



Community Health Needs Assessment

SANFORD BEMIDJI MEDICAL CENTER
2022-2024



Dear Community Members,

Sanford Bemidji is pleased to present the Community Health Needs Assessment (CHNA). Sanford Health completes a community health needs assessment every three years. It is through this work that we identify unmet health needs in the community, and then strategically plan how to best address those needs. This process is well aligned with Sanford's vision to improve the human condition.

From December 2020 to February 2021, members of the community were invited to complete a survey to help identify unmet health needs across a range of social determinants of health. Sanford Health and the NDSU Center for Social Research partnered to analyze the data from the primary research along with key secondary data points from County Health Rankings. Sanford also facilitated discussions with key stakeholders in each community to prioritize the identified needs.

As a result of this process, we will address the following health needs in a formalized implementation strategy for the 2022-2024 time period:

- Access to Health Care related to Mental Health and Substance Abuse
- Focus on healthy living to include assessment and treatment of chronic health issues, levels of physical activity and food insecurity

The CHNA process also focused on the many strengths and resources available in our community. This report includes an overview of the community assets that are available to address various community health needs. We have also included an impact report from our 2019 implementation strategies.

We are committed to extending care beyond our bricks and mortar, and ultimately improving the health and wellness of our entire community. We are committed to improving the quality of life for all Bemidji area residents. We invite you to join us and thank you for your support of these ongoing efforts.

Sincerely,

Susan Jarvis, MSN, RN
President and CEO
Sanford Bemidji

BACKGROUND

Community Description

The Sanford Bemidji Medical Center is in Bemidji, Minnesota. Located in north central Minnesota, Bemidji is surrounded by breathtaking natural beauty. The community graces the shore of Lake Bemidji, one of more than 400 crystal clear lakes in the region. Known as the “First City on the Mississippi,” Bemidji is the county seat of Beltrami County, with an estimated 250,000 residents living within 75 miles of the community.

Ranked as a “Top Town” by Outdoor Life magazine, Bemidji serves as the center for economic development for all of northern Minnesota and is the regional hub for educational services, health care, retail shopping, transportation, finance, and governmental services. It also serves as the central hub for the Red Lake and the Leech Lake Indian reservations.

Bemidji is located near many popular recreational destinations, including Itasca State Park, Lake Bemidji State Park, state forest areas, and the Chippewa National Forest. There are 400 fishing lakes within 25 miles of the city, over 500 miles of snowmobile trails and nearly 100 miles of cross-country ski trails located in and around Bemidji. During the summer, more than 25,000 visitors per month stop to take photographs at the iconic statues of Paul Bunyan and Babe the Blue Ox.

The community as defined for purposes of the Community Health Needs Assessment includes Beltrami and Hubbard Counties in Minnesota. Demographic detail for the counties is included in the appendix.

Partners

The Community Health Needs Assessment is the result of the hard work and coordination of numerous people within the organization and among community partners. Sanford Health would like to thank and acknowledge the following for their assistance. The development of the program would not have been possible without their expertise regarding the communities and populations we serve.

Sanford Health

- Michelle Micka, System Vice President, Finance, Health Services
- Dr. Jeremy Cauwels, System Vice President, Chief Physician
- Corey Brown, System Vice President, Government Affairs
- Clarence Mellang, Senior Director, Communications
- Michelle Bruhn, Senior Vice President, Health Services Operations
- Blayne Hagen, Executive Director, Legal
- Stacy Wrightsman, Executive Director, Community Relations
- Matt Ditmanson, Director, Community Benefit Programs
- Emily Griese, Vice President, Population Health and Clinical Operations
- Marnie Walth, Senior Legislative Affairs Specialist
- Joseph Beaudreau, Patient Relations Specialist and Indian Health Advocate
- Phil Clark, Director, Market Research
- Shawn Tronier, Senior Marketing Analyst
- Amber Langner, Vice President, Treasury
- Catherine Bernard, Director, Tax
- Deana Caron, Senior Tax Accountant

System Partners

We would also like to express our gratitude to the following individuals for their expertise during the development and analysis of the Community Health Needs Assessment:

- Jeanne Edevold Larson, Executive Director, Northern Dental Access Center
- Carol Biren, Division Director, Southwest Health and Human Services
- Cynthia Borgen, Director, Beltrami County Public Health
- Mary Michaels, Public Health Prevention Coordinator, Sioux Falls Department of Health
- Renae Moch, Director, Burleigh Public Health and President, North Dakota Public Health Association
- Ann Kinney, Senior Research Scientist, Minnesota Department of Health
- Jennifer Nelson, Public Health Educator, Southwest Health and Human Services
- Julie Ward, Vice President of Strategy and Social Innovation, Avera Health
- Jody Lien, Director, Ottertail Public Health
- Karen Pifher, Community Health Program Manager, Essentia Health
- Lori Jensen, Public Health Nurse, Beltrami County Health and Human Services
- Erica Solseth, CHI St. Alexius Health
- Sister Nancy Miller, Director Mission Integration, CHI St. Alexius Health
- Nancy Hodur, Director, North Dakota State University Center for Social Research
- Karen Olson, Research Specialist, North Dakota State University Center for Social Research

Bemidji Partners

We would also like to express our gratitude to the following individuals for their participation in the community stakeholder meeting:

- Susan Jarvis, President and Chief Executive Officer, Sanford Health Bemidji
- Karla Eischens, Vice President of Operations, Sanford Health Bemidji
- Kelly Hagen, Vice President of Nursing and Clinical Services, Sanford Health Bemidji
- Ashley Gagola, Director Nursing, Home and Community Based Services, Sanford Health Bemidji
- Renee Axtman, Executive Director Operations, Sanford Health Bemidji
- Mary Miller, Retired, Community Member
- Tom Berry, Administrator, Beltrami County
- Becky Secore, Director of Social Services, Beltrami County
- Megan Heuer, Public Health Director, Beltrami County
- Jeanne Edevold Larson, Executive Director, Northern Dental Clinic
- Denae Alamano, Executive Director, United Way Bemidji
- Andrea Kent, Executive Director, Boys & Girls Club Bemidji Area
- Joanna Ferraro, Director of Pharmacy, Indian Health Services Cass Lake
- Jorge Prince, Mayor, City of Bemidji
- Brian McCoy, Mobility Manager/Transportation Planner, Headwater Regional Development Commission
- Sandy Hennum, Village of Hope (emergency homeless shelter)
- David LaZella, Captain, Bemidji Police Department

Sanford Bemidji Description

Sanford Bemidji Medical Center, a 118-licensed bed regional medical center, has been a vital part of the Bemidji community since 1898. It is the largest hospital in the region, serving 176,000 people. It serves as a regional hub for AirMed air ambulance services and offers a Level 3 trauma center and fully staffed emergency room. Sanford Bemidji currently employs 180 clinicians, including physicians and advanced practice providers.

As a provider of specialized care, Sanford Bemidji offers expanded services in cancer, heart and vascular care, orthopedics and sports medicine, behavioral health and women's health, along with comprehensive adult, pediatric and senior health services. Thousands of patients in the Bemidji region are able to receive specialty care in their community, close to home.

In 2018, Sanford opened the Joe Lueken Cancer Center – the region's largest cancer facility, offering comprehensive care in one location. Services include medical oncology/hematology, radiation oncology, surgical oncology, infusion pharmacy, research and clinical trials, nutrition, navigation with ongoing support, genetic counseling, survivorship and more. The Joe Lueken Cancer Center has served thousands of patients throughout the region since opening- allowing them to receive the necessary treatments close to home.

A merger with Upper Mississippi Mental Health Center (UMMHC) in 2017 resulted in Sanford Bemidji becoming the largest provider of mental health services in the region. UMMHC had an outstanding history with programs for families, groups, and individuals. Services range from psychological evaluations to alcohol and drug addiction services, in-school child and adolescent therapy. With their expertise and Sanford's integrated system, it was a win-win for both organizations and allowed Sanford to embed needed behavioral health services into primary care clinics. Since the merger we have expanded the service to include 55 mental health professionals, including adult and child adolescent psychiatry with a total of 14 programs. In 2019, we opened the regions only residential support center through a public private partnership with Beltrami County. The center includes intensive residential treatment services and crisis care beds. This year we will be breaking ground and opening a dedicated crisis center in 2022. The 12,000 square foot facility will include eight inpatient beds. We have the only comprehensive behavioral health Crisis Response System in the state that includes Mobile Crisis Team, Psychiatry, EmPath Unit and Crisis Residential supports. Additionally, Sanford Mobile Crisis in partnership with Law Enforcement provides a Team community response. This project will be funded through Sanford Health, Beltrami County and the State of Minnesota.

The Sanford Bemidji Heart and Vascular Center features a cardiology clinic, CHF clinic, cardiac cath lab with prep and recovery areas. The center provides a broad spectrum of treatment including 24/7 emergent STEMI care, cardiology, interventional cardiology, cardiac electrophysiology, cardiac rehab, vascular surgery, screenings and more.

Sanford Bemidji includes our Good Samaritan Services and has 78 skilled nursing home beds, 120 assisted living apartments, including a separate dementia unit, a durable medical equipment company, a Class A licensed home care agency, and a Medicare certified hospice program.

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 within our community. 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 and justify the 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. A community health needs assessment also serves to validate progress made toward organizational strategies and provides further evidence for retaining our not-for-profit status.

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 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 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, and underserved populations experiencing disparities or at risk of not receiving adequate care as a result of being uninsured or due to geographic, language or financial or other barriers.

The community health needs assessment includes a process to identify community resources that are available to address the assessed needs and to prioritize the needs.

Hospitals are to address each and every assessed need or explain why they are not addressing the needs. Once the needs have been identified and prioritized, hospitals are required to develop an implementation strategy to address the top needs. 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 to be transparent with the findings and make the written CHNA report available to anyone who asks for the report. Sanford places the CHNA reports and the implementation strategies on the Sanford website. Hospitals are required to keep three cycles of assessments on the web site. The 2022 report will be Sanford's fourth report cycle since the requirements were enacted in 2010.

Sanford extended a good faith effort to engage all of the aforementioned community representatives in the survey process. We worked closely with public health experts throughout the 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 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.



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 contacting them 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.

Community and Stakeholder Survey

Members of the community 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 the needs of the community based upon the UW Population Health 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. 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 coverage. The survey was sent to a sample of Beltrami and Hubbard County populations secured through Qualtrics, a qualified vendor. The full set of questions is available in the appendix. No community comments or questions regarding the previous CHNA have been made via the website link or email address.

To further promote community involvement the survey was also sent to community stakeholders and elected officials with knowledge and connections amongst medically underserved, low income, or minority populations. Stakeholders were asked to complete the instrument as a resident of the community and forward the survey to their respective populations for greater involvement. The survey was highlighted in a Sanford Health News article (<https://news.sanfordhealth.org/community/health-needs-assessment-survey/>) and promoted through social media via paid communications. The paid communications yielded 344,300 impressions and 1,150 completed surveys across the system.

Survey data for the local community should be considered directional and best utilized in conjunction with additional data. A total of 238 of respondents from the CHNA area completed the survey. 6,748 total respondents from across the Sanford footprint completed the survey.

Secondary Data

County Health Rankings is based upon the UW Population Health model and serves 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 and builds upon their involvement during the previous cycle. The following methodology was used to develop the significant health needs presented later in the report:

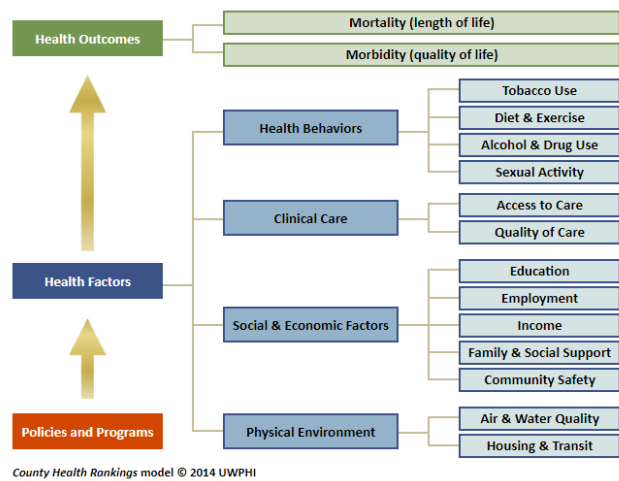
- Survey data was stratified into representative groups based upon population: large urban communities, medium sized communities, and rural communities. The three groups were analyzed separately. Bemidji is included with Thief River Falls, MN, Vermillion, SD, and Worthington, SD.
- To identify community 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, that 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.

Community Asset Mapping

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

Community Stakeholder Meetings

Community stakeholders were invited to attend a presentation of the findings of the CHNA research. 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.



The facilitated discussion sought to inform on several aspects:

- What are the biggest challenges currently with these needs in the community?
- Does the community have gaps in services, access, outreach, etc.?
- OPPORTUNITIES – where can we have greatest impact in addressing these needs?
- Which are most urgent in nature?
- Is there work being done on these identified needs?
- What are the resources currently not utilized within the community that could address this topic?
- Which fall within the purview of healthcare 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?

Two health needs were identified by consensus during the meeting for inclusion in the implementation plan. The needs were confirmed with participants prior to the meeting's conclusion. Consensus was based upon 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. At the end of the meeting Sanford Bemidji President and Chief Executive Officer Susan Jarvis concluded by asking if there were any additional population health areas of concern not discussed that we needed to consider and none were provided. Requests for survey data and other CHNA assets by public health organizations, governmental bodies, and community partners were and continue to be supported.

Community Definition

Beltrami and Hubbard Counties are included in the data analysis and represent a majority of volumes to the hospital. No population was excluded from the process.

COMMUNITY HEALTH NEEDS ASSESSMENT FINDINGS

Community Health Summary

CHNA respondents were asked to rate various community health issues and 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 CHNA respondents in the Bemidji area regarding the following community health issues were positive. Average scores for long-term nursing care and senior housing quality (average score=3.04), community safety (average score=3.06), health care quality (average score=3.23), access to healthy foods (average score=3.40), access to exercise opportunities (average score=3.50), health care access (average score=3.64), and environmental health (average score=3.74) were all above 3.00; however, they were all lower than the average for the comparison group of similar markets served by Sanford. When asked about their personal health, CHNA respondents in the Bemidji area rated their current health and wellness as good (average score=3.31); however, the score was also lower than the comparison group average. CHR data indicate that Beltrami County is among the least healthy counties in Minnesota. Approximately 16 percent of adults in the Bemidji area overall report fair or poor health, which is higher than the comparison group average. In addition, Bemidji has among the most physically and mentally unhealthy days per month (3.8 days each) when compared to similar markets. The following nine issues of greatest concern were identified for further discussion (in no particular order).

Identified Significant Health Needs

Employment and Income

Economic factors, such as income and employment can significantly affect how well and how long we live. These factors affect our ability to make healthy choices, afford medical care and housing, manage stress, and more.

CHNA survey results indicate that respondents in the Bemidji area rated the employment and economic opportunities in their community as less than good (average score=2.81). When respondents were asked why they rated these opportunities as they did, responses highlighted low wages followed by limited options available in the community. These concerns are evident in CHR data that indicate the Bemidji market area has one of the highest unemployment rates (5%), the highest child poverty rate (19%), and the lowest median household income (\$55,351) when compared to similar markets.

During the stakeholder meeting participants noted that employment and income is an area of concern for the Bemidji area as it may affect other areas such as affordable housing, transportation, access to affordable care, and more. Given Sanford Health's active role as not only a charitable organization but an economic driver in the communities that it serves, it was noted that Sanford Health can continue efforts to support economic development in the region. However, employment and income was prioritized lower than other needs by the group for purposes of the Community Health Needs Assessment as other organizations in the community are also addressing the need.

Local Asset Mapping

<p>Homelessness/Poverty resources:</p> <ul style="list-style-type: none"> · Beltrami Co. Public Health, 701 MN Avenue NW, Bemidji · Beltrami Co. Health & Human Services (emergency general assistance), 616 America Ave. NW, Bemidji · Bi-county Community Action Program, PO Box 579, Bemidji · Bridges Housing Program, 619 America Ave. NW, Bemidji · ARC United Housing Access Services, 651-604-8045 · Habitat for Humanity, 1357 Exchange Ave. SE, Bemidji · House of Hospitality/Village of Hope homeless shelter, 525 Miss. Ave. NW, Bemidji · Bemidji Soup Kitchen, PO Box 1584, Bemidji · Food Shelf, 1260 Industrial Park Dr. S., Bemidji · Community Garden Plots, 1351 – 5th St. NW, Bemidji (3 locations) · Evergreen Youth Services, 610 Patriot Dr. NW, Bemidji · MAC (Mothers & Children), 218-333- 6856 · SNAP & WIC programs, 616 America Ave. NW, Bemidji · Thrift Stores: <ul style="list-style-type: none"> o Goodwill, 407 Beltrami Ave. NW, Bemidji o ARC, 1812 MN Court NW, Bemidji o St. Philip’s Clothing Depot, 720 Beltrami Ave. NW, Bemidji o Twice But Nice, 411 Beltrami Ave. NW, Bemidji o The Hanger, 217 – 3rd St. NW, Bemidji o Urban Treasures, 108 – 3rd St. NW, Bemidji o My Best Friend’s Closet, 209 Beltrami Ave. NW, Bemidji o Seventh Day Adventist Clothing Center, 810 – 15th St. NW, Bemidji o American Red Cross, 1900 Division St. W., Bemidji o Restore, 1357 Exchange Ave. SE, Bemidji 	<p>Employment resources:</p> <ul style="list-style-type: none"> · Beltrami Co. Health & Human Services (employment counseling, job training), 616 America Ave. NW, Bemidji · MN WorkForce Center, 616 America Ave. NW, Bemidji · Experience Works, 309 America Ave. NW, Bemidji · Northwest Indian Community Development Center, 1819 Bemidji Ave. N., Bemidji · Occupational Development Center 1219 Naylor Dr. SE, Bemidji · Search Resources, 1710 Paul Bunyan Dr. NW, Bemidji · Always There Staffing, 2522 Hannah Ave. NW, Bemidji · Doherty Staffing, 1008 Paul Bunyan Dr. NW, Bemidji <p>Household budgeting/money management resources:</p> <ul style="list-style-type: none"> · Beltrami Co. Extension (classes in budgeting, etc.), 7223 Frontage Rd. NW, Bemidji · Bemidji Community Education, 1420 Beltrami Ave. NW, Bemidji · First National Bank, 1600 Paul Bunyan Dr. NW, Bemidji · First National Bank, 429 MN Avenue NW, Bemidji · Security Bank, 1025 Paul Bunyan Drive NW, Bemidji
<p>Major employers:</p> <ul style="list-style-type: none"> · Sanford Heath, 1300 Anne St NW, Bemidji · Bemidji Public Schools, 3300 Gillett Dr. NW, Bemidji · Bemidji State University, 1500 Birchmont Dr. NE, Bemidji · Beltrami Co., 701 Minn. Ave. NW, Bemidji 	<p>Hunger/Food resources:</p> <ul style="list-style-type: none"> · Bemidji Soup Kitchen, PO Box 1584, Bemidji · Food Shelf, 1260 Industrial Park Dr. S., Bemidji · MAC (Mothers & Children), 218-333- 6856

<ul style="list-style-type: none"> • Anderson Fabrics, 348 Summit Ave. W., Bemidji • Knife River Materials, 4101 Bemidji Ave. N., Bemidji • Nortech Systems, Inc., 4050 Norris Ct. NW, Bemidji • Norboard Minnesota, 4409 Northwood Rd. NW, Solway • Paul Bunyan Communications, 1831 Anne St. NW, Bemidji • Potlatch, 50518 Co. Hwy 45, Bemidji • City of Bemidji, 317 – 4th St. NW, Bemidji • Synergy Solutions, 1018 Industrial Park Dr. SE, Bemidji 	<ul style="list-style-type: none"> • SNAP & WIC programs, 616 America Ave. NW, Bemidji • Meals on Wheels, 1270 Neilson Ave. SE, Bemidji • Senior Meals, (Senior Center), 216 – 3rd St. NW, Bemidji • Grocery Stores: <ul style="list-style-type: none"> o Lueken’s Village Foods South, 609 Washington Ave. S., Bemidji o Lueken’s Village Foods North, 1171 Paul Bunyan Dr. NW, Bemidji o Harmony Natural Foods Co-op, 302 Irvine Ave. NW, Bemidji o Marketplace Foods, 2000 Paul Bunyan Dr. NW, Bemidji o Johanneson’s, Inc., 2301 Johanneson Dr. NW, Bemidji o Nymore food Mart, 609 – 4th St. SE, Bemidji o Stittsworth Meats, 722 Paul Bunyan Dr. NW, Bemidji o Pete’s Place, 7189 Pete Lane NW, Bemidji • Bemidji Natural Choice Farmers Market, 2nd St. & Beltrami, Bemidji • Bemidji Area Farmers Market, held at Subway Parking lot along the lakefront, Bemidji • Community Garden Plots, 1351 – 5th St. NW, Bemidji (3 locations) • CSAs that serve Bemidji: <ul style="list-style-type: none"> o Lone Rock Farms, 5143 – 15th St. NW, Bemidji o Northern Light Farm, 2048 Agate Lane NW, Solway o Farmucopia, pick up at 303 Railroad St., Bemidji o Today’s Food, Inc., Co. Rd. 38, Benedict o TJL Farm, 27081 Lower Rice Lake Rd., Bagley
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Access to Affordable Health Care

Access to affordable, quality health care is important to physical, social, and mental health. Health insurance, local care options, and a usual source of care help to ensure access to health care. Having access to care allows individuals to enter the health care system, find care easily and locally, pay for care, and get their health needs met.

CHNA survey results indicate that the biggest health care concerns facing Bemidji respondents and their families on a regular basis were health care cost and affordability issues. About 15 percent of CHNA respondents in the Bemidji area indicated that they or a family member did not receive needed medical care in the past year. When asked why, the main reason was due to cost and inability to pay for health care services (50%) followed by COVID-19 concerns

(41%). Adding to the difficulty in accessing affordable health care is that about 8 percent of people in the Bemidji area are uninsured according to CHR.

While access to affordable care was identified as a community need, the stakeholder meeting participants indicated it is not one of the top two priorities for the Community Health Needs Assessment in the upcoming years. The group noted that access to affordable care, while important, could benefit more from economic development initiatives.

Local Asset Mapping	
<p>Major employers:</p> <ul style="list-style-type: none"> • Sanford Heath, 1233 – 34th St. NW, Bemidji • Bemidji Public Schools, 3300 Gillett Dr. NW, Bemidji • Bemidji State University, 1500 Birchmont Dr. NE, Bemidji • Beltrami Co., 701 Minn. Ave. NW, Bemidji • Anderson Fabrics, 348 Summit Ave. W., Bemidji • Knife River Materials, 4101 Bemidji Ave. N., Bemidji • Nortech Systems, Inc., 4050 Norris Ct. NW, Bemidji • Norboard Minnesota, 4409 Northwood Rd. NW, Solway • Paul Bunyan Communications, 1831 Anne St. NW, Bemidji • Potlatch, 50518 Co. Hwy 45, Bemidji • City of Bemidji, 317 – 4th St. NW, Bemidji • Synergy Solutions, 1018 Industrial Park Dr. SE, Bemidji 	<p>Employment resources:</p> <ul style="list-style-type: none"> • Beltrami Co. Health & Human Services (employment counseling, job training), 616 America Ave. NW, Bemidji • MN WorkForce Center, 616 America Ave. NW, Bemidji • Experience Works, 309 America Ave. NW, Bemidji • Northwest Indian Community Development Center, 1819 Bemidji Ave. N., Bemidji • Occupational Development Center 1219 Naylor Dr. SE, Bemidji • Search Resources, 1710 Paul Bunyan Dr. NW, Bemidji • Always There Staffing, 2522 Hannah Ave. NW, Bemidji • Doherty Staffing, 1008 Paul Bunyan Dr. NW, Bemidji
<p>Primary Health Care Providers/ Routine Medical Care resources:</p> <ul style="list-style-type: none"> • Sanford Clinic, 1233 – 34th St. NW, Bemidji • Beltrami Co. Public Health, 616 America Ave. NW, Bemidji • Indian Health Clinic, 522 Minn. Ave. NW, Bemidji • Tru North Health Care, 514 Beltrami Ave. NW, Bemidji • BSU Student Health Clinic, 1st Floor of Cedar Hall, BSU campus, Bemidji • VA Community Based Outpatient Clinic, 705 – 5th St. NW, Bemidji • Pharmacies that provide flu shots & vaccinations: <ul style="list-style-type: none"> o Iverson Corner Drug, 408 Minn. Ave. NW, Bemidji o MedSave Family Pharmacy, 217 Paul Bunyan Dr. NW, Bemidji o Walgreen Pharmacy, 421 Paul Bunyan Dr. NW, Bemidji o Thrifty White, 2000 Paul Bunyan Dr. NW, Bemidji 	<p>Health Insurance providers:</p> <ul style="list-style-type: none"> • MN Sure – MNSure.org • Pine Country Insurance, 507 Beltrami Ave. NW, Bemidji • Northway Insurance Services, 307 – 3rd St. NW, Bemidji • Diversified Insurance, 309 America Ave. NW, Bemidji <p>Dental Insurance resources:</p> <ul style="list-style-type: none"> • Aspen Dental (Insurance & Financing), 2219 Paul Bunyan Dr. NW, Bemidji • North Country Dental (has a membership plan & payment plan), 1311 Bemidji Ave., Bemidji • Northern Dental Access Center, 1405 Anne St. NW, Bemidji <p>Vision Insurance providers:</p> <ul style="list-style-type: none"> • Vision Insurance Plan (VSP) – visionhealthreferece.com • Stonewell Ins., 522 Beltrami Ave. NW, Bemidji

<ul style="list-style-type: none"> o CVS Pharmacy, 2312 Bemidji Ave. N., Bemidji 	<ul style="list-style-type: none"> • Lindfors Ins. Agency, 120 – 2nd St. NW, Fosston
<p>Prescription Assistance programs:</p> <ul style="list-style-type: none"> • KPAassist Patient Assistance Program, 602 Beltrami Ave. NW, Bemidji • MN Drug Card – Mndrugcard.com • Discount Prescription Card – 888-884- 7713 • Prescription Drug Assistance Program, 573-996-3333 • CancerCare co-payment assistance, 800-813-4673 • Freedrugcard.us • Rxfreecard.com • Medsaver.com • Yourrxcard.com • Medicationdiscountcard.com • Nedymeds.org/drugcard • Caprxprogram.org • Gooddaysfromcdf.org • NORD Patient Assistance Program, rarediseases.org • Patient Access Network Foundation, panfoundation.org • Pfizer RC Pathways, pfizerRX pathways.com • RXhope.com 	<p>Affordable Health Care resources:</p> <ul style="list-style-type: none"> • Sanford Clinic, 1233 – 34th St. NW, Bemidji • Sanford Community Care Program, 1233 – 34th St. NW, Bemidji • Bemidji Area Indian Health Services, 522 MN Ave. NW, Bem. • Beltrami Co. Health & Human Services, 616 America Ave. NW, Bemidji

Access to Quality Health Care

Despite CHNA respondents in the Bemidji area rating their ability to access health care as good (average score=3.64), when they were asked about the most important health care issues impacting their community, access to health care services and providers was their top concern (slightly higher than COVID-19 concerns). When the 10 percent of respondents who rated health care access as poor or fair were asked to explain why they did so, responses focused on quality issues relating to the inability to schedule timely appointments, few specialists, and limited hours. And when asked specifically about quality of health care, CHNA respondents rated the overall quality of health care in their community as good (average score=3.23); however, the average score was lower than the comparison group average. About half of CHNA respondents in the Bemidji area reported traveling outside of their community to receive health care services in the past three years (49%). When asked why, most of those who traveled for care indicated that they needed specialty care or the needed services were not available locally (60%), followed by 30 percent of respondents who sought better or higher quality care.

About one in five CHNA respondents in the Bemidji area indicated they do not currently have a primary care physician (18%). CHR data indicate that when compared to similar-sized markets, the Bemidji area has the lowest ratio of population to primary care physicians with one physician for every 1,218 people. However, the average dentist ratio is one of the highest, with one dentist for every 1,761 people. In addition, CHR data indicate that when compared to similar-sized markets, the Bemidji area has the highest rate of preventable hospital stays (6,972 per 100,000 Medicare enrollees), one of the smallest mammography screening rates (49%), and the lowest flu vaccination rate (40%).

Access to quality healthcare was discussed during stakeholder meeting. Stakeholders agreed that access to providers and services is a top priority need for the community, in particular

mental health/substance abuse. Mental health was also listed as a separate community need based upon survey and secondary data. The group further discussed and concluded that access to care, including mental health, and sub-specialty providers, can be advanced through greater utilization of online and telehealth services. Access to quality care is an area that Sanford can greatly impact being a healthcare provider, and community leaders agree that mental health/substance abuse and telehealth services are needs and should be viewed as a priority for increasing access to quality care.

Local Asset Mapping	
<p>Primary Health Care Providers/ Routine Medical Care resources:</p> <ul style="list-style-type: none"> • Sanford Clinic, 1233 – 34th St. NW, Bemidji • Beltrami Co. Public Health, 616 America Ave. NW, Bemidji • Indian Health Clinic, 522 Minn. Ave. NW, Bemidji • Tru North Health Care, 514 Beltrami Ave. NW, Bemidji • BSU Student Health Clinic, 1st Floor of Cedar Hall, BSU campus, Bemidji • VA Community Based Outpatient Clinic, 705 – 5th St. NW, Bemidji • Pharmacies that provide flu shots & vaccinations: <ul style="list-style-type: none"> o Iverson Corner Drug, 408 Minn. Ave. NW, Bemidji o MedSave Family Pharmacy, 217 Paul Bunyan Dr. NW, Bemidji o Walgreen Pharmacy, 421 Paul Bunyan Dr. NW, Bemidji o Thrifty White, 2000 Paul Bunyan Dr. NW, Bemidji o CVS Pharmacy, 2312 Bemidji Ave. N., Bemidji 	<p>Health Care Services for Native people:</p> <ul style="list-style-type: none"> • Circle of Life Home Care Anishinaabe (personal care for Native Americans), 2406 Tracy Ct. NW, Bemidji • First Nations Home Health, 2524 Hannah Ave. NW, Bemidji • Native American Youth Hotline – 800- 273-8255 • Native Youth Crisis Hotline – 877-209- 1266 • Indian Health Clinic, 522 Minn. Ave. NW, Bemidji • Leech Lake Family Violence Program for Ojibwe, 190 Sailstar Dr. NW, Cass Lake • Nokomagiis Program for Tribal Elders & Children, 1819 Bemidji Ave. N., Bemidji • Equay Wiigamig Women’s Shelter, PO Box 909, Red Lake

Healthy Living

In the United States, many of the leading causes of death and disease are attributed to unhealthy behaviors. For example, poor nutrition and low levels of physical activity are associated with higher risk of cardiovascular disease, type 2 diabetes, and obesity. Tobacco use is associated with heart disease, cancer, and poor pregnancy outcomes if the mother smokes during pregnancy. Excessive alcohol use is associated with injuries, certain types of cancers, and cirrhosis. When CHNA respondents in the Bemidji area were asked about the biggest health concerns for themselves and their family (concerns they face on a regular basis), chronic health issues were the second leading concern, after cost. The most cited chronic health concerns by respondents involved overweight, obesity, and diabetes. CHR data indicate that one in three adults have obesity (33%) and 11 percent of people are food insecure (did not have a reliable source of food in the past year). CHNA respondents in the Bemidji area rated access to healthy foods as good overall (average score=3.40); however, the score was lowest among similar markets. The most common barriers cited by the one in five respondents who said that access to healthy foods is poor or fair included low incomes and poverty.

Regarding tobacco and alcohol usage, CHR data indicate that the Bemidji area has one of the highest rates of adult smokers (21%) and the highest rate of alcohol-related driving deaths (44%).

When CHNA respondents in the Bemidji area were asked which health care services they would like to see offered or improved in their community, addiction treatment was the second leading response (47%), following behavioral and mental health services (66%).

Local Asset Mapping	
<p>Primary Health Care Providers/ Routine Medical Care resources:</p> <ul style="list-style-type: none"> · Sanford Clinic, 1233 – 34th St. NW, Bemidji · Beltrami Co. Public Health, 616 America Ave. NW, Bemidji · Indian Health Clinic, 522 Minn. Ave. NW, Bemidji · Tru North Health Care, 514 Beltrami Ave. NW, Bemidji · BSU Student Health Clinic, 1st Floor of Cedar Hall, BSU campus, Bemidji · VA Community Based Outpatient Clinic, 705 – 5th St. NW, Bemidji · Pharmacies that provide flu shots & vaccinations: <ul style="list-style-type: none"> o Iverson Corner Drug, 408 Minn. Ave. NW, Bemidji o MedSave Family Pharmacy, 217 Paul Bunyan Dr. NW, Bemidji o Walgreen Pharmacy, 421 Paul Bunyan Dr. NW, Bemidji o Thrifty White, 2000 Paul Bunyan Dr. NW, Bemidji o CVS Pharmacy, 2312 Bemidji Ave. N., Bemidji 	<p>Dental resources:</p> <ul style="list-style-type: none"> · Northern Dental Access Center · Aspen Dental, 1650 – 45th St. S., Bemidji · Hazelton Family Dentistry, 110 Mag Seven Ct. SW, Bemidji · Bemidji Dental, 2600 Bemidji Ave. N., Bemidji <p>Chronic Disease resources:</p> <ul style="list-style-type: none"> · Sanford Clinic, 1233 – 34th St. NW, Bemidji · Sanford Better Choices Better Health, 1233 – 34th St. NW, Bemidji · Beltrami Co. Public Health, 616 America Ave. NW, Bemidji · Indian Health Clinic, 522 Minn. Ave. NW, Bemidji · American Heart Assoc. – heart.org · Asthma & Allergy Foundation – aafa.org
<p>Obesity resources:</p> <ul style="list-style-type: none"> · Sanford dieticians, 1233 – 34th St. NW, Bemidji · Beltrami Co. Public Health, 616 America Ave. NW, Bemidji · Indian Health Clinic, 522 Minn. Ave. NW, Bemidji · Tru North Health Care, 514 Beltrami Ave. NW, Bemidji · BSU Student Health Clinic, 1st Floor of Cedar Hall, BSU campus, Bemidji · VA Community Based Outpatient Clinic, 705 – 5th St. NW, Bemidji · Beltrami County Extension (nutrition information & classes), 7223 Frontage Rd. NW, Bemidji · MedSave Nutrition Counselor · Fitness Centers: <ul style="list-style-type: none"> o Anytime Fitness o In Charge Fitness o Snap Fitness o N X Q S Fitness o Knock-Out Fit Club 	<p>Healthy Eating resources:</p> <ul style="list-style-type: none"> · Beltrami County Extension (nutrition information & classes), 7223 Frontage Rd. NW, Bemidji · Sanford dieticians, 1233 – 34th St. NW, Bemidji · MedSave Nutrition Counselor · I Can Prevent Diabetes courses · Beltrami Co. Public Health, 616 America Ave. NW, Bemidji · Community Garden Plots, 1351 – 5th St. NW, Bemidji (3 locations) · Farmers Markets: o Bemidji Area Farmers Market o Bemidji Natural Choice Farmers Market · Grocery Stores: <ul style="list-style-type: none"> o Lueken’s Village Foods South, 609 Washington Ave. S., Bemidji o Lueken’s Village Foods North, 1171 Paul Bunyan Dr. NW, Bemidji o Harmony Natural Foods Co-op, 302 Irvine Ave. NW, Bemidji

<ul style="list-style-type: none"> o Curves o Northern Fitness o Fusion Dance & Fitness Center o Gym Bin o CrossFit Bemidji <p>Physical Activity resources:</p> <ul style="list-style-type: none"> · Park District activities · School physical activities · Sanford Center · Gillette Recreation Center · Bemidji Curling Club · Evenson Memorial Baseball Field, · Bemidji Soccer Fields · Bemidji Baptist Christian School facilities · Heartland Christian Academy facilities · St. Mark's Lutheran School facilities · St. Philip's School facilities 	<ul style="list-style-type: none"> o Marketplace Foods, 2000 Paul Bunyan Dr. NW, Bemidji o Johanneson's, Inc., 2301 Johanneson Dr. NW, Bemidji o Nymore food Mart, 609 – 4th St. SE, Bemidji o Stittsworth Meats, 722 Paul Bunyan Dr. NW, Bemidji o Pete's Place, 7189 Pete Lane NW, Bemidji <ul style="list-style-type: none"> · CSAs that serve Bemidji: <ul style="list-style-type: none"> o Lone Rock Farms, 5143 – 15th St. NW, Bemidji o Northern Light Farm, 2048 Agate Lane NW, Solway o Farmucopia, pick up at 303 Railroad St., Bemidji o Today's Food, Inc., Co. Rd. 38, Benedict o TJL Farm, 27081 Lower Rice Lake Rd., Bagley
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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 CHNA respondents in the Bemidji area were asked which health care services they would like to see offered or improved in their community, most respondents said behavioral and mental health services (66%). CHR data indicate that the Bemidji area has one of the highest numbers of mentally unhealthy days per month (3.8 days) when compared to similar markets – and 13 percent of adults average at least 14 days of mental distress each month, which is the highest percentage among similar markets. One of the most important measures of mental health within a community is suicide. CHR data indicate that the suicide rate in the Bemidji area (18 suicides per 100,000 people) is higher than the comparison group average.

During the stakeholder meeting mental health arose as the top priority need through the community and is included as a key component to the priority need of increasing access to quality health care. A majority of community members involved in the meeting expressed concern for the mental health of the community. There was specific mention that the school does not have adequate mental health resources, this may be an area where a Sanford partnership with the school to provide mental health education/training or services could be beneficial. Improving mental health in the schools could have a lasting affect and carry great benefits to the students and community into the future.

Local Asset Mapping	
<p>Mental Health & Suicide resources:</p> <ul style="list-style-type: none"> · Sanford Behavioral Health, 1705 Anne St NW, Bemidji · Hope House Community Support Program, 2014 – 7th St. SE, Bemidji 	<p>Mental Health & Suicide resources Cont.:</p> <ul style="list-style-type: none"> · North Homes Children & Family Services, 4225 Technology Dr. NW, Bemidji · Northern Psychological Services, 404 – 4th St. NW, Bemidji

<ul style="list-style-type: none"> • Beltrami Co. Health & Human Services, 616 America Ave. NW, Bemidji • BSU Counseling (for enrolled students), 1500 Birchmont Dr. NE, Bemidji • Bridges Housing Program for people with mental illness – 641-602-1880 • Center for Psychiatric Care, 519 Anne St. NW, Bemidji • Community Behavioral Health Hospital, 800 Bemidji Ave. N., Bemidji • 24-Hr. Crisis Line – 800-422-0045 • Evergreen Youth & Family Services, 610 Patriot Dr. NW, Bemidji • Evergreen Crisis Shelter, 622 Mississippi Ave. NW, Bemidji • Great River Psychological Services, 403 – 4th St. NW, Bemidji • Integrative Health & Wellness, 819 Paul Bunyan Dr. SE, Bemidji • Journey, 1630 Forest Lane SE, Bemidji • National Alliance for Mental Illness (monthly mtgs.), meets at 509 America Ave. NW, Bemidji • Nightlights Family Support Group, 702 Beltrami Ave. NW, Bemidji • Northern Psychological Services, 404 – 4th St. NW, Bemidji 	<ul style="list-style-type: none"> • Region II Mental Health Initiative (monthly mtgs.) – 213-333-4196 • Stellher (outpatient therapy), 519 Anne St. NW, Bemidji • Stellher Children’s Crisis Line – 800-422-0045 • Tamara Mason (outpatient therapy), 522 Beltrami Ave NW, Bemidji • Veteran’s Support Group, 705 – 5th St. NW, Bemidji • Wellness in the Woods, 25362 – 230th St., Verndale • Schackman Kramer & Assoc., 1526 – 30th St. NW, Bemidji • Woodvale Psychological Services, 403 – 4th St. NW, Bemidji • Keeping Our Children Safe suicide prevention program, 403 – 4th St. NW, Bemidji • Yellow Ribbon suicide prevention hotline – 800-865-0606 • Native Youth Crisis Hotline – 877-209- 1266 • Foster care beds for adults in crisis: <ul style="list-style-type: none"> o Spruce Woods Apts., 718 – 15th St. NW, Bemidji o MSOCS, 810 Clausen Ave. SW, Bemidji o Cardinal of MN, 714 Lake Ave. SE, Bemidji o Eagle Wing, 5603 Tall Pines Rd. NE, Bemidji o Lighthouse Lodge, 3217 Johnson St. NW, Bemidji o Teri Kinn Adult Foster Care, 10240 N. Garden Lane NE, Bemidji
<p>Substance Abuse Resources:</p> <ul style="list-style-type: none"> • Bemidji Area Program for Recovery, 403 – 4th St. NW, Bemidji • • AA program, 218-536-9008 • NA program, 2508 Wash. Ave. SE, Bemidji • Oshki Manidoo Center, 1741 – 15th St. NW, Bemidji • Restore House, 1001 Mississippi Ave. NW, Bemidji • Face It Together, 408 Beltrami Ave. NW, Bemidji • Alano Club, 3802 Greenleaf Ave. NW, Bemidji • Park Place (housing for those with substance abuse/mental health issues), 600 – 3rd St. NW, Bemidji 	<p>Dementia/Alzheimer’s Disease resources:</p> <ul style="list-style-type: none"> • Alzheimer’s Assn. – alz.org • Sanford Health Trillium Memory Care, 930 Anne St. NW, Bemidji • Havenwood Care Center, 1633 Delton Ave., Bemidji • Sanford Health Nielson Place, 1000 Anne St. NW, Bemidji • Touch of Home, 711 – 17th St. NW, Bemidji • Sanford WoodsEdge, 1000 Anne St. NW, Bemidji • Elder Care, 1633 Delton Ave. NW, Bemidji

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.

CHNA respondents in the Bemidji market rated the availability of affordable housing in their community as less than good (average scores=2.10). When asked to explain why, respondents were most likely to cite an overall lack of housing supply that meets the existing need based on lower incomes. Some respondents suggested that a local college may be a factor in higher rental costs.

Community leaders expressed concern for affordable housing in the Bemidji area during the stakeholder meeting. While the group expressed concerns in the area, the group indicated Sanford Bemidji could benefit affordable housing indirectly through support of economic development. Several organizations are currently supporting efforts to provide affordable housing and are positioned to improve access. Within the context of the Community Health Needs Assessment the group indicated the organization may have a greater and lasting effect on other needs but encouraged continued support for the effort.

Local Asset Mapping	
<p>Housing resources:</p> <ul style="list-style-type: none"> • Northwoods Rentals, 481 Mag 7 Ct. SW, Bemidji • Bi-County Community Action Program, 6603 Bemidji Ave. N., Bemidji • Housing & Redevelopment Authority, 619 American Ave. NW, Bemidji • Headwaters Housing Development Corp., Paul Bunyan State Trail, Bemidji • Crown Property Management, 258 Anne St. NW, Bemidji • Property Professionals, 602 Beltrami Ave. NW, Bemidji • Bemidji Management, 218-751-6881 • Vision Properties Mgmt., 1421 Bemidji Ave. N., Bemidji • Bridges Housing Program, 619 America Ave. NW, Bemidji • ARC United Housing Access Services, 651-604-8045 	<p>Low Income Housing resources:</p> <ul style="list-style-type: none"> • Bi-County Community Action Program (rent assistance), 6603 Bemidji Ave. N., Bemidji • Bemidji Churches United (provides financial assistant to low income residents looking for housing), 414 Lincoln Ave. SE, Bemidji • Delton Manor Apts., 1903 Delton Ave. NW, Bemidji • Red Pine Estates, 2590 Ridgeway Ave. NW, Bemidji • Baker Housing, 803 Dewey Ave., Bemidji • Pine Tree Estates, 721 – 15th St. NW, Bemidji • Regency Park South, 1228 – 30th St. NW, Bemidji • Regency Park Apts., 1410 – 30th St. NW, Bemidji • Pine Ridge, 2925 Pine Ridge Ave. NW, Bemidji • Northview Manor, 1805 – 30th St. NW, Bemidji • Windsong, 1000 Anne St. NW, Bemidji • Nymore, 1500 Roosevelt Rd. SE, Bemidji • Northland, 619 America Ave. NW, Bemidji • Sprucewoods, 718 – 15th St. NW, Bemidji • Minnesota Apts., 2513 MN Ave. NW, Bemidji • Bristlecone Apts., 2510 Irvine Ave. NW, Bemidji

	<ul style="list-style-type: none"> • Northern Star, 800 – 26th St. NW, Bemidji • Kestrel Pine, 906 – 26th St. NW, Bemidji • Carter Place, 918 Carter Cir. SE, Bemidji • Colony Park, 2815 Ridgeway Ave. NW, Bemidji • Ridgeway Court 3, 910 – 30th St. NW, Bemidji • Ridgeway Apts., 2938 Ridgeway Ave. NW, Bemidji • Conifer West Apts., 2215 Conifer Ave. NW, Bemidji • Timber Ridge Apts., 2215 Conifer Ave. NW, Bemidji • Gatewood Park, 1220 – 30th St. NW, Bemidji • Presidential Estates, 519 Anne St. NW, Bemidji • Odayin House, 3524 St. Onge Dr. NE, Bemidji • Whispering Meadows, 3813 Whispering Meadows Ct. NW, Bemidji
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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.

CHNA respondents in the Bemidji market also rated community access to daily transportation as less than good (average scores=2.19). When asked to explain why, respondents indicated very limited public options, if any in rural areas. If a bus was an option, hours and routes were limited which impacts their ability to travel to work, access child care, and obtain other services.

Similar to affordable housing, stakeholder meeting participants noted that transportation is a known need in the community. The group also noted that transportation could benefit through improvement in other areas, such as economic development. Sanford was also encouraged to support local authorities through data sharing.

Sanford Health will be collaborating with the Headwaters Regional Development Corporation as they lead a Bemidji Community Transportation discussion.

Local Asset Mapping	
<p>Transportation Resources:</p> <ul style="list-style-type: none"> • Bemidji Bus Lines, 1507 Naylor Dr. SE, Bemidji • Bemidji Cab, 919 – 15th St. NW, Bemidji • First City Taxi, 623 – 22nd St. NW, Bemidji • Living at Home Caregivers, PO Box 465, Park Rapids • Bemidji Medi-Van, 900 Longview Dr., Detroit Lakes • Rental cars – Enterprise, National, Avis, Hertz – 3824 Moberg Dr. NW, Bemidji • North Air Care, 4405 Hangar Dr. NW, Bemidji • Paul Bunyan Transit (city bus), 706 S. Railroad St. SE, Bemidji 	<p>Transportation Resources Cont.:</p> <ul style="list-style-type: none"> • Northwoods Interfaith Caregivers, 616 America Ave. NW, Bemidji • Touching Hearts at Home, 615 Anne St. NW, Bemidji • Soaring Eagles Transportation, 2406 Tracy Ct. NW, Bemidji • Sparrow Transport Services, 50334 – 279th Ave., Bemidji • Bemidji Ambulance, 512 Kay Ave. SE, Bemidji

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.

CHNA respondents in the Bemidji area rated the quality of childcare, day care, and preschool as less than good (average score=2.98). When asked to explain why, respondents cited an overall lack of childcare providers along with limited capacity and restricted options among existing providers.

Child Care Quality is an important issue in the community and stakeholders discussed some of the challenges facing it in the community. One of the foremost issues was mental health for children and juveniles that has appeared as a common theme throughout the meeting. In addition, the group noted provider services, such as screening and prevention are needed in the school system.

Local Asset Mapping	
<p>Substance Abuse Resources:</p> <ul style="list-style-type: none"> • Sanford Health, 1705 Anne St NW, Bemidji • Bemidji Area Program for Recovery, 403 – 4th St. NW, Bemidji • AA program, 218-536-9008 • NA program, 2508 Wash. Ave. SE, Bemidji • Oshki Manidoo Center, 1741 – 15th St. NW, Bemidji • Restore House, 1001 Mississippi Ave. NW, Bemidji • Face It Together, 408 Beltrami Ave. NW, Bemidji • Alano Club, 3802 Greenleaf Ave. NW, Bemidji • Park Place (housing for those with substance abuse/mental health issues), 600 – 3rd St. NW, Bemidji 	<p>Resources for At-Risk youth:</p> <ul style="list-style-type: none"> • Evergreen Kinship North, 610 Patriot Dr. NW, Bemidji • Evergreen Youth Crisis Center, 622 Mississippi Ave. NW, Bemidji • Timber Bay House, 234 Gerald Lane NW, Bemidji • Stellher Children’s Crisis Line – 800-422-0045 • Keeping Our Children Safe suicide prevention program, 403 – 4th St. NW, Bemidji • Native American Youth Hotline – 877- 273-8255 • Native Youth Crisis Hotline – 877-209- 1266
<p>Teen Pregnancy resources:</p> <ul style="list-style-type: none"> • Birthright, 1510 Bemidji Ave. N., Bemidji • Evergreen Youth & Family Services, 610 Patriot Dr. NW, Bemidji • Sanford Health Clinic, 1233 – 34th St. NW, Bemidji • Evergreen Young Parents, 610 Patriot Dr. NW, Bemidji 	<p>Childhood Obesity resources:</p> <ul style="list-style-type: none"> • Sanford Clinic, 1233 – 34th St. NW, Bemidji • Sanford dietitians, 1233 – 34th St. NW, Bemidji • Sanford fit http://www.sanfordfit.org/ • Beltrami Co. Public Health, 701 Minn. Ave. NW, Bemidji • Bemidji Parks & Recreation Dept., 423 Wilson Ave. SE, Bemidji (parks, playgrounds & organized summer activities)
<p>Child Care resources:</p> <ul style="list-style-type: none"> • Beltrami Co. Child Care Assistance Program, 616 America Ave. NW, Bemidji • Bi-County Head Start, 2529 – 15th St. NW, Bemidji • Leech Lake Head Start, 705 – 5th St. NW, Bemidji <p>Preschools:</p> <ul style="list-style-type: none"> o TLC Preschool, 1141 – 13th Ave. E., Bemidji 	<p>Child Care Resources Cont.:</p> <p>In-Home Group Daycares:</p> <ul style="list-style-type: none"> o Kids Clubhouse, 20th St., Bemidji o Wendy Tisdell, 821 – 3rd St. SE, Bemidji o Connie’s Little Tykes, 47093 – 229th Ave., Bemidji o Marilyn Geller & Angie Anderson, Beltrami Ave. NW, Bemidji

<ul style="list-style-type: none"> o Calvary Lutheran Preschool, 2508 Wash. Ave. SE, Bemidji o First Lutheran Preschool, 900 Bemidji Ave. N., Bemidji o Heartland Christian Academy Preschool, 9914 Heartland Cir. NW, Bemidji o Apple Tree Preschool, 117 Main Ave. E., Bemidji <p>Daycare Centers:</p> <ul style="list-style-type: none"> o Little Rascals Daycare, 127 – 23rd St. NE, Bemidji o Bethel Child Care Center, 5232 Irvine Ave. NW, Bemidji o Kandi Land Learning Academy, 928 Wash. Ave. S., Bemidji o Beginnings, 521 – 32nd Ave. W., Bemidji o Sunny Days, 1330 Augusta Dr. NE, Bemidji o Growing Tree Daycare, 123 – 29th St. NE, Bemidji o Apple Blossom Childcare, 924 Beltrami Ave. NE, Bemidji o Tender Hearts, 824 Roosevelt Rd. SE, Bemidji o Gym Bin, 928 Washington Ave. S., Bemidji o Oak Hills Daycare, 1600 Oak Hills Rd SW, Bemidji o Adventures in Fun, 2415 Pearl Dr. NE, Bemidji o Kim's Kids, 3330 Jackson Ave. SW, Bemidji o Tot Stop, 29345 US 2, Bemidji 	<ul style="list-style-type: none"> o Shannon Anderson & Coralee Meyers, Irvine Ave. NW, Bemidji o Debbie Ammonson, Grant Valley Rd. NW, Bemidji o Monica Arel, Last Road NW, Bemidji o Stacy Black, Spencer Rd. NW, Bemidji o Susan Bushman & Jessica Johnson, Irvine Ave. NW, Bemidji o Linda Caron, Pine Crest Court NW, Bemidji o Kimberly Christofferson, Augusta Dr. NW, Bemidji o Melinda Delaney, 179th Ave., Bemidji o Nicole DuBois, 4964 Grant Valley Rd. NW, Bemidji o Penny Evans, Chad Dr. NW, Bemidji o Dana Fenske, Madison Ave. SW, Bemidji o Jeri Francis, Carr Lk. Rd. SW, Bemidji o Connie Fredrickson, Pine Grove St. SW, Bemidji o Misty Giffen, Jackpine Rd. NW, Bemidji o Sheila Hall, Park Ave. NW, Bemidji o Shawna Hanks, 5th St. SE, Bemidji o Lora Hendricks, Monroe Ave. SW, Bemidji o Sheila M. Hirt, Kay Ave. SW, Bemidji o Rachele Houle, Bixby Ave. NE, Bemidji o Gwenn Hovestol, Oak Hills Rd. SW, Bemidji o Ilene Jacobson, Wild Plum LN NE, Bemidji o Amy Jensen, Valley View Dr., NE, Bemidji o Nichole Kelsey, 16th St. SW, Bemidji o Kayla Koenig, 2nd St. SE, Bemidji
<p>Bullying resources:</p> <ul style="list-style-type: none"> · Beltrami County Sheriff, 613 MN Ave. NW, Bemidji · Bemidji Police, 613 MN Ave. NW, Bemidji · School Counselors, 3300 Gillett Dr. NW, Bemidji <p>Youth Crime resources:</p> <ul style="list-style-type: none"> · Beltrami County Sheriff, 613 Minn. Ave. NW, Bemidji · Bemidji Police, 613 Minn. Ave. NW, Bemidji 	<p>Activities for Youth (other than school/sports activities):</p> <ul style="list-style-type: none"> · Alano Club, 3802 Greenleaf Ave. NW, Bemidji · Boys & Girls Clubs, 1600 Minn. Ave. NW, Bemidji · Boy Scouts, 3877 Stebner Rd., Hermantown · Girl Scouts, 750 Paul Bunyan Dr. NW, Bemidji · 4-H, Beltrami County Extension, 7223 Frontage Rd. NW, Bemidji · Headwaters Science Center, 413 Beltrami Ave. NW, Bemidji · Kinship North Mentoring Program, 622 Mississippi Ave., Bemidji · Headwaters School of Music, 519 MN Ave. NW, Bemidji · Bemidji Public Library, 509 America Ave. NW, Bemidji · Paul Bunyan Playhouse children's activities, 314 Beltrami Ave. NW, Bemidji

Community Safety

Accidents and violence affect health and quality of life in the short and long-term, for those both directly and indirectly affected, and living in unsafe neighborhoods can impact health in a multitude of ways.

While CHNA respondents rated community safety concerns as good (average score=3.06), the average safety score for Bemidji was the lowest among similar markets served by Sanford. When asked why they rated community safety as they did, respondents cited the high, and rising rate of crime. CHR data indicate that the rates of violent crime (218 per 100,000 people), firearm fatalities (12.7 per 100,000 people), injury deaths (88 per 100,000 people), and juvenile arrests (41 per 1,000 youth) in the Bemidji area are higher than the average for the comparison group of similar markets.

During the stakeholder meeting, it was discussed that while community safety is an important issue it is not a top priority of Sanford within the Community Health Needs Assessment as other facilities are addressing the need and are more effectively positioned with resources and competencies to impact change.

Local Asset Mapping	
<p>Substance Abuse Resources:</p> <ul style="list-style-type: none"> • Bemidji Area Program for Recovery, 403 – 4th St. NW, Bemidji • AA program, 218-536-9008 • NA program, 2508 Wash. Ave. SE, Bemidji • Oshki Manidoo Center, 1741 – 15th St. NW, Bemidji • Restore House, 1001 Mississippi Ave. NW, Bemidji • Face It Together, 408 Beltrami Ave. NW, Bemidji • Alano Club, 3802 Greenleaf Ave. NW, Bemidji • Park Place (housing for those with substance abuse/mental health issues), 600 – 3rd St. NW, Bemidji <p>Drug Take Back Programs:</p> <ul style="list-style-type: none"> • Beltrami Co. Sheriff, 613 MN Ave. NW, Bemidji 	<p>Child Abuse/Neglect resources:</p> <ul style="list-style-type: none"> • Beltrami County Sheriff, 613 Minn. Ave. NW, Bemidji • Bemidji Police, 613 Minn. Ave. NW, Bemidji • Beltrami County Child Protection, 616 America Ave. NW, Bemidji • Sanford Children’s Mobile Crisis Team, 800-422-0045 • Native American Youth Hotline – 800- 273-8255 <p>Street Drugs/Drug Dealers/Criminal Activity/Sex Trafficking/Gang Activity resources:</p> <ul style="list-style-type: none"> • Beltrami County Sheriff, 613 Minn. Ave. NW, Bemidji • Bemidji Police, 613 Minn. Ave. NW, Bemidji
<p>Domestic Violence Resources:</p> <ul style="list-style-type: none"> • Beltrami County Sheriff, 613 Minn. Ave. NW, Bemidji • Bemidji Police, 613 Minn. Ave. NW, Bemidji • Northwoods Coalition for Family Safety, PO Box 563, Bemidji • Peacemaker Resources, 2301 Johanneson Dr. N., Bemidji • Support Within Reach Sexual Violence Resource Center, 403 – 4th St. NW, Bemidji • Family Advocacy Center of Northern MN, 800 Bemidji Ave. N., Bemidji • House of Hospitality/Village of Hope homeless shelter, 525 Miss. Ave. NW, Bemidji 	<p>Domestic Violence Resources cont.:</p> <ul style="list-style-type: none"> • Nokomagiis Program for Tribal Elders & Children, 1819 Bemidji Ave. N., Bemidji • Sexual Assault Program of Beltrami, Cass & Hubbard Co., 403 – 4th St. NW, Bemidji • Domestic Violence Hotline – 800-799- 7233 • Support Within Reach, 403 – 4th St. NW, Bemidji • Leech Lake Family Violence Program for Ojibwe, 190 Sailstar Dr. NW, Cass Lake • Equay Wiigamig Women’s Shelter – PO Box 909, Red Lake

Sanford Area of Focus

The significant health needs noted above were brought forward as topics of discussion at the local stakeholder meeting, which brought together 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. List of attendees thanked in the introduction.

Stakeholders discussed the health needs and 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; none were brought forward. The implementation plan will focus on the following items:

1. Access to quality and timely health care related to mental health and substance abuse.
2. Focus on healthy living to include assessment and treatment of chronic health issues, levels of physical activity and food insecurity.

IMPLEMENTATION PLAN

Priority 1: Access to Health Care: Mental Health

Access to quality and timely health care related to mental health and substance abuse.

Current Activities around access to health care

The first priority encompasses strategies to address two significant health needs noted in the Community Health Needs Assessment: access to health care and mental health.

Outreach to communities has grown to 9 different communities in the region in addition to leveraging specialists from Fargo who come to Bemidji. Of these locations there are more than 14 different Bemidji specialists that outreach. Sanford continues recruitment for specialists focusing currently on cardiology, dermatology, oncology, urology, orthopedics, and neurology.

Understanding patient experience is of high importance to Sanford. Patient feedback is collected through two survey processes. The first is a paper CAHPS survey completed by mail in which the patient has 42 days to respond from their encounter date. The second is a real-time survey conducted by email or an interactive voice phone call. In this case, the patient has two weeks from the encounter date to respond.

Current Activities around access to mental health care

Sanford Bemidji is committed to the mental health of our regional population by implementing a best practices model recommended by the Substance Abuse and Mental Health Services Administration (SAMHSA), the federal gold standard for community behavioral health services. The implementation of this new model will increase access to quality services. Development of these new services includes a crisis center facility which houses inpatient psychiatric hospital beds and emPATH unit. We are treating the needs of our most acute population, further addressing the importance for our patients to stay in the community in which they and their families live.

A residential withdrawal management (detox) unit is scheduled to be operational early 2023. As Sanford transitions to Certified Community Behavioral Health Clinic (CCBHC) status, coordination of care between withdrawal management, Medicated Assisted Treatment (MAT), and outpatient substance use and/or dual disorder treatment providers will significantly increase access to timely and quality care.

Sanford Health is committed to working with the schools to provide culturally sensitive, age appropriate and family-oriented prevention programs to create and give children a healthy start in life. Sanford Health will build upon current relationships with area schools to identify in-school and/or telehealth programs and services that will augment and support healthy learning, emotional and behavioral development. Sanford offers financial support for Bemidji Area Service Collaborative and Peacemaker Resources so that social and emotional learning curriculum could be implemented in all K-3 classrooms in ISD.

Mobile crisis response services are offered to all children 24/7. The crisis services are provided as needed in all school locations. Children's Therapeutic Services and Supports (CTSS) services will be expanded beyond schools to include in-home services to support families. Additional supports to area schools will be provided through Sanford's new pediatric Psychiatrist.

Projected Impact

Upon completion of the action plan, the Community would see additional behavioral health providers, programs, improved access and alternate ways to engage with behavioral health providers.

Goal 1: Develop a fully integrated Behavioral Health System, resulting in increased access and quality care and become a Certified Community Behavioral Health Clinic (CCBHC).

Actions/Tactics	Measurable Outcomes & Timeline	Resources to be Committed	Leadership	Note any community partnerships and collaborations – if applicable
Transition to CCBHC that provides increase access to BH care and navigates patients through the continuum.	July 2023 Increased Behavioral Health access and quality outcomes. Increased patient volumes.	Mental Health professionals Program Developer	Renee Axtman/James Coughenour	
Develop a grow your own program to ensure there is a pipeline of mental health professionals and providers to deliver care	June 2023 Number of mental health providers and appointments in the region	Licensed preceptors, scholarships, recruitment and retention staff and resources	Renee Axtman, Megan Steigauf	Oak Hills, BSU, other community behavioral health entities.
Acquisition of A Better Connection, a community mental health center located in Park Rapids.	January 2022 Increased access to care by 10% to Hubbard County	BH leadership	Renee Axtma, James Coughenour	
Sanford Health is a new partner of Heartland Lakes Development Commission which covers Hubbard County and is based out of Park Rapids. Heartland Lakes Development is working on developing a strategy to increase supportive housing in Park Rapids, and expand BH services in the Park Rapids area	Will meet with Heartland Lakes Development Executive Director quarterly to discuss updates on their supportive housing project and how it aligns with expansion of BH services	TBD- this goal is in the development stages	Kayla Winkler and Jay Coughenour	

Goal 2: Increase access to urgent and emergent behavioral health services for community members in behavioral health crisis.

Actions/Tactics	Measurable Outcomes & Timeline	Resources to be Committed	Leadership	Note any community partnerships and collaborations – if applicable
Open the Behavioral Health Crisis Center that includes EmPath to service children, adolescents and adults and adult inpatient psychiatric beds	December 2022 Increased access to higher level of psychiatric care and decrease the number of crisis patients in the Emergency Department	New crisis BH building, BH staff	Renee Axtman/James Coughenour, Paul Nistler, Ashlea McMartin	Beltrami county and all others like below in detox line

Goal 3: Increase access to culturally sensitive substance abuse prevention and treatment.

Actions/Tactics	Measurable Outcomes & Timeline	Resources to be Committed	Leadership	Note any community partnerships and collaborations – if applicable
Expand cultural sensitivity prevention and treatment options for substance use disorders.	Ongoing Decreased substance abuse among target populations	BH professionals,	Renee Axtman, James Coughenour	Work with Red Lake and Case Lake IHS, and Beltrami County
Develop an in-home child therapy program to connect home and school therapy for elementary aged children.	Fall 2022 Increased in-home therapy volumes	CTSS staff	James Coughenour, Renee Axtman	Bemidji School System
Open the residential withdrawal management (detox) unit.	Number of patients served in the detox unit.	BH staff and leadership	Renee Axtman, James Coughenour, Paul Nistler, Vicki Roff	Beltrami County, Beltrami County child and adult Collaboratives, Region II MH Initiative, MN

				Assoc of Resources for Recovery and Chem Health (MAARCH), MN Assoc of Community MH Programs (MACMHP)
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Goal 4: Increase access to children’s behavioral health services.

Actions/Tactics	Measurable Outcomes & Timeline	Resources to be Committed	Leadership	Note any community partnerships and collaborations - if applicable
Expansion of Children’s Therapeutic Services and Supports (CTSS) by Developing an in-home child supports program for elementary aged children to provide more comprehensive services to families including the addition of a child psychiatrist.	Fall 2022 Increased CTSS services including in-home supports and psychiatry volumes by 10%	CTSS staff and child psychiatrist	James Coughenour, Renee Axtman	Bemidji School System, Beltrami Area Service Collaborative (BASC)

Priority 2: Healthy Living

Focus on healthy living to include assessment and treatment of chronic health issues, levels of physical activity and food insecurity.

Current Activities

Sanford Health provides funding to ISD # 31 and the United Way of Bemidji Area to support the No Child Hungry Initiative. This initiative includes financial support of ISD 31’s Angel Fund, which covers the unpaid meal balance for the district. By paying this balance, it allows ISD #31 to continue to provide all children breakfast and lunch regardless of the family’s ability to pay. No Child Hungry also provides funding to the United Way of Bemidji Area Backpack Buddies Food Pack program. This program sends food packs home with children over the weekend and serves 400+ kids within ISD 31. In 2020, we provided additional funding which supported expanding this program to the Bi-Cap Head Start, the Blackduck School District, and the Kelliher School District.

Sanford is also moving forward a Wellness Center project in collaboration with a local developer and the City of Bemidji. The Center would house a fitness facility, community and educational space, a multi-purpose area for indoor sports, and aquatics area and ice rinks. The project is in the planning stage, with site analysis and feasibility studies being conducted.

Projected Impact

Upon completion of the action plan, the Community would see an impact in options and assistance for healthy living.

Goal 1: Assessment and treatment of chronic health issues

Actions/Tactics	Measurable Outcomes & Timeline	Resources to be Committed	Leadership	Note any community partnerships and collaborations - if applicable
<p>Depression Screening at all routine primary care patient visits</p>	<p>Ongoing Greater screening volumes. Ensure screening is done consistently with goal being 95%-- Screening for Depression and Follow up plan</p> <p>Depression remission should follow if identification done and follow up plan in place. Metric to monitor will include Depression remission rate with a goal of 48.4%</p>	<p>Primary care providers and physicians, IHT's</p>	<p>Amy Magnuson, Rob Belanger</p>	
<p>Remission Follow up and Referral for Diabetes</p>	<p>Standard daily work development that optimally addresses Diabetes.</p> <p>Referrals to Better Choices, Better Health Chronic Disease</p>	<p>Primary care providers and physicians, IHT's</p>	<p>Amy Magnuson and Rob Belanger</p>	

	<p>workshops for patients—either chronic disease or diabetes specific to help address lifestyle and behavioral modifications</p> <p>Metrics to track include Diabetes: A1c poor control (>9%) with a goal of 23.5% or less</p> <p>Number of referrals to workshops, workshops held, and participants in workshops for Better Choices, Better Health.</p>			
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Goal 2: Levels of physical activity

Actions/Tactics	Measurable Outcomes & Timeline	Resources to be Committed	Leadership	Note any community partnerships and collaborations – if applicable
Levels of physical activity	Over the next 18 months, introduce to either the Boys and Girls Club of Bemidji or a Bemidji elementary school in person instruction to all teachers in the school for Sanford	Staff from Sanford Wellness, Sanford Children, and Sanford Community Relations will work closely with either the Boys and Girls Club of	Brad Neis, Tanya Engesether, and Matt Morris	Area schools or Boys and Girls Club of Bemidji

	Fit. Sanford Fit is an online health activation program to help children and parents make healthy choices that help prevent childhood obesity.	Bemidji, or a Bemidji elementary school.		
Wellness Center	Planning and groundbreaking of a wellness center	Capital and programming	Susan Jarvis	City of Bemidji, Greater Bemidji, and Bemidji Alliance

Goal 3: Food insecurity

Actions/Tactics	Measurable Outcomes & Timeline	Resources to be Committed	Leadership	Note any community partnerships and collaborations – if applicable
Food Insecurity: Open a food pantry within our pediatric department and provide any family that shows signs of food insecurity a food pack to take home with approx. 20 pounds of food.	One year pilot project. Number of meals and/or participants. One year pilot project. We will track pounds of food distributed throughout our pediatrics clinic over the course of one year and re-asses a measurable outcome after our pilot concludes	Food pantry & food supply	Kayla Winkler, Lisa Johnson	United Way, North Country Food Bank
Continue exploring partnerships with schools to ensure kids receive hot meals at school even if they	Continuous	Financial	Kayla Winkler	School District, United Way, North Country Food Bank

don't have the funds to pay for them				
Explore bringing mobile food drops to rural communities or other support opportunities	Rural utilization numbers for the program. Number of meals distributed Launch 1-2 mobile food drops per month into communities who would not otherwise have access Walker, Blackduck, Kelliher	Financial Staff Hours	Kayla Winkler	North Country Food Bank
Continue support of all organizations providing food to those in need included (but not limited to) the Community Table, Ruby's Pantry, North	Immediate	Financial	Kayla Winkler	North Country Food Bank United Way
Work with our Go-Green Committee and identify a location to support and start a Community Garden in an area that is easily accessible for those with transportation barriers	2 years- 1st year: identify location and start the process of logistic planning including a water source, fencing, and getting the ground/soil ready. 2nd year: Early spring- Host community garden/plant day- provide seeds and tools for the community to plant the fruits and vegetables of	Go-Green Committee, Facilities team	Brian Smith	City of Bemidji

	their choice in their plot. Desired outcome is that those who plant the seeds will maintain their garden plot throughout the summer.			
Work with the United Way to identify areas of possible expansion within our Sanford footprint for the Backpack Buddies Food Pack program	Identify & implement 1-2 additional locations to fund a food pack program and implement the program for school year 2022-2023	Financial & staff hours	Kayla Winkler	United Way of Bemidji Area, additional partners TBD

Goal 4: Expand support of Hubbard County and Park Rapids through local community partners and focus on the issues of healthy lifestyles, behavioral health, affordable housing, and workforce development.

Needs Not Addressed

Needs identified during the CHNA process—as referenced in the Community Health Needs Assessment Report above—that are not addressed as a significant need for the purpose of this process:

Employment and Income: Sanford is addressing the need through numerous activities, including continued work with the Bemidji High School Career Academies, Bemidji State University and Northwest Technical College to support and sponsor health occupations. In addition, Sanford has invested in multiple medical career advancement opportunities including MedCerts partnership, creation of surgical technologist and respiratory therapy sponsorships, and commitment to the Pipeline grant, Sanford Cares partnership regarding LPN/CNA scholarships, and scholarships including Mimi Diffley and Heart of Tomorrow. Sanford continues to support local community economic development initiatives and financially supports numerous organizations listed in the asset map above to advance their respective organizational goals. Employment and income is not included in the Implementation Plan as the stakeholder group determined that other organizations are addressing the need and the lower priority compared to other areas for purposes of the Community Health Needs Assessment.

Access to Affordable Health Care: Access to affordable health care is not included in the Implementation Plan as it was deemed a lower priority compared to others for purposes of the Community Health Needs Assessment. Sanford recently completed the donation of 16 acres of land to the State of Minnesota for a new Veterans Long Term Care facility to be built. Sanford supports the homeless community by paying for a full-time nurse at Park Place. Over the past three years, Sanford provided \$18 million in local charity care. Being a covered entity of the 340B

program Sanford Bemidji passes on 340B drug savings to patients who have financial needs to an average of \$125,000 per year. Sanford has financial assistance programs available to patients and continues to promote services offered by the organization and government-sponsored programs.

Sanford Health supports the Family Advocacy Center of Northern Minnesota which is the only medical-model assessment center that currently exists in this region of the state, supporting 14 counties and over 400 children per year. They serve the needs of children who have been sexually or physically abused, as well as adult sexual assault and domestic violence victims. Sanford Health provides dedicated office & exam space for this program, as well as a full time NP who works on the investigations.

Screening for financial insecurities and other social determinants of health are part of the assessment/intake process for care management inpatient, ambulatory, Certified Community Behavioral Health Clinic (CCBHC), and other community settings. Based on the screening, interventions such as helping patients apply for private insurance, medical assistance, disability long term care funding are completed. Patients who are non or underinsured and unable to afford housing, utilities, food, medications, equipment, or other services, these patients will be connected to assistance programs, community resources or other charity programs for an acute and long-term solution. We employ ambulatory RN Care Managers, Social Workers, Integrated Health Therapists, Community RN Care Managers, Community Health Workers, Care Coordinators, Shelter Nurses (Park Place) to name a few, who do this as part of their role. Case Management works with several organizations internally and externally to resolve barriers to accessing health care due to financial burdens. Sanford Health collaborates with community organizations (United Way, Community Resource Connection, Beltrami County, Northwest Minnesota Foundation) to raise up system barriers, work on common solutions impacting the communities we serve.

Affordable Housing: Affordable housing is not included in the Implementation Plan as the stakeholder group determined other organizations, including those listed in the asset map, are addressing the need, and the need is a lower priority compared to others for purposes of the Community Health Needs Assessment. Sanford is addressing the need through a number of ways, including, but not limited to the following. Sanford Health was awarded a grant and have hired navigators to connect individuals at-risk of homelessness or homeless individuals and families to current community housing and resources to help them achieve stability. Sanford also donated the 15th street building to the Nameless Coalition. Affordable housing information collected as part of the Community Health Needs Assessment program will be shared with government and non-profit organizations.

Public Transportation: Public transportation is not included in the Implementation Plan as the stakeholder group determined that other organizations are addressing the need and the lower priority compared to other areas. As an organization, Sanford Bemidji is addressing the need by sharing Community Health Needs Assessment survey information with local transportation partners as appropriate and continuing to support patients by arrange rides to health care appointments when possible.

Sanford Bemidji was awarded a \$3.6 million grant from HRSA focused on decreasing barriers in a rural area to obstetrical care services. A portion of funding will be used to support a patient transport van covering van purchase, maintenance, and driver FTE for the duration of the grant, four years. Behavioral Health provides mobile crisis transportation to support individuals in crisis and for transportation of individuals from the ER to inpatient and residential placements. Sanford

also provides a driver to support outpatient transportation needs for patients in the MAT, ARMHS, Outpatient therapy, CTSS and housing programs.

Work in collaboration with community resources to develop additional transportation for patients needing to get to their health care appointments. In an effort to assist with behavioral health patients, Sanford has entered into a partnership with Beltrami County and the Sheriff's Department. Individuals requiring inpatient hospitalization in other parts of the state are transported through secure transportation provided by Sanford Behavior Health. Patients requiring transportation to and from appointments, in an effort to support their wellness, are taken to and from their appointments. Sanford will coordinate with Headwaters Regional Development Corporation as they lead a Bemidji Community Transportation discussion.

Child Care Quality: Childcare is not included in the Implementation Plan as the stakeholder group determined that the need and the lower priority compared to other areas for purposes of the Community Health Needs Assessment. Sanford is engaged with Greater Bemidji along with several larger employers in the area to determine a way to co-op or collaborate to support this need. Sanford Health will be collaborating with several other large employers as part of a community daycare initiative to discuss creative strategy around daycare needs.

Community Safety: Community safety is not included in the Implementation Plan as other facilities are addressing the need and are more effectively positioned with resources and competencies to impact change. Sanford will continue to address the need through support and collaboration with the Ridgeway Neighborhood Initiative and financial support of the Boys & Girls Club to provide a safe place for children. The Mobile Crisis team collaborates with the Bemidji Police Department and Beltrami County Sheriff's Office in addressing calls for assistance for individuals experiencing a mental health crisis.

EVALUATION OF 2019-2021 CHNA

Goal 1: Economic Well-Being

Every year Sanford provides donations and sponsorship to area groups, including – but not limited to Evergreen Youth & Family Services, Boys & Girls Club, Bemidji Food Shelf, Habitat for Humanity, Battered Women's Shelter, Blue Ox Marathon, Headwater Science Center, Bemidji State University, Bemidji Independent School District 31, Area Arts Endowment, American Indian Resource Center, American Red Cross, Lake Bemidji Dragon Boat Festival, Bemidji Symphony, Boys and Girl Scouts, Family Advocacy Center, United Way, Northwest Technical College, St. Philips, several Youth sports clubs, Bemidji Lumberjack Athletics, Peacemaker Resources, Paul Bunyan Playhouse, Bemidji Community Theater, and many other organizations.

Sanford Bemidji continued to develop the Sanford Health Kids Initiative to address programmatic opportunities and partnerships for at-risk youth.

While we are blessed to live in wonderful communities surrounded by beautiful natural resources, a staggering one in five local children do not get enough to eat. Sanford Health, Bemidji Independent School District 31 and United Way of Bemidji took steps in 2019 to change that fact. The three organizations worked together through a public-private partnership to create a new program called No Hungry Kids. As part this program Sanford Health made a \$405,000 commitment over the five years to ensure that no student goes hungry. The initiative expanded the United Way's Backpack Buddies program and fully funded the schools Angel fund covering the debt of students who lacked the resources to pay for school lunch and were not eligible free or reduced cost lunches. Employees and departments throughout the year participated in packaging food for this program. As a result of the partnership the United Way was able to

expand the program to all elementary schools in the district, coordinate a summer program with the Boys & Girls Club, and initiate a “pantry” program at the Bemidji High School, Northwest Technical College & Bemidji State University. In March of 2020, as part of the COVID-19 Community response, we partnered again with the United Way and funded and expanded No Hungry Kids to Blackduck, Kelliher & Red Lake.

In September of 2020, Sanford Bemidji funded the Backpack Buddies- Back to School Supply Drive which provided backpacks that included the necessary school supplies to over 200 kids in need. This project was a combination of staff donations of school supplies and Sanford Health paying for the supplies. Staff spent the afternoon preparing and packing the backpacks.

Through the Sanford Healthy Kids Initiative, the organization also launched a program in the Children's Clinic called Reach Out and Read to specifically address literacy. The program provides every child at their 6 months through 5 years old wellness check-up a new developmentally appropriate children's book to take home and keep. In addition, doctors and nurses will speak with parents about the importance of reading aloud to their young child every day while they are in the exam room. Sanford Bemidji also coordinated a reach out and read program with an area elementary school where staff came to the classroom once a month for the school year to read to children and talk about their job and importance of literacy. This in-school program has been on a temporary pause due to COVID-19 and visitor restrictions within the schools but is expected to start again in fall of 2021.

Sanford Health was able to help in the expansion of Social Emotional Learning skills by partnering with Peacemaker Resources, Bemidji Area Service Collaborative (BASK) and Bemidji Area Schools. The expansion ensured that all ISD 31 Kindergarten and first grade teachers and classes received both training and classroom time for the 2018-2019 school year. The program expanded to fund all K-3 teachers and classrooms for the 2019-2020 school year. Social Emotional Learning teaches students important skills of positive decision-making, listening, self, control, identifying feelings, empathy, communication, positive self-talk, and gratitude.

Over the past year Sanford Bemidji played an active role in positioning the Bemidji community for enhanced economic growth and development. We have strategically been part of partnerships to align Greater Bemidji, the Bemidji Chamber of Commerce, Downtown Business Alliance, and Visit Bemidji and played a role in sponsoring the Bemidji 2030 visioning process.

Sanford Bemidji continues to meet entrepreneurs and business developers who have an interest in relocating to Bemidji to discuss how Sanford Health can help- whether it is providing land or space for a building or simply to just welcome them to Bemidji while they are on a community site visit.

In early 2021, Sanford started to take an active role in our engagement with the Ridgeway Neighborhood Initiative, a partnership with the local Rotary club. The mission of this group is to reduce crime and violence at the various apartment buildings within the neighborhood. The RNI Committee is leasing an apartment (funded by Sanford Health) as our Rotary Resource Room where resources, classes, and training to the Ridgeway tenants will be offered.

Sanford Health was also recently the local title sponsor of Hockey Day in Minnesota, Bemidji, which was televised throughout the state and nationally. It showcased our community and community members. Locally, over 13,200 people attended the event, making it the largest attended event in Bemidji.

Goal 2: Mental Health and Substance Abuse

PrimeWest Residential Treatment Center was completed during July 2019. This 6,800 square-foot, 14-bed center includes five beds for crisis residential stabilization providing short-term individualized mental health services for patients who would otherwise be at risk of hospitalization if they did not receive these services. The facility also includes five beds for intensive residential treatment services (IRTS) assisting patients in need of more focused structure and care who would be at risk of significant functional deterioration. Amid state restructuring of Withdrawal Management Services, the detox portion of the program has been put on hold. Since opening, the center has served 21 individuals for a combined 991 service days.

Sanford's First Steps to Healthy Families program offers intensive case management to families who are impacted by substance abuse. This program is available to parents, guardians, and support individuals to families who have children who are 5 years of age and under that actively have a substance use disorder or a history of addiction. Services are provided in partnership with Beltrami County to identify barriers that patient's encounter that would impact ability to be successful with their sobriety. Care coordination with community agencies and treatment programs work to eliminate barriers that are present. This program is closely integrated with Sanford's Medication Assisted Therapy clinic at 1611 who offers treatment services to all adults who have an opioid use disorder.

Sanford Bemidji is working with local partners to explore the possibility of partnership to open a day center for the local homeless community. In this partnership, Sanford would donate the former Upper Mississippi Mental Health Clinic located on 15th street to a community partner and they would then convert the building to a day center for our homeless community.

Sanford received a \$3.9 million, 2-year grant from SAMHSA to expand behavioral health services. The grant will allow for Behavioral Health to be fully integrated into Sanford Bemidji Medical Center using the Certified Community Behavioral Health Clinic (CCBHC) model. The CCBHC Model treats the whole person and allows for a seamless provision of healthcare. No one will be refused services based on their inability to pay. Through our granting application it is determined that we meet the criteria to be a CCBHC but are not certified. Improving access to all CCBHC required services will allow for improved coordination of care, the ability to have local service supports and family support, and the ability to help patients move to each level of care with the support they need. Behavioral Health has all the components of what is required however the access of services and the coordination and navigation of the individuals through the continuum will be our greatest improvements. This grant funding will currently offset some of our existing overhead and services as well as fund coverage for the Medicaid, under insured and uninsured populations.

Sanford was recently awarded a grant in the amount of \$400,000 from the state of Minnesota. This grant will help provide homelessness prevention and rapid re-housing.

Expansion of our behavioral health services in secondary markets is currently in the exploratory phases.

The medication assisted therapy (MAT) program expanded to include adult men and women needing ongoing medication as an alternative to illegal substance abuse. This program continues to grow the number of participants, as the demand for opioid addiction therapy is significant in our community. As the numbers seeking treatment has grown, the program has added medical providers, nursing staff and counselors to support this growth.

A Licensed Alcohol and Drug Counselor (LADC) has been co-located with the MAT Clinic. Outpatient treatment in both individual and group modalities are being provided for existing

and new MAT patients. Additional providers have received certification. One Psychiatrist and three Advanced Practice Nurses are currently certified to provide Medication Assisted Therapy.

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/contact-us>.

APPENDIX

Survey Responses

Survey responses are available through an online dashboard at <https://www.sanfordhealth.org/about/community-health-needs-assessment>

Expanded Demographics¹

With a population of 47,188 and 21,491 and similar growth rates Beltrami & Hubbard County account for just over 1% of Minnesota's population. The counties have a smaller population density than the state. Age demographics are very similar between Beltrami County and Minnesota as a whole, and Hubbard count is generally older than both. Beltrami County has a higher American Indian population 22.2% compared to the state's 1.4%, and Hubbard County has a higher proportion of White Alone than the state average.

The counties' median home value significantly less than the median home value of the state, and residents of Beltrami County make 68.9% of the state median income. While Hubbard County residents earn closer to the state median at \$57,709 their labor force participation rate is comparatively low. The counties also have a significantly smaller frequency computer ownership or internet access, and similar high school graduation rates, but less go on to achieve secondary education. Residents of the counties have higher levels of poverty, uninsured, and disability than the state.

	Hubbard County, MN	Beltrami County, MN	Minnesota
Population estimates, July 1, 2019, (V2019)	21,491	47,188	5,639,632
Population estimates base, April 1, 2010, (V2019)	20,427	44,443	5,303,927
Population, percent change - April 1, 2010 (estimates base) to July 1, 2019, (V2019)	5.2%	6.2%	6.3%
Population per square mile, 2010	22.1	17.7	66.6
Persons under 5 years, percent	5.3%	6.9%	6.2%
Persons under 18 years, percent	21.2%	25.1%	23.1%
Persons 65 years and over, percent	25.2%	16.5%	16.3%
White alone, percent	93.8%	72.9%	83.8%
Black or African American alone, percent	0.5%	0.9%	7.0%
American Indian and Alaska Native alone, percent	2.9%	22.2%	1.4%
Asian alone, percent	0.6%	0.8%	5.2%
Native Hawaiian and Other Pacific Islander alone, percent	0.1%	0.1%	0.1%
Two or More Races, percent	2.1%	3.3%	2.6%
Hispanic or Latino, percent	2.4%	2.6%	5.6%
White alone, not Hispanic or Latino, percent	92.3%	71.7%	79.1%

¹ <https://www.census.gov/quickfacts>

Median value of owner-occupied housing units, 2015-2019	\$193,600	\$162,600	\$223,900
Median gross rent, 2015-2019	\$696	\$765	\$977
Households with a computer, percent, 2015-2019	88.8%	87.4%	91.6%
Households with a broadband Internet subscription, percent, 2015-2019	79.9%	79.7%	84.8%
High school graduate or higher, percent of persons age 25 years+, 2015-2019	93.0%	92.1%	93.1%
Bachelor's degree or higher, percent of persons age 25 years+, 2015-2019	27.4%	29.2%	36.1%
With a disability, under age 65 years, percent, 2015-2019	9.9%	10.1%	7.3%
Persons without health insurance, under age 65 years, percent	7.7%	10.3%	5.8%
In civilian labor force, total, percent of population age 16 years+, 2015-2019	57.9%	63.5%	69.6%
Median household income (in 2019 dollars), 2015-2019	\$56,709	\$49,160	\$71,306
Per capita income in past 12 months (in 2019 dollars), 2015-2019	\$29,896	\$25,418	\$37,625
Persons in poverty, percent	11.2%	16.3%	9.0%
Total employer establishments, 2019	594	1,212	151,495
Total employment, 2019	4,709	15,425	2,729,420

CHNA Survey Questionnaire

The survey tool was delivered online via Qualtrics. The survey questions are presented below as a reference.

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?

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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 (Ophthalmology, Optometry) | <input type="radio"/> Other (please specify): |
| <input type="radio"/> Family Medicine / Primary Care | |
| <input type="radio"/> General Surgery | |

YOUR HEALTH CARE USAGE

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

- Yes
- No

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

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

Other (please specify)

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 biological sex?

- Male Female

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

- Yes No

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?

- | | |
|--|---------------------------------|
| <input type="radio"/> Married | <input type="radio"/> Divorced |
| <input type="radio"/> Single, never married | <input type="radio"/> Widowed |
| <input type="radio"/> Unmarried couple living together | <input type="radio"/> 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.