

# Community Health Needs Assessment



LakeWood Health Center  
Baudette, Minnesota

2012-2013

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## Introduction

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

## LakeWood Health Center

### Mission

“The mission of LakeWood Health Center and Catholic Health Initiatives is to nurture the healing ministry of the Church by bringing it new life, energy and viability in the 21<sup>st</sup> century. Fidelity to the Gospel urges us to emphasize human dignity and social justice as we move toward the creation of healthier communities.”

LakeWood Health Center is a 15-bed critical access hospital. LakeWood Health Center employs approximately 170 people and is the largest employer in Lake of the Woods County. The economic impact is estimated at \$13.9 million in Lake of the Woods County.<sup>1</sup> LakeWood Health Center is one of 78 hospitals that are part of Catholic Health Initiatives, operating in 17 states nationwide. CHI ranks as the nation’s second-largest faith-based health system.

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<sup>1</sup> Office of Rural Health and Primary Care and Minnesota Department of Health, March 2005

Services offered locally by LakeWood Health Center include:

General and Acute Services

- Ambulance
- Anesthesia Services
- Behavioral Health Services
- Rural Health Clinic
- Emergency Room
- Hospital (acute care)
- Organ and Tissue Procurement
- Pharmacy
- Respite Care
- Social Work
- Surgery
- Swing Bed Services
- Visiting Specialist – cardiology
- Visiting Specialist – orthopedics
- Visiting Specialist – vascular

Screening/Therapy Services

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

Radiology Services

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

Wellness and Disease Management Services

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

## History

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

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

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

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

LakeWood Health Center is committed to the promotion of healthier communities.

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

## Health Care Facilities and Other Resources

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

LakeWood Health Center's providers include two physicians, with a third physician recruited to begin in mid-year 2013 and one family nurse practitioner. Additionally, outreach specialists offer services in cardiology, orthopedics, surgery and vascular surgery.

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

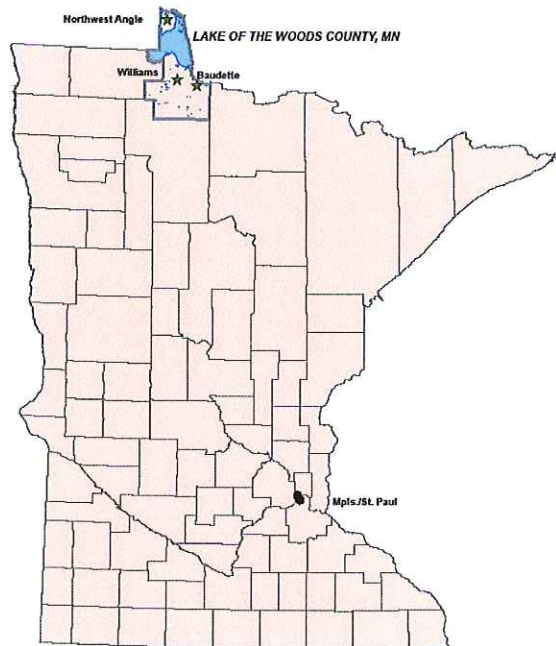
There is one school district in the county, ISD #390, Lake of the Woods Public School providing curriculum for students K-12 and includes a variety of sports, music and theater. Preschool and early childhood programs are also housed at Lake of the Woods School. Adult education programs are offered. The school maintains a heated indoor swimming pool and indoor walking track available for public use.

The electrical line worker program from Minnesota State Community and Technical College (Wadena, MN) recently established a partnership with North Star Electric Cooperative. LakeWood Health Center has partnered with Rainy River Community College (International Falls, MN) to bring the licensed practical nursing program on site with the last cohort graduating in May 2013. LakeWood also has a history of providing clinical rotations for nursing students in an associate degree (RN) program.

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

## Assessment Methodology

LakeWood Health Center primarily serves Lake of the Woods County and areas immediately adjacent to the county border. This service area is defined based on the location of the medical facilities, the geographic distance to other hospitals and the history of use by consumers. Located in the hospital's service area are the communities of Baudette (population 1,106), Williams (191 population) Angle Inlet - a census-designated place, unincorporated community (population 60) and Birchdale (an unincorporated community in Koochiching County 26 miles east of Baudette).



A community group consisting of nearly 60 community members was convened and met in a single session on September 25, 2012. The session was held at 5:00 p.m. at the Lake of the Woods School and a complimentary evening meal was served to all in attendance.

Demographic information of individuals attending was collected in a private manner and separated from the registration area. (See Appendix A) Members of the community group represented the broad interests of the community served by Lake Wood Health Center.

Invitations were sent to organizations representing the school district, county social services, occupational and development office, ministerium, city and county government, local business owners and health care workers/leaders and the public health director. The meeting was announced on the local radio station and posted in the local newspapers. The session was facilitated by VP of Mission, Catholic Health Initiatives, Fargo Division. An overview of community health needs assessment was provided and the forum objectives were to:

1) Collect quantitative and qualitative information for the Lake of the Woods Community Health Needs Assessment and 2) Demonstrate proactive healthy community interaction and planning. The assessment included areas of health, safety-violence prevention, nutrition, physical activity, and quality of life. (See Appendix B)

Each individual had the opportunity to generate input for each question using Post-It-Notes™. Each table of 6-8 participants combined their individual input by finding overlapping, common themes with others at the table. Each table reported out their findings to the whole group. All of the individual notes were collected to record the strong recurring themes as well as ideas mentioned once or twice. All comments were compiled and documented. Near the close of the meeting, each participant was provided three dots to mark their perception of what resources are needed to address the issues after hearing the perspective of others. (See Appendix C) This process was not intended to be scientific or statistically valid. It was designed to collect qualitative data and quantitative data from the community – specifically related to community perceived health needs and what resources are needed.



## Secondary Data

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

## Demographic Information

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

	Lake of the Woods County	Minnesota
Population	4,045	5,303,925
Population change, 2000-2010	4522 (-477) -10.5%	4,919,479 (+384,446) +7.8%
Square miles (2010)	1,297	79,626
People per square mile (2010)	3.1	66.6
White persons (2011)	96%	86.9%
High school graduates or higher (2007-2011)	88.8%	91.6%
Bachelor’s degree or higher	15.9%	31.8%
Persons below poverty level (2007-2011)	15.9%	11.0%
Children in poverty (2011)	18.1%	15.3%
65 years or older (2011)	20.2%	13.1%
Median age	48.2	37.3
Median household income (2007-2011)	\$43,523	\$58,476

The data indicates that Lake of the Woods County population is declining with a higher median age than the state median age. The percentage of population over age 65 is also above the state average. This likely signifies an increased need for medical care in the service area due to an aging population. The population age 65 and over in Lake of the Woods County is projected to be over 31% in 2035. Children living in poverty is above the state average at 18.1% and 55% of Lake of the Woods School population qualify for free or reduced price lunches. The median household income in Lake of the Woods County is well below the state

average. Lake of the Woods County is a rural and isolated area with 3.1 persons per square mile. Transportation can be an issue for rural residents and isolation can also have effects on health status.

## Health Conditions, Indicators and Outcomes

As noted, several sources were reviewed to inform this assessment. The data is presented in the following categories: 1) County Health Rankings 2) Public Health Profiles, 3) Children's Health. The Gallup-Healthways Well-Being Index (WBI), shows that Minnesota ranked third nationally in well-being during 2012. The index is an average of six sub-indexes; life evaluation, emotional health, physical health, healthy behavior, work environment, basic access. The data is reported by congressional districts – Lake of the Woods falls into district #7 and this district ranks less favorably than the metro area and southern Minnesota on the Well-Being Index.

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

The 2013 *County Health Rankings* report ranks Minnesota counties according to their summary measures of health outcomes and health factors. Counties also receive a rank for mortality, morbidity, health behaviors, clinical care, social and economic factors and the physical environment. Lake of the Woods County ranks 19 of 87 in health outcomes and 65 of 87 in health factors. (see Table 2) (See Appendix D for County Health Rankings Model, Minnesota Health Outcomes and Health Factors in Minnesota, Definitions of Health Variables, County Health Rankings: Measures, Data Sources and Years of Data).

For some of the measures included in the rankings, the County Health Rankings also list a national benchmark for 2013. “The national benchmark is the point at which only 10% of counties in the nation do better, i.e., the 90<sup>th</sup> percentile or 10<sup>th</sup> percentile, depending on whether the measure is framed positively (high school graduation) or negatively (adult smoking).”

The variables listed in red are areas where the ranking tool highlights potential challenges the community may want to examine more closely.

**Table 2: County Health Rankings and Roadmaps 2013**

	Lake of the Woods County	Minnesota	National Benchmark*	Rank (of 87)
<b>Health Outcomes</b>				<b>19</b>
<b>Mortality</b>				<b>20</b>
Premature death	4,759	5,126	5,317	
<b>Morbidity</b>				<b>31</b>
Poor or fair health	7%	11%	10%	
Poor physical health days		2.9	2.6	
Poor mental health days		2.7	2.3	
Low birth weight		6.5%	6.0%	
<b>Health Factors</b>				<b>65</b>
<b>Health Behaviors</b>				<b>44</b>
Adult smoking		17%	13%	
Adult obesity	<b>28%</b>	26%	25%	
Physical inactivity	24%	19%	21%	
Excessive drinking		20%	7%	
Motor Vehicle Crash Death rate		10	10	
Sexually Transmitted infections	148	276	92	
Teen birth rate		26	21	
<b>Clinical Care</b>				<b>86</b>
Uninsured	13%	10%	11%	
Primary care physicians**	2,021:1	1,140:1	1,067:1	
Dentists **	4,095:1	1,660:1	1,516:1	
Preventable hospital stays	<b>73</b>	51	47	
Diabetic screening	78%	88%	90%	
Mammography screening	53%	73%	73%	
<b>Social &amp; Economic Factors</b>				<b>46</b>
High school graduation	86%	77%		
Some college	<b>55%</b>	72%	70%	
Unemployment	6.0%	6.4%	5.0%	
Children in poverty	18%	15%	14%	
Inadequate social support	3%	14%	14%	
Children in single-parent households	29%	27%	20%	
Violent crime rate	92	248	66	
<b>Physical Environment</b>				<b>6</b>
Daily fine particulate matter	9.0	10.0	8.8	
Access to recreational facilities	25	11	16	
Limited access to healthy foods**	<b>15%</b>	6%	1%	
Fast food restaurants	38%	47%	27%	

\*90<sup>th</sup> percentile, i.e., only 10 % are better

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

## Public Health Community Health Profile

Minnesota Department of Health's community health profile for Lake of the Wood's County is available at <http://www.health.state.mn.us/divs/chs/countytables/>. The Minnesota County Health Tables are a compilation of public health data for Minnesota and its 87 counties. The County Tables are published yearly.

## Economics

Lake of the Woods is a low income, isolated community. Persons below poverty level, percent, (2007 – 2011) for Lake of the Woods County was 15.9% compared to 11% in Minnesota.

In early 2000, the largest employer in Lake of the Woods County was Solvay Pharmaceuticals. The company was sold to ANI Pharmaceuticals in 2007 and there are approximately 50 employees remaining at the Baudette location. Younger professionals with families left the area changing the income levels for the community, decreasing the number of children enrolled in the local school and decreased the percentage of people in the county with college education.

The economy of Lake of the Woods County is heavily based in tourism, primarily the resort industry. There are more than 60 resorts in the County. These resorts, bars, restaurants and liquor stores employ a large number of people and many are parents of school aged children. The resorts also offer work to youth. The work is often seasonal, includes odd hours and shift work. There are usually no health insurance benefits offered for this part time work.

The unemployment rate (January 2013) for Lake of the Woods County is 6.4 % compared to 5.5 % in the State of Minnesota, according to the U.S. Department of Labor statistics.

## Education

Percent of population aged 25 years and older with less than or equal to high school education or equivalent (i.e. GED) is 45.5% compared to 36.9% in the State of Minnesota. (Demographics Table 6: Selected Minnesota Socioeconomic Statistics by State & County 2006-2010 American Community Survey/Census). The four year drop out rate for Lake of the Woods 2008-2011 is 2.1%-3.6%



compared to 5.8%-5.1% for the State of Minnesota. (KIDS COUNT Data Center 2008-2011). See also Appendix E (Kids Count Minnesota 2012 Fact Sheet).

## Nutrition

For some households, financial stressors put healthy foods out of reach. For others living in remote areas of the county, getting access to groceries that include healthy options requires money for transportation. Lake of the Woods County ranked at 15% indicating the population does not have easy access to healthy foods.<sup>2</sup> The local food shelf distributes food one day per month with availability for emergencies. The local school district identified children who are hungry on return to school after weekends and initiated a food backpack program. The City of Baudette does have one full grocery store offering a meat department, produce aisle, deli and bakery. The grocery store in the City of Williams recently closed but was purchased by a new owner. A new store was built on the property, attached to the existing gas station and vehicle repair business. A Farmer's Market was established in the summer of 2012 and they had a successful first season. The community gardens sponsored by LakeWood and State Health Improvement plan started in 2010 and were successful. The garden plots have expanded each year and produced especially well in 2012. The cost of groceries has been listed as a barrier in Lake of the Woods County.

## Mental Health

There were no values available for Lake of the Woods County ranking for poor mental health days due to unreliable or missing data. Minnesota does rank higher at 2.7 compared to the national benchmark of 2.3.<sup>3</sup> There are no homicides or suicides noted for Lake of the Woods County in 2010. There were three fatal unintentional injuries. (see Mortality Table 3a – State of Minnesota)

Mental health services are available through Lake of the Woods County Social Services and Behavioral Health Services at LakeWood Health Center. Availability of counselors and appointments are limited as reported by those making referrals and those trying to seek

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

<sup>3</sup> County Health Rankings & Roadmaps, 2013 Rankings Minnesota, Robert Wood Johnson Foundation and University of Wisconsin Population Health Institute.

services. There are times the behavioral health services are not able to keep up to the referrals and appointments are generally scheduled out 3 – 4 weeks for new patients. Crisis situations are referred for service out of the county.

Substance Abuse

Smoking

No data available for Lake of the Woods County on the 2011 County Health Rankings however Minnesota ranks higher at 17% than national benchmark of 13%.

Alcohol Use

No data available for Lake of the Woods County on the 2011 County Health Rankings however Minnesota ranks higher at 20% compared to the national benchmark of 6%. Local law enforcement reports alcohol and other substances are often involved when they are called in to assist. (Bar fights, domestic disturbances, driving while intoxicated). Alcohol consequences show that from 2005 to 2009 the arrest rate with Lake of the Woods as the county of residence averaged 87.2 per 10,000 population. Arrests in Lake of the Woods as “the county of arrest” the average rate was 133.9 per 10,000 population. (Office of Traffic Safety). This indicates that a number of the arrests were for individuals visiting the county.

Illegal Substance Use

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

<b>Leading Causes of Death in Minnesota and Lake of the Woods County 2010</b>			
The Health of Minnesota: Parts One and Two			
Statewide Health Assessment, May 2012 ( <a href="http://www.health.state.mn.us/healthymnpartnership">www.health.state.mn.us/healthymnpartnership</a> )			
Cause of Death	Lake of the Woods County	Minnesota	
<b>Cancer</b>	11	9599	*(166.9)
<b>Heart Disease</b>	9	7144	*(118.7)
Unintentional Injury (leading causes MN--falls, motor vehicle, poisoning)	3	2087	
<b>Stroke</b>	5	2154	
Chronic Lower Respiratory Disease	2	2012	
Alzheimer's Disease	0	1450	
Diabetes	1	1036	
Nephritis	0	895	
Suicide	0	599	
Pneumonia and Influenza	2	591	
Cirrhosis	0	412	
Septicemia	1	337	
Congenital Anomalies	0	190	
Perinatal Conditions	0	140	
Homicide	0	111	
Hypertension	1		
Other	6		

\*Age-Adjusted Rate per 100,000 Population

## Community Concerns and Health Needs Identified

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

Health issues listed included hospice and home care shortage with recent closure in July 2012 of CHI Connect at Home. Efforts were underway to begin Rural Health Clinic Visiting Nurse Program but this program does not address hospice services or non skilled care needs. This was the number one concern voiced and ranked high after discussion. At the time of the community forum, one physician provider had just left the community and recruitment efforts were underway. Specialty services are requested by the community and those specialty services that are available are well utilized with full appointments. Alcohol and drug use/abuse was listed with wait time for treatment programs too long. LakeWood experienced

the loss of two counselors from the Behavioral Health Department and wait times for appointments was noted. The past service offered four options for counselors and the office was open five days per week.

Transportation and distance to services were among top issues listed. Transportation issues were voiced related to limited hours of van service and also as a safety issue for those driving under the influence.

Top safety issues listed included drug and alcohol abuse and driving under the influence. The community felt education and awareness with a focus on youth was a needed resource along with enforcement of existing laws and ordinances. The intersection of Highway 11 and Main Avenue downtown is busy especially during tourist seasons. Stop lights and four way stops were suggested. Wildlife on the roadways in this rural community was also noted.

The most prevalent form of violence in Lake of the Woods County was listed as domestic violence followed by bullying. This confirmed the findings of an earlier community forum held in January 2010. There is a violence prevention coalition in place addressing family violence as it affects the children in that environment.

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

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



Quality of life is affected by high cost of living, depression/mental health issues and isolation. Resources listed that may assist were access to higher paying jobs, job opportunities for youth and young adults, better transportation, and more time for family events/family time.

## Priority Health Needs and Summary

The community health needs were identified by those participating in the community forum held in September 2012. The information was presented to other key groups in the months that followed. Along with the secondary data, the health needs were prioritized by LakeWood Health Center President, Mission Leader and Public Health Director as follows:

- Home care and Hospice Shortage
- Nutrition, Physical Activity – Obesity (Cardiovascular Wellness)
- Transportation Issues – public rides and availability for out of town appointments

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

<b>Live in LOW</b>		
	Yes	56
	No	1
<b>Work in LOW</b>		
	Yes	40
	No	13
<b>Age</b>		
	Under 18	5
	18-25	
	26-35	4
	36-45	5
	46-55	14
	56-65	16
	Over 65	12
<b>Gender</b>		
	Female	37
	Male	20
<b>Marital Status</b>		
	Married	38
	Single	16
	Widowed	3
<b>Highest grade you completed in school</b>		
	Some high school	6
	High school graduate or GED	11
	Associate Degree	6
	Bachelor Degree	19
	Graduate or Professional Degree	14
<b>Employment Status</b>		
	Full time	27
	Part time	7
	Homemaker	1
	Multiple Job Holder	1
	Unemployed	
	Retired	19
	Student	5
<b>Annual household income</b>		
	0-14,999	4
	15,000-24,999	
	25,000-34,999	5
	35,000-49,999	11
	50,000-74,999	16
	75,000-99,999	4
	100,000-199,999	6
	200,000-over	1
<b>Ethnic-racial background</b>		
	African American or Black	
	American Indian - Alaska Native	
	Asian	
	Hispanic or Latino	
	White or Caucasian	56
	Other	1

<b>Insurance status (check all that apply)</b>		
Insurance through employer		34
Private insurance		4
Indian Health Services		
Medicare		13
Veteran's Healthcare Benefits		5
Uninsured/underinsured		3
<b>Which of the following health conditions apply to you? (Check all that apply)</b>		
Arthritis		14
Asthma/COPD		4
Allergies		12
Bone/joint problems		7
Insomnia		4
Cancer		2
Chronic pain		3
Dementia		
Depression		3
Back pain		4
Diabetes		3
Heart conditions		2
High blood pressure		17
Overweight/obesity		15
Substance abuse		
Osteoporosis		4
Anxiety		2
Fatigue/malaise		2
High cholesterol		11
Digestive problems		8
<b>How might LakeWood Health Center and Care Center serve you better? (Check all that apply)</b>		
Improved confidentiality		2
More convenient hours		5
Telehealth		6
Interpretive services		2
More doctors/medical providers		19
More specialists		17
Transportation services		6
Improved quality of care		3
Improved customer service		3
Latest medical technologies		11
<b>Comments:</b>		
LakeWood doing great at keeping up to date and adding specialists.		
Improve/more mental health services.		
Walk-in clinic.		
Less expensive.		
<b>How long does it take you to get to LakeWood Health and Care Center?</b>		
Less than 10 minutes		43
10 to 30 minutes		13
31 to 60 minutes		1
More than 1 hour		

What are your suggestions to improve the delivery of local health care?	
	Someone specializing in diabetes.
	Transportation and easy access - advertise bus for all ages.
	We need home care - nursing and housekeeping. We need hospice.
	None, we are very lucky to have what we have.
	Home health care, including hospice.
	Home health care availability, transportation options for shut-ins, obstetrics and birthing services.
	Continue with quality services with hospital, clinic, ambulance and other services.
	More mental health and ob/gyn services.
	Very satisfied.
	Deliver babies.
	Listen to customers.
	Provide Home Health Service as before not only skilled nurse visits.

Name	Organization
Blake Olson	Lake of the Woods High School, Student
Emily Ney	Lake of the Woods High School, Student
Berit Bringsjord	Lake of the Woods High School, Student
Alyssa Poolman	Lake of the Woods High School, Student
Brooke Storbeck	Lake of the Woods High School, Student
Cathy Christensen	LakeWood Care Center, Activities Director
Carol Davis	LakeWood Care Center, Activities Employee
Larry Bilyeau	Lake of the Woods County Resident
Rick Rone	Mayor, City of Baudette
Bruce Sundvall	Lake of the Woods County Resident, Retired
Sharon Sundvall	Lake of the Woods County Resident, Retired
Liz Hanson	LakeWood Health Center, Medical Records Director
Joel Hanson	Councilman, City of Baudette
Carol Tschudy	Lake of the Woods County Resident
John Tschudy	Clergy
Scott Christensen	Clergy, EMT
Steve Bovendam	Clergy
Lyn Bovendam	Lake of the Woods County Resident
Patty Frohreich	LakeWood Health Center, Director of Inpatient and Outpatient Services
Nancy Wendler	Lake of the Woods County, Social Services
Jason Breuer	LakeWood Health Center, President
Tom Mio	LakeWood Health Center, Vice President and Pharmacist
Cynthia Dunn	LakeWood Health Center, Lab and Radiology Director
Wendy Storbeck	Lake of the Woods School, Teacher
Joyce Fadness	Lake of the Woods School, Social Worker
DeeDee Stenberg	Lake of the Woods School, Social Worker
Luke Larson	CHI, Facilitator
Kay M. Schell	LakeWood Health Center, Mission Leader, Facilitator
Becky Poolman	LakeWood Health Center Clinic, Nurse Practitioner
Jenny Lind Loughrey	LakeWood Health Center, Assistant Director of Nurses
Lois Slick	LakeWood Health Center, Human Resources
Ralph Christofferson	LakeWood Health Center, Board of Directors
Bev Christofferson	Lake of the Woods County Resident
Denise Noga	LakeWood Health Center, Dietary Employee
Andrea Bringsjord	LakeWood Public Health, Nurse
Dorothy Chapman	Lake of the Woods County Resident, Retired
Rose Hansen	Lake of the Woods County Resident, Retired Pharmaceutical
Anna Seaderberg	Lake of the Woods County Resident, Ronnings
Ken Moorman	Lake of the Woods County Board Member
Kathy Philpot	Lake of the Woods County Resident, Retired
Ralph Philpot	Lake of the Woods County Resident, Retired Pharmaceutical
Tammy LaFreniere	LakeWood Public Health, Nurse
April Levasseur	Rainy River Veterinary Clinic
Tom Levasseur	Lake of the Woods County Resident
Gretchen Levasseur	Lake of the Woods County Resident
Marilyn Johnson	Lake of the Woods County Resident, Retired Medical Lab
Roselle Sandvold	Lake of the Woods County Resident, Retired Nurse
Jerry Pieper	Lake of the Woods County Resident, Retired Farmer
Lila Pieper	Lake of the Woods County Resident, Retired Farmer
Terry Brown	Lake of the Woods County Resident
Michelle Brown	LakeWood Public Health, Director and Nurse
Mike Larson	Lake of the Woods County Resident, Retired MN Department of Natural Resources, Rotary Member
Jean Larson	Lake of the Woods County Resident, Retired School Teacher
Jeff Peura	Lake of the Woods School, Principal
Mr. Nagle	ANI Pharmaceuticals
Lindsay Nagle	Lake of the Woods County Resident
Jaime Boretski	LakeWood Health Center, Communications
Joyce Palm	Wabinica Inc.

## **HEALTH – physical, mental, oral**

1. What are the problems and concerns related to health in Lake of the Woods County?
2. What resources are currently available to address the health concerns identified?
3. What resources are needed to address the health concerns?

## **SAFETY/VIOLENCE PREVENTION**

4. What are the problems or concerns related to safety and security in Lake of the Woods County?
- ~~5. What resources are currently available to address the safety concerns identified?~~
6. What resources are needed to address the safety concerns?
7. What is the most prevalent form of violence in Lake of the Woods County?

## **NUTRITION**

8. What are the problems or concerns related to nutrition and diet in Lake of the Woods County?
- ~~9. What resources are currently available to address the nutrition concerns identified?~~
10. What resources are needed to address the nutrition concerns?

## **PHYSICAL ACTIVITY**

11. What are the problems or concerns related to physical activity and exercise in Lake of the Woods County?
- ~~12. What resources are currently available to address the physical activity concerns identified?~~
13. What resources are needed to address the physical activity concerns?

## **QUALITY OF LIFE**

14. What are the problems or concerns related to general quality of life in Lake of the Woods County?
- ~~15. What resources are currently available to address the quality of life concerns identified?~~
16. What resources are needed to address the quality of life concerns?

**Community Health Needs Assessment  
September 25, 2012 @ 5:00 PM  
Lake of the Woods School**

**Data Collection**

**HEALTH – physical, mental, oral**

1. What are the problems and concerns related to health in Lake of the Woods County?

**Hospice and home health care shortage (22)**

**Wait time for medical Drug use/abuse and Alcohol use/abuse (13)**

**Doctors/shortage of providers (11)**

**Transportation, distance to services (11)**

**Lack of mental health providers/services (10)**

**Overweight kids and adults (7)**

**High cost of health care (8)**

Baby deliveries (6)

Need for more onsite specialty services (6)

Insurance cost too high (5)

Healthcare emergency service provider shortage (ambulance) (4)

Nutrition, lack of choices and high cost (3)

Need for community resources (3)

Cancer (2)

Need for female providers and services (2)

Low income = high poverty (2)

Prescription drug affordability (1)

Underemployment (1)

Basic needs being met for all (1)

Interpretive services – getting results of test sooner (1)

Activity areas for winter (1)

Stigma attached to seeking mental health care/victim protection (1)

Greater focus on healthy behaviors/lifestyles in the business sectors (1)

Access to parenting classes (1)

Group homes needed for young adults (1)

High numbers of diabetes and heart-related issues (1)

Need for dialysis (1)

Dementia/Alzheimer's (1)

2. What resources are currently available to address the health concerns identified?

**LakeWood Health Center, Clinic, Care Center, ER (26)**

**Social Services- school, county, LSS (16)**

**Ambulance/EMT's (10)**

**Dieticians (4)**

**AA Meetings (4)**

Prevention Coalition (3)

Behavioral Health Services (3)

Veterans Services (3)

Far North Transit (3) Helicopter pad at health care facility (3)

Doctors and nurses (2)

Diabetes Resource Center and prevention program (2)

Volunteer transportation providers (2)

U of M Extension Services (2)

School (2)

LAC Local Advisory Council for Mental Health (2)

O.D.C (2)

S.H.I.P (2)

Brink Center Meals/home delivered meals (2)

Med management (1)

Good access to public information resources(1)

Referrals to specialists (1)

Working and collaborating with outside resources – Sanford/Altru (1)

Salvation Army (1)

Food Shelf (1)

Public health (1)

School nurse (1)

Churches (1)

Airport (1)

MA and MN Care (1)

Charity Care (1)

Technology: CAT Scans, MRI, X-Ray (1)

Visiting specialists (1)

EMT Training (1)

Roses in December – Alzheimer's Support Group (1)

WIC (1)

LifeCare and Altru options outside of country (1)

Recruitment process for more providers (1)

DUI court (1)

Rural Health Clinic Billing (1)

D.A.R.E (no longer exists)



3. What resources are needed to address the health concerns?

**Retaining physicians, more doctors and more medical specialists (25) (14 votes by dots)**

*Podiatrist mentioned several times*

**Improved mental health care – more access (10) (2 vote by dot)**

**Hospice and better home health access/services (11) (20 votes by dots)**

**OB/GYN department (6)**

**Public transportation (4) (1 vote by dot)**

**More exercise and active living opportunities/events (4)**

Communication and promotion of available county services (3)

Parent support classes/family values (3)

Weight Watchers/Nutrition Education (3)

Physical education in the schools (2)

Need licensed medical staff and more medical staff for ambulance (2)

Public workshops on nutrition and caring for the elderly (2)

Indoor Activity Area (2)

Scholarships/young people to go into medical and mental health fields (2)

Detox center (2)

Better parking for the handicapped/common entrance to medical facility (2)

Community based collaborative/working together (2)

Adult and Child daycare (1)

Affordable Care (1)

RX assistance program (1)

Free dental clinic (1)

More dental providers (1)

Free clinic (1)

VA clinic (1) (1 vote by dot)

Place to connect to health and guidance (1)

Affordable healthily foods (1)

Chiropractor (1)

More assisted living options (1)

More community volunteers /companions (1)

Cancer Clinic (1)

Broader diagnostic testing (1)

Special needs support for parents and kids (1) (1 vote by dot)

**SAFETY/VIOLENCE PREVENTION**4. What are the problems or concerns related to safety and security in Lake of the Woods County?**Drugs and alcohol and driving under influence (16)****No stop lights HWY 11 (6)****Wildlife on roadways (6)****Water/boating/swimming/ice safety education (4)****Freezing Temps/Extreme weather (4)****Speed limits not observed (4)****Older/elderly drivers (4)****Lack of law enforcement and safety professionals (4)**

Unsafe entrance to school for traffic accidents (3)

Texting/distracted driving (3)

Potholes in alleys/uneven and icy sidewalks (3)

Isolation/remote area (3)

Tourism town and lack of respect for large lake (3)

Border security (2)

Only one pharmacy and lack of medication understanding (2)

Education on importance of immunizations (declining immunization level) (2)

Car seats and booster use and safety (2)

Railroad crossings/Hazmat (2)

Yielding to pedestrians (2)

Vehicles parking on street near intersections decreases visibility (2)

Farm safety (1)

Lack of trained water rescue programs (1)

Specialized training/CPR (1)

Kids left home alone (1)

People passing on the right at intersections (1)

Athletic injuries and concussions (1)

Loose dogs ( 1)

Violence child/domestic abuse (1)

Poor use of bicycle helmets (1)

Lack of streetlights (1)

People not stopping at stop signs (1)

4-wheeler safety and helmets (1)

5. What resources are currently available to address the safety concerns identified?

No information gathered (question skipped) due to time limitation

6. What resources are needed to address the safety concerns?**Stop lights (or 4 way stop) on HWY 11 (10) (9 vote by dot)****Lights on bike path to school (5)****Drivers training and retesting (4) (2 vote by dot)****Awareness education for youth on substance abuse (3) (13 vote by dot for education in general)****Enforcement of existing laws and ordinances (3) (11 votes by dot)**

Increased DUI enforcement (2)

Reminder of safety concerns in the paper and other public service areas (2) (2 vote by dot)

Plows putting snow in driveways (2)

Hire someone to clean sidewalks and apply salt (2)

Training available to all people (2)

Bully prevention (2)

Community education on how to report incidents or children left w/no supervision (1)

Good radio communication for Emergency responders (1)

Fence around school playground (1)

Parenting classes (1)

Pet laws need to be enforced – no animals off leash (1)

Grant to fund after school care (1)

Public education (1)

Need AEDs at resorts (1) (2 vote by dot)

No parking near intersections (1)

Lake/River rescue vehicle (1)

Radar Speed Limit Signs (1)

Police vehicles with updated equipment and tires (1)

Designated drivers (1)

7. What is the most prevalent form of violence in Lake of the Woods County?**Domestic abuse/violence (22)****Bullying (9)****Verbal abuse (5)****Child abuse/neglect (3)**

Substance abuse (1)

Bar fights (1)

Juvenile theft (1)

Subordination (1)

**NUTRITION**8. What are the problems or concerns related to nutrition and diet in Lake of the Woods County?**Cost of healthy food and food in general (18)****Lack of education on healthy choices and nutrition (9)****Limited availability of fresher fruits and vegetables at affordable prices (7)****Limited access to senior meals (5)****Obesity (5)**

Fast Food and Restaurants with minimal healthy choices (4)

Not sitting down to eat as family (4)

Only one grocery store (3)

School lunch (3)

Students not having breakfast before coming to school (2)

Portion sizes (1)

Processed foods (1)

Pop machines in school (1)

Listing of calories and fat grams at local eating establishments (1)

Sedentary lifestyles (1)

Medical conditions – education on specific diagnoses (1)

Eating foods that are improperly prepared (1)

9. What resources are currently available to address the nutrition concerns identified?

Question skipped, no data collected.

10. What resources are needed to address the nutrition concerns?**More grocery store options (14) (19 votes by dot)****Access to nutrition/cooking education (13) Home Ec and food preserving (12 votes by dot)****Affordable healthy foods (4)****Increased community garden access (4) (1 vote by dot)****Healthy meal planning (3)****More fresh fruits and vegetables (available & affordable) at school and work places (3) (6 vote by dot)**

LSS meal program with more availability (2)

Culvers (2)

Farmers market (2)

Grocery Coop (2) **(1 vote by dot)**

(continued) 10. What resources are needed to address the nutrition concerns?

More organized choices for physical exercise for kids and adults (1)

Dietician available at grocery store (1)

Family meal time (1)

Parenting classes (1)

Free school breakfast for all students (1)

WIC (1)

Backpack program (1)

Food shelf (1)

Home Ec at school (1)

More advertising for homemade and healthy foods (1)

Eliminate pop machines in school (1)

**PHYSICAL ACTIVITY**11. What are the problems or concerns related to physical activity and exercise in Lake of the Woods County?

**High usage of technology and low uses of activity (3)**

**transportation (3)**

**access (3)**

**access to gym/work-out facilities limited (2)**

Not enough organized activities on west-end of LOW County (Williams)

Weather conditions

Transportation to and from activities

Limited time for activity

Limited summer activity for children and adolescents

School too far from town

x-country ski trails

lack of involvement in the athletic opportunities

cost

laziness

lack of families working-out together

lack of exercise opportunities

untreated mental illness

affordability, cost of programs and sports

limited activities away from school

12. What resources are currently available to address the physical activity concerns identified?

Question skipped, no data collected.

13. What resources are needed to address the physical activity concerns?

Intramural activities (2)

Exercise coaches (2)

Active school day (short activities throughout the day with emphasis on younger students) **(2 votes by dot)**

Bone builders

Bike trail extension

Dances at the brink center Parental role modeling of athletic activity **(8 votes by dot)**



13. What resources are needed to address the physical activity concerns?

Frisbee golf  
 Decrease cost of sports participation  
 Athletic clubs for adults  
 Walking Club  
 Education  
 Cross-country skiing  
 Worksite wellness to more employers (3 votes by dot)  
 Free access (9 votes by dot)  
 Grant funding – financial sponsor (5 votes by dot)  
 Park and Recreation programs (4 votes by dot)  
 Promotion of activities (coordinator)  
 Financial sponsors  
 Instructor led swimming classes  
 Increase access to school facility (6 votes by dot)

**QUALITY OF LIFE**14. What are the problems or concerns related to general quality of life in Lake of the Woods County?

**high cost of living (4)**  
**depression and mental health (3)**  
**cold weather (2)**  
**no access to shopping, arts, radio (2)isolation (2)**  
**resort workers have long hours and low pay (2)**

Slow internet due to our remote area  
 spiritual deficit  
 too busy  
 lack of jobs  
 poverty  
 radio stations  
 hospice  
 limited activities for seniors  
 limited arts and entertainment  
 lack of jobs  
 boredom  
 alcoholism  
 underemployment  
 cost of membership to health care programs  
 tourism good/bad  
 community members need multiple jobs to make ends meet  
 husband/wife work opposite shifts – no family time

15. What resources are currently available to address the quality of life in Lake of the Woods County?

Question skipped, no data collected.

16. What resources are needed to address the quality of life concerns identified?Higher paying jobs/ Increased employment opportunity **(17 votes by dot)**Neighbors helping neighbors – neighborhood watch **(2 votes by dot)**Time (family events) **(5 votes by dot)**

More radio station choices

Affordable living – fuel/groceries

Better public transportation **(6 votes by dot)**Laser tag **(2 vote by dot)**

Better daycare (more providers)

Focus on family, so many broken families

Job opportunities for youth and young adults **(8 votes by dot)**17. What can LakeWood do to improve quality of life?**Continue and expand access to specialty services (13)****Health care and Nutritional Education to County (10)** (*cooking, smoking cessation, nutrition*)**Home Health and Hospice Services (9)****Increase access to behavioral health (7)****OB services (7)****Lower costs (6)**

More providers at clinic (3)

Free clinic for the uninsured/underinsured (3)

Expand options like assisted living (3)

Government funding and relationships (2)

Continue with current efforts (2)

Community activity events/coordinate (2)

Open more beds in the care center (1)

After hours urgent care (1)

Health fair (1)

Outpatient chemical dependency treatment (1)

Keep the gardens (1)

Transportation services (1)

Reduce rates for wellness center and programs for the low income (1)

violence prevention strategies (1)

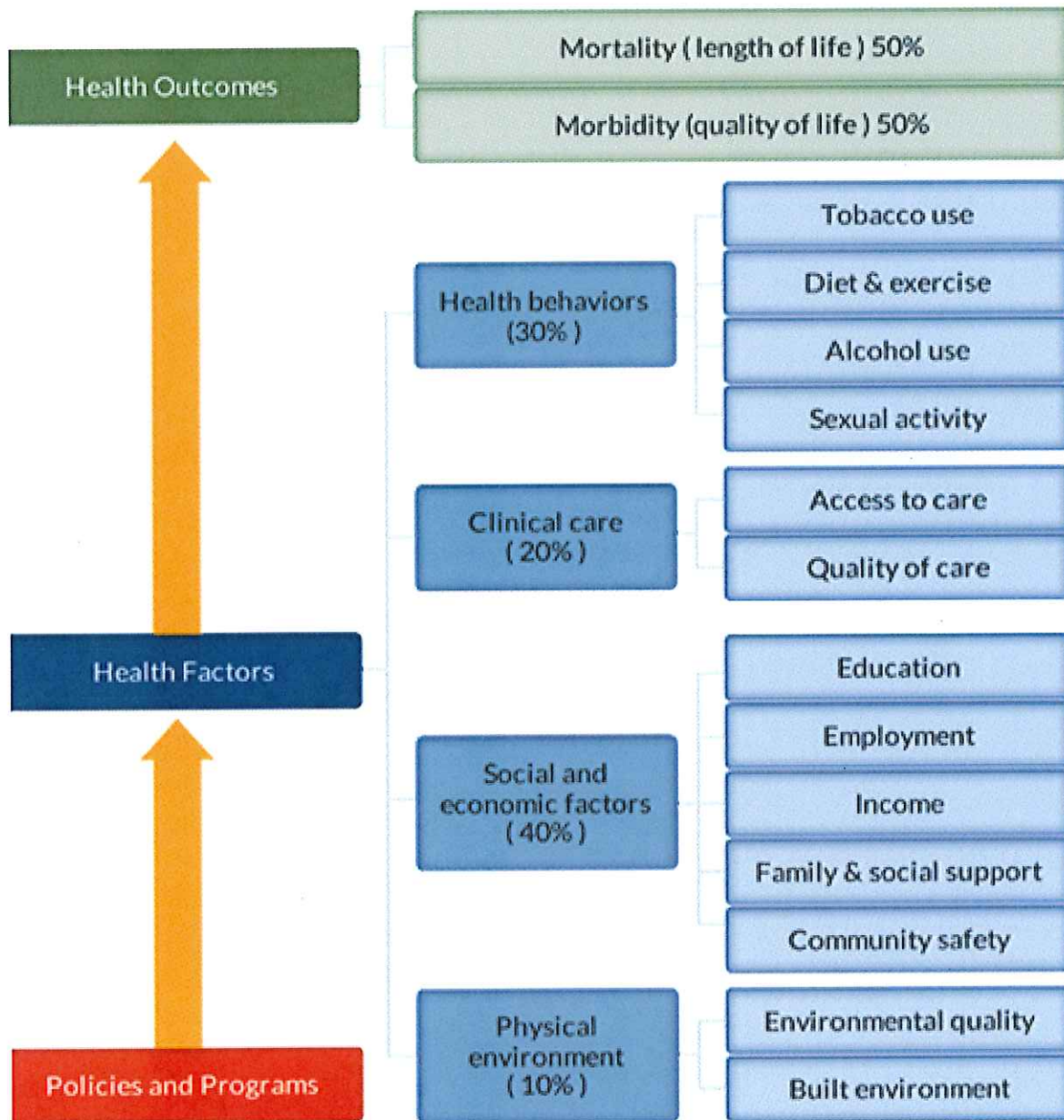
Open a quality daycare for children and elderly (1)

Provide faster test results (1)

Improve communication about assistance programs (1)

More female providers (1)

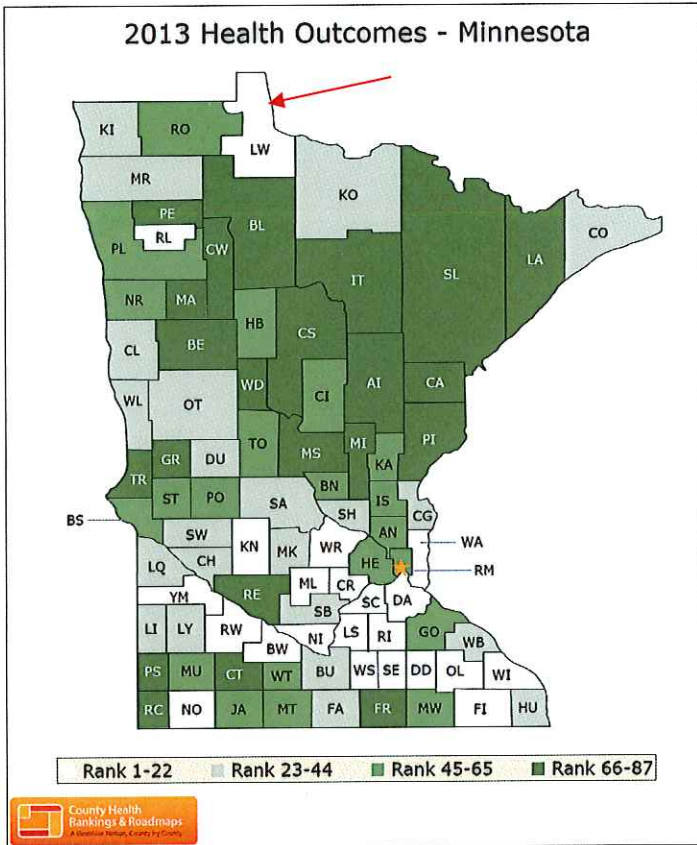
### County Health Rankings Model



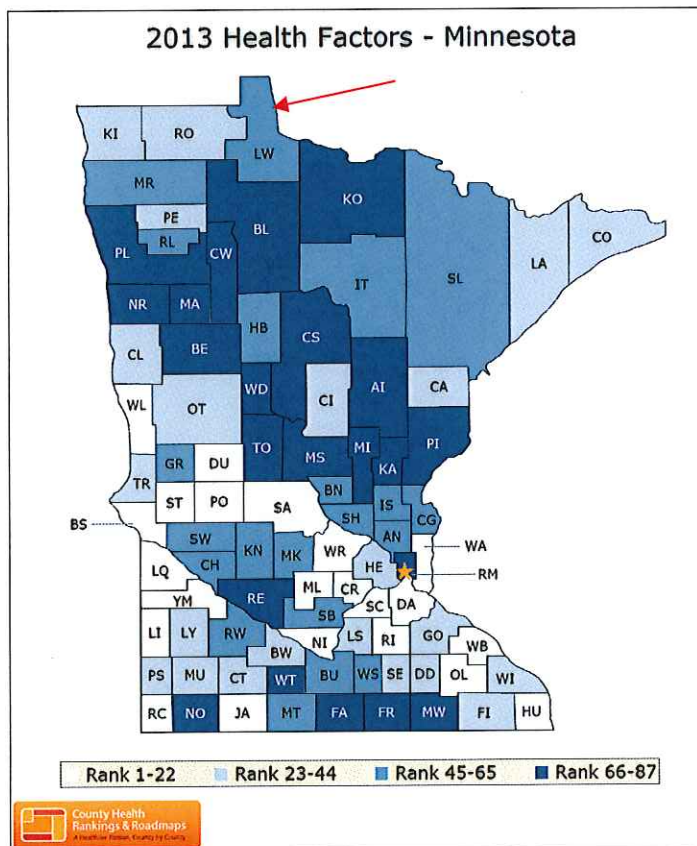
County Health Rankings model ©2012 UWPHI

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





Lake of the Woods County ranks 19 of 87 in health outcomes in MN



Lake of the Woods County ranks 65 of 87 in health factors in MN

Definitions of the Health Variables  
(refer to Table 2 – Page 11)

**Definitions of Health Variables from the County Health Rankings 2011 Report**

Variable	Definition
Poor or Fair Health	Self-reported health status based on survey responses to the question: "In general, would you say that your health is excellent, very good, good, fair, or poor?"
Poor Physical Health Days (in past 30 days)	Estimate based on responses to the question: "Thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?"
Poor Mental Health Days (in past 30 days)	Estimate based on responses to the question: "Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?"
Adult Smoking	Percent of adults that report smoking equal to, or greater than, 100 cigarettes and are currently a smoker
Adult Obesity	Percent of adults that report a BMI greater than, or equal to, 30
Excessive Drinking	Percent of as individuals that report binge drinking in the past 30 days (more than 4 drinks on one occasion for women, more than 5 for men) or heavy drinking (defined as more than 1 (women) or 2 (men) drinks per day on average
Sexually Transmitted Infections	Chlamydia rate per 100,000 population
Teen Birth Rate	Birth rate per 1,000 female population, ages 15-19
Uninsured Adults	Percent of population under age 65 without health insurance
Preventable Hospital Stays	Hospitalization rate for ambulatory-care sensitive conditions per 1,000 Medicare enrollees
Mammography Screening	Percent of female Medicare enrollees that receive mammography screening
Access to Healthy Foods	Healthy food outlets include grocery stores and produce stands/farmers' markets
Access to Recreational Facilities	Rate of recreational facilities per 100,000 population
Diabetics	Percent of adults aged 20 and above with diagnosed diabetes
Physical Inactivity	Percent of adults aged 20 and over that report no leisure time physical activity
Primary Care Provider Ratio	Ratio of population to primary care providers
Mental Health Care Provider Ratio	Ratio of population to mental health care providers
Diabetic Screening	Percent of diabetic Medicare enrollees that receive HbA1c screening.
Binge Drinking	Percent of adults that report binge drinking in the last 30 days. Binge drinking is consuming more than 4 (women) or 5 (men) alcoholic drinks on one occasion.



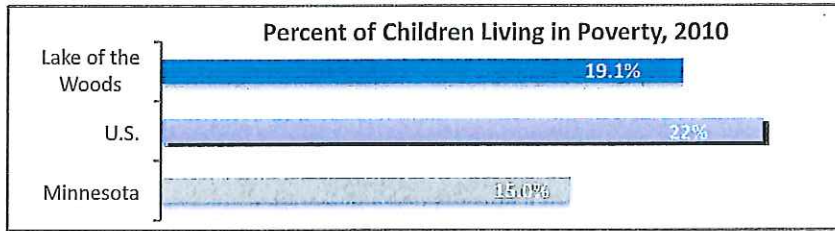
**2013 County Health Rankings: Measures, Data Sources, and Years of Data**

	Measure	Data Source	Years of Data
<b>HEALTH OUTCOMES</b>			
<b>Mortality</b>	Premature death	National Center for Health Statistics	2008-2010
<b>Morbidity</b>	Poor or fair health	Behavioral Risk Factor Surveillance System	2005-2011
	Poor physical health days	Behavioral Risk Factor Surveillance System	2005-2011
	Poor mental health days	Behavioral Risk Factor Surveillance System	2005-2011
	Low birthweight	National Center for Health Statistics	2004-2010
<b>HEALTH FACTORS</b>			
<b>HEALTH BEHAVIORS</b>			
<b>Tobacco Use</b>	Adult smoking	Behavioral Risk Factor Surveillance System	2005-2011
<b>Diet and Exercise</b>	Adult obesity	National Center for Chronic Disease Prevention and Health Promotion	2009
	Physical inactivity	National Center for Chronic Disease Prevention and Health Promotion	2009
<b>Alcohol Use</b>	Excessive drinking	Behavioral Risk Factor Surveillance System	2005-2011
	Motor vehicle crash death rate	National Center for Health Statistics	2004-2010
<b>Sexual Activity</b>	Sexually transmitted infections	National Center for HIV/AIDS, Viral Hepatitis, STD, and TB prevention	2010
	Teen birth rate	National Center for Health Statistics	2004-2010
<b>CLINICAL CARE</b>			
<b>Access to Care</b>	Uninsured	Small Area Health Insurance Estimates	2010
	Primary care physicians	HRSA Area Resource File	2011-2012
	Dentists	HRSA Area Resource File	2011-2012
<b>Quality of Care</b>	Preventable hospital stays	Medicare/Dartmouth Institute	2010
	Diabetic screening	Medicare/Dartmouth Institute	2010
	Mammography screening	Medicare/Dartmouth Institute	2010
<b>SOCIAL AND ECONOMIC FACTORS</b>			
<b>Education</b>	High school graduation	Primarily state-specific sources, supplemented with National Center for Education Statistics	State-specific
	Some college	American Community Survey	2007-2011
<b>Employment</b>	Unemployment	Bureau of Labor Statistics	2011
<b>Income</b>	Children in poverty	Small Area Income and Poverty Estimates	2011
<b>Family and Social Support</b>	Inadequate social support	Behavioral Risk Factor Surveillance System	2005-2010
	Children in single-parent households	American Community Survey	2007-2011
<b>Community Safety</b>	Violent crime rate	Federal Bureau of Investigation	2008-2010
<b>PHYSICAL ENVIRONMENT</b>			
<b>Environmental Quality</b>	Daily fine particulate matter <sup>1</sup>	CDC WONDER Environmental data	2008
	Drinking water safety	Safe Drinking Water Information System	FY 2012
<b>Built Environment</b>	Access to recreational facilities	Census County Business Patterns	2010
	Limited access to healthy foods	USDA Food Environment Atlas	2012
	Fast food restaurants	Census County Business Patterns	2010

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

**Kids Count Minnesota 2012 Fact Sheet**

# Lake of the Woods County



<b>Economic Well-Being</b>	Current Year	Statewide	Lake of the Woods Count
% of children in poverty, age 0-17	2010	15.0%	19.1%
% of students receiving free/reduced-price lunches	2011	37.3%	50.8%
% of children receiving Food Support	2011	17.6%	17.9%
# of mothers and children receiving WIC	2010	230,110	179
Median household income	2010	\$55,422	\$39,391
<b>Family Structure</b>	Current Year	Statewide	Lake of the Woods Count
Birth rate per 1,000	2010	12.9	6.4
# of children, age 0-17	2010	1,284,063	814
% of babies born to unmarried mothers	2010	33.1%	38.5%
Teen birth rate per 1,000 (3-year estimate)	2009	11.5	NA
% babies born with no father on the birth certificate	2010	9.3%	3.8%
<b>Health</b>	Current Year	Statewide	Lake of the Woods Count
% of low-birthweight babies	2010	4.8%	3.8%
% of mothers who received late or inadequate prenatal care	2010	3.1%	0.0%
% of mothers who reported smoking during pregnancy	2010	10%	23.1%
Average monthly enrollment in MinnesotaCare	2010	39,253	57
Average monthly enrollment in Medical Assistance	2010	319,916	237
<b>Early Childhood Education</b>	Current Year	Statewide	Lake of the Woods Count
Average annual cost for licensed center-based infant care	2011	\$13,581	NP
Average annual cost for licensed family-based infant care	2011	\$7,711	NP
Average annual cost for licensed center-based toddler care	2011	\$11,689	NP
Average annual cost for licensed family-based toddler care	2011	\$7,299	NP
Average annual cost for licensed center-based preschool care	2011	\$10,463	NP
Average annual cost for licensed family-based preschool care	2011	\$6,961	NP
<b>Education, Grades K-12</b>	Current Year	Statewide	Lake of the Woods Count
# public school enrollment K-12	2010	824,858	494
% of limited english proficient (LEP) students	2011	7.4%	0.0%
% of special education students	2010	13%	11.9%
% of students changing schools	2010	13.2%	8.7%
% of public high school graduates	2010	76.9%	85.7%
% of public school student dropouts	2010	4.8%	NA
<b>Safety</b>	Current Year	Statewide	Lake of the Woods Count
Child abuse and neglect rate per 1,000	2010	3.5	0.0
Child out-of-home placement rate per 1,000	2010	8.7	13.5
Children arrested for a serious crime rate per 1,000	2010	16.9	0.0
# children in the Family Assessment Response Program	2010	15,410	11

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

[datacenter.kidscount.org](http://datacenter.kidscount.org)



**KIDS COUNT DATA CENTER**

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





<p style="text-align: center;"><b>LakeWood Health Center Community Health Needs Assessment List of Issues and Priorities</b> (from community forum 09.25.12)</p>			
<b>HEALTH</b>	<b>SAFETY</b>	<b>NUTRITION</b>	<b>PHYSICAL ACTIVITY</b>
<b>Problems – concerns</b>	<b>Problems – concerns</b>	<b>Problems – concerns</b>	<b>Problems – concerns</b>
<p>Hospice and Home Care Shortage</p> <p>Wait time for medical Drug and alcohol abuse</p> <p>Shortage of providers doctors</p> <p>Transportation – distance to specialists or other services</p> <p>Lack of mental health providers services</p> <p>Overweight kids and adults</p> <p>High cost of health care</p>	<p>Drugs and Alcohol and driving under the influence</p> <p>No stop lights on Highway 11</p> <p>Wildlife on roadways</p>	<p>Cost of healthy food and food in general</p> <p>Lack of education on healthy choices and nutrition</p> <p>Limited availability of fresher fruits and vegetables at affordable prices</p>	<p>High use of technology and lower activity levels</p> <p>Transportation</p> <p>Access to gym work out facilities</p>
<b>Resources Needed – vote</b>	<b>Resources Needed – vote</b>	<b>Resources Needed – vote</b>	<b>Resources Needed – vote</b>
<p>1. Hospice and better home care health access/services</p> <p>2. Retaining physicians, more doctors &amp; medical specialists</p> <p>3. Public Transportation</p>	<p>1. Awareness education for youth on substance abuse</p> <p>2. Enforcement of existing laws and ordinances</p> <p>3. Stop lights or four way stop on Highway 11</p>	<p>1. More grocery store options</p> <p>2. Access to nutrition/cooking education – Home Ec and food preserving</p> <p>3. More fresh fruit and vegetable at school and work places (affordable and available)</p>	<p>1. Free access</p> <p>2. Parental role modeling of athletic activity</p> <p>3. Increase access to school facility</p>
			<b>QUALITY OF LIFE</b>
			<b>Problems – concerns</b>
			<p>High cost of living</p> <p>Depression and mental health</p>
			<b>Resources Needed – vote</b>
			<p>1. Higher paying jobs – increased employment opportunity</p> <p>2. Job opportunities for youth and young adults</p> <p>3. Family events – time</p> <p>4. Better transportation</p>