



2019

COMMUNITY HEALTH NEEDS ASSESSMENT

GENERAL OVERVIEW

The Community Health Needs Assessment (CHNA) for 2019 is the third CHNA completed for LifeCare Medical Center's service area, which is Roseau County. Roseau County has a population of approximately 15,327 residents and includes the rural cities of Warroad, Roseau, Badger, Greenbush, Strathcona and Roosevelt. Approximately 92% of the population of Roseau County is White. The small minority populations that reside in Roseau County include Asian (3%), American Indian (2%), Hispanic (2%), and Non-Hispanic African American (1%).

LifeCare provides medical and surgical services, special care services, twenty-four hour emergency room services, a full range of laboratory and imaging services, rehabilitation services (physical therapy, occupational therapy and cardiopulmonary rehabilitation), behavioral health services, hospice, home care, and palliative care. In addition to hospital services, LifeCare hosts 50 beds of long-term care at the Roseau campus, as well as forty beds of long-term care and twelve assisted living apartments in Greenbush. LifeCare also contracts with Roseau County to provide public health services.

QUANTITATIVE DATA OVERVIEW

DEMOGRAPHIC TRENDS (2010 U.S. Census Data)

- Roseau County is experiencing a declining population
- College education rates are significantly lower than the rest of the State of Minnesota
- Median household income in Roseau County is lower than the State of Minnesota
- Population trends indicate higher than average percentages of adults 65+

HEALTH-RELATED TRENDS (2016 data as reported in 2019 County Health Rankings)

- Roseau County is a medically underserved area
 - 1 Primary Care Physician per 1,740 residents | State of Minnesota average 1,120:1
 - 1 Dentist per 1,921 residents | State of Minnesota average 1,410:1
 - 1 Mental Health Provider per 3,830 residents | State of Minnesota average 430:1
- Adult obesity rate (age 20+ with BMI>30) is 31% in Roseau County
- Access to exercise opportunities (access to locations for physical activity) is 48% as compared to the state average of 87%

CHRONIC CONDITIONS IN ROSEAU COUNTY (2012 All Payer Claims Database as compiled by MDH)

- Roseau County is between 15-25% below the statewide average of 354 per 1,000 in Prevalence of Chronic Conditions when adjusted for differences in age, sex, length of enrollment and payer mix.
 - Prevalence of High Blood Pressure: Roseau County is between 5-15% above the statewide rate of 208 per 1,000
 - Prevalence of Congestive Heart Failure: Roseau County is between 15-25% above the statewide rate of 23 per 1,000
 - Prevalence of Ischemic Heart Disease: Roseau County is more than 25% above the statewide rate of 21 per 1,000
- Roseau County's adjusted average annual health care spending for residents with any chronic condition was between 5 and 15% higher than the statewide average of \$12,843

2017 STATEWIDE HEALTH IMPROVEMENT PROGRAM (SHIP) SURVEY RESULTS EXECUTIVE SUMMARY

(Quin service area includes 5 counties of NW MN)

- 73.2% of individuals residing in Roseau County are considered either overweight or obese
- 27% of respondents residing in Roseau County are getting their recommended levels of physical activity, far lower than the state rate of 55%
- 66.2% of respondents indicated that they had consumed alcohol at least once in the past 30 days
- 27.6% of respondents had been told by a healthcare professional that they had a mental health concern at some point in their lives

2016 MINNESOTA STUDENT SURVEY (8th, 9th, 11th graders in Roseau County)

- 14.6% of youth reported alcohol use in the past 30 days
- 6.3% indicated marijuana use in the past 30 days
- 10% of 11th grade males indicated daily tobacco use (cigarettes and chewing tobacco)

QUALITATIVE DATA OVERVIEW

Statistical information is valuable and there is more data available as reported by the following sources:

- National (2019 County Health Rankings)
- State (MDH All Claims Payer Database – Chronic Conditions in Minnesota, January 2016 and Minnesota Student Survey)
- Regional (Quin County Community Health Board SHIP Survey – Northwest Region Adult Behavior Survey)

There is a gap between the date the data being utilized was collected and the date of the findings or report, as most was collected from 2016 or earlier.

Therefore, there is a need for more recent data to be collected in an attempt to identify new and emerging trends in the social determinants of health since our last CHNA in 2016 and the data collected between 2010-2016. In an effort to gather more recent data, LifeCare Community Relations and LifeCare Public Health collected community input on the health needs of Roseau County through a series of meetings with targeted individuals and groups, which represented all age and geographic levels of our service area. These meetings occurred between January 2019 and April 2019. Groups that serve low-income and minority populations in Roseau County were specifically targeted for information.

In addition, as part of LifeCare's partnership with Team EPIC, groups were asked two questions in regards to the social determinants of health specifically related to the youth in Roseau County. These responses were forwarded to the members of Team EPIC for further analysis and use. Team EPIC has members representing 12 sectors of our community, is funded by a Drug-Free Communities Grant, and focuses on reducing the use of drugs, alcohol and tobacco among youth in our county.



The following table shows the list of participants, the age and community they represent for this assessment. The groups that specifically serve low-income and minority populations are indicated with an *.

Community Advisory Committee Participants		
Organization	Age Demographic	Community
Marvin <i>1 Representative</i>	18 – 65	Warroad Area
Northwest Community Action * <i>10 Representatives</i>	Birth – Elderly	All Communities
Altru Roseau Advanced Practice Practitioners <i>5 Representatives</i>	Birth – Elderly	All Communities
Roseau County Court, Sheriff's Department, County Board, County Attorney <i>6 Representatives</i>	Teen – Elderly	All Communities
Roseau Co Social Services * <i>2 Representatives</i>	Birth – Elderly	All Communities
Central Boiler <i>1 Representative</i>	18 – 65	Greenbush Area
Warroad School <i>2 Representatives</i>	0 – 18	Warroad Area
Greenbush Women of Today <i>10 Representatives</i>	Birth – Elderly	Greenbush Area
Seven Clans Casino, Warroad * <i>3 Representatives</i>	18 – Elderly	Warroad Area
Roseau School <i>2 Representatives</i>	0 – 18	Roseau Area
Polaris Industries <i>2 Representatives</i>	18 – 65	Roseau Area
Greenbush School <i>5 Representatives</i>	0 – 18	Greenbush Area
Roseau Women of Today <i>6 Representatives</i>	Birth – Elderly	Roseau Area
LifeCare Public Health, Hospice, Home Health * <i>5 Representatives</i>	Birth – Elderly	All Communities
Roseau Ministerial Association <i>7 Representatives</i>	Birth – Elderly	Roseau Area
LifeCare Health Care Fund Advisory Committee <i>7 Representatives</i>	Birth – Elderly	All Communities
Roseau County Jail <i>3 Representatives</i>	18 – Elderly	All Communities
LifeCare EMS and ED <i>1 Representative</i>	Birth – Elderly	All Communities
Warroad Chamber of Commerce <i>7 Representatives</i>	18 – Elderly	Warroad Area
Roseau Chamber of Commerce <i>4 Representatives</i>	18 – Elderly	Roseau Area
Badger School <i>2 Representatives</i>	0 – 18	Badger Area
Roseau Police Department <i>3 Representatives</i>	Birth – Elderly	Roseau Area

The responses from these individual meetings were then compiled into a comprehensive list of community health needs for LifeCare Medical Center's service area.

THE HEALTH NEEDS THAT WERE MENTIONED BY FIVE OR MORE COMMUNITY GROUPS INTERVIEWED INCLUDED:

1. MENTAL HEALTH

- Lack of access
- Lack of in-home services
- Lack of child specific providers
- Lack of services
- Stigma
- Suicide
- Unaware of resources
- Undiagnosed/unrecognized illness
- All ages
- Appointment time

2. HEALTHY EATING

- Lack of affordable food options
- Lack of education

3. ALCOHOL USE

4. TECHNOLOGY ADDICTION

- Lack of social skills
- Technology abuse/misuse
- Tech neck

5. DRUG USE

6. PHYSICAL ACTIVITY

- Lack of options
- Lack of family friendly activities
- Lack of recreational facilities/opportunities

7. VAPING

8. PARENTING

- Lack of parental involvement
- Lack of parenting
- Lawn mower parents

9. ISOLATION

- Lack of social support
- Loneliness
- Lack of social opportunities

10. OBESITY



11. DAYCARE

- Lack of providers

12. HOUSING

- Lack of affordable options
- Poor quality

13. HEALTH INSURANCE

- Too expensive
- High deductibles
- No coverage/underinsured

14. TOBACCO USE

15. TRANSPORTATION

- Lack of public options

16. SOCIAL MEDIA

- Addiction
- Irresponsible use

OTHER RESPONSES INCLUDED:

Mentioned by at least 4 groups

- Chronic conditions/diseases
- Diabetes
- Financial Planning
 - Lack of education
- Lack of Life Skills
- Poverty
 - Stigma

Mentioned by at least 3 groups

- Bullying
- Cancer
- Lack of Coping Skills

Mentioned by at least 2 groups

- Asthma
- Broken Homes
 - Effect on children
- Distracted Driving
- High Blood Pressure
- Job Stability
- Tick Borne Disease
 - Lack of education
- Primary Doctors
 - Lack of choices
 - Limited access



- Professional workforce recruitment
- Lack of Social Skills
- Lack of Support Groups
- Vulnerable Adult Abuse

Mentioned by at least 1 group

- Aging Workforce
- Air Quality
- Allergies
- Antibiotic Misuse
- Autoimmune Disorders
- Bed Bugs
- Blood Pressure
- Cholesterol
- Lack of communication between schools and parents
- Concussions
- Diversity Increase – Lack of employable skills
- High Divorce Rate
- Domestic Violence
- Lack of value on education
- Lack of education on future options
- Food Insecurity
- Lack of food shelf and Back Pack Program
- Lack of grief resources
- HIV
- Heart Disease
- Low immunization rate
- Colitis
- Crohn's Disease
- Physical Abuse
- Workforce Shortage
- Lack of Recycling
- Lack of Safety Information
- Sidewalks
- Too much emphasis on sports
- STD Increase
- Stroke
- Lack of visiting specialists
- Theft
- Vaccine Hesitancy
- Job Related Injuries
- Kids are too busy
- Lice
- Marital Issues - Stigma



PRIORITIZING THE RESULTS

A survey was completed using the top health needs identified by five or more of the groups interviewed. This survey was distributed to community groups representing different areas and populations of Roseau County. The groups included:

- Team EPIC – has members representing 12 sectors of the community including education, law enforcement, health care, social services, city and county officials
- Northwest Community Action – head start, assistance programs, and other community development and outreach programs for low income families
- LifeCare Board of Directors
- LifeCare Department Directors
- Altru Medical Staff

Each member of these groups were given a survey that listed all of the topics mentioned by five or more groups. They were asked to circle, not rank, the five most important health needs in the community. The complete results including number of respondents for each group polled and their top responses are in Attachment A.

TOP COMMUNITY HEALTH NEEDS OF ROSEAU COUNTY

1. Mental Health – 19% of respondents
2. Drug Use – 13% of respondents
3. Alcohol Use – 9% of respondents
4. Obesity – 7% of respondents
5. Lack of Daycare Providers – 7% of respondents
6. Vaping – 6% of respondents
7. Health Insurance – 6% of respondents
8. Healthy Eating – 5% of respondents
9. Housing – 5% of respondents
10. Social Media – 5% of respondents
11. Parenting – 4% of respondents
12. Transportation – 4% of respondents
13. Physical Activity – 4% of respondents
14. Technology Addiction – 3% of respondents
15. Isolation – 2% of respondents
16. Tobacco Use – 2% of respondents



COMMUNITY HEALTH NEEDS IMPLEMENTATION PLAN

As a response to the Community Health Needs Assessment Report, LifeCare Medical Center will adopt an organization specific implementation strategy. This implementation strategy will be discussed and approved by the Board of Directors of LifeCare Medical Center. The Community Health Needs Assessment will be repeated in three years, as required by federal regulations.

Community members who would like to provide input on the next Community Health Needs Assessment process, or would like to provide feedback on the results of the assessment are encouraged to contact Deb Haugen, Director of Community Relations, at 218.463.2500.

2019 Community Health Needs Survey Results

Attachment A	Team Epic (8 members)		Northwest Community Action (10 members)		LifeCare Board (10 members)		LifeCare Department Directors (17 members)		Altru Medical Staff (8 members)		Total	
Mental Health	8	21%	10	22%	9	18%	14	17%	7	18%	48	19%
Healthy Eating	3	8%	2	4%	3	6%	2	2%	4	10%	14	5%
Alcohol Use	5	13%	5	11%	5	10%	6	7%	3	8%	24	9%
Technology Addiction	2	5%	2	4%	1	2%	1	1%	1	3%	7	3%
Drug Use	4	11%	7	15%	7	14%	8	10%	6	15%	32	13%
Physical Activity	1	3%	0	0%	2	4%	2	2%	4	10%	9	4%
Vaping	4	11%	2	4%	3	6%	5	6%	1	3%	15	6%
Parenting	2	5%	1	2%	2	4%	6	7%	0	0%	11	4%
Isolation	1	3%	2	4%	0	0%	1	1%	2	5%	6	2%
Obesity	3	8%	2	4%	2	4%	8	10%	4	10%	19	7%
Daycare - lack of providers	0	0%	2	4%	6	12%	8	10%	1	3%	17	7%
Housing	1	3%	4	9%	1	2%	7	9%	0	0%	13	5%
Health Insurance	1	3%	3	7%	4	8%	5	6%	2	5%	15	6%
Tobacco Use	1	3%	0	0%	2	4%	0	0%	1	3%	4	2%
Transportation	0	0%	1	2%	1	2%	7	9%	1	3%	10	4%
Social Media	2	5%	3	7%	2	4%	2	2%	3	8%	12	5%
Total	38		46		50		82		40		256	

