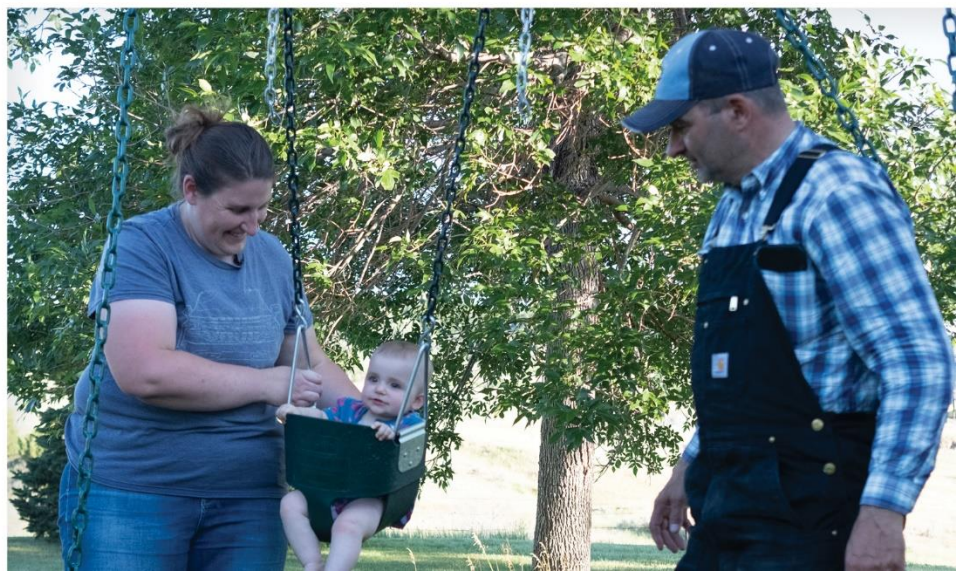# Community Health Needs Assessment

SANFORD WORTHINGTON MEDICAL CENTER
2025-2027

Dear Community Members,

It is once again my privilege to share with you Sanford Worthington 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. We are thrilled to have received a record-breaking survey response rate from our Sanford Worthington service area which gives us increased confidence in the responses and in choosing priorities to address this cycle.

Additionally, Sanford Health collaborated 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 Worthington team, thank you for your continued support of the Community Health Needs Assessment process.

Sincerely,

Jennifer Weg
Executive Director
Sanford Worthington Medical Center

Community Description

Nestled in the southwest corner of Minnesota at the intersection of Interstate 90 and Minnesota State Highway 60, Worthington is the largest city in Nobles County with over 13,000 residents. It has a strong agricultural presence and is home to several large corporations involved in processing, shipping, bio-science research, and manufacturing.

Worthington has an excellent school system and is home to Minnesota West Community and Technical College. It is also home to Lake Okabena, bike paths, 19 city parks, soccer fields, a hockey arena, tennis courts, baseball and softball fields, a disc golf course, and an 18-hole golf course.

The city of Worthington is a culturally vibrant and active community, which hosts many well-attended festivals including the Windsurfing Regatta (June), The International Festival (July), and the King Turkey Days (September), which brings up to 30,000 people to Worthington.

The community as defined for purposes of the Community Health Needs Assessment includes Nobles County, Minnesota and represents a majority of the volumes to the Sanford Worthington Medical 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 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

Worthington 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:
- Jennifer Weg, Chief Executive Officer & Administrator, Sanford Worthington Medical Center
- Christine Bullerman, Lead Community Programs Specialist, Sanford Worthington Medical Center
- Kylie Turner, Nursing Ambulatory Supervisor, Sanford Worthington Medical Center
- Kyle Rockwell, Ancillary Services Director, Sanford Worthington Medical Center
- Reed Fricke, Clinic Director, Sanford Worthington Medical Center
- Kristin Olson, Nursing and Clinical Services Director, Sanford Worthington Medical Center
- Adry Stafford, Family & Community Liaisons Coordinator, School District ISD 518
- Sagrario Lopez, Family & Community Liaison, School District ISD 518
- Brenda Freimuth, SWMHC/SMAMHC
- Maria Conchita Paez-Sievert, SNAP-Ed Health & Wellness Coordinator, U of M Extension
- Stephani Diekmann, Nobles County Communication Services
- Yolanda Martinez, Financial Advocate, Sanford Worthington Medical Center
- Terri Janssen, SMOC Sexual Reproductive Health Services
- Hanh Nguyen, Nobles County Communication Services
- Susan Voehl, Helping Hand Pro-Life Pregnancy Center
- Heidi Meyer, Prairie Elementary School Principal, School District ISD 518
- Sak Promiseland, Family & Community Liaison, School District ISD 518
- Cristina Adame, Communications and Community Relations, City of Worthington
- Kris Hohensee, Economic Development Coordinator, Forward Worthington
- Angie Kopplow, Childcare Specialist, CEDA/Nobles County
- Darci Goedtke, Executive Director, SMOC

Sanford Worthington Description

Sanford Worthington Medical Center is a 48-bed facility located in Worthington, Minnesota, the county seat of Nobles County, and the regional economic hub for southwestern Minnesota. The medical center is the largest in the region and serves over 21,000 residents. Sanford Worthington provides more than 50 medical services, including general and same day surgery, a 27-bed medical/surgical unit, intensive care, lab and medical imaging, women's services including digital mammography, outpatient dialysis, infusion center, oncology services including chemotherapy and radiation therapy, and a 24/7 emergency department with in-house physician coverage. An acute care clinic provides walk-in, after hours and weekend services. Sanford Worthington Medical Center employs 20 active medical staff and 350 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 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. The 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. 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 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 the local community and across Sanford's care delivery footprint, developed a multi-faceted assessment program designed to establish multiple pathways for health needs assessment.

Consultation with Public Health, Community Leaders, Other Health Systems → Community & Stakeholder Survey → Secondary Data → Asset Mapping → Local Community Stakeholder Meetings → Community Health Needs Identified → Implementation Plan

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.

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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. 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 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 community 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 the Nobles 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 networks 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 582 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).

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Secondary Data

County Health Rankings are based upon the UW Population Health model and serve as the key 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.

County Health Rankings model © 2014 UWPHI
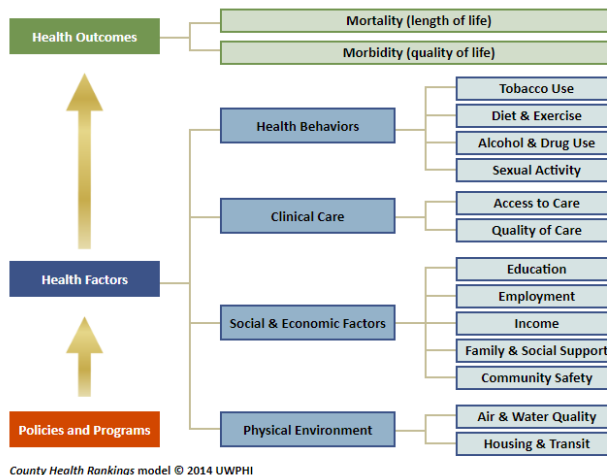
Health Needs Identification Methodology

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. Worthington is included with Aberdeen, SD; Bemidji, MN; Thief River Falls, MN; and Vermillion, SD.
- 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 stakeholders 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 an advisory vote whether to support by the community members present. Administrator recommendations are 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 identified needs not addressed in the implementation plan were shared with other community partners for action.

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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, several areas of concern were brought forth for discussion to the Community Stakeholder Meeting for discussion (below).

The top health needs 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 Worthington market area is defined Nobles 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 582 respondents from the Worthington 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 Worthington area regarding the following community health issues were positive (average score of 3.00 or higher):

- Community safety (average score=3.69)
- Access to exercise opportunities (average score=3.65)
- Environmental health (average score= 3.60)
- Access to healthy foods (average score=3.42)
- Health care quality (average score=3.13)
- Employment and economic opportunities (average score=3.08)

With the exception of health care quality, average scores in the Worthington area were higher than the comparison group average for each of these issues.

When asked about their personal health, survey respondents in the Worthington area rated their current health and wellness as good (average score=3.30) and their current ability to access health care services as slightly better (average score=3.47); and both scores were higher than the average for similar-sized markets served by Sanford Health.
Despite these higher-than-average scores, CHR data indicate that Nobles County in Minnesota is among the least healthy counties in the state. In addition, the following areas of concern were identified for further discussion, in no particular order.

Top Health Needs

Access to Providers and Quality Health Care
Despite survey respondents in the Worthington area rating their own ability to access health care as good (average score=3.47), when they were asked about the most important health care issues impacting their community, access to health care services and providers was the top issue (more so than affordability issues). While respondents rated the overall quality of health care in their community as good (average score=3.13), the average score was lower than the comparison group average. In addition, 76% of survey respondents in the Worthington area reported traveling outside of their community to receive health care services in the past three years, higher than the comparison group average. When asked why, most of those who traveled for care indicated that they needed specialty care or the needed services were not available locally (80%), followed by 34 percent who were referred by a physician and 34 percent who sought better or higher quality care elsewhere. Adding to the challenges of receiving quality health care are potential language barriers. CHR data indicate that 11 percent of people in the Worthington area do not speak English well, a rate which is the highest when compared to similar-sized markets served by Sanford Health.

CHR data indicate that when compared to similar-sized markets, the Worthington area has similar ratios of population to providers, with 1,529 people per primary care physician and 1,466 people per dentist. In addition, CHR data also indicate better-than-average rates of preventable hospital stays (1,291 per 100,000 Medicare enrollees) and mammography screening rates (54%), and the highest flu vaccination rate (63%) when compared to similar-sized markets served by Sanford Health.

Despite these better-than-average rates of preventive care, and despite survey respondents rating their own personal state of health and wellness as good overall (average score=3.30), CHR data indicate that 16 percent of adults in the Worthington area consider themselves in fair or poor health, which is the highest rate when compared to similar-sized markets. In addition, Worthington area adults reported that their physical health was not good on 3.5 of the previous 30 days, a rate which is also higher than similar-sized markets.

Nearly two-thirds (63%) of survey respondents in the Worthington area indicated that there are health care services they would like to see offered or improved in their community. When these respondents were asked which health care services they would like to see offered or improved, most said behavioral and mental health services (64%), followed by dental care (38%), addiction treatment (32%), long-term care and nursing homes (30%), dermatology (29%), walk-in/urgent care (28%), and family medicine or primary care (26%).

Stakeholder meeting participants weren't surprised by the results from the survey data for their community. They discussed how increasing access to providers in the community will help lower the number of patients who have traveled for care and how hiring bilingual

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providers can increase access to non-English speaking patients. Sanford Worthington decided that access to providers and quality health care will be one of the top two priorities addressed for the 2025-2027 CHNA implementation period.

Local Asset Mapping	
Health Care resources: • Sanford Clinic, 160 Diagonal Rd., Worthington • Avera Clinic, 1216 Ryan's Rd., Worthington • Public Health, 315 – 10th St., Worthington • Our Lady of Guadalupe (free clinic), 1820 Oxford St., Worthington • Prairie Rehab & Fitness, 315 Oxford St., Worthington	**Dental resources:** • Family Dentistry, 1029 3rd Ave #1, Worthington • Apple White Dental, 1027 2nd Ave, Worthington • Friendly Dental, 1316 McMillan Street, Worthington • Adrian Family Dental, 113 Maine Ave, Adrian **For Additional Resources:** https://sanford.findhelp.com/

Access to Affordable Health Care

Cost and the ability to afford needed health care was identified as the top health care concern that survey respondents and their families in the Worthington area face on a regular basis. Most respondents and their family members in the Worthington area received medical care when they needed it in the past year; however, 14 percent did not (which is the lowest percentage when compared to similar-sized markets served by Sanford Health). When those who did not receive needed medical care were asked why, the main reason was due to cost and inability to pay for health care services.

Adding to the challenges of accessing affordable health care in the Worthington area is the economic climate. Despite having the lowest unemployment rate, CHR data also indicate that the Worthington market area has the highest medically uninsured rate (13%), the highest rate of children receiving free- and reduced-price lunches (59%), and the lowest median household income ($58,596) when compared to similar markets.

Meeting participants discussed this issue and agreed that this issue is important to the community, but that there may be other identified needs of higher priority / urgency at this time. Community members agreed that continuing the efforts that Sanford and other organizations in the community are currently doing to increase awareness of insurance and other payment assistance options and resources should continue.

Local Asset Mapping	
Health Insurance resources: • MNSure - mnsure.org • Sanford Health Plan, 300 N. Cherapa Pl., Sioux Falls • Medicare, 507 Jewett St., Marshall • Medicaid, 318 – 9th St., Worth. • Demuth Agency, 1234 Oxford St., Worthington • Nickel & Associates Insurance Agency Inc., 1709 N. Humiston, Worthington	**Health Care resources:** • Sanford Clinic, 160 Diagonal Rd., Worthington • Avera Clinic, 1216 Ryan's Rd., Worthington • Public Health, 315 – 10th St., Worthington • Our Lady of Guadalupe (free clinic), 1820 Oxford St., Worth. • Prairie Rehab & Fitness, 315 Oxford St., Worthington

· Blue Cross Blue Shield, 710 – 10th St., Worthington · United Prairie Insurance Agency, 905 McMillan St., Worthington	
Prescription Assistance programs: · CancerCare co-payment assistance, 800-813-4673 · Freedrugcard.us · Rxfreecard.com · rxgo.com · Needymeds.org/drug-discount-card · americasdrugcard.org · mygooddays.org · NORD Patient Assistance Program, rarediseases.org · Patient Access Network Foundation – panfoundation.org · Pfizer RC Pathways, pfizerRXpathways.com · RXHope.com	**Employment Resources:** · CareerForce in Worthington, 318 9th St, Worthington · US Veterans Employment Services, 321 11th St, Worthington · Specialized Vocational Services, 320 10th St, Worthington · The Achievement Center, 414 Industrial Ln, Worthington · Minnesota Employment and Economic Development – mn.gov/deed/job-seekers/ **Major Employers:** · JBS, 1700 MN-60, Worthington · School District 518, 1117 Marine Ave, Worthington · Prairie Holdings Group, 1525 Bioscience Dr, Worthington · Sanford Health, 1018 6th Ave, Worthington · Walmart, 1055 Ryan's Rd, Worthington · Bedford Industries, 1659 Rowe Ave, Worthington · Client Community Service, Inc., 826 5th Ave, Worthington · Nobles County, 315 10th St, Worthington · Highland Manufacturing, 1660 Rowe Ave, Worthington **For Additional Resources:** https://sanford.findhelp.com/

Healthy Living

When survey respondents in the Worthington area were asked about the biggest health concerns for themselves and their family (concerns they face on a regular basis), chronic health issues were among the top concerns, after cost and affordability. The most frequently cited chronic health concerns involved weight, diabetes, cancer, and heart disease. CHR data indicate that 11 percent of adults in the Worthington area have diabetes and 39 percent of adults have obesity; both are the highest rates when compared to similar-sized market areas served by Sanford. CHR data also indicate that 67 percent of residents in the Worthington area have access to exercise opportunities, which is among the lowest rates when compared to similar-sized markets.

Regarding tobacco and alcohol usage, CHR data indicate that the Worthington area has one of the highest rates of adult smokers (20%) and one of the highest rates of alcohol-involved driving deaths (36%) when compared to similar-sized markets. CHR data also show that the prevalence for HIV (human immunodeficiency virus) and chlamydia in the Worthington area is the highest when compared to similar-sized markets. Specifically, HIV prevalence is more than double the comparison group average (189 per 100,000 residents ages 13 and older) and cases of chlamydia reached 476 new cases per 100,000 people in the past year. In addition,

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there were 45 teen births per 1,000 females ages 15-19, which is double the comparison group average.

Stakeholder meeting participants discussed these results for healthy living and generally agreed that the results aligned with their observations and experiences. Participants noted the numerous variables impacting healthy living in the Worthington community including access to health foods, awareness of local support resources, and lack of transportation to access available resources. Sanford Worthington will prioritize healthy living in the community and among employees in the 2025-2027 CHNA implementation period with effort to coordinate opportunities for the community to be healthy and opportunities that contribute to a healthy workforce.

Local Asset Mapping	
Physical Activity Resources: • Anytime Fitness, 1151 Ryan's Rd, Worthington • YMCA, 1501 College Way, Worthington • GreatLIFE Golf & Fitness Club, 851 W Oxford St, Worthington • Worthington Parks and Recreation – ci.worthington.mn.us/park-campground • Worthington Water World, 1515 College Way, Worthington • Park District activities, 303 9th St., Worthington	**Nutritional Resources:** • Sanford Health, 1018 6th Ave, Worthington • Herbalife Vida Saludable, 210 10th St, Worthington • Weigh 2 Go Weight Loss Center-Ideal Protein, 1118 Oxford St, Worthington • Sanford Clinic, 160 Diagonal Rd., Worthington • WIC Program/Public Health, 315 10th St., Worthington
Obesity resources: • Sanford WebMD Fit Kids program - fit.webmd.com • Sanford dieticians, 1680 Diagonal Rd., Worthington • Farmers Market, Downtown Pavilion & ACE Hardware parking lot, Worthington • Nobles Co. Extension nutrition classes, 315 10th St., Worthington	**For Additional Resources:** https://sanford.findhelp.com/

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[1].

Of survey respondents in the Worthington area who would like to see specific services offered or improved in their community, most said behavioral and mental health services (64%), followed by dental care (38%) and addiction treatment (32%). These responses are evident in the CHR data which show that adults in the Worthington area average 4.3 mentally unhealthy days each month and 14 percent of adults average at least 14 days of mental distress per month; rates which are higher than the comparison group average. One of the most important measures of mental health within a community is suicide. CHR data indicate that there are 15 suicides for every 100,000 people in the Worthington area; this is the lowest rate when compared to similar markets served by Sanford Health.

There are currently 733 people for every one mental health care provider in the Worthington

area according to CHR data, a ratio which is slightly worse than the comparison group average.

Meeting participants discussed the gap analysis conducted by Southwest Health and Human Services to help establish the LADC at Minnesota West. This program will start in early 2025 and will help with not only mental health but the workforce in the community as well. Telehealth services will continue to be vital in supporting the mental health of the community as well. Sanford Worthington has made many strides forward to increase access to Mental Health providers and resources and will continue to remain engaged with internal Sanford Health mental health resources and connected to community mental health efforts. Mental health was not included in the Implementation Plan due to current efforts and other resources noted here addressing the need.

Local Asset Mapping	
Mental Health resources: · SW Mental Health Center, 1210 5th Avenue, Worthington · Avera Counseling, 1216 Ryan's Road, Worthington · Southwest Crisis Center, 320 S. Lake St., Worthington · Inspire Family Therapy, 212 Maine Ave, Adrian · The Sanctuary Counseling, 909 4th Ave, Worthington	**Substance Abuse resources**: · Avera, 1216 Ryan's Road, Worth. · New Beginnings, 1680 Airport Rd., Worthington · NA meetings (several locations) · NA Life After Recovery, 1530 Airport Rd. N., Worthington · AA, 96 – 12th St. E., Worthington · Celebrate Recovery, 1000 Linda Lane, Worthington · Agape Counseling Center, 305 – 5th St., Windom · Project Morning Star – P O Box 1050, Worthington **For Additional Resources:** https://sanford.findhelp.com/

Child Care Quality

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[2].

Survey respondents in the Worthington area rated the quality of child care, day care, and preschool as less than good (average score=2.81). When asked to explain why, respondents acknowledged that existing child care programs in their community are of good quality; however, available spots and options for families (especially those with infants) are extremely limited.

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[3]. According to CHR, the average household in the Worthington area spent 26 percent of its income on child care, which is nearly four times the proposed threshold for affordability and the highest percentage when compared to similar-sized markets.

Meeting participants highlighted this issue as a top concern for their community. The group acknowledged that currently there are a lot of organizations in the community focused on this issue. Community members suggested that Sanford Worthington help increase

awareness of supports and resources, and help community members find childcare opportunities. Due to the number of existing entities working on this issue, Sanford Worthington will not include Child Care as a priority area in the 2025-2027 Implementation Plan.

Local Asset Mapping	

Child Care resources:
· We Care Day Care Center, 1200 4th Ave., Worthington
· Hi-Ho Preschool, 1770 Eleanor St., Worthington
· Kids-R-It Child Care, 1118 Johnson Ave., Worthington
· Head Start
  · 713 10th Street, Worthington
  · 1077 Pleasant Ave, Worthington
· Child Care Resource & Referral, 1106 3rd Ave., Worthington
	Activities for children & youth (outside of school & sports activities):
	· Worthington Area Learning Center, 117 11th Ave., Worthington
	· Community Education, 827 N Crailsheim Rd, Worthington
	· 4-H, Nobles County Extension Office, 315 10th St., Worthington
	· Boy Scouts Troop 134, 30784 State Hwy 266/CR25, Worthington
	· Girl Scouts, Worthington Public Schools
	· Public Library programs, 407 12th St., Worthington
	· Various Faith-Based youth opportunities

Bullying resources: · Nobles Co. Sheriff, 1530 Airport Rd., Worthington · Worthington Police, 1530 Airport Rd., Worthington · School Counselors, 1117 Marine Ave., Worthington	**Services for at-risk youth:** · SW Mental Health Center, 1210 5th Ave., Worthington · Southwest Crisis Center, 320 S. Lake Street, Worthington · Catholic Charities, 1234 Oxford St., Worthington **For Additional Resources:** 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[4].

Respondents in the Worthington area rated the quality of long-term care, nursing homes, and senior housing as less than good (average score=2.63) – and nearly half (46%) of respondents rated the quality as poor or fair. 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, high turnover rates, and unqualified staff resulting in poor quality of care in long-term care facilities. Respondents also indicated that existing facilities tended to be older, outdated, and unaffordable.

Of survey respondents in the Worthington area who would like to see specific services offered or improved in their community, nearly one-third said long-term care (30%).

Stakeholder meeting participants agreed that long-term care needs have only increased with the aging population and will continue to grow in the future. Participants agreed that both access and quality long-term care has room for improvement and there is a need for this issue. The Sanford Worthington team decided that other community partners were likely

better positioned to address long-term senior care improvements and it is not included in the 2025-2027 implementation plan.

Local Asset Mapping	
Long Term Care resources: · Crossroads Care Center, 965 McMillan St., Worthington · South Shore Care Center, 1307 S. Shore Dr., Worthington · Ecumen Meadows, 1801 College Way, Worthington · Center for Active Living, 211 11th St, Worthington	**Housing with Services/Assisted Living**: · Golden Horizons, 1790 College Way, Worthington · Prairie House, 1111 7th Ave., Worthington · Ecumen Meadows, 1801 College Way, Worthington · Homestead, 1150 N. Crailsheim Rd., Worthington
Memory Care resources: · Crossroads Care Center, 965 McMillan St., Worthington · South Shore Care Center, 1307 S. Shore Dr., Worthington · Ecumen Meadows, 1801 College Way, Worthington · Alzheimer's Association – Alz.org · Memory Loss Caregiver Support Group, 1018 6th Ave., Worthington **In-Home Services resources**: · Sanford Worthington Home Care, 1018 6th Ave., Worthington · Sanford Hospice, 1950 1st Ave., Worthington · Sanford Sunset Cottage, 1935 Woodland Ct., Worthington	**In-Home Services resources cont:** · Sanford Home Medical Equipment., 1151 Ryan's Rd., Worthington · Lifeline – 800-380-3111 · A.C.E. (telephone reassurance), 315 – 10th St., Worthington · LSS Senior Companion Program, 888-205-3770 · International Quality Homecare, 1607 N. McMillan, Worthington · Sterling Drug (home medical supplies), 511 10th St., Worth. **For Additional Resources:** https://sanford.findhelp.com/

Public Transportation
Transportation systems help ensure that people can reach everyday destinations, such as jobs, schools, healthy food outlets, and healthcare 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[5].

Respondents in the Worthington market rated community access to daily transportation as less than good (average score=2.50). When asked to explain why, respondents cited few to no public bus options and taxi services available in their community. Respondents also indicated that for those who have access to public transportation, pick up locations, wait times, and hours of operation are extremely limited and inconvenient for practical use.

Meeting participants discussed the various health needs of the community and how transportation influences them. They also discussed how public transportation impacts the community as a whole, especially with access to health care and child care. The group indicated that additional discourse is warranted. Sanford Worthington will continue to be a strong partner and advocate for an effective transportation system in the city of Worthington and throughout Nobles County to ensure access to local health care services. The need is not included in the final implementation plan for 2025-2027 due to its lower priority in relation to the Community Health Needs Assessment.

Local Asset Mapping	
Transportation resources: · SW MN Opportunity Council, 1106 3rd Ave., Worthington · Public Safety Dept., 1530 Airport Rd., Worthington · Prairieland Transit System, 1106 3rd Ave., Worthington · Medi-Van, 103 Lake St., Worthington · Peoples Express, 15578 Shady Acres Dr, Wadena (serves Worthington)	**Transportation Cont.:** · Blue Ride – 866-340-8648 · Nobles Co. Heartland Express, 1106 3rd Ave., Worthington – 507-376-3322 Ext 238 · Medica Transportation – medica.com/provide-a-ride · Love, Inc. – 507-727-7291 · People's Express, 800-450-0123 · U Care Rides – 800-864-2157 · Western Community Action – 507-637-2187 **For Additional Resources:** https://sanford.findhelp.com/

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.

Survey respondents in the Worthington market rated the availability of affordable housing in their community as less than good (average score=2.11) and lower than any other community health issue. When asked to explain why, respondents indicated that housing, in general, is expensive relative to existing wages, resulting in very limited options for younger, older, middle-income, and first-time renters and home buyers. And while respondents acknowledged the presence of subsidized housing, they suggested that waits lists tend to be long, and income restrictions make finding affordable housing a challenge for lower-income families that do not qualify.

CHR data indicate that 14 percent of households in the Worthington area have severe housing problems (i.e., overcrowded, high housing costs, lack of kitchen facilities, or lack of plumbing facilities) and 12 percent of households spend at least 50 percent of their household income on housing costs – both rates are higher than the comparison group average.

Stakeholders discussed the challenges around affordable housing, including the difficulty in recruiting employees to the community for not only Sanford but for child care, school district, and the workforce. The group agreed that while this is a pressing issue, Sanford Worthington is best positioned as a contributing partner to other local organizations. Sanford Worthington will provide resources and help providers find housing through connecting them with local resources, but did not include this need in the final implementation plan for 2025-2027.

Local Asset Mapping	
Subsidized Housing: • Atrium High Rise, 819 10th St., Worthington · Buffalo Ridge Apts., 2011 Nobles St., Worthington · Castlewood Apts., 2169 Cecilee St., Worthington	**Housing resources:** · Worthington Housing Authority, 819 10th St., Worthington

• Nobles Square Apts., 2175 Nobles St., Worthington • Sunshine Apts., 1620 Clary St., Worthington • Viking Apts., 1462 Burlington Ave., Worthington • Willow Court Town Homes, 1545-1627 Darling Dr., Worth. • Ridgewood, 1381 Knollwood Dr., Worthington • Windsor Apts., 1213 6th Ave., Worthington • Okabena Towers, 212 12th St., Worthington • Homestead Co-op, 1150 N. Crailsheim Rd., Worthington	• USDA Rural Development, 1567 McMillan St., Worthington • RE/MAX Premier Realty, 1626 Oxford St, Worthington • Johnson Builders & Realty, 1114 Oxford St, Worthington **For Additional Resources:** https://sanford.findhelp.com/

Sanford Areas 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; no additional needs were brought forward.

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

1. Increase Access to Providers and Quality of Care
2. Educate Community on Services Available Locally
3. Healthy Living

Priority 1: Increase Access to Care & Quality of Care

Current Activities Sanford Worthington provides more than 50 medical services to the local community, including general and same day surgery, a 27-bed medical/surgical unit, intensive care, lab and medical imaging, women's services including digital mammography, outpatient dialysis, infusion center, oncology services including chemotherapy and radiation therapy, and a 24/7 emergency department with in-house physician coverage. An acute care clinic provides walk-in, after-hours and weekend services. Bilingual Spanish Community Health Workers (CHWs) are also available to complete SDoH assessments and refer patients to needed services. Virtual care services are also available through the health system. In total, Sanford Worthington employs 25 medical staff.

Projected Impact
Upon completion of the three-year Implementation Plan, Sanford Worthington will increase access to and utilization of local services.

Goal 1: Further assess staff perceptions of healthcare service gaps and utilize information learned to inform opportunities for additional services and high-quality care.

Actions/Tactics	Measurable Outcome & Timeline	Resources to be Committed	Leadership	Community partnerships and collaborations, if applicable
Determine specialty referral types made by Sanford Worthington family medicine providers to further understand and validate community perceptions of health service gaps	Utilize EMR data to identify the top specialties that are referred to outside of Sanford Worthington Family Medicine on an annual basis	EDA Support	Sanford Worthington Clinic Director	N/A
Educate providers and staff on quality measure progress and outcomes that highlight our local healthcare service and quality accomplishments	Share key quality measure data with providers and staff that promote quality outcome highlights and encourage staff to promote to others.	EDA Support	Administration Team Quality Manager	N/A
Utilize EMR referral data, community and staff input to explore	Annually	Staff Time	Administration Team	N/A

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opportunities for additional local healthcare services that address gaps.				

Goal 2: Reconvene community health coalition to advance access improvement initiatives.

Re-establish a meeting schedule for the Healthy Community Action Team (HCAT). HCAT is an organized, formal group of community members and stakeholders with the goal of addressing social determinants of health at a community level.	Through the HCAT network, conduct a series of community assessments annually to determine perception of gaps to accessing care and to the quality of local health care.	Staff Time Community Space	Lead Community Program Specialist Sanford Worthington Executive Director	Public Health Southwest Minnesota Opportunity Council (SMOC) Worthington Sanford Worthington Community Members TBD Community Stakeholders TBD
Develop a strategic work plan for the Healthy Community Action Team (HCAT) to address healthcare access gaps and contribute improvement to high quality healthcare.	By the end the CHNA 2025-2027 cycle, incorporate internal clinic and community learnings and data to develop a shared work plan that outlines shared responsibilities, priorities, performance measures and action steps for all.		Administration Team Lead Community Program Specialist	Healthy Community Action Team (HCAT) partners

Priority 2: Educate Community on Services Available Locally.

Current Activities
Sanford Marketing assists with the development of marketing campaigns for various services, health screenings and health topics for the Sanford Worthington service area. Digital sign located at the Sanford Worthington Medical Center campus to communicate about important health reminders and events as well as local services. Sanford Worthington engages through participation in community events that promote Sanford services, providers and employment opportunities.

dba Sanford Worthington Medical Center EIN# 46-0388596

Projected Impact
Upon completion of the three-year Implementation Plan, Sanford Worthington will increase communication to the community regarding hospital & clinic services and quality efforts.

Goal: Develop communication and marketing strategies that have extended reach into our service area.

Actions/Tactics	Measurable Outcome & Timeline	Resources to be Committed	Leadership	Community partnerships and collaborations, if applicable
Develop an internal marketing and communications workgroup	In the first quarter of 2025, identify internal workgroup members representative of relevant hospital and clinic departments Modify plan annually based on input, needs, accomplishments	Staff Time	Lead Community Program Specialist	Local Media Outlets Healthy Community Action Team (HCAT) partnerships
Increase awareness of local healthcare services and priority health topics to target populations.	Develop a local communication and marketing plan to showcase departments, providers, services, quality accomplishments, and positive patient experiences through various internal communication channels for increased awareness within target populations. Measure estimated reach and type of communication/ marketing channels. Determine a 12 month plan to run 5-7	Staff time for plan development and communication and marketing activities. Potential need for funding for communication print pieces and/or video with likelihood of translation needs	Lead Community Program Specialist	Community and Sanford Worthington Staff Input

dba Sanford Worthington Medical Center EIN# 46-0388596

	key health messages on the electronic sign at all times and determine how language translation can be incorporated effectively.			
Meet with Sanford Worthington providers and staff to assess perceptions of access and quality of local health care and explore variations among medically underserved communities.	Regularly present specialty referral info to providers and staff and discuss opportunities that remedy local skillsets	Staff Time	Administration Team	N/A

Priority 3: Healthy Living

Current Activities
In addition to the services provided through the clinic and hospital, Sanford Worthington maintains strong community partnerships that provide opportunities to promote important health topics. The hospital includes an active internal Employee Health & Wellbeing Committee with representation of all hospital and clinic departments that meets monthly to create various health and wellness opportunities for staff to engage in.

Projected Impact
Upon completion of the three-year Implementation Plan, the community will see Sanford Worthington participating in health promotion activities and Sanford staff will see increased opportunities for health and wellbeing.

Goal 1: Collaborate with community partners on activities that promote health and wellbeing and deliver health education to community groups.

Actions/Tactics	Measurable Outcome & Timeline	Resources to be Committed	Leadership	Community partnerships and collaborations, if applicable
Identify opportunities for partnership on promotion of a health topic of health activity that encourages community engagement and health & wellbeing, with an emphasis on medically underserved communities.	Participate in a minimum of one community health activity annually that promotes a key health topic or a health-related activity.	Staff Time Potential for monetary sponsorship for an activity or event.	Lead Community Program Specialist	TBD
Explore opportunities with large local employers that increase the availability of health information and activities that encourage all aspects of health & wellbeing.	Create a minimum of one additional health opportunity for a large local employers each calendar year.	Staff Time	Sanford Worthington Clinic staff	Large community employer(s)

dba Sanford Worthington Medical Center EIN# 46-0388596

Goal 2: Increase opportunities that contribute to Sanford Worthington staff health and wellbeing.

Actions/Tactics	Measurable Outcome & Timeline	Resources to be Committed	Leadership	Community partnerships and collaborations, if applicable
Organize a schedule of events with the Sanford Worthington Health and Wellbeing Committee to offer health opportunities to staff both during work hours and outside of the hospital or clinic.	Create activities and/or staff events each year that has impact in each of the 7 components of health and wellbeing: physical, nutritional, emotional, intellectual, social, environmental and spiritual.	Staff Time for planning

Monetary resources are likely needed to implement activities and events for employees | Sanford Worthington Health and Wellbeing Committee | N/A |
| Increase emphasis on proper ergonomics in the workplace | Develop a formal protocol for assessing and implementing ergonomics within each hospital and clinic department. | Staff Time | Director of Ancillary Services | N/A |

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

dba Sanford Worthington Medical Center EIN# 46-0388596

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. 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

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. The Worthington CHNA Community had 688 findhelp searches during the last two years.

Access to providers (bilingual mental health and pediatric dental)

Sanford Worthington established two goals for the priority, including increasing access to pediatric dental care for at-risk patients, in addition to increased screening of mental health and referral sources for mental health support. Dental care was the eighth most searched term on the findhelp platform. In total community members conducted 688 searches in 2022 and 2023 with 36% being health-related topics.

Sanford Worthington is a member of the SW MN Regional Oral Health Coalition led by Southwest Minnesota Dental Innovations. The goal of the coalition is to coordinate, innovate, plan and manage dental outreach services for underserved populations in SW MN, especially for those utilizing MHCP insurances. The program started in Nobles County and has expanded to include representation and participation from surrounding counties. The gatherings provide opportunity for networking, resource / data sharing and problem solving as pediatric dental challenges continue to burden our rural communities. Relevant

dba Sanford Worthington Medical Center EIN# 46-0388596

information and resources are shared with Sanford Worthington providers and support staff to give as a resource to patients.

Our Sanford Worthington pediatricians offer fluoride varnish treatments as a standard of care at the recommended intervals during pediatric wellness visits. Fluoride varnish provides necessary cavity protection on pediatric baby teeth. Providers and support staff also educate parents about proper oral health and hygiene and offer resources as necessary. We also ensure a stock of toothbrushes to disperse to pediatric patients.

The organization completed a proforma for a dental therapist in the clinic setting. The proforma indicated that it was not a feasible opportunity. However, Sanford Worthington educated clinical staff on local dental disparities and is sharing local data. Data is shared bi-annually with staff. Staff also explored the opportunity for partnership with higher education and dental programs to complete a rotation of dental service practice in ambulatory setting. This was also determined to not be feasible.

For mental health, the organization was able to successfully recruit an integrated health therapist (IHT) after the position was posted for more than 600 days. The IHT joined the organization in October 2022. Our IHT remains an integral part of the clinical care team and is highly engaged with the Sanford Worthington provider team. The IHT holds a broad scope of credentialed skills. An efficient workflow for referral to her services is well established within the clinic and hospital. The onsite availability increases access for patients with time-sensitive mental and behavioral health needs.

In addition to the increased access to mental health services onsite, the continuation of the registry work by the Care Coordination Assistant and extra emphasis on support staff completing the depression screening with patients during the rooming process has led to an increase in the CMS depression screen score each year at Sanford Worthington. The Sanford Network Depression Screen Score goal is 90.5% and Sanford Worthington scores are as follows:
2021: 26.0%
2022: 67.6%
2023: 76.0%

Community Health Workers (CHWs) play a critical role in assessing mental health needs. Completing the Social Determinants of Health assessment with all patients is standard practice. The CHWs are bilingual English/Spanish and can bridge the gap between cultural barriers and community resource connection. They are the trusted liaison for patients to understand health education and access needed resources ultimately making their medical conditions more manageable.

In 2023, Sanford Worthington was able to increase the number of credentialed mental health service providers to serve Worthington patients from one to two; with one provider to work with adult patients and one provider that can assist youth.

Two Bilingual Spanish Community Health Workers (CHWs) completed approximately 50 social determinants of health assessments (SDoH) on targeted patients referred to CHWs after the SDoH assessment was introduced and implemented into CHW workflow in June of 2022. The SDoH screening contains questions regarding mental health and stress. If patients respond to those questions with a concern, the CHWs further assess and refer to internal and/or external community mental health resources as needed. In November, a shortened version of the SDoH assessment was deployed to all patients checking in for their appointment at registration which increases likelihood of identifying mental health concerns to be addressed with the provider and opportunity for appropriate referral and follow up.

dba Sanford Worthington Medical Center EIN# 46-0388596

Teen Pregnancy

Sanford Worthington supported SMOC Family Planning in Worthington on the development of a 5-year work plan for the Minnesota Department of Health (MDH) Sexual and Reproductive Health Services (SRHS) grant project focused on Teen Pregnancy Prevention initiatives in SW MN counties. Sanford Worthington continues to be a collaborative partner with SMOC Family Planning on the issue of teen pregnancy to address disparities that challenge teen parents. The grant money was awarded in late 2023. A series of focus groups and stakeholder group work will begin in late Spring 2024 to learn more directly from the community about the perceptions, knowledge, and education needed to reduce the teen pregnancy rate. Currently, Nobles County, MN teen pregnancy rate is 45/1,000 births compared to the state average of 12/1,000 births being to a teen mother.

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 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.

dba Sanford Worthington Medical Center EIN# 46-0388596

Expanded Demographics[1]

The United States Census Bureau indicates that Nobles County experienced a 2.5% contraction from 2020 to 2023. As of July 1, 2023 the county had a total population of 21,727. Hispanics or Latinos comprise a larger share of the population (31.7%) of the local community than the state of Minnesota (6.0%). The county also has nearly one third of the population speaking a language other than English at home. The unemployment rate, share of the population without broadband internet, and level of educational attainment all trail the state average. However, the percent of owner-occupied housing outpaces the state with nearly three out of four.

Fact	Nobles County, MN	Minnesota
Population estimates, July 1, 2023, (V2023)	21,727	5,737,915
Population estimates base, April 1, 2020, (V2023)	22,289	5,706,804
Population, percent change - April 1, 2020 (estimates base) to July 1, 2023, (V2023)	-2.50%	0.50%
Persons under 5 years, percent	8.20%	5.80%
Persons under 18 years, percent	28.30%	22.60%
Persons 65 years and over, percent	17.70%	17.40%
White alone, percent	84.10%	82.60%
Black or African American alone, percent	5.00%	7.60%
American Indian and Alaska Native alone, percent	1.50%	1.40%
Asian alone, percent	7.10%	5.50%
Native Hawaiian and Other Pacific Islander alone, percent	0.30%	0.10%
Two or More Races, percent	2.00%	2.80%
Hispanic or Latino, percent	31.70%	6.00%
White alone, not Hispanic or Latino, percent	55.10%	77.60%
Housing Units, July 1, 2023, (V2023)	8,398	2,575,411
Owner-occupied housing unit rate, 2018-2022	74.50%	72.30%
Median value of owner-occupied housing units, 2018-2022	$161,000	$286,800
Median selected monthly owner costs -with a mortgage, 2018-2022	$1,349	$1,818
Median selected monthly owner costs -without a mortgage, 2018-2022	$512	$639
Median gross rent, 2018-2022	$852	$1,178
Language other than English spoken at home, percent of persons age 5 years+, 2018-2022	32.30%	12.00%

[1] https://www.census.gov/quickfacts

Households with a computer, percent, 2018-2022	91.20%	94.50%
Households with a broadband Internet subscription, percent, 2018-2022	83.70%	89.70%
High school graduate or higher, percent of persons age 25 years+, 2018-2022	79.40%	93.70%
Bachelor's degree or higher, percent of persons age 25 years+, 2018-2022	17.00%	38.20%
With a disability, under age 65 years, percent, 2018-2022	9.50%	7.70%
Persons without health insurance, under age 65 years, percent	13.00%	5.30%
In civilian labor force, total, percent of population age 16 years+, 2018-2022	66.10%	68.60%
In civilian labor force, female, percent of population age 16 years+, 2018-2022	59.20%	65.00%
Mean travel time to work (minutes), workers age 16 years+, 2018-2022	18.9	23.3
Median household income (in 2022 dollars), 2018-2022	$62,973	$84,313
Per capita income in past 12 months (in 2022 dollars), 2018-2022	$29,786	$44,947
Persons in poverty, percent	11.10%	9.60%
Total employer establishments, 2021	578	152,836
Total employment, 2021	9,025	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.

Cancer, followed by Heart Disease, were the leading cause of death in the counties 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
Nobles	46	42	43	13	5	7	5	4	3	4	2020
Nobles	229	206	--	57	24	50	42	35	--	--	2016-2020
https://www.health.state.mn.us/data/mchs/genstats/countytables/index.html											

dba Sanford Worthington Medical Center EIN# 46-0388596

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
O	O	O	O	O	O

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
O	O	O	O	O	O

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
O	O	O	O	O	O

Why did you give it that rating?

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dba Sanford Worthington Medical Center EIN# 46-0388596

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

Poor	Fair	Good	Very Good	Excellent	Don't Know
O	O	O	O	O	O

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
O	O	O	O	O	O

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
O	O	O	O	O	O

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
O	O	O	O	O	O

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
O	O	O	O	O	O

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
O	O	O	O	O	O

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
O	O	O	O	O	O

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
O	O	O	O	O	O

3

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

[text box]

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

O Yes   Please answer next question

O 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)*

O Addiction Treatment

O Behavioral Health / Mental Health

O Cancer Care

O Chiropractic Care

O Dental Care

O Dermatology

O Emergency / Trama

O Eye Services *(Ophthalmology, Optometry)*

O Family Medicine / Primary Care

O General Surgery

O Heart Care

O Labor and Delivery

O Long-Term Care / Nursing Homes

O Orthopedics and Sports Medicine

O OBGYN / Womens' Care

O Pediatrics / Childrens' Care

O Walk-in / Urgent Care

O Other *(please specify):*

YOUR HEALTH CARE USAGE

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

O Yes   O No

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

O Within the past year

O Within the past 2 years

O Within the past 5 years

O More than 5 years ago

O Never

4

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

- O Cost/Inability to Pay
- O COVID-19
- O Don't feel welcomed or valued
- O Don't have insurance
- O My insurance is not accepted
- O Lack of transportation
- O Distance / lack of local providers
- O Getting time off from work

- O No child care
- O Wait time for appointments are too long
- O Clinic hours are not convenient
- O Fear / I do not like going to the doctor
- O Nothing / I do not need to see a doctor
- O Don't have a primary care physician
- O Other *(please specify):*

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

Poor	Fair	Good	Very Good	Excellent
O	O	O	O	O

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?

O Yes   O No   O Unsure

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

- O Cost/Inability to Pay
- O COVID-19
- O Don't feel welcomed or valued
- O Don't have insurance
- O My insurance is not accepted
- O Lack of transportation
- O Distance / lack of local providers
- O Getting time off from work

- O No child care
- O Wait time for appointments are too long
- O Clinic hours are not convenient
- O Fear / I do not like going to the doctor
- O Nothing / I do not need to see a doctor
- O Don't have a primary care physician
- O Other *(please specify):*

5

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?

    O Yes   O 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)*

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

O Other *(please specify)*

YOUR HEALTH INSURANCE

Do you currently have health insurance?

    O Yes   O No

Please indicate the source of your health insurance coverage.

O Employer *(Your employer, spouse, parent, or someone else's employer)*

O Individual *(Coverage bought by you or your family)*

O Federal Marketplace *(Minnesota Care / Obamacare / Affordable Care Act)*

O Medicare

O Medicaid

O Military *(Tricare, Champus, VA)*

O Indian Health Service *(IHS)*

O Other *(please specify)*

6

DEMOGRAPHICS

What is your sex?

O Male   O Female   O Prefer not to answer

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

O Yes   O No   O 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?

O Yes   O No

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

O American Indian or Alaska Native
O Caucasian or White
O Asian
O Native Hawaiian or Pacific Islander
O Black or African American
O Other *(please specify)*

How long have you been a US Citizen?

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

What language is spoken most frequently in your home? _____

What is your current marital status?

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

7

Which of the following best describes your current living situation?

O House *(owned)*   O Homeless

O Apartment or House *(rental)*   O Some other arrangement

What is your primary mode of daily transportation?

O Automobile/Truck *(owned or leased)*   O Walk

O Online Ride Service *(Uber / Lyft)*   O Bicycle

O Taxi Service   O Family, Friends or Neighbors

O Public Transportation   O I do not have a primary mode of daily
   (bus / subway / rail)   transportation

O Other *(please specify)*

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

O Less than high school degree

O High school graduate *(high school diploma or equivalent including GED)*

O Some college but no degree

O Associate degree in college *(2-year)*

O Bachelor's degree in college *(4-year)*

O Master's degree

O Doctoral degree

O Professional degree *(JD, MD)*

Your current employment status is best described as:

O Employed *(full-time)*   O Not employed, looking for work

O Employed *(part-time)*   O Not employed, not looking for work

O Self-employed   O Retired

O Furloughed   O Disabled or unable to work

What is your total household income from all sources?

O Less than $20,000   O $50,000 – $74,999

O $20,000 – $24,999   O $75,000 – $99,999

O $25,000 – $29,999   O $100,000 – $199,999

O $30,000 – $34,999   O $200,000 or more

O $35,000 – $49,999

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