

Community Health Needs Assessment

CHI St. Joseph's Health – Park Rapids, MN
2025



Adopted May, 2025

Community Health Needs Assessment

Our Mission

The hospital's dedication to engaging with the community, assessing priority needs, and helping to address them with community health program activities is in keeping with its mission. As CommonSpirit Health, we make the healing presence of God known in our world by improving the health of the people we serve, especially those who are vulnerable, while we advance social justice for all.

Living Our Mission

The purpose of this community health needs assessment (CHNA) is to identify and prioritize significant health needs of the community served by CHI St. Joseph's Health. The priorities identified in this report help to guide the hospital's community health improvement programs and community benefit activities, as well as its collaborative efforts with other organizations that share a mission to improve health. This CHNA report meets requirements of the Patient Protection and Affordable Care Act that not-for-profit hospitals conduct a community health needs assessment at least once every three years.

Collaborators: This CHNA was completed by CHI St. Joseph's Community Health, which serves as the contracted public health agency for Hubbard County, Minnesota. The Community Health Needs Assessment survey conducted by the North Country Community Health Board (including the counties of Hubbard, Clearwater, and Lake of the Woods) was completed in October of 2023, with data collected by Evaluation Group, LLC. Healthy Hubbard County 2030, our public health advisory board, as well as the CHI St. Joseph's Community Benefit committee, provided oversight throughout the process.

Community Definition: The information gathered in this community-based needs assessment is for Hubbard County, Minnesota. This geographic area was determined by reviewing the service area population with emphasis on the underserved, at-risk populations. Hubbard County includes its county seat, Park Rapids, a city of 3,000 residents. CHI St. Joseph's serves this city and essentially all of the surrounding rural areas of Hubbard County and portions of Wadena, Cass, and Becker counties.

Assessment Process and Methods: The process used to conduct the assessment included the collection and analysis of primary and secondary data; the receiving of community input; and the prioritization of community health needs. Data reviewed was from the Minnesota Department of Health, the 2025 University of Wisconsin County Health Rankings, the Minnesota Department of Traffic Safety, the Minnesota Department of Human Services, the Minnesota Student Survey, and the Minnesota Department of Employment and Economic Development. Project partners included the CHI St. Joseph's Community Benefit Committee and the Healthy

Hubbard County 2030 advisory board. CHI St. Joseph's Community Health, which provides Public Health services for the county, provided oversight.

Process and Criteria to Identify and Prioritize Significant Health Needs: In late 2023, an online survey was offered to residents of the hospital service area as part of the larger North Country Community Health Board survey.

- Survey Respondent Demographics: Two hundred forty responses were received answering questions regarding health status as well as community needs.
 - 37% of respondents were male, 63% female
 - The age group most represented in the survey was 35-54 year olds
 - Over one third of the respondents had annual household incomes over \$100,000
 - 84% of respondents were white/caucasian, 18% were minority/non-white groups.

In January 2025, a focus group was held with fourteen local providers, whose names and affiliated organizations are listed on page 53 of this report. They provided their thoughts on the greatest health needs of our vulnerable populations, resources and assets available to respond to the needs, and the perceived barriers that prevent those most in need from accessing services.

To ensure input from persons with broad knowledge of the community, we convened the community coalition Healthy Hubbard County 2030 to assist with the prioritization process. The group reviewed the survey results, the focus group results, and the complete Community Health Needs Assessment data on April 9th, 2025, and confirmed the following list of significant Community Health Needs as identified by the focus group participants.

Community Health Needs as identified by the focus group participants were:

- Childcare
- Dental
- Mental Health
- Senior Care
- Transportation

Community Health Needs as identified by the Community Survey were::

- Affordable Housing
- Aging populations
- Daycare
- Infectious Diseases
- Limited Health Care Providers
- Low Income/Poverty
- Mental Health
- Parenting Resources
- Sedentary Lifestyle/Obesity

- Substance Abuse
- Transition of Care
- Transportation
- Underemployment

The CHI St. Joseph's Health Community Benefit Team met on April 10th, 2025 and prioritized the identified significant health needs according to the seriousness of the issue, and whether the health needs particularly affected persons living in poverty or reflected health disparities, and based on the hospital's ability to affect change.

1. **Mental Health**
2. **Opportunities for Healthy Living**
3. **Substance Abuse**
4. ***Transportation***
5. ***Childcare***

Resources potentially available:

The focus group identified many resources already available in the community to address these needs. These include but are not limited to:

- Local hospitals and clinics
- Living at Home with a caregiver support program, and an adult day center.
- Memory Care facilities.
- Mahube Childcare center, which includes headstart, a childcare center with scholarships available, and a friends and family program which provides payment to family or friends providing childcare.
- Community Health Programs, including WIC, Family Home Visiting, and Case Management
- Three school districts
- YESS Youth Emergency Shelter and the Akeley Women's Emergency Shelter
- Weight Management Center
- Substance Abuse Facility (Pine Manor)
- Mental health providers, including Stellher Mental Health which has a crisis team that goes into schools and homes to see children in crisis and offers stabilization services.

Report Adoption, Availability, and Comments: This CHNA was adopted by the CHI St. Joseph's Health Board in May of 2025. This report is widely available to the public on the hospital's website, and a paper copy is available for inspection upon request at CHI St. Joseph's Health Community Health office. Written comments on this report can be submitted to the CHI ST. Joseph's Health Community Health office, 600 Pleasant Ave, Park Rapids, MN 56470, electronically at: <https://forms.gle/KGRq62swNdQyAehX8> or by email to marlee.morrison@commonspirit.org.

CHI St. Joseph's Health invited written comments on the most recent CHNA report and Implementation Strategy both in the documents on and on the website where they have been widely available to the public. No written comments have been received.

The implementation strategy will be available by November of 2025.

Introduction

Hubbard County, Minnesota is a great place to live, as Minnesotans are on average among the healthiest people in the nation. Our lakes, fields, forest, and rivers provide a beautiful backdrop for every day activities.

This document presents an assessment of health in Hubbard County. Health is defined by the World Health Organization as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” To reflect this understanding of health, this Community Health Assessment discusses a wide array of indicators and information; including the conditions and factors that affect health and the indicators of health status.

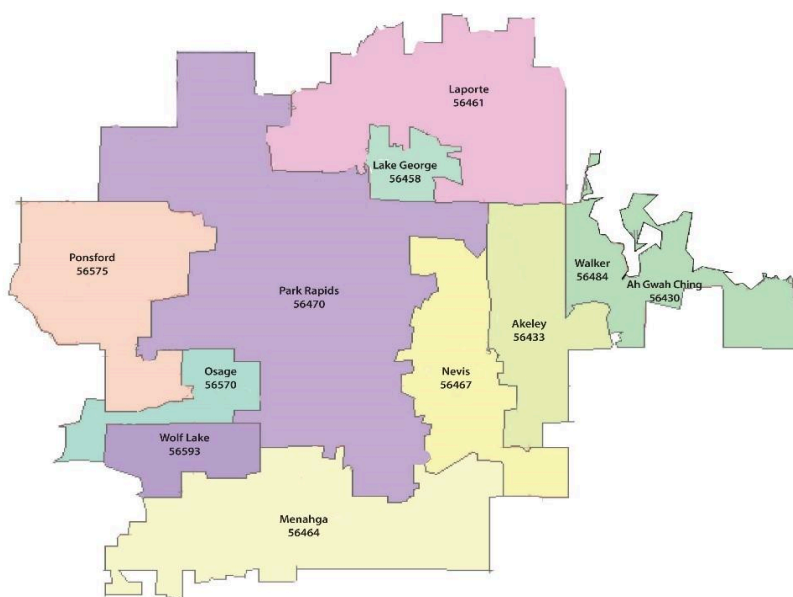
While this assessment presents many important issues and topics, it does not present every possible health-related issue. Health information and data have come primarily from the Minnesota Department of Health, Minnesota Department of Economic Development, Minnesota Compass/Wilder Research, US Census Data, and the University of Wisconsin 2025 County Health Rankings.

Data sources are noted throughout the document, however there is data that is simply not available for a county our size. We have included areas of needs and assets based on input from our community survey and focus group when determining prioritized significant health needs.

Our Community: Hubbard County

CHI St. Joseph's Health, located in Park Rapids, is the sole area provider of hospital services in Hubbard County, as well as for portions of Becker, Cass, and Wadena Counties (~3,800 square miles). Hubbard County is the community assessed in this report.

Our service area, along with zip codes:



Other hospitals serving portions of this area include Sanford Hospital in Bemidji, Essentia St. Mary's Hospital in Detroit Lakes, and Astera Hospital in Wadena.

The 2025 Community Health Needs Assessment is a summary report of the community health needs and assets that have been identified for Hubbard County, as surrounding counties have similar demographics.

Description of Hubbard County and Core Demographic Summary:

Hubbard County was founded on February 26th, 1883 and was named after Lucius F. Hubbard, the Governor of Minnesota from 1882-1887. It is a rural county located in north Central Minnesota, approximately 200 miles northwest of Minneapolis, 135 miles west of Duluth, 80 miles east of Moorhead, and 180 miles south of the Canadian border. It is bordered on the north by Beltrami County, on the east by Cass County, and on the west by Becker and Clearwater Counties. The total area is 923 square miles.

- There are 28 townships.
- It is 42 miles from south to north and 24 miles from east to west.
- There are approximately 140 lakes, with Lake Plantagenet in Rockwood and Helga Townships being the largest lake.
- The most prominent physical feature is the ridge of glacial moraines, which cuts across the center of the county from east to west.
- Itasca State Park is located on the western edge of the county and is the “Headwaters of the Mississippi River.”
- A small portion of the Leech Lake Reservation is in northeastern Hubbard County.

The Crow Wing River and its tributaries flow south from the central ridge through rolling hills which rise over 100feet above adjacent depressions. Most of the lakes lie in the belt of gravel hills just south of the ridge and on both sides of the central ridge.

Needs: As a rural area in Minnesota, we have unique health concerns. Many of our residents, especially our low income residents, populations of color, and American Indians, experience inequitable living conditions in many aspects of their lives.

Assets: Our diverse geography includes prairies, bluffs, forests, lakes, and rivers, including the mighty Mississippi. Hubbard County residents share an appreciation for the beauty of the area and the resourcefulness of their communities.

Thick forests and bitter winters made conditions difficult for early settlers. Prior to the 1890s, coniferous forests of white, norway, and jack pine covered most of the land. This led to logging and sawmill operations being the principal industries for several decades. The early German, Norwegian, Irish, and English settlers farmed in the summer and worked the woods during the winter months.

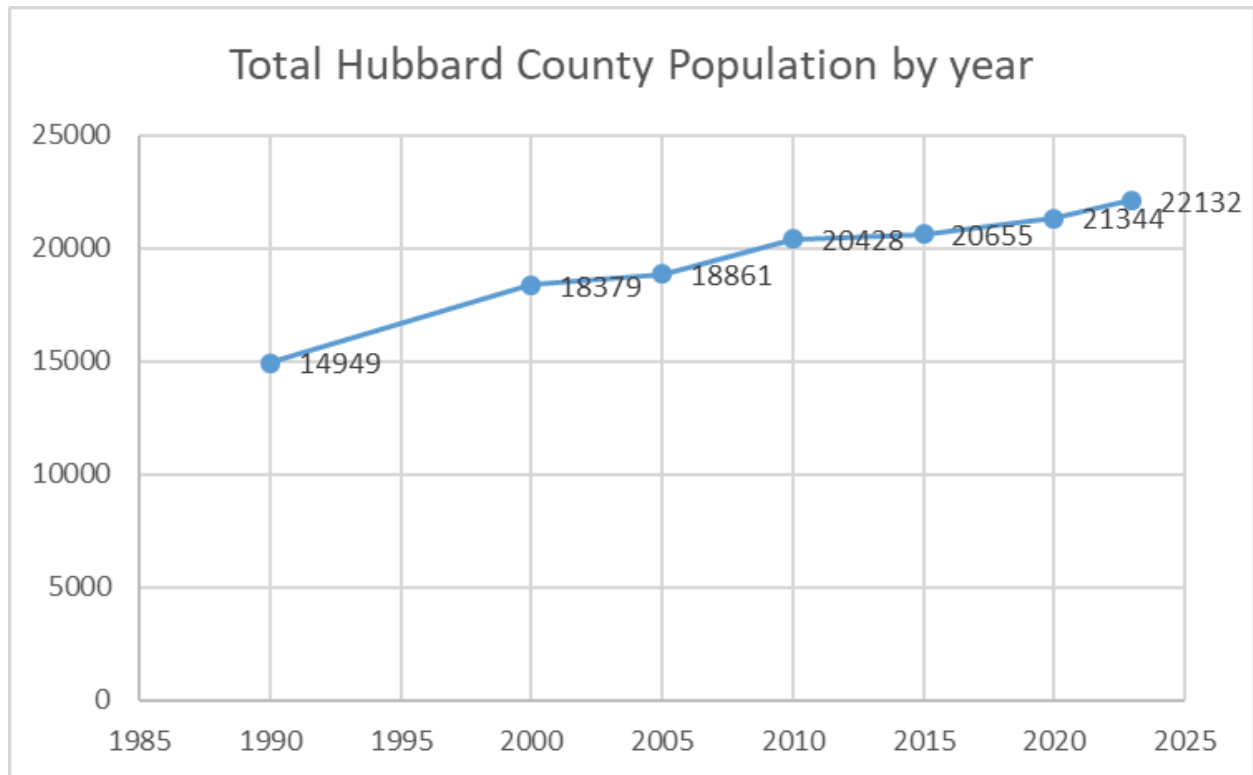
Hubbard County is home to Itasca State Park in the northern section of our county. The park offers 32,000 acres to explore by foot, snowshoe, bike, and cross country ski. The county is also home to 3 state trails and a portion of the North Country Hiking Trail. The county maintains four parks: Heartland in Park Rapids, Lake George Community Park in Lake George on Paine Lake, Laporte Picnic area, and Farris Park located in Farden Township. In addition, the county maintains 18 public lake accesses and one swimming beach.

The U.S. Census Bureau lists the estimated 2024 population of our incorporated cities as:

- Park Rapids 4,392
- Akeley 438
- Nevis 402
- Lake George 263
- Laporte 145

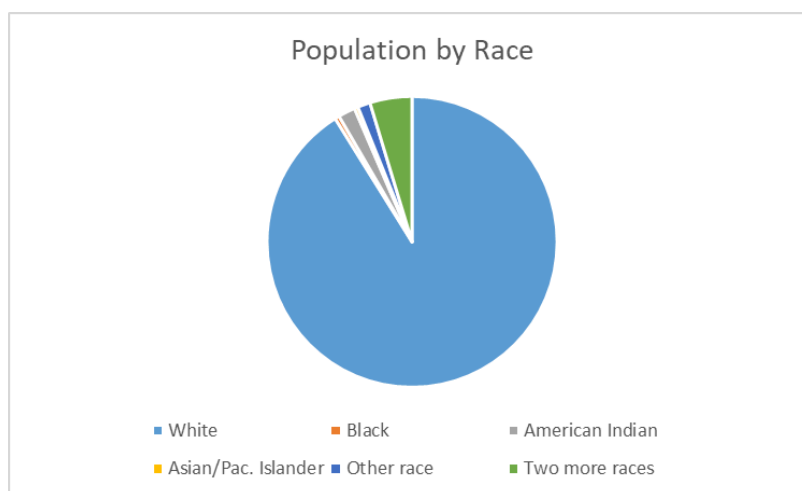
The unincorporated towns include Dorset, Emmaville, Becida, Benedict, Chamberlain, Guthrie, Hubbard, Nary, and Kabekona.

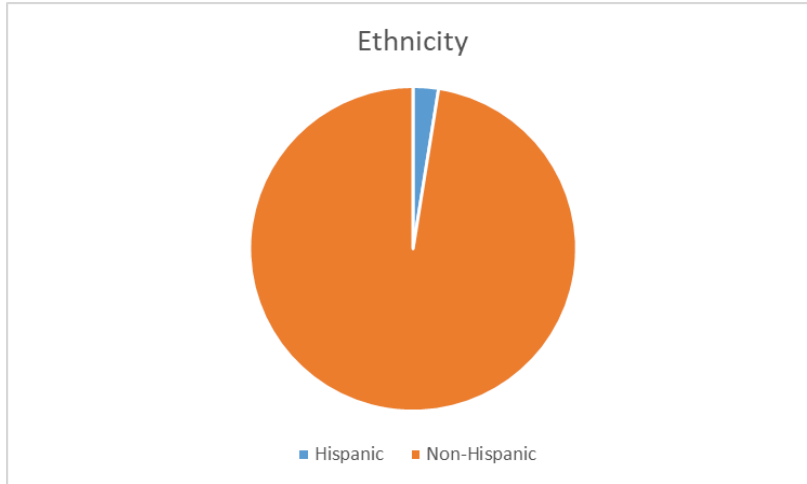
According to the US Census, the estimated population of Hubbard County in 2023 was 22,132



Our Population:

The racial and ethnic distribution of the 22,132 Hubbard County residents remains stable. The charts below illustrate the race and ethnicity distribution of the Hubbard County population in 2023





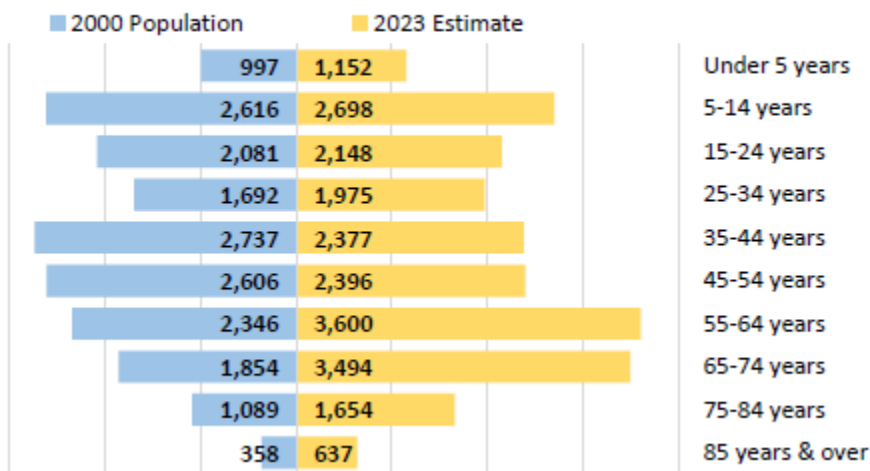
Notably, the percent change in Hispanic population for Hubbard County from 2013-2023 is 60.3%

English is the language predominantly spoken in Hubbard County, with only 3.5% of the county population (aged 5 and older) speaking a language other than English.

Sources: United States Census Bureau, Minnesota Compass (Wilder Research), Minnesota Department of Health, Minnesota Department of Employment and Economic Development.

Hubbard County MN Population Pyramid, 2023

Figure 1. Population Pyramid, 2000-2023



Source: Minnesota Office of Employment and Economic Development.

According to the 2023 population estimate, of the 22,132 residents in Hubbard County:

- 5% (1,107) are under the age of 5 (down 24 from 2020)
- 20.6% (4,559) are under the age of 18 (down 371 from 2020)
- 27.2% (6,020) are over the age of 65 (up 597 from 2020)

Hubbard County has an elderly age dependency ratio of about 30.1 based on data from 2018-2022, compared with a ratio of 18 for the state of Minnesota. The elderly dependency ratio is a demographic measure that compares the number of people aged 65 and older to the number of people working, expressed as the number of elderly dependents per 100 working-age individuals.

Hubbard County has an aging population. This is true of all of Minnesota, but it is especially true in the rural areas where the aging population is growing more substantially than the metro areas of the state.

Needs: Much about Hubbard County is changing. Once very demographically homogenous, our racial and ethnic diversity is slowly increasing. As our county population continues to change, communities are confronted with challenges in meeting the unique needs of its residents. It is predicted that 31% of the total population will be aged 65 and older in Hubbard County by the year 2035 (Center for Rural Policy and Development).

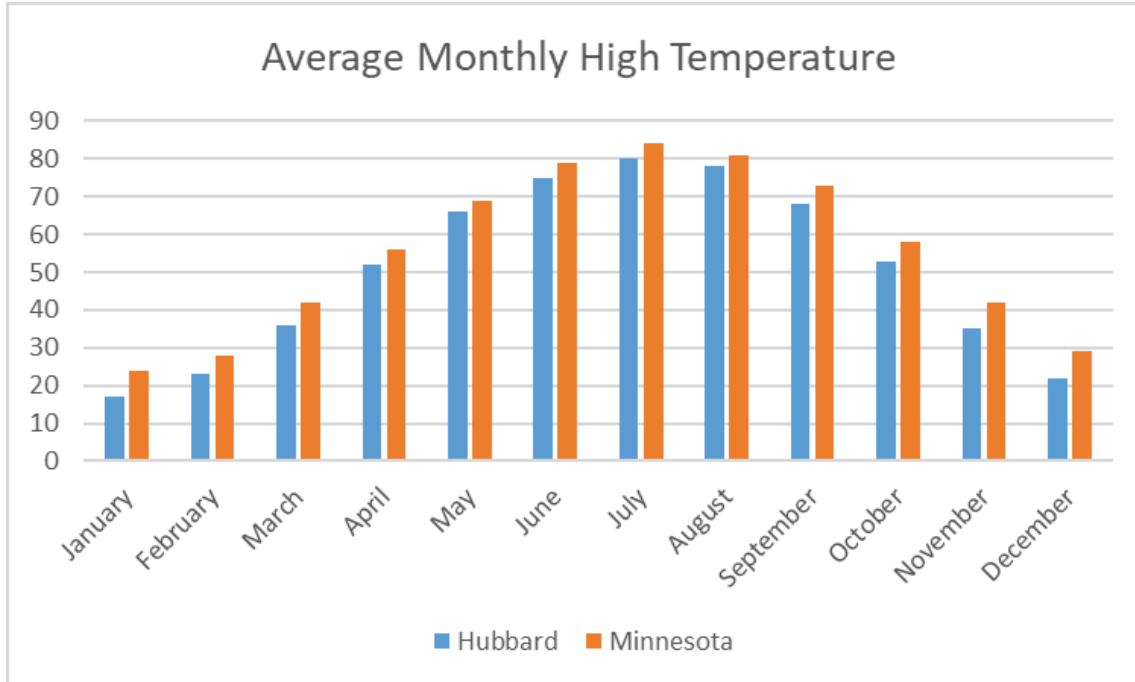
Assets: Growing racial, ethnic, and cultural diversity brings significant economic contributions and a richness of perspectives, skills, and experiences.

Hubbard County: Our Place

The natural beauty of the area and the climate can bring an excess of 50,000 tourists throughout the year to enjoy the many lakes and recreational activities.

Weather: The state of Minnesota typically has cold, snowy winters and warm, humid summers. Hubbard County, as well as all of northwest Minnesota, is subject to extreme weather conditions with long, frigid winters. Air temperatures and wind can drop below zero, and the average snowfall is 37 inches. In the summer, the temperatures hover around the high 70's, but can reach the 90's. The coldest temperature on record in Minnesota is -60 degrees F; the warmest is 115 degrees Fahrenheit.

Minnesota has warmed by 3.0 degrees F between 1895 and 2020, while annual precipitation has increased by an average of 3.4 inches.



Source: National Weather Service

The 2024 Hubbard County Hazard Mitigation Plan lists wildfires and winter storms as top disaster threats.

Needs: Hubbard County residents and agencies need to be prepared for weather extremes, including blizzards and tornadoes. Climate changes may affect health for our residents with increased heat episodes and an increase in insect populations.

Transportation:

Transportation issues are routinely listed on our community surveys as an issue confronting our residents.

There are six state highways (34, 64, 87, 113, 200, and 226, and two US highways (2 and 71) providing 282 miles of roadways within the county. There are also 240 miles of gravel and dirt roads.



Hubbard County overall has limited public transportation. The Hubbard County Heartland Express is a 12 passenger, wheelchair accessible vehicle, that does provide rides within the city limits of Park Rapids, and occasionally will transport clients out of the county if prior arrangements are made.

Both Living at Home of the Park Rapids Area, and to a lesser extent Hubbard County Social services, provide volunteer drivers for medical transportation.

Needs: Healthcare providers and residents consistently list transportation as a major barrier for residents seeking healthcare. Lack of reliable transportation leads to missed appointments and delayed care.

Other notable transportation resources include the Park Rapids Municipal Konshok Field Airport, located on the southern edge of Park Rapids on Highway 71, offering services such as tie-downs, refueling, hangar storage, aircraft painting, and avionics installations. The airport has 44 T-hangars, with one main runway stretching 5,500 feet north to south.

Jefferson Line Bus Service provides transportation to the north and to the south with a pick up in Wadena.

The nearest Amtrak railroad station is located in Detroit Lakes, MN.

Assessment Process and Methods

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Our Community Benefit Team Members:

Ben Koppelman

CHI St. Joseph's Health President/CEO

Jay Ross

CHI St. Joseph's Health Vice President of Finance

Sonja Day

CHI St. Joseph's Health Foundation, Communications, and Marketing Manager

Josiah Hoagland

CHI St. Joseph's Health Mission Leader

Alicia Reardon

CHI St. Joseph's Health Weight Management Center Manager

Marlee Morrison

CHI St. Joseph's Health Community Health Manager

Healthy Hubbard County 2030 Members:**Jill Dickinson**

Park Rapids School District Community Education Director

Jill Johnson

Community Member/Retired Physical Therapist

Steven Keranen

Hubbard County Commissioner

Debra Skjonsberg

Head Start Health Manager - Mahube-OTWA CAC

Maurice Spangler

Community Member/Retired Physician

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- 6. Mental Health**
- 7. Opportunities for Healthy Living**
- 8. Substance Abuse**
- 9. *Transportation***
- 10. *Childcare***

Focus Group Participants 1/30/25:

- Connie Carmichael - Living at Home of the Park Rapids Area
- Greg Johnson - Essentia Health
- Jill Johnson - Healthy Hubbard County 2030
- Tia Kocka - Park Rapids Area Schools
- Rebecca Nemitz - Mahube- OTWA CAC
- Lori Schlinkert - Stellher Human Services
- Sonja Day - CHI St. Joseph's Foundation
- Laura Gonska - CHI St. Joseph's ED/ICU
- Josiah Hoagland - CHI St. Joseph's Mission and Chaplaincy
- Jessica Lauwagie - CHI St. Joseph's Peri-Operative Services
- Amy Morris - CHI St. Joseph's Community Health
- Julie Nicklason - CHI St. Joseph's Med/Surg
- Rebecca Nicklason - CHI St. Joseph's Hospice
- Alicia Reardon - CHI St. Joseph's Weight Management Center

Focus Group Notes 1/30/25:

What are the health needs of our area's most vulnerable populations?

1. Mental Health - more providers needed.
 - a. For pediatric clients, it is up to an 8 week wait for a diagnostic assessment
 - b. Closest inpatient facility for pediatric mental health is Fargo.
 - c. Limited providers available to write mental health medication prescriptions.
 - d. High stress + low pay = frequent provider burnout and turnover. Many leave after a two-year obligation for loan repayment.
2. Daycare:
 - a. Shortage - 1 year wait for infant care.
 - b. Waiting lists - often make you pay to be on the waiting list/hold a spot.
 - c. Affects parent ability to stay or return to the workforce
 - d. Rules and regulations
 - e. Parents called out of work frequently due to ill children/rules around returning to daycare.
3. Senior Care
 - a. Lack of rehab centers/centers able to take new patients
 - b. Working adults taking care of their parents.
 - c. Staff shortages at nursing homes, assisted living centers, etc.
4. Transportation

- a. Issue for all ages - volunteers for Living at Home drove over 51,000 miles in 2024, mostly for medical appointments.
 - b. Closest Dialysis center is in Detroit Lakes, with most clients requiring to travel 3 days a week for this service.
 - c. Headwaters Bus will only transport within city limits or 2 miles out.
 - d. Difficulty transporting people home after ER visits where they may have come in on an ambulance, patients will wait for hours waiting for a ride home.
- 5. Dental
 - a. Lack of providers for clients with Medical Assistance
 - b. Northern Access Dental is currently offering appointments 10-11 months out at the Park Rapids office

What resources are already available in our community to respond to the health needs of the community?

- 1. Stellher Mental Health - mental health crisis team is able to go into schools and homes to see children in crisis and offer stabilization services.
- 2. Local Hospital and clinics
 - a. More availability of virtual appointments
- 3. Living at Home
 - a. Caregiver Support Program
 - b. Adult Day Center opening July 1
- 4. Excellent Memory Care Facilities
- 5. Community Collaboration - stakeholders work well together
- 6. New Mahube Childcare center
 - a. Headstart
 - b. Childcare center with scholarships available
 - c. Friends and Family program
 - d. Grandparents, friends, etc watching children can be paid through Mahube.
- 7. Community Health Programs
 - a. WIC
 - b. Family Home Visiting
 - c. Case Management
- 8. Schools
- 9. YESS Youth Shelter
- 10. Akeley Women's Shelter
- 11. Weight Management Center
- 12. Detox Facility within the county/near Park Rapids (Pine Manor)

What barriers exist that prevent those most in need of health care and education from accessing current services?

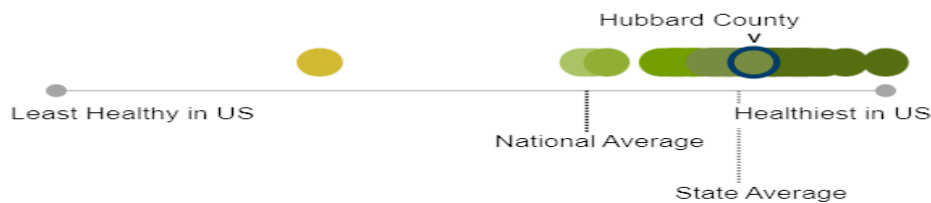
- 1. Awareness of services available

2. Cost
3. Transportation
4. Stigma
5. Generational beliefs
6. Aging population
7. Technology illiteracy
8. Poverty rates

Health in Hubbard County



Hubbard County Population Health and Well-being - 2025



Hubbard County is faring about the same as the average county in Minnesota for Population Health and Well-being, and better than the average county in the nation.

How do we compare? 2025 County Health Rankings

Poor or Fair Health					
Hubbard	Beltrami	Cass	Becker	Wadena	MN
14%	17%	16%	14%	17%	14%
Poor Physical Health Days (per 30 days)					
Hubbard	Beltrami	Cass	Becker	Wadena	MN
3.8	4.3	4.0	3.8	3.9	3.4

Self-reported health status is a general measure of health-related quality of life (HRQoL) in a population. Measuring HRQoL helps characterize the experience of people with disabilities and people living with chronic conditions in a population. Self-reported health

status is a widely used measure of people's HRQoL. In addition to measuring how long people live, it is important to include measures of how well people live.

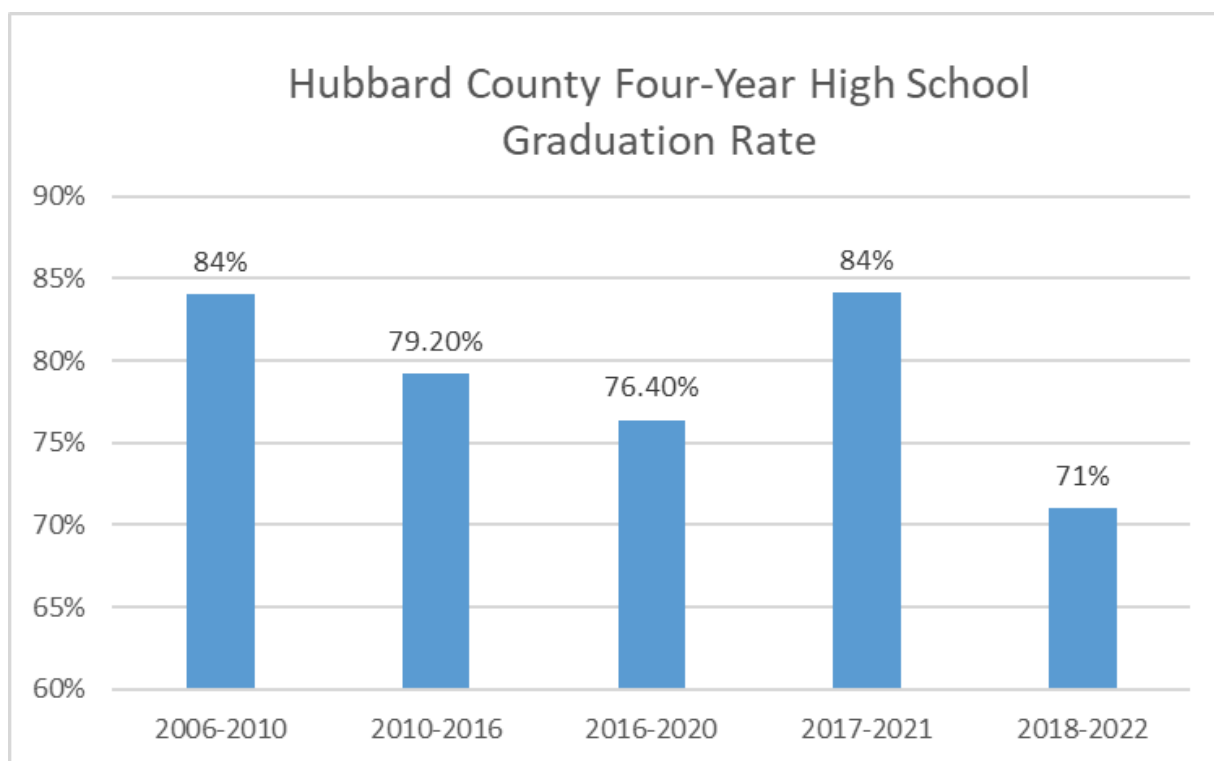
The Community Health Department, which provides Public Health services for Hubbard County, has contributed to the document throughout the entire process. The Community Health office includes programs such as WIC, Family Home Visiting, and senior foot care. These services are available to low-income and medically underserved populations, including minority families within our service area.

Education and Employment

Education: Education is an important predictor of health because it both shapes and reflects multiple factors that affect people's life choices.

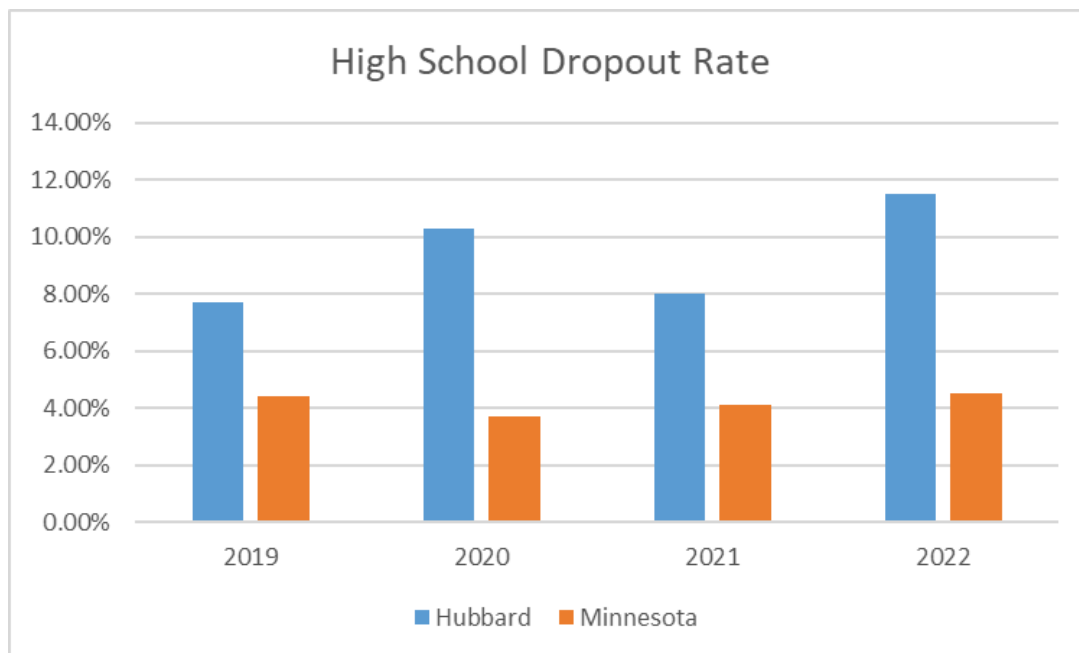
For the 2024-2025 school year, Hubbard County has public schools in three communities:

- Park Rapids Public School District 309
- Nevis Public School District 308
- Laporte Public School District 306



Source: Minnesota Department of Education

Our survey says...80.1% of survey respondents have received post-secondary education, including: 8.6% - Trade/Vocational school, 12.5% - Associates Degree, 29.3% - Bachelor's Degree, 16.38% - Graduate/Professional Degree



Source: Minnesota Department of Education

Hubbard County has seen an increase in high school dropout rate from 2019-2022 (see graph on next page), and a decrease in four-year graduation rates, particularly between 2017-2021 and 2018-2022.

In 2025, 95% of the population in Hubbard County have a high school diploma or equivalent. Only 5% of the Hubbard County population has less than a high school diploma.

How Do We Compare? 2025 County Health Rankings

High School Graduation:

Hubbard	Beltrami	Cass	Becker	Wadena	MN
95%	93%	94%	93%	91%	94%

Some College:

Hubbard	Beltrami	Cass	Becker	Wadena	MN
67%	69%	66%	69%	66%	75%

**source: University of Wisconsin, 2025*

Employment:

Education is a gateway to employment, which is a source of income and insurance for residents. The chart below shows the unemployment rates for Minnesota counties in January of 2025

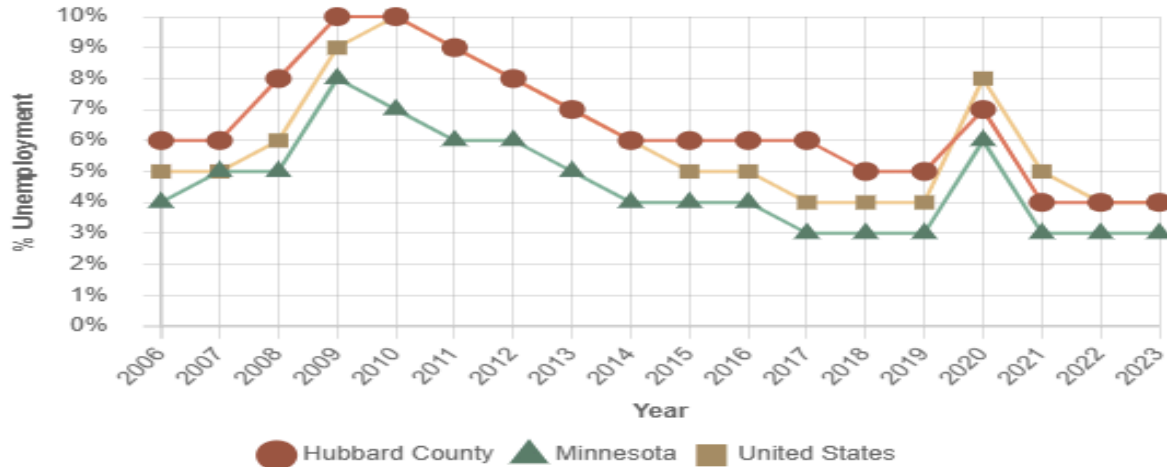
Needs: Underemployment was listed on our community survey as a top ten area of concern



The following chart compares the Hubbard County unemployment rate from 2006 through 2023. Unemployment is lower in Hubbard County than statewide and has decreased from 6% in 2006 to 4% in 2023. Hubbard County has a higher unemployment rate than Minnesota as a whole, but is similar in this measure to the United States.

Unemployment in Hubbard County, MN

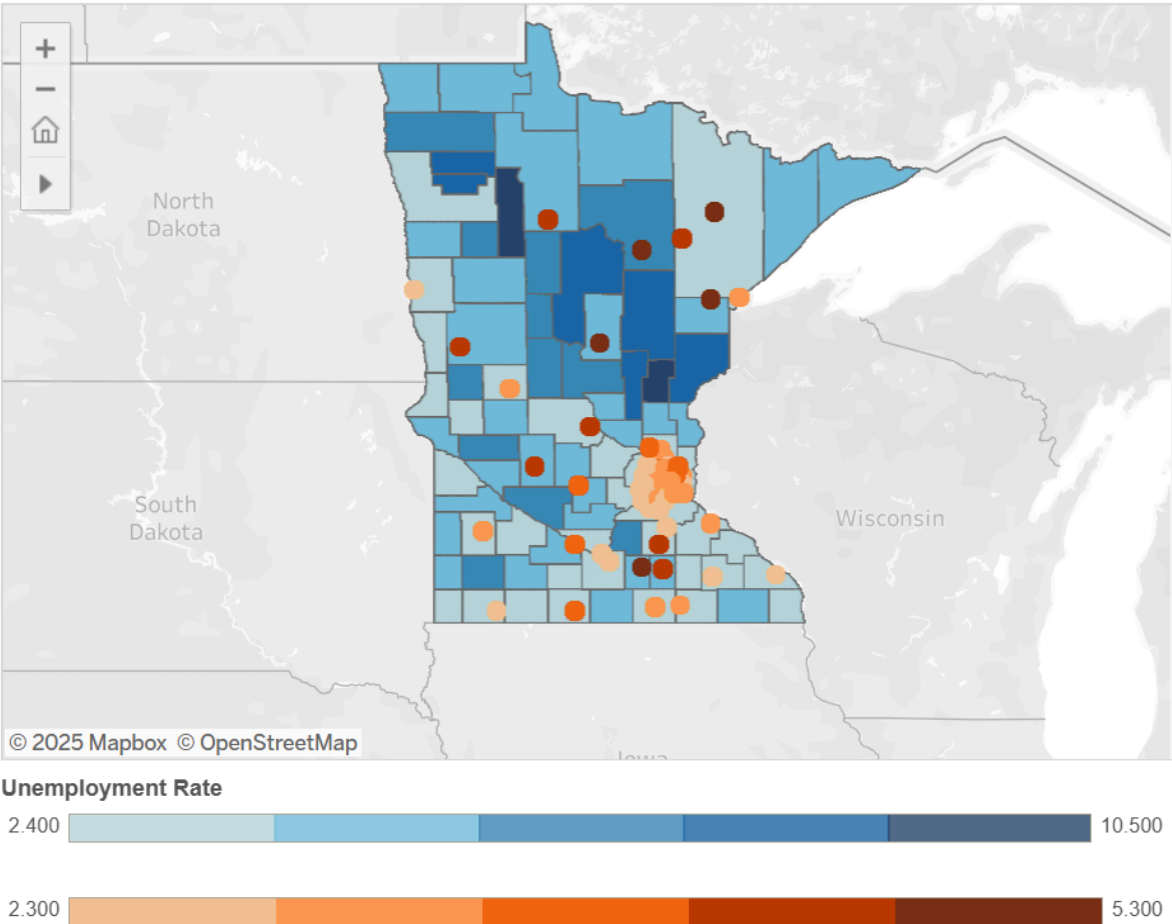
No significant trend was found in Hubbard County for this measure.



Hubbard County has an unemployment rate of about 7% as of January, 2025. The map below shows how Hubbard County compares with the rest of the state. Counties are shaded in blue to indicate percentile, and orange/yellow dots indicate municipalities.

*source: DEED

County Unemployment Rates, January 2025
 (Not seasonally adjusted)

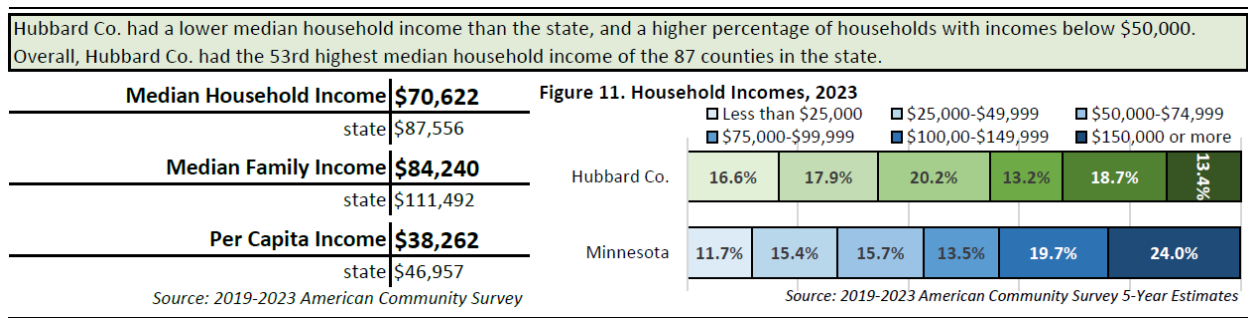


How Do We Compare? 2025 County Health Rankings
Unemployment Rate

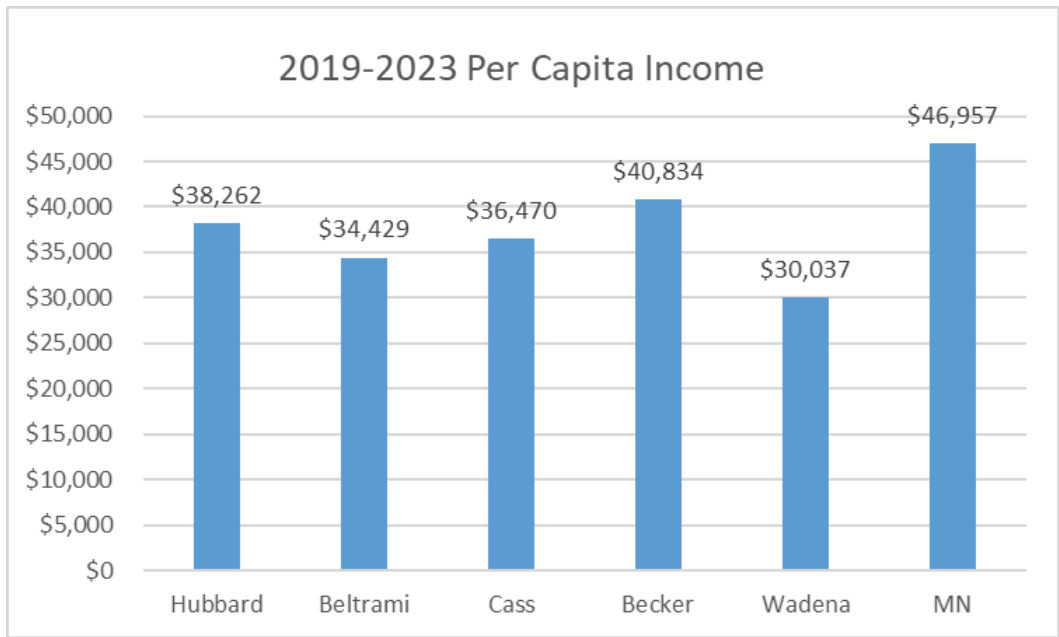
Hubbard	Beltrami	Cass	Becker	Wadena	MN
4.3%	3.5%	4.4%	3.0%	4.7%	2.8%

Income: According to the Minnesota Department of Health, income can include salary or wages, assets, and access to economic resources.
 A median household income (MHI) is the amount that divides the income distribution into two equal groups; half having income above that amount, and half having income below that

amount. From 2019-2023, the Minnesota MHI was \$87,240, while in Hubbard County the MHI was \$70,622.



Hubbard County’s per capita income from 2019-2023 was \$38,262, compared to \$30,467 from 2016-2019. Per capita income, also known as average income, is a measure of the average income earned by each person in a given area or region. It is calculated by dividing the total income of a population by the number of people in that population.

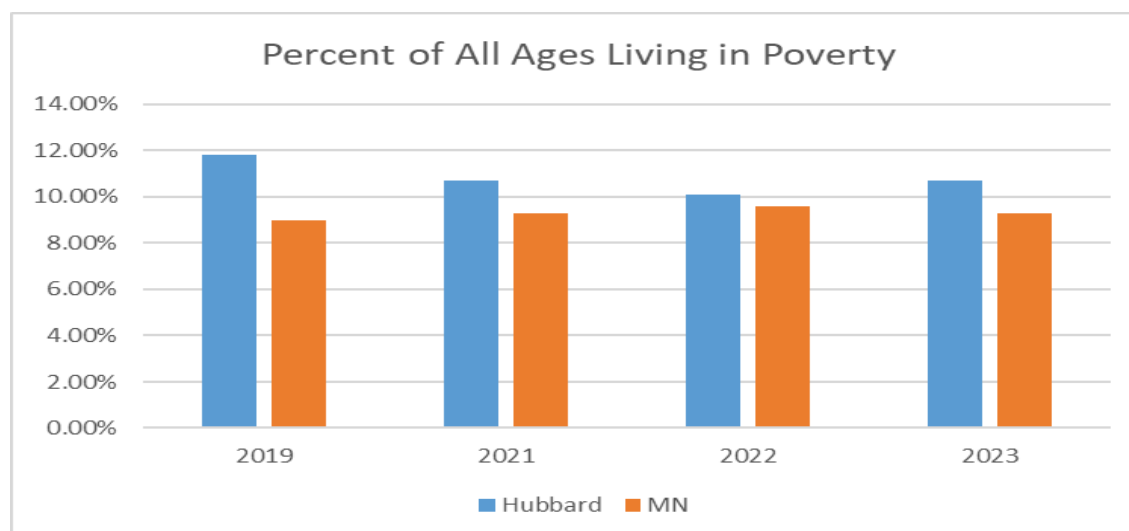


*Source: US Census Quickfacts

2025 Income Inequality in Hubbard County is rated at 4.2. Income inequality is the ratio of household income at the 80th percentile to income at the 20th percentile. According to the County Health Rankings, the Minnesota ratio is also 4.2.

Poverty

Poverty is a state or condition in which an individual lacks the financial resources and essentials for a basic standard of living. Poverty can have diverse environmental, legal, social, economic, and political causes and effects.



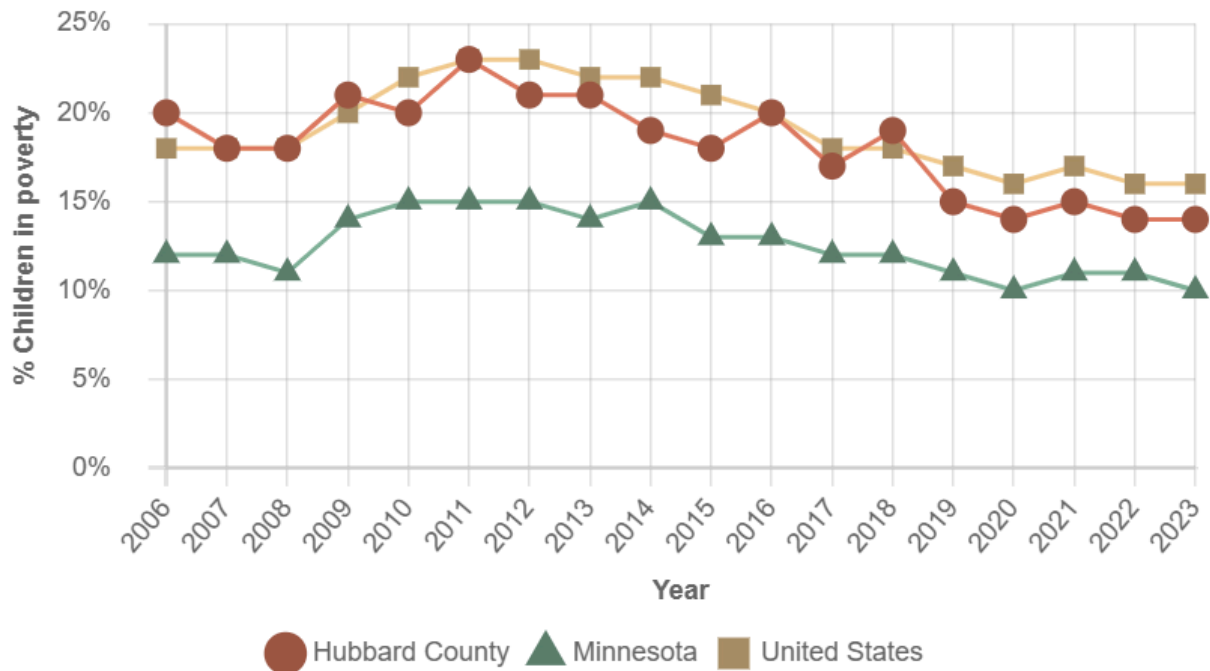
Hubbard has a consistently higher poverty rate than the state of Minnesota as a whole. The chart above shows the percentage of residents living at a rate of 100% of poverty or less, which for a family of 4 means an annual income of \$32,150 per year or less. However if we include residents living at 100-199% of poverty (a family of 4 earning 64,300 or less), 27.9% of residents live below that threshold.

Household/ Family Size	2025 Federal Poverty Level for the 48 Contiguous States (Annual Income)						
	100%	133%	138%	150%	200%	300%	400%
1	\$15,650	\$20,815	\$21,597	\$23,475	\$31,300	\$46,950	\$62,600
2	\$21,150	\$28,130	\$29,187	\$31,725	\$42,300	\$63,450	\$84,600
3	\$26,650	\$35,445	\$36,777	\$39,975	\$53,300	\$79,950	\$106,600
4	\$32,150	\$42,760	\$44,367	\$48,225	\$64,300	\$96,450	\$128,600
5	\$37,650	\$50,075	\$51,957	\$56,475	\$75,300	\$112,950	\$150,600
6	\$43,150	\$57,390	\$59,547	\$64,725	\$86,300	\$129,450	\$172,600
7	\$48,650	\$64,705	\$67,137	\$72,975	\$97,300	\$145,950	\$194,600
8	\$54,150	\$72,020	\$74,727	\$81,225	\$108,300	\$162,450	\$216,600
Each person over 8, add	\$5,500	\$7,315	\$7,590	\$8,250	\$11,000	\$16,500	\$22,000

[2025 HHS Poverty Guidelines](#)

Children in Poverty

Children in Poverty in Hubbard County, MN
No significant trend was found in Hubbard County for this measure.



Source: University of Wisconsin

Hubbard County has a higher rate of children living in poverty than the state of Minnesota, but a lower rate than the United States as a whole.

In the 2022-2023 school year, Hubbard County had one of the highest rates of free and reduced price lunch eligibility in Minnesota, with 58% of students qualifying. In 2023, Minnesota signed a bill into law providing free breakfast and lunch for all students in Minnesota public schools.

How Do We Compare? 2025 County Health Rankings

Children in Poverty					
Hubbard	Beltrami	Cass	Becker	Wadena	MN
14%	20%	21%	15%	15%	10%

Source: University of Wisconsin, 2025

Housing, Home Ownership, and Cost of Living

Hubbard Co. had a lower median house value than the state, having the 25th highest value of the 87 counties in 2022. Hubbard Co.'s housing stock was newer than the state's, with a higher percentage of units built since 2000 (see Figure 12).

Table 10. Estimated Value of Owner-occupied Housing Units, 2022	Hubbard Co.		Minnesota
	Total	Percent	Percent
Total	7,340	100.0%	100.0%
Less than \$50,000	267	3.6%	4.0%
\$50,000 to \$99,999	452	6.2%	4.0%
\$100,000 to \$149,999	707	9.6%	6.2%
\$150,000 to \$199,999	1,010	13.8%	8.9%
\$200,000 to \$299,999	1,987	27.1%	25.7%
\$300,000 to \$499,999	1,879	25.6%	33.6%
\$500,000 or more	1,038	14.1%	17.5%
Median (dollars)	\$255,900		\$305,500

Source: 2019-2023 American Community Survey, 5-Year Estimates

Median monthly owner costs, owner-occupied units with a mortgage **\$1,583**

state \$1,890

Percentage of households with a mortgage spending 30% or more of their income on housing costs **29.5%**

state 22.5%

Median monthly rent costs **\$923**

state \$1,235

Percentage of renters spending 30% or more of their household income on rent **49.3%**

state 47.2%

Source: 2019-2023 American Community Survey, 5-Year Estimates

Figure 12. Year Structure Built, 2023

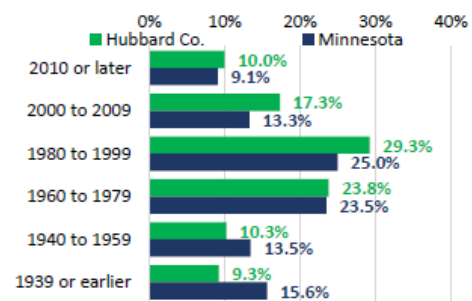
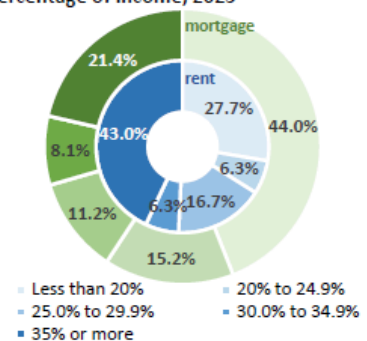


Figure 13. Housing Costs as a Percentage of Income, 2023



Source: Minnesota Department of Economic Development

Housing and home ownership are key factors for health. Older housing can present threats to health, due to changing regulations and age of building supplies. The ability to own a home gives a person more control over their living environment and can be a source of financial stability as an asset in time of need.

Hubbard County Housing Facts (U.S. Census Bureau, 2023)	
Housing Units, 2023	14,792
Median Gross Rent, 2019-2023	\$923
Median value of owner-occupied housing units, 2019-2023	\$255,900
Households, 2019-2023	8,885

Source: US Census

The cost of living has increased over the past two years, with costs up in many areas. Hubbard County had a lower cost of living than the state, with a required hourly wage of \$14.47 for a single person living alone to meet a basic needs cost of living, and an hourly wage requirement of \$19.50 for a typical family with two adults and one child.

Basic Needs Cost of Living Estimates, 2023

Single Adult, 0 children	Single Yearly Cost of Living	Hourly Wage Required	Monthly Costs						
			Child Care	Food	Health Care	Housing	Transportation	Other	Taxes
Hubbard Co.	\$30,095	\$14.47	\$0	\$412	\$161	\$688	\$664	\$263	\$320
State of Minnesota	\$34,704	\$16.68	\$0	\$419	\$160	\$1,021	\$572	\$345	\$375
Typical Family: 2 Adults (1 working full-time, 1 part-time), 1 child	Family Yearly Cost of Living	Hourly Wage Required	Monthly Costs						
			Child Care	Food	Health Care	Housing	Transportation	Other	Taxes
Hubbard Co.	\$60,826	\$19.50	\$356	\$938	\$576	\$920	\$1,215	\$445	\$619
State of Minnesota	\$67,320	\$21.58	\$544	\$955	\$574	\$1,285	\$977	\$536	\$739

Source: DEED Cost of Living tool

How do we compare? 2025 County Health Rankings

Severe Housing Problems					
Hubbard	Beltrami	Cass	Becker	Wadena	MN
11%	16%	13%	12%	13%	13%

Severe housing problems are defined as the percentage of households with at least one of four housing problems; overcrowding, high housing costs, lack of kitchen facilities, or lack of plumbing facilities.

Health and the Housing Connection



Lead: Hubbard County residents can be exposed to lead in homes and in certain occupations. The older a home is, the more likely it is to contain lead-based paints. According to the Minnesota Department of Economic Development (DEED), 9.3% of homes were built in 1939 or earlier, 10.3% were built between 1940 and 1959, and 23.8% of homes were built between 1960-1979. Lead-based paints were phased out of use in the 1950's and fully banned by 1978.

Radon: It is estimated that two of five Minnesota homes have high radon levels due to its unique geology and cold climate. Radon gives off radioactive particles that, when breathed in, can damage the lining of the lungs.

From 2010-2020, 42.6 per 10,000 housing units were tested in Hubbard County, and 39.3% had test results equal to or greater than 4pCi/L (picocuries per liter). While there is no known safe level of radon, the EPA recommends remediation if the level is 4pCi/L or above.

Business

According to the U. S. Census, in 2022 Hubbard County had:

- 622 employer establishments
- 1,755 nonemployer establishments
- Total retail sales \$336,154
- Total accommodation and food services sales \$47,944

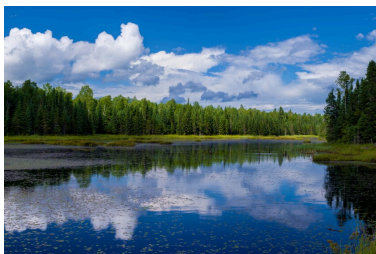
Farmland

Hubbard County has about 54,892 acres of cropland, which includes grain, oilseeds, dry beans, and dry peas. Hubbard is among Minnesota's top edible bean producers.

Source: USDA Ag Census 2022

Hubbard County's Leading Employers according to the Heartland Lakes Development Commission:

- RDO/Lamb Weston
- CHI St. Joseph's Health
- Hubbard County
- L&M Fleet Supply
- Wal-Mart
- Park Rapids Area Schools
- Nevis Public School



Tourism is a crucial economic driver in Hubbard County, supporting jobs, generating revenue, and fostering community growth.

Social Connectedness



People at all stages of life need social connection for optimum health.

In Hubbard County, the average persons per household from 2019-2023 was 2.41, with approximately 67.3% family households, and 12% single parent households. More than 27.4% of households have one person living alone, and 14.1% of those living alone are 65 years or older. (source: *Minnesota Compass/Wilder Research*)

Social isolation and loneliness have adverse effects on various health outcomes, including cardiovascular disease, cognitive impairment, depression, chronic stress, and premature mortality. Research suggests that the magnitude of risk associated with social isolation is similar to the risk of cigarette smoking. Furthermore, social support networks have been identified as powerful predictors of health behaviors, suggesting that individuals without a strong social network are less likely to make healthy lifestyle choices than individuals with a strong network. (source: *University of Wisconsin*)

Hubbard County Student Survey

Spend one day a week or more in a school sponsored sports team, 9th grade	47.3%
Spend one day a week or more in school sponsored non-sports activities, 9th grade	24.6%
Spend one a day a week or more in church-related activities, 9th grade	28.4%

Source: *Minnesota Student Survey, 2022*

How do we compare? 2025 County Health Rankings

Social Associations					
Hubbard	Beltrami	Cass	Becker	Wadena	MN
9.1	11.8	18.2	13.3	18.2	12.4

Social associations measure the number of membership associations per 10,000 population. This could include belonging to a variety of local clubs or organizations, including religious or non-religious.

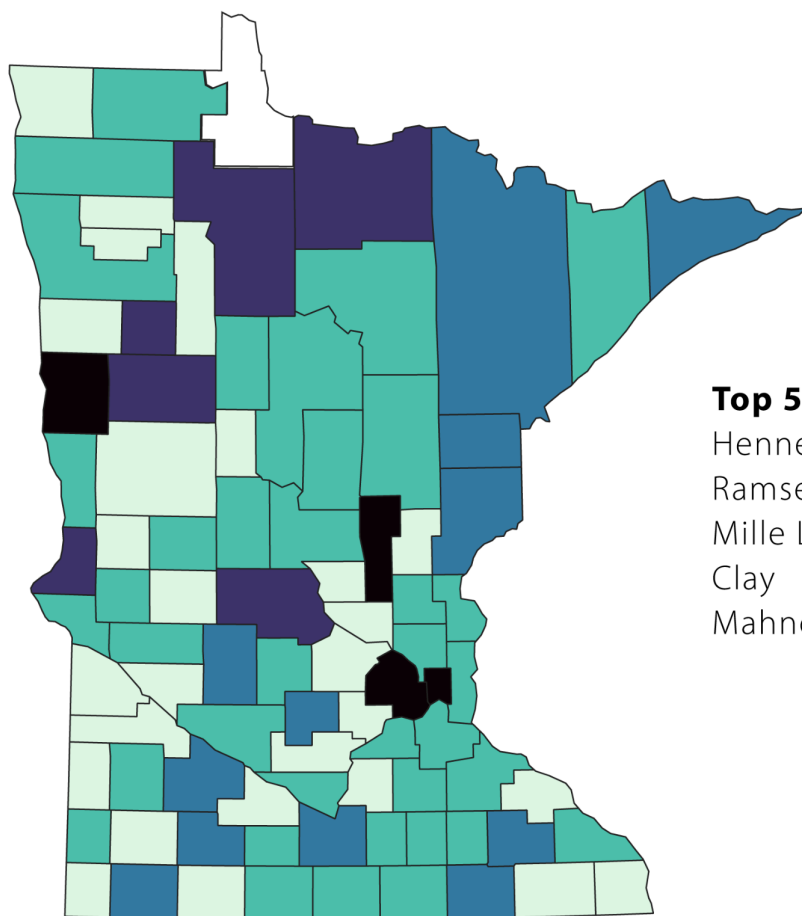


Community and Personal Safety

The same factors that influence where people live and the opportunity they have to be healthy are also linked to the experience of violence and perception of personal safety. The following maps show violent and property crime rates in Minnesota by county.

Violent crime in Minnesota

Violent crimes (murder, rape, aggravated assault and robbery) per 100,000 people, 2021



Top 5:

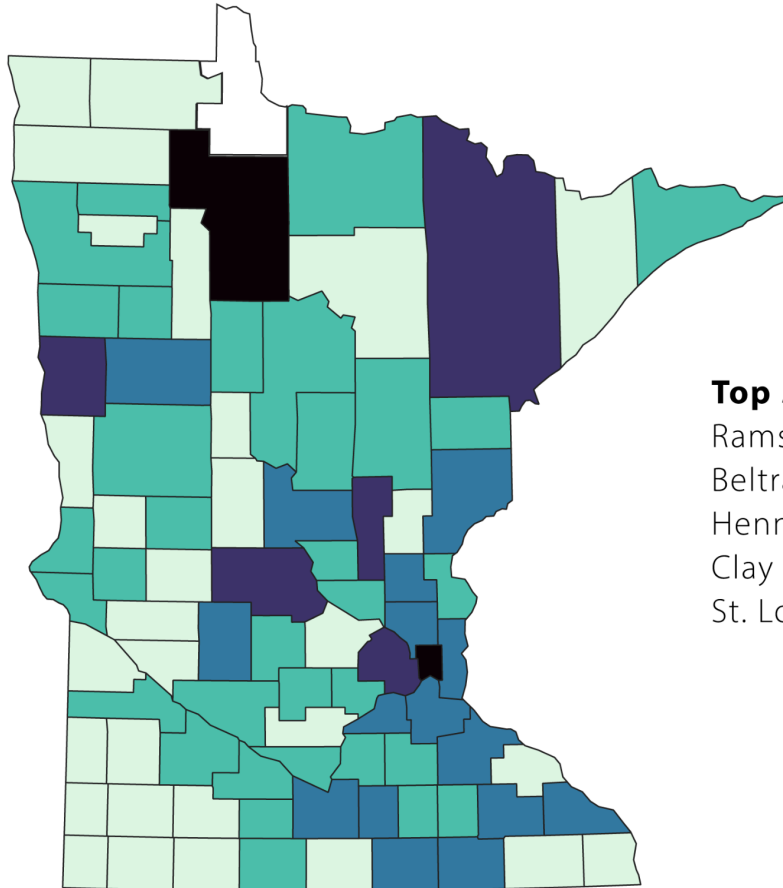
Hennepin	579.5
Ramsey	565.1
Mille Lacs	464.4
Clay	411.1
Mahnomen	382.5

Source: Minnesota Bureau of Criminal Apprehension

Minnesota Reformer

Property crime in Minnesota

Property crimes (theft, car theft, burglary and arson) per 100,000 people, 2021



Top 5:

Ramsey	3,884.1
Beltrami	3,159.8
Hennepin	2,983.7
Clay	2,729.8
St. Louis	2,696.1

Source: Minnesota Bureau of Criminal Apprehension

Minnesota Reformer

Violent and property crime rates in Hubbard County are less than our neighbors to the north, east, and west (Beltrami, Cass, and Becker counties), but higher than our neighbor to the south (Wadena county)

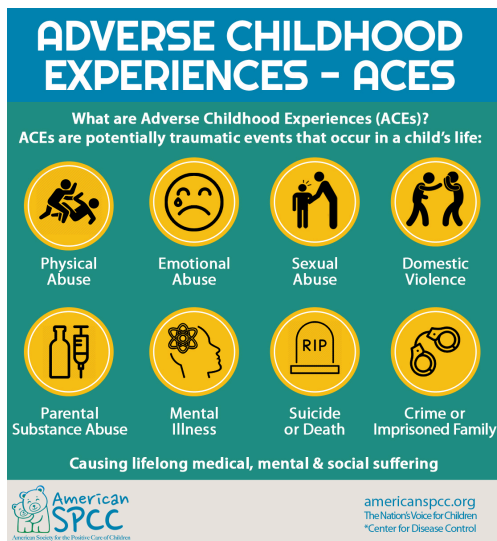
In 2022 there were 467 child (ages 0-17) maltreatment reports in Hubbard County, with 34.3% (160) screened in for further investigation. In 2021 Hubbard County had 82 children in out of home placement.

Hubbard County Student Survey

Have any of your parents/guardians been in jail or prison, 11th grade	Yes 34.5%
Does a parent or other adult in your home regularly swear at you insult you, or put you down, 11th grade	Yes 18%
Has a parent or other adult in your home ever hit, beat, kicked, or physically hurt you in any way, 11th grade	Yes 10.7%

Source: *Minnesota Student Survey County Tables 2022*

Community Health offers both Family Home Visiting for parenting support, and the ACEs coalition for youth in schools.



Adverse Childhood Experiences (ACEs) are stressful or traumatic events that occur during childhood (ages 0-17) that can have a lasting impact on a person's development and health. These experiences can affect various aspects of a person's life, including their physical and mental well-being, relationships, and overall life trajectory.

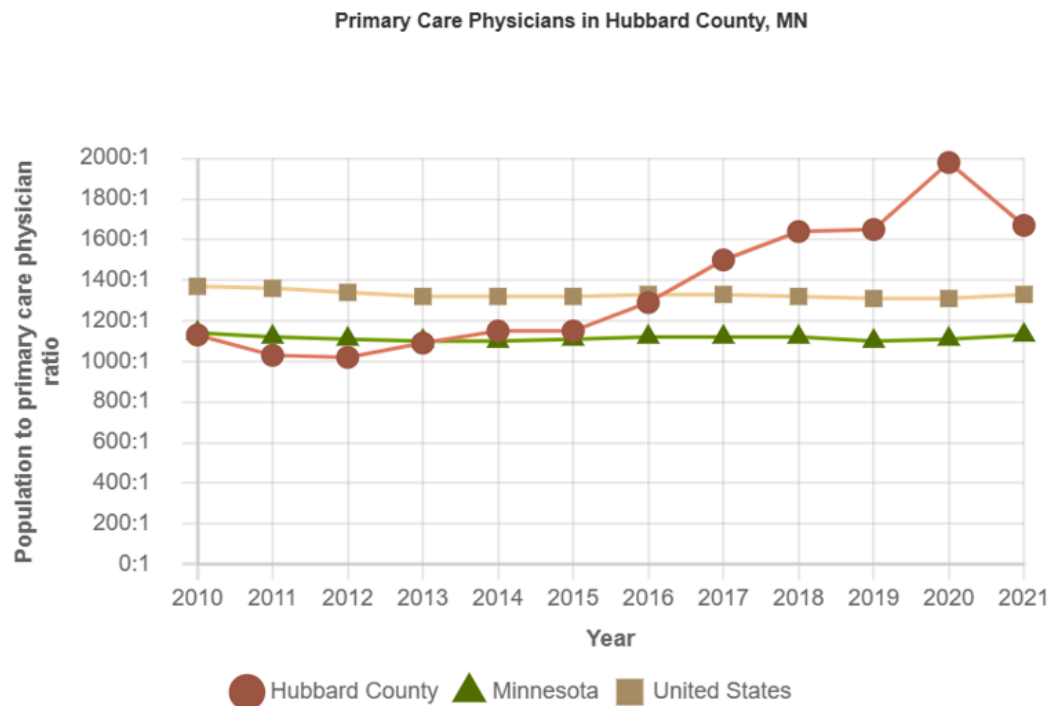
Access to Health Care in Hubbard County

Access to healthcare requires not only financial coverage, but also access to providers. Sufficient availability of primary care physicians is essential for preventative and primary care, and when needed, referrals to appropriate specialty care.

Hubbard County has a Health Professional Shortage Area (HPSA) designation for Primary Care, Dental Health, and Mental Health.

Source: data.hrsa.gov/tools/shortage-area

Our Survey Said ...32% of our survey respondents said that in the last 12 months they had delayed getting medical care when they needed it, compared to 20% of respondents in 2017. The primary reason reported for not seeking care was cost.



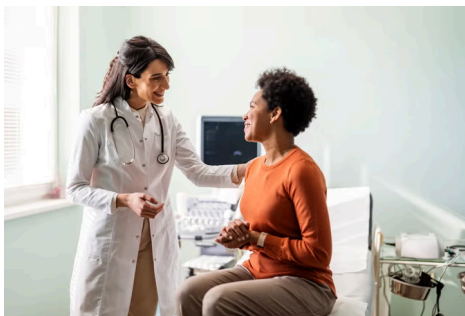
Source: University of Wisconsin, 2025

How do we compare? 2025 County Health Rankings

Primary Care Providers					
Hubbard	Beltrami	Cass	Becker	Wadena	MN
1,670:1	930:1	3,400:1	1,260:1	2,030:1	1,130:1

Preventable Health Stays					
Hubbard	Beltrami	Cass	Becker	Wadena	MN
2049	2679	1992	2289	1732	2255

Mammography Screening					
Hubbard	Beltrami	Cass	Becker	Wadena	MN
62%	51%	50%	58%	55%	52%



There is one primary care physician for every 1,670 people in Hubbard County. We are declining in this measure, but have comparable rates to surrounding counties. Primary care access remains an issue for rural Minnesota.

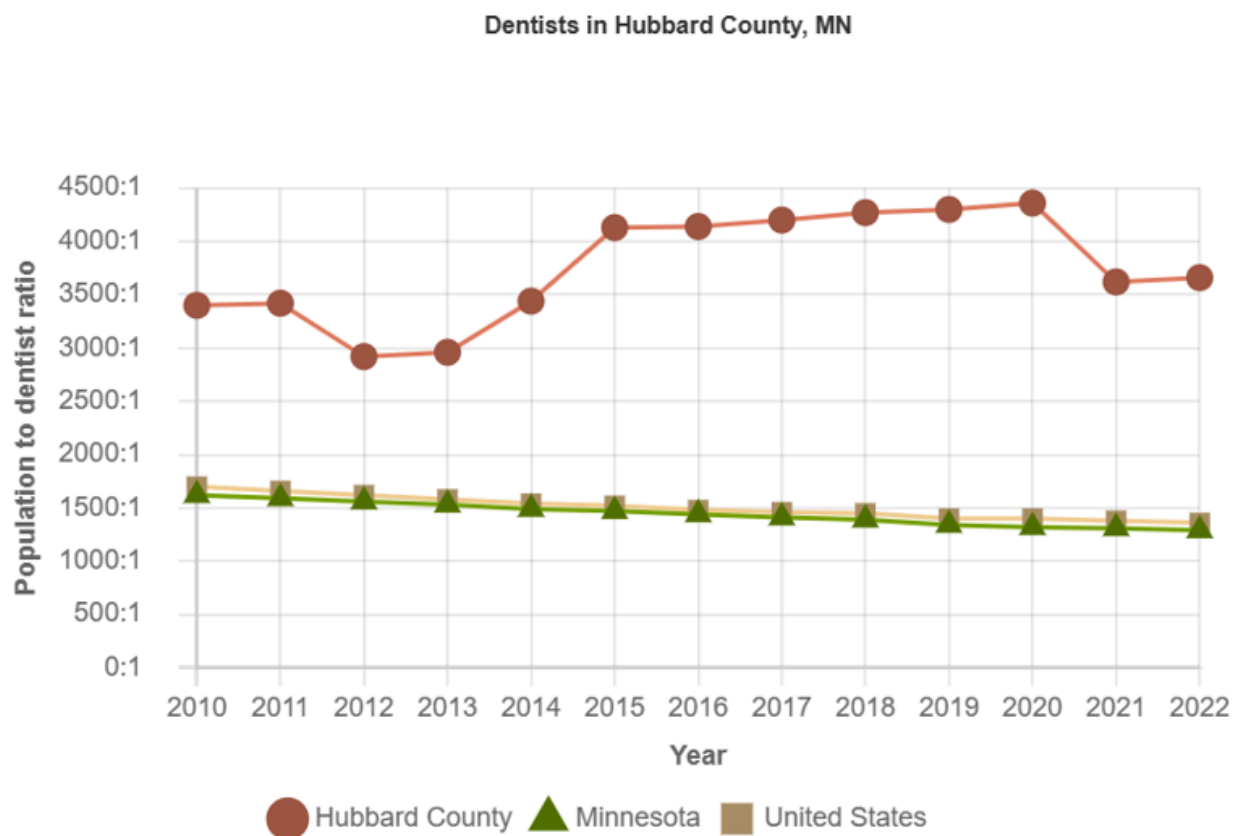
In Hubbard County, 2,049 hospital stays per 100,000 people enrolled in Medicare might have been prevented by outpatient treatment, which is similar in rate to

surrounding counties.

In Hubbard County, 62% of female Medicare enrollees received an annual mammogram, a higher rate than surrounding counties and the state of Minnesota.

Source: University of Wisconsin, 2025

Dental Providers in Hubbard County



How do we compare? 2025 County Health Rankings

Dentists					
Hubbard	Beltrami	Cass	Becker	Wadena	MN
3,660:1	1,260:1	1,490 :1	1,410:1	1,300:1	1,290:1

Source: University of Wisconsin 2025

Untreated dental disease can lead to serious health effects including pain, infection and tooth loss. Lack of sufficient providers is a major barrier for Hubbard County residents. Dental care is in high demand. Only one provider in the county accepts Medicaid, and the waiting list for an appointment is 8-10 months.

Nutrition and Access to Healthy Food

76% of respondents to our Community Health Survey reported driving 10 miles or less to purchase groceries. According to the 2025 University of Wisconsin County Health Rankings, 6% of Hubbard County residents have limited access to healthy foods, which is the same rate as Minnesota and the United States as a whole.

The Food Environment Index is a scaled index that ranges from 0 (worst) to 10 (best) and equally weights both proximity to healthy foods and income. Hubbard County rates in a similar range to surrounding counties and the state of Minnesota.

How do we compare? 2025 County Health Rankings

Food Environment Index					
Hubbard	Beltrami	Cass	Becker	Wadena	MN
8.4	7.0	8.4	7.8	8.6	9.0

Food Insecurity					
Hubbard	Beltrami	Cass	Becker	Wadena	MN
11%	13%	12%	11%	12%	9%

Source: University of Wisconsin, 2025

According to hungersolutions.org, one area of food access that has rapidly changed is the number of visits to food shelves. In 2022, there were 15,371 individual visits to food shelves in Hubbard County, an increase of 40% from 2021. Overall across the state, visits to food shelves have increased.



- **Women, Infants, and Children (WIC) Program**

The CHI St. Joseph's Health Community Health WIC Program provides nutrition education and prescribed food packages to income-eligible infants, children under age 5, and pregnant, postpartum, and breastfeeding women. In 2024, St. Joseph's WIC had an average monthly participation rate of 513, with clinics held in Park Rapids and Laporte.

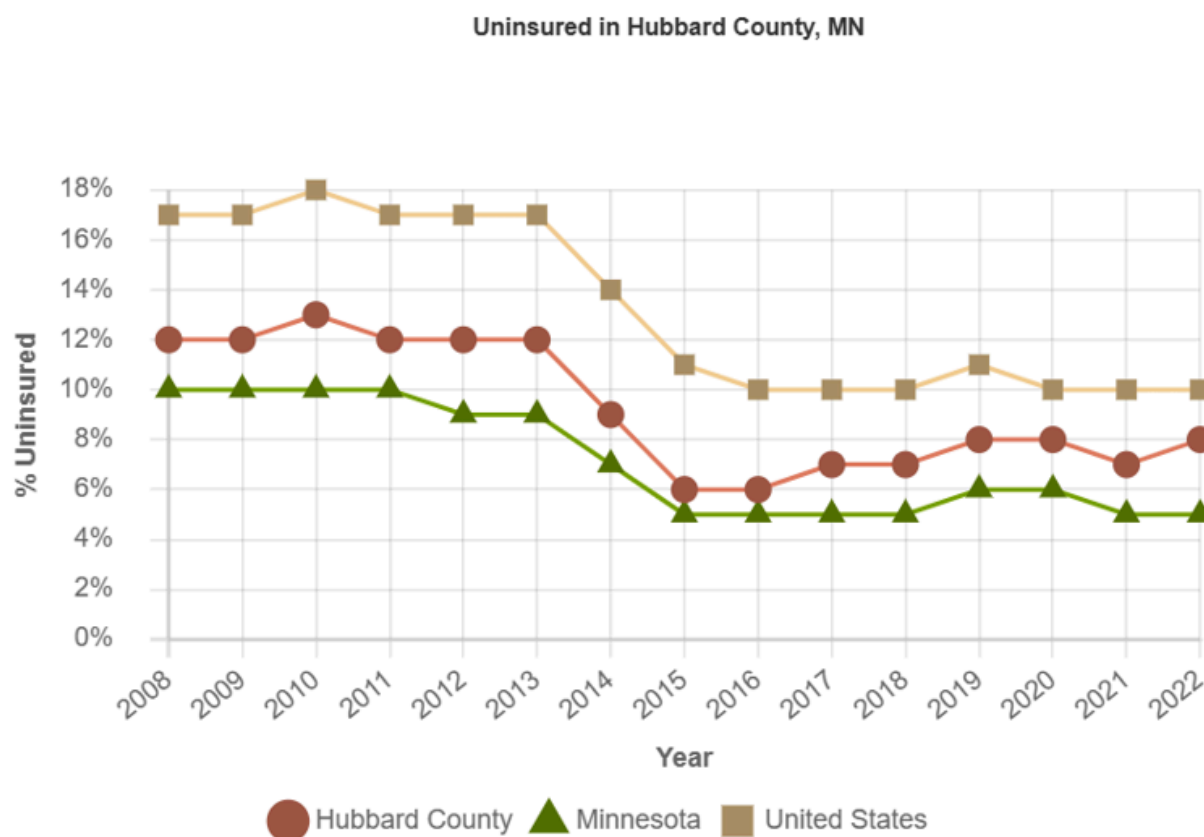
Insurance Coverage

Health care coverage is provided through a system of multiple health insurances. In Minnesota, more than half of residents receive coverage from an employer, and a third are covered by public programs.

In Hubbard County in 2023, 28.7% (6,810) of the total population (22,132) enrolled in Medicaid. This includes:

- 59.4% of those aged 0-19 (2,966)
- 27% of those aged 20-64 (3,005)
- and 6.54% of those aged 65+ (391)

According to the University of Wisconsin County Health Rankings, in 2025, 8% of Hubbard County residents are uninsured.



Source: University of Wisconsin, 2025

Hubbard County Birth Rate

Hubbard County Natality

	2017	2019	2023
Number of Births	216	203	208
Birth rate per 1000 population	10.3	9.4	9.4
Low Birth Weight (> 5lbs 8 oz)	6%	5.4%	4.4%
Premature Births (> 37 weeks gestation)	18 (8%)	12 (5.9%)	12 (6.1%)
Received Prenatal Care 1st Trimester	81.5%	82.8%	78.4%
Infant deaths by birth year	5 (2012-2016)	9 (2014-2018)	1 (2018-2022)

Source: Minnesota Department of Health

How do we compare? 2025 County Health Rankings

Low Birth Weight					
Hubbard	Beltrami	Cass	Becker	Wadena	MN
7%	6%	6%	7%	7%	7%

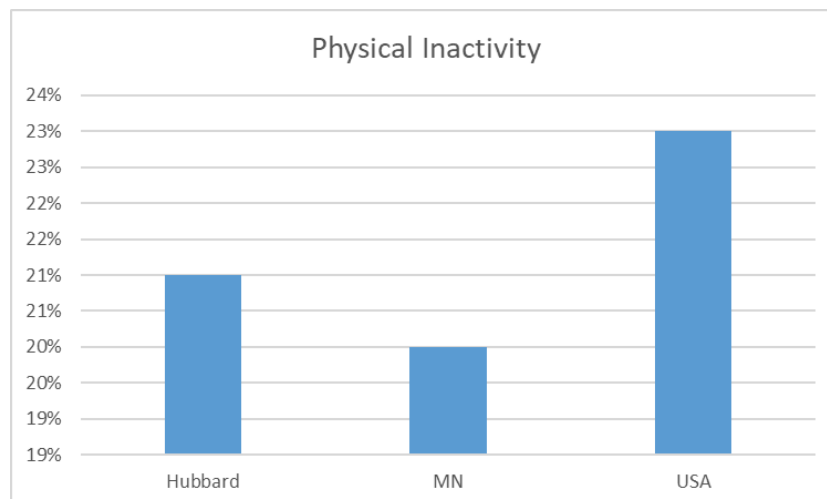
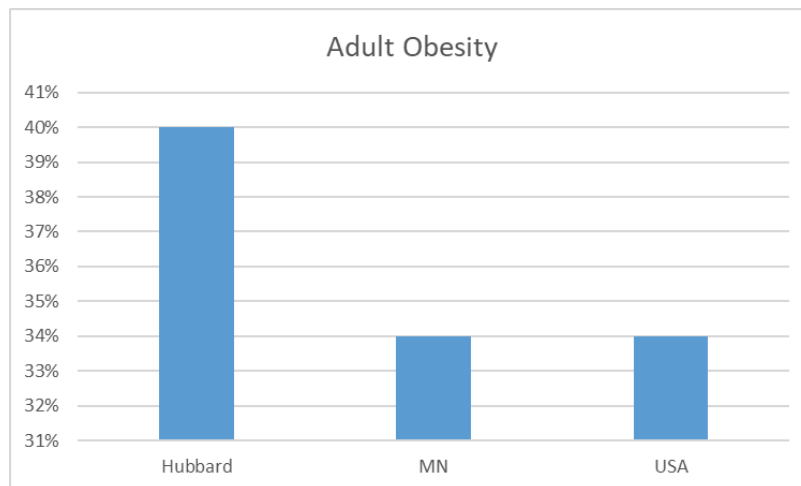


Due to lack of providers, CHI St. Joseph's no longer provides labor and delivery care outside of an emergency room. Therefore Hubbard county residents must seek prenatal care and birth services outside of our service area.

Health, Physical Activity, and Eating Habits

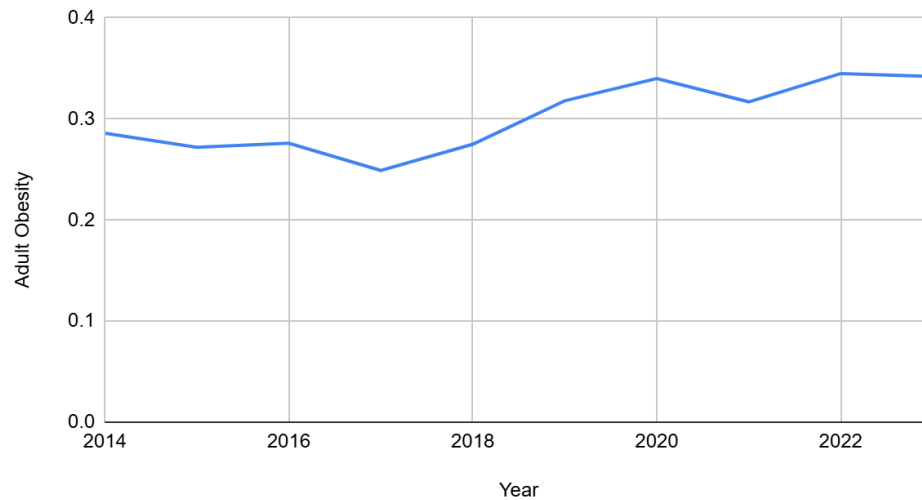


According to our survey responses, 36% rated themselves as overweight, and 33% as obese. Eighty percent of our survey respondents reported getting some physical activity outside of their normal workday, but listed lack of time and adverse weather as barriers.



In Hubbard County, the obesity rate is increasing. The Adult Obesity Rate in 2023 was 34.2%, compared with 28.6% in 2014, with the rate increasing over that time.

Adult Obesity by Year, Hubbard County

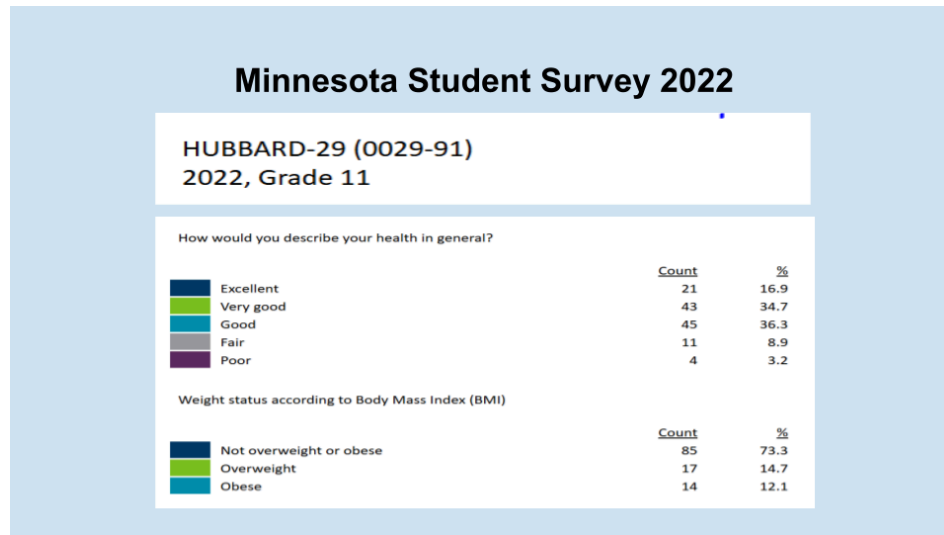


Source: Data USA

How do we compare? 2025 County Health Rankings

Adult Obesity					
Hubbard	Beltrami	Cass	Becker	Wadena	MN
40%	41%	38%	39%	43%	34%

Source: University of Wisconsin, 2025



Source: Minnesota Student Survey 2022

Substance Use - Alcohol, Tobacco, and other Drugs

Tobacco: Both smoking and vaping/e-cigarettes pose significant health risks, including lung damage, increased cancer risk, cardiovascular problems, and addiction. According to our Community Health Survey, 24% of our Hubbard County respondents are current smokers, and 14% are former smokers. Our smoking rate has also increased since 2014.

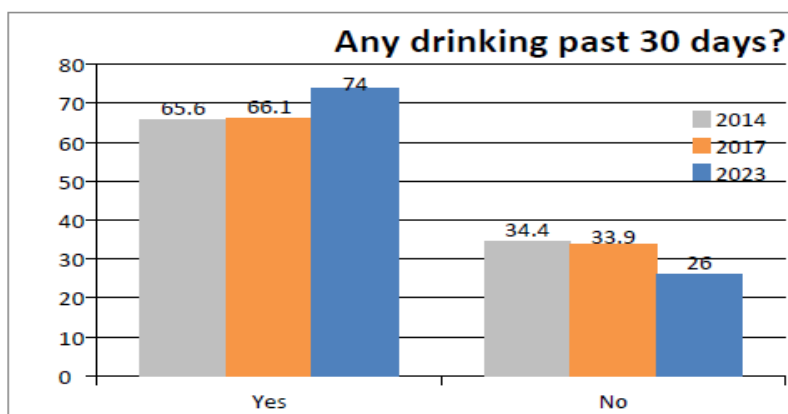
	North Country CHB Region	Beltram County	Clearwater County	LO W	Hubbard County	MN State
Current smokers 2014	12.9	11.9	15.5	17.6	12.7	14.1
Current smokers 2017	13	13.5	10.9	14.5	12.2	14.1
Current Smokers 2023	19.2	10	12.4	17.4	23.7	13.8

Source: North Country 2024 Community Health Needs Assessment

E-cigarettes or vaping are a growing issue. In Minnesota, current use of e-cigarettes is highest among 18-24 year olds. About one quarter (23%) of Hubbard survey respondents aged 34 and younger reported using e-cigarettes some or every day.

Alcohol: According to the Centers for Disease Control (CDC), excessive alcohol use can have immediate and long term effects. Excessive drinking includes binge drinking, heavy drinking, and any drinking during pregnancy or by people younger than 21.

In our Hubbard County Community Health Survey, 74% of respondents indicated that they had consumed alcohol in the last 30 days, which is a significant increase from previous assessments.



Source: North Country 2024 Community Health Survey

LONG TERM EFFECTS OF ALCOHOL

The long-term effects of alcohol can ultimately result in serious physical health problems, such as blackouts, memory loss, and a weakened immune system.

Other long-term effects of alcohol misuse can include:

- Anxiety, depression, and increased risk of dementia.
- Risk high blood pressure and higher rates of strokes.
- Higher risk of liver disease, such as cirrhosis.
- Significantly higher risk of oral and throat cancer.
- Significantly higher risk of colon cancer.
- Significantly higher risk of stomach cancer.

source: <https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>

Excessive drinking includes:

Binge drinking

Women 4 or more drinks
Men 5 or more drinks

On one occasion

Heavy drinking

Women 8 or more drinks
Men 15 or more drinks

In a week

Any drinking during pregnancy

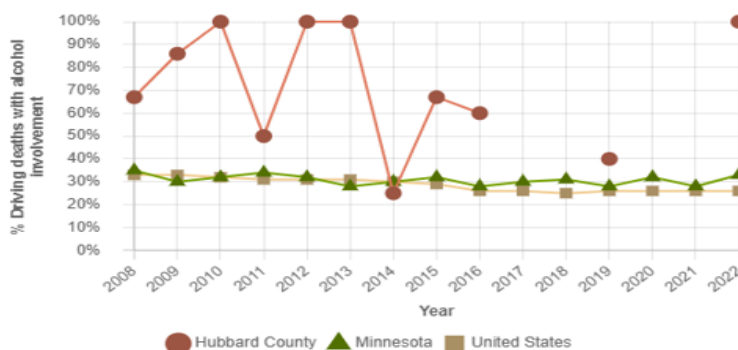
Any drinking by people younger than 21

cdc.gov/alcohol

How do we compare? 2025 County Health Rankings

Excessive Drinking					
Hubbard	Beltrami	Cass	Becker	Wadena	MN
23%	21%	22%	24%	24%	23%

Alcohol-Impaired Driving Deaths in Hubbard County, MN



Source: University of Wisconsin, 2025

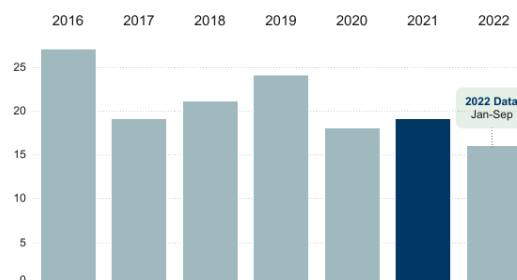
In 2024 there were 188 Driving while Intoxicated arrests in Hubbard County and 14 alcohol related crashes.

Other Drugs: The percentage of adults estimated to have used marijuana in the past year increased from 13% in 2020 to 19% in 2022. The legalization of Marijuana has increased its use across Minnesota

Between April of 2020 and June of 2024, there were no fatal drug overdoses in Hubbard County. (Source: CDC Provisional 12 month-ending drug overdose deaths by county)
In 2021, there were 19 nonfatal hospital visits for all drug overdoses in Hubbard County. (See chart below - source: Minnesota Department of Health)

In 2021, there were 19 nonfatal hospital visits for All drug overdose among all Minnesotans from Hubbard County.

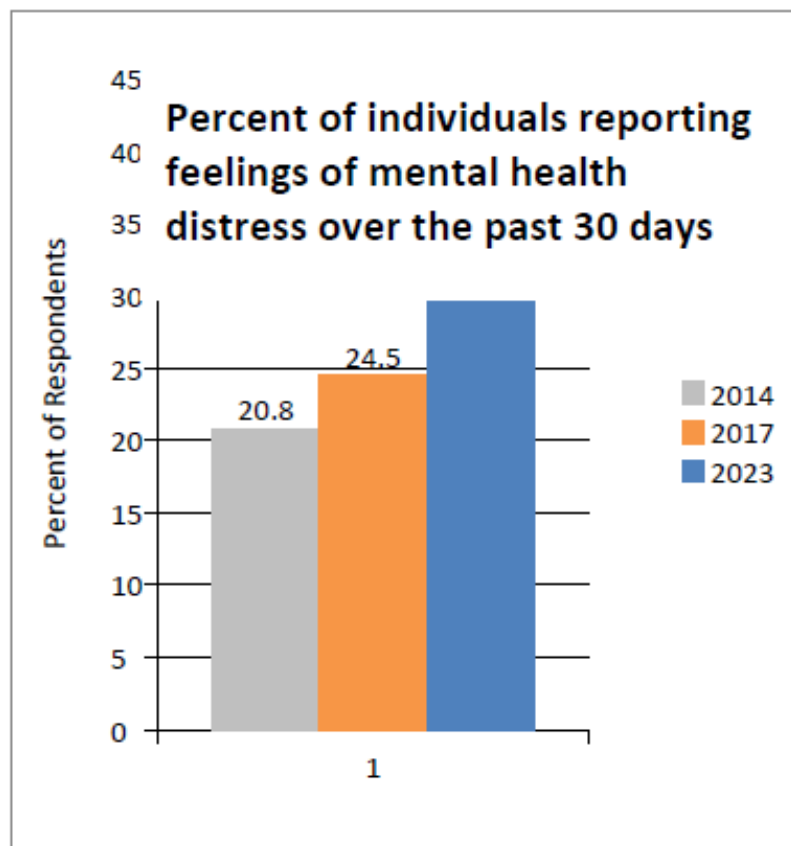
Rates are not available due to a count of less than 20 among this population.

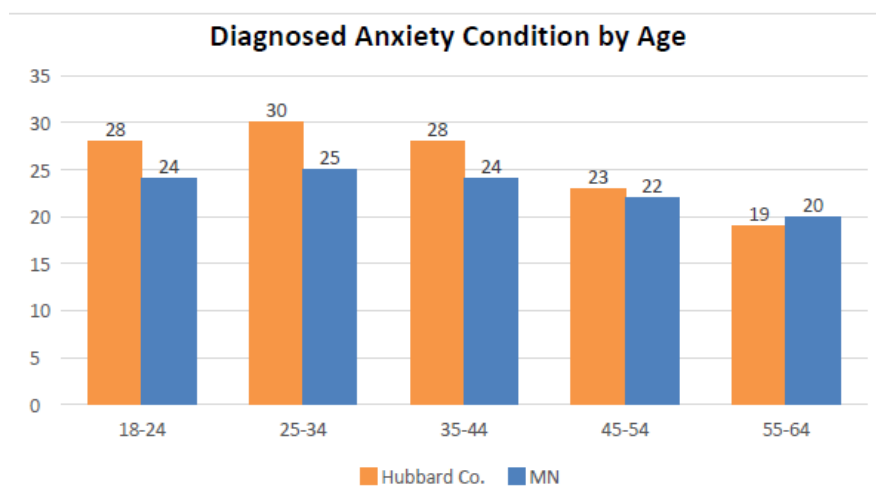
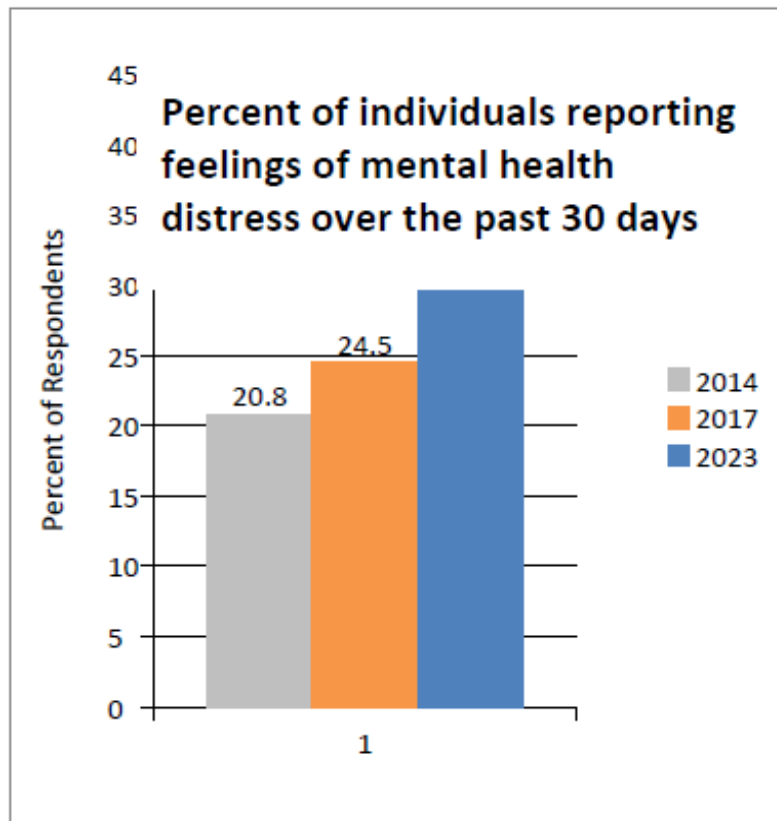


Mental Health



Mental health is consistently rated a top concern in our community surveys. In our most recent survey, 40% of respondents reported feelings of hopelessness, anxiety, or loss of interest in things they used to enjoy in the last 30 days. (see chart below)





Data from the Minnesota Electronic Health Record consortium indicates that anxiety is more pronounced in younger age groups.

Source: Community Health Survey 2025

Minnesota Student Survey 2022

HUBBARD-29 (0029-91)
2022, Grade 11

Do you have any long-term mental health, behavioral or emotional problems? Long-term means lasting 6 months or more.

	Count	%
Yes	34	27.9
No	88	72.1

Have you ever been treated for a mental health, emotional or behavioral problem? (Mark all that apply)

	Count	%
No	97	78.9
Yes, during the last year	16	13.0
Yes, more than a year ago	11	8.9

Acute and Chronic Diseases

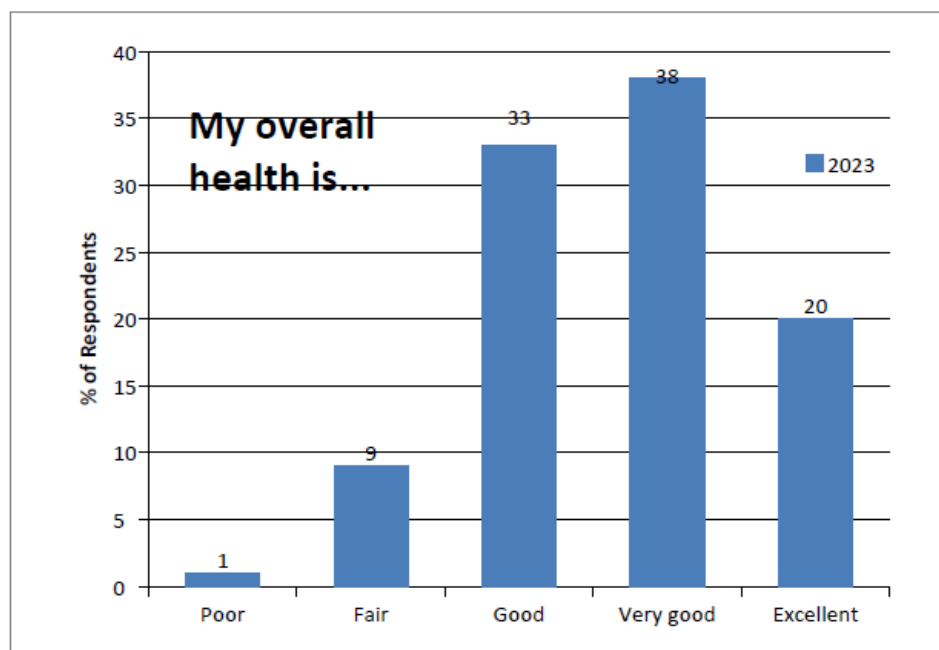
Cancer and heart disease have been the leading causes of death in Hubbard County Minnesota for decades.

In 2023, there were 242 deaths of Hubbard County residents. The five leading causes of death for 2023 were:

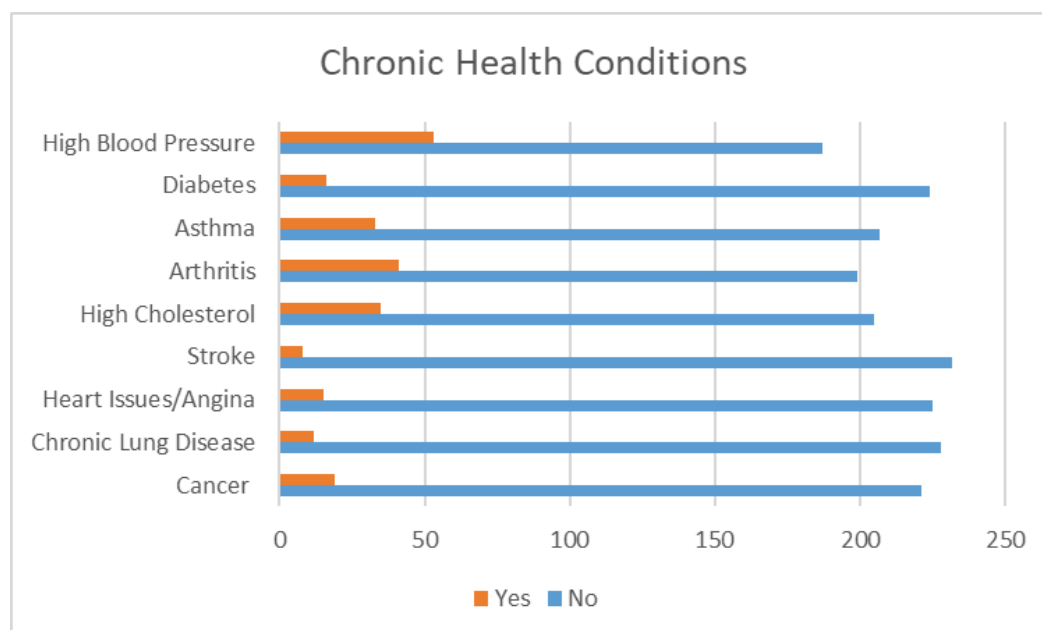
- Cancer (28%)
- Heart Disease (17%)
- Alzheimer's Disease (7%)
- Chronic Lower Respiratory Disease (5%)
- Diabetes 3%)
- Unintentional Injuries/Accidents (3%)

Source: *Minnesota Department of Health*

55% of survey respondents rated their overall health as “very good” or “excellent”, which is similar to the state rate on this measure.

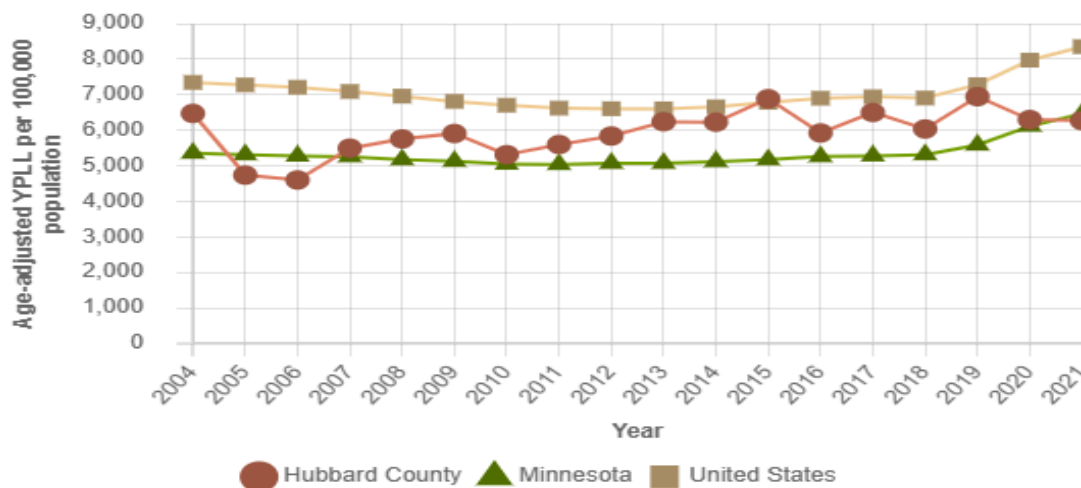


Hubbard County survey respondents report instances of Chronic Health Conditions, per the chart below:



Source: 2024 North Country Community Health Survey

Premature Death in Hubbard County, MN Years of Potential Life Lost (YPLL)



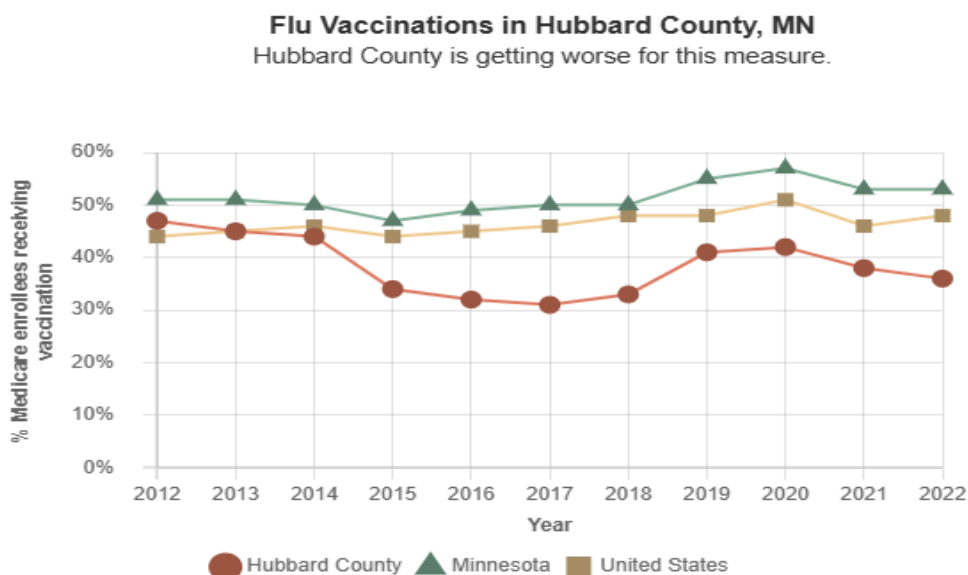
Source: University of Wisconsin, 2025

*Premature Death is defined as the years of potential life lost before age 75

Immunizations and Infectious Diseases

Declining immunization rates are a public health concern in Hubbard County, Minnesota, and across the United States. During the 2021-2022 school year, 84% of Hubbard County children entering kindergarten were fully vaccinated for measles (the Measles Mumps Rubella Vaccine or MMR). The Community Immunity Threshold (CIT) for measles is 92-94%. The CIT is the percentage of the population that needs to be immune to measles to prevent/limit the spread of infections in their county. Additionally, in 2023, only 50% of children aged 24-35 months had received their full recommended seven vaccine series, leaving that population vulnerable to vaccine preventable diseases. This rate decreased from 52.7% in 2021. Low rates of immunization place Hubbard County at increased risks of vaccine-preventable disease outbreaks, including polio, diphtheria, pertussis, measles, mumps, and rubella.

Hubbard County is also seeing declining rates of influenza vaccinations. Low influenza vaccination rates lead to an increased risk of flu-related illnesses, hospitalizations, and deaths, especially among vulnerable populations.



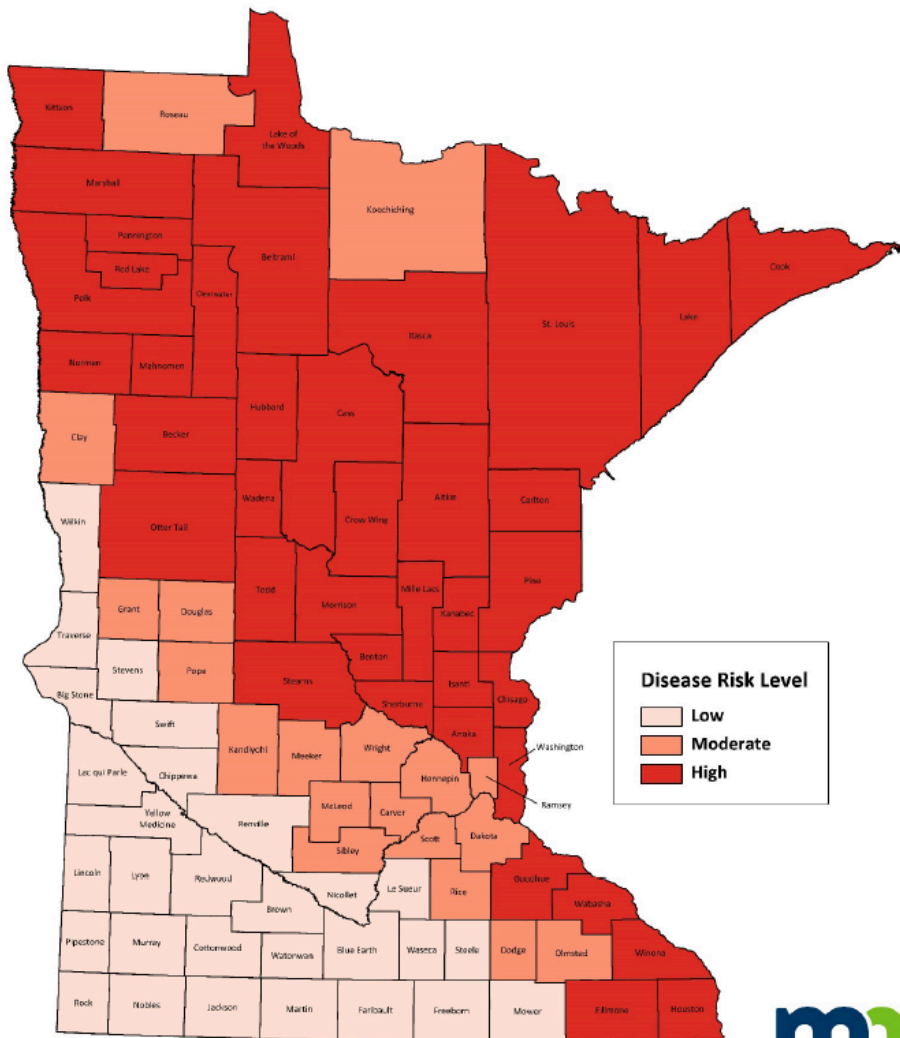
COVID-19: Hubbard County has seen 7,231 cases since May of 2020. Since 2022, the number of reported cases has decreased with the rise in home testing. As of 2025, 14.8% of Hubbard County residents are up to date with COVID vaccinations, compared with 21.1% for all of Minnesota.

Tick-Borne Illnesses

Hubbard County is a high risk area for tick-borne illnesses.

Minnesota Tickborne Disease Risk*

*Risk is based on average incidence (cases/100,000 population) of cases of anaplasmosis, babesiosis, and Lyme disease from 2007-2022



For more information about ticks and preventing tickborne disease, please visit www.health.state.mn.us/ticks or call (651) 201-5414.

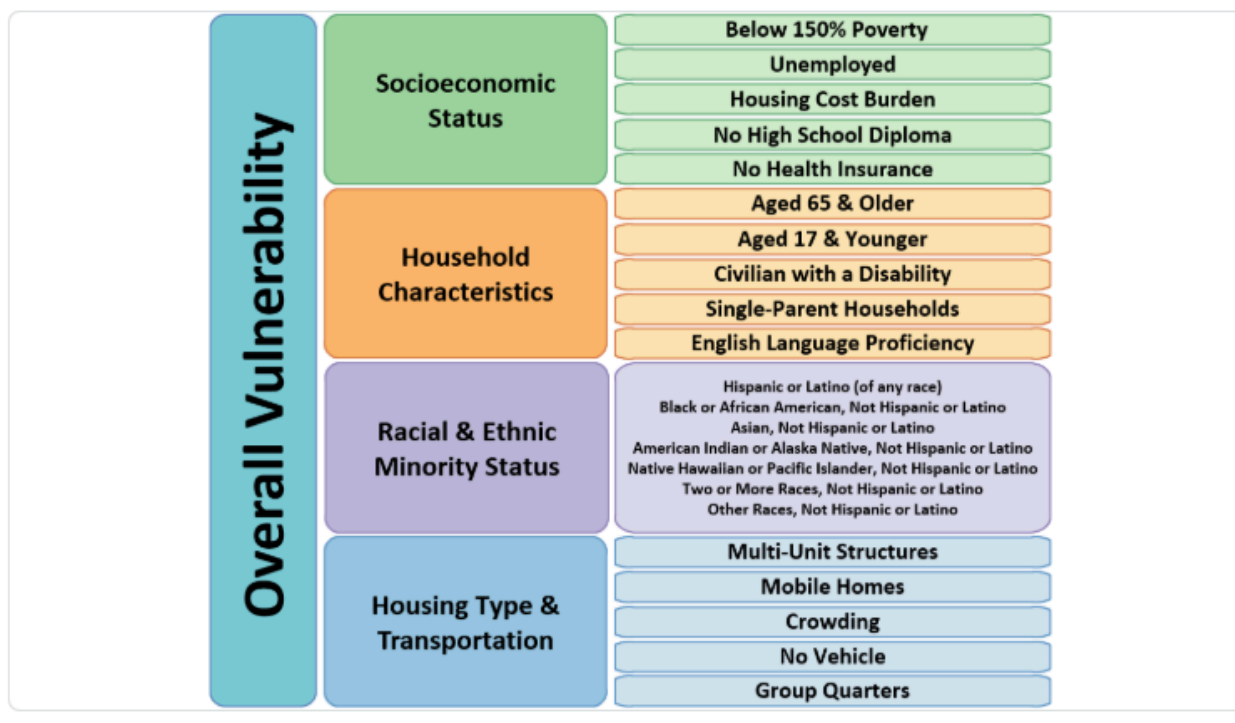


Common tick-borne illnesses include Lyme disease, anaplasmosis, babesiosis, and ehrlichiosis.

Source: Minnesota Department of Health

Social vulnerability refers to the demographic and socioeconomic factors (such as poverty, lack of access to transportation, and crowded housing) that adversely affect communities that encounter hazards and other community-level stressors. These stressors can include natural or human-caused disasters (such as tornadoes or chemical spills) or disease outbreaks (such as COVID-19).

The current CDC/ATSDR Social Vulnerability Index uses 16 U.S. Census variables from the 5-year American Community Survey (ACS) to identify communities that may need support before, during, or after disasters. These variables are grouped into four themes that cover four major areas of social vulnerability and then combined into a single measure of overall social vulnerability.

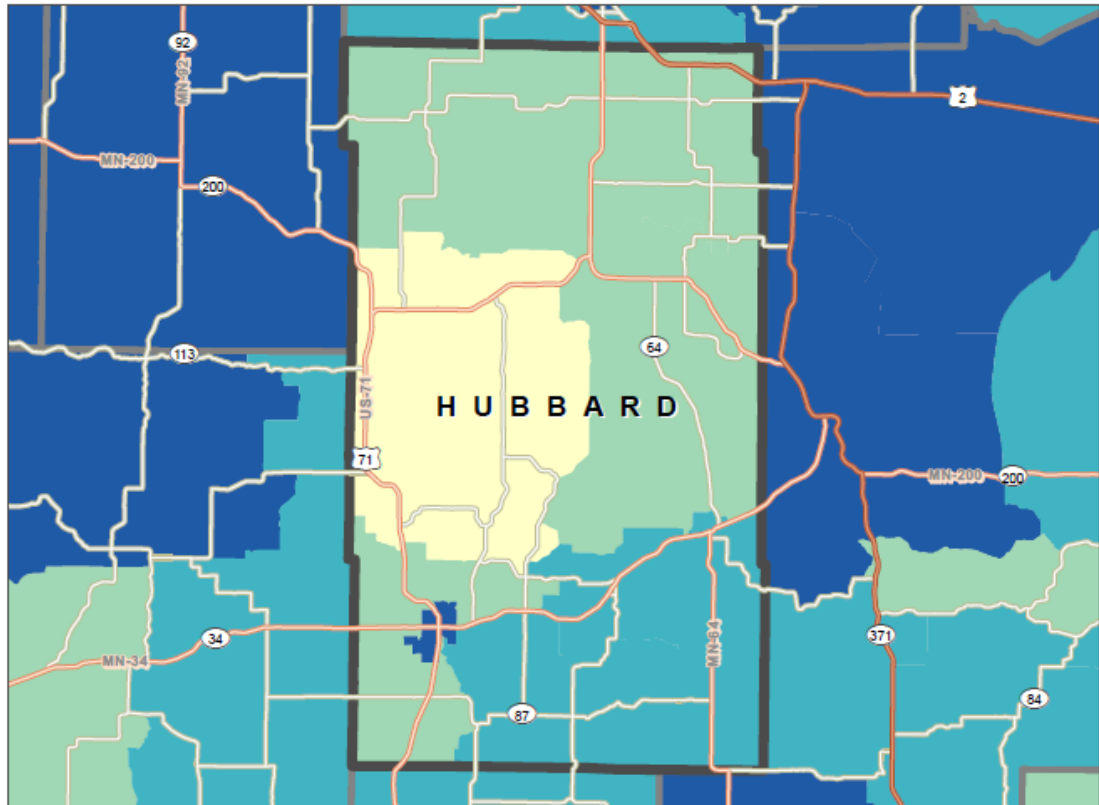


Hubbard County, Minnesota has an overall SVI score of 0.2809, which indicates a low to medium level of vulnerability.

CDC/ATSDR Social Vulnerability Index 2022

HUBBARD COUNTY, MINNESOTA

Overall Social Vulnerability¹



Highest (Top 4th)
 Vulnerability (SVI 2022)²
 Lowest (Bottom 4th)

Data Unavailable³

0 2.25 4.5 9 13.5
Miles



Social vulnerability refers to a community's capacity to prepare for and respond to the stress of hazardous events ranging from natural disasters, such as tornadoes or disease outbreaks, to human-caused threats, such as toxic chemical spills. The **CDC/ATSDR Social Vulnerability Index (CDC/ATSDR SVI 2022)⁴ County Map** depicts the social vulnerability of communities, at census tract level, within a specified

county. CDC/ATSDR SVI 2022 groups **sixteen census-derived factors** into **four themes** that summarize the extent to which the area is socially vulnerable to disaster. The factors include economic data as well as data regarding education, family characteristics, housing, language ability, ethnicity, and vehicle access. Overall Social Vulnerability combines all the variables to provide a comprehensive assessment.



ATSDR Agency for Toxic Substances and Disease Registry



Geospatial Research, Analysis, and Services Program



CHI St. Joseph's Health.

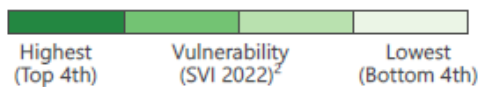
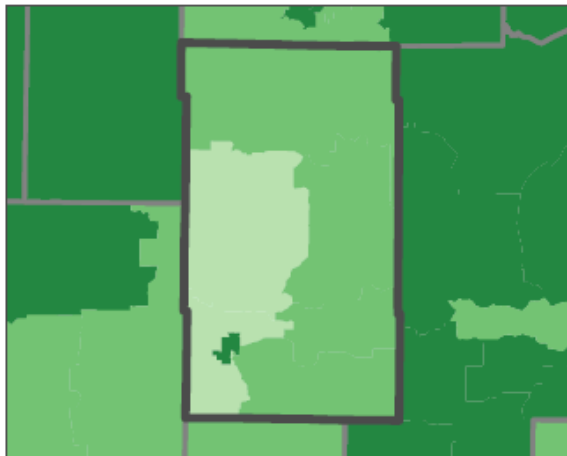
A member of CommonSpirit



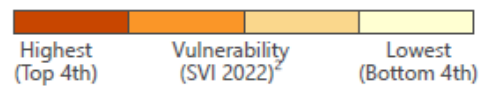
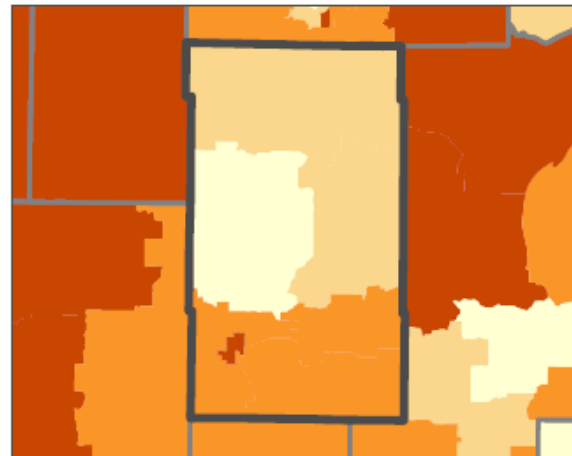
CDC/ATSDR SVI Themes



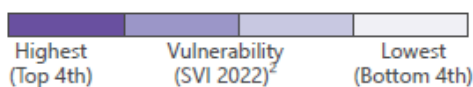
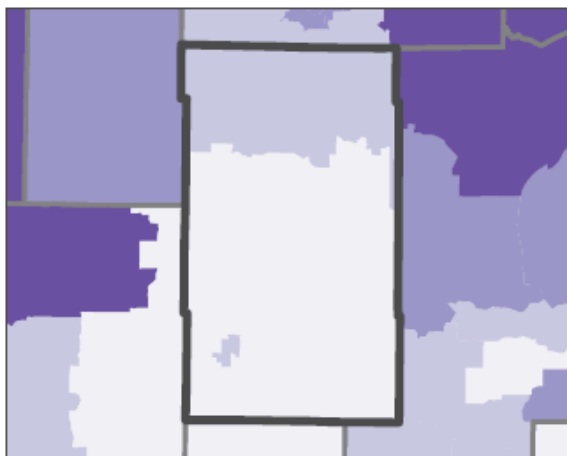
Socioeconomic Status⁵



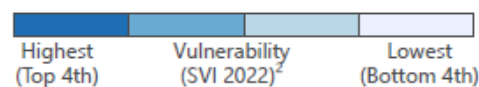
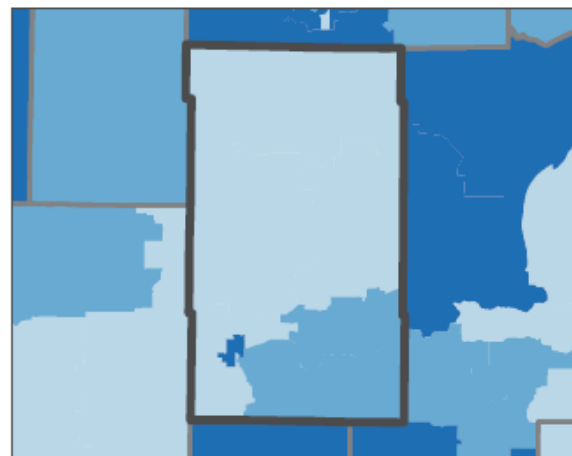
Household Characteristics⁶



Racial and Ethnic Minority Status⁷



Housing Type/Transportation⁸



Data Sources: ²CDC/ATSDR/GRASP, U.S. Census Bureau, ArcGIS StreetMap Premium.

Notes: ¹Overall Social Vulnerability: All 16 variables. ²One or more variables unavailable at census tract level. ³The CDC/ATSDR SVI combines percentile rankings of U.S. Census American Community Survey (ACS) 2018-2022 variables, for the state, at the census tract level. ⁴Socioeconomic Status: Below 150% Poverty, Unemployed, Housing Costs Burden, No High School Diploma, No Health Insurance. ⁵Household Characteristics: Aged 65 and Older, Aged 17 and Younger, Civilian with a Disability, Single-Parent Household, English Language Proficiency. ⁶Race/Ethnicity: Hispanic or Latino (of any race); Black and African American, Not Hispanic or Latino; American Indian and Alaska Native, Not Hispanic or Latino; Asian, Not Hispanic or Latino; Native Hawaiian and Other Pacific Islander, Not Hispanic or Latino; Two or More Races, Not Hispanic or Latino; Other Races, Not Hispanic or Latino. ⁷Housing Type/Transportation: Multi-Unit Structures, Mobile Homes, Crowding, No Vehicle, Group Quarters.

Projection: NAD 1983 StatePlane Minnesota Central FIPS 2202.


References: Flanagan, B.E., et al., A Social Vulnerability Index for Disaster Management. *Journal of Homeland Security and Emergency Management*, 2011. 8(1).
CDC/ATSDR SVI web page: <https://www.atsdr.cdc.gov/placeandhealth/svi/index.html>.

Resources Potentially Available to Address Needs

The focus group identified many resources already available in the community to address these needs. These include but are not limited to:

- Local hospitals and clinics
- Living at Home with a caregiver support program, and an adult day center.
- Memory Care facilities.
- Mahube Childcare center, which includes headstart, a childcare center with scholarships available, and a friends and family program which provides payment to family or friends providing childcare.
- Community Health Programs, including WIC, Family Home Visiting, and Case Management
- Three school districts
- YESS Youth Emergency Shelter and the Akeley Women's Emergency Shelter
- Weight Management Center
- Substance Abuse Facility (Pine Manor)
- Mental health providers, including Stellher Mental Health which has a crisis team that goes into schools and homes to see children in crisis and offers stabilization services.

Impact of Actions Taken Since the Preceding CHNA

 Health Need: Mental Health	
Anticipated Impact (Goal)	Improve mental health across the lifespan. Success will be measured by a decline in the number of reported poor mental health days from the annual University of Wisconsin County Health Rankings.
Strategy or Program	Summary Description
Ensure positive emotional and social development	<ul style="list-style-type: none">• Growing Great Kids curriculum for at-risk families• Referrals to Head Start and other pre-school programs• Post-partum depression screenings completed on mothers enrolled in community health programs, with referrals as appropriate• Support Kinship Program, ensuring young people have connections with non-judgmental, caring adults.


ACE's Coalition	<ul style="list-style-type: none"> • Work with area schools to reduce the effects of adverse childhood experiences • Handle With Care program implemented • Continued community education and awareness opportunities including future ACES Summits
Mental health resource guide	<ul style="list-style-type: none"> • Improve the community resource guide for both providers and consumers • Promote mental health resources available in the community and ways to access help.
Strategy 1.1.	<p>CHI St. Joseph's provides financial support to the Park Rapids Kinship Program, and is part of their board of directors to support their programming.</p> <p>FY23 Key Activities:</p> <p>FY23 Actions and Impact: Kinship of Park Rapids is dedicated to fostering positive youth development by providing caring and supportive mentors to youth facing challenges or at risk of falling behind. The program is designed to strengthen youth's sense of belonging, resilience, and self-efficacy, enabling them to navigate life's transitions and make informed decisions that lead to successful futures. In 2023 Kinship had 20 matches with 17 youth waiting for their mentor. In the current school year for Reading Buddies has 29 readers in Park Rapids and Nevis Schools</p> <p>FY23 Measures:</p> <p># of matched youth/mentors: 20</p> <p># of Reading Buddies in Park Rapids/Nevis: 29</p> <p>FY24 Key Activities:</p> <p>Actions and Impact: Kinship of Park Rapids is dedicated to fostering positive youth development by providing caring and supportive mentors to youth facing challenges or at risk of falling behind. The program is designed to strengthen youth's sense of belonging, resilience, and self-efficacy, enabling them to navigate life's transitions and make informed decisions that lead to successful futures. In <u>2024</u> Kinship had 22 matches with 17 youth waiting for their mentor. In the current school year Reading Buddies has 35 readers in Park Rapids and Nevis Schools and 26 substitute readers</p>

	<p>FY24 Measures:</p> <p># of matched youth/mentors: 22</p> <p># of Reading Buddies in Park Rapids/Nevis: 35</p>
Strategy 1.2.	<p>CHI St. Joseph's Community Health Maintains the Healthy Families Minnesota Family Home Visiting Program, utilizing the Growing Great Kids Curriculum, providing support to families of young children and providing developmentally appropriate education to meet individual goals.</p> <p>FY23 Key Activities:</p> <p>CHI St. Joseph's Community Health Family Home Visiting caseload through FY 23 averaged 10-13 families. Families enrolled set individual goals that are supported by their family home visitor.</p> <p>FY23 Measures:</p> <p>The caseload goal for this program is 10 families at any given time, accounting for new enrollments and program</p> <p>FY24 Key Activities:</p> <p>CHI St. Joseph's Community Health Family Home Visiting caseload through FY 24 averaged 12-15 families. Families enrolled set individual goals that are supported by their family home visitor.</p> <p>FY24 Measures:</p> <p>The caseload goal for this program is 10 families at any given time, accounting for new enrollments and program</p>
Strategy 1.3	<p>CHI St. Joseph's Community Health completes postpartum depression screenings on mothers enrolled in community health programs, with referrals as appropriate</p> <p>FY23 Key Activities:</p> <p>Screened for postpartum depression.</p>

	<p>FY23 Measures:</p> <p>52 PP depression screenings completed in FY 23</p> <p>FY24 Key Activities:</p> <p>Screened for postpartum depression.</p> <p>FY24 Measures:</p> <p>23 PP depression screenings completed in FY 24</p>
Strategy 1.4.	<p>Referrals to Head Start and other preschool programs</p> <p>FY23 Key Activities:</p> <p>This strategy was not pursued in FY23.</p> <p>FY23 Measures:</p> <p>There are no measures to report.</p> <p>FY24 Key Activities:</p> <p>This strategy was not tracked in FY24.</p> <p>FY24 Measures:</p> <p>There are no measures to report.</p>
Strategy 1.5	<p>Support ACES Coalition (through school age youth and community educational activities)</p> <p>FY23 Key Activities:</p> <p>Actions and Impact: 2nd ACES Summit held August 30th, 2022 with over 200 attendees. Included keynote sessions on resilience, mental health, and drug trends</p> <p>FY23 Measures:</p> <p>Over 200 attendees participated in the 2nd ACES Summit on 8/30/2022, sponsored by the ACES Coalition and CHI St. Joseph's Health</p>


	<p>FY24 Key Activities:</p> <p>ACES Summit held in 2022, planning for a future date, 2024 or beyond. ACES Coalition created a “Coping Journal” that was distributed to all three county school districts in fall 2023.</p> <p>FY24 Measures:</p> <p>400 students received the coping journal, which included quotes related to resilience and mental health, coloring pages, and pages for journaling. Due to positive reception and demand a 2nd printing was done for the 24-25 school year.</p>
Strategy 1.6	<p>Implement Handle with Care program</p> <p>FY23 Key Activities:</p> <p>Implemented Handle with Care program.</p> <p>FY23 Measures:</p> <p>There are no measures to report.</p> <p>FY24 Key Activities:</p> <p>Handle with Care program bridges communication between law enforcement and school staff (all 3 school districts and MAHUBE-OTWA) whenever a student encounters a traumatic event in which law enforcement is involved. Law enforcement sends an email to a designated email address at the school which is checked daily and then when needed a “Handle with Care” notice is sent to the staff. This is a tool to help school staff to support students so that they can stay in school.</p> <p>FY24 Measures:</p> <p>This program has been implemented in all three school districts and Head Start.</p> <p>FY23 Key Activities:</p> <p>FY23 Measures:</p>

	<p>FY24 Key Activities:</p> <p>FY24 Measures:</p>
Strategy 1.7	<p>Mental health resource guide (Improve compilation of resources and promote throughout the community, including to providers and staff)</p> <p>FY23 Key Activities:</p> <p>This strategy was not pursued due to focusing on other activities.</p> <p>FY23 Measures:</p> <p>There are no measures to report.</p> <p>FY24 Key Activities:</p> <p>The Hubbard County Community Resource Guide is updated and distributed yearly by Community Health</p> <p>FY24 Measures:</p> <p>Resource guide updated yearly in January.</p>
Planned Resources	Community health, ACEs coalition, discharge planning, ER staff, dental clinic
Planned Collaborators	Mental Health Providers, Faith Communities, Law Enforcement/Corrections, Schools, Health Care Providers, Senior Providers, Action Park Rapids


	Health Need: Substance Abuse
Anticipated Impact (Goal)	Reduce the use and impacts of alcohol, tobacco, and other drugs. Success will be measured by a reduction in the percentage of ninth grade students who report using alcohol, tobacco, and other drugs according to the Minnesota Student Survey. For our adult population, success will be measured by a reduction in reported excessive drinking according to annual University of Wisconsin County Health Rankings.
Strategy or Program	Summary Description

Hubbard In Prevention Coalition	<ul style="list-style-type: none"> • Collaborate with community sectors, including using evidence-based curriculum in schools, promoting “Take it to the Box,” alcohol compliance checks with law enforcement, and offering responsible beverage server training. • Policy work with Hubbard County partners regarding the sale of THC products in Hubbard County
Provide community education to youth and adults	<ul style="list-style-type: none"> • Collaborate with community partners and HIP to provide education to residents and providers.
Tobacco Cessation	<ul style="list-style-type: none"> • Develop awareness of tobacco cessation in our community and increase awareness of the risks of e- cigarettes and vaping.
Strategy 2.1.	<p>Support Hubbard In Prevention (HIP) Coalition.</p> <p>FY23 Key Activities:</p> <p>During FY23, 38 people in Hubbard County received Responsible Beverage Server Training through HIP. According to the Minnesota Student Survey, the percentage of Hubbard County 11th grade students who reported they used alcohol in the last year decreased from 42.2% in 2019 to 39.7% in 2022. In 2023, 13 Tobacco compliance checks and 15 Alcohol compliance checks were completed. Measures: HIP will conduct responsible beverage server training yearly and conduct compliance checks in coordination with law enforcement. HIP will maintain student coalitions at each school in the county, with the goal of a reduction in usage shown on the Minnesota Student Survey (conducted every 3 years, with the most recent results from 2022).</p> <p>FY23 Measures:</p> <p># of people who completed Responsible Beverage Server Training: 38</p> <p># of Tobacco compliance checks: 13</p> <p># of Alcohol compliance checks: 15</p> <p>FY24 Key Activities:</p> <p>During FY24, 11 people in Hubbard County received Responsible Beverage Server Training through HIP. According to the Minnesota Student Survey, the percentage of Hubbard County 11th grade students who reported they</p>

	<p>used alcohol in the last year decreased from 42.2% in 2019 to 39.7% in 2022. In FY24, 1 Tobacco compliance checks and 1 Alcohol compliance checks were completed. Measures: HIP will conduct responsible beverage server training yearly and conduct compliance checks in coordination with law enforcement. HIP will maintain student coalitions at each school in the county, with the goal of a reduction in usage shown on the Minnesota Student Survey (conducted every 3 years, with the most recent results from 2022).</p> <p>FY 24 Measures:</p> <p># of people who completed Responsible Beverage Server Training: 11</p> <p># of Tobacco compliance checks: 1</p> <p># of Alcohol compliance checks: 1</p>
Strategy 2.2	<p>Provide youth and adult education</p> <p>FY23 Key Activities:</p> <p>HIP sponsored the “Tall Cop” webinar series on THC and emerging drug trends.</p> <p>FY23 Measures:</p> <p># of attendees at Tall Cop Webinar held on 6/8/23: 200</p> <p>FY24 Key Activities:</p> <p>HIP sponsored the “Tall Cop” “High In Plain Sight” training on 5/10/24</p> <p>FY 24 Measures:</p> <p># of attendees at Tall Cop training held 5/10/24: 104</p>
Planned Resources	Hubbard In Prevention, North Country SHIP
Planned Collaborators	Law Enforcement, Hubbard County Attorney, Local Establishments, Pine Manor, Celebrate Recovery, area school districts
Planned Collaborators	Law Enforcement, Hubbard County Attorney, Local Establishments, Pine Manor, Celebrate Recovery, area school districts

	Health Need: Youth/Community/Recreation Center
Anticipated Impact (Goal)	A consistently identified need in the community, the hospital will evaluate feasibility and level of involvement of a new or existing space as a community center
Strategy or Program	Summary Description
Support a community funded youth/community/recreation center	<ul style="list-style-type: none"> • As an organization, assess feasibility of supporting a Community Center within the community. • Identify potential partners
Strategy 3.1	<p>Support a community funded youth/community/recreation center</p> <ul style="list-style-type: none"> o As an organization, assess feasibility of supporting a Community Center within the community. o Identify potential partners. <p>FY23 Key Activities:</p> <p>A consistently identified need in the community, the hospital will assess feasibility and level of involvement of a new or existing space as a community center, and identify and work with potential partners. Participated in community center vision meetings.</p> <p>FY23 Measures:</p> <p>Attended meetings on 3/7/23 and 5/15/23</p> <p>FY24 Key Activities:</p> <p>FY24 Action and Impact: A consistently identified need in the community, the hospital will assess feasibility and level of involvement of a new or existing space as a community center, and identify and work with potential partners. Participated in community center vision meetings.</p> <p>FY 24 Measures:</p> <p>Community work on this strategy slowed in FY24, hospital continues to monitor and stay involved through email updates.</p>


Planned Resources	CHI St. Joseph's Health
Planned Collaborators	Area Schools, Action Park Rapids


 Health Need: Economic Factors to Influence Wellness	
Anticipated Impact (Goal)	Decrease the overall poverty and unemployment rate for residents of Hubbard county according to US Census Bureau data.
Strategy or Program	Summary Description
Employment support	<ul style="list-style-type: none"> Continue financial support of Hubbard County Regional Economic Development Corporation
Charity Care/Medical Eligibility Counseling	<ul style="list-style-type: none"> Free or reduced cost health services provided for those who cannot pay. Enrollment assistance for Federal and State government benefit programs
Transportation	<ul style="list-style-type: none"> Explore opportunities to expand transportation options for employment
Dental Clinic	<ul style="list-style-type: none"> Continue to provide dental support for Medicaid
Family assistance	<ul style="list-style-type: none"> Free car seats to eligible families Work with community partners for options on expanded childcare options. Food Angels backpack program in partnership with school district Provide financial support to local food shelves Community Health programs
Strategy 4.1	<p>Charity Care.</p> <p>FY23 Key Activities:</p> <p>FY2023 Actions and Impact: Free or reduced cost health services provided for those who cannot pay, and enrollment assistance for Federal and State Government Benefit programs.</p> <p>FY23 Measures:</p> <p>In FY23, CHI St. Joseph's provided \$1.4M in charity care.</p>

	<p>FY24 Key Activities:</p> <p>FY2024 Actions and Impact: Free or reduced cost health services provided for those who cannot pay, and enrollment assistance for Federal and State Government Benefit programs.</p> <p>FY 24 Measures:</p> <p>In FY24, CHI St. Joseph's provided \$957,830 in charity care.</p>
Strategy 4.2	<p>Dental Clinic</p> <p>FY23 Key Activities:</p> <p>Community Dental clinic expansion to continue to provide dental services for residents on medical assistance or who are uninsured.</p> <p>FY23 Measures:</p> <p>The Community Dental Clinic provided 7,158 dental visits in FY23.</p> <p>FY24 Key Activities:</p> <p>Community Dental clinic expansion to continue to provide dental services for residents on medical assistance or who are uninsured.</p> <p>FY 24 Measures:</p> <p>The Community Dental Clinic provided 4,356 dental visits in FY24, prior to being sold to Northern Access Dental 4/5/24</p>
Strategy 4.3	<p>Free Car Seats to Eligible Families:</p> <p>FY23 Key Activities:</p> <p>Community Health to provide car seats to income eligible families enrolled in PrimeWest PMAP or MA.</p> <p>FY23 Measures:</p> <p>In FY23, CHI St. Joseph's Community Health provided 24 car seats to families enrolled in PrimeWest and 2 to families enrolled in straight MA</p>

	<p>FY24 Key Activities:</p> <p>Community Health to provide car seats to income eligible families enrolled in PrimeWest PMAP or MA.</p> <p>FY 24 Measures:</p> <p>In FY24, CHI St. Joseph's Community Health provided 93 car seats to families enrolled in PrimeWest/Medical Assistance</p>
Strategy 4.4	<p>Employment Support</p> <p>FY23 Key Activities:</p> <p>This strategy was not pursued in FY23.</p> <p>FY23 Measures:</p> <p>There are no measures to report.</p> <p>FY24 Key Activities:</p> <p>This strategy was not pursued in FY24.</p> <p>FY 24 Measures:</p> <p>There are no measures to report.</p>
Strategy 4.5	<p>Transportation</p> <p>FY23 Key Activities:</p> <p>This strategy was not pursued in FY23.</p> <p>FY23 Measures:</p> <p>There are no measures to report.</p> <p>FY24 Key Activities:</p> <p>This strategy was not pursued in FY24.</p> <p>FY 24 Measures:</p> <p>There are no measures to report.</p>

Planned Resources	Community Health, Community Dental Clinic, discharge planning
Planned Collaborators	Social Services, Local Health Care providers, Hubbard County Regional Economic Development

	Health Need: Obesity	
Anticipated Impact (Goal)	Decrease adult and child obesity rate among Hubbard county residents as measured by the annual University of Wisconsin County Health Rankings and WIC data.	
Strategy or Program	Summary Description	
Women, Infant, Children (WIC)	<ul style="list-style-type: none"> • Provide healthy food for eligible participants • Monitor health status and growth and provide nutrition education and counseling. 	

	Health Need: Obesity	
SHIP grant	<ul style="list-style-type: none"> • Promote healthy communities through strategic initiatives, including farm to school, active communities, and worksite wellness 	
Weight management center	<ul style="list-style-type: none"> • Medical Weight Management that involves regular follow-up visits with a Registered Dietitian, a Lifestyle Coach, and PA. Visits can be done virtually via Telehealth or in-person. There is also a pediatric program. • The Lifestyle Coach can perform Body Composition Analysis with a Tanita scale. • MOVE exercise program • Addition of second bariatric surgeon to medical staff to increase capacity for weight loss surgeries when indicated • Acquisition of robotic surgery equipment to improve patient outcomes 	

Strategy 5.1	<p>Support Weight Management Program.</p> <p>FY23 Key Activities: Staff members as wellness navigators/coordinators to assist and promote wellness initiatives to promote healthy weight and lifestyles and provide health education. Measures include a goal of enrolling 80-100 clients per year.</p> <p>FY23 Measures: FY23, CHI St. Joseph's Weight Management Program enrolled 90 clients into the program, meeting the enrollment goal. The Hubbard County Adult obesity rate in 2022 was 35%, up from 34% in 2020, so more work is needed in this measure.</p> <p>FY24 Key Activities:</p> <p>Staff members as wellness navigators/coordinators to assist and promote wellness initiatives to promote healthy weight and lifestyles and provide health education. Measures include a goal of enrolling 80-100 clients per year.</p> <p>FY 24 Measures:</p> <p>FY24, CHI St. Joseph's Weight Management Program enrolled 142 clients into the program, meeting the enrollment goal. The Hubbard County Adult obesity rate in 2022 was 34.2%, down from 35% in 2022.</p>
Strategy 5.2:	<p>WIC (Women, Infant, and Children) Program through Community Health.</p> <p>FY23 Key Activities:</p> <p>Providing nutrition assessment and education along with food benefits tailored to meet the nutritional needs of the participant. Pregnant, Breastfeeding, and Postpartum persons are eligible, as well as infants from 0-1 year and children aged 1 -5.</p> <p>FY23 Measures:</p> <p>In FY 23, CHI St. Joseph's WIC had an annual monthly participation rate of 531, increasing through the year from 466 in July of 2022 to 559 in June of 2023.</p> <p>FY24 Key Activities:</p> <p>Providing nutrition assessment and education along with food benefits tailored to meet the nutritional needs of the participant. Pregnant, Breastfeeding, and</p>

	<p>Postpartum persons are eligible, as well as infants from 0-1 year and children aged 1 -5.</p> <p>FY 24 Measures:</p> <p>In FY 24, CHI St. Joseph's WIC had an average monthly participation rate of 518, maintaining a caseload consistently above 500 since 2022</p>
Strategy 5.3:	<p>SHIP grant</p> <p>FY23 Key Activities:</p> <p>Promote healthy communities through strategic initiatives, including farm to school, active communities, and worksite wellness</p> <p>FY23 Measures:</p> <p>Worksite wellness collaborative started January 2023 and ran through June 2023. This multi-county collaborative included two businesses from the hospital service areas, who met monthly to learn strategies to create stronger worksite wellness workgroups.</p> <p>FY24 Key Activities:</p> <p>Promote healthy communities through strategic initiatives, including farm to school, active communities, and worksite wellness</p> <p>FY 24 Measures:</p> <p>Worksite wellness collaborative started January 2024 and ran through June 2024. This multi-county collaborative included three businesses from the hospital service areas, who met monthly to learn strategies to create stronger worksite wellness workgroups.</p>
Planned Resources	Community Health, Weight Management Center, Physical Therapy and Rehab
Planned Collaborators	Schools, Providers, University of MN Extension Service