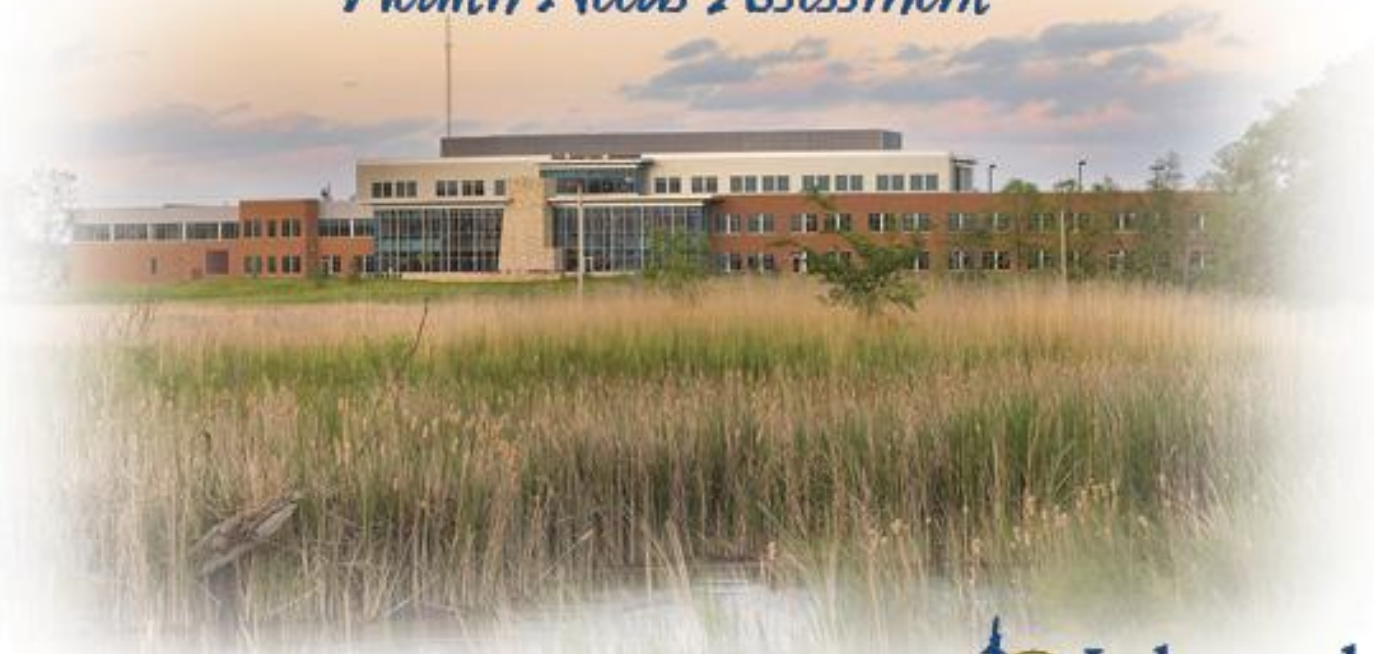


2013

COMMUNITY

Health Needs Assessment



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EXECUTIVE SUMMARY

Lakewood Health System (LHS) is required to complete a Community Health Needs Assessment (CHNA) and implement a strategy to meet the needs identified in the assessment every three years. This report, as well as past and future activities described within, serves to meet this requirement.

The CHNA process was conducted 2012-2013. Data was collected in conjunction with Todd-Wadena Healthy Connections (TWHC), which has members representing LHS, Tri-County Health Care, Todd County Health & Human Services, and Wadena County Public Health. Community focus groups and a community survey identified community perception of health needs and what makes a healthy community in Cass, Morrison, Todd, and Wadena counties. For the purposes of this assessment, data gathered reflects the core service area of LHS (zip codes 56479 and 56466) and the four counties mentioned previously.

The CHNA reveals which community health indicators have worsening trends or higher occurrence rates as compared to the county and state. An internal community health needs assessment committee analyzed and ranked based on community impact, potential for change, economic feasibility, and alignment to the mission of LHS. Taking into account what other community resources are currently available to meet needs identified, the following three health needs were determined to be the top priority for LHS:

1. Adult Obesity
2. Childhood Obesity
3. Mental Health

Each of these health needs will be addressed by the development and implementation of interventions starting in late 2013. All implemented strategies will be measured and evaluated over the three year period to determine if health needs are being met and if the intervention is effectively impacting the priority.

ACKNOWLEDGEMENTS

Lakewood Health System Internal Community Health Needs Assessment Committee

- Purpose:** Collect, analyze and prioritize data to complete Lakewood Health System's Community Health Needs Assessment.
- Identify and recommend strategies to meet identified needs.
- Members:** Berit Amundson, M.D. – Provider Representative
- Brad Anderson, BA – Strategy Director
- Jacque Bartczak, RN – Occupational/Employee Health Representative
- Heidi Chapman – Foundation Director
- Rachel Delaney, BA – Internal Communications Manager
- Kathe Dellacecca, MSW, LICSW – Psychiatric Services Director
- Kathy Dobson, LSW – Social Services and Spiritual Care Director
- Lisa Giza – Patient Accounts
- Roxanne Hejhal, MBA –Education, Employee Health, and Occupational Health Director
- Nancy Henkes – Customer Service Director
- Joe Reycraft, BA – Financial Analyst

Todd-Wadena Healthy Connections Community Health Needs Assessment Committee

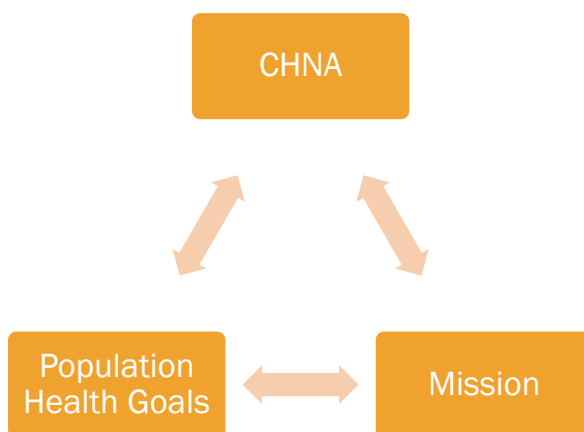
- Purpose:** To collaborate and share resources in order to collect shared data more efficiently and effectively.
- Membership:** Kim Aagard – Chief Financial Officer, Tri-County Health Care
- Roxanne Hejhal, MBA –Education, Employee Health, and Occupational Health Director, Lakewood Health System
- Kathy Kleen, RN – Chief Nurse Executive, Tri-County Healthcare
- Katherine Mackedanz, MPH - Community Planning Unit Manager, Todd County Health & Human Services
- Cindy Pederson, RN, PHN, MS –Director, Wadena County Public Health

BACKGROUND AND INTRODUCTION

LHS is an independent, integrated rural healthcare system comprised of a 25-bed Critical Access Hospital, five clinics, a behavioral health unit, and long-term care. Founded in 1936 and located in the city of Staples, LHS is a recognized leader in providing innovative, patient-based care including women's specialty services, senior services, surgical, and outreach care.

LHS has undertaken a CHNA as required by the recent passage of the Patient Protection and Affordable Care Act (PPACA or ACA). This Act requires tax-exempt hospitals to conduct a health needs assessments and develop strategies that impact community benefit plans every three years. The health needs assessment is a primary tool used by LHS to determine its community benefit plan moving forward, which outlines how LHS will give back to the community in the form of health-related programming and by augmenting community services to address unmet community health needs.

LHS's mission is to provide quality, personalized healthcare for a lifetime. The CHNA is intended to improve the health of communities. Therefore, meeting CHNA requirements supports LHS's mission. Associated implemented strategies support the population health goals, mission of LHS, and federal guidelines.



As a result, this CHNA has four objectives:

1. Develop a comprehensive profile of health status and health indicators for residents of the communities served.
2. Identify a set of priority health needs for follow-up.
3. Implement LHS strategies and provide recommendations on strategies that can be undertaken by other healthcare providers, public health staff, communities, policy makers, and others to follow-up on the information provided with actions that may improve the community health status.
4. Provide access to the CHNA data and assistance to stakeholders who are interested in using it.

COMMUNITY PROFILE

LHS defines the core service area of the community served for this report as the zip codes 56479 and 56466. The core service area will be referred to as the community within this report. The community includes some residents of Cass, Morrison, Todd, and Wadena counties. When possible, this report encompasses data comparisons between the community, the four-county region, and the state.

Located in rural central Minnesota, there is an abundance of parks and playgrounds within the community that are available for families to enjoy. There are lakes, rivers, and wilderness that naturally draw people outdoors for biking, hiking, canoeing, river tubing, fishing, hunting, snowmobiling, and riding all-terrain vehicles. The community prides itself in having high quality educational opportunities, strong support for business development, and access to excellent health services. Health providers in the community, in addition to LHS services, include:

- Pharmacy
 - Longbella Drug Store (locations in Staples and Motley)
- Optometry
 - Midwest Family Eye Center
 - Staples Eye Clinic
- Dental
 - Bailey, Zachary J. DDS
 - Brenny Dental Care
 - Staples Family Dentistry
- Mental Health Services
 - Northern Pines
- Orthodontic
 - Colby Orthodontics
- Chiropractic
 - Staples Chiropractic Office
 - Family Chiropractic
 - Schmitt Chiropractic

The community has many civic groups and community clubs that provide services which enhance the quality of life. This includes:

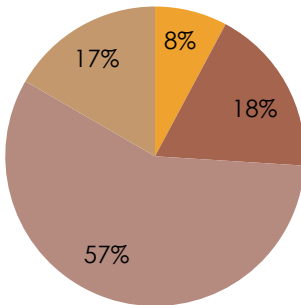
- | | |
|--|-------------------------------|
| • Staples Lions | • MOMS Club |
| • Motley Lions | • Friends of the Library |
| • Staples Area Rotary | • Staples Historical Society |
| • American Legion /Auxiliary Staples | • 5Wings Arts Council |
| • American Legion/Auxiliary Motley | • Staples Motley Arts Council |
| • Lamplighter Theater | • Staples Food Shelf |
| • Staples Area Mens Chorus | • Motley Food Shelf |
| • Staples Area Womens Chorus | • Boys/Girls Scouts |
| • Piecemakers Quilt Club | • AWANA Clubs |
| • Red Hat Society | • FFA |
| • American Cancer Society/Relay for Life | • Kinship Partner |

Population

Population demographics play a determining role in the types of health and social services needed by communities. Based on the 2010 US Census, the population of the community is 8,500. Children and youth ages 0-17 years of age make up 23.58% of the population; 57.96% are between the ages of 18 and 64 years old, and 18.46% are 65 years of age and older. The community, and the counties it is located in, has a higher population of 65 of age and older individuals than the state. This is important as older populations tend to utilize healthcare services at a higher rate and have unique health needs which should be considered separately from other age groups. The split between genders is essentially 50/50 consistently throughout the community, counties, and the state.

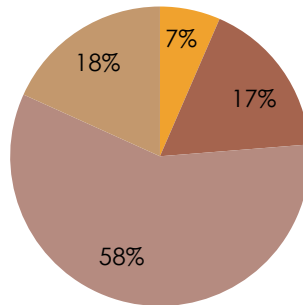
Core Service Area

- Ages 0-4
- Ages 5-17
- Ages 18-64
- Ages 65 and older



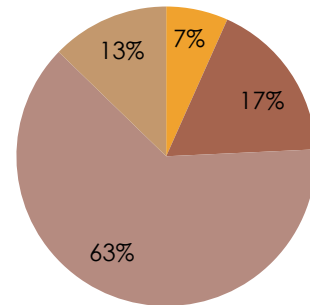
Four-County Region

- Ages 0-4
- Ages 5-17
- Ages 18-64
- Ages 65 and older



Minnesota

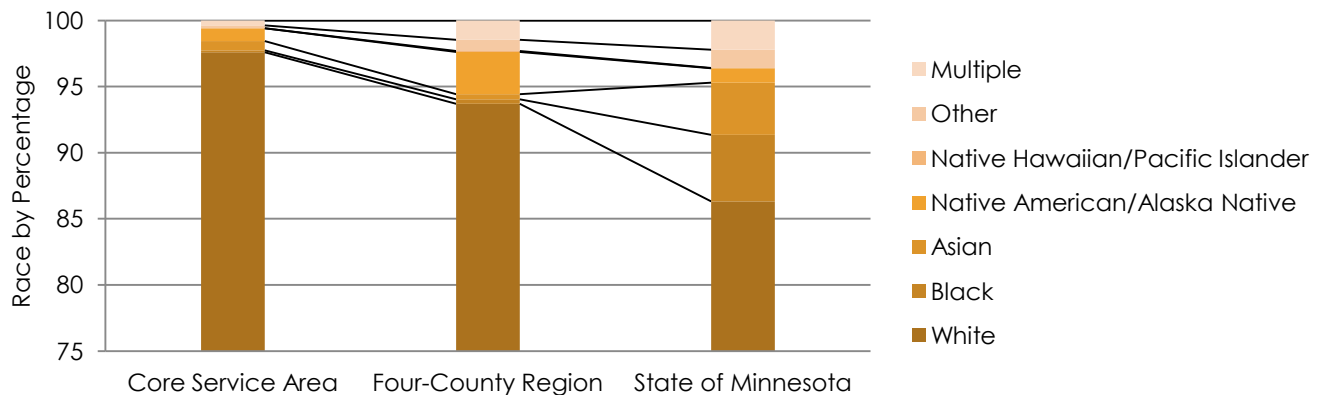
- Ages 0-4
- Ages 5-17
- Ages 18-64
- Ages 65 and older



Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source Geography: Tract.

Race/Ethnicity

The residents in the community are primarily white (97.60%). This is slightly higher than the counties and notably higher than the state population. The Latino population is lower than the state at 1.37% as compared to 4.6%.



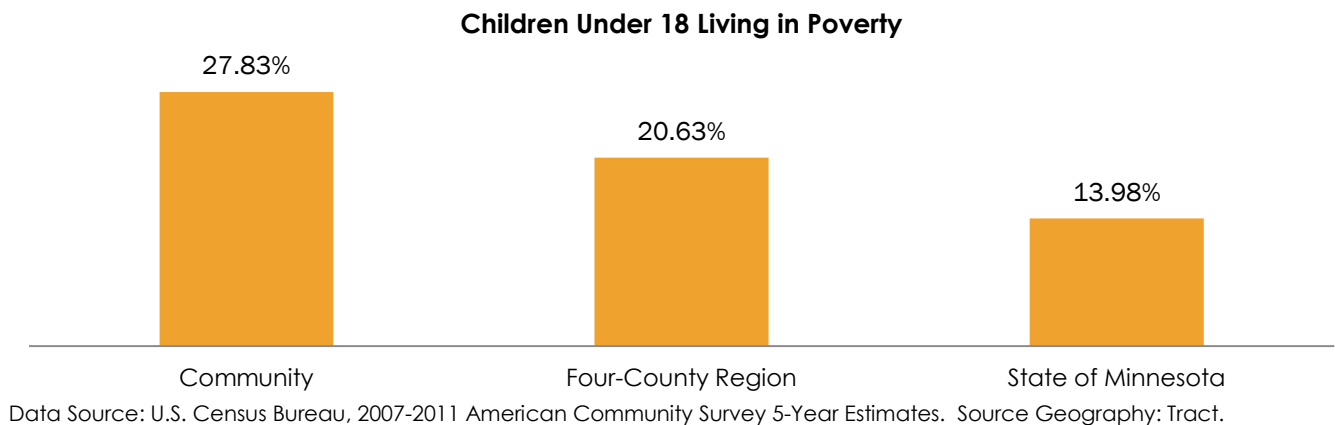
Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source Geography: Tract.

Change in Population

According to the U.S. Census Bureau, there has been a 5.24% increase in the total population in the community from 2000 to 2010. This indicator is important because positive or negative growth affects healthcare and community utilization of resources. This rate is higher than the four-county region at 3.61% but lower than the rest of the state at 7.81% over that same period.

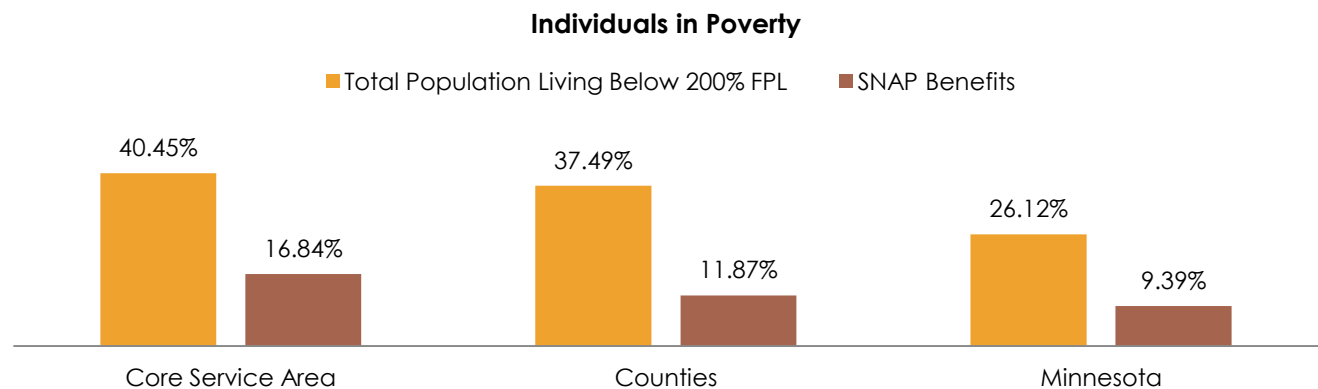
Poverty

The graph below highlights the percentage of children aged 0-17 living in households with income below 200% of the Federal Poverty Level (FPL). Poverty creates obstacles in accessing healthy food options, reliable housing, and other necessities which can contribute to a poorer health status.



The level of poverty in school-aged children can also be seen in the reduced or free lunch program. In the four-county region, this equates to 54.7% of all students. The state reports a significantly lower rate at 36.6% of all students.

Vulnerable populations, such as families in poverty, are more likely to have multiple healthcare and social support needs. The total population living below 200% of the FPL in the community is 40.45%. This can also be seen in the number of community members receiving Medicaid and Supplemental Nutritional Assistance Program (SNAP) benefits. Although, there seems to be a disparity between the percentage of individuals living below 200% of the FPL and the percentage receiving SNAP benefits throughout the community, counties, and state.



Data Sources: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source Geography: Tract.
U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE), 2011. Source Geography: County.

Housing and Households

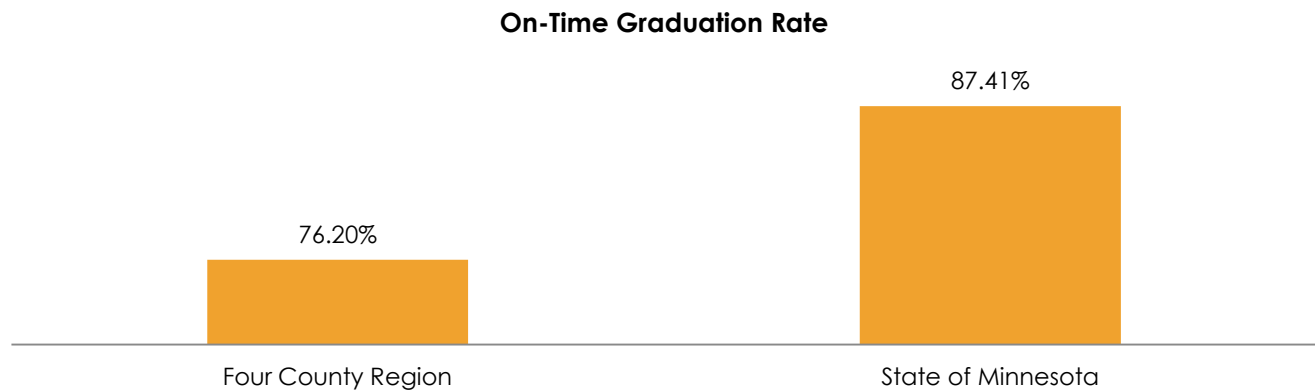
There are 3,433 households in the community. The percentage of vacant housing is much higher in the community and counties than the rest of the state. Vacant houses may lead to a negative impact on the socioeconomic factors of the community.

Households	The community	Four-County Region	State of Minnesota
Percentage of Households with Individuals Under 18 Years	29.77%	28.75%	31.51%
Percentage of Households with Individuals 65+ Years	29.19%	31.26%	22.83%
Percentage of Householder Living Alone Age 65+	11.71%	12.55%	9.65%
Average Household Size	2.41	2.45	3.05
Housing Occupancy	The community	Four-County Region	State of Minnesota
Total Housing Units	4,767	60,450	2,347,201
Percentage of Vacant Housing Units	27.98%	33.02%	11.10%

Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source Geography: Tract.

Education

The Healthy People 2020 (HP 2020), a set of nationally established benchmarks, has a goal of an on-time graduation rate of 82.4%. On-time graduation is the percentage of students who received high school diplomas within four years after starting ninth grade in public schools. Low levels of education are often linked to poverty and poor health. While the state is meeting this goal, the counties served are not.



Data Source: The University of Wisconsin, Population Health Institute, County Health Rankings, 2012 and the U.S. Department of Health, National Center for Education Statistic (NIE), Common Core of Data, Public School Universe Survey Data, 2005-06, 2006-07, and 2007-08. Source Geography: County

HEALTH DATA COLLECTION PROCESS

The CHNA was produced by the internal CHNA committee at LHS; committee members are listed on page 4 of this report. The following outline explains the process LHS undertook to complete the CHNA. Each process and methodology is described in more detail throughout the report.

1. Formation of a CHNA committee
2. Definition of the community served
3. Data collection and analysis
4. Identification and prioritization of community health needs and services to meet community health needs
5. Adoption of goals and implementation strategy to respond to prioritized needs in collaboration with community partners
6. Dissemination of priorities and implementation strategy to the public

Secondary Data Collection

There were multiple resources used to gather secondary data with direct relevance to the CHNA process. The following is the list of resources that offered measures utilized to capture the health needs of the community:

- Centers for Disease Control and Prevention (CDC)
- Healthy People 2020: US Department of Health and Human Services (HP 2020)
- Minnesota Department of Health (MDH)
- University of Wisconsin Population Health Institute County Health Rankings
- US Census Bureau
- US Department of Education
- US Health Resources and Services Administration

Primary Data Collection

To be more efficient and effective in collecting primary data, LHS collaborated with other members of TWHC; membership is listed on page 4 of this report. Through this partnership LHS was able to provide input on the Health4Life community survey conducted by Cass, Morrison, Todd, and Wadena counties. This survey provides relevant information to the health needs of the community served by the hospital. The results were compiled by Ann Kinney, PhD, a senior research scientist at the Minnesota Center for Health Statistics and disseminated to each partnering group of TWHC.

This survey was randomly mailed to 1,200 residents in each of the four counties, 4,800 total. The first mailing was sent in February 2013. Postcard reminders were mailed in March 2013 and April 2013. The response rate from this survey was 34.04%. Data was weighted to provide an accurate depiction of the residents of the four counties.

In addition, LHS met with civic groups and conducted focus groups to gain a better understanding of what the perception of a healthy community is in the immediate area. These groups consisted of:

- Business leaders
- Civic groups
- College students aged 18 years and older
- Community members from various economic and social backgrounds
- Educators

- Parents of young children
- Public Health
- Religious leaders

Detailed results for both the survey and focus groups are included in the appendices of this document.

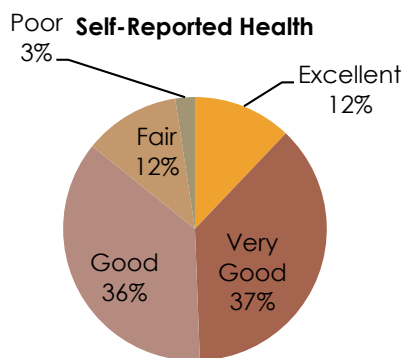
Limitations and Information Gaps

Every effort was made to capture the true health needs of the community. The process of conducting a CHNA may carry innate limitations for consideration. The health data analyzed as part of this study captures a wide array of health-related measures that help to better understand the needs of the population. However, certain health needs might not be captured or reflected in the existing data sources. This could mean certain health needs may not have been given proper weight or importance.

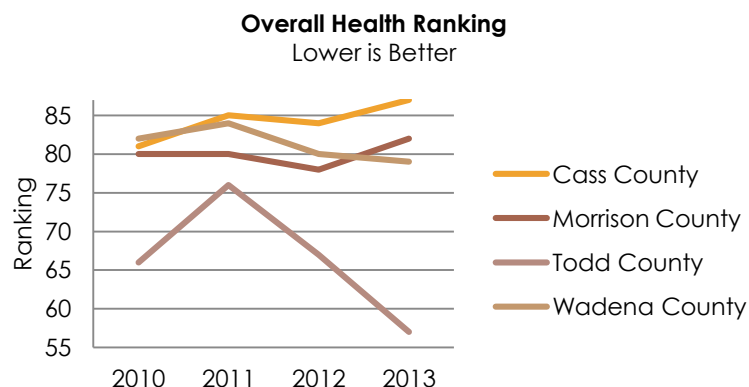
HEALTH DATA RESULTS

Overview

Collectively, the majority of the respondents of the Health4Life survey self-reported their health as very good or good (74.73%), even though the counties' overall health rankings have been listed in the bottom half of the state. The health rankings measured represent factors that influence the health of a county, including health behaviors, clinical care, social and economic, and physical environment.



Health4Life Survey Data, 2013



Data Source: The University of Wisconsin, Population Health Institute, County Health Rankings, 2012

Out of 87 counties, Cass is ranked 87th and Morrison is ranked 82nd. Todd County has greatly improved and has moved from 67th to 57th from 2012 to 2013. Wadena County is showing slow improvement and is currently ranked at 79th.

Access

Over 30% of the Health4Life survey respondents feel that access to healthcare is a moderate to serious concern. The table below shows that the ratio of primary care physicians and dentists may be contributing to access issues within the community. Data indicates that there are fewer primary care physicians and dentists in the four-county region as compared to overall Minnesota statistics.

Providers	Cass County	Morrison County	Todd County	Wadena County	State of Minnesota
Primary Care Physicians	2,603:1	1,661:1	1,555:1	1,538:1	1,140:1
Dentists	1,803:1	3,374:1	3,154:1	2,046:1	1,660:1

Data Source: The University of Wisconsin, Population Health Institute, County Health Rankings, 2012

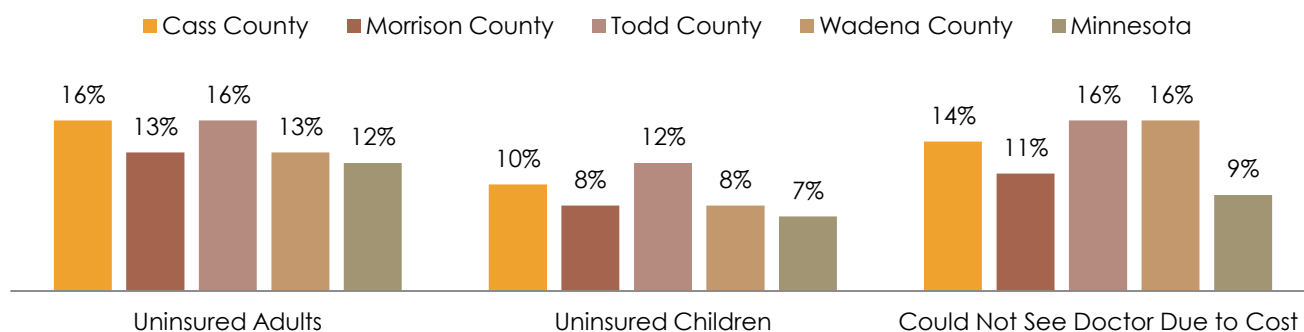
The measurement above may have some inconsistencies as providers are classified by county and may practice in more than one facility and/or may see individuals who live in surrounding counties. In addition, having more providers does not guarantee that patients will seek care when needed or as soon as needed. Some patients will put off seeking healthcare when their primary care provider is not immediately available. Therefore, increasing the number of dentists and physicians does not necessarily improve access issues.

Insurance/Cost

The majority of Health4Life survey respondents indicated that people without health insurance is a moderately serious concern in their community. Over 27% of respondents also stated that they delayed seeking healthcare in the past 12 months due to it costing too much, their deductible is too high, they did not have insurance, and/or they did not think it was serious enough to incur the cost.

Healthcare costs have significant implications and may create barriers for people seeking care in a timely manner. The table below shows the percentage of adults, ages 18 years to 65 years, without insurance; the percentage of children, under age 18 years of age, without insurance; and the percentage that did not seek healthcare when needed due to cost. The PPACA will have a major impact on this measure in years to come.

Uninsured and Delayed Care



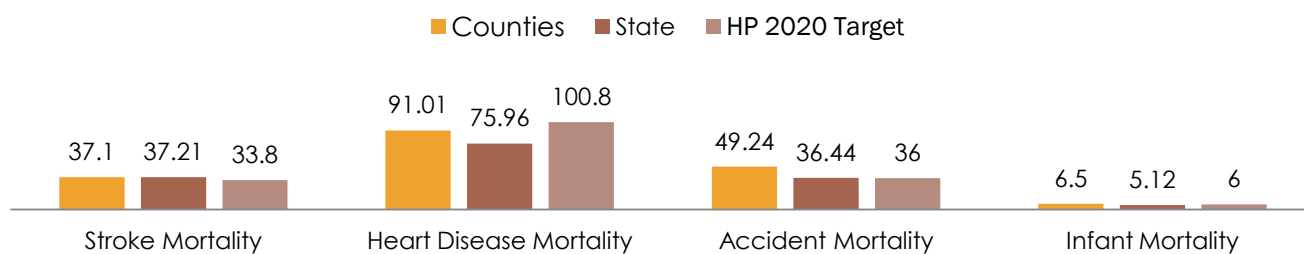
Data Source: The University of Wisconsin, Population Health Institute, County Health Rankings, 2012

Mortality

Premature mortality is defined as the years of potential life lost before age 75 (YPLL-75) and represents deaths that may have been prevented. While this measurement may not completely capture the burden of chronic disease on communities, it can show trends that need additional drill down. The four counties represented in this report have a premature mortality rate of 6,538 per 100,000 in population, as compared to the state's rate of 5,164 per 100,000 in population. This may indicate that there is a higher rate of preventable deaths in the region.

The drill down in mortality rates includes a comparison of the four counties, the state, and the established HP 2020 targets. Stroke and heart disease are leading causes of death in the United States. The data indicates that the four-county region and the state have a similar stroke mortality rate, both slightly higher than the HP 2020 target. The heart disease mortality rates for the counties and state are lower than the target. The four-county accident mortality rate is significantly higher than the state and target. Infant mortality rates are close to target.

Mortality Rates

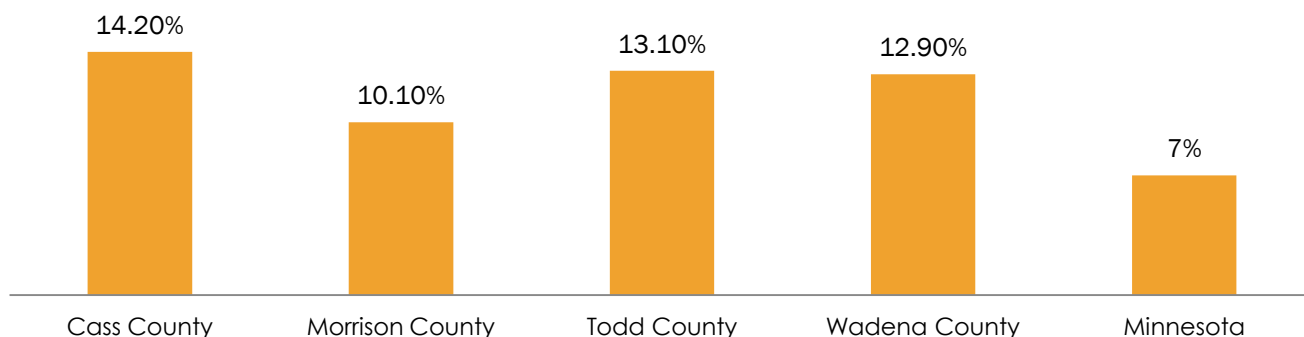


Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 2006-2010, accessed through CDC Wonder. Source geography: County.

Morbidity/Diseases

Health behaviors and chronic health issues can create a burden for individuals and their families. One important indicator for healthy behaviors is diabetes. As outlined in the table below, the respondents to the Health4Life survey indicated a higher percentage of diabetes diagnoses than the state. In addition, when asked to rate in their opinion how much of a problem diabetes was in their respective county, over 56% in each county stated moderate to severe. Note that the data taken from the Health4Life survey was in 2013 and the state data was collected in 2009. Therefore, there may be a disparity in how prevalent diabetes diagnosis is within the state and as compared to the counties.

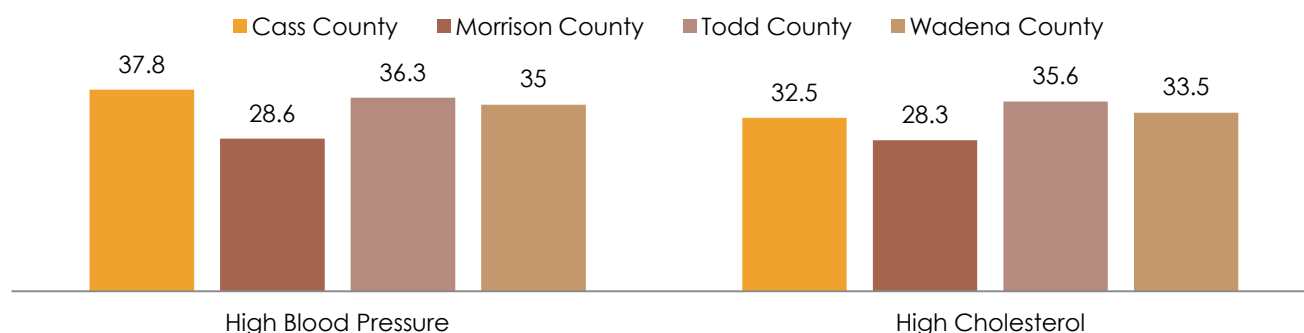
Diabetes Diagnosis



Data Source: Health4Life Survey, 2013 and Centers for Disease Control and Prevention, National Diabetes Surveillance System, 2009.

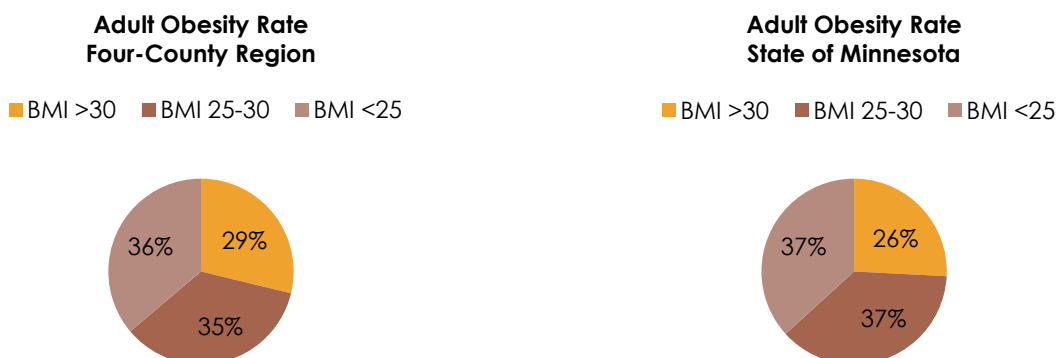
Other indicators of healthy behaviors are high blood pressure and high cholesterol, which can lead to other health issues such as heart disease and stroke. Both can be improved with physical activity, healthy eating, smoking cessation, and medication. The percentages of residents in the four-county region that have been told by a healthcare provider that they have high blood pressure or high cholesterol are fairly similar.

High Blood Pressure and Cholesterol Diagnosis



Data Source: Health4Life Survey, 2013.

The majority of the Health4Life respondents also feel that obesity is a moderate or serious issue in both adults and children. Obesity can play an important factor in chronic illnesses because it can increase the risk. Adult obesity is a body mass index of 30 or greater. A body mass index of 25 – 30 is considered overweight. While lifestyle choices are a key factor, heredity and environment can impact weight as well.



Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 2006-2010.

The percentage of adults aged 20 and older who self-report no leisure time for activity in the four-county region is higher than the State of Minnesota (23.61% compared to 18.63%). This is based on the response to the question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?" on the Behavioral Risk Factor Surveillance System. This can be considered a factor of future health and may illustrate a cause of significant health issues, such as obesity and poor cardiovascular health.

Depression and anxiety are also concerns according to the Health4Life life respondents. A large portion reported being diagnosed by a healthcare provider. Overall health is dependent on physical and mental well-being. According to County Health Rankings, a study testing the reliability of "healthy days" as a gauge for county health significance observed that counties with more unhealthy days had strong correlation to high unemployment, poverty, lower education status, mortality rates, and higher rate of disability.

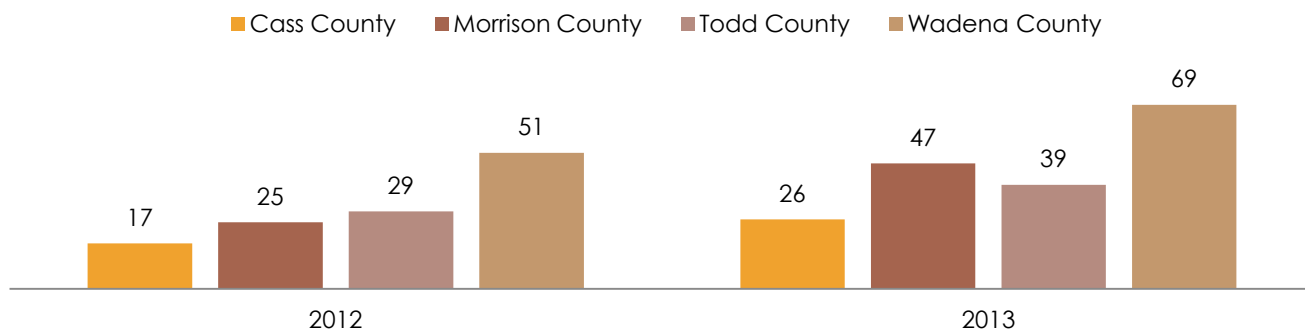
	Cass County	Morrison County	Todd County	Wadena County	State of Minnesota
Average number of mentally unhealthy days reported in past 30 days (age-adjusted)	3.5	3.8	2.2	N/A	2.7
Ratio of population to mental health providers	7,158:1	8,303:1	N/A	4,614:1	1,732:1

Data Source: The University of Wisconsin, Population Health Institute, County Health Rankings, 2012

Determinants for Health

A community's health is influenced by physical environment. This includes a safe community which includes access to healthy food, clean air and water, and recreational opportunities. The County Health Rankings elements have changed over the past four years, leaving only 2012 and 2013 with consistent measurements. Over that time, the overall physical environment has declined, as indicated in the graph below.

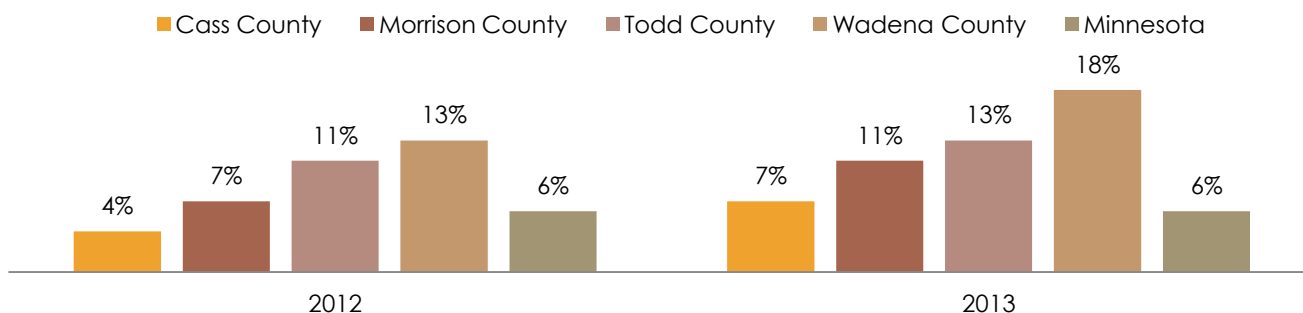
Overall Physical Health Ranking (lower is better)



Data Source: The University of Wisconsin, Population Health Institute, County Health Rankings,

One measure is limited access to healthy foods. Evidence indicates that living in an area considered a "food desert" is linked to a higher incidence of individuals being overweight or obese and may lead to premature death because of the impact on chronic illnesses. Limited access to healthy food in rural Minnesota is based on living within 10 miles of a grocery store and in a low-income population. Although the respondents of the Health4Life survey did not indicate concern for access to healthy food, County Health Rankings indicate a higher than average rating for Morrison, Todd, and Wadena Counties. From 2012 – 2013, the percentages in all four counties increased, meaning an increase in limited access.

% of Low Income Population That Do Not Live Close to a Grocery Store



Data Source: The University of Wisconsin, Population Health Institute, County Health Rankings

Income and social status are also health determinants; the lower the income and social status, the lower the overall health. Until a specific threshold is reached, it is difficult to maintain health insurance and pay for deductibles/out-of-pocket expenses, purchase healthy food, and have secure housing. Education typically has a strong correlation with income. All four counties have a lower percentage population with a high school diploma or higher and a lower median household income than the State.

	Cass County	Morrison County	Todd County	Wadena County	Minnesota
Median Household Income	\$43,042	\$46,054	\$44,202	\$35,307	\$58,476
Percentage of Population with a High School Diploma or Higher (Age 25 +)	90.1%	87.3%	85.2%	88.3%	91.6%

Data Source: The University of Wisconsin, Population Health Institute, County Health Rankings,

Although negative health consequences can be related to poverty for individuals at all ages, children in poverty are often challenged with more risks. Children face higher morbidity and mortality because of increased chance of accidental injury, decreased access to healthcare, and lower educational success. Infants of women living in poverty during pregnancy may face developmental impairment due to lack of prenatal care. The statistics for children in poverty was illustrated earlier in this report on page 8.

People who have a stronger social support from families and friends typically report better health. This social and emotional support assist individuals in finding their way through challenges of daily living and is tied to educational and economic success. The percentage of individuals age 18 years and older in the four counties that self-report inadequate support is less than the state percentage. This indicates that even though the counties have higher average mentally unhealthy days (as reported earlier on page 15) people reporting feel they have a better support system than the state as a whole.

COMMUNITY CONCERNS AND PRIORITIES

The focus groups conducted in 2012-2013 were designed to gauge the community's perception of what a healthy community entails. Individuals were asked three questions:

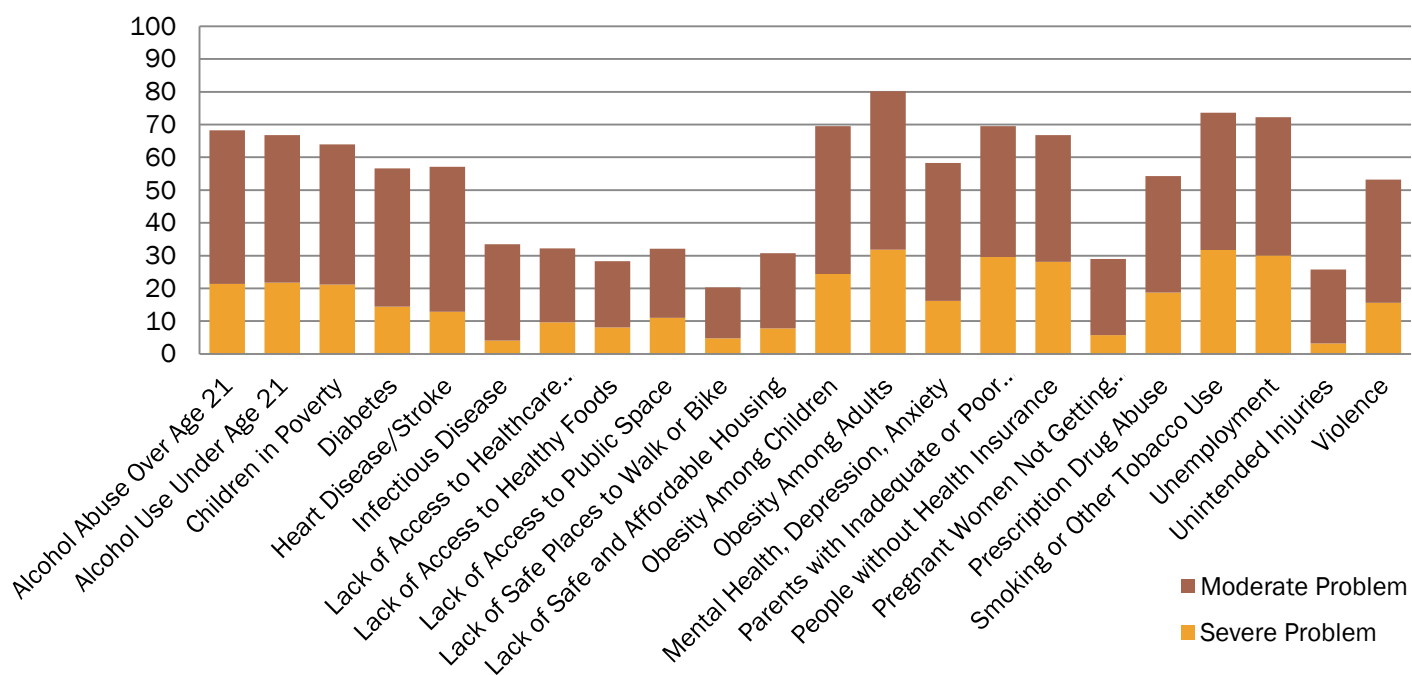
1. How do you define a healthy community?
2. What kinds of resources are needed to create a healthy neighborhood?
3. Who is responsible for keeping a community healthy?

A wide variety of answers were given for each answer, as expected; a compilation is included in the appendixes. Even with a variety of answers given for each question, the overall consensus of community members stated that it is everyone's responsibility to keep a community healthy. This information was analyzed and the TWHC committee developed a visioning statement that encased the thoughts and ideas shared by the community focus groups. That statement is:

"We will be a community whereby all are involved in healthy living through safe and sustainable neighborhoods; healthy environments; vibrant economic opportunities; dynamic, engaged community leadership; nurturing social, cultural, and spiritual opportunities; and affordable, high-quality healthcare."

The Health4Life Survey respondents also shared their concerns regarding their communities. This data is shared in the table below:

Areas of Moderate to Severe Concern



Data Source: Health4Life Survey, 2013.

Health Need Prioritization

The CHNA reveals which community health indicators have worsening trends or higher occurrence rates as compared to the county and state. The needs were analyzed and ranked based on community impact, potential for change, economic feasibility, and alignment to the mission of LHS. Taking into account what other community resources are currently available to meet needs identified, the following three health needs were determined to be the top priority for LHS:

- adult obesity
- childhood obesity
- mental health

Obesity is a top concern in the community, as well as within the organization, in relation to its impact on chronic disease. Based on Centers for Disease Control and Prevention, National Diabetes Surveillance System, the four-county region's rate of diabetes is fairly equal to the state rate; however, it equates to over 6,300 people diagnosed in the four-county region. In addition, the stroke rate for the four-county region is 37.1, which is higher than the HP 2020 goal of 33.8 or less. Three of the top ten reasons for clinic visits in 2012 were high blood pressure, high cholesterol, and Type 2 diabetes. Weight management can favorably impact all three of these areas.

Mental health and coordination of mental health services is also a concern because of the impact on individuals and communities. On average, the number of mentally unhealthy days within the four-county region was higher than the state average. This coincides with the suicide rate for the four-county region being 16.18 per 100,000 in population; much higher than the overall State rate and the HP 2020 goal of 10.2/100,000 or less.

There are other areas of high concern identified within this report that are not currently on the priority list. Rather than inadequately addressing all health needs, LHS will focus resources, both financial and otherwise, on the three listed above in order to enhance potential success in meeting these health needs. Despite not directly focusing on these concerns, interventions addressing the prioritized health needs may partially overlap, positively impacting one or more needs.

The primary research, data analysis, validation and prioritization as reported in this assessment have resulted in LHS identifying the top community needs that will serve as input and guidance into LHS planning process for years 2014-2016, when the next CHNA will be performed. It is expected that this CHNA report and its associated implementation plan will be approved by the Board of Directors and published on LHS internet website prior to December 31, 2013.

IMPLEMENTATION STRATEGY

This implementation strategy is a roadmap for Lakewood Health System (LHS) to meet the needs identified in the Community Health Needs Assessment (CHNA) conducted in 2013. As a committed and respected leader in healthcare and in the community, LHS is dedicated to improving and supporting community health and wellness. In addition to focusing on the priority needs, this can be accomplished through:

1. Continuing to collaborate with public health and other community resources to identify significant health risks and develop solutions to reduce community impact.
2. Identifying new partnerships that can strengthen the community health.
3. Collaborating resources to meet the community health needs will be based on availability and relevance to planned interventions.

Priority #1: Adult Obesity

Currently, 71% of adults in the core services area are considered overweight or obese. The CDC guidelines states that a body mass index (BMI) of 25-29.9 is considered overweight and a BMI of 30+ is considered obese. The goal is to lower that percentage over the next three years by partnering with community resources and focusing efforts for better weight management.

This priority may have a crossover affect on other health needs, such as diabetes, heart disease/stroke, and mental health.

Strategy: Community Referrals – build referral system into health record to make referrals to community programs more effective. For example, the University of Minnesota Extension Service leads the *I Can Prevent Diabetes* and *Simply Good Eating* programs in the community and four-county region. Patients meeting criteria can be referred to these programs to assist in preventing diabetes and learn good weight management techniques that will impact their lives.

Measurement: Participant results in the Extension Service programs are monitored and reported to governing agencies. Success rates can be provided to LHS for measurement.

Strategy: Pursuing Active Change Together (PACT) – redevelop this LHS sponsored program to be more interactive to encourage and teach community members to develop healthier behaviors. Participants can be referred to program by healthcare provider or they can self-register. This strategy is also part of the mental health priority.

Measurement: Participation data and participant follow-up with self-reported lifestyle change will be measured. This information will also be used for program improvement and enhancement.

Priority #2: Childhood Obesity

There has been a 10% rise in childhood obesity in from 1980 – 2010. According to the CDC, obese youth are more likely to have risk factors for high blood pressure, high cholesterol, and diabetes. These children are also at greater risk for sleep disorders, skeletal disorders, and social/psychological issues. Additionally, childhood obesity is highly correlated to adult obesity.

Strategy: 5210 Program – work with the local schools and preschools to bring the 5210 program into the classrooms to promote and support healthier decisions.

Partner with other community resources to develop child-focused activities within the core service area for families promoting getting fit.

Explore partnering opportunities with other community groups, such as daycare providers, to promote and support healthy habits for children.

Measurement: Establish baseline obesity rates with current pediatric patients and track obesity levels over a three year period.

Priority #3: Mental Health

According to Minnesota Mental Health, one in four adults and one in five children may experience a mental health disorder in a given year. Anxiety, depression, and other mental health issues were top reasons for clinical visits in 2012.

This priority may have a crossover affect on other health needs, such as tobacco and alcohol use.

Strategy: Community Education - Raise awareness of mental health issues in the general public through community education and by providing access to resources for individuals, families, employers, and youth.

Pursuing Active Change Together (PACT) – redevelop this LHS sponsored program to be more interactive to encourage and teach community members to develop healthier behaviors. Participants can be referred to program by healthcare provider or they can self-register. This strategy is also part of adult obesity.

Measurement: Participation data and participant follow-up with self-reported lifestyle change will be measured. This information will also be used for program improvement and enhancement.

Strategy: Coordinated Care Model – identify grant opportunities and partnering with other community organizations that can assist in developing a care coordination model for individuals seeking mental health education, resources, and services.

Measurement: Successful establishment and sustainability of care coordination to meet community needs.

The priority need strategies are aligned with the HP 2020 goals of:

- Attain high quality, longer lives free of preventable disease, disability, injury, and premature death.
- Achieve health equity, eliminate disparities, and improve the health of all groups.
- Create social and physical environments that promote good health for all.
- Promote quality of life, healthy development, and healthy behaviors across all stages of life.

APPENDIX A: HEALTH4LIFE SURVEY AND RESPONSES



February 6, 2013

Dear Cass, Morrison, Todd, or Wadena County Resident:

This is your opportunity to help improve the health of your community!

Your household has been randomly selected to participate in the Health4Life Community Health Survey. The information gathered by this survey will be used to help public health agencies, hospitals, and clinics better understand and address the health needs of our residents. Health4Life is a group effort of the Cass, Morrison, Todd, and Wadena public health agencies which promote healthy communities where we live, learn, work and play.

This survey is designed for one **adult age 18 or older to fill out**. If you have more than one adult in household **please give the survey to the ADULT (age 18 or older) in your household who has most recently had a birthday**. Please take a few minutes to complete the enclosed survey form and return it in the postage-paid envelope provided.

Completing this survey is completely voluntary. All answers to the questions are strictly confidential and no personal information will be linked to any of the responses. The number on the back of the survey is only used to record that the survey was returned so that you will not be bothered with reminder letters.

By completing this survey you are helping us to improve the health of people living in your community. If you have any questions about the survey please contact Katherine Mackedanz at (320) 732-4452 or katherine.mackedanz@co.todd.mn.us

Thank you for your participation!

1. In general, would you say that your health is:

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Excellent	14.0	13.6	9.7	8.5	12.1
Very Good	29.9	39.5	44.5	34.6	37.3
Good	36.6	35.6	33.4	44.3	36.4
Fair	16.8	9.3	10.3	9.7	11.8
Poor	2.7	2.0	2.2	2.6	2.4

2. About how long has it been since you last visited a doctor or other health care professional for a routine check-up?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Within Past Year	72.3	78.8	73.5	71.4	74.6
Within Past 2 Years	18.4	13.4	11.6	13.0	14.3
Within Past 5 Years	5.0	1.9	5.7	6.8	4.4
5 + Years	3.1	4.2	7.6	6.1	5.0
Never	1.3	1.7	1.7	2.8	1.7

3. During the past 12 months, was there a time when you thought you needed medical care but did not get it or delayed getting it?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Yes	27.9	26.4	27.6	27.1	27.2
No	72.1	73.6	72.4	72.9	72.8

4. Why did you not get or delay getting the medical care you thought you needed? Please check all that apply.

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
The care I needed cost too much	31.4	21.6	34.8	30.3	29.0
My co-pay was too expensive	6.4	9.5	10.2	8.0	8.5
My deductible was too expensive	35.7	29.5	28.7	22.8	30.3
My insurance did not cover it	7.4	8.5	11.1	7.5	8.7
I did not have insurance	22.5	15.6	17.2	26.8	19.6
I could not get an appointment	4.9	4.7	11.1	10.5	7.1
I did not think it was serious enough	29.6	36.8	41.5	30.5	35.0
I had transportation problems	4.4	2.6	3.4	0.8	3.1
Other	7.6	6.6	12.2	11.2	8.9

5. How would you rate your overall level of stress?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
High	22.6	13.8	14.3	15.1	16.7
Medium	49.4	59.0	58.8	59.2	56.1
Low	28.1	27.1	26.9	25.7	27.2

6. During the past 30 days, for about how many days have you felt sad, blue, or depressed?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
0 Days	37.6	39.2	42.6	41.6	39.9
1-9 Days	38.4	43.7	38.5	38.1	40.1
10-19 Days	11.1	10.5	10.0	12.0	10.7
20-29 Days	10.4	4.5	6.4	3.5	6.6
All 30 Days	2.5	2.0	2.5	4.8	2.7

7. During the past 12 months, was there a time when you wanted to talk with or seek help from a health professional about emotional problems such as stress, depression, excess worrying, troubling thoughts, or emotional problems, but did not or delayed talking with someone?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Yes	12.1	13.1	14.1	12.1	12.9
No	87.9	86.9	85.9	87.9	87.1

8. Why did you not get or delay getting the care you thought you needed? Please check all that apply.

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
The care I needed cost too much	22.0	18.7	32.8	30.3	25.1
My co-pay was too expensive	9.6	9.3	8.4	4.5	8.5
My deductible was too expensive	11.3	17.4	20.8	13.2	16.1
My insurance did not cover it	8.6	14.3	16.7	15.3	13.4
I did not have insurance	18.7	4.3	17.2	11.6	13.1
I could not get an appointment	1.6	0.6	8.8	0.0	3.2
I did not think it was serious enough	38.6	67.9	36.3	48.6	47.9
I had transportation problems	6.1	3.8	4.3	7.4	5.1
I did not know where to go	19.6	27.5	17.4	14.0	20.6
Other	26.7	14.1	20.0	17.6	19.9

9. In the past 6 months which statement best describes medications prescribed for you?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
No medication prescribed	33.2	32.7	33.8	36.4	33.6
Medication prescribed and filled all	62.5	64.0	60.7	59.6	62.2
Medication prescribed and did not fill all	4.3	3.2	5.6	4.0	4.3

10. Why did you not fill at least one prescription? Please check all that apply

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
The medication I needed cost too much	68.7	36.2	52.0	73.3	55.6
My co-pay was too expensive	26.2	3.3	9.9	7.7	12.9
My deductible was too expensive	19.2	32.4	22.5	0.0	21.4
My insurance did not cover it	35.9	15.4	21.7	21.0	24.4
I did not have insurance	5.7	6.3	6.1	53.9	11.7
I do not like taking medications	6.3	12.0	23.2	18.8	14.4
I did not like the side effects	4.7	18.0	14.2	13.7	12.2
I had transportation problems	14.7	2.2	0.0	0.0	5.2
Pharmacy services are not available in my community	3.8	10.0	0.0	0.0	1.2
Other	5.7	9.4	29.7	11.5	15.4

11. Do you currently have any kind of health care coverage, including health insurance or government plans such as Medicaid, Medicare, or Indian Health Services?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Yes	88.8	88.8	89.1	90.5	89.1
No	11.2	11.2	10.9	9.5	10.9

12. Is your health insurance a high deductible plan?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Yes	39.0	32.1	42.5	36.5	37.4
No	61.0	67.9	57.5	63.5	62.6

13. Which of the following types of health insurance do you have?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Health insurance or coverage through your employer or your spouse/partner, parent, or someone else's employer	44.3	53.2	48.5	47.0	48.6
Health insurance or coverage bought directly by yourself or your family	21.7	22.4	24.1	22.8	22.6
Indian or Tribal Health Service	3.5	1.1	0.7	0.7	1.7
Medicare	31.5	23.5	26.7	29.5	27.5
Medicaid, Medical Assistance (MA), or Prepaid Medical Assistance Program (PMAP)	16.8	6.9	7.4	6.8	9.9
MinnesotaCare	5.2	5.0	6.7	9.8	6.1
CHAMPUS, TRICARE, or Veterans' benefits	6.0	9.4	5.2	5.3	6.8
Other health insurance or coverage	9.5	7.3	11.6	10.5	9.4

14. Have you ever been told by a doctor or other health care professional that you have...

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Diabetes	14.2	10.1	13.1	12.9	12.4
High Blood Pressure	37.8	28.6	36.3	35.0	34.1
High Cholesterol	32.5	28.3	35.6	33.5	32.0
Depression and/or Anxiety	27.8	22.5	27.8	26.1	25.9

15. About how often do you drink...

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Pop or Soda (Regular)					
Never	37.4	31.4	36.6	31.8	34.5
Occasionally but not every week	37.4	32.8	34.1	32.3	34.4
At least once per week but not daily	14.4	21.2	16.2	15.5	17.2
Once per day	6.4	7.1	9.8	9.3	7.9
More than once per day	4.4	7.4	3.4	11.1	6.0
Pop or Soda (Diet)					
Never	39.7	42.9	49.3	50.3	44.5
Occasionally but not every week	27.0	26.0	22.3	24.8	25.2
At least once per week but not daily	15.5	16.0	11.7	15.2	14.7
Once per day	13.5	9.1	11.5	6.3	10.6
More than once per day	4.4	6.0	5.1	3.3	4.9
Energy Drinks such as Red Bull, 5-hour Energy, or Monster					
Never	91.8	87.9	87.5	87.1	88.9
Occasionally but not every week	6.9	9.9	10.8	7.2	8.9

At least once per week but not daily	0.5	2.1	1.5	1.7	1.4
Once per day	0.8	0.0	0.2	1.9	0.5
More than once per day	0.0	0.1	0.0	2.1	0.3
Other Sugar-Sweetened Drinks such as Sweet Tea, Coffee Drinks, Juice Drinks, Kool-Aid, or Gatorade					
Never	37.1	33.0	30.4	34.4	33.7
Occasionally but not every week	30.1	27.6	27.5	33.1	29.0
At least once per week but not daily	12.1	18.0	20.9	10.8	16.1
Once per day	9.5	14.5	11.9	10.5	11.9
More than once per day	11.1	6.9	9.3	11.2	9.3
Water					
Never	0.5	0.3	0.0	0.7	0.4
Occasionally but not every week	2.0	1.6	1.1	1.3	1.5
At least once per week but not daily	3.8	2.9	5.1	2.7	3.7
Once per day	14.3	13.3	12.2	16.1	13.7
More than once per day	79.3	81.9	81.7	79.2	80.7
Milk					
Never	10.3	7.1	10.7	9.3	9.2
Occasionally but not every week	11.0	14.0	6.7	9.9	10.8
At least once per week but not daily	17.7	12.2	18.2	19.2	16.2
Once per day	32.3	29.3	27.9	27.2	29.5
More than once per day	28.7	37.4	36.5	34.5	34.2

16a. A serving of fruit is one medium sized fruit, or a half cup chopped, cut, or canned fruit. Yesterday, how many servings of fruit did you eat? (Do NOT include fruit juice.)

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
0 Servings	21.0	19.5	19.9	27.7	21.1
1-2 Servings	55.9	65.9	62.5	53.2	60.4
3-4 Servings	20.3	13.1	16.3	17.5	16.6
5 or More Servings	2.7	1.5	1.4	1.7	1.9

16b. Yesterday, how many 6 ounce servings of 100% fruit juice did you drink?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
0 Servings	59.7	69.4	65.4	57.9	64.0
1-2 Servings	38.8	28.5	31.5	39.8	33.8
3-4 Servings	1.1	2.0	3.1	1.9	2.0
5 or More Servings	0.4	0.1	0.1	0.4	0.2

16c. A serving of vegetables is a half cup of any vegetable or one cup of salad greens. Yesterday, how many servings of vegetables did you eat? Do NOT include vegetable juice, french fries or other fried potatoes.

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
0 Servings	9.1	11.3	12.8	9.3	10.8
1-2 Servings	71.9	64.7	63.5	69.8	67.2
3-4 Servings	16.5	20.8	21.3	16.2	19.1
5 or More Servings	2.5	3.2	2.4	4.7	3.0

17. During the past 7 days, how many times did you eat from a fast food restaurant, including carry-out or delivery?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
0 Time	53.4	38.2	40.8	39.7	43.5
1-2 Times	42.0	55.0	50.1	47.6	49.0
3-6 Times	4.0	6.0	8.1	7.7	6.2
7-10 Times	0.6	0.8	0.4	4.3	1.1
11-14 Times	0.0	0.0	0.0	0.7	0.1
15 or More Times	0.0	0.0	0.6	0.0	0.2

18. On average, while you are not at work or school, how many minutes or hours per day do you use a computer, tablet, TV, or smart phone for reading, playing games, surfing the Internet, or watching programs or movies?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
0 Minutes	7.0	4.9	7.3	5.8	6.2
Less than 1 Hour	8.1	15.7	13.9	10.1	12.3
1 Hour up to 2 Hours	19.8	22.4	16.2	16.2	19.3
2 Hours up to 3 Hours	25.6	23.0	28.1	25.4	25.4
3 Hours up to 4 Hours	19.1	12.5	16.1	13.5	15.5
4 Hours up to 5 Hours	9.1	8.7	8.5	10.7	9.0
5 Hours or More	11.3	12.9	9.9	18.3	12.3

19. During an average week, whether at work, at home, or anywhere else, on how many days do you get at least 30 minutes of moderate physical activity? Moderate activities cause light sweating and a small increase in breathing or heart rate.

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
0 Days	8.8	6.8	5.3	8.3	7.2
1-2 Days	20.6	23.7	20.6	23.3	21.9
3-4 Days	22.1	24.7	29.5	23.9	25.0
5 or More Days	48.6	44.7	44.7	44.5	45.9

20. How often do you feel safe in your community?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Always	71.5	64.7	62.2	69.1	66.6
Often	27.0	31.5	34.5	27.4	30.4
Sometime	0.9	3.5	2.5	3.2	2.5
Never	0.6	0.3	0.8	0.3	0.5

21. Are you in a relationship where you are (or have ever been) physically hurt, threatened, or made to feel afraid?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Yes	2.1	5.6	4.5	7.9	4.6
No	97.9	94.4	95.5	92.1	95.4

22. How often do you wear a seat belt when you drive or ride in a car or other vehicle?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Always	87.2	86.2	88.7	83.5	86.8
Often	11.1	8.0	7.1	9.8	8.9
Sometime	1.6	5.2	3.6	6.0	3.9
Never	0.2	0.6	0.5	0.7	0.5

23. Do you ever drive a car or other vehicle?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Yes	91.6	95.4	95.0	92.3	93.8
No	8.4	4.6	5.0	7.7	6.2

24. When driving a car or other vehicle, how often do you...

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Read Incoming Text Messages or Emails					
Often	4.8	2.5	3.2	3.3	3.4
Sometimes	26.7	32.4	30.3	32.2	30.2
Never	63.8	59.8	59.4	58.4	60.7
Not applicable	4.7	5.4	7.0	6.1	5.7
Send Text Messages or Emails					
Often	2.2	0.3	1.2	2.8	1.4
Sometimes	16.7	20.9	19.2	19.2	19.0
Never	76.2	73.7	72.5	71.8	73.9
Not applicable	4.9	5.1	7.1	6.2	5.7
Make or Answer a Phone Call					
Often	16.3	24.1	20.3	24.7	21.0
Sometimes	63.5	55.4	55.1	44.1	56.2
Never	15.7	15.5	18.4	25.3	17.5

Not applicable	4.6	5.0	6.2	6.2	5.3
Do Other Activities such as Eat, Read, or Apply Makeup or Shave					
Often	2.4	3.0	5.0	8.0	4.0
Sometimes	45.0	40.9	43.2	37.6	42.2
Never	52.7	56.1	51.8	54.5	53.8

25. During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
No Drinking	39.9	33.4	36.4	47.5	37.8
Any Drinking	60.1	66.6	63.6	52.5	62.2

26. During the past 30 days, on how many days did you have at least one drink of any alcoholic beverage?

27. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average? (A drink is one can of beer, one glass of wine, or a drink with one shot of liquor.)

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
No Drinking	39.9	33.4	36.4	47.5	37.8
Drinking, not Heavy	46.8	60.2	55.8	44.4	53.1
Heavy Drinking	13.3	6.5	7.8	8.1	9.1

28. Considering all types of alcoholic beverages, how many times during the past 30 days did you have four or more drinks on one occasion?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
No Drinking or Binge Drinking	85.1	70.8	81.4	82.2	79.1
Any Binge Drinking	14.9	29.2	18.6	17.8	20.9

29. During the past 30 days, how many times have you driven when you've had perhaps too much to drink?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
No Drinking or No Drinking and Driving	98.5	96.4	96.9	96.8	97.2
Any Drinking and Driving	1.5	3.6	3.1	3.2	2.8

30. How often do you...

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Smoke Cigarettes					
Non-Smoker	87.3	85.3	86.7	79.7	85.5
Smoker	12.7	14.7	13.3	20.3	14.5
Chew Tobacco					
Non-User	96.4	94.1	94.0	91.6	94.5
User	3.6	5.9	6.0	8.4	5.5

Smoke Cigars, Cigarillos, or Little Cigars					
Non-Smoker	97.9	96.7	94.7	94.0	96.2
Smoker	2.1	3.3	5.3	6.0	3.8
Use Marijuana					
Non-User	96.8	94.9	97.2	95.5	96.1
User	3.2	5.1	2.8	4.5	3.9
Use Other Illegal Drugs such as Cocaine, Heroin, or Meth					
Non-User	99.2	96.7	94.7	94.0	98.4
User	0.8	3.3	5.3	6.0	1.6
Use Prescription Drugs that are not Prescribed for You or that You Take Only to Get High					
Non-User	98.9	98.0	98.2	97.5	98.2
User	1.1	2.0	1.8	2.5	1.8

31. Do you...

Perform Monthly Self-Exams for Cancer (self-breast exam or self-testicular exam)	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Yes	31.4	36.4	39.9	33.5	35.5
No	68.6	63.6	60.1	66.5	64.5
Get a Yearly Flu Shot or Flu Immunization					
Yes	64.3	53.2	56.5	53.7	57.3
No	35.7	46.8	43.5	46.3	42.7
Need Medication to Control a Chronic Physical or Mental Condition					
Yes	29.3	23.4	23.2	27.1	25.5
No	70.7	76.6	76.8	72.9	74.5
Have a Family Emergency Plan					
Yes	37.1	31.4	30.8	27.9	32.5
No	62.9	68.6	69.2	72.1	67.5
Live with Someone Who Smokes ^{17.8}					
Yes	15.2	10.4	20.9	17.8	13.3
No	84.8	89.6	79.1	82.2	86.7

32. Where do you get your health information?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Government Websites (Minnesota Department of Health, etc)	20.2	18.7	20.9	19.8	19.8
Non-Government Websites (WebMD, etc)	43.0	39.6	41.8	35.1	40.6
Television	46.9	48.8	43.1	45.8	46.4
Magazine, Newspapers, or books	51.7	55.5	55.9	56.9	54.7
Doctor, Nurse, or Other Medical Professional	94.1	90.0	89.4	86.4	90.6
Alternative Health Specialist	24.4	20.3	23.8	24.8	23.0
Family or Friends	57.5	66.7	59.8	59.2	61.3

Questions 33-44 responses were not tabulated for this report

33. What county do you live in?
☐ Cass ☐ Morrison ☐ Todd ☐ Wadena ☐ Other: _____
34. What is your gender?
☐ Male ☐ Female
35. What is your age? _____
36. How many adults (including you) and children live in your household?
 Number of adults age 18 or older (including you): _____
 Number of children under age 18: _____
37. About how tall are you without shoes? _____ Feet _____ Inches
38. About how much do you weigh without shoes? _____ Pounds

BMI status based on self-reported height and weight

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Not Overweight	31.8	32.6	30.9	24.5	30.9
Overweight but not Obese	36.8	38.3	36.2	37.6	37.2
Obese	31.4	29.1	32.9	37.8	31.9

39. Are you Hispanic or Latino/Latina?
☐ Yes ☐ No
40. Which of the following best describes you? Please check all that apply.
☐ American Indian or Alaska Native ☐ African native
☐ Asian or Pacific Islander ☐ White
☐ Black or African American ☐ Other: _____
41. Which of the following best describes your current relationship status?
☐ Married ☐ Separated
☐ Living with a partner ☐ Widowed
☐ Divorced ☐ Never married
42. Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?
☐ Yes ☐ No
43. What is the highest level of education you have completed?
☐ Less than high school ☐ Associate's degree (2-year degree)
☐ High school graduate or GED ☐ College graduate (4-year degree)
☐ Some college/vocational school ☐ Graduate level (advanced degree)

44. What was your household's total income from all earners and all sources in 2012?

- ☐ Less than \$20,000 ☐ \$75,000-\$99,000
☐ \$20,000 - \$34,999 ☐ \$100,000-\$149,999
☐ \$35,000- \$49,999 ☐ \$150,000 or more
☐ \$50,000 - \$74,999

45. In your opinion, how much of a problem is each of these issues in your county?

	Cass County	Morrison County	Todd County	Wadena County	Four Counties Combined
Alcohol abuse among those aged 21 or over					
No Problem	11.4	3.0	8.0	5.3	6.9
Minor Problem	16.8	30.7	25.1	25.8	24.7
Moderate Problem	46.0	45.2	50.3	46.4	46.9
Serious Problem	25.8	21.1	16.6	22.5	21.4
Alcohol use among those under 21					
No Problem	11.4	2.8	6.7	4.3	6.4
Minor Problem	18.6	30.3	30.0	29.1	26.7
Moderate Problem	45.4	44.8	47.3	40.2	45.0
Serious Problem	24.6	22.2	16.0	26.4	21.8
Children in poverty					
No Problem	12.1	6.0	6.8	4.2	7.7
Minor Problem	18.9	37.4	29.6	23.5	28.4
Moderate Problem	40.0	40.5	48.5	43.6	42.8
Serious Problem	29.1	16.2	15.0	28.7	21.2
Diabetes					
No Problem	12.1	6.0	6.1	6.1	7.8
Minor Problem	30.4	39.3	39.4	30.3	35.7
Moderate Problem	36.1	43.0	44.5	49.1	42.2
Serious Problem	21.3	11.7	10.0	14.5	14.4
Heart disease and stroke					
No Problem	12.8	4.0	8.0	4.8	7.6
Minor Problem	24.4	43.8	36.0	35.7	35.3
Moderate Problem	46.6	40.3	46.0	45.7	44.2
Serious Problem	16.2	11.9	10.0	13.8	12.9
Infectious disease (flu, pneumonia, whooping cough, etc.)					
No Problem	18.9	13.5	12.0	12.0	14.5
Minor Problem	44.0	54.8	55.6	55.6	52.0
Moderate Problem	31.0	27.5	30.3	29.1	29.4
Serious Problem	6.0	4.2	2.1	3.3	4.1
Lack of access to health care services					
No Problem	28.6	24.4	33.0	28.6	28.3
Minor Problem	33.0	42.6	43.6	38.0	39.5
Moderate Problem	23.7	24.6	18.2	23.5	22.6

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Serious Problem	14.8	8.3	5.2	9.9	9.6
Lack of access to healthy foods					
No Problem	39.6	37.1	37.3	33.8	37.5
Minor Problem	31.1	35.9	35.2	35.1	34.2
Moderate Problem	19.7	20.5	21.3	18.8	20.2
Serious Problem	9.6	6.5	6.2	12.3	8.1
Lack of access to public space for no-cost recreational use					
No Problem	36.9	34.8	31.4	37.3	34.9
Minor Problem	29.8	37.0	32.0	31.2	33.0
Moderate Problem	20.3	18.7	25.9	19.8	21.1
Serious Problem	12.9	9.5	10.6	11.7	11.0
Lack of safe places to walk or bike					
No Problem	52.4	46.1	44.0	48.8	47.7
Minor Problem	28.8	32.9	33.2	34.0	31.9
Moderate Problem	15.4	15.3	16.8	13.7	15.5
Serious Problem	3.4	5.7	6.0	3.6	4.8
Lack of safe and affordable housing					
No Problem	26.4	28.6	27.8	25.1	27.3
Minor Problem	36.7	44.6	43.4	43.8	41.9
Moderate Problem	28.0	18.4	22.3	24.7	22.9
Serious Problem	8.9	8.5	6.5	6.4	7.8
Obesity among children					
No Problem	9.7	4.7	5.3	5.9	6.4
Minor Problem	21.4	28.4	22.4	22.1	24.1
Moderate Problem	43.4	43.4	48.7	46.4	45.1
Serious Problem	25.5	23.5	23.6	25.6	24.4
Obesity among adults					
No Problem	2.6	2.1	3.2	2.0	2.5
Minor Problem	18.9	18.8	13.0	17.4	17.2
Moderate Problem	42.8	48.9	54.1	48.7	48.4
Serious Problem	35.7	30.2	29.7	31.9	31.8
Mental health/depression/anxiety					
No Problem	5.8	3.4	5.4	3.3	4.6
Minor Problem	33.1	40.0	36.8	39.2	37.1
Moderate Problem	44.5	42.1	40.0	41.2	42.1
Serious Problem	16.6	14.5	17.8	16.2	16.2
Parents with inadequate or poor parenting skills					
No Problem	12.2	4.4	6.0	2.2	6.8
Minor Problem	17.1	28.8	25.9	21.2	23.8
Moderate Problem	38.4	38.6	43.0	40.5	39.9
Serious Problem	32.3	28.2	25.0	36.1	29.6
People without health insurance or medical coverage					
No Problem	11.7	3.6	5.3	4.9	6.5
Minor Problem	20.5	30.9	29.1	25.1	26.8

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Moderate Problem	38.3	38.1	39.1	40.1	38.7
Serious Problem	29.5	27.5	26.5	29.8	28.1
Pregnant women not getting prenatal care					
No Problem	21.4	18.0	16.4	15.6	18.2
Minor Problem	46.2	52.9	58.2	55.9	52.8
Moderate Problem	24.8	22.6	21.9	24.5	23.3
Serious Problem	7.6	6.5	3.5	4.0	5.7
Prescription drug abuse					
No Problem	13.4	5.9	7.4	6.5	8.5
Minor Problem	31.2	34.2	46.0	41.7	37.3
Moderate Problem	32.1	40.2	34.3	33.8	35.6
Serious Problem	23.4	19.7	12.3	18.0	18.7
Smoking/other tobacco use					
No Problem	2.3	3.8	3.6	2.9	3.2
Minor Problem	23.6	21.6	26.6	20.2	23.2
Moderate Problem	37.9	39.6	43.4	53.9	41.9
Serious Problem	36.3	35.0	26.5	23.1	31.7
Unemployment					
No Problem	9.8	2.1	4.1	4.0	5.1
Minor Problem	13.0	26.7	31.1	17.0	22.7
Moderate Problem	41.0	41.8	41.2	47.7	42.2
Serious Problem	36.3	29.3	23.6	31.3	30.1
Unintended injuries (Falls, lack of seat belt use)					
No Problem	16.7	11.3	13.3	11.1	13.3
Minor Problem	52.7	63.7	65.1	63.3	60.9
Moderate Problem	27.1	21.6	18.9	22.6	22.6
Serious Problem	3.5	3.5	2.8	3.0	3.2
Violence (Bullying, domestic abuse, child abuse)					
No Problem	15.3	6.6	8.2	4.1	9.2
Minor Problem	30.0	39.5	41.5	41.8	37.6
Moderate Problem	34.3	37.9	38.0	43.1	37.6
Serious Problem	20.3	16.0	12.0	11.0	15.6

APPENDIX B: VISION OF A HEALTHY COMMUNITY FOCUS GROUP DATA

What does a healthy community mean to you?

- A community that exhibits transparency in local government
- A place where every question or idea is good
- A place with all voices are important
- A place with community pride – ownership and responsiveness
- A safe community
- Access to healthcare as a whole – doctors, dentists, etc.
- Access to healthcare for everyone
- Access to technology
- Access to the arts – a creative outlet
- Active civic groups
- Blandin Foundation's eight dimensions of a health community – a balance
 - Life-long learning – access to educational opportunities
 - Valuing diversity - capitalize on the range of human differences in the community
 - Spiritual, recreational and artistic opportunities - access to a variety of spiritual, recreational and artistic opportunities
 - Safety and security - appropriate measures for all and actively addressing the causes and consequences of violence
 - Environmental stewardship - supporting environmental quality and managing of natural resources that best provide for a sustainable future
 - Community leadership - broad-based leadership structures in which many people fill leadership roles
 - Infrastructure and services - the quality and quantity of infrastructure (e.g., transportation, telecommunications, water, sewer) available and access to necessary services such as: sanitary living conditions, health and wellness services and social services
- Community connection
- Cultural opportunities
- Economic opportunity to earn an income that allows people to live with dignity
- Economic, social, and spiritual wellness
- Educational opportunities for all
- Engaged citizens
- Engaged senior community
- Families encouraged to be part of community
- Financial health
- Having medical clinics, dental, optometry, etc.
- Having resources available to all community members so they can enjoy and work toward a healthy lifestyle (i.e. healthy food, exercise facilities, educational opportunities, healthcare, dental, psychological, etc)
- Having resources available to individuals and families to create a healthy lifestyle
- Mental health/psychosocial services
- Multiple resources are available and multiple opportunities for involvement at various activities/levels for the residents
- One that has a vision/mission to encompass its past, present and future.

- One that nurtures the physical, emotional, mental, spiritual, nutritional and financial needs of its members
- Opportunities for kids to have a place to go for fitness opportunities (fitness center/community center)
- Physical health
- Promoting healthy eating and access to active lifestyle
- Public gathering spaces
- Recreational opportunities
- Safe environment
- Unbiased and intolerant of prejudice
- Value of history

What kind of resources creates a healthy community?

- Access to all medical
- Access to healthcare
- Active civic groups
- Affordable, dependable, safe daycare
- Affordable housing
- Arts and cultural opportunities
- Churches
- Collaborative groups
- Crafts
- Decent, affordable housing
- Determination
- Easy access to healthcare, law enforcement/ emergency services, and cultural venues.
- Education (continuing education – CPR, health, resume writing, other trade-type classes – cake decorating, typing)
- Education systems
- Employment – competitive wages
- Engaged citizens
- Established and fair political processes for voting and recall of public positions
- Extra-curricular activities
- Farmers/producers/grocery stores
- Faith-based organizations
- Fitness businesses
- Grassroots groups
- Green spaces
- Grocery stores
- Healthy food sources
- Healthy local businesses
- Hospitals and clinics (all medical)
- Jobs – livable wages
- Leadership
- Library system
- Living wage jobs

- Local food sources
- Money
- Natural resources
- Passionate people
- People to help others connect
- People/leaders
- Recreational spaces
- Schools
- Social networks – assisting others
- Space/land
- Sports
- Strong safety systems
- Structured “all community” events to foster cohesiveness within its population
- Trails and parks
- Transportation, roads, access to infrastructure – ways to get around
- Transportation alternatives
- Variety of industry
- Visionary leaders and supportive people to carry out vision
- Willing local government
- Youth gathering places

Who is responsible for keeping a community healthy?

- Active involvement within the boards and committees within the community
- Businesses
- Chamber of commerce
- Educators
- Everyone – if you are not part of the solution, you are part of the problem
- Governing boards of institutions and people in leadership roles – lead with can do attitude, creating a climate of community
- Healthcare
- Individuals have a responsibility to educate themselves and advocate for themselves – keep informed
- Major businesses – leaders within those businesses
- Parents
- Philanthropic groups
- Providers at all types of healthcare facilities
- Schools
- The members of the community – government, educators, healthcare providers within that community

Age of Respondents	Number	Percentage
19-21	6	3.9%

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22-30	11	7.1%
31-40	28	18.1%
41-50	31	20.0%
51-60	39	25.2%
61-70	21	13.5%
71-80	14	9.0%
81+	5	3.2%

APPENDIX C: SECONDARY DATA

Total Population Data				
Report Area	Total Population	Total Land Area (Square Miles)	Population Density	Note: This indicator reports total population and the population density. Population density is defined as the number of persons per square mile.
56466 & 56479 Combined	8,744	384.85	22.72	
Cass, Morrison, Todd & Wadena Counties Combined	100,430	4,626.63	21.71	
State of Minnesota	5,278,190	79,605.47	66.30	
Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: Tract.				

Population by Gender					
Report Area	Male	Female	% Male	% Female	Note:
56466 & 56479 Combined	4,355	4,389	49.81%	50.19%	
Cass, Morrison, Todd & Wadena Counties Combined	50,848	49,582	50.63%	49.37%	
State of Minnesota	2,620,590	2,657,600	49.65%	50.35%	
Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: Tract.					

Total Population by Age Groups								
Report Area	Age 0-4	Age 5-17	Age 18-24	Age 25-34	Age 35-44	Age 45-54	Age 55-64	Age 65+
56466 & 56479 Combined	683	1,590	765	1,038	810	1,327	1,075	1,456
Cass, Morrison, Todd & Wadena Counties Combined	6,550	17,291	7,286	10,432	11,417	15,484	13,649	18,321
State of Minnesota	353,120	927,476	507,119	705,809	697,863	803,904	610,403	672,496
Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: Tract.								

Total Population by Age Groups - Percentage								
Report Area	Age 0-4	Age 5-17	Age 18-24	Age 25-34	Age 35-44	Age 45-54	Age 55-64	Age 65+
56466 & 56479 Combined	7.81%	18.18%	8.75%	11.87%	9.26%	15.18%	12.29%	16.65%
Cass, Morrison, Todd & Wadena Combined	6.52%	17.22%	7.25%	10.39%	11.37%	15.42%	13.59%	18.24%
State of Minnesota	6.69%	17.57%	9.61%	13.37%	13.22%	15.23%	11.56%	12.74%
Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: Tract.								

Total Population by Race Alone								
Report Area	White	Black	Asian	Native American / Alaska Native	Native Hawaiian / Pacific Islander	Some Other Race	Multiple Races	Total
56466 & 56479 Combined	8,534	12	62	86	-	18	32	8,744
Cass, Morrison, Todd & Wadena Counties Combined	94,094	346	390	3,208	83	832	1,477	100,430
State of Minnesota	4,556,910	264,751	208,315	57,271	2,129	72,079	116,735	5,278,190
<i>Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: Tract.</i>								

Total Population by Race Alone - Percentage								
Report Area	White	Black	Asian	Native American / Alaska Native	Native Hawaiian / Pacific Islander	Some Other Race	Mult. Races	Note:
56466 & 56479 Combined	97.60%	0.14%	0.71%	0.98%	0.00%	0.21%	0.37%	
Cass, Morrison, Todd & Wadena Combined	93.69%	0.34%	0.39%	3.19%	0.08%	0.83%	1.47%	
State of Minnesota	86.33%	5.02%	3.95%	1.09%	0.04%	1.37%	2.21%	
<i>Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: Tract.</i>								

Hispanic Population by Race Alone								
Report Area	White	Black	Asian	Native American / Alaska Native	Native Hawaiian / Pacific Islander	Some Other Race	Multiple Races	Total
56466 & 56479 Combined	97	-	-	8	-	15	-	120
Cass, Morrison, Todd & Wadena Counties Combined	1,158	3	-	111	-	789	94	2,155
State of Minnesota	152,322	4,175	1,027	4,369	116	65,971	14,976	242,956
<i>Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: Tract.</i>								

Hispanic Population by Race Alone - Percentage								
Report Area	White	Black	Asian	Native American / Alaska Native	Native Hawaiian / Pacific Islander	Some Other Race	Multiple Races	Note :
56466 & 56479 Combined	80.83%	0.00%	0.00%	6.67%	0.00%	12.50%	0.00%	
Cass, Morrison, Todd & Wadena Combined	53.74%	0.14%	0.00%	5.15%	0.00%	36.61%	4.36%	
State of Minnesota	62.70%	1.72%	0.42%	1.80%	0.05%	27.15%	6.16%	

Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: Tract.

Change in Population				
Report Area	Total Population, 2010 Census	Total Population, 2000 Census	Percent Change from 2000-2010 Census	Note: This indicator reports the percent difference in population counts from the 2000 Census population estimate to the 2010 Census population estimate. This indicator is relevant because a positive or negative shift in total population over time impacts healthcare providers and the utilization of community resources.
56466 & 56479 Combined	8,500	8,077	5.24%	
Cass, Morrison, Todd & Wadena Counties Combined	100,503	97,001	3.61%	
State of Minnesota	5,303,925	4,919,479	7.81%	
Data Source: U.S. Census Bureau, 2000 Census of Population and Housing, Summary File 1; U.S. Census Bureau, 2010 Census of Population and Housing, Summary File 1.				

Population Under Age 18				
Report Area	Total Population	Population Age 0-17	Percent Population Age 0-17	Note: his indicator reports the percentage of population under age 18 in the designated geographic area. This indicator is relevant because it is important to understand the percentage of youth in the community, as this population has unique health needs which should be considered separately from other age groups.
56466 & 56479 Combined	8,744	2,273	25.99%	
Cass, Morrison, Todd & Wadena Counties Combined	100,430	23,841	23.74%	
State of Minnesota	5,278,190	1,280,596	24.26%	
Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: Tract.				

Population Age 65+				
Report Area	Total Population	Population Age 65+	Percent Population Age 65+	Note: This indicator reports the percentage of population age 65 and older in the designated geographic area. This indicator is relevant because it is important to understand the percentage of adults in the community, as this population has unique health needs which should be considered separately from other age groups.
56466 & 56479 Combined	8,744	1,456	16.65%	
Cass, Morrison, Todd & Wadena Counties Combined	100,430	18,321	18.24%	
State of Minnesota	5,278,190	672,496	12.74%	
Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: Tract.				

Populations with Limited English Proficiency				
Report Area	Population Age 5+	Population Age 5+ with Limited English Proficiency	Percent Population Age 5+ with Limited English Proficiency	Note: This indicator reports the percentage of the population aged 5 and older who speak a language other than English at home and speak English less than "very well." This indicator is relevant because an inability to speak English well creates barriers to healthcare access, provider communications, and health literacy/education.
56466 & 56479 Combined	8,061	74	0.92%	
Cass, Morrison, Todd & Wadena Counties Combined	93,880	1,370	1.46%	
State of Minnesota	4,925,070	210,126	4.27%	
Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: Tract.				

Population Geographic Mobility				
Report Area	Total Population	Population In-Migration	Percent Population In-Migration	Note: This indicator reports information about population in-migration by assessing changes in residence within a one year period. Persons who moved to a new household from outside of their current county of residence, from outside their state of residence, or from abroad are considered part of the in-migrated population. Persons who moved to a new household from a different household within their current county of residence are not included.
56466 & 56479 Combined	8,479	784	9.25%	
Cass, Morrison, Todd & Wadena Counties Combined	99,197	4,998	5.04%	
State of Minnesota	5,209,882	349,426	6.71%	
Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: Tract.				

Foreign-Born Population						
Report Area	Total Pop	Nat. U.S. Citizens	Pop W/O U.S. Citizenship	Total Foreign-Birth Pop	Foreign-Birth Population, % of Total Pop	Note: This indicator reports the percentage of the population that is foreign-born. The foreign-born population includes anyone who was not a
56466 & 56479 Combined	8,744	60	39	99	1.13%	
Cass, Morrison, Todd & Wadena Counties Combined	100,430	663	1,003	1,666	1.66%	
State of Minnesota	5,278,190	165,211	210,395	375,606	7.12%	

<i>Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: County.</i>	U.S. citizen or a U.S. national at birth. This includes any non-citizens, as well as persons born outside of the U.S. who have become naturalized citizens. The native U.S. population includes any person born in the United States, Puerto Rico, a U.S. Island Area (such as Guam), or abroad of American (U.S. citizen) parent or parents.
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Adequate Social or Emotional Support				
	Total Population Age 18+	Estimated Population Without Adequate Social / Emotional Support	Percent Population Without Adequate Social / Emotional Support	Note: This indicator reports the percentage of adults aged 18 and older who self-report that they receive insufficient social and emotional support all of most of the time. This indicator is relevant because social and emotional support is critical for navigating the challenges of daily life as well as for good mental health. Social and emotional support is also linked to educational achievement and economic stability.
56466 & 56479 Combined	No Data			
Cass, Morrison, Todd & Wadena Counties Combined	76,350	8,662	11.35%	
State of Minnesota	3,959,836	562,297	14.20%	
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 2005-2011. Source geography: County.				

Children in Poverty					
Report Area	Total Population	Population Under Age 18	Population Under Age 18 in Poverty	Percent Population Under Age 18 in Poverty	Note: This indicator reports the percentage of children aged 0-17 living in households with income below 200% of the Federal Poverty Level (FPL). This indicator is relevant because poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status.
56466 & 56479 Combined	8,744	2,253	627	27.83%	
Cass, Morrison, Todd & Wadena Counties Combined	99,171	23,495	4,846	20.63%	
State of Minnesota	5,155,949	1,262,815	176,594	13.98%	
Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: Tract.					

Free/Reduced School Lunch				
Report Area	Total Students Enrolled	Number Free/Reduced Price Lunch Eligible	Percent Free/Reduced Price Lunch Eligible	Note: This indicator reports the percentage of public school students eligible for free or reduced price lunches. This indicator is relevant because it assesses vulnerable populations which are more likely to have multiple health access, health status, and social support needs. Additionally, when combined with poverty data, providers can use this measure to identify gaps in eligibility and enrollment.
Cass, Morrison, Todd & Wadena Counties Combined	16,111	8,739	54.2%	
State of Minnesota	838,495	306,918	36.6%	
Data Source: U.S. Department of Education, National Center for Education Statistics (NCES), Common Core of Data, Public School Universe File, 2010-2011.				

<u>Unemployment Rates</u>					
Report Area	Labor Force	Number Employed	Number Unemployed	Unemployment Rate	Note: This indicator reports the percentage of the civilian non-institutionalized population age 16 and older that is unemployed (non-seasonally adjusted). This indicator is relevant because unemployment creates financial instability and barriers to access including insurance coverage, health services, healthy food, and other necessities that contribute to poor health status.
56466 & 56479 Combined	No Data	No Data	No Data	No Data	
Cass, Morrison, Todd & Wadena Counties Combined	50,973.00	47,760.00	3,213.00	6.3%	
State of Minnesota	3,006,755	2,850,965	155,790	5.2%	
<i>Data Source: U.S. Bureau of Labor Statistics, April 2013 Local Area Unemployment Statistics. Source geography: County.</i>					

<u>Housing Vacancy</u>			
Report Area	Total Housing Units	% of Vacant Housing Units	Note:
56466 & 56479 Combined	4,767	27.98%	
Cass, Morrison, Todd & Wadena Counties Combined	60,450	33.02%	
State of Minnesota	2,347,201	11.10%	
Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: Tract.			

Household Population							
Report Area	Total	Individuals under 18		Individuals 65+		Individuals 65+ Living Alone	Note:
		#	%	#	%		
56466 & 56479 Combined	3433	1022	29.77%	1002	29.19%	11.71	
Cass, Morrison, Todd & Wadena Counties Combined	40489	11639	28.75%	12658	31.26%	12.55	
State of Minnesota	2087227	657591	31.51%	476444	22.83%	9.65	
Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: Tract.							

High School Graduation Rate				
	Average Freshman Base Enrollment	Estimated Number of Diplomas Issued	On-Time Graduation Rate	Note: This indicator reports the average freshman graduate rate, which measures the percentage of students receiving their high school diploma within four years.
Cass, Morrison, Todd & Wadena Counties Combined	1,248	951	76.20%	This indicator is relevant because low levels of education are often linked to poverty and poor health.
State of Minnesota	68,329	59,729	87.41%	
HP 2020 Target			>82.40%	
Data Source: The University of Wisconsin, Population Health Institute, County Health Rankings, 2012 and the U.S. Department of Education, National Center for Education Statistics (NCES), Common Core of Data, Public School Universe Survey Data, 2005-06, 2006-07 and 2007-08. Source geography: County.				

Income Over \$75,000 (Family)				
Report Area	Total Families	Families with Income Over \$75,000	Percent Families with Income Over \$75,000	Note: This indicator reports the percentage of families with total annual income of \$75,000 or greater. Total income includes all reported income from wages and salaries as well as income from self-employment, interest or dividends, public assistance, retirement, and other sources.
56466 & 56479 Combined	2,475	584	23.60%	
Cass, Morrison, Todd & Wadena Combined	29,054	8,474	29.17%	
State of Minnesota	1,363,384	659,894	48.40%	
Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: Tract.				

Population in Poverty (200% FPL)				
Report Area	Total Population	Population with Income at or Below 200% FPL	Percent Population with Income at or Below 200% FPL	Note: This indicator reports the percentage of the population living in households with income below 200% of the Federal Poverty Level (FPL). This indicator is relevant because poverty creates barriers to access including health services, healthy food, and other necessities that contribute to poor health status.
56466 & 56479 Combined	8,622	3,488	40.45%	
Cass, Morrison, Todd & Wadena Combined	99,171	37,175	37.49%	
State of Minnesota	5,155,949	1,346,550	26.12%	
Data Source: U.S. Census Bureau, 2007-2011 American Community Survey 5-Year Estimates. Source geography: Tract.				

Population Receiving Medicaid				
Report Area	Population (for Whom Insurance Status is Determined)	Population Receiving Medicaid	Percent Population Receiving Medicaid	Note: This indicator reports the percentage of the population that is enrolled in Medicaid. This indicator is relevant because it assesses vulnerable populations which are more likely to have multiple health access, health status, and social support needs; when combined with poverty data, providers can use this measure to identify gaps in eligibility and enrollment.
Cass, Morrison, Todd & Wadena Combined	86,554	18,153	20.97%	
State of Minnesota	5,312,239	742,877	13.98%	
Data Source: U.S. Census Bureau, 2008-2010 American Community Survey 3-Year Estimates. Source geography: PUMA.				

Population Receiving SNAP Benefits				
Report Area	Estimated Total Population	Population Receiving SNAP Benefits	Percent Population Receiving SNAP Benefits	Note: This indicator reports the average percentage of the population receiving the Supplemental Nutrition Assistance Program (SNAP) benefits between the months of July 2009 and July 2010. This indicator is relevant because it assesses vulnerable populations which are more likely to have multiple health access, health status, and social support needs; when combined with poverty data, providers can use this measure to identify gaps in eligibility and enrollment.
Cass, Morrison, Todd & Wadena Counties Combined	99,101	11,464	11.57%	
State of Minnesota	5,189,212	487,366	9.39%	
Data Source: U.S. Census Bureau, Small Area Income and Poverty Estimates (SAIPE), 2011. Source geography: County.				

Teen Births				
Report Area	Female Population Age 15-19	Births to Mothers Age 15 - 19	Teen Birth Rate (Per 1,000 Births)	Note: This indicator reports the rate of total births to women under the age of 15 - 19 per 1,000 female population age 15 - 19. This indicator is relevant because in many cases, teen parents have unique social, economic, and health support services. Additionally, high rates of teen pregnancy may indicate the prevalence of unsafe sex practices.
Cass, Morrison, Todd & Wadena Counties Combined	24,282	925	38.1	
State of Minnesota	1,274,104	34,146	26.8	
Data Source: Centers for Disease Control and Prevention, National Vital Statistics Systems, 2003-2009. Accessed through the Health Indicators Warehouse. Source geography: County.				

Air Quality (Particulate Matter 2.5)						
Report Area	Total Population	Average Daily Ambient Particulate Matter 2.5	Number of Days Exceeding Emissions Standards	Percentage of Days Exceeding Standards, Crude Average	Percentage of Days Exceeding Standards, Pop. Adjusted Average	Note: This indicator reports the percentage of days with particulate matter 2.5 levels above the National Ambient Air Quality Standard (35 micrograms per cubic meter) per year, calculated using data collected by monitoring stations and modeled to include counties where no monitoring stations occur. This indicator is relevant because poor air quality contributes to respiratory issues and overall poor health.
Cass, Morrison, Todd & Wadena Counties Combined	100,503	6.72	0.34	0.09%	0.10%	
State of Minnesota	5,303,925	9.54	1.69	0.46%	0.46%	
Data Source: Centers for Disease Control and Prevention, National Environmental Public Health Tracking Network, 2008. Source geography: Tract.						

Fast Food Restaurant Access				
Report Area	Total Population	Number of Establishments	Establishment Rate per 100,000 Population	Note: This indicator reports the number of fast food restaurants per 100,000 population. Fast food restaurants are defined as limited-service establishments primarily engaged in providing food services (except snack and nonalcoholic beverage bars) where patrons generally order or select items and pay before eating. This indicator is relevant because it provides a measure of healthy food access and environmental influences on dietary behaviors.
Cass, Morrison, Todd & Wadena Counties Combined	100,503	45	44.77	
State of Minnesota	5,303,925	3,273	61.71	
Data Source: U.S. Census Bureau, County Business Patterns, 2011. Source geography: County.				

Grocery Store Access				
Report Area	Total Population	Number of Establishments	Establishment Rate per 100,000 Population	Note: This indicator reports the number of grocery stores per 100,000 population. Grocery stores are defined as supermarkets and smaller grocery stores primarily engaged in retailing a general line of food, such as canned and frozen foods; fresh fruits and vegetables; and fresh and prepared meats, fish, and poultry. Included are delicatessen-type establishments. Convenience stores and large general merchandise stores that also retail food, such as supercenters and warehouse club stores are excluded. This indicator is relevant because it provides a measure of healthy food access and environmental influences on dietary behaviors.
Cass, Morrison, Todd & Wadena Counties Combined	100,503	28	27.86	
State of Minnesota	5,303,925	933	17.59	
Data Source: U.S. Census Bureau, County Business Patterns, 2011. Source geography: County.				

Liquor Store Access				
Report Area	Total Population	Number of Establishments	Establishment Rate per 100,000 Population	Note: This indicator reports the number of beer, wine, and liquor stores per 100,000 population, as defined by North American Industry Classification System (NAICS) Code 445310. This indicator is relevant because it provides a measure of healthy food access and environmental influences on dietary behaviors.
Cass, Morrison, Todd & Wadena Counties Combined	100,503	32	31.84	
State of Minnesota	5,303,925	944	17.80	
Data Source: U.S. Census Bureau, County Business Patterns, 2011. Source geography: County.				

Park Access				
Report Area	Total Population	Total Population Within 1/2 Mile of a Park	Percent Population Within 1/2 Mile of a Park	Note: This indicator reports the percentage of population living within 1/2 mile of a park. This indicator is relevant because access to outdoor recreation encourages physical activity and other healthy behaviors.
Cass, Morrison, Todd & Wadena Counties Combined	100,503	9,422	9%	
State of Minnesota	5,303,925	3,206,039	60%	
Data Source: Centers for Disease Control and Prevention, National Environmental Public Health Tracking Network, 2010. Source geography: County.				

Recreation and Fitness Facility Access				
Report Area	Total Population	Number of Establishments	Establishment Rate per 100,000 Population	Note: This indicator reports the number per 100,000 population of recreation and fitness facilities as defined by North American Industry Classification System (NAICS) Code 713940. This indicator is relevant because access to recreation and fitness facilities encourages physical activity and other healthy behaviors.
Cass, Morrison, Todd & Wadena Counties Combined	100,503	9	8.95	
State of Minnesota	5,303,925	613	11.56	
Data Source: U.S. Census Bureau, County Business Patterns, 2011. Source geography: County.				

Access to Primary Care				
Report Area	Total Population	Total Primary Care Providers	Primary Care Provider Rate (Per 100,000 Pop.)	Note: This indicator reports the number of primary care physicians per 100,000 population. This indicator is relevant because a shortage of health professionals contributes to access and health status issues.
Cass, Morrison, Todd & Wadena Combined	100,503	56	55.72	
State of Minnesota	5,303,925	5,280	99.55	
Data Source: U.S. Health Resources and Services Administration Area Resource File, 2011 . Source geography: County.				

Dental Care Utilization (Adult)				
Report Area	Total Population (Age 18+)	Total Adults Without Recent Dental Exam	Percent Adults with No Dental Exam	Note: This indicator reports the percentage of adults aged 18 and older who self-report that they have not visited a dentist, dental hygienist or dental clinic within the past year. This indicator is relevant because engaging in preventive behaviors decreases the likelihood of developing future health problems. This indicator can also highlight a lack of access to preventive care, a lack of health knowledge, insufficient provider outreach, and/or social barriers preventing utilization of services.
Cass, Morrison, Todd & Wadena Counties Combined	76,350	25,591	33.52%	
State of Minnesota	3,997,594	894,809	22.38%	
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 2006-2010. Source geography: County.				

Alcohol Consumption				
Report Area	Total Population Age 18+	Estimated Population Heavily Consuming Alcohol	Percent Population Heavily Consuming Alcohol	Note: This indicator reports the percentage of adults aged 18 and older who self-report heavy alcohol consumption (defined as more than two drinks per day for men and one drink per day for women). This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as cirrhosis, cancers, and untreated mental and behavioral health needs.
Cass, Morrison, Todd & Wadena Counties Combined	76,350	13,307	17.43%	
State of Minnesota	1,232,260	226,736	18.40%	
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 2005-2011. Source geography: County.				

Physical Inactivity (Adult)				
Report Area	Total Population Age 20+	Population with no Leisure Time Physical Activity	Percent Population with no Leisure Time Physical Activity	Note: This indicator reports the percentage of adults aged 20 and older who self-report no leisure time for activity, based on the question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?". This indicator is relevant because current behaviors are determinants of future health and this indicator may illustrate a cause of significant health issues, such as obesity and poor cardiovascular health.
Cass, Morrison, Todd & Wadena Counties Combined	72,886	17,205	23.61%	
State of Minnesota	3,853,299	717,903	18.63%	
Data Source: Centers for Disease Control and Prevention, National Diabetes Surveillance System, 2009. Source geography: County.				

Tobacco Usage (Current Smokers)				
Report Area	Total Populatio n Age 18+	Estimated Population Regularly Smoking Cigarettes	Percent Estimated Population Regularly Smoking Cigarettes	Note: This indicator reports the percentage of adults aged 18 and older who self-report currently smoking cigarettes some days or every day. This indicator is relevant because tobacco use is linked to leading causes of death such as cancer and cardiovascular disease.
Cass, Morrison, Todd & Wadena Combined	76,350	13,124	17.19%	
State of Minnesota	3,959,836	677,131	17.10%	
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 2005-2011. Source geography: County.				

Tobacco Usage (Quit Attempt)				
Report Area	Total Population (Age 18+)	Total Smokers with Quit Attempt in Past 12 Months	Percent Smokers with Quit Attempt in Past 12 Months	Note: This indicator reports the percentage of adult smokers who attempted to quit smoking for at least 1 day in the past 1 year.
Cass, Morrison, Todd & Wadena Combined	76,350	25,101	32.88%	
State of Minnesota	3,997,594	2,303,550	57.62%	
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 2006-2010. Source geography: County.				

Accident Mortality					
Report Area	Total Population	Average Annual Deaths, 2006 - 2010	Crude Death Rate (Per 100,000 Pop.)	Age-Adjusted Death Rate, Accident Mortality (Per 100,000 Pop.)	Note: This indicator reports the rate of death due to unintentional injury (accident) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are re-summarized for report areas from county level data, only where data is available. This indicator is relevant because accidents are a leading cause of death in the U.S.
Cass, Morrison, Todd & Wadena Combined	100,353	52	52.02	49.24	
State of Minnesota	5,240,581	2,027	38.68	36.44	
HP 2020 Target				<= 36.0	
Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, Underlying Cause of Death, 2006-2010. . Accessed through CDC WONDER. Source geography: County.					

<u>Asthma Prevalence</u>				
Report Area	Total Population (Age 18+)	Total Adults with Asthma	Percent Adults with Asthma	Note: This indicator reports the percentage of adults aged 18 and older who self-report that they have ever been told by a doctor, nurse, or other health professional that they had asthma. This indicator is relevant because asthma is a prevalent problem in the U.S. that is often exacerbated by poor environmental conditions.
Cass, Morrison, Todd & Wadena Counties Combined	76,350	7,390	9.68%	
State of Minnesota	3,997,594	438,444	10.97%	
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 2006-2010. Source geography: County.				

Chlamydia Incidence				
Report Area	Total Population, 2010 Census	Reported Cases of Chlamydia	Chlamydia Rate (Per 100,000 Pop.)	Note: This indicator reports incidence rate of Chlamydia cases per 100,000 population. This indicator is relevant because it is a measure of poor health status and indicates the prevalence of unsafe sex practices.
Cass, Morrison, Todd & Wadena Counties Combined	100,503	111	110.44	
State of Minnesota	5,303,925	13,614	260.78	
Data Source: Centers for Disease Control and Prevention and the National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, 2009. Source geography: County.				

Diabetes Prevalence				
Report Area	Total Population Age 20+	Population with Diagnosed Diabetes	Percent Population with Diagnosed Diabetes	Note: This indicator reports the percentage of adults aged 20 and older who have ever been told by a doctor that they have diabetes. This indicator is relevant because diabetes is a prevalent problem in the U.S.; it may indicate an unhealthy lifestyle and puts individuals at risk for further health issues.
Cass, Morrison, Todd & Wadena Counties Combined	72,929	6,363	7.08%	
State of Minnesota	3,845,701	279,209	6.84%	
Data Source: Centers for Disease Control and Prevention, National Diabetes Surveillance System, 2009. Source geography: County.				

<u>Gonorrhea Incidence</u>				
Report Area	Population Age 18+	Gonorrhea Infections	Gonorrhea Infection Rate (Per 100,000 Pop.)	Note: This indicator reports incidence rate of Gonorrhea cases per 100,000 population. This indicator is relevant because it is a measure of poor health status and indicates the prevalence of unsafe sex practices.
Cass, Morrison, Todd & Wadena Counties Combined	100,503	14	13.93	
State of Minnesota	5,303,930	2,022	38.12	
<i>Data Source: Centers for Disease Control and Prevention and the National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention, 2010. Source geography: County.</i>				

Heart Disease Mortality					
Report Area	Total Population	Average Annual Deaths, 2006-2010	Crude Death Rate (Per 100,000 Pop.)	Age-Adjusted Death Rate, Heart Disease Mortality (Per 100,000 Pop.)	Note: This indicator reports the rate of death due to coronary heart disease per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are re-summarized for report areas from county level data, only where data is available. This indicator is relevant because heart disease is a leading cause of death in the United States.
Cass, Morrison, Todd & Wadena Counties Combined	100,353	129	128.94	91.01	
State of Minnesota	5,240,581	4,385	83.67	75.96	
HP 2020 Target				<= 100.8	
Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, Underlying Cause of Death, 2006-2010. . Accessed through CDC WONDER. Source geography: County.					

Infant Mortality				
Report Area	Total Births	Total Infant Deaths	Infant Mortality Rate (Per 1,000 Births)	Note: This indicator reports the rate of deaths to infants less than one year of age per 1,000 births. This indicator is relevant because high rates of infant mortality indicate the existence of broader issues pertaining to access to care and maternal and child health.
Cass, Morrison, Todd & Wadena Counties Combined	9,082	59	6.5	
State of Minnesota	501,920	2,568	5.12	
HP 2020 Target			<= 6.0	
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System, 2003-2009. Source geography: County.				

Low Birth Weight				
Report Area	Total Births	Number Low Birth Weight (< 2500g)	Percent Low Birth Weight	Note: This indicator reports the percentage of total births that were low birth weight (Under 2500g). This indicator is relevant because low birth weight infants are at high risk for health problems. This indicator can also highlight the existence of health disparities.
Cass, Morrison, Todd & Wadena Counties Combined	8,990	593	6.60%	
State of Minnesota	497,495	32,127	6.46%	
Data Source: Centers for Disease Control and Prevention, National Vital Statistics Systems, 2003-2009. Accessed through the Health Indicators Warehouse. Source geography: County				

<u>Obesity (Adult)</u>				
Report Area	Total Population Age 20+	Population with BMI > 30.0 (Obese)	Percent Population with BMI > 30.0 (Obese)	Note: This indicator reports the percentage of adults aged 20 and older who self-report that they have a Body Mass Index (BMI) greater than 30.0 (obese). This indicator is relevant because excess weight is a prevalent problem in the U.S.; it indicates an unhealthy lifestyle and puts individuals at risk for further health issues.
Cass, Morrison, Todd & Wadena Counties Combined	72,817	21,236	28.79%	
State of Minnesota	3,851,264	1,003,751	25.81%	
Data Source: Centers for Disease Control and Prevention, National Diabetes Surveillance System, 2009. Source geography: County				

Overweight (Adult)				
Report Area	Total Population (Age 18+)	Total Adults Overweight	Percent Adults Overweight	Note: This indicator reports the percentage of adults aged 18 and older who self-report that they have a Body Mass Index (BMI) between 25.0 and 30.0 (overweight). This indicator is relevant because excess weight is a prevalent problem in the U.S.; it indicates an unhealthy lifestyle and puts individuals at risk for further health issues.
Cass, Morrison, Todd & Wadena Counties Combined	76,350	26,747	35.03%	
State of Minnesota	3,997,594	1,496,855	37.44%	
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 2006-2010. Source geography: County.				

Poor Dental Health				
Report Area	Total Population (Age 18+)	Total Adults with Poor Dental Health	Percent Adults with Poor Dental Health	This indicator reports the percentage of adults age 18 and older who self-report that six or more of their permanent teeth have been removed due to tooth decay, gum disease, or infection. This indicator is relevant because it indicates lack of access to dental care and/or social barriers to utilization of dental services.
Cass, Morrison, Todd & Wadena Counties Combined	76,350	8,758	11.47%	
State of Minnesota	3,997,594	469,865	11.75%	
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 2006-2010. Source geography: County.				

Poor General Health				
Report Area	Total Population Age 18+	Estimated Population with Poor or Fair Health	Percent Population with Poor or Fair Health	Note: This indicator reports the percentage of adults age 18 and older who self-report having poor or fair health. This indicator is relevant because it is a measure of general poor health status.
Cass, Morrison, Todd & Wadena Counties Combined	76,350	11,332	14.84%	
State of Minnesota	3,959,836	419,743	10.60%	
Data Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 2005-2011. Source geography: County.				

Premature Death					
Report Area	Total Population, 2008-2010 Average	Total Premature Deaths, 2008-2010 Average	Total Years of Potential Life Lost, 2008-2010 Average	Years of Potential Life Lost, Rate per 100,000 Population	Note: This indicator reports Years of Potential Life Lost (YPLL) before age 75 per 100,000 population for all causes of death, age-adjusted to the 2000 standard. YPLL measures premature death and is calculated by subtracting the age of death from the 75 year benchmark. This indicator is relevant because a measure of premature death can provide a unique and comprehensive look at overall health status.
Cass, Morrison, Todd & Wadena Counties Combined	100,204	382	6,551	6,538	
State of Minnesota	5,344,861	14,258	275,990	5,164	
Data Source: Centers for Disease Control and Prevention, National Vital Statistics System, 2008-2010 (As Reported in the 2013 County Health Rankings). Source geography: County.					

Stroke Mortality					
Report Area	Total Population	Average Annual Deaths, 2006-2010	Crude Death Rate (Per 100,000 Pop.)	Age-Adjusted Death Rate, Stroke Mortality (Per 100,000 Pop.)	Note: This indicator reports the rate of death due to cerebrovascular disease (stroke) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are re-summarized for report areas from county level data, only where data is available. This indicator is relevant because stroke is a leading cause of death in the United States.
Cass, Morrison, Todd & Wadena Counties Combined	100,353	52	51.82	37.1	
State of Minnesota	5,240,581	2,162	41.26	37.21	
HP 2020 Target				<= 33.8	
Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, Underlying Cause of Death, 2006-2010. . Accessed through CDC WONDER. Source geography: County.					

Suicide					
Report Area	Total Population	Average Annual Deaths, 2006-2010	Crude Death Rate (Per 100,000 Pop.)	Age-Adjusted Death Rate, Suicide (Per 100,000 Pop.)	Note: This indicator reports the rate of death due to intentional self-harm (suicide) per 100,000 population. Figures are reported as crude rates, and as rates age-adjusted to year 2000 standard. Rates are re-summarized for report areas from county level data, only where data is available. This indicator is relevant because suicide is an indicator of poor mental health.
Cass, Morrison, Todd & Wadena Counties Combined	100,353	13	14.79	16.18	
State of Minnesota	5,240,581	582	11.11	10.92	
HP 2020 Target				<= 10.2	
Data Source: Centers for Disease Control and Prevention, National Center for Health Statistics, Underlying Cause of Death, 2006-2010. . Accessed through CDC WONDER. Source geography: County.					