Community Health Needs Assessment

South Central Health – Service Area
Wishek, North Dakota

2023

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Executive Summary

To help inform future decisions and strategic planning, South Central Health (SCH) conducted a Community Health Needs Assessment (CHNA) in 2023, the previous CHNA having been conducted in 2020. The Center for Rural Health (CRH) at the University of North Dakota (UND) School of Medicine & Health Sciences (SMHS) facilitated the assessment process, which solicited input from area community members and healthcare professionals, as well as analysis of community health-related data.

To gather feedback from the community, residents of the area were given the opportunity to participate in a survey. Sixty-eight SCH service area residents completed the survey. Additional information was collected through five key informant interviews with community members. The input from the residents, who primarily reside in McIntosh County, represented the broad interests of the communities in the service area. Together with secondary data gathered from a wide range of sources, the survey presents a snapshot of the health needs and concerns in the community.

With regard to demographics, McIntosh County's population from 2020 to 2022 decreased slightly by 2.1% percent. The average number of residents younger than age 18 (20.6%) for McIntosh County comes in 3.1 percentage points lower than the North Dakota average (24%). The percentage of residents ages 65 and older is over 13% higher for McIntosh County (29.7%) than the North Dakota average (16.1%), and the rate of education is lower for McIntosh County (83.2%) than the North Dakota average (93.3%). The median household income in McIntosh County ($58,056) is much lower than the state average for North Dakota ($68,131).

LaMoure County's population from 2020 to 2022 increased by 0.2% percent. The average number of residents younger than age 18 (21.3%) for LaMoure County comes in 2.7 percentage points lower than the North Dakota average (24%). The percentage of residents ages 65 and older is over 11% higher for LaMoure County (27.4%) than the North Dakota average (16.1%), and the rate of education is lower for LaMoure County (88.3%) than the North Dakota average (93.3%). The median household income in LaMoure County ($63,594) is lower than the state average for North Dakota ($68,131).

Logan County's population from 2020 to 2022 decreased slightly by 1.3% percent. The average number of residents younger than age 18 (23.1%) for Logan County is similar to the average for North Dakota (24%). The percentage of residents ages 65 and older is almost 11% higher for Logan County (27.0%) than the North Dakota average (16.1%), and the rate of education is lower for Logan County (89.8%) than the North Dakota average (93.3%). The median household income in Logan County ($53,929) is much lower than the state average for North Dakota ($68,131).

Data compiled by County Health Rankings show McIntosh, LaMoure, and Logan Counties are doing better than North Dakota in health outcomes/factors for 38 categories; McIntosh County is doing better than North Dakota in health outcomes/factors for 10 categories; LaMoure County is doing better than North Dakota in health outcomes/factors for 15 categories; and Logan County is doing better than North Dakota in health outcomes/factors for 13 categories.

McIntosh County, LaMoure County, and Logan County, according to County Health Rankings data, are performing poorly relative to the rest of the state in 37 outcome/factor categories; McIntosh County is performing worse than the state average in 15 categories; LaMoure County is performing worse than the state average in 11 categories; and Logan County is performing worse than the state average in 11 categories.

Of 106 potential community and health needs set forth in the survey, the 68 SCH service area residents who completed the survey indicated the following ten needs as the most important:

- Alcohol use and abuse – youth and adult
- Attracting and retaining young families
- Availability of home health
- Availability of resources to help the elderly stay in their homes
- Cost of health insurance
- Cost of long-term/nursing home care
- Depression/anxiety – youth and adult
- Drug use and abuse – youth and adult
- Having enough child daycare services
- Not enough jobs with livable wages

The survey also revealed the biggest barriers to receiving healthcare (as perceived by community members). They included not enough evening/weekend hours (N=17), concerns about confidentiality (N=14), and not able to see the same provider over time (N=12).

When asked what the best aspects of the community were, respondents indicated the top community assets were:

- Safe place to live, little/no crime
- People are friendly, helpful, supportive
- Family-friendly
- Recreational and sports activities
- Healthcare
- Feeling connected to people who live here

Input from community leaders, provided via key informant interviews, and the community focus group echoed many of the concerns raised by survey respondents. Concerns emerging from these sessions were:

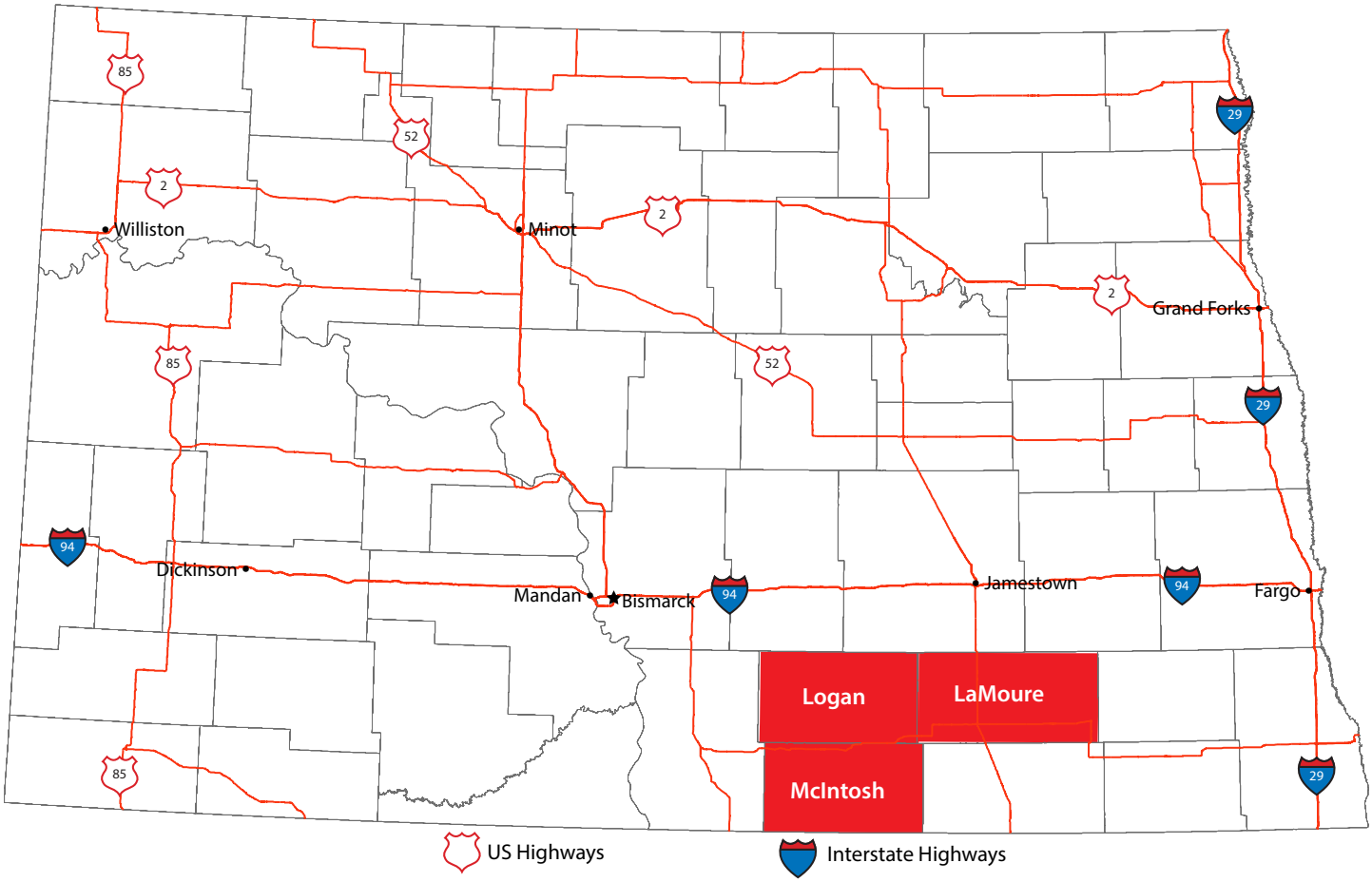
- Ability to retain primary care providers (MD, DO, NP, PA) and nurses in the community
- Alcohol use and abuse – youth and adult
- Attracting and retaining young families
- Availability of home health
- Availability of resources for family and friends caring for elders
- Availability of mental health services
- Depression/anxiety – all ages
- Drug use and abuse – youth
- Extra hours for appointments, such as evenings and weekends
- Having enough child daycare services

Overview and Community Resources

With assistance from the Center for Rural Health (CRH), South Central Health (SCH) completed a Community Health Needs Assessment (CHNA) of the SCH service area. The hospital identifies its service area as McIntosh County in its entirety, plus LaMoure and Logan Counties, as SCH has clinics in both counties. Many community members and stakeholders worked together on the assessment.

Wishek, in McIntosh County, is located in south central North Dakota, approximately 85 miles from Jamestown, 100 miles from Bismarck, and 20 miles from the South Dakota border. The economic base of this area is primarily dependent upon agriculture. The local school system provides educational opportunities to students K-12. Recreational facilities include an auto racetrack, bowling alley, baseball diamonds, swimming pool, tennis courts, a golf course, a city park, and a state park within 10 miles. There is an abundance of hunting, fishing, and outdoor recreational opportunities. Wishek also has an active senior center with daily activities.

Figure 1: McIntosh, LaMoure, and Logan Counties



South Central Health (SCH)

SCH includes a 24-bed Critical Access Hospital (CAH) and a rural health clinic located in Wishek, North Dakota, as well as rural health clinics in the neighboring communities of Gackle, Kulm, and Napoleon. SCH's hospital, an accredited Level V trauma center, provides comprehensive care for a wide range of medical and emergency situations. With approximately 90 employees, SCH is one of the larger employers in the region. The CAH Profile for SCH includes a summary of hospital-specific information and is available in Appendix A.

Community-owned SCH offers a wide range of services including acute care, diagnostics, radiology, wellness services, rehabilitation care, chronic care management, family medicine, and pediatrics. Minor surgical procedures are available at SCH, as well as joint injections, lesion removal and biopsies, and care for sports injuries.

SCH has a significant economic impact on the region. In 2020, when the economic impact analysis was calculated, they directly employed 89 FTE employees with an annual payroll of over $4.5 million (including benefits). These employees created an additional 38 jobs and nearly $1.1 million in income as they interact with other sectors of the local economy. This resulted in a total impact of 127 jobs and more than $5.6 million in income. Additional information is provided in Appendix B.

Mission

SCH defines its mission as follows:

To provide the highest possible standard of healthcare in a compassionate and professional manner for the people in our region.

SCH also operates a foundation whose mission is "to help provide the philanthropic and community resources needed to improve the health and welfare of the residents in the communities of [the] service area" and whose focus is "to provide funds to enhance the healthcare services and facilities for the direct benefit to residents in south central North Dakota and to improve the image of the institution as a community service-oriented organization."

Services offered locally by SCH include:

General and Acute Services

- Allergy shots
- Blood pressure checks
- Cardiology (visiting physician)
- Clinic – Napoleon, Wishek, Gackle, Kulm
- Emergency room
- Gynecology/obstetrics (visiting physician)
- Hospital (observation, acute, swing bed, private pay swing bed)
- Mole/wart/skin lesion removal
- Nutrition counseling (visiting dietician)
- Pharmacy (for hospitalized patients)
- Podiatry – visiting physician
- Physicals: annuals, D.O.T., sports, and insurance
- Sports medicine
- Surgical services—colonoscopy/EDG (visiting physicians)
- Swing bed services
- Ambulance services
- Blood and blood product administration
- Outpatient injections/infusions/dressing changes
- Adult vaccinations

Screening/Therapy Services

- Chronic disease management
- Holter monitoring
- Laboratory services
- Occupational physicals
- Physical therapy
- Sleep studies
- Social services

Radiology Services

- CT scan
- Digital mammography
- Echocardiograms (mobile unit)
- EKG
- General X-ray
- Nuclear medicine (mobile unit)
- MRI (mobile unit)
- Ultrasound (mobile unit)

Laboratory Services

- Hematology
- Blood types
- Clot times
- Chemistry
- Urine testing
- Cardiac profiles
- Drug and alcohol testing
- Rapid and PCR COVID testing
- Cultures (send out)

Central Valley Health District and McIntosh District Health Unit

Two local public health units, Central Valley Health District (CVHD) and McIntosh District Health Unit (MDHU), oversee patients in the SCH service area. CVHD is the public health department for Logan and Stutsman Counties in south central North Dakota. Its Logan County offices are located in Napoleon and Gackle, while its Stutsman County office is in Jamestown. CVHD sets forth its vision as "to be the healthiest community to live, learn, work, and play," while its mission is described as: "Prevent, promote, protect for optimal community health."

MDHU provides public health services that include environmental health, nursing services, health screenings, and educational services. The health unit works primarily with ages 0-18 and patients aged 55 and older. Each of these programs provides a wide variety of services in order to accomplish the mission of public health, which is to assure that North Dakota is a healthy place to live and each person has an equal opportunity to enjoy good health.

Services provided by CVHD

- Bicycle helmet and bike safety education
- Blood pressure checks
- Breastfeeding resources
- Car seat program
- Cholesterol screening
- Cribs 4 Kids
- Diabetes screening
- Diabetes prevention program
- Emergency preparedness and response
- Environmental health services (water, sewer, health hazard abatement)
- Family planning and reproductive health education, screening, treatment
- Footcares
- Health Tracks (child health screening)
- Home visits
- Immunizations
- Medication setup—home visits
- Nutrition education
- School health – vision, health education, and resource to the schools
- Substance use prevention
- Pre-participation sports exams
- Tobacco prevention and control
- Tuberculosis testing and management
- Women's Way breast and cervical cancer payment services
- WIC (Women, Infants, and Children) Program
- Worksite wellness

Specific services that MDHU provides are:

- Bicycle helmet safety
- Blood pressure check
- Breastfeeding resources
- Car seat program
- Child health (well-baby)
- COVID-19 testing (rapid and PCR)
- COVID-19 vaccinations
- Emergency response and preparedness program
- Flu shots
- Foot care
- Environmental health services (water, sewer, health hazard abatement)
- Health Tracks (child health screening)
- Immunizations
- Medications setup – home visits
- Office visits and consults
- School health (vision screening, puberty talks, school immunizations)
- Preschool education programs
- Assist with preschool screening
- Tobacco prevention and control
- Tuberculosis testing and management
- Wellness check with law enforcement
- Youth education programs (first aid, bike safety)

Assessment Process

The purpose of conducting a Community Health Needs Assessment (CHNA) is to describe the health of local people, identify areas for health improvement, identify use of local healthcare services, determine factors that contribute to health issues, identify and prioritize community needs, and help healthcare leaders identify potential action to address the community's health needs.

A CHNA benefits the community by:

1) Collecting timely input from the local community members, providers, and staff.

2) Providing an analysis of secondary data related to health-related behaviors, 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 healthcare.

5) Allowing the community hospital to meet the federal regulatory requirements of the Affordable Care Act, which requires not-for-profit hospitals to complete a CHNA at least every three years, as well as helping the local public health unit meet accreditation requirements.

This assessment examines health needs and concerns in McIntosh, LaMoure, and Logan Counties, which are all included in the South Central Health (SCH) service area. In addition to Wishek, located in the service area are the communities of Kulm, Zeeland, Hague, Kintyre, Edgeley, Streeter, Napoleon, Burnstad, Fredonia, Lehr, and Gackle.

The Center for Rural Health (CRH), in partnership with SCH, McIntosh District Health Unit (MDHU), and Central Valley Health Department (CVHD), facilitated the CHNA process. Community representatives met regularly in-person, by telephone conference, and email. A CHNA liaison was selected locally, who served as the main point of contact between CRH and SCH. A steering committee (see Figure 2) was formed that was responsible for planning and implementing the process locally. Representatives from CRH met and corresponded regularly by videoconference and/or via the eToolkit with the CHNA liaison. The community group (described in more detail below) provided in-depth information and informed the assessment process in terms of community perceptions, community resources, community needs, and ideas for improving the health of the population and healthcare services. Eleven people, representing a cross section demographically, attended the focus group meeting. The meeting was highly interactive with good participation. SCH staff were in attendance as well but largely played a role of listening and learning.

Figure 2: Steering Committee

Shelly Glaesman	RN/QA, SCH
Lukas Fischer	CEO, SCH
Kara Falk	Unit Administrator, CVHD
Robin Iszler	RN/Mental Health Coordinator, CVHD
Kayla Arlien	RN/Discharge Planner, SCH
Carly Sanders	DON, SCH
Cheryl Reis-Schilling	Administrator, MDHU

The original survey tool was developed and used by CRH. In order to revise the original survey tool to ensure the data gathered met the needs of hospitals and public health, CRH worked with the North Dakota Department of Health's public health liaison. CRH representatives also participated in a series of meetings that garnered input from the state's health officer, local North Dakota public health unit professionals, and representatives from North Dakota State University.

As part of the assessment's overall collaborative process, CRH spearheaded efforts to collect data for the assessment in a variety of ways:

- A survey solicited feedback from area residents
- Community leaders representing the broad interests of the community took part in one-on-one key informant interviews
- The community group, comprised of community leaders and area residents, was convened to discuss area health needs and inform the assessment process
- A wide range of secondary sources of data were examined, providing information on a multitude of measures, including demographics, health conditions, indicators, outcomes, rates of preventive measures; rates of disease; and at-risk behavior

CRH is one of the nation's most experienced organizations committed to providing leadership in rural health. Its mission is to connect resources and knowledge to strengthen the health of people in rural communities. CRH is the designated State Office of Rural Health and administers the Medicare Rural Hospital Flexibility (Flex) program, funded by the Federal Office of Rural Health Policy, Health Resources Services Administration, and Department of Health and Human Services. CRH connects the University of North Dakota (UND) School of Medicine & Health Sciences (SMHS) and other necessary resources to rural communities and other healthcare organizations in order to maintain access to quality care for rural residents. In this capacity, CRH works at a national, state, and community level.

Detailed below are the methods undertaken to gather data for this assessment by convening a community group, conducting key informant interviews, soliciting feedback about health needs via a survey, and researching secondary data.

Community Group

A community group consisting of 11 community members was convened and first met on May 24, 2023. During this first community group meeting, group members were introduced to the needs assessment process, reviewed basic demographic information about the community, and served as a focus group. Focus group topics included community assets and challenges, the general health needs of the community, community concerns, and suggestions for improving the community's health.

The community group met again on August 15, 2023, with 12 community members in attendance. At this second meeting the community group was presented with survey results, findings from key informant interviews and the focus group, and a wide range of secondary data relating to the general health of the population in McIntosh, LaMoure, and Logan Counties. The group was then tasked with identifying and prioritizing the community's health needs.

Members of the community group represented the broad interests of the community served by SCH, CVHD, and MDHU. They included representatives of the health community, business community, political bodies, and faith community. Not all members of the group were present at both meetings.

Interviews

One-on-one interviews with key informants were conducted in person in Wishek on May 24, 2023. Two additional key informant interviews were conducted over the phone in May of 2023. A representative from CRH conducted the interviews. Interviews were held with selected members of the community who could provide insights into the community's health needs.

Topics covered during the interviews included the general health needs of the community, the general health of the community, community concerns, delivery of healthcare by local providers, awareness of health services offered locally, barriers to receiving health services, and suggestions for improving collaboration within the community.

Survey

A survey was distributed to solicit feedback from the community and was not intended to be a scientific or statistically valid sampling of the population. It was designed to be an additional tool for collecting qualitative data from the community at large – specifically, information related to community-perceived health needs. A copy of the survey instrument is included in Appendix C and a full listing of direct responses provided for the questions that included "Other" as an option are included in Appendix G.

The community member survey was distributed to various residents of McIntosh County, as well as Logan and LaMoure Counties, which are all included in the SCH service area. The survey tool was designed to:

- Learn of the good things in the community and the community's concerns;
- Understand perceptions and attitudes about the health of the community and hear suggestions for improvement; and
- Learn more about how local health services are used by residents.

Specifically, the survey covered the following topics:

- Residents' perceptions about community assets
- Broad areas of community and health concerns
- Awareness of local health services
- Barriers to using local healthcare
- Basic demographic information
- Suggestions to improve the delivery of local healthcare

To promote awareness of the assessment process, press releases led to published articles in two newspapers in Logan and McIntosh counties with distributions to communities including Kulm, Zeeland, Hague, Kintyre, Edgeley, Streeter, Napoleon, Burnstad, Fredonia, Lehr, and Gackle. Additionally, information was published on SCH, MDHU, and CVHD's websites and Facebook pages.

Approximately 50 community member surveys were available for distribution in McIntosh, LaMoure, and Logan Counties. The surveys were distributed by community group members and at SCH.

To help ensure anonymity, included with each survey was a postage-paid return envelope to CRH. In addition, to help make the survey as widely available as possible, residents also could request a survey by calling SCH, MDHU, or CVHD. The survey period ran from April 18, 2023 to May 9, 2023. Three completed paper surveys were returned.

Area residents were also given the option of completing an online version of the survey, which was publicized in two community newspapers and on the websites and Facebook pages of SCH, MCDU, and CVHD. Sixty-five online surveys were completed. Four of those online respondents used the QR code to complete the survey. In total, counting both paper and online surveys, 68 community member surveys were completed, equating to a 9% response rate. This response rate is low for this type of unsolicited survey methodology.

Secondary Data

Secondary data were collected and analyzed to provide descriptions of: (1) population demographics, (2) general health issues (including any population groups with particular health issues), and (3) contributing causes of community health issues. Data were collected from a variety of sources, including the U.S. Census Bureau; Robert Wood Johnson Foundation's County Health Rankings, which pulls data from 20 primary data sources; the National Survey of Children's Health, which touches on multiple intersecting aspects of children's lives; North Dakota KIDS COUNT, which is a national and state-by-state effort to track the status of children, sponsored by the Annie E. Casey Foundation; and Youth Risk Behavior Surveillance System (YRBSS) data, which is published by the Centers for Disease Control and Prevention.

Social Determinants of Health

Social determinants of health are, according to the World Health Organization,

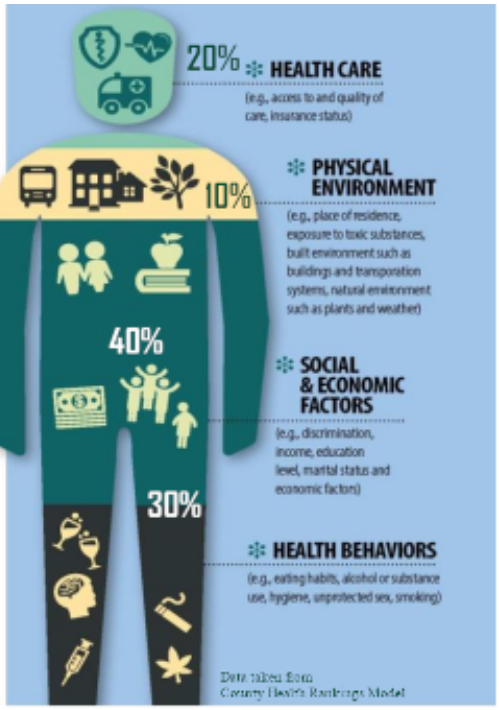
"The circumstances in which people are born, grow up, live, work, and age and the systems put in place to deal with illness. These circumstances are in turn shaped by wider set of forces: economics, social policies, and politics."

Income-level, educational attainment, race/ethnicity, and health literacy all impact the ability of people to access health services. Basic needs such as clean air and water and safe and affordable housing are all essential to staying healthy and are also impacted by the social factors listed previously. The barriers already present in rural areas, such as limited public transportation options and fewer choices to acquire healthy food, can compound the impact of these challenges.

There are numerous models that depict the social determinants of health. While the models may vary slightly in the exact percentages that they attribute to various areas, the discrepancies are often because some models have combined factors when other models have kept them as separate factors.

For Figure 3, data have been derived from the County Health Rankings model, (https://www.countyhealthrankings.org/resources/county-health-rankings-model), and it illustrates that healthcare, while vitally important, plays only one small role (approximately 20%) in the overall health of individuals and, ultimately, of a community. Physical environment, social and economic factors, and health behaviors play a much larger part (80%) in impacting health outcomes. Therefore, as needs or concerns were raised through this CHNA process, it was imperative to keep in mind how they impact the health of the community and what solutions can be implemented.

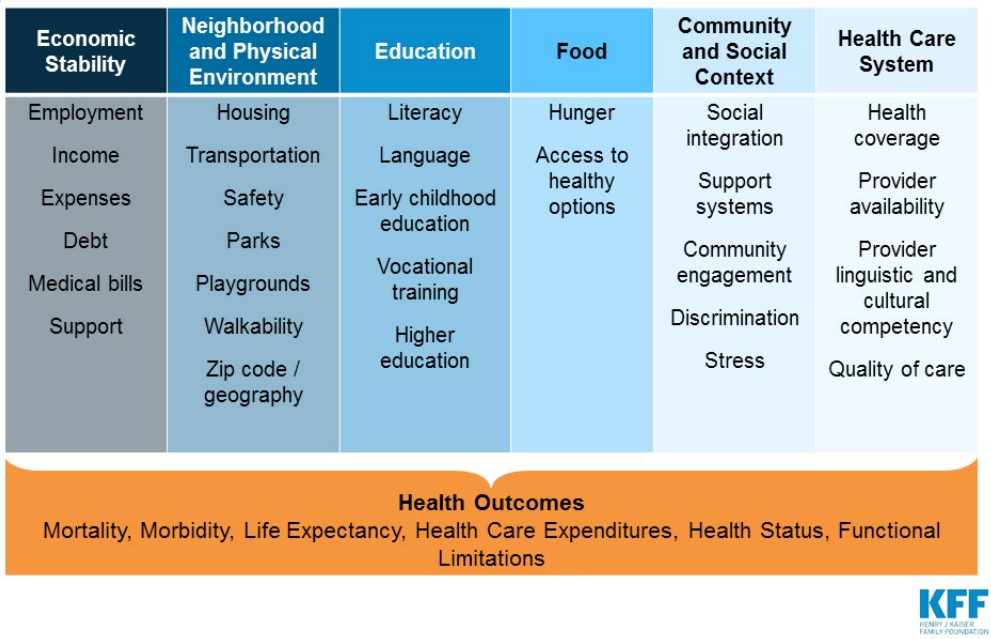
Figure 3: Social Determinants of Health



In Figure 4, the Henry J. Kaiser Family Foundation (https://www.kff.org/disparities-policy/issue-brief/beyond-health-care-the-role-of-social-determinants-in-promoting-health-and-health-equity/), provides examples of factors that are included in each of the social determinants of health categories that lead to health outcomes.

For more information and resources on social determinants of health, visit the Rural Health Information Hub website, at https://www.ruralhealthinfo.org/topics/social-determinants-of-health.

Figure 4: Social Determinants of Health



Demographic Information

TABLE 1: MCINTOSH, LAMORE, AND LOGAN COUNTY: INFORMATION AND DEMOGRAPHICS

	McIntosh	LaMoure	Logan	North Dakota
Population (2022)	2,475	4,098	1,855	779,261
Population change (2020-2022)	-2.1%	.2%	-1.3%	-%
People per square mile (2020)	2.6	3.6	1.9	9.7
Persons 65 years or older (2021)	29.7%	27.4%	27.0%	16.1%
Persons younger than 18 years (2021)	20.6%	21.3%	23.1%	24%
White persons (2021)	95.9%	95.4%	96.0%	83.2%
High school graduates (2021)	83.2%	88.3%	89.8%	93.3%
Bachelor's degree or higher (2021)	74.9%	23.3%	22.7%	31.1%
Persons without health insurance, younger than 65 years (2021)	10.6%	11.9%	8.0%	9.2%
Median household income (2021)	$58,056	$63,594	$53,929	$68,131

Source: https://www.census.gov/quickfacts/fact/table/ND,US/INC910216#viewtop and https://data.census.gov/cedsci/profile?g=0400000US38&q=North%20Dakota

While the population of McIntosh and Logan Counties have seen a decrease in population since 2020, LaMoure has had an increase in population size. The U.S. Census Bureau estimates show that McIntosh County's population decreased from 2,529 (2020) to 2,475 (2022) and Logan County's population decreased from 1,880 (2020) to 1,855 (2022). LaMoure County's population increased from 4,091 (2020) to 4,098 (2022).

County Health Rankings

The Robert Wood Johnson Foundation, in collaboration with the University of Wisconsin Population Health Institute, has developed County Health Rankings to illustrate community health needs and provide guidance for actions toward improved health. In this report, McIntosh County, LaMoure County, and Logan County are compared to North Dakota rates and national benchmarks on various topics ranging from individual health

behaviors to the quality of healthcare.

The data used in the 2023 County Health Rankings are pulled from more than 20 data sources and then are compiled to create county rankings. Counties in each of the 50 states are ranked according to summaries of a variety of health measures. Those having high ranks, such as 1 or 2, are considered to be the "healthiest." Counties are ranked on both health outcomes and health factors. Following is a breakdown of the variables that influence a county's rank.

A model of the 2023 County Health Rankings – a flow chart of how a county's rank is determined – may be found in Appendix D. For further information, visit the www.countyhealthrankings.org.

Health Outcomes

- Length of life
- Quality of life

Health Factors

- Health behavior
  - Smoking
  - Diet and exercise
  - Alcohol and drug use
  - Sexual activity

Health Factors (continued)

- Clinical care
  - Access to care
  - Quality of care
- Social and Economic Factors
  - Education
  - Employment
  - Income
  - Family and social support
  - Community safety
- Physical Environment
  - Air and water quality
  - Housing and transit

Table 2 summarizes the pertinent information gathered by County Health Rankings as it relates to McIntosh, LaMoure, and Logan Counties. It is important to note that these statistics describe the population of a county, regardless of where county residents choose to receive their medical care. In other words, all of the following statistics are based on the health behaviors and conditions of the county's residents, not necessarily the patients and clients of South Central Health (SCH), McIntosh District Health Unit (MDHU), Central Valley Health District (CVHD), or of any particular medical facility.

For most of the measures included in the rankings, the County Health Rankings' authors have calculated the "Top U.S. Performers" for 2023. The Top Performer number marks the point at which only 10% of counties in the nation do better, i.e., the 90th percentile or 10th percentile, depending on whether the measure is framed positively (such as high school graduation) or negatively (such as adult smoking).

McIntosh County, LaMoure County, and Logan County rankings within the state are included in the summary following. For example, McIntosh County ranks 45th out of 48 ranked counties in North Dakota on health outcomes and 43rd out of 48 on health factors. LaMoure County ranks 3rd out of 48 ranked counties in North Dakota on health outcomes and 19th on health factors. Logan County currently does not have a ranking. The measures marked with a bullet point (•) are those where a county is not measuring up to the state rate/percentage; a square (■) indicates that the county is not meeting the U.S. Top 10% rate on that measure. Measures that are not marked with a colored shape but are marked with a plus sign (+) indicate that the county is doing better than the U.S. Top 10%.

The data from County Health Rankings shows that McIntosh County, LaMoure County, and Logan County are doing better than many counties compared to the rest of the state on all but four of the outcomes, landing at or above rates for other North Dakota counties. However, all three counties, like many North Dakota counties, are doing poor in many areas when it comes to the U.S. Top 10% ratings. One particular outcome where McIntosh, LaMoure, and Logan Counties do not meet the U.S. Top 10% ratings is rate of adult obesity.

On health factors, McIntosh, LaMoure, and Logan Counties perform below the North Dakota average for counties in several areas as well.

Data compiled by County Health Rankings show McIntosh, LaMoure, and Logan Counties are doing better than North Dakota in health outcomes and factors for the following indicators:

- Poor or fair health
- Poor physical health days
- Poor mental health days
- Low birth weight rate
- Adult obesity
- Food environment index
- Physical inactivity
- Excessive drinking
- Alcohol-impaired driving deaths
- Sexually transmitted infections
- Uninsured
- Primary care provider to patient ratio
- Preventable hospital stays
- Mammography screening (% of Medicare enrollees ages 67-69 receiving screening)
- Unemployment
- Children in poverty
- Income inequality
- Children in single-parent households
- Social associations
- Air pollution – particulate matter
- Severe housing problems

Data compiled by County Health Rankings show McIntosh County is doing better than North Dakota in health outcomes and factors for the following indicators:

- Poor or fair health
- Food environment index
- Excessive drinking
- Primary care provider to patient ratio
- Unemployment
- Children in single-parent households
- Social associations
- Air pollution – particulate matter
- Severe housing problems

Data compiled by County Health Rankings show LaMoure County is doing better than North Dakota in health outcomes and factors for the following indicators:

- Poor or fair health
- Poor physical health days
- Low birth weight rate
- Excessive drinking
- Alcohol-impaired driving deaths
- Sexually transmitted infections
- Preventable hospital stays
- Unemployment
- Children in poverty
- Mammography screening (% of Medicare enrollees ages 67-69 receiving screening)
- Income inequality
- Children in single-parent households
- Social associations
- Severe housing problems

Data compiled by County Health Rankings show Logan County is doing better than North Dakota in health outcomes and factors for the following indicators:

- Poor or fair health
- Poor physical health days
- Poor mental health days
- Adult obesity
- Physical inactivity
- Excessive drinking
- Uninsured

- Mammography screening (% of Medicare enrollees ages 67-69 receiving screening)
- Unemployment
- Income inequality
- Social associations
- Air pollution – particulate matter
- Severe housing problems

Outcomes and factors in which McIntosh County were performing poorly relative to the rest of the state include:

- Poor physical health days
- Poor mental health days
- Low birth weight rate
- Adult smoking
- Adult obesity
- Physical inactivity
- Access to exercise opportunities
- Uninsured
- Dentist to patient ratio
- Preventable hospital stays
- Mammography screening (% of Medicare enrollees ages 67-69 receiving screening)
- Flu vaccinations (% of fee-for-service Medicare enrollees receiving vaccination)
- Children in poverty
- Income inequality
- Injury deaths

Outcomes and factors in which LaMoure County was performing poorly relative to the rest of the state include:

- Poor mental health days
- Adult smoking
- Adult obesity
- Food environment index
- Access to exercise opportunities
- Uninsured
- Primary care provider to patient ratio
- Mental health provider to patient ratio
- Flu vaccinations (% of fee-for-service Medicare enrollees receiving vaccination)
- Injury deaths
- Air pollution – particulate matter

Outcomes and factors in which Logan County was performing poorly relative to the rest of the state include:

- Adult smoking
- Food environment index
- Access to exercise opportunities
- Alcohol-impaired driving deaths
- Primary care provider to patient ratio
- Dentist to patient ratio
- Preventable hospital stays
- Flu vaccinations (% of fee-for-service Medicare enrollees receiving vaccination)
- Children in poverty
- Children in single-parent households
- Injury deaths

TABLE 2: SELECTED MEASURES FROM *COUNTY HEALTH RANKINGS* 2023 - MCINTOSH, LAMOURE, and LOGAN COUNTIES

● = Not meeting North Dakota average

■ = Not meeting U.S. Top 10% Performers

Blank values reflect unreliable or missing data

\+ = Meeting or exceeding U.S. Top 10% Performers

	McIntosh County	LaMoure County	Logan County	North Dakota	U.S. Top 10%
Ranking: Outcomes	**45th**	**3rd**		**(of 48)**	
Premature death				7,100	7,300
Poor or fair health	14% ●■	12%+	12%+	12%	12%
Poor physical health days (in past 30 days)	3.1 ●■	2.8●+	2.8● +	2.6	3.0
Poor mental health days (in past 30 days)	3.9 ●+	3.7 ●+	3.9 ●+	3.6	4.4
Low birth weight	10%●■	4% +		7%	8%
Ranking: Factors	**43rd**	**19th**		**(of 48)**	
Health Behaviors					
Adult smoking	21%●■	19%●■	19%●■	17%	16%
Adult obesity	36%●■	36%●■	33% ■	34%	32%
Food environment index (10=best)	9.2+	7.8●+	7.5 ●+	9.1	7.0
Physical inactivity	27% ●■	24% ■	25% ■	25%	22%
Access to exercise opportunities	34% ●■	49% ●■	2% ●■	73%	84%
Excessive drinking	23% ■	22% ■	23% ■	23%	19%
Alcohol-impaired driving deaths	0% +	29% ■	100% ●■	41%	27%
Sexually transmitted infections		222.4 +		467.4	481.3
Teen birth rate				18	19
Clinical Care					
Uninsured	9%●+	10%●+	6% +	8%	10%
Primary care physicians	1,220:1+	4,030:1 ●■	1,880:1 ●■	1,290:1	1,310:1
Dentists	2,510:0●■		1,880:0 ●■	1,440:1	1,380:1
Mental health providers		4,070:1●■		470:1	340:1
Preventable hospital stays	4,426 ●■	1,844+	3,317 ●■	2,687	2,809
Mammography screening (% of Medicare enrollees ages 65-74 receiving screening)	38%●	55%+	49% +	49%	37%
Flu vaccinations (% of fee-for-service Medicare enrollees receiving vaccination)	24% ●■	51% +●	45% ●■	52%	51%
Social and Economic Factors					
Unemployment	3.5%+	2.3%+	3.0% +	3.7%	5.4%
Children in poverty	17%●+	11%+	21% ●■	12%	17%
Income inequality	4.7●+	4.5+	4.1 +	4.5	4.9
Children in single-parent households	6%+	11%+	21%●■	12%	25%
Social associations	24.6 +	17.4+	16.0 +	15.3	9.1
Injury deaths	141●■	79●■	105 ●■	72	76
Physical Environment					
Air pollution – particulate matter	4.8+	5.3●+	4.8 +	5.0	7.4
Drinking water violations	No	No	No		
Severe housing problems	11%+	10%+	8% +	12%	17%

Source: http://www.countyhealthrankings.org/app/north-dakota/2022/rankings/outcomes/overall

Children's Health

The National Survey of Children's Health touches on multiple intersecting aspects of children's lives. Data are not available at the county level; listed below is information about children's health in North Dakota. The full survey includes physical and mental health status, access to quality healthcare, and information on the child's family, neighborhood, and social context. Data are from 2019-20. More information about the survey may be found at www.childhealthdata.org/learn/NSCH.

Key measures of the statewide data are summarized below. The rates highlighted in red signify that the state is faring worse on that measure than the national average.

TABLE 3: SELECTED MEASURES REGARDING CHILDREN'S HEALTH (For children ages 0-17 unless noted otherwise), 2020

Health Status	North Dakota	National
Children born premature (3 or more weeks early)	8.7%	11.3%
Children ages 10-17 overweight or obese	28.9%	33.9%
Children ages 0-5 who were ever breastfed	78.5%	81.9%
Children ages 6-17 who missed 11 or more days of school	5.1%	4.2%
Healthcare		
Children currently insured	93.7%	92.8%
Children who spent less than 10 minutes with the provider at a preventive medical visit	17.2%	18.1%
Children (1-17 years) who had preventive a dental visit in the past year	76.6%	75.3%
Children (3-17 years) received mental healthcare	12.5%	11.2%
Children (3-17 years) with problems requiring treatment did not receive mental health care	4.4%	6.3%
Young children (9-35 mos.) receiving standardized screening for developmental problems	45.3%	33.4%
Family Life		
Children whose families eat meals together four or more times per week	73.1%	74.7%
Children who live in households where someone smokes	16.9%	13.3%
Neighborhood		
Children who live in neighborhoods with parks or playgrounds	32.9%	35.4%
Children living in neighborhoods with poorly kept or rundown housing	1.9%	4.1%
Children living in neighborhood that's usually or always safe	75.2%	66.4%

Source: https://www.childhealthdata.org/browse/survey

The data on children's health and conditions reveal that while North Dakota is doing better than the national averages on a few measures, it is not measuring up to the national averages with respect to:

- Children aged 0-5 who were ever breastfed
- Children aged 6-17 who missed 11 or more days of school
- Children whose families eat meals together four or more times per week
- Children living in smoking households
- Children who live in neighborhoods with parks, recreation centers, sidewalks, and a library

Table 4 includes selected county-level measures, regarding children's health in North Dakota. The data come from North Dakota KIDS COUNT, a national and state-by-state effort to track the status of children, sponsored by the Annie E. Casey Foundation. KIDS COUNT data focus on the main components of children's well-being. The measures highlighted in blue in the table are those in which the counties are doing worse than the state average. The year of the most recent data is noted.

The data show McIntosh County is performing more poorly than the North Dakota average in half of the examined measures. The most marked difference was on the measure of Medicaid recipient (almost 10% higher rate in McIntosh County).

LaMoure County is performing more poorly than the North Dakota average on only two factors: uninsured children and uninsured children below 200% (almost two times higher rate in LaMoure County).

Logan County is performing more poorly than the North Dakota average on only one factor: Medicaid recipient (almost 4% higher than the North Dakota average).

Table 4: Selected County-Level Measures Regarding Children's Health

	McIntosh County	LaMoure County	Logan County	North Dakota
Uninsured children (% of population age 0-18), 2021	10.4%	13.5%	6.8%	7.5%
Uninsured children below 200% of poverty (% of population), 2021	9.1%	18.3%	9.5%	11.8%
Medicaid recipient (% of population age 0-20), 2022	38.3%	26.8%	32.7%	28.8%
Children enrolled in Healthy Steps (% of population age 0-18), 2020	3.4%	1.2%	1.1%	2.2%
Supplemental Nutrition Assistance Program (SNAP) recipients (% of population age 0-18), 2020	11.4%	5.5%	12.3%	16.4%
Licensed childcare capacity (% of population age 0-13), 2020	35%	38%	61%	40%
4-year high school cohort graduation rate, 2021/22	>=90%	>=95%	>=90%	84.3%

Source: https://datacenter.kidscount.org/data#ND/5/0/char/0

Another means for obtaining data on the youth population is through the Youth Risk Behavior Survey (YRBS). The YRBS was developed in 1990 by the Centers for Disease Control and Prevention (CDC) to monitor priority health risk behaviors that contribute markedly to the leading causes of death, disability and social problems among youth and adults in the U.S. The YRBS was designed to monitor trends, compare state health risk behaviors to national health risk behaviors and intended for use to plan, evaluate, and improve school and community programs. North Dakota began participating in the YRBS survey in 1995. Students in grades 7-8 and 9-12 are surveyed in the spring of odd years. The survey is voluntary and completely anonymous.

North Dakota has two survey groups, selected and voluntary. The selected school survey population is chosen using a scientific sampling procedure which ensures that the results can be generalized to the state's entire student population. The schools that are part of the voluntary sample, selected without scientific sampling procedures, will only be able to obtain information on the risk behavior percentages for their school and not in comparison to all the schools.

Table 5 depicts some of the YRBS data that has been collected in 2017, 2019, and 2021. They are further broken down by rural and urban percentages. The trend column shows a "=" for statistically insignificant change (no change), "↑" for an increased trend in the data changes from 2019 to 2021, and "↓" for a decreased trend in

the data changes from 2019 to 2021. The final column shows the 2021 national average percentage. For a more complete listing of the YRBS data, see Appendix E.

	ND 2017	ND 2019	ND 2021	ND Trend ↑, ↓, =	Rural ND Town Average	Urban ND Town Average	National Average 2021
Injury and Violence							
% of students who rarely or never wore a seat belt (when riding in a car driven by someone else)	8.1	5.9	49.6	↑	9.2	5.5	39.9
% of students who rode in a vehicle with a driver who had been drinking alcohol (one or more times during the 30 prior to the survey)	16.5	14.2	13.1	=	18.2	13.7	14.1
% of students who talked on a cell phone while driving (on at least one day during the 30 days before the survey)	56.2	59.6	5.0	↓	64.9	64.2	NA
% of students who texted or emailed while driving a car or other vehicle (on at least one day during the 30 days before the survey)	52.6	53.0	55.4	=	59.9	55.9	36.1
% of students who were in a physical fight on school property (one or more times during the 12 months before the survey)~2017/2019~ *in 2021 replaced by* % of students who carried a weapon on school property (such as a gun, knife, or club, on at least 1 day during the 30 days before the survey)	7.2	7.1	5.0	↓	6.2	4.4	3.0
% of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey)	8.7	9.2	9.4	=	9.7	11.6	11
% of students who were bullied on school property (during the 12 months before the survey)	24.3	19.9	15.8	↓	19.8	15.0	15.0
% of students who were electronically bullied (includes texting, Instagram, Facebook, or other social media ever during the 12 months before the survey)	18.8	14.7	13.6	↓	16.2	14.5	15.9
% of students who made a plan about how they would attempt suicide (during the 12 months before the survey)	14.5	15.3	14.8	=	15.1	17.2	17.6
Tobacco, Alcohol, and Other Drug Use							
% of students who currently use an electronic vapor product (e-cigarettes, vape e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens at least one day during the 30 days before the survey)	20.6	33.1	21.2	↓	24.2	23.6	18.0
% of students who currently used cigarettes, cigars, or smokeless tobacco (on at least one day during the 30 days before the survey)	18.1	12.2	5.9	↓	8.0	6.1	3.8
% of students who currently were binge drinking (four or more drinks for female students, five or more for male students within a couple of hours on at least one day during the 30 days before the survey)	16.4	15.6	14.0	=	17.8	14.6	10.5
% of students who currently used marijuana (one or more times during the 30 days before the survey)	15.5	12.5	10.7	=	10.2	12.9	15.8

% of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)	14.4	14.5	10.2	↓	9.7	11.0	12.2
Weight Management, Dietary Behaviors, and Physical Activity							
% of students who were overweight (>= 85th percentile but <95th percentile for body mass index)	16.1	16.5	15.6	=	15.5	14.2	16.0
% of students who had obesity (>= 95th percentile for body mass index)	14.9	14.0	16.3	=	17.4	15.0	16.3
% of students who did not eat fruit or drink 100% fruit juices (during the seven days before the survey)	4.9	6.1	5.0	=	5.7	4.6	7.7
% of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the seven days before the survey)	5.1	6.6	5.9	=	5.3	6.2	9.3
% of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the seven days before the survey)	16.3	15.9	16.6	=	17.5	13.8	14.7
% of students who did not drink milk (during the seven days before the survey)	14.9	20.5	26.2	↑	21.2	29.4	35.7
% of students who did not eat breakfast (during the seven days before the survey)	13.5	14.4	15.1	=	14.5	17.3	22.0
% of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)	2.7	2.8	2.1	=	2.2	2.1	NA
% of students who were physically active at least 60 minutes per day on five or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the seven days before the survey)	51.5	49.0	56.5	↑	58.0	55.3	NA
% of students who watched television three or more hours per day (on an average school day) *In 2021 replaced by*Percentage of students who spent 3 or more hours per day on screen time (in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the internet, or using social media, not counting time spent doing schoolwork, on an average school day)	18.8	18.8	75.7	↑	75.8	78.6	75.7
% of students who played video or computer games or used a computer three or more hours per day (for something that was not schoolwork on an average school day) *In 2021, % of students who played video or computer games was combined with % of students who watch television three or more hours per day.	43.9	45.3	NA	NA	NA	NA	NA
Other							
% of students who ever had sexual intercourse	36.6	38.3	36.6	=	36.5	37.0	30
% of students who had eight or more hours of sleep (on an average school night)	31.8	29.5	24.5	↓	28.3	23.2	22.7
% of students who brushed their teeth on seven days (during the seven days before the survey)	69.1	66.8	67.9	=	64.5	69.9	NA

Source: https://www.cdc.gov/healthyyouth/data/yrbs/results.htm; https://www.nd.gov/dpi/districtsschools/safety-health/youth-risk-behavior-survey

Low Income Needs

The North Dakota Community Action Agencies (CAAs), as nonprofit organizations, were originally established under the Economic Opportunity Act of 1964 to fight America's war on poverty. CAAs are required to conduct statewide needs assessments of people experiencing poverty. The more recent statewide needs assessment study of low-income people in North Dakota sponsored by the CAAs was performed in 2020. The needs assessment study was accomplished through the collaboration of the CAAs and North Dakota State University (NDSU) by means of several kinds of surveys (such as online or paper surveys, etc., depending on the suitability of these survey methods to different respondent groups) to low-income individuals and families across the state of North Dakota. In the study, the survey data were organized and analyzed in a statistical way to find out the priority needs of these people. The survey responses from low-income respondents were separated from the responses from non-low-income participants, which allows the research team to compare them and then identify the similarity, difference, and uniqueness of them in order to ensure the validity and accuracy of the survey study and avoid bias. Additionally, two comparison methods were used in the study, including cross-sectional and longitudinal comparisons. These methods allow the research team not only to identify the top specific needs under the seven need categories, including Employment, Income and Asset-Building, Education, Housing, Health and Social/Behavior Development, Civic Engagement, and Other Supports, through the cross-sectional comparison but also to be able to find out the top specific needs regardless of which categories these needs belong to through the longitudinal comparison.

Top Needs Identified by People Experiencing Poverty Across North Dakota

Category	Need
Housing	Rental Assistance
Income	Financial Issues
Employment	Finding a job
Health	Dental Insurance/Affordable Dental Care
Education	Cost

2020 North Dakota LOW INCOME COMMUNITY NEEDS

Helping People. Changing Lives. Community Action Partnership — America's Poverty Fighting Network

NDSU North Dakota State University

Assessed by CAPND and NDSU, November 2020

KEY FINDINGS

1st Priority Need

Rental Assistance

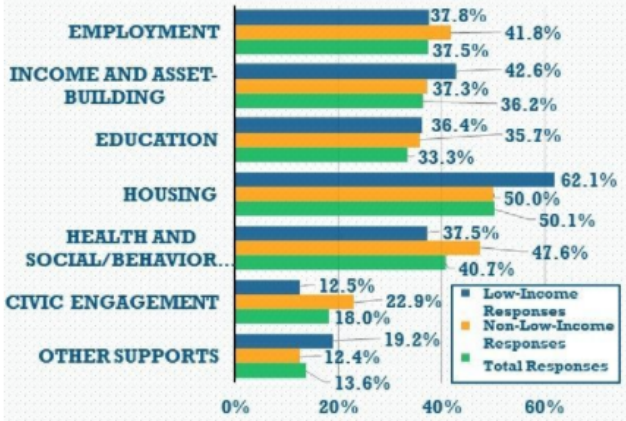
3,458 Total Survey Responses

- **1,086** Low-Incomes
- **2,084** Non- Low-Incomes
- **288** Others (roles cannot be identified)

"***Rental Assistance***" becomes the 1st priority need of people experiencing poverty across the state under the category of "***Housing***". This need, however, would represent their immediate (short-term) need, which could be partially or significantly affected by the pandemic of COVID-19.

- The 1st priority need for the non-low-income respondents is "***Mental Health Service***".
- For the community (including both low-income and non-low-income people), the 1st priority need is "***Dental Issuance/Affordable Dental***".

STATEWIDE OVERALL NEEDS



TOP STATEWIDE SPECIFIC NEEDS

Low-Incomes
- **Housing** - Rental Assistance
- **Health and Social/Behavior Development** - Dental Insurance/Affordable Dental
- **Other Needs** - Food

Non-Low-Incomes
- **Health and Social/Behavior Development** - Mental Health Service
- **Health and Social/Behavior Development** - Health Insurance/Affordable Health Care
- **Income and Asset-Building** - Budget/Credit/Debit Counseling

Community (Low-Income & Non-Low-Income)
- **Health and Social/Behavior Development** - Dental Insurance/Affordable Dental
- **Health and Social/Behavior Development** - Health Insurance/Affordable Health Care
- **Health and Social/Behavior Development** - Mental Health Service

TOP REGIONAL OVERALL NEEDS FOR LOW-INCOMES

1. Housing
2. Health and Social/Behavior Development
3. Income and Asset - Building

1. Housing
2. Income and Asset - Building
3. Employment

1. Housing
2. Employment
3. Health and Social/Behavior Development

1. Health and Social/Behavior Development
2. Income and Asset - Building
3. Housing

1. Housing
2. Income and Asset - Building
3. Education

1. Housing
2. Education
3. Income and Asset - Building

1. Housing
2. Health and Social/Behavior Development
3. Income and Asset - Building

1. Housing
2. Employment
3. Income and Asset - Building

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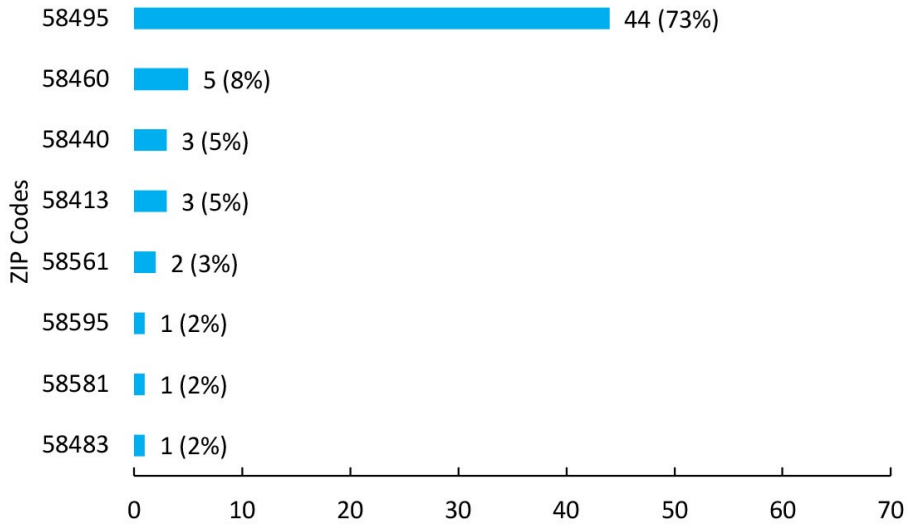
Survey Results

As noted previously, 68 community members completed the survey in communities throughout the counties in the South Central Health (SCH) service area. For all questions that contained an "Other" response, all of those direct responses may be found in Appendix G. In some cases, a summary of those comments is additionally included in the report narrative. The "Total respondents" number under each heading indicates the number of people who responded to that particular question and the "Total responses" number under the heading depicts the number of responses selected for that question (some questions allow for selection of more than one response).

The survey requested that respondents list their home ZIP code. While not all respondents provided a ZIP code, 60 did, revealing that a large majority of respondents (73%, N=44) lived in Wishek. These results are shown in Figure 5.

Figure 5: Survey Respondents' Home ZIP Code
Total respondents: 60



Survey results are reported in six categories: demographics; healthcare access; community assets, challenges; community concerns; delivery of healthcare; and other concerns or suggestions to improve health.

Survey Demographics

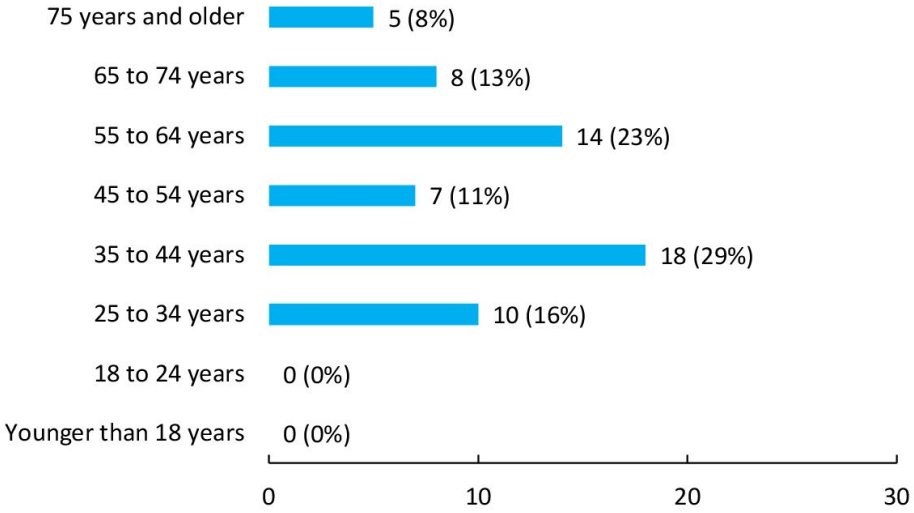
To better understand the perspectives being offered by survey respondents, survey-takers were asked a few demographic questions. Throughout this report, numbers (N) instead of just percentages (%) are reported because percentages can be misleading with smaller numbers. Survey respondents were not required to answer all questions.

With respect to demographics of those who chose to complete the survey:

- 44% (N=27) were aged 55 or older
- The majority (89%, N=54) were female
- Slightly less than half of the respondents (47%, N=29) had bachelor's degrees or higher
- The number of those working full time (65%, N=40) was more than three times higher than those who were retired (18%, N=11)
- 95% (N=59) of those who reported their ethnicity/race were White/Caucasian
- 22% of the population (N=13) had household incomes of less than $50,000

Figures 6 through 12 show these demographic characteristics. It illustrates the range of community members' household incomes and indicates how this assessment took into account input from parties who represent the varied interests of the community served, including a balance of age ranges, those in diverse work situations, and community members with lower incomes.

Figure 6: Age Demographics of Survey Respondents
Total respondents = 62



People younger than age 18 are not questioned using this survey method.

Figure 7: Gender Demographics of Survey Respondents
Total respondents = 61

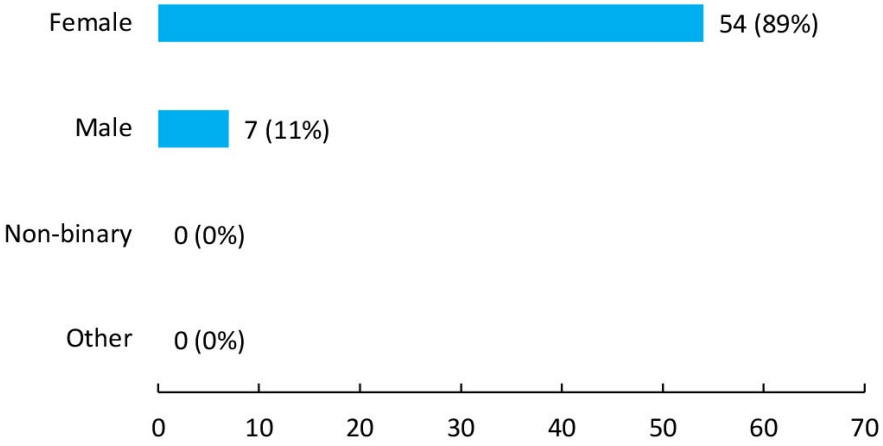


Figure 8: Educational Level Demographics of Survey Respondents
Total respondents = 62

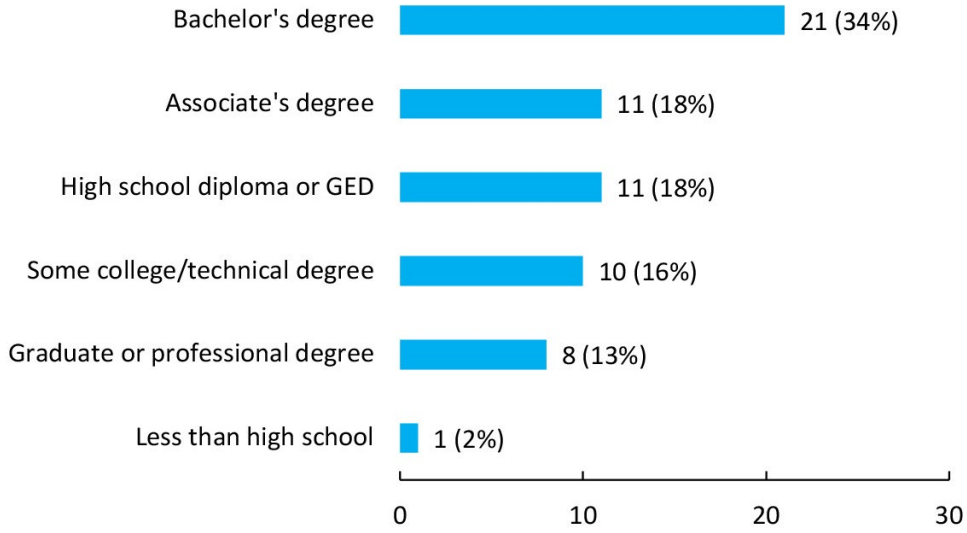
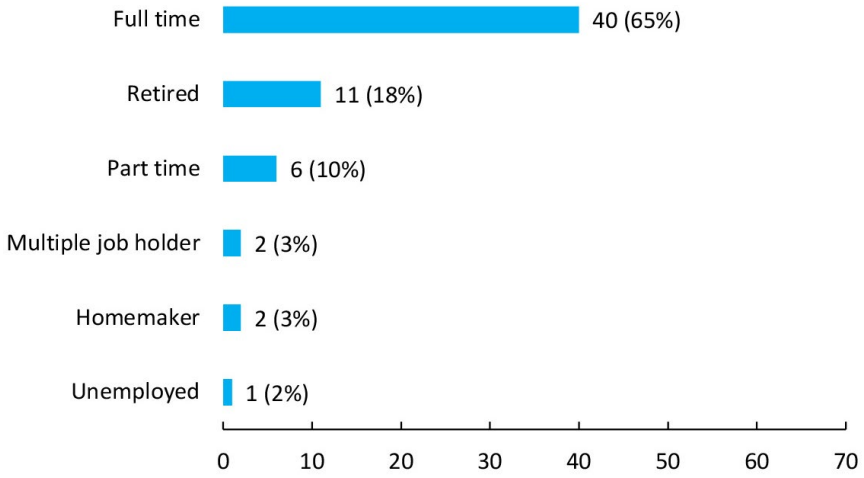
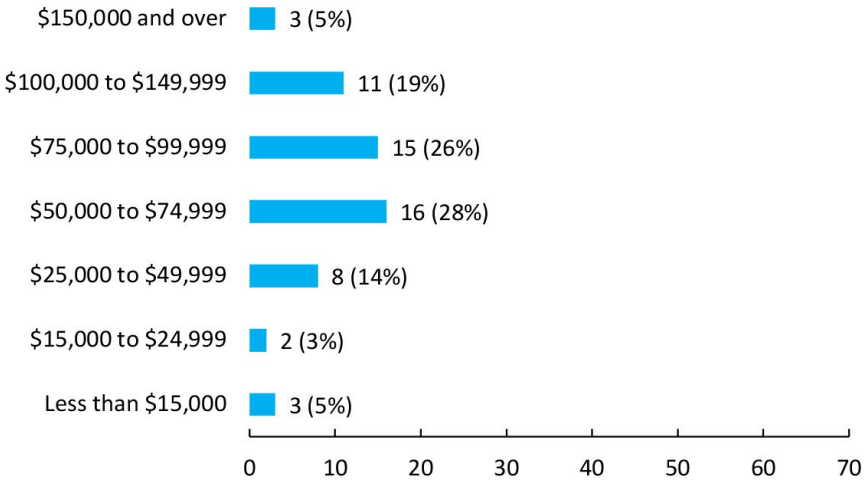


Figure 9: Employment Status Demographics of Survey Respondents
Total respondents = 62



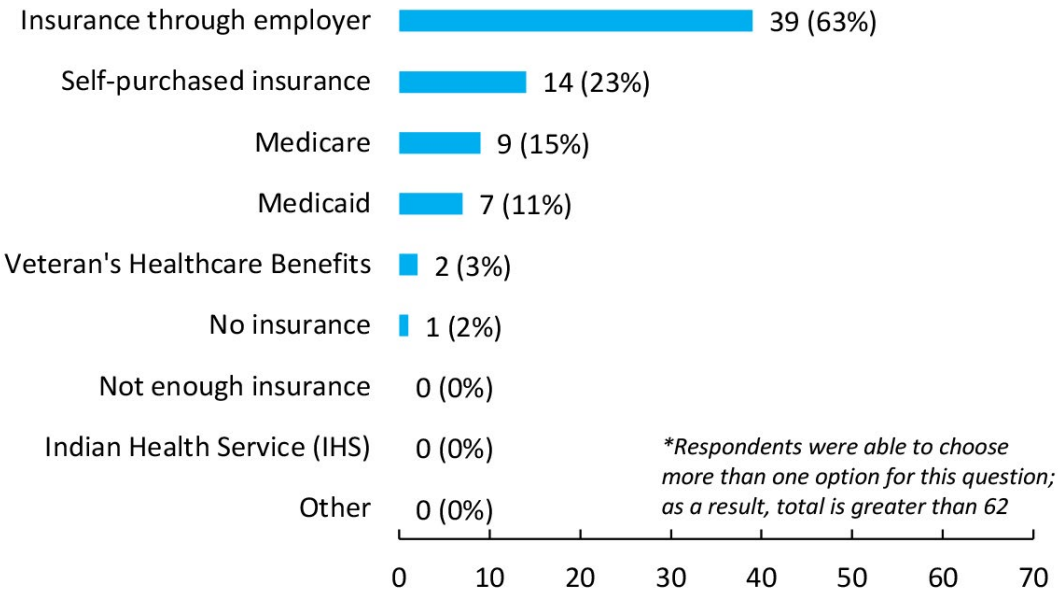
Of those who provided a household income, 8% (N=5) community members reported a household income of less than $25,000. Twenty-four percent (N=14) indicated a household income of $100,000 or more. This information is shown in Figure 10.

Figure 10: Household Income Demographics of Survey Respondents
Total respondents = 58



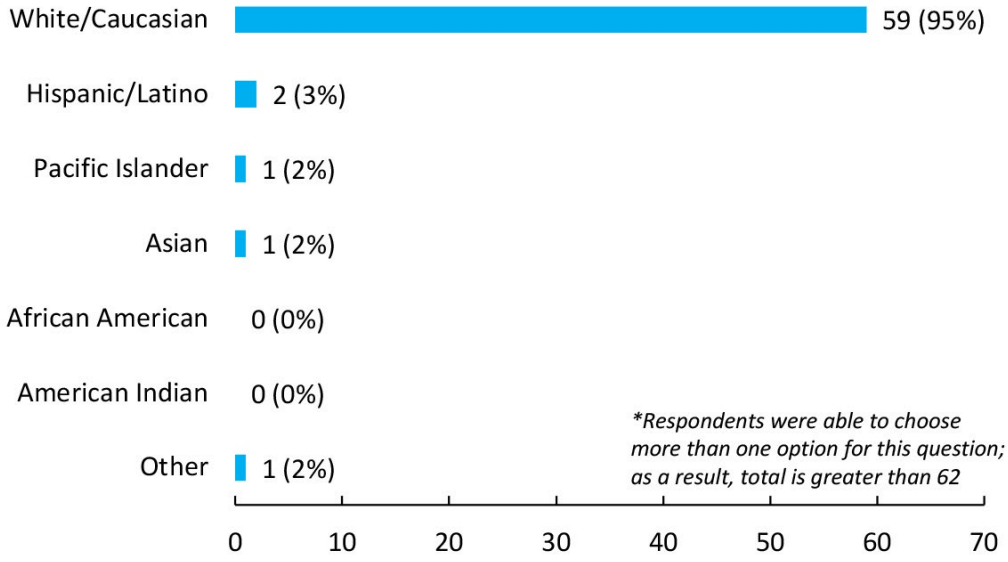
Community members were asked about their health insurance status, which is often associated with whether people have access to healthcare. Two percent (N=1) of the respondents reported having no health insurance or being under-insured. The most common insurance types were insurance through one's employer (N=39), followed by self-purchased (N=14) and Medicare (N=9).

Figure 11: Health Insurance Coverage Status of Survey Respondents
Total respondents = 62*



As shown in Figure 12, nearly all of the respondents were White/Caucasian (95%). This was in-line with the race/ethnicity of the overall population of McIntosh County; the U.S. Census indicates that 93.8% of the population is White in McIntosh County.

Figure 12: Race/Ethnicity Demographics of Survey Respondents
Total respondents = 62*



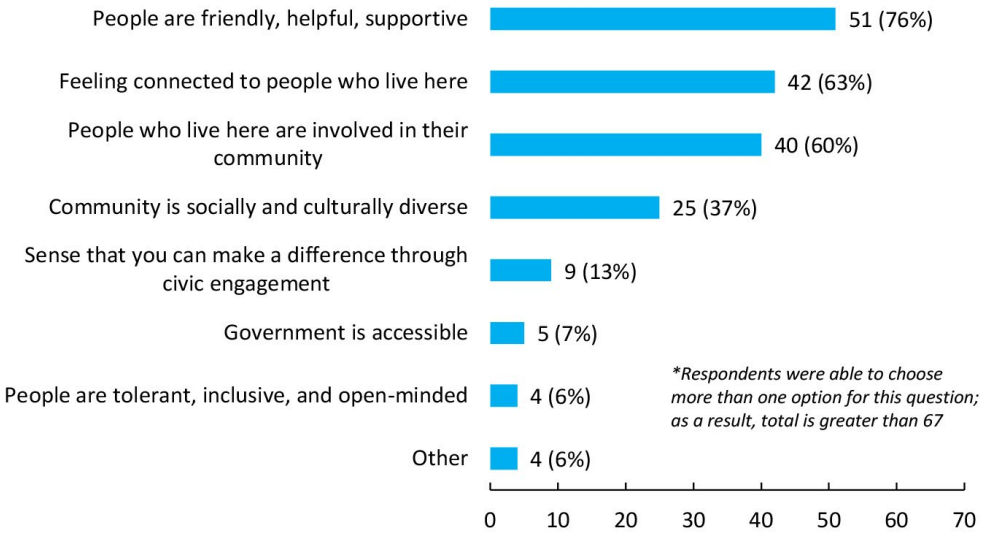
Community Assets and Challenges

Survey-respondents were asked what they perceived as the best things about their community in four categories: people, services and resources, quality of life, and activities. In each category, respondents were given a list of choices and asked to pick the three best things. Respondents occasionally chose less than three or more than three choices within each category. If more than three choices were selected, their responses were not included. The results indicate there is consensus (with at least 45 respondents agreeing) that community assets include:

- Safe place to live, little/no crime (N=63)
- Family-friendly (N=58)
- Healthcare (N=56)
- People are friendly, helpful, supportive (N=51)
- Recreational & sport activities (N=45

Figures 13 to 16 illustrate the results of these questions.

Figure 13: Best Things About the PEOPLE in Your Community
Total responses = 67



Included in the "Other" category of the best things about the people was quiet peaceful low crime area and people are supportive.

Figure 14: Best Things About the SERVICES AND RESOURCES in Your Community
Total responses = 67*

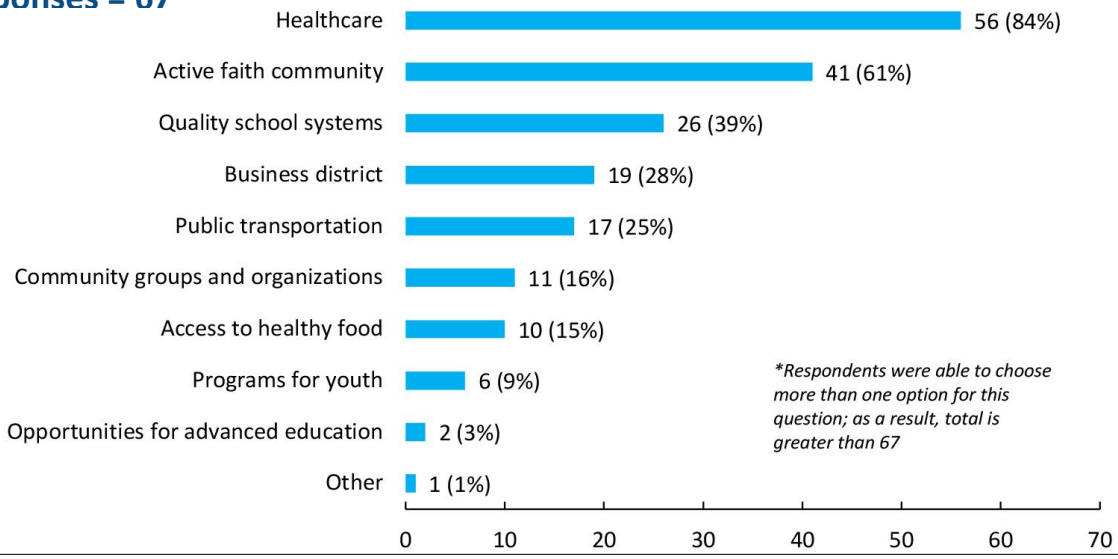


Figure 15: Best Things About the QUALITY OF LIFE in Your Community
Total responses = 67*

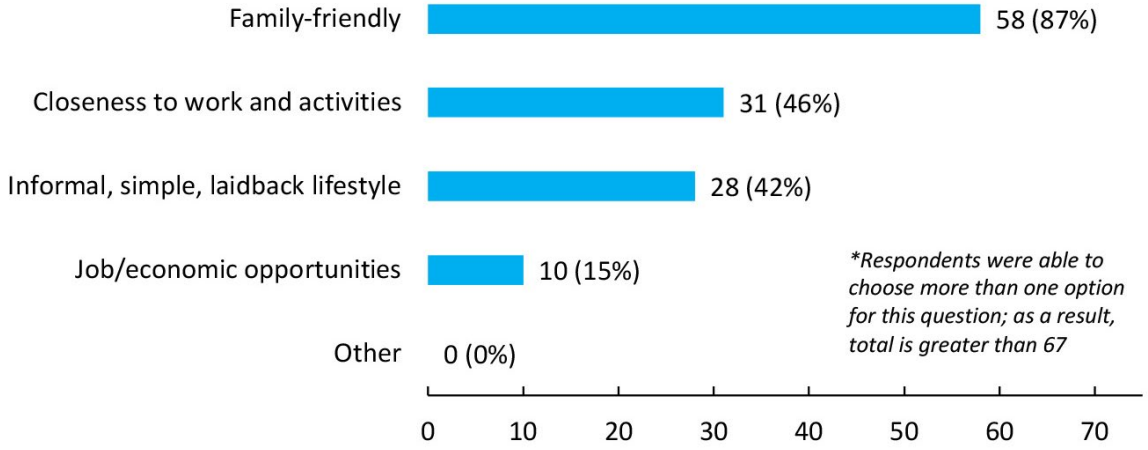
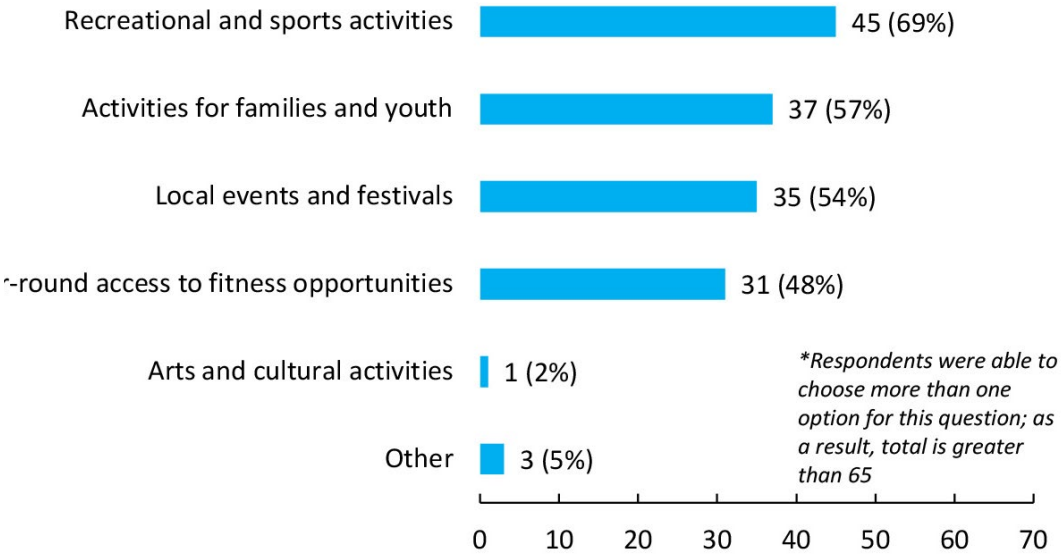


Figure 16: Best Thing About the ACTIVITIES in Your Community
Total responses = 65*



Respondents who selected "Other" specified that the best things about the activities in the community included outdoor pool and great park.

Community Concerns

At the heart of this Community Health Needs Assessment (CHNA) was a section on the survey asking survey respondents to review a wide array of potential community and health concerns in five categories and pick their top three concerns. The five categories of potential concerns were:

- Community/environmental health
- Availability/delivery of health services
- Youth population
- Adult population
- Senior population

With regard to responses about community challenges, the most highly voiced concerns (those having at least 30 respondents) were:

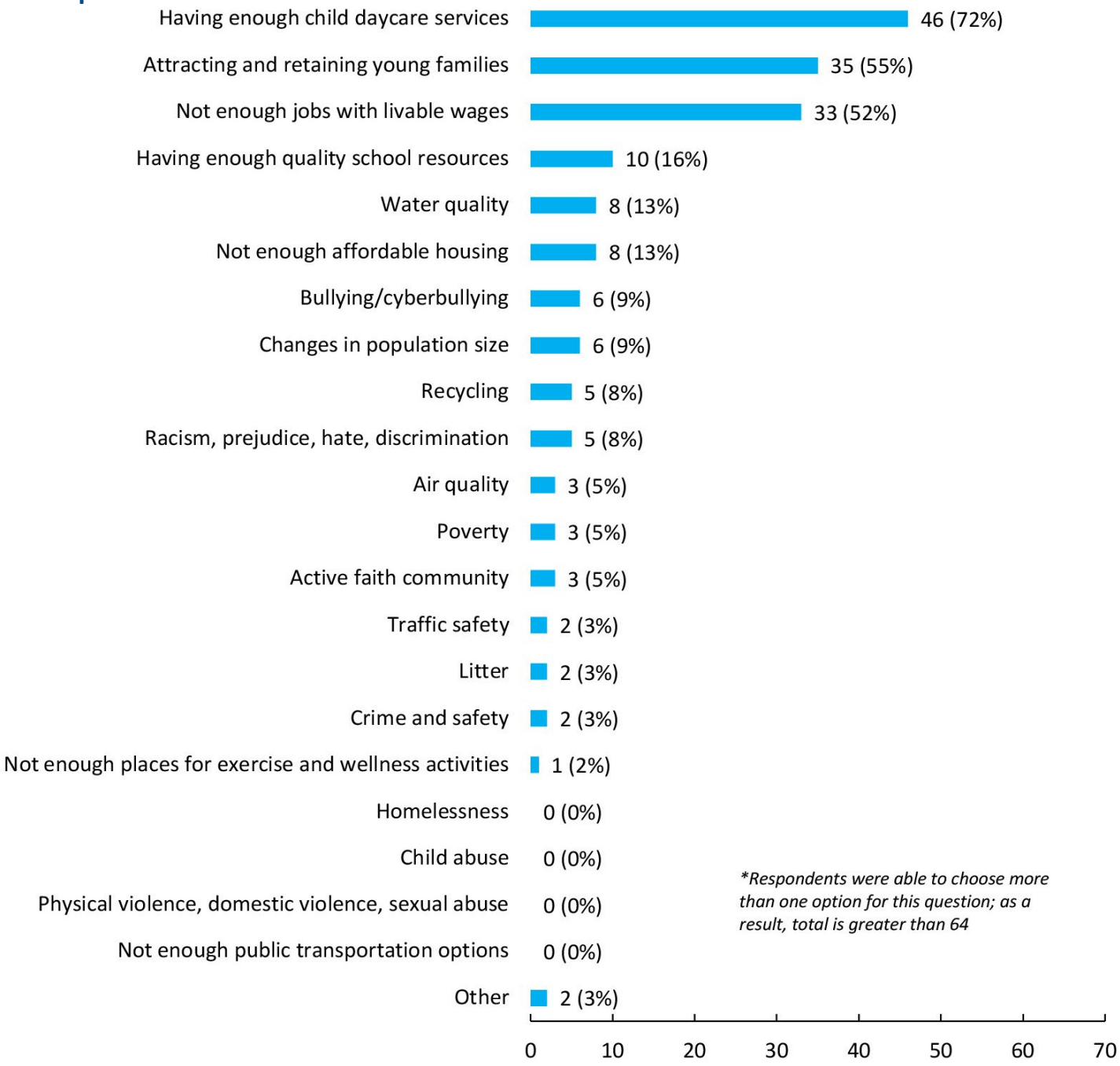
- Having enough child daycare services (N=46)
- Depression/anxiety – youth (N=37)
- Depression/anxiety – adult (N=36)
- Attracting and retaining young families (N=35)
- Availability of home health (N=33)
- Availability of resources to help the elderly stay in their homes (N=33)
- Cost of long-term/nursing home care (N=33)
- Not enough jobs with livable wages (N=33)

The other issues that had at least 20 votes included:

- Alcohol use and abuse – adult (N=24)
- Drug use and abuse – youth (N=23)
- Alcohol use and abuse – youth (N=22)
- Cost of health insurance (N=21)
- Stress – adult (N=21)
- Extra appointment hours (N=20)
- Smoking and tobacco use (second-hand smoke) – youth (N= 20)

Figures 17 through 22 illustrate these results.

Figure 17: Community/Environmental Health Concerns
Total responses = 64*



In the "Other" category for community and environmental health concerns, the following were listed: Not enough mental health professionals especially for youth and hungry children, quality food at school, ensuring kids have enough food in the evenings, on weekends, and in the summer.

Figure 18: Availability/Delivery of Health Services Concerns
Total responses = 64*

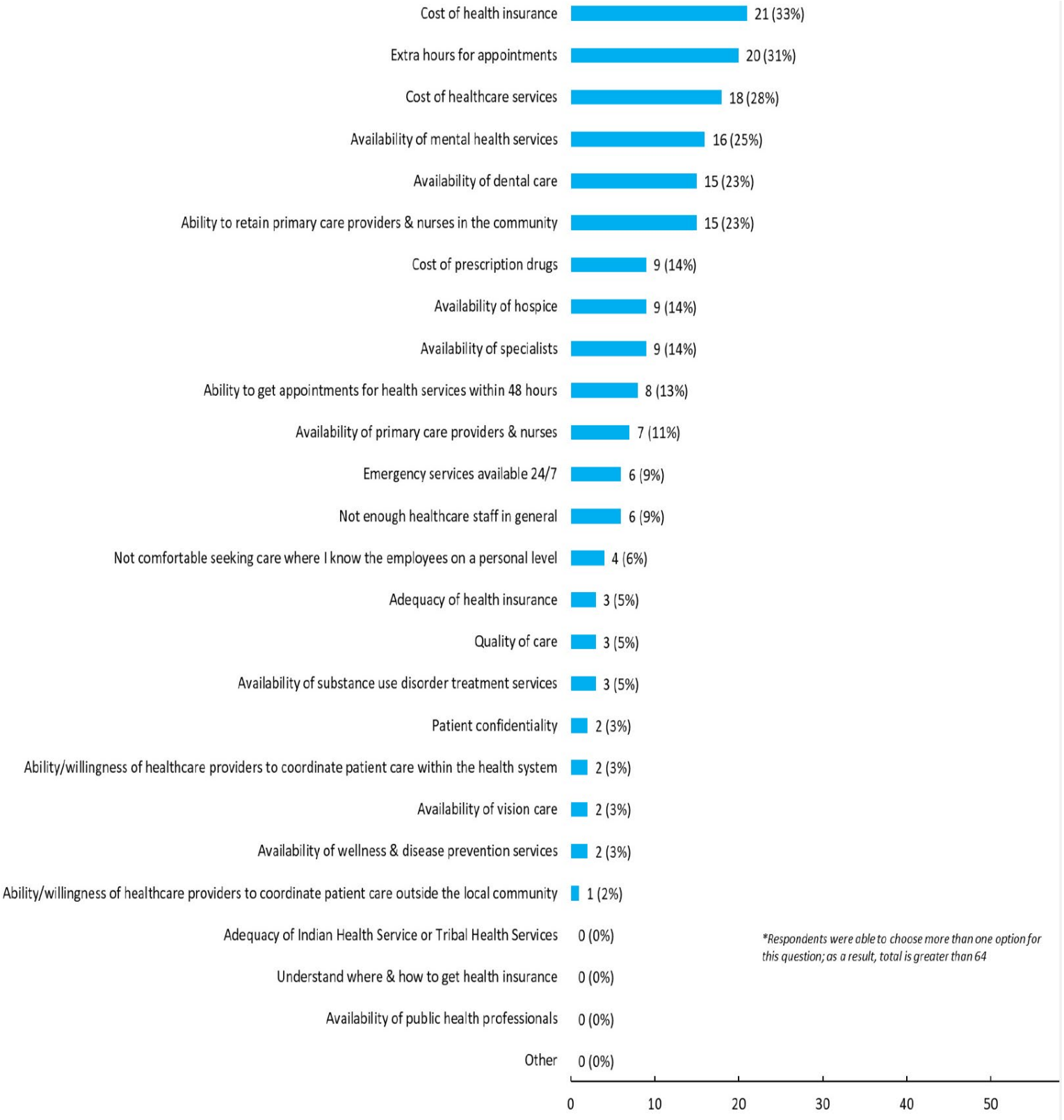


Figure 19: Youth Population Health Concerns
Total responses = 62*

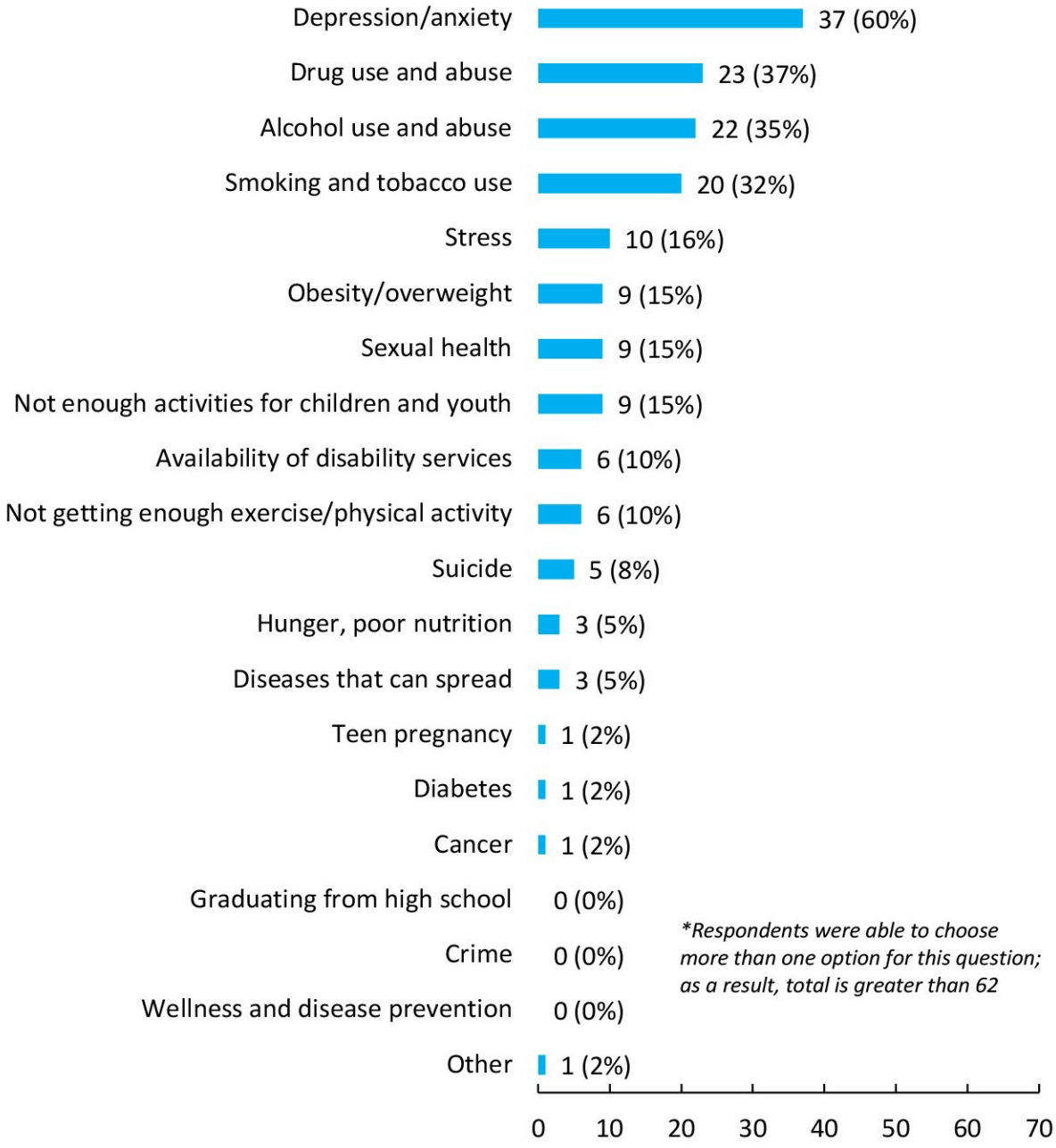


Figure 20: Adult Population Concerns
Total responses = 63*

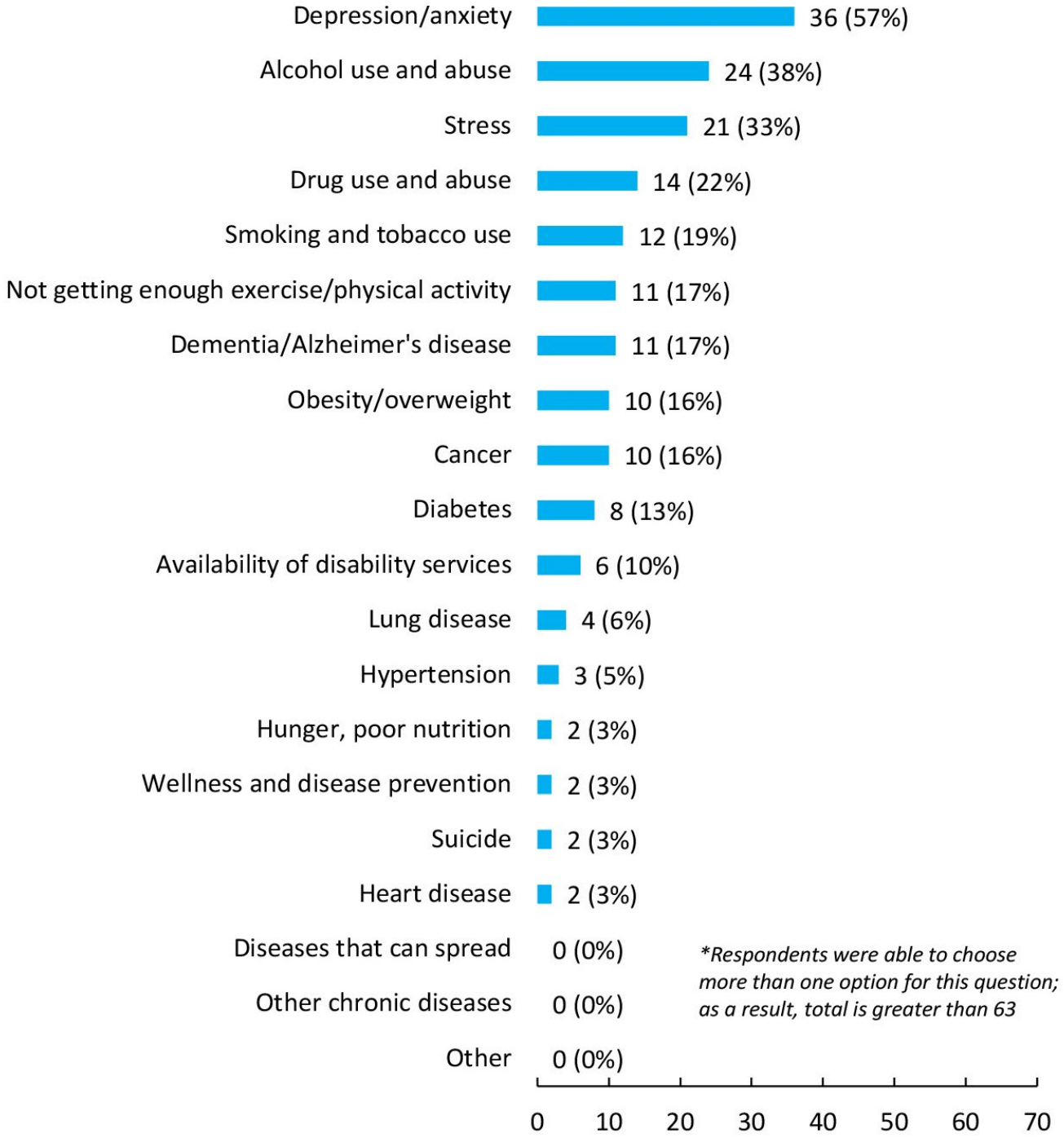
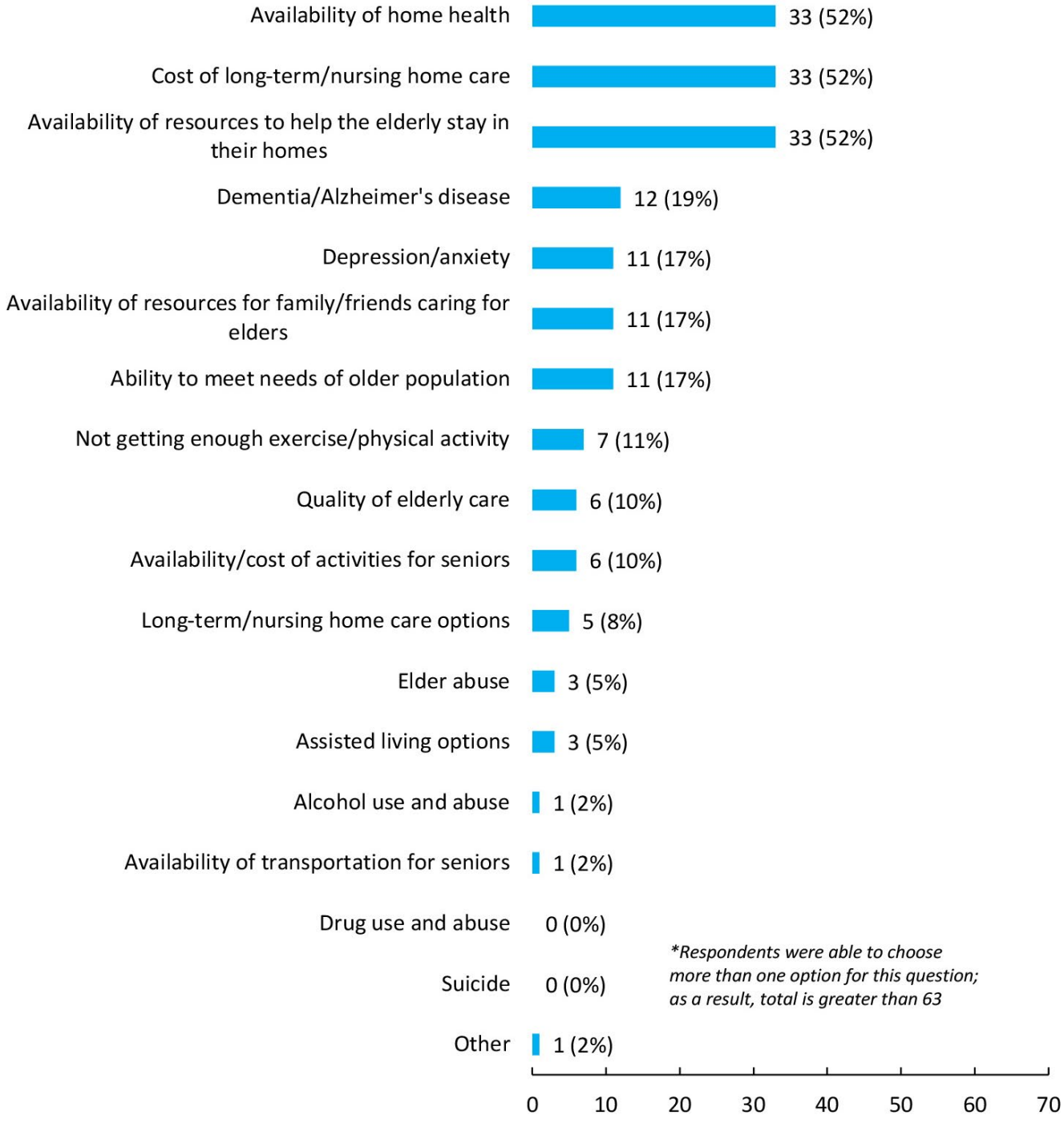


Figure 21: Senior Population Concerns
Total responses = 63*



In the "Other" category, the one concern listed was availability of hospice care.

In an open-ended question, respondents were asked what single issue they feel is the biggest challenge facing their community. Two categories emerged above all others as the top concerns:

1. Lack of childcare services

2. Lack of mental health services

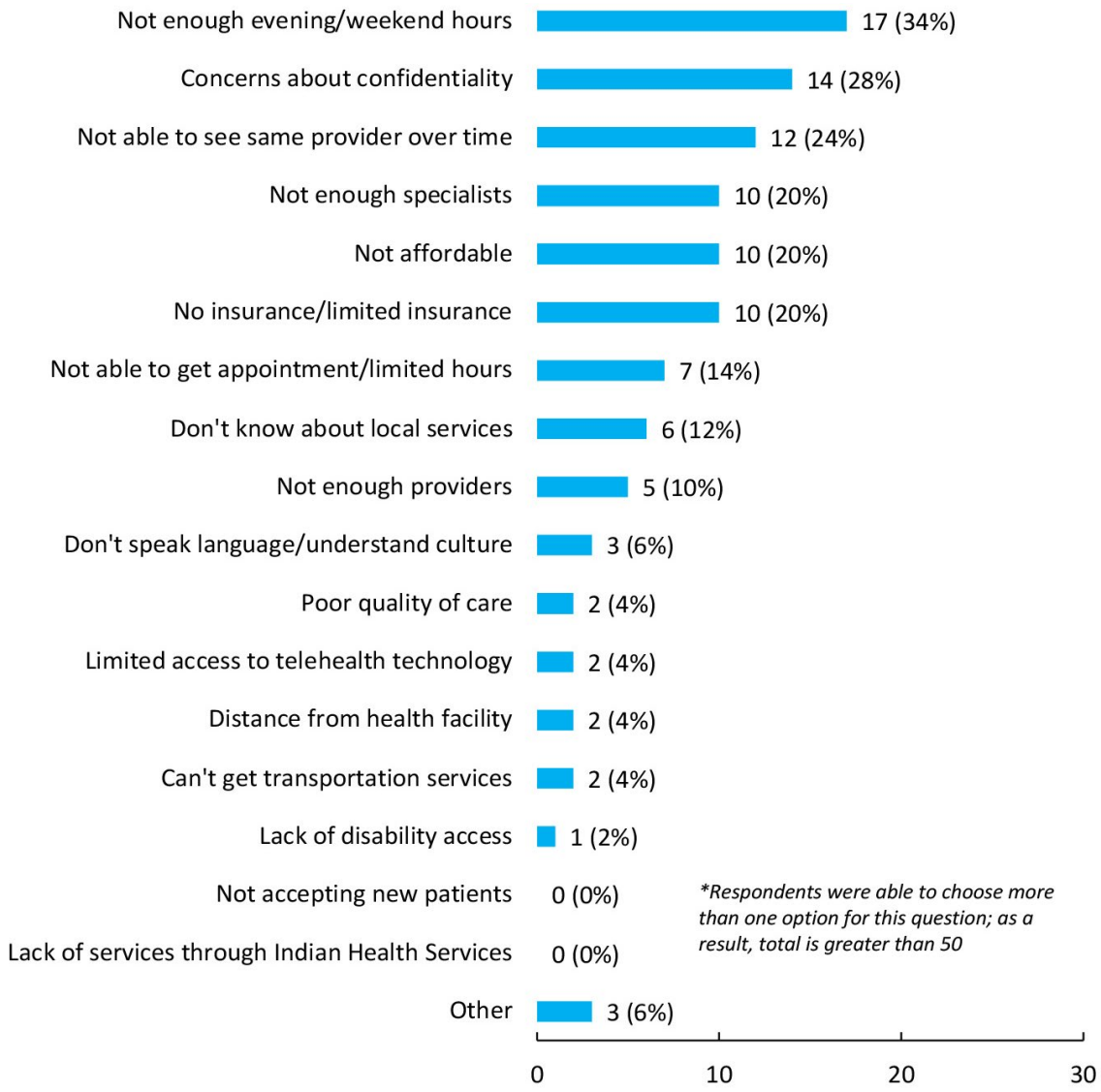
Other biggest challenges that were identified were the population decline/inability to attract families to live in the community, alcohol use and underage drinking, lack of jobs with livable wages, expensive cost of living, lack of home healthcare, water quality, staffing issues everywhere, lack of activities for the family, and bullying/cyberbullying.

Delivery of Healthcare

The survey asked residents what they see as barriers that prevent them, or other community residents, from receiving healthcare. The most prevalent barrier perceived by residents was not enough evening/weekend hours (N=17), with the next highest being concerns about confidentiality (N=14). After these, the next most commonly identified barriers were not being able to see the same provider over time (N=12), not enough specialists (N=10), and not affordable (N=10). The concern in the "Other" category was long wait times for appointments.

Figure 22 illustrates these results.

Figure 22: Perceptions About Barriers to Care
Total responses = 50*



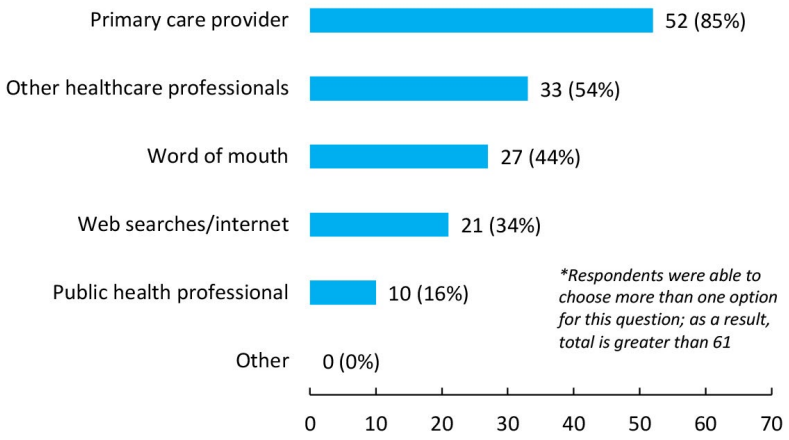
In an open-ended question, respondents were asked what specific healthcare services, if any, they think should be added locally. The number one desired service to add locally was mental health services. Other requested services included:

- Dentist
- More visiting specialists
- Stable specialty providers
- Bathrooms in patient's rooms
- Long-term MD
- Gynecology
- Colonoscopy services
- Weekend hours for the clinic
- First responders
- Rheumatologist

While not a service, many respondents indicated that they would like physicians added, specifically a pediatrician. One person indicated the people should be able to go to McIntosh District Health Unit (MDHU) and Central Valley District Health (CVHD) and get preventative care free of charge instead of having to pay, which is currently required. Another respondent stated they would like more diabetes services. For SCH, people indicated they would like more lab abilities, such as full thyroid and hormone panel. One person stated they would like to be able to go to SCH for same day surgery and procedures such as colonoscopies. It was mentioned a few times there needs to be a dialysis center that is closer than 100 miles away. It is hard for the older population to drive or find transportation to these necessary appointments.

The key informant and focus group members felt that the community members were aware of the majority of the health system and public health services. There were a number of services where they felt the hospital should increase marketing efforts, these included OBGYN services, mobile units, advertising when visiting specialists come to the hospital, and promote more preventative health services like vaccinations, diabetes awareness, and colonoscopies. For MDHU and CVHD, respondents felt they should increase marketing efforts, including well-baby checkups, preschool education programs, Cribs 4 kids, car seat inspection dates, Healthy Tracks, etc. One responded stated they never see marketing for services from Logan County. Others stated they do see things on social media for weekly highlights.

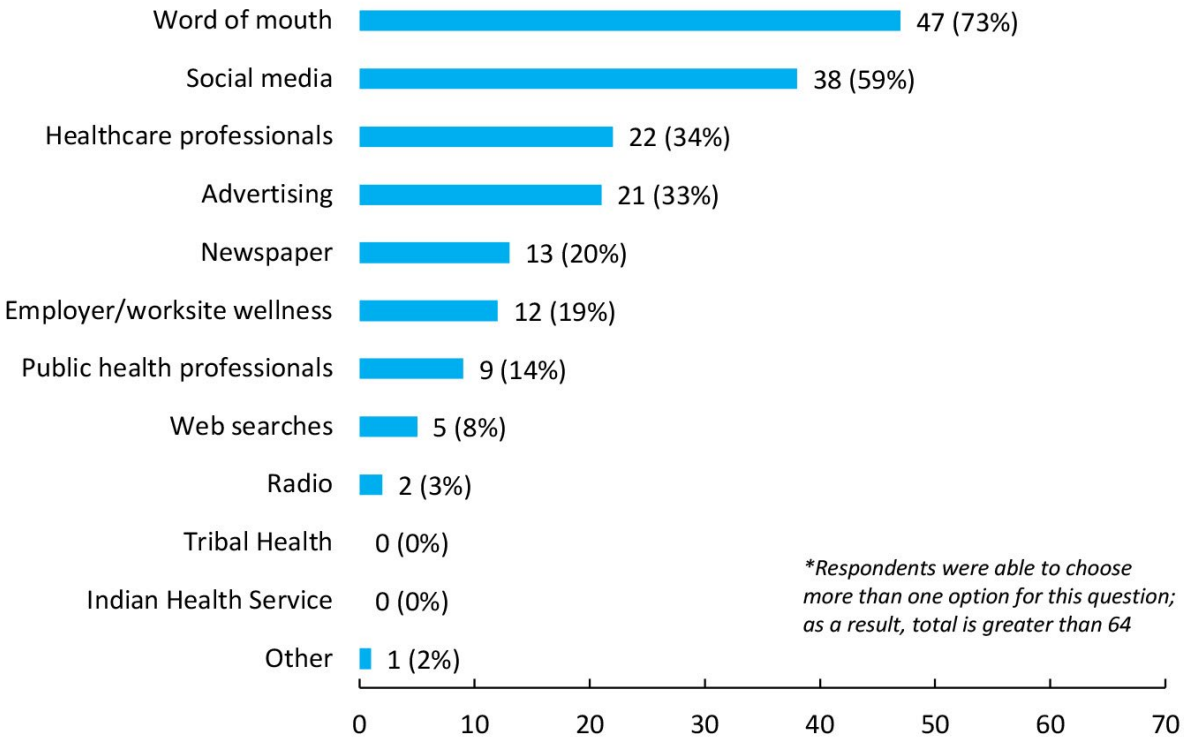
Figure 23: Sources of Trusted Health Information
Total responses = 61*



When asked where people go for sources of trusted health information, the majority of respondents selected primary care provider. Other healthcare professionals and word of mouth were the next two highest responses. Figure 23 illustrates these results.

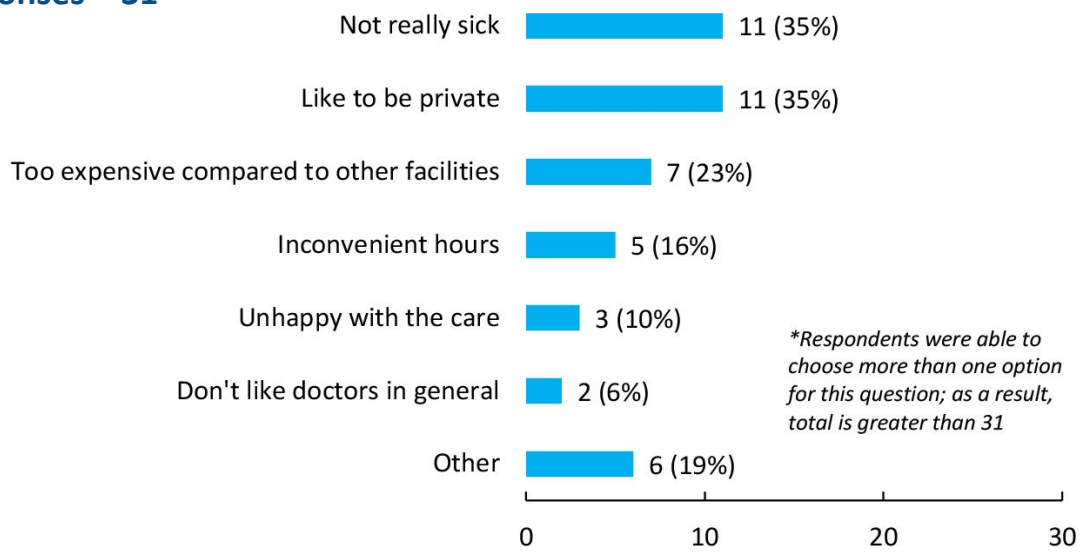
Respondents were asked where they find out about local health services that are available. Word of mouth was the number one response with 73%, followed by social media at 59%, and healthcare professionals at 34%. In "Other" response, one participant stated the flyer from the clinic is how they find out about local healthcare services. See figure 24.

Figure 24: Sources of Information About Local Health Services
Total responses = 64*



When asked why is SCH is not utilized, the top responses were not really sick, like to be private, and too expensive compared to other facilities. In the "Other" section, responses included do not have the specialists needed and usually sent elsewhere for tests. Figure 25 illustrates these results.

Figure 25: Why South Central Health is Not Utilized
Total responses = 31*



In an effort to gauge ways that community members would be most likely to financially support facility improvements/new equipment they would most likely support, a series of questions were asked. First, respondents were asked if they were aware of South Central Health's Foundation (see figure 26). A follow up question asked them to select ways they are most likely to support the foundation (see figure 27). The last question asked respondents selecting improvements and projects they would support at SCH (see Figure 28).

Figure 26: Aware of South Central Health's Foundation
Total responses = 64

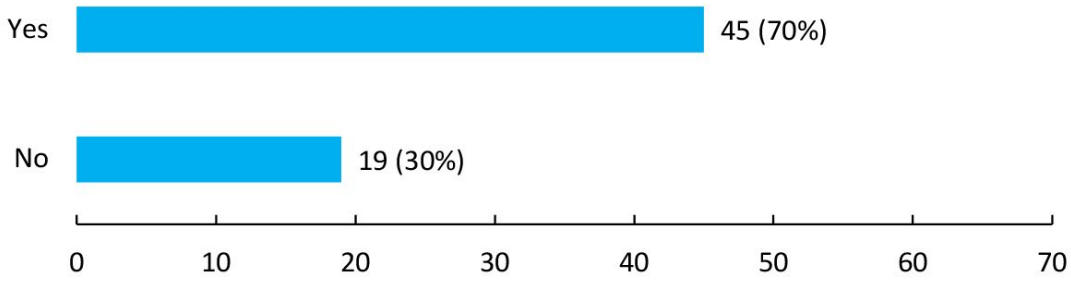
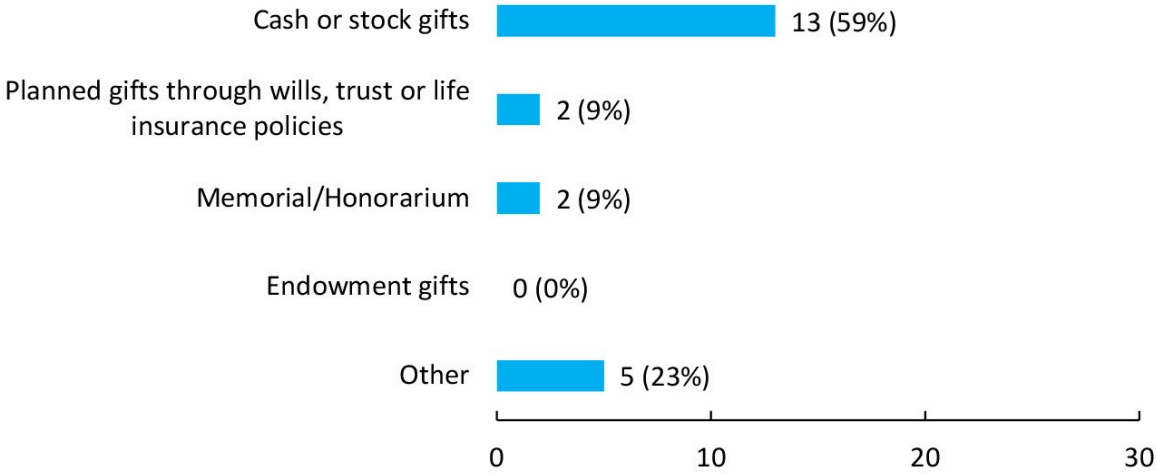
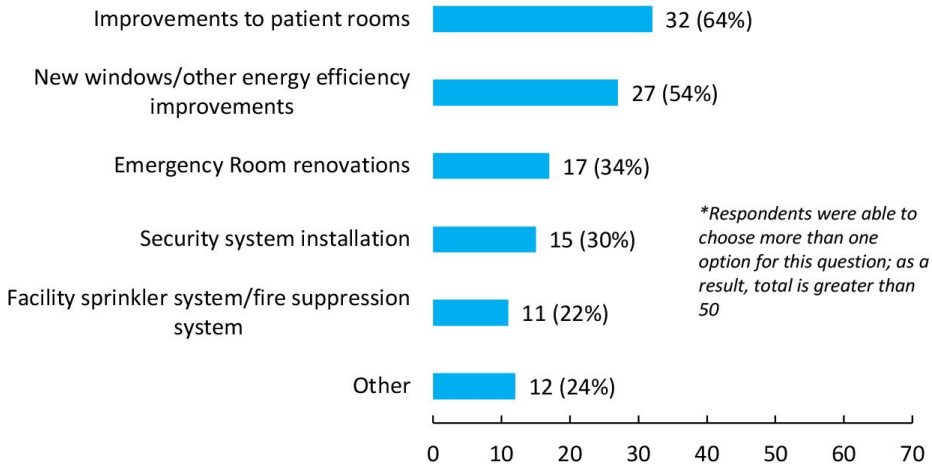


Figure 27: Forms of Support for South Central Health's Foundation
Total responses = 22



In the "Other" category, fundraising and attending fundraisers was mentioned.

Figure 28: Capital Improvements of South Central Health the Community Would Financially Support
Total responses = 50*



Recommendations in the "Other" category included adding onto the facility if needed, first responders, handicap entrances, clinic room renovation, making the ER garage accessible to ambulances, and Kulm clinic relocation.

The final question on the survey asked respondents to share concerns and suggestions to improve the delivery of local healthcare. The majority of responses focused on concern with the lack of mental health services and counseling for people, especially for youth. The respondents also mentioned the lack of physicians. One participant stated the physicians only stay for a few years and then leave the community to practice elsewhere. This is hard on people because they have to start over with someone new. Having a consistent doctor builds trust in the relationship, making the patient feel comfortable enough to come back for future appointments.

It was suggested that there should be a class or webinar on vaccination education that is free to the community. Ever since COVID-19, there has been a distrust in the community regarding the effectiveness of a vaccine. It would be nice to have a qualified trusted medical professional to educate people on the facts, and inform them on where to find trusted information and what is not a verified source.

There is also interest in other educational topics. People would like information on self-help techniques, reducing stigma related to mental health, and learning ways to talk about issues that bother them. One respondent stated they would like the culture to change when another community member is going through a tough time and people leave them alone. They stated that they should be checking on someone if they are having problems. Learning ways to help someone going through something would help with keeping the community connected.

Additional suggestions for SCH include the addition of early morning, evening, and weekend appointments. Have shorter wait times for getting appointments. There should be a provider on duty at the hospital at all times. It also suggested that there be more marketing of services and also when visiting specialists are going to be in the hospital.

It was suggested that the hospital should be in ACA compliance. Some of the doors are not large enough. There is no down curves on sidewalks, which make it unsafe for those who need help stepping up and down. There are options of ways to making the hospital more accessible to the community members who need these accommodations.

The majority of respondents who use SCH reported that SCH does a great job of identifying and delivering healthcare within its means and offers a wide variety of healthcare services.

Findings from Key Informant Interviews & the Community Meeting

Questions about the health and well-being of the community, similar to those posed in the survey, were explored during key informant interviews with community leaders and health professionals and also with the community group at the first meeting. The themes that emerged from these sources were wide-ranging, with some directly associated with healthcare and others more rooted in broader social and community matters.

Generally, overarching issues that developed during the interviews and community meeting can be grouped into five categories (listed in alphabetical order):

- Alcohol use and abuse – youth and adult
- Attracting and retaining young families
- Availability of home health
- Depression/anxiety – all ages
- Having enough child daycare services

To provide context for the identified needs, following are some of the comments made by those interviewed about these issues:

Alcohol use and abuse

- People are having to deal with more anxiety and stress which leads to increase alcohol consumption.
- This is a problem for both youth and adults.
- Underage drinking is a problem. Kids go down this route and it leads to drugs and other illegal activities. They also make unwise decisions such as drinking and driving.
- We need to bring education and awareness to teens about the dangerous of alcohol and drugs.
- Substance misuse including alcohol and drugs lead to working issues, domestic violence issues, and mental health issues.

Attracting and retaining young families

- There is a housing shortage in this area.
- People are staying in their homes, not moving and the houses then are inherited to their children. No one is building new homes for families.
- Finding qualified people to fill jobs in the area is hard because no one is able to find homes.
- There is nothing to do here for young families.

Availability of home health

- There are no options for elderly.

- To find hospice care, you have to travel more than 100 miles.
- Home health is needed to help the elderly stay in their homes, it would be great to have someone come into their homes for that little extra help.
- There are so many hoops and paperwork that it is steering people away from being a Qualified Service Provider (QSP).

Depression/anxiety

- Mental health issues need to be addressed.
- Bullying and cyberbullying are a problem, there have been 13 suicides recently. For this size of a population, that is unheard of.
- Technology and social media have increased teens' anxiety and depression.
- Depression and anxiety feed into other harmful behaviors like drinking and using drugs.

Having enough child daycare services

- People are not able to move into the area because they cannot find quality care for their children.
- Jobs are not being filled because qualified people cannot find homes and childcare for their families.
- Staffing is an issue in all sectors due to childcare and housing problems.

Community Engagement and Collaboration

Key informants and focus group participants were asked to weigh in on community engagement and collaboration of various organizations and stakeholders in the community. Specifically, participants were asked, "On a scale of 1 to 5, with 1 being no collaboration/community engagement and 5 being excellent collaboration/community engagement, how would you rate the collaboration/engagement in the community among these various organizations?" This was not intended to rank services provided. They were presented with a list of 13 organizations or community segments to score. According to these participants, the hospital, pharmacy, public health, and other long-term care (including nursing homes/assisted living) are the most engaged in the community. The averages of these scores (with 5 being "excellent" engagement or collaboration) were:

- Emergency services, including ambulance and fire (4.5)
- Business and industry (4.25)
- Economic development organizations (4.25)
- Hospital (healthcare system) (4.25)
- Pharmacy (4.25)
- Public health (4.0)
- Schools (4.0)
- Faith-based (3.75)
- Long-term care, including nursing homes and assisted living (3.75)
- Law enforcement (3.75)
- Other local health providers, such as dentists and chiropractors (3.5)

Priority of Health Needs

A community group met on August 15, 2023. Twelve community members attended the meeting. Representatives from the Center for Rural Health (CRH) presented the group with a summary of this report's findings, including background and explanation about the secondary data, highlights from the survey results (including perceived community assets and concerns, and barriers to care), and findings from the key informant interviews.

Following the presentation of the assessment findings, and after considering and discussing the findings, all members of the group were asked to identify what they perceived as the top four community health needs. All of the potential needs were listed on large poster boards and each member was given four stickers to place next to each of the four needs they considered the most significant.

The results were totaled and the concerns most often cited were:

- Availability of home health (7 votes)
- Availability of mental health services (7 votes)
- Attracting and retaining young families (6 votes)
- Cost of healthcare insurance (6 votes)

From those top four priorities, each person put one sticker on the item they felt was the most important. The rankings were:

1. Availability of mental health services (8 votes)
2. Attracting and retaining young families (3 votes)
3. Availability of home health (2 votes)
4. Cost of healthcare insurance (0 votes)

Following the prioritization process during the second meeting of the community group and key informants, the number one identified need was the availability of mental health services. A summary of this prioritization may be found in Appendix E.

Comparison of Needs Identified Previously

Top Needs Identified 2020 CHNA Process	Top Needs Identified 2023 CHNA Process
• Availability of mental health services	• Availability of mental health services
• Ability to retain primary care providers (MD, DO, NP, PA) and nurses	• Attracting and retaining young families
• Attracting and retaining young families	• Availability of home health
• Availability of resources to help the elderly stay in their homes	• Cost of healthcare insurance

The current process did identify two identical common needs from the previous cycle, the availability of mental health services and attracting retaining young families were identified in the 2020 Community Health Needs Assessment (CHNA) process. Availability of home health and the cost of healthcare insurance are new common needs that were identified.

South Central Health (SCH) invited written comments on the most recent CHNA report and implementation strategy both in the documents and on the website where they are widely available to the public. No written comments have been received.

Upon adoption of this CHNA Report by the SCH board vote, a notation will be documented in the board minutes reflecting the approval and then the report will be widely available to the public on the hospital's website, and a paper copy will be available for inspection upon request at the hospital. Written comments on this report can be submitted to SCH.

Hospital and Community Projects and Programs Implemented to Address Needs Identified in 2020

In response to the needs identified in the 2020 CHNA process, the following actions were taken:

Availability of mental health resources- The objective was to offer professional psychiatric services, via telemedicine, that focus specifically on mental and emotional health for all ages. Peterson Medical Clinics DBA Rural Psychiatry Associates, LLC was retained by SCH to provide telemedicine psychiatry care to SCH patients. Clinical staff was educated by executive staff on expectations and available contracted services agreed upon with Peterson Medical Clinics DBA Rural Psychiatry Associates, LLC

Workforce recruitment and retention- The community was concerned during the last CHNA process about the number of providers available and the turnover of providers. Since the CHNA in 2020, SCH has maintained five full-time nurse practitioners on a consistent basis at all four of the rural health clinics, along with occasional fill in help from one contracted local nurse practitioner and one contracted physician. They hired three nurse practitioners that reside within their local service area that were RN's and went back to school to get an advanced degree. Most of their mid-level providers rotate between their clinics and their schedule is posted on social media on a weekly basis allowing patients to see where each provider is located every day. Student loan repayment contracts have been implemented for recruitment and retention of certain key staff such as radiology, which will help with recruitment and retention efforts.

The above implementation plan for South Central Health is posted on South Central Health's website.

Next Steps – Strategic Implementation Plan

Although a Community Health Needs Assessment (CHNA) and strategic implementation plan are required by hospitals and local public health units considering accreditation, it is important to keep in mind the needs identified, at this point, will be broad community-wide needs along with healthcare system-specific needs. This process is simply a first step to identify needs and determine areas of priority. The second step will be to convene the steering committee, or other community group, to select an agreed-upon prioritized need on which to begin working. The strategic planning process will begin with identifying current initiatives, programs, and resources already in place to address the identified community need(s). Additional steps include identifying what is needed and feasible to address (taking community resources into consideration) and what role and responsibility the hospital, clinic, and various community organizations play in developing strategies and implementing specific activities to address the community health need selected. Community engagement is essential for successfully developing a plan and executing the action steps for addressing one or more of the needs identified.

"If you want to go fast, go alone. If you want to go far, go together." Proverb

Community Benefit Report

While not required, CRH strongly encourages a review of the most recent Community Benefit Report to determine how/if it aligns with the needs identified through the CHNA as well as the implementation plan.

The community benefit requirement is a long-standing requirement of nonprofit hospitals and is reported in Part I of the hospital's Form 990. The strategic implementation requirement was added as part of the Affordable Care Act's CHNA requirement. It is reported on Part V of the 990. Not-for-profit healthcare organizations demonstrate their commitment to community service through organized and sustainable community benefit programs providing:

- Free and discounted care to those unable to afford healthcare.
- Care to low-income beneficiaries of Medicaid and other indigent care programs.
- Services designed to improve community health and increase access to healthcare.

Community benefit is also the basis of the tax-exemption of not-for-profit hospitals. The Internal Revenue Service (IRS), in its Revenue Ruling 69–545, describes the community benefit standard for charitable tax-exempt hospitals. Since 2008, tax-exempt hospitals have been required to report their community benefit and other information, related to tax-exemption on the IRS Form 990 Schedule H.

What Are Community Benefits?

Community benefits are programs or activities that provide treatment and/or promote health and healing as a response to identified community needs. They increase access to healthcare and improve community health.

A community benefit must respond to an identified community need and meet at least one of the following criteria:

- Improve access to healthcare services.
- Enhance health of the community.
- Advance medical or health knowledge.
- Relieve or reduce the burden of government or other community efforts.

A program or activity should not be reported as community benefit if it is:

- Provided for marketing purposes.
- Restricted to hospital employees and physicians.
- Required of all healthcare providers by rules or standards.
- Questionable as to whether it should be reported.
- Unrelated to health or the mission of the organization.

Appendix A – Critical Access Hospital Profile

Critical Access Hospital Profile
Spotlight on: Wishek, North Dakota

South Central Health

Quick Facts

Administrator:
Lukas Fischer

Chief of Medical Staff:
Dr. Donald Kosiak

Board President:
Lila Raile

City Population:
949 (2019 estimate)[1]

County Population:
2,801 (2019 estimate)[1]

County Median Household Income:
$52,587 (2019 estimate)[1]

County Median Age:
53.2 years (2019 estimate)[1]

Service Area Population:
9,217 (3 county area)

Owned by: Community

Hospital Beds: 24

Trauma Level: V

Critical Access Hospital Designation: 2001

Economic Impact on the County[2]

Employment:
Primary – 89
Secondary – 38
Total – 127

Financial Impact:
Primary – $4.5 million
Secondary – $1.1 million
Total – $5.6 million

Mission

South Central Health (SCH) provides quality healthcare service with concern and compassion in a cost-effective manner. SCH will distinguish itself as a leader in the provision of quality healthcare services in South Central North Dakota.

County: McIntosh
Address: 1007 4th Avenue South, PO Box 647
Wishek, ND 58495
Phone: (701) 452-2326
Fax: (701) 452-2392
Web: https://schealthnd.com/

Since 1954, SCH has proven itself to be a healthcare leader in south central North Dakota. Founded from a recognized need to provide medical services for residents of the area, SCH has grown to be a 24-bed Critical Access Hospital with three full-time clinic locations in Wishek, Napoleon, and Kulm, and a satellite clinic in Gackle. We are community-owned, and our employees have a greater dedication to your well-being because they live, work and play right here.

Our patients are our families, friends and neighbors, and our slogan, *"Quality Care with Concern and Compassion"* has always been driven by the notion that they will be treated with the utmost respect and privacy.

Services: SCH provides the following services directly:

- Allergy shots
- Ambulance Services
- Blood blood product administration
- Blood pressure checks
- Cardiology (visiting physician)
- Chronic disease management
- Clinic- Napoleon, Wishek, Gackle, Kulm
- Emergency room
- Gynecology/Obstetrics (visiting physician)
- Holter monitoring
- Hospital (observation, acute, swingbed)
- Laboratory services
- Mole/wart/skin lesion removal
- Nutrition counseling (visiting dietician)
- Outpatient injections/infusions/dressing changes
- Adult vaccinations
- Pharmacy (for hospitalized patients)
- Podiatry – visiting physician
- Physicals: annuals, D.O.T., sports and insurance
- Physical therapy
- Radiology services (CT scan, EKG, General X-ray, mammography)
- Radiology services via mobile units (Digital mammorgrams, Echocardiograms, Nuclear medicine, MRI, ultrasound)
- Sleep studies
- Social services
- Sports medicine
- Surgical services—Colonoscopy/EDG (visiting physicians)

Staffing

Physicians: 0
Nurse Practitioners: 5
PAs: 0
RNs: 17
LPNs: 5
Total Employees: 87

Local Sponsors and Grant Funding Sources

- Blue Cross Blue Shield of North Dakota
- Center for Rural Health
  - SHIP Grant *(Small Hospital Improvement Program)*
  - Flex Grant *(Medicare Rural Hospital Flexibility Grant Program)*

Sources

[1] - US Census Bureau; American Factfinder, Community Facts

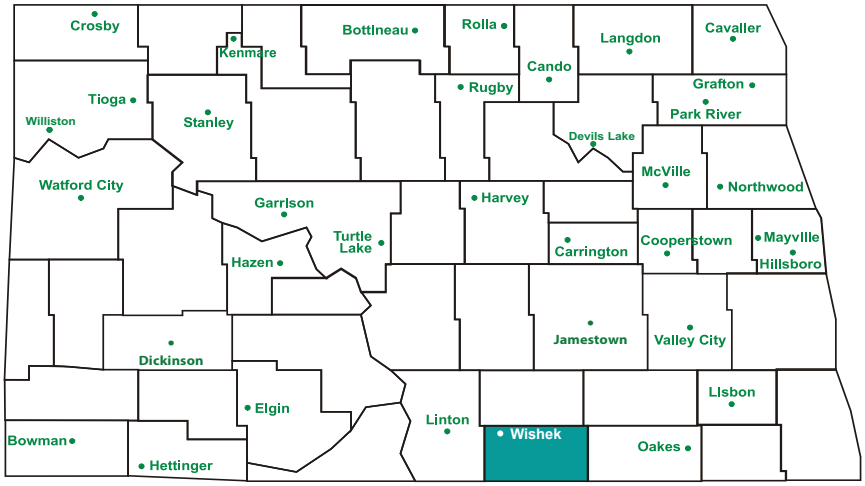
2 - Economic Impact 2020 Center for Rural Health Oklahoma State University and Center for Rural Health University of North Dakota

Center for Rural Health
University of North Dakota
School of Medicine & Health Sciences

This project is supported by the State Office of Rural Health Grant Program at the Center for Rural Health, University of North Dakota School of Medicine & Health Sciences located in Grand Forks, North Dakota.

ruralhealth.und.edu

North Dakota Critical Access Hospitals



History

SCH was dedicated in 1954. The original facility accommodated 16 patients in eight double rooms and employed twelve people. The formed an association with Lutheran Hospitals and Homes Society (LHS), giving the Fargo-based healthcare organization operational control of the Wishek hospital for over 40 years.

In 1964, a new hospital wing was dedicated to meet the expanding healthcare needs, adding 11 beds and more services. Yet another dedication was held in 1977 when the clinic opened its doors. A major renovation project designed to improve the hospital facility and to install a new x-ray machine was celebrated on May 8, 1988.

Between 1993 and 1995, SCH reached formal agreements to manage the clinics in Wishek, Napoleon, Fredonia, Lehr, Zeeland, Streeter, Kulm, and Gackle. Population declines over the years forced the closure of the satellite clinics in Fredonia, Lehr, Zeeland, and Streeter in 2006. New equipment for mammography, cardiac testing, computerized tomography (CT), anesthesia and blood analyzing were installed in 1994 and 1995. The Home Health Agency and social work were added to expand the variety of services offered.

The facility terminated its contract with LHS in 1998, electing instead to put control of the institution in the hands of its board and administration.

To provide more space for local and visiting specialists, it became necessary to expand the Wishek Clinic. The Clinic addition was dedicated April 19, 2002.

Today, SCH has 87 employees and manages four clinic locations. It maintains sound relationships with a number of visiting specialists. SCH is proud of the quality and range of medical treatment and procedures it offers to meet the area's healthcare needs.

Recreation

Wishek is in south central North Dakota. The economic base of this area is primarily dependent upon agriculture. Wishek's school system provides educational opportunities to students K-12. Recreational facilities include an auto racetrack, bowling alley, movie theatre, baseball diamonds, swimming pool, tennis courts, a golf course, a city park and two state parks within ten miles. There is an abundance of hunting, fishing, and outdoor recreational opportunities.

Updated 10/2023

Appendix B – Economic Impact Analysis

December 2020

South Central Health

South Central Health
YOUR COMMUNITY WELLNESS PARTNER

Healthcare, especially a hospital, plays a vital role in local economies.

Economic Impact

South Central Health is composed of a Critical Access Hospital (CAH) in Wishek, North Dakota, four Rural Health Clinics (located in Gackle, Kulm, Napoleon, and Wishek), and an ambulance service.

South Central Health **directly** employs **89 FTE employees** with an annual payroll of over **$4.5 million** (including benefits).

- After application of the employment multiplier of 1.43, these employees created an additional **38** jobs.
- The same methodology is applied to derive the income impact. The income multiplier of 1.24 is applied to create nearly **$1.1 million** in income as they interact with other sectors of the local economy.
- **Total impacts = 127 jobs and nearly $5.6 million in income.**

Healthcare and Your Local Economy

The health sector in a rural community, anchored by a CAH, is responsible for a number of full- and part-time jobs and the resulting wages, salaries, and benefits. Research findings from the National Center for Rural Health Works indicate that rural hospitals typically are one of the top employers in the rural community. The employment and the resulting wages, salaries, and benefits from a CAH are critical to the rural community economy. Figure 1 depicts the interaction between an industry like a healthcare institution and the community, containing other industries and households.

Key contributions of the health system include

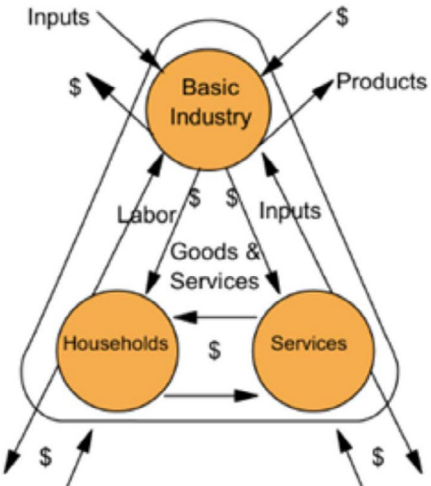
- Attracts retirees and families
- Appeals to businesses looking to establish and/or relocate
- High quality healthcare services and infrastructure foster community development
- Positive impact on retail sales of local economy
- Provides higher-skilled and higher-wage employment
- Increases the local tax base used by local government

Data analysis was completed by the Center for Rural Health at the Oklahoma State University Center for Health Sciences utilizing IMPLAN data.

Fact Sheet Author: Kylie Nissen, BBA

For additional information, please contact:
Kylie Nissen, Program Director, Center for Rural Health
kylie.nissen@und.edu • (701) 777-5380

Figure 1. An overview of the community economic system.



Source: Doeksen, G.A., T. Johnson, and C. Willoughby. 1997. Measuring the Economic Importance of the Health Sector on a Local Economy: A Brief Literature Review and Procedures to Measure Local Impacts

CENTER FOR RURAL HEALTH
OSU Center for Health Sciences

Center for Rural Health
University of North Dakota
School of Medicine & Health Sciences

This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) through the Medicare Rural Hospital Flexibility Grant Program and the State Office of Rural Health Grant.

Appendix C – CHNA Survey Instrument

Center for Rural Health
University of North Dakota
School of Medicine & Health Sciences

South Central Health
YOUR COMMUNITY WELLNESS PARTNER

Public Health
Prevent. Promote. Protect.
Central Valley Health District

Wishek Area Health Survey

South Central Health and Central Valley Health District are interested in hearing from you about community health concerns.

The focus of this effort is to:

- Learn of the good things in your community as well as concerns in the community
- Understand perceptions and attitudes about the health of the community, and hear suggestions for improvement
- Learn more about how local health services are used by you and other residents

If you prefer, you may take the survey online at http://tinyurl.com/Wishek23 or by scanning on the QR Code at the right.

Surveys will be tabulated by the Center for Rural Health at the University of North Dakota School of Medicine and Health Sciences. Your responses are anonymous, and you may skip any question you do not want to answer. Your answers will be combined with other responses and reported only in total. If you have questions about the survey, you may contact Holly Long at 701.777.3848.

Surveys will be accepted through May 5, 2023. Your opinion matters – thank you in advance!

Community Assets: Please tell us about your community by **choosing up to three options** you most agree with in each category below.

1. Considering the **PEOPLE** in your community, the best things are (choose up to THREE):

- ☐ Community is socially and culturally diverse or becoming more diverse
- ☐ Feeling connected to people who live here
- ☐ Government is accessible
- ☐ People are friendly, helpful, supportive
- ☐ People who live here are involved in their community
- ☐ People are tolerant, inclusive, and open-minded
- ☐ Sense that you can make a difference through civic engagement
- ☐ Other (please specify):_____

2. Considering the **SERVICES AND RESOURCES** in your community, the best things are (choose up to THREE):

- ☐ Access to healthy food
- ☐ Active faith community
- ☐ Business district (restaurants, availability of goods)
- ☐ Community groups and organizations
- ☐ Healthcare
- ☐ Opportunities for advanced education
- ☐ Public transportation
- ☐ Programs for youth
- ☐ Quality school systems
- ☐ Other (please specify):_____

3. Considering the **QUALITY OF LIFE** in your community, the best things are (choose up to THREE):

- ☐ Closeness to work and activities
- ☐ Family-friendly; good place to raise kids
- ☐ Informal, simple, laidback lifestyle
- ☐ Job opportunities or economic opportunities
- ☐ Safe place to live, little/no crime
- ☐ Other (please specify):_____

4. Considering the **ACTIVITIES** in your community, the best things are (choose up to THREE):

- ☐ Activities for families and youth
- ☐ Arts and cultural activities
- ☐ Local events and festivals
- ☐ Recreational and sports activities
- ☐ Year-round access to fitness opportunities
- ☐ Other (please specify):_____

Community Concerns: Please tell us about your community by choosing up to three options you most agree with in each category.

5. Considering the **COMMUNITY /ENVIRONMENTAL HEALTH** in your community, concerns are (choose up to THREE):

- ☐ Active faith community
- ☐ Attracting and retaining young families
- ☐ Not enough jobs with livable wages, not enough to live on
- ☐ Not enough affordable housing
- ☐ Poverty
- ☐ Changes in population size (increasing or decreasing)
- ☐ Crime and safety, adequate law enforcement personnel
- ☐ Water quality (well water, lakes, streams, rivers)
- ☐ Air quality
- ☐ Litter (amount of litter, adequate garbage collection)
- ☐ Having enough child daycare services
- ☐ Having enough quality school resources
- ☐ Not enough places for exercise and wellness activities
- ☐ Not enough public transportation options, cost of public transportation
- ☐ Racism, prejudice, hate, discrimination
- ☐ Traffic safety, including speeding, road safety, seatbelt use, and drunk/distracted driving
- ☐ Physical violence, domestic violence, sexual abuse
- ☐ Child abuse
- ☐ Bullying/cyber-bullying
- ☐ Recycling
- ☐ Homelessness
- ☐ Other (please specify):_____

6. Considering the **AVAILABILITY/DELIVERY OF HEALTH SERVICES** in your community, concerns are (choose up to THREE):

- ☐ Ability to get appointments for health services within 48 hours.
- ☐ Extra hours for appointments, such as evenings and weekends
- ☐ Availability of primary care providers (MD,DO,NP,PA) and nurses
- ☐ Ability to retain primary care providers (MD,DO,NP,PA) and nurses in the community
- ☐ Availability of public health professionals
- ☐ Availability of specialists
- ☐ Not enough health care staff in general
- ☐ Availability of wellness and disease prevention services
- ☐ Availability of mental health services
- ☐ Availability of substance use disorder/treatment services
- ☐ Availability of hospice
- ☐ Availability of dental care
- ☐ Availability of vision care
- ☐ Emergency services (ambulance & 911) available 24/7
- ☐ Ability/willingness of healthcare providers to work together to coordinate patient care within the health system.
- ☐ Ability/willingness of healthcare providers to work together to coordinate patient care outside the local community.
- ☐ Patient confidentiality (inappropriate sharing of personal health information)
- ☐ Not comfortable seeking care where I know the employees at the facility on a personal level
- ☐ Quality of care
- ☐ Cost of health care services
- ☐ Cost of prescription drugs
- ☐ Cost of health insurance
- ☐ Adequacy of health insurance (concerns about out-of-pocket costs)
- ☐ Understand where and how to get health insurance
- ☐ Adequacy of Indian Health Service or Tribal Health Services
- ☐ Other (please specify):_____

7. Considering the **YOUTH POPULATION** in your community, concerns are (choose up to THREE):

- ☐ Alcohol use and abuse
- ☐ Drug use and abuse (including prescription drug abuse)
- ☐ Smoking and tobacco use, exposure to second-hand smoke or vaping (juuling)
- ☐ Cancer
- ☐ Diabetes
- ☐ Depression/anxiety
- ☐ Stress
- ☐ Suicide
- ☐ Not enough activities for children and youth
- ☐ Teen pregnancy
- ☐ Sexual health
- ☐ Diseases that can spread, such as sexually transmitted diseases or AIDS
- ☐ Wellness and disease prevention, including vaccine-preventable diseases
- ☐ Not getting enough exercise/physical activity
- ☐ Obesity/overweight
- ☐ Hunger, poor nutrition
- ☐ Crime
- ☐ Graduating from high school
- ☐ Availability of disability services
- ☐ Other (please specify):_____

8. Considering the **ADULT POPULATION** in your community, concerns are (choose up to THREE):

- ☐ Alcohol use and abuse
- ☐ Drug use and abuse (including prescription drug abuse)
- ☐ Smoking and tobacco use, exposure to second-hand smoke
- ☐ Cancer
- ☐ Lung disease (i.e. emphysema, COPD, asthma)
- ☐ Diabetes
- ☐ Heart disease
- ☐ Hypertension
- ☐ Dementia/Alzheimer's disease
- ☐ Other chronic diseases: _____
- ☐ Depression/anxiety
- ☐ Stress
- ☐ Suicide
- ☐ Diseases that can spread, such as sexually transmitted diseases or AIDS
- ☐ Wellness and disease prevention, including vaccine-preventable diseases
- ☐ Not getting enough exercise/physical activity
- ☐ Obesity/overweight
- ☐ Hunger, poor nutrition
- ☐ Availability of disability services
- ☐ Other (please specify):_____

9. Considering the **ELDERLY POPULATION** in your community, concerns are (choose up to THREE):

- ☐ Ability to meet needs of older population
- ☐ Long-term/nursing home care options
- ☐ Assisted living options
- ☐ Availability of resources to help the elderly stay in their homes
- ☐ Cost of activities for seniors
- ☐ Availability of activities for seniors
- ☐ Availability of resources for family and friends caring for elders
- ☐ Quality of elderly care
- ☐ Cost of long-term/nursing home care
- ☐ Availability of transportation for seniors
- ☐ Availability of home health
- ☐ Not getting enough exercise/physical activity
- ☐ Dementia/Alzheimer's disease
- ☐ Depression/anxiety
- ☐ Suicide
- ☐ Alcohol use and abuse
- ☐ Drug use and abuse (including prescription drug abuse)
- ☐ Elder abuse
- ☐ Other (please specify):_____

10. What single issue do you feel is the biggest challenge facing your community?

_____

_____

Delivery of Healthcare

11. Where do you find out about **LOCAL HEALTH SERVICES** available in your area? (Choose ALL that apply)

- ☐ Advertising
- ☐ Employer/worksite wellness
- ☐ Health care professionals
- ☐ Indian Health Service
- ☐ Newspaper
- ☐ Public health professionals
- ☐ Radio
- ☐ Social media (Facebook, Twitter, etc.)
- ☐ Tribal Health
- ☐ Web searches
- ☐ Word of mouth, from others (friends, neighbors, co-workers, etc.)
- ☐ Other (please specify): _____

12. If you do not utilize South Central Health, what is the reason? (Check all that apply)

- ☐ Like to be private
- ☐ Unhappy with the care
- ☐ Inconvenient hours
- ☐ Don't like doctors in general
- ☐ Not really sick
- ☐ Too expensive compared to other facilities
- ☐ Other (please specify): _____

13. What **PREVENTS** community residents from receiving healthcare? (Choose ALL that apply)

- ☐ Can't get transportation services
- ☐ Concerns about confidentiality
- ☐ Distance from health facility
- ☐ Don't know about local services
- ☐ Don't speak language or understand culture
- ☐ Lack of disability access
- ☐ Lack of services through Indian Health Services
- ☐ Limited access to telehealth technology (patients seen by providers at another facility through a monitor/TV screen)
- ☐ No insurance or limited insurance
- ☐ Not able to get appointment/limited hours
- ☐ Not able to see same provider over time
- ☐ Not accepting new patients
- ☐ Not affordable
- ☐ Not enough providers (MD, DO, NP, PA)
- ☐ Not enough evening or weekend hours
- ☐ Not enough specialists
- ☐ Poor quality of care
- ☐ Other (please specify):_____

14. Where do you turn for trusted health information? (Choose ALL that apply)

- ☐ Other healthcare professionals (nurses, chiropractors, dentists, etc.)
- ☐ Primary care provider (doctor, nurse practitioner, physician assistant)
- ☐ Public health professional
- ☐ Web searches/internet (WebMD, Mayo Clinic, Healthline, etc.)
- ☐ Word of mouth, from others (friends, neighbors, co-workers, etc.)
- ☐ Other (please specify):_____

15. Are you aware of South Central Health's Foundation, which exists to provide funds to enhance care services and facilities for the direct benefit to residents in the service area?

☐ Yes ☐ No

16. Have you supported the South Central Health's Foundation in any of the following ways? (Choose ALL that apply)

- ☐ Cash or stock gift
- ☐ Endowment gifts
- ☐ Memorial/Honorarium
- ☐ Planned gifts through wills, trusts or life insurance policies
- ☐ Other (please specify): _____

17. Do you believe individuals in the community would financially support any of the following capital improvements by South Central Health? (Choose ALL that apply)

- ☐ Emergency room renovations
- ☐ Security system installation
- ☐ New windows/other energy efficiency improvements
- ☐ Facility sprinkler system/fire suppression system
- ☐ Improvements to patient rooms (e.g., larger bathrooms)
- ☐ Other (Please specify other capital improvements that you believe the community would financially support): _____

18. What specific healthcare services, if any, do you think should be added locally?

_____

_____

Demographic Information: Please tell us about yourself.

19. Do you work for the hospital, clinic, or public health unit?

- ☐ Yes
- ☐ No

20. Health insurance or health coverage status (choose ALL that apply):

- ☐ Indian Health Service (IHS)
- ☐ Insurance through employer (self, spouse, or parent)
- ☐ Self-purchased insurance
- ☐ Medicaid
- ☐ Medicare
- ☐ No insurance
- ☐ Veteran's Healthcare Benefits
- ☐ Other (please specify): _____

21. Age:

- ☐ Less than 18 years
- ☐ 18 to 24 years
- ☐ 25 to 34 years
- ☐ 35 to 44 years
- ☐ 45 to 54 years
- ☐ 55 to 64 years
- ☐ 65 to 74 years
- ☐ 75 years and older

22. Highest level of education:

- ☐ Less than high school
- ☐ High school diploma or GED
- ☐ Some college/technical degree
- ☐ Associate's degree
- ☐ Bachelor's degree
- ☐ Graduate or professional degree

23. Sex:

- ☐ Female
- ☐ Male
- ☐ Non-binary
- ☐ Other (please specify): _____

24. Employment status:

- ☐ Full time
- ☐ Part time
- ☐ Homemaker
- ☐ Multiple job holder
- ☐ Unemployed
- ☐ Retired

25. Your zip code: _____

21. Race/Ethnicity (choose ALL that apply):

- ☐ American Indian
- ☐ African American
- ☐ Asian
- ☐ Hispanic/Latino
- ☐ Pacific Islander
- ☐ White/Caucasian
- ☐ Other: _____

26. Annual household income before taxes:

- ☐ Less than $15,000
- ☐ $15,000 to $24,999
- ☐ $25,000 to $49,999
- ☐ $50,000 to $74,999
- ☐ $75,000 to $99,999
- ☐ $100,000 to $149,999
- ☐ $150,000 and over

27. Overall, please share concerns and suggestions to improve the delivery of local healthcare.

_____

_____

Thank you for assisting us with this important survey!

Appendix D – County Health Rankings Explained

Source: http://www.countyhealthrankings.org/

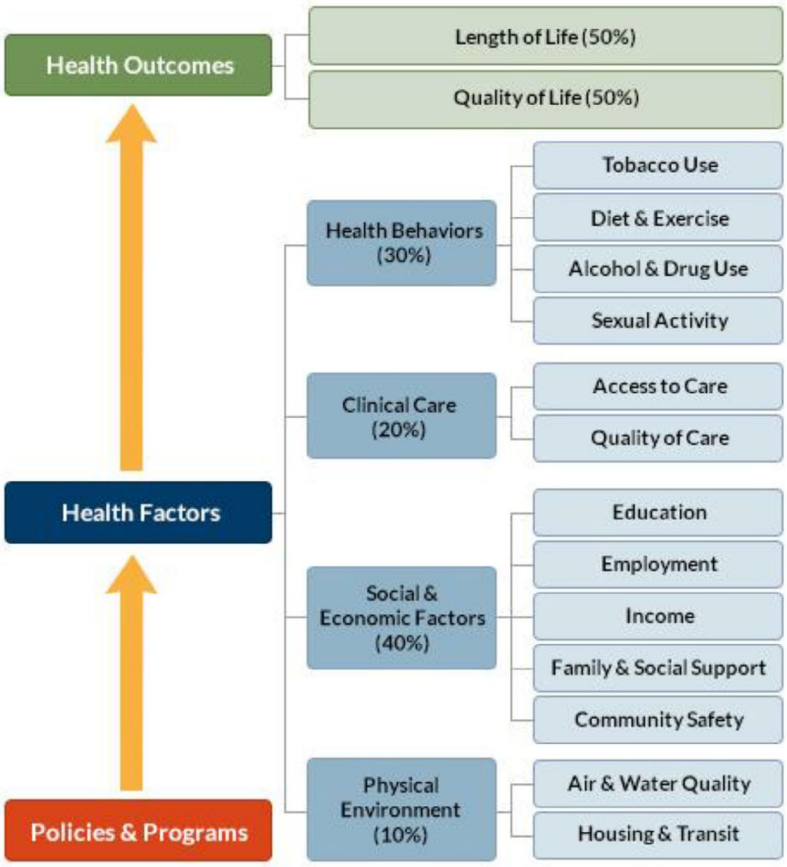
Methods

The County Health Rankings, a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute, measure the health of nearly all counties in the nation and rank them within states. The Rankings are compiled using county-level measures from a variety of national and state data sources. These measures are standardized and combined using scientifically-informed weights.

What is Ranked

The County Health Rankings are based on counties and county equivalents (ranked places). Any entity that has its own Federal Information Processing Standard (FIPS) county code is included in the Rankings. We only rank counties and county equivalents within a state. The major goal of the Rankings is to raise awareness about the many factors that influence health and that health varies from place to place, not to produce a list of the healthiest 10 or 20 counties in the nation and only focus on that.

Ranking System



The County Health Rankings model (shown above) provides the foundation for the entire ranking process.

Counties in each of the 50 states are ranked according to summaries of a variety of health measures. Those having high ranks, e.g. 1 or 2, are considered to be the "healthiest." Counties are ranked relative to the health of other counties in the same state. We calculate and rank eight summary composite scores:

1. **Overall Health Outcomes**
2. Health Outcomes – **Length of life**
3. Health Outcomes – **Quality of life**
4. **Overall Health Factors**
5. Health Factors – **Health behaviors**
6. Health Factors – **Clinical care**
7. Health Factors – **Social and economic factors**
8. Health Factors – **Physical environment**

Data Sources and Measures

The County Health Rankings team synthesizes health information from a variety of national data sources to create the Rankings. Most of the data used are public data available at no charge. Measures based on vital statistics, sexually transmitted infections, and Behavioral Risk Factor Surveillance System (BRFSS) survey data were calculated by staff at the National Center for Health Statistics and other units of the Centers for Disease Control and Prevention (CDC). Measures of healthcare quality were calculated by staff at The Dartmouth Institute.

Data Quality

The County Health Rankings team draws upon the most reliable and valid measures available to compile the Rankings. Where possible, margins of error (95% confidence intervals) are provided for measure values. In many cases, the values of specific measures in different counties are not statistically different from one another; however, when combined using this model, those various measures produce the different rankings.

Calculating Scores and Ranks

The County Health Rankings are compiled from many different types of data. To calculate the ranks, they first standardize each of the measures. The ranks are then calculated based on weighted sums of the standardized measures within each state. The county with the lowest score (best health) gets a rank of #1 for that state and the county with the highest score (worst health) is assigned a rank corresponding to the number of places we rank in that state.

Health Outcomes and Factors

Source: http://www.countyhealthrankings.org/explore-health-rankings/what-and-why-we-rank

Health Outcomes

Premature Death (YPLL)

Premature death is the years of potential life lost before age 75 (YPLL-75). Every death occurring before the age of 75 contributes to the total number of years of potential life lost. For example, a person dying at age 25 contributes 50 years of life lost, whereas a person who dies at age 65 contributes 10 years of life lost to a county's YPLL. The YPLL measure is presented as a rate per 100,000 population and is age-adjusted to the 2000 US population.

Reason for Ranking

Measuring premature mortality, rather than overall mortality, reflects the County Health Rankings' intent to focus attention on deaths that could have been prevented. Measuring YPLL allows communities to target resources to high-risk areas and further investigate the causes of premature death.

Poor or Fair Health

Self-reported health status is a general measure of health-related quality of life (HRQoL) in a population. This measure is based on survey responses to the question: "In general, would you say that your health is excellent, very good, good, fair, or poor?" The value reported in the County Health Rankings is the percentage of adult respondents who rate their health "fair" or "poor." The measure is modeled and age-adjusted to the 2000 US population. Please note that the methods for calculating this measure changed in the 2016 Rankings.

Reason for Ranking

Measuring HRQoL helps characterize the burden of disabilities and chronic diseases in a population. Self-reported health status is a widely used measure of people's health-related quality of life. In addition to measuring how long people live, it is important to also include measures that consider how healthy people are while alive.

Poor Physical Health Days

Poor physical health days is based on survey 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?" The value reported in the County Health Rankings is the average number of days a county's adult respondents report that their physical health was not good. The measure is age-adjusted to the 2000 US population. Please note that the methods for calculating this measure changed in the 2016 Rankings.

Reason for Ranking

Measuring health-related quality of life (HRQoL) helps characterize the burden of disabilities and chronic diseases in a population. In addition to measuring how long people live, it is also important to include measures of how healthy people are while alive – and people's reports of days when their physical health was not good are a reliable estimate of their recent health.

Poor Mental Health Days

Poor mental health days is based on survey 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?" The value reported in the County Health Rankings is the average number of days a county's adult respondents report that their mental health was not good. The measure is age-adjusted to the 2000 US population. Please note that the methods for calculating this measure changed in the 2016 Rankings.

Reason for Ranking
Overall health depends on both physical and mental well-being. Measuring the number of days when people report that their mental health was not good, i.e., poor mental health days, represents an important facet of health-related quality of life.

Low Birth Weight
Birth outcomes are a category of measures that describe health at birth. These outcomes, such as low birthweight (LBW), represent a child's current and future morbidity — or whether a child has a "healthy start" — and serve as a health outcome related to maternal health risk.

Reason for Ranking
LBW is unique as a health outcome because it represents multiple factors: infant current and future morbidity, as well as premature mortality risk, and maternal exposure to health risks. The health associations and impacts of LBW are numerous.

In terms of the infant's health outcomes, LBW serves as a predictor of premature mortality and/or morbidity over the life course.[1] LBW children have greater developmental and growth problems, are at higher risk of cardiovascular disease later in life, and have a greater rate of respiratory conditions.[2-4]

From the perspective of maternal health outcomes, LBW indicates maternal exposure to health risks in all categories of health factors, including her health behaviors, access to healthcare, the social and economic environment the mother inhabits, and environmental risks to which she is exposed. Authors have found that modifiable maternal health behaviors, including nutrition and weight gain, smoking, and alcohol and substance use or abuse can result in LBW.[5]

LBW has also been associated with cognitive development problems. Several studies show that LBW children have higher rates of sensorineural impairments, such as cerebral palsy, and visual, auditory, and intellectual impairments.[2,3,6] As a consequence, LBW can "impose a substantial burden on special education and social services, on families and caretakers of the infants, and on society generally."[7]

Health Factors
Adult Smoking
Adult smoking is the percentage of the adult population that currently smokes every day or most days and has smoked at least 100 cigarettes in their lifetime. Please note that the methods for calculating this measure changed in the 2016 Rankings.

Reason for Ranking
Each year approximately 443,000 premature deaths can be attributed to smoking. Cigarette smoking is identified as a cause of various cancers, cardiovascular disease, and respiratory conditions, as well as low birthweight and other adverse health outcomes. Measuring the prevalence of tobacco use in the population can alert communities to potential adverse health outcomes and can be valuable for assessing the need for cessation programs or the effectiveness of existing programs.

Adult Obesity
Adult obesity is the percentage of the adult population (age 20 and older) that reports a body mass index (BMI) greater than or equal to 30 kg/m2.

Reason for Ranking
Obesity is often the result of an overall energy imbalance due to poor diet and limited physical activity. Obesity increases the risk for health conditions such as coronary heart disease, type 2 diabetes, cancer, hypertension, dyslipidemia, stroke, liver and gallbladder disease, sleep apnea and respiratory problems, osteoarthritis, and poor health status.[1,2]

Food Environment Index

The food environment index ranges from 0 (worst) to 10 (best) and equally weights two indicators of the food environment:

1) Limited access to healthy foods estimates the percentage of the population that is low income and does not live close to a grocery store. Living close to a grocery store is defined differently in rural and nonrural areas; in rural areas, it means living less than 10 miles from a grocery store whereas in nonrural areas, it means less than 1 mile. "Low income" is defined as having an annual family income of less than or equal to 200 percent of the federal poverty threshold for the family size.

2) Food insecurity estimates the percentage of the population who did not have access to a reliable source of food during the past year. A two-stage fixed effects model was created using information from the Community Population Survey, Bureau of Labor Statistics, and American Community Survey.

More information on each of these can be found among the additional measures.

Reason for Ranking

There are many facets to a healthy food environment, such as the cost, distance, and availability of healthy food options. This measure includes access to healthy foods by considering the distance an individual lives from a grocery store or supermarket; there is strong evidence that food deserts are correlated with high prevalence of overweight, obesity, and premature death.[1-3] Supermarkets traditionally provide healthier options than convenience stores or smaller grocery stores.[4]

Additionally, access in regards to a constant source of healthy food due to low income can be another barrier to healthy food access. Food insecurity, the other food environment measure included in the index, attempts to capture the access issue by understanding the barrier of cost. Lacking constant access to food is related to negative health outcomes such as weight-gain and premature mortality.[5,6] In addition to asking about having a constant food supply in the past year, the module also addresses the ability of individuals and families to provide balanced meals further addressing barriers to healthy eating. It is important to have adequate access to a constant food supply, but it may be equally important to have nutritious food available.

Physical Inactivity

Physical inactivity is the percentage of adults age 20 and over reporting no leisure-time physical activity. Examples of physical activities provided include running, calisthenics, golf, gardening, or walking for exercise.

Reason for Ranking

Decreased physical activity has been related to several disease conditions such as type 2 diabetes, cancer, stroke, hypertension, cardiovascular disease, and premature mortality, independent of obesity. Inactivity causes 11% of premature mortality in the United States, and caused more than 5.3 million of the 57 million deaths that occurred worldwide in 2008.[1] In addition, physical inactivity at the county level is related to healthcare expenditures for circulatory system diseases.[2]

Access to Exercise Opportunities

Change in measure calculation in 2018: Access to exercise opportunities measures the percentage of individuals in a county who live reasonably close to a location for physical activity. Locations for physical activity are defined as parks or recreational facilities. Parks include local, state, and national parks. Recreational facilities include YMCAs as well as businesses identified by the following Standard Industry Classification (SIC) codes and include a wide variety of facilities including gyms, community centers, dance studios and pools: 799101, 799102, 799103, 799106, 799107, 799108, 799109, 799110, 799111, 799112, 799201, 799701, 799702, 799703, 799704, 799707, 799711, 799717, 799723, 799901, 799908, 799958, 799969, 799971, 799984, or 799998.

Individuals who:

- reside in a census block within a half mile of a park or
- in urban census blocks: reside within one mile of a recreational facility or

- in rural census blocks: reside within three miles of a recreational facility
- are considered to have adequate access for opportunities for physical activity.

Reason for Ranking
Increased physical activity is associated with lower risks of type 2 diabetes, cancer, stroke, hypertension, cardiovascular disease, and premature mortality, independent of obesity. The role of the built environment is important for encouraging physical activity. Individuals who live closer to sidewalks, parks, and gyms are more likely to exercise.[1-3]

Excessive Drinking
Excessive drinking is the percentage of adults that report either binge drinking, defined as consuming more than 4 (women) or 5 (men) alcoholic beverages on a single occasion in the past 30 days, or heavy drinking, defined as drinking more than one (women) or 2 (men) drinks per day on average. Please note that the methods for calculating this measure changed in the 2011 Rankings and again in the 2016 Rankings.

Reason for Ranking
Excessive drinking is a risk factor for a number of adverse health outcomes, such as alcohol poisoning, hypertension, acute myocardial infarction, sexually transmitted infections, unintended pregnancy, fetal alcohol syndrome, sudden infant death syndrome, suicide, interpersonal violence, and motor vehicle crashes. [1] Approximately 80,000 deaths are attributed annually to excessive drinking. Excessive drinking is the third leading lifestyle-related cause of death in the United States.[2]

Alcohol-Impaired Driving Deaths
Alcohol-impaired driving deaths is the percentage of motor vehicle crash deaths with alcohol involvement.

Reason for Ranking
Approximately 17,000 Americans are killed annually in alcohol-related motor vehicle crashes. Binge/heavy drinkers account for most episodes of alcohol-impaired driving.[1,2]

Sexually Transmitted Infection Rate
Sexually transmitted infections (STI) are measured as the chlamydia incidence (number of new cases reported) per 100,000 population.

Reason for Ranking
Chlamydia is the most common bacterial STI in North America and is one of the major causes of tubal infertility, ectopic pregnancy, pelvic inflammatory disease, and chronic pelvic pain.[1,2] STIs are associated with a significantly increased risk of morbidity and mortality, including increased risk of cervical cancer, infertility, and premature death.[3] STIs also have a high economic burden on society. The direct medical costs of managing sexually transmitted infections and their complications in the US, for example, was approximately 15.6 billion dollars in 2008.[4]

Teen Births
Teen births are the number of births per 1,000 female population, ages 15-19.

Reason for Ranking
Evidence suggests teen pregnancy significantly increases the risk of repeat pregnancy and of contracting a sexually transmitted infection (STI), both of which can result in adverse health outcomes for mothers, children, families, and communities. A systematic review of the sexual risk among pregnant and mothering teens concludes that pregnancy is a marker for current and future sexual risk behavior and adverse outcomes [1]. Pregnant teens are more likely than older women to receive late or no prenatal care, have eclampsia, puerperal endometritis, systemic infections, low birthweight, preterm delivery, and severe neonatal conditions [2, 3]. Pre-term delivery and low birthweight babies have increased risk of child developmental delay, illness, and mortality [4]. Additionally, there are strong ties between teen birth and poor socioeconomic, behavioral, and mental outcomes. Teenage women who bear a child are much less likely to achieve an education level at or

beyond high school, much more likely to be overweight/obese in adulthood, and more likely to experience depression and psychological distress [5-7].

Uninsured

Uninsured is the percentage of the population under age 65 that has no health insurance coverage. The Small Area Health Insurance Estimates uses the American Community Survey (ACS) definition of insured: Is this person CURRENTLY covered by any of the following types of health insurance or health coverage plans: Insurance through a current or former employer or union, insurance purchased directly from an insurance company, Medicare, Medicaid, Medical Assistance, or any kind of government-assistance plan for those with low incomes or a disability, TRICARE or other military healthcare, Indian Health Services, VA or any other type of health insurance or health coverage plan? Please note that the methods for calculating this measure changed in the 2012 Rankings.

Reason for Ranking

Lack of health insurance coverage is a significant barrier to accessing needed healthcare and to maintaining financial security.

The Kaiser Family Foundation released a report in December 2017 that outlines the effects insurance has on access to healthcare and financial independence. One key finding was that "Going without coverage can have serious health consequences for the uninsured because they receive less preventative care, and delayed care often results in serious illness or other health problems. Being uninsured can also have serious financial consequences, with many unable to pay their medical bills, resulting in medical debt."[1]

Primary Care Physicians

Primary care physicians is the ratio of the population to total primary care physicians. Primary care physicians include non-federal, practicing physicians (M.D.'s and D.O.'s) under age 75 specializing in general practice medicine, family medicine, internal medicine, and pediatrics. Please note this measure was modified in the 2011 Rankings and again in the 2013 Rankings.

Reason for Ranking

Access to care requires not only financial coverage, but also access to providers. While high rates of specialist physicians have been shown to be associated with higher (and perhaps unnecessary) utilization, sufficient availability of primary care physicians is essential for preventive and primary care, and, when needed, referrals to appropriate specialty care.[1,2]

Dentists

Dentists are measured as the ratio of the county population to total dentists in the county.

Reason for Ranking

Untreated dental disease can lead to serious health effects including pain, infection, and tooth loss. Although lack of sufficient providers is only one barrier to accessing oral healthcare, much of the country suffers from shortages. According to the Health Resources and Services Administration, as of December 2012, there were 4,585 Dental Health Professional Shortage Areas (HPSAs), with 45 million people total living in them.[1]

Mental Health Providers

Mental health providers is the ratio of the county population to the number of mental health providers including psychiatrists, psychologists, licensed clinical social workers, counselors, marriage and family therapists, mental health providers that treat alcohol and other drug abuse, and advanced practice nurses specializing in mental healthcare. In 2015, marriage and family therapists and mental health providers that treat alcohol and other drug abuse were added to this measure.

Reason for Ranking

Thirty percent of the population lives in a county designated as a Mental Health Professional Shortage Area. As the mental health parity aspects of the Affordable Care Act create increased coverage for mental health services, many anticipate increased workforce shortages.

Preventable Hospital Stays
Preventable hospital stays is the hospital discharge rate for ambulatory care-sensitive conditions per 1,000 fee-for-service Medicare enrollees. Ambulatory care-sensitive conditions include: convulsions, chronic obstructive pulmonary disease, bacterial pneumonia, asthma, congestive heart failure, hypertension, angina, cellulitis, diabetes, gastroenteritis, kidney/urinary infection, and dehydration. This measure is age-adjusted.

Reason for Ranking
Hospitalization for diagnoses treatable in outpatient services suggests that the quality of care provided in the outpatient setting was less than ideal. The measure may also represent a tendency to overuse hospitals as a main source of care.

Mammography Screening
Mammography screening is the percentage of female fee-for-service Medicare enrollees age 67-69 that had at least one mammogram over a two-year period.

Reason for Ranking
Evidence suggests that mammography screening reduces breast cancer mortality, especially among older women.[1] A physician's recommendation or referral—and satisfaction with physicians—are major factors facilitating breast cancer screening. The percent of women ages 40-69 receiving a mammogram is a widely endorsed quality of care measure.

Flu Vaccinations
Flu vaccinations are Percentage of fee-for-service (FFS) Medicare enrollees that had an annual flu vaccination.

Reason for Ranking
Influenza is a potentially serious disease that can lead to hospitalization and even death. Every year there are millions of influenza infections, hundreds of thousands of flu-related hospitalizations, and thousands of flu-related deaths. An annual flu vaccine is the best way to help protect against influenza and may reduce the risk of flu illness, flu-related hospitalizations, and even flu-related death. It is recommended that everyone 6 months and older get a seasonal flu vaccine each year, and those over 65 are especially encouraged because they are at higher risk of developing serious complications from the flu.

Unemployment
Unemployment is the percentage of the civilian labor force, age 16 and older, that is unemployed but seeking work.

Reason for Ranking
The unemployed population experiences worse health and higher mortality rates than the employed population.[1-4] Unemployment has been shown to lead to an increase in unhealthy behaviors related to alcohol and tobacco consumption, diet, exercise, and other health-related behaviors, which in turn can lead to increased risk for disease or mortality, especially suicide.[5] Because employer-sponsored health insurance is the most common source of health insurance coverage, unemployment can also limit access to healthcare.

Children in Poverty
Children in poverty is the percentage of children under age 18 living in poverty. Poverty status is defined by family; either everyone in the family is in poverty or no one in the family is in poverty. The characteristics of the family used to determine the poverty threshold are: number of people, number of related children under 18, and whether or not the primary householder is over age 65. Family income is then compared to the poverty threshold; if that family's income is below that threshold, the family is in poverty. For more information, please see Poverty Definition and/or Poverty.

In the data table for this measure, we report child poverty rates for black, Hispanic and white children. The rates for race and ethnic groups come from the American Community Survey, which is the major source of data used by the Small Area Income and Poverty Estimates to construct the overall county estimates. However, estimates for race and ethnic groups are created using combined five year estimates from 2012-2016.

Reason for Ranking

Poverty can result in an increased risk of mortality, morbidity, depression, and poor health behaviors. A 2011 study found that poverty and other social factors contribute a number of deaths comparable to leading causes of death in the US like heart attacks, strokes, and lung cancer.[1] While repercussions resulting from poverty are present at all ages, children in poverty may experience lasting effects on academic achievement, health, and income into adulthood. Low-income children have an increased risk of injuries from accidents and physical abuse and are susceptible to more frequent and severe chronic conditions and their complications such as asthma, obesity, and diabetes than children living in high income households.[2]

Beginning in early childhood, poverty takes a toll on mental health and brain development, particularly in the areas associated with skills essential for educational success such as cognitive flexibility, sustained focus, and planning. Low income children are more susceptible to mental health conditions like ADHD, behavior disorders, and anxiety which can limit learning opportunities and social competence leading to academic deficits that may persist into adulthood.[2,3] The children in poverty measure is highly correlated with overall poverty rates.

Income Inequality

Income inequality is the ratio of household income at the 80th percentile to that at the 20th percentile, i.e., when the incomes of all households in a county are listed from highest to lowest, the 80th percentile is the level of income at which only 20% of households have higher incomes, and the 20th percentile is the level of income at which only 20% of households have lower incomes. A higher inequality ratio indicates greater division between the top and bottom ends of the income spectrum. Please note that the methods for calculating this measure changed in the 2015 Rankings.

Reason for Ranking

Income inequality within US communities can have broad health impacts, including increased risk of mortality, poor health, and increased cardiovascular disease risks. Inequalities in a community can accentuate differences in social class and status and serve as a social stressor. Communities with greater income inequality can experience a loss of social connectedness, as well as decreases in trust, social support, and a sense of community for all residents.

Children in Single-Parent Households

Children in single-parent households is the percentage of children in family households where the household is headed by a single parent (male or female head of household with no spouse present). Please note that the methods for calculating this measure changed in the 2011 Rankings.

Reason for Ranking

Adults and children in single-parent households are at risk for adverse health outcomes, including mental illness (e.g. substance abuse, depression, suicide) and unhealthy behaviors (e.g. smoking, excessive alcohol use).[1-4] Self-reported health has been shown to be worse among lone parents (male and female) than for parents living as couples, even when controlling for socioeconomic characteristics. Mortality risk is also higher among lone parents.[4,5] Children in single-parent households are at greater risk of severe morbidity and all-cause mortality than their peers in two-parent households.[2,6]

Violent Crime Rate

Violent crime is the number of violent crimes reported per 100,000 population. Violent crimes are defined as offenses that involve face-to-face confrontation between the victim and the perpetrator, including homicide, rape, robbery, and aggravated assault. Please note that the methods for calculating this measure changed in the 2012 Rankings.

Reason for Ranking

High levels of violent crime compromise physical safety and psychological well-being. High crime rates can also deter residents from pursuing healthy behaviors, such as exercising outdoors. Additionally, exposure to crime and violence has been shown to increase stress, which may exacerbate hypertension and other stress-related disorders and may contribute to obesity prevalence.[1] Exposure to chronic stress also contributes to the

increased prevalence of certain illnesses, such as upper respiratory illness, and asthma in neighborhoods with high levels of violence.[2]

Injury Deaths

Injury deaths is the number of deaths from intentional and unintentional injuries per 100,000 population. Deaths included are those with an underlying cause of injury (ICD-10 codes *U01-*U03, V01-Y36, Y85-Y87, Y89).

Reason for Ranking

Injuries are one of the leading causes of death; unintentional injuries were the 4th leading cause, and intentional injuries the 10th leading cause, of US mortality in 2014.[1] The leading causes of death in 2014 among unintentional injuries, respectively, are: poisoning, motor vehicle traffic, and falls. Among intentional injuries, the leading causes of death in 2014, respectively, are: suicide firearm, suicide suffocation, and homicide firearm. Unintentional injuries are a substantial contributor to premature death. Among the following age groups, unintentional injuries were the leading cause of death in 2014: 1-4, 5-9, 10-14, 15-24, 25-34, 35-44.[2] Injuries account for 17% of all emergency department visits, and falls account for over 1/3 of those visits.[3]

Air Pollution-Particulate matter

Air pollution-particulate matter is the average daily density of fine particulate matter in micrograms per cubic meter (PM2.5) in a county. Fine particulate matter is defined as particles of air pollutants with an aerodynamic diameter less than 2.5 micrometers. These particles can be directly emitted from sources such as forest fires, or they can form when gases emitted from power plants, industries and automobiles react in the air.

Reason for Ranking

The relationship between elevated air pollution (especially fine particulate matter and ozone) and compromised health has been well documented.[1,2,3] Negative consequences of ambient air pollution include decreased lung function, chronic bronchitis, asthma, and other adverse pulmonary effects.[1] Long-term exposure to fine particulate matter increases premature death risk among people age 65 and older, even when exposure is at levels below the National Ambient Air Quality Standards.[3]

Drinking Water Violations

Change in measure calculation in 2018: Drinking Water Violations is an indicator of the presence or absence of health-based drinking water violations in counties served by community water systems. Health-based violations include Maximum Contaminant Level, Maximum Residual Disinfectant Level and Treatment Technique violations. A "Yes" indicates that at least one community water system in the county received a violation during the specified time frame, while a "No" indicates that there were no health-based drinking water violations in any community water system in the county. Please note that the methods for calculating this measure changed in the 2016 Rankings.

Reason for Ranking

Recent studies estimate that contaminants in drinking water sicken 1.1 million people each year. Ensuring the safety of drinking water is important to prevent illness, birth defects, and death for those with compromised immune systems. A number of other health problems have been associated with contaminated water, including nausea, lung and skin irritation, cancer, kidney, liver, and nervous system damage.

Severe Housing Problems

Severe housing problems is the percentage of households with at least one or more of the following housing problems:

- housing unit lacks complete kitchen facilities;
- housing unit lacks complete plumbing facilities;
- household is severely overcrowded; or

- household is severely cost burdened.
- Severe overcrowding is defined as more than 1.5 persons per room. Severe cost burden is defined as monthly housing costs (including utilities) that exceed 50% of monthly income.

Reason for Ranking

Good health depends on having homes that are safe and free from physical hazards. When adequate housing protects individuals and families from harmful exposures and provides them with a sense of privacy, security, stability and control, it can make important contributions to health. In contrast, poor quality and inadequate housing contributes to health problems such as infectious and chronic diseases, injuries and poor childhood development.

Appendix E – Youth Behavioral Risk Survey Results

North Dakota High School Survey

Rate Increase ↑, rate decrease↓, or no statistical change = in rate.

	ND 2017	ND 2019	ND 2021	ND Trend ↑, ↓, =	Rural ND Town Average	Urban ND Town Average	National Average 2021
Injury and Violence							
Percentage of students who rarely or never wore a seat belt (when riding in a car driven by someone else)	8.1	5.9	**49.6**	=	9.2	5.0	6.5
Percentage of students who rode in a vehicle with a driver who had been drinking alcohol (one or more times during the 30 prior to the survey)	16.5	14.2	**13.1**	=	18.2	13.7	16.7
Percentage of students who talked on a cell phone while driving (on at least one day during the 30 days before the survey, among students who drove a car or other vehicle)	56.2	59.6	**64.4**	=	64.9	64.2	NA
Percentage of students who texted or e-mailed while driving a car or other vehicle (on at least one day during the 30 days before the survey, among students who had driven a car or other vehicle during the 30 days before the survey)	52.6	53.0	**55.4**	=	59.9	55.9	39.0
Percentage of students who never or rarely wore a helmet (during the 12 months before the survey, among students who rode a motorcycle)	20.6	NA	**NA**	**NA**	NA	NA	NA
Percentage of students who carried a weapon on school property (such as a gun, knife, or club on at least one day during the 30 days before the survey)	5.9	4.9	**5.0**	=	6.2	4.4	3.1
Percentage of students who were in a physical fight on school property (one or more times during the 12 months before the survey)	7.2	7.1	**NA**	**NA**	NA	NA	5.8
Percentage of students who experienced sexual violence (being forced by anyone to do sexual things [counting such things as kissing, touching, or being physically forced to have sexual intercourse] that they did not want to, one or more times during the 12 months before the survey)	8.7	9.2	**9.4**	=	9.7	11.6	9.7
Percentage of students who experienced physical dating violence (one or more times during the 12 months before the survey, including being hit, slammed into something, or injured with an object or weapon on purpose by someone they were dating or going out with among students who dated or went out with someone during the 12 months before the survey)	NA	NA	**NA**	**NA**	NA	NA	8.5
Percentage of students who have been the victim of teasing or name calling because someone thought they were gay, lesbian, or bisexual (during the 12 months before the survey)	11.4	11.6	**11.0**	=	11.2	11.1	NA
Percentage of students who were bullied on school property (during the 12 months before the survey)	24.3	19.9	**15.8**	↓	19.8	15.0	19.5
Percentage of students who were electronically bullied (including being bullied through texting, Instagram, Facebook, or other social media during the 12 months before the survey)	18.8	14.7	**13.6**	↓	16.2	14.5	15.7
Percentage of students who felt sad or hopeless (almost every day for two or more weeks in a row so that they stopped doing some usual activities during the 12 months before the survey)	28.9	30.5	**36.0**	↑	34.8	39.7	42.3
Percentage of students who seriously considered attempting suicide (during the 12 months before the survey)	16.7	18.8	**18.6**	=	18.5	20.6	22.2

	ND 2017	ND 2019	ND 2021	ND Trend ↑, ↓, =	Rural ND Town Average	Urban ND Town Average	National Average 2021
Percentage of students who made a plan about how they would attempt suicide (during the 12 months before the survey)	14.5	15.3	**14.8**	=	15.1	17.2	15.7
Percentage of students who attempted suicide (one or more times during the 12 months before the survey)	13.5	13.0	6.1	↓	7.9	7.5	10.2
Tobacco Use							
Percentage of students who ever tried cigarette smoking (even one or two puffs)	30.5	29.3	**22.3**	↓	26.8	21.1	17.8
Percentage of students who smoked a whole cigarette before age 13 years (even one or two puffs)	11.2	NA	**NA**	**NA**	NA	NA	6.3
Percentage of students who currently smoked cigarettes (on at least one day during the 30 days before the survey)	12.6	8.3	**5.9**	↓	8.0	6.1	3.8
Percentage of students who currently frequently smoked cigarettes (on 20 or more days during the 30 days before the survey)	3.8	2.1	**0.8**	↓	1.7	1.3	0.7
Percentage of students who currently smoked cigarettes daily (on all 30 days during the 30 days before the survey)	3.0	1.4	**0.7**	↓	1.3	1.1	0.41
Percentage of students who usually obtained their own cigarettes by buying them in a store or gas station (during the 30 days before the survey among students who currently smoked cigarettes and who were aged <18 years) ~2021~ Usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station	7.5	13.2	**NA**	**NA**	NA	NA	6.8
Percentage of students who tried to quit smoking cigarettes (among students who currently smoked cigarettes during the 12 months before the survey)	50.3	54.0	**30.9**	↓	30.4	29.9	NA
Percentage of students who currently use an electronic vapor product (e-cigarettes, vape e-cigars, e-pipes, vape pipes, vaping pens, e-hookahs, and hookah pens at least one day during the 30 days before the survey)	20.6	33.1	**21.2**	↓	24.2	23.6	18.0
Percentage of students who currently used smokeless tobacco (chewing tobacco, snuff, or dip on at least one day during the 30 days before the survey)	8.0	4.5	**4.3**	↓	5.2	3.7	2.5
Percentage of students who currently smoked cigars (cigars, cigarillos, or little cigars on at least one day during the 30 days before the survey)	8.2	5.2	**2.8**	↓	4.0	3.3	3.1
Percentage of students who currently used cigarettes, cigars, or smokeless tobacco (on at least 1 day during the 30 days before the survey)	18.1	12.2	8.9	↓	11.2	8.9	18.7
Alcohol and Other Drug Use							
Percentage of students who ever drank alcohol (at least one drink of alcohol on at least one day during their life)	59.2	56.6	**50.4**	↓	55.7	50.6	NA
Percentage of students who drank alcohol before age 13 years (for the first time other than a few sips)	14.5	12.9	**12.1**	=	13.7	10.9	15.0
Percentage of students who currently drank alcohol (at least one drink of alcohol on at least one day during the 30 days before the survey)	29.1	27.6	**23.7**	=	28.7	23.7	22.7
Percentage of students who currently were binge drinking (four or more drinks of alcohol in a row for female students, five or more for male students within a couple of hours on at least one day during the 30 days before the survey)	16.4	15.6	**14.0**	=	17.8	14.6	10.5
Percentage of students who usually obtained the alcohol they drank by someone giving it to them (among students who currently drank alcohol)	37.7	NA	**NA**	**NA**	NA	NA	40.0
Percentage of students who tried marijuana before age 13 years (for the first time)	5.6	5.0	**4.1**	=	3.7	3.3	4.9

Percentage of students who currently used marijuana (one or more times during the 30 days before the survey)	15.5	12.5	**10.7**	=	10.2	12.9	15.8
	ND 2017	ND 2019	ND 2021	ND Trend ↑, ↓, =	Rural ND Town Average	Urban ND Town Average	National Average 2021
Percentage of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (counting drugs such as codeine, Vicodin, OxyContin, Hydrocodone, and Percocet, one or more times during their life)	14.4	14.5	10.2	↓	9.7	11.0	12.2
Percentage of students who were offered, sold, or given an illegal drug on school property (during the 12 months before the survey)	12.1	NA	NA	NA	NA	NA	13.3
Percentage of students who attended school under the influence of alcohol or other drugs (on at least one day during the 30 days before the survey)	NA	NA	NA	NA	NA	NA	NA
Sexual Behaviors							
Percentage of students who ever had sexual intercourse	36.6	38.3	36.6	=	36.5	37.1	30.0
Percentage of students who had sexual intercourse before age 13 years (for the first time)	2.8	NA	NA	NA	NA	NA	3.2
Weight Management and Dietary Behaviors							
Percentage of students who were overweight (>= 85th percentile but <95th percentile for body mass index, based on sex and age-specific reference data from the 2000 CDC growth chart)	16.1	16.5	**15.6**	=	15.5	14.2	16.0
Percentage of students who had obesity (>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth chart)	14.9	14.0	**16.3**	=	17.4	15.0	16.3
Percentage of students who described themselves as slightly or very overweight	31.4	32.6	**31.7**	=	35.3	32.5	32.3
Percentage of students who were trying to lose weight.	44.5	44.7	**21.6**	↓	20.8	23.2	54.3
Percentage of students who did not eat fruit or drink 100% fruit juices (during the seven days before the survey)	4.9	6.1	5.0	=	5.8	4.6	7.7
Percentage of students who ate fruit or drank 100% fruit juices one or more times per day (during the seven days before the survey)	61.2	54.1	25.4	↓	21.9	27.0	NA
Percentage of students who did not eat vegetables (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the seven days before the survey)	5.1	6.6	**5.9**	=	5.3	6.2	9.3
Percentage of students who ate vegetables one or more times per day (green salad, potatoes [excluding French fries, fried potatoes, or potato chips], carrots, or other vegetables, during the seven days before the survey)	60.9	57.1	61.3	=	60.0	59.3	NA
Percentage of students who did not drink a can, bottle, or glass of soda or pop (such as Coke, Pepsi, or Sprite, not including diet soda or diet pop, during the seven days before the survey)	28.8	28.1	**27.7**	=	27.1	31.6	NA
Percentage of students who drank a can, bottle, or glass of soda or pop one or more times per day (not including diet soda or diet pop, during the seven days before the survey)	16.3	15.9	**16.6**	=	17.5	13.8	14.7
Percentage of students who did not drink milk (during the seven days before the survey)	14.9	20.5	26.2	↑	21.2	29.4	35.7
Percentage of students who drank two or more glasses per day of milk (during the seven days before the survey)	33.9	NA	NA	NA	NA	NA	NA
Percentage of students who did not eat breakfast (during the 7 days before the survey)	13.5	14.4	**15.1**	=	14.5	17.3	22.0
Percentage of students who most of the time or always went hungry because there was not enough food in their home (during the 30 days before the survey)	2.7	2.8	**2.1**	=	2.2	2.1	NA

Physical Activity							
Percentage of students who were physically active at least 60 minutes per day on 5 or more days (doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the 7 days before the survey)	51.5	49.0	**56.5**	↑	58.0	55.3	55.9
	ND 2017	ND 2019	ND 2021	ND Trend ↑, ↓, =	Rural ND Town Average	Urban ND Town Average	National Average 2021
Percentage of students who watched television three or more hours per day (on an average school day) *In 2021, % of students who played video or computer games was combined with % of students who watch television 3 or more hours per day.	18.8	18.8	**75.7**	**NA**	75.8	78.6	75.9
Percentage of students who played video or computer games or used a computer three or more hours per day (counting time spent on things such as Xbox, PlayStation, an iPad or other tablet, a smartphone, texting, YouTube, Instagram, Facebook, or other social media, for something that was not school work on an average school day). ~2021~ questioned combined with previous question regarding television.	43.9	45.3	NA	NA	NA	NA	NA
Other							
Percentage of students who had eight or more hours of sleep (on an average school night)	31.8	29.5	**24.5**	=	28.3	23.2	22.7
Percentage of students who brushed their teeth on seven days (during the 7 days before the survey)	69.1	66.8	**67.9**	=	64.5	69.9	NA
Percentage of students who most of the time or always wear sunscreen (with an SPF of 15 or higher when they are outside for more than one hour on a sunny day)	12.8	NA	NA	NA	NA	NA	NA
Percentage of students who used an indoor tanning device (such as a sunlamp, sunbed, or tanning booth [not including getting a spray-on tan] one or more times during the 12 months before the survey)	8.3	7.0	7.4	=	8.6	6.8	64.4

Sources: https://www.cdc.gov/healthyyouth/data/yrbs/results.htm; https://www.nd.gov/dpi/districtsschools/safety-health/youth-risk-behavior-survey

Appendix F – Prioritization of Community's Health Needs

Community Health Needs Assessment

Wishek, North Dakota

Ranking of Concerns

he top concerns for each of the five topic areas, based on the community survey results, were listed on flipcharts. The umbers below indicate the total number of votes (dots) by the people in attendance at the second community ieeting. The "Priorities" column lists the number of yellow/green/blue dots placed on the concerns indicating which reas are felt to be priorities. Each person was given four dots to place on the items they felt were priorities. The "Most nportant" column lists the number of red dots placed on the flipcharts. After the first round of voting, the top five riorities were selected based on the highest number of votes. Each person was given one dot to place on the item the elt was the most important priority of the top five highest ranked priorities.

	Priorities	Most Important
COMMUNITY/ENVIRONMENTAL HEALTH CONCERNS		
Attracting and retaining young families	6	**3**
Changes in the population sizes (increasing or decreasing)	3	
Having enough quality school resources	3	
Having enough child daycare services	2	
Not enough jobs with livable wages		
Not enough affordable housing		
AVAILABILITY/DELIVERY OF HEALTH SERVICES CONCERNS		
Ability to retain primary care providers (MD, DO, NP, PA) and nurses	2	
Availability of hospice	2	
Availability of mental health services	7	**8**
Cost of healthcare insurance	6	**0**
Cost of healthcare services		
Extra hours for appointments	1	
YOUTH POPULATION HEALTH CONCERNS		
Depression/anxiety	3	
Drug use and abuse (including prescription drugs)	3	
Alcohol use and abuse	3	
Smoking and tobacco use, exposure to second-hand smoke, or vaping		
ADULT POPULATION HEALTH CONCERNS		
Depression/anxiety	3	
Alcohol use and abuse		
Cancer	1	
Stress		
Drug use and abuse (including prescription drugs)		
SENIOR POPULATION HEALTH CONCERNS		
Availability of home health	7	**2**
Availability of resources to help the elderly stay in their homes		
Cost of long-term/nursing home care		
Dementia/Alzheimer's		
Depression/anxiety		

Appendix G – Survey "Other" Responses

The number in parenthesis () indicates the number of people who indicated that EXACT same answer. All comments below are directly taken from the survey results and have not been summarized.

Community Assets: Please tell us about your community by choosing up to three options you most agree with in each category below.

1. Considering the PEOPLE in your community, the best things are: "Other" responses:

- None of the above
- Quiet peaceful low crime area
- People are supportive
- No comment

2. Considering the SERVICES AND RESOURCES in your community, the best things are: "Other" responses:

- None apply

4. Considering the ACTIVITIES in your community, the best things are: "Other" responses:

- Not applicable
- Outdoor pool and great park
- This is one thing that lacks in our community for kids

Community Concerns: Please tell us about your community by choosing up to three options you most agree with in each category.

5. Considering the COMMUNITY /ENVIRONMENTAL HEALTH in your community, concerns are: "Other" responses:

- Hungry children. Making sure all children have quality food at school. Making sure kids have food to eat in the evenings, weekends, and in the summer. I have a friend in Napoleon who works a side job to help families pay for school lunch.
- Not enough mental health professionals especially for youth

7. Considering the YOUTH POPULATION in your community, concerns are: "Other" responses:

- N/A

9. Considering the SENIOR POPULATION in your community, concerns are: "Other" responses:

- Availability of hospice care

10. What single issue do you feel is the biggest challenge facing your community?

- lack of in home services (hospice/home health)
- Lack of qualified Healthcare professionals, especially radiology, nurses,
- Healthcare
- Daycare, housing available and job opportunities.
- Good jobs with fair wages and people who really want to work instead of get a "free ride" at other peoples expense!
- Children suffering-hunger, anxiety, depression, suicide, bullying, having no friends.
- Inflation
- Water quality

- Jobs
- Decline in population, losing business
- Quality daycare. No daycare equals no families moving to town. Which means no employees
- I strongly feel there needs to be a youth mental health professional that comes down weekly and willing to go into schools to talk with staff and students
- Lack of quality dependable people to fulfill the jobs & duties that are needed throughout the community.
- Staffing in our local nursing home.
- Lack of businesses
- Lack of daycare
- Job force, we have the businesses and jobs, but nobody wants to work.
- lack of child care services
- Lack of growth in the town to bring in families
- Having enough fun safe things for our teen/adult children to do to keep them around and busy
- Not united
- Unsure
- High cost of housing
- Having access for mental health services here in the community
- Ruralness
- People don't want to work.
- The fact that the pay in a small town is very low. Too many people are on gov. assistance and our local paper has a lot of jobs listed for people - they don't want to work and the government isn't requiring them too. They get assistance. I've been working and paying my bills and the people on assistance have new vehicles than to our government- I can't afford new.

Delivery of Healthcare

11. Where do you find out about LOCAL HEALTH SERVICES available in your area? "Other" responses:
    - Flyer from clinic
13. What PREVENTS community residents from receiving healthcare? "Other" responses:
    - I use your service
    - Long waits even when appointment has been scheduled
    - don't know- many choose to seek care outside of Wishek and only come to us locally for emergencies
16. Have you supported the South Central Health's Foundation in any of the following ways? (Choose ALL that apply)' "Other" responses:
    - (2) No
    - We pay enough for our part
    - Attended Fundraiser events
    - Fundraisers
17. Do you believe individuals in the community would financially support any of the following capital improvements by South Central Health? (Choose ALL that apply)' "Other" responses:
    - Adding on to the facility if needed.
    - Whatever is needed.
    - Need first responders
    - handicap entrances
    - You already screwed up the emergency room!
    - clinic room renovations
    - Making the ER garage accessible to ambulances
    - Clinic remodel
    - Kulm clinic relocation.

- Don't know

18. What specific healthcare services, if any, do you think should be added locally?
    - Dentist
    - Specialist coming to South Central Health instead of the patient going to Bismarck for appointments.
    - Stable specialized provider's for variable area's ie colonoscopy
    - Wishek hospital - patients should have their own bathroom
    - An MD that stays long term.
    - First responder
    - Gynecology
    - colonoscopy services
    - more special doctors
    - (2) Weekend services
    - None
    - unconventional hours 1-2 days per week, pediatrician services 1 time per month
    - (4) mental health
    - Counseling
    - Hospice
    - On site visiting mental health provider
    - Pediatrician
    - Rheumatologist
19. How did you acquire the survey (or survey link) that you are completing? "Other" responses:
    - (13) Facebook

21. Race/Ethnicity (choose ALL that apply)' "Other" responses:
    - Hispano

27. Overall, please share concerns and suggestions to improve the delivery of local healthcare.
    - Specialist and home health care in the community.
    - Following through to find out what is wrong with patients. Examine, run test on the person. Don't just assume by looking at an area a diagnosis without even touching or running test. Refer patient to other medical places when you don't know what is wrong with them. (Blood clots)
    - A medical doctor on staff full time.
    - Try to train some first responders
    - More Special doctors such as dermatology etc
    - More convenient hours for working parents and school aged children
    - I love that we have a clinic and hospital. I have used the clinic for appts for myself and my children, however when I feel I will get sent elsewhere for tests or whatnot I do just go to our primary care provider in a larger city. The few times I have used to ER I have been helped and happy that I had this service to close to me. My biggest concern would be when you send someone out to another facility for a scan or test make sure that facility knows that this patient will be coming from far away and won't be there in 10 minutes. I recently was sent to Bismarck for an MRI after an ER visit and when I got there I had to do the whole ER check in and sat for hours just for the ER doc to come in and cross his arms asking what I am wanting. I felt like he suggested I was wanting pills. When I told him I was sent from Wishek ER to get an MRI he said they don't do them after hours and I would have to come back another time. I drove 220 miles round trip to just sit there for hours and not get the test done I was told to go there and get! I was very frustrated with this experience. It makes me want to bi-pass Wishek ER and just go to Bismarck or Jamestown...
    - I think Wishek has excellent providers - it seems we don't keep the younger providers for very long.