

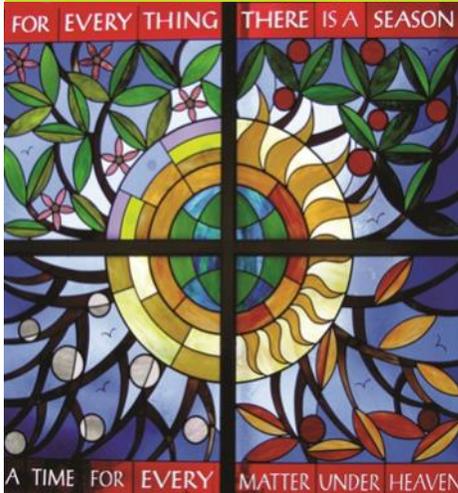
Community Health Needs Assessment

This document presents an assessment of the health data for Lake of the Woods County, Minnesota



CHI LakeWood
Health

2019



Our Mission

The mission of CHI LakeWood Health is to nurture the healing ministry of the Church, supported by education and research.

Fidelity to the Gospel urges us to emphasize human dignity and social justice as we create healthier communities.

Community Health Needs Assessment

Living Our Mission

Responding to the health needs of our Community, especially to the most vulnerable among us, is central to the mission of CHI LakeWood Health. One way we have achieved this goal is through our community benefit programs and activities that promote health and healing as a response to identified community needs. This assessment is an important step in developing these services.

Our Community: Lake of the Woods County

CHI LakeWood Health, located in Baudette, MN is the sole area provider of hospital services for residents of Lake of the Woods County, as well as portions of Koochiching, Beltrami, and Roseau counties and neighboring Canada. The 2019 Community Health Needs Assessment is a summary report of the health needs and assets that have been identified for Lake of the Woods County, as surrounding counties have similar demographics.

Our Assessment Teams

In early 2019, we brought together people with expertise, interest, and knowledge of community health issues to develop and contribute to the assessment process. This included the CHI LakeWood Health Board of Directors, the Administrative Team, a community focus group, and over 337 community members that completed the Public Health survey.



Community Health Needs Assessment



The 2018 County Health Rankings report ranks Minnesota Counties on a variety of summary measures of health outcomes and health factors, including a rank for mortality, morbidity, health behaviors, clinical care, social and economic factors, and the physical environment.

Introduction

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

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

While this assessment presents many important issues and topics, it does not present every possible health-related issue. Health information and data has come primarily from the Minnesota Department of Health (MDH) and its *2017 Minnesota Statewide Health Assessment* document and the 2017 county level health statistics.

Data from the “*How do we compare?*” section is from the *2018 County Health Rankings & Roadmaps: Minnesota*, a publication from the University of Wisconsin Population Health Institute.* Data obtained from a source other than above sources is noted in the document. It is important to note, however, there is data that simply is not available from sources.

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

Description of Lake of the Woods County

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

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

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

Community Health Needs Assessment

NEEDS:

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

ASSETS:

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

We rank 2nd out of the 87 Minnesota Counties for our Physical Environment.

Community Health Needs Assessment

NEEDS:

The decreasing population throughout our county will require thoughtful planning for a thriving community.

ASSETS:

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

The Focus Group attendees said “we have a ‘tough’ community. We are fixers. We fix things.”



Willie the Walleye Statue, Baudette, MN

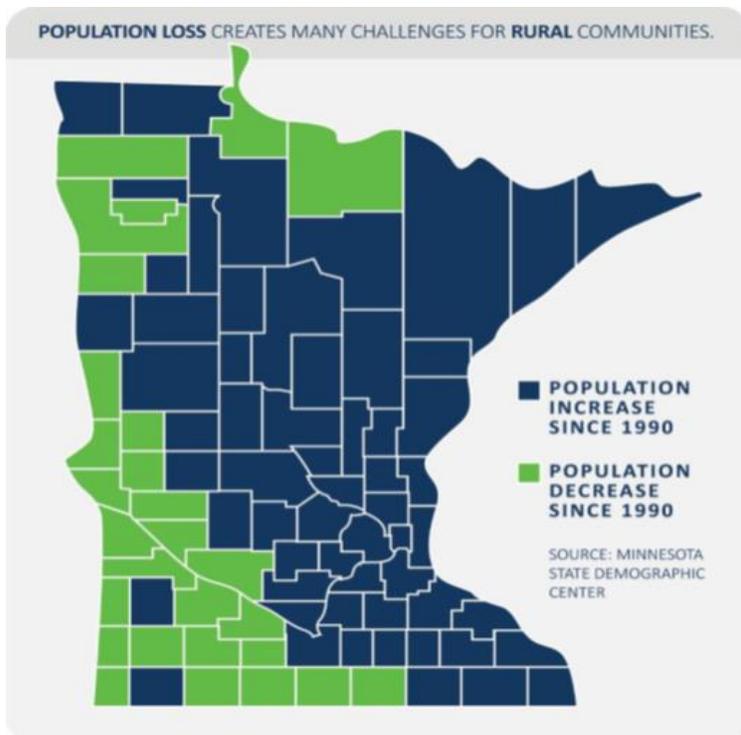
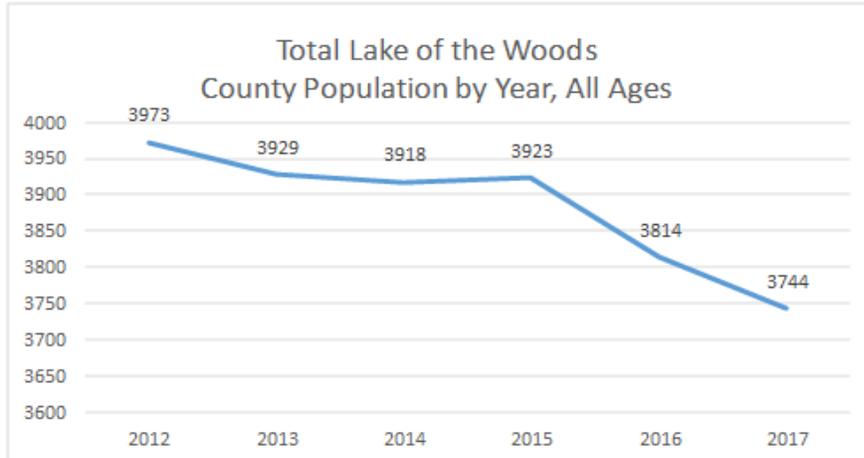
Lake of the Woods County: Our People

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

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

Community Health Needs Assessment

Today, the population of the incorporated cities is: Baudette population 1,059 and Williams 191. According to the MDH, the 2017 Lake of the Woods County population is 3,744, a decrease of 179 people from 2015 data. It is the second least populated county in Minnesota with 3.1 persons per square miles.



Community Health Needs Assessment

NEEDS:

Once very demographically homogeneous (similar), our racial and ethnic diversity is slowly changing. As our county population changes, communities will be confronted with challenges in meeting the unique needs of older residents.

ASSETS:

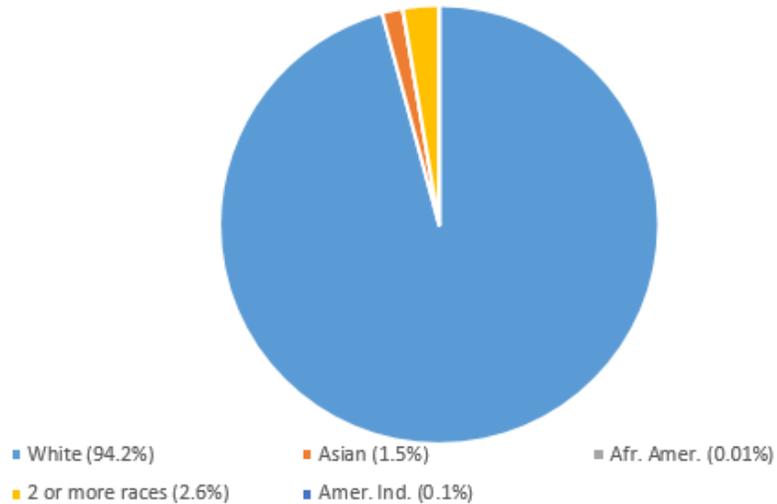
Growing racial and ethnic diversity brings significant economic contributions and a richness of perspectives, skills, and experiences.

Our children remain the future for us. They bring passion for their world and a commitment to make a difference.

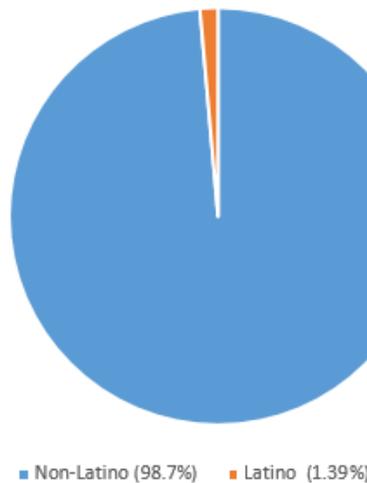
Race and Ethnicity

The racial and ethnic distribution of the 3,744 Lake of the Woods County residents remains relatively stable. The charts below illustrate the race and ethnicity distribution for our County population in 2016.

Lake of the Woods County Population by Race, 2016



Lake of the Woods County Population by Ethnicity, 2016

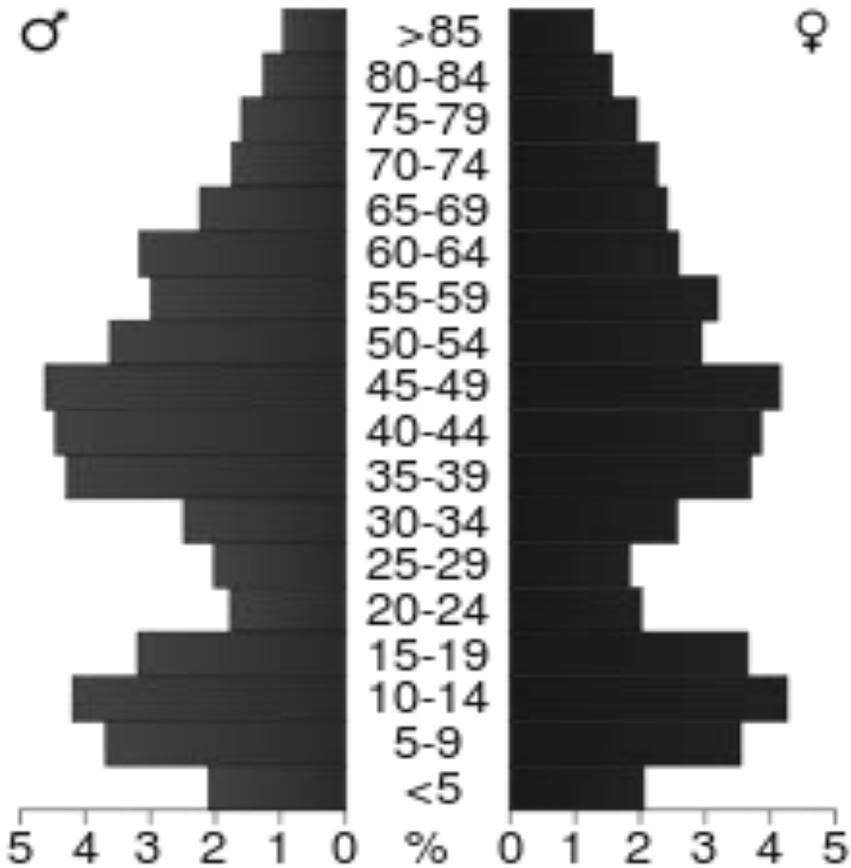


More on our Population

According to the MDH, of the 3,744 residents in 2017,

- 5.0% (189) are children under the age of 5 (up 5 children since 2016).
- 20.2% (755) are children under the age of 18 (up 5 children since 2016).
- 23.9% (894) are 65 years of age and over (up 22 adults from 2016).

Population Distribution by Sex and Age



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

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

Community Health Needs Assessment

NEEDS:

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

ASSETS:

Older residents provide an invaluable source of wisdom and experience to share with others.

Community Health Needs Assessment

NEEDS:

Our county residents and agencies need to be prepared for weather extremes, including blizzards and tornadoes.

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

ASSETS:

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



Lake of the Woods County: Our Place

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

Our Weather

The state of Minnesota typically has cold, snowy winters and hot, humid summers. Lake of the Woods County, as well as all of northwest Minnesota, is subject to extreme weather conditions with long, frigid winters, where air temperatures and wind chill can drop well below zero. The average snowfall is 57 inches. In the summer, temperatures hover around the high 70's, but can reach the 90s. The coldest temperature recorded in Minnesota is -60 degrees F, the warmest 114 degrees F.

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

How Do We Compare?

Physical Environment: Air Pollution-Particulate Matter

(Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5))

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
9.3	8.7	7.6	5.9	8.1

Drinking Water Violations

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
NA	None	None	None	None

SOURCE: University of Wisconsin, 2018

Roads, Highways, and Transportation

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

The nearest commercial airline is available in Bemidji, which is located 111 miles south. Baudette International Airport & Seaplane Base is a county owned public-use airport located one mile north of Baudette. It is located on the Rainy River, which is the border between Minnesota in the U.S. and Ontario in Canada. It covers 364 acres and has one runway and a seaplane landing area.



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

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

And our survey said...

2.4% of our 2017 survey respondents (n=337) replied they did not receive needed health care due to transportation problems.

Community Health Needs Assessment

NEEDS:

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



**A TOP RECURRING
THEME BROUGHT
FORWARD BY THE
COMMUNITY NEEDS
FOCUS GROUP**

~

Transportation

ASSETS:

We are fortunate to have improving transportation options for our rural county within driving distance.

Community Health Needs Assessment



Our Parks and Trails

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

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

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

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

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

The Opportunity for Health in Lake of the Woods County

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

How Do We Compare in the 87 Counties?

Health Outcomes: Equal Rating of Mortality & Morbidity Measures

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
NA	86	62	74	60

Health Factors

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
NA	86	82	71	32

Health Behaviors

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
NA	86	66	61	42

SOURCE: University of Wisconsin, 2018

Education and Employment

Health and learning are closely connected, and education is an important predictor of health because it both shapes and reflects multiple factors that affect people’s life choices.

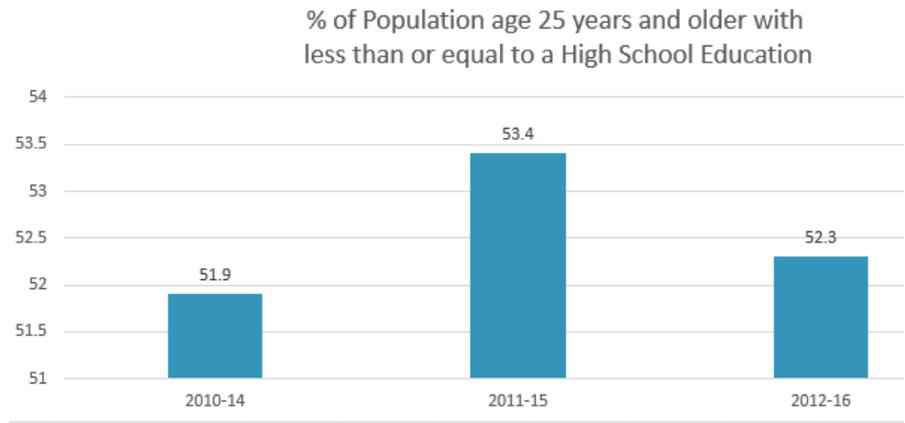
There is one school district in our county. Lake of the Woods Public School District ISD 390 had a K-12 enrollment of 451 in 2017, a decrease of 13 students from 2016. Preschool and Early Childhood programs are also housed at the school. There are also private and home-school opportunities in Lake of the Woods County.

Community Health Needs Assessment



As we explore the opportunity for health, the chart on the left compares our ranking for Mortality (length of life) and Morbidity (quality of life) health outcomes for Lake of the Woods County with our three surrounding counties.

Education and Employment



MDH data from 2017 states that currently 10.1% of people aged 25 years and older have less than or equal to high school education or equivalent (e.g. GED) in Lake of the Woods County.



Source: Minnesota Department of Health. (2017). *2017 Minnesota Statewide Health Assessment*. Produced in collaboration with the Healthy Minnesota Partnership.

How Do We Compare?

Social & Economic Factors: High School Graduation

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
83%	67%	80%	No data	88%

Social & Economic Factors: Some College

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
74%	66%	63%	61%	65%

SOURCE: University of Wisconsin, 2018

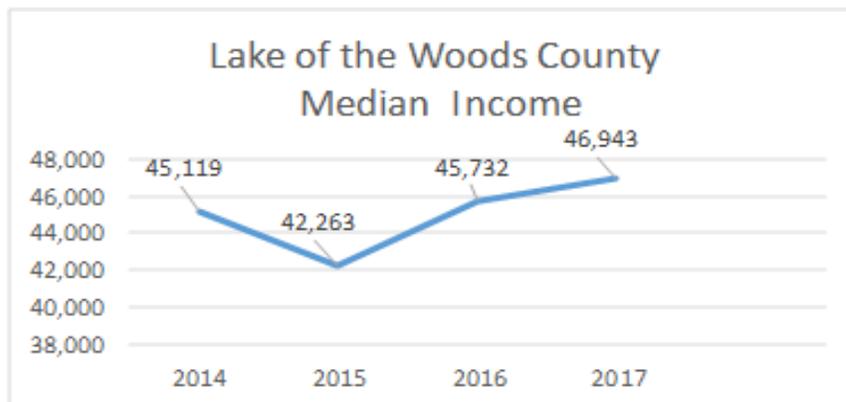
Income

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

A Median Household Income (MHI) is simply the amount that divides the income distribution into two equal groups, half having income above that amount and half having income below that amount.

The Minnesota MHI average from 2010-2014 was \$60,828, while the Lake of the Woods County MHI 2010-2014 was \$45,119. This is a difference of \$15,709.

The 2017 median income was \$46,943.



Source: <https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=CF>

2018 Income inequality in Lake of the Woods County is rated at..... 4.1.

Income inequality is the ratio of household income at the 80th percentile to income at the 20th percentile. According to the County Health Rankings, the Minnesota ratio is 4.4.

NEEDS:

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

ASSETS:

Partnerships have focused on creating greater opportunities in building sustainable communities.

Community Health Needs Assessment

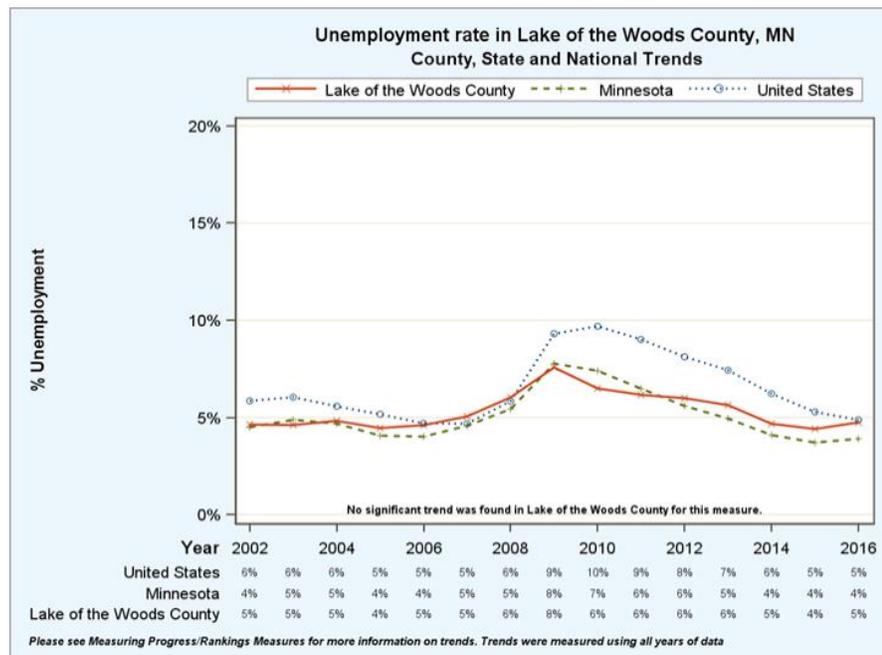


**A TOP RECURRING
THEME BROUGHT
FORWARD BY THE
COMMUNITY NEEDS
FOCUS GROUP**

Underemployment

ASSETS:

Lake of the Woods County leaders are known for their strong business community and their innovative and effective solutions to challenging problems.



And our survey said...

20.0% of our 2017 survey respondents (n=337) replied they were unemployed.

How Do We Compare?

Social & Economic Factors: Unemployment

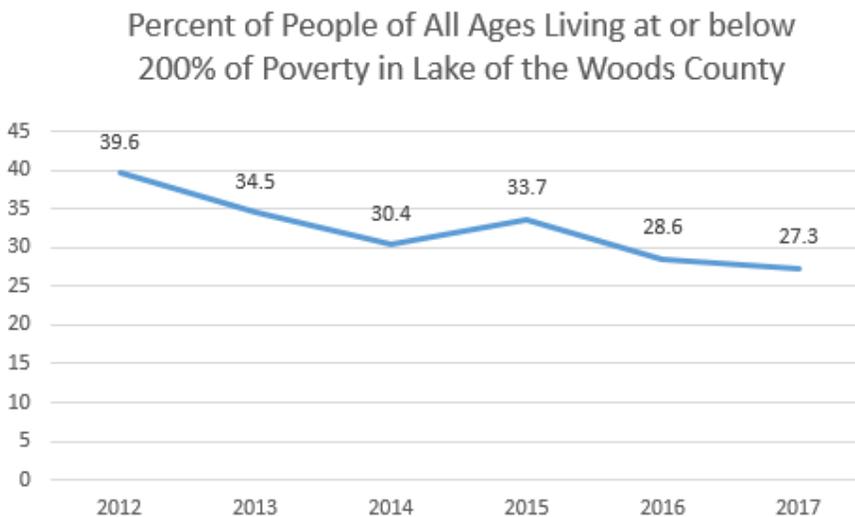
MN	Beltrami	Koochiching	Lake of the Woods	Roseau
3.9%	5.3%	8.5%	4.7%	5.1%

SOURCE: University of Wisconsin, 2018.

Poverty

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

The following chart shows the Percent of All Ages Living at or below 200% Poverty in Lake of the Woods County. Income data is presented as a percentage of the Federal Poverty Level. The poverty level is based on household income and household size, and is basically income after deductions. When a family makes under 100% of the Federal Poverty Level, they are below "the poverty line."



A COMMENT FROM THE COMMUNITY NEEDS FOCUS GROUP

**“There are job
opportunities. You
can get a job.”**

How Do We Compare?

Ranking of Counties in Social & Economic Factors

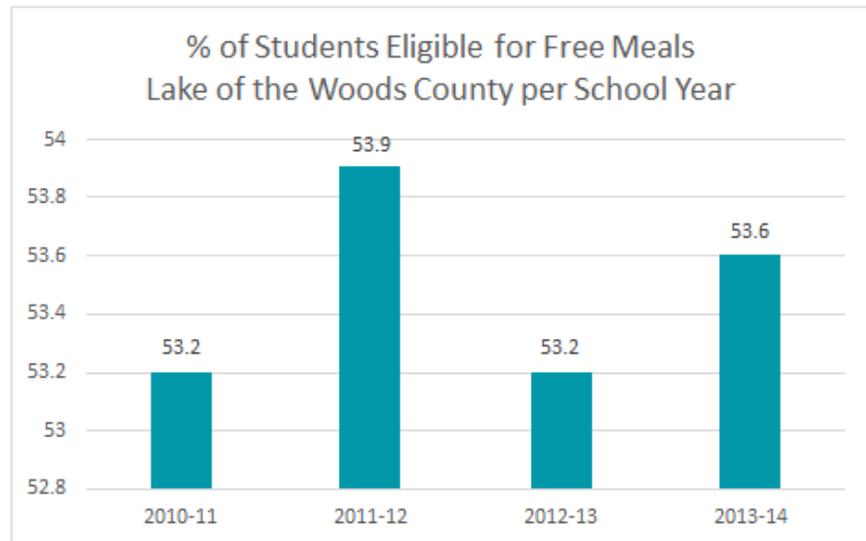
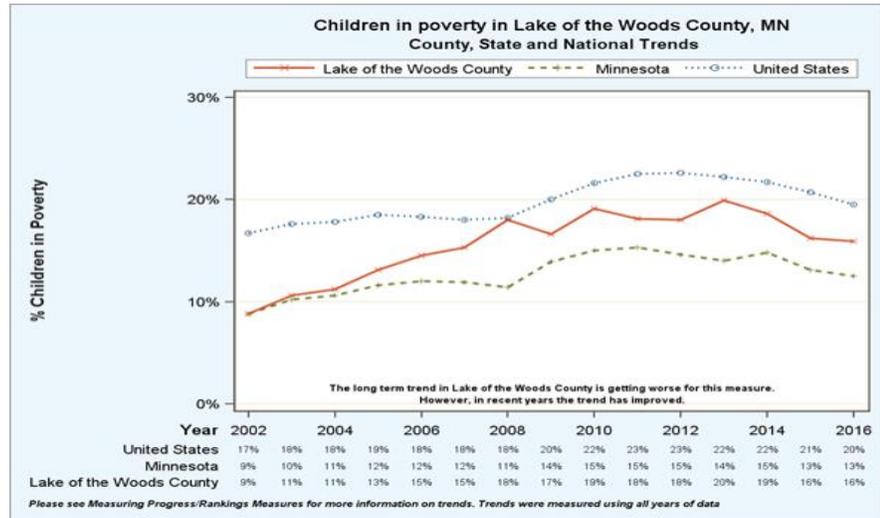
MN	Beltrami	Koochiching	Lake of the Woods	Roseau
NA	83	85	53	31

SOURCE: University of Wisconsin, 2018.

Community Health Needs Assessment



Children in Poverty



How Do We Compare?

Social & Economic Factors: Children in Poverty

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
13%	25%	23%	16%	11%

SOURCE: University of Wisconsin, 2018

Housing and Home Ownership

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

Home ownership gives the occupants more control over their living environment and can be a source of financial stability as an asset in time of need. It is estimated that there are 3,781 housing units in Lake of the Woods County. The median gross rent from 2013-2017 for Lake of the Woods County is estimated at \$623. (U.S. Census, 2017).

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

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

SOURCE: <https://www.census.gov/quickfacts/fact/table/lakeofthewoodscountyminnesota/PST045217>

How Do We Compare? Severe Housing Problems

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
14%	16%	13%	12%	9%

SOURCE: University of Wisconsin, 2018



Business

From the 2016 U.S. Census, Lake of the Woods County had:

- \$42,211 total annual payroll
- 159 total employer establishments
- 350 total non-employer establishments
- \$53,160 retail sales, 2012 (\$1,000)
- \$27,738 accommodation and food services sales, 2012 (\$1,000)
- 1,373 total employment

Economy

Lake of the Woods County economy is specialized in agriculture, forestry, fishing, hunting, accommodation and food service and manufacturing.

SOURCE: <https://datausa.io/profile/geo/lake-of-the-woods-county-mn/>

Largest Industries

- Manufacturing (504)
- Accommodation and Food Service (431)
- Retail Trade (218)

SOURCE: <https://datausa.io/profile/geo/lake-of-the-woods-county-mn/>

Highest Paying Industries

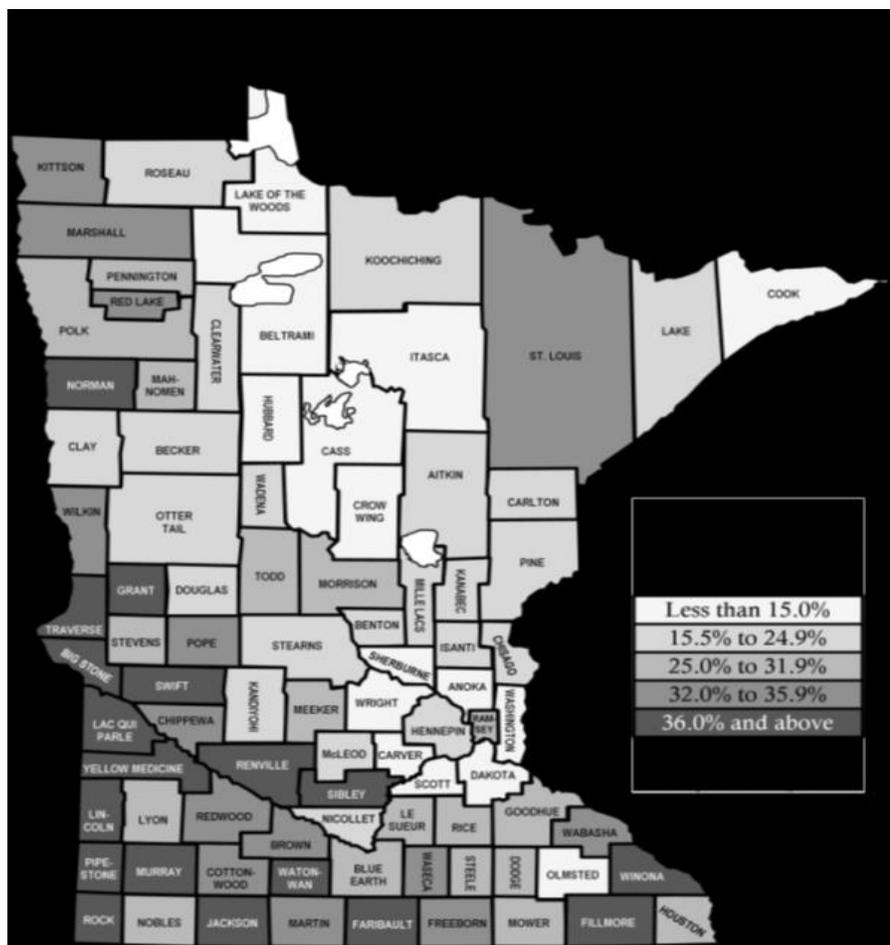
The highest paying industries are healthcare and social agencies, educational services, and transportation and warehouse.

SOURCE: <https://datausa.io/profile/geo/lake-of-the-woods-county-mn/>

Lead and the Housing Connection

Our residents are exposed to lead in homes and in certain occupations. The older a home is, the more likely it is to contain lead based paints. It is estimated that there are 350 homes built in 1949 or earlier. Lead-based paints were phased out of use in the 1950's and fully banned by 1978. Younger children who spend time in homes with chipping or peeling paint built before 1978 are at greatest risk.

In 2014, nine (24.3%) children age three were tested for lead in Lake of the Woods County. The average test rate in Minnesota is 80%. The county has never noted an elevated blood lead level in its children. The chart below reflects housing built before 1940 in Minnesota.





Social Connectedness

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

Single-Parent Families

Overall, the proportion of Minnesota children living in families with single parents has been slowly growing over the past decade. From 2012-2016, 34.2% of Lake of the Woods County children under the age of 18 lived in single parent headed households. In 2017, 35.7% of our children under the age of 18 lived in a single parent headed household.

Growing Older

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

How Do We Compare?

Social & Economic Factors: Social Associations

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
13.0	10.9	18.7	35.7	18.4

Social & Economic Factors: Children in Single-parent Households

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
28%	46%	33%	35%	28%

SOURCE: University of Wisconsin, 2018

NEEDS:

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

ASSETS:

The Focus Group noted extensive community involvement by individuals.

“We work well together, such strong community collaboration.”

Community Health Needs Assessment



Our Students : Community Engagement

Lake of the Woods County Student Survey

	2016
Spend 1-5 days a week attending drama, Music, or art activities, 9th grader	34.0%
Spend 1-5 days a week attending church-related activities, 9th graders	34.0%
Spend 1-5 days a week in a school sport team, 9th graders	81.0%

SOURCE: Minnesota Student Survey, 2016

ASSETS:

Our youth actively participates in faith- based and community work activities.

Community and Personal Safety

The same factors that influence where people live and the opportunity they have to be healthy are also linked to the experience of violence.

Lake of the Woods County Student Survey Results

	2016
Strongly agreed or agreed to feeling safe in school, 9th graders	91%
Reported that a student threatened to beat you up on school property in the past 30 days, 9th graders	24%
Been bullied on social media in the past 30 days 9th graders	15%
Has a parent or other adult in your household ever hit, beat, kicked, or physically hurt you in any way, 9th graders.	14%
Ever been dating or in a serious relationship with someone who hit, slapped, or physically hurt you on purpose, 12th graders	11%
Have you ever hit, slapped or physically hurt a boyfriend/girlfriend on purpose? 12th graders	4%
Ever forced to have sex or do something sexual when they did not want to, 9th graders	10%

SOURCE: 2016 Minnesota Student Survey County Tables 2016

Community Health Needs Assessment

A COMMENT FROM THE COMMUNITY NEEDS FOCUS GROUP

“Our school is progressive with their programming and with their staffing.”



A TOP RECURRING THEME BROUGHT FORWARD BY THE COMMUNITY NEEDS FOCUS GROUP



Parenting Skills

ASSETS:

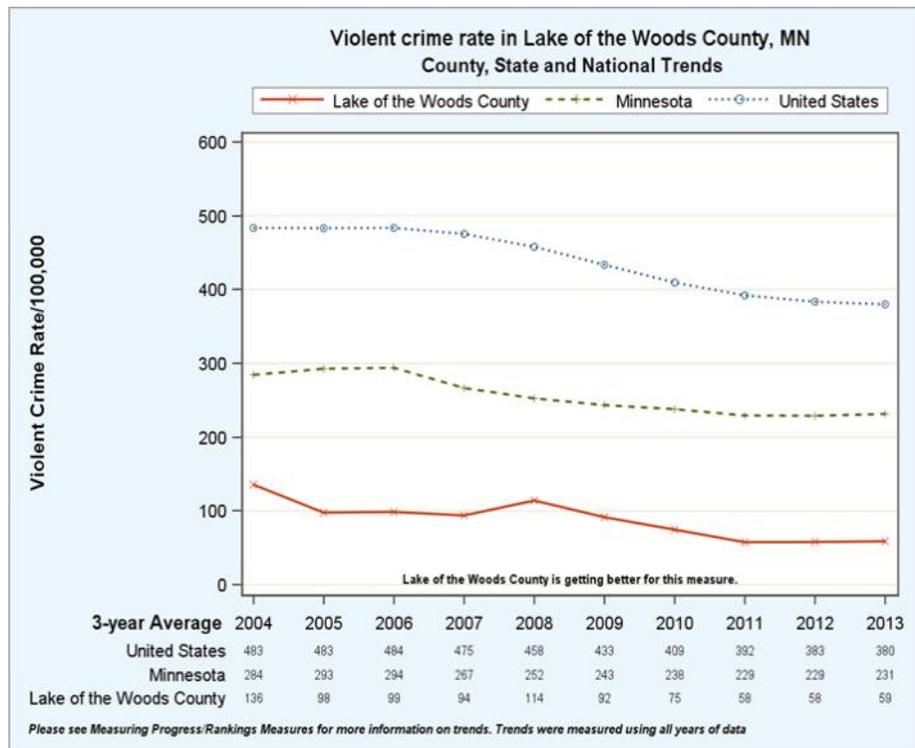
95% of 9th graders in the Lake of the Woods School reported that their parents cared “very much” or “quite a bit” about them in the 2016 MN Student survey.

Community Health Needs Assessment



- In 2017, there were 28 unique children named as subjects of maltreatment in Lake of the Woods County. There were 35 family assessments completed, and 11 investigations resulted in maltreatment being determined.
- In 2017, Lake of the Woods County had 11 unique children (0-17 years old) in out-of-home care, which is 16.0 children per 1,000.
- There were three suicides reported in Lake of the Woods County in 2017. There were a total of four suicides from 2012-2016.

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



How Do We Compare?

Social & Economic Factors: Violent Crime

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
231	221	169	59	34

SOURCE: University of Wisconsin, 2018

Access to Health Care

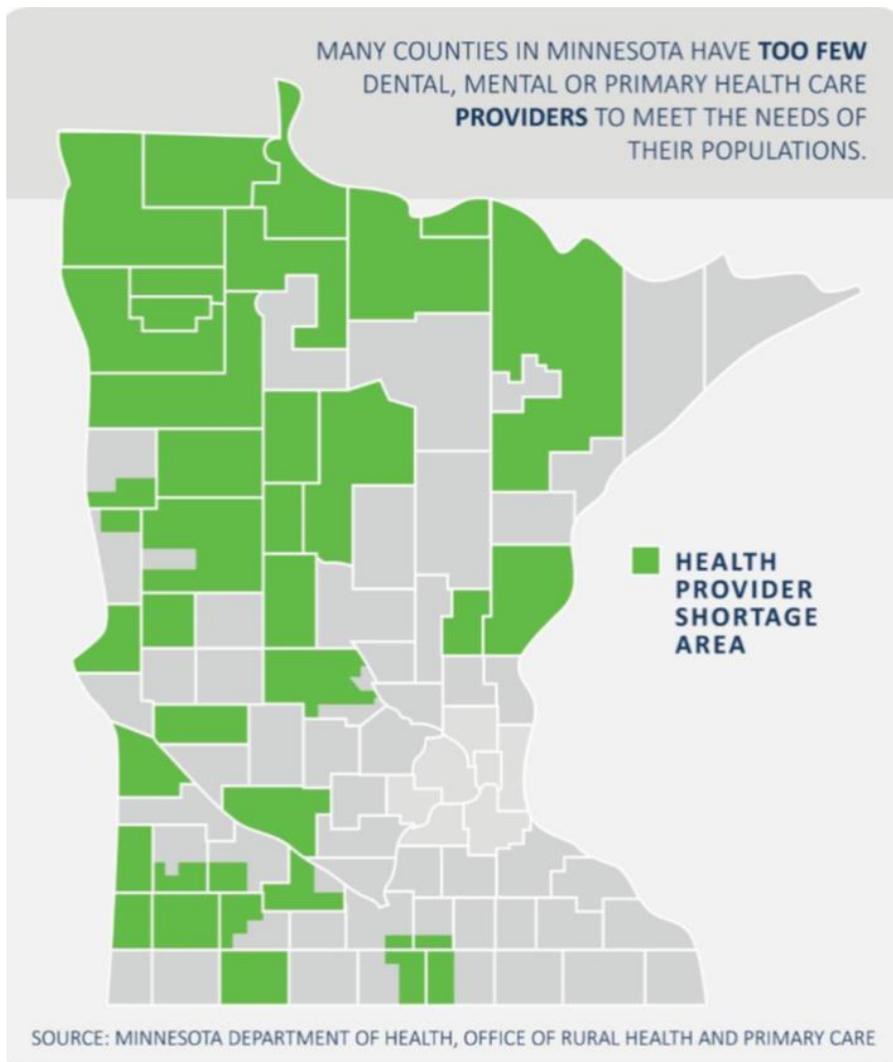
In the 2016 County Health Ranking report, Lake of the Woods County had 3,810:1 dentists practicing in our county. The Minnesota ratio is 1,440:1.

NEEDS:

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

ASSETS:

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



The above chart reflects the Health Care Provider Shortage Areas in Minnesota.

Source: Minnesota Department of Health. (2017). *2017 Minnesota Statewide Health Assessment*. Produced in collaboration with the Healthy Minnesota Partnership.. St. Paul, MN.

Access to Health Care

Several factors shape the opportunity for health including education, employment, and transportation. The same factors also affect access to health care. The health care workforce that carries out our routine and preventive care mostly consists of primary care physicians and dentists.

CHI LakeWood Health is a 15-bed Critical Access Hospital (CAH) and includes a rural health clinic. Lake of the Woods County, currently, does not have a dental clinic.

CHI LakeWood Health offers child and teen check-ups in its clinic and through Public Health. This program offers health screenings to public program enrollees from birth through age 20. The state participation goal is for 80% of the public program enrollees to receive an age appropriate screening. Our county participation rates were 71% in 2016 and 69% in 2017.

And our survey said....

25% of our 2017 survey respondents (n=337) replied "yes" to delaying their medical care over the last 12 months when they felt they needed it.

How Do We Compare?

Clinical Care

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
	84	68	87	57

Clinical Care: Primary Care Physicians

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
1,110:1	1,090:1	2,140:1	1,960:1	2,250:1

Clinical Care: Preventable Hospital Stays

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
37	43	43	75	40

Clinical Care: Diabetic Monitoring

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
88%	66%	94%	74%	85%

Clinical Care: Mammography Screening

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
65%	60%	54%	52%	57%

SOURCE: University of Wisconsin, 2018

**A TOP RECURRING
THEME BROUGHT
FORWARD BY THE
COMMUNITY NEEDS
FOCUS GROUP**

~

**We have a mental
health desert. There
are minimal resources
here.**

ASSETS:

We are fortunate to have a hospital in our community. We have a beautiful care center.

Access to Nutrition Information

Women, Infants, and Children (WIC) Program

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

Clinics are held at CHI LakeWood Health through its Public Health Department. In 2018, there were 136 unduplicated participants enrolled in their WIC program. Of the 136 participants, 31 (22.8%) were women, 35 (25.7%) were infants, and 70 (51.5%) were children.

WIC encourages breastfeeding, and of the 35 infants, 12 (34.3%) were breastfed.



WOMEN ARE MORE LIKELY TO BREASTFEED IF THEY ARE:

- MORE EDUCATED
- LIVING IN URBAN AREAS
- OLDER
- HAVE PAID LEAVE

WOMEN ARE LESS LIKELY TO BREASTFEED IF THEY ARE:

- YOUNGER THAN 20
- LOW INCOME



BREASTFEEDING
DEVELOPS ATTACHMENT BETWEEN MOTHERS AND BABIES WHICH HELP BABIES LEARN THEIR EMOTIONAL AND PHYSICAL NEEDS WILL BE MET.

SOURCE: MINNESOTA DEPARTMENT OF HEALTH, PREGNANCY RISK ASSESSMENT MONITORING SYSTEM

■

**A TOP RECURRING
THEME BROUGHT
FORWARD BY THE
COMMUNITY
NEEDS FOCUS
GROUP**

~

**Poor lifestyle
choices by adults.**

How Do We Compare? Food Environment Index

(Ranges from 0 (worst) to 10 (best) and accounts for both proximity to healthy foods and income.)

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
8.9	7.9	6.8	8.1	8.4

SOURCE: University of Wisconsin, 2018

Community Health Needs Assessment

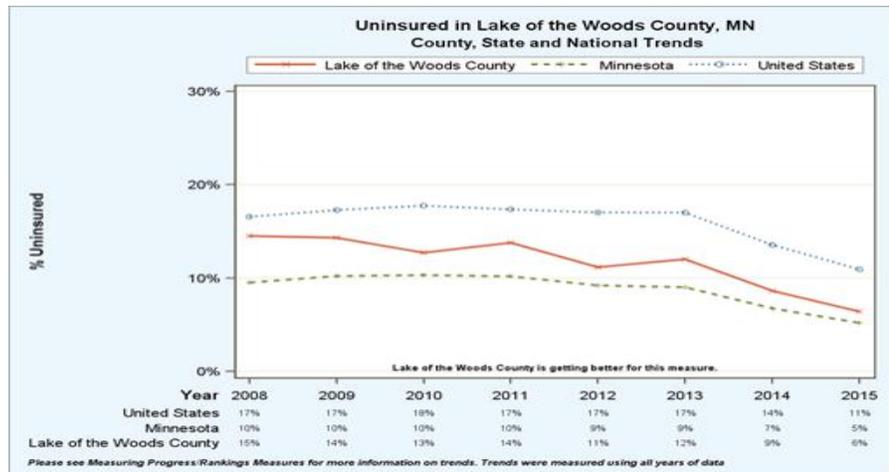


Insurance Coverage

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

In Lake of the Woods County, the 2017 average monthly enrollment for all families and children in Minnesota Medical Assistance was 586 (up 23 from 2016) and 44 in MinnesotaCare.

The 2017 average monthly enrollment for adults with no children was 175 (down four from 2016) for Medical Assistance and 57 for MinnesotaCare.



And our survey said....

35% of our participants (n=373) did not seek needed health care citing high deductible as the deterrent.

How Do We Compare?

Clinical Care: Uninsured

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

Source: University of Wisconsin, 2018.

Healthy Living in Lake of the Woods County

Lake of the Woods County Natality Data	2013	2014	2015	2016	2017
Number of births	34	37	36	42	34
Birth rate per 1,000 population	8.7	9.4	9.2	11.0	9.1
Low birth weight Less than 5 pounds, 8 ounces	1	1	0	1	2
Premature births less than 37 weeks gestation	1	2	1	2	2
Received prenatal care in the first trimester	65.5%	85.7%	77.1%	79.5%	76.5%
Mothers who smoked during pregnancy	20.6%	35.1%	27.8%	9.5%	No data
Births to unmarried women	58.8%	54.1%	41.7%	42.9%	17%
Number of infant deaths by birth year 1996-2016	1 1996-2000	2 2001-05	2 2006-10	0 2011-13	0 2012-16
Teen birth rate per 1,000 15-19 year olds	Less than 20	Less than 20	Less than 20	23.0	Less than 20

How Do We Compare?

Health Outcomes: Low Birth Weight

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
6%	6%	7%	No data	5%

How Do We Compare?

Health Behaviors: Teen Birth Rate

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
17	39	20	23	22

SOURCE: University of Wisconsin, 2018

Community Health Needs Assessment

Physical Activity and Eating Habits Our Students

Lake of the Woods Student Survey Results

	2016
Physically active for at least 60 minutes for at least 5 of the past seven days.	76% Grade 9
At the present time, do you think your health is excellent or very good?	71% Grade 9
At the present time, do you think you are overweight or obese?	45% Grade 9
Did not have any fruit or vegetable in the past 7 days.	10% Grade 8

SOURCE: Minnesota Student Survey 2016

Twelve percent of the 11th graders reported that they had to skip a meal in the past 30 days because their family did not have enough money to buy food.



NEEDS:

The Focus Group commented there are families that do not have enough food.

ASSETS:

The Focus Group noted that there are many things to do in the county, such as a skate board park, a bowling alley, a movie theatre.

How Do We Compare?

Health Outcomes: Poor or Fair Health

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
12%	16%	14%	12%	12%

The 2016 County Rankings defines Poor Physical Health days as the average number of physically unhealthy days reported in the past 30 days (age adjusted) as cited in the Behavioral Risk Factor Surveillance System.

SOURCE: University of Wisconsin, 2018

Our Adults

Estimated Percent of Lake of the Woods County Adults

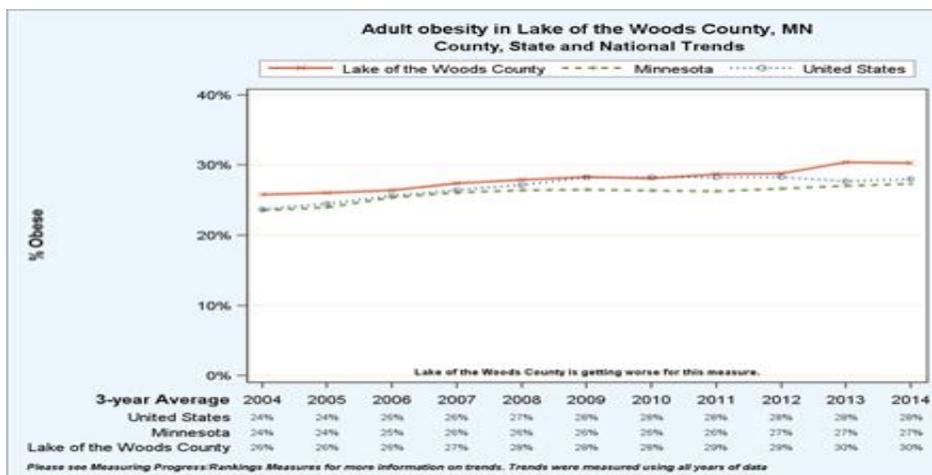
	LOW	MN
At risk for being obese	30.0%	27.0%
At risk for no exercise	30.0%	20.0%

SOURCE: University of Wisconsin, 2018



NEEDS:

A sedentary lifestyle leading to poor health outcomes was identified in our Focus Group as a great health concern.



And our survey said....

74.9% of the 2017 survey respondents (n=337) self-reported being overweight or obese.

How Do We Compare?

Health Behaviors: Adult Obesity

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
27%	32%	29%	30%	30%

Health Behaviors: Physical Inactivity

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
20%	22%	25%	30%	25%

SOURCE: University of Wisconsin, 2018

Alcohol, Tobacco, and Drugs Our Students

Lake of the Woods County Student Survey

	2016
Engaged in binge drinking 5 or more drinks within a couple of hours over the last 30 days, 9th graders	10.0%
Use of any tobacco product during the past 30 days, 9th graders	19.0%
Did not use any alcohol over the last 30 days, 9th graders	71.0%
Has not used an electronic cigarette in the past 30 days	90.0%
Has not used any chewing tobacco, snuff , or dip in the past 30 days, 9th graders	90.0%
Age of the first drink of alcohol other than a few sips, 9th graders	29% at 10 years of age
Used marijuana during the past 12 months, 12th grade	38%
Taken other people's prescription drugs during the past 30 days, 12th graders	4%
Take your own or someone else's ADHD (like Ritalin) to get high in the past 12 months, 9th graders	5%
Used stimulants like diet pills not prescribed by a doctor or took to get high in the past 12 months, 9th graders	0%

SOURCE: Minnesota Student Survey 2016



Community Health Needs Assessment

NEEDS:

69% (n=337) of our survey respondents replied yes to drinking alcohol in the past 30 days, with 30% stating it had a harmful affect to themselves or their family.

Alcohol, Tobacco, and Drugs Our Adults

Estimated Percent of Lake of the Woods County Adults

	LOW	MN
Excessive Drinking	21.0%	23.0%
Adult Smoking	15.0%	15.0%

Source: University of Wisconsin, 2018

And our survey said...

14.5% of our 2018 survey respondents (n=337) replied they were smokers.

How Do We Compare?

Health Factors: Rankings of Social, & Economic Factors

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
	83	85	53	31

Health Factors: Adult Smoking

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
15%	20%	17%	15%	14%

Health Factors: Excessive Drinking

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
23%	23%	21%	21%	22%

SOURCE: University of Wisconsin, 2018

**A TOP RECURRING
THEME BROUGHT
FORWARD BY THE
COMMUNITY NEEDS
FOCUS GROUP**

Substance Abuse

ASSETS:

Our Focus Group identified a decrease in teen alcohol use and tobacco use.

Community Health Needs Assessment

Opioid Use and Overdose Deaths

According to the 2017 Minnesota State Health Assessment, like the rest of the U.S., Minnesota has seen a dramatic increase in deaths due to opioid overdose .

Over the past 20 years, the steep rise in prescriptions for opioids to more people for more conditions has expanded the availability and use of these powerful and addictive drugs. The growing death rate is evidence of growing addiction to prescription opioids such as oxycodone, hydrocodone, and fentanyl, and the concurrent growth in addiction to heroin.

Many people first become addicted to prescription opioid, but may later seek out and use heroin as a cheaper and more readily available substitute.

Although local and state data is lacking on opioid use, the Minnesota Department of Health notes that statewide deaths caused by overdose on methadone and other opioids has increased 10-fold in the past 16 years, from 18 deaths in 2000 to 186 in 2016.

Source: Minnesota Department of Health. (2017). *2017 Minnesota Statewide Health Assessment*. Produced in collaboration with the Healthy Minnesota Partnership. St. Paul, MN.



In the 2016 Minnesota School Survey, the students were asked, “During the last 12 months, on how many occasions have you used any of the following prescription drugs that were NOT prescribed for you or that you took ONLY to get high?”

When asked on the following Pain relievers:
Oxycodone,
OxyContin (oxy),
Percocet, Percodan,
Vicodin or others

5% of 9th graders in the Lake of the Woods School stated they used them on 1-2 occasions.

Community Health Needs Assessment



A TOP RECURRING THEME BROUGHT FORWARD BY THE COMMUNITY NEEDS FOCUS GROUP
~
Mental Health

“We see more anxiety, more suicidal ideation, and depression.”

And our survey said....

32.0% of the 2017 survey respondents (n=337) self reported being told by a professional they have had a mental health concern at some point in their life.

Promoting Mental Health

Our Children

Lake of the Woods County Student Survey

2016

Have ever ran away from home during the last 12 months, 9th graders	5.0%
Feel your parents care about you “quite a bit” or “very much,” 9th graders	95.0%
Feel other adults in their community care about them “quite a bit” or “very much”, 9th graders	20.0%
Can talk to their father about problems they are having “most or some of the time,” 9th graders	52.0%
Can talk to their mother about problems they are having “most or some of the time,” 9th graders	90.0%
Over the last 2 weeks, how many days have you felt down, depressed, or hopeless, 9th graders	62.0% Several, half, or every day
Ever thought about killing themselves in the past year, 9th graders	24.0%
Ever tried to kill themselves in the past year, 9th graders	10.0%

How Do We Compare?

Heath Outcomes: Poor Mental Health Days

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
3.2	3.5	3.3	3.0	2.8

Mental Health Days: Average number of mentally unhealthy days reported in past 30 days.

SOURCE: University of Wisconsin, 2018

Chronic Diseases and Injury

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

Lake of the Woods County 6 Leading Causes of Death, 2017

- Heart Disease (12)
- Cancer (8)
- Stroke (4)
- Chronic Lung/Respiratory Disease (4)
- Suicide (3)
- Influenza/Pneumonia (3)

Falls, 2016

There were 62 Lake of the Woods residents treated in Minnesota hospitals for falls. Of those falls, 32 (51.6%) were in persons 65 years of age or older.

Lake of the Woods County Mortality by Age Group 2017

0-14	15-19	20-34	35-49	50-64	65-79	80+
0	1	1	2	5	17	22

How Do We Compare?

Mortality: Premature Death

MN	Beltrami	Koochiching	Lake of the Woods	Roseau
5,100	8,900	6,400	No data	6,600

Premature Death: Years of potential life lost before age 75 per 1000,000 population (age-adjusted).

SOURCE: University of Wisconsin, 2018

**A TOP RECURRING
THEME BROUGHT
FORWARD BY THE
COMMUNITY NEEDS
FOCUS GROUP**

~

**People with complex
medical issues with
few in-home services
available.**

ASSETS:

Heart Disease management is improving the life expectancy of our residents.

Community Health Needs Assessment

NEEDS:

The Lake of the Woods School Immunization rates remain above the Minnesota rates.

There is a trend of worsening statistics in Sexually Transmitted Diseases.

*Blastomycosis is an infection caused by a fungus called *Blastomyces*. The fungus lives in the environment, particularly in moist soil and in decomposing matter such as wood and leaves
Source: <https://www.cdc.gov/fungal/diseases/blastomycosis/index.html>

How Do We Compare?

Health Behaviors: Sexually Transmitted Infections

MN	389.3
Beltrami	466.5
Koochiching	147.8
Lake of the Woods	102.1
Roseau	185.0

SOURCE: University of Wisconsin, 2018

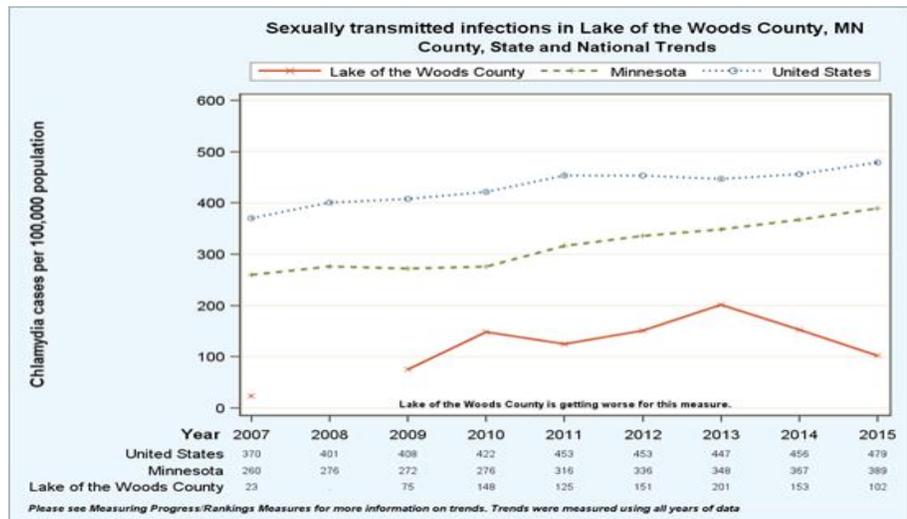
Infectious and Vaccine Preventable Diseases

Number of Cases of other Selected Diseases Reported In Lake of the Woods County, 2014

Lyme Disease	0	Blastomycosis*	1
Tuberculosis	0	Chlamydia	4
Influenza	3	Gonorrhea	2

Number of Cases of Vaccine-Preventable Diseases Morbidity in Lake of the Woods County, 2014

Mumps	0	Pertussis	0
Hepatitis A	0	Hepatitis B	0

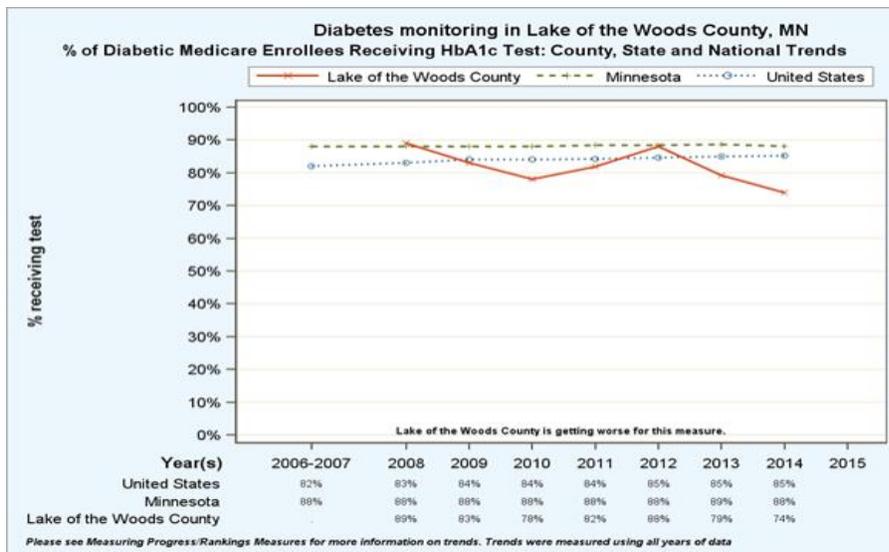
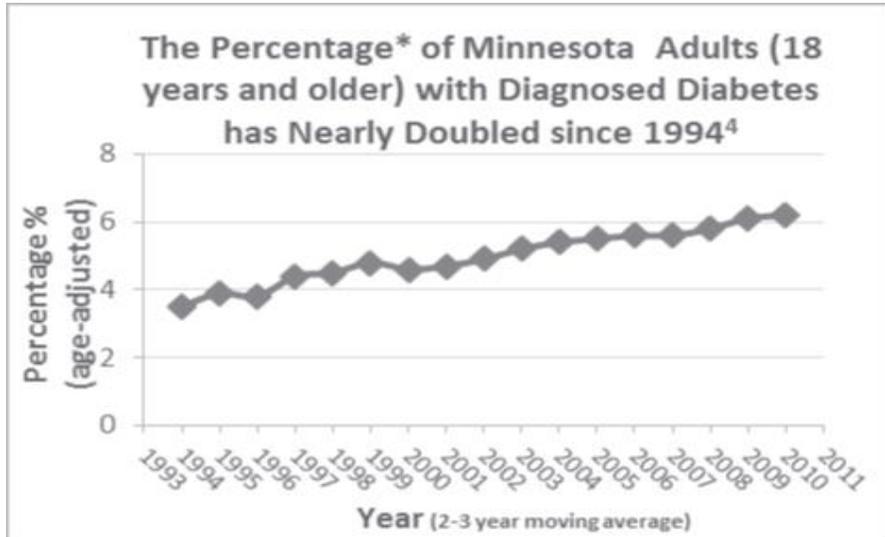


Childhood Immunizations

In 2017-18, 97% Lake of the Woods County 7th graders (n=39) were up-to-date for DTaP, Polio, and Meningococcal; 94.87% were up-to-date for MMR, Varicella, HepB., and Tdap.

Diabetes Trends and Monitoring Rates

Diabetes is a set of diseases that occurs when glucose (sugar) builds up in your blood. It is caused by problems with insulin. Statistics on incidence within the State of Minnesota show an alarming trend.



Traffic Safety



In the 2016 Minnesota School Survey, the 11th graders reported:

- ◇ 74% often or always wear a seatbelt.
- ◇ 46% never text.
- ◇ 73% never drive a motor vehicle after using alcohol or drugs

Traffic Safety: Fatalities in Lake of the Wood County, 2013-2017

Total Fatalities	4
Alcohol Related Fatalities	1
Motorcycle fatalities	1
Pedestrian fatalities	1
Single vehicle fatalities	1

The motorcyclist was not wearing a helmet.

One of the two vehicle passengers was wearing a seatbelt.

Source: <https://cdan.nhtsa.gov/STSI.htm#>

There were 26 Driving While Intoxicated (DWI) arrests in Lake of the Woods County in 2017.

Source: <https://dps.mn.gov/divisions/ots/reports-statistics/Documents/2017%20Minnesota%20Crash%20Statistics%20by%20County.pdf>

How Do We Compare?

Health Behaviors: Alcohol Impaired Driving Deaths

MN Beltrami	Koochiching	Lake of the Woods	Roseau
30%	36%	33%	40%

Source: University of Wisconsin, 2016

