- IV therapies
- Laboratory services
- Lower extremity circulatory assessment
- Occupational physicals
- Occupational therapy

- Pediatric services
- Physical therapy
- Respiratory care
- Restorative care
- Social services
- Sports injury screening

Radiology Services

- Bone densitometry (DexaScan)
- CT scan
- Digital mammography
- Echocardiograms
- EKG

- General x-ray
- Nuclear medicine (mobile unit)
- MRI (mobile unit)
- Ultrasound (mobile unit)

Laboratory Services

- Chemistry
- Coagulation
- Hematology

- Rapid testing kits
- Urine testing

Services offered by OTHER providers/organizations

- Ambulance
- Chiropractic services
- Dental services

- Massage therapy
- Optometric/vision services
- Retail pharmacy

Telemedicine Services

- eEmergency
- eHospitalists

- TelePharmacy

Education Services

- CPR (Offered free to public)
- Satellite site for Dakota Nursing Program through Bismarck State College

First District Health Unit

The Minot City Health Department was established by City Ordinance #23 in 1892. This was a time when communicable disease patients were served by the Detention Hospital. In April 1941 at the Minot City Board of Health meeting, a resolution was passed, agreeing to establish a joint Health Department with Ward County. This unit was organized on April 1, 1942 and called the Ward-Minot Health Unit. In 1943, the North Dakota Legislature passed a law, enabling two or more counties adjoining each other to combine and pool their resources to form a full-time health district. In that year, Burke and Ward Counties combined to form the Burke-Ward Health District.

The name "First District Health Unit" was adopted in 1945 after being joined by McLean County in 1944 and Renville County in 1945. It was the first multi-county health district in the state. The First District Health Unit (FDHU) expanded in 1948 to include Bottineau County, McHenry County in 1950, and Sheridan County in 1955. During the '50s much time was spent in school health and sanitation. The Health Officer and Nursing Division were active in giving physical exams and shots. The sanitarians were trying to eliminate poor water supplies, introduce paper cups, and improve plumbing and sewage conditions. Important steps in the control of communicable diseases were taken in May 1955 when the first polio vaccine was made available through the Health Unit and in 1967 when the measles vaccine became available.

During the years of 1977 - 1979, WIC (Women, Infants, and Children) offices were established in each of the seven counties, served by FDHU. The year 1971 will be remembered as the year the FDHU office in Minot obtained a new home. A Hill-Burton grant and mill levy contributions from all seven counties, comprising the Health Unit, made the new building possible. Renovation and a new addition were completed in 1995 with the help of some carryover funds and a building loan.

Today, FDHU has at least one office in each county. Over sixty staff provide a variety of public health services, such as preventative health care, environmental health protection, nutrition counseling, health promotion, and safety education programs. First District Health Unit is governed by the FDHU Board of Health. By statute, each county that is a member of First District Health Unit appoints members to the board. Each county served by First District Health Unit has at least one member on the Board of Health. The Board of Health holds quarterly meetings, which are open to anyone who would like to attend.

First District Health Unit is funded primarily by county, state, and federal dollars. Additional revenue is received through consumer fees, donations, and contracts. The Board of Health prepares a budget for each fiscal year and submits that budget to each board of county commissioners for approval. A public hearing is held in every county, comprising the district, prior to a meeting of the Joint Board of County Commissioners. Action taken by the Joint Board of County Commissioners reflects the record of each county, and the budget is then final. Federal dollars are received through the process of contracting for programs.

Fees for medical services and licensing are established by the Board of Health. Programs, such as WIC and Family Planning, have income guidelines determined by the Federal Government. Fee scales and income qualification guidelines are available at any FDHU office. First District Health Unit has contracts with public and private organizations to perform certain services, such as consultation and medical services. The contracts are reviewed and renewed on an annual basis.

Mission
The mission of public health is to make a positive impact on the health and welfare of the community through service, education, prevention, and collaborative activities.

Vision
Healthy People in Healthy Communities

Assessment Process

The purpose of conducting a CHNA is to describe the health of local people, identify areas for health improvement, identify use of local healthcare services, determine factors that contribute to health issues, identify, prioritize community needs, and help healthcare leaders identify potential action to address the community's health needs.

A CHNA benefits the community by:

1) Collecting timely input from the local community members, providers, and staff;

2) Providing an analysis of secondary data related to health-related behaviors, 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 healthcare; and

5) Allowing the community hospital to meet the federal regulatory requirements of the Affordable Care Act, which requires not-for-profit hospitals to complete a CHNA at least every three years, as well as helping the local public health unit meet accreditation requirements.

This assessment examines health needs and concerns in McLean County and areas of Ward and Mountrail counties, which are all included in the CHI St. Alexius Health Garrison service area. In addition to Garrison, located in the service area, are the communities of Max, Douglas, Roseglen, White Shield, Underwood, and Parshall.

CRH, in partnership with CHI St. Alexius Health Garrison and First District Health Unit, facilitated the CHNA process. Community representatives met regularly in-person, by telephone conference, and email. A CHNA liaison was selected locally, who served as the main point of contact between CRH and CHI Garrison. A small steering committee (see Figure 2) was formed that was responsible for planning and implementing the process locally. Representatives from the CRH met and corresponded regularly by videoconference and/or via the eToolkit with the CHNA liaison. The community group (described in more detail below) provided in-depth information and informed the assessment process in terms of community perceptions, community resources, community needs, and ideas for improving the health of the population and healthcare services. Seventeen people, representing a cross section demographically, attended the focus group meeting. The meeting was highly interactive with good participation. CHI Garrison staff and board members were in attendance as well but largely played a role of listening and learning.

Figure 2: Steering Committee

Tod Graeber	Administrator, CHI St. Alexius Health Garrison
Mandi Wilcox	Administrator Assistant, CHI St. Alexius Health Garrison
Stu Merry	Mayor, City of Garrison
Amy Heer	RN, First District Health Unit
Nick Klemisch	Superintendent, Garrison Public School
Shannon Staehr	Manager, Krauses Supermarket

The original survey tool was developed and used by CRH. To revise the original survey tool to ensure the data gathered met the needs of hospitals and public health, CRH worked with the North Dakota Department of Health's public health liaison. CRH representatives also participated in a series of meetings that garnered input from the state's health officer, local North Dakota public health unit professionals, and representatives from North Dakota State University.

As part of the assessment's overall collaborative process, CRH spearheaded efforts to collect data for the assessment in a variety of ways:

- A survey solicited feedback from area residents;

- Community leaders, representing the broad interests of the community, took part in one-on-one key informant interviews;

- The community group, comprised of community leaders and area residents, was convened to discuss area health needs and inform the assessment process; and

- A wide range of secondary sources of data were examined, providing information on a multitude of measures, including demographics, health conditions, indicators, outcomes, rates of preventive measures; rates of disease; and at-risk behavior.

CRH is one of the nation's most experienced organizations, committed to providing leadership in rural health. Its mission is to connect resources and knowledge to strengthen the health of people in rural communities. The CRH is the designated State Office of Rural Health and administers the Medicare Rural Hospital Flexibility (Flex) program, funded by the Federal Office of Rural Health Policy, Health Resources Services Administration, and Department of Health and Human Services. CRH connects the UNDSMHS and other necessary resources to rural communities and other healthcare organizations in order to maintain access to quality care for rural residents. In this capacity, CRH works at a national, state, and community level.

Members of the community group and the key informants represented the broad interests of the community, served by CHI St. Alexius Health Garrison and FDHU. They included representatives of the health community, business community, retired community, and city employees. Not all members of the group were present at both meetings.

Detailed below are the methods undertaken to gather data for this assessment by convening a community group, conducting key informant interviews, soliciting feedback about health needs via a survey, and researching secondary data.

Community Group

A community group consisting of seventeen community members was convened and first met on July 20, 2021. During this first community group meeting, group members were introduced to the needs assessment process, reviewed basic demographic information about the community, and served as a focus group. Focus group topics included community assets and challenges, the general health needs of the community, community concerns, and suggestions for improving the community's health.

The community group met again on September 1, 2021 with 14 community members in attendance. At this second meeting, the community group was presented with survey results, findings from key informant interviews and the focus group, and a wide range of secondary data relating to the general health of the population in McLean. The group was then tasked with identifying and prioritizing the community's health needs.

Interviews

One-on-one interviews with four key informants were conducted in person in Garrison on July 20, 2021. A representative from the CRH conducted the interviews. Interviews were held with selected members of the community who could provide insights into the community's health needs.

Topics covered during the interviews included the general health needs of the community, the general health of the community, community concerns, delivery of healthcare by local providers, awareness of health services offered locally, barriers to receiving health services, and suggestions for improving collaboration within the community.

Survey

A survey was distributed to solicit feedback from the community and was not intended to be a scientific or statistically valid sampling of the population. It was designed to be an additional tool for collecting qualitative data from the community at large, specifically, information related to community-perceived health needs. A copy of the survey instrument is included in Appendix C, and a full listing of direct responses, provided for the questions that included "Other" as an option, are included in Appendix G.

The community member survey was distributed to various residents of McLean County, which is included in the CHI St. Alexius Health Garrison service area. The survey tool was designed to:

- Learn of the good things in the community and the community's concerns;

- Understand perceptions and attitudes about the health of the community and hear suggestions for improvement; and

- Learn more about how local health services are used by residents.

Specifically, the survey covered the following topics:

- Residents' perceptions about community assets;
- Broad areas of community and health concerns;
- Awareness of local health services;
- Barriers to using local healthcare;
- Basic demographic information; and
- Suggestions to improve the delivery of local healthcare.

To promote awareness of the assessment process, press releases led to published articles in local newspapers in McLean County, which included the communities of Garrison, Max, Underwood, White Shield, and Douglas. Additionally, information was published on the CHI St. Alexius Health Garrison Facebook page.

Approximately 50 community member surveys were available for distribution in McLean County. The surveys were distributed by/upon request. CHI St. Alexius Health Garrison relied on electronic surveys for distribution throughout the community via email, an article in the newspaper with the QR code, and a link on the hospital Facebook page.

To help ensure anonymity, included with each survey was a postage-paid return envelope to CRH. In addition to help make the survey as widely available as possible, residents also could request a survey by calling CHI Garrison or FDHU. The survey period ran from July 1, 2021, to July 31, 2021. One completed paper survey was returned.

Area residents were also given the option of completing an online version of the survey. Forty-one online surveys were completed. Five of those online respondents used the QR code to complete the survey. In total, counting both paper and online surveys, 42 community members' surveys were completed, equating to a 3% response rate. This response rate is very low for this type of unsolicited survey methodology and indicates an unengaged community.

Secondary Data

Secondary data was collected and analyzed to provide descriptions of: (1) population demographics, (2) general health issues (including any population groups with particular health issues), and (3) contributing causes of community health issues. Data was collected from a variety of sources, including the United States Census Bureau; Robert Wood Johnson Foundation's County Health Rankings, which pulls data from 20 primary data sources (www.countyhealthrankings.org); the National Survey of Children's Health, which touches on multiple intersecting aspects of children's lives (www.childhealthdata.org/learn/NSCH); North Dakota KIDS COUNT, which is a national and state-by-state effort to track the status of children, sponsored by the Annie E. Casey Foundation (www.ndkidscount.org); and Youth Risk Behavior Surveillance System (YRBSS) data, which is published by the Centers for Disease Control and Prevention (https://www.cdc.gov/healthyyouth/data/yrbs/index.htm).

Social Determinants of Health

According to the World Health Organization, social determinants of health are, *"The circumstances in which people are born, grow up, live, work, and age and the systems put in place to deal with illness. These circumstances are in turn shaped by wider set of forces: economics, social policies and politics. "*

Income-level, educational attainment, race/ethnicity, and health literacy all impact the ability of people to access health services. Basic needs, such as clean air and water and safe and affordable housing, are all essential to staying healthy and are also impacted by the social factors listed previously. The barriers already present in rural areas, such as limited public transportation options and fewer choices to acquire healthy food, can compound the impact of these challenges.

There are numerous models that depict the social determinants of health. While the models may vary slightly in the exact percentages that they attribute to various areas, the discrepancies are often because some models have combined factors when other models have kept them as separate factors.

For Figure 3, data has been derived from the County Health Rankings model (https://www.countyhealthrankings.org/resources/county-health-rankings-model) and it illustrates that healthcare, while vitally important, plays only one small role (approximately 20%) in the overall health of individuals and ultimately of a community. Physical environment, social and economic factors, and health behaviors play a much larger part (80%) in impacting health outcomes. Therefore, as needs or concerns were raised through this Community Health Needs Assessment process, it was imperative to keep in mind how they impact the health of the community and what solutions can be implemented.

Figure 3: Social Determinants of Health

20% HEALTH CARE (e.g., access to and quality of care, insurance status)

10% PHYSICAL ENVIRONMENT (e.g., place of residence, exposure to toxic substances, built environment such as buildings and transportation systems, natural environment such as plants and weather)

40% SOCIAL & ECONOMIC FACTORS (e.g., discrimination, income, education level, marital status and economic factors)

30% HEALTH BEHAVIORS (e.g., eating habits, alcohol or substance use, hygiene, unprotected sex, smoking)

Data taken from County Health Rankings Model

Figure 4 (Henry J. Kaiser Family Foundation, https://www.kff.org/disparities-policy/issue-brief/beyond-health-care-the-role-of-social-determinants-in-promoting-health-and-health-equity/), provides examples of factors that are included in each of the social determinants of health categories that lead to health outcomes.

For more information and resources on social determinants of health, visit the Rural Health Information Hub website, https://www.ruralhealthinfo.org/topics/social-determinants-of-health.

Figure 4: Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	
Medical bills	Playgrounds			Stress	Quality of care
Support	Walkability	Higher education			
	Zip code / geography				

Health Outcomes

Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations

KFF
HENRY J KAISER
FAMILY FOUNDATION

Health Equity and COVID-19 Assessments for McLean County

The COVID-19 pandemic has brought social and racial injustice and inequity to the forefront of public health. It has highlighted that health equity is still not a reality as COVID-19 has unequally affected many minority groups, putting them more at risk of getting sick and dying from COVID-19. Many factors, such as poverty and healthcare access, are intertwined and have a significant influence on the people's health and quality of life. "Essential workers" are those who conduct a range of operations and services in industries that are essential to ensure the continuity of critical functions in the United States, from keeping us safe, to ensuring food is available at markets, to taking care of the sick. A majority of these workers belong to and live within communities disproportionately affected by COVID-19. Essential workers are inherently at higher risk of being exposed to COVID-19 due to the nature of their work, and they are disproportionately representative of racial and ethnic minority groups.
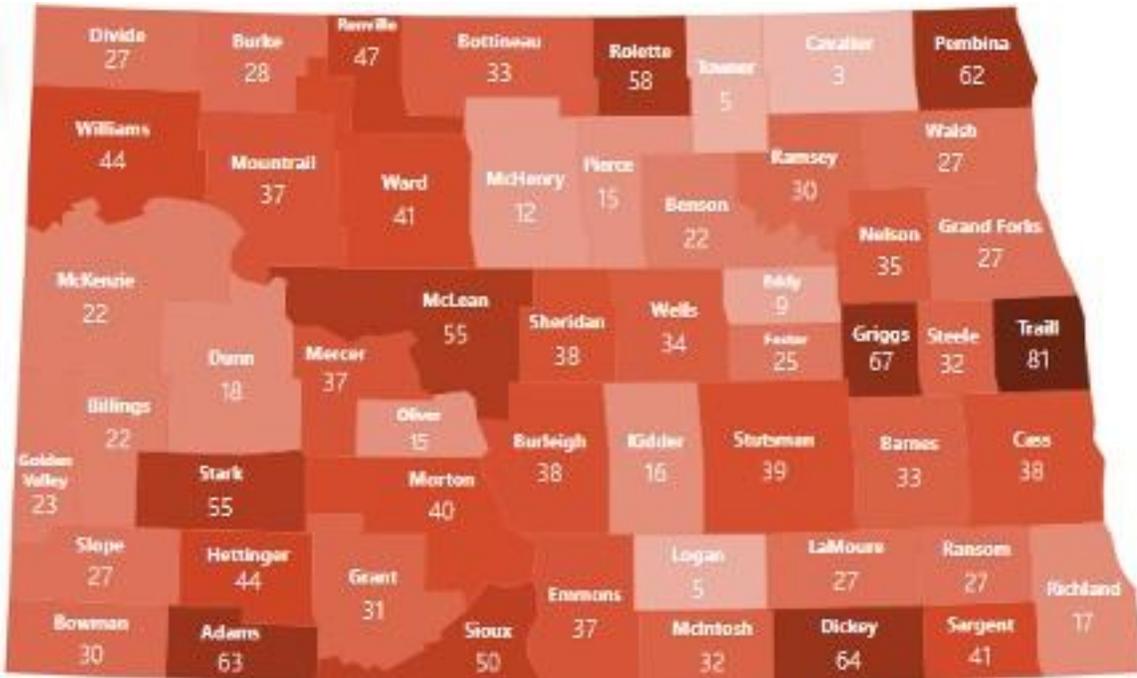
COVID-19 in McLean County

The COVID-19 vaccine data dashboard is administered by the North Dakota Department of Health and provides daily vaccine doses administered and weekly vaccine coverage rates for North Dakota. Dashboard data is based on COVID-19 vaccine doses reported to the North Dakota Immunization Information System (NDIIS). North Dakota immunization providers who are not receiving COVID-19 vaccine allocations through the North Dakota Department of Health Division of Immunizations, including Indian Health Services, Veteran's Affairs, and Department of Defense facilities, may not be entering COVID-19 vaccine information into the NDIIS and their doses administered will not be accounted for in this data.

County-level doses administered and coverage rate data is based on the vaccine recipient's county of residence, not the location of the administering provider site.

As of November 22, 2021, there were 55 active cases per 10,000 people in McLean County (actual number of positive cases was 52). There have been a total of 2,013 cases in total since the start of the pandemic with 43 deaths in McLean County. A total of 28,889 tests have been completed in the county.

Graphic 1. Active Positive Cases per 10K

Source: https://www.health.nd.gov/diseases-conditions/coronavirus/north-dakota-coronavirus-cases

Here is an overview of the impact of COVID-19 on McLean County (Graphic 2) and the demographics of positive cases of COVID-19 in McLean County (Graphic 3) as of November 22, 2021. As you can see, there is a disproportionately high number of minorities (non-White) affected by COVID-19.

Graphic 2. Overview of COVID-19 for McLean County

Source: https://www.health.nd.gov/diseases-conditions/coronavirus/north-dakota-coronavirus-cases
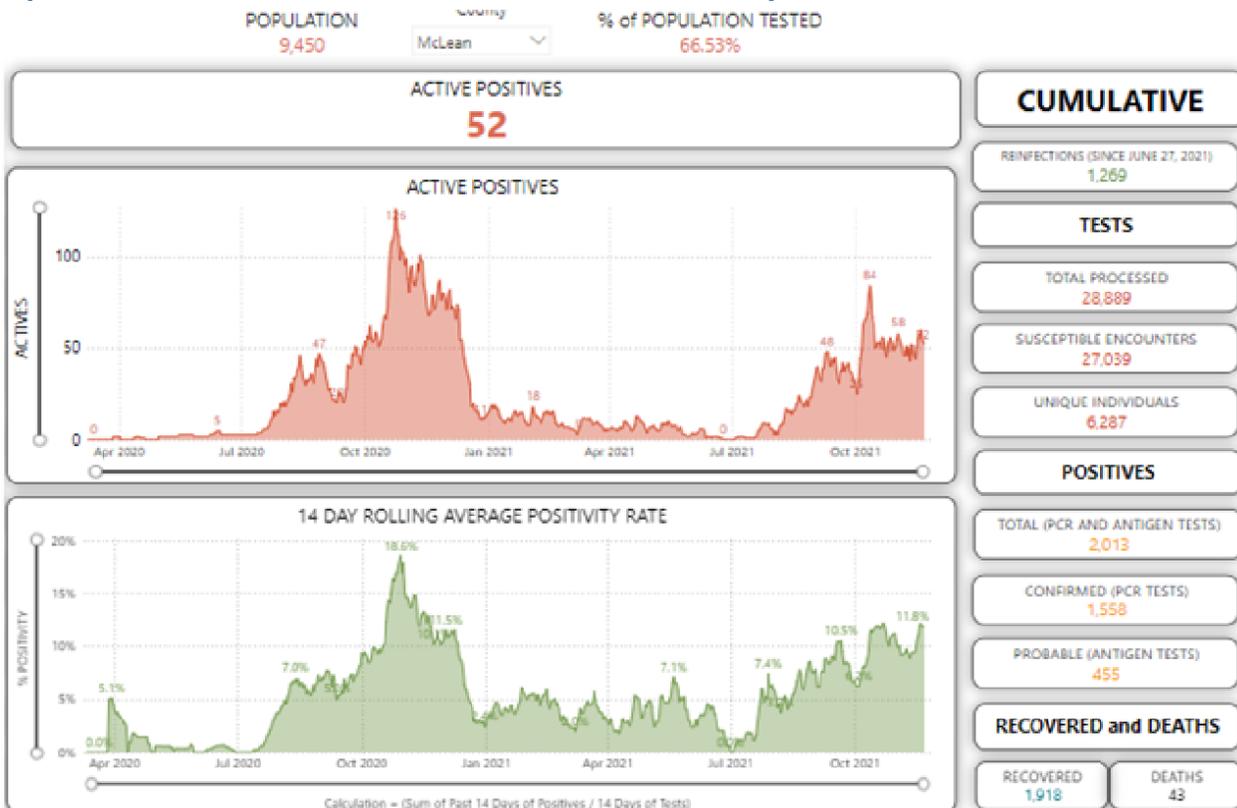
Graphic 3. Demographics of positive cases of COVID-19 for McLean County

Source: https://www.health.nd.gov/diseases-conditions/coronavirus/north-dakota-coronavirus-cases
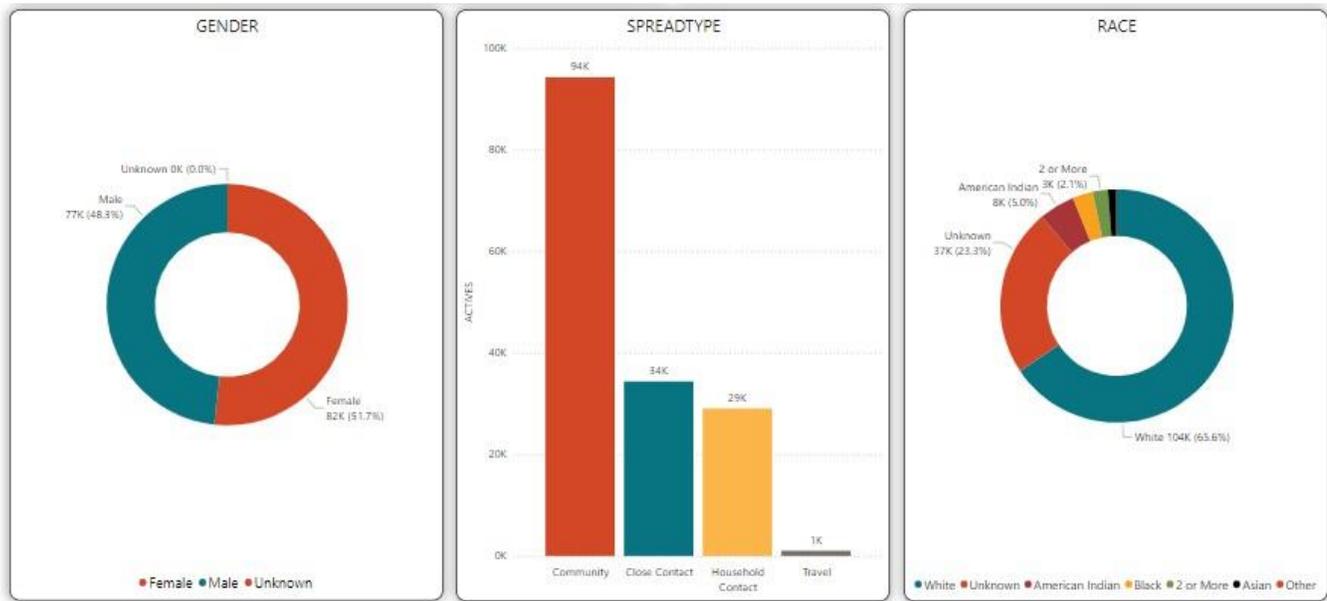
Demographic Information

Table 1 summarizes general demographic and geographic data about McLean County.

Table 1: Summarizes general demographic and geographic data about McLean County.
(From 2010 Census/2017 American Community Survey; more recent estimates used where available)

	McLean County	North Dakota
Population (2019)	9,450	762,062
Population change (2010-2019)	5.4%	13.3%
People per square mile (2010)	4.2	9.7
Persons 65 years or older (2019)	24.2%	15.7%
Persons under 18 years (2019)	22.0%	23.6%
Median age (2019 est.)	50.0	35.1
White persons (2019)	89.6%	86.9%
High school graduates (2019)	92.4%	92.6%
Bachelor's degree or higher (2019)	20.8%	30.0%
Live below poverty line (2019)	9.4%	10.6%
Persons without health insurance, under age 65 years (2019)	9.1%	8.1%
Households with a broadband Internet subscription (2019)	72.3%	80.7%

Source: https://www.census.gov/quickfacts/fact/table/ND,US/INC910216#viewtop and
https://factfinder.census.gov/faces/nav/jsf/pages/community_facts.xhtml#

While the population of North Dakota has grown in recent years, McLean County has also seen an increase in population since 2010. The U.S. Census Bureau estimates show that McLean County's population increased from 8,962 (2010) to 9,450 (2019).

County Health Rankings

The Robert Wood Johnson Foundation, in collaboration with the University of Wisconsin Population Health Institute, has developed County Health Rankings to illustrate community health needs and provide guidance for actions toward improved health. In this report, McLean County is compared to North Dakota rates and national benchmarks on various topics, ranging from individual health behaviors to the quality of healthcare.

The data used in the 2021 County Health Rankings are pulled from more than 20 data sources and then are compiled to create county rankings. Counties in each of the 50 states are ranked, according to summaries of a variety of health measures. Those having high ranks, such as 1 or 2, are the "healthiest." Counties are ranked on both health outcomes and health factors. Following is a breakdown of the variables that influence a county's rank.

A model of the 2021 County Health Rankings – a flow chart of how a county's rank is determined – may be found in Appendix D. For further information, visit the County Health Rankings website at www.countyhealthrankings.org.

Health Outcomes	Health Factors (continued)
• Length of life	• Clinical care
	- Access to care
• Quality of life	- Quality of care
	• Social and Economic Factors
Health Factors	- Education
• Health behavior	- Employment
- Smoking	- Income
- Diet and exercise	- Family and social support
- Alcohol and drug use	- Community safety
- Sexual activity	
	• Physical Environment
	- Air and water quality
	- Housing and transit

Table 2 summarizes the pertinent information gathered by County Health Rankings, as it relates to McLean County. It is important to note that these statistics describe the population of a county, regardless of where county residents choose to receive their medical care. In other words, all of the following statistics are based on the health behaviors and conditions of the county's residents, not necessarily the patients and clients of First District Health Unit and CHI St. Alexius Health Garrison or of any particular medical facility.

For most of the measures included in the rankings, the County Health Rankings' authors have calculated the "Top U.S. Performers" for 2021. The Top Performer number marks the point at which only 10% of counties in the nation do better, i.e., the 90th percentile or 10th percentile, depending on whether the measure is framed positively (such as high school graduation) or negatively (such as adult smoking).

McLean County rankings within the state are included in the summary following. For example, McLean County ranks 11th out of 46 ranked counties in North Dakota on health outcomes and 24th out of 45 on health factors. The measures, marked with a bullet point (•), are those where a county is not measuring up to the state rate/percentage; a square ( ) indicates that the county is not meeting the U.S. Top 10% rate on that measure. Measures that are not marked with a colored shape but are marked with a plus sign (+) indicate that the county is doing better than the U.S. Top 10%.

The data from County Health Rankings show that McLean County is doing better than many counties compared to the rest of the state on all but two of the outcomes, landing at or above rates for other North Dakota counties. However, comparable to many North Dakota counties, McLean County is doing poorly in many areas, when it comes to the U.S. Top 10% ratings. One particular outcome, where McLean County does not meet the U.S. Top 10% ratings, is the number of premature deaths.

On health factors, McLean County performs below the North Dakota average for counties in several areas as well.

Data compiled by County Health Rankings show McLean County is doing better than North Dakota in health outcomes and factors for the following indicators:

- Poor physical health days
- Poor mental health days
- Low birth weight
- Adult smoking
- Excessive drinking
- Sexually transmitted infections
- Preventable hospital stays
- Mammography screening (% of Medicare enrollees ages 65-74 receiving screening)

- Income inequality
- Children in single-parent households
- Social associations
- Violent crime
- Air pollution – particulate matter
- Drinking water violations
- Severe housing problems

Outcomes and factors in which McLean County was performing poorly relative to the rest of the state include:

- Premature death
- Poor or fair health
- Adult obesity
- Food environment index
- Physical inactivity
- Access to exercise opportunities
- Alcohol-impaired driving deaths
- Teen birth rate
- Uninsured

- Primary care physicians
- Dentists
- Mental health providers
- Flu vaccinations (% of fee-for-service Medicare enrollees receiving vaccination)
- Unemployment
- Children in poverty
- Injury deaths

TABLE 2: SELECTED MEASURES FROM COUNTY HEALTH RANKINGS 2021 – MCLEAN COUNTY

● = Not meeting North Dakota average

■ = Not meeting U.S. Top 10% Performers

+ = Meeting or exceeding U.S. Top 10% Performers

Blank values reflect unreliable or missing data

TABLE 2: SELECTED MEASURES FROM *COUNTY HEALTH RANKINGS* 2021 – MCLEAN COUNTY			
	McLean County	**U.S. Top 10%**	**North Dakota**
Ranking: Outcomes	**11th**		**(of 46)**
Premature death	7,500 ■●	5,400	6,600
Poor or fair health	15% ■●	14%	14%
Poor physical health days (in past 30 days)	3.2 +	3.4	3.2
Poor mental health days (in past 30 days)	3.6 +	3.8	3.8
Low birth weight	6% +	6%	6%
Ranking: Factors	**24th**		**(of 45)**
Health Behaviors			
Adult smoking	20% ■	16%	20%
Adult obesity	35% ■●	26%	34%
Food environment index (10=best)	8.5 ■●	8.7	8.9
Physical inactivity	27% ■●	19%	23%
Access to exercise opportunities	29% ■●	91%	74%
Excessive drinking	24% ■	15%	24%
Alcohol-impaired driving deaths	45% ■●	11%	42%
Sexually transmitted infections	185.9 ■	161.2	466.6
Teen birth rate	21 ■●	12	20
Clinical Care			
Uninsured	9% ■●	6%	8%
Primary care physicians	4,770:1 ■●	1,030:1	1,300:1
Dentists	4,730:1 ■●	1,210:1	1,510:1
Mental health providers	9,450:1 ■●	270:1	510:1
Preventable hospital stays	3,412 ■	2,565	4,037
Mammography screening (% of Medicare enrollees ages 65-74 receiving screening)	52% ■	51%	53%
Flu vaccinations (% of fee-for-service Medicare enrollees receiving vaccination)	43% ■●	55%	50%
Social and Economic Factors			
Unemployment	3.2% ■●	2.6%	2.4%
Children in poverty	12% ■●	10%	11%
Income inequality	3.7 +	3.7	4.4
Children in single-parent households	16% ■	14%	20%
Social associations	16.8 ■	18.2	16.0
Violent crime	103 ■	63	258
Injury deaths	85 ■●	59	71
Physical Environment			
Air pollution – particulate matter	4.1 +	5.2	4.7
Drinking water violations	No		
Severe housing problems	8% +	9%	12%

Source: http://www.countyhealthrankings.org/app/north-dakota/2021/rankings/outcomes/overall

Community Health Needs Assessment
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Children's Health

The National Survey of Children's Health touches on multiple intersecting aspects of children's lives. Data are not available at the county level; listed below is information about children's health in North Dakota. The full survey includes physical and mental health status, access to quality healthcare, information on the child's family, neighborhood, and social context. Data are from 2019. More information about the survey may be found at www.childhealthdata.org/learn/NSCH.

Key measures of the statewide data are summarized below. The rates highlighted in red signify that the state is faring worse on that measure than the national average.

TABLE 3: SELECTED MEASURES REGARDING CHILDREN'S HEALTH (For children ages 0-17 unless noted otherwise), 2019

Health Status	North Dakota	National
Children born premature (3 or more weeks early)	9.6%	11.2%
Children 10-17 overweight or obese	24.8%	31.4%
Children 0-5 who were ever breastfed	84.6%	80.6%
Children 6-17 who missed 11 or more days of school	3.9%	4.5%
Healthcare		
Children currently insured	93.4%	93.4%
Children who spent less than 10 minutes with the provider at a preventive medical visit	18.4%	19.0%
Children (1-17 years) who had preventive a dental visit in the past year	75.4%	79.6%
Children (3-17 years) received mental health care	12.0%	10.4%
Children (3-17 years) with problems requiring treatment did not receive mental health care	1.2%	2.3%
Young children (9-35 mos.) receiving standardized screening for developmental problems	32.6%	36.4 %
Family Life		
Children whose families eat meals together 4 or more times per week	75.5%	73.6%
Children who live in households where someone smokes	15.3%	14.4%
Neighborhood		
Children who live in neighborhoods with parks or playgrounds	81.1%	75.4%
Children living in neighborhoods with poorly kept or rundown housing	9.1%	13.3%
Children living in neighborhood that's usually or always safe	97.4%	95.0%

Source: https://www.childhealthdata.org/browse/survey

The data on children's health and conditions reveal that while North Dakota is doing better than the national averages on a few measures, it is not measuring up to the national averages with respect to:

- Children (1-17 years) who had a preventative dental visit in the past year

- Young children (9-35 mos.) receiving standardized screening for developmental problems

- Children who live in households where someone smokes

Table 4 includes selected county-level measures regarding children's health in North Dakota. The data come from North Dakota KIDS COUNT, a national and state-by-state effort to track the status of children, sponsored

by the Annie E. Casey Foundation. KIDS COUNT data focuses on the main components of children's well-being; more information about KIDS COUNT is available at www.ndkidscount.org. The measures highlighted in blue in the table are those in which the counties are doing worse than the state average. The year of the most recent data is noted.

The data show McLean County is performing more poorly than the North Dakota average on only one of the examined measures, child food insecurity.

Table 4: Selected County-Level Measures Regarding Children's Health

	McLean County	North Dakota
Child food insecurity, 2018	**13.8%**	9.6%
Medicaid recipient (% of population age 0-20), 2020	35.1%	26.6%
Children enrolled in Healthy Steps (CHIP) (% of population age 0-18), 2020	1.9%	1.6%
Supplemental Nutrition Assistance Program (SNAP) recipients (% of population age 0-18), 2020	12.7%	16.9%
Licensed childcare capacity (# of children), 2020	216	36,701
4-year high school cohort graduation rate, 2019/2020	>=95%	89.0%
Victims of child abuse and neglect requiring services (rate per 1,000 children age 0-17), 2019	14.44	9.98

Source: https://datacenter.kidscount.org/data#ND/5/0/char/0

Another means for obtaining data on the youth population is through the Youth Risk Behavior Survey (YRBS). The YRBS was developed in 1990 by the Centers for Disease Control and Prevention (CDC) to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability, and social problems among youth and adults in the United States. The YRBS was designed to monitor trends, compare state health risk behaviors to national health risk behaviors, and intended for use to plan, evaluate, and improve school and community programs. North Dakota began participating in the YRBS survey in 1995. Students in grades 7-8 and 9-12 are surveyed in the spring of odd years. The survey is voluntary and completely anonymous.

North Dakota has two survey groups, selected and voluntary. The selected school survey population is chosen, using a scientific sampling procedure and which ensures that the results can be generalized to the state's entire student population. The schools that are part of the voluntary sample, selected without scientific sampling procedures, will only be able to obtain information on the risk behavior percentages for their school and not in comparison to all the schools.

Table 5 depicts some of the YRBS data that has been collected in 2015, 2017, and 2019. It is further broken down by rural and urban percentages. The trend column shows a "=" for statistically insignificant change (no change), "h" for an increased trend in the data changes from 2017 to 2019, and "i" for a decreased trend in the data changes from 2017 to 2019. The final column shows the 2019 national average percentage. For a more complete listing of the YRBS data, see Appendix E.

TABLE 5: Youth Behavioral Risk Survey Results

North Dakota High School Survey
Rate Increase ↑, rate decrease ↓, or no statistical change = in rate from 2017-2019.

	ND 2015	ND 2017	ND 2019	ND Trend ↑, ↓, =	Rural ND Town Average	Urban ND Town Average	National Average 2019
Injury and Violence							
% of students who rarely or never wore a seat belt (when riding in a car driven by someone else)	8.5	8.1	5.9	=	8.8	5.4	6.5
% of students who rode in a vehicle with a driver who had been drinking alcohol (one or more times during the 30 prior to the survey)	17.7	16.5	14.2	=	17.7	12.7	16.7
% of students who talked on a cell phone while driving (on at least one day during the 30 days before the survey)	NA	56.2	59.6	=	60.7	60.7	NA
% of students who texted or e-mailed while driving a car or other vehicle (on at least one day during the 30 days before the survey)	57.6	52.6	53.0	=	56.5	51.8	39.0
% of students who were in a physical fight on school property (one or more times during the 12 months before the survey)	5.4	7.2	7.1	=	7.4	6.4	8.0
% of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey)	NA	8.7	9.2	=	7.1	8.0	10.8
% of students who were bullied on school property (during the 12 months before the survey)	24.0	24.3	19.9	↓	24.6	19.1	19.5
% of students who were electronically bullied (includes texting, Instagram, Facebook, or other social media ever during the 12 months before the survey)	15.9	18.8	14.7	↓	16.0	15.3	15.7
% of students who made a plan about how they would attempt suicide (during the 12 months before the survey)	13.5	14.5	15.3	=	16.3	16.0	15.7
Tobacco, Alcohol, and Other Drug Use							
% of students who currently use an electronic vapor product (e-cigarettes, vape e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens at least one day during the 30 days before the survey)	22.3	20.6	33.1	↑	32.2	31.9	32.7
% of students who currently used cigarettes, cigars, or smokeless tobacco (on at least one day during the 30 days before the survey)	NA	18.1	12.2	NA	15.1	10.9	10.5
% of students who currently were binge drinking (four or more drinks for female students, five or more for male students within a couple of hours on at least one day during the 30 days before the survey)	NA	16.4	15.6	=	17.2	14.0	13.7
% of students who currently used marijuana (one or more times during the 30 days before the survey)	15.2	15.5	12.5	=	11.4	14.1	21.7
% of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)	NA	14.4	14.5	=	12.8	13.3	14.3
Weight Management, Dietary Behaviors, and Physical Activity							
% of students who were overweight (>= 85th percentile but <95th percentile for body mass index)	14.7	16.1	16.5	=	16.6	15.6	16.1
% of students who had obesity (>= 95th percentile for body mass index)	13.9	14.9	14.0	=	17.4	14.0	15.5
% of students who did not eat fruit or drink 100% fruit juices (during the seven days before the survey)	3.9	4.9	6.1	=	5.8	5.3	6.3

% of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the seven days before the survey)	4.7	5.1	6.6	=	5.3	6.6	7.9
% of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the seven days before the survey)	18.7	16.3	15.9	=	17.4	15.1	15.1
% of students who did not drink milk (during the seven days before the survey)	13.9	14.9	20.5	↑	14.8	20.3	30.6
% of students who did not eat breakfast (during the seven days before the survey)	11.9	13.5	14.4	=	13.3	14.1	16.7
% of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)	NA	2.7	2.8	=	2.1	2.9	NA
% of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the seven days before the survey)	NA	51.5	49.0	=	55.0	22.6	55.9
% of students who watched television 3 or more hours per day (on an average school day)	18.9	18.8	18.8	=	18.3	18.2	19.8
% of students who played video or computer games or used a computer 3 or more hours per day (for something that was not schoolwork on an average school day)	38.6	43.9	45.3	=	48.3	45.9	46.1
Other							
% of students who ever had sexual intercourse	38.9	36.6	38.3	=	35.4	36.1	38.4
% of students who had eight or more hours of sleep (on an average school night)	NA	31.8	29.5	=	31.8	33.1	NA
% of students who brushed their teeth on seven days (during the seven days before the survey)	NA	69.1	66.8	=	63.0	68.2	NA

Sources: https://www.cdc.gov/healthyyouth/data/yrbs/results.htm; https://www.nd.gov/dpi/districtsschools/safety-health/youth-risk-behavior-survey

Low Income Needs

The North Dakota Community Action Agencies (CAAs), as nonprofit organizations, were originally established under the Economic Opportunity Act of 1964 to fight America's war on poverty. CAAs are required to conduct statewide needs assessments of people experiencing poverty. The more recent statewide needs assessment study of low-income people in North Dakota sponsored by the CAAs was performed in 2020. The needs assessment study was accomplished through the collaboration of the CAAs and North Dakota State University (NDSU) by means of several kinds of surveys (such as online or paper surveys, etc., depending on the suitability of these survey methods to different respondent groups) to low-income individuals and families across the state of North Dakota. In the study, the survey data were organized and analyzed in a statistical way to find out the priority needs of these people. The survey responses from low-income respondents were separated from the responses from non-low-income participants, which allows the research team to compare them and then identify the similarity, difference, and uniqueness of them in order to ensure the validity and accuracy of the survey study and avoid bias. Additionally, two comparison methods were used in the study, including cross-sectional and longitudinal comparisons. These methods allow the research team not only to identify the top specific needs under the seven need categories, including Employment, Income and Asset-Building, Education, Housing, Health and Social/Behavior Development, Civic Engagement, and Other Supports, through the cross-sectional comparison, but also to be able to find out the top specific needs regardless of which categories these needs belong to through the longitudinal comparison.

Top Needs Identified by People Experiencing Poverty Across North Dakota

Category	Need
Housing	Rental Assistance
Income	Financial Issues
Employment	Finding a job
Health	Dental Insurance/Affordable Dental Care
Education	Cost

2020 North Dakota
LOW INCOME COMMUNITY NEEDS

Helping People. Changing Lives.
community Action
PARTNERSHIP
AMERICA'S POVERTY FIGHTING NETWORK

NDSU NORTH DAKOTA STATE UNIVERSITY

Assessed by CAPND and NDSU, November 2020

KEY FINDINGS

1st Priority Need

Rental Assistance

3,458 Total Survey Responses

1,086 Low-Incomes
2,084 Non- Low-Incomes
288 Others (roles cannot be identified)

"*Rental Assistance*" becomes the 1st priority need of people experiencing poverty across the state under the category of "*Housing*". This need, however, would represent their immediate (short-term) need, which could be partially or significantly affected by the pandemic of COVID-19.

- The 1st priority need for the non-low-income respondents is "*Mental Health Service*".
- For the community (including both low-income and non-low-income people), the 1st priority need is "*Dental Issuance/Affordable Dental*".

STATEWIDE OVERALL NEEDS

Need	Low-Income	Non-Low-Income	Total
EMPLOYMENT	37.8%	41.8%	37.5%
INCOME AND ASSET-BUILDING	42.6%	37.3%	36.2%
EDUCATION	36.4%	35.7%	33.3%
HOUSING	62.1%	50.0%	50.1%
HEALTH AND SOCIAL/BEHAVIOR...	37.5%	47.6%	40.7%
CIVIC ENGAGEMENT	12.5%	22.9%	18.0%
OTHER SUPPORTS	19.2%	12.4%	13.6%

■ Low-Income Responses
■ Non-Low-Income Responses
■ Total Responses

0%   20%   40%   60%

TOP STATEWIDE SPECIFIC NEEDS

Low-Incomes
- Housing - Rental Assistance
- Health and Social/Behavior Development - Dental Insurance/Affordable Dental
- Other Needs - Food

Non-Low-Incomes
- Health and Social/Behavior Development - Mental Health Service
- Health and Social/Behavior Development - Health Insurance/Affordable Health Care
- Income and Asset-Building - Budget/Credit/Debit Counseling

Community (Low-Income & Non-Low-Income)
- Health and Social/Behavior Development - Dental Insurance/Affordable Dental
- Health and Social/Behavior Development - Health Insurance/Affordable Health Care
- Health and Social/Behavior Development - Mental Health Service

TOP REGIONAL OVERALL NEEDS FOR LOW-INCOMES

Region 1
1. Housing
2. Health and Social/Behavior Development
3. Income and Asset - Building

Region 8
1. Housing
2. Income and Asset - Building
3. Employment

Region 7
1. Housing
2. Employment
3. Health and Social/Behavior Development

Region (lower left)
1. Health and Social/Behavior Development
2. Income and Asset - Building
3. Housing

Region 3
1. Housing
2. Income and Asset - Building
3. Education

Region 4
1. Housing
2. Education
3. Income and Asset - Building

Region 5
1. Housing
2. Health and Social/Behavior Development
3. Income and Asset - Building

Region 6
1. Housing
2. Employment
3. Income and Asset - Building

Map counties: DIVIDE, BURKE, RENVILLE, BOTTINEAU, MOLETTE, TOWNER, CAVALIER, PEMBINA, WILLIAMS, MOUNTRAIL, WARD, MCHENRY, PIERCE, RAMSEY, WALSH, MCKENZIE, BENSON, NELSON, GRAND FORKS, MCLEAN, SHERIDAN, WELLS, EDDY, FOSTER, GRIGGS, STEELE, TRAILL, DUNN, MERCER, OLIVER, BURLEIGH, KIDDER, STUTSMAN, BARNES, CASS, GOLDEN VALLEY, BILLINGS, STARK, MORTON, SLOPE, HETTINGER, GRANT, EMMONS, LOGAN, LAMOURE, RANSOM, RICHLAND, BOWMAN, ADAMS, SIOUX, MCINTOSH, DICKEY, SARGENT

ACKNOWLEDGMENTS

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Survey Results

As noted previously, 42 community members completed the survey in communities throughout the counties in the CHI St. Alexius Health Garrison service area. For all questions that contained an "Other" response, all direct responses may be found in Appendix G. In some cases, a summary of those comments is additionally included in the report narrative. The "Total respondents" number under each heading indicates the number of people who responded to that particular question.

The survey requested that respondents list their home zip code. While not all respondents provided a zip code, 28 did, revealing that a large majority of respondents (89%, N=25) lived in Garrison. These results are shown in Figure 5.

Figure 5: Survey Respondents' Home ZIP Code
Total respondents: 25
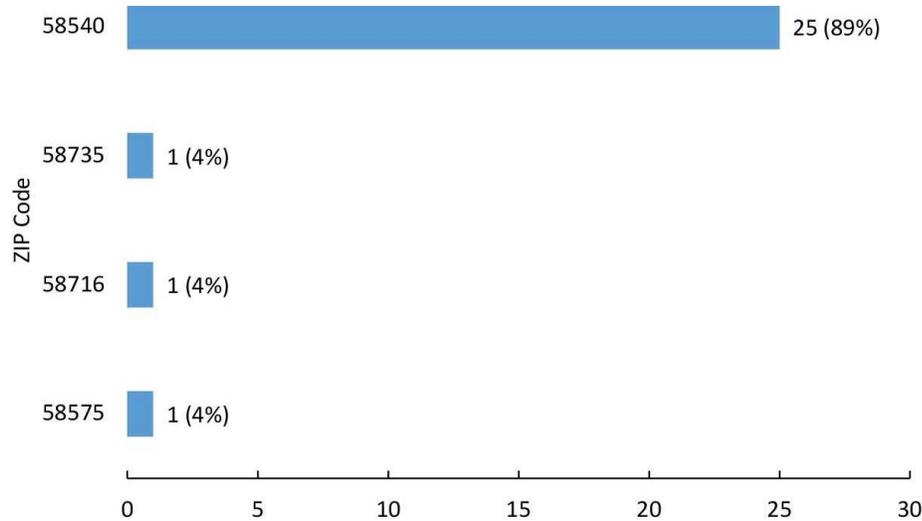
Survey results are reported in six categories: demographics; healthcare access; community assets and challenges; community concerns; delivery of healthcare; and other concerns or suggestions to improve health.

Survey Demographics

To better understand the perspectives offered by survey respondents, survey-takers were asked a few demographic questions. Throughout this report, numbers (N) instead of just percentages (%) are reported because percentages can be misleading with smaller numbers. Survey respondents were not required to answer all questions.

With respect to demographics of those who chose to complete the survey:

- 38% (N=12) were age 55 or older.

- The majority (81%, N=26) were female.

- Most of the respondents (69%, N=22) had bachelor's degrees or higher.

- The number of those working full time (59%, N=19) was almost four times higher than those who were retired (16%, N=5).

- 97% (N=31) of those who reported their ethnicity/race were White/Caucasian.

- 20% of the population (N=6) had household incomes of less than $50,000.

Figures 6 through 12 show these demographic characteristics. These numbers illustrate the range of community members' household incomes and indicates how this assessment took into account input from parties who represent the varied interests of the community served, including a balance of age ranges, those in diverse work situations, and different levels of education.

Figure 6: Age Demographics of Survey Respondents
Total respondents = 32

Age Group	Count (Percentage)
75 years and older	3 (9%)
65 to 74 years	2 (6%)
55 to 64 years	7 (22%)
45 to 54 years	9 (28%)
35 to 44 years	6 (19%)
25 to 34 years	4 (13%)
18 to 24 years	1 (3%)
Under 18 years	0 (0%)
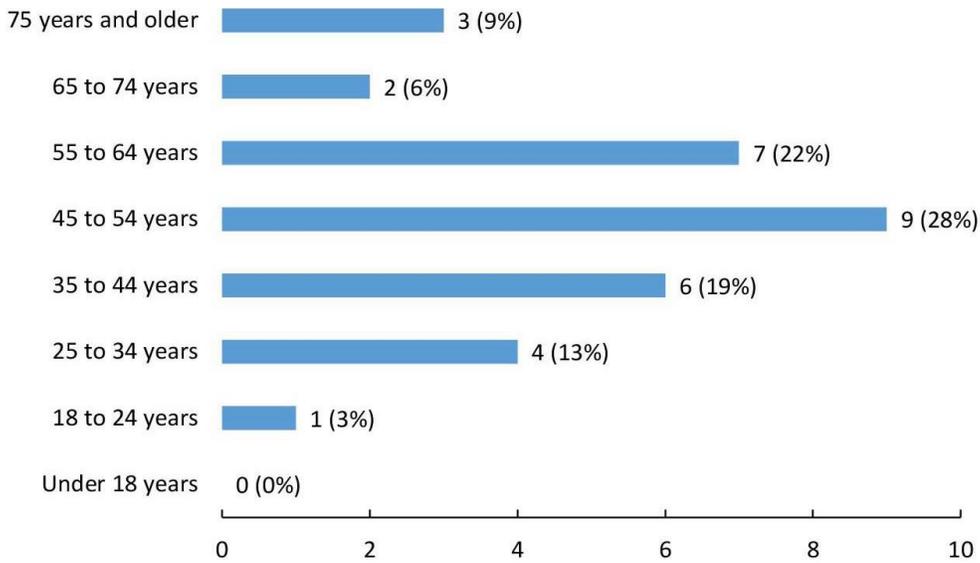
People younger than age 18 are not questioned, using this survey method.
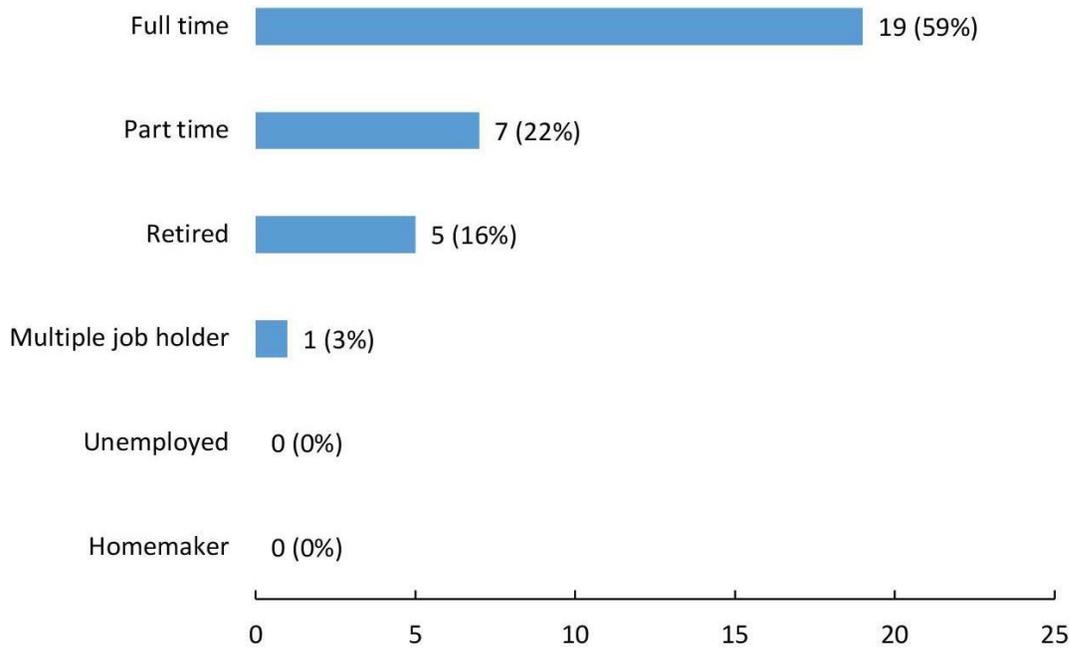
Figure 7: Gender Demographics of Survey Respondents
Total respondents = 32

Gender	Count (Percentage)
Female	26 (81%)
Male	6 (19%)
Non-binary	0 (0%)
Other	0 (0%)
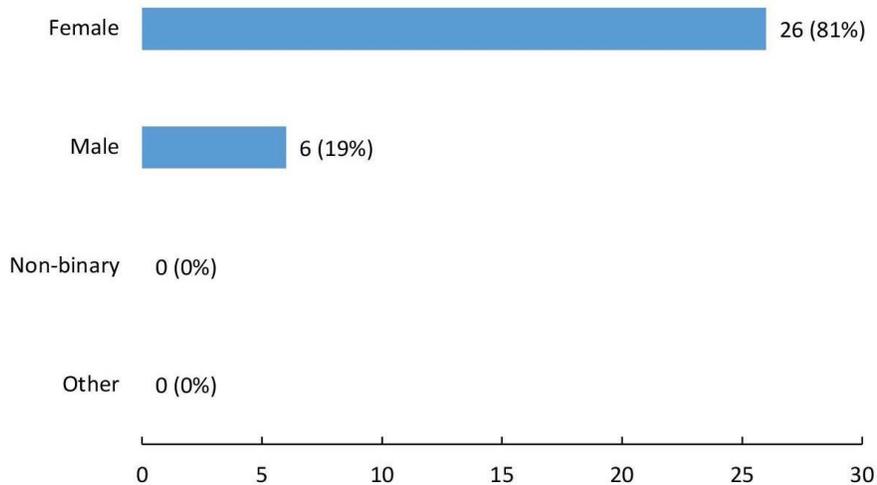
Figure 8: Educational Level Demographics of Survey Respondents
Total respondents = 32

Educational Level	Count (Percentage)
Bachelor's degree	15 (47%)
Graduate or professional degree	7 (22%)
Associate's degree	6 (19%)
High school diploma or GED	3 (9%)
Some college/technical degree	1 (3%)
Less than high school	0 (0%)
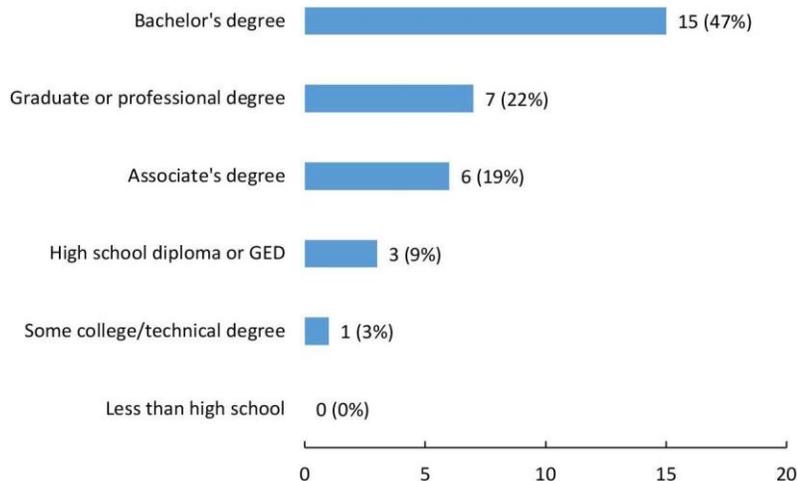
Figure 9: Employment Status Demographics of Survey Respondents
Total respondents = 32

Status	Count
Full time	19 (59%)
Part time	7 (22%)
Retired	5 (16%)
Multiple job holder	1 (3%)
Unemployed	0 (0%)
Homemaker	0 (0%)

Of those who provided a household income, 10% (N=3) community members reported a household income of less than $25,000. Fifty-five percent (N=16) indicated a household income of $100,000 or more. This information is shown in Figure 10.

Figure 10: Household Income Demographics of Survey Respondents
Total respondents = 29

Income	Count
$150,000 and over	7 (24%)
$100,000 to $149,999	9 (31%)
$75,000 to $99,999	4 (14%)
$50,000 to $74,999	3 (10%)
$25,000 to $49,999	3 (10%)
$15,000 to $24,999	1 (3%)
Less than $15,000	2 (7%)
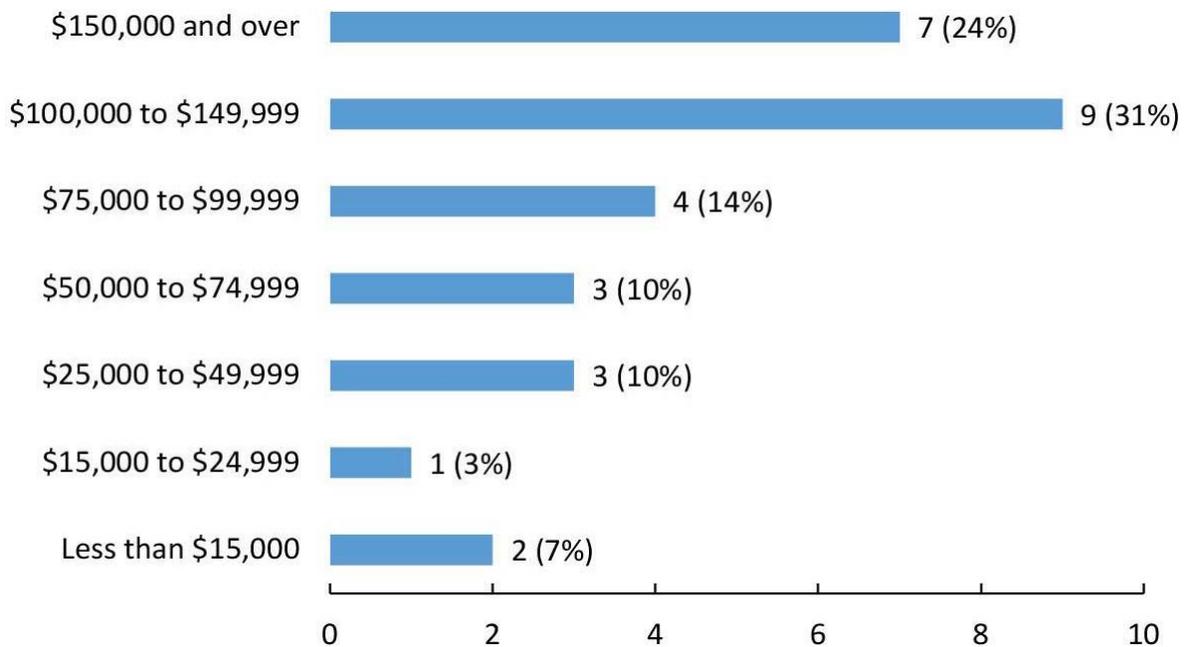
Community members were asked about their health insurance status, which is often associated with whether people have access to healthcare. None of the respondents (N=0) reported having no health insurance or being under-insured. The most common insurance types were insurance through one's employer (N=25), followed by Medicare (N=5), and self-purchased insurance (N=3).

Figure 11: Health Insurance Coverage Status of Survey Respondents
Total respondents = 32

Category	Count (Percent)
Insurance through employer	25 (78%)
Medicare	5 (16%)
Self-purchased insurance	3 (9%)
Veteran's Health Care Benefits	1 (3%)
Not enough insurance	0 (0%)
No insurance	0 (0%)
Medicaid	0 (0%)
Indian Health Service (IHS)	0 (0%)
Other	1 (3%)

Respondents were able to choose more than one option for this question; as a result, total is greater than 32
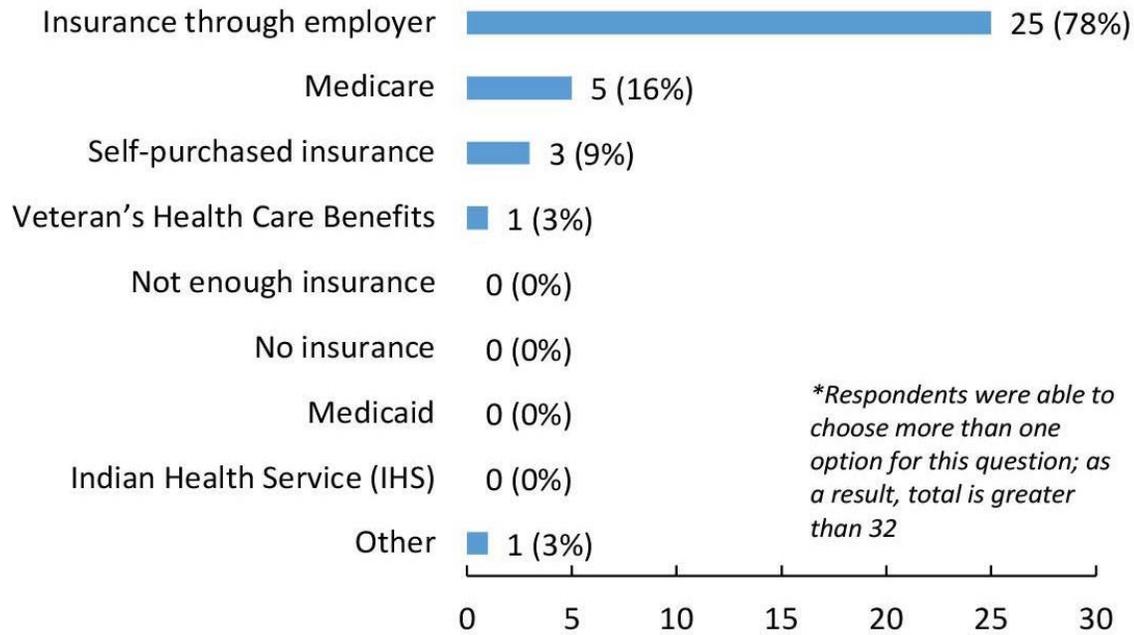
As shown in Figure 12, nearly all respondents were White/Caucasian (97%). This demographic was an overrepresentation of White respondents when compared to the race/ethnicity of the overall population of McLean County; the US Census indicates that 89.6% of the population is White in McLean County.

Figure 12: Race/Ethnicity Demographics of Survey Respondents
Total respondents = 32

Category	Count (Percent)
White/Caucasian	31 (97%)
Asian	1 (3%)
Pacific Islander	0 (0%)
Hispanic/Latino	0 (0%)
African American	0 (0%)
American Indian	0 (0%)
Other	0 (0%)
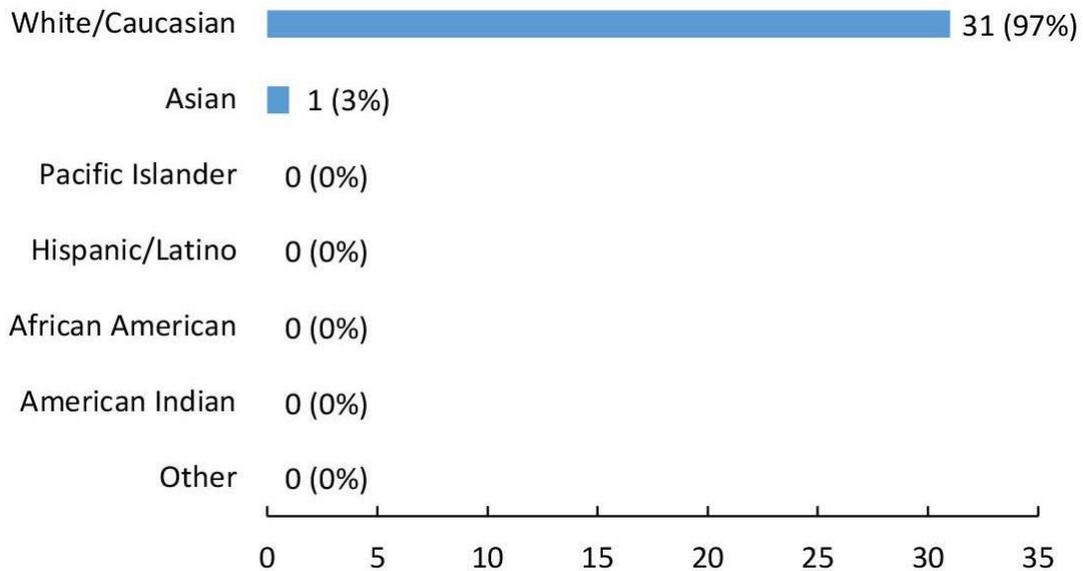
When asked how respondents acquired their survey, hospital or public health employees were the most common response. This information can be seen in Figure 13.

Figure 13: Survey Source
Total respondents = 32

Source	Count (%)
Hospital or public health employee	6 (19%)
Economic development website or social media	5 (16%)
Hospital or public health social media	5 (16%)
Direct mail	3 (9%)
At a healthcare facility	3 (9%)
Hospital or public health website	2 (6%)
Flyer in the mail	1 (3%)
Newspaper advertisement	1 (3%)
Newsletter	0 (0%)
Word of mouth	0 (0%)
Flyer at local business	0 (0%)
Flyer sent home from school	0 (0%)
Church bulletin	0 (0%)
Poster around town	0 (0%)
Other	6 (19%)

"Other" methods of acquiring the survey included email and Facebook.

Respondents were asked if they work at the hospital, the clinic, or public health. The majority of respondents (N=18) did work for one of the collaborating entities; this information should be kept in mind as health employees may have a very different view of health concerns in the community than those who do not work in healthcare.

Figure 14: Hospital, Clinic, or Public Health Employment
Total respondents = 32

	Count (%)
Yes	18 (56%)
No	14 (44%)
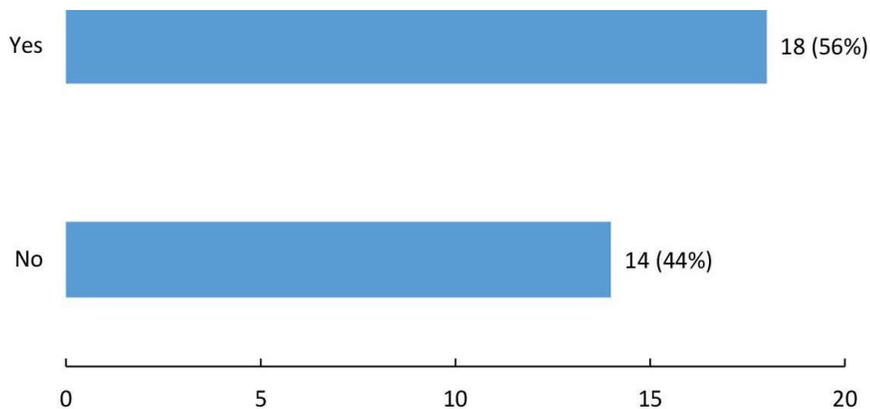
Community Assets and Challenges

Survey respondents were asked what they perceived as the best things about their community in four categories: people, services and resources, quality of life, and activities. In each category, respondents were given a list of choices and asked to pick the three best things. Respondents occasionally chose less than three choices within each category. If more than three choices were selected, their responses were not included. The results indicate there is consensus (with at least 31 respondents agreeing) that community assets include:

- Local events and festivals (N=36);

- Family-friendly (N=36);

- Recreational and sports activities (N=34);

- People are helpful, friendly, and supportive (N=32);

- Healthcare (N=31); and

- People who live here are involved in their community (N=31).

Figures 15 to 18 illustrate the results of these questions.

Figure 15: Best Things about the PEOPLE in Your Community
Total responses = 42*

People are friendly, helpful, supportive — 32 (76%)
People who live here are involved in their community — 31 (74%)
Feeling connected to people who live here — 21 (50%)
Community is socially & culturally diverse — 10 (24%)
Sense that you can make a difference through civic engagement — 8 (19%)
People are tolerant, inclusive, & open-minded — 3 (7%)
Government is accessible — 2 (5%)
Other — 0 (0%)
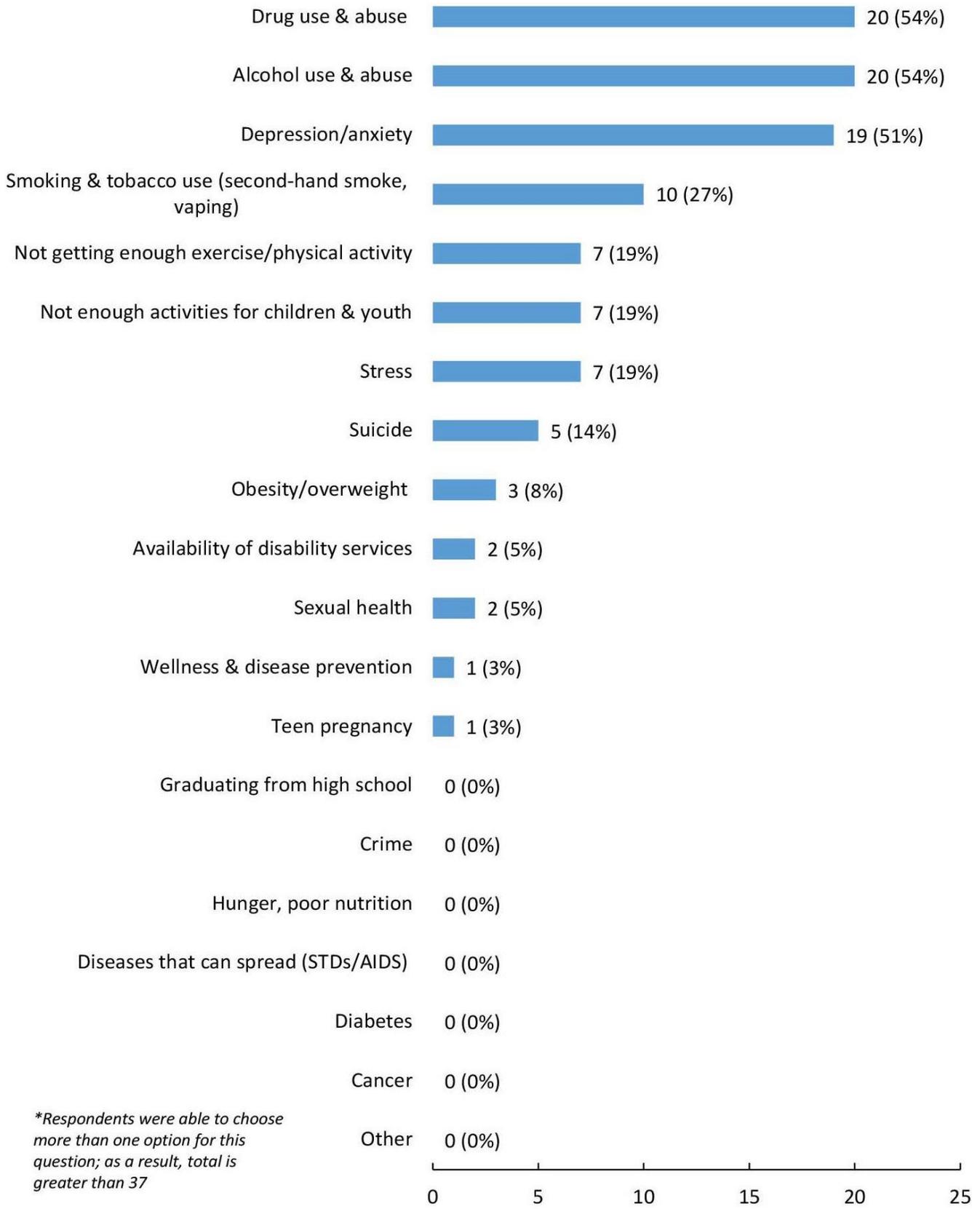
*Respondents were able to choose more than one option for this question; as a result, total is greater than 42
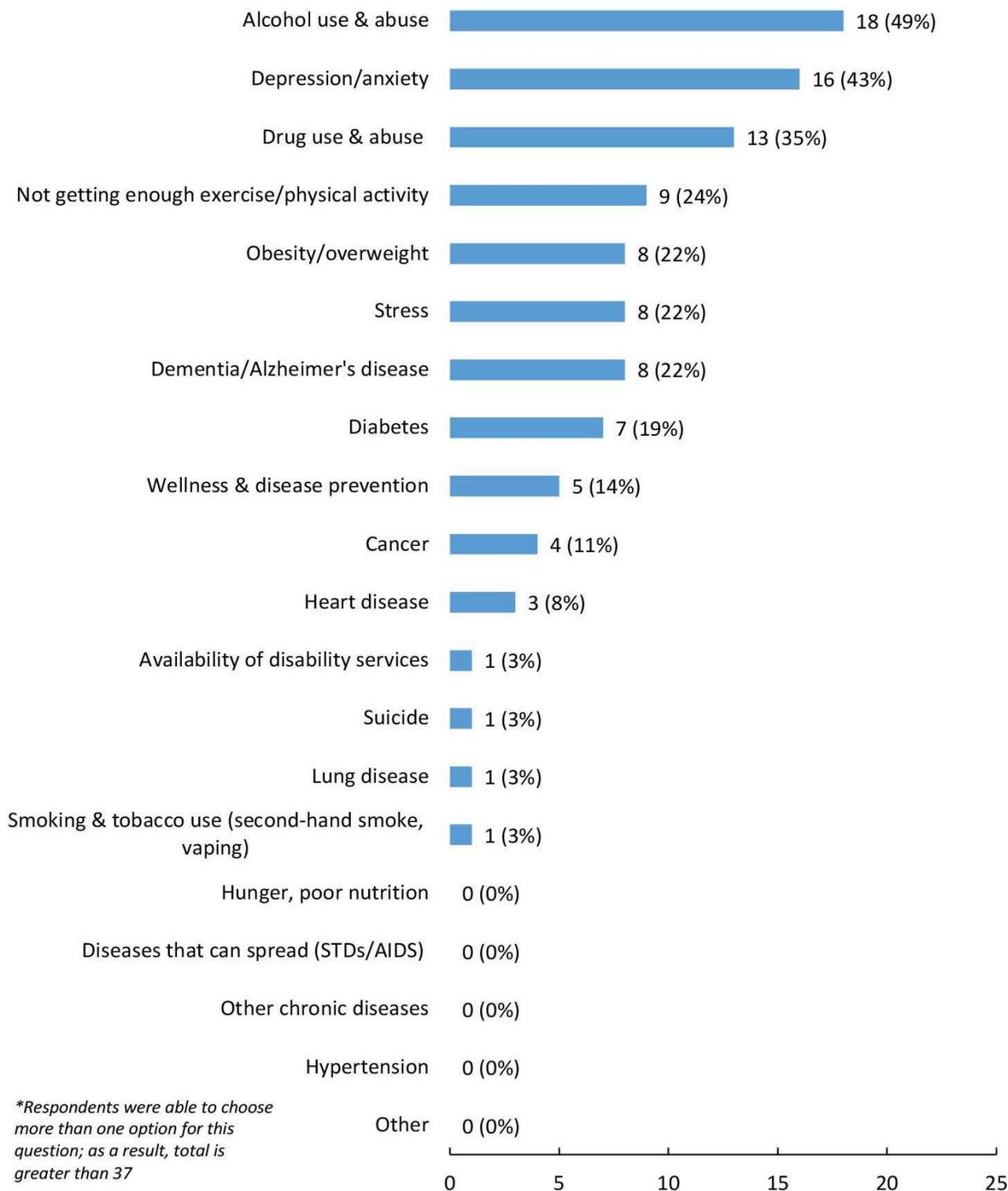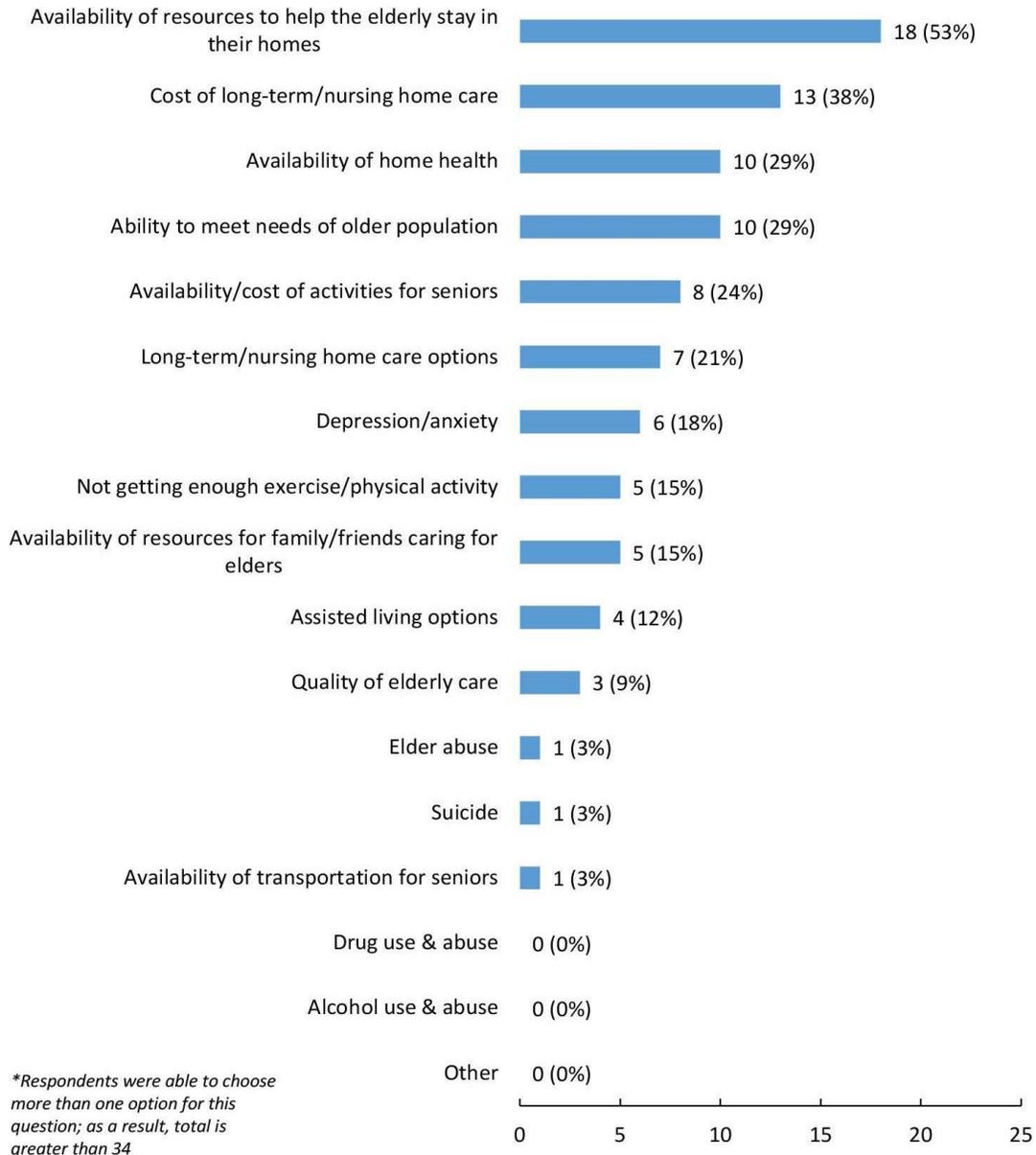
Figure 16: Best Things about the SERVICES AND RESOURCES in Your Community
Total responses = 42*

Category	Value
Healthcare	31 (74%)
Business district	24 (57%)
Active faith community	19 (45%)
Quality school systems	18 (43%)
Community groups & organizations	14 (33%)
Programs for youth	6 (14%)
Access to healthy food	6 (14%)
Public transportation	0 (0%)
Opportunities for advanced education	0 (0%)
Other	0 (0%)

Respondents were able to choose more than one option for this question; as a result, total is greater than 42
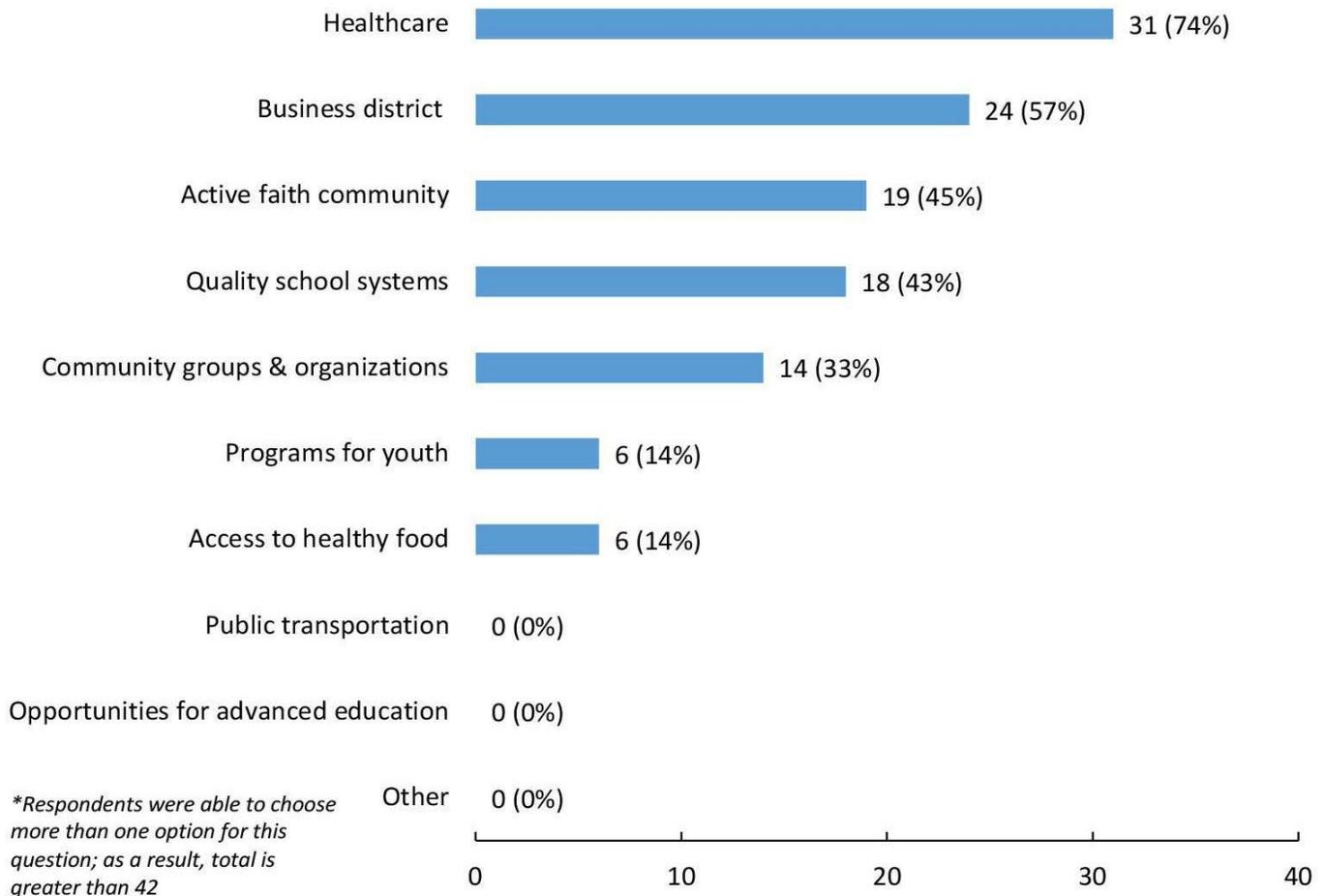
Figure 17: Best Things about the QUALITY OF LIFE in Your Community
Total responses = 42*

Category	Value
Family-friendly	36 (86%)
Safe place to live, little/no crime	30 (71%)
Informal, simple, laidback lifestyle	23 (55%)
Closeness to work & activities	22 (52%)
Job/economic opportunities	5 (12%)
Other	0 (0%)

Respondents were able to choose more than one option for this question; as a result, total is greater than 42
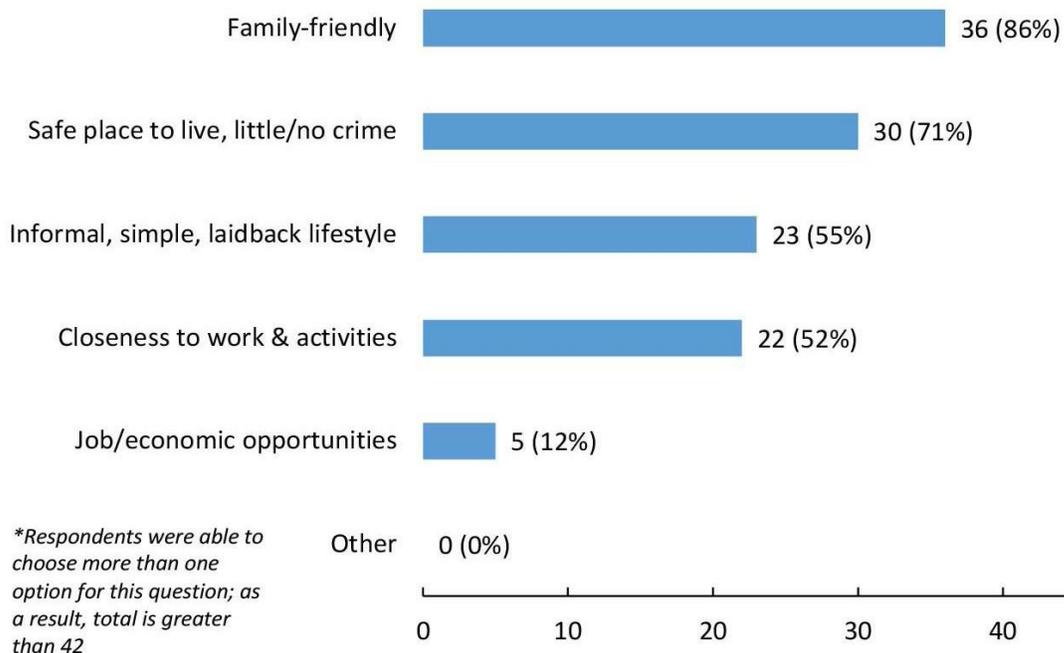
Figure 18: Best Thing about the ACTIVITIES in Your Community
Total responses = 42*

Local events & festivals   36 (86%)
Recreational & sports activities 34 (81%)
Activities for families & youth   29 (69%)
Year-round access to fitness opportunities 5 (12%)
Arts & cultural activities   4 (10%)
Other   0 (0%)

Respondents were able to choose more than one option for this question; as a result, total is greater than 42
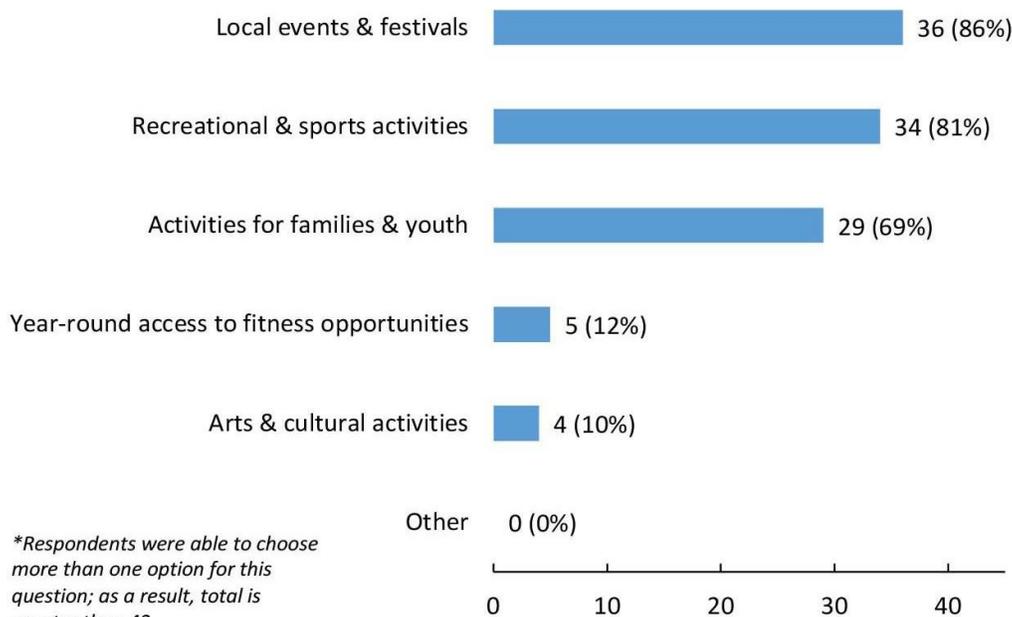
Community Concerns

At the heart of this CHNA was a section on the survey asking survey respondents to review a wide array of potential community and health concerns in six categories and pick their top three concerns. The six categories of potential concerns were:

- Community/environmental health
- Availability/delivery of health services
- Youth population
- Adult population
- Senior population
- Violence concerns

Regarding responses about community challenges, the most highly voiced concerns (those having at least 15 respondents) were:

- Bullying/cyberbullying (N=26)
- Alcohol use and abuse – Youth (N=20)
- Drug use and abuse – Youth (N=20)
- Depression/anxiety - Youth (N= 19)
- Alcohol use and abuse – Adults (N=18)
- Availability of resources to help the elderly stay in their homes (N=18)
- Not enough jobs with livable wages (N=18)
- Depression/anxiety – Adults (N=16)
- Attracting and retaining young families (N=15)

The other issues that had at least 11 votes included:

- Having enough child daycare services (N=14)
- Not enough affordable housing (N=14)
- Cost of long-term/nursing home care (N=13)
- Drug use and abuse - Adults (N=13)
- Availability of mental health services (N=12)
- Emotional abuse (N=12)
- Not enough healthcare staff in general (N=12)
- Child abuse or neglect (N=11)

Figures 19 through 24 illustrate these results.

Figure 19: Community/Environmental Health Concerns
Total responses = 37*

Concern	Value
Not enough jobs with livable wages	18 (49%)
Attracting & retaining young families	15 (41%)
Having enough child daycare services	14 (38%)
Not enough affordable housing	14 (38%)
Recycling	10 (27%)
Crime & safety	7 (19%)
Bullying/cyber bullying	6 (16%)
Traffic safety	3 (8%)
Racism, prejudice, hate, discrimination	3 (8%)
Not enough places for exercise/wellness activities	3 (8%)
Active faith community	3 (8%)
Having enough quality school resources	2 (5%)
Water quality	2 (5%)
Poverty	2 (5%)
Physical violence, domestic violence, sexual abuse	1 (3%)
Litter	1 (3%)
Changes in population size (increasing/decreasing)	1 (3%)
Homelessness	0 (0%)
Child abuse	0 (0%)
Not enough public transportation options	0 (0%)
Air quality	0 (0%)
Other	0 (0%)

*Respondents were able to choose more than one option for this question; as a result, total is greater than 37

Figure 20: Availability/Delivery of Health Services Concerns
Total responses = 37*

Concern	Responses
Availability of mental health services	12 (32%)
Not enough healthcare staff in general	12 (32%)
Availability of specialists	10 (27%)
Cost of healthcare services	7 (19%)
Ability to retain primary care providers in the…	7 (19%)
Cost of prescription drugs	6 (16%)
Extra hours for appointments, such as evenings &…	6 (16%)
Ability to get appointments for health services within…	6 (16%)
Cost of health insurance	5 (14%)
Patient confidentiality	4 (11%)
Ability/willingness of healthcare providers to…	4 (11%)
Availability of substance use disorder treatment services	4 (11%)
Emergency services	3 (8%)
Availability of primary care providers	3 (8%)
Quality of care	2 (5%)
Not comfortable seeking care where I know the…	2 (5%)
Availability of hospice	2 (5%)
Availability of wellness & disease prevention services	2 (5%)
Understand where & how to get health insurance	1 (3%)
Adequacy of health insurance	1 (3%)
Availability of dental care	1 (3%)
Availability of public health professionals	1 (3%)
Adequacy of Indian Health Service/Tribal Health Services	0 (0%)
Ability/willingness of healthcare providers to…	0 (0%)
Availability of vision care	0 (0%)
Other	0 (0%)

*Respondents were able to choose more than one option for this question; as a result, total is greater than 37

Figure 21: Youth Population Concerns
Total responses = 37*

Concern	Value
Drug use & abuse	20 (54%)
Alcohol use & abuse	20 (54%)
Depression/anxiety	19 (51%)
Smoking & tobacco use (second-hand smoke, vaping)	10 (27%)
Not getting enough exercise/physical activity	7 (19%)
Not enough activities for children & youth	7 (19%)
Stress	7 (19%)
Suicide	5 (14%)
Obesity/overweight	3 (8%)
Availability of disability services	2 (5%)
Sexual health	2 (5%)
Wellness & disease prevention	1 (3%)
Teen pregnancy	1 (3%)
Graduating from high school	0 (0%)
Crime	0 (0%)
Hunger, poor nutrition	0 (0%)
Diseases that can spread (STDs/AIDS)	0 (0%)
Diabetes	0 (0%)
Cancer	0 (0%)
Other	0 (0%)

Respondents were able to choose more than one option for this question; as a result, total is greater than 37

Figure 22: Adult Population Concerns
Total responses = 37*

Concern	Value
Alcohol use & abuse	18 (49%)
Depression/anxiety	16 (43%)
Drug use & abuse	13 (35%)
Not getting enough exercise/physical activity	9 (24%)
Obesity/overweight	8 (22%)
Stress	8 (22%)
Dementia/Alzheimer's disease	8 (22%)
Diabetes	7 (19%)
Wellness & disease prevention	5 (14%)
Cancer	4 (11%)
Heart disease	3 (8%)
Availability of disability services	1 (3%)
Suicide	1 (3%)
Lung disease	1 (3%)
Smoking & tobacco use (second-hand smoke, vaping)	1 (3%)
Hunger, poor nutrition	0 (0%)
Diseases that can spread (STDs/AIDS)	0 (0%)
Other chronic diseases	0 (0%)
Hypertension	0 (0%)
Other	0 (0%)

Respondents were able to choose more than one option for this question; as a result, total is greater than 37

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Figure 23: Senior Population Concerns
Total responses = 34*

Concern	Value
Availability of resources to help the elderly stay in their homes	18 (53%)
Cost of long-term/nursing home care	13 (38%)
Availability of home health	10 (29%)
Ability to meet needs of older population	10 (29%)
Availability/cost of activities for seniors	8 (24%)
Long-term/nursing home care options	7 (21%)
Depression/anxiety	6 (18%)
Not getting enough exercise/physical activity	5 (15%)
Availability of resources for family/friends caring for elders	5 (15%)
Assisted living options	4 (12%)
Quality of elderly care	3 (9%)
Elder abuse	1 (3%)
Suicide	1 (3%)
Availability of transportation for seniors	1 (3%)
Drug use & abuse	0 (0%)
Alcohol use & abuse	0 (0%)
Other	0 (0%)

Respondents were able to choose more than one option for this question; as a result, total is greater than 34

Figure 24: Violence Concerns
Total responses = 33*
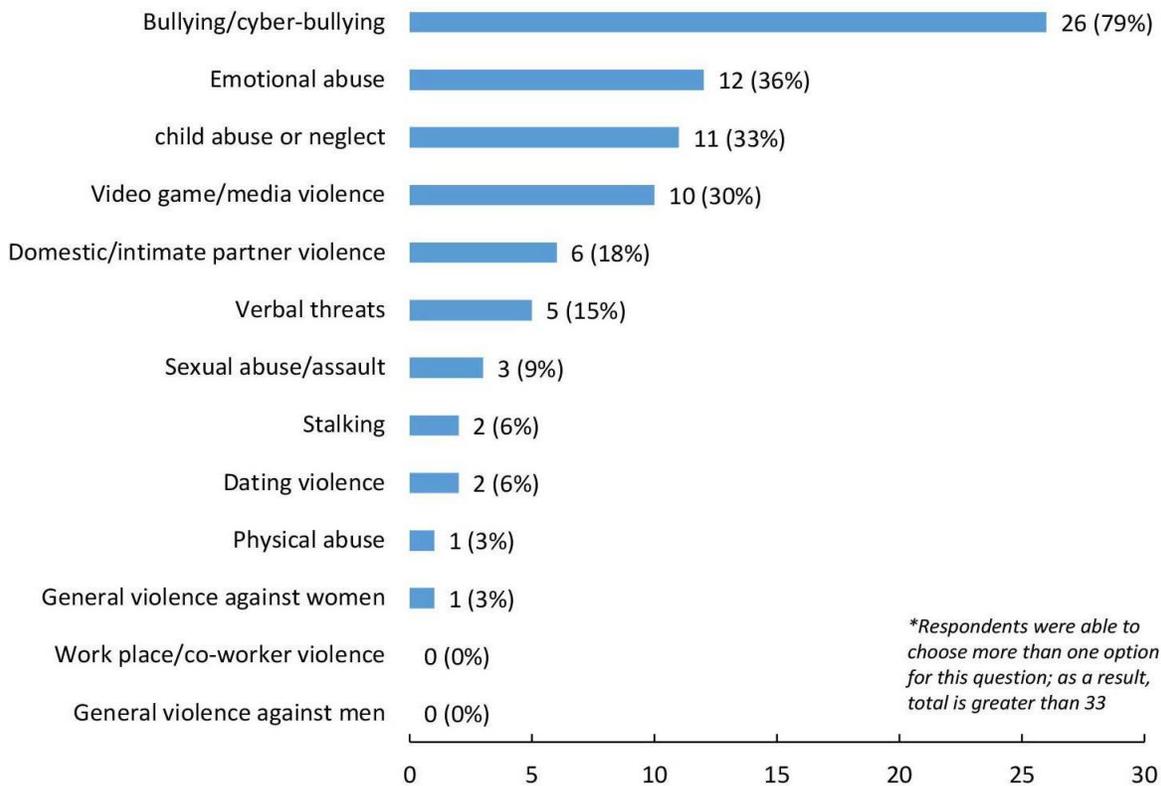
In an open-ended question, respondents were asked what single issue they feel is the biggest challenge facing their community. Two categories emerged above all others as the top concerns:

1. Bullying/cyberbullying

2. Drug/alcohol/substance abuse

Other biggest challenges that were identified were lack of jobs with livable wages, attract and retain young families, cost of healthcare, lack of family activities, availability of resources to help the elderly stay in their homes, enough child daycare services, stress, and depression/suicide.

Delivery of Healthcare

The survey asked residents what they see as barriers that prevent them, or other community residents, from receiving healthcare. The most prevalent barriers perceived by residents were not able to see same provider over time (N=10) and not able to get an appointment/limited hours (N=10). After these barriers, the next most commonly identified barriers were no insurance or limited insurance (N=9) and concerns about confidentiality (N=8).

Figure 25 illustrates these results.

Figure 25: Perceptions about Barriers to Care
Total responses = 29

Barrier	Count (Percent)
Not able to see same provider over time	10 (34%)
Not able to get appointment/limited hours	10 (34%)
No insurance or limited insurance	9 (31%)
Concerns about confidentiality	8 (28%)
Not enough specialists	7 (24%)
Not enough evening or weekend hours	7 (24%)
Can't get transportation services	7 (24%)
Not enough providers	5 (17%)
Not affordable	5 (17%)
Not accepting new patients	4 (14%)
Don't know about local services	4 (14%)
Distance from health facility	4 (14%)
Limited access to telehealth technology	2 (7%)
Poor quality of care	1 (3%)
Lack of disability access	1 (3%)
Don't speak language or understand culture	1 (3%)
Lack of services through Indian Health Services	0 (0%)
Other	0 (0%)

Respondents were able to choose more than one option for this question; as a result, total is greater than 29

In an open-ended question, respondents were asked what specific healthcare services, if any, they think should be added locally. The number one desired service to add locally was mental health services. Other requested services included:

- Exercise classes for the elderly
- Education classes – nutrition, cancer, etc.
- More doctors and nurses
- More visiting specialists
- OB appointments in town
- Minor surgeries
- Intensive care
- Urgent Care

The key informant and focus group members felt that the community members were aware of the majority of the health system services but not so aware of many public health services. It was expressed that public health is well-known for things, such as immunizations and COVID-19 testing but not as much for other services offered. Community members felt that increased marketing of health services in the community is not necessary, as most people will find the appropriate services through referrals from their primary care physician.

Survey respondents were the most aware of the clinic and emergency room, when it came to general and acute services offered by CHI St. Alexius Health Garrison.

Figure 26: Use/Awareness of General and Acute Services
Total responses = 33*

Service	Count (Percentage)
Clinic	32 (97%)
Emergency room	30 (91%)
Hospital (acute care)	25 (76%)
Swing bed and respite care services	19 (58%)
Telemedicine via eEmergency	17 (52%)
Orthopedic (visiting specialist)	16 (48%)
Hospice	12 (36%)
Home healthcare	11 (33%)
Cardiology (visiting specialist)	10 (30%)
Mental health services	8 (24%)

Respondents were able to choose more than one option for this question; as a result, total is greater than 33

When it came to screening and therapy services, respondents were most aware of laboratory services.

Figure 27: Use/Awareness of Screening and Therapy Services
Total responses = 33*

Service	Count (Percentage)
Laboratory services	31 (94%)
Physical therapy	24 (73%)
Health screenings	24 (73%)
Occupational therapy	18 (55%)
Social services	13 (39%)
Speech therapy	12 (36%)

Respondents were able to choose more than one option for this question; as a result, total is greater than 33
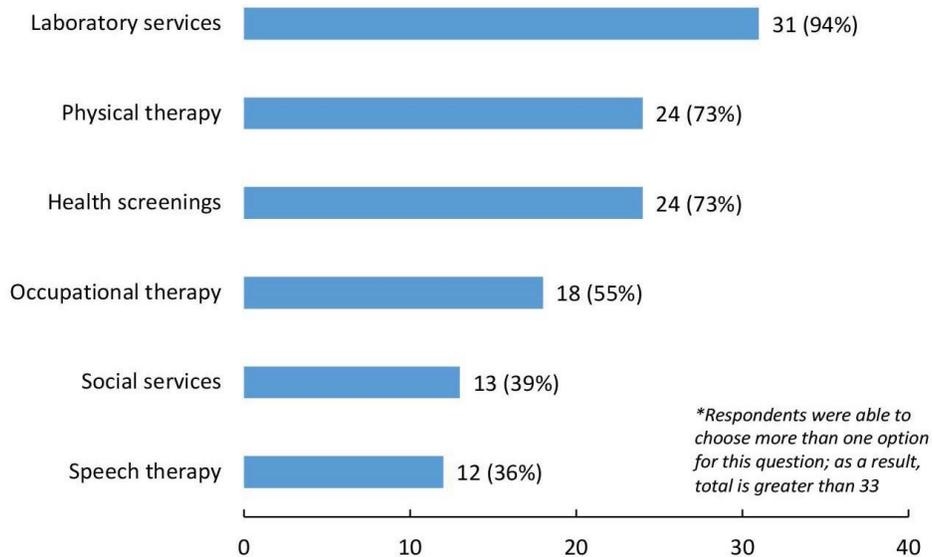
For radiology services, respondents were mostly aware of all services with the exception of echocardiograms.

Figure 28: Use/Awareness of Radiology Services
Total responses = 30*

General x-ray — 26 (87%)
Mammography — 25 (83%)
Ultrasound — 22 (73%)
MRI — 22 (73%)
CT scan — 21 (70%)
EKG - Electrocardiography — 20 (67%)
Echocardiogram — 14 (47%)

Respondents were able to choose more than one option for this question; as a result, total is greater than 30

(x-axis: 0, 10, 20, 30, 40)
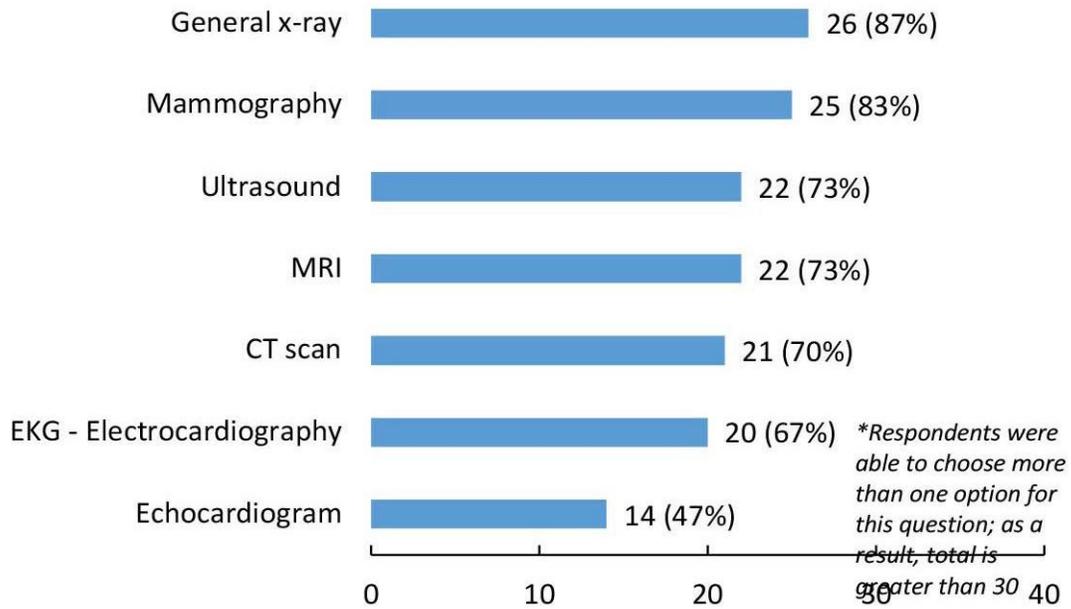
Survey respondents were also mostly aware of all other community providers with the exception of massage therapy of which only half of respondents were aware.

Figure 29: Use/Awareness of Other Community Providers
Total responses = 33*

Optometric/vision services — 29 (88%)
Dental services — 26 (79%)
Chiropractic services — 25 (76%)
Ambulance — 24 (73%)
Massage therapy — 16 (48%)

Respondents were able to choose more than one option for this question; as a result, total is greater than 33

(x-axis: 0, 10, 20, 30, 40)
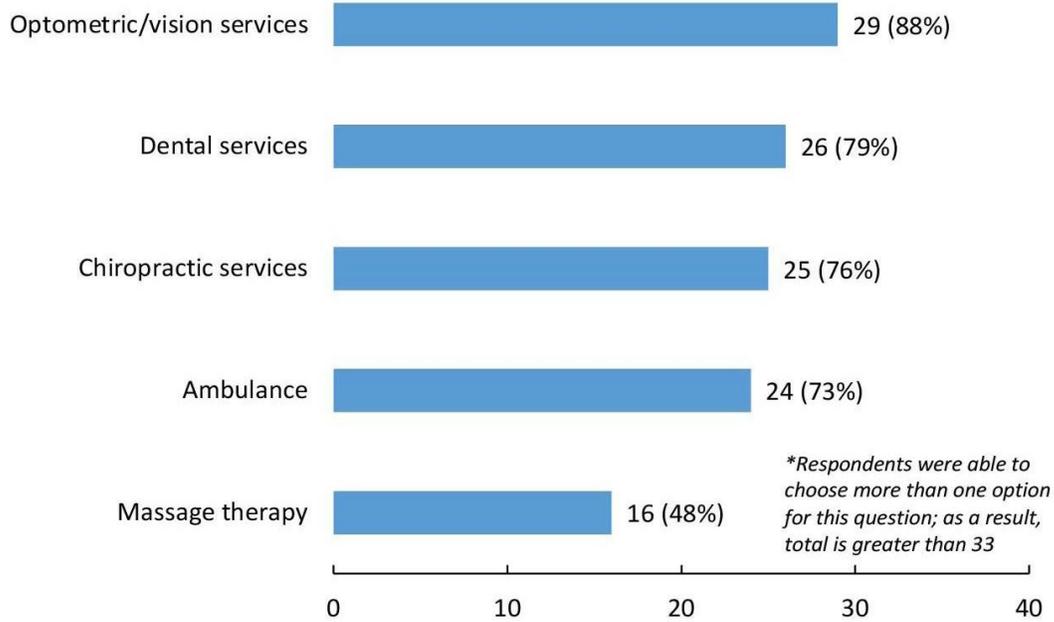
Figure 30: Sources of Information About Local Health Services
Total responses = 34*

Source	Value
Word of mouth	27 (79%)
Newspaper	22 (65%)
Healthcare professionals	17 (50%)
Social media	13 (38%)
Web searches	11 (32%)
Employer/worksite wellness	10 (29%)
Advertising	9 (26%)
Public health professionals	5 (15%)
Tribal Health	1 (3%)
Radio	1 (3%)
Indian Health Service	0 (0%)
Other	1 (3%)

Respondents were able to choose more than one option for this question; as a result, total is greater than 34
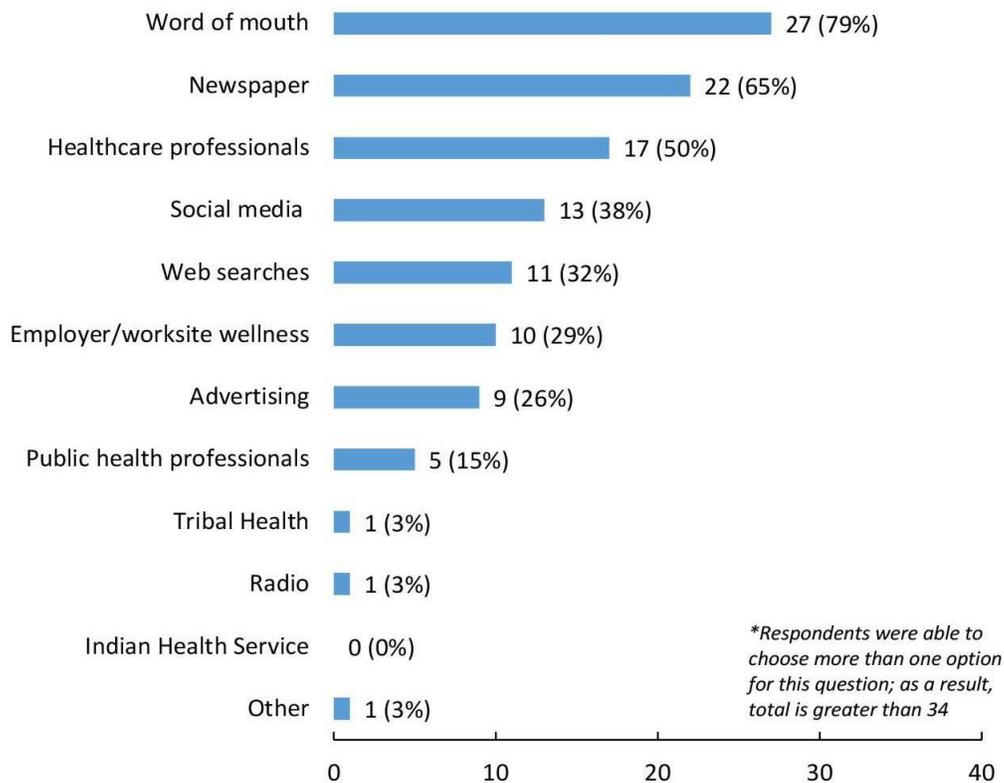
In the "Other" category, one respondent noted they work in the hospital.

Respondents were asked where they go to for trusted health information. Primary care providers (N=31) received the highest response rate, followed by other healthcare professionals (N=21), and then word of mouth (N=12).

Figure 31: Sources of Trusted Health Information
Total responses = 34*

Source	Value
Primary care provider (MD, NP, PA)	31 (91%)
Other healthcare professionals (nurses, chiropractors, dentists)	21 (62%)
Word of mouth (friends, neighbors, co-workers)	12 (35%)
Web searches/internet	10 (29%)
Public health professional	7 (21%)
Other	0 (0%)

Respondents were able to choose more than one option for this question; as a result, total is greater than 34
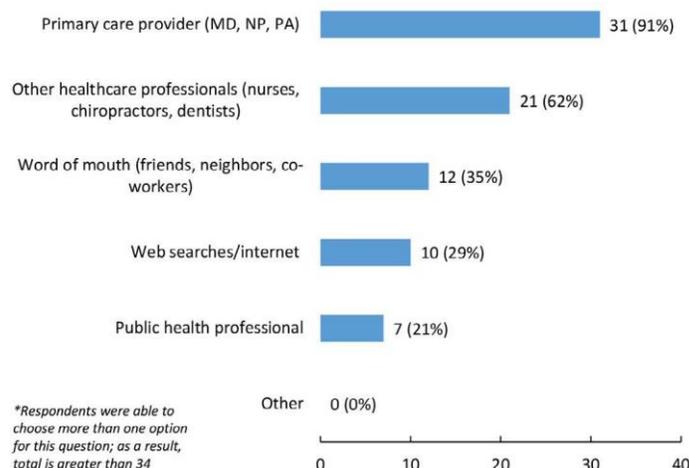
The final question on the survey asked respondents to share concerns and suggestions to improve the delivery of local healthcare. With the low survey response rate, there were only two responses. These responses suggested that health providers need to keep everything confidential. It was noted that it is disturbing to hear conversations about others' health situations from those who should not be saying anything. This lack of confidentiality prevents people from seeking medical attention and treatment. It was also suggested that the hospital needs a change in management.

Findings from Key Informant Interviews & the Community Meeting

Questions about the health and well-being of the community, similar to those posed in the survey, were explored during key informant interviews with community leaders and health professionals and also with the community group at the first meeting. The themes that emerged from these sources were wide-ranging with some directly associated with healthcare and others more rooted in broader social and community matters.

Generally, overarching issues that developed during the interviews and community meeting can be grouped into five categories (listed in alphabetical order):

- Alcohol use and abuse

- Attracting and retaining young families

- Availability of resources to help elderly stay in their homes

- Depression/anxiety

- Drug use and abuse (including prescription drug abuse)

To provide context for the identified needs, following are some of the comments made by those respondents interviewed about these issues:

Alcohol use and abuse

- Many community members feel this issue is a big concern.

Attracting and retaining young families

- The community is looking to bring in new people.

- Cannot attract new or retain existing families without livable wages.

- Only a few daycare services in town, not sure it is enough or affordable. This issue is critical in having people working and staying in the community.

- The community has activities for young people. If we don't attract, we'll end up being a retirement community, and that's a big issue.

- Goes together with the issue of not enough jobs with livable wages and enough to live on.

Availability of resources to help elderly stay in their homes

- Home health is not an option here, so must have a lot of money to pay for someone to take care of elderly if they need help in the home.

- Not much staffing in rural areas to help those in their homes.

- It would be nice to see home health offered from the hospital.

Depression/anxiety

- Many people agree is a common theme among the community.

- Can lead to suicide, needs to be addressed more.

- There is a lot of pressure on kids that can exacerbate this issue.

- Depression and anxiety are leading to many comorbidities that aren't tangible. Creates a complex situation that affects so many families.

- Goes hand in hand with lack of mental health services. It is getting better with someone coming in two days a week, but more is needed.

Drug use and abuse (including prescription drug abuse)

- Seeing a lot of this abuse in youth and adults, and it has worsened with COVID-19.

- This abuse is always a challenge and includes vaping.

Community Engagement and Collaboration

Key informants and focus group participants were asked to weigh in on community engagement and collaboration of various organizations and stakeholders in the community. Specifically, participants were asked, "On a scale of 1 to 5, with 1 being no collaboration/community engagement and 5 being excellent collaboration/community engagement, how would you rate the collaboration/engagement in the community among these various organizations?" This question was not intended to rank services provided. They were presented with a list of 13 organizations or community segments to score. According to these participants, the hospital, pharmacy, public health, and other long-term care (including nursing homes/assisted living) are the most engaged in the community. The averages of these scores (with 5 being "excellent" engagement or collaboration) were:

- Economic development organizations (4.75)

- Emergency services, including ambulance and fire (4.5)

- Business and industry (4.5)

- Public Health (4.5)

- Hospital (healthcare system) (4.25)

- Long-term care, including nursing homes and assisted living (4.25)

- Schools (4.25)

- Pharmacy (4.25)

- Faith-based (4.0)

- Other local health providers, such as dentists and chiropractors (3.5)

- Law enforcement (3.25)

- Social Services/Human service agencies (3.0)

- Tribal Health/Indian Health Service (2.5)

Priority of Health Needs

A community group met on September 1, 2021, and 14 community members attended the meeting. Representatives from the CRH presented the group with a summary of this report's findings, including background and explanation about the secondary data, highlights from the survey results (including perceived community assets and concerns, and barriers to care), and findings from the key informant interviews.

Following the presentation of the assessment findings and after considering and discussing the findings, all members of the group were asked to identify what they perceived as the top four community health needs. All of the potential needs were listed on large poster boards, and each member was given four stickers to place next to each of the four needs they considered the most significant.

The results were totaled and the concerns most often cited were:

- Drug use and abuse (including prescription drugs) – all ages (10 votes)

- Alcohol use and abuse – all ages (9 votes)

- Attracting and retaining young families (9 votes)

- Availability of resources to help elderly stay in their homes (9 votes)

- Depression/anxiety – all ages (7 votes)

From those top five priorities, each person put one sticker on the item that they felt was the most important. The rankings were:

1. Availability of resources to help the elderly stay in their homes (6 votes)

2. Attracting and retaining young families (5 votes)

3. Depression/anxiety – all ages (2 votes)

4. Alcohol use and abuse – all ages (1 vote)

5. Drug use and abuse (including prescription drugs) – all ages (1 vote)

Following the prioritization process during the second meeting of the community group and key informants, the number one identified need was availability of resources to help the elderly stay in their homes. A summary of this prioritization may be found in Appendix F.

Comparison of Needs Identified Previously

Top Needs Identified 2019 CHNA Process	Top Needs Identified 2021 CHNA Process
Ability to recruit and retain primary care providers (MD, DO, PA, NP)	Availability of resources to help the elderly stay in their homes
Youth drug use and abuse	Attracting and retaining young families
Adult obesity and overweight	Depression/anxiety – all ages
Having enough child daycare services	Alcohol use and abuse – all ages
	Drug use and abuse (including prescription drugs) – all ages

The current process identified one identical common need from 2019. Drug use and abuse of all ages was identified as a need in the 2021 assessment, while drug use and abuse in youth and adults was identified in 2019. Having enough child daycare services was identified as a need in 2019, and while it was not identified in 2021; community members have noted that availability of daycare services affects attracting and retaining young families, which was identified as a need in 2021. The current needs identified focus on community dynamics, mental health, and substance use.

CHI St. Alexius Health Garrison invited written comments on the most recent CHNA report and Implementation Strategy both in the documents and on the website where they are widely available to the public. No written comments have been received.

Upon adoption of this CHNA report by the CHI St. Alexius Health Garrison board vote, a notation will be documented in the board minutes reflecting the approval and then the report will be widely available to the public on the hospital's website and a paper copy will be available for inspection upon request at the hospital. Written comments on this report can be submitted to CHI St. Alexius Health Garrison CEO, 437 3rd Avenue Southeast, Garrison, North Dakota 58540.

Hospital and Community Projects and Programs Implemented to Address Needs Identified in 2019

In response to the needs identified in the 2019 CHNA process, the following actions were taken:

Need 1: Ability to recruit and retain primary care providers (MD, DO, PA, NP) – CHI St. Alexius Health has been successful at retaining primary care providers in Garrison. All MDs, PAs, and FNPs have been with the facility for a minimum of 6 years. The hospital has utilized the State and Federal Loan Repayment Program (SLRP), which includes 50% federal/state funding and 50% local match funding to assist primary care providers in paying their loans. CHI St. Alexius Health Garrison continues to offer rural rotation in the hospital and clinic to physicians and advanced practice providers.

To retain and recruit RNs and LPNs, CHI St. Alexius Health Garrison has implemented retention bonuses for hitting one, three, and five years of service. The hospital has also partnered with Bismarck State College and the Dakota Nursing Program to use CHI St. Alexius Health Garrison as a training site for LPNs and Associate Degree RNs. The program has been very successful in filling several nursing positions, and more positions will be added in the future.

Need 2: Youth drug use and abuse – CHI St. Alexius Health Garrison held a health fair at the Garrison City Auditorium. Partnering with First District Health Unit and the McLean County Sheriff's Department, education was offered on the harmful effects of vaping, tobacco use, and alcohol and drug use. Drug education focused specifically on prescription opioid abuse. Local high schools (from Garrison, Max, and White Shield) were invited to attend and take part in educational events on these topics.

Need 3: Adult obesity and overweight – A health fair was held at the Garrison City Auditorium. Booths were present about healthy diets and wellness activities to help individuals lose weight.

Need 4: Having enough child daycare services – This need was not addressed in the 2019 implementation plan as CHI St. Alexius Health Garrison chose to allocate resources to the other priority needs.

The above implementation plan for CHI St. Alexius Health Garrison is posted on CHI St. Alexius Health's website at https://www.chistalexiushealth.org/about-us/community-health-assessments.

Next Steps – Strategic Implementation Plan

Although a CHNA and strategic implementation plan are required by hospitals and local public health units considering accreditation, it is important to keep in mind the needs identified, at this point, will be broad community-wide needs along with healthcare system-specific needs. This process is simply a first step to identify needs and determine areas of priority. The second step will be to convene the steering committee, or other community group, to select an agreed upon prioritized need on which to begin working. The strategic planning process will begin with identifying current initiatives, programs, and resources already in place to address the identified community need(s). Additional steps include identifying what is needed and feasible to address (taking community resources into consideration) and what role and responsibility the hospital, clinic, and various community organizations play in developing strategies and implementing specific activities to

address the community health need selected. Community engagement is essential for successfully developing a plan and executing the action steps for addressing one or more of the needs identified.

"If you want to go fast, go alone. If you want to go far, go together." Proverb

Community Benefit Report

While not required, the CRH strongly encourages a review of the most recent Community Benefit Report to determine how/if it aligns with the needs identified, through the CHNA, as well as the Implementation Plan.

The community benefit requirement is a long-standing requirement of nonprofit hospitals and is reported in Part I of the hospital's Form 990. The strategic implementation requirement was added as part of the ACA's CHNA requirement. It is reported on Part V of the 990. Not-for-profit healthcare organizations demonstrate their commitment to community service through organized and sustainable community benefit programs providing:

- Free and discounted care to those unable to afford healthcare.

- Care to low-income beneficiaries of Medicaid and other indigent care programs.

- Services designed to improve community health and increase access to healthcare.

Community benefit is also the basis of the tax-exemption of not-for-profit hospitals. The Internal Revenue Service (IRS), in its Revenue Ruling 69–545, describes the community benefit standard for charitable tax-exempt hospitals. Since 2008, tax-exempt hospitals have been required to report their community benefit and other information related to tax-exemption on the IRS Form 990 Schedule H.

What Are Community Benefits?

Community benefits are programs or activities that provide treatment and/or promote health and healing as a response to identified community needs. They increase access to healthcare and improve community health.

A community benefit must respond to an identified community need and meet at least one of the following criteria:

- Improve access to healthcare services.

- Enhance health of the community.

- Advance medical or health knowledge.

- Relieve or reduce the burden of government or other community efforts.

A program or activity should not be reported as community benefit if it is:

- Provided for marketing purposes.

- Restricted to hospital employees and physicians.

- Required of all healthcare providers by rules or standards.

- Questionable as to whether it should be reported.

- Unrelated to health or the mission of the organization.

Spotlight on: Garrison, North Dakota

CHI St. Alexius Health - Garrison

Quick Facts

Administrator:
Tod Graeber, CEO

Chief of Medical Staff:
Dr. Jon Dornacker

Board Chair: John Giese

City Population:
1,505 (2016 Estimate)[1]

County Population:
9,576 (2016 Estimate)[1]

County Median Household Income:
$59,976 (2016 Estimate)[1]

County Median Age:
46.6 years (2014 Estimate)[1]

Service Area Population:
5,500

Owned by: Nonprofit Catholic Health Initiatives (CHI)

Hospital Beds: 22

Skilled Nursing Facility Beds:
26

Trauma Level: V

Critical Access Hospital Designation: 1999

Economic Impact on the County[2]

Employment:
Primary – 92
Secondary – 31
Total – 123

Financial Impact:
Primary – $8.6 million
Secondary – $1.74 million
Total – $10.35 million

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.

Vision

A healthier future for all–inspired by faith, driven by innovation, and powered by our humanity.

County: McLean
Address: 407 3rd Avenue SE
Garrison, ND 58540
Phone: 701.463.2275
Fax: 701.463.6422
Web: www.CHIStAlexiusHealth.org

Garrison Memorial Hospital (GMH) is a non-profit hospital located in Garrison, North Dakota. GMH is part of CHI St. Alexius Health, sharing the same board of directors. We have 22 acute/swing beds on our second floor, 26 nursing facility beds on our third floor, and the Garrison Family Clinic (a Rural Health Clinic) is connected to the facility on the first floor.

Services

Garrison Memorial Hospital provides the following services directly:

- Physical therapy
- Swing bed
- Respite care
- Acute care
- Emergency care (Level V Trauma Certified)
- Observation care
- Adult day care
- Skilled nursing facility
- Avera eEmergency site
- Radiology services: digital mammography, CT scans (in house), EKG, bone densitometry (dexa scan)
- Cardiac rehab
- 24 hour emergency services
- Garrison family clinic
- Laboratory services
- IV therapy
- Telemedicine

Garrison Memorial Hospital provides the following services through contract or agreement:

- Occupational therapy
- Speech therapy
- MRI
- Hearing services
- Ultra sound
- Bismarck State College Dakota nursing program satelliete site

North Dakota Critical Access Hospitals

History

Construction of the hospital began on October 20, 1949, and the 40-bed facility opened its doors in February 1952, admitting its first patient on February 14. Since that time, Garrison Memorial Hospital (GMH) has seen numerous changes. In April of 1967, the convent and chapel with living quarters for the sisters were added to the hospital. January, 1974 saw the third floor of the hospital converted to an intermediate care facility, housing 24 beds. An administrative addition was added in October of 1976 which was later remodeled. GMH assumed management of the Garrison Family Clinic (formerly Medical Arts Clinic) which was designated a Rural Health Clinic in November of 1992. GMH became a part of St. Alexius Medical Center in late 1996 after the GMH board voted to transfer all assets to St. Alexius. This transfer allowed St. Alexius to make capital improvements to GMH. A two-million-dollar remodeling project to make the facility ADA compliant, as well as add a new emergency entrance, was finished in 2001. The hospital applied and was approved for Critical Access

Designation in December of 1999. In October 2014, St. Alexius and GMH merged with Catholic Health Initiatives (CHI). In February 2019, CHI and Dignity Health merged to become CommonSpirit Health. The staff and management of CHI St. Alexius Health - Garrison remain dedicated to providing Garrison and the surrounding rural communities with access to quality health care. The community's health needs are our first priority.

Recreation

Garrison is in west central North Dakota. The Garrison Public Schools operate in relatively new, completely up-to-date and well-equipped buildings with playgrounds, tennis courts, and athletic fields. The program includes college preparation, vocational courses, music, and others. In addition to a number of city parks and a nine-hole golf course, Fort Stevenson State Park is located three miles south of Garrison. Nearby Lake Sakakawea, the "Walleye Capital of the World," offers boating, fishing, swimming, water-skiing, camping, and scuba diving. Garrison hosts an annual Dickens Village Festival for three weekends in December each year. The area also offers excellent hunting and cross-country skiing. Good, four-lane highway access to Minot or Bismarck, 45 and 70 miles respectively, offers shopping and entertainment of a larger city.

Updated 06/21

Appendix B – Economic Impact Analysis

CHI St. Alexius Health Garrison

CHI St. Alexius Health

Imagine better health.℠

Garrison Hospital

Healthcare, especially a hospital, plays a vital role in local economies.

Economic Impact

CHI St. Alexius Health Garrison is composed of a Critical Access Hospital (CAH), a Rural Health Clinic, and a 28-bed nursing home in Garrison, North Dakota.

CHI St. Alexius Health Garrison **directly** employs **92 FTE employees** with an annual payroll of over **$8.6 million** (including benefits).

- After application of the employment multiplier of 1.34, these employees created an additional **31** jobs.
- The same methodology is applied to derive the income impact. The income multiplier of 1.20 is applied to create over **$1.74 million** in income as they interact with other sectors of the local economy.
- **Total impacts = 123 jobs and more than $10.35 million in income.**

Healthcare and Your Local Economy

The health sector in a rural community, anchored by a CAH, is responsible for a number of full- and part-time jobs and the resulting wages, salaries, and benefits. Research findings from the National Center for Rural Health Works indicate that rural hospitals typically are one of the top employers in the rural community. The employment and the resulting wages, salaries, and benefits from a CAH are critical to the rural community economy. Figure 1 depicts the interaction between an industry like a healthcare institution and the community, containing other industries and households.

Key contributions of the health system include

- Attracts retirees and families
- Appeals to businesses looking to establish and/or relocate
- High quality healthcare services and infrastructure foster community development
- Positive impact on retail sales of local economy
- Provides higher-skilled and higher-wage employment
- Increases the local tax base used by local government

Data analysis was completed by the Center for Rural Health at the Oklahoma State University Center for Health Sciences utilizing IMPLAN data.

Fact Sheet Author: Kylie Nissen, BBA

For additional information, please contact:
Kylie Nissen, Program Director, Center for Rural Health
kylie.nissen@und.edu • (701) 777-5380

Figure 1. An overview of the community economic system.
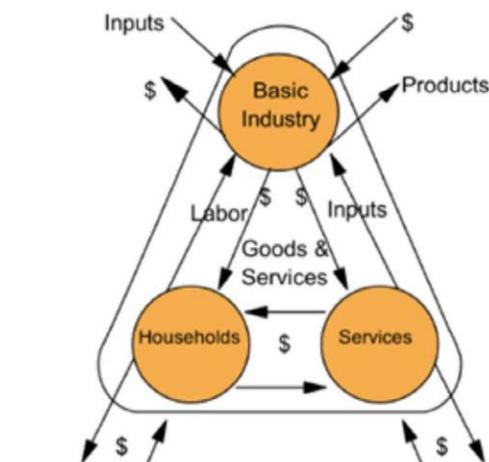
Source: Doeksen, G.A., T. Johnson, and C. Willoughby. 1997. Measuring the Economic Importance of the Health Sector on a Local Economy: A Brief Literature Review and Procedures to Measure Local Impacts

CENTER FOR **RURAL HEALTH**
OSU Center for Health Sciences

Center *for* Rural Health
University of North Dakota
School of Medicine & Health Sciences

Appendix C – CHNA Survey Instrument

Center for Rural Health
University of North Dakota
School of Medicine & Health Sciences

CHI St. Alexius Health
Garrison Hospital

Garrison Area Health Survey

CHI St. Alexius Health Garrison is interested in hearing from you about community health concerns.

The focus of this effort is to:
- Learn of the good things in your community as well as concerns in the community
- Understand perceptions and attitudes about the health of the community, and hear suggestions for improvement
- Learn more about how local health services are used by you and other residents

If you prefer, you may take the survey online at https://tinyurl.com/CHIGarrison21 or by scanning on the QR Code at the right.

Surveys will be tabulated by the Center for Rural Health at the University of North Dakota School of Medicine and Health Sciences. Your responses are anonymous, and you may skip any question you do not want to answer. Your answers will be combined with other responses and reported only in total. If you have questions about the survey, you may contact Kylie Nissen at 701.777.5380.

Surveys will be accepted through July 23, 2021. Your opinion matters – thank you in advance!

Community Assets: Please tell us about your community by **choosing up to three options** you most agree with in each category below.

1. Considering the **PEOPLE** in your community, the best things are (choose up to THREE):

- ☐ Community is socially and culturally diverse or becoming more diverse
- ☐ Feeling connected to people who live here
- ☐ Government is accessible
- ☐ People are friendly, helpful, supportive
- ☐ People who live here are involved in their community
- ☐ People are tolerant, inclusive, and open-minded
- ☐ Sense that you can make a difference through civic engagement
- ☐ Other (please specify) _____

2. Considering the **SERVICES AND RESOURCES** in your community, the best things are (choose up to THREE):

- ☐ Access to healthy food
- ☐ Active faith community
- ☐ Business district (restaurants, availability of goods)
- ☐ Community groups and organizations
- ☐ Healthcare
- ☐ Opportunities for advanced education
- ☐ Public transportation
- ☐ Programs for youth
- ☐ Quality school systems
- ☐ Other (please specify) _____

3. Considering the **QUALITY OF LIFE** in your community, the best things are (choose up to THREE):

- ☐ Closeness to work and activities
- ☐ Family-friendly; good place to raise kids
- ☐ Informal, simple, laidback lifestyle
- ☐ Job opportunities or economic opportunities
- ☐ Safe place to live, little/no crime
- ☐ Other (please specify) _____

4. Considering the **ACTIVITIES** in your community, the best things are (choose up to THREE):

- ☐ Activities for families and youth
- ☐ Arts and cultural activities
- ☐ Local events and festivals
- ☐ Recreational and sports activities
- ☐ Year-round access to fitness opportunities
- ☐ Other (please specify) _____

Community Concerns: Please tell us about your community by choosing up to three options you most agree with in each category.

5. Considering the **COMMUNITY /ENVIRONMENTAL HEALTH** in your community, concerns are (choose up to <u>THREE</u>):

☐ Active faith community

☐ Attracting and retaining young families

☐ Not enough jobs with livable wages, not enough to live on

☐ Not enough affordable housing

☐ Poverty

☐ Changes in population size (increasing or decreasing)

☐ Crime and safety, adequate law enforcement personnel

☐ Water quality (well water, lakes, streams, rivers)

☐ Air quality

☐ Litter (amount of litter, adequate garbage collection)

☐ Having enough child daycare services

☐ Having enough quality school resources

☐ Not enough places for exercise and wellness activities

☐ Not enough public transportation options, cost of public transportation

☐ Racism, prejudice, hate, discrimination

☐ Traffic safety, including speeding, road safety, seatbelt use, and drunk/distracted driving

☐ Physical violence, domestic violence, sexual abuse

☐ Child abuse

☐ Bullying/cyber-bullying

☐ Recycling

☐ Homelessness

☐ Other (please specify) _____

6. Considering the **AVAILABILITY/DELIVERY OF HEALTH SERVICES** in your community, concerns are (choose up to <u>THREE</u>):

☐ Ability to get appointments for health services within 48 hours.

☐ Extra hours for appointments, such as evenings and weekends

☐ Availability of primary care providers (MD,DO,NP,PA) and nurses

☐ Ability to retain primary care providers (MD,DO,NP,PA) and nurses in the community

☐ Availability of public health professionals

☐ Availability of specialists

☐ Not enough health care staff in general

☐ Availability of wellness and disease prevention services

☐ Availability of mental health services

☐ Availability of substance use disorder/treatment services

☐ Availability of hospice

☐ Availability of dental care

☐ Availability of vision care

☐ Emergency services (ambulance & 911) available 24/7 Ability/willingness of healthcare providers to work together to coordinate patient care within the health system.

☐ Ability/willingness of healthcare providers to work together to coordinate patient care outside the local community.

☐ Patient confidentiality (inappropriate sharing of personal health information)

☐ Not comfortable seeking care where I know the employees at the facility on a personal level

☐ Quality of care

☐ Cost of health care services

☐ Cost of prescription drugs

☐ Cost of health insurance

☐ Adequacy of health insurance (concerns about out-of-pocket costs)

☐ Understand where and how to get health insurance

☐ Adequacy of Indian Health Service or Tribal Health Services

☐ Other (please specify) _____

7. Considering the **YOUTH POPULATION** in your community, concerns are (choose up to THREE):

☐ Alcohol use and abuse
☐ Drug use and abuse (including prescription drug abuse)
☐ Smoking and tobacco use, exposure to second-hand smoke or vaping (juuling)
☐ Cancer
☐ Diabetes
☐ Depression/anxiety
☐ Stress
☐ Suicide
☐ Not enough activities for children and youth
☐ Teen pregnancy
☐ Sexual health

☐ Diseases that can spread, such as sexually transmitted diseases or AIDS
☐ Wellness and disease prevention, including vaccine-preventable diseases
☐ Not getting enough exercise/physical activity
☐ Obesity/overweight
☐ Hunger, poor nutrition
☐ Crime
☐ Graduating from high school
☐ Availability of disability services
☐ Other (please specify) _____

8. Considering the **ADULT POPULATION** in your community, concerns are (choose up to THREE):

☐ Alcohol use and abuse
☐ Drug use and abuse (including prescription drug abuse)
☐ Smoking and tobacco use, exposure to second-hand smoke or vaping (juuling)
☐ Cancer
☐ Lung disease (i.e. emphysema, COPD, asthma)
☐ Diabetes
☐ Heart disease
☐ Hypertension
☐ Dementia/Alzheimer's disease
☐ Other chronic diseases: _____
☐ Depression/anxiety

☐ Stress
☐ Suicide
☐ Diseases that can spread, such as sexually transmitted diseases or AIDS
☐ Wellness and disease prevention, including vaccine-preventable diseases
☐ Not getting enough exercise/physical activity
☐ Obesity/overweight
☐ Hunger, poor nutrition
☐ Availability of disability services
☐ Other (please specify) _____

9. Considering the **SENIOR POPULATION** in your community, concerns are (choose up to THREE):

☐ Ability to meet needs of older population
☐ Long-term/nursing home care options
☐ Assisted living options
☐ Availability of resources to help the elderly stay in their homes
☐ Cost of activities for seniors
☐ Availability of activities for seniors
☐ Availability of resources for family and friends caring for elders
☐ Quality of elderly care
☐ Cost of long-term/nursing home care

☐ Availability of transportation for seniors
☐ Availability of home health
☐ Not getting enough exercise/physical activity
☐ Depression/anxiety
☐ Suicide
☐ Alcohol use and abuse
☐ Drug use and abuse (including prescription drug abuse)
☐ Availability of activities for seniors
☐ Elder abuse
☐ Other (please specify) _____

10. Regarding various forms of **VIOLENCE** in your community, concerns are (choose up to THREE):

☐ Bullying/cyber-bullying
☐ Child abuse or neglect
☐ Dating violence
☐ Domestic/intimate partner violence

☐ Emotional abuse (ex. intimidation, isolation, verbal threats, withholding of funds)
☐ General violence against women
☐ General violence against men
☐ Media violence

☐ Physical abuse
☐ Stalking
☐ Sexual abuse/assault
☐ Verbal threats
☐ Work place/co-worker violence

11. What single issue do you feel is the biggest challenge facing your community?

_____

_____

Delivery of Healthcare

12. Considering **GENERAL and ACUTE SERVICES** at CHI St. Alexius Health Garrison hospital, which services are you aware of (or have you used in the past year)? (Choose <u>ALL</u> that apply)

- ☐ Cardiology (visiting specialist)
- ☐ Clinic
- ☐ Emergency room
- ☐ Home health care
- ☐ Hospice

- ☐ Hospital (acute care)
- ☐ Mental health services
- ☐ Orthopedic (visiting specialist)

- ☐ Swing bed and respite care services
- ☐ Telemedicine via eEmergence

13. Considering **SCREENING/THERAPY SERVICES** at CHI St. Alexius Health Garrison hospital, which services are you aware of (or have you used in the past year? (Choose <u>ALL</u> that apply)

- ☐ Health Screenings
- ☐ Laboratory services

- ☐ Occupational therapy
- ☐ Physical therapy

- ☐ Social services
- ☐ Speech therapy

14. Considering **RADIOLOGY SERVICES** at CHI St. Alexius Health Garrison hospital, which services are you aware of (or have you used in the past year)? (Choose <u>ALL</u> that apply)

- ☐ EKG—Electrocardiography
- ☐ CT scan
- ☐ Echocardiogram

- ☐ General x-ray
- ☐ Mammography
- ☐ MRI

- ☐ Ultrasound

15. Considering services offered locally by **OTHER PROVIDERS/ORGANIZATIONS** in your community, which services are you aware of (or have you used in the past year)? (Choose <u>ALL</u> that apply)

- ☐ Ambulance
- ☐ Chiropractic services
- ☐ Web searches
- ☐ Dental services

- ☐ Massage therapy
- ☐ Word of mouth, from others (friends, neighbors, co-workers, etc.)
- ☐ Optometric/vision services

- ☐ Other: (please specify)
  _____

16. Where do you find out about **LOCAL HEALTH SERVICES** available in your area? (Choose <u>ALL</u> that apply)

- ☐ Advertising
- ☐ Employer/worksite wellness
- ☐ Health care professionals
- ☐ Indian Health Service
- ☐ Newspaper

- ☐ Public health professionals
- ☐ Radio
- ☐ Social media (Facebook, Twitter, etc.)
- ☐ Tribal Health
- ☐ Web searches

- ☐ Word of mouth, from others (friends, neighbors, co-workers, etc.)
- ☐ Other: (please specify)
  _____

17. What **PREVENTS** community residents from receiving healthcare? (Choose <u>ALL</u> that apply)

- ☐ Can't get transportation services
- ☐ Concerns about confidentiality
- ☐ Distance from health facility
- ☐ Don't know about local services
- ☐ Don't speak language or understand culture
- ☐ Lack of disability access
- ☐ Lack of services through Indian Health Services
- ☐ Limited access to telehealth technology (patients seen by providers at another facility through a monitor/TV screen)
- ☐ No insurance or limited insurance

- ☐ Not able to get appointment/limited hours
- ☐ Not able to see same provider over time
- ☐ Not accepting new patients
- ☐ Not affordable
- ☐ Not enough providers (MD, DO, NP, PA)
- ☐ Not enough evening or weekend hours
- ☐ Not enough specialists
- ☐ Poor quality of care
- ☐ Other (please specify) _____

18. Where do you turn for trusted health information? (Choose <u>ALL</u> that apply)

- ☐ Other healthcare professionals (nurses, chiropractors, dentists, etc.)
- ☐ Primary care provider (doctor, nurse practitioner, physician assistant)
- ☐ Public health professional

- ☐ Web searches/internet (WebMD, Mayo Clinic, Healthline, etc.)
- ☐ Word of mouth, from others (friends, neighbors, co-workers, etc.)
- ☐ Other (please specify) _____

19. What specific healthcare services, if any, do you think should be added locally?

_____

_____

Demographic Information: Please tell us about yourself.

20. Do you work for the hospital, clinic, or public health unit?

☐ Yes ☐ No

21. How did you acquire the survey (or survey link) that you are completing?

- ☐ Hospital or public health website
- ☐ Hospital or public health social media
- ☐ Hospital or public health employee
- ☐ Economic development website or social media
- ☐ At a healthcare facility
- ☐ Newspaper advertisement
- ☐ Poster around town
- ☐ Church bulletin

- ☐ Flyer sent home from school
- ☐ Flyer at local business
- ☐ Flyer in the mail
- ☐ Word of Mouth
- ☐ Direct email (if so, from what organization):_____
- ☐ Newsletter (if so, what one):_____
- ☐ Other (please specify): _____

22. Health insurance or health coverage status (choose <u>ALL</u> that apply):

- ☐ Indian Health Service (IHS)
- ☐ Insurance through employer (self, spouse, or parent)
- ☐ Self-purchased insurance

- ☐ Medicaid
- ☐ Medicare
- ☐ No insurance
- ☐ Veteran's Healthcare Benefits

- ☐ Other (please specify)

_____

23. Age:

☐ Less than 18 years   ☐ 35 to 44 years   ☐ 65 to 74 years
☐ 18 to 24 years   ☐ 45 to 54 years   ☐ 75 years and older
☐ 25 to 34 years   ☐ 55 to 64 years

24. Highest level of education:

☐ Less than high school   ☐ Some college/technical degree   ☐ Bachelor's degree
☐ High school diploma or GED   ☐ Associate's degree   ☐ Graduate or professional degree

25. Sex:

☐ Female   ☐ Male   ☐ Non-binary
☐ Other (please specify):

_____

26. Employment status:

☐ Full time   ☐ Homemaker   ☐ Unemployed
☐ Part time   ☐ Multiple job holder   ☐ Retired

27. Your zip code: _____

28. Race/Ethnicity (choose <u>ALL</u> that apply):

☐ American Indian   ☐ Hispanic/Latino   ☐ Other: _____
☐ African American   ☐ Pacific Islander
☐ Asian   ☐ White/Caucasian

29. Annual household income before taxes:

☐ Less than $15,000   ☐ $50,000 to $74,999   ☐ $150,000 and over
☐ $15,000 to $24,999   ☐ $75,000 to $99,999
☐ $25,000 to $49,999   ☐ $100,000 to $149,999

30. Overall, please share concerns and suggestions to improve the delivery of local healthcare.

_____

_____

Thank you for assisting us with this important survey!

Appendix D – County Health Rankings Explained

Source: http://www.countyhealthrankings.org/

Methods

The County Health Rankings, a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute, measure the health of nearly all counties in the nation and rank them within states. The Rankings are compiled using county-level measures from a variety of national and state data sources. These measures are standardized and combined using scientifically-informed weights.

What is Ranked

The County Health Rankings are based on counties and county equivalents (ranked places). Any entity that has its own Federal Information Processing Standard (FIPS) county code is included in the Rankings. We only rank counties and county equivalents within a state. The major goal of the Rankings is to raise awareness about the many factors that influence health and that health varies from place to place, not to produce a list of the healthiest 10 or 20 counties in the nation and only focus on that.

Ranking System
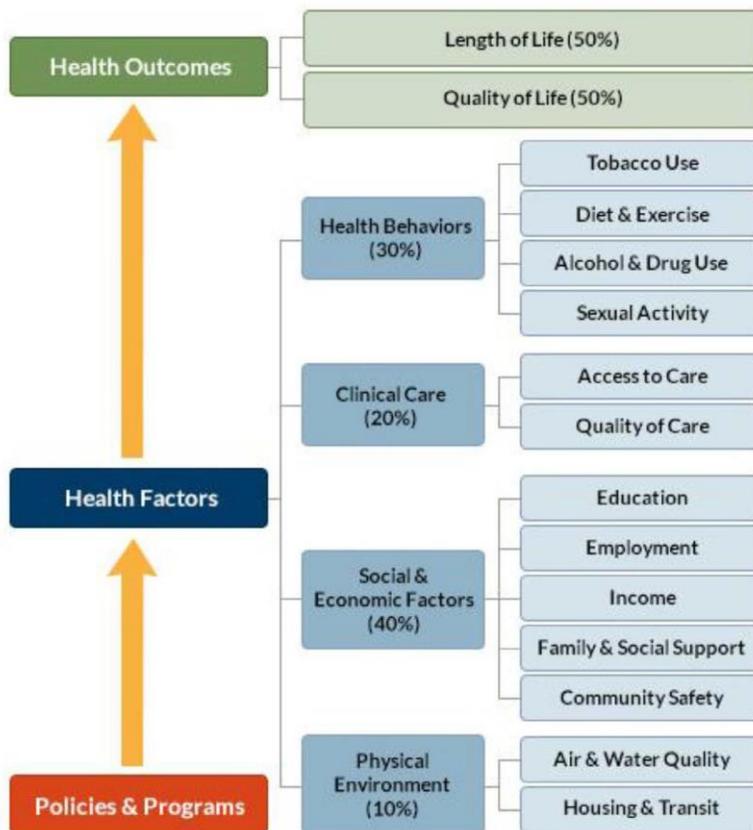
The County Health Rankings model (shown above) provides the foundation for the entire ranking process.

Counties in each of the 50 states are ranked according to summaries of a variety of health measures. Those having high ranks, e.g. 1 or 2, are considered to be the "healthiest." Counties are ranked relative to the health of other counties in the same state. We calculate and rank eight summary composite scores:

1. Overall Health Outcomes

2. Health Outcomes – **Length of life**

3. Health Outcomes – **Quality of life**

4. Overall Health Factors

5. Health Factors – **Health behaviors**

6. Health Factors – **Clinical care**

7. Health Factors – **Social and economic factors**

8. Health Factors – **Physical environment**

Data Sources and Measures

The County Health Rankings team synthesizes health information from a variety of national data sources to create the Rankings. Most of the data used are public data available at no charge. Measures based on vital statistics, sexually transmitted infections, and Behavioral Risk Factor Surveillance System (BRFSS) survey data were calculated by staff at the National Center for Health Statistics and other units of the Centers for Disease Control and Prevention (CDC). Measures of healthcare quality were calculated by staff at The Dartmouth Institute.

Data Quality

The County Health Rankings team draws upon the most reliable and valid measures available to compile the Rankings. Where possible, margins of error (95% confidence intervals) are provided for measure values. In many cases, the values of specific measures in different counties are not statistically different from one another; however, when combined using this model, those various measures produce the different rankings.

Calculating Scores and Ranks

The County Health Rankings are compiled from many different types of data. To calculate the ranks, they first standardize each of the measures. The ranks are then calculated based on weighted sums of the standardized measures within each state. The county with the lowest score (best health) gets a rank of #1 for that state and the county with the highest score (worst health) is assigned a rank corresponding to the number of places we rank in that state.

Health Outcomes and Factors

Source: http://www.countyhealthrankings.org/explore-health-rankings/what-and-why-we-rank

Health Outcomes

Premature Death (YPLL)

Premature death is the years of potential life lost before age 75 (YPLL-75). Every death occurring before the age of 75 contributes to the total number of years of potential life lost. For example, a person dying at age 25 contributes 50 years of life lost, whereas a person who dies at age 65 contributes 10 years of life lost to a county's YPLL. The YPLL measure is presented as a rate per 100,000 population and is age-adjusted to the 2000 US population.

Reason for Ranking

Measuring premature mortality, rather than overall mortality, reflects the County Health Rankings' intent to focus attention on deaths that could have been prevented. Measuring YPLL allows communities to target resources to high-risk areas and further investigate the causes of premature death.

Poor or Fair Health

Self-reported health status is a general measure of health-related quality of life (HRQoL) in a population. This measure is based on survey responses to the question: "In general, would you say that your health is excellent, very good, good, fair, or poor?" The value reported in the County Health Rankings is the percentage of adult respondents who rate their health "fair" or "poor." The measure is modeled and age-adjusted to the 2000 U.S. population. Please note that the methods for calculating this measure changed in the 2016 Rankings.

Reason for Ranking

Measuring HRQoL helps characterize the burden of disabilities and chronic diseases in a population. Self-reported health status is a widely used measure of people's health-related quality of life. In addition to measuring how long people live, it is important to also include measures that consider how healthy people are while alive.

Poor Physical Health Days

Poor physical health days is based on survey responses to the question: "Thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?" The value reported in the County Health Rankings is the average number of days a county's adult respondents report that their physical health was not good. The measure is age-adjusted to the 2000 U.S. population. Please note that the methods for calculating this measure changed in the 2016 Rankings.

Reason for Ranking

Measuring health-related quality of life (HRQoL) helps characterize the burden of disabilities and chronic diseases in a population. In addition to measuring how long people live, it is also important to include measures of how healthy people are while alive – and people's reports of days when their physical health was not good are a reliable estimate of their recent health.

Poor Mental Health Days

Poor mental health days is based on survey responses to the question: "Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?" The value reported in the County Health Rankings is the average number of days a county's adult respondents report that their mental health was not good. The measure is age-adjusted to the 2000 U.S. population. Please note that the methods for calculating this measure changed in the 2016 Rankings.

Reason for Ranking

Overall health depends on both physical and mental well-being. Measuring the number of days when people report that their mental health was not good, i.e., poor mental health days, represents an important facet of health-related quality of life.

Low Birth Weight

Birth outcomes are a category of measures that describe health at birth. These outcomes, such as low birthweight (LBW), represent a child's current and future morbidity — or whether a child has a "healthy start" — and serve as a health outcome related to maternal health risk.

Reason for Ranking

LBW is unique as a health outcome because it represents multiple factors: infant current and future morbidity, as well as premature mortality risk, and maternal exposure to health risks. The health associations and impacts of LBW are numerous.

In terms of the infant's health outcomes, LBW serves as a predictor of premature mortality and/or morbidity over the life course.[1] LBW children have greater developmental and growth problems, are at higher risk of cardiovascular disease later in life, and have a greater rate of respiratory conditions.[2-4]

From the perspective of maternal health outcomes, LBW indicates maternal exposure to health risks in all categories of health factors, including her health behaviors, access to healthcare, the social and economic environment the mother inhabits, and environmental risks to which she is exposed. Authors have found that modifiable maternal health behaviors, including nutrition and weight gain, smoking, and alcohol and substance use or abuse can result in LBW.[5]

LBW has also been associated with cognitive development problems. Several studies show that LBW children have higher rates of sensorineural impairments, such as cerebral palsy, and visual, auditory, and intellectual impairments.[2,3,6] As a consequence, LBW can "impose a substantial burden on special education and social services, on families and caretakers of the infants, and on society generally."[7]

Health Factors

Adult Smoking

Adult smoking is the percentage of the adult population that currently smokes every day or most days and has smoked at least 100 cigarettes in their lifetime. Please note that the methods for calculating this measure changed in the 2016 Rankings.

Reason for Ranking

Each year approximately 443,000 premature deaths can be attributed to smoking. Cigarette smoking is identified as a cause of various cancers, cardiovascular disease, and respiratory conditions, as well as low birthweight and other adverse health outcomes. Measuring the prevalence of tobacco use in the population can alert communities to potential adverse health outcomes and can be valuable for assessing the need for cessation programs or the effectiveness of existing programs.

Adult Obesity

Adult obesity is the percentage of the adult population (age 20 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m2.

Reason for Ranking

Obesity is often the result of an overall energy imbalance due to poor diet and limited physical activity. Obesity increases the risk for health conditions such as coronary heart disease, type 2 diabetes, cancer, hypertension, dyslipidemia, stroke, liver and gallbladder disease, sleep apnea and respiratory problems, osteoarthritis, and poor health status.[1,2]

Food Environment Index

The food environment index ranges from 0 (worst) to 10 (best) and equally weights two indicators of the food environment:

1) Limited access to healthy foods estimates the percentage of the population that is low income and does not live close to a grocery store. Living close to a grocery store is defined differently in rural and nonrural areas; in rural areas, it means living less than 10 miles from a grocery store whereas in nonrural areas, it means less than 1 mile. "Low income" is defined as having an annual family income of less than or equal to 200 percent of the federal poverty threshold for the family size.

2) Food insecurity estimates the percentage of the population who did not have access to a reliable source of food during the past year. A two-stage fixed effects model was created using information from the Community Population Survey, Bureau of Labor Statistics, and American Community Survey.

More information on each of these can be found among the additional measures.

Reason for Ranking

There are many facets to a healthy food environment, such as the cost, distance, and availability of healthy food options. This measure includes access to healthy foods by considering the distance an individual lives from a grocery store or supermarket; there is strong evidence that food deserts are correlated with high prevalence of overweight, obesity, and premature death.[1-3] Supermarkets traditionally provide healthier options than convenience stores or smaller grocery stores.[4]

Additionally, access in regards to a constant source of healthy food due to low income can be another barrier to healthy food access. Food insecurity, the other food environment measure included in the index, attempts to capture the access issue by understanding the barrier of cost. Lacking constant access to food is related to negative health outcomes such as weight-gain and premature mortality.[5,6] In addition to asking about having a constant food supply in the past year, the module also addresses the ability of individuals and families to provide balanced meals further addressing barriers to healthy eating. It is important to have adequate access to a constant food supply, but it may be equally important to have nutritious food available.

Physical Inactivity

Physical inactivity is the percentage of adults age 20 and over reporting no leisure-time physical activity. Examples of physical activities provided include running, calisthenics, golf, gardening, or walking for exercise.

Reason for Ranking

Decreased physical activity has been related to several disease conditions such as type 2 diabetes, cancer, stroke, hypertension, cardiovascular disease, and premature mortality, independent of obesity. Inactivity causes 11% of premature mortality in the United States, and caused more than 5.3 million of the 57 million deaths that occurred worldwide in 2008.[1] In addition, physical inactivity at the county level is related to healthcare expenditures for circulatory system diseases.[2]

Access to Exercise Opportunities

Change in measure calculation in 2018: Access to exercise opportunities measures the percentage of individuals in a county who live reasonably close to a location for physical activity. Locations for physical activity are defined as parks or recreational facilities. Parks include local, state, and national parks. Recreational facilities include YMCAs as well as businesses identified by the following Standard Industry Classification (SIC) codes and include a wide variety of facilities including gyms, community centers, dance studios and pools: 799101, 799102, 799103, 799106, 799107, 799108, 799109, 799110, 799111, 799112, 799201, 799701, 799702, 799703, 799704, 799707, 799711, 799717, 799723, 799901, 799908, 799958, 799969, 799971, 799984, or 799998.

Individuals who:

- reside in a census block within a half mile of a park or

- in urban census blocks: reside within one mile of a recreational facility or

- in rural census blocks: reside within three miles of a recreational facility

- are considered to have adequate access for opportunities for physical activity.

Reason for Ranking

Increased physical activity is associated with lower risks of type 2 diabetes, cancer, stroke, hypertension, cardiovascular disease, and premature mortality, independent of obesity. The role of the built environment is important for encouraging physical activity. Individuals who live closer to sidewalks, parks, and gyms are more likely to exercise.[1-3]

Excessive Drinking

Excessive drinking is the percentage of adults that report either binge drinking, defined as consuming more than 4 (women) or 5 (men) alcoholic beverages on a single occasion in the past 30 days, or heavy drinking, defined as drinking more than one (women) or 2 (men) drinks per day on average. Please note that the methods for calculating this measure changed in the 2011 Rankings and again in the 2016 Rankings.

Reason for Ranking

Excessive drinking is a risk factor for a number of adverse health outcomes, such as alcohol poisoning, hypertension, acute myocardial infarction, sexually transmitted infections, unintended pregnancy, fetal alcohol syndrome, sudden infant death syndrome, suicide, interpersonal violence, and motor vehicle crashes. [1] Approximately 80,000 deaths are attributed annually to excessive drinking. Excessive drinking is the third leading lifestyle-related cause of death in the United States.[2]

Alcohol-Impaired Driving Deaths

Alcohol-impaired driving deaths is the percentage of motor vehicle crash deaths with alcohol involvement.

Reason for Ranking

Approximately 17,000 Americans are killed annually in alcohol-related motor vehicle crashes. Binge/heavy drinkers account for most episodes of alcohol-impaired driving.[1,2]

Sexually Transmitted Infection Rate

Sexually transmitted infections (STI) are measured as the chlamydia incidence (number of new cases reported) per 100,000 population.

Reason for Ranking

Chlamydia is the most common bacterial STI in North America and is one of the major causes of tubal infertility, ectopic pregnancy, pelvic inflammatory disease, and chronic pelvic pain.[1,2] STIs are associated with a significantly increased risk of morbidity and mortality, including increased risk of cervical cancer, infertility, and premature death.[3] STIs also have a high economic burden on society. The direct medical costs of managing sexually transmitted infections and their complications in the U.S., for example, was approximately 15.6 billion dollars in 2008.[4]

Teen Births

Teen births are the number of births per 1,000 female population, ages 15-19.

Reason for Ranking

Evidence suggests teen pregnancy significantly increases the risk of repeat pregnancy and of contracting a STI, both of which can result in adverse health outcomes for mothers, children, families, and communities. A systematic review of the sexual risk among pregnant and mothering teens concludes that pregnancy is a marker for current and future sexual risk behavior and adverse outcomes [1]. Pregnant teens are more likely than older women to receive late or no prenatal care, have eclampsia, puerperal endometritis, systemic infections, low birthweight, preterm delivery, and severe neonatal conditions [2, 3]. Pre-term delivery and low birthweight babies have increased risk of child developmental delay, illness, and mortality [4]. Additionally, there are strong ties between teen birth and poor socioeconomic, behavioral, and mental outcomes. Teenage women who bear a child are much less likely to achieve an education level at or beyond high school, much

more likely to be overweight/obese in adulthood, and more likely to experience depression and psychological distress [5-7].

Uninsured

Uninsured is the percentage of the population under age 65 that has no health insurance coverage. The Small Area Health Insurance Estimates uses the American Community Survey (ACS) definition of insured: Is this person CURRENTLY covered by any of the following types of health insurance or health coverage plans: Insurance through a current or former employer or union, insurance purchased directly from an insurance company, Medicare, Medicaid, Medical Assistance, or any kind of government-assistance plan for those with low incomes or a disability, TRICARE or other military healthcare, Indian Health Services, VA or any other type of health insurance or health coverage plan? Please note that the methods for calculating this measure changed in the 2012 Rankings.

Reason for Ranking

Lack of health insurance coverage is a significant barrier to accessing needed healthcare and to maintaining financial security.

The Kaiser Family Foundation released a report in December 2017 that outlines the effects insurance has on access to healthcare and financial independence. One key finding was that "Going without coverage can have serious health consequences for the uninsured because they receive less preventative care, and delayed care often results in serious illness or other health problems. Being uninsured can also have serious financial consequences, with many unable to pay their medical bills, resulting in medical debt."[1]

Primary Care Physicians

Primary care physicians is the ratio of the population to total primary care physicians. Primary care physicians include non-federal, practicing physicians (M.D.'s and D.O.'s) under age 75 specializing in general practice medicine, family medicine, internal medicine, and pediatrics. Please note this measure was modified in the 2011 Rankings and again in the 2013 Rankings.

Reason for Ranking

Access to care requires not only financial coverage, but also access to providers. While high rates of specialist physicians have been shown to be associated with higher (and perhaps unnecessary) utilization, sufficient availability of primary care physicians is essential for preventive and primary care, and, when needed, referrals to appropriate specialty care.[1,2]

Dentists

Dentists are measured as the ratio of the county population to total dentists in the county.

Reason for Ranking

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 healthcare, much of the country suffers from shortages. According to the Health Resources and Services Administration, as of December 2012, there were 4,585 Dental Health Professional Shortage Areas (HPSAs), with 45 million people total living in them.[1]

Mental Health Providers

Mental health providers is the ratio of the county population to the number of mental health providers including psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists, mental health providers that treat alcohol and other drug abuse, and advanced practice nurses specializing in mental healthcare. In 2015, marriage and family therapists and mental health providers that treat alcohol and other drug abuse were added to this measure.

Reason for Ranking

Thirty percent of the population lives in a county designated as a Mental Health Professional Shortage Area. As the mental health parity aspects of the Affordable Care Act create increased coverage for mental health services, many anticipate increased workforce shortages.

Preventable Hospital Stays

Preventable hospital stays is the hospital discharge rate for ambulatory care-sensitive conditions per 1,000 fee-for-service Medicare enrollees. Ambulatory care-sensitive conditions include: convulsions, chronic obstructive pulmonary disease, bacterial pneumonia, asthma, congestive heart failure, hypertension, angina, cellulitis, diabetes, gastroenteritis, kidney/urinary infection, and dehydration. This measure is age-adjusted.

Reason for Ranking

Hospitalization for diagnoses treatable in outpatient services suggests that the quality of care provided in the outpatient setting was less than ideal. The measure may also represent a tendency to overuse hospitals as a main source of care.

Mammography Screening

Mammography screening is the percentage of female fee-for-service Medicare enrollees age 67-69 that had at least one mammogram over a two-year period.

Reason for Ranking

Evidence suggests that mammography screening reduces breast cancer mortality, especially among older women.[1] A physician's recommendation or referral—and satisfaction with physicians—are major factors facilitating breast cancer screening. The percent of women ages 40-69 receiving a mammogram is a widely endorsed quality of care measure.

Flu Vaccinations

Flu vaccinations are Percentage of fee-for-service (FFS) Medicare enrollees that had an annual flu vaccination.

Reason for Ranking

Influenza is a potentially serious disease that can lead to hospitalization and even death. Every year there are millions of influenza infections, hundreds of thousands of flu-related hospitalizations, and thousands of flu-related deaths. An annual flu vaccine is the best way to help protect against influenza and may reduce the risk of flu illness, flu-related hospitalizations, and even flu-related death. It is recommended that everyone 6 months and older get a seasonal flu vaccine each year, and those over 65 are especially encouraged because they are at higher risk of developing serious complications from the flu.

Unemployment

Unemployment is the percentage of the civilian labor force, age 16 and older, that is unemployed but seeking work.

Reason for Ranking

The unemployed population experiences worse health and higher mortality rates than the employed population.[1-4] Unemployment has been shown to lead to an increase in unhealthy behaviors related to alcohol and tobacco consumption, diet, exercise, and other health-related behaviors, which in turn can lead to increased risk for disease or mortality, especially suicide.[5] Because employer-sponsored health insurance is the most common source of health insurance coverage, unemployment can also limit access to healthcare.

Children in Poverty

Children in poverty is the percentage of children under age 18 living in poverty. Poverty status is defined by family; either everyone in the family is in poverty or no one in the family is in poverty. The characteristics of the family used to determine the poverty threshold are: number of people, number of related children under 18, and whether or not the primary householder is over age 65. Family income is then compared to the poverty threshold; if that family's income is below that threshold, the family is in poverty. For more information, please see Poverty Definition and/or Poverty.

In the data table for this measure, we report child poverty rates for black, Hispanic and white children. The rates for race and ethnic groups come from the American Community Survey, which is the major source of data used by the Small Area Income and Poverty Estimates to construct the overall county estimates. However, estimates for race and ethnic groups are created using combined five year estimates from 2012-2016.

Reason for Ranking

Poverty can result in an increased risk of mortality, morbidity, depression, and poor health behaviors. A 2011 study found that poverty and other social factors contribute a number of deaths comparable to leading causes of death in the U.S. like heart attacks, strokes, and lung cancer.[1] While repercussions resulting from poverty are present at all ages, children in poverty may experience lasting effects on academic achievement, health, and income into adulthood. Low-income children have an increased risk of injuries from accidents and physical abuse and are susceptible to more frequent and severe chronic conditions and their complications such as asthma, obesity, and diabetes than children living in high income households.[2]

Beginning in early childhood, poverty takes a toll on mental health and brain development, particularly in the areas associated with skills essential for educational success such as cognitive flexibility, sustained focus, and planning. Low income children are more susceptible to mental health conditions like ADHD, behavior disorders, and anxiety which can limit learning opportunities and social competence leading to academic deficits that may persist into adulthood.[2,3] The children in poverty measure is highly correlated with overall poverty rates.

Income Inequality

Income inequality is the ratio of household income at the 80th percentile to that at the 20th percentile, i.e., when the incomes of all households in a county are listed from highest to lowest, the 80th percentile is the level of income at which only 20% of households have higher incomes, and the 20th percentile is the level of income at which only 20% of households have lower incomes. A higher inequality ratio indicates greater division between the top and bottom ends of the income spectrum. Please note that the methods for calculating this measure changed in the 2015 Rankings.

Reason for Ranking

Income inequality within U.S. communities can have broad health impacts, including increased risk of mortality, poor health, and increased cardiovascular disease risks. Inequalities in a community can accentuate differences in social class and status and serve as a social stressor. Communities with greater income inequality can experience a loss of social connectedness, as well as decreases in trust, social support, and a sense of community for all residents.

Children in Single-Parent Households

Children in single-parent households is the percentage of children in family households where the household is headed by a single parent (male or female head of household with no spouse present). Please note that the methods for calculating this measure changed in the 2011 Rankings.

Reason for Ranking

Adults and children in single-parent households are at risk for adverse health outcomes, including mental illness (e.g. substance abuse, depression, suicide) and unhealthy behaviors (e.g. smoking, excessive alcohol use).[1-4] Self-reported health has been shown to be worse among lone parents (male and female) than for parents living as couples, even when controlling for socioeconomic characteristics. Mortality risk is also higher among lone parents.[4,5] Children in single-parent households are at greater risk of severe morbidity and all-cause mortality than their peers in two-parent households.[2,6]

Violent Crime Rate

Violent crime is the number of violent crimes reported per 100,000 population. Violent crimes are defined as offenses that involve face-to-face confrontation between the victim and the perpetrator, including homicide, rape, robbery, and aggravated assault. Please note that the methods for calculating this measure changed in the 2012 Rankings.

Reason for Ranking

High levels of violent crime compromise physical safety and psychological well-being. High crime rates can also deter residents from pursuing healthy behaviors, such as exercising outdoors. Additionally, exposure to crime and violence has been shown to increase stress, which may exacerbate hypertension and other stress-related disorders and may contribute to obesity prevalence.[1] Exposure to chronic stress also contributes to the

increased prevalence of certain illnesses, such as upper respiratory illness, and asthma in neighborhoods with high levels of violence.[2]

Injury Deaths

Injury deaths is the number of deaths from intentional and unintentional injuries per 100,000 population. Deaths included are those with an underlying cause of injury (ICD-10 codes *U01-*U03, V01-Y36, Y85-Y87, Y89).

Reason for Ranking

Injuries are one of the leading causes of death; unintentional injuries were the 4th leading cause, and intentional injuries the 10th leading cause, of US mortality in 2014.[1] The leading causes of death in 2014 among unintentional injuries, respectively, are: poisoning, motor vehicle traffic, and falls. Among intentional injuries, the leading causes of death in 2014, respectively, are: suicide firearm, suicide suffocation, and homicide firearm. Unintentional injuries are a substantial contributor to premature death. Among the following age groups, unintentional injuries were the leading cause of death in 2014: 1-4, 5-9, 10-14, 15-24, 25-34, 35-44.[2] Injuries account for 17% of all emergency department visits, and falls account for over 1/3 of those visits.[3]

Air Pollution-Particulate matter

Air pollution-particulate Matter is the average daily density of fine particulate matter in micrograms per cubic meter (PM2.5) in a county. Fine particulate matter is defined as particles of air pollutants with an aerodynamic diameter less than 2.5 micrometers. These particles can be directly emitted from sources such as forest fires, or they can form when gases emitted from power plants, industries and automobiles react in the air.

Reason for Ranking

The relationship between elevated air pollution (especially fine particulate matter and ozone) and compromised health has been well documented.[1,2,3] Negative consequences of ambient air pollution include decreased lung function, chronic bronchitis, asthma, and other adverse pulmonary effects.[1] Long-term exposure to fine particulate matter increases premature death risk among people age 65 and older, even when exposure is at levels below the National Ambient Air Quality Standards.[3]

Drinking Water Violations

Change in measure calculation in 2018: Drinking water violations is an indicator of the presence or absence of health-based drinking water violations in counties served by community water systems. Health-based violations include Maximum Contaminant Level, Maximum Residual Disinfectant Level and Treatment Technique violations. A "Yes" indicates that at least one community water system in the county received a violation during the specified time frame, while a "No" indicates that there were no health-based drinking water violations in any community water system in the county. Please note that the methods for calculating this measure changed in the 2016 Rankings.

Reason for Ranking

Recent studies estimate that contaminants in drinking water sicken 1.1 million people each year. Ensuring the safety of drinking water is important to prevent illness, birth defects, and death for those with compromised immune systems. A number of other health problems have been associated with contaminated water, including nausea, lung and skin irritation, cancer, kidney, liver, and nervous system damage.

Severe Housing Problems

Severe housing problems is the percentage of households with at least one or more of the following housing problems:

- housing unit lacks complete kitchen facilities;

- housing unit lacks complete plumbing facilities;

- household is severely overcrowded; or

• household is severely cost burdened.

Severe overcrowding is defined as more than 1.5 persons per room. Severe cost burden is defined as monthly housing costs (including utilities) that exceed 50% of monthly income.

Reason for Ranking
Good health depends on having homes that are safe and free from physical hazards. When adequate housing protects individuals and families from harmful exposures and provides them with a sense of privacy, security, stability and control, it can make important contributions to health. In contrast, poor quality and inadequate housing contributes to health problems such as infectious and chronic diseases, injuries and poor childhood development.

Appendix E – Youth Behavioral Risk Survey Results

Youth Behavioral Risk Survey Results
North Dakota High School Survey
Rate Increase "ꜛ" rate decrease "ꜜ", or no statistical change = in rate from 2017-2019

	ND 2015	ND 2017	ND 2019	ND Trend ↑, ↓, =	Rural ND Town Average	Urban ND Town Average	National Average 2019
Injury and Violence							
Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)	8.5	8.1	5.9	=	8.8	5.4	6.5
Percentage of students who rode in a vehicle with a driver who had been drinking alcohol (one or more times during the 30 prior to the survey)	17.7	16.5	14.2	=	17.7	12.7	16.7
Percentage of students who talked on a cell phone while driving (on at least one day during the 30 days before the survey, among students who drove a car or other vehicle)	NA	56.2	59.6	=	60.7	60.7	NA
Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least one day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	57.6	52.6	53.0	=	56.5	51.8	39.0
Percentage of students who never or rarely wore a helmet (during the 12 months before the survey, among students who rode a motorcycle)	NA	20.6	NA	**NA**	NA	NA	NA
Percentage of students who carried a weapon on school property (such as a gun, knife, or club on at least one day during the 30 days before the survey)	5.2	5.9	4.9	=	6.2	4.2	2.8
Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)	5.4	7.2	7.1	=	7.4	6.4	8.0
Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey)	NA	8.7	9.2	=	7.1	8.0	10.8
Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)	7.6	NA	NA	**NA**	NA	NA	8.2
Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)	NA	11.4	11.6	=	12.6	11.4	NA
Percentage of students who were bullied on school property (during the 12 months before the survey)	24.0	24.3	19.9	↓	24.6	19.1	19.5
Percentage of students who were electronically bullied (including being bullied through texting, Instagram, Facebook, or other social media during the 12 months before the survey)	15.9	18.8	14.7	↓	16.0	15.3	15.7
Percentage of students who felt sad or hopeless (almost every day for two or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)	27.2	28.9	30.5	=	31.8	33.1	36.7
Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)	16.2	16.7	18.8	=	18.6	19.7	18.8

	ND 2015	ND 2017	ND 2019	ND Trend ↑, ↓, =	Rural ND Town Average	Urban ND Town Average	National Average 2019
Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)	13.5	14.5	15.3	=	16.3	16.0	15.7
Percentage of students who attempted suicide (one or more times during the 12 months before the survey)	9.4	13.5	13.0	=	12.5	11.7	8.9
Tobacco Use							
Percentage of students who ever tried cigarette smoking (even one or two puffs)	35.1	30.5	29.3	=	32.4	23.8	24.1
Percentage of students who smoked a whole cigarette before age 13 years (even one or two puffs)	NA	11.2	NA	**NA**	NA	NA	NA
Percentage of students who currently smoked cigarettes (on at least one day during the 30 days before the survey)	11.7	12.6	8.3	↓	10.9	7.3	6.0
Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)	4.3	3.8	2.1	↓	2.3	1.7	1.3
Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)	3.2	3.0	1.4	↓	1.6	1.2	1.1
Percentage of students who usually obtained their own cigarettes by buying them in a store or gas station (during the 30 days before the survey among students who currently smoked cigarettes and who were aged <18 years)	NA	7.5	13.2	=	9.4	10.1	8.1
Percentage of students who tried to quit smoking cigarettes (among students who currently smoked cigarettes during the 12 months before the survey)	NA	50.3	54.0	=	52.8	51.4	NA
Percentage of students who currently use an electronic vapor product (e-cigarettes, vape e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens at least one day during the 30 days before the survey)	22.3	20.6	33.1	↑	32.2	31.9	32.7
Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least one day during the 30 days before the survey)	NA	8.0	4.5	↓	5.7	3.8	3.8
Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least one day during the 30 days before the survey)	9.2	8.2	5.2	↓	6.3	4.3	5.7
Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)	NA	18.1	12.2	NA	15.1	10.9	10.5
Alcohol and Other Drug Use							
Percentage of students who ever drank alcohol (at least one drink of alcohol on at least one day during their life)	62.1	59.2	56.6	=	60.6	54.0	NA
Percentage of students who drank alcohol before age 13 years (for the first time other than a few sips)	12.4	14.5	12.9	=	16.4	13.2	15.0
Percentage of students who currently drank alcohol (at least one drink of alcohol on at least one day during the 30 days before the survey)	30.8	29.1	27.6	=	29.4	25.4	29.2
Percentage of students who currently were binge drinking (four or more drinks of alcohol in a row for female students, five or more for male students within a couple of hours on at least one day during the 30 days before the survey)	NA	16.4	15.6	=	17.2	14.0	13.7
Percentage of students who usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol)	41.3	37.7	NA	**NA**	NA	NA	40.5
Percentage of students who tried marijuana before age 13 years (for the first time)	5.3	5.6	5.0	=	5.5	5.1	5.6
Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)	15.2	15.5	12.5	=	11.4	14.1	21.7

	ND 2013	ND 2017	ND 2019	ND Trend ↑, ↓, =	Rural ND Town Average	Urban ND Town Average	National Average 2019
Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)	NA	14.4	14.5	=	12.8	13.3	14.3
Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)	18.2	12.1	NA	NA	NA	NA	21.8
Percentage of students who attended school under the influence of alcohol or other drugs (on at least one day during the 30 days before the survey)	NA	NA	NA	NA	NA	NA	NA
Sexual Behaviors							
Percentage of students who ever had sexual intercourse	38.9	36.6	38.3	=	35.4	36.1	38.4
Percentage of students who had sexual intercourse before age 13 years (for the first time)	2.6	2.8	NA	NA	NA	NA	3.0
Weight Management and Dietary Behaviors							
Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex and age-specific reference data from the 2000 CDC growth chart)	14.7	16.1	16.5	=	16.6	15.6	16.1
Percentage of students who had obesity (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart)	13.9	14.9	14.0	=	17.4	14.0	15.5
Percentage of students who described themselves as slightly or very overweight	32.2	31.4	32.6	=	35.7	33.0	32.4
Percentage of students who were trying to lose weight	NA	44.5	44.7	=	46.8	45.5	NA
Percentage of students who did not eat fruit or drink 100% fruit juices (during the seven days before the survey)	3.9	4.9	6.1	=	5.8	5.3	6.3
Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (during the seven days before the survey)	NA	61.2	54.1	↓	54.1	57.2	NA
Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the seven days before the survey)	4.7	5.1	6.6	=	5.3	6.6	7.9
Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the seven days before the survey)	NA	60.9	57.1	↓	58.2	59.1	NA
Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, during the seven days before the survey)	NA	28.8	28.1	=	26.4	30.5	NA
Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the seven days before the survey)	18.7	16.3	15.9	=	17.4	15.1	15.1
Percentage of students who did not drink milk (during the seven days before the survey)	13.9	14.9	20.5	↑	14.8	20.3	30.6
Percentage of students who drank two or more glasses per day of milk (during the seven days before the survey)	NA	33.9	NA	NA	NA	NA	NA
Percentage of students who did not eat breakfast (during the 7 days before the survey)	11.9	13.5	14.4	=	13.3	14.1	16.7
Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)	NA	2.7	2.8	=	2.1	2.9	NA
Physical Activity							
Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that	NA	51.5	49.0	=	55.0	22.6	55.9

	ND 2015	ND 2017	ND 2019	ND Trend ↑, ↓, =	Rural ND Town Average	Urban ND Town Average	National Average 2019
increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)							
Percentage of students who watched television three or more hours per day (on an average school day)	18.9	18.8	18.8	=	18.3	18.2	19.8
Percentage of students who played video or computer games or used a computer three or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work on an average school day)	38.6	43.9	45.3	=	48.3	45.9	46.1
Other							
Percentage of students who had eight or more hours of sleep (on an average school night)	NA	31.8	29.5	=	31.8	33.1	NA
Percentage of students who brushed their teeth on seven days (during the 7 days before the survey)	NA	69.1	66.8	=	63.0	68.2	NA
Percentage of students who most of the time or always wear sunscreen (with an SPF of 15 or higher when they are outside for more than one hour on a sunny day)	NA	12.8	NA	NA	NA	NA	NA
Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan] one or more times during the 12 months before the survey)	NA	8.3	7.0	=	6.0	5.9	4.5

Sources: https://www.cdc.gov/healthyyouth/data/yrbs/results.htm; https://www.nd.gov/dpi/districtsschools/safety-health/youth-risk-behavior-survey

Appendix F – Prioritization of Community's Health Needs

Community Health Needs Assessment
Garrison, North Dakota
Ranking of Concerns

The top concerns for each of the six topic areas, based on the community survey results, were listed on flipcharts. The numbers below indicate the total number of votes (dots) by the people in attendance at the second community meeting. The "Priorities" column lists the number of yellow/green/blue dots placed on the concerns indicating which areas are felt to be priorities. Each person was given four dots to place on the items they felt were priorities. The "Most Important" column lists the number of red dots placed on the flipcharts. After the first round of voting, the top five priorities were selected based on the highest number of votes. Each person was given one dot to place on the item they felt was the most important priority of the top five highest ranked priorities.

	Priorities	Most Important
COMMUNITY/ENVIRONMENTAL HEALTH CONCERNS		
Not enough jobs with livable wages	3	
Attracting & retaining young families	9	5
Having enough child daycare services	2	
Not enough affordable housing		
Recycling		
AVAILABILITY/DELIVERY OF HEALTH SERVICES CONCERNS		
Availability of mental health services		
Not enough healthcare staff in general	5	
Availability of specialists	1	
Cost of health insurance	1	
YOUTH POPULATION HEALTH CONCERNS		
Drug use and abuse (including prescription drugs) (All ages)	10	1
Alcohol use and abuse (all ages)	9	1
Depression/Anxiety (all ages)	7	2
Smoking and tobacco use, exposure to second-hand smoke, juuling/vaping	1	
ADULT POPULATION HEALTH CONCERNS		
Alcohol use and abuse (All ages)		
Depression/anxiety (all ages)		
Drug use and abuse (including prescription drugs)		
Not getting enough exercise/physical activity		
SENIOR POPULATION HEALTH CONCERNS		
Availability of resources to help elderly stay in their homes	9	6
Cost of long-term/nursing home care	3	
Availability of home health		
Ability to meet needs of older population		
Depression/anxiety		
VIOLENCE CONCERNS		
Bullying/cyber-bullying		
Emotional abuse (isolation, verbal threats, withholding of funds)		
Child abuse/neglect		
Video game/media violence		

Appendix G – Survey "Other" Responses

The number in parenthesis () indicates the number of people who indicated that EXACT same answer. All comments below are directly taken from the survey results and have not been summarized.

Community Concerns

11. What single issue do you feel is the biggest challenge facing your community?

   - Attracting new residents, especially young families to the community.
   - Attracting young people to the community and retaining them due to a lack of job diversity. But the opportunities to connect and be involved is so plentiful, this would be very attractive to 20-40 somethings looking for purpose and connection.
   - Bullying in the workplace and cyberbullying on social media
   - Confidentiality
   - Drugs and other crimes
   - More doctors and nurses needed.
   - Obesity of younger and elderly population
   - Prejudice and close mindedness of the general population.
   - Providing engaging activities for youth
   - Stress related to job insecurity with fluctuation in gas and oil as well as drought impacting farming/ranching community in multiple careers (not just those of immediate impact who may receive relief from insurance claims but trickle-down effect to entire community)
   - The availability to get illegal drugs. It is a huge problem in this community and no one is doing much about it.
   - The lack of police officers!
   - There is not enough for everyone to do. Not everyone fishes, plays golf, or is into sports. Once winter comes there is almost nothing to do for all ages.
   - Workers, not enough people with good work ethic
   - Young people leaving

Delivery of Healthcare

13. Where do you find out about LOCAL HEALTH SERVICES available in your area? "Other" responses:

   - I work in the hospital

19. What specific healthcare services, if any, do you think should be added locally?

   - Exercise classes for elderly, education classes- nutrition, cancer, etc.
   - (2) Mental health
   - Mental health services
   - More doctors and nurses
   - More mental health professionals
   - More specialists come into town
   - Mother and child, minor surgery, intensive care, mental health
   - OB appointments in town would be amazing
   - Urgent care

30. Overall, please share concerns and suggestions to improve the delivery of local healthcare.

   - Keep everything confidential. It is disturbing to hear conversations about others' health situations from those who should not be saying anything. It prevents people from seeking medical attention and treatment and that is a shame.
   - Overhaul. Change in management.