



COMMUNITY HEALTH NEEDS **ASSESSMENT**

2025

LifeCare Medical Center 2025 Community Health Needs Assessment

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Background

Community Description

LifeCare Medical Center, located in Northwest Minnesota's Roseau County, serves a diverse population that includes both county and non-county residents. To fulfill Internal Revenue Service requirements, LifeCare Medical Center conducts a Community Health Needs Assessment (CHNA) every three years, with the 2025 CHNA anchored by two community insight strategies: Roseau County Key Informant Interviews (2025) and a Roseau County Community Health Needs Assessment (2025), convenience survey.

These strategies were intentionally designed to elevate local perspectives, particularly those of Roseau County residents, who represent the majority of individuals served by LifeCare Medical Center. While Roseau County is the designated service area, supplemental secondary data allows the CHNA to reflect the broader reach of LifeCare's services, providing insight into surrounding communities without overextending local resources. This design balances a localized focus with an informed regional lens.

Methodology Overview

Service Area

The defined service area for the 2025 CHNA is Roseau County.

Primary Data

Primary data for this CHNA includes insights gathered through the Key Informant Interviews (2025) and the Convenience Survey (2025). These tools were designed to reflect the perspectives and experiences of Roseau County residents and form the foundation for identifying community health priorities.

Roseau County Key Informant Interviews (2025)

Over a three-month period, LifeCare's Core Team conducted 14 interviews with a total of 65 individuals, beginning on February 18, 2025, and concluding on May 7, 2025. The table found in Appendix A reflects the well-rounded perspectives gathered through this process, drawing from organizations that serve all ages and regions within Roseau County. Participants reviewed key health indicators from a list based on past assessments and responded to open-ended questions about current community health needs:

1. What do you believe are the 2-3 most important issues that should be addressed in order to help improve the quality of life for the people in our county?
2. After reviewing the Health Indicators List (Appendix B), what items do you think are the most pressing health concerns for our citizens and why? Are there any not on the list that you believe are a concern?
3. What (if anything) is holding our community back from doing what needs to be done to improve the health and quality of life for our residents?
4. If you could create the healthiest community what would that look like to you?
5. Please share a few things our community could do better to enhance the health of our residents:

The responses from these individual meetings were compiled into a comprehensive summary of community health needs and recommendations.

Roseau County Community Needs Assessment Survey (2025)

Community feedback on health services/needs for LifeCare was completed through a convenience survey (Appendix C) posted on LifeCare Medical Center's Facebook page. A total of 161 individuals responded to the survey from April 1st to June 15th.

Focused Secondary Data

Focused secondary data refers to sources selected in direct response to themes emerging from the primary data. These datasets provide additional depth and context, allowing the assessment to expand on specific concerns raised by community participants.

Broad Secondary Data

Broad secondary data includes broader datasets not directly tied to the primary data findings. These sources are intentionally included to address gaps in community input and counter potential bias. By incorporating insights beyond what was explicitly raised, this layer helps explore essential questions such as: What are we missing? And how might we account for what we don't know? This approach acknowledges that stakeholder input alone is not sufficient to guide decisions. Broad secondary data helps fill gaps, counter bias, and ensure a more complete and inclusive understanding of community health.

Results

Service Area

Roseau County is home to a population of 15,301 spread across 1,671.7 square miles, resulting in a low population density of just 9.2 people per square mile. The county's demographic profile reflects a predominantly white population at 89%, along with an increasing proportion of older adults. Currently, 18.5% of Roseau County residents are aged 65 or older, which is slightly above the Minnesota state average of 17.9%. Educational attainment in Roseau County is strong, with 93% of residents having completed high school or higher, and 20.5% holding a bachelor's degree or above. Roseau County experiences a slightly higher poverty rate, with 11% of residents living below the poverty line compared to the Minnesota state average of 9.3%. These attributes contribute to the county's distinctive character and provide valuable insight into local priorities and opportunities for growth.¹

Primary Data: Roseau County Key Informant Interviews (2025)

Question 1:

What do you believe are the 2-3 most important issues that should be addressed in order to help improve the quality of life for the people in our county?

Mental health needs were highlighted by nearly every interviewee as a top concern. These concerns encompassed limited access to services particularly local and in-person care alongside long wait times, a shortage of mental health beds, and growing stigma that contributes to undiagnosed conditions and youth behavioral challenges. Contributors also pointed to the impact of screen time, substance use, and social isolation as compounding factors.

Transportation access surfaced as another significant barrier impacting many aspects of daily life, from health appointments to employment. Stakeholders cited limited public transit options, lack of driver's licenses and vehicle availability, and restrictive volunteer driver eligibility policies as contributing factors.

Lastly, concerns around affordable housing and broader socioeconomic pressures were strongly linked to overall wellbeing. These included food insecurity, rising costs of healthcare, groceries, and dental care, challenges in pursuing continuing education, and persistent workforce shortages that fuel job stability anxieties.

Question 2:

After reviewing the Health Indicators List (Appendix B), what items do you think are the most pressing health concerns for our citizens and why? Are there any not on the list that you believe are a concern?

The most pressing community concerns in this section fall under the Healthy Living in Minnesota (28 selections), Chronic Disease Conditions (8), and Injury and Violence (8) themes. These themes reflect widespread challenges with emotional wellbeing, substance use, and unhealthy daily habits. Specific issues include mental health (7 mentions), suicide (5), and drug use especially street drugs (6), alcohol (5), and prescription medications (4).

While no infectious disease specific issues were selected, concerns like heart disease, diabetes, and obesity point to long-term health needs. Poverty, housing, immigration stress, and limited access to care (from Social Determinants of Health and People and Place themes) shape many health challenges. Other frequently mentioned problems like screen time, parental stress, and social isolation add layers to mental and emotional struggles.

Though not part of the original health indicator list, additional concerns emerged around transportation, child neglect, disability, food security, life skills, digital dependence, autism, distracted driving, and youth exposure to adult content. These concerns further highlight the impact of Social Determinants on Health and Healthy Living in Minnesota.

Question 3:

What (if anything) is holding our community back from doing what needs to be done to improve the health and quality of life for our residents?

Interconnected challenges rooted in economic strain, limited healthcare access, cultural norms, rural isolation, and leadership gaps were highlighted in this section. Poverty, rising costs, and insufficient funding prevent investment in wellness infrastructure and leave many residents without needed assistance. Healthcare shortages, particularly in mental health, substance use, and childcare, are compounded by staffing gaps and limited availability of providers who accept medical assistance.

Cultural reluctance to seek help, shaped by stigma and a sense of self-reliance, contributes to social isolation and disengagement. Geographic barriers and harsh winters reduce access to specialized services and limit opportunities for connection, while telehealth provides only partial relief. Across sectors, few individuals step up to lead or promote available resources, resulting in underused programs and a pressing need for stronger community coordination.

Question 4:

If you could create the healthiest community what would that look like to you?

A future where social wellness is woven into everyday life, with a Community Wellness Center acting as a welcoming hub for connection and wellbeing was a consistent topic. This space could offer indoor play areas for children, celebration venues, fitness classes, coffee spots for parents, and wading pools that invite year-round engagement. It's not just about amenities; it's about creating places where people gather, share meals, learn about nutrition and finances, and support one another. Mental health is supported through warm, inclusive facilities that offer privacy, peer mentorship, and accessible treatment options. Residents envision community centers in every city to host youth activities beyond sports, parenting workshops, and summer programs that bring people together. A coordinated transportation hub, transitional housing, and daycare integrated within wellness spaces ensure access across ages and abilities. As part of a broader vision, social connection is promoted through regular events, mentorship networks, and outreach to individuals who may not typically participate, helping everyone feel welcome and involved in shaping a healthier, more connected community.

Question 5:

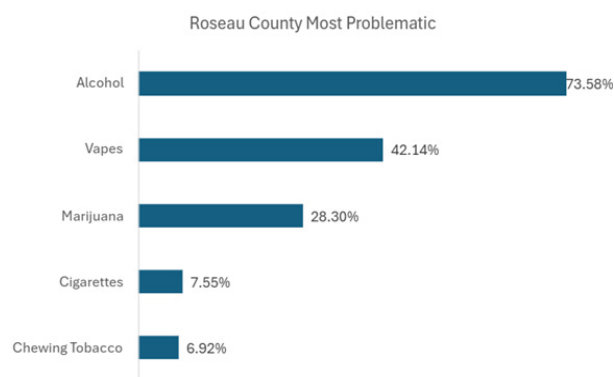
Please share a few things our community could do better to enhance the health of our residents:

While most interviewees did not provide input on this prompt, one group emphasized the need for improved substance use education and another stated the need for greater access to exercise equipment and safe, usable spaces for physical activity.

Primary Data: Roseau County Community Needs Assessment Survey (2025)

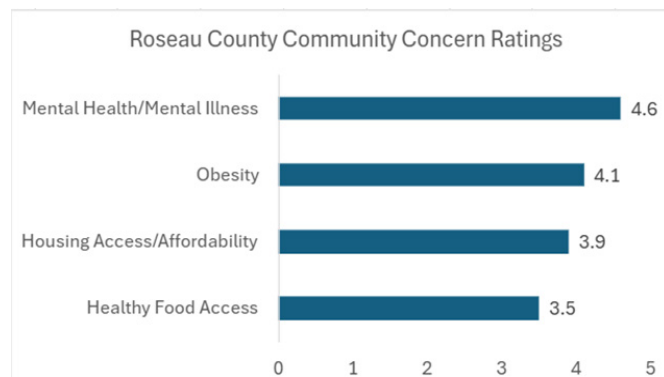
Multi-Select Question

159 participants responded to: Which of these do you consider most problematic in Roseau County?
Total percentage may add up to more than 100% since participants could select more than one choice.



Rating Questions

161 participants ranked all four community issues using a scale of **1 to 5**, where: **1 = No concern** and **5 = Great concern**.



Open-Ended Question

Other concerns and/or comments

Out of 161 total participants, 22 provided open-ended comments. These responses were grouped into key themes, with the number of mentions noted in parentheses:

- Child & Family Supports (2)
- Community Engagement & Activities (1)
- Healthcare Access & Services (6)
- Housing & Affordability (1)
- Mental Health (2)
- Nutrition & Food Access (3)
- Physical Activity & Wellness Spaces (4)
- Substance Use (1)
- Community Environment & Healthy Social Spaces (1)
- Transportation & Infrastructure (1)

Focused Secondary Data

Guided by the Roseau County Key Informant Interviews (2025) and the Roseau County CHNA Survey (2025), the focused secondary data analysis aimed to confirm community concerns, identify gaps, and clarify the local scope of each issue. To maintain relevance and focus, only the top three to four priority topics from each primary data source were included in this section.

The table below illustrates which topics were identified in each primary data source. An “X” indicates that the topic was explicitly mentioned in that respective source. For example, mental health received an “X” in both columns, meaning it emerged as a priority in both the Key Informant Interviews and the CHNA. This dual identification reinforces its significance and guides a deeper analysis of available quantitative indicators related to mental health in the secondary data phase.

Topic	Identified in Roseau County Key Informant Interview (2025)	Identified in Roseau County CHNA (2025)
Affordable Housing	X	
Transportation	X	
Mental Health	X	X
Alcohol Use	X	X
Vaping		X
Obesity		X

Affordable Housing

Affordable housing is generally defined as housing that costs less than 30% of a household’s income, a benchmark widely used in policy and planning.² However, it’s recognized that this metric isn’t perfect and doesn’t reflect variations in household size, regional cost of living, or the full range of essential expenses such as food, healthcare, and transportation. According to Minnesota Employment and Economic Development (2025), Roseau County’s estimated cost of living is lower than the state average. However, the county’s older housing stock may require more ongoing maintenance. In Roseau County, 20.6% of households with a mortgage spend 30% or more of their income on housing, slightly below the statewide rate of 22.5%. Among renters, 37.2% are cost-burdened, compared to 47.2% across Minnesota.³

Table 9. Basic Needs Cost of Living Estimates, 2024									
Single Adult, 0 children	Single Yearly Cost of Living	Hourly Wage Required	Monthly Costs						
			Child Care	Food	Health Care	Housing	Transportation	Other	Taxes
Roseau Co.	\$29,092	\$13.99	\$0	\$411	\$150	\$760	\$549	\$271	\$283
State of Minnesota	\$36,768	\$17.68	\$0	\$424	\$156	\$1,154	\$573	\$365	\$392
Typical Family: 2 Adults (1 working full-time, 1 part-time), 1 child	Family Yearly Cost of Living	Hourly Wage Required	Monthly Costs						
			Child Care	Food	Health Care	Housing	Transportation	Other	Taxes
Roseau Co.	\$55,839	\$17.90	\$351	\$935	\$530	\$964	\$970	\$439	\$464
State of Minnesota	\$70,308	\$22.53	\$545	\$964	\$556	\$1,446	\$1,028	\$557	\$763

Transportation

There is limited data available regarding transportation access to healthcare services in Roseau County, making it difficult to assess the full scope of need. Paul Bunyan Transit offers public transportation within a 4-mile radius around the cities of Roseau and Warroad⁴, which may not adequately serve residents in more remote areas. While 84.8% of Roseau County residents commute to work by car, truck, or van, this figure does not reflect those who lack reliable transportation for medical appointments.³

Tri-Valley Opportunity Council, Inc. operates a Rural Transportation Collaborative that relies on volunteer drivers to fill transportation gaps, particularly healthcare-related travel.⁵ However, the lack of publicly available data regarding the number of volunteer drivers by year limits the ability to track trends in volunteer capacity, whether it is growing, declining, or remaining stable. According to the Transit for Healthcare: Volunteer drivers in aging rural Minnesota report (2020), a shortage of volunteer drivers, with some forced to cancel rides due to lack of availability.⁶ This challenge is expected to intensify as the population ages and demand for medical transportation increases.

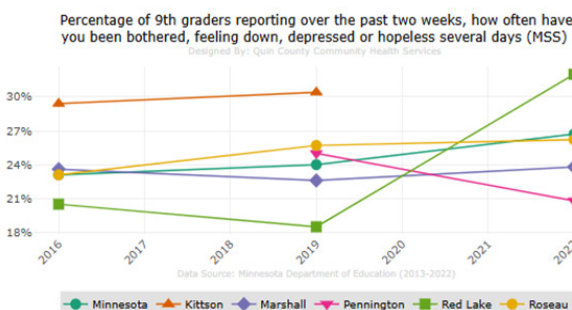
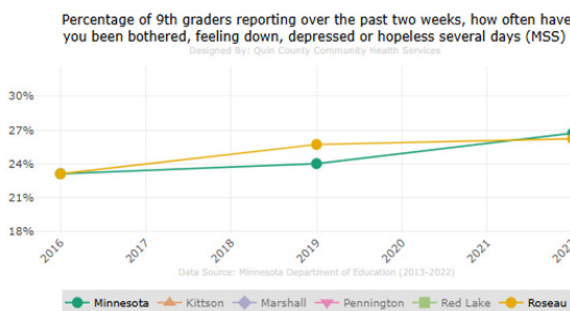
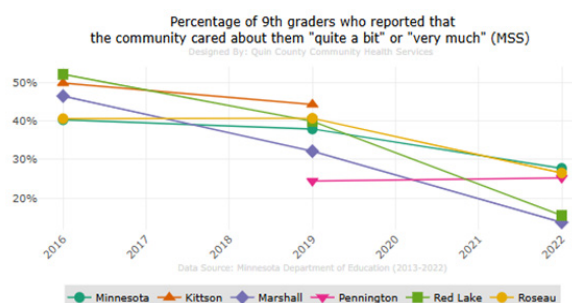
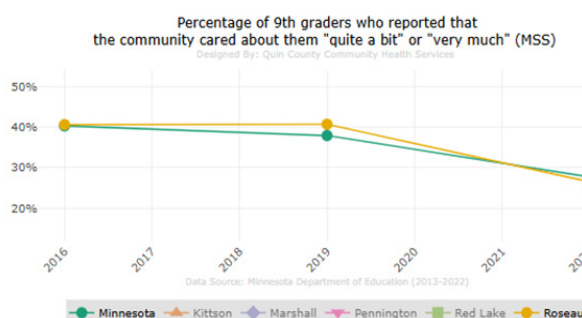
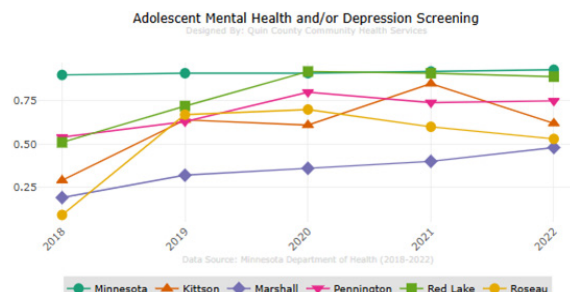
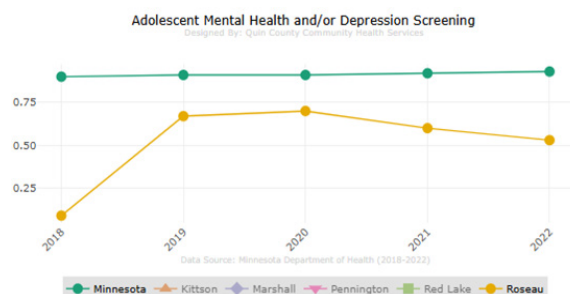
Mental Health

Roseau County adolescents historically have been screened for depression or mental health conditions during well-child checkups lower than the state of Minnesota. During COVID-19, there was a slight decrease in students who did not feel community members cared about them. About 1 in every 4 Roseau County students felt bothered, feeling down, depressed or hopeless for several days within the last two weeks.¹ This is consistent with the Team Epic 2024 Roseau County Student Survey.

Badger, Greenbush, Roseau, and Warroad conducted the Team Epic 2024 survey in April and May of 2024 for 8th, 9th, and 11th grades. Among students, a notably higher proportion of females reached the criteria commonly used to identify clinical levels of anxiety when compared to their male counterparts. Students in 11th grade were more likely to exhibit signs of elevated anxiety than those in 8th and 9th grades, suggesting that stress may intensify as academic and social pressures increase in later high school years.⁶

For 2020-2025, Roseau County adults had 2.41 per 10,000 people with post-traumatic stress disorder, which is higher than the state of Minnesota at 1.64 per 10,000 people. Severe Depression was slightly higher for Roseau County compared to Minnesota (3.01 vs. 2.94 per 10,000).⁷

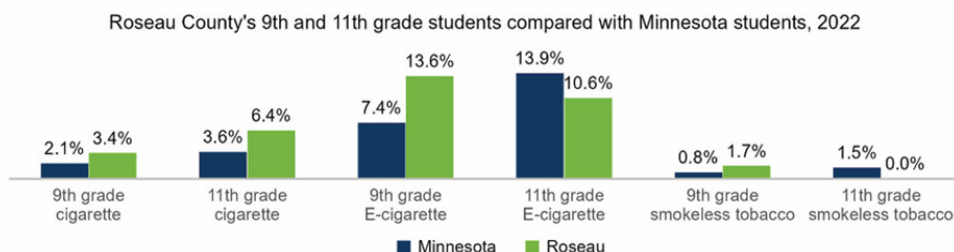
The layout below presents side-by-side graphs¹ showing a comparison of Roseau County with Minnesota overall and with neighboring counties. While the graphs are based on the same core data, each has been slightly modified to highlight different regional perspectives.



Alcohol Use and Vaping

According to Team Epics' 2024 report, alcohol was the most commonly used substance among students in the past 30 days (10%), followed by vaping (5%). While alcohol use remained steady from 8th to 9th grade, it rose sharply by 11th grade, which also showed the lowest perceived parental disapproval at 86%. Alcohol and vaping also had the lowest peer disapproval rates. Female students were more likely than males to view alcohol as a significant risk. About 75% of students supported alcohol and substance use discussions between 5th and 8th grade, and most said their parents were their main source of information. A little over half of the students expressed interest in substance-free community events and educational materials like fact sheets for prevention.⁶

In 2022, E-cigarette use among Roseau County students was nearly twice as high as the statewide average in Minnesota.⁸

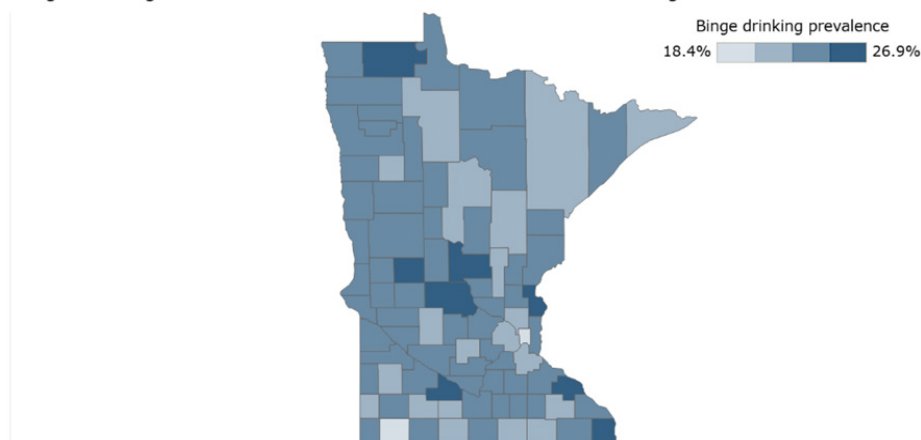


In 2019, binge drinking was notably prevalent in Roseau County, affecting over one in four residents, which was well above the state average at that time. The economic impact was estimated to cost \$1,301 per Roseau County resident.⁹ While a lot has changed since 2019, a quote from LifeCare's 2022 CHNA still resonates: "While interviewees stated that alcohol consumption may not necessarily be affecting work, it's certainly grown as part of culture 'where we live.'"¹⁰

Compare your county cost estimates to that of Minnesota or another county.

Select County for comparison	Minnesota	Hennepin	Roseau
Hennepin	Binge drinking prevalence 18.4%	22.2%	25.7%
	Total cost \$7,851,447,000	\$1,898,624,000	\$19,729,000
	Cost per resident \$1,383	\$1,500	\$1,301
	Health care costs \$915,173,000	\$235,543,000	\$3,189,000
	Other societal costs \$1,343,583,000	\$322,145,000	\$3,204,000
	Productivity loss costs \$5,592,691,000	\$1,340,936,000	\$13,336,000
Roseau			

Binge drinking rates and estimated costs due to excessive drinking in 2019



Obesity

According to the Health Trends Across Communities in Minnesota Dashboard, in 2024, one in four Roseau County residents had an obesity diagnosis or a body mass index of 30 or higher. This was slightly lower than Minnesota's statewide prevalence of 30%. Among Roseau County residents, 26% of females and 24% of males were classified as obese which again, both slightly below the state averages for their respective groups.¹¹

Broad Secondary Data

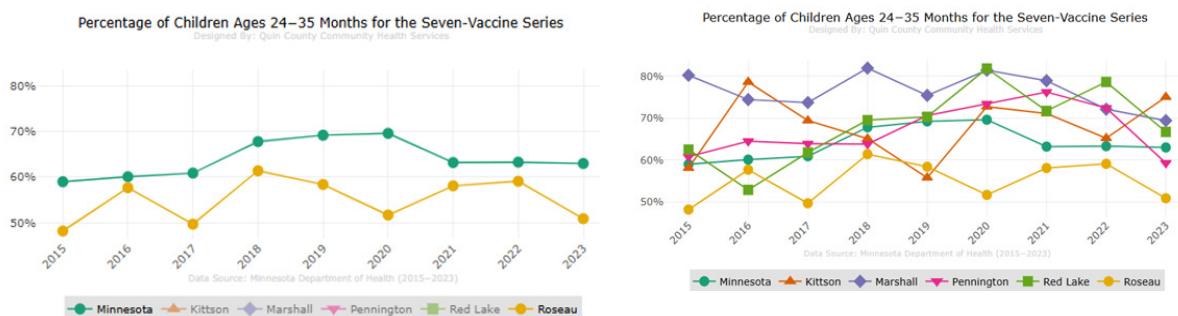
A wide range of indicators were reviewed, with select examples available in the 2023–2025 Community Health Assessment Preliminary. For this section, only the most relevant indicators were included to reflect key trends and community priorities. They are presented in no specific order.

Death by suicide

Combining 2022 and 2023, 70% (14/20) of deaths by suicide among residents in Quin County Community Health Services service area (Kittson, Marshall, Pennington, Red Lake, and Roseau counties) were among Roseau County residents.¹² Given that Roseau County accounts for approximately 33% of the overall Quin County population, this proportion appears notably high.¹

Seven-Vaccine Series

The seven-vaccine series include: DTap, Hep B, Hib, MMR, PCV, Polio, and Varicella. Historically, Roseau County has been consistently lower than Minnesota. For detailed information on specific vaccines, please refer to the Healthy Quin Counties (2025).¹



Child Care

According to the Northwest Minnesota-Child Care Overview report, approximately 5.4% of household income for married couples in Roseau County goes toward childcare, compared to 13.6% for single parents. In 2022, the average weekly cost for daycare was estimated at \$113, with only 0.53 available slots per child, which both figures are lower than Minnesota's statewide averages. Between 2019 and 2021, the county saw a decline of eight self-employed childcare providers.¹³

Heart Disease Mortality

Roseau County reported the highest age-adjusted death rate from heart disease among neighboring counties. While the prevalence (175) stands out the difference is not significant when comparing to other counties due to overlapping confidence intervals. However, when compared to the statewide rate, Roseau's rate is statistically higher than Minnesota's overall heart disease mortality.¹

Age Adjusted Number of Deaths per 100,000 due to Heart Disease (2019-2023)

Location	Heart Disease	Confidence Interval
Minnesota	120	119-121
Kittson	138	102-173
Marshall	137	110-163
Pennington	158	134-182
Red Lake	144	103-185
Roseau	175	150-200

Minnesota Department of Health (2024b)

Summary

The 2023-2025 Roseau County CHNA highlights pressing challenges and regional assets across housing, substance use, mental health, transportation, and childcare. These findings underscore how Roseau's geography, infrastructure, and cultural values influence health outcomes, and they lay the groundwork for shaping priorities, engaging stakeholders, and creating strategies informed by both quantitative data and lived experience.

Meeting these needs calls for a broad community lens. Preventive efforts, whether through safe housing, reliable transportation, or youth programs not only promote long-term wellbeing but also reduce the demand for services and improve access to care. By intervening early, communities help reduce the need for treatment and build supportive environments where health can flourish.

Potential solutions could include:

- Enhance Mental Health Screening in Primary Care
- Engage in Upstream Strategies for Youth Mental Wellbeing
- Expand Navigation and Support Services to Strengthen Mental Health Access
- Create a Pathway to care for Suicide Prevention

Next Steps

LifeCare Medical Center will review the 2025 CHNA and is required by the IRS to develop an implementation strategy. Community members who would like to share feedback on the assessment results are encouraged to reach out to LifeCare Community Wellness or LifeCare Public Health at 218-463-2500. Whether you have questions, suggestions, or ideas to contribute, your voice matters.

Top Priorities LifeCare Medical Center can address:

1. Mental Health
2. Substance Use particularly Alcohol and vaping

References

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Representative	Organization	Age Demographic	Community
2	Badger School	0-18 years	Badger
3	Central Boiler, Inc.	18-65	Greenbush area
2	Greenbush School	0-18 years	Greenbush
9	HeadStart / Early HeadStart	Birth-Preschool 18-35 parents	All communities
5	LifeCare Home Care, Public Health & Hospice	Birth-Elderly	All communities
2	Marvin Windows and Doors	18-65	Warroad
2	Polaris Industries	18-85	Roseau area
2	Roseau Chamber of Commerce	Birth-elderly	Roseau
22	Roseau County Sheriff's Office + County Board Members	Birth-elderly	All communities
2	Roseau County Social Services	Birth-elderly	All communities
5	Roseau Ministerial Association	Youth-elderly	Roseau
1	Roseau Police Dept.	Birth-elderly	Roseau area
6	Roseau School	0-18 years	Roseau
2	Warroad School	0-18 years	Warroad

Appendix B

LifeCare Medical Center Roseau County Key Informant Interviews/Discussion Groups (2025) Health Indicators Discussion List

Chronic Disease Conditions

Alzheimer's disease
Arthritis
Asthma
Cancer
Chronic Obstructive Pulmonary Disease (COPD)
Heart Disease and Stroke
Diabetes
Mental illness
Obesity

Infectious Disease

High Consequence Infectious Diseases (i.e. COVID, Flu)
Antibiotic-resistant infection
HIV and AIDS
Sexually Transmitted Infections
Tick-transmitted Disease
Foodborne illness
Physical Activity and Eating Habits

Injury and Violence

Fall-related Injury
Firearm Injury
Motor Vehicle Injury
Work-Related injury
Drug Poisoning
Suicide
Vulnerable Adult Abuse
Youth Violence
Domestic Violence

People and Place

Population Trends
Immigration and Diversity
Aging and Retirement
Water, Weather and the Air
Roads, Highways and Bridges

Social Determinants of Health

Education and Employment
Income and Poverty
Housing and Home ownership
Outdoor and Indoor Environments
Social Connectedness
Community and Personal Safety
Access to Health Care

Healthy Living in Minnesota

A healthy start for children
Use of Alcohol
Use of Tobacco/Vaping
Use of Prescription Drugs
Use of Street Drugs
Preventing and Managing Chronic Prescription
Conditions
Preventing Disease and Injury
Mental Health

Appendix C

LifeCare Medical Center Community Health Needs Assessment (2025)

1. Multi-Select Question

Respondents were first asked:

"Which of these do you consider most problematic in Roseau County?"

- a. Alcohol
- b. Cigarettes
- c. Chewing Tobacco
- d. Vapes
- e. Marijuana"

2. Rating Questions

Participants then ranked several community issues using a scale of **1 to 5**, where: **1 = No concern** and **5 = Great concern**. Issues evaluated included:

- a. Mental Health / Mental Illness
- b. Obesity
- c. Housing Access/Affordability
- d. Healthy Food Access

3. Open-Ended Question

"Other concerns and/or comments:"

- a. (Free-text responses)