

Countryside Public Health CHA

COMMUNITY HEALTH ASSESSMENT
2020-2025

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COUNTRYSIDE
PUBLIC HEALTH

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Introduction

About Our Counties

Big Stone County

Cities: Barry, Beardsley, Clinton, Correll, Graceville, Johnson, Odessa, & Ortonville

Population: 5,289

Founded: 1862

Named For: Big Stone Lake

County Seat: Ortonville

Largest City: Ortonville

Population Density:

- 11/Square Mile
- 5.5% of the total area is made up of water *highest in our five counties

Largest Recorded Population: 10,447 in 1940 ¹

Chippewa County

Cities: Clara City, Gluek, Granite Falls (partial), Maynard, Milan, Montevideo, & Watson

Population: 12,441

Formed: 1862

Organized: 1868

Named For: Chippewa Indians

County Seat: Montevideo

Largest City: Montevideo

Population Density:

- 21/Square Mile
- 1.1% of the total area is made up of water

Largest Recorded Population: 16,927 in 1940 ²

Lac qui Parle County

Cities: Bellingham, Boyd, Dawson, Louisburg, Madison, Marietta, Nassau, & Ortonville (partial)

Population: 7,259

Founded: 1871

County Seat: Madison

Largest City: Madison

Population Density:

- 9.5/Square Mile
- 1.7% of the total area is made up of water

Largest Recorded Population: 15,554 in 1920 ³

Fun Fact: Lac qui Parle French translation is “the lake that speaks”

Swift County

Cities: Appleton, Benson, Clontarf, Danvers, DeGraff, Holloway, Kerkhoven, & Murdock

Population: 9,783

Founded: 1870

Named For: Henry Adoniram Swift, Minnesota’s Governor in 1863

County Seat: Benson

Largest City: Benson

Population Density:

- 10/Square Mile
- 1.3% of the total area is made up of water

Largest Recorded Population: 15, 837 in 1950 ⁴

Yellow Medicine County

Cities: Canby, Clarkfield, Echo, Granite Falls, Hanley Falls, Hazel Run, Porter, St. Leo, & Wood Lake

Population: 10,438

Founded: 1871

Named For: Yellow Medicine River

County Seat: Granite Falls

Largest City: Granite Falls

Reservation: Upper Sioux Indian Reservation

Population Density:

- 14/Square Mile
- .5% of the total area is made up of water *lowest in our five counties

Largest Recorded Population: 16,917 in 1940 ⁵

Fact: The Yellow Medicine name is based on a yellow root plant the native Dakota people use for medicinal purposes.

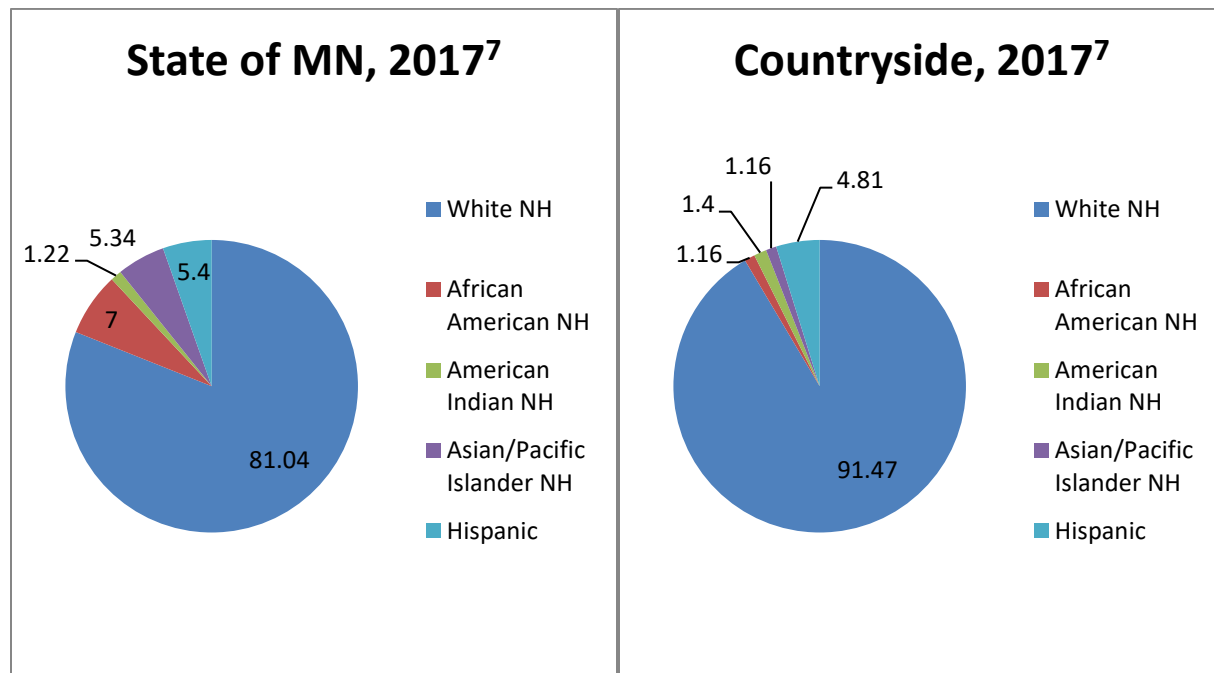
Demographics

Aging Population

In 2017, the Countryside population of individuals aged 65 and over made up a larger percent of our total population, 22.36 percent, than the State of Minnesota at 15.43 percent. Countryside and the State of MN have seen an increase in the percentage of total population for individuals age 65 and over from 2013 to 2017. Big Stone County was the only county in Countryside’s Community Health Board (CHB) to see a decrease in the percentage of total population for individuals aged 65 and over. ⁶

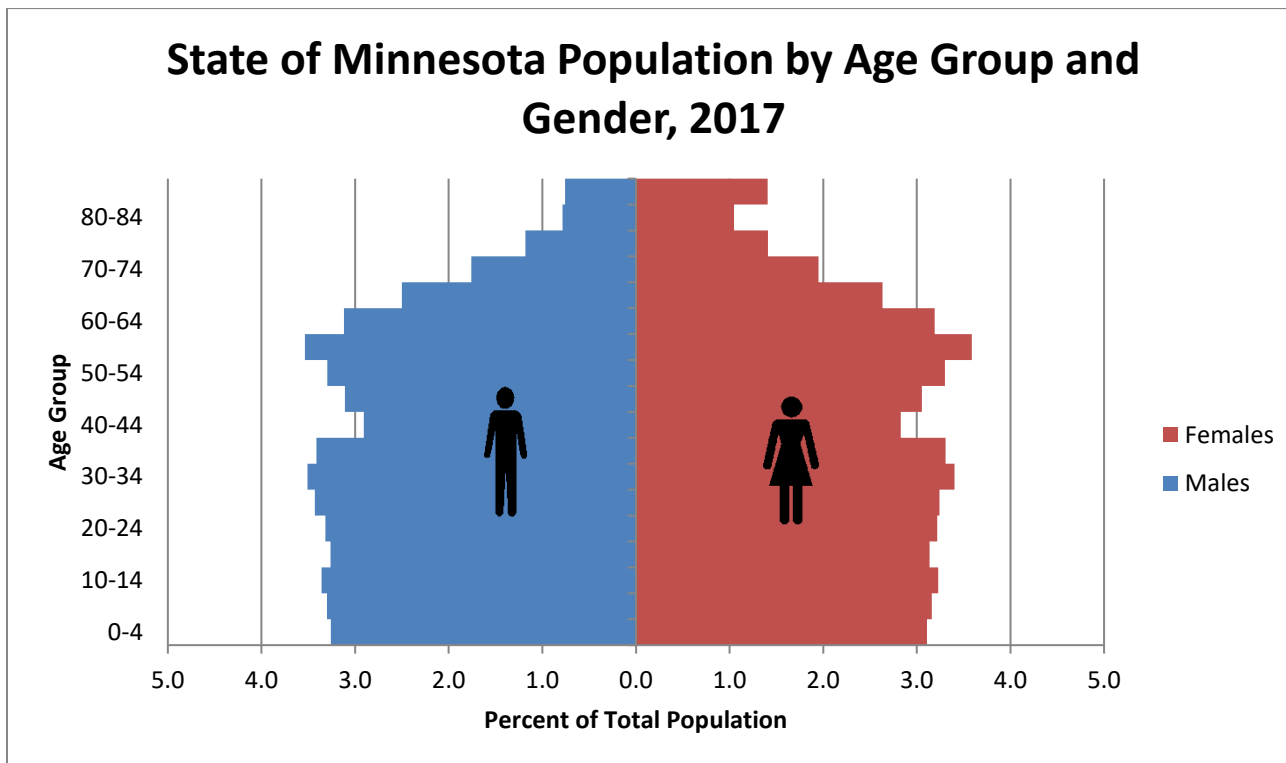
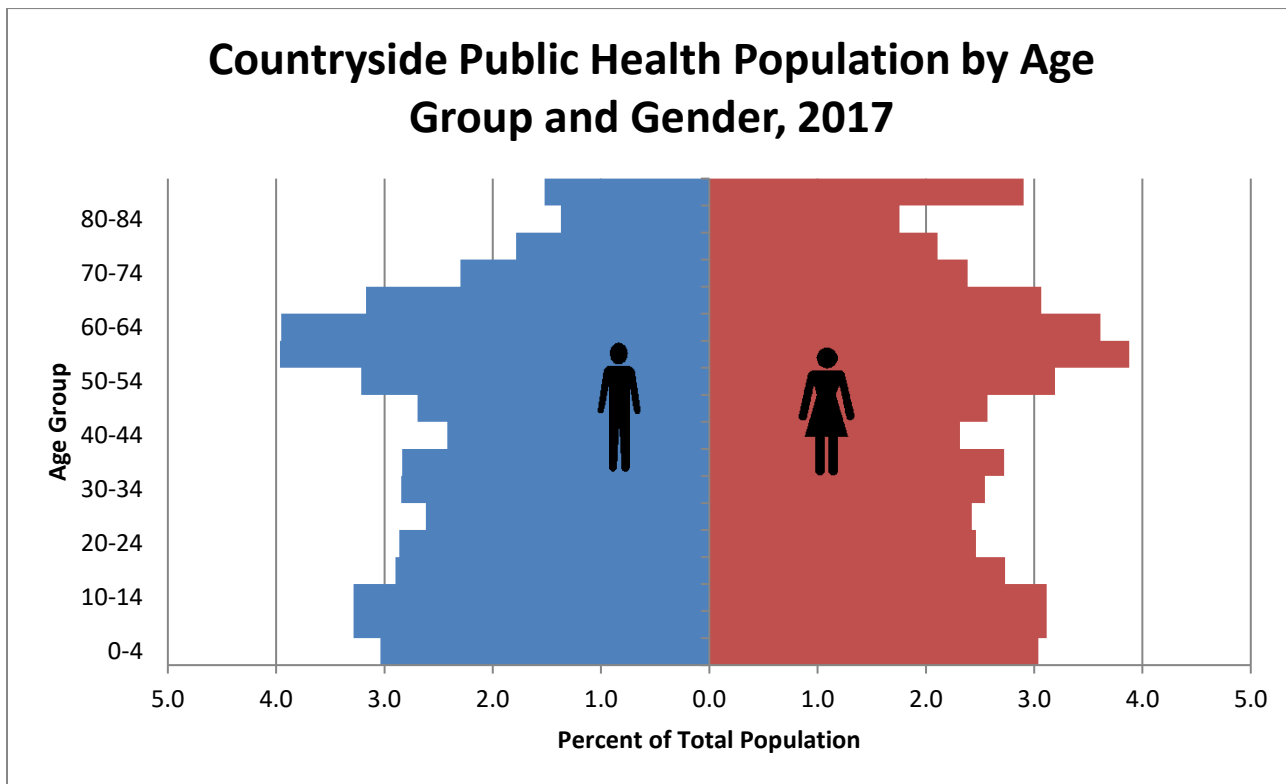
State/County/CHS	Year	State of MN	Countryside	Big Stone	Chippewa	Lac qui Parle	Swift	Yellow Medicine
Percentage of Population over age 65	2017	15.43	22.36	25.55	21.02	26.82	21.77	19.91
Percentage of Population over age 65	2013	13.95	21.56	25.77	19.93	24.59	20.99	19.81

Population by Race/Ethnicity



⁷2017 race and ethnicity population estimates were split differently than past years

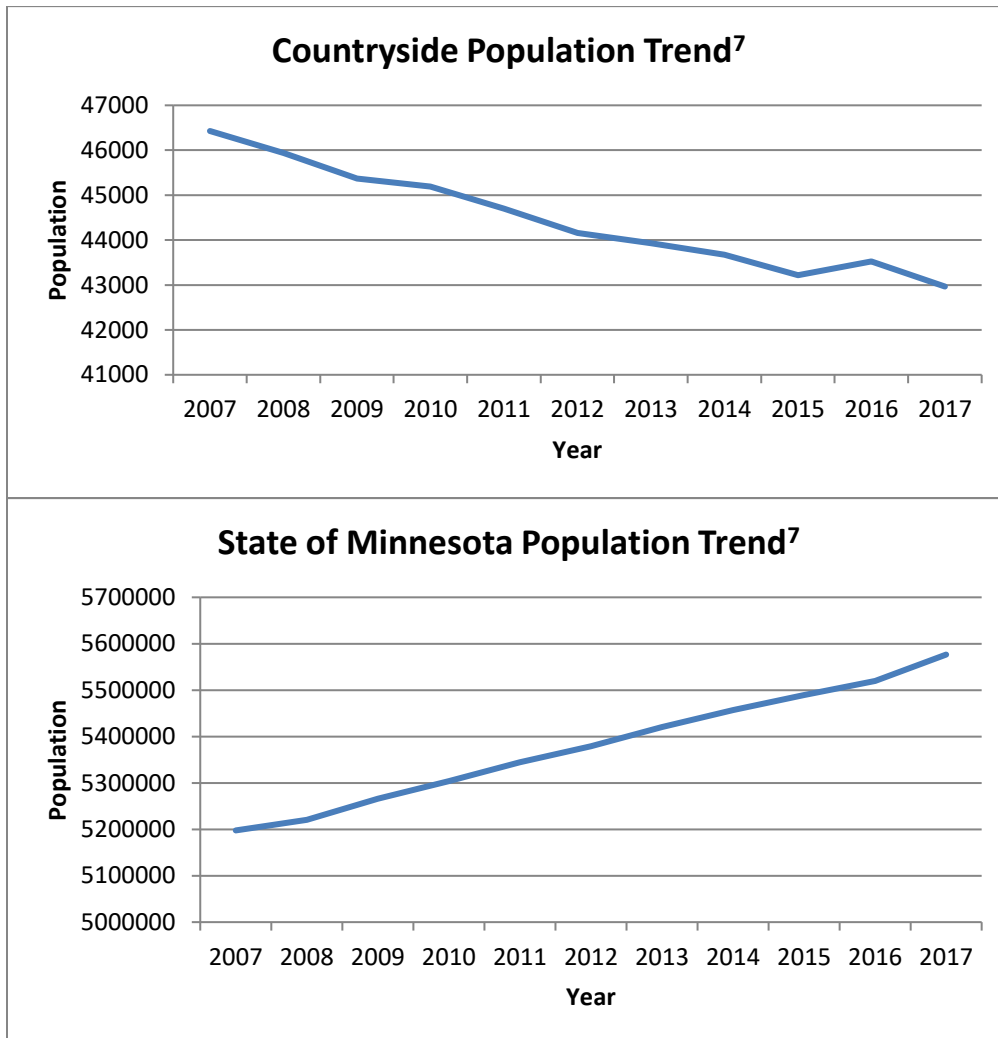
Population by Gender



Source: MN Vital Statistics Interactive Queries, Population Queries

Countryside has a higher percentage of individuals aged 55 and over than the State of MN. Individuals aged 55 and over make up 37.77% of the total Countryside population compared to 28.86% at the state level. Countryside’s working population, ages 18 to 64, make up 55.10 % of the total population. The State of MN working population makes up 61.29 % of the total population. Countryside’s school age kids, aged 5 to 18, make up 17.51% of the total population which is slightly lower compared to the State of MN at 18.17% of total population.

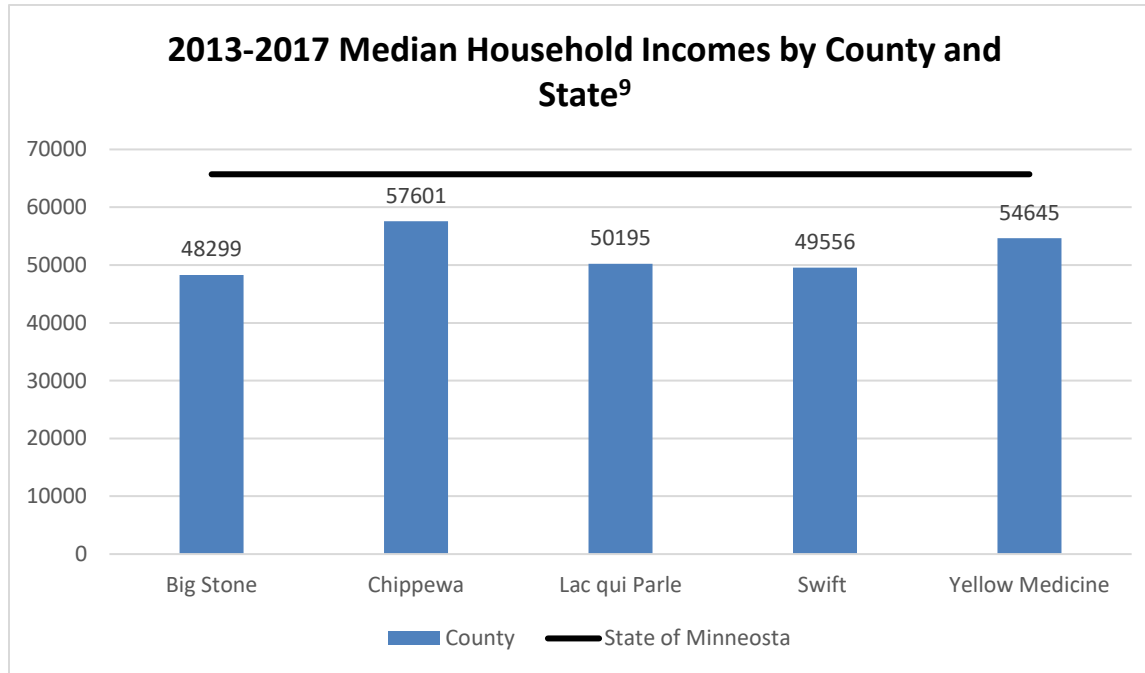
Population Trends



Countryside’s population had a slight increase in 2016 but overall has been steadily decreasing since 2007. The State of Minnesota has had a steadily increasing population since 2007.

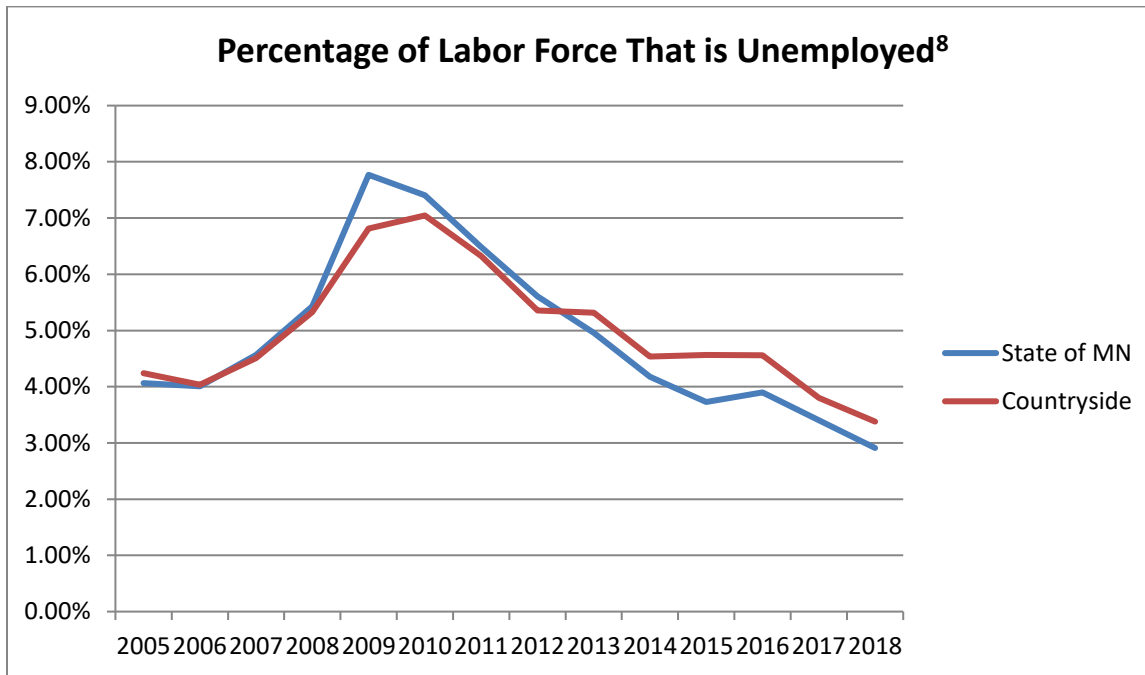
Economic Status

Household Income



Countryside counties show a lower median household income than the State of Minnesota. Chippewa County has the highest median income at \$57,601. Big Stone County had the lowest median income at \$48,299. The median household income for the State of Minnesota between 2013 and 2017 was \$65,699.

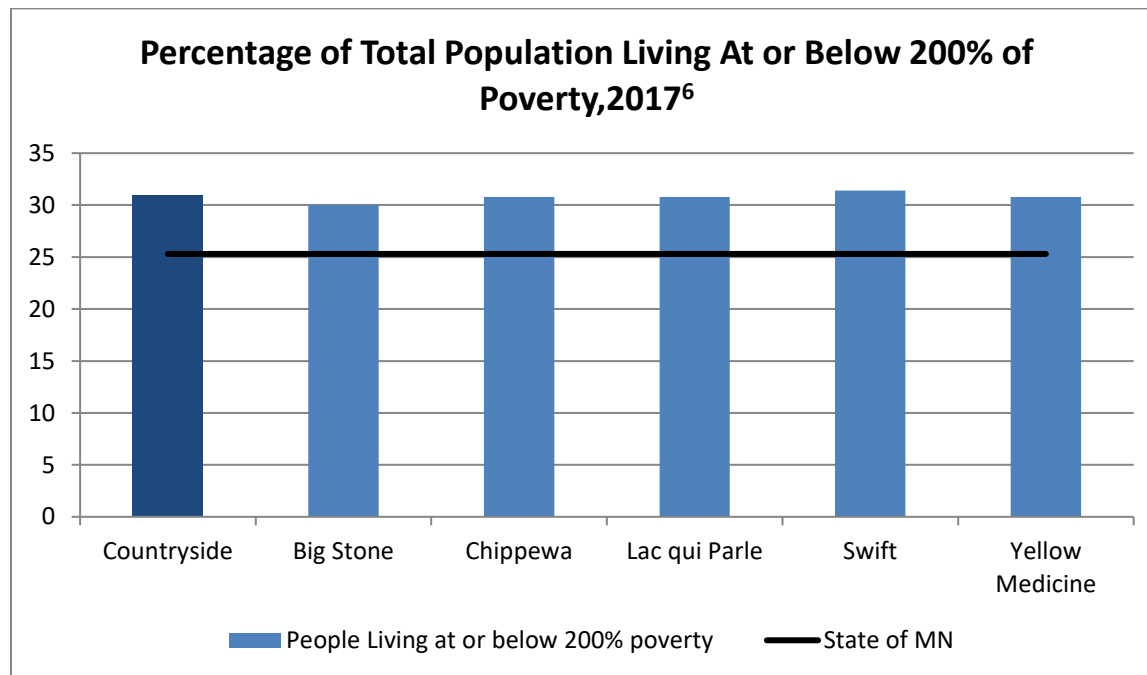
Unemployment



Source: U.S. Bureau of Labor Statistics – County Data Tables

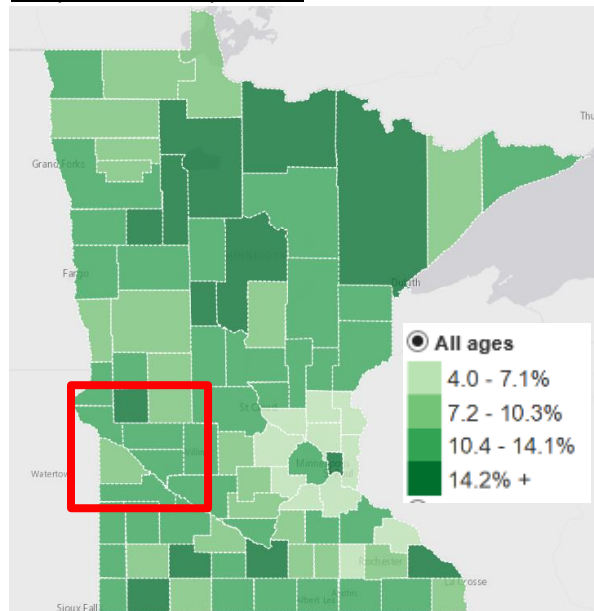
Countryside maintained a lower unemployment percentage than the State of Minnesota from 2007 through 2012, in 2013 Countryside exceeded the State of Minnesota in the percentage of the labor force that is unemployed. For the most part Countryside as trended similar to the State of Minnesota on the percentage of the labor force that is unemployed.

Population Living in Poverty



In 2017, Countryside had a higher percentage of total population living at or below 200% of poverty at 30.9 percent.

People in Poverty: 2017

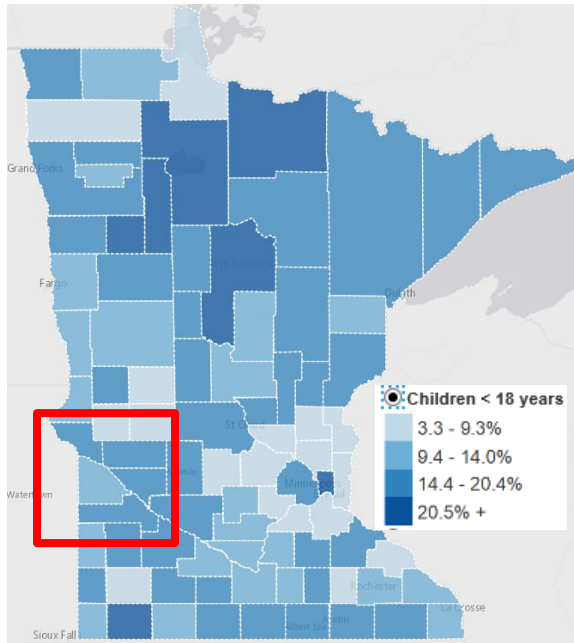


State/County	Number of people at 100 % of Poverty	Population	Percentage of Population
Minnesota	560,995	5,366,210	10.5
Big Stone County	574	4,909	11.7
Chippewa County	1,307	11,798	11.1
Lac qui Parle County	628	6,719	9.3
Swift County	1,131	9,308	12.2
Yellow Medicine County	1,215	9,730	12.5

Source: Minnesota Public Health Data Access Portal, Poverty and Income, Retrieved 2/12/2020

Four of the five Countryside Counties have a higher percentage of their total population living at or below 100 % of poverty.

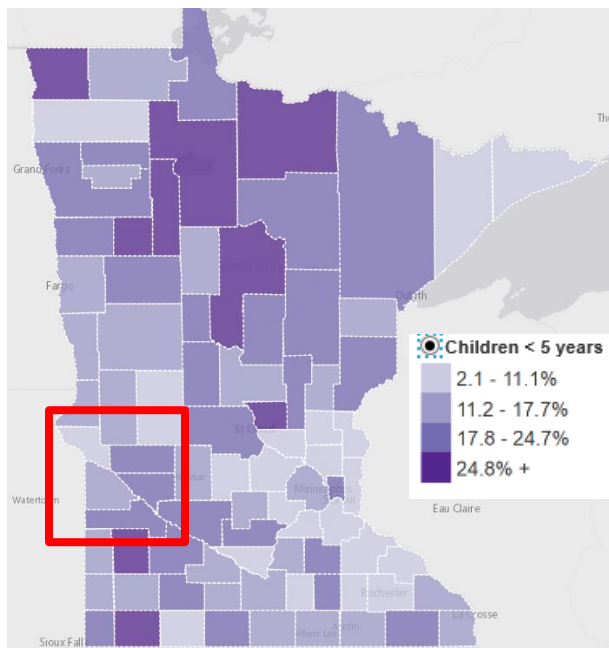
Children <18 Years in Poverty: 2017⁹



State/County	Number of children in poverty	Child (0-18 Population)	Percent of Children in Poverty
Minnesota	169,040	1,264,384	13.4
Big Stone County	163	1,032	15.8
Chippewa County	477	2,728	17.5
Lac qui Parle County	142	1,353	10.5
Swift County	365	2,088	17.5
Yellow Medicine County	348	2,259	15.4

Four of the five Countryside counties have a higher percentage of children living at or below 100% of poverty than the State of Minnesota.

Children <5 in Poverty: 2017⁹



State/County	Number of children in poverty	Child Population (under age 5)	Percent of Child under 5 population
Minnesota	51,026	344,496	14.8
Big Stone County	17	281	6.0
Chippewa County	179	803	22.3
Lac qui Parle County	44	327	13.5
Swift County	102	557	18.3
Yellow Medicine County	116	586	19.8

Three out of five of Countryside’s counties have a higher rate of children under age 5 living at or below 100% of poverty.

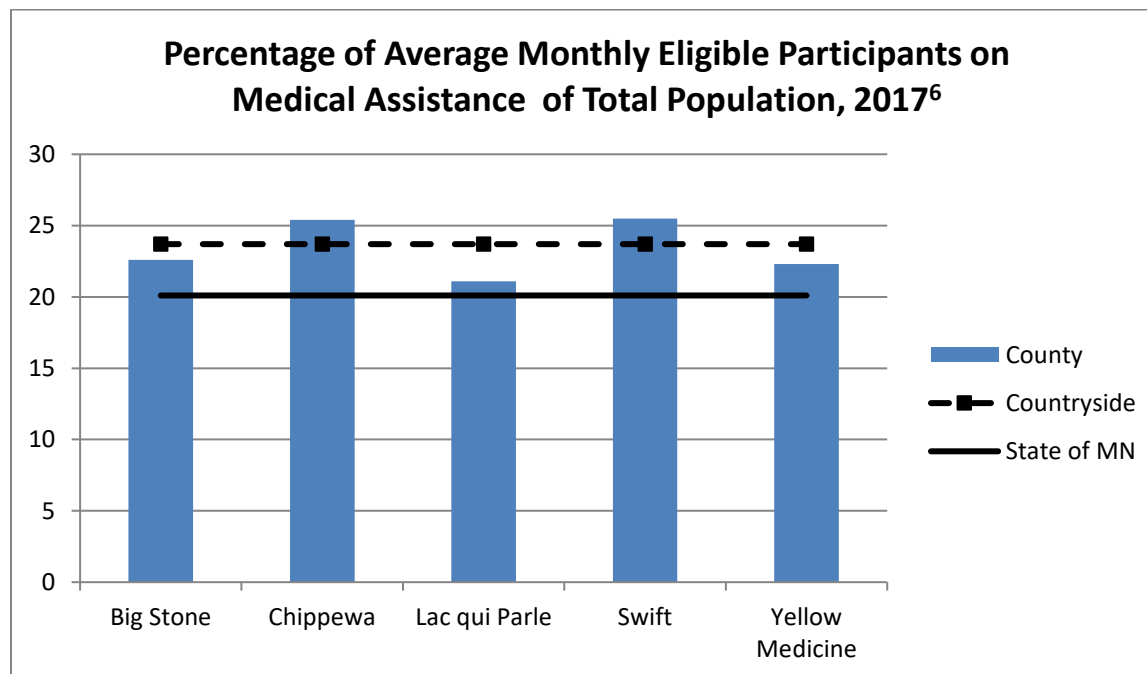
Free and Reduced Lunch Rate

State/County/CHB	Percentage of Students Eligible for Free and Reduced-Price Lunch 2017-2018 School Year ¹⁰
State of Minnesota	37.1%
Big stone	40.9%
Chippewa	41.3%
Lac qui Parle	42.2%
Swift	38.8%
Yellow Medicine	39.6%
Countryside Public Health	40.6%

Source: Minnesota Public Health Data Access – Free and Reduced-Price Lunch Eligibility Query – Ran 12/19/2019

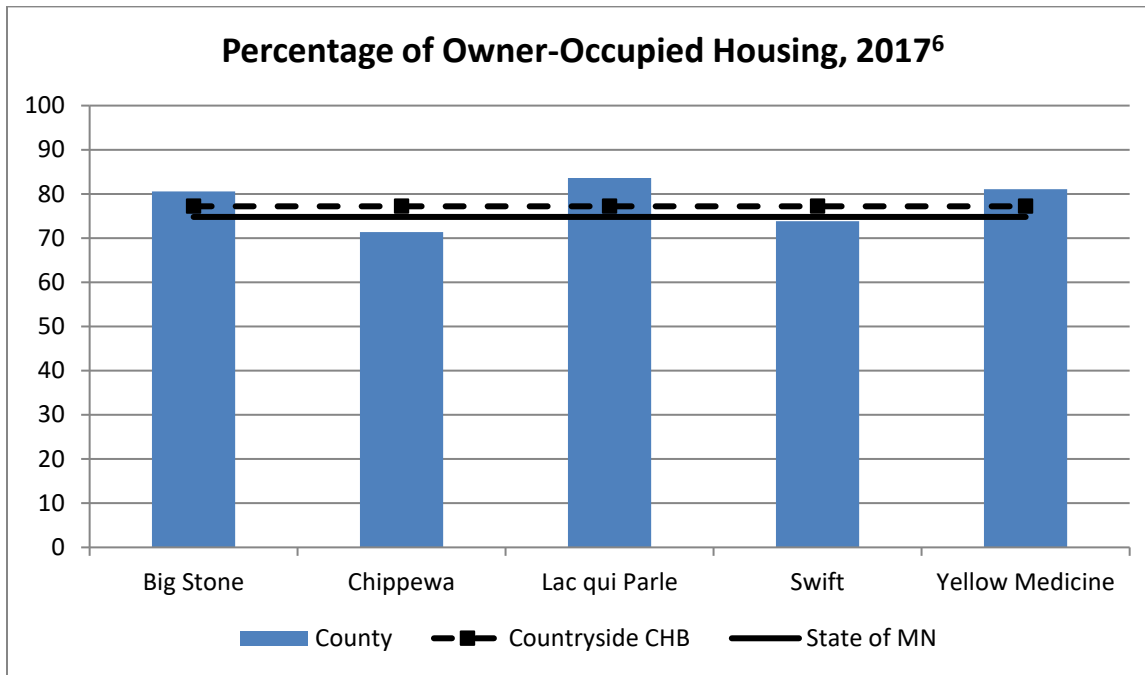
Countryside had over 40% of students that were eligible for the free and reduced-price lunch during the 2017-2018 school year. The State of Minnesota had just over 37% of students eligible.

Medical Assistance Enrollment



Countryside has a higher percentage of the total population eligible for Medical Assistance than the State of Minnesota. Countryside had just under 1 in 4 eligible for Medical Assistance where the State is at 1 in 5 eligible.

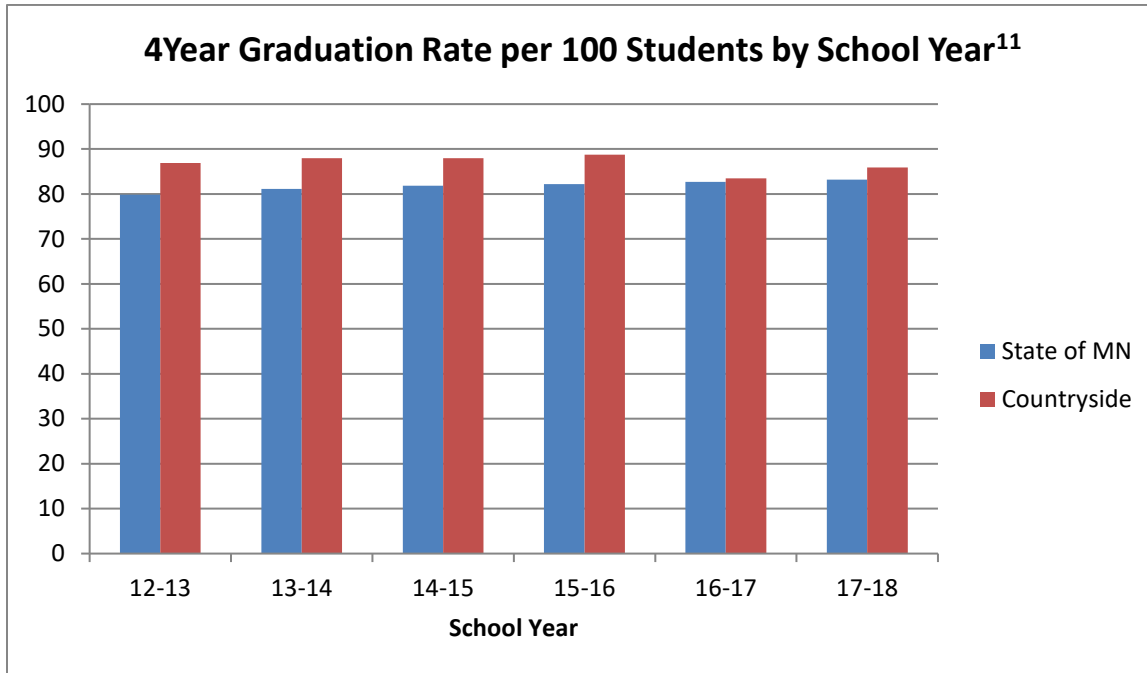
Home Ownership



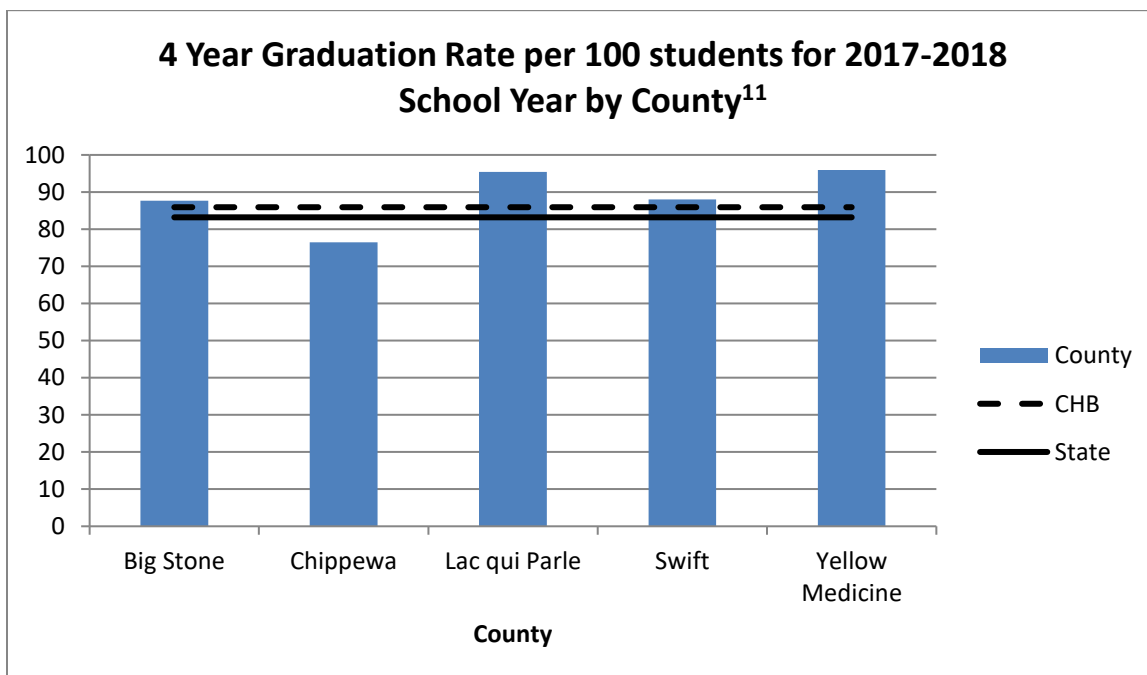
Countryside has a higher percentage of owner-occupied housing than the State of MN. Two of the five Countryside counties have a lower percentage of owner-occupied housing than the State of MN.

Education

High School Graduation Rate

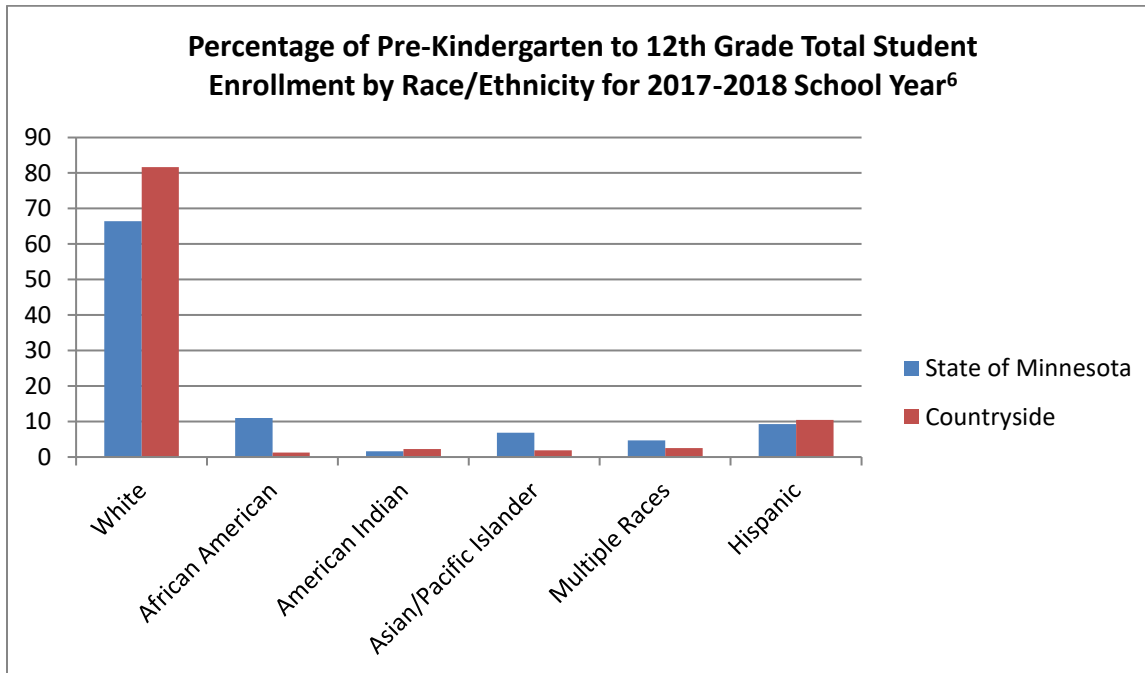


Countryside has consistently had a higher four-year graduation rate than the State of Minnesota. Countryside did see a drop in the four-year graduation rate in the 2016-2017 school year from the 2015-2016 school year.



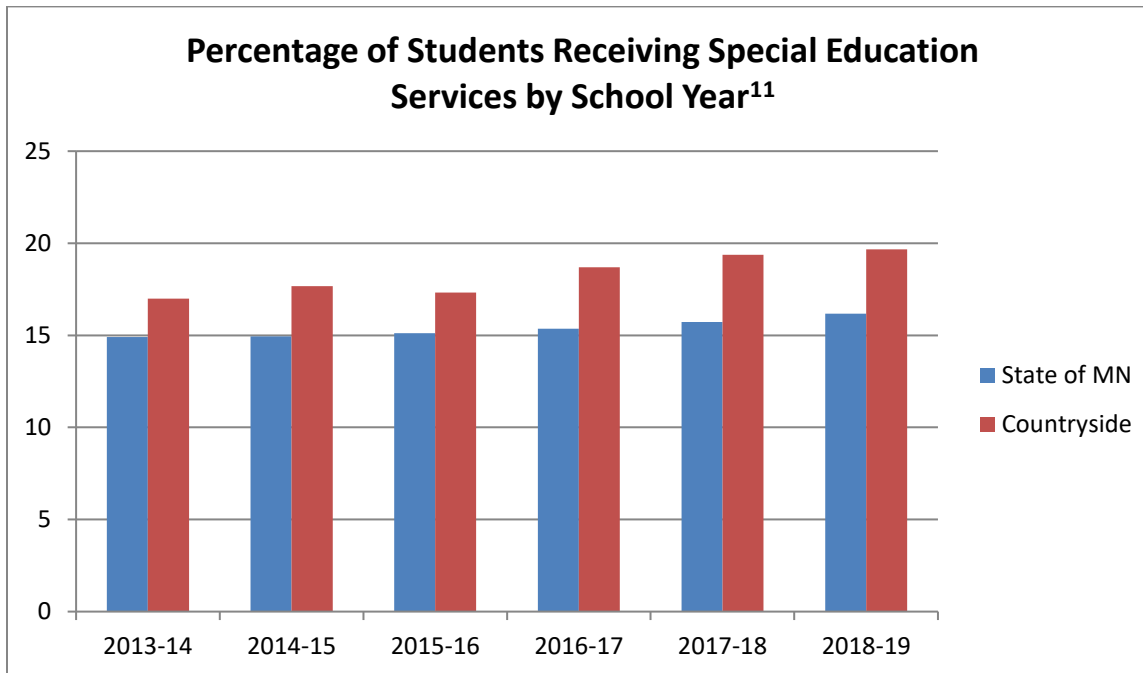
The four-year graduation rate in Countryside’s five counties are above the State of Minnesota with the exception of Chippewa during the 2017-2018 school year. Chippewa was also the only county below the Countryside rate. Yellow Medicine County had the highest graduation rate at 95.93 per 100 students where Chippewa County had the lowest rate at 76.49 per 100 students.

Enrollment by Race/Ethnicity



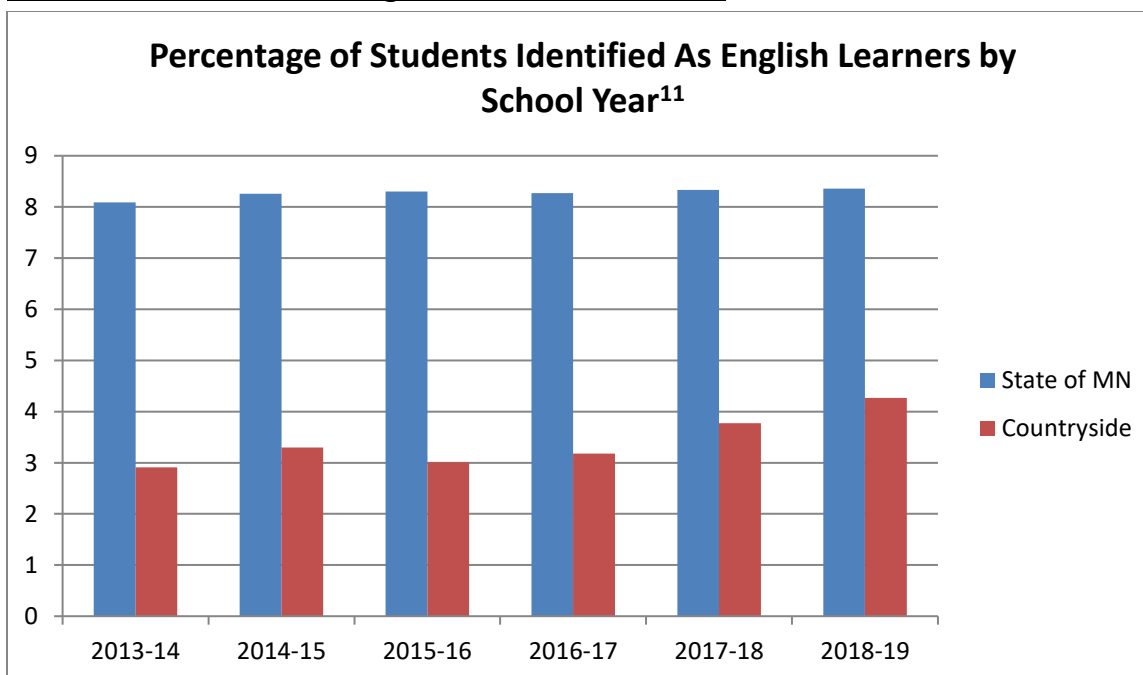
The race seen in our schools is predominately white, following our population demographics. Countryside has a higher percentage of White, American Indian, and Hispanic students than the State of MN where the remaining races are below state percentages.

Students enrolled in Special Education



Countryside sees a higher percentage of students receiving special education services than the State of Minnesota. Countryside has seen a trend upward in the percentage of students receiving special education services since the 2015-2016 school year.

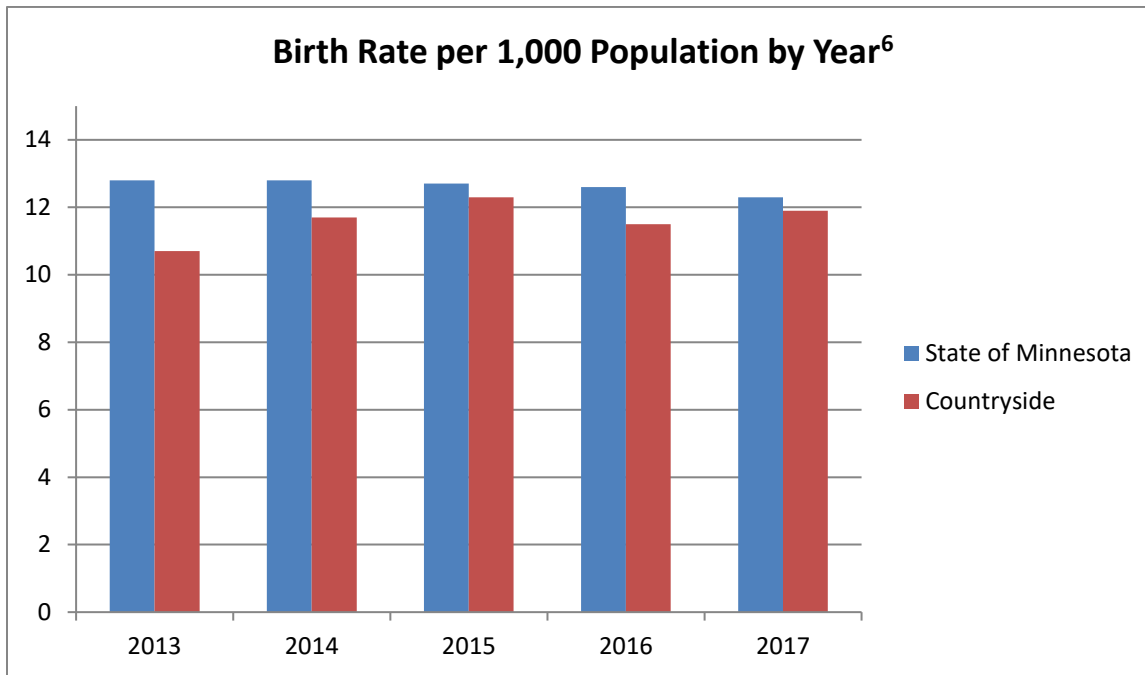
Students identified as English Learners Enrolled



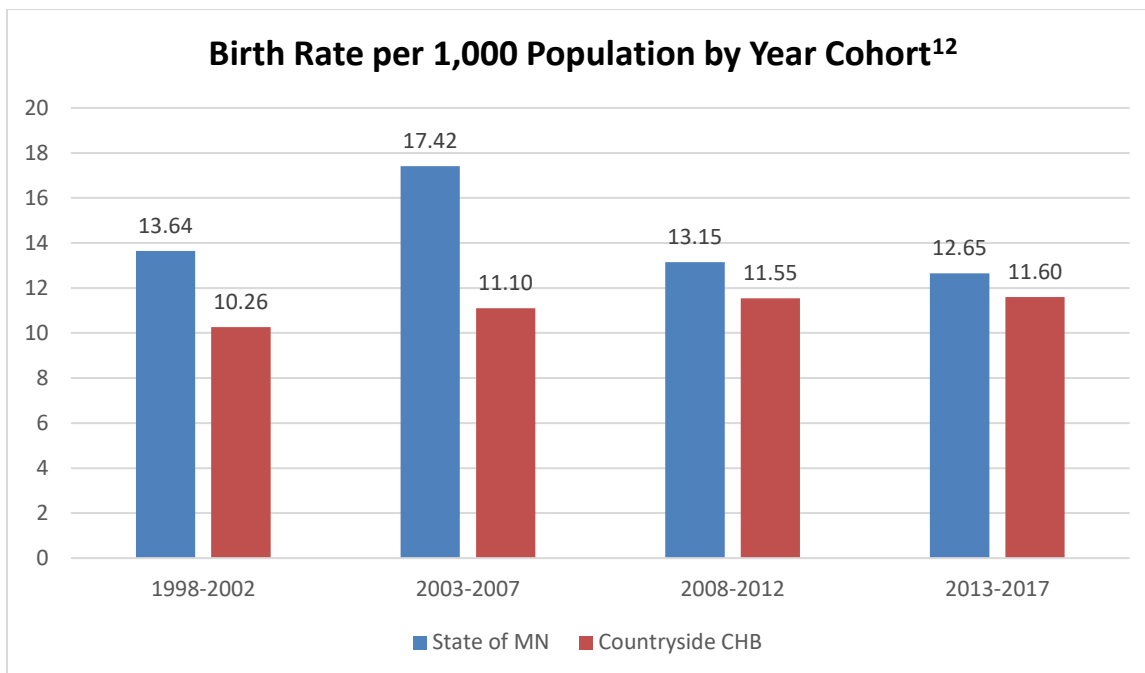
Countryside has seen an upward trend in the percentage of students identified as English Learners since the 2015-2016 school year. In the years represented, Countryside has had a lower percentage of English Learner students than the State of Minnesota.

Natality

Birth Rate

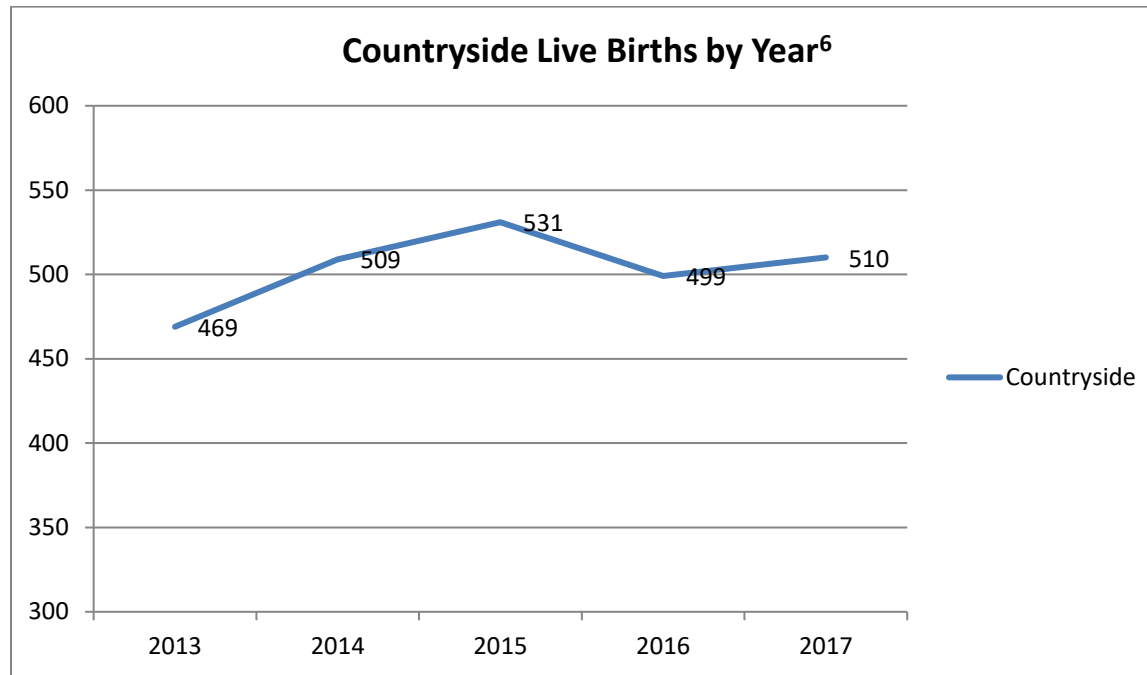


Countryside saw an increase in the birth rate from 2013 to 2015 with a drop between 2015 and 2016. Countryside continues to have a lower birth rate than the State of Minnesota.



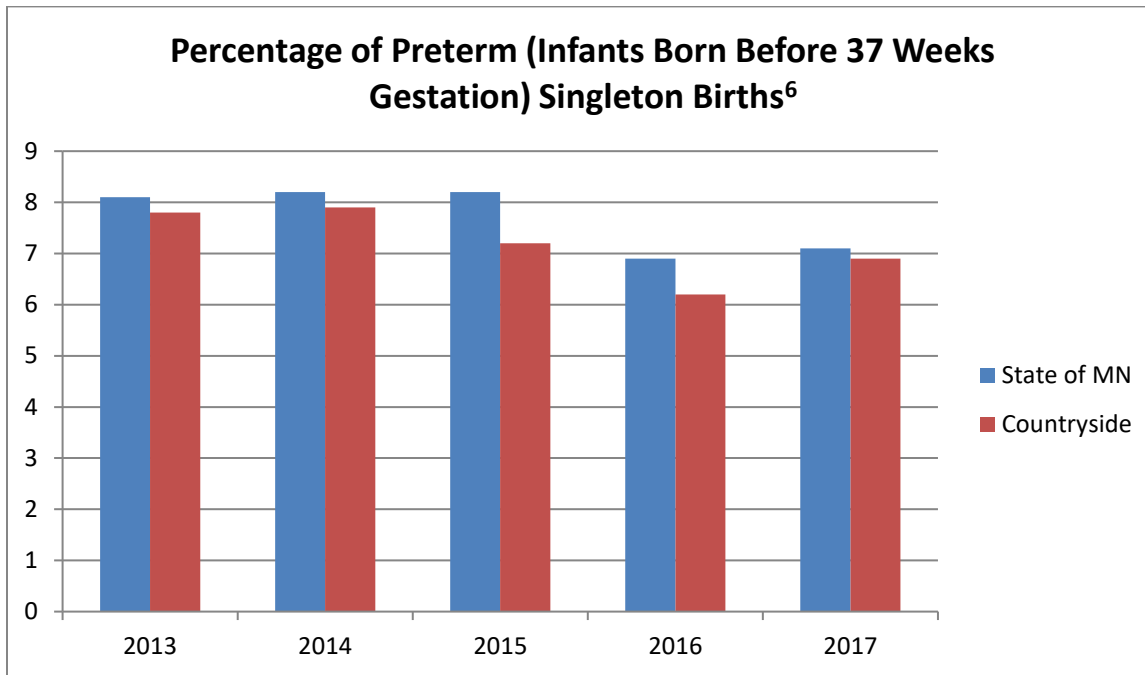
The birth rate split into 5-year cohorts, Countryside has seen an increase in the birth rate. The State of Minnesota saw a big jump during the 2003-2007 cohort and has seen a decrease in birth rate since the 2003-2007 cohort.

Number of Births

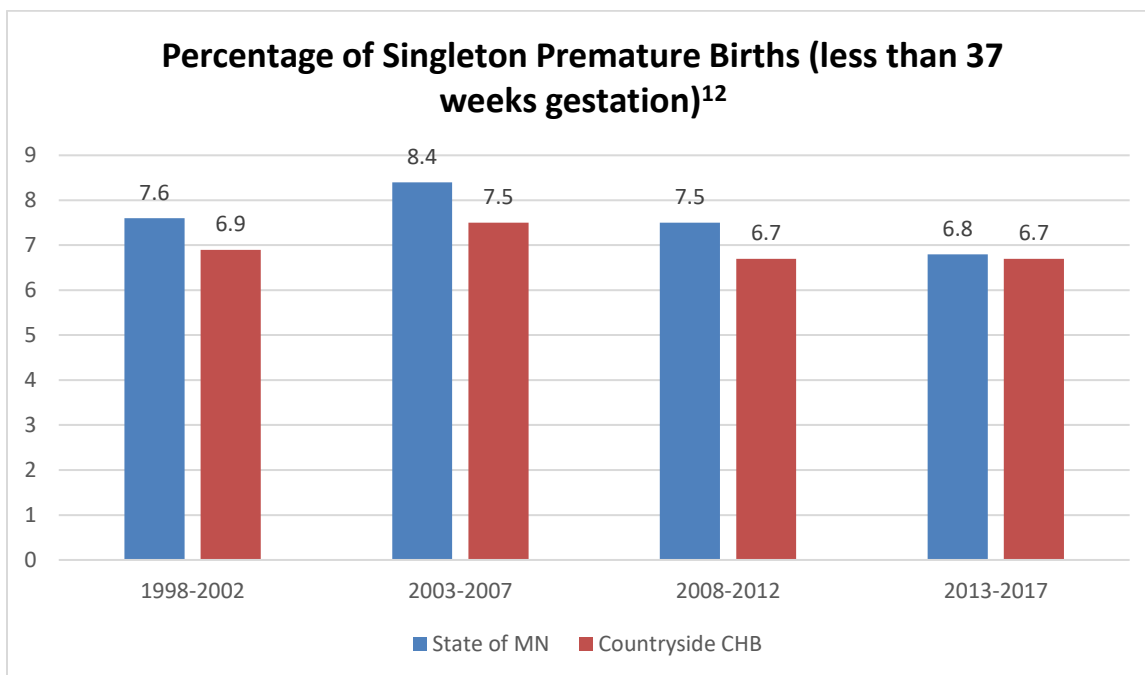


Countryside saw an increase in number of births from 2013 to 2015 with a drop in 2016. 2015 had the largest number of births from 2013 to 2017.

Preterm Births

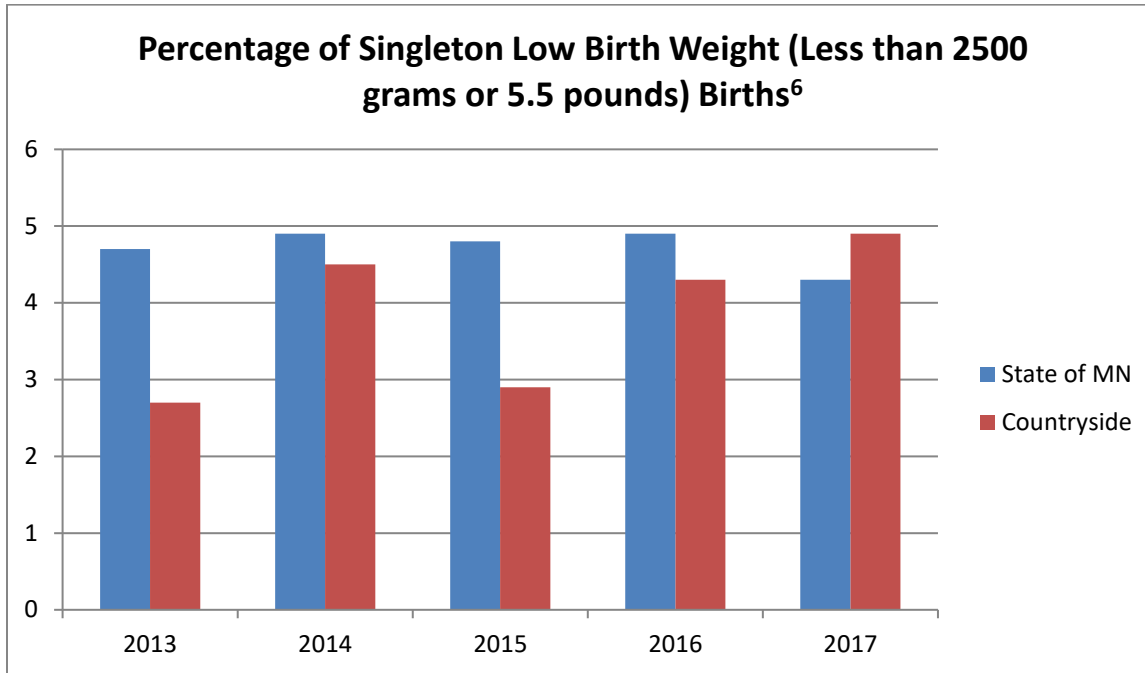


Countryside has had a smaller percentage of preterm singleton births (birth to only one child, not multiple gestation) than the State of Minnesota. Countryside had a downward trend from 2014 to 2016 with an increase in the percentage of preterm births in 2017. The State of Minnesota had also seen a drop in the percentage of preterm births in 2016.

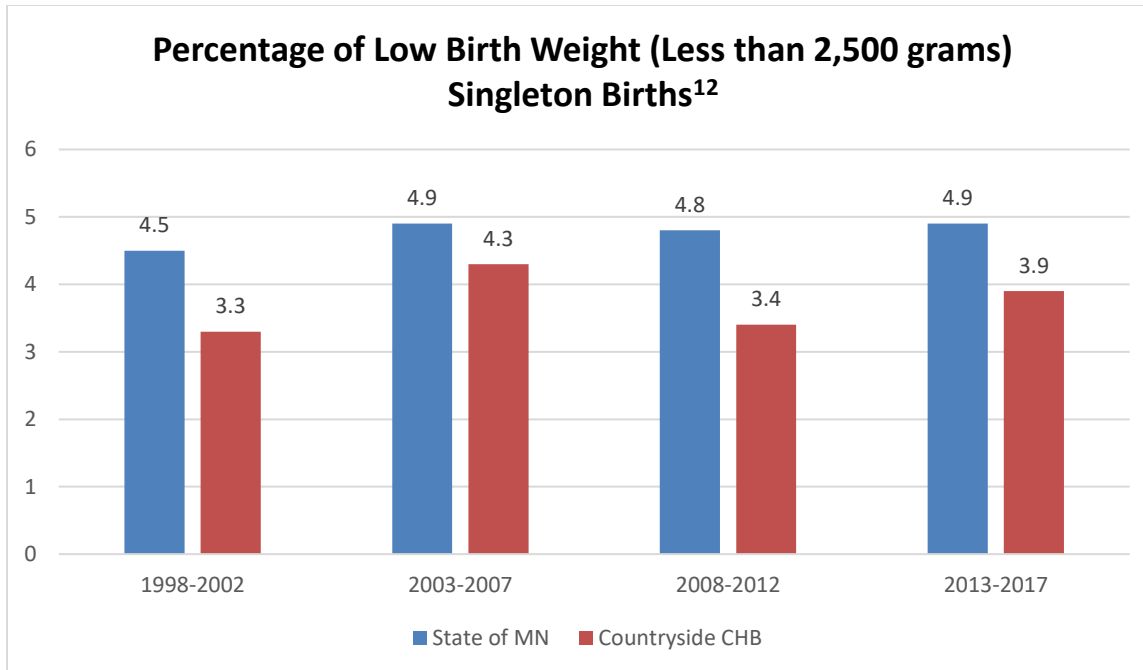


Grouping the births into 5-year cohorts gives a better representation of the percentage of preterm births as it increases the sample size. Countryside continues to have a lower percentage of preterm singleton births than the State of Minnesota.

Low Birth Weight Births

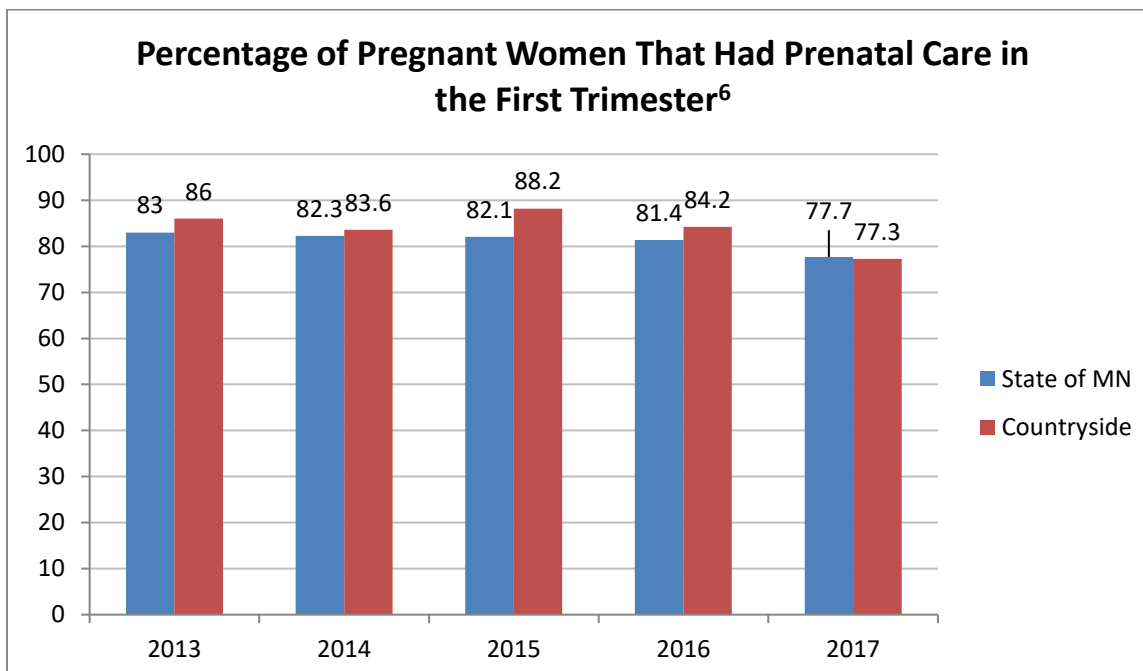


Countryside had a lower percentage of low birth weight singleton births than the State of Minnesota from 2013 to 2016. Countryside had a higher percentage of low birth weight singleton births than the State of Minnesota in 2017.

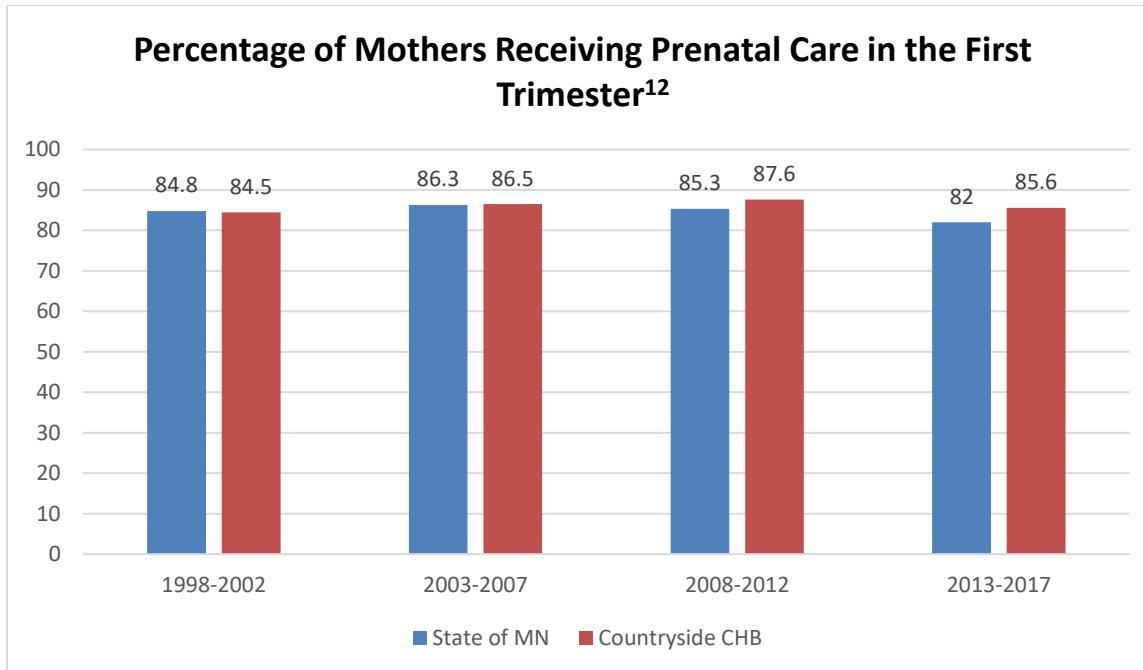


When grouped into 5-year cohorts, Countryside has had a lower percentage of low birth weight singleton births than the State of Minnesota.

Prenatal Care in First Trimester

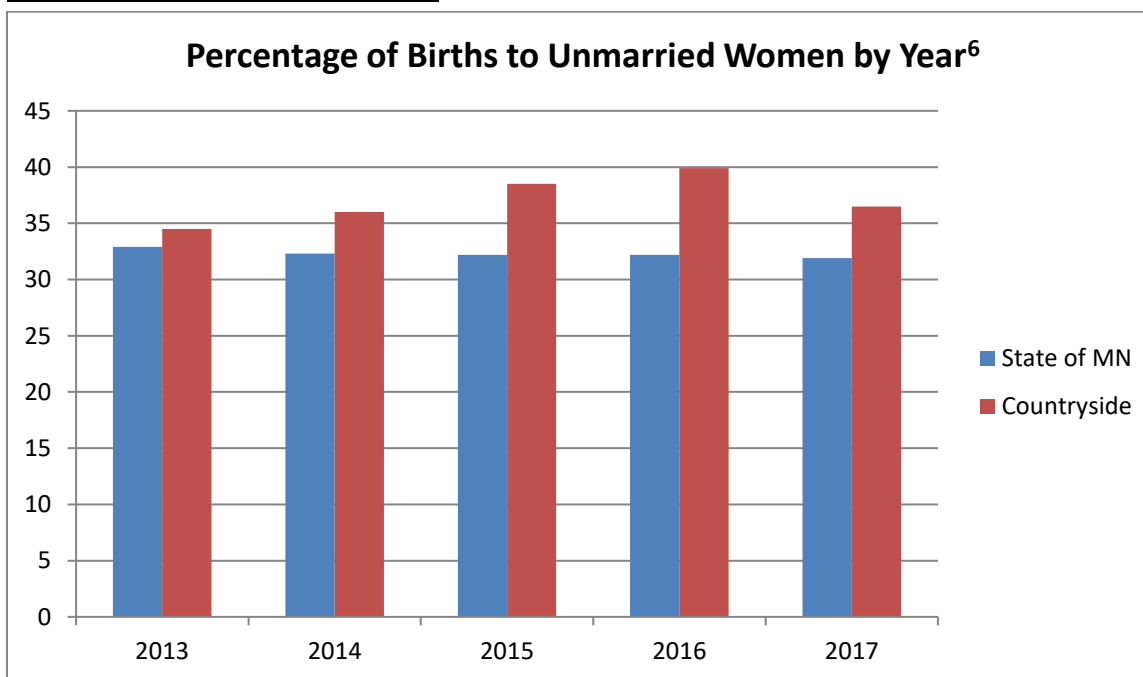


Countryside consistently had a higher percentage of women receiving prenatal care in the first trimester than the State of Minnesota from 2013 to 2016. Countryside dropped slightly below the State of Minnesota in 2017.

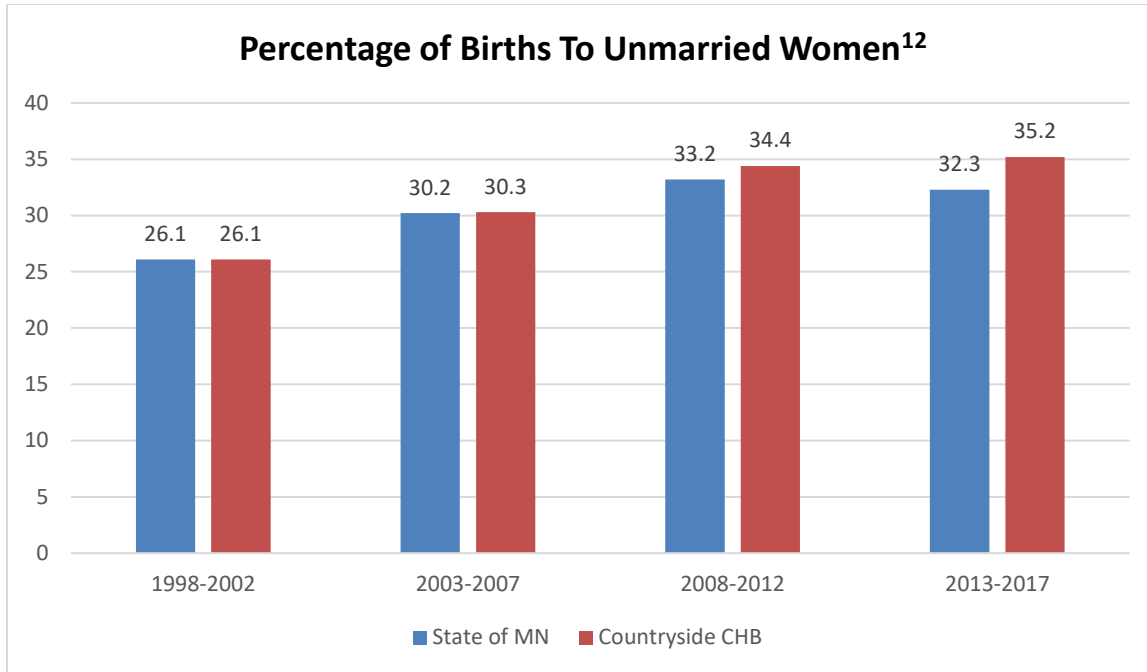


Moving to 5-year cohorts, Countryside has had a higher percentage of women receiving prenatal care in the first trimester than the State of Minnesota since the 2003-2007 cohort. Countryside and the State of Minnesota saw a drop in the percentage of women receiving prenatal care from the 2008-2012 cohort to the 2013-2017 cohort.

Births to Unmarried Women

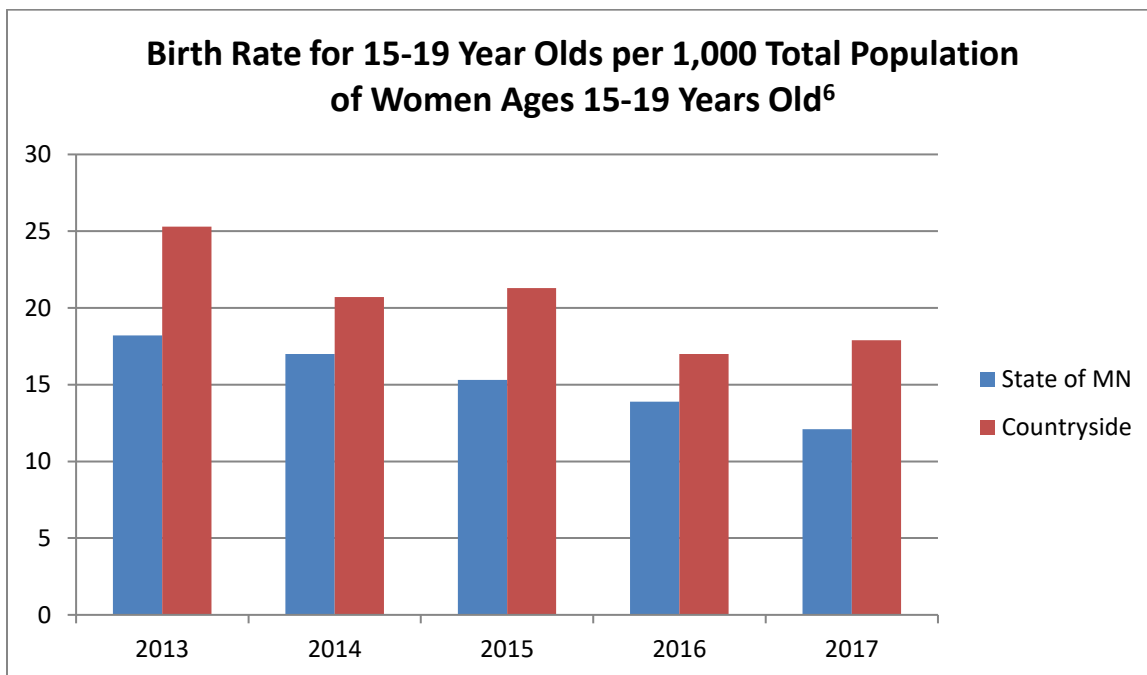


Countryside has seen a higher percentage of births to unmarried women than the State of Minnesota. Countryside has seen an increase in this percentage from 2013 to 2016 with a drop in 2017.

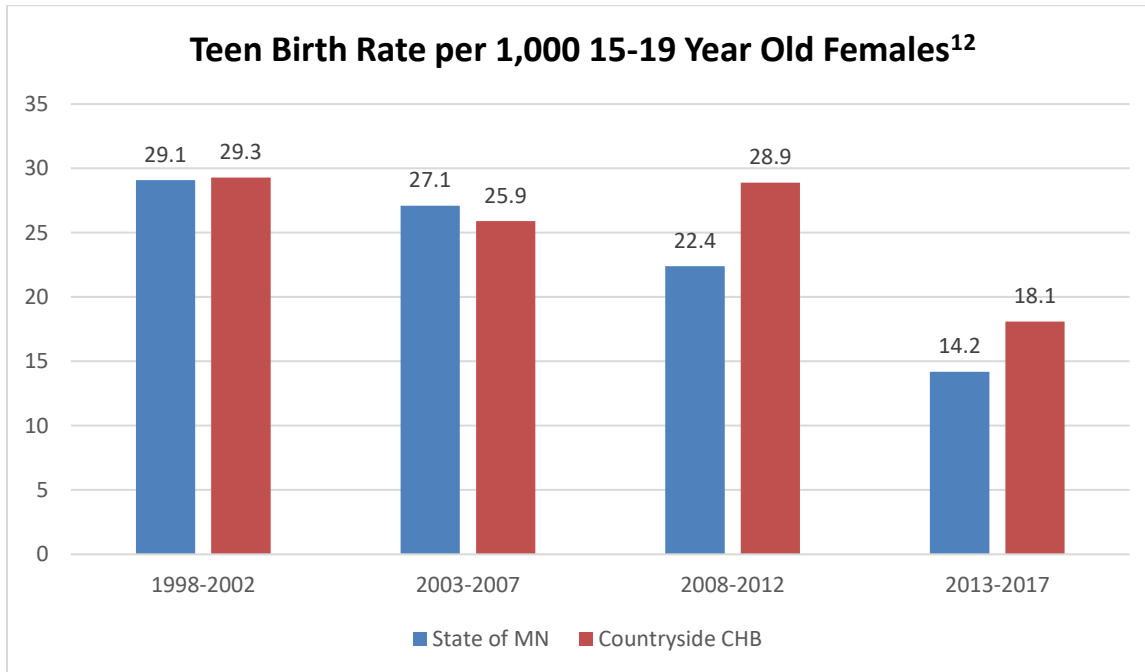


Countryside matched the State of Minnesota for percentage of births to unmarried women in the 1998-2002 cohort. From the 2003-2007 cohort forward Countryside has had a higher percentage of births to unmarried women than the State of Minnesota.

Teen Pregnancy Birth Rate

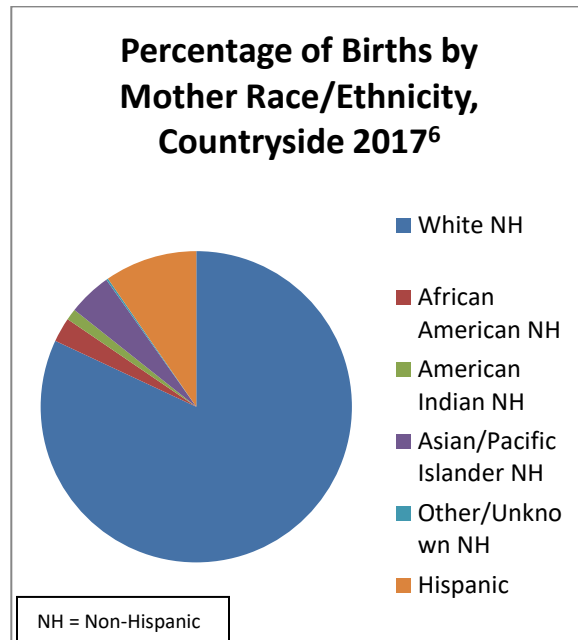
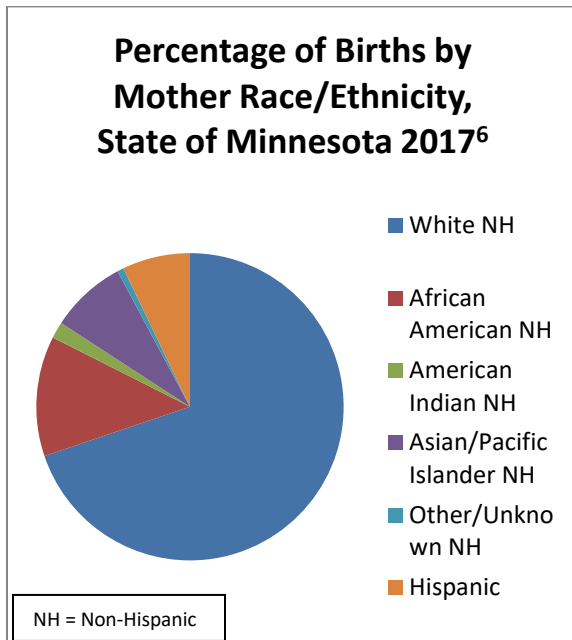


Countryside has had a higher teen (15-19-year old’s) birth rate than the State of Minnesota. Countryside did see a slight increase in the teen birth rate from 2016 to 2017 where the State of Minnesota has seen a decreasing birth rate since 2013.



Countryside saw a decrease in the teen birth rate between the 2008-2012 cohort and the 2013-2017 cohort. With the exception of the 2003-2007 cohort, Countryside has had a higher teen birth rate than the State of Minnesota.

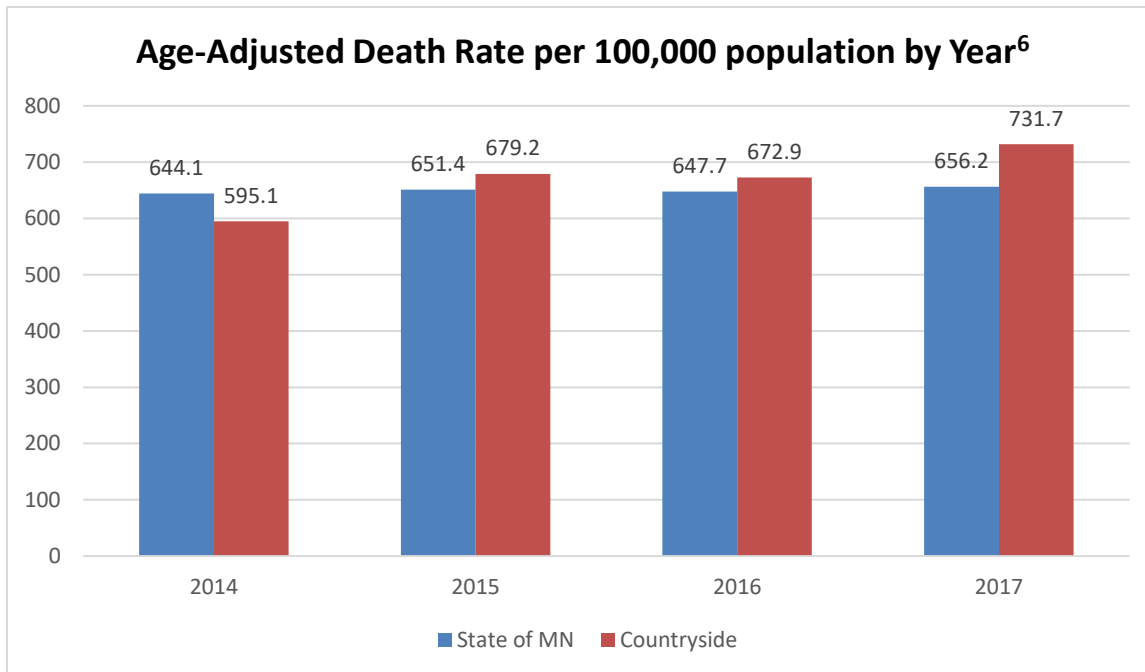
Births by Race/Ethnicity



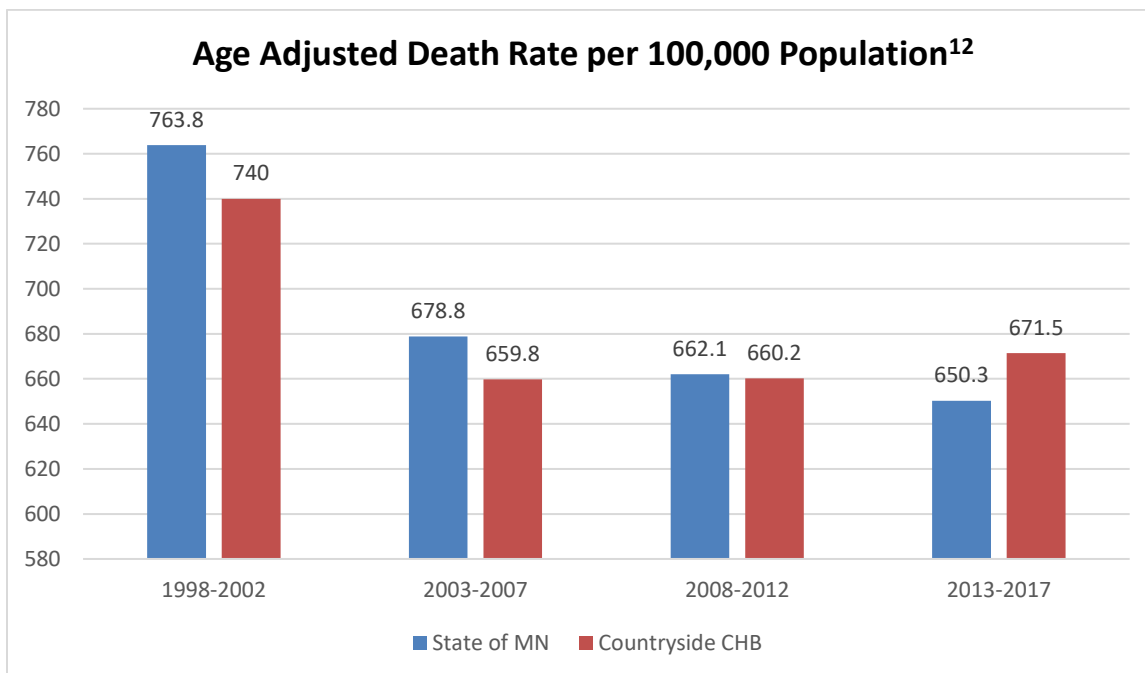
Countryside has a higher percentage of births born to white mothers than the State of Minnesota. Countryside also had a higher percentage of births to Hispanic mothers than the State of Minnesota.

Morbidity and Mortality

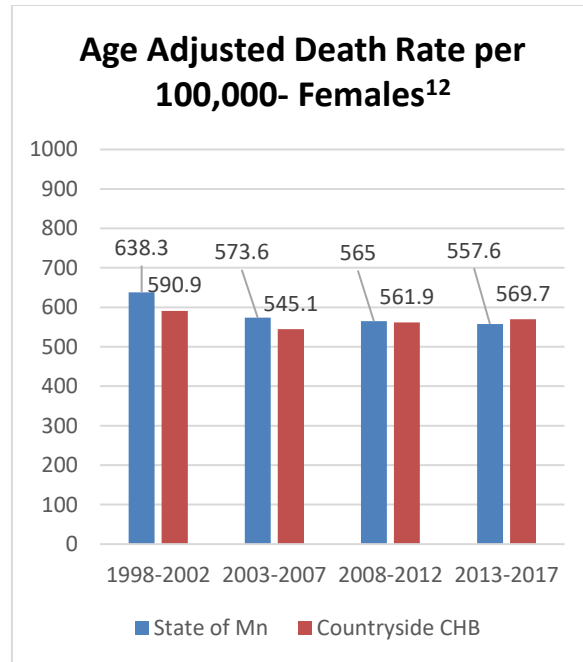
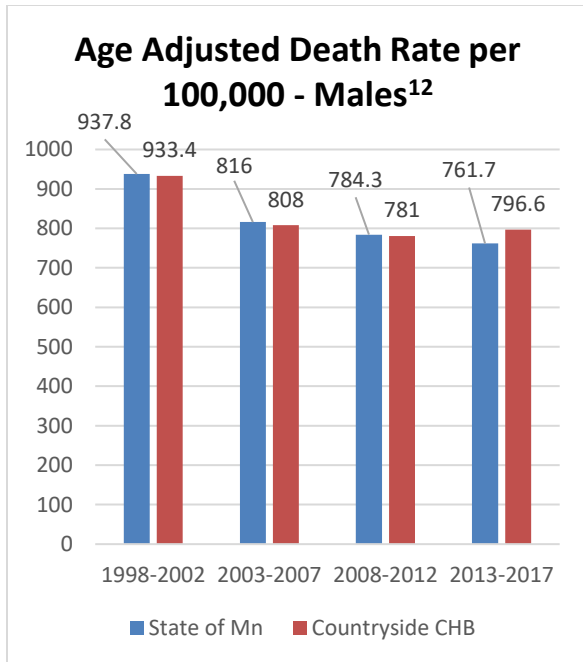
Death Rate



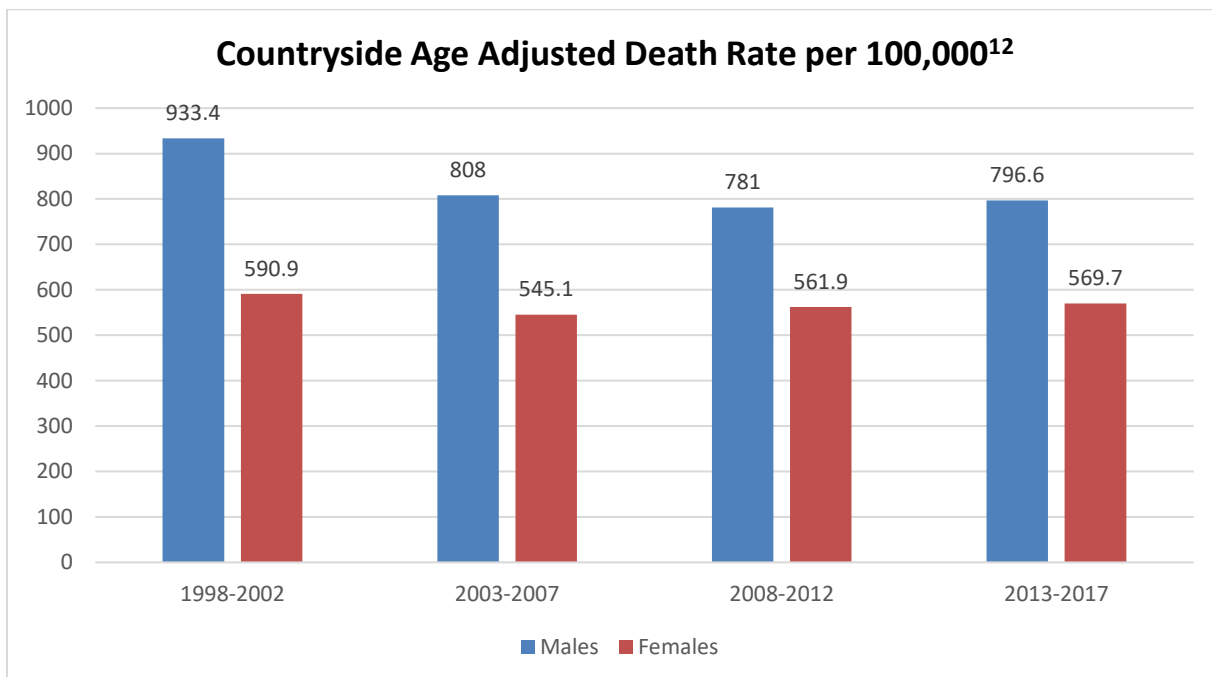
Countryside has had a higher age-adjusted death rate than the State of Minnesota since 2015.



1998 through 2012 Countryside has had a lower age-adjusted death rate than the State of Minnesota. Countryside’s age adjusted death rate has been slowly increasing since the 2003-2007 cohort.



Countryside and the State of Minnesota see a lower age-adjusted death rate in females compared to males. Similar to the overall age-adjusted death rates both Countryside males and females surpassed the State of Minnesota rate during the 2013-2017 cohort.



The age-adjusted death rate for Countryside females has been increasing since the 2003-2007 cohort. The age-adjusted death rate for Countryside males had been decreasing since the 1998-2002 cohort with a slight increase in the 2013-2017 cohort.

Leading Causes of Death

State of Minnesota, 2017 ⁶	Rank	Number
Cancer	1	9,889
Heart Disease	2	8,230
Unintentional Injury	3	2,786
Alzheimer's Disease	4	2,473
CLRD (Chronic Lower Respiratory Disease)	5	2,460
Stroke	6	2,248
Diabetes	7	1,311
Suicide	8	7,80
Pneumonia/Influenza	9	697
Parkinson's	10	674

Countryside, 2017 ⁶	Rank	Number
Cancer	1	133
Heart Disease	2	130
Alzheimer's Disease	3	41
Unintentional Injury	4	37
CLRD (Chronic Lower Respiratory Disease)	5	30
Stroke	6	21
Diabetes	7	14
Suicide	8	11
Parkinson's	9	5
Pneumonia/Influenza	10	4

Cancer was the leading cause of death for both Countryside and the State of Minnesota followed by Heart Disease. Alzheimer's Disease came in 3rd for Countryside where it was 4th for the State of Minnesota. Unintentional Injury came in 4th for Countryside where it was 3rd for the State of Minnesota.

Leading Causes of Death under Age 75

State of Minnesota 2013-2017 ⁶	Rank	Number
Cancer	1	25,663
Heart Disease	2	11,587
Unintentional Injury	3	7,287
CLRD (Chronic Lower Respiratory Disease)	4	3,998
Suicide	5	3,395
Diabetes	6	2,832
Stroke	7	2,430
Pneumonia/Influenza	8	849
Alzheimer's Disease	9	568
Parkinson's	10	421

Countryside 2013-2017 ⁶	Rank	Number
Cancer	1	252
Heart Disease	2	128
Unintentional Injury	3	73
CLRD (Chronic Lower Respiratory Disease)	4	48
Stroke	5	32
Suicide	6	29
Diabetes	7	21
Pneumonia/Influenza	8	6
Parkinson's	8	6
Alzheimer's Disease	8	6

Using a five-year cohort, Cancer followed by Heart Disease and Unintentional Injury continue to be the leading cause of death for individuals under age 75.

Premature Deaths Age-Adjusted Death Rate

*2013-2017 Age-Adjusted Death Rate on Premature Deaths

	State of MN ⁶	Countryside Public Health ⁶
Cancer	74.5	80.2
Heart Disease	34.5	42.4
Unintentional Injury	25.3	33.9
CLRD (Chronic Lower Respiratory Disease)	11.4	14.2
Suicide	12.2	15.2
Diabetes	8.3	7

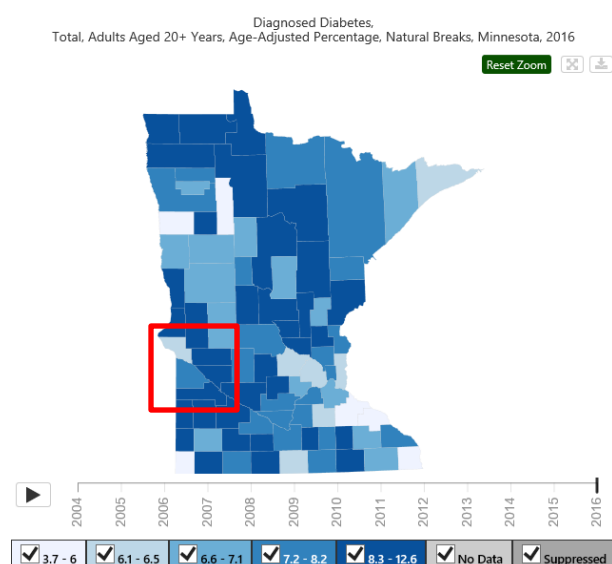
With the exception of Diabetes, Countryside has a higher premature age-adjusted death rate per 100,000 than the State of Minnesota for Cancer, Heart Disease, Unintentional Injury, CLRD, and Suicide.

Cancer Incidence

State/County/CHB	Five-Year Total Population (2012-2016)	New Cancers		95% Confidence Interval
		Number	Rate	
Minnesota	27,254,706	142,369	455.3	452.9-457.7
Big Stone	25,301	193	435.2	370.1-510.3
Chippewa	60,336	424	475.6	428.9-526.4
Lac qui Parle	34,635	234	424.7	365.60-491.7
Swift	47,470	309	422.7	374.7-476.0
Yellow Medicine	49,930	328	447.1	397.7-501.6

Chippewa county shows a higher new cancer rate than the State of Minnesota, all other Countryside counties show a lower new cancer rate.¹³

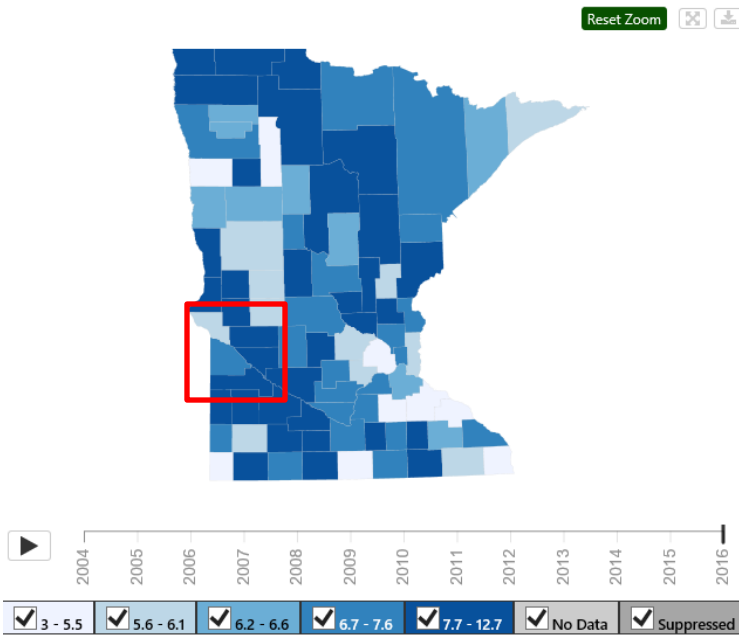
Diabetes Prevalence



County	Percentage
Big Stone	6.4
Chippewa	8.7
Lac qui Parle	8.1
Swift	11.1
Yellow Medicine	9.9

Swift County shows the highest age-adjusted percentage of population diagnosed with Diabetes.¹⁴

Newly Diagnosed Diabetes, Total, Adults Aged 20+ Years, Age-Adjusted Rate per 1,000, Natural Breaks, Minnesota, 2016

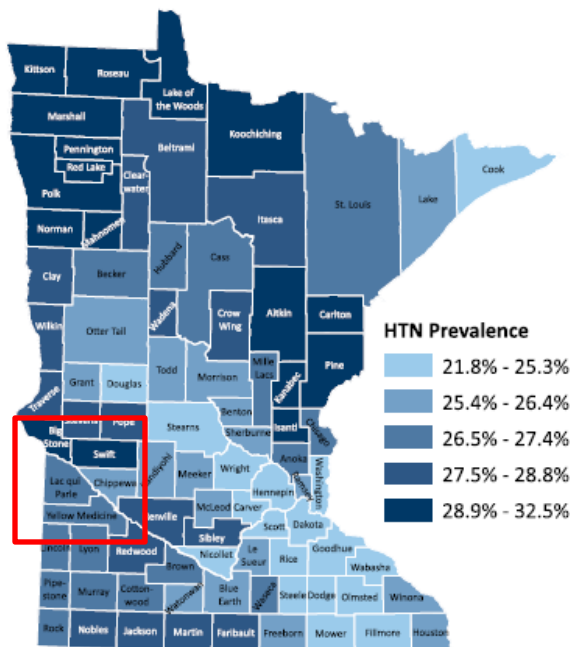


County	Rate per 1,000
Big Stone	5.7
Chippewa	8.3
Lac qui Parle	7.5
Swift	10.7
Yellow Medicine	9.4

Swift County also shows the highest age-adjusted rate for newly diagnosed diabetes compared to the other Countryside counties.¹⁴

Hypertension

FIGURE S1. ALL AGES, AGE-ADJUSTED



State/County, 2014 ²⁹	Number of Adults with Hypertension (HTN)	All Adults, Age-Adjusted Prevalence
State of Minnesota	968,626	25.4%
Big Stone	1,452	30.2%
Chippewa	2,712	26.0%
Lac qui Parle	1,780	27.3%
Swift	2,335	29.2%
Yellow Medicine	2,402	27.3%

Countryside counties show a higher age-adjusted prevalence of hypertension than the State of Minnesota. Big Stone County has the highest prevalence at 30.2%. Chippewa County has the lowest prevalence with 26.0%

Morbidity Rates

*Southwest South-Central Minnesota Adult Health Survey, 2010, 2015, 2019¹⁵

Risk	2010	2015	2019
Hypertension	41	39.5	31.8
Pre-Hypertension	*	13.3	7.9
Diabetes	10.2	12.9	10.7
Pre-Diabetes or borderline diabetes	7.3	13.1	10.5
Cancer	*	7.9	9.2
Chronic Lung Disease (Including COPD, Chronic Bronchitis, or emphysema)	*	6.1	4.8
Heart Attack, also called myocardial infarction	5.7	*	*
Angina, or coronary heart disease	6.3	*	*
Angina or other heart problems	*	16	10.2
Stroke	4.1	4.6	3.7
High Blood Cholesterol	36	34.2	32.6
Arthritis	*	28.4	22.7
Asthma	8.7	13.6	12.6

* Survey question was not asked in this year

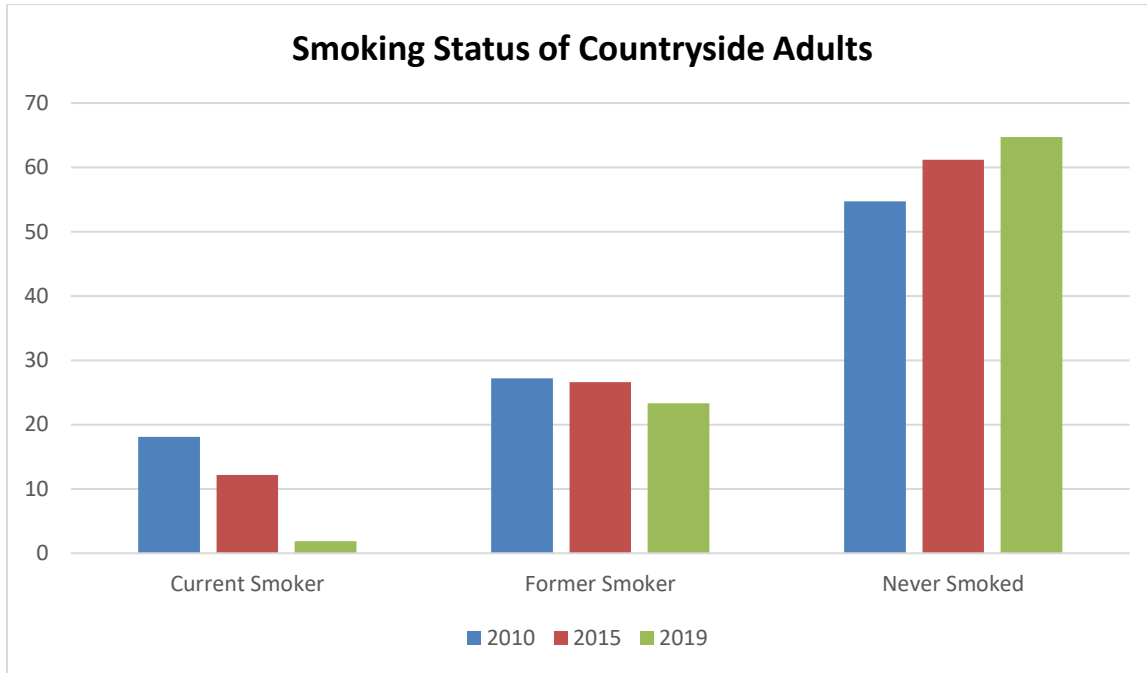
Countryside has seen an overall decrease in the percentage of individuals who reported Hypertension and High Blood Cholesterol from our 2010 to our 2019 Adult Health Survey. Countryside also saw a decrease in the percentage of individuals with Angina or other heart problems between our 2015 and 2019 survey.

Health Behaviors

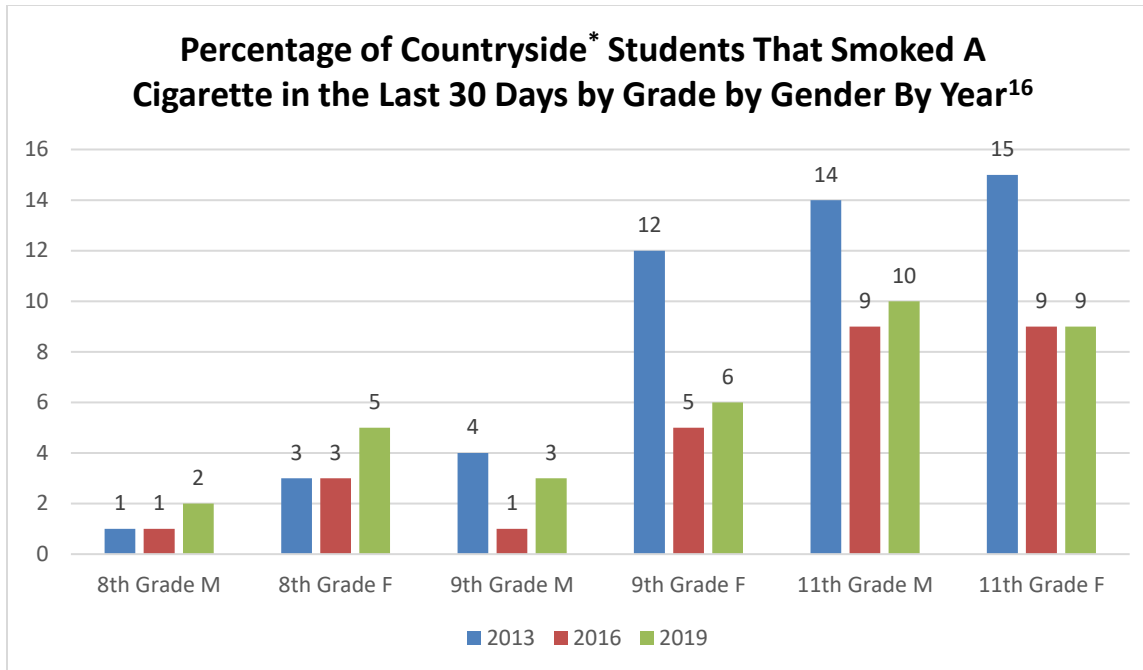
Substance Use

Smoking and Tobacco Use

*Smoking Status – SW/SC Adult Health Survey 2010, 2015, 2019¹⁵



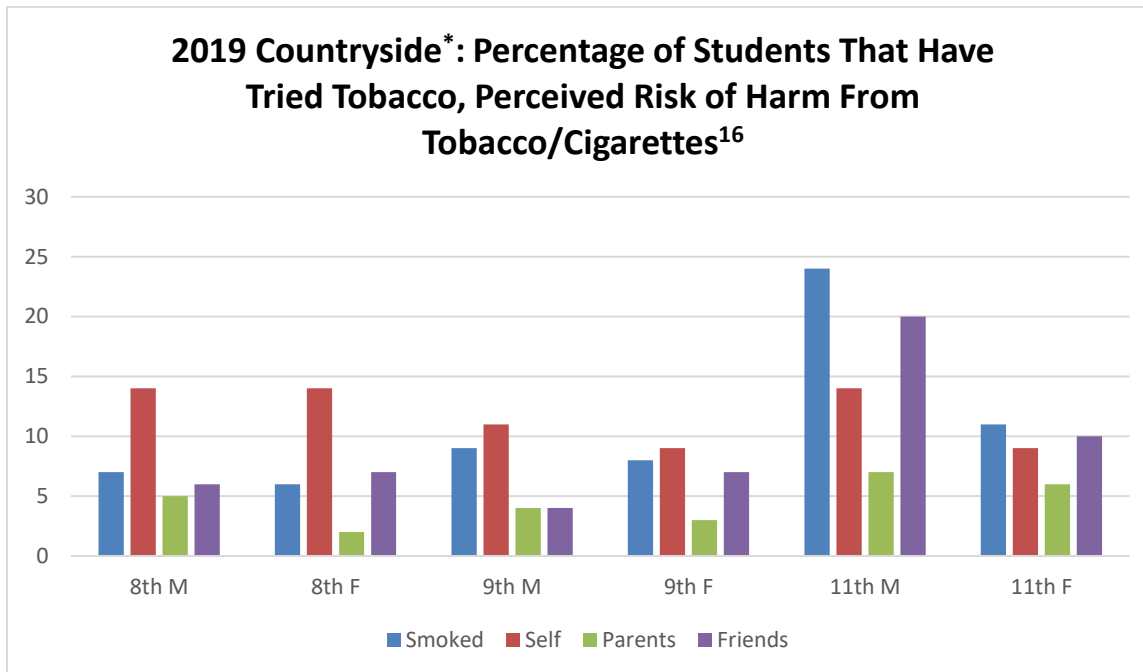
Countryside has seen a large decrease in the percentage of adults that are current cigarette smokers in our five counties.



*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Overall, Countryside saw an overall drop in the percentage of students that had smoked a cigarette in the last 30 days between the 2013 and 2016 survey with the exception of the 8th grade class which remained the same. Between the 2016 and 2019 survey most grades and genders saw an increase in the percentage of students that smoked in the last 30 days with the exception of 11th grade females which remained the same.

Perceived Risk of Harm from Substance Use:

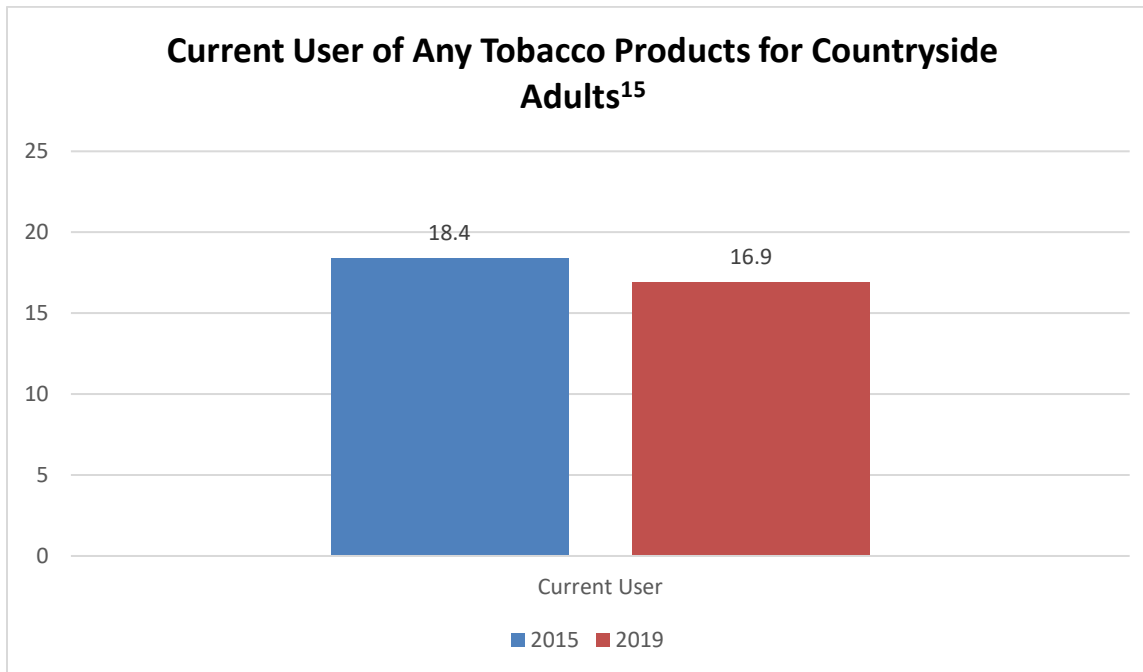


Legend	Question	Those that answered
Smoked	How often do you use Tobacco	Difference between 100 and Never
Self	How much do you think people risk harming themselves physically or in other ways if they smoke one or more packs of cigarettes per day?	No Risk
Parents	How wrong do your parents feel it would be for you to smoke cigarettes	Not at all wrong
Friends	How wrong do your friends feel it would be for you to smoke cigarettes	Not at all wrong

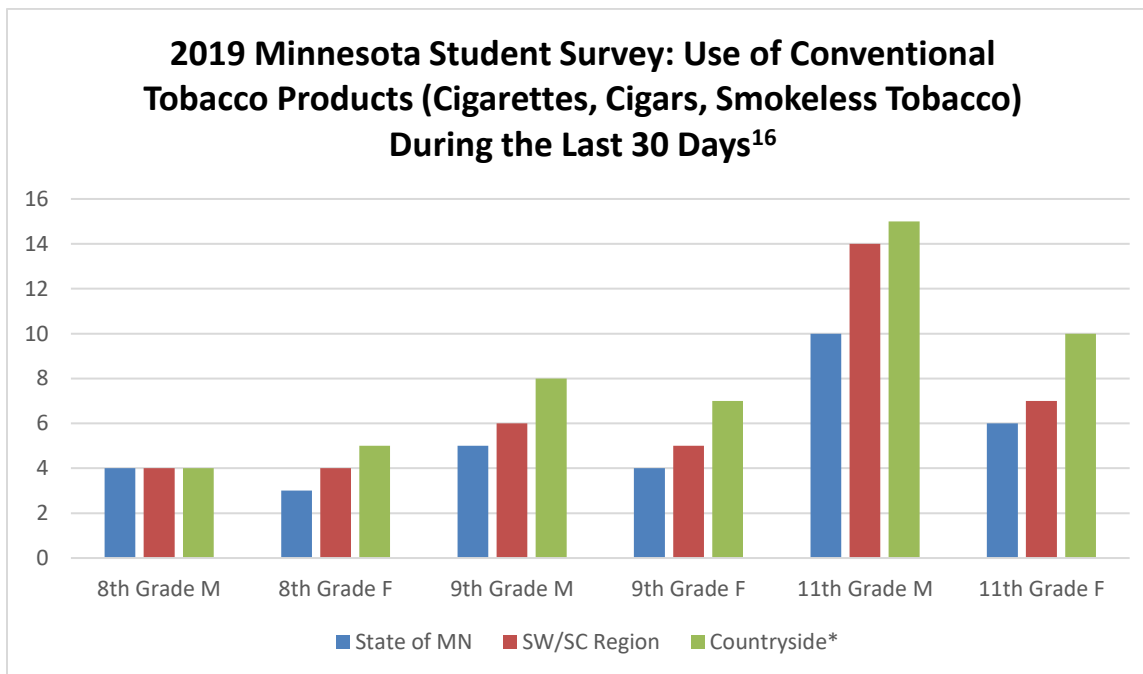
*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

In the 2019 Minnesota Student Survey we see an increase in the percentage of males and females that have tried smoking by age. Comparing males to females in the same grade, we see a higher percentage of males than females that have tried smoking.

Any Tobacco Use Status (Cigarettes, Cigar, Pipe, Smokeless, E-Cigs, Other Tobacco)

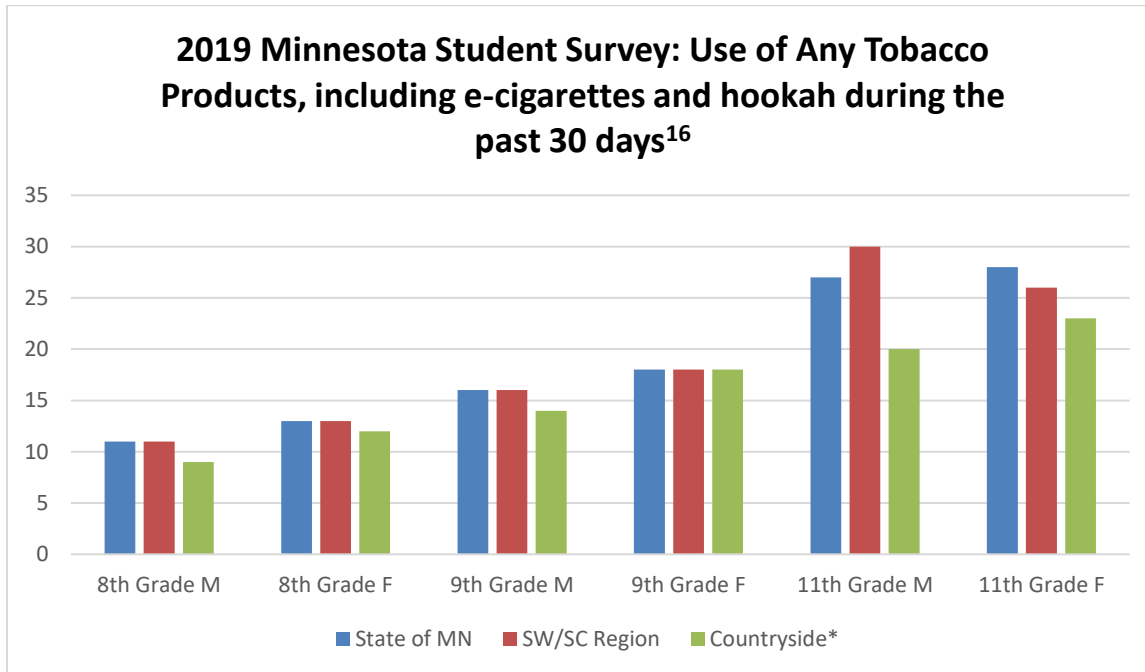


Countryside saw a decrease in the percentage of adults that use any tobacco products between 2015 and 2019.



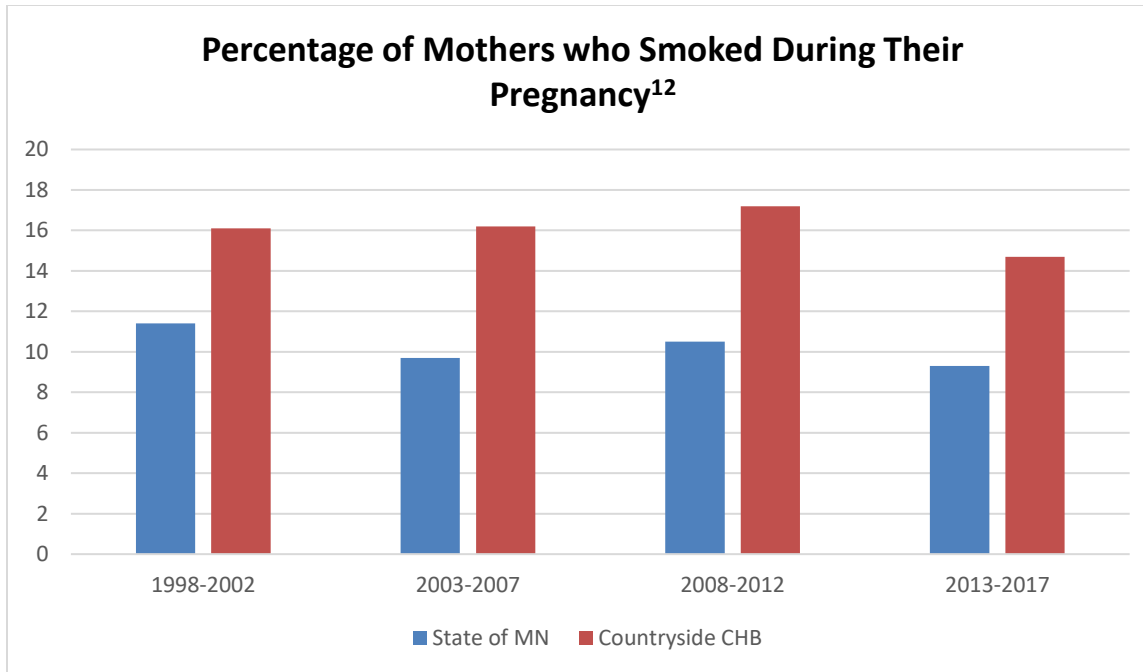
*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

The exception of 8th grade males, Countryside had a higher percentage of students that used conventional tobacco products during the last 30 days than the Southwest/South Central Region and the State of Minnesota.



*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

With the exception of 9th Grade Females which was the same as the State of Minnesota and the Southwest/ South Central Region, Countryside had a lower percentage of students that used any tobacco products, including e-cigarettes and hookah, during the past 30 days.



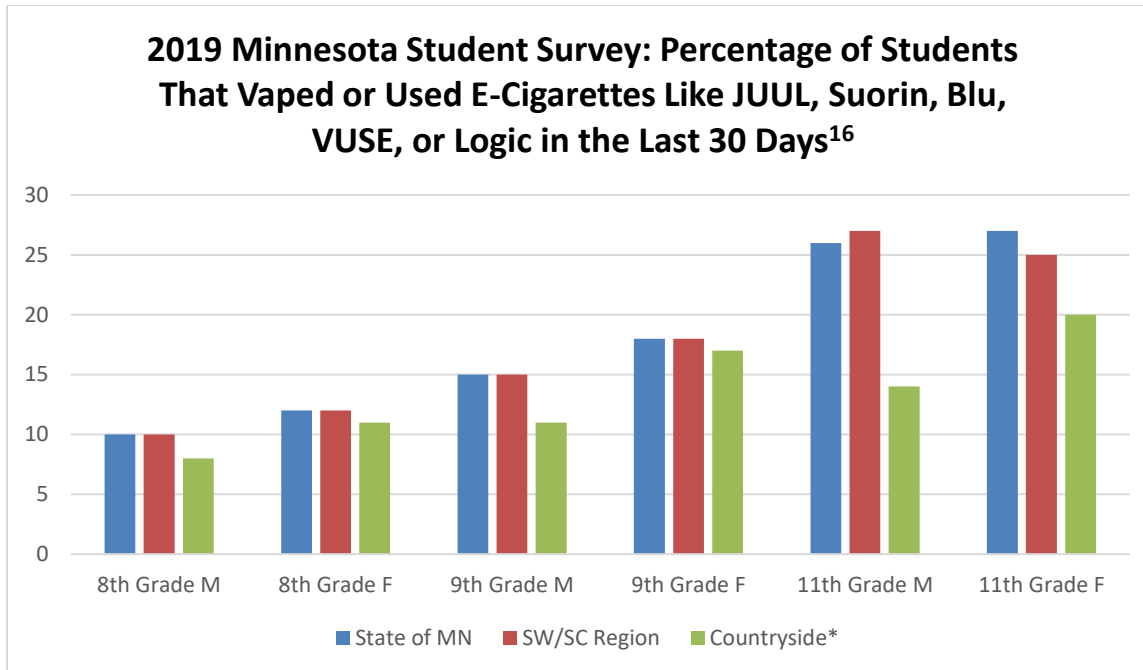
Countryside continues to have a higher percentage of mothers that smoke during their pregnancy than the State of Minnesota. Countryside did see a decrease in the percentage of mother that smoke between the 2008-2012 cohort and the 2013-2017 cohort.

Vaping

*Percentage of Adults that answered yes to currently using e-cigs¹⁵

Status	2015	2019
Current User	3	1.6

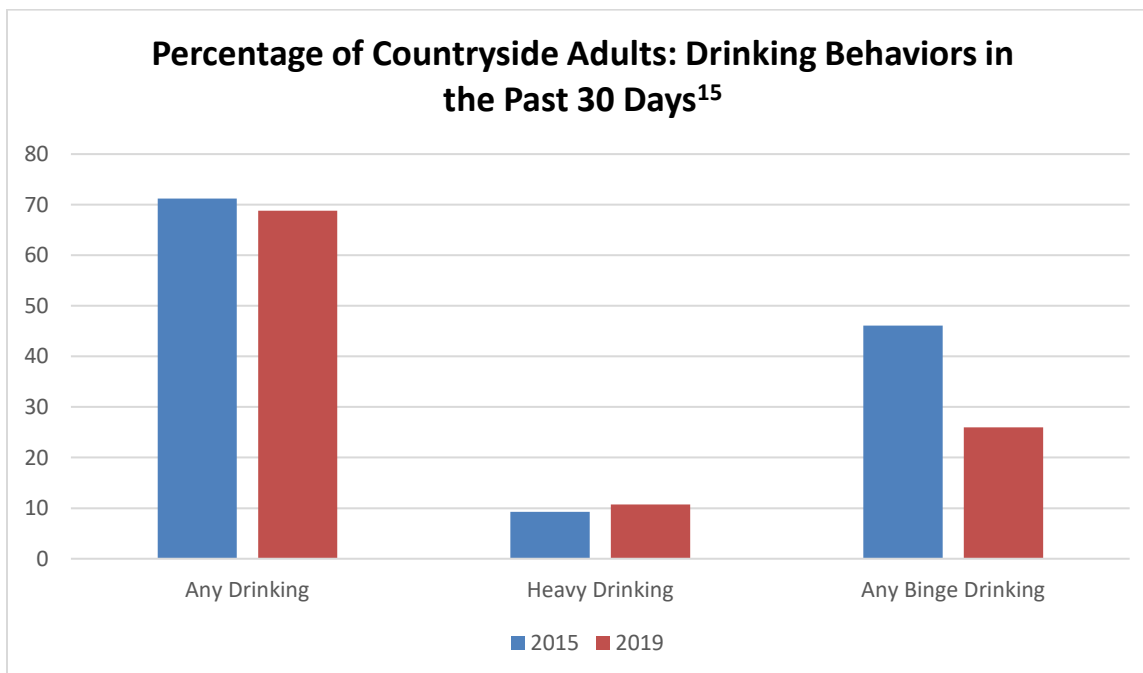
Countryside saw a decrease in the percentage of adults that answered “yes” to currently using e-cigarettes.



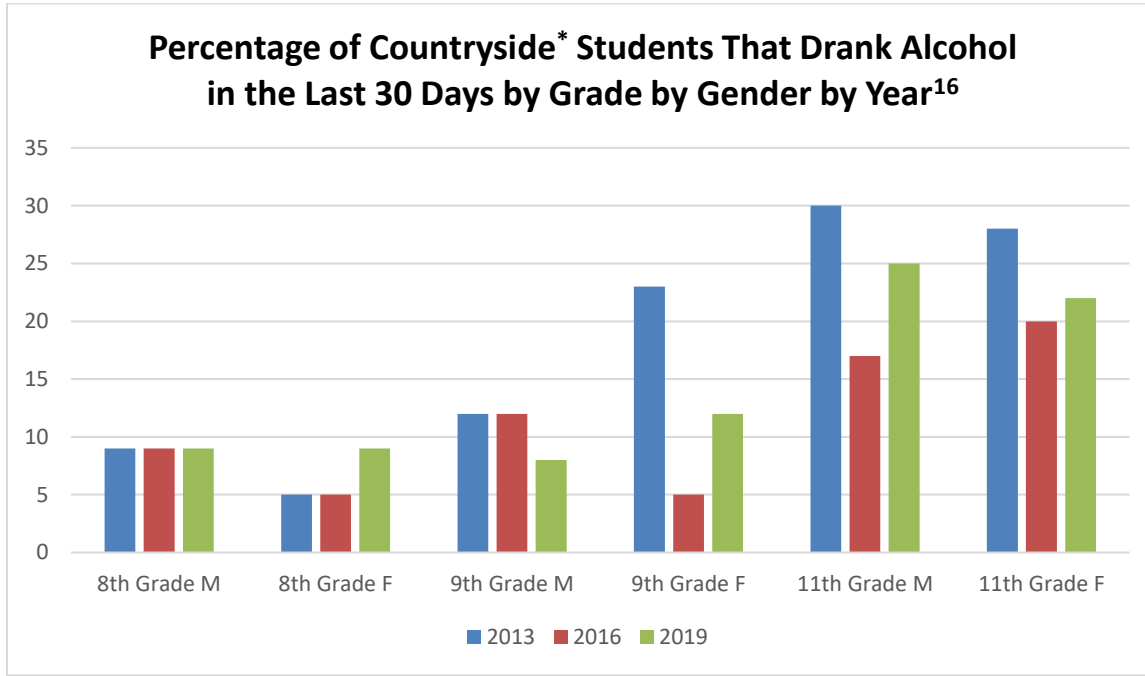
*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Countryside had a lower percentage of students that vaped or used e-cigarettes in the last 30 days than both the State of Minnesota and the Southwest/South Central Region. We do see an increase in the percentage of students that vaped or used an e-cigarette as they get older. Countryside also shows a higher percentage of female students compared to male students in the same grade that have vaped or used e-cigarettes in the last 30 days.

Alcohol Use

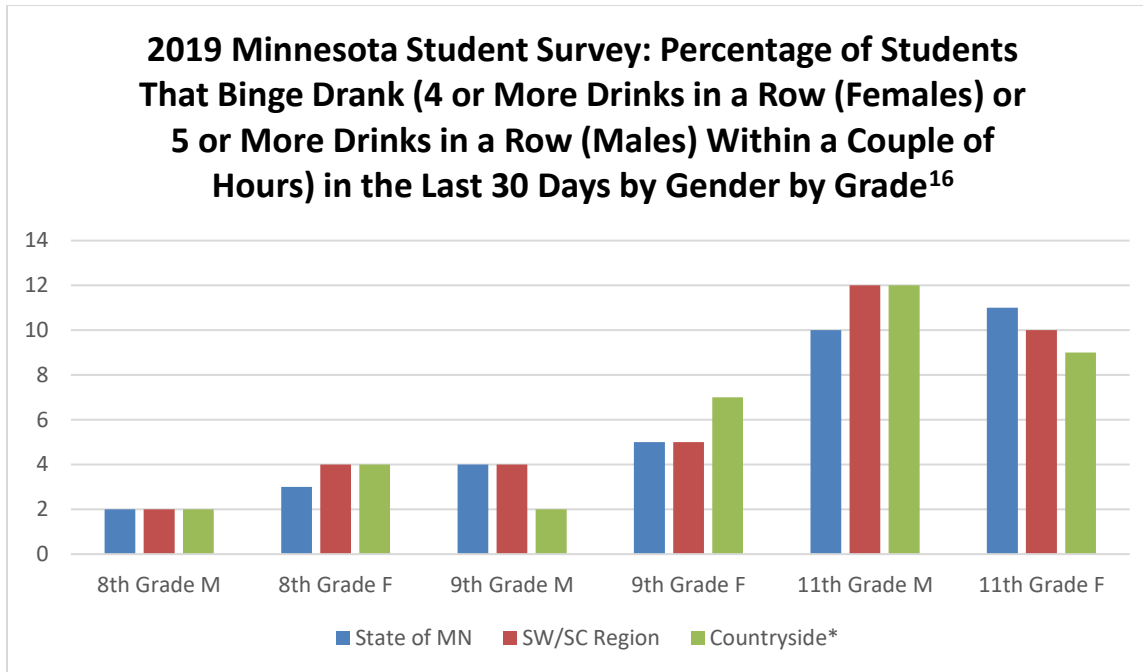


Countryside saw a slight decrease in the percentage of adults that have had any alcoholic beverage in the past 30 days between 2015 and 2019. There was a larger decrease in the percentage of adult binge drinking between 2015 and 2019. Heavy Drinking in adults between 2015 and 2019 showed a slight increase in percentage.



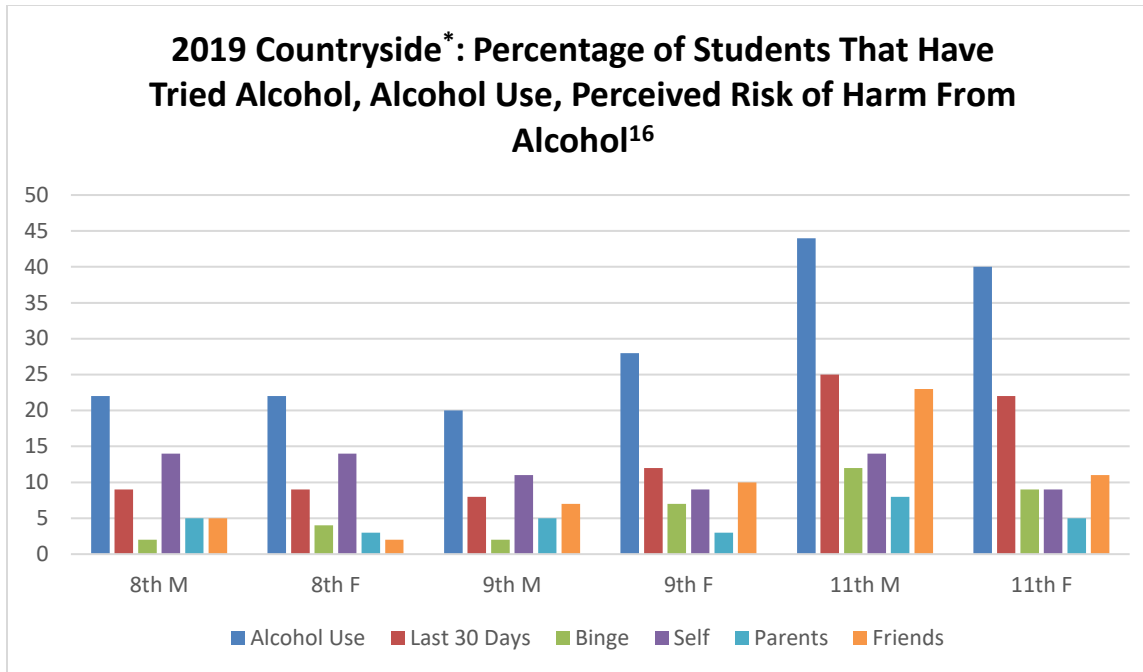
*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Most grades and genders showed an increase in the percentage of students that drank alcohol in the last 30 days between the 2016 and 2019 surveys, with the exception of 9th grade males which decreased and 8th grade males which remained the same. There was a decrease in percentage of 9th grade males compared to 8th grade males that had drank alcohol in the 2019 survey.



*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

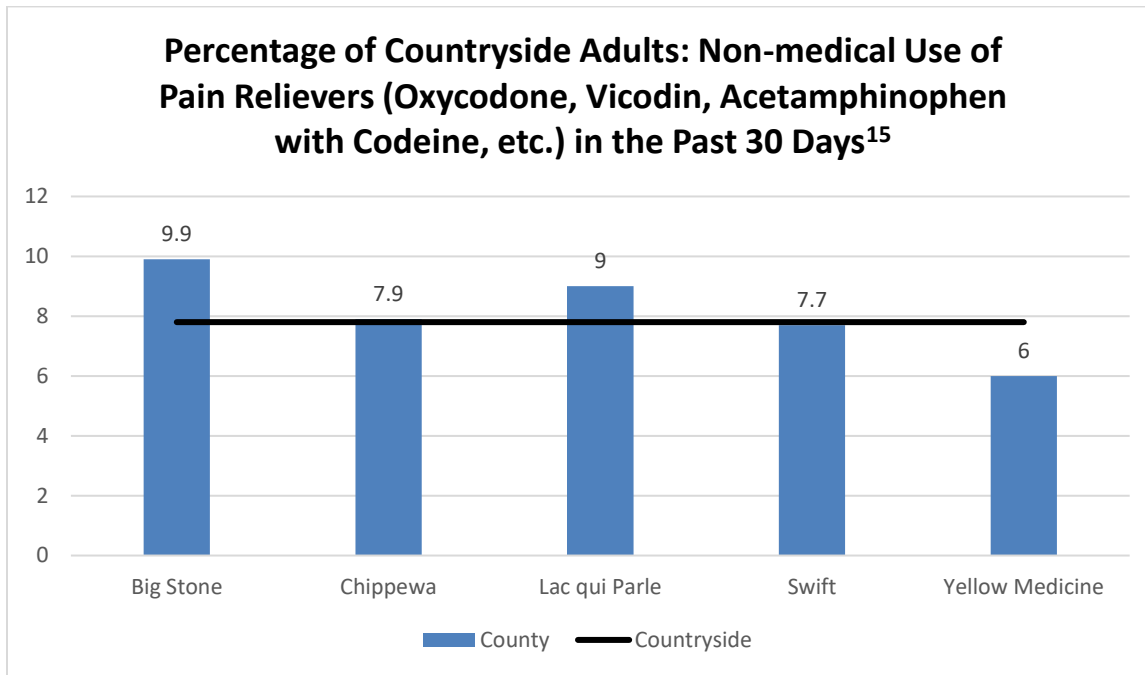
Countryside students remain at or below the State of Minnesota for the percentage of students that have binge drank during the last 30 days with the exception of 9th grade females.



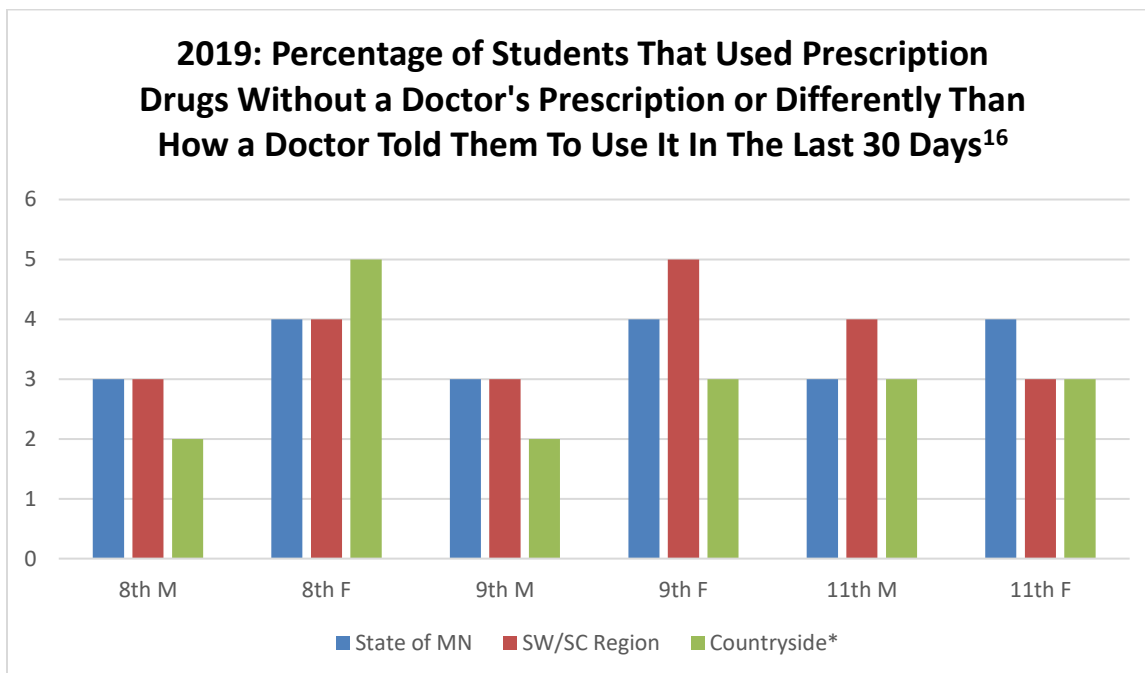
*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Legend	Question	Those that answered
Alcohol Use	How often have you used alcohol?	Difference between 100 and those that answered Never
Last 30 days	During the last 30 days, on how many days did you drink one or more drinks of an alcoholic beverage?	Difference between 100 and those that answered 0 days
Binge	Binge drinking (4 or more drinks in a row (females) or 5 or more drinks in a row (males) within a couple of hours)	Difference between 100 and those that answered 0 days
Self	How much do you think people risk harming themselves physically or in other ways if they have five or more drinks of an alcoholic beverage once or twice per week?	No Risk
Parents	How wrong do your parents feel it would be for you to have one or more drinks of alcoholic beverage nearly every day?	Not at all wrong
Friends	How wrong do your friends feel it would be for you to have one or more drinks of alcoholic beverage nearly every day?	Not at all wrong

Prescription Drug Abuse

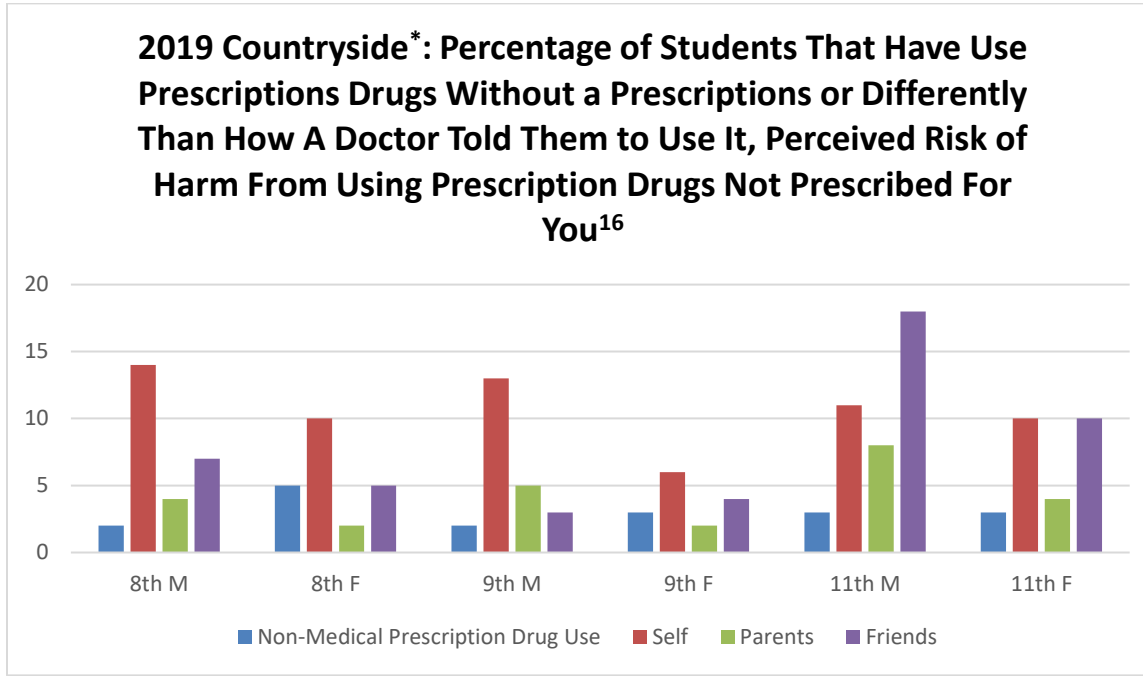


Countryside adults showed 7.8 percent that used pain relievers non-medically during the last 30 day. Big Stone, Chippewa, and Lac qui Parle all showed higher percentages than Countryside.



*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

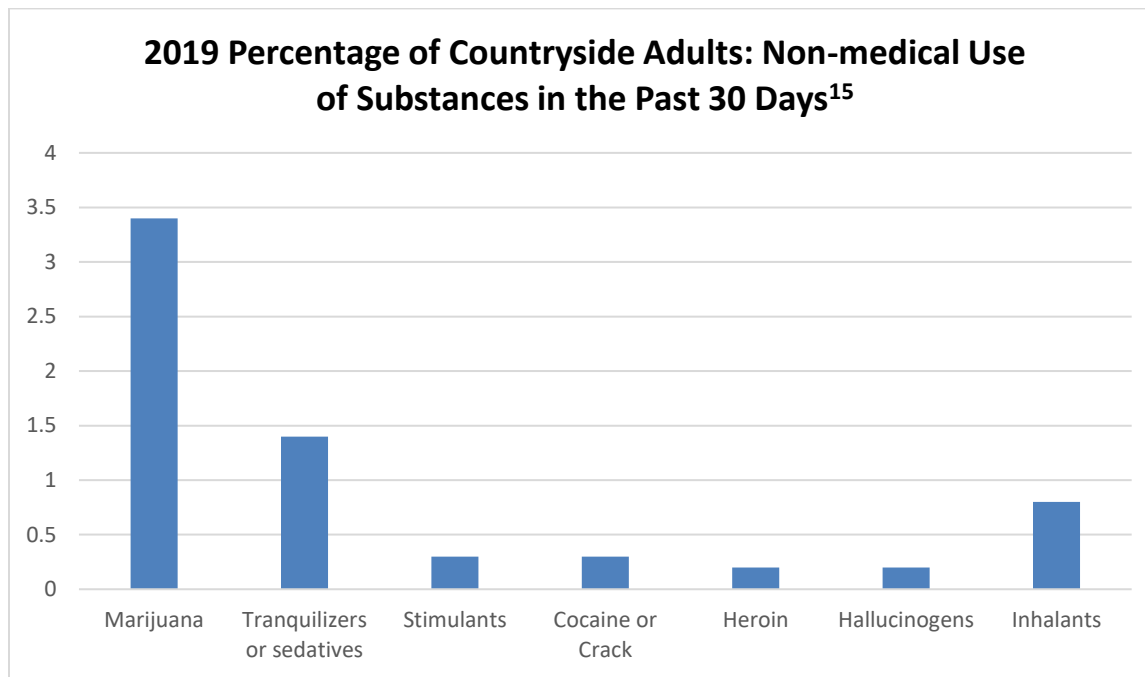
Countryside stayed at or below the State of Minnesota on the percentage of students that used prescription drugs without a doctor’s prescription or differently than how a doctor told them to use it in the last 30 days with the exception of 8th grade females which was higher than both the State of Minnesota and the Southwest/ South Central Region.



Legend	Question	Response
Non-Medical Prescription Drug Use	During the last 30 days, on how many days did you use prescription drugs without a doctor’s prescription or differently than how a doctor told you to use it?	Difference between 100 and those that answered 0 days
Self	How much do you think people risk harming themselves physically or in other ways if they use prescription drugs not prescribed for them?	No Risk
Parents	How wrong do your parents feel it would be for you to use prescription drugs not prescribed for you?	Not at all wrong
Friends	How wrong do your friends feel it would be for you to use prescription drugs not prescribed for you?	Not at all wrong

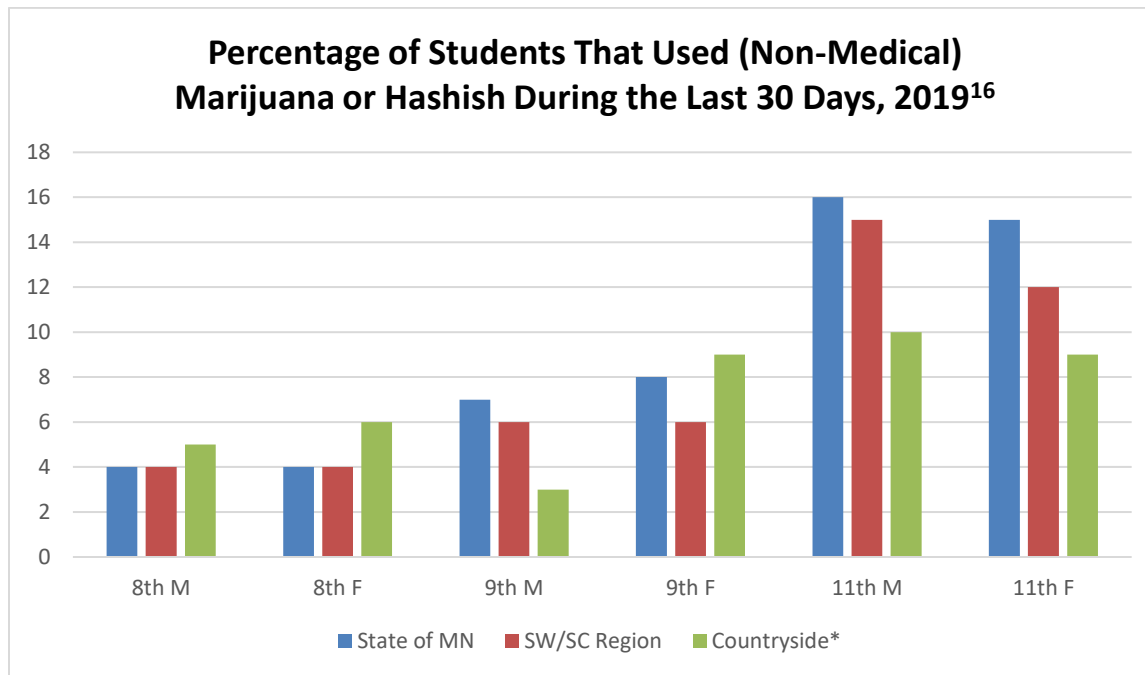
*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Marijuana and Other Drugs



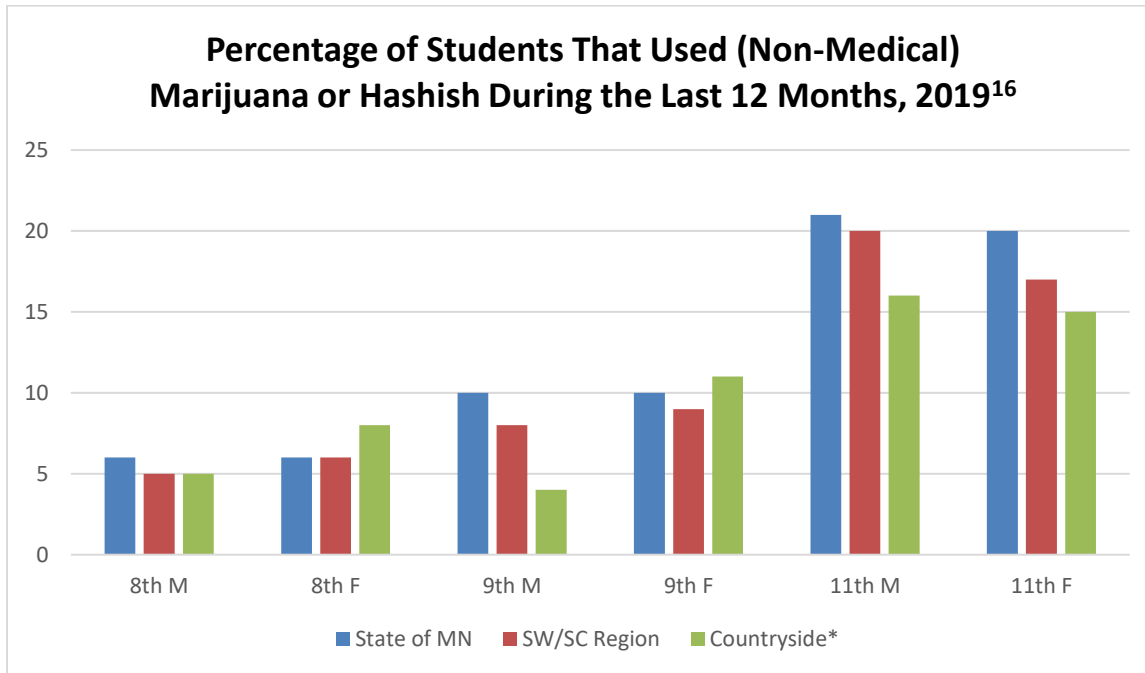
Tranquilizers or Sedatives (Xanax, Ativan, Valium, etc.); Stimulants (methamphetamine, other amphetamines, betel nuts, etc.); Hallucinogens (Ecstasy, MDMA, PCP, etc.)

Marijuana was the highest substance used non-medically by Countryside adults.



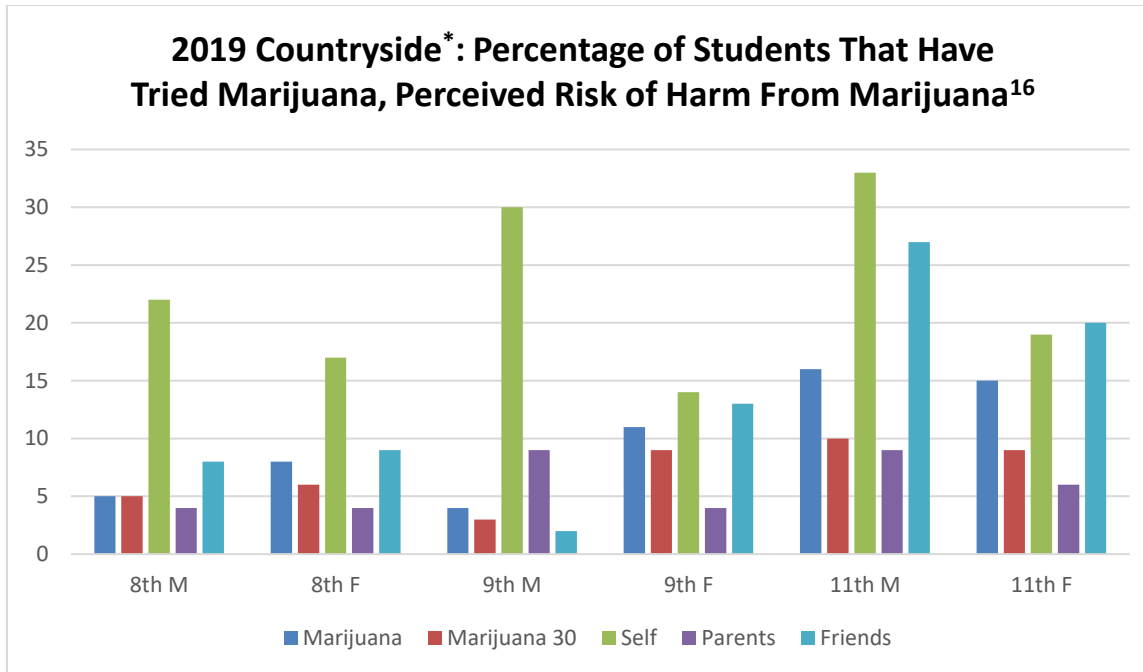
*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Countryside had a lower percentage of 9th grade males, 11th grade males, and 11th grade females that used non-medical marijuana or hashish during the last 30 days than the State of Minnesota and the Southwest/South Central Region. Countryside had a higher percentage of 8th grade males, 8th grade females, and 9th grade females that used non-medical marijuana or hashish during the last 30 days than the State of Minnesota and the Southwest/South Central Region.



*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

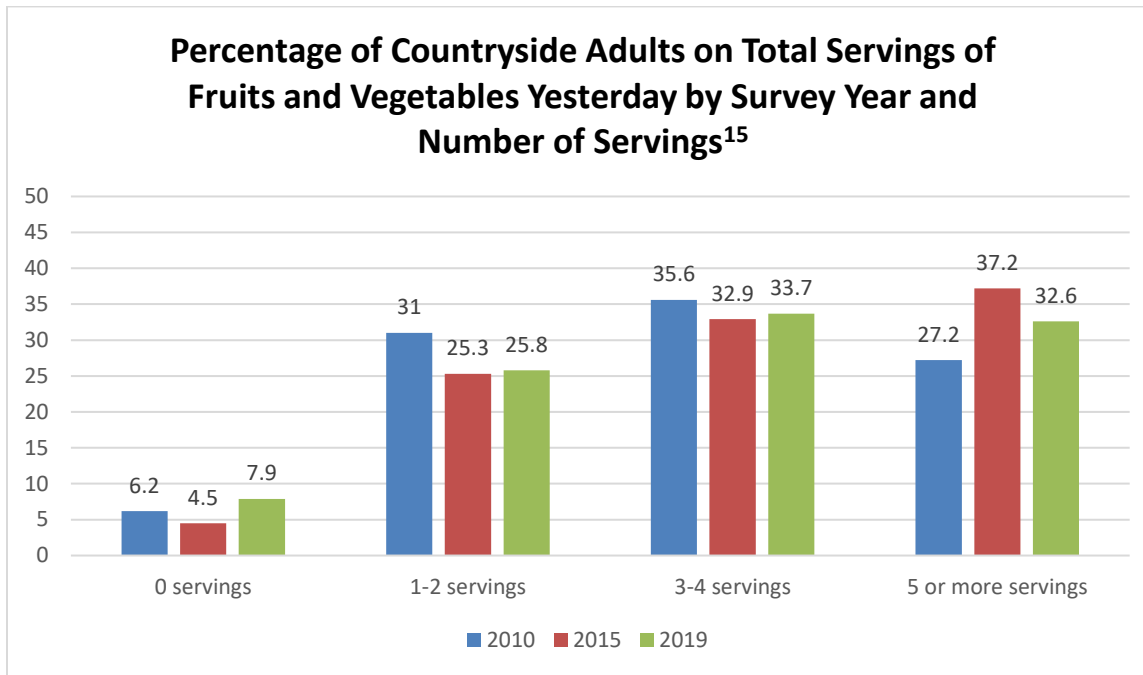
Countryside 8th and 9th grade females were the only grades and genders that had a higher percentage of non-medical marijuana or hashish use during the last 12 months than the State of Minnesota and the Southwest/South Central Region.



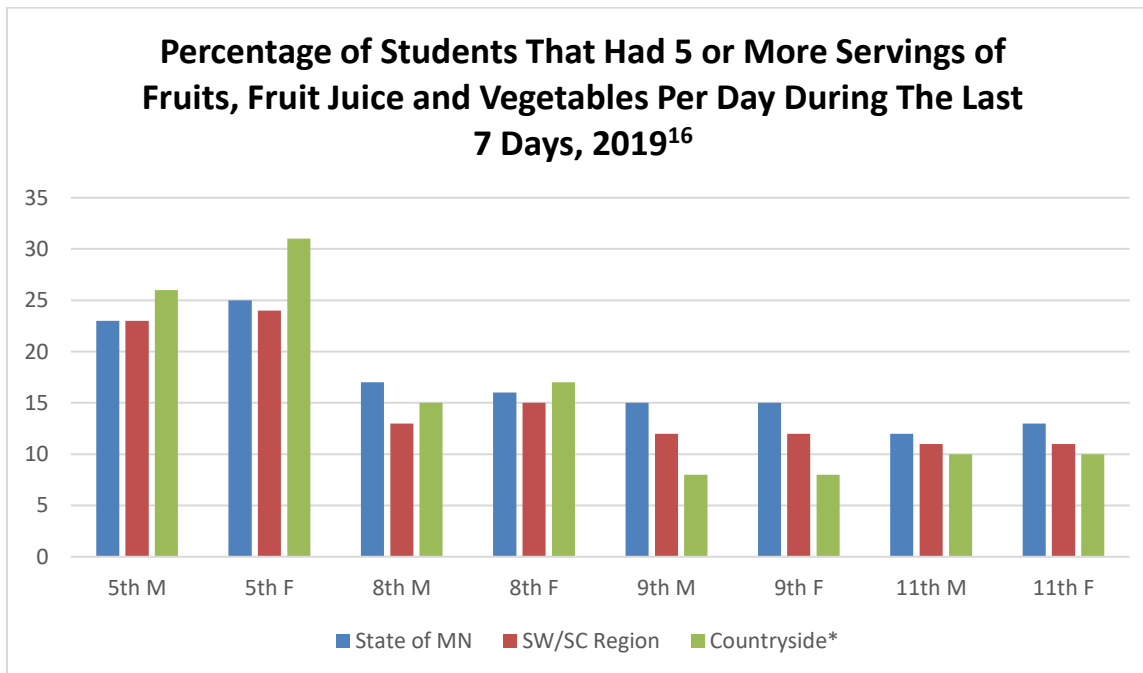
Legend	Question	Those that answered
Marijuana	During the last 12 months, on how many occasions (if any) have you used marijuana or hashish? (Do NOT count medical marijuana prescribed for you by a doctor)	Difference between 100 and those that answered 0
Marijuana 30	During the last 30 days, on how many days did your use marijuana or hashish? (Do NOT count medical marijuana prescribed for you by a doctor)	Difference between 100 and those that answered 0 days
Self	How much do you think people risk harming themselves physically or in other ways if they use marijuana once or twice per week?	No Risk
Parents	How wrong do your parents feel it would be for you to use marijuana	Not at all wrong
Friends	How wrong do your friends feel it would be before you to use marijuana?	Not at all wrong

*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Nutrition



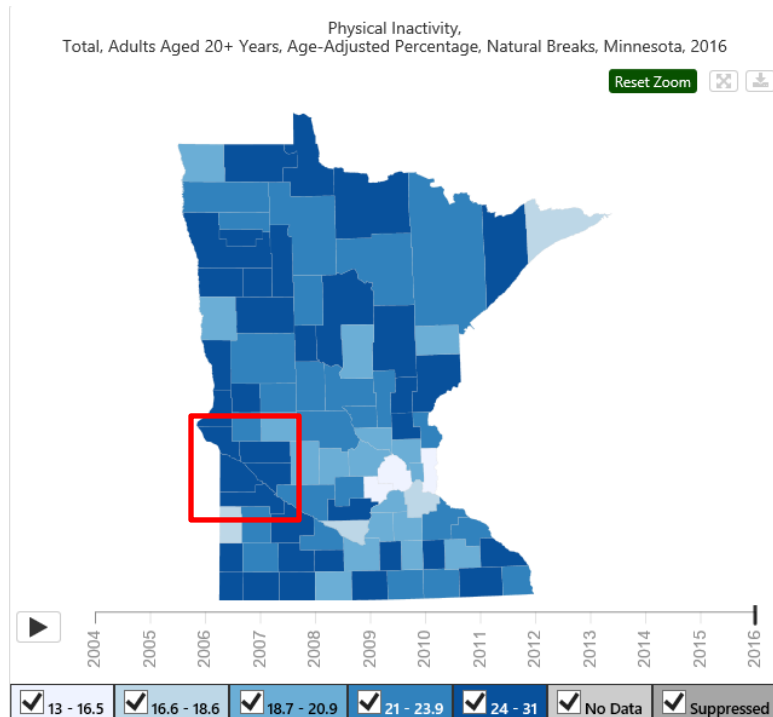
Countryside saw a decrease in the percentage of adults getting the recommended five or more servings of fruits and vegetables per day between the 2015 and 2019 survey. Around 1 in 3 adults is getting the recommended five servings of fruits and vegetables per day.



*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Overall, 5th grade students are more likely to get their recommended five or more servings of fruits and vegetables per day. For Countryside students, 9th grade students are the least likely to get their recommended servings of fruits and vegetables.

Physical Activity



County	Percentage
Big Stone County	24.7
Chippewa County	25.2
Lac qui Parle County	25.7
Swift County	27
Yellow Medicine County	27.2

To be physically inactive if they answered “no” to the question, “During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?”¹⁴

Yellow Medicine County had the highest percentage of physical inactivity at 27.2 percent where Big Stone County had the lowest percentage of inactivity at 24.7 percent.

*Adult Health Survey – Vigorous Activity

CDC recommends for a minimum of 20 or more minutes of vigorous activity per day three or more days per week¹⁵

Vigorous Activity Recommendations	2010	2019
Meets Recommendations	25.9	25.2
Insufficient Activity	23.8	34.4
No vigorous activity	50.2	40.4

Countryside saw a slight decrease in the percentage of adults meeting the recommended 20 or minutes of vigorous activity per day for three or more days per week between the 2010 and 2019 surveys. However, there was a ten percent increase in the percentage of adults with insufficient vigorous activity.

*Adult Health Survey – Moderate activity

CDC Recommends a minimum of 30 or more minutes of moderate activity per day five or more days per week¹⁵

Moderate Activity Recommendations	2010	2019
Meets recommendations	38.9	24.8
Insufficient Activity	45.3	59.8
No moderate physical activity	15.8	15.4

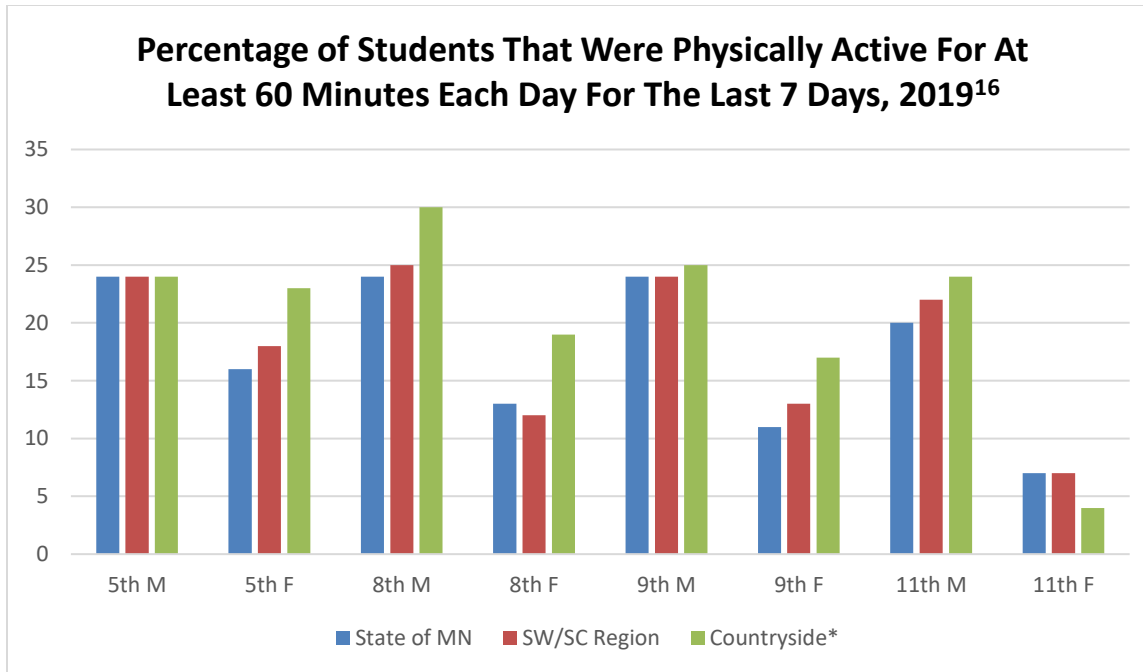
The percentage of adults with no moderate physical activity decreased slightly between 2010 and 2019. There was a large decrease on the percentage of adults that were meeting the recommended 30 or more minutes of moderate activity per day five or more days per week between 2010 and 2019.

*Adult Health Survey – Barriers to physical activity¹⁵

Percentage of adults that answered “A big problem” to the following Barriers

Barrier	2010	2015	2019
Lack of Self-Discipline or willpower	32.2	24.2	28.5
Lack of Time	22.2	23.1	23.4
The cost of fitness programs, gym memberships, or admission fees	34.2	26.8	22.1
Lack of Programs, leaders, or facilities	14.9	10.2	12.6
Public facilities are not open or available at the time I want to use them	17.1	15	12.4
Lon-term illness, injury, or disability	12.4	12.9	11.8
No one to exercise with	13.3	10.4	11
Distance I have to travel to a place where I can be physically active	13.5	11.9	10.5
Other	9	7.8	5.1
No safe place to exercise	2.9	2.7	2.8

The largest barrier for physical activity in adults was Lack of Self-Discipline or Willpower in the 2019 survey where over one-quarter of the adult population sited it as “a big problem”. Previous years had shown that the cost of fitness programs, gym memberships, or admission fees was the largest barrier for physical activity.



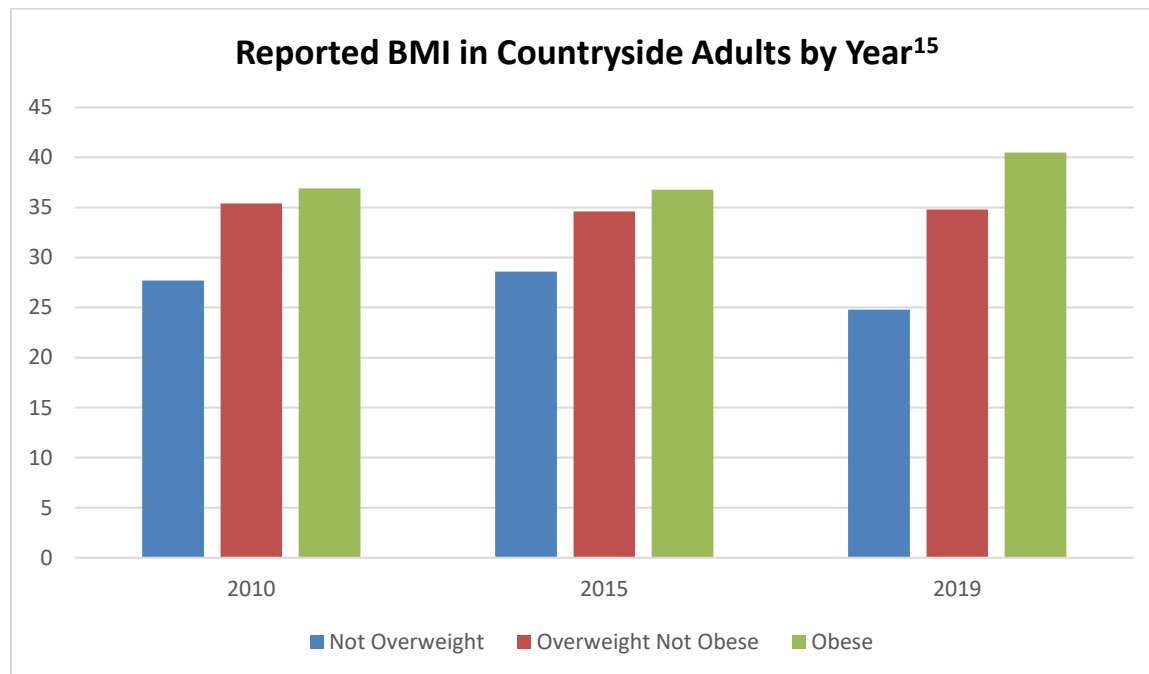
*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

The CDC recommends that children ages 6 to 17 get 60 or more minutes of moderate to vigorous physical activity daily. Countryside shows a more dramatic drop in physical activity for female students compared to male students in the same grade, the largest being in our 11th grade class where less than five percent of females are meeting the recommended 60 minutes or more of physical activity daily.

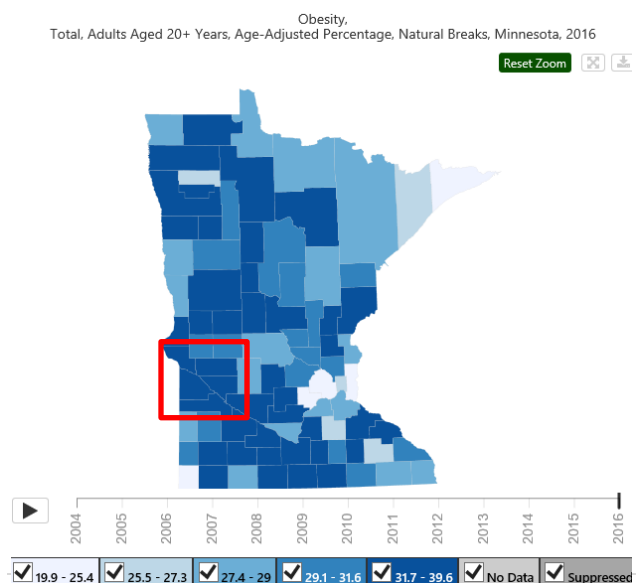
BMI in Adults

*2010, 2015, and 2019 Southwest Minnesota Adult Health Survey¹⁵

	2010	2015	2019
Not Overweight	27.7	28.6	24.8
Overweight but not obese	35.4	34.6	34.8
Obese	36.9	36.8	40.5



Countryside saw an increase in the percentage of adult that were both overweight and obese between the 2015 and 2019 surveys.

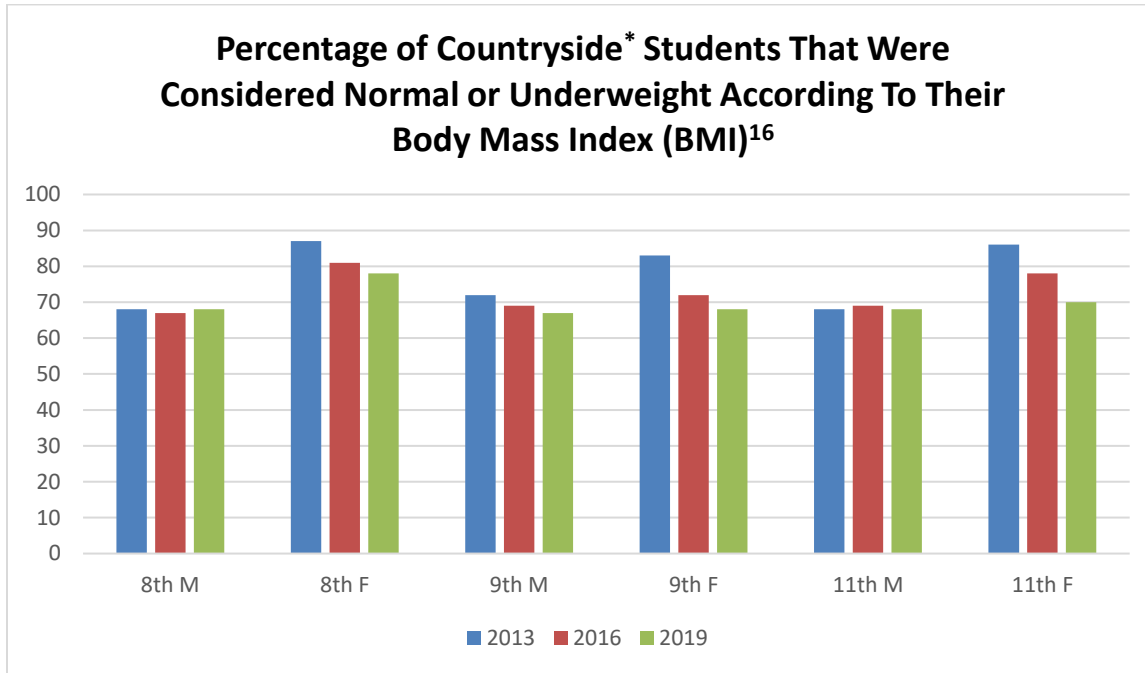


County	Percentage
Big Stone	33.7
Chippewa	34.4
Lac qui Parle	35.2
Swift	38.2
Yellow Medicine	35.3

*BRFSS and US Census Bureau Population Estimates used to obtain county level estimates To be obese if their body mass index was 30 or greater. Body mass index (weight [kg]/height [m]²) was derived from self-report of height and weight.¹⁴

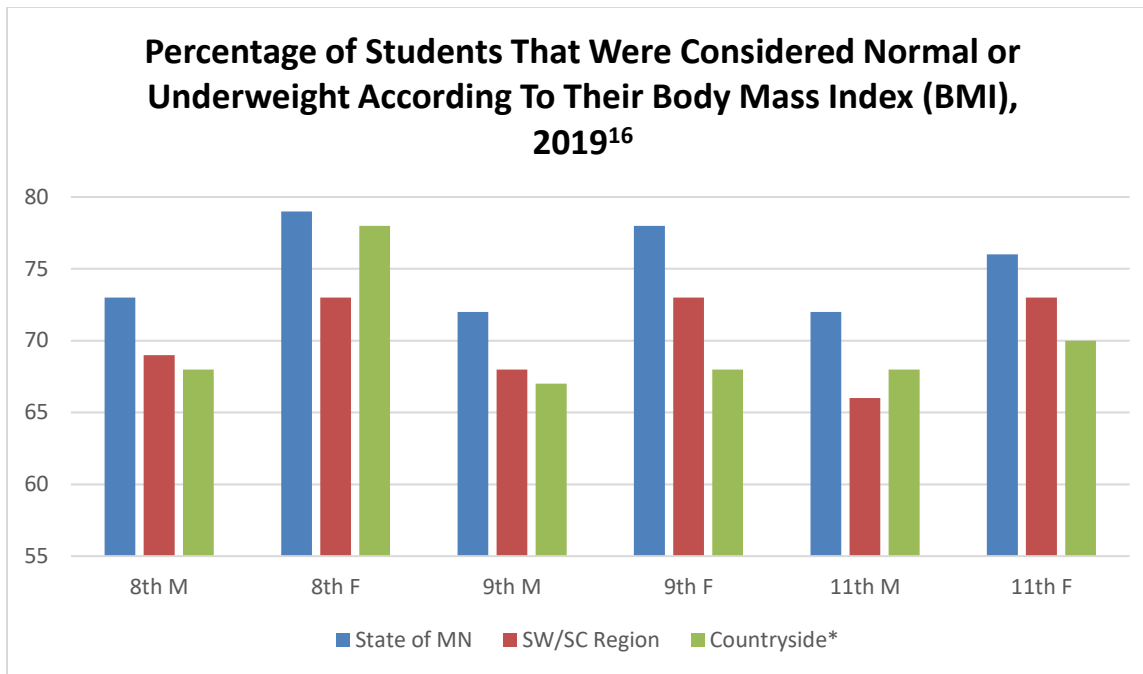
The obesity data from the centers for disease control shows similar rates of obesity in 2016 compared the Southwest/South Central Adult Health Survey conducted in 2015.

BMI in Students



*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Countryside females have been trending downward on the percentage of females considered normal or underweight, 9th grade males are also following a downward trend. 11th grade males have been remaining fairly consistent on the percentage of students considered normal or underweight according to BMI.

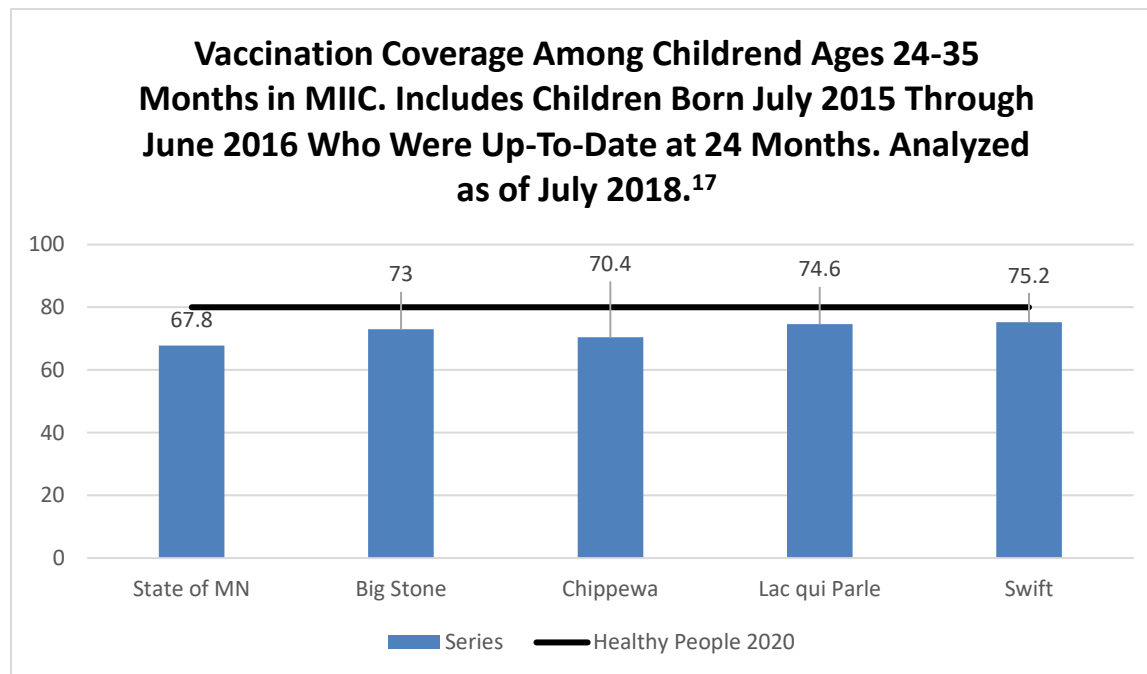


*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Countryside has a lower percentage of students considered normal or underweight according to their BMI than the State of Minnesota.

Infectious Disease

Childhood Immunization Rates



Countryside counties showed a higher percentage of children up-to-date with their childhood immunization series by age 2 than the State of Minnesota. Countryside and the State of Minnesota are still below the 80 percent coverage goal for Health People 2020.

*The series includes being up-to-date with DTaP (Diphtheria, Tetanus, Pertussis), Polio, MMR (Measles, Mumps, Rubella), Hib (*Haemophilus influenzae* type b), Hepatitis B, Varicella (Chickenpox), and PCV (Pneumococcal conjugate vaccine).

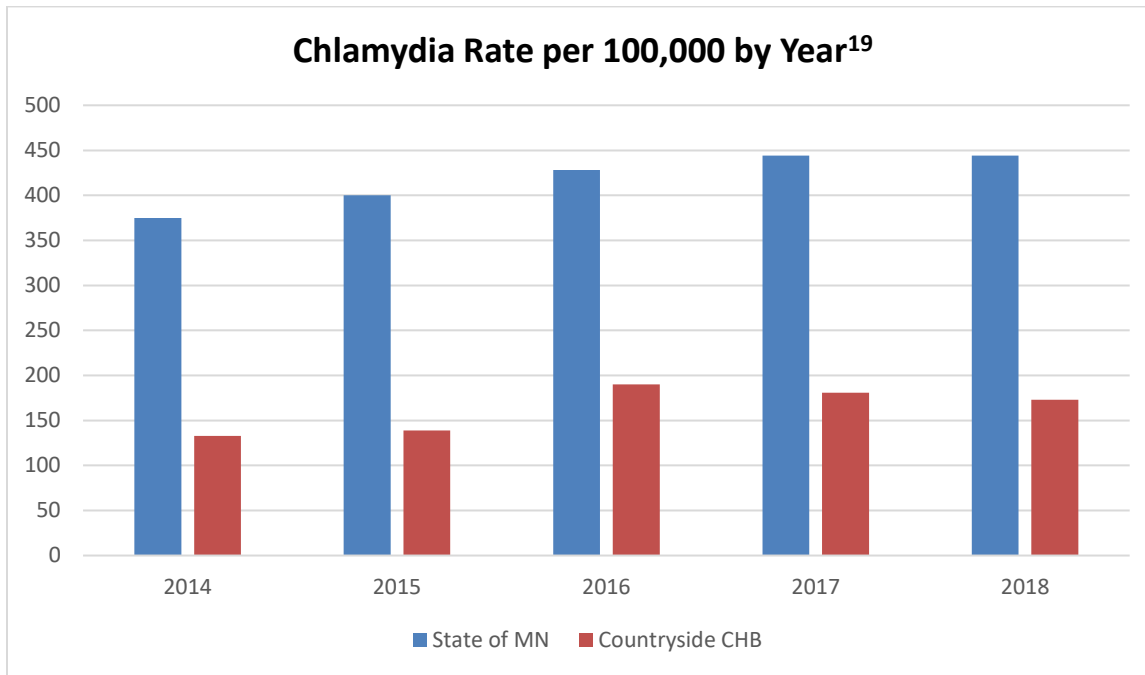
Tuberculosis (TB)

Year Cohort	State of Minnesota	Countryside CHB
2004-2008	1064	2
2009-2013	746	2
2014-2018	815	1

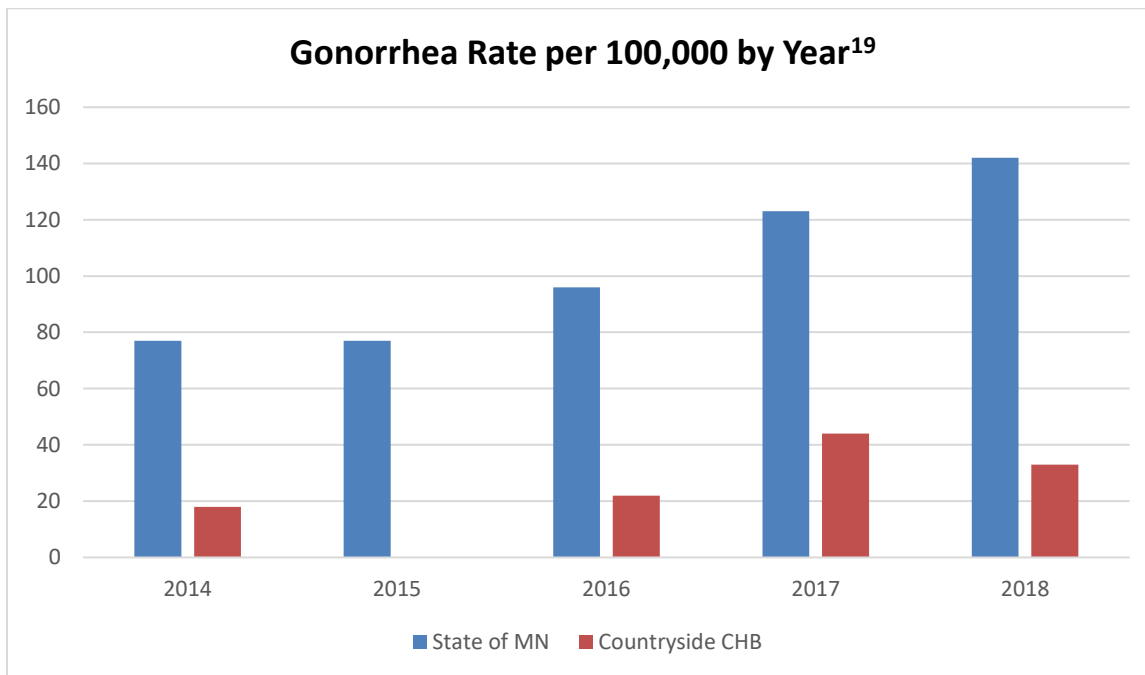
*Number of reported active tuberculosis cases by year.¹⁸

Countryside remains to have a low number of active tuberculosis cases in our five counties only having five cases between 2004 and 2018. The State of Minnesota saw a drop in the number of cases between the 2004-2008 cohort and the 2009-2013 cohort with an increase in the number of cases during the 2014-2018 cohort.

Sexually Transmitted Infections



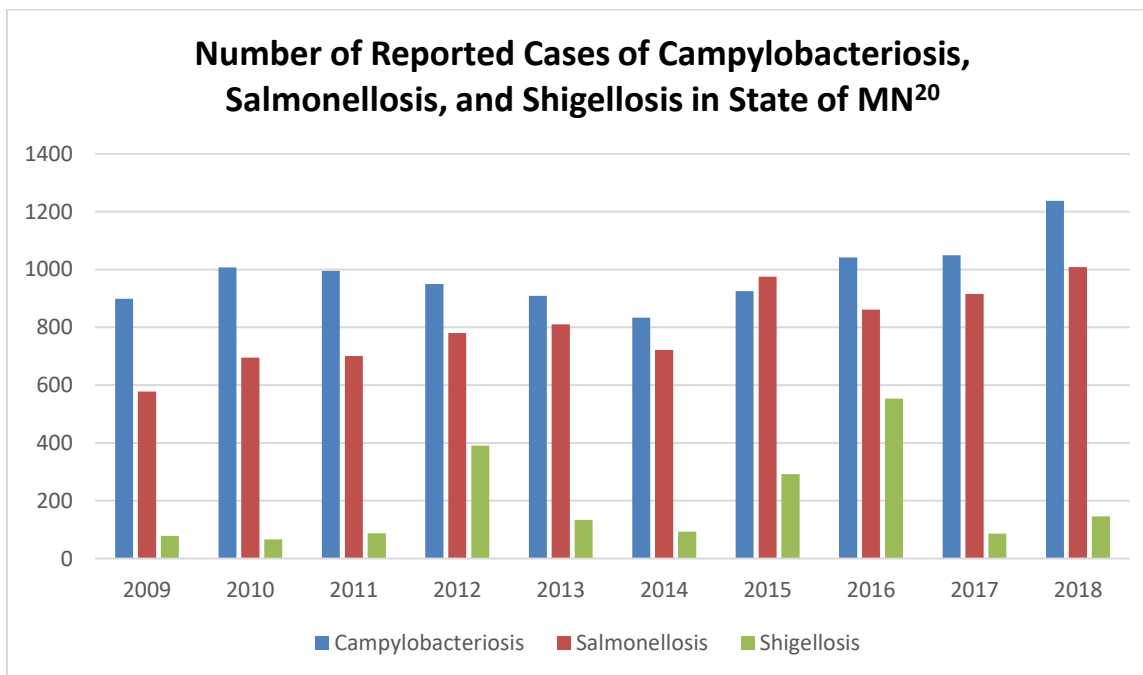
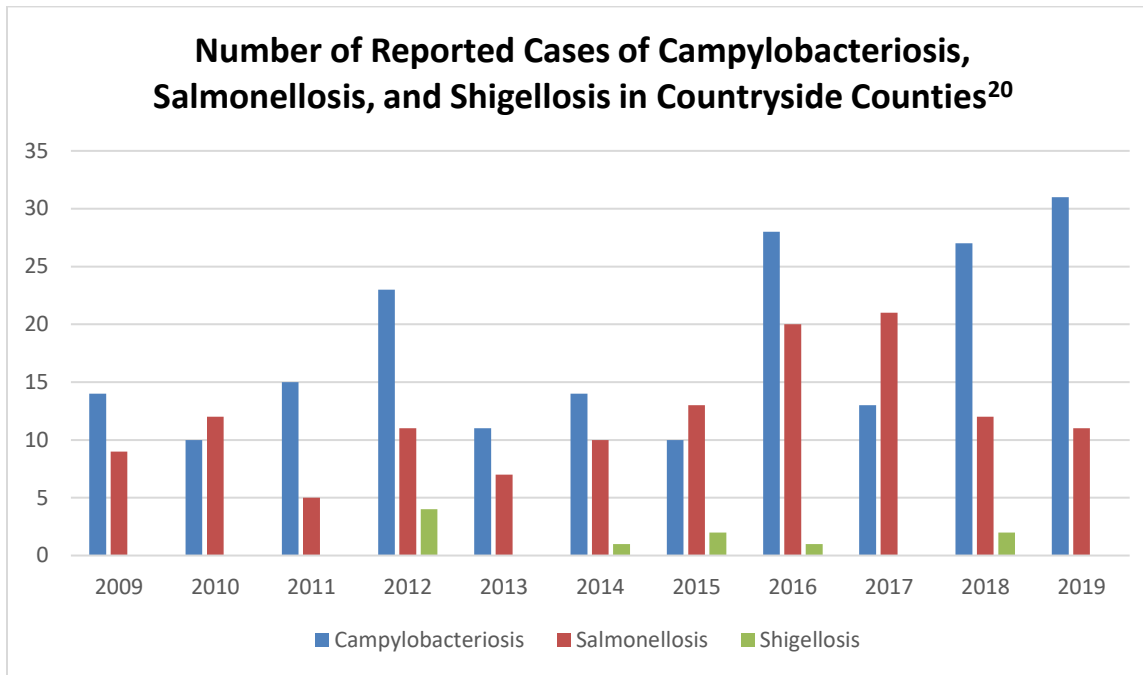
Countryside continues to have a lower Chlamydia rate per 100,000 than the State of Minnesota.



* Countryside CHB Rate not calculated in 2015 due to too few cases.

Countryside continues to have a lower Gonorrhea rate per 100,000 than the State of Minnesota. The rate in 2015 for Countryside was not calculated due to too few cases.

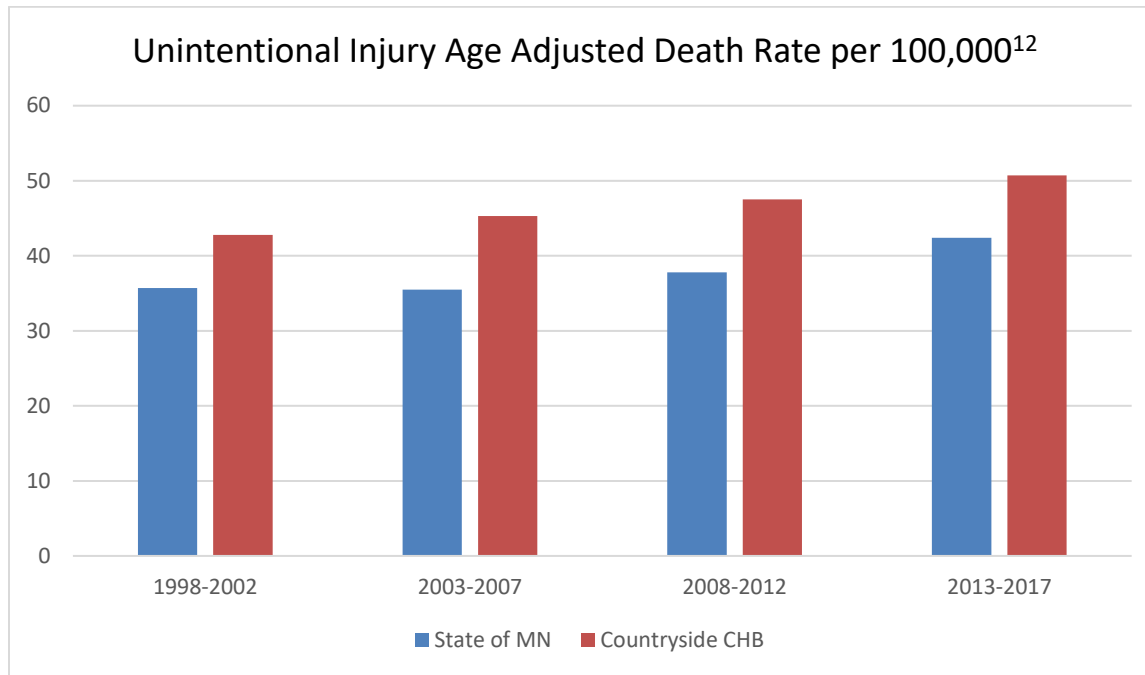
Food-Borne Illnesses



Campylobacteriosis was the number one reported food-borne illness for Countryside counties in 2009, 2011-2014, 2016, 2018, and 2019. Campylobacteriosis was also the number one reported food-borne illness in the State of Minnesota from 2009-2014 and 2015-2019. Salmonellosis is routinely the number two reported food-borne illness in both Countryside and the State of Minnesota, however, Salmonellosis did surpass Campylobacteriosis as the number one reported food-borne illness in the State of Minnesota in 2015.

Unintentional Injury

Death Rates



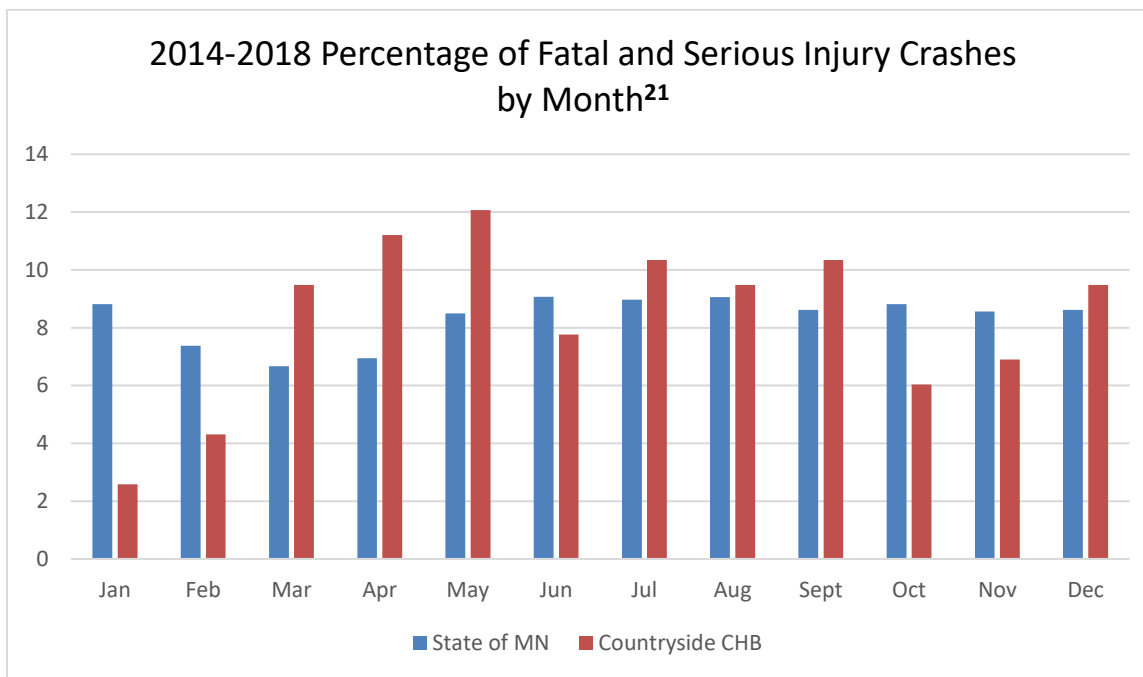
Countryside continues to have a higher age-adjusted death rate for unintentional injury than the State of Minnesota.

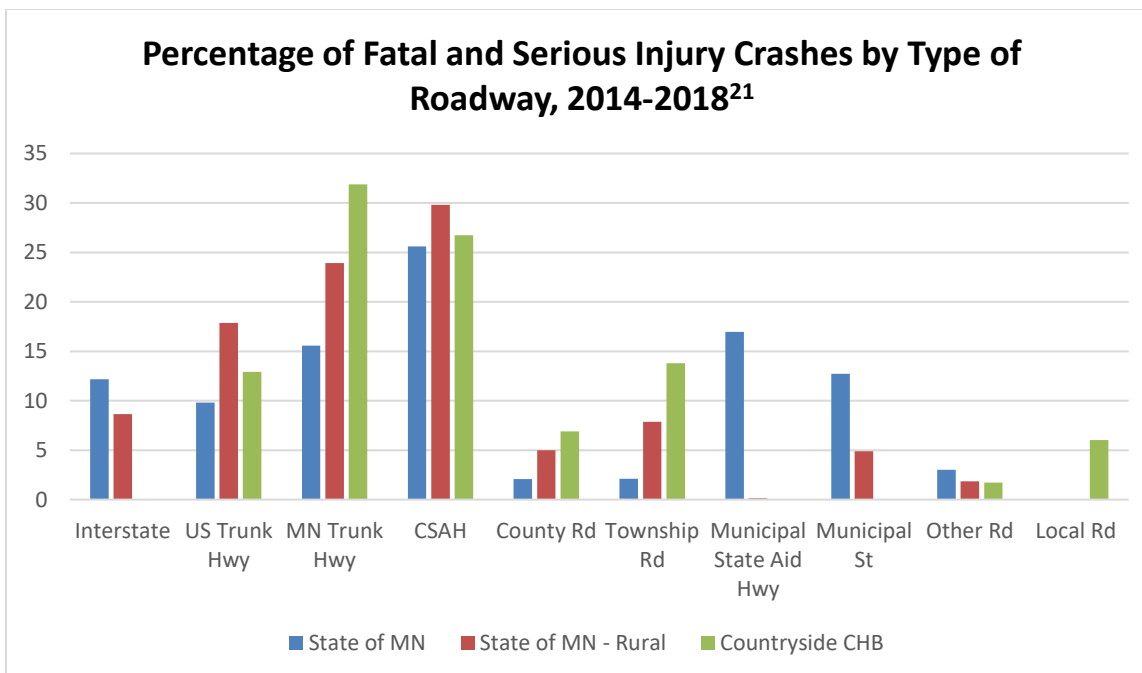
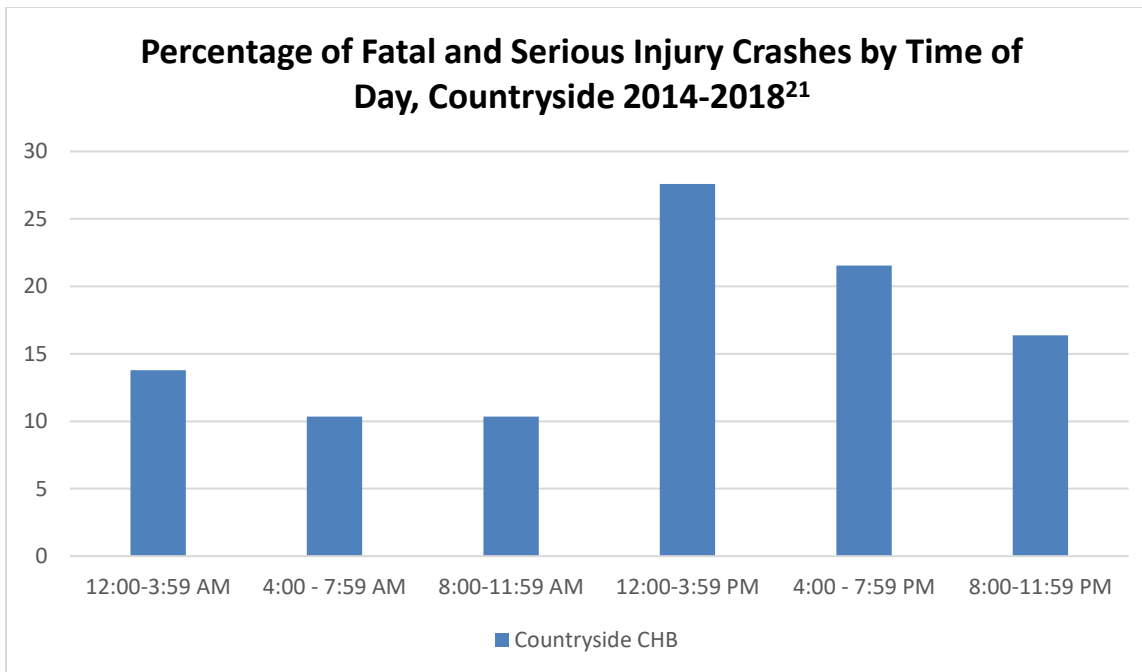
Motor Vehicle Rates

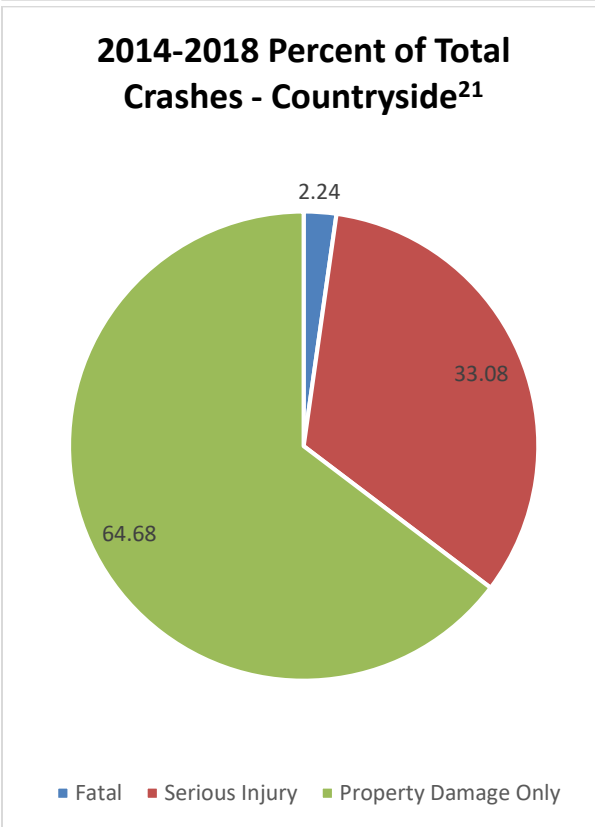
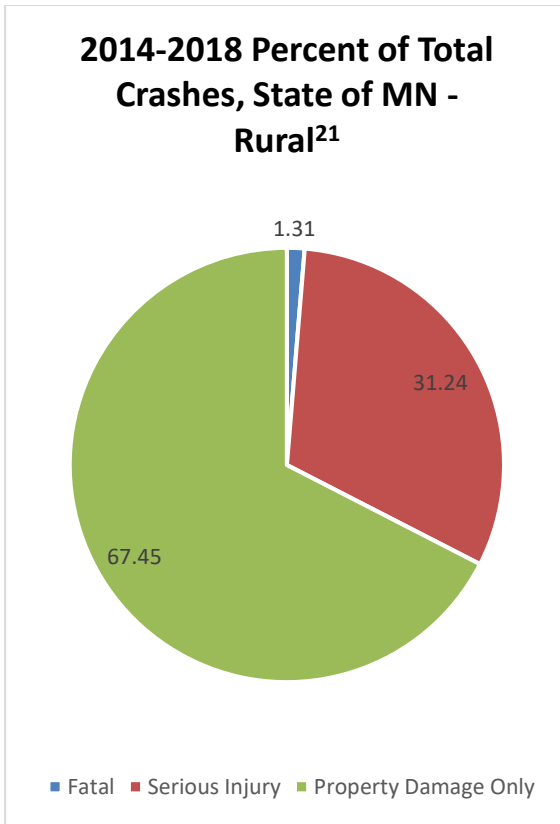
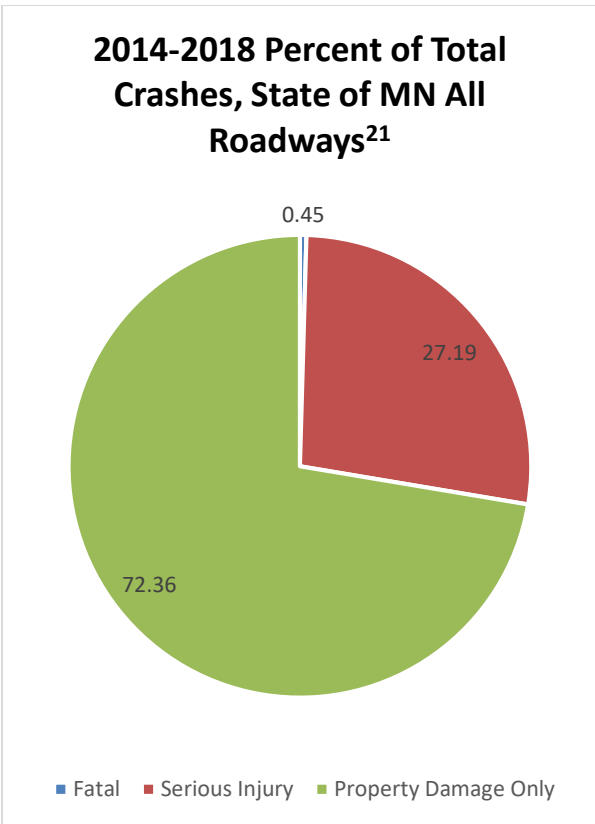
Countryside
(most likely for a fatal or serious crash data)

- May (*June is State of MN)
- Between 12 PM & 3:59 PM
- Minnesota Highways followed by CSAH (County State Aid Highway) roads

*see below graphs



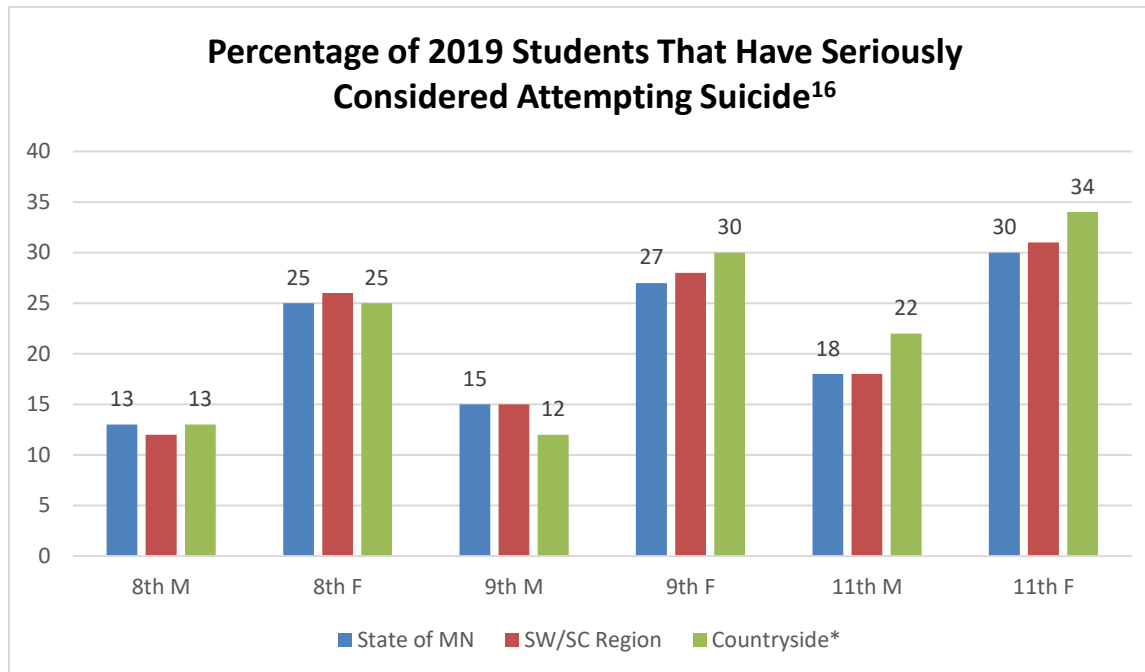




Countryside has a higher percentage of fatal and serious injury crashes than the State of Minnesota.

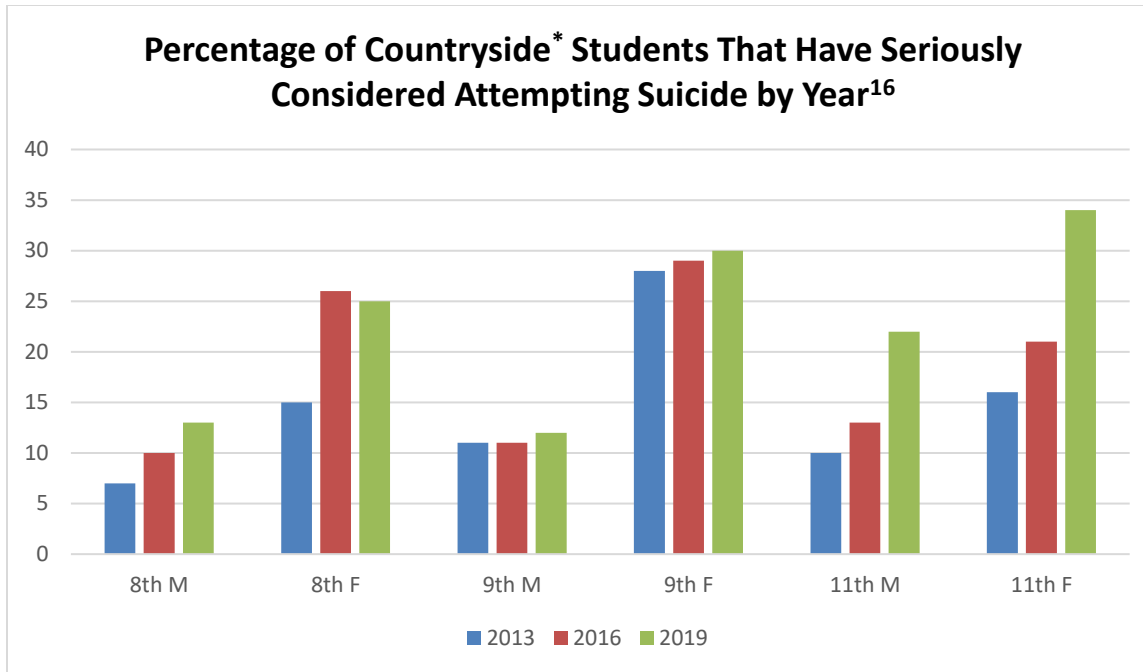
Mental Health

Youth Suicide Rates



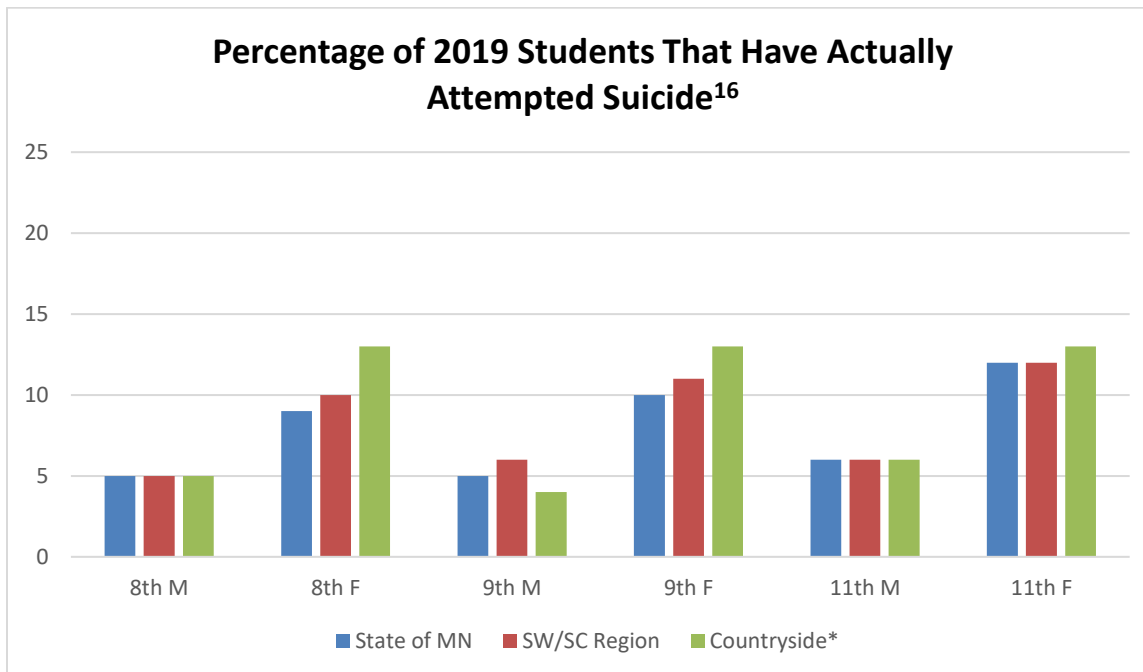
*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Countryside has a higher percentage of 9th grade female, 11th grade male, and 11th grade female students that have seriously considered attempting suicide. Two out of three 11th grade females have not seriously considered attempted suicide which means that one-third of 11th grade females in Countryside have seriously considered suicide. One-quarter of Countryside 8th grade female students and 30 percent of 9th grade female students have seriously considered attempting suicide. There is a higher percentage of female students than male students the same age that have seriously considered attempting suicide.



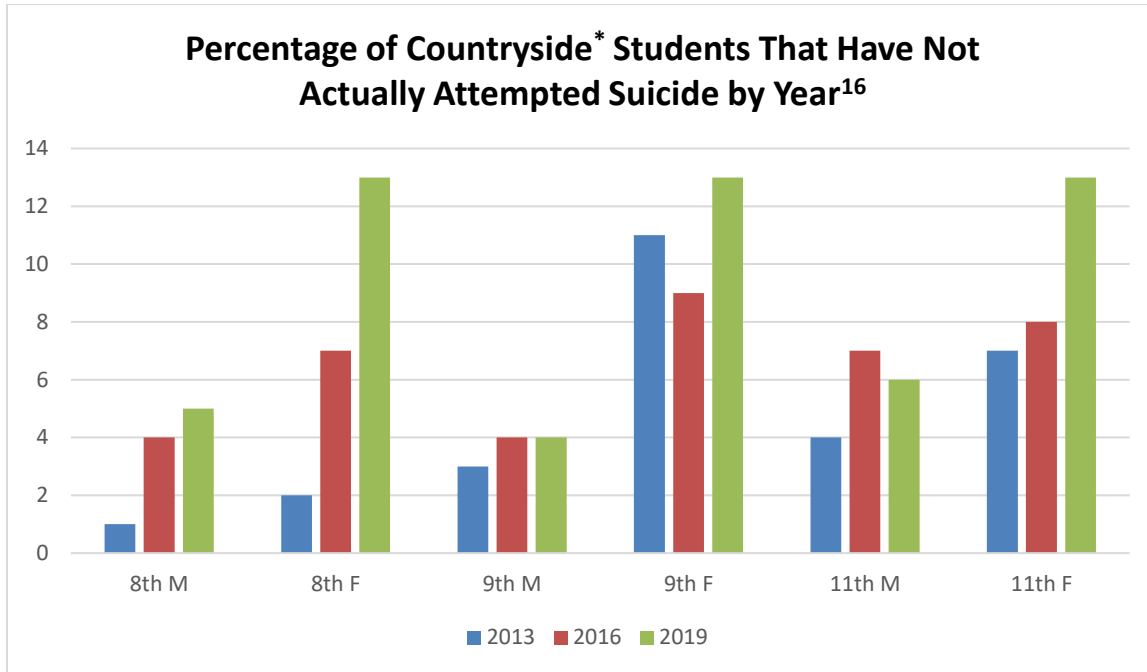
*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Females in 9th and 11th grade have shown an upward trend in the percentage of students that have seriously considered attempting suicide. Males in 8th and 11th grade have also shown an upward trend in the percentage of students that have seriously considered attempting suicide.



*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Countryside females show a higher percentage of students that have actually attempted suicide than the State of Minnesota and the Southwest/South Central Region.



*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

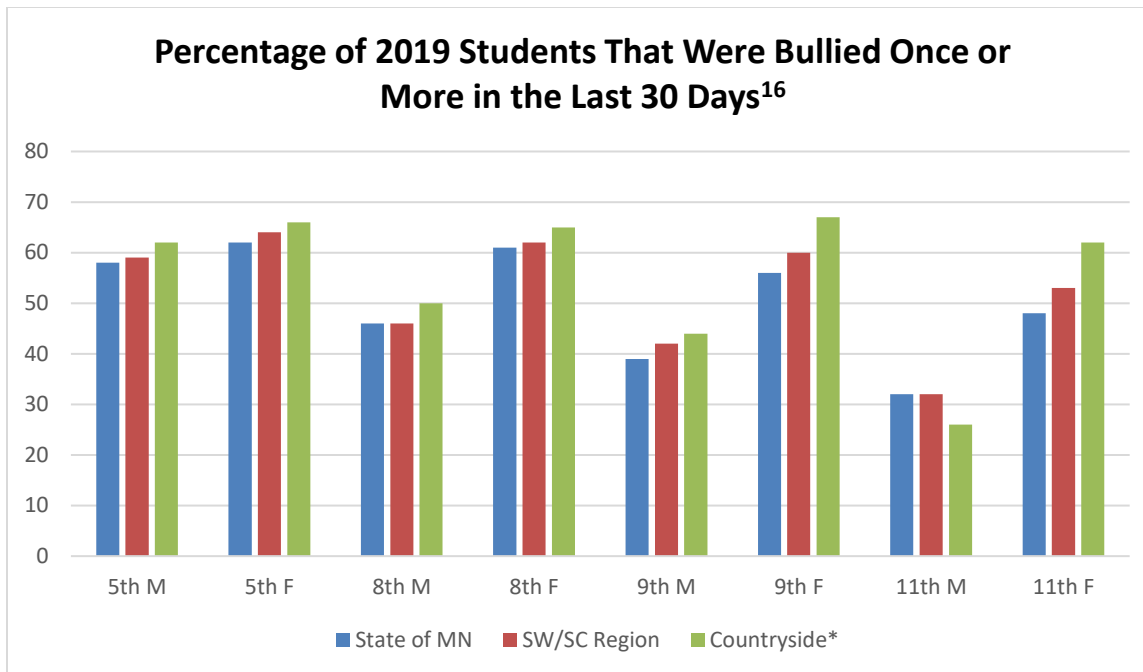
Countryside females show a higher percentage of attempted suicide than males the same age. Females in 8th and 11th grade have shown an upward trend in the percentage of students that have attempted suicide.

Bullying in Schools

The Minnesota Student Survey in 2019 was able to capture if a student was “bullied” based on responses to multiple questions. These questions include:

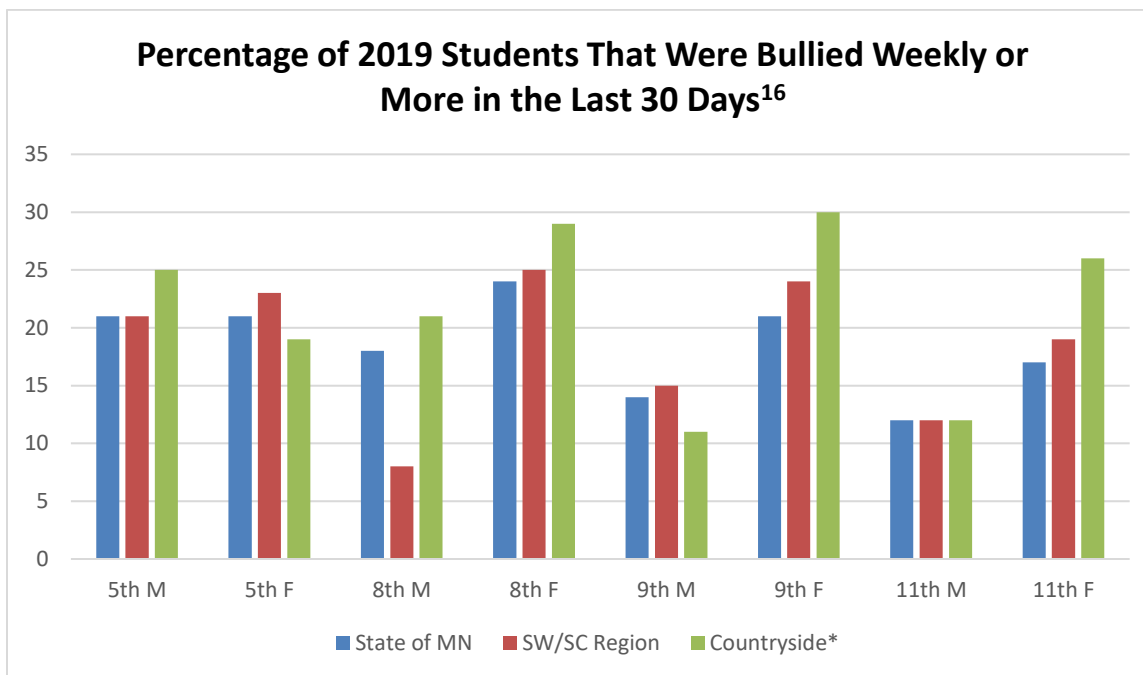
During the last 30 days, on how many days have other students at school...

- ... pushed, shoved, slapped, hit or kicked you when they weren’t kidding around?
- ... threatened to beat you up?
- ... spread mean rumors or lies about you?
- ... made sexual jokes, comments or gestures towards you? (*5th Grade student were not asked this question)
- ... excluded you from friends, other students or activities?



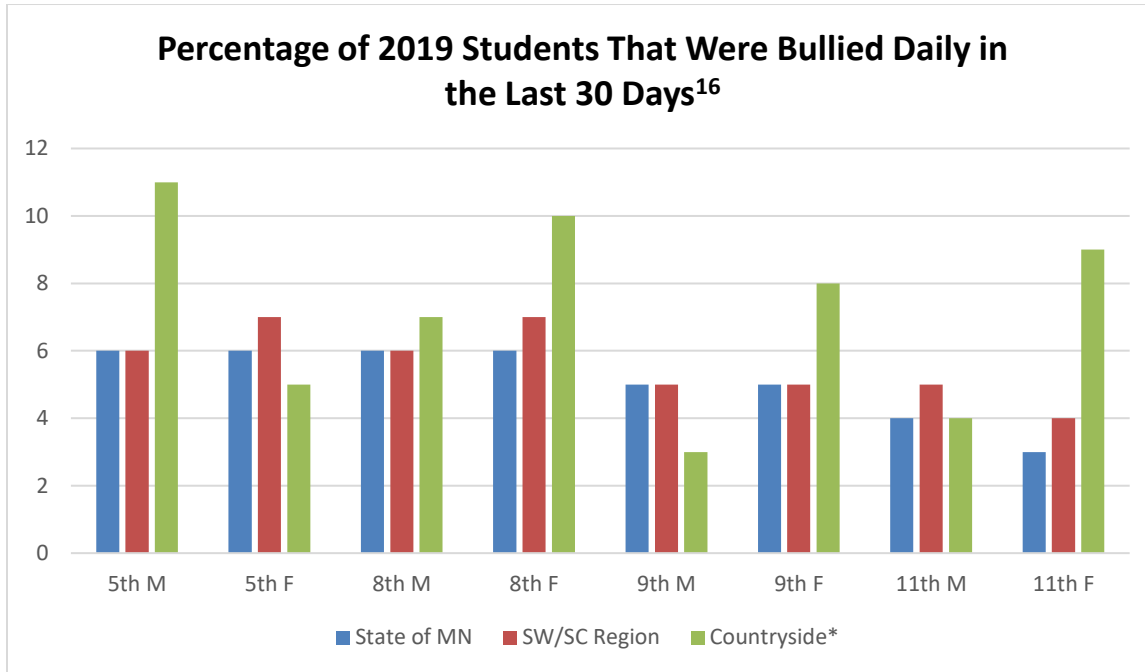
*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Countryside students show a higher percentage of students being bullied more than once in the past 30 days than the State of Minnesota with the exception of 11th grade males which was lower than the State of Minnesota.



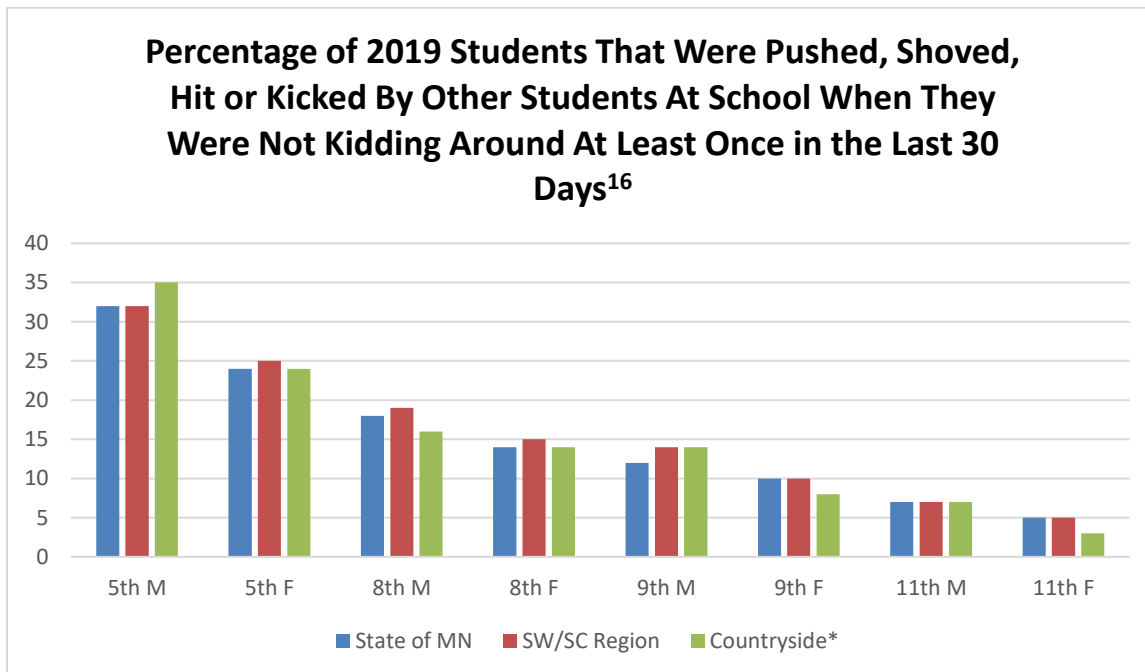
*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Countryside shows a higher percentage of being bullied weekly or more in 5th grade males, 8th grade males and females, 9th grade females, and 11th grade females than the State of Minnesota.



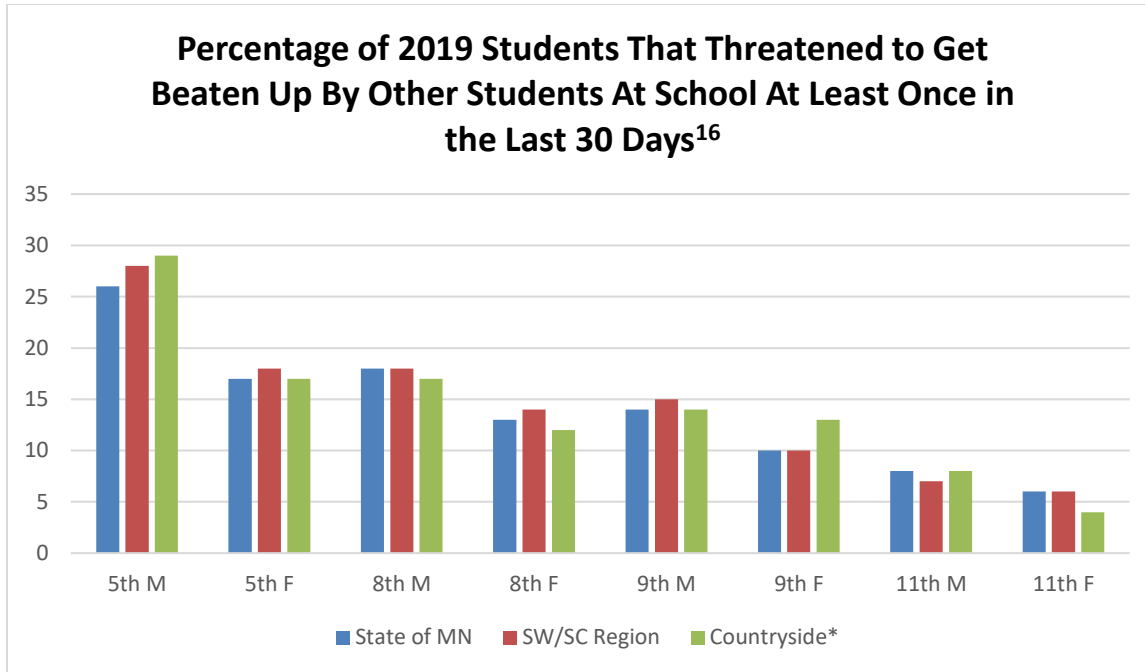
*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Countryside shows a higher percentage of daily bullying in our 5th grade males, 8th grade males and females, 9th grade females, and 11th grade females than the State of Minnesota.



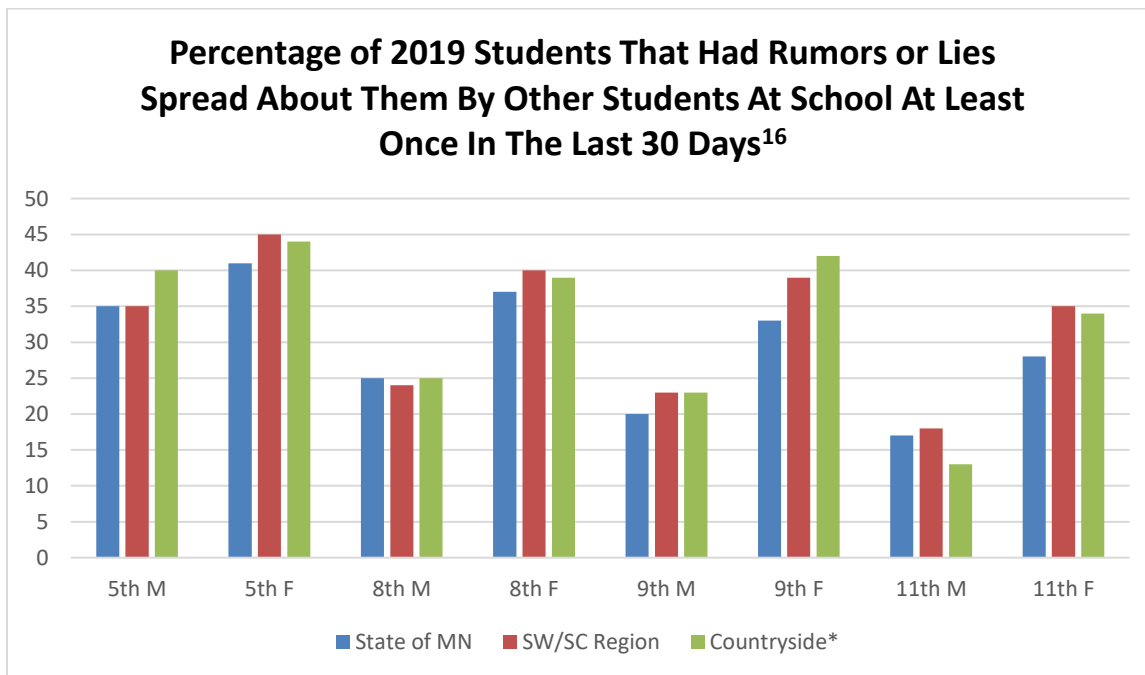
*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Overall, there is a decrease in the percentage of students physically bullied by other students as they get older. Female students show a lower percentage of physical bullying than male students the same age.



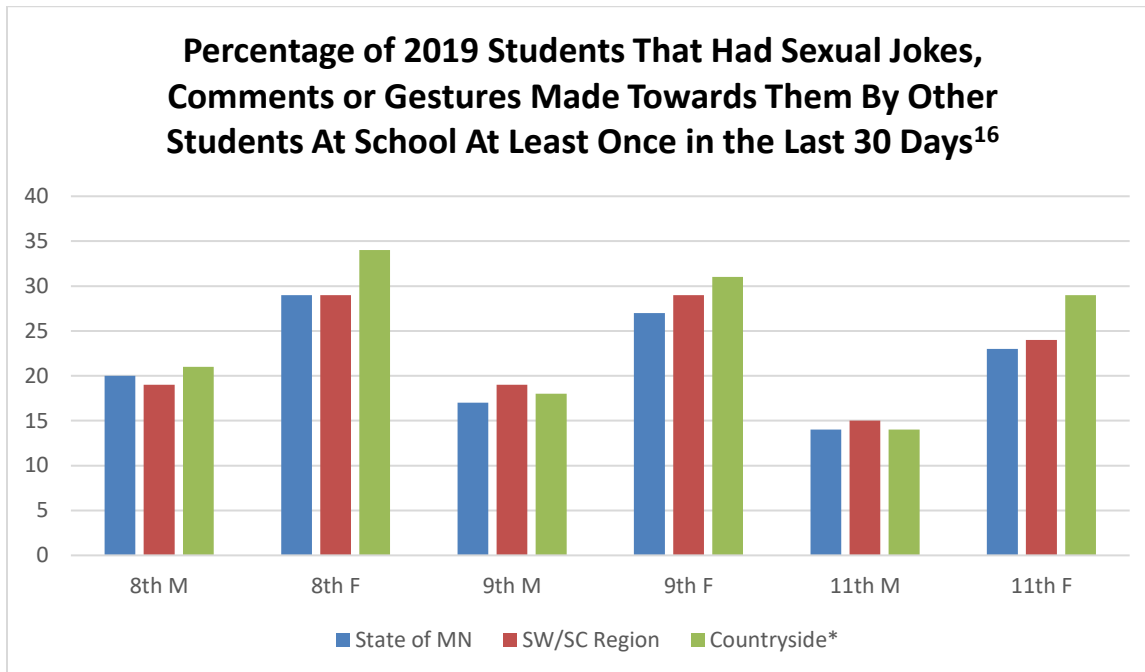
*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Males in 5th grade show the highest percentage of being threatened to get beaten up by other students.



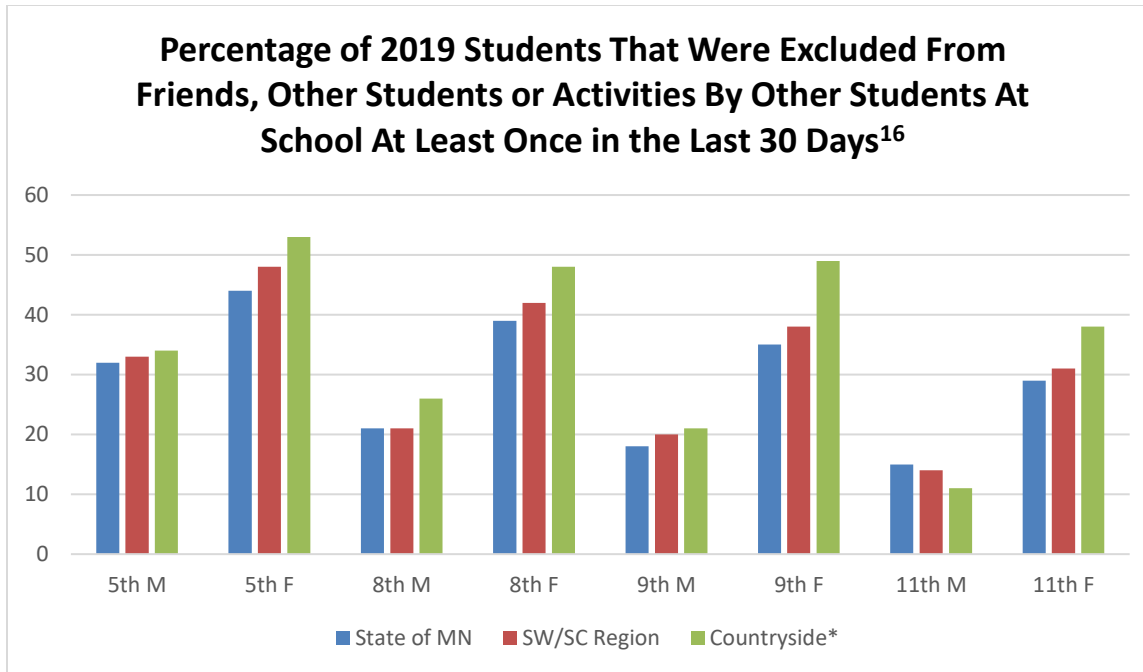
*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Countryside had a higher percentage of students that had rumors or lies spread about them than the State of Minnesota with the exceptions of 8th grade males which was the same and 11th grade males which was lower than the State of Minnesota. Female students have a higher percentage of having rumor or lies spread about them than males the same age.



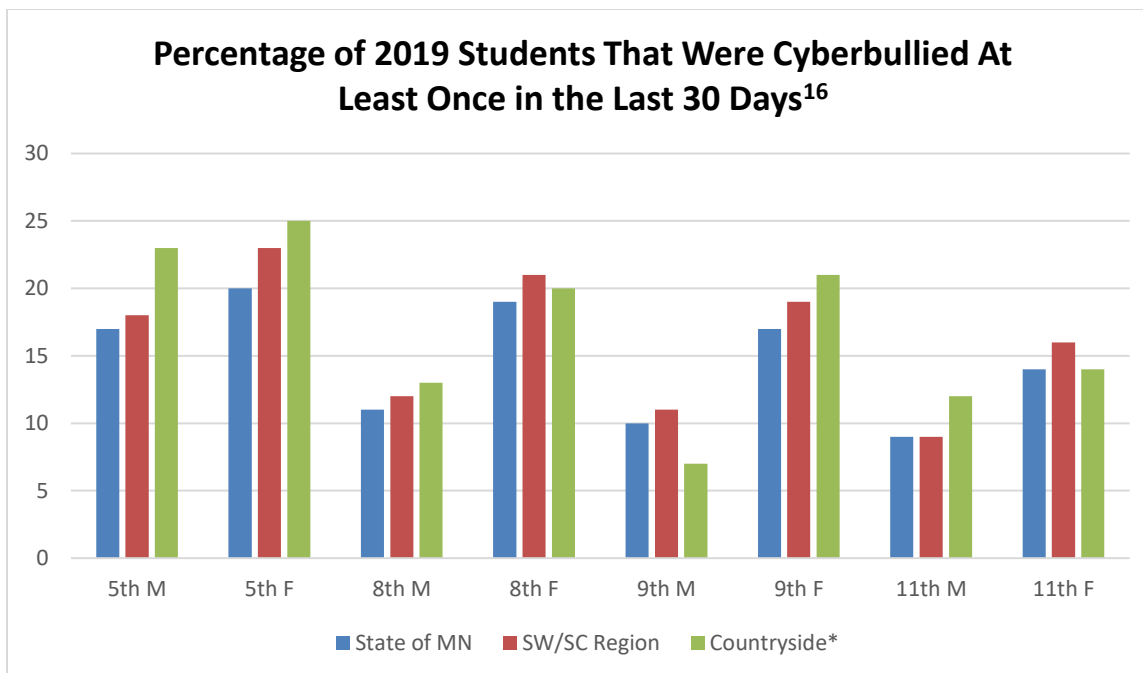
*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

There is a higher percentage of female students than male students the same age that have had sexual jokes, comments or gestures made towards them by other students during the last 30 days. Female students in Countryside show a higher percentage than the State of Minnesota female students that have had sexual jokes, comments or gestures made towards them by other students during the last 30 days.



*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

There is a higher percentage of female students compared to male students the same age that have been excluded from friends, other students or activities by other students at school during the last 30 days. Countryside students show a higher percentage of being excluded than the State of Minnesota with the exception of 11th grade male students.



*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Countryside students show a higher percentage of cyberbullying in the last 30 days than the State of Minnesota with the exception of 9th grade males which was lower and 11th grade females which was the same as the State of Minnesota.

Adverse Childhood Experiences

Countryside Students & ACES Reports

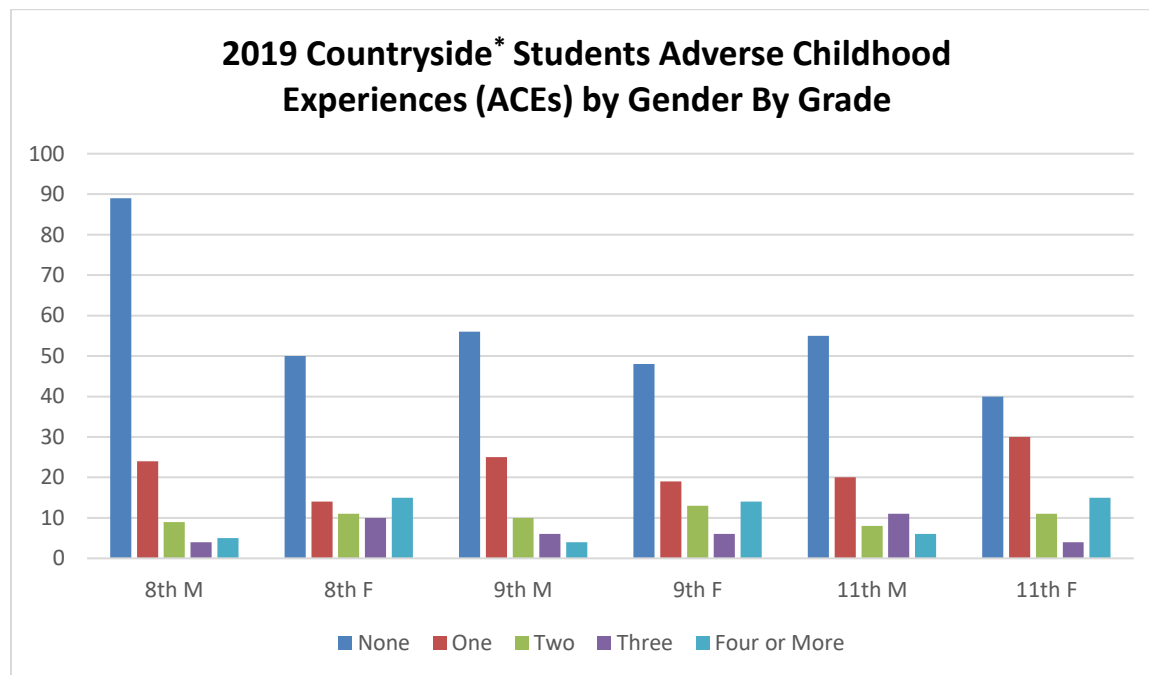
No Reported Aces:

- 8th Grade Males *highest percentage
- 11th Grade Females *lowest percentage

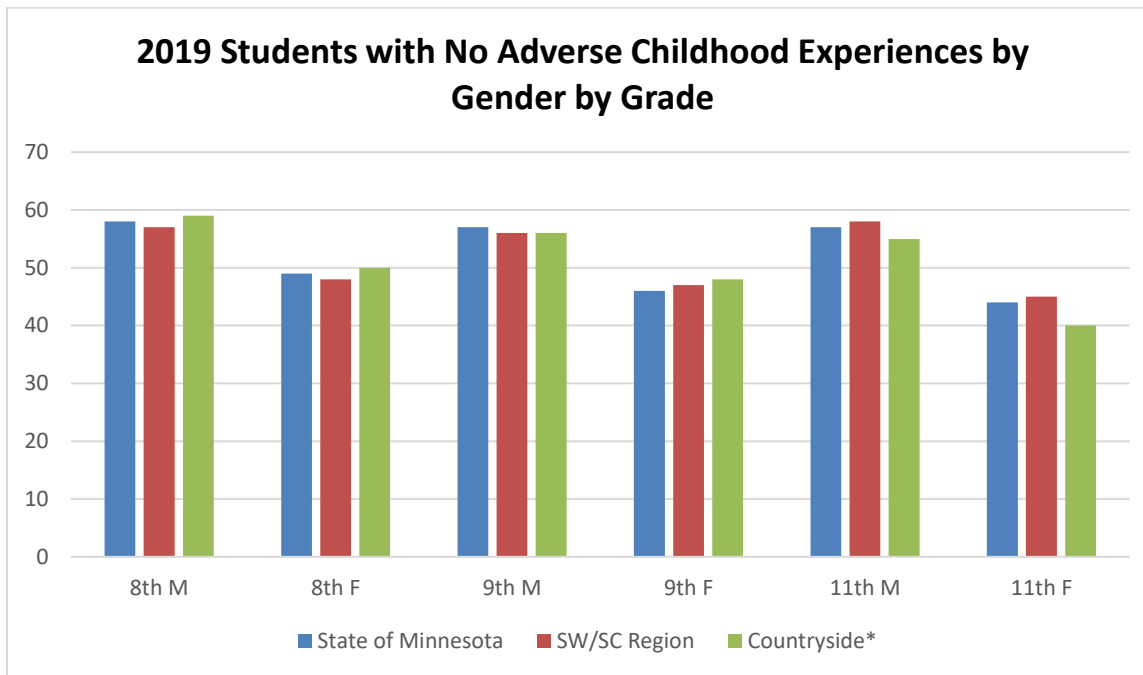
Four or More Reported Aces:

- 8th & 11th Grade Females *highest percentage (15%)
- 9th Grade Males *lowest percentage (4%)

*see below graphs

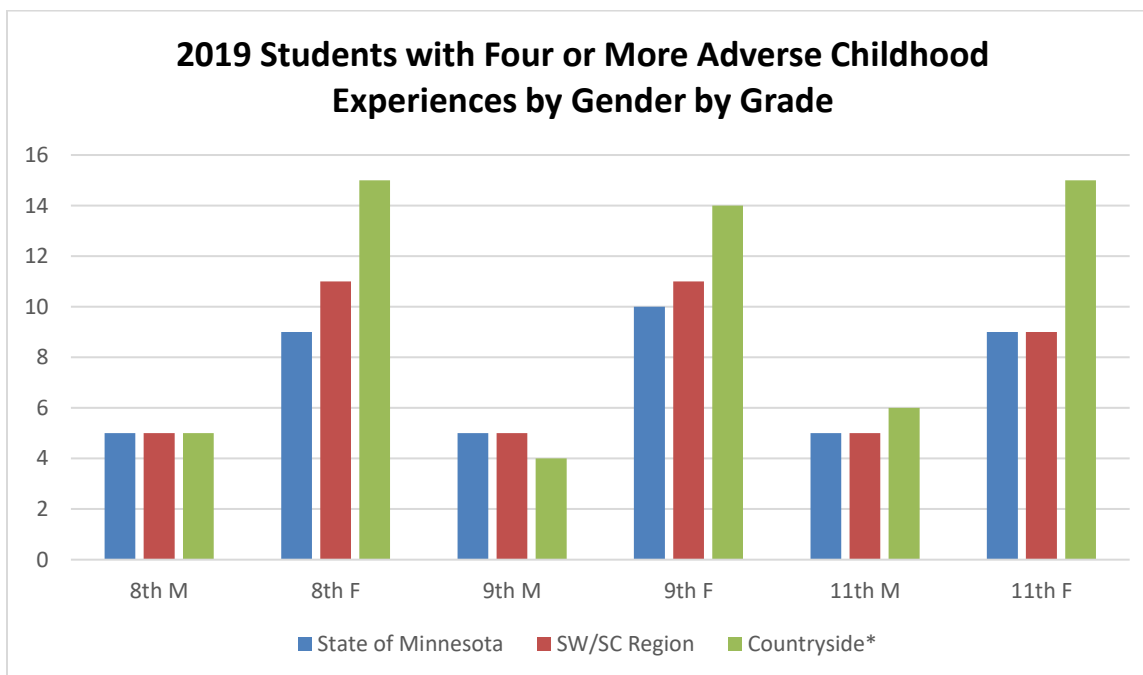


*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019



*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Countryside generally follows the State of Minnesota on the percentage of students with no adverse childhood experiences. Eleventh grade female students in Countryside show the largest difference with four percent fewer students reporting ACEs than the State of Minnesota.



*Swift County is not represented in the 2019 Countryside Data – no Swift County schools participated in the Survey in 2019

Countryside had a higher percentage of female students with four or more adverse childhood experiences than both the State of Minnesota and the Southwest/South Central Region. Countryside male students in 11th grade also had a higher percentage of students with four or more adverse childhood experiences than the State of Minnesota and the Southwest/South Central Region.

Adult Mental Health

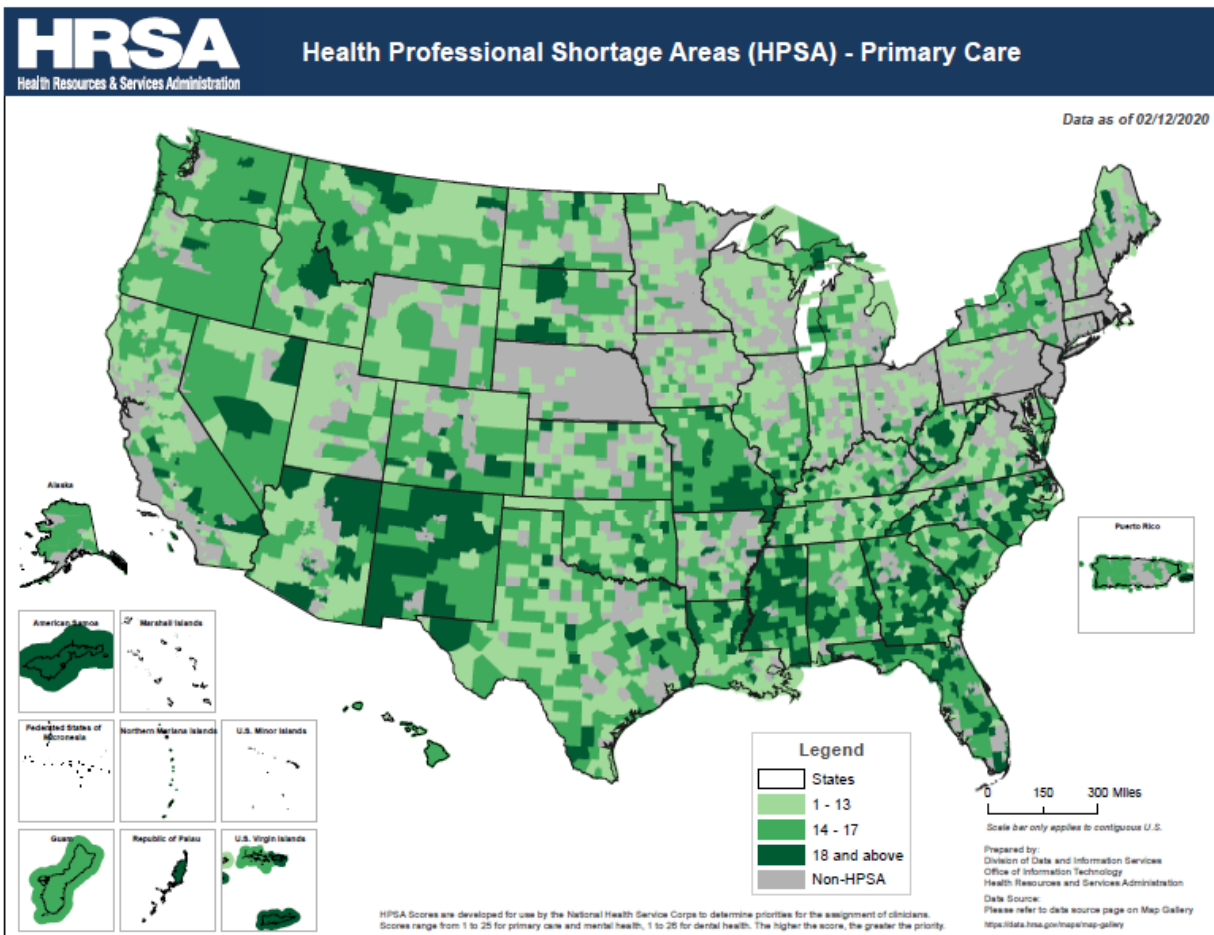
Risk	2015	2019
Depression	20.8	21.8
Anxiety or Panic Attacks	15.2	22.4
Other Mental Health Problems	4.5	10.3
Any Mental Health Condition	26.1	30.8

*Southwest South-Central Minnesota Adult Health Survey, 2015 & 2019¹⁵

Countryside saw an increase in the percentage of adults reporting depression, anxiety or panic attacks, and other mental health problems with a four percent increase in adults reporting any mental health condition between 2015 and 2019.

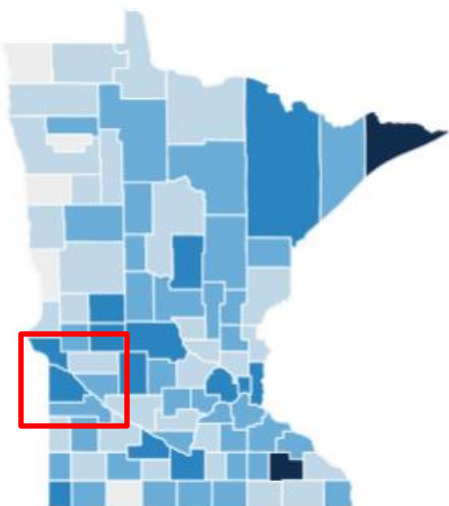
Access to Health Care

Doctors



Lowest Highest

*Health Professional Shortage Areas (HPSA) – Primary Care²²

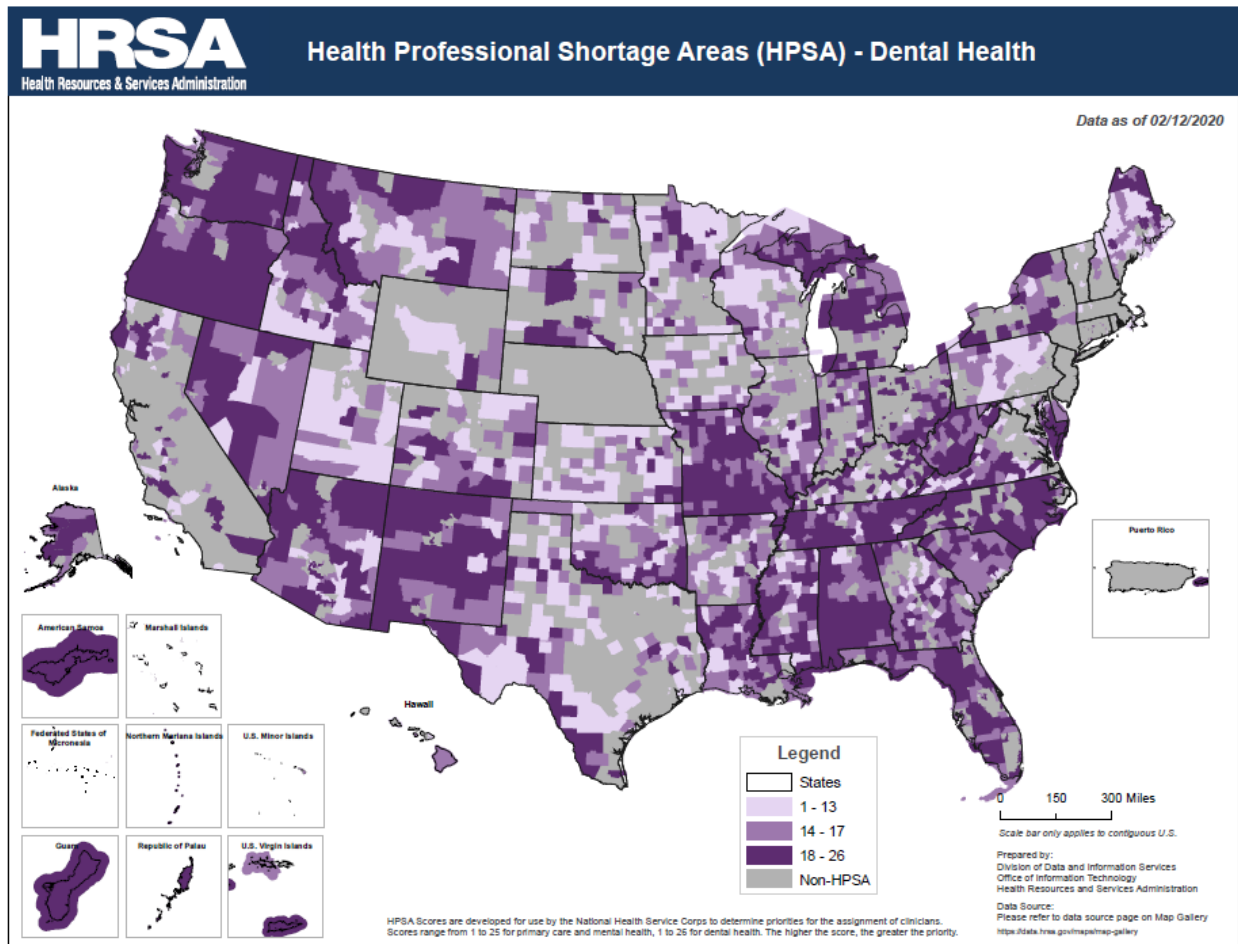


County	Population Estimate	Clinician Count	Rate
Big Stone	5026	7	139.28
Chippewa	11980	10	83.47
Lac qui Parle	6685	7	104.71
Swift	9407	5	53.15
Yellow Medicine	9867	8	81.08

*Minnesota 2017 Primary Care Physician per 100K Population²³

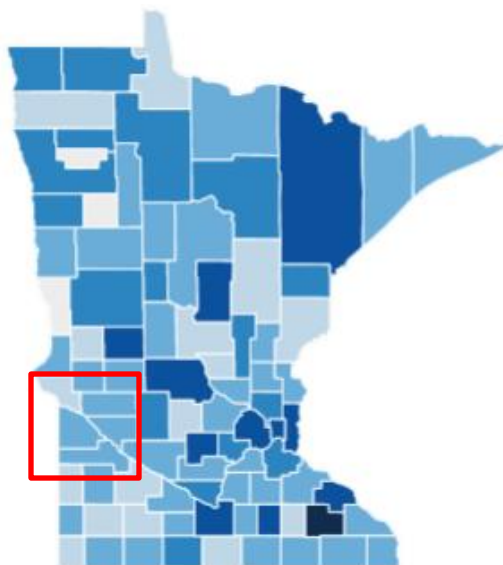
Swift County has the lowest primary care physician per 100,000 population than the remaining Countryside counties.

Dentists



Lowest Highest

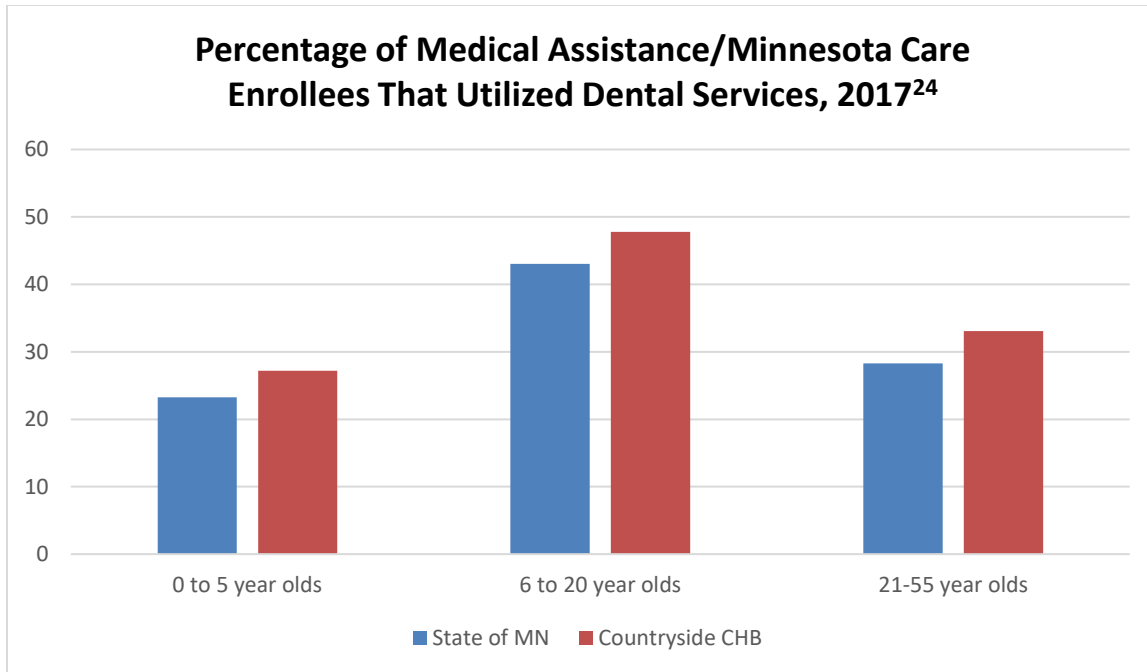
*Health Professional Shortage Areas (HPSA)- Dental Health²²



County	Population Estimate	Clinician Count	Rate
Big Stone	5026	1	19.90
Chippewa	11980	5	41.74
Lac qui Parle	6685	2	29.92
Swift	9407	4	42.52
Yellow Medicine	9867	4	40.54

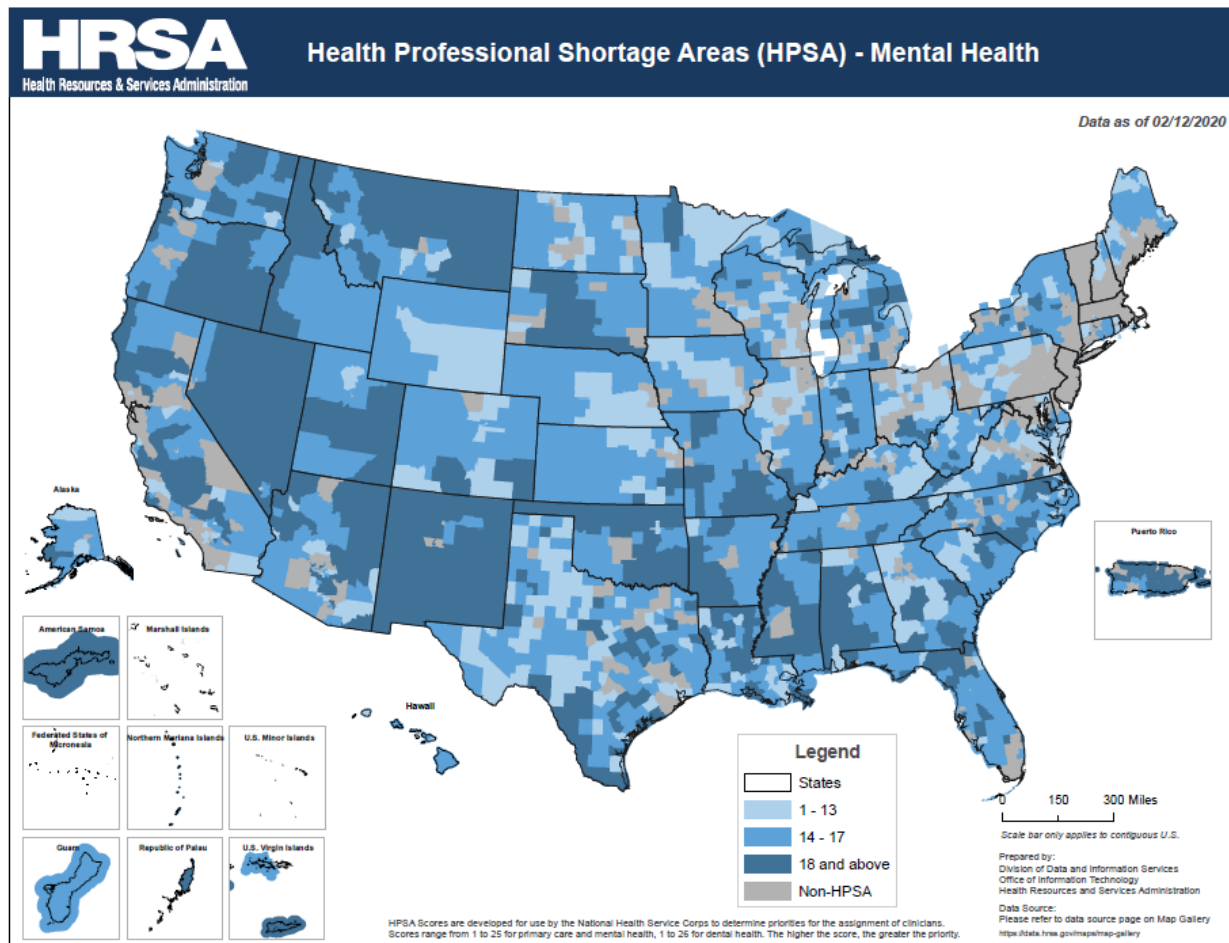
*Minnesota 2017 Dentists per 100K Population²³

Big Stone County has the lowest rate of the Countryside counties for dentists per 100,000 population.

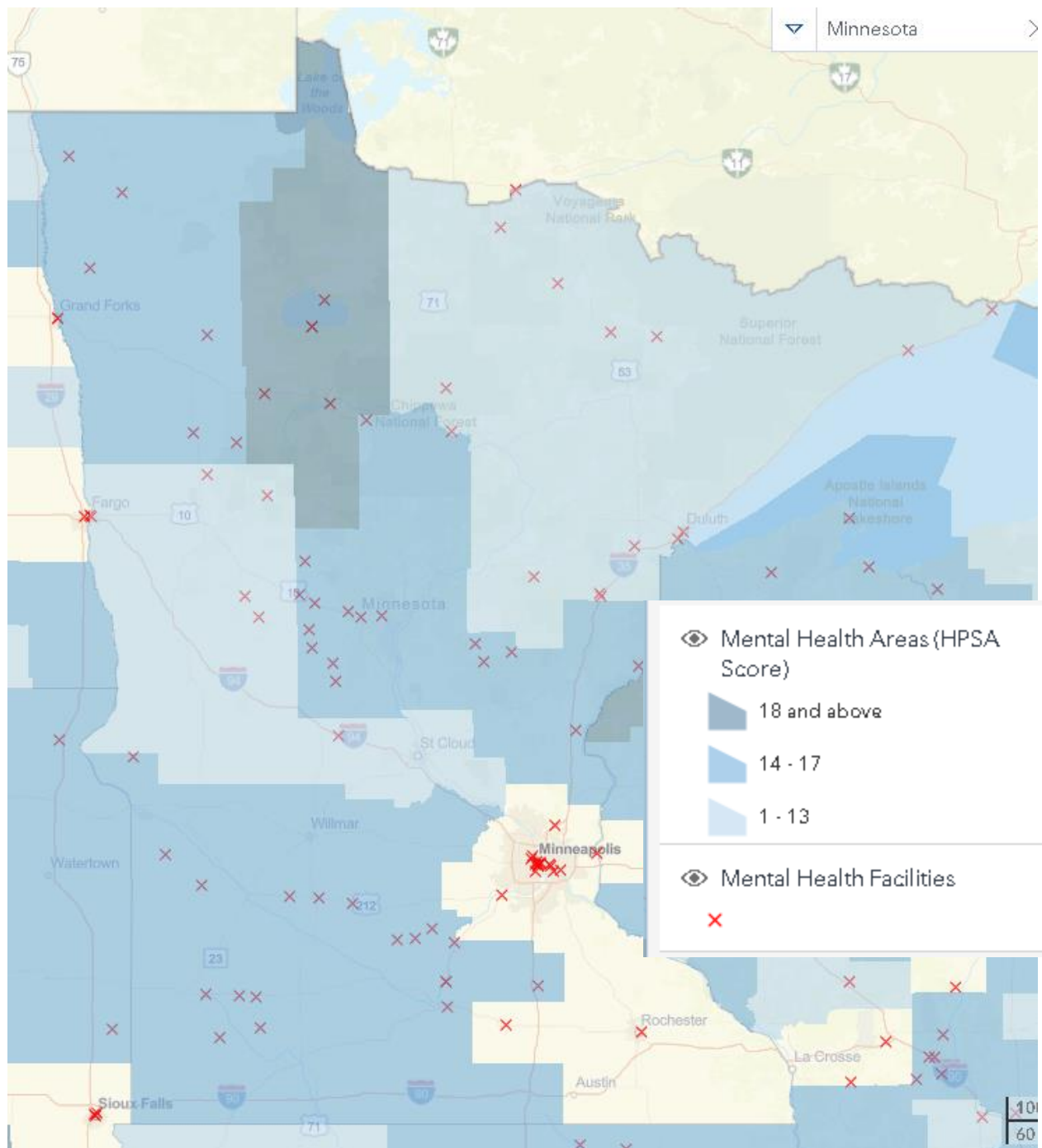


Countryside has a higher utilization of dental services among the Medical Assistance and Minnesota Care Enrollees across all ages than the State of Minnesota.

Mental Health



*Health Professional Shortage Areas (HPSA) – Mental Health²²

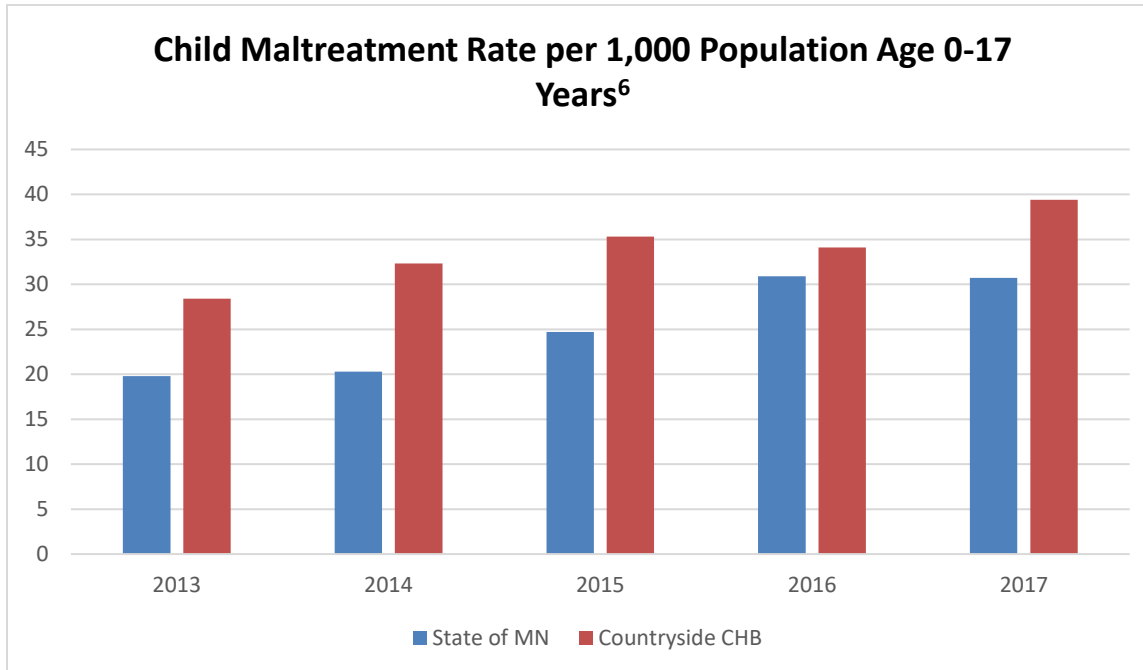


*Mental Health Areas (HPSA Score) with Mental Health Facilities overlapped.²⁵

Countryside Public Health Services area has a limited number of available Mental Health Facilities.

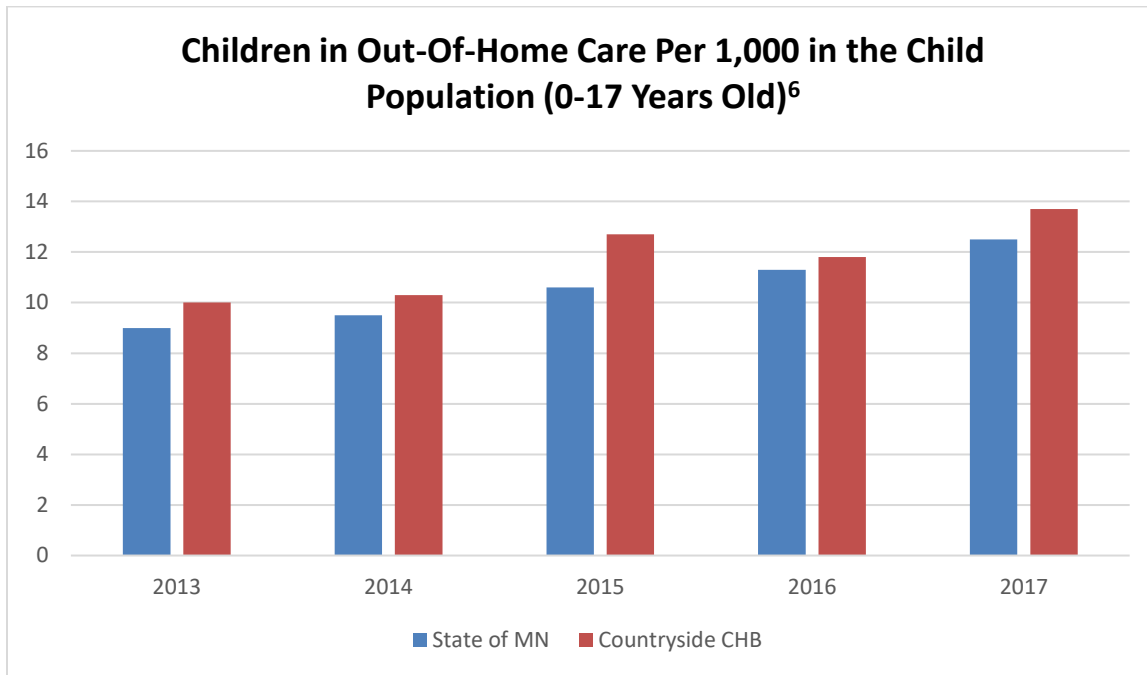
Violence

Child Maltreatment



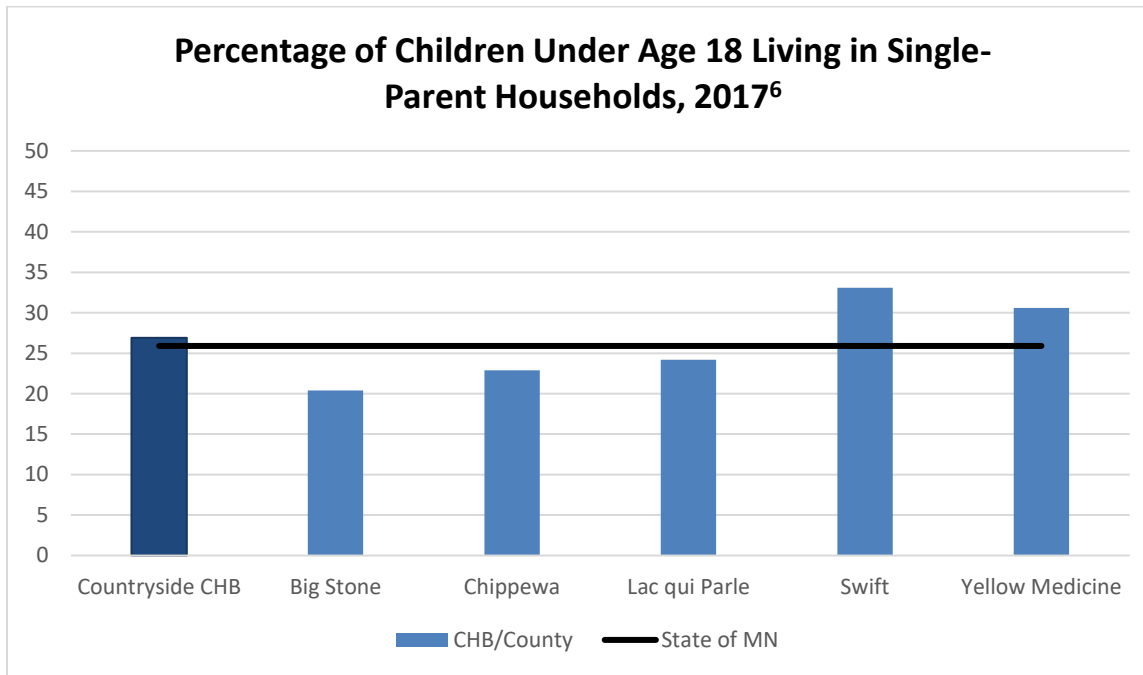
Countryside continues to have a higher child maltreatment rate than the State of Minnesota. Countryside's highest rate of child maltreatment occurred in 2017. Countryside has seen an upward trend in the child maltreatment rate with the exception of 2016 where the rate dropped from the previous year.

Out of Home Placement



Countryside continues to have a higher rate of children in out-of-home care compared to the State of Minnesota. Countryside has been experiencing an upward trend in out-of-home care rate with the exception of 2016 where the rate dropped from the previous year.

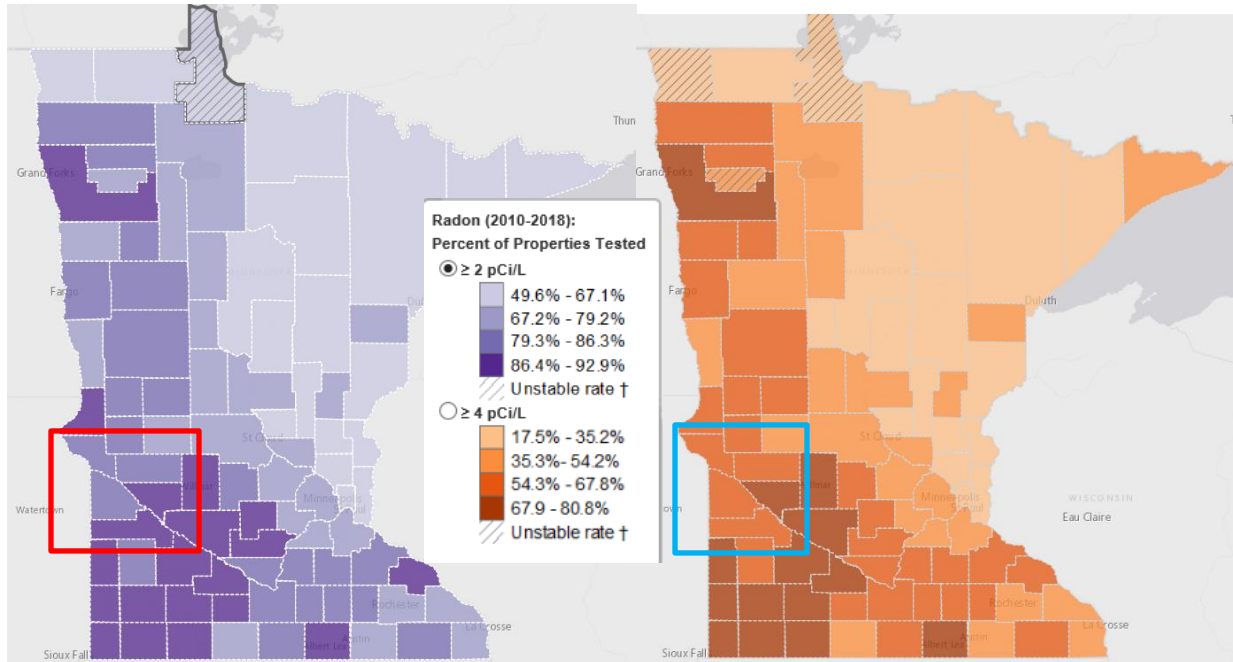
Single Parent Households



Countryside has a slightly higher percentage of children under 18 living in single-parent household than the State of Minnesota. Big Stone, Chippewa, and Lac qui Parle Counties are all below the State of Minnesota percentage for children under 18 living in single-parent households.

Environmental Health

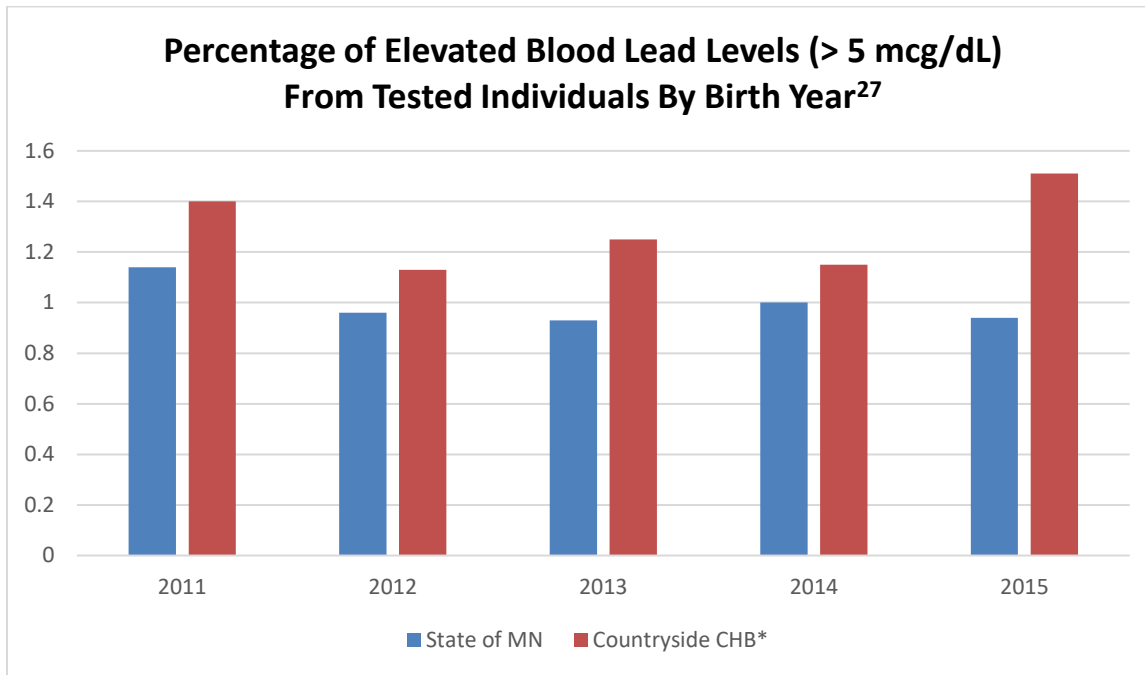
Radon



State/County ²⁶	Percentage of Properties that tested ≥ 2 pCi/L	Percentage of Properties that tested ≥ 4 pCi/L
State of MN	72.9	43.2
Big Stone County	86.3	66.0
Chippewa County	89.0	72.3
Lac qui Parle County	85.3	64.7
Swift County	83.5	58.7
Yellow Medicine County	89.4	67.7

Countryside shows a higher percentage of properties that tested at or above 2pCi/L and 4 pCi/L. Chippewa County had the highest percentage of properties that tested at or above 4 pCi/L at 72.3 percent. Yellow Medicine County had the highest percentage of properties that tested at or above 2 pCi/L at 89.4 percent.

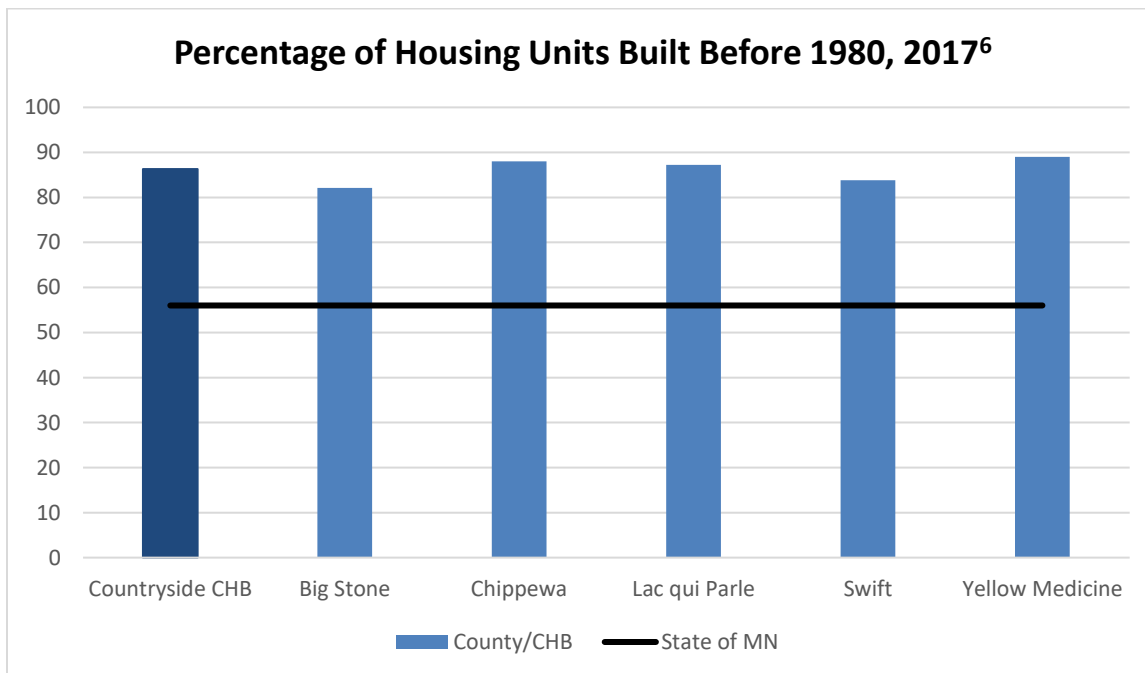
Elevated Blood Lead Levels



* Unstable Percentage due to less than 20 events

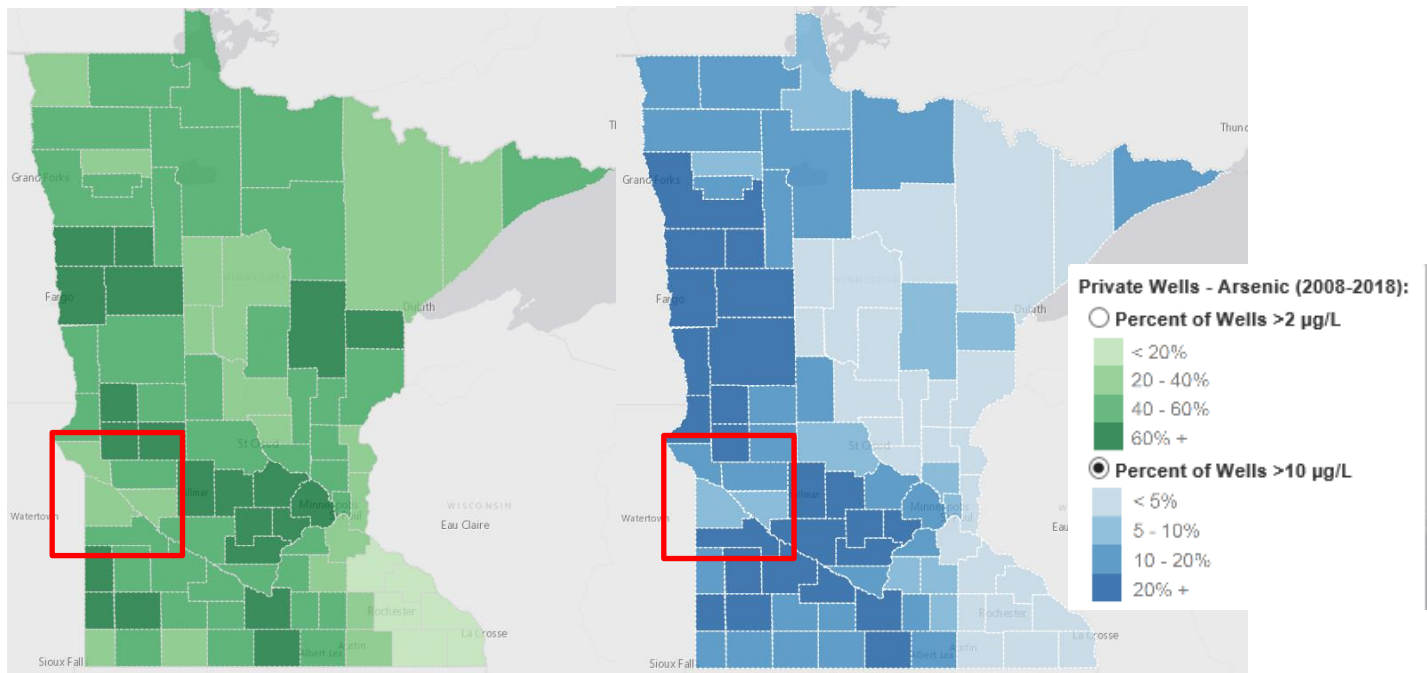
Countryside has an unstable percentage of elevated blood lead levels due to having fewer than 20 events per year in each year between 2011 and 2015.

Age of Home



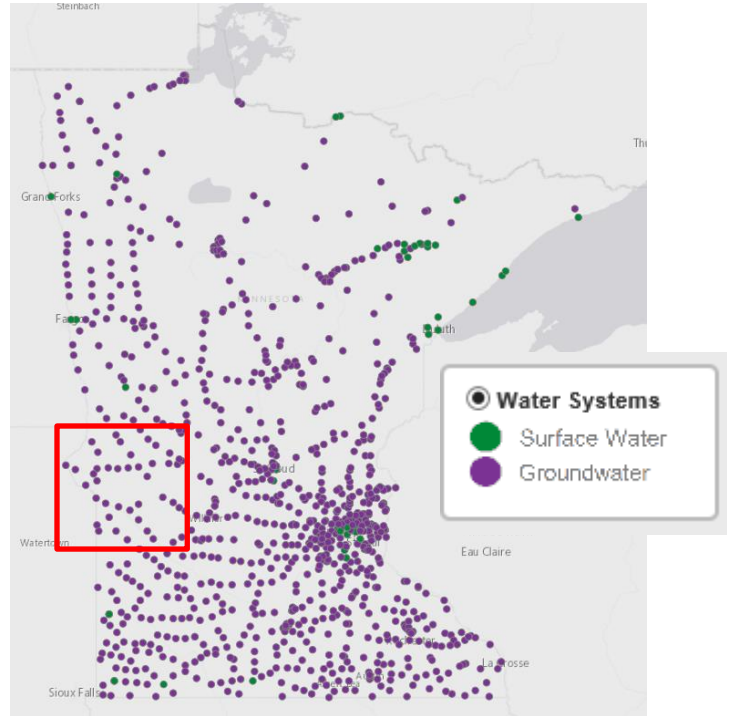
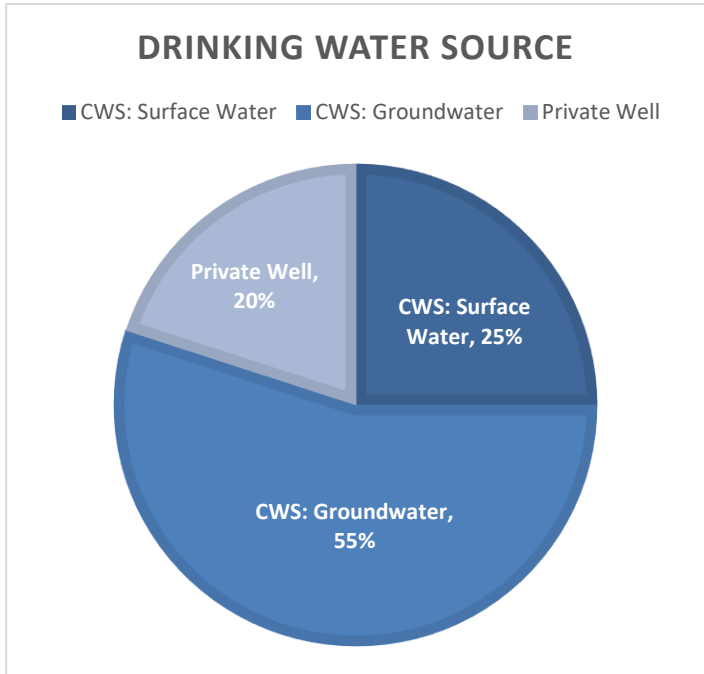
Countryside has a higher percentage of housing built before 1980 than the State of Minnesota.

Source of Water



State/County	Percentage of Wells that Tested > 2 µg/L	Percentage of Wells that Tested > 10 µg/L
State of MN	48.2	11.3
Big Stone	32.8	14.7
Chippewa	34.8	7.5
Lac qui Parle	27.7	5.6
Swift	48.5	16.3
Yellow Medicine	50.9	20.2

Swift and Yellow Medicine Counties had a higher percentage of wells that tested over 2 µg/L (the typical detection limit) for arsenic than the State of Minnesota. Over half of the wells tested in Yellow Medicine County tested over the 2 µg/L for arsenic. Big Stone, Swift, and Yellow Medicine Counties had a higher percentage of wells that tested over 10 µg/L (health-based value) for arsenic than the State of Minnesota.



*CWS: Community Water System – required to provide drinking water that meets the federal Safe Drinking Water Act standards.

*Groundwater – water found in aquifers *Surface water – water from rivers, lakes, and streams

Acknowledgments

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Dave Lieser, Chippewa County Commissioner

Jeffery Lopez, Chippewa County Commissioner

Teri Shelstad, Chippewa County-Lay Person

Todd Patzer, Lac qui Parle County Commissioner

Ann Jenson, Lac qui Parle County-Lay Person

Pete Peterson, Swift County Commissioner

Shari VanBriesen, Swift County-Lay Person

John Berends, Yellow Medicine County Commissioner

Sonja Pederson, Yellow Medicine County-Lay Person

*Supported by: Countryside Public Health, Statewide Health Improvement Partnership



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