

2021-2023

# Community Health Needs Assessment



**CRMC**  
CUYUNA REGIONAL  
MEDICAL CENTER  
*Dedicated to You. Every Day.*

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# Introduction

Greetings,

Every three years, Cuyuna Regional Medical Center (CRMC) conducts a Community Health Needs Assessment (CHNA) to systematically identify, analyze and prioritize community health needs. The process is conducted in collaboration with many community partners including the Crow Wing County Health Department and organizations or individuals that represent broad interests in the community.

A CHNA is foundational to improving and promoting the health of a community. The health of the community is described along with factors that contribute to health challenges and resources that can be utilized to improve the community's health. The CHNA also helps ensure that CRMC's resources are directed toward where they can make the greatest impact.

In 2018, CRMC prepared its first CHNA and is proud to report that through its guidance has made numerous improvements in the health of community residents.

To avoid duplication of efforts and to achieve a more comprehensive CHNA, in addition to its own efforts, CRMC utilized existing information from the 2020-2022 Essentia Health/St. Joseph's Medical Center CHNA, Crow Wing County Health Rankings, and Minnesota Department of Education student surveys. To understand the social, economic, and health status of area residents, statistics were also collected from state, county, and local sources.

Following analysis of all data sources, CRMC identified its top three priority areas to address. They are mental health, nutrition and activity. CRMC looks forward to partnering with other organizations to coordinate action plans, pool resources, and jointly address the priorities of this assessment over the next three years to address its mission of improving health.

CRMC's commitment to community health goes well beyond the CHNA. Through contributions of more than \$100,000 annually to numerous community organizations, we're working together with our communities to improve the health of residents. In addition, we're proud to say our employees annually donate more than 3,000 hours of their time and talents to a variety of programs.



A handwritten signature in black ink, appearing to read 'Kyle Bauer'.

**Kyle Bauer, CEO**  
*Cuyuna Regional Medical Center*



# Cuyuna Regional Medical Center Overview

Cuyuna Regional Medical Center consists of a 25-bed critical access hospital, four physician clinics, a 85-bed nursing home and is a partner with Presbyterian Homes and Services in operating a senior living community with 50 independent living apartments, 36 assisted living apartments, 12 memory care apartments and 16 memory care suites. A locally governed 501(c)(3) nonprofit organization, CRMC is the second largest employer in Crow Wing County.

A community-built facility, CRMC serves more than 60,000 people in the Brainerd Lakes, an area known as Minnesota's vacation destination because of its beautiful lakes and woodlands offering a variety of outdoor recreation opportunities. With an average daily census of 18 patients, CRMC serves approximately 2,200 inpatients and 150,000 outpatients annually and has nearly 10,000 ER visits and about 260 births. The majority of CRMC's patients, 65 percent, reside in Brainerd, Baxter, Longville, Aitkin, Onamia and their surrounding areas. Another 35 percent of its patients live in the Hospital Districts of Bay Lake, Crosby, Cuyuna, Dean Lake, Deerwood, Emily, Fairfield, Fifty Lakes, Irondale, Ironton, Little Pine, Perry Lake, Rabbit Lake, Riverton, Trommald and Wolford.

CRMC furthers its mission by promoting the health of the community through programs and activities that foster health, healing and wellness. CRMC knows that much of what influences health happens outside of the hospital or doctor's office – in our schools, workplaces and neighborhoods. Just as its care teams devote themselves to meeting the needs of patients, CRMC is driven to address its





specific community health needs with wellness screenings, health education, health fairs and other community outreach. CRMC proactively recruits the physicians and specialists needed to meet the community's healthcare needs and works hard to retain its medical staff. CRMC strives to know what kind of providers are going to be needed and then plans and allocates resources accordingly. The organization also assesses the demographics and practice patterns of current staff to show potential recruiting candidates that there is a need for their services.

CRMC is governed by a nine-member, non-profit Board of Directors consisting of four leaders who live in areas geographically representative of CRMC's service area, two District Board members, two medical staff and the CEO. The Board's primary responsibility is to assure the services provided by CRMC meet community standards, promote patient safety and ensure the hospital is providing the highest quality of health care services to the communities CRMC serves. CRMC also has an 18-member District Board elected by residents of its communities. Members of this group assure that payment on the outstanding debt and other obligations of CRMC are satisfied.

### Average Annual Statistics

|                     |               |
|---------------------|---------------|
| Daily Census.....   | 18            |
| Inpatients .....    | 2,200         |
| Outpatients .....   | 150,000       |
| Clinic Visits ..... | 72,000        |
| ER Visits .....     | 10,400        |
| Surgeries.....      | 6,400         |
| Births .....        | 260           |
| Net Revenue .....   | \$110 Million |
| Employees .....     | 944           |
| Physicians.....     | 50            |

## Caring for the Community

Community benefit is part of CRMC's identity to promote the common good. We do this through programs and activities that foster health, healing and wellness, and those which directly address community need. It is also a living example of the CRMC mission and values in action as we strive to achieve our health care vision.

As a community-based hospital and health care provider, CRMC's mission is to improve the health of the community and provide quality health care services for all citizens, regardless of ability to pay. Each year, CRMC gives back to the community through education, health services, donations, and free and reduced cost health care to ensure that financial issues do not prevent patients from seeking or receiving care.

CRMC makes significant efforts to ensure charity care is granted to all patients who qualify. Each year, a significant amount of services are provided to low-income patients at free or reduced prices and are provided to those who have exhausted third-party resources, do not qualify for Medicaid or have insufficient incomes. CRMC also experiences losses in the unpaid costs of Medicaid for low-income individuals. The Cuyuna Lakes Area has a high need for several health care services that do not generate enough revenue to cover the cost of providing them. CRMC subsidizes those services to ensure their availability to our community.



The organization also provides health-related education to the community through events, classes, lectures and wellness screenings completely free-of-charge to the community. Year-round courses on first aid, CPR, childbirth, breastfeeding, and diabetes prevention as well as support groups on memory loss, brain injury and stroke, cancer and weight loss are offered. Nearly 10,000 residents are reached through these efforts annually.

CRMC also supports other organizations and initiatives that share its goal to improve the health of our community with cash donations that benefit the health, social, cultural, and educational needs of the area. In addition, CRMC staff donates time, materials, and leadership to more than 50 community groups including various schools; Cuyuna Lakes, Brainerd Lakes and Nisswa chamber of commerces; Hallett Community Center; Northland Arboretum; Race for the Cure; Kinship Partners; Crosby, Ironton, Cuyuna and Deerwood fire departments and others. Because food insecurity is a great need for the area, CRMC annually invests about \$20,000 towards free summer lunch and holiday break meals for students, healthy food at community events, and stocking the Cuyuna Food Shelf.

Services provided to low-income patients at free or reduced prices, provided to those who have exhausted third-party resources, do not qualify for Medicaid or have insufficient incomes

**2017** - \$104,365

**2018** - \$123,969

**2019** - \$82,837

**2020** - \$459,127

Unpaid costs of Medicaid for low-income individuals

**2017** - \$1,766,925

**2018** - \$2,091,151

**2019** - \$2,14,175

**2020** - \$2,122,833

Subsidized services (ER, Care Center, Home Health & Hospice, Obstetrics)

**2017** - \$2,014,107

**2018** - \$963,905

**2019** - \$976,825

**2020** -

Cash and in-kind donations

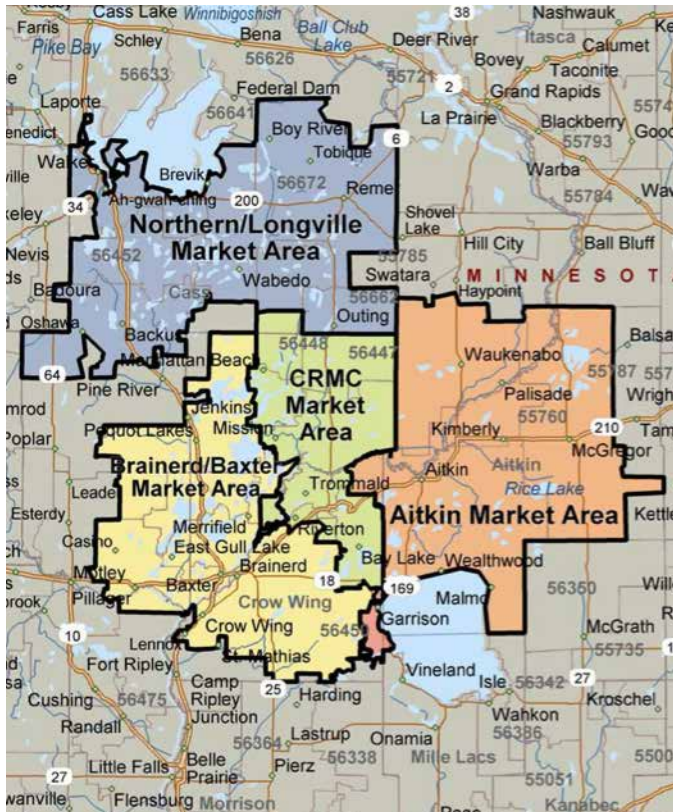
**2017** - \$44,300

**2018** - \$72,870

**2019** - \$119,768

**2020** - \$145,072

CRMC also invests approximately \$3 million per year in capital improvements such as new equipment, facilities, and technology infrastructure.



## Service Area

### Primary Area:

56441 - Crosby  
56444 - Deerwood  
56447 - Emily  
56448 - Fifty Lakes  
56455 - Iron-ton  
56465 - Merrifield  
56662 - Outing

### Secondary Area:

56431 - Aitkin  
56401 - Brainerd  
56425 - Baxter  
56450 - Garrison  
56442 - Crosslake  
56449 - Fort Ripley  
56468 - Nisswa  
56472 - Pequot Lakes  
56473 - Pillager  
56435 - Backus  
56474 - Pine River  
56655 - Longville  
56672 - Remer

## Mission:

Accommodating you with care and compassion by dedicating ourselves to you every day.

## Vision:

Cuyuna Regional Medical Center will be the best place to receive care, practice medicine, and work.

## Values:

**People** - We are committed to having highly engaged team members through training, teamwork and communication.

**Quality & Safety** - We strive to consistently provide the highest levels of safe and quality care.

**Service** - We are committed to our Standards for Excellence and strive to exceed the expectations of those we serve.

**Innovation** - We are committed to a supportive environment that encourages new ideas and creativity.

**Stewardship** - We honor our heritage and hold ourselves accountable for preserving our human, financial and natural resources.



# Demographics

The majority of CRMC's patients, an estimated 80 percent, live in Crow Wing County.

## Crow Wing County Overall Demographics (2020)

### Fast Facts

Population ..... 64,889

### Age

Under 18 years..... 21.7%

65 years and over..... 22.4%

### Gender

Female..... 50.2%

Male..... 48.8%

### Race

White alone ..... 94.8%

Black or African American..... 0.8%

American Indian ..... 1.0%

Asian ..... 0.5%

Hispanic or Latino ..... 1.5%

Rural ..... 62.7%

### Social & Economic Factors

High school graduate or higher..... 85%

Some college..... 71%

Unemployment..... 3.9%

Children in poverty..... 17%

Income inequality ..... 4.3%

Children in single-parent households ..... 30%

Social associations ..... 14.4%

Violent crime ..... 200

Injury deaths..... 82

Median household income ..... \$53,500

Children eligible for free or reduced-price lunch ..... 37%

### Quality of Life

Poor or fair health ..... 12%

Poor physical health days past month..... 3.0

Poor mental health days past month ..... 3.2

Low birthweight..... 6%

Life expectancy..... 79.9

Frequent physical distress ..... 9%

Frequent mental distress..... 10%

Diabetes prevalence ..... 10%

### Health Behaviors

Adult smoking..... 17%

Adult obesity ..... 30%

Physical inactivity ..... 22%

Access to exercise opportunities ..... 70%

Excessive drinking..... 20%

Alcohol-impaired driving deaths ..... 18%

Sexually transmitted infections ..... 268.5

Teen births ..... 23

Food insecurity ..... 10%

Limited access to healthy foods..... 2%

Drug overdose deaths..... 12

Motor vehicle crash deaths..... 14

Insufficient sleep ..... 29%

### Clinical Care

Uninsured..... 5%

Primary care physicians ..... 950:1

Dentists ..... 1,270:1

Mental health providers..... 340:1

Preventable hospital stays ..... 6,249

Mammography screening..... 52%

Flu vaccinations..... 49%

### Leading Causes of Death Under Age 75

Malignant neoplasms..... 235

Diseases of heart..... 92

Accidents ..... 71

Chronic lower respiratory diseases ..... 51

Intentional self-harm ..... 34



# Factors that Influence Health

What makes some people healthy and others unhealthy? Many factors combine to affect the health of individuals and communities. These factors collectively are known as determinants of health. Sciences generally recognize five determinants of the health of a population, according to the Centers for Disease Control and Prevention. They are genes and biology, health behaviors, social and economic factors, physical environment and medical care.

## Genes and Biology

**Examples of biological and genetic determinants of health include:**

- Age. For example, older adults are biologically more likely to be in poorer health than adolescents because of the physical and cognitive effects of aging.
- Gender. Men and women may acquire different diseases at different ages.
- Heredity. An individual may carry genes that increase his or her risk for certain diseases, like breast cancer, cystic fibrosis or hemophilia.

## Social and Economic Factors

Social determinants of health reflect social factors into which people are born, live, learn, play, work and age. They impact a wide range of health, functioning and quality-of-life outcomes.

A range of personal, social, economic and environmental factors can contribute to individual and population health. These factors—sometimes called social determinants of health—can be responsible for unequal and avoidable difference in health status in our communities. For example, people with a quality education and stable employment tend to be healthier throughout their lives.

**Examples of social and economic factors include:**

- Availability of resources to meet daily needs, such as educational and job opportunities, living wages or healthful foods
- Social norms and attitudes, such as discrimination
- Exposure to crime, violence and social disorder
- Social support and interactions
- Exposure to mass media and emerging technologies, such as the internet and smart phones
- Socioeconomic conditions such as poverty
- Quality schools
- Transportation options
- Public safety
- Residential segregation



## Health Behaviors

Individual behavior also plays a role in health outcomes. Many public health and health-care interventions focus on changing individual behaviors such as substance abuse, diet, and physical activity. Positive changes in individual behavior can reduce the rates of chronic disease in the country, state and county.

Individual behavior can directly affect personal as well as population health. Chronic diseases like cancer, heart disease and diabetes are leading causes of death in our county, state and nation. We can prevent or at least reduce the risk of these diseases through changes in our behavior.

For example, if a person quits smoking, his or her risk of developing heart disease or lung cancer is greatly reduced. Other examples of positive health behaviors include increasing physical activity, eating sensibly and avoiding excessive drinking.

Young people sometimes put their health at risk by engaging in behaviors such as unprotected sex or use of alcohol, tobacco or illicit drugs. These risky behaviors can have both immediate and lifelong consequences.

### **Examples of individual behavior determinants of health include:**

- Diet
- Physical activity
- Tobacco use
- Alcohol and drug use
- Seat belt use
- Sleep pattern
- Hand washing

## Physical Environment

Humans interact with the environment constantly and these interactions affect our length and quality of life. The World Health Organization (WHO) defines environment as it relates to health as “all the physical, chemical and biological factors external to a person, and all the related behaviors.” WHO estimates that environmental factors are responsible for about 25 percent of all disease. The physical environment includes not only the natural environment which is generally outside of our control but also the environment we build to live in called the “built environment.”



### **Examples of environmental factors include:**

- Natural environment such as plants, weather and climate change
- Build environment such as buildings and transportation
- Worksites, school and recreational settings
- Housing, homes and neighborhoods
- Exposure to toxic substances and other physical hazards
- Physical barriers, especially for people with disabilities
- Aesthetic elements such as good lighting, trees or benches

Poor health outcomes are often made worse by the interaction between individuals and their social and physical environment. For example, millions of people in the United States live in places that have unhealthy levels of ozone or other air pollutants. Poor air quality can worsen asthma symptoms, especially in children.

## **Medical Care**

Access to health-care services and the quality of those services can greatly impact an individual's health. For example, when individuals don't have health insurance, they are less likely to participate in preventive care and more likely to delay medical treatment.

### **Barriers to accessing health services include:**

- Lack of availability
- High cost
- Lack of insurance
- Limited language access
- Inadequate transportation

### **These barriers to accessing health services lead to:**

- Unmet health needs
- Delays in getting appropriate care
- Inability to get preventive services
- Hospitalizations and emergency room visits that could have been prevented





# 2021-2023 Community Health Needs Assessment

This CHNA is a systematic, data-driven approach to determining the health status, behaviors and needs of resident in Crow Wing County. The report contains some intriguing and sometimes disturbing glimpses into the lives and health of residents. The information is being used to inform decisions and guide efforts to improve community health and wellness.

## Methodology

This report is the result of a November 2020 community health and a key stakeholders group surveys, CRMC clinic patients Body Mass Index statistics and mental health screening results. Information from results of the 2020-2022 CHNA developed by Essentia Health/St. Joseph's Medical Center in Brainerd as well as Crow Wing County statistics were utilized. Data from the U.S. Census and State of Minnesota is also included in this report. The purpose of this report is to quantify, using data received, the health status and needs of residents in CRMC's service area.

Statistics are essential when trying to evaluate and improve the health of communities. They provide evidence upon which to base sound decisions. They help to demonstrate whether the strategies used to combat health problems are effective and whether the money spent on them is money well spent. They help to identify trends that deserve our attention. And they helped to identify where CRMC should target community resources when those resources are limited.





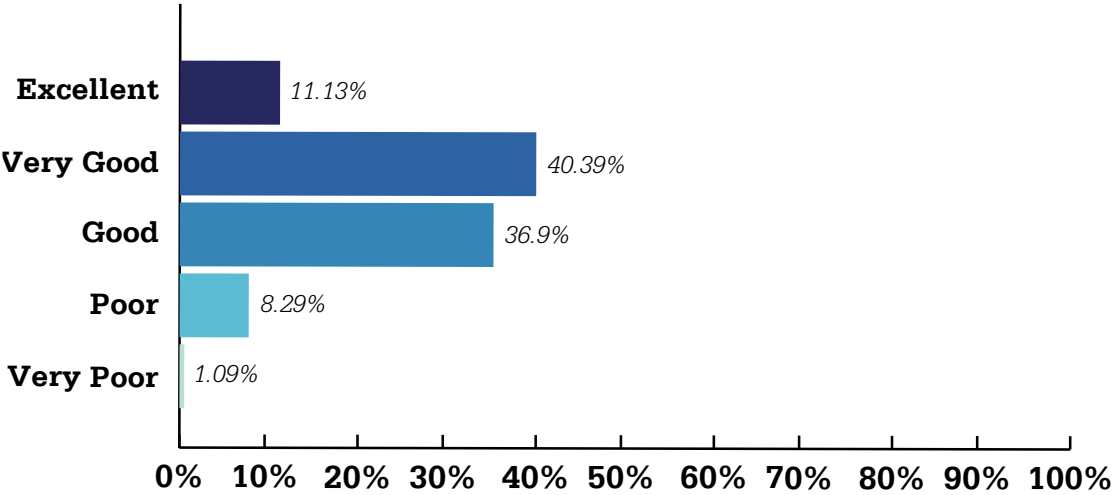
# Health Findings

## Health and Wellness Survey

A total of 4,539 electronic surveys were distributed in November 2020 to area residents. A total of 458 of those surveys, or about 10 percent, were returned. The same questions used in a 2018 community survey were asked to compare exact data. The top five issues identified were: overweight (47%), high blood pressure (43%), arthritis (32%), high cholesterol (31%), and depression (22%).

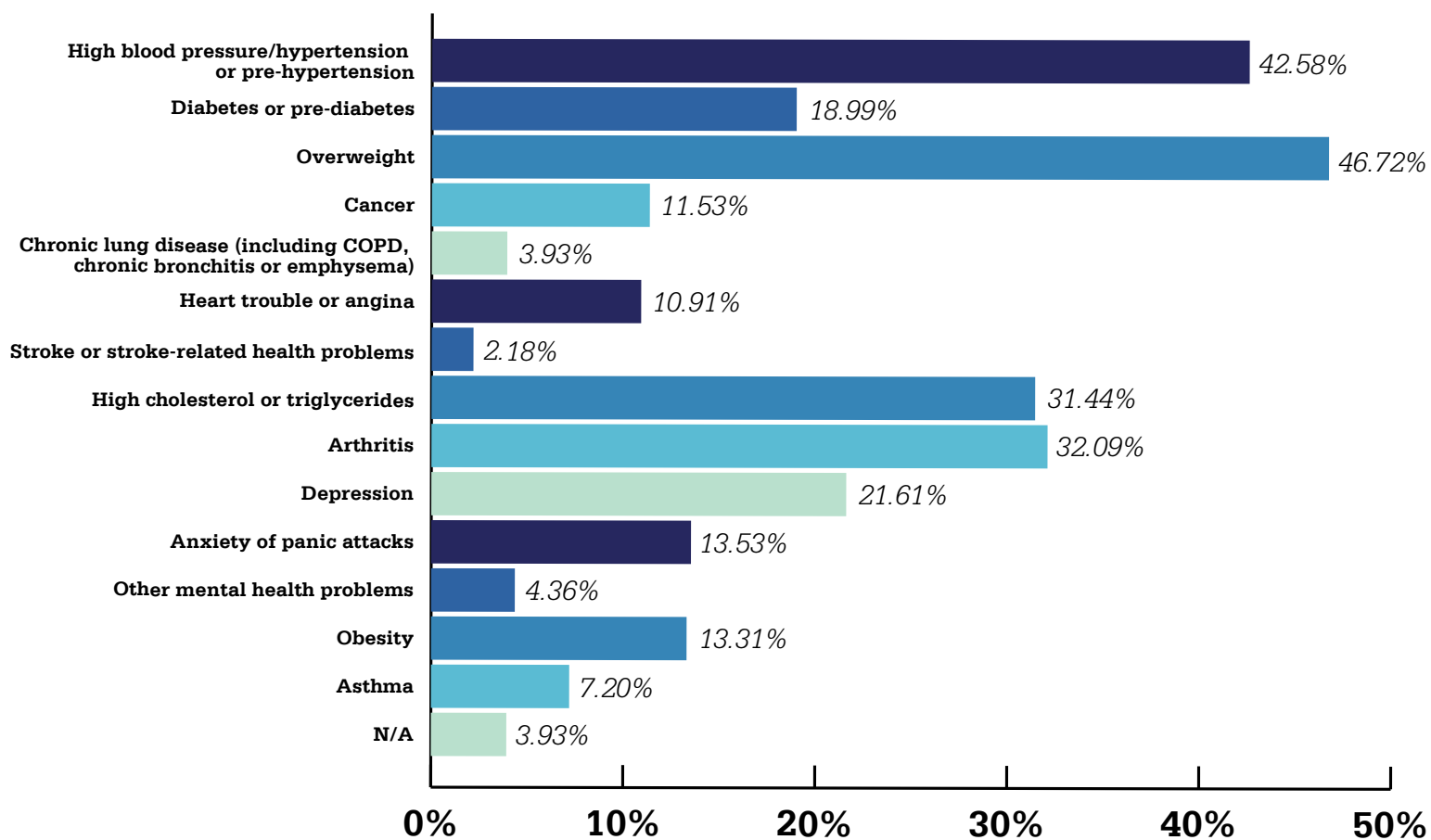
### Survey results are as follows:

1. In general, which of the following best describes your health?



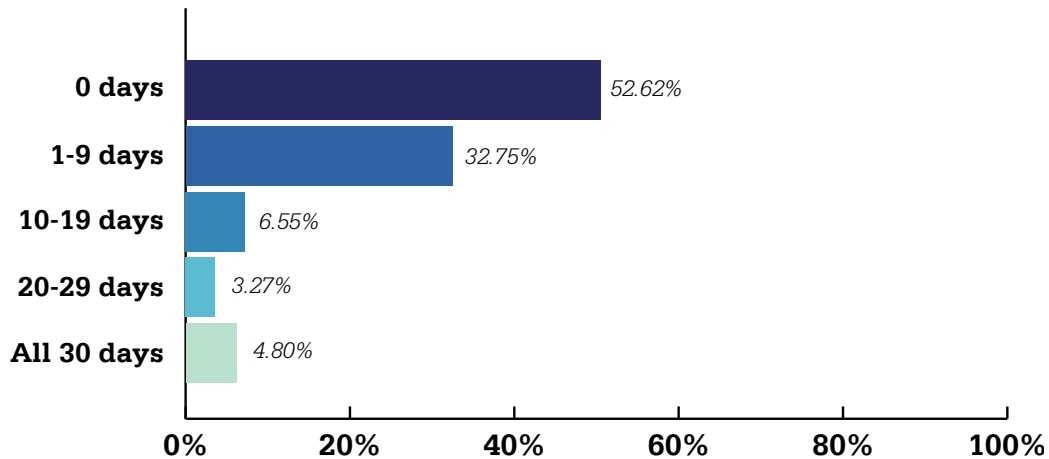


## 2. Have you ever been told by a doctor, nurse, or other health professional that you had any of the following health conditions?

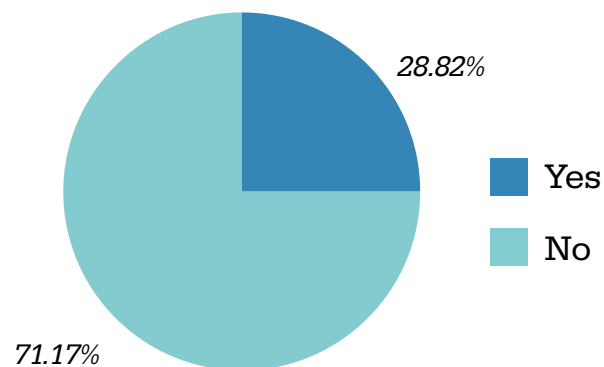




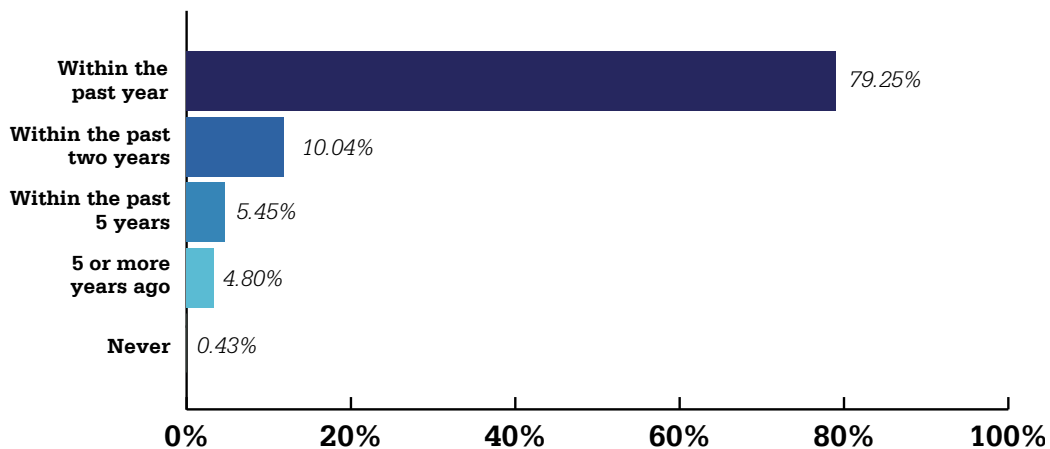
3. Thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?



4. During the past 12 months, was there a time when you thought you needed medical care but did not get it or delayed getting it?

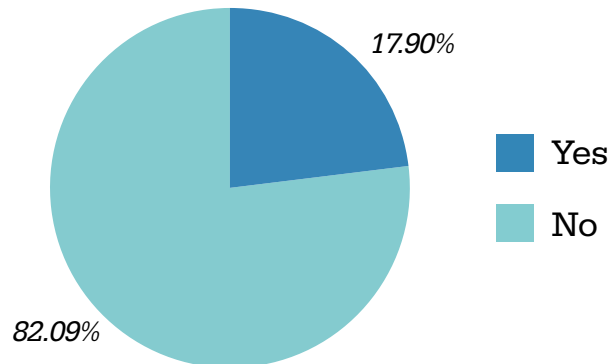


5. How long has it been since you last visited a dentist or dental clinic for any reason?

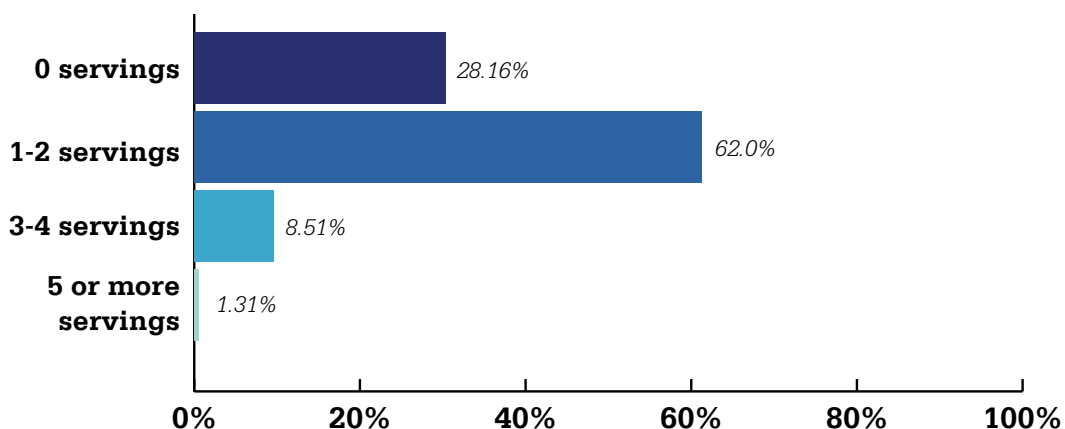




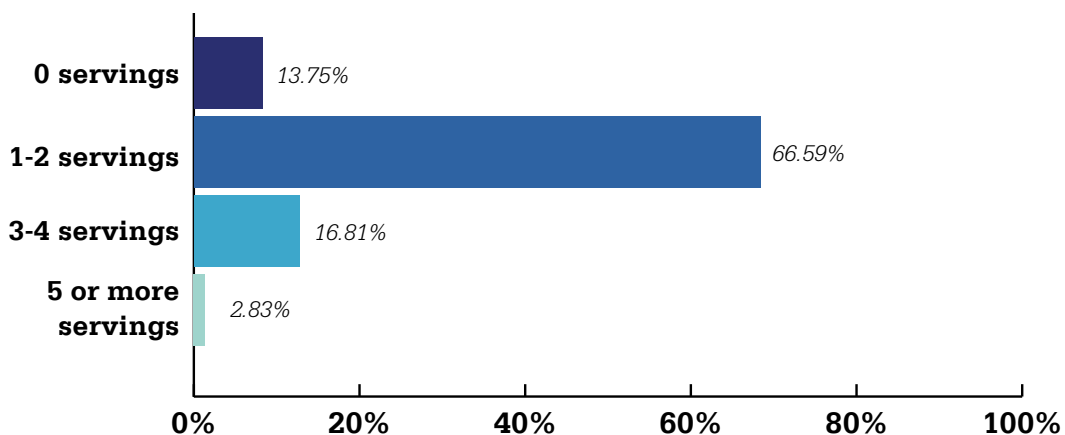
6. During the past 12 months, was there a time when you wanted to talk with or seek help from a health professional about mental health issues such as stress, depression, excessive worrying, troubling thoughts or emotional problems, but did not or delayed talking with someone?



7. A serving of fruit is a medium-sized piece of fruit or a half cup chopped, cut, or canned fruit. How many servings of fruit did you have yesterday? (Do NOT include fruit juice).

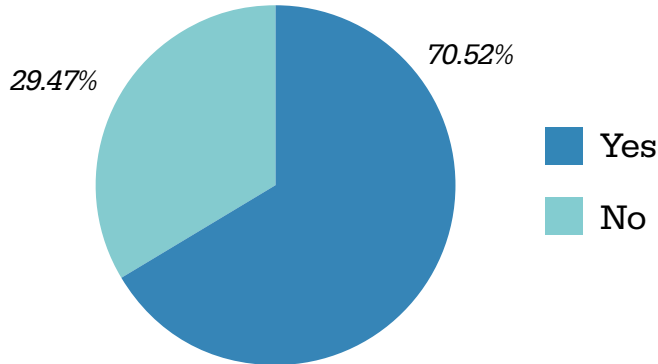


8. A serving of vegetables is one cup of salad greens or a half cup of any other vegetables, not including french fries. How many servings of vegetables did you have yesterday?

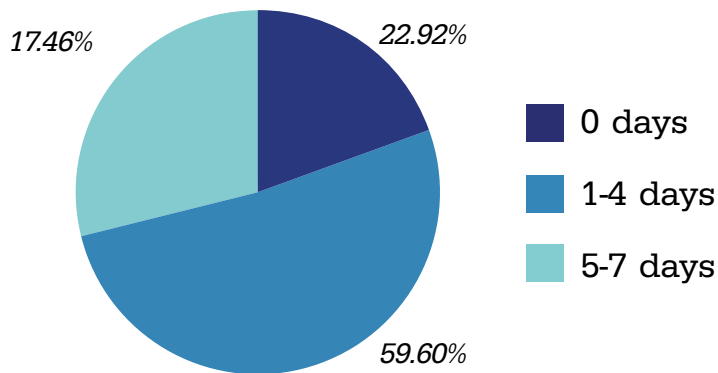




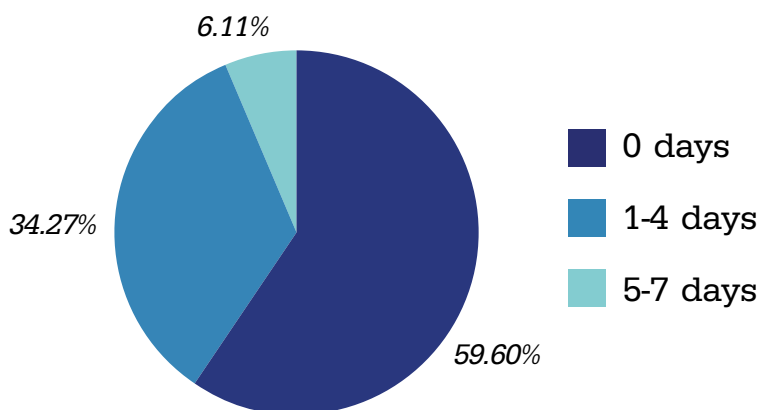
9. During the past 30 days, other than your regular job, did you participate in any physical activity or exercise such as running, calisthenics, golf, gardening or walking for exercise?



10. During an average week, other than your regular job, how many days do you get at least 30 minutes of moderate physical activity? Moderate activities cause only light sweating and a small increase in breathing or heart rate.

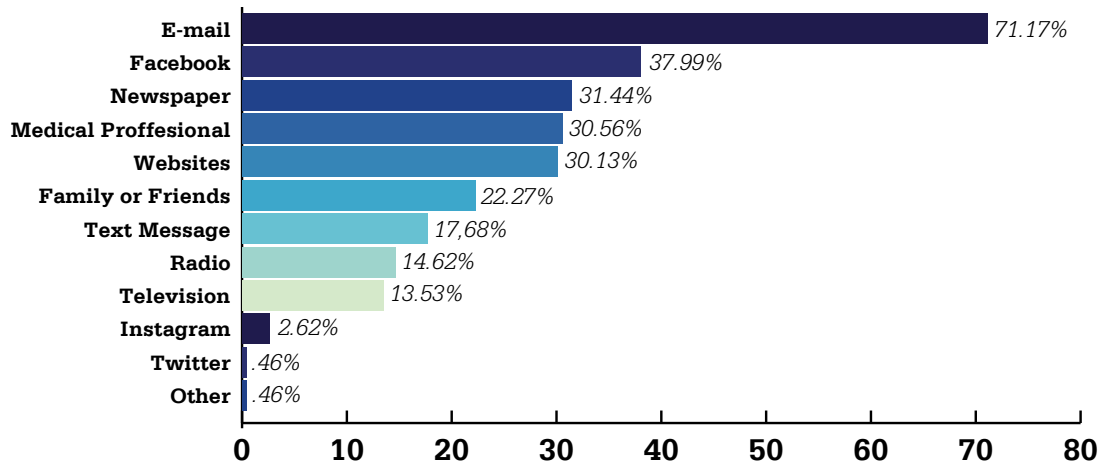


11. During an average week, other than your regular job, how many days do you get at least 20 minutes of vigorous physical activity? Vigorous activities cause heavy sweating and a large increase in breathing or heart rate.

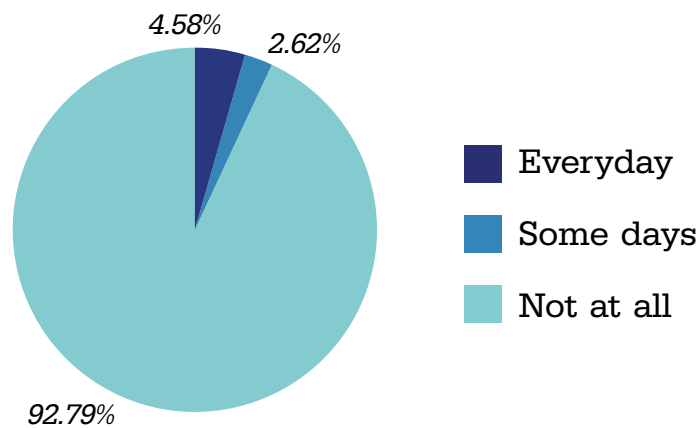




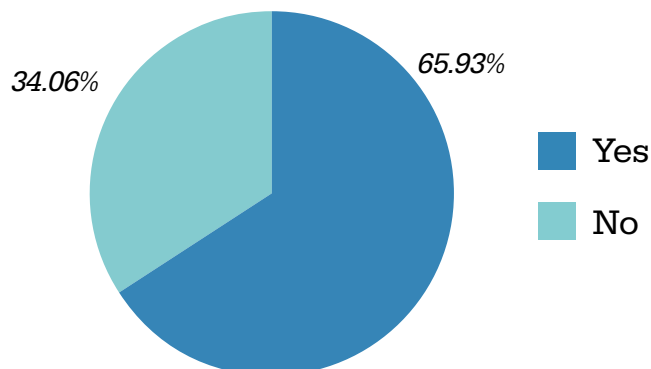
**12. Where do you prefer to hear about health and wellness information or events in Crow Wing County?**



**13. Do you smoke cigarettes every day, some days, or not at all?**

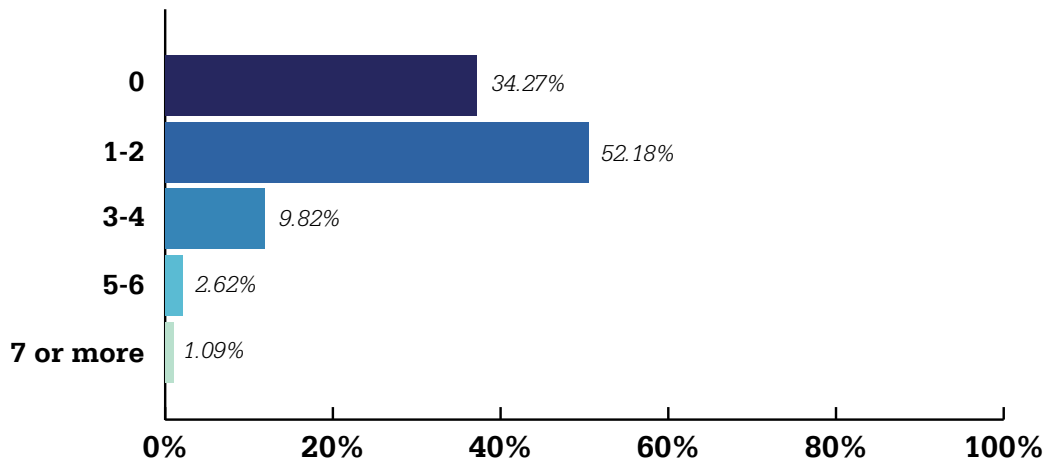


**14. During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?**

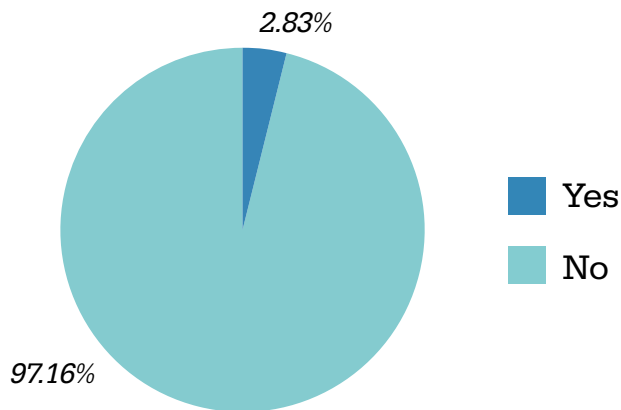




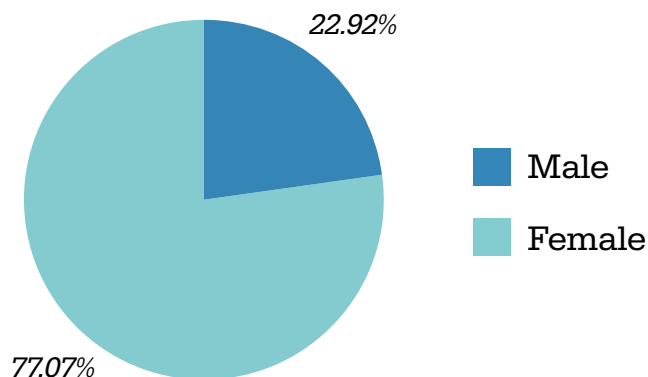
**15. During the past 30 days, on the days when you drank, about how many drinks did you drink on average? (One drink is equivalent to a 12-oz. beer, a 5-oz. glass of wine, or a drink with one shot of liquor).**



**16. Are you in a relationship where you are (or have ever been) physically hurt, threatened, or made to feel afraid?**

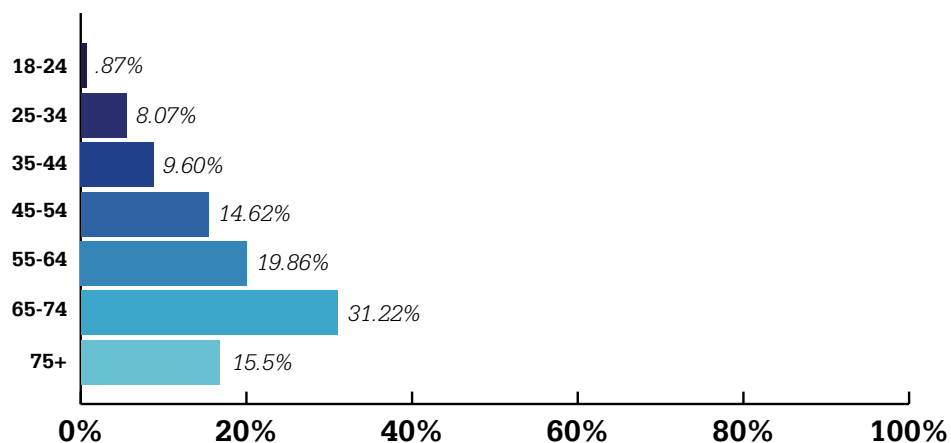


**17. Are you:**

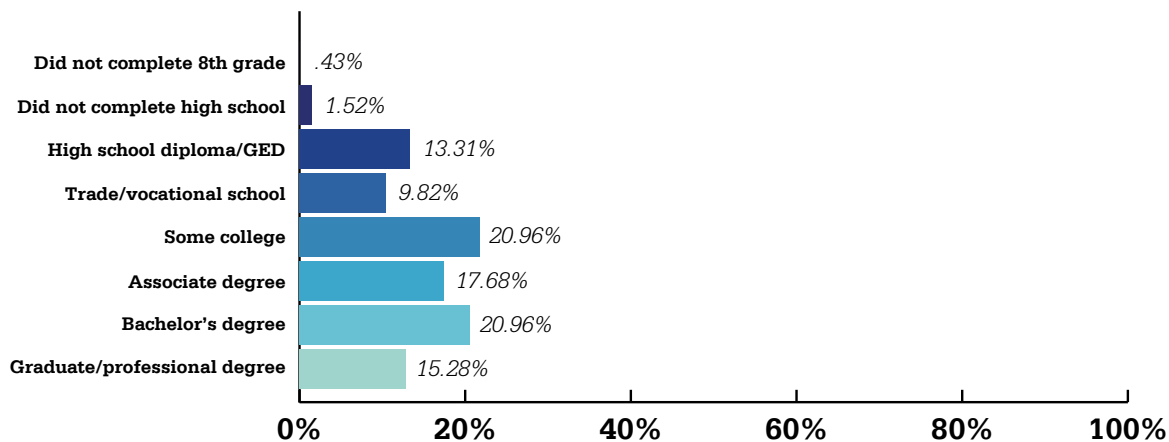




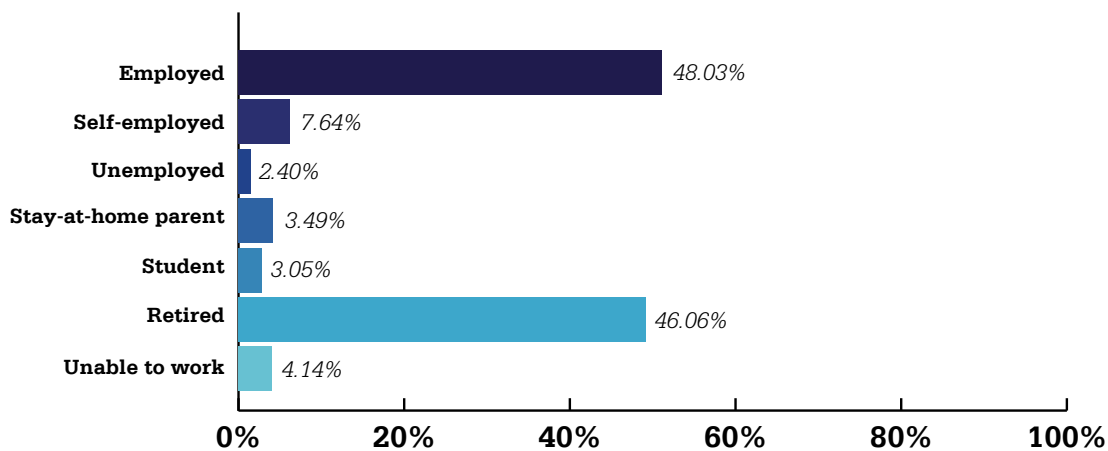
## 18. Your age group:



## 19. Your education level:



## 20. Are you currently:





### Key Stakeholders Survey

To solicit input from key stakeholders during the COVID pandemic—those individuals who have a broad interest in the health of the community—CRMC conducted an electronic survey in November 2020.

#### **The following tool was utilized:**

Cuyuna Regional Medical Center is in the process of planning for its 2021-2023 Community Health Needs Assessment and we are requesting your input. Please complete the survey below by Friday, Dec. 4. Thank you!

In 2018, CRMC implemented its first CHNA with the goals of decreasing obesity and overweight rates, addressing mental health issues and increasing the number of advance care directives in place. We made several strides in all the areas. A report of our accomplishments can be viewed at <https://www.cuyunamed.org/about-us/community-health-needs-assessment>

To avoid duplication of efforts and achieve a more comprehensive CHNA, in addition to its own efforts CRMC is utilizing results of Essentia Health/St. Joseph's Medical Center 2020-2022 CHNA. Their priorities are: Substance abuse: People no longer desire tobacco products; Nutrition: eat fruits and vegetables every day; Physical activity: people are active every day; and Mental health: people experience good mental wellbeing most days.

CRMC proposes focusing on the following priorities for 2021-2023 based on key areas that showed a lack of or need for additional improvement from previous efforts. They are: Improve Mental Health Wellbeing – 12% of adults report 10 or more days in the past month of not good mental health; Nutrition – 66% of adults do not eat five or more fruits and vegetables a day; and Activity – 65% of adults do not meet recommended physical activity.

In your professional experience, what areas of focus do you suggest CRMC work on to improve the community's health?

How would you prioritize these areas?

What tactics do you suggest CRMC implement to make a difference in these areas?

Would your organization be willing to partner with CRMC in working on these efforts?

Please provide ideas for any additional strategies.

Would you be willing to serve on a committee to tackle these issues? If so, which area would you like to work on?



If so, what day and time would best meet your schedule for quarterly, virtual meetings?

Thank you for your input. Please provide your contact information in case we have further questions.

## Key Stakeholders Survey Results

**88 surveys sent, 14 responses**

### Participants

Ivan Bartha, General Manager, Hallett Center of Crosby  
 Scott Goddard, Crow Wing County Sheriff  
 Dr. Kristin Furan, Psychologist, Cuyuna Regional Medical Center  
 Rebekah Kent, Dean of Brainerd Career & Technical Programs, Central Lakes College  
 Tamara Larsen, Director, Lakes Area Food Shelf  
 Chris Lindholm, Superintendent, Pequot Lakes School District  
 Jill Mattson, Wellness Studio Owner, Uplifted Wellness Studio  
 Stephanie Nelson, Critical Care Director, Cuyuna Regional Medical Center  
 Mary Novotny, Data Processing Analyst, Cuyuna Regional Medical Center  
 Kara Terry, Director, Crow Wing County Public Health  
 Dr. Jamie Skjeveland, Superintendent, Crosby-Ironton Schools  
 Kristi Westbrook, CEO, CTC  
 Lynne Wiebke, Clinic Administrator, Great River Eye Clinic  
 Jennifer Wiedell, Director Home Health and Hospice, Cuyuna Regional Medical Center

### Top Health Priorities Identified

- Mental health adults and youth
- Physical activity
- Nutrition

### Questions

**In your professional experience, what areas of focus do you suggest CRMC work on to improve the community's health?**

- Addiction/mental health services and availabilities for adults and children – 8
- Healthy food choices - 7
- Physical activity – 7
- Advanced Care Directives - 1
- Understanding the COVID-19 situation and the importance of masks and social distancing -1
- Health needs of low-income kids in our community - 1
- Extended screen time - 1
- Tobacco use - 1
- Strengthening communities and families – 1



### How would you prioritize these areas?

- Mental health adults and youth - 7
- Physical activity - 4
- Nutrition - 3
- COVID-19 medical and financial - 1
- Tobacco use - 1
- Health of low-income kids - 1
- Advanced Care Directives - 1

### What tactics do you suggest CRMC implement to make a difference in these areas?

#### Nutrition

- Community partnerships that encourage healthy choices
- Education on processed foods and how detrimental they are to our lives
- Promoting the consumption of five fruits and veggies a day as whole food is spot on. Promotion of eating 'clean' and what that means in one's diet
- Kids nutrition
- Coupon booklet with healthy food choices
- Simple recipes for people to follow
- Sample grocery lists (that are affordable)

#### Physical Activity

- Partner with Community Education, local gyms, senior centers, and youth programs to create community challenges with incentives. I don't think we engage our community education departments effectively enough. For example, it would not be hard to pull the community education directors for Crosby, Pequot, and Brainerd together to push a county-wide physical activity challenge
- Let's be well so all are well popped up. I think giving a sense of "we are in this together" makes one feel like they are not alone venturing through these trying times. "Crosby Cares" can still be a mantra to lead the cause of staying smart and supportive. Mailings to all in the Cuyuna Lakes area to rally and say that as our number one health care facility you are there for us to BE WELL in whatever the need may be. Offer free webinars on each aspect of health: mind, body, spirit.
- Emphasis on walking as a form of exercise
- Could CRMC do a program for the community that would get them involved in keeping track of how much exercise they do each week, what they are eating each day, and also the component of "pausing" to be still and meditate on what is good in their lives in lieu of what has been taken away? Maybe it could be like playing a Bingo game each week and there could be some incentives to achieve and stay on a program for their wellness. That could be a fun winter project as well as instilling good habits.
- Ways to be more active in the winter. It seems that COVID will affect our ability to be active this winter season. Our families are affected similarly with our children having the absence of school sports.



## Mental Health

- Recovery from COVID
- SMILE Program with Smiles for Jake
- Remote/mobile services, community incentives/initiatives and more support groups this is a beast of an issue and relates to lack of resources in rural areas. Exploring more telehealth options for mental health.
- As we move out of COVID and people living in fear for so long, I question how people will adapt to the new normal. Will they want to retreat, be alone, sit behind a screen in their houses and become hermits? Or will they be able to move back to the pre-COVID way of living life.
- I don't know anything about treating addicts, I just know that I have seen a large population of friends/relatives drinking daily. Will that ever stop if they are blaming it on COVID?
- Community Education, expanded services, work with schools
- Meet with County staff to discuss further as I am not sure of the tactics quite yet.
- Expand psychology department. Hire more therapists. Trainings. Support and community events.





### General Feedback

- Don't work in isolation. Be conspicuous in your efforts to partner with the Chamber and the school, especially community education.
- COVID-19 Community Education

### **Would your organization be willing to partner with CRMC in working on these efforts?**

Yes - 13

No - 1

### **Please provide ideas for any additional strategies.**

- Healthy eating incentives for kids
  - Healthy eating incentives for kids (like the program they had at the Farmer's Market—tokens for kids)
  - Something in the grocery store? A manned table with healthy snacks and information
  - A community garden for kids
- Mental Health
  - Must change the stigma related to mental health, reaching people while young and in a learning setting will aid in removing the negativity
  - Identification of mental health needs in the community through this assessment.
- Community Partnerships
  - Hallett Community Center
  - Engaging with churches might be a way to reach an older audience.
  - Take care of your employees first . . . then they are well equipped to help us be well.
- COVID
  - Programs/information regarding the mental health implications of COVID-19.

### **Would you be willing to serve on a committee to tackle these issues?**

Yes - 10

No - 4

If so, which area would you like to work on?

- Mental Health - 5
- Physical Activity - 1
- Nutrition - 1
- Community Initiatives - 1
- Open - 4
- N/A - 4



## Cuyuna Regional Medical Center Clinic Patients BMI Statistics and Mental Health Screenings

### Primary Care & Internal Med in 2018 – 10,013 patients

| BMI Category       | Adult       | Child       | Senior      | Teen        | Grand Total |
|--------------------|-------------|-------------|-------------|-------------|-------------|
| Normal             | 23%         | 21%         | 21%         | 56%         | 23%         |
| Obese              | 46%         | 1%          | 41%         | 12%         | 38%         |
| Overweight         | 30%         | 4%          | 36%         | 18%         | 29%         |
| Underweight        | 1%          | 75%         | 1%          | 15%         | 9%          |
| <b>Grand Total</b> | <b>100%</b> | <b>100%</b> | <b>100%</b> | <b>100%</b> | <b>100%</b> |

#### Adult Depression Screening 2018:

6,666 patients screened – 914 or 13.7% screened positive

#### Adolescent Depression Screening 2018:

475 patients screened – 103 or 21.7% screened positive

### Primary Care & Internal Med in 2019 – 9,969 patients

| BMI Category       | Adult       | Child       | Senior      | Teen        | Grand Total |
|--------------------|-------------|-------------|-------------|-------------|-------------|
| Normal             | 25%         | 21%         | 24%         | 62%         | 25%         |
| Obese              | 45%         | 1%          | 39%         | 11%         | 37%         |
| Overweight         | 29%         | 5%          | 36%         | 16%         | 29%         |
| Underweight        | 1%          | 73%         | 1%          | 11%         | 9%          |
| <b>Grand Total</b> | <b>100%</b> | <b>100%</b> | <b>100%</b> | <b>100%</b> | <b>100%</b> |

#### Adult Depression Screening 2019:

7391 patients screened – 779 or 10.5% screened positive

#### Adolescent Depression Screening 2019:

537 patients screened – 106 or 19.7% screened positive



## Primary Care & Internal Med in 2020 (January - October) – 10,266 patients

| BMI Category       | Adult       | Child       | Senior      | Teen        | Grand Total |
|--------------------|-------------|-------------|-------------|-------------|-------------|
| Normal             | 22%         | 23%         | 22%         | 49%         | 23%         |
| Obese              | 47%         | 2%          | 40%         | 16%         | 39%         |
| Overweight         | 30%         | 4%          | 36%         | 19%         | 30%         |
| Underweight        | 1%          | 72%         | 1%          | 16%         | 8%          |
| <b>Grand Total</b> | <b>100%</b> | <b>100%</b> | <b>100%</b> | <b>100%</b> | <b>100%</b> |

### Adult Depression Screening 2020 (January-October):

7,061 patients screened – 1,046 or 14.8% screened positive

### Adolescent Depression Screening 2020 (January-October):

443 patients screened – 101 or 22.8 % screened positive

## Crow Wing County Student Surveys

| Crow Wing County Public High Schools          | Students     |
|---|--------------|
| Brainerd High School                          | 1,909        |
| Crosby-Ironton Secondary                      | 491          |
| ISD 181 Learning Center                       | 149          |
| Lincoln Education Center (alternative school) | 62           |
| Pequot Lakes Senior High School               | 587          |
| Forestview Middle School                      | 1,997        |
| Middle Level Alternative Program              | 17           |
| Pequot Lakes Middle School                    | 6            |
| <b>Total Students</b>                         | <b>5,218</b> |

Minnesota Department of Education 2019 Student Survey Reports for 1,367 Crow Wing County students showed similar results for overall health, mental health, nutrition and activity. The surveys were voluntary and anonymous. Students were not required to answer every question so the totals may not equal 100%.

### Participating Students

|          |              |
|----------|--------------|
| Grade 5  | 189 students |
| Grade 8  | 133 students |
| Grade 9  | 588 students |
| Grade 11 | 457 students |



The following student data reports and analytics were reported:

## General Health and Conditions

### General health

|           | Grade 5 |     | Grade 8 |     | Grade 9 |     | Grade 11 |     |
|-----------|---------|-----|---------|-----|---------|-----|----------|-----|
|           | M       | F   | M       | F   | M       | F   | M        | F   |
| Excellent | 32%     | 34% | 41%     | 22% | 28%     | 16% | 33%      | 14% |
| Very good | 38%     | 41% | 38%     | 40% | 43%     | 41% | 33%      | 45% |
| Good      | 24%     | 17% | 17%     | 34% | 22%     | 33% | 23%      | 32% |
| Fair      | 5%      | 7%  | 5%      | 5%  | 4%      | 10% | 9%       | 9%  |
| Poor      | 1%      | 0%  | 0%      | 0%  | 3%      | 1%  | 1%       | 1%  |

### Physical disabilities or long-term health problems such as asthma, cancer, diabetes, epilepsy or something else?

|     | M   | F   | M   | F   | M   | F   | M   | F   |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| Yes | 15% | 12% | 14% | 15% | 14% | 21% | 17% | 19% |
| No  | 85% | 88% | 86% | 85% | 86% | 79% | 83% | 81% |

### Have you ever been treated for a mental health, emotional or behavioral problem?

|                         | M         | F | M   | F   | M   | F   | M   | F   |
|-------------------------|-----------|---|-----|-----|-----|-----|-----|-----|
| No                      | not asked |   | 91% | 83% | 83% | 74% | 76% | 67% |
| Yes, during last year   | not asked |   | 5%  | 14% | 11% | 17% | 12% | 24% |
| Yes, more than year ago | not asked |   | 5%  | 13% | 11% | 13% | 16% | 15% |

### Do you have any long-term mental health, behavioral or emotional problems? Long-term means lasting six months or more.

|     | M         | F | M   | F   | M   | F   | M   | F   |
|-----|-----------|---|-----|-----|-----|-----|-----|-----|
| Yes | not asked |   | 6%  | 18% | 15% | 29% | 21% | 26% |
| No  | not asked |   | 94% | 82% | 85% | 71% | 79% | 64% |

### Weight status according to Body Mass Index

|                       | M         | F | M   | F   | M   | F   | M   | F   |
|-----------------------|-----------|---|-----|-----|-----|-----|-----|-----|
| Normal or underweight | not asked |   | 79% | 82% | 69% | 79% | 70% | 77% |
| Overweight            | not asked |   | 14% | 19% | 18% | 14% | 12% | 14% |
| Obese                 | not asked |   | 6%  | 8%  | 13% | 7%  | 18% | 9%  |

### Have you ever been treated for a drug or alcohol problem?

|                           | M         | F | M   | F    | M   | F   | M   | F   |
|---------------------------|-----------|---|-----|------|-----|-----|-----|-----|
| No                        | not asked |   | 97% | 100% | 97% | 98% | 97% | 99% |
| Yes, during the last year |           |   | 2%  | 0%   | 2%  | 2%  | 3%  | 0%  |
| Yes, more than year ago   |           |   | 2%  | 0%   | 1%  | 0%  | 0%  | 1%  |



## Physical Activity and Sleep

During the last 7 days, on how many days were you physically active for at least 60 minutes per day

|        | Grade 5 |     | Grade 8 |     | Grade 9 |     | Grade 11 |     |
|--------|---------|-----|---------|-----|---------|-----|----------|-----|
|        | M       | F   | M       | F   | M       | F   | M        | F   |
| 0 days | 10%     | 16% | 2%      | 2%  | 6%      | 7%  | 9%       | 12% |
| 1 day  | 12%     | 10% | 0%      | 0%  | 4%      | 9%  | 6%       | 9%  |
| 2 days | 10%     | 16% | 2%      | 8%  | 7%      | 13% | 9%       | 14% |
| 3 days | 13%     | 9%  | 5%      | 6%  | 11%     | 18% | 11%      | 14% |
| 4 days | 7%      | 12% | 9%      | 15% | 13%     | 11% | 10%      | 12% |
| 5 days | 13%     | 11% | 27%     | 22% | 17%     | 17% | 16%      | 20% |
| 6 days | 10%     | 10% | 14%     | 31% | 15%     | 15% | 14%      | 13% |
| 7 days | 26%     | 16% | 42%     | 17% | 26%     | 11% | 25%      | 7%  |

During a typical school night, how many hours of sleep do you get?

|                  | M   | F   | M   | F   | M   | F   | M   | F   |
|------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| 4 hours or less  | 10% | 1%  | 3%  | 6%  | 9%  | 5%  | 6%  | 5%  |
| 5 hours          | 6%  | 2%  | 0%  | 8%  | 4%  | 10% | 5%  | 8%  |
| 6 hours          | 4%  | 9%  | 5%  | 18% | 17% | 18% | 26% | 29% |
| 7 hours          | 8%  | 15% | 27% | 25% | 25% | 32% | 32% | 33% |
| 8 hours          | 25% | 21% | 47% | 34% | 31% | 25% | 26% | 25% |
| 9 hours          | 28% | 21% | 15% | 8%  | 12% | 7%  | 5%  | 1%  |
| 10 hours or more | 19% | 32% | 3%  | 2%  | 2%  | 2%  | 0%  | 0%  |

## Eating Meals

During the last 30 days have you had to skip meals because your family did not have enough money to buy food?

|     | M   | F   | M    | F   | M   | F   | M   | F   |
|-----|-----|-----|------|-----|-----|-----|-----|-----|
| Yes | 1%  | 1%  | 0%   | 2%  | 3%  | 5%  | 5%  | 3%  |
| No  | 99% | 99% | 100% | 98% | 97% | 95% | 95% | 97% |

During a typical school week, where do you usually get your lunch?

|                                      | M   | F   | M   | F   | M   | F   | M   | F   |
|--------------------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| I usually don't eat lunch            | 1%  | 1%  | 6%  | 6%  | 10% | 20% | 15% | 14% |
| School lunch                         |     |     |     |     |     |     |     |     |
| from Cafeteria                       | 82% | 84% | 79% | 69% | 76% | 51% | 72% | 52% |
| A la carte line                      | 3%  | 0%  | 2%  | 0%  | 4%  | 4%  | 2%  | 1%  |
| School store or vending              | 4%  | 0%  | 5%  | 0%  | 7%  | 4%  | 4%  | 3%  |
| Fast food restaurant/<br>gas station | 4%  | 0%  | 2%  | 2%  | 2%  | 2%  | 17% | 10% |
| Bring lunch from home                | 33% | 39% | 29% | 38% | 32% | 48% | 23% | 47% |



### During last 7 days, how many times did you drink 100% fruit juice?

|                         | Grade 5 |     | Grade 8 |     | Grade 9 |     | Grade 11 |     |
|-------------------------|---------|-----|---------|-----|---------|-----|----------|-----|
|                         | M       | F   | M       | F   | M       | F   | M        | F   |
| I did not drink this    | 23%     | 31% | 21%     | 14% | 22%     | 26% | 20%      | 24% |
| 1 to 3 times            | 37%     | 39% | 50%     | 47% | 42%     | 42% | 41%      | 48% |
| 4 to 6 times            | 7%      | 11% | 8%      | 25% | 14%     | 16% | 20%      | 15% |
| 1 time per day          | 14%     | 11% | 8%      | 8%  | 12%     | 11% | 8%       | 8%  |
| 2 times per day         | 10%     | 4%  | 9%      | 3%  | 5%      | 2%  | 6%       | 3%  |
| 3 times per day         | 2%      | 1%  | 3%      | 2%  | 2%      | 1%  | 3%       | 2%  |
| 4 or more times per day | 8%      | 3%  | 2%      | 2%  | 2%      | 1%  | 3%       | 2%  |

### During the last 7 days, how many times did you eat fruit?

|                         | M   | F   | M   | F   | M   | F   | M   | F   |
|-------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| I did not eat this      | 10% | 1%  | 6%  | 2%  | 9%  | 6%  | 8%  | 9%  |
| 1 to 3 times            | 23% | 25% | 29% | 26% | 31% | 28% | 29% | 25% |
| 4 to 6 times            | 18% | 21% | 26% | 28% | 22% | 26% | 25% | 17% |
| 1 time per day          | 15% | 24% | 20% | 18% | 16% | 15% | 20% | 27% |
| 2 times per day         | 12% | 11% | 11% | 12% | 12% | 16% | 11% | 15% |
| 3 times per day         | 6%  | 8%  | 5%  | 6%  | 4%  | 7%  | 4%  | 5%  |
| 4 or more times per day | 17% | 10% | 3%  | 8%  | 5%  | 3%  | 4%  | 3%  |

### During the last 7 days, how many times did you eat green salad, potatoes, carrots or other vegetables?

|                         | M   | F   | M   | F   | M   | F   | M   | F   |
|-------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| I did not eat this      | 18% | 11% | 6%  | 8%  | 11% | 6%  | 12% | 7%  |
| 1 to 3 times            | 10% | 29% | 28% | 23% | 25% | 28% | 36% | 25% |
| 4 to 6 times            | 20% | 18% | 23% | 18% | 27% | 24% | 24% | 25% |
| 1 time per day          | 12% | 15% | 32% | 26% | 22% | 21% | 12% | 21% |
| 2 times per day         | 14% | 13% | 8%  | 17% | 7%  | 14% | 12% | 13% |
| 3 times per day         | 8%  | 6%  | 2%  | 2%  | 3%  | 4%  | 4%  | 7%  |
| 4 or more times per day | 9%  | 8%  | 2%  | 6%  | 4%  | 3%  | 2%  | 2%  |

### During the last 7 days, how many times did you eat from a fast food restaurant, including carry out or delivery?

|                             | M   | F   | M   | F   | M   | F   | M   | F   |
|-----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| I did not eat or drink this | 37% | 58% | 18% | 23% | 27% | 29% | 22% | 25% |
| 1 to 3 times                | 49% | 36% | 71% | 66% | 66% | 63% | 63% | 64% |
| 4 to 6 times                | 9%  | 3%  | 3%  | 6%  | 1%  | 3%  | 3%  | 2%  |
| 1 time per day              | 3%  | 3%  | 3%  | 6%  | 1%  | 3%  | 3%  | 2%  |
| 2 times per day             | 0%  | 1%  | 0%  | 0%  | 1%  | 1%  | 1%  | 0%  |
| 3 times per day             | 0%  | 0%  | 0%  | 0%  | 0%  | 0%  | 0%  | 1%  |
| 4 or more times per day     | 3%  | 0%  | 0%  | 0%  | 1%  | 0%  | 1%  | 0%  |

**Servings of fruits, fruit juice and vegetables per day during the last 7 days?**

|                | Grade 5 |     | Grade 8 |     | Grade 9 |     | Grade 11 |     |
|----------------|---------|-----|---------|-----|---------|-----|----------|-----|
|                | M       | F   | M       | F   | M       | F   | M        | F   |
| Less than five | 73%     | 84% | 88%     | 81% | 88%     | 89% | 89%      | 88% |
| Five or more   | 27%     | 16% | 12%     | 19% | 12%     | 11% | 11%      | 12% |

**During the last 7 days, how many times did you drink . . .****A glass of milk**

|                         | M   | F   | M   | F   | M   | F   | M   | F   |
|-------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| I did not drink this    | 5%  | 4%  | 8%  | 23% | 9%  | 20% | 9%  | 23% |
| 1 to 3 times            | 25% | 17% | 17% | 17% | 13% | 24% | 14% | 21% |
| 4 to 6 times            | 8%  | 16% | 11% | 8%  | 16% | 14% | 17% | 19% |
| 1 time per day          | 14% | 11% | 15% | 28% | 18% | 18% | 20% | 15% |
| 2 times per day         | 15% | 22% | 24% | 17% | 21% | 18% | 22% | 12% |
| 3 times per day         | 13% | 6%  | 15% | 5%  | 11% | 3%  | 9%  | 7%  |
| 4 or more times per day | 21% | 14% | 11% | 3%  | 12% | 4%  | 11% | 4%  |

**A can, bottle or glass of pop or soda such as Coke, Pepsi or Sprite?**

|                         | M   | F   | M   | F   | M   | F   | M   | F   |
|-------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| I did not drink this    | 28% | 53% | 17% | 34% | 23% | 38% | 22% | 35% |
| 1 to 3 times            | 46% | 43% | 53% | 54% | 45% | 45% | 44% | 45% |
| 4 to 6 times            | 10% | 0%  | 20% | 6%  | 12% | 10% | 17% | 12% |
| 1 time per day          | 7%  | 1%  | 5%  | 3%  | 9%  | 5%  | 9%  | 3%  |
| 2 times per day         | 2%  | 1%  | 2%  | 2%  | 6%  | 0%  | 5%  | 2%  |
| 3 times per day         | 0%  | 1%  | 3%  | 0%  | 2%  | 1%  | 1%  | 2%  |
| 4 or more times per day | 7%  | 1%  | 2%  | 2%  | 4%  | 0%  | 2%  | 0%  |

**A can, bottle or glass of a sports drink such as Gatorade or Powerade?**

|                         | M   | F   | M   | F   | M   | F   | M   | F   |
|-------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| I did not drink this    | 37% | 63% | 35% | 65% | 37% | 63% | 38% | 71% |
| 1 to 3 times            | 34% | 25% | 43% | 25% | 36% | 26% | 35% | 22% |
| 4 to 6 times            | 12% | 5%  | 12% | 5%  | 11% | 6%  | 15% | 5%  |
| 1 time per day          | 9%  | 4%  | 5%  | 5%  | 10% | 2%  | 6%  | 0%  |
| 2 times per day         | 1%  | 0%  | 3%  | 2%  | 3%  | 2%  | 3%  | 0%  |
| 3 times per day         | 0%  | 1%  | 2%  | 0%  | 1%  | 0%  | 1%  | 0%  |
| 4 or more times per day | 8%  | 2%  | 0%  | 0%  | 1%  | 0%  | 2%  | 0%  |



**A can, bottle or glass of an energy drink such as Rockstar, Red Bull, Monster or Full Throttle?**

|                         | Grade 5 |     | Grade 8 |     | Grade 9 |     | Grade 11 |     |
|-------------------------|---------|-----|---------|-----|---------|-----|----------|-----|
|                         | M       | F   | M       | F   | M       | F   | M        | F   |
| I did not drink this    | 81%     | 95% | 77%     | 88% | 72%     | 85% | 72%      | 84% |
| 1 to 3 times            | 10%     | 4%  | 15%     | 9%  | 19%     | 12% | 20%      | 13% |
| 4 to 6 times            | 1%      | 0%  | 3%      | 2%  | 4%      | 1%  | 4%       | 1%  |
| 1 time per day          | 1%      | 1%  | 3%      | 0%  | 2%      | 0%  | 1%       | 1%  |
| 2 times per day         | 2%      | 0%  | 0%      | 0%  | 1%      | 1%  | 1%       | 0%  |
| 3 times per day         | 0%      | 0%  | 0%      | 2%  | 1%      | 0%  | 1%       | 0%  |
| 4 or more times per day | 5%      | 0%  | 2%      | 0%  | 1%      | 1%  | 1%       | 0%  |

**A can, bottle or glass of coffee or tea that had sugar, syrups or honey added to it?**

|                         | M   | F   | M   | F   | M   | F   | M   | F   |
|-------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| I did not drink this    | 66% | 73% | 59% | 51% | 54% | 41% | 54% | 37% |
| 1 to 3 times            | 22% | 23% | 21% | 28% | 27% | 37% | 28% | 32% |
| 4 to 6 times            | 4%  | 0%  | 9%  | 12% | 8%  | 14% | 10% | 15% |
| 1 time per day          | 3%  | 3%  | 11% | 2%  | 6%  | 5%  | 6%  | 8%  |
| 2 times per day         | 0%  | 1%  | 0%  | 3%  | 2%  | 1%  | 2%  | 4%  |
| 3 times per day         | 1%  | 0%  | 0%  | 2%  | 0%  | 1%  | 0%  | 1%  |
| 4 or more times per day | 4%  | 1%  | 0%  | 3%  | 2%  | 1%  | 1%  | 1%  |

**A can, bottle or glass of sweetened fruit drinks such as Kool-Aid, Capri Sun and lemonade?**

|                         | M   | F   | M   | F   | M   | F   | M   | F   |
|-------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| I did not drink this    | 47% | 51% | 53% | 59% | 46% | 56% | 51% | 63% |
| 1 to 3 times            | 31% | 29% | 35% | 28% | 35% | 32% | 31% | 28% |
| 4 to 6 times            | 5%  | 3%  | 9%  | 8%  | 11% | 7%  | 12% | 6%  |
| 1 time per day          | 6%  | 3%  | 2%  | 2%  | 6%  | 2%  | 3%  | 2%  |
| 2 times per day         | 4%  | 3%  | 2%  | 2%  | 2%  | 1%  | 2%  | 0%  |
| 3 times per day         | 2%  | 0%  | 0%  | 0%  | 1%  | 1%  | 0%  | 1%  |
| 4 or more times per day | 4%  | 3%  | 0%  | 2%  | 0%  | 0%  | 0%  | 0%  |

**A bottle or glass of water?**

|                         | M   | F   | M   | F   | M   | F   | M   | F   |
|-------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| I did not drink this    | 4%  | 1%  | 0%  | 2%  | 2%  | 1%  | 2%  | 2%  |
| 1 to 3 times            | 7%  | 6%  | 0%  | 13% | 6%  | 4%  | 6%  | 5%  |
| 4 to 6 times            | 9%  | 13% | 9%  | 8%  | 9%  | 10% | 8%  | 10% |
| 1 time per day          | 5%  | 4%  | 13% | 11% | 10% | 8%  | 10% | 11% |
| 2 times per day         | 5%  | 5%  | 25% | 21% | 15% | 19% | 14% | 15% |
| 3 times per day         | 10% | 14% | 14% | 10% | 10% | 19% | 24% | 24% |
| 4 or more times per day | 59% | 56% | 39% | 35% | 38% | 40% | 35% | 33% |



## Self-Description

In general, how does each of the following statements describe you?

### I feel in control of life and future.

|                            | Grade 5 |     | Grade 8 |     | Grade 9 |     | Grade 11 |     |
|----------------------------|---------|-----|---------|-----|---------|-----|----------|-----|
|                            | M       | F   | M       | F   | M       | F   | M        | F   |
| Not at all or rarely       | 21%     | 20% | 2%      | 5%  | 4%      | 5%  | 7%       | 8%  |
| Somewhat or sometimes      | 38%     | 33% | 14%     | 25% | 17%     | 29% | 21%      | 39% |
| Very of often              | 30%     | 32% | 39%     | 32% | 42%     | 43% | 46%      | 40% |
| Extremely or almost always | 11%     | 16% | 45%     | 38% | 27%     | 24% | 27%      | 13% |

### I feel good about myself.

|                            | M   | F   | M   | F   | M   | F   | M   | F   |
|----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Not at all or rarely       | 8%  | 5%  | 2%  | 11% | 7%  | 13% | 8%  | 13% |
| Somewhat or sometimes      | 14% | 17% | 12% | 28% | 16% | 31% | 23% | 41% |
| Very of often              | 43% | 45% | 36% | 26% | 42% | 41% | 40% | 34% |
| Extremely or almost always | 35% | 33% | 50% | 35% | 34% | 15% | 28% | 12% |

### I feel good about my future.

|                            | M   | F   | M   | F   | M   | F   | M   | F   |
|----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Not at all or rarely       | 8%  | 1%  | 2%  | 6%  | 6%  | 9%  | 8%  | 8%  |
| Somewhat or sometimes      | 18% | 26% | 8%  | 23% | 19% | 26% | 25% | 42% |
| Very of often              | 36% | 34% | 31% | 29% | 38% | 38% | 40% | 35% |
| Extremely or almost always | 35% | 38% | 60% | 42% | 37% | 26% | 27% | 15% |

### I deal with disappointment without getting too upset.

|                            | M   | F   | M   | F   | M   | F   | M   | F   |
|----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Not at all or rarely       | 15% | 19% | 6%  | 9%  | 7%  | 8%  | 8%  | 15% |
| Somewhat or sometimes      | 39% | 30% | 29% | 35% | 29% | 40% | 31% | 42% |
| Very of often              | 32% | 34% | 36% | 40% | 43% | 40% | 40% | 32% |
| Extremely or almost always | 13% | 16% | 29% | 15% | 22% | 13% | 21% | 11% |

### I find good ways to deal with things that are hard in my life.

|                            | M   | F   | M   | F   | M   | F   | M   | F   |
|----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Not at all or rarely       | 17% | 11% | 2%  | 8%  | 9%  | 10% | 10% | 9%  |
| Somewhat or sometimes      | 23% | 26% | 23% | 34% | 21% | 32% | 23% | 43% |
| Very of often              | 37% | 41% | 52% | 40% | 46% | 40% | 43% | 37% |
| Extremely or almost always | 22% | 22% | 23% | 18% | 24% | 17% | 24% | 11% |



**I am thinking about what my purpose is in life.**

|                            | Grade 5 |     | Grade 8 |     | Grade 9 |     | Grade 11 |     |
|----------------------------|---------|-----|---------|-----|---------|-----|----------|-----|
|                            | M       | F   | M       | F   | M       | F   | M        | F   |
| Not at all or rarely       | 8%      | 8%  | 17%     | 0%  | 12%     | 10% | 7%       | 4%  |
| Somewhat or sometimes      | 25%     | 32% | 15%     | 25% | 23%     | 29% | 20%      | 24% |
| Very of often              | 39%     | 31% | 39%     | 28% | 33%     | 28% | 40%      | 42% |
| Extremely or almost always | 27%     | 29% | 29%     | 48% | 33%     | 33% | 33%      | 31% |

**In general, how does each of the following statements describe you?**

**I say no to things that dangerous or unhealthy.**

|                            | M   | F   | M   | F   | M   | F   | M   | F   |
|----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Not at all or rarely       | 19% | 12% | 3%  | 2%  | 8%  | 5%  | 11% | 7%  |
| Somewhat or sometimes      | 13% | 12% | 35% | 9%  | 16% | 18% | 24% | 24% |
| Very of often              | 27% | 15% | 20% | 34% | 31% | 27% | 29% | 28% |
| Extremely or almost always | 41% | 61% | 42% | 55% | 45% | 50% | 35% | 41% |

**I build friendships with other people.**

|                            | M   | F   | M   | F   | M   | F   | M   | F   |
|----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Not at all or rarely       | 10% | 9%  | 3%  | 6%  | 4%  | 6%  | 7%  | 8%  |
| Somewhat or sometimes      | 22% | 19% | 20% | 23% | 21% | 25% | 22% | 25% |
| Very of often              | 36% | 44% | 44% | 35% | 43% | 38% | 43% | 46% |
| Extremely or almost always | 31% | 28% | 33% | 35% | 32% | 31% | 29% | 21% |

**I express my feelings in proper ways.**

|                            | M   | F   | M   | F   | M   | F   | M   | F   |
|----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Not at all or rarely       | 17% | 9%  | 12% | 5%  | 10% | 10% | 11% | 8%  |
| Somewhat or sometimes      | 27% | 28% | 26% | 31% | 24% | 29% | 25% | 38% |
| Very of often              | 36% | 37% | 41% | 43% | 42% | 39% | 44% | 40% |
| Extremely or almost always | 20% | 25% | 21% | 22% | 24% | 22% | 20% | 14% |

**I plan ahead and make good choices.**

|                            | M   | F   | M   | F   | M   | F   | M   | F   |
|----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Not at all or rarely       | 6%  | 5%  | 5%  | 5%  | 7%  | 8%  | 8%  | 4%  |
| Somewhat or sometimes      | 27% | 18% | 27% | 25% | 23% | 21% | 31% | 31% |
| Very of often              | 39% | 46% | 42% | 37% | 48% | 45% | 36% | 47% |
| Extremely or almost always | 27% | 31% | 26% | 34% | 22% | 26% | 24% | 18% |



## I feel good about myself

|                            | Grade 5 |     | Grade 8 |     | Grade 9 |     | Grade 11 |     |
|----------------------------|---------|-----|---------|-----|---------|-----|----------|-----|
|                            | M       | F   | M       | F   | M       | F   | M        | F   |
| Not at all or rarely       | 8%      | 5%  | 2%      | 11% | 7%      | 13% | 8%       | 13% |
| Somewhat or sometimes      | 14%     | 17% | 12%     | 28% | 16%     | 31% | 23%      | 41% |
| Very of often              | 43%     | 45% | 36%     | 26% | 42%     | 41% | 40%      | 34% |
| Extremely or almost always | 35%     | 33% | 50%     | 35% | 34%     | 15% | 28%      | 12% |

## I stay away from bad influences.

|                            | M   | F   | M   | F   | M   | F   | M   | F   |
|----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Not at all or rarely       | 8%  | 11% | 8%  | 2%  | 6%  | 5%  | 11% | 10% |
| Somewhat or sometimes      | 16% | 8%  | 32% | 25% | 22% | 24% | 23% | 21% |
| Very of often              | 22% | 24% | 23% | 40% | 33% | 24% | 30% | 31% |
| Extremely or almost always | 53% | 57% | 38% | 34% | 39% | 46% | 36% | 38% |

## I resolve conflicts without anyone getting hurt.

|                            | M   | F   | M   | F   | M   | F   | M   | F   |
|----------------------------|-----|-----|-----|-----|-----|-----|-----|-----|
| Not at all or rarely       | 4%  | 10% | 6%  | 0%  | 7%  | 5%  | 5%  | 3%  |
| Somewhat or sometimes      | 32% | 14% | 30% | 27% | 22% | 21% | 22% | 22% |
| Very of often              | 28% | 25% | 41% | 33% | 41% | 36% | 41% | 45% |
| Extremely or almost always | 35% | 51% | 23% | 41% | 30% | 38% | 32% | 30% |

## Emotional Well-Being and Distress

Over the last two weeks, how often have you been bothered by . . .

### Little interest or pleasure in doing things?

|                         | M   | F   | M   | F   | M   | F   |
|-------------------------|-----|-----|-----|-----|-----|-----|
| Not at all              | 70% | 58% | 63% | 45% | 58% | 46% |
| Several days            | 18% | 25% | 24% | 32% | 27% | 35% |
| More than half the days | 36% | 26% | 42% | 41% | 40% | 34% |
| Nearly every day        | 50% | 35% | 34% | 15% | 28% | 12% |

### Feeling down, depressed or hopeless?

|                         | M   | F   | M   | F   | M   | F   |
|-------------------------|-----|-----|-----|-----|-----|-----|
| Not at all              | 79% | 66% | 73% | 48% | 63% | 46% |
| Several days            | 11% | 18% | 16% | 28% | 26% | 34% |
| More than half the days | 6%  | 8%  | 5%  | 12% | 6%  | 11% |
| Nearly every day        | 5%  | 8%  | 6%  | 13% | 6%  | 9%  |



## Feeling nervous, anxious or on edge?

|                         | Grade 8 |     | Grade 9 |     | Grade 11 |     |
|-------------------------|---------|-----|---------|-----|----------|-----|
|                         | M       | F   | M       | F   | M        | F   |
| Not at all              | 66%     | 48% | 60%     | 27% | 54%      | 25% |
| Several days            | 18%     | 26% | 26%     | 36% | 30%      | 42% |
| More than half the days | 8%      | 14% | 9%      | 17% | 8%       | 16% |
| Nearly every day        | 8%      | 12% | 6%      | 20% | 8%       | 17% |

## Not being able to stop or control worrying?

|                         | M   | F   | M   | F   | M   | F   |
|-------------------------|-----|-----|-----|-----|-----|-----|
| Not at all              | 80% | 57% | 73% | 38% | 67% | 38% |
| Several days            | 5%  | 26% | 17% | 28% | 20% | 34% |
| More than half the days | 6%  | 9%  | 7%  | 18% | 6%  | 16% |
| Nearly every day        | 9%  | 8%  | 3%  | 16% | 7%  | 13% |

## Thinking aback the last 30 days, how much do you agree or disagree with the following statements?

### I worry a lot.

|                            | Grade 5 |     |
|----------------------------|---------|-----|
|                            | M       | F   |
| Strongly agree             | 15%     | 15% |
| Agree                      | 18%     | 21% |
| Neither agree nor disagree | 25%     | 29% |
| Disagree                   | 21%     | 23% |
| Strongly disagree          | 21%     | 12% |

### I sometimes feel sad without knowing why.

|                            | M   | F   |
|----------------------------|-----|-----|
| Strongly agree             | 20% | 27% |
| Agree                      | 19% | 27% |
| Neither agree nor disagree | 18% | 15% |
| Disagree                   | 20% | 15% |
| Strongly disagree          | 22% | 16% |



## Self-Inflicted Injury; Suicidal Thoughts and Suicidal Behavior

During the last 12 months, how many times did you do something to purposely hurt or injure yourself without wanting to die, such as cutting, burning or bruising yourself on purpose?

|                  | Grade 8 |     | Grade 9 |     | Grade 11 |     |
|------------------|---------|-----|---------|-----|----------|-----|
|                  | M       | F   | M       | F   | M        | F   |
| 0 times          | 86%     | 77% | 86%     | 74% | 81%      | 78% |
| 1 or 2 times     | 9%      | 6%  | 8%      | 12% | 3%       | 6%  |
| 3 to 5 times     | 2%      | 5%  | 2%      | 6%  | 2%       | 6%  |
| 6 to 9 times     | 0%      | 3%  | 1%      | 4%  | 2%       | 5%  |
| 10 to 19 times   | 0%      | 5%  | 0%      | 1%  | 0%       | 5%  |
| 20 or more times | 3%      | 5%  | 0%      | 1%  | 0%       | 2%  |

Have you ever seriously considered attempting suicide? (Mark all that apply)

|                           | M   | F   | M   | F   | M   | F   |
|---------------------------|-----|-----|-----|-----|-----|-----|
| No                        | 89% | 76% | 86% | 70% | 79% | 71% |
| Yes, during the last year | 8%  | 21% | 11% | 17% | 14% | 18% |
| Yes, more than a year ago | 5%  | 10% | 7%  | 18% | 10% | 17% |

Have you ever actually attempted suicide? (Mark all that apply)

|                           | M   | F   | M   | F   | M   | F   |
|---------------------------|-----|-----|-----|-----|-----|-----|
| No                        | 97% | 94% | 95% | 85% | 93% | 89% |
| Yes, during the last year | 3%  | 3%  | 2%  | 6%  | 3%  | 6%  |
| Yes, more than a year ago | 0%  | 3%  | 3%  | 11% | 4%  | 8%  |

## Substance Abuse

Use of conventional tobacco products (cigarettes, cigars, smokeless tobaccos) during the past 30 days.

|     | M   | F   | M   | F   | M   | F   |
|-----|-----|-----|-----|-----|-----|-----|
| No  | 98% | 97% | 94% | 96% | 84% | 93% |
| Yes | 2%  | 3%  | 6%  | 4%  | 16% | 7%  |

Use of any tobacco products, including e-cigarettes and hookah, during the past 30 days.

|     | M   | F   | M   | F   | M   | F   |
|-----|-----|-----|-----|-----|-----|-----|
| No  | 88% | 88% | 88% | 84% | 70% | 76% |
| Yes | 12% | 12% | 12% | 16% | 30% | 24% |

Frequent binge drinking in the past year (typically drank 5 or more drinks at a time and drank on 10 or more occasions during the past year).

|     | M    | F    | M    | F    | M   | F   |
|-----|------|------|------|------|-----|-----|
| No  | 100% | 100% | 100% | 100% | 94% | 99% |
| Yes | 0%   | 0%   | 0%   | 0%   | 6%  | 1%  |



**Any alcohol and/or other drug use during the past year (excluding tobacco).**

**No alcohol or marijuana or other drug use in the past year**

| Grade 8 |     | Grade 9 |     | Grade 11 |     |
|---------|-----|---------|-----|----------|-----|
| M       | F   | M       | F   | M        | F   |
| 72%     | 81% | 76%     | 68% | 58%      | 61% |

**Used only alcohol in the past year**

| M   | F  | M   | F   | M   | F   |
|-----|----|-----|-----|-----|-----|
| 13% | 8% | 11% | 16% | 17% | 17% |

**Used alcohol and marijuana in the past year, but not other drugs**

| M  | F  | M  | F  | M   | F  |
|----|----|----|----|-----|----|
| 3% | 0% | 2% | 3% | 13% | 9% |

**Used marijuana or other drugs but not alcohol in the past year**

| M  | F  | M  | F  | M  | F  |
|----|----|----|----|----|----|
| 6% | 6% | 6% | 7% | 2% | 5% |

**Used alcohol and marijuana or other drugs in the past year**

| M  | F  | M  | F  | M   | F  |
|----|----|----|----|-----|----|
| 6% | 5% | 5% | 7% | 10% | 8% |

**During the last 30 days, have you smoked any cigarettes?**

**Grade 5**

|     | M    | F   |
|-----|------|-----|
| Yes | 0%   | 1%  |
| No  | 100% | 99% |

**During the last 12 months, have you had alcoholic beverages to drink such as beer, wine, wine coolers and liquor?**

|     |     |     |
|-----|-----|-----|
| Yes | 4%  | 3%  |
| No  | 96% | 97% |

**During the last 12 months, have you use marijuana (pot, weed) or hashish (hash, hash oil)?**

|     |      |     |
|-----|------|-----|
| Yes | 0%   | 3%  |
| No  | 100% | 97% |

**During the last 12 months, have you sniffed glue or huffed or inhaled the contents of aerosol spray cans or other gases to get high?**

|     |     |     |
|-----|-----|-----|
| Yes | 4%  | 4%  |
| No  | 96% | 96% |



**During the last 12 months, have you used prescription drugs with a doctor's prescription or differently than how a doctor told you to use it?**

|     |     |     |
|-----|-----|-----|
| Yes | 1%  | 4%  |
| No  | 99% | 96% |

## 2020-2022 Essentia Health/St. Joseph's Medical Center CHNA

Essentia Health-St. Joseph's Medical Center is part of Essentia Health, a nonprofit, integrated health system caring for patients in Minnesota, Wisconsin, North Dakota and Idaho. The 162-bed hospital serves the Brainerd Lakes area and has provider clinics in Baxter, Brainerd, Crosslake, Emily, Hackensack, Pequot Lakes, Pierz, Pillager and Pine River as well as a rehabilitation facility in Brainerd.

From January 2018 to March 2019, Essentia Health-St. Joseph's Medical Center analyzed data, convened community partners, sought input from community members, and led a process to identify the following priority areas for the 2020-2022 Community Health Needs Assessment:

- A. Substance abuse
- B. Nutrition
- C. Physical activity
- D. Mental health

The 2020-2022 Implementation Plan outlines the multiple objectives, activities and strategies to address each priority area.

**Substance Abuse Goal:** People no longer desire tobacco products.

**Nutrition Goal:** People eat fruits and vegetables every day.

**Physical Activity Goal:** People are active every day.

**Mental Health Goal:** People experience good mental wellbeing most days.

### Assess

Essentia Health and Crow Wing County Public Health worked with the Minnesota Department of Health to conduct a survey to assess community health needs in 2017. The survey was formatted by the survey vendor, Survey Systems, Inc. of New Brighton, MN, as a scannable, self-administered English-language questionnaire. The 52-question assessment included questions on topics including: general physical health, mental health, health behaviors, etc.

A two-stage sampling strategy was used for obtaining a probability sample of adults living in Crow Wing County. For the first stage of sampling, a random sample of Crow Wing County residential addresses was purchased from a national sampling vendor (Marketing Systems Group of Horsham, PA). Address-based sampling was used so that all households would have an equal chance of being sampled for the survey. Marketing Systems Group obtained the list of addresses from the U.S. Postal



Service. For the second stage of sampling, the “most recent birthday” method of within-household respondent selection was used to specify one adult from each selected household to complete the survey.

An initial survey packet was mailed to 4,000 sampled households in Crow Wing County on October 5, 2017, that included a cover letter, the survey instrument, and a postage-paid return envelope. About 10 days after the first survey packets were mailed (October 13), a postcard was sent to all sampled households, reminding those who had not yet returned a survey to do so, and thanking those who had already responded. Two weeks after the reminder postcards were mailed (October 27), another full survey packet was sent to all households that had still not returned the survey. The remaining completed surveys were received over the next five weeks, with the final date for the receipt of surveys being December 4, 2017.

Completed surveys were received from 1,084 adult residents of Crow Wing County for an overall response rate of 27.1% (1,084/4,000).

The responses from the completed surveys were scanned into an electronic file by Survey Systems, Inc. To ensure that the county level survey results are representative of the adult population Crow Wing County, the data were weighted when analyzed. The weighting accounts for the sample design by adjusting for the number of adults living in each sampled household. The weighting also includes a poststratification adjustment so that the gender and age distribution of the survey respondents mirrors the gender and age distribution of the adult population in Crow Wing County according to U.S. Census Bureau American Community Survey 2011-2015 estimates.

### **Prioritize**

Needs were prioritized based on key areas that showed a lack of improvement from the 2015 Crow Wing County Community Health Survey to the 2018 Crow Wing County Community Health Survey (Appendix C, Appendix D). Those key areas were then presented to the Crow Wing Energized Steering Committee for approval. The Steering Committee members (Appendix F) represent different groups within the community: school, workplace, faith, low-income, aging, government, social services, etc. The steering committee approved four priority areas:

- A. Substance abuse
- B. Nutrition
- C. Physical activity
- D. Mental health

### **Community Input**

During the 2019 Crow Wing Energized Summit, 200 community members participated in a facilitated discussion on one of the four areas of concern, where they were able to provide feedback on how to create change surrounding that topic. Following the summit, smaller focus groups were facilitated using Results Based Accountability (Appendix G) to prioritize strategies, find the story behind the data and agree upon a common result in each of the four areas.



# Essentia Health/St. Joseph's Medical Center CHNA Key Findings

## Priority #1 Substance Use

### Supporting Data:

Tobacco use in Crow Wing County is increasing. The Crow Wing County Health Survey states that tobacco use in adults has increased from 17.6% (2015) to 23.3% (2018). Not only has tobacco use increased but the number of smokers trying to quit has decreased. In 2018, less than half of cigarette smokers reported trying to quit, which is 1/3 fewer than in 2015.

The 2018 Crow Wing County Health Survey found an interesting trend related to health disparities; 44% of the population using tobacco have a household income of less than \$20,000 and report higher rates of obesity, depression and anxiety.

The 2018 Minnesota Youth Tobacco Survey, which was administered to over 4,100 students, states that while the use of many tobacco products continued to decline for youth, e-cigarette usage continues to increase.

**Community Input:** During the 2019 Crow Wing Energized Summit, the increase in e-cigarettes and vaping led to passionate discussions and worry for youth. Groups needed to be reminded of traditional tobacco use still being an area of concern.

### Community Strengths and Resources:

- Essentia Health St. Joseph's Medical Center Tobacco Specialists
- Crow Wing Energized Tobacco Coalition
- American Lung Association
- Local schools investing in youth-focused tobacco surveys
- Community conversations

### Community Strategies:

- Strategy #1: Advocate for policies that limit accessibility and appeal for youth to use tobacco products like the Tobacco-21 policy.
- Strategy #2: Enhance and promote tobacco cessation interventions and resources.
- Strategy #3: Promote workplace incentives that encourage employees to quit smoking

## Priority #2 Nutrition

### Supporting Data:

The 2018 Crow Wing County Health Survey shows 65.7% of adults are not eating 5 or more fruits and vegetables a day, which is no improvement from the 2015 survey. Consuming the recommended amount of fruits and vegetables reduces the risk of chronic diseases including Type 2 Diabetes, some cancers, obesity and cardiovascular disease. However, the number of individuals eating the recommended amounts are low.



In 2018, 238 Crow Wing County food shelf clients participated in a 29-question survey. Of those surveyed, 96% said they want to provide more fresh fruits and vegetables to their families, but 48% said that it was difficult to obtain fresh produce. (Appendix E)

**Community Input:**

Attendees of the 2018 Crow Wing Energized Summit participated in identifying barriers for nutrition.

Identified barriers for consumption of fruits and vegetables include:

- 39 respondents – Junk food culture/sugar addiction
- 30 respondents – Cost and shelf life
- 17 respondents – Education/knowledge
- 14 respondents – Availability and seasonality

**Community Strengths and Resources:**

- National Diabetes Prevention Program
- Healthy Weight and Your Child
- Farm to School
- Worksite wellness programs

**Community Strategies:**

- Strategy #1: Promote and increase participation in the National Diabetes Prevention Program.
- Strategy #2: Support and encourage new local businesses to offer worksite wellness programs that encourage nutrition like the ReThink Your Drink campaign, health vending machine policies, etc.
- Strategy #3: Support and promote campaigns and programs that encourage eating more fruits and vegetables like “One Vegetable, One Community.”

**Priority #3 Physical Activity****Supporting Data:**

The Crow Wing County Health Survey indicates that 64.1% (2015) and 64.9% (2018) of residents are not meeting the recommended amount of moderate or vigorous physical activity recommendations. The 2018 County Health Rankings stated that 22% of Crow Wing County adults, age 20 and over, report no leisure-time physical activity. Physical activity can improve an individual's health and reduce the risk of type 2 diabetes, some cancers and cardiovascular disease.



### **Community Input:**

Attendees of the 2018 Crow Wing Energized Summit participated in identifying barriers for nutrition.

Identified barriers for meeting physical activity standards include:

- 42 respondents – not enough time
- 25 respondents – lack of supportive network
- 17 respondents – winter weather
- 16 respondents – costs of memberships

### **Community Strengths and Resources Available:**

- National Diabetes Prevention Program
- Healthy Weight and Your Child
- Local trails for walking, biking, running, etc.

### **Community Strategies:**

- Strategy #1: Support and encourage new local businesses to offer worksite wellness programs that encourage physical activity like walking meetings, yoga and exercise rooms, etc.
- Strategy #2: Promote and support point-of-decision prompts for physical activity throughout the community, like motivational signs on or near stairwells, elevators, escalators, encouraging people to use the stairs.

## **Priority #4 Mental Health**

### **Supporting Data:**

The 2018 Crow Wing County Community Health Survey reports that 28.2% of residents are impacted by mental illness. The National Alliance on Mental Illness estimates 1 in 5 adults in the country experience mental illness. The data suggests that either Crow Wing County residents have higher rates of mental illness or are more inclined to self-report a mental illness. The 2018 Crow Wing County Health Survey also showed that the percent of people experiencing 10 or more days in the past month of “not good mental health days” decreased from 2015 to 2018. In 2015 13.1% reported having “not good mental health days” in the past month compared to 12% in 2018. The current community efforts from 2015 to 2018, including resiliency building and stigma reduction campaigns, have been successful but larger initiatives need to be implemented to significantly decrease the number.

**Community Input:** The local daily newspaper, Brainerd Dispatch, published its top stories from 2018. The number two story focused on mental health. The article titled “Mental health awareness comes to forefront following suicides” discussed what the community was doing after a string of suicides. A community panel was led by Central Lakes College President Hara Charlier, Brainerd Lakes Chamber of Commerce President Matt Kilian, Essentia Health-Central President Adam Rees and Brainerd High School student Caroline Benson to share their personal “mental health journeys.”



### **Community Strengths and Resources Available:**

- Crow Wing Energized Mental Fitness Goal Group
- Crow Wing Energized ARC Task Group
- Make It OK
- Bridges of Hope – Self Healing Communities Project
- Crisis Line
- Northern Pines Mental Health Center
- Nystrom's and Associated
- Northern Psychiatric
- Lakeland Psychiatric
- Wellness in the Woods
- Region V+ Mental Health

### **Community Strategies:**

- Strategy #1: Build resilience, optimism, positive self-concepts and hopefulness through tools like the resiliency toolkits, sleep booklets, “Three Good Things” notepads, attitude of gratitude trees and resiliency bookmarks.
- Strategy #2: Encourage health-seeking behaviors through stigma-reduction campaign like “Make It OK” and campaign to make community aware of existing resources
- Strategy #3: Support life-skill building and mindfulness-based stress reduction programing in worksites, schools and communities.

### **Design**

Essentia Health worked with internal stakeholders as well as community partners to design a strategy to address each of the priority needs identified in the CHNA process. The plan outlines actions that will be taken to respond to the identified community needs including goals and measurable objectives, strategies, tactics, and performance indicators.

The implementation plan is a three-year plan to address priority needs. The implementation plan will be reviewed annually, with progress shared with hospital leadership and the Board of Directors on an annual basis.

Additionally, the following three priorities were determined by the Community Health Advisory Committee (CHAC) at a retreat in January 2019. The retreat included input from Community Health staff from across the Essentia Health system. Prioritization was based on common themes from the 15 Community Health Needs Assessments.

- Mental health and wellness
- Substance use
- Nutrition and physical activity



# Health Findings Summary

After reviewing all the information and statistics contained in this report, CRMC compiled a preliminary list of the healthcare issues that were identified. They are listed not in any specific order as follows:

- Obesity/overweight
- Diabetes
- Lack of nutritious foods
- Not meeting activity guidelines
- High blood pressure
- High cholesterol
- Access to health care
- Affordable services
- Education
- Smoking/tobacco use
- Lack of mental health services
- Substance abuse
- Depression
- Anxiety
- Panic attacks
- Stress
- Arthritis

## Final Selected Priorities

CRMC selected the following as final priorities to address in 2021-23:

**Mental Health**  
**Nutrition**  
**Activity**

### Priorities Not Selected:

Many of the other health issues were not selected because efforts in these three areas would also impact those issues. For example, in addressing mental health issues, CRMC will also tackle substance abuse, depression, anxiety, panic attacks, and stress. If CRMC is successful in improving nutrition and increasing activity, it will reduce the obesity and overweight rates, address the lack of nutritious foods, reduce diabetes, high blood pressure and high cholesterol. By encouraging individuals to be more active, overweight rates will be reduced together with stress and depression.

Other issues were not chosen because they consistently ranked as a lower priority in the surveys and statistics.



### Community Health Priorities

The following community health improvement plan outlines how CRMC in partnership with Crow Wing County organizations plans to improve the health of residents over the next three years. Specific improvement strategies are included within each of the priority areas. CRMC believes that implementing these strategies will help it achieve its vision for a healthier community.

## CRMC Priorities for 2021-2023

### Improve Mental Health Wellbeing

- 12% of adults report 10 or more days in the past month of not good mental health
- 11-34% of youth feel down depressed or hopeless for several days in a month

### Improve Nutrition

- 66% of adults do not eat five or more fruits and vegetables a day
- 6-18% of youth did not eat any vegetables in the past 7 days
- 1-10% of youth did not eat any fruit in the past 7 days

### Increase Activity

- 65% of adults do not meet recommended physical activity
- 2-16% of youth were not physically active for 60 minutes a day in the last 7 days

### Improve Mental Health Wellbeing

- Suicide prevention
- Depression/anxiety screening
- Substance abuse prevention
- Social engagement opportunities (pandemic related loss of social connections)

### Objective:

- Decrease percentage of adults who report poor mental health (less than 12%)
- Decrease percentage of youth feeling down, depressed or hopeless for several days (less than 16%)

### Strategies:

- Offer depression and anxiety screening in clinics and at community events
- Increase community education/awareness about mental health
- Implement Zero Suicide Program and Culture
- Support Saving Heart for Suicide Prevention efforts (support group and run/walk)
- Support Kinship Partners (youth mentoring)
- Recruit additional mental health providers
- Support Smiles for Jake (suicide prevention movement)
- Launch Wellbeats on-demand mindfulness classes

**Assets:**

- Crow Wing County Adult & Community Services
- Law Enforcement
- Northern Pines Mental Health Center
- Nystrom & Associates
- Kinship Partners
- Smiles for Jake
- Crisis Line and Referral Service
- Safe Harbor Crisis
- Warm Line (Peer Support)
- Adult & Teen Challenge
- United Way of Crow Wing & Cass Counties
- Uplifted Wellness Studio
- Strong faith community support/area churches
- Mid-Minnesota Women's Center & Alex and Brandon Child Safety Center
- Make It Okay

**Tactics:**

- Smiles for Jake activities and events
- Three Good Things journals
- Personal notes/letters
- Gratitude presentations
- Grief seminar
- Loneliness/isolation tips/build hopefulness
- Stress reduction
- Reduce substance abuse: tobacco cessation classes, support group resources promotions
- Media campaign
- Zero Suicide Training for all CRMC employees
- Mental Health & Community Resource Guides

**Improve Nutrition**

- Reduce blood pressure
- Reduce cholesterol
- Weight loss/control
- Access to healthy food
- Reduce barriers
- Availability of healthy foods

**Objective:**

- Decrease adult obesity rate of 30% by encouraging adults to eat five or more fruits and vegetables a day
- Decrease youth overweight rate of 12-19% and youth obesity rate of 6-18% by encouraging youth to eat five or more fruits and vegetables a day



### Strategies:

- Develop sustainable strategies that encourage residents to make healthy choices
- Increase access to/availability to healthy food choices
- Offer healthy menus in CRMC Culinary Services with nutrition information
- Provide healthy options in CRMC vending machines
- Offer Living Well classes
- Provide healthy food at community events
- Share Healthy recipes and cookbooks
- Launch Wellbeats on-demand nutrition education Support Cuyuna Lakes Lunch Bunch/Operation Sandwich with healthy food
- Financially support Cuyuna and Emily food shelves
- Provide nutrition education in Crosby-Ironton, Brainerd and Pequot schools
- Support Cuyuna Range Farmers Market
- Provide healthy food at Crosby's Music in the Park, Christmas in the Park, SMILES for Jake events
- Intensive Behavioral Therapy program
- Fruit & vegetable vouchers
- Worksite wellness programs
- Media campaign

### Assets:

- Crosby-Ironton Schools, Brainerd Public Schools, Pequot Lakes Schools
- Crow Wing County Health Department
- Hallett Community Center, community garden
- Area Food Shelves: Brainerd, Crosby, Emily, Garrison and Pequot Lakes
- Cuyuna Lakes Lunch Bunch, Operation Sandwich
- Meals on Wheels
- Sharing Bread Soup Kitchen
- LSS Senior Nutrition
- Nutrition Assistance Program for Seniors
- Ruby's Pantry
- The Farm on St. Mathias – Pop up Farmers Markets
- Crosby-Ironton, Brainerd and Pequot Lake Community Education



### Increase Activity

- Reduce blood pressure
- Weight loss/control
- Improve mental wellbeing
- Access to opportunities
- Provide opportunities
- Reduce barriers

#### Objective:

- Provide opportunities for adult and youth to meet recommended physical activity
- Increase percentage of adults who meet recommended physical activity goals from 35%
- Increase percentage of youth who are physically active for at least 60 minutes per day to more than 84%

#### Strategies:

- Community activity challenge
- Living Well classes
- Intensive Behavioral Therapy program
- Worksite wellness programs
- Media campaign
- Increase active living opportunities and active lifestyles
- Promote walking and bicycling
- Offer fitness activities at community events
- Sponsor and promote Cuyuna Triathlon, area fun runs/walks
- Offer Living Well classes
- Support Cuyuna Range Youth Center Health Fair
- Launch Wellbeats on-demand fitness

#### Partners:

- Hallett Community Center
- Crosby-Ironton, Brainerd and Pequot Lake Schools
- City of Crosby/Ironton/Cuyuna/Deerwood/Emily/Brainerd/Pequot Lakes
- Cuyuna Country State Recreation Area
- Crow Wing County Health Department
- Cuyuna Range Youth Center
- YMCA
- Uplifted Wellness Studio
- Crosby-Ironton, Brainerd and Pequot Lake Community Education

#### Next Steps

Three separate committees will be formed to meet periodically and work on the objectives. Annually, CRMC will review this plan and discuss progress. The plan will be updated with most recent data and any needed changes in strategies will be made. CRMC will develop an annual progress report based on the results and publish the information on its website.



## 2018-2020 CRMC Community Health Needs Assessment Accomplishments

### Obesity/Overweight

#### Improve Nutrition Objectives:

- Decrease percentage of adults who are overweight/obese from 66% to 60%
- Decrease percentage of students who describe themselves as overweight/obese from 7-14% to 10%

#### Strategies:

- Develop sustainable strategies that encourage residents to make healthy choices
- Increase access to healthy food choices
- Offer healthy menus in CRMC Culinary Services with nutrition information
- Provide healthy options in CRMC vending machines
- Offer National Diabetes Prevention Program classes
- Provide healthy food at community events
- Support Cuyuna Lakes Lunch Bunch with healthy food
- Financially support Cuyuna and Emily food shelves
- Provide nutrition education in Crosby-Ironton and Pequot schools
- Support Cuyuna Range Farmers Market
- Provide healthy food at Crosby's Music in the Park
- Provide healthy food at Crosby's Christmas in the Park

#### Results:

- Published monthly Harvest of the Month patient/consumer education
- Provided 200 \$10 fruit and vegetable certificates to Crosby Food Shelf and School District
- Financially supported and promoted Crosby Farmer's Market and Power of Produce program for youth
- Hosted Sprout's fresh food market at Heartwood
- Launched Eating Well traditional and digital media campaign
- Conceptualized and purchased Rooty the carrot mascot, made appearances at numerous area community events
- Cash donations to Emily, Crosby food shelves; Fishing to End Hunger; United Way; Kids Against Hunger; Breath of Life Adult Day Services (meals)
- Provide food and volunteers for Cuyuna Lunch Bunch program: 2018 (1,216); 2019 (840); 2020 (846)
- Sponsor and distribute Operation Sandwich lunches for Brainerd youth (800)



- Develop, promote and teach Living Well classes  
Fall 2018—41 people lost average of 4.45 pounds, lowered blood pressure from 141/81 to 134/80; Winter 2019—42 people lost average of 2.29 pounds, lowered blood pressure from 135/80 to 128/80; Winter 2020—28 participants lost an average of t pounds, lowered blood pressure from 136/78 to 121/76
- Taught breastfeeding education classes (18)
- Developed Intensive Behavior Therapy for Obesity program
- Healthy food stations/demonstrations at Music in the Park
- Dietitian presentations at Crosby-Ironton schools
- Lunch & Learns and Biggest Loser weigh ins at Graphic Packaging

### 2018

- Weight loss seminars-Baxter (69), Crosby (42)
- Weight loss support group (134)
- Diabetes prevention class (5)
- Diabetes Dialogue (80)
- Diabetes support group (5)
- Crosby-Ironton 8th grade class nutrition talk (20)
- Cuyuna Range Youth Center health fair (300)
- Music in the Park (800)
- A Cuyuna Christmas (800)

### 2019

- Weight loss seminar-Baxter (107)
- Weight loss seminar-Crosby (49)
- Weight loss seminar-Aitkin (10)
- Weight loss support group (159)
- Diabetes education class (9)
- Diabetes support group (4)
- Music in the Park (800)
- A Cuyuna Christmas (800, 1,000)
- Diabetes summit (11)

### 2020

- Weight loss seminar-Crosby (58)
- Weight loss support group (27)
- Diabetes support group (8)

### Increase Activity Objectives:

- Decrease percentage of adults not meeting recommended physical activity (64.1% to 50%)
- Increase percentage of students who are physically active at least five of the past seven days (8.3%-31.2% to 25%)



### Strategies:

- Increase active living opportunities and active lifestyles
- Promote walking and bicycling
- Offer fitness activities at community events
- Sponsor and promote Cuyuna Triathlon
- Offer National Diabetes Prevention Program classes
- Support Cuyuna Range Youth Center Health Fair
- Encourage sit stand desks and walking meetings
- Sponsor are fun runs/walks

### Results to Date:

- Launch March the Mississippi community health challenge to encourage adults and youth to be active
- Provided two bicycles for CRMC staff to use during breaks
- Launched new CRMC employee wellness program including free yoga and TOPS group
- Sponsor Ranger Run program for Crosby-Ironton youth: 2018 (169), 2019 (135)
- Provide obstacle course at Music in the Park event
- Sponsor Hallett Center ice skating rink
- Sponsor Cuyuna Triathlon
- Provide bike helmets to Crosby-Ironton students (80)
- Hold Living Well classes in January and September (see nutrition)
- Supplemented CRMC employees' Hallett Kids Camp tuition
- Provide athletic trainer and program for Crosby-Ironton schools
- Donated Roman Chair and Cybex knee extension to Crosby-Ironton schools
- Crosby Clinic provided reduced-rate sports physicals to student athletes (132)
- Sponsorship of Cuyuna Crusher, Cuyuna Off-Road Triathlon, Cuyuna Lakes Ice Fishing Tournament, Race for Cure, Deerwood Summerfest 5K, Sour Grapes Run, Lakes Country Triathlon, Cuyuna Range Bronco League baseball team and local High School & Elementary sports teams, Cuyuna Scout Camp, Boy Scouts
- Cash donations to Brainerd Lakes YMCA, Brainerd Lakes Curling Club, Hallett Center of Crosby, C-I Ranger Athletics and Activities, Northland Arboretum, Cuyuna Mountain Bike Trails, Brainerd Sports Boosters, Brit & Briddle Saddle Club, Crosby-Ironton Youth Softball, Lakes Area Multisport group, Northern Lights Youth Hockey, Cuyuna Lakes High School Mountain Bike Team, Pequot Lakes Youth Sports, Brainerd Basketball Association, Brainerd Varsity Cheer Team, Cuyuna Range Youth Center, C-I Rangerettes, Youth Basketball, Longville Area Skating Rink, Mount Ski Gull, Let's Go Fishing and Vacationland Figure Skating Club
- Purchase tent for Crosby-Ironton Mountain Bike team
- Sponsor Play for Patrick youth heart screenings (110)
- Distribute Frisbees at Crosby's 2019 Fourth of July parade (2,300)



### Mental Health

#### Objective:

- Decrease percentage of adults who report poor mental health (28% to 25%)

#### Strategies:

- Offer depressions and anxiety screening in clinics and at community events
- Increase community education/awareness about mental health
- Research mental health first aid program
- Support Saving Hearts Suicide Prevention efforts (support group and run/walk)
- Support Kinship Partners (youth mentoring)
- Recruit additional mental health providers

#### Results to Date:

- Recruited and onboarded Licensed Professional Counselor Pennie Carnes and Psychologist Dr. Kristan Furan
- Offered depression screening to all CRMC patients–6,742 adults along with 574 adolescents completed in 2019
- Completed assessments for 1,380 adults with either a depression or dysthymia diagnosis or encounter in 2019
- Provided conference room and publicity for Saving Hearts Suicide Support Group
- Committee formed with community representatives, numerous meetings held
- Participated in United Way's Make It Okay efforts
- Painted large blue Smiles on campus in February as part of Smiles awareness
- Emergency Department staff attended mental health training
- Provide conference room, refreshments for Memory Loss Support Group
- Sponsored Kinship Partners Purses Plus, Taste of the Lakes and Taste of the Cuyuna Lakes events
- Coordinated and offered free Good for Business conference about employee mental well-being in May (100)
- Host Sex Addicts Anonymous 12-step support group
- Leadership Team received Mental Health First Aid Training
- Sponsored Smiles Fest, two psychologists participated (1,000)
- Offered caregiver burnout training to all employees
- Sponsored Savings Hearts Walk and participated with employee team
- Co-sponsored Veteran's Breakfast with mental health speaker (50)
- Sponsored Smile Express, one psychologist participated (1,000)
- Provided 3 Good Things notebooks for community presentations
- Offer six free Employee Assistance Program visits annually to each CRMC employee
- Creating a Path to Well-Being for Healthcare Professionals presentation offered to physicians
- Developed and distributed Community Resource Guide, posted online
- Sponsored CRMC staff mental health education series



- Donations to Saving Hearts, Crisis Line and Referral Service, Mid-Minnesota Women's Shelter, United Way, Make It Okay Campaign, Bridges of Hope, Kinship Partners, Cuyuna Range Youth Center, Operation Save the Shelter, Salem West, Prevent Child Abuse Radiothon, Cuyuna Range Elementary School UNA Patrol (stop bullying), School Districts, Bridges of Hope and Habitat for Humanity
- Offered 12 Steps support group (5, 14)
- Provided QPR Training for Home Health staff
- Conducted provider survey on burnout and mental well-being
- Sponsored Mindfulness Mental Health Seminar for aging population

## Advance Care Directives

### Objective:

- Increase the percentage of individuals who have an advanced care directive of file with their primary care provider from 25% to 30%

### Strategies:

- Establish Silos to Circle Partnership
- Educate public through free presentations
- Ensure availability of forms at hospital and clinics
- Create National Decisions Day education and awareness

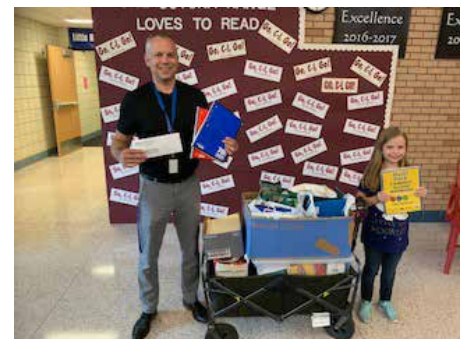
### Results to Date:

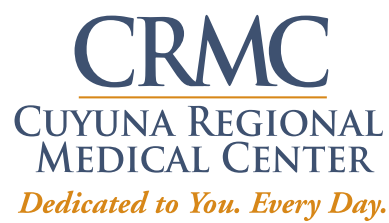
- CRMC physicians discuss with all patients, provide forms
- Table top display, advanced directives at Crosby's Hallett Library
- Presentations to Crosby, Cuyuna, Deerwood and Ironton city councils
- Presentation to Ministerial Association, advanced directives made available in area churches
- CRMC staff wear Ask Me About Advance directives stickersMedia release, Facebook posts
- CRMC Connection newsletter article
- CRMC Intranet articles, website posting
- Clinic monitor postings, brochures
- Materials distributed at community events
- Monthly Healthcare Decision seminars
- Bi-monthly advance care planning sessions
- Advanced care directives distributed to all staff, competition to complete
- Presentation to Crosby area Ministerial Association about advanced directives (10)
- Crosslake Senior Expo booth with education (400)
- Crosby and Deerwood City Council presentations (50)
- 2018: Provided one-on-one Healthcare Directive assistance (43)
- 2019: Provided one-on-one Healthcare Directive assistance (31)
- 2019: Advance Care Directives given to CRMC employees (277)
- 2020: Provided one-on-one Healthcare Directive assistance (60)
- 2019: Advance Care Directives given to CRMC employees (277)
- 704 Advance Care Directives received at CRMC: 2018-76, 2019-400, 2020-228



# Conclusion

As a non-profit, community hospital, CRMC is called to make a healthy difference in people's lives. This CHNA illustrates the importance between CRMC and its community partners. By working collaboratively, CRMC can continue to have a positive impact on the health needs of the community. Other ways that CRMC will continue to indirectly address local health include providing charity care and other patient assistance to the under and uninsured and subsidizing essential services. CRMC will work with the community to ensure this plan is effective and make modifications as needed.





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