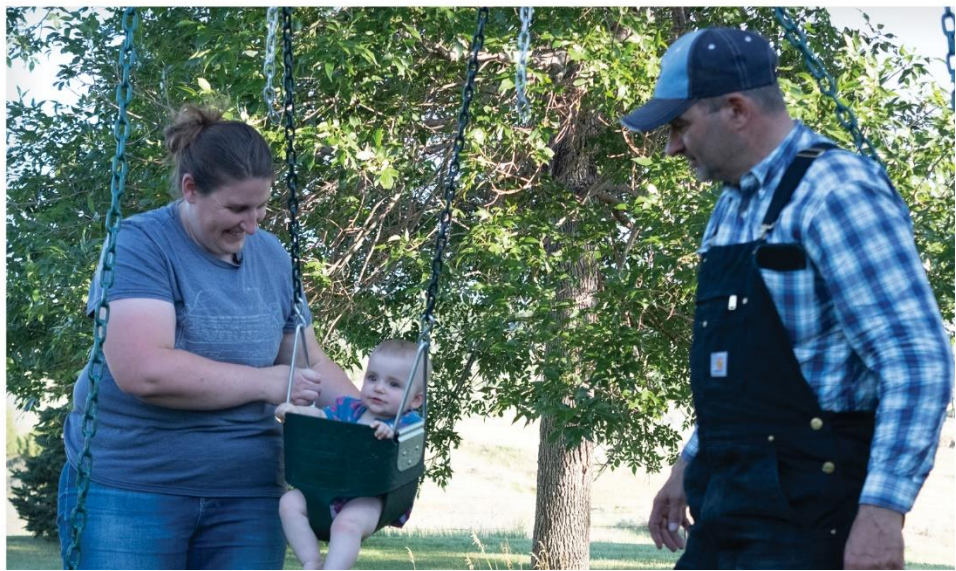




# Community Health Needs Assessment

SANFORD THIEF RIVER FALLS BEHAVIORAL HEALTH CENTER  
2025-2027



Dear Community Members,

It is once again my privilege to share with you Sanford Thief River Falls Medical Center's Community Health Needs Assessment report. Our hospital completes a community health needs assessment every three years to identify opportunities to improve the health and wellness of our community.

The report and implementation plan that follows will guide our work over the next three years and builds upon previous progress made in our community.

The Community Health Needs Assessment is a rigorous process in which we sought input from community members, leaders, and organizations including public health. Additionally, Sanford Health partnered with the North Dakota State University Center for Social Research to incorporate additional data analysis and provide an independent assessment. Together, these elements paint a picture of the current needs facing the community, opportunities for partnership with area businesses and organizations, and resources available to address identified needs.

On behalf of the Sanford Thief River Falls Medical Center and the Sanford Thief River Falls Behavioral Health Center teams, thank you for your continued support of the Community Health Needs Assessment process.

Sincerely,

Tyler Ust  
Administrator/CEO  
Sanford Thief River Falls Medical Center

Heather Bregier  
Administrator/CEO  
Sanford Thief River Falls Behavioral Health



## BACKGROUND

### Community Description

---

The Sanford Thief River Falls Medical Center and Sanford Thief River Falls Behavioral Health Center are located in Thief River Falls, Minnesota. Thief River Falls, located in northwest Minnesota, is one of the largest communities in that region with a population of over 8,000. It takes its name from the falls of the Red Lake River where it meets with the Thief River. Thief River Falls serves as a hub of economic activity with major employers including snowmobile manufacturer Textron Industries, Inc. (Arctic Cat), electronic parts distributor Digi-Key Corporation, and is the birthplace of Steiger Tractor.

The Thief River Falls area is rich in natural beauty with forests, rivers, parks and wildlife. The community offers numerous options for recreation and physical activity, most prominently the Ralph Englestad hockey arena. Popular outdoor activities include fishing, snowmobiling, hunting, skating and bird watching. The community boasts many well-maintained parks and a bike trail system. There are several fitness centers in town including Sanford Health Thief River Falls Wellness Center, which recently relocated to a new, larger space with expanded fitness programs and options.

The community as defined for purposes of the Community Health Needs Assessment includes Pennington County, Minnesota and represents a majority of the volumes to the Behavioral Health Center. No populations were intentionally excluded during the process of defining the community or within the CHNA process. Demographic details for the county are included in the appendix.

### Partners

---

The Community Health Needs Assessment builds on the work of previous cycles and is the result of the coordinated efforts of many internal and external partners. Sanford Health would like to thank and acknowledge the following and their teams for their assistance. This program would not be possible without their expertise.

### Sanford Health

- Erika Batcheller, Executive Vice President, Chief External Affairs Officer
- Nick Olson, Executive Vice President, Chief Financial Officer
- Corey Brown, Senior Vice President, Government Affairs
- Amber Langner, Senior Vice President, Treasury
- Blayne Hagen, Vice President, General Counsel, Sioux Falls
- Lindsay Daniels, Vice President, Care Management
- Doug Nowak, Vice President, Data Analytics
- Natasha Smith, Head of Diversity, Equity and Inclusion
- Catherine Bernard, Director, Tax
- Karla Cazer, Clinical Nurse Specialist, Faith Community Nursing Center
- Deana Caron, Senior Tax Accountant
- Kurt Brost, Senior Director, Community Relations
- David Hill, Director, Chief Privacy Officer
- Jessica Sexe, Senior Director, Communications
- Phil Clark, Director, Marketing Insights
- Shawn Tronier, Lead Marketing Analyst
- Chase Gerar, Strategic Planning Advisor, Fargo
- Brian Ritter, Head of Market Affairs, Bismarck
- Kayla Winkler, Lead Community Relations Specialist, Bemidji

### **System Partners**

- Sister Nancy Miller, Director Mission Integration, CHI St. Alexius Health
- Julie Ward, VP of Diversity, Equity & Inclusion, Avera McKennan Hospital & University Health Center
- Angela Schoeffelman, Community Program Manager, Avera Community Health Resource Center
- Alli Fast, Community Health Program Manager, Essentia Health
- Nancy Hodur, Director, North Dakota State University Center for Social Research
- Karen Olson, Research Specialist, North Dakota State University Center for Social Research
- Kathy McKay, Public Health Administrator, Clay County Public Health
- Desi Fleming, Director of Public Health, Fargo Cass Public Health
- Justin Bohrer, Public Health Analyst & Operational Planning Lead, Fargo Cass Public Health
- Julie Sorby Engen, Director of Community Development, Family HealthCare
- Shelby Kommes, Public Health Coordinator, Sioux Falls Health Department
- Renae Moch, Public Health Director, Bismarck-Burleigh Public Health and Immediate Past President, North Dakota Public Health Association
- Erin Ourada, Administrator, Western Plains Public Health
- Joe Kippley, Public Health Director, Sioux Falls

### **Thief River Falls Partners**

We express our gratitude to the following community collaborative members for their expertise during the planning, development and analysis of the community health needs assessment:

- Aaron Enge – Community Board Member
- Mark Schmitke – Community Board Member
- Sam UMBER – Sanford Auxiliary President
- Kayla Jore – Pennington and Red Lake County Public Health
- Brianna Trontvedt – Oakland Park Nursing Home Director of Nursing
- Mattlyn Erickson – Oakland Park Nursing Home Assistant Director of Nursing
- Janell Hudson – Director, Nursing and Clinical Services, Sanford Thief River Falls Medical Center
- Tyler Ust – Chief Executive Officer, Sanford Thief River Falls Medical Center
- Heather Bregier – Chief Executive Officer, Behavioral Health, Sanford Thief River Falls Medical Center
- April Kraemer – Clinic Director, Sanford Thief River Falls Medical Center
- Dr. Mark Yuska – Podiatry, Sanford Thief River Falls Medical Center
- Sandra Buchholz – Lead Community Relations Specialist, Sanford Health
- Andrew Wiese – Head of Strategic Intelligence, Sanford Health
- Madeline Jerabek – Strategic Planning Intern, Sanford Health

### **Sanford Thief River Falls Behavioral Health Center Description**

Sanford Thief River Falls Behavioral Health Center serves as the only freestanding behavioral health hospital and primary provider of inpatient psychiatric services for northwest Minnesota. The need for these services is great. After Sanford Medical Center Thief River Falls moved to their new campus in 2014, the downtown campus was remodeled to expand the inpatient psychiatric facility from 10 to 16 beds.

Outpatient Mental Health Services: These services enable the recipient to develop and enhance their social competencies, and improve independent living, parenting and community skills when these abilities have been impaired by mental illness.

Children's Therapeutic Services and Support: These rehabilitative services have the goal of returning a child to normal development. Services include group, individual or family psychotherapy and skills training, and crisis assistance to help the child and family plan for these situations.

Outpatient Substance Use Treatment: This service offers a structured approach to recovery from substance abuse and typically involves individual counseling sessions, group therapy, and care coordination. This flexible format allows individuals to continue their daily responsibilities while focusing on their recovery.

Sanford Behavioral Health Center has one residential facility for adults. *Northern Lights Residence* provides intensive residential treatment services for adults. These are time-limited mental health services in a residential setting. Recipients are in need of structure and assistance from 24-hour mental health staff and are at risk of significant functional deterioration if they do not get assistance. Staff help residents develop strategies for recovery, improve their behavior and restore self-sufficiency to live in a more independent setting.

Mobile Crisis Services are available 24/7 and provide skilled behavioral health providers for emergencies in Pennington, Roseau, Kittson and Marshall Counties. Providers respond to emergency rooms, law enforcement centers, schools, homes, or any other safe location in the community. The providers complete an assessment to determine the patient's immediate needs and then create a short-term plan to stabilize the crisis. Services include crisis planning, skills training, problem-solving and facilitates inpatient or short-term placement, if needed.

Sanford Thief River Falls employs 45 clinicians, including physicians and advanced practice providers, and over 500 employees

### **CHNA Purpose**

---

The purpose of a community health needs assessment is to develop a global view of the population's health and the prevalence of disease and health issues. Findings from the assessment serve as a catalyst to align expertise and develop a Community Investment/Community Benefit plan of action. There is great intrinsic value in a community health needs assessment when it serves to validate not-for-profit status and create opportunity to identify and address public health issues from a broad perspective. A community health needs assessment identifies the community's strengths and areas for improvement. A community health needs assessment is critical to a vital Community Investment/Community Benefit Program that builds on community assets, promotes collaboration, improves community health, and promotes innovation and research. It also serves to support progress made toward organizational strategies.

### **Regulatory Requirements**

---

Federal regulations stipulate that non-profit medical centers conduct a community health needs assessment at least once every three years and prioritize the needs for the purpose of implementation strategy development and submission in accordance with the Internal Revenue Code 501(r)(3).

The Internal Revenue Code 501(r) requires that each hospital must have: (1) conducted a community health needs assessment in the applicable taxable year; (2) adopted an implementation strategy for meeting the community health needs identified in the assessment; and (3) created transparency by making the information widely available.

The regulations stipulate that each medical center take into account input from persons who represent the broad interests of the community. Hospitals are required to seek input from at least one state, local, tribal or regional government public health department or state Office of Rural Health, with knowledge, information or expertise relevant to the health needs of the community.

Non-profit hospitals are also required to seek input from members of medically underserved, low income, and minority populations in the community, or organizations serving or representing the interest of such populations. This includes underserved populations experiencing disparities or at risk of not receiving adequate care due to being uninsured or due to geographic, language or financial or other barriers.

The community health needs assessment includes a process to identify community resources available to address identified and prioritized needs. Hospitals are to address each assessed need or explain why they are not addressing a need. Once needs have been identified and prioritized, hospitals are required to develop an implementation strategy for each. The strategies are reported on the IRS 990 and a status report must be provided each year on IRS form 990 Schedule H.

Finally, hospitals are required to be transparent with the findings and make the written CHNA report available to anyone who requests it. All CHNA reports and implementation strategies are housed on the Sanford website at [www.sanfordhealth.org](http://www.sanfordhealth.org). Hospitals must keep three cycles of assessments on their website.

Sanford extended a good faith effort to engage all aforementioned community representatives in this process. We worked closely with public health experts throughout the entire assessment process. Public comments and responses to the community health needs assessment and the implementation strategies are welcome on the Sanford website or contact can be made at <https://www.sanfordhealth.org/about/community-health-needs-assessment>. No community comments or questions regarding the previous CHNA have been made via the website link or email address.

### **CHNA Process**

Sanford Health, in coordination with public health experts, community leaders, and other health care providers, within local communities and across Sanford's care delivery footprint, developed a multi-faceted assessment program. The process is designed to establish multiple pathways to health needs assessment. Sanford Health, Essentia Health, Family HealthCare, Clay County Public Health, and Fargo Cass Public Health, which are referred to as the "Cass-Clay Working Group," coordinated the community survey and stakeholder meeting. Priority health needs for individual implementation plans were identified by each organization, based on current capacities, expertise, strategic alignment, and service areas, among other relevant factors.



## Limitations

The findings in this study provide an overall snapshot of behaviors, attitudes, and perceptions of residents living in the community. A good faith effort was made to secure input from a broad base of the community. However, gaps in individual data sources may arise when comparing certain demographic characteristics (i.e., age, gender, income, minority status) with the current population estimates. For example, these gaps may occur due to the difficulty in reaching respondents through the survey process.

To mitigate limitations, the CHNA evaluates community health from several perspectives: a stakeholder and community survey, meetings with community leaders that have special knowledge and expertise regarding populations, secondary data sources such as the U.S. Census Bureau and County Health Rankings, public comments from previous assessments, and institutional knowledge by Sanford employees locally and across the Sanford enterprise.



Following the completion of the 2022-2024 report, Sanford Health determined that the survey collection process was an area for improvement. As noted above, the multi-step process minimizes limitations that exist among individual components. Sanford Health and system partners determined there is greater interest in the survey findings, as such, efforts to improve representation across demographics is a focus for the current and future cycles.

Sanford invested in a multifaceted campaign that included an earned media campaign on local media outlets and the public-facing Sanford Health News (<https://news.sanfordhealth.org/>). The system also promoted the survey internally through the organization's intranet, all-staff emails, and newsletters.

Internal efforts were supported with a robust advertising campaign that included, among other efforts, a digital media program yielding 3.6 million impressions and a print ad campaign encouraging Native American communities to participate through placements in DeBahJiMon Magazine, Anishinaabeg Magazine and MHA Times (Mandan, Hidatsa, Arikara). Further support was given to collecting surveys at various community events. The goal of these efforts was to increase participation by those underrepresented the previous cycle, including lower income, minority, and medically underserved populations.

Overall, survey respondents were much more aligned to community demographics. The investment made by the system and partners to improve representation provides a base of learnings for future CHNA cycles.

## Community and Stakeholder Survey

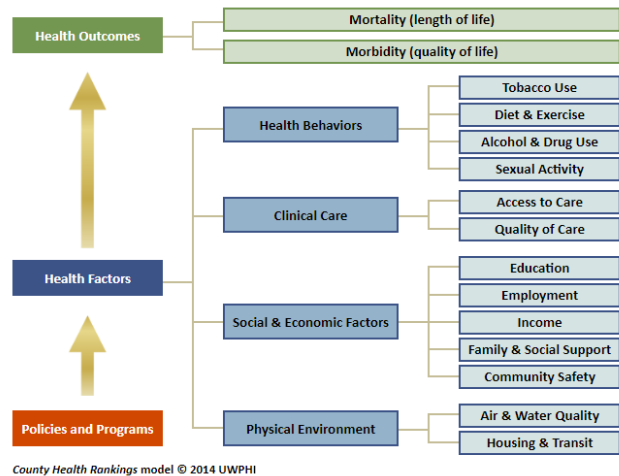
Community residents were asked a series of questions through an online survey designed in partnership with health experts and public health officials across the Sanford footprint to understand health needs. Survey design is based on the UW Population Health Institute model. Each respondent was asked to rate community drivers from poor to excellent. Any response other than excellent was offered a follow-up opportunity to comment on the reason for their ranking. Respondents were also asked a series of questions specific to their health care access, health care quality, barriers to care, travel to care, and insurance. The survey was sent to a sample of Pennington County, Minnesota, populations secured through Qualtrics, a qualified vendor. The full set of questions is available in the appendix.

The survey was the first of multiple efforts to engage community stakeholders and elected officials with knowledge and connections amongst medically underserved, low income, or minority populations. Stakeholders were sent the survey and asked to complete the instrument and then forward the survey to their respective populations for greater involvement. Additional investments to increase involvement in the survey are noted in the “Limitations” section of the report.

Survey data for the local community should be considered directional and best utilized in conjunction with additional data. A total of 137 respondents from the CHNA area completed the survey. Promotion investments by the system yielded a total of 9,714 completed surveys from across the Sanford footprint, an increase from 6,748 the previous cycle. The responses generated 48,643 open-ended responses and 1.76 million pieces of data (cells).

### Secondary Data

County Health Rankings are based upon the UW Population Health model and serve as the main secondary data source utilized for the community health needs assessment. Alignment of the survey and secondary data within the UW Population Health model allows for greater connection of the data sets. Population data are sourced to the U.S. Census Bureau. Additional data sources may be used and are sourced within the document.



### Health Needs Identification Methodology

The Center for Social Research at North

Dakota State University was retained to develop the initial community health needs list for each community, building upon their involvement during the previous cycle. The following methodology was used to develop the significant health needs presented later in the report:

- Survey data was stratified into representative groups based upon population: large urban communities, medium sized communities, and rural communities. The three groups were analyzed separately. Thief River Falls is included with Aberdeen, SD; Bemidji, MN; Vermillion, SD; and Worthington, MN.
- To identify community health care needs, each community’s score by question was compared to the average stratified composite of the comparative group. For example, if the composite stratified system-wide average score is 4 and an individual community’s average response was 2.5, which would suggest an issue of concern and a potential community health care need to be highlighted in the summary findings.
- Upon determination of a potential strength or need, County Health Rankings (<https://www.countyhealthrankings.org/>) and responses from open-ended questions provided additional insights into the drivers of the respective needs.
- A similar methodology was also used to provide additional insights into findings from County Health Rankings data with relevant health needs highlighted in the survey findings.
- Health needs identified through either the survey or County Health Rankings data but not both were also included in the findings
- The Center for Social Research validates the findings of the primary research by engaging at least two internal reviewers. Each reviewer has their own technique and strengths to review the findings; however, they check for accuracy in the data by



reviewing the code/syntax, the output, the correct representation of the data in the report, verbiage, consistency, context, and overall readability. Both reviewers also supported previous CHNA reports.

### **Community Asset Mapping**

Asset mapping was conducted to locate community resources available to address the assessed needs. Each unmet need was researched to determine what local resources are available. Once gaps were determined, the prioritization exercise followed with key stakeholder groups determining top needs for their community.

A positive development since the previous CHNA report is the integration of findhelp.com into the Sanford Health digital ecosystem. In 2022, the organization implemented findhelp, an online tool to incorporate contact and referral information to connect community-based organizations with patients to meet their health-related social care needs. The system is available to the health care team and as a public facing site for self-navigation to consumers. A link is included on every after-visit summary provided to Sanford Health patients and is available on Sanfordhealth.org and in MyChart. Patients can receive information in the format that is meaningful to them (electronic or paper) and in their preferred language. The tool is used to identify local resources as part of the community asset mapping section of this report.

### **Community Stakeholder Meetings**

Community stakeholders and elected officials with knowledge and connections amongst medically underserved, low income, or minority populations were further included in the process during the community stakeholder meetings. During the meetings, survey findings were presented to community stakeholders. Facilitated discussion commenced and each participant was asked to consider the needs identified that should be further developed into implementation strategies. Health needs identified during the previous cycle but not raised through the survey or County Health Rankings were also considered. The meeting served to inform the group of the findings but also served as a catalyst to drive collaboration and prioritization of local needs.

The participants provided information to answer the following types of questions as it relates to identified needs:

- What are the biggest challenges currently with these needs in the community?
- Does the community have gaps in services, access, outreach, etc.?
- What opportunities exist, where can we have greatest impact in addressing these needs?
- Which are most urgent in nature?
- Is there already work being done on these needs?
- What are the resources currently not utilized within the community that could address this topic?
- Which needs fall within the purview of health care system and which do not? Can the non-healthcare needs be shared with other entities or organizations?
- Is there anything you consider an urgent need that we have not discussed?

At the end of the meeting, the hospital administrator proposed the specific health needs to be addressed within the Implementation plan with input from the community members present and indicated that the Community Health Needs Assessment will be shared at community meetings, with Sanford Thief River Falls employees, and at the community liaison board meeting, provider meeting and medical executive committee.

The administrator selected the final priority needs for inclusion in the Implementation Plan based on all factors, including primary and secondary data, input from the community stakeholder meeting, and scalability of current hospital programs and resources to address the identified needs efficiently and effectively. All needs not addressed in the implementation plan were shared with other community partners for action.

## COMMUNITY HEALTH NEEDS ASSESSMENT FINDINGS

The overall health of the community can be described as good. Survey respondents, supported by data from the County Health Rankings, indicated high marks for safety, high feelings of safety due to low crime levels, and positive perceptions of employment opportunities. However, seven areas of concern were brought forth for discussion to the Community Stakeholder Meeting for discussion (below).

The top health needs presented below were identified through a mix of primary and secondary research conducted by the North Dakota State University Center for Social Research, which was commissioned by Sanford Health to analyze the data, and Sanford Health. Priority was given to the key topics ranked lowest by community survey with further analysis provided through secondary research. Areas of focus that may not have been raised by the community survey but shown to be an area of focus through secondary research, were also included.

Each health need includes the drivers behind its inclusion in the list, including qualitative survey results, qualitative responses from the survey, and stratified results from the enterprise results that provide clarity to the local discussion. Secondary research from County Health Rankings and other sources were also provided. Insight from the community stakeholder meetings was included as a valuable tool for understanding the needs, and importantly, how to address each issue

For the purposes of this assessment, the Thief River Falls market area is defined as Pennington County in Minnesota. The community health summary and identified health needs presented below were identified through a mix of primary and secondary research. Priority was given to the key topics rated lowest by respondents of the community survey, with further analysis provided through secondary research using the 2023 County Health Rankings (CHR) data. Areas of focus that may not have been raised by the community survey but shown to be an area of focus through secondary research, are also included. To further assist in identifying community health needs, survey and CHR data were collected for similar-sized market areas served by Sanford Health. Similar-sized market areas identified for and included in this analysis include Aberdeen, SD; Bemidji, MN; Thief River Falls, MN; Vermillion, SD; and Worthington, MN. For each measure, averages were calculated for each of the market areas and for the group as a whole for comparison purposes. Context and research provided to explain the importance of a particular health topic were obtained from CHR unless otherwise noted. A total of 137 respondents from the Thief River Falls area completed the survey.

### **Community Health Summary**

Survey respondents were asked to rate various issues impacting health in their community and issues impacting their personal health and wellness on the following 1 to 5 scale: 1= poor, 2= fair, 3= good, 4= very good, 5= excellent.

Overall, perceptions among survey respondents in the Thief River Falls area regarding the following community health issues were positive (average score of 3.00 or higher):

- Environmental health (average score= 3.61)

- Community safety (average score=3.55)
- Access to exercise opportunities (average score=3.48)
- Employment and economic opportunities (average score=3.37)
- Access to healthy foods (average score=3.15)
- Health care quality (average score=3.04)

With the exception of access to healthy foods and health care quality, average scores in the Thief River Falls area were higher than the comparison group average for each of these issues (and the highest for employment and economic opportunities).

When asked about their personal health, survey respondents in the Thief River Falls area rated their current health and wellness as good (average score=3.13) and their current ability to access health care services as slightly better (average score=3.37); however, both scores are lower than the comparison group average.

CHR data indicate that Pennington County ranks in the upper-middle range of Minnesota counties in terms of overall health. However, the following areas of concern were identified for further discussion (in no particular order).

## **Top Health Needs**

### **Access to Health Care Providers**

When survey respondents in the Thief River Falls market area were asked about the most important health care issues impacting their community, having access to medical care and health care providers was the top issue. Access to medical care was also identified as a top health care concern that survey respondents and their families face on a regular basis. And while respondents rated their own ability to access health care as good (average score=3.37), the score was below the average for similar-sized markets served by Sanford Health.

Most respondents in the Thief River Falls area have a primary care provider (87%) and have been in for a routine checkup or screening in the past year (85%). However, 26 percent of respondents did not receive needed medical care in the past year (which is one of the highest percentages among similar-sized markets). When asked why, the main reason was due to a lack of local health care providers. In addition, 82 percent of respondents in the Thief River Falls area have traveled for care in the past three years, which is one of the highest percentages among similar markets. When asked why, most respondents indicated it was due to needing specialty care that was not available locally (76%). Even so, according to CHR, in the Thief River Falls area there are 1,387 people for every one primary care physician (a ratio which is lower/better than the comparison group average), 1,531 people for every dentist (a ratio which is similar to the comparison group average), and 345 people per mental health care provider (a ratio which is lower than the comparison group average). In addition, the Thief River Falls area has the lowest rate of preventable hospital stays among similar-sized markets (902 per 100,000 Medicare enrollees) and one of the highest flu vaccination rates (56%).

Three-fourths of survey respondents in the Thief River Falls area indicated that there are health care services they would like to see offered or improved in their community (75%). When these respondents were asked which health care services they would like to see offered or improved, most said behavioral and mental health services (57%), followed by cancer care (40%), addiction treatment (39%), dental care (38%), walk-in/urgent care (34%), long-term care and nursing homes (32%), OBGYN/women's care (28%), family medicine or primary care (28%), and heart care (27%).

The community stakeholder meeting participants discussed access in multiple areas. The group acknowledged the need for additional dental care generally in the community. New dental providers are in the process of joining the community, but the group noted that Medicaid reimbursement rates for dental care put limitations on the amount of care offered to the medically underserved. The limitations of virtual care as a current solution for seniors was discussed while reviewing long-term care needs, efforts have been made in the past to offer virtual care to seniors, but providers noted a lack of adoption as the population preferred to meet face-to-face for their healthcare needs. Participants noted that gains have been made in provider outreach and availability, such as dermatology. However, additional services could potentially be supported with additional provider outreach to the community. Mental health was also a topic and the stakeholders agreed that it is a pressing need. Access will be addressed in the Implementation Plan.

<b>Local Asset Mapping</b>	
<p><b>Health Insurance resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Health Plan, 1749 38th St. S., Fargo</li> <li>• NW Service Co-Op, 114 1st St. W., Thief River Falls</li> <li>• Insurance Brokers, 102 S. Pine Ave., Thief River Falls</li> <li>• State Farm, 1901 US 59, Thief River Falls</li> <li>• North Risk Partners, 2017 US 59, Thief River Falls</li> <li>• MN Sure – MNSure.org</li> </ul> <p><b>Dental Care resources:</b></p> <ul style="list-style-type: none"> <li>• Thief River Falls Family Dentistry, 310 Red Lake Blvd, Thief River Falls</li> <li>• Sayler Dental, 1600 1<sup>st</sup> St E, Thief River Falls</li> <li>• Bray Dental, 214 N Labree Ave, Thief River Falls</li> <li>• Moreno Dental Services, 318 Labree Ave N, Thief River Falls</li> </ul> <p><b>Eye Care resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Health Eye Center &amp; Optical, 1720 US-59, Thief River Falls</li> <li>• Northwest Eye Center, 901 Hanson Dr, Thief River Falls</li> <li>• Shopko Optical, 211 N Labree Ave, Thief River Falls</li> <li>• ND Eye Clinic, 901 Hanson Dr, Thief River Falls</li> </ul>	<p><b>Health Care resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Clinic, 3001 Sanford Parkway, Thief River Falls</li> <li>• Sanford Medical Center, 3001 Sanford Parkway, Thief River Falls</li> <li>• Sanford Behavioral Health Center, 120 LaBree Ave S, Thief River Falls</li> <li>• Sanford Community Care Program, 3001 Sanford Parkway, Thief River Falls</li> <li>• Sedra Medical Clinic, 213 Labree Ave #207, Thief River Falls</li> <li>• Inter County Nursing Services, 101 Main Ave N, Thief River Falls</li> <li>• Thief River Falls LifeCare Center, 204 Labree Ave, Thief River Falls</li> <li>• Altru Clinic, 1845 Hwy 59 S Ste 800, Thief River Falls</li> <li>• Hope Pediatrics, 219 Brooks Ave, Thief River Falls</li> <li>• LINCARE (Medical Equipment Supplier), 322 N Labree Ave, Thief River Falls</li> <li>• Sanford Health Equip (Medical Equipment Supplier), 1720 Hwy 59 S, Ste D, Thief River Falls</li> </ul> <p><b>For Additional Resources reference:</b>  <a href="https://sanford.findhelp.com/">https://sanford.findhelp.com/</a></p>

**Access to Quality Health Care**

High quality health care is timely, safe, effective, and affordable—the right care for the right person at the right time. High quality care in inpatient and outpatient settings can help protect and improve health and reduce the likelihood of receiving unnecessary or inappropriate care.

In addition to having access to health care, respondents also indicated that the quality of care, including a patient's overall experience, was an important health care issue impacting



their community (more so than cost). While respondents rated the quality of health care in the Thief River Falls area as good (average score=3.04), the score was below the average for similar-sized markets.

For the 26 percent of survey respondents in the Thief River Falls area who did not receive needed medical care in the past year, in addition to a lack of local health care providers, similar proportions of respondents indicated that the reason was due to long wait times (26%) and not feeling welcomed or valued (23%). In addition, for the 82 percent of respondents who traveled for care in the past three years, 28 percent did so in search of better or higher quality care and 16 percent traveled for more immediate appointments. Fortunately, the Thief River Falls area has the lowest uninsured rate among similar-sized markets (5%), a rate which is half the comparison group average.

Stakeholder meeting participants discussed the eight in ten individuals that noted they recently traveled for care out of the community. The group agreed that gains have been made to offer more care locally, but it is often still necessary to travel to another community for part of the care. The group acknowledged that some travel will likely be necessary due to the community size, but efforts to increase the share of the care continuum offered locally would be beneficial, particularly for those with limited mobility and transportation options. Sanford Thief River Falls has also worked to engage potential providers upstream through educational opportunities at the system with the goal of keeping providers at all levels within the system once credentialed. The hospital will address access to quality care within the Implementation Plan.

<b>Local Asset Mapping</b>	
<p><b>Health Insurance resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Health Plan, 1749 38th St. S., Fargo</li> <li>• NW Service Co-Op, 114 1st St. W., Thief River Falls</li> <li>• Insurance Brokers, 102 S. Pine Ave., Thief River Falls</li> <li>• State Farm, 1901 US 59, Thief River Falls</li> <li>• North Risk Partners, 2017 US 59, Thief River Falls</li> <li>• MN Sure – MNSure.org</li> </ul> <p><b>Dental Care resources:</b></p> <ul style="list-style-type: none"> <li>• Thief River Falls Family Dentistry, 310 Red Lake Blvd, Thief River Falls</li> <li>• Sayler Dental, 1600 1<sup>st</sup> St E, Thief River Falls</li> <li>• Bray Dental, 214 N Labree Ave, Thief River Falls</li> <li>• Moreno Dental Services, 318 Labree Ave N, Thief River Falls</li> </ul> <p><b>Eye Care resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Health Eye Center &amp; Optical, 1720 US-59, Thief River Falls</li> <li>• Northwest Eye Center, 901 Hanson Dr, Thief River Falls</li> <li>• Shopko Optical, 211 N Labree Ave, Thief River Falls</li> <li>• ND Eye Clinic, 901 Hanson Dr, Thief River Falls</li> </ul>	<p><b>Health Care resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Clinic, 3001 Sanford Parkway, Thief River Falls</li> <li>• Sanford Medical Center, 3001 Sanford Parkway, Thief River Falls</li> <li>• Sanford Community Care Program, 3001 Sanford Parkway, Thief River Falls</li> <li>• Sedra Medical Clinic, 213 Labree Ave #207, Thief River Falls</li> <li>• Inter County Nursing Services, 101 Main Ave N, Thief River Falls</li> <li>• Altru Clinic, 1845 Hwy 59 S Ste 800, Thief River Falls</li> <li>• Hope Pediatrics, 219 Brooks Ave, Thief River Falls</li> <li>• LINCARE (Medical Equipment Supplier), 322 N Labree Ave, Thief River Falls</li> <li>• Sanford Health Equip (Medical Equipment Supplier), 1720 Hwy 59 S, Ste D, Thief River Falls</li> </ul> <p><b>For Additional Resources reference:</b>  <a href="https://sanford.findhelp.com/">https://sanford.findhelp.com/</a></p>

**Mental Health**

Mental health includes our emotional, psychological, and social well-being and affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood].

When survey respondents in the Thief River Falls area were asked about the most important health care issues impacting their community, mental health was the second biggest issue (behind access to medical care and health care providers). In addition, of survey respondents in the Thief River Falls area who would like to see specific services offered or improved in their community, most respondents said behavioral and mental health services (57%) and 39 percent said addiction treatment.

According to CHR, adults in the Thief River Falls area average 4.6 mentally unhealthy days each month (which is the highest rate when compared to similar-sized markets) and 15 percent of adults average at least 14 days of mental distress per month (which is one of the highest percentages among similar markets). One of the most important measures of mental health within a community is suicide. CHR data indicate that there are 20 suicides for every 100,000 people in the Thief River Falls area (which is one of the highest rates among similar markets). In addition, there are 24 drug overdose deaths per 100,000 people in the area (which is higher than the Minnesota state average of 15). Fortunately, the Thief River Falls area has one of the better ratios of population to mental health care providers when compared to similar-sized markets served by Sanford Health at 345 people for every one mental health provider.

Mental health was discussed during the stakeholder meeting, and it was agreed that it is a continuing need, not only for the Thief River Falls community, but for most areas. A discussion on recent efforts by the health system and Public Health to reduce opioid prescriptions has also been seen as successful, although further progress can be made. Mental health and substance abuse remain a need in the community. The need will be addressed in the Implementation Plan.

<b>Local Asset Mapping</b>	
<p><b>Substance Abuse resources:</b></p> <ul style="list-style-type: none"> <li>• SAMHSA– 877-726-4727</li> <li>• Sanford Behavioral Health Center, 120 Labree Ave. S., Thief River Falls</li> <li>• Sanford Health Pathfinder Children’s Treatment Center, 921 Atlantic Ave. N., Thief River Falls</li> <li>• NA (Different groups &amp; times), 614 Davis Ave N, Thief River Falls</li> <li>• AA, 614 N. Davis Ave &amp; 325 Horace Ave N, Thief River Falls</li> <li>• RiverView Recovery Center, 721 S Minnesota St, Crookston</li> <li>• Pine Manor Chemical Dependency Services, 22195 MN- 34, Nevis</li> <li>• Substance Use Services, 100 Gretchen Ln, Crookston</li> </ul>	<p><b>Mental Health resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Behavioral Health Center, 120 Labree Ave. S., Thief River Falls</li> <li>• Sanford Health Pathfinder Children’s Treatment Center, 921 Atlantic Ave. N., Thief River Falls</li> <li>• Northwestern Mental Health Center, 603 Bruce St., Crookston</li> <li>• Nancy Rust, PhD, 213 Labree Ave., Thief River Falls</li> <li>• Storybook Wellness, 121 2<sup>nd</sup> St W, Thief River Falls</li> <li>• Alluma Inc, 100 Gretchen Ln, Crookston</li> </ul> <p><b>For Additional Resources reference:</b>  <a href="https://sanford.findhelp.com/">https://sanford.findhelp.com/</a></p>

## Public Transportation

Transportation systems help ensure that people can reach everyday destinations, such as jobs, schools, healthy food outlets, and health care facilities, safely and reliably. Public transportation services play an important role for people who are unable to drive, people without access to personal vehicles, children, individuals with disabilities, and older adults<sup>2</sup>.

Respondents in the Thief River Falls area rated community access to daily transportation as less than good (average score=2.84). When asked to explain why they rated community access to daily transportation the way they did, respondents acknowledged some availability of bus and taxi services in the community; however, respondents noted that bus routes, stops, and hours of operation are limited. In addition, taxi services were noted to be few, costly, and poor in quality.

Public transportation availability is limited in the community, particularly for individuals that work outside of typical daytime hours. Healthcare providers noted that early appointments are often cancelled or not attended when patients are unable to align the bus schedule with their appointments. The hospital has paid for transportation for individuals in the past, but a broader solution is necessary. As noted earlier, virtual care may be an option for some patients but remains a dissatisfier for seniors. Although public transportation will not be included in the Implementation Plan due to other organizations having better competencies to address, the pressures on access caused by the need will likely be addressed through the access and quality priorities noted in the implementation plan.

### Local Asset Mapping

#### Transportation:

- Trivalley Heartland Express, 524 Barzan Ave, Thief River Falls
- Minnesota DOT, 248 125<sup>th</sup> Ave NE, Thief River Falls
- Kroozers Cab, (218) 416-0104
- Northland Taxi, (218) 681-6666
- Thief River Falls Regional Airport, 13722 Airport Dr, Thief River Falls

#### For Additional Resources reference:

<https://sanford.findhelp.com/>

## Long-Term Senior Care

Safe, quality, affordable housing is fundamental to a healthy life. Healthy homes can improve lives and provide a foundation of health for individuals and families, but unhealthy homes can just as easily undermine quality of life and even cause poor or substandard health. A safe, quality, and affordable home is paramount to healthy aging<sup>3</sup>.

Respondents in the Thief River Falls area rated the quality of long-term care, nursing homes, and senior housing as less than good (average score=2.61) – and nearly half of respondents rated the quality as poor or fair (44%). When respondents who rated the quality of long-term care, nursing homes, and senior housing as poor or fair were asked why they did so, responses referenced an overall staffing shortage, causing facilities to leave beds unfilled. In addition, of survey respondents in the Thief River Falls area who would like to see specific services offered or improved in their community, one in three respondents said long-term care (32%).

Community stakeholder meeting participants discussed the lack of senior housing and starter home availability in the community. Providers in the community recently increased the number of available beds to pre-COVID levels, and they are filled. It was noted that many

seniors seek information at the local senior housing facilities to understand the options available and costs, indicating a potential knowledge gap in the community. The knowledge gap also creates an issue for those seeking care as participants noted they may not have taken the necessary steps to prepare financially for the cost of senior housing, further exacerbating the issue. A recently completed housing study by the city indicated a sub one percent vacancy rate for overall housing, below the recommended level. Additional senior housing would alleviate some of the need for lower cost housing in the community. The vacancy rate also limits the ability of population growth necessary to fill the staffing needs at senior facilities and other employers. One participant noted that the other needs included in the report have community task forces that work to address. However, senior care and housing is one that does not have a task force. The hospital will continue to support efforts to address the need but is not including it in the Implementation Plan due to others having greater priority for purposes of the CHNA.

<b>Local Asset Mapping</b>	
<p><b>Long Term Care resources:</b></p> <ul style="list-style-type: none"> <li>• Thief River Care Center, 2001 Eastwood Dr., Thief River Falls</li> <li>• Oakland Park Community, 123 Baken St., Thief River Falls</li> <li>• Valley Home, 523 Arnold Ave. S., Thief River Falls</li> <li>• Riverside Terrace (retirement apts.), 225 Labree Ave. S. #614, Thief River Falls</li> <li>• Sunwood Home, 237 Kneale Ave. N., Thief River Falls</li> <li>• MN Greenleaf, 1006 Greenwood St. E., Thief River Falls</li> </ul>	<p><b>Memory Care resources:</b></p> <ul style="list-style-type: none"> <li>• Alzheimer’s Assoc. – Alz.org</li> <li>• Thief River Care Center, 2001 Eastwood Dr., Thief River Falls</li> <li>• Oakland Park Community, 123 Baken St., Thief River Falls</li> <li>• Valley Assisted Living, 523 Arnold Ave. S., Thief River Falls</li> <li>• Sunwood Home, 237 Kneale Ave. N., Thief River Falls</li> <li>• MN Greenleaf, 1006 Greenwood St. E., Thief River Falls</li> </ul>
<p><b>In-Home Services:</b></p> <ul style="list-style-type: none"> <li>• Hospice of the Red River Valley, 1845 US 59 S., Thief River Falls</li> <li>• Inter County Nursing Services, 101 Main Ave N, Thief River Falls</li> <li>• Sanford Health Equip, 1720 US-59 Ste D, Thief River Falls</li> <li>• LINCARE (Medical Equipment Supplier), 322 N Labree Ave, Thief River Falls</li> <li>• Life Alert – 800-852-3081</li> <li>• Ethos Home Health Care &amp; Hospice, 4491 S Washington St Ste A, Grand Forks</li> </ul>	<p><b>In-Home Services:</b></p> <ul style="list-style-type: none"> <li>• ADT Medical Alert – adt.com/health</li> <li>• Medical Guardian Alert – 800- 914-3189</li> <li>• Heritage Community Center, 301 4th St. E., Thief River Falls</li> <li>• Caregiver Support Group (through LSS), 301 E. 4th St., Thief River Falls (2nd Thurs. at 10 a.m.)</li> <li>• Heritage Center congregate meals &amp; home delivered meals, 301 4th St. E., Thief River Falls</li> <li>• Falls Delivered Meals – 218-681-6861</li> <li>• Meals on Wheels – 218-681- 2793</li> <li>• S &amp; S Rehab Products, 218 Labree Ave., Thief River Falls</li> </ul> <p><b>For Additional Resources reference:</b>  <a href="https://sanford.findhelp.com/">https://sanford.findhelp.com/</a></p>



**Quality Child Care**

Participation in high-quality early childhood care and education programs can have positive effects on children’s cognitive, language, and social development, particularly among children at risk for poor outcomes<sup>4</sup>.

Survey respondents in the Thief River Falls area rated the quality of child care, day care, and preschool as less than good (average score=2.55). When asked to explain why, respondents noted an overall lack of providers, especially for infants. In addition, respondents indicated that limited options exist for parents working shifts outside of school-day hours.

The U.S. Department of Health and Human Services has historically considered child care affordable if the total expense consumes less than 10 percent of household income, and more recently proposed an affordability threshold set at 7 percent of household income<sup>5</sup>. According to CHR, the average household in the Thief River Falls area spent 24 percent of its income on child care, which is three times the proposed threshold for affordability.

Child care was acknowledged as a local need that impacts the ability of parents to work, but it was noted the economics of providing care make a sustainable solution difficult without significant financial support. Members noted that some local businesses and organizations are exploring options for childcare, but it is not yet clear. The option for local business involvement does not increase the supply for non-employed financial backer. Childcare is not included in the Implementation Plan as other organizations are addressing the issue, but the hospital seeks to be involved in the process.

<b>Local Asset Mapping</b>	
<p><b>Child Care resources:</b></p> <ul style="list-style-type: none"> <li>• Child Care Assistance Program, 318 Knight Ave N, Thief River Falls</li> <li>• Discovery Place Early Learning Center, 305 Nora St E, Thief River Falls</li> <li>• Marsha’s Day Care, 104 Belleville Ct., Thief River Falls</li> <li>• Teresa S Daycare, 918 Horace Ave N, Thief River Falls</li> <li>• Lila Mathieu, 918 Duluth Ave N, Thief River Falls</li> <li>• Disterhaupt Daycare, 950 Crocker Ave S, Thief River Falls</li> <li>• Billie Gagner Daycare, 303 Cardinal Ave, Thief River Falls</li> <li>• Jessica’s Family Daycare, 412 State Ave N, Thief River Falls</li> <li>• Arlenes Daycare, 521 1<sup>st</sup> St W, Thief River Falls</li> </ul>	<p><b>Child Care resources cont:</b></p> <ul style="list-style-type: none"> <li>• Darlene Sullivan, 707 Knight Ave N, Thief River Falls</li> <li>• Nickys Daycare, 719 Horace Ave N, Thief River Falls</li> <li>• Tanya M Masseth, 2001 Washington Ave, Thief River Falls</li> <li>• Renee Kezar, 117 Greenwood St E, Thief River Falls</li> <li>• Sonia Balmar, 1223 Meadow St, Thief River Falls</li> <li>• Tammy Kosel, 220 Saint Paul Ave N, Thief River Falls</li> <li>• Kristi Mundell, 15980 160<sup>th</sup> Ave NE, Thief River Falls</li> <li>• Deanna Forst, 12174 240<sup>th</sup> St NE, Thief River Falls</li> <li>• Jeff Hunt, 816 Main Ave N, Thief River Falls</li> </ul>
<p><b>Activities for children &amp; youth:</b></p> <ul style="list-style-type: none"> <li>• Sanford Wellness Center Thief River Falls, 120 LaBree Ave, Thief River Falls</li> <li>• Boy Scouts, Zion Lutheran Church, Thief River Falls</li> <li>• Girl Scouts – gsdakotahorizons.org</li> <li>• Pennington County 4-H, 101 Main Ave N, Thief River Falls</li> </ul>	<p><b>Services for at-risk youth:</b></p> <ul style="list-style-type: none"> <li>• Elevate Youth Center, 414 Horace Ave N, Thief River Falls</li> <li>• Inter-County Community Council, 207 Main St, Oklee</li> </ul> <p><b>Bullying Resources:</b></p>

<ul style="list-style-type: none"> <li>• Several park locations – <a href="http://visitttrf.com/play/parks">visitttrf.com/play/parks</a></li> </ul>	<ul style="list-style-type: none"> <li>• Pennington County Sheriff's Office, 102 1<sup>st</sup> W, Thief River Falls</li> <li>• Thief River Falls Police Department, 102 1<sup>st</sup> W, Thief River Falls</li> <li>• School Counselors, 230 LaBree Ave S, Thief River Falls</li> </ul> <p><b>For Additional Resources reference:</b>  <a href="https://sanford.findhelp.com/">https://sanford.findhelp.com/</a></p>
---	--

**Affordable Housing**

There is a strong and growing evidence base linking stable and affordable housing to health. As housing costs have outpaced local incomes, households not only struggle to acquire and maintain adequate shelter, but also face difficult trade-offs in meeting other basic needs. When the majority of a paycheck goes toward the rent or mortgage, it can be difficult to afford doctor visits, healthy foods, utility bills, and reliable transportation to work or school. This can, in turn, lead to increased stress levels and emotional strain.

Respondents in the Thief River Falls area rated the availability of affordable housing in their community as fair (average score=2.04) and lower than any other community health issue. When asked to explain why they rated community access to affordable housing the way they did, respondents suggested housing prices, property taxes, and rental costs are inflated in the area, making it difficult to find a decent, safe home at a reasonable price.

CHR data indicate that 10 percent of households in the Thief River Falls area have severe housing problems (i.e., overcrowded, high housing costs, lack of kitchen facilities, or lack of plumbing facilities) and 9 percent of households spend at least 50 percent of their household income on housing costs – both rates are among the lowest when compared to similar-sized markets.

The city recently completed a housing study that indicated a sub one percent vacancy rate for overall housing, below the recommended level to support growth. The study estimated the need to add 110-125 housing units per year over the next ten years to meet demand as a sizable share of the local workforce commutes from out of town. The housing shortage, which puts upward pressure on rent and purchase price, is further exacerbated by the cost to build a new unit compared to the ability of the population to pay. Assisting seniors in their transition to senior care would open lower cost housing to support the demand. The hospital will continue to support efforts to address the need but is not including it in the Implementation Plan due to others having greater priority for purposes of the CHNA.

<b>Local Asset Mapping</b>	
<p><b>Low-income housing: <sup>2</sup></b></p> <ul style="list-style-type: none"> <li>• Greenwood Terrace, 2001 Greenwood St E, Thief River Falls</li> <li>• River Pointe Townhomes, 928 Alice Dr, Thief River Falls</li> <li>• Riverside Terrace, 225 Labree Ave S, Thief River Falls</li> <li>• Sherwood Park Townhomes, 1528 Highway 1, Thief River Falls</li> <li>• Belmont Apartments, 1308 Dale St, Thief River Falls</li> </ul>	<p><b>Housing:</b></p> <ul style="list-style-type: none"> <li>• Thief River Falls City Hall, 405 3<sup>rd</sup> St E, Thief River Falls</li> <li>• Edina Realty, 121 Labree Ave N # 934, Thief River Falls</li> <li>• Genereux Realty INC, 304 Riverside Ave, Thief River Falls</li> <li>• Nordin Realty, Inc. 201 Brooks Ave N, Thief River Falls</li> <li>• Hometown Realty, 601 N, Main Ave N, Thief River Falls</li> </ul>

<ul style="list-style-type: none"> <li>• Pioneer Court, 1602 Greenwood St E, Thief River Falls</li> <li>• Southwood Park Townhomes, 1601 Greenwood St E, Thief River Falls</li> <li>• Thief River Falls Housing Redevelopment Authority, 405 3<sup>rd</sup> St E, Thief River Falls</li> <li>• Oak Lodge Ltd, 540 9<sup>th</sup> St W, Thief River Falls</li> </ul>	<ul style="list-style-type: none"> <li>• Reed Realty, 503 Riverside Ave S, Thief River Falls</li> </ul> <p><b>For Additional Resources reference:</b>  <a href="https://sanford.findhelp.com/">https://sanford.findhelp.com/</a></p>
---	--

**Sanford Area of Focus**

The significant health needs noted above were brought forward as topics of discussion at the local stakeholder meeting, which convened a range of community leaders with knowledge of medically underserved, low income, or minority populations. Members of the local public health agency and Sanford Health were also present. A list of attendees can be found in the introduction. Stakeholders discussed the health needs, potential causes, and provided additional insight for their local populations and community resources. Participants were also encouraged to offer additional needs that may not have been raised during the research process.

The Community Health Needs Assessment identified three specific areas for focus for Sanford during the 2025-2027 implementation cycle:

1. Increase Access to Specialty Care Services and Same-Day Appointments
2. Promote Community Services with Community Partners
3. Increase Access to Mental Health Services

## Implementation Plan for Priority Needs

**Priority 1:** Increase access to specialty services and same-day appointments.

To enhance healthcare access in Thief River Falls, we are committed to increasing the number of local providers through several strategies, including the integration of locally based providers, outreach from other Sanford facilities, and the utilization of telehealth and virtual care platforms. Expanding our provider network will not only increase the range of services available but also significantly improve appointment availability for the local community.

### Current Activities

Access to healthcare providers remains a top priority in Thief River Falls. We have successfully leveraged telehealth technologies to expand access beyond traditional in-person consultations. While the potential for telehealth is significant, its adoption is somewhat constrained by existing payment models and the willingness of insurance payers to recognize telehealth as a covered service and the perception of this service from providers and older patients not feeling the same provider-patient relationship.

### Projected Impact

Upon completion of the three-year Implementation Plan, the community would see an increase in same-day appointment availability.

### Goal 1: Expand Same-Day Appointments within Primary Care

Actions/Tactics	Measurable Outcome & Timeline	Resources to be Committed	Leadership	Community partnerships and collaborations, if applicable
Implement flexible scheduling systems	Q4 2023. Provider templates, visit count types, more same day availability in family med and internal med	EPIC, patient access, nursing	Clinic Director and Patient Access Manager	
Enhance online scheduling awareness and efficiencies	Q4 2023. Reduction in wait times, increase patient satisfaction, online booking appointment totals	EPIC patient access, nursing	Clinic Director and Patient Access Leadership	



**Goal 2:** Enhance access to the top three services identified in the community survey (mental health, cancer care, substance abuse).

<b>Actions/Tactics</b>	<b>Measurable Outcome &amp; Timeline</b>	<b>Resources to be Committed</b>	<b>Leadership</b>	<b>Community partnerships and collaborations, if applicable</b>
Hire a full-time nurse practitioner in Oncology and train in Fargo Roger Maris Cancer Center for 6+ months	Q3 2024. Providers signed, appointment availability for oncology services in a TRF Department	Provider (nurse practitioner), patient access, clinic exams rooms and supplies	Clinic Director and Administrator	Continue comprehensive outreach with Sanford Fargo
Develop marketing and materials to promote Cancer Care in TRF	Q1 2025. Marketing Spend, Marketing Oncology campaigns, Social media views, patient experience scores	Marketing, dollars	Clinic Director and Administrator	
Integrate support services and scale imaging and testing locally	Q1 2025. Patient utilization rates, patient satisfaction scores, reduce time from diagnosis to treatment, increase patient outcomes	Capital dollars, finance, enterprise lab, enterprise imaging	Clinic Director and Administrator	
Increase access to mental health and substance abuse services as noted in Priority three.	Expanded access to group therapy and an increase in providers.	See Priority Three (clinician time, marketing dollars)	Clinic Director and Administrator	

**Priority 2:** Promote Community Services with Community Partners

By partnering with local entities, we aim to address the interconnected economic, social, and health needs of our community. This collaborative approach not only enhances access to essential resources but also fosters a healthier, more resilient population. Through these efforts, Sanford Health Thief River Falls strives to create a lasting positive impact on the overall well-being of the community we serve.

**Current Activities**

Sanford Health Thief River Falls is committed to being an engaged community partner across various levels and organizations. We actively support economic development initiatives, collaborate with the Chamber of Commerce, and engage with the local school system. Our involvement extends to community health and fitness programs, events, and a local young professionals network, contributing to a vibrant and healthy community.

We are also dedicated to investing in educational programs tailored to address critical health topics, including courses focused on cardiac health, pregnancy, diabetes, and more. Additionally, we advocate for policy changes at the local, state, and federal levels, working alongside advocacy groups to promote health equity and improved health outcomes.

**Projected Impact**

Upon completion of the three-year Implementation Plan, the community would see enhanced awareness of and participation in community programs that positively impact social drivers of health.

**Goal 1:** Partner with County Health for Educational Resources

<b>Actions/Tactics</b>	<b>Measurable Outcome &amp; Timeline</b>	<b>Resources to be Committed</b>	<b>Leadership</b>	<b>Community partnerships and collaborations, if applicable</b>
Implement regular meetings to workshop ideas on content and delivery of education	Q1 2025. Goal setting on number of initiatives, frequency and quality of meetings. Community surveys  Operational plan detail and measures pending Q1 efforts	Time, space, resources, and community contacts	Administrative team	County Public Health, City wide resources, transportation, economic development, housing authority, state and federal grant offices
Develop workshops, resource fairs, and outreach campaigns	Q1 2025. Number of outreach programs and topics, attendance	Time, space, and resources	Administrative team	Senior center, long term care facilities, local clubs and organizations

	Operational plan detail and measures pending Q1 efforts			
--	---	--	--	--

**Goal 2:** Promote Sanford.findhelp.com

<b>Actions/Tactics</b>	<b>Measurable Outcome &amp; Timeline</b>	<b>Resources to be Committed</b>	<b>Leadership</b>	<b>Community partnerships and collaborations, if applicable</b>
Host community events and workshops	Q1 2025. Attendance, number of events, website traffic	Time, space	Administrative team	TBD
Educate the use and aim for all employees	Q1 2025. Employee knowledge	Time	Administrative team	
Leverage a social media campaign	Q1 2025. Website traffic	Marketing	Administrative team	

**Priority 3:** Increase Access to Mental Health Services

**Current Activities**

Sanford Thief River Falls Behavioral Health Center serves as the only freestanding behavioral health hospital and primary provider of inpatient psychiatric services for northwest Minnesota, with 16 inpatient psychiatric beds. The hospital offers outpatient mental health services, children’s therapeutic services and support, and Outpatient Substance Use Treatment. The hospital is actively recruiting both master’s and doctoral-level professionals. Telehealth has been instrumental in retaining clinicians who might have relocated, allowing us to maintain service continuity. Eight of our clinicians now exclusively provide telehealth services, while many others integrate it into their practice. This expansion of telehealth has significantly improved access to mental health care.

We have invested significant effort to improve our intake process for therapy services including completing an intake screening and updating our waitlist to aid in best aligning clinician expertise and availability with patient needs.

**Projected Impact**

Upon completion of the three-year Implementation Plan, the community would see expanded access to group therapy sessions and an expanded clinical training program to increase access.

**Goal 1:** Reduce Wait Time for Mental Health Services by Offering Group Therapy

<b>Actions/Tactics</b>	<b>Measurable Outcome &amp; Timeline</b>	<b>Resources to be Committed</b>	<b>Leadership</b>	<b>Community partnerships and collaborations, if applicable</b>
Identify priority mental health challenges and	Q1 2025 Number of clinician	Clinician Time, dollars	Clinic Manager and	

facilitators, and develop curriculum	facilitators, number of program curriculum developed		Department Chair	
Develop marketing to promote group therapy	Q2 2025 Marketing spend, group therapy campaigns, social media views	Marketing, dollars	Clinic Manager and Administrator	
Triage waitlist for appropriateness of participation in group therapy	Q2 2025 Reduction in waitlist numbers, Reduction in wait times for services	Staff Time	Clinic Manager and Department Chair	

**Goal 2:** Expand Clinical Training Program

<b>Actions/Tactics</b>	<b>Measurable Outcome &amp; Timeline</b>	<b>Resources to be Committed</b>	<b>Leadership</b>	<b>Community partnerships and collaborations, if applicable</b>
Review capacity for clinical placement opportunities	Quarterly, Number of available placements	Time	Clinic Director, Administrator, Department Chair	
Annual letters to graduate programs sharing information regarding our clinical training program and open placement opportunities	Q2 & Q4 2024/2025/2026/2027 Number of letters sent, Number of placement applicants	Time, Email/postage, Marketing	Clinical Director and Administrator	
Attend college events to promote clinical site	Ongoing Number of events attended	Time, Marketing	Clinic Director and Administrator	
Provide Individual Supervision relevant to program requirements	Ongoing Number of supervision hours provided	Clinician Time, wages	Clinic Director and Department Chair	

## Needs Not Addressed

Needs identified during the CHNA process that are not prioritized in the preceding implementation plan were deemed to be less urgent in nature, are being addressed by other community individuals, resources, or organizations, or the hospital does not currently have the appropriate resources to prioritize the work at this time. For more information on needs not addressed, refer to the sections on each specific need above.

Although not included in the Implementation Plan, the hospital supports efforts to address community needs, such as viewing the information collected within the Community Health Needs Assessment as a community benefit and sharing survey and assessment information with community partners to support the expansion or establishment of programs that reduce community needs. Additionally, Sanford Health further supports through its findhelp resource tool that informs patients and consumers of national and local resources. findhelp is an online tool that connects community-based organizations with patients to meet their health related-social care needs. The system is available to the health care team and as a public facing site for self-navigation to consumers.

## EVALUATION OF 2022-2024 CHNA

### **System-wide Support and Utilization of the Community Health Needs Assessment Program**

Sanford Health continues to integrate the CHNA report, supporting data, and Implementation Plans across the organization, including in the annual strategic planning program and operations. The Sanford Health Board of Trustees incorporated population health as an aspirational target metric necessary to become the “premier rural health system” in the country. The population health target aligns the work conducted through the CHNA with the overall evaluation of Sanford’s success.

CHNA data is made available throughout the planning process as needed as part of the annual strategic planning process, both internally and to external organizations that partner with the system. Sanford also incorporated the CHNA into the capital expenditure request process to give a voice to the needs and concerns of this population.

In 2022, the organization implemented findhelp, an online tool to incorporate contact and referral information to connect community-based organizations with patients to meet their health related-social care needs. The system is available to the health care team and as a public facing site for self-navigation to consumers. A link is included on every after-visit summary provided to patients and is available on Sanfordhealth.org and MyChart. Findhelp generated nearly 28,000 internal and external searches from within CHNA-defined communities on CHNA topics in 2022 and over 19,000 in 2023. Searches from the CHNA area totaled 888 in the last two years.

### **Mental Health**

Throughout 2023, Sanford Behavioral Health Center (SBHC) provided 131 educational and outreach events. This includes working with Northland Community and Technical College to provide de-escalation classes as well as providing mental health education and simulation labs to the Criminal Justice program.

In late 2021, as part of the goal to develop and implement community strategy for mental health promotion and suicide prevention, Sanford Behavioral Health identified a core team of

staff and developed a strategy to grow a community coalition for mental health promotion and suicide prevention in our community.

In January of 2022, Sanford Behavioral Health began meeting monthly with community partners from ten public and private entities including Public Health, Law Enforcement, Faith Community, Education, Employers, Health Care, and Youth Activities. Over the past year, six additional partners were added, including School Counselors, VIP, Additional School District, Mental Health Provider, High School Student, and a Suicide Loss Survivor. Throughout the year, this group became known as “Community Strong”, defined our community as Pennington County, and identified our focus on youth and family education. Community Strong established a Vision Statement to be “a community that strives, promotes and seeks out mental and emotional wellbeing” and a Mission Statement “to empower a healthy community in Pennington County through education, outreach and support that reshapes thinking and awareness around mental well-being and suicide prevention.” In 2022, in partnership with Community Strong, Sanford Behavioral Health provided four educational events in Pennington County, with additional outreach events.

SBHC staff provided 8 SafeTALK trainings throughout the region, which is a 4-hour training that equips people to be more alert to someone thinking of suicide and better able to connect them with further help. SBHC and Sanford Health Medical Center staff partnered also with Community Strong to provide education and outreach events at sports games, Teens Toward Zero Deaths, as well as hosting/sponsoring the annual Be the Voice event in Thief River Falls. In addition, SBHC connected with various other agencies, groups, and communities.

Sanford Health Medical Center in partnership with Sanford Behavioral Health Center, was able to engage in patient registration technology that allows the deployment of depression and anxiety screens at appointments. This went live in late 2023 and has already been utilized by thousands of patients. We have also increased access to suicide prevention resources in the medical clinic by training and staffing a full-time integrative health therapist (IHT) at the medical clinic. This position sees 6+ patients per day and has been utilized, at least monthly, for patients who are in severe mental health distress in real-time.

In early 2022, Sanford Behavioral Health identified key personnel to develop a strategy for implementing parenting related skills in the community as part of the goal to develop and implement community education for parenting related skills. In May of 2022, Sanford Behavioral Health used established relationships through the Juvenile Diversion Program to identify partners who could join in the effort to implement and promote this type of educational group for parents. Through work with the TRF Police Department, Pennington County Social Services, Pennington County Court and County Attorney, and TRF School District, it was identified that the initial targeted population of this parenting skills education would be parents of children in the Juvenile Diversion Program, or those that the Agencies involved are identifying as escalating in criminal justice system and at an increased need for services. In Late May, the curriculum to be used was identified as the Incredible Years and Love & Logic Curriculum. Facilitators were also identified from Sanford Behavioral Health and Pennington County Social Services. The first six-week session of the Parenting Skills Group began in October of 2022 with six families completing the training. In 2023, there were four sessions conducted, three were six-week sessions and one was an all-day class on a Saturday. There were 42 total registrants and 36 completed the class for an 86% completion rate. These classes have received positive feedback and will continue to be provided.

### **Access to Health Care Providers**

Sanford Behavioral Health has continued to provide patients with flexibility in scheduling appointments in the manner that best suits their scheduling and clinical needs. This has also added flexibility for patients who are experiencing difficulty attending their appointments related to weather, transportation and illness concerns.

As part of the expanded platform and access to telehealth technologies in behavioral health goal, Sanford Behavioral Health provides patients the flexibility of scheduling their appointment in the manner that best suits their needs, provided that we are able to meet regulatory requirements and it is in the patient's best interest clinically. As a result, more than 40% of appointments were scheduled as telehealth appointments in 2022 and 35% in 2023. For patients who have difficulty with technology, Sanford Behavioral Health Center staff will provide real-time education on how to utilize the virtual platform to patients preferring to utilize telehealth.

To support the goal of developing a full-time dermatology clinic in Thief River Falls, Sanford Health TRF hired a full-time Dermatology Nurse Practitioner in April of 2021. The dermatologist started in Thief River Falls after six months of training with a Dermatologist in Grand Forks. CY2022 focused on building the practice to include resources needed for skin testing, skin checks, biopsies, and procedures along with staffing and scheduling resources to best accommodate patient needs. Available local dermatology appointments went from monthly outreach, roughly 40 appointments, to full-time community clinic, roughly 140 appointments per month. Patient utilization of dermatology services was built and sustained early in 2022. Sanford Health Medical Center and Clinic maintained dermatology access in Thief River Falls and expanded public awareness, capacity, and skills. Thief River Falls's full-time nurse practitioner in dermatology maintained full employment throughout 2023. The practitioner increased her daily capacity by 14%, seeing roughly 160 patients per month. Outreach continues to two additional rural communities, Hallock and Crookston for four full days of outreach, up from two the year prior, and providing 48 appointments in Northwest Minnesota. Skills were increased by having the nurse practitioner utilize skin injections for treatment options of hyperhidrosis. We held our annual free skin checking event in April of 2023 seeing over 100 patients for free skin checks. We are continuing in school aged skin health education and provide education materials at all appointments.

Helping with the practice awareness and patient education included marketing the new Nurse Practitioner to the public via traditional and social media sources, hosting free public skin check events, community outreach with employers and the school district, and producing and distributing skin prevention educational materials.

## **CONTACT INFORMATION**

The Community Health Needs Assessment, Implementation Plan, and survey data are available online at <https://www.sanfordhealth.org/about/community-health-needs-assessment>. The website includes current and historical reports.

Anyone wishing to receive a free printed copy, obtain information on any topic brought forth in the report, or offer public comments for consideration during the implementation plan or future Community Health Needs Assessment work, please contact us at [Community.Benefits.Sanford@SanfordHealth.org](mailto:Community.Benefits.Sanford@SanfordHealth.org) or visit <https://www.sanfordhealth.org/about/community-commitment/community-health-needs-assessment>



## APPROVAL

Local CHNA priorities were reviewed and approved by the respective governing boards and the Sanford Health Board of Trustees approved all of the Sanford Community Health Needs Assessments and Implementation Plans.

## APPENDIX

### Expanded Demographics

Pennington County has a population of 13,714, which is a decline of 2% from 2020. The county is in line with state averages for the share of the population under 18 years, but trends older for those over 65. Median household income and per capita income trail state averages, but household costs for renters and homeowners are also below state averages.

Fact	Pennington County, MN	Minnesota
Population estimates, July 1, 2023, (V2023)	13,714	5,737,915
Population estimates base, April 1, 2020, (V2023)	13,988	5,706,804
Population, percent change - April 1, 2020 (estimates base) to July 1, 2023, (V2023)	-2.00%	0.50%
Persons under 5 years, percent	5.60%	5.80%
Persons under 18 years, percent	22.30%	22.60%
Persons 65 years and over, percent	19.60%	17.40%
White alone, percent	92.50%	82.60%
Black or African American alone, percent	1.20%	7.60%
American Indian and Alaska Native alone, percent	2.10%	1.40%
Asian alone, percent	1.10%	5.50%
Native Hawaiian and Other Pacific Islander alone, percent	Z	0.10%
Two or More Races, percent	3.00%	2.80%
Hispanic or Latino, percent	4.70%	6.00%
White alone, not Hispanic or Latino, percent	89.10%	77.60%
Housing Units, July 1, 2023, (V2023)	6,879	2,575,411
Owner-occupied housing unit rate, 2018-2022	72.60%	72.30%
Median value of owner-occupied housing units, 2018-2022	\$173,800	\$286,800
Median selected monthly owner costs -with a mortgage, 2018-2022	\$1,389	\$1,818
Median selected monthly owner costs -without a mortgage, 2018-2022	\$601	\$639
Median gross rent, 2018-2022	\$935	\$1,178
Language other than English spoken at home, percent of persons age 5 years+, 2018-2022	4.70%	12.00%
Households with a computer, percent, 2018-2022	94.40%	94.50%

Households with a broadband Internet subscription, percent, 2018-2022	89.10%	89.70%
High school graduate or higher, percent of persons age 25 years+, 2018-2022	95.30%	93.70%
Bachelor's degree or higher, percent of persons age 25 years+, 2018-2022	19.70%	38.20%
With a disability, under age 65 years, percent, 2018-2022	10.30%	7.70%
Persons without health insurance, under age 65 years, percent	4.20%	5.30%
In civilian labor force, total, percent of population age 16 years+, 2018-2022	68.00%	68.60%
In civilian labor force, female, percent of population age 16 years+, 2018-2022	64.20%	65.00%
Mean travel time to work (minutes), workers age 16 years+, 2018-2022	13.6	23.3
Median household income (in 2022 dollars), 2018-2022	\$71,504	\$84,313
Per capita income in past 12 months (in 2022 dollars), 2018-2022	\$37,342	\$44,947
Persons in poverty, percent	9.60%	9.60%
Total employer establishments, 2021	368	152,836
Total employment, 2021	9,263	2,627,416

### Leading Causes of Death

The Minnesota Department of Health publishes the annual Minnesota County Health Tables, which includes county-level counts for ten leading causes of death. Counts for the counties included within the CHNA community are in the table below. Data for calendar year 2020 is presented alongside the total for 2016-2020.

Heart disease, followed by cancer, were the leading cause of death in the county for the five-year period and for calendar year 2020 for the causes listed.

Leading Causes of Death Cause-Specific Death Counts for Ten Leading Causes											
County	Cancer	Heart Disease	COVID--19	Unintent. Injury	Alzheimer's	Stroke	CLRD	Diabetes	Chronic Liver Disease	Hypertension	Years
Pennington	25	21	13	15	4	6	2	4	4	1	2020
Pennington	142	177	--	42	20	35	33	22	--	--	2016-2020
<a href="https://www.health.state.mn.us/data/mchs/genstats/countytables/index.html">https://www.health.state.mn.us/data/mchs/genstats/countytables/index.html</a>											

## Community Health Needs Assessment Survey

The survey tool was delivered online via Qualtrics. The survey questions in printed format are presented below as a reference. Surveys made available in English, Spanish, Somali, and Sudanese.

Thank you for your interest in the Community Health Needs Assessment. Your confidential responses are vital to helping understand the factors driving the health needs of the community.

### RESIDENCE

Please enter your county of residence: \_\_\_\_\_

Please enter your zip code: \_\_\_\_\_

What is your current age? \_\_\_\_\_

### COMMUNITY

How would you rate the quality of HEALTH CARE available in your community?

Poor      Fair      Good      Very Good      Excellent      Don't Know  
                             

In your opinion, what is the most important HEALTH CARE issue your community faces?

How would you rate the quality of LONG-TERM CARE, NURSING HOMES & SENIOR HOUSING services in your community?

Poor      Fair      Good      Very Good      Excellent      Don't Know  
                             

Why did you give it that rating?

How would you rate the quality of CHILDCARE, DAYCARE & PRE-SCHOOL services in your community?

Poor      Fair      Good      Very Good      Excellent      Don't Know  
                             

Why did you give it that rating?

010005-01832 1/21

1

**How would you rate the availability of AFFORDABLE HOUSING in your community?**

Poor                  Fair                  Good                  Very Good                  Excellent                  Don't Know  
                                                                                         

**Why did you give it that rating?**

**How would you rate the ability of residents to ACCESS DAILY TRANSPORTATION in your community?**

Poor                  Fair                  Good                  Very Good                  Excellent                  Don't Know  
                                                                                         

**Why did you give it that rating?**

**How would you rate your community's EMPLOYMENT & ECONOMIC OPPORTUNITIES?**

Poor                  Fair                  Good                  Very Good                  Excellent                  Don't Know  
                                                                                         

**Why did you give it that rating?**

**How would you rate your community as being a SAFE place to live?**

Poor                  Fair                  Good                  Very Good                  Excellent                  Don't Know  
                                                                                         

**Why did you give it that rating?**

**How would you rate the ENVIRONMENTAL health of your community?**

*(clean air, clean water, etc.)*

Poor      Fair      Good      Very Good      Excellent      Don't Know  
                             

**Why did you give it that rating?**

**How would you rate the ability of residents to access HEALTHY & NUTRITIONAL FOODS in your community?**

Poor      Fair      Good      Very Good      Excellent      Don't Know  
                             

**Why did you give it that rating?**

**How would you rate the ability of residents to access PHYSICAL ACTIVITY & EXERCISE OPPORTUNITIES in your community?**

Poor      Fair      Good      Very Good      Excellent      Don't Know  
                             

**Why did you give it that rating?**

**YOUR HEALTH AND WELLNESS**

**Overall, how would you rate YOUR current state of health & wellness?**

Poor      Fair      Good      Very Good      Excellent      Don't Know

**What is the biggest HEALTH CARE concern you or your family face on a regular basis?**

**Are there any health care services that you would like to see OFFERED or IMPROVED in your community?**

- Yes     Please answer next question
- No     Skip to 'Your Health Care Usage' section

**Please select the health care services you would like to see OFFERED or IMPROVED in your community. (Select all that apply)**

- |  |  |
|--|--|
| <input type="radio"/> Addiction Treatment                              | <input type="radio"/> Heart Care                       |
| <input type="radio"/> Behavioral Health / Mental Health                | <input type="radio"/> Labor and Delivery               |
| <input type="radio"/> Cancer Care                                      | <input type="radio"/> Long-Term Care / Nursing Homes   |
| <input type="radio"/> Chiropractic Care                                | <input type="radio"/> Orthopedics and Sports Medicine  |
| <input type="radio"/> Dental Care                                      | <input type="radio"/> OBGYN / Womens' Care             |
| <input type="radio"/> Dermatology                                      | <input type="radio"/> Pediatrics / Childrens' Care     |
| <input type="radio"/> Emergency / Trama                                | <input type="radio"/> Walk-in / Urgent Care            |
| <input type="radio"/> Eye Services ( <i>Ophthalmology, Optometry</i> ) | <input type="radio"/> Other ( <i>please specify</i> ): |
| <input type="radio"/> Family Medicine / Primary Care                   |  |
| <input type="radio"/> General Surgery                                  |  |

**YOUR HEALTH CARE USAGE**

**Do you currently have a primary care physician or provider who you go to for general health issues?**

- Yes      No

**How long has it been since you last visited a physician / provider for a routine check up or screening?**

- |   |   |
|---|---|
| <input type="radio"/> Within the past year    | <input type="radio"/> More than 5 years ago |
| <input type="radio"/> Within the past 2 years | <input type="radio"/> Never                 |
| <input type="radio"/> Within the past 5 years |   |



**What has kept you from having a routine check-up?** (Select all that apply)

- |  |  |
|--|--|
| <input type="radio"/> Cost/Inability to Pay              | <input type="radio"/> No child care                            |
| <input type="radio"/> COVID-19                           | <input type="radio"/> Wait time for appointments are too long  |
| <input type="radio"/> Don't feel welcomed or valued      | <input type="radio"/> Clinic hours are not convenient          |
| <input type="radio"/> Don't have insurance               | <input type="radio"/> Fear / I do not like going to the doctor |
| <input type="radio"/> My insurance is not accepted       | <input type="radio"/> Nothing / I do not need to see a doctor  |
| <input type="radio"/> Lack of transportation             | <input type="radio"/> Don't have a primary care physician      |
| <input type="radio"/> Distance / lack of local providers | <input type="radio"/> Other (please specify):                  |
| <input type="radio"/> Getting time off from work         |  |

**How would you rate your current ability to ACCESS health care services?**

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Poor                  | Fair                  | Good                  | Very Good             | Excellent             |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Why did you give it that rating?

**In the past year, did you or someone in your family need medical care, but did not receive the care needed?**

- Yes     No     Unsure

**What are the reasons you or a family member did not receive the care needed?**

- |  |  |
|--|--|
| <input type="radio"/> Cost/Inability to Pay              | <input type="radio"/> No child care                            |
| <input type="radio"/> COVID-19                           | <input type="radio"/> Wait time for appointments are too long  |
| <input type="radio"/> Don't feel welcomed or valued      | <input type="radio"/> Clinic hours are not convenient          |
| <input type="radio"/> Don't have insurance               | <input type="radio"/> Fear / I do not like going to the doctor |
| <input type="radio"/> My insurance is not accepted       | <input type="radio"/> Nothing / I do not need to see a doctor  |
| <input type="radio"/> Lack of transportation             | <input type="radio"/> Don't have a primary care physician      |
| <input type="radio"/> Distance / lack of local providers | <input type="radio"/> Other (please specify):                  |
| <input type="radio"/> Getting time off from work         |  |

**TRAVELING FOR CARE**

**Have you or a member of your family TRAVELED to receive health care services outside of your community within the past 3 years?**

- Yes
- No

**If yes, Where did you travel to?** *(If you traveled more than once, enter the most recent place you traveled to?)*

City \_\_\_\_\_ State \_\_\_\_\_

**What was the main reason you traveled for care?** *(select all that apply)*

- Referred by a physician
- Better / higher quality of care
- Medical emergency
- Needed a specialist / service was not available locally
- Second opinion
- Other *(please specify)*
- Immediate / faster appointment
- On vacation / traveling / snowbirds
- Cost or insurance coverage
- Don't feel welcomed or valued by local providers

**YOUR HEALTH INSURANCE**

**Do you currently have health insurance?**

- Yes
- No

**Please indicate the source of your health insurance coverage.**

- Employer *(Your employer, spouse, parent, or someone else's employer)*
- Individual *(Coverage bought by you or your family)*
- Federal Marketplace *(Minnesota Care / Obamacare / Affordable Care Act)*
- Medicare
- Medicaid
- Military *(Tricare, Champus, VA)*
- Indian Health Service *(IHS)*
- Other *(please specify)*

## DEMOGRAPHICS

### What is your sex?

- Male    Female    Prefer not to answer

### Do you, personally, identify as lesbian, gay, bisexual, transgender or queer?

- Yes    No    Prefer not to answer

### How many people live in your house, including yourself? \_\_\_\_\_

### How many children under age 18 currently live with you in your household? \_\_\_\_\_

### Are you Spanish, Hispanic, or Latino in origin or descent?

- Yes    No

### What is your race? *(Select all that apply)*

- American Indian or Alaska Native  
 Caucasian or White  
 Asian  
 Native Hawaiian or Pacific Islander  
 Black or African American

Other *(please specify)*

### How long have you been a US Citizen?

- I am not a US citizen  
• Are you planning to become a US citizen?    Yes    No    Prefer not to answer  
 0 - 5 years  
 6 - 10 years  
 More than 10 years

### What language is spoken most frequently in your home? \_\_\_\_\_

### What is your current marital status?

- Married    Divorced  
 Single, never married    Widowed  
 Unmarried couple living together    Separated

**Which of the following best describes your current living situation?**

- House (*owned*)
- Apartment or House (*rental*)
- Homeless
- Some other arrangement

**What is your primary mode of daily transportation?**

- Automobile/Truck (*owned or leased*)
- Online Ride Service (*Uber / Lyft*)
- Taxi Service
- Public Transportation (*bus / subway / rail*)
- Other (*please specify*)
- Walk
- Bicycle
- Family, Friends or Neighbors
- I do not have a primary mode of daily transportation

**What is the highest level of school you have completed or the highest degree you have received?**

- Less than high school degree
- High school graduate (*high school diploma or equivalent including GED*)
- Some college but no degree
- Associate degree in college (*2-year*)
- Bachelor's degree in college (*4-year*)
- Master's degree
- Doctoral degree
- Professional degree (*JD, MD*)

**Your current employment status is best described as:**

- Employed (*full-time*)
- Employed (*part-time*)
- Self-employed
- Furloughed
- Not employed, looking for work
- Not employed, not looking for work
- Retired
- Disabled or unable to work

**What is your total household income from all sources?**

- Less than \$20,000
- \$20,000 - \$24,999
- \$25,000 - \$29,999
- \$30,000 - \$34,999
- \$35,000 - \$49,999
- \$50,000 - \$74,999
- \$75,000 - \$99,999
- \$100,000 - \$199,999
- \$200,000 or more

Thank you for completing the survey. Your responses ensure more accurate and targeted solutions to address identified health issues.