



# Community Health Needs Assessment

CentraCare – Long Prairie

FY 2023 - 2025



## TABLE OF CONTENTS

Acknowledgements	3
Community Health Needs Assessment Overview	4
Legal Requirements	4
Message to the Community	5
CentraCare Overview	6
CentraCare – Long Prairie Overview	7
Executive Summary	8
Part I: Community Health Needs Assessment	9
2022 CHNA Process and Methods	9
Survey Methodology	10
Community Health Needs Assessment Community Priorities	11
Progress of 2019 Initiatives	12
Appendices	
A: 2022 MTW Community Health Needs Survey – Demographic Results	14
B: 2022 MTW Community Health Needs Survey Data – General Health	15
: 2022 MTW Community Health Needs Survey Data – Diabetes	15
: 2022 MTW Community Health Needs Survey Data – Obesity	15
: 2022 MTW Community Health Needs Survey Data – Mental Health	20
C: Part II: Implementation Strategy	24
D: CHNA Partner Inventory	26
Conclusion	30

## ACKNOWLEDGEMENTS

The 2022 Community Health Needs Assessment (CHNA) is based on a collaborative process with leadership from the Morrison-Todd-Wadena Community Health Board (MTWCHB) to systematically identify, analyze and prioritize community health needs. CentraCare – Long Prairie (CC-LP) appreciates our partnership, and the opportunity to collaborate, with the following key stakeholder organization who represent broad interests in the community. Further, the MTWCHB committee, including the following leaders at each respective organization, have been meeting ongoing since Summer 2021 to prepare, create and execute this year’s CHNA survey.

<b>MTWCHB Stakeholder Organization</b>	<b>Organization Representative</b>
CentraCare – Long Prairie	Jodi Hillmer, Director of Patient Care Services
Morrison County Health and Human Services	Brad Vold, Health and Human Services Director
Todd County Health and Human Services	Katherine Mackedanz, Community Health Manager
Wadena County Health and Human Services	Erica Keppers, Public Health Director
CHI St. Gabriel’s Health	Luke Preussler, Director of Mission
Lakewood Health System	Alicia Bauman, Director of Community Health
Tri-County Health Care	Miranda Haugrud, Care Integration Manager
Minnesota Department of Health	Kristin Erickson

By working together, the Morrison – Todd – Wadena Community Health Board prevents illness and injury and promotes and protects the health of our communities.

## COMMUNITY HEALTH NEEDS ASSESSMENT OVERVIEW

The Community Health Needs Assessment (CHNA) is a data driven approach to determining the health status, behaviors and needs of residents. A CHNA provides information so that communities and health systems may identify issues of greatest concern and decide to commit resources to those areas, thereby making the greatest possible impact on community health status. The CHNA provides a mechanism that allows stakeholders to understand, not only current community resource gaps, but also current disease etiology in addition to identifying and addressing broader determinants of health that are influencing outcomes of the population.

Aligned with CentraCare's mission and fiscal strategy, the CHNA guides the organization to focus on community benefit activities that will support the needs of the most vulnerable and underserved populations.

## LEGAL REQUIREMENTS

### **This document provides documentation of the following legal requirements:**

The Minnesota Community Health Services Act (Minn. Stat. § 145A) of 1976, which was subsequently revised in 1987 and 2003, and is now called the Local Public Health Act. This document describes the Community Health Assessment (CHA) and the Community Health Improvement Plan (CHIP).

The United States Patient Protection and Affordable Care Act of 2010 (PPACA) imposed reporting requirements under new Internal Revenue Code (IRC) § 501(r) for charitable hospitals regarding the fulfillment of their charitable purpose as tax-exempt organizations starting in 2011. This document describes the Community Health Needs Assessment (CHNA) and Implementation Strategy.

### **Americans with Disabilities Act Advisory:**

This information is available in accessible formats to individuals with disabilities and for information about equal access to services, call 320-656-6000 (voice). TTY users place calls through 320-656-6204 (TTY).



## MESSAGE TO THE COMMUNITY

Greetings,

Every three years, CentraCare is required to complete a CHNA and develop implementation strategies to address identified needs. At the same time, all Public Health Agencies in Minnesota are required to complete this same type of assessment and an improvement plan every five years. Local Public Health aligns with CentraCare and complete this work, as a region, every three years.

This essential collaboration between hospitals and public health is important to address population health needs and to decrease the duplicative nature of these two-separate assessment and planning requirements. This document serves as the CHNA and Implementation Strategy for CC-LP.

An internal CHNA task force analyzed and ranked the indicators based on community impact, potential for change, economic feasibility, and alignment to the mission of CC and CC-LP, taking into account what other community resources are currently available to meet needs identified, the following health needs were determined to be the top priority for CC-LP FY 2023 – 2025.

- **Diabetes**
- **Obesity – Adult & Child**
- **Mental Health**

Each of these health needs will be addressed by the development and implementation of interventions starting July 1, 2022. All implemented strategies will be measured and evaluated over the three-year period to determine if health needs are being met and if the interventions are effectively impacting the priorities identified.

This work is not done in isolation but in collaboration with the community. There have been and will continue to be opportunities for input into the process, report and future needs or changes to priority initiatives. This is significant because it is not only a guide for these initial partners but is also the plan for interventions by you, the community.



Sincerely,

A handwritten signature in black ink that reads "Jodi Hillmer". The signature is fluid and cursive.

**Jodi Hillmer | Director of Patient Care Services**  
 CentraCare – Long Prairie  
[hillmerj@centracare.com](mailto:hillmerj@centracare.com)

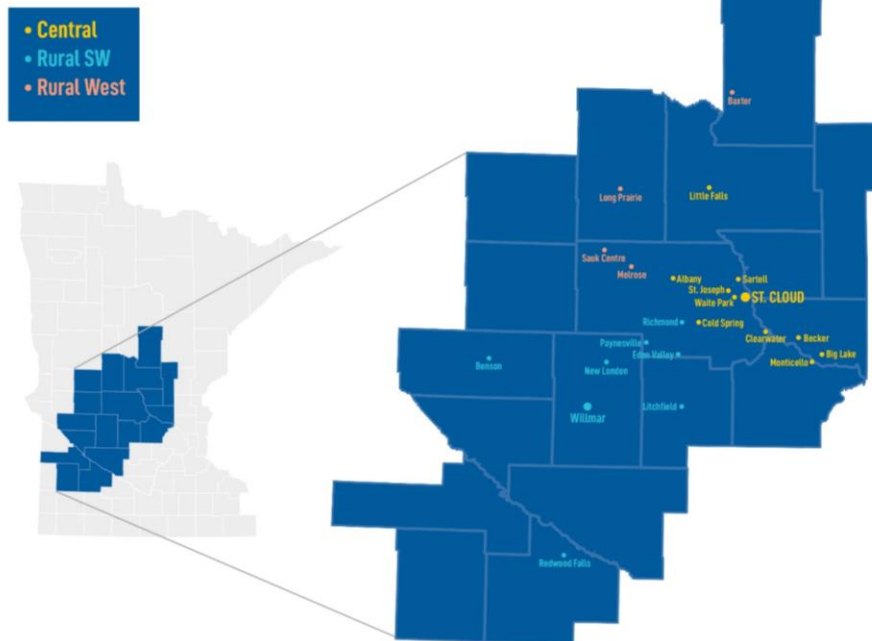
## CENTRACARE OVERVIEW

CentraCare’s roots go back to 1886 when St. Cloud Hospital was built to serve the health care needs of people living in Central Minnesota. In 1995, CentraCare, a nonprofit, integrated health system was formed, which today includes eight hospitals in St. Cloud, Long Prairie, Melrose, Monticello, Paynesville, Redwood Falls, Sauk Centre, and Willmar. CentraCare has more than 30 clinics, 10 senior housing facilities and seven long-term care facilities.



CentraCare has grown to meet the needs of the communities and is now one of the largest health systems in Minnesota, serving the health needs of over 800,000 residents in an 18-county service area. This means the latest advancements in care, technology, and treatments are offered close to home.

### CentraCare Locations



## CENTRACARE – LONG PRAIRIE OVERVIEW

CentraCare – Long Prairie (CC-LP) is a 14-bed critical access Level IV trauma hospital, clinic, 70-bed long-term care facility, and 40-unit senior assisted living facility.

CC–LP opened in 1956 and serves a population of over 25,000 residents throughout Todd County with primary market area in the communities of Long Prairie, Browerville, Clarissa and Eagle Bend. CC-LP Medical Campus is located on the eastern edge of the City of Long Prairie, which is the county seat of Todd County, in a low-income Health Professional Shortage Area (HPSA) as designated by the U.S. Department of Health and Human Services.

U.S. Census demographic information for 2020 indicates the senior population (65 years and older) makes up 22.1% of the total market population; this compares to a statewide average of 16.3%. Additionally, the population per square mile for the market area is 26.7 compared to 71.7 for the State of Minnesota as a whole. The median household income of residents is depressed at \$54,502 compared to a state average of \$73,382. Todd County remains near the bottom of the list for Minnesota per capita income, ranking 83 out of 87.

The racial and ethnic makeup of the city of Long Prairie, and its surrounding countryside, is rapidly diversifying. The Hispanic population has grown considerably within the last decade and now accounts for 32% of the total population. In the year 2000, Hispanics represented just 9.38% of the total population, signaling a dramatic increase. There are also four distinct Amish communities in the outskirts of town.

CC-LP’s service area has a number of social and economic challenges it must face when considering the overall health of the area. It is rapidly diversifying and integrating new Minnesotans who must learn a new culture, language, and health care system; its average income is low, and its labor force works in physically demanding industries. However, Todd County is improving its overall health ranking, which stands at 56 out of 87 Minnesota counties. This is up from a ranking of 67 in 2012.

CC-LP, its hospital and clinic, are critical in keeping the overall health of Todd County and the surrounding communities much higher than might be expected given socio-economic realities. We provide comprehensive health care services for area residents, regardless of their ability to pay, thereby guaranteeing that all area residents have access to high quality health care.



## EXECUTIVE SUMMARY: STRUCTURE OF DOCUMENT, VISION, BACKGROUND

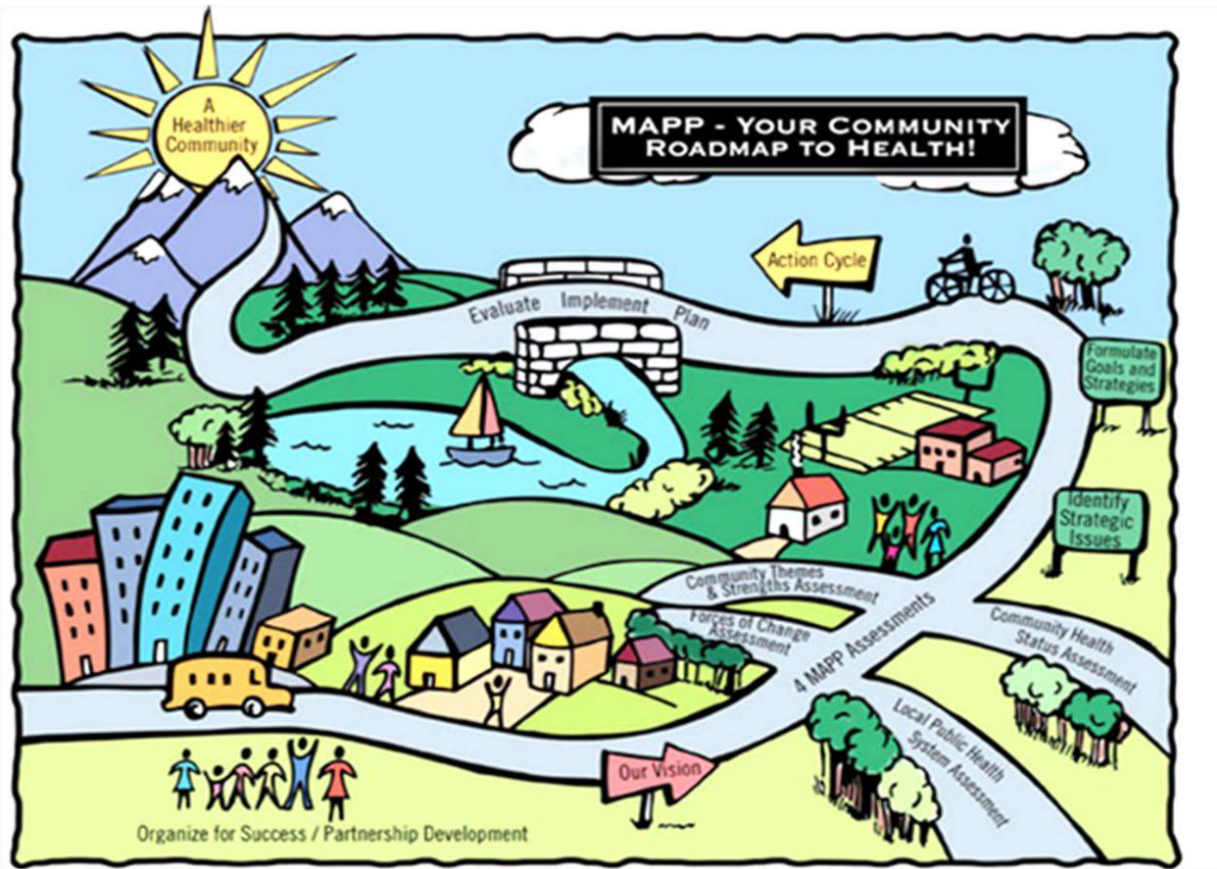


Image title, “MAPP – Your Community Roadmap to Health!”

Image source: National Association of County and City Health Officials (NACCHO); Mobilizing for Action through Planning and Partnerships (MAPP) Handbook

CC-LP, in collaboration with our MTWCHB partners, utilized the MAPP (Mobilizing Action through Planning and Partnerships) process to arrive at an Implementation Strategy to implement for the time period of July 1, 2022, through June 30, 2025. This document describes the process that was used and has two parts.

**Part I** describes the process used for the Community Health Needs Assessment.

**Part II** is the Implementation Strategy that will be used over the course of the next three years to guide the work of addressing the community priorities that were identified in the Community Health Needs Assessment process.



## PART I: COMMUNITY HEALTH NEEDS ASSESSMENT

### Regional Collaboration

The MTWCHB began work on the CHNA process for this 2022 report in the Summer of 2021.

This group met ongoing to work through the MAPP process and draft and finalize this year's survey questions. Community input, which is represented through a CHNA Survey, was sent out in at the end of 2021. All surveys, mailed and online, were completed by mid-December 2021.

Each MTWCHB organization will work on the 2022 CHNA priorities independently, as well as collectively when possible. Identifying priorities together allows the opportunity to make greater strides throughout our area, creating a regional approach rather than organizational approach. Each organization has the freedom to decide how they can most affect each priority based on their resources allotted to this work. The collaborative group will continue to meet to review goals and strategies and update current efforts and measures of success over the designated CHNA period.

### 2022 COMMUNITY HEALTH NEEDS ASSESSMENT PROCESS AND METHODS

MTWCHB CHNA collaborative agreed to utilize the MAPP (Mobilizing for Action through Planning and Partnerships, shown on page 8) process to conduct the CHNA and prepare the Implementation Strategy. The MAPP Process consists of six phases.

#### Phase 1: Organize for Success & Partnership Development

As described in the section titled Regional Collaboration, the partnership development for the creation of the MTWCHB CHNA collaborative convened in Summer 2021 to prepare for this 2022 CHNA.

#### Phase 2: Visioning

In 2019 the MTWCHB established a vision statement, which carried over into this year's report. The MTWCHB vision is: By working together, the Morrison – Todd – Wadena Community Health Board prevents illness and injury and promotes and protects the health of our communities.

The statement is a living statement, and any member can ask to revisit the Vision to potentially make changes at any time.

#### Phase 3: The Assessments

The assessments gather qualitative and quantitative data to drive the priority selection process. The MTWCHB's community health assessment results include written/email survey, online survey, secondary data sources, directory listing of health system capabilities, summary and conclusions, and three-year implementation and action plan.

## SURVEY METHODOLOGY

### Instrument

The survey instrument content was largely taken from similar surveys conducted by these same counties in 2016 and 2019. Modifications to the survey questions were made by local public health staff with technical assistance from the Minnesota Department of Health. The survey was formatted by the survey vendor, Survey Systems, Inc. of Shoreview, MN, as a self-administered English-language questionnaire. Translation of the survey was available in Spanish as well.

### Sample

A two-stage sampling strategy was used for obtaining probability samples of adults living in each of the three counties. A separate sample was drawn for each county. Additional samples were drawn in each of four cities in the region (Little Falls, Long Prairie, Staples and Wadena). For the first stage of sampling, a random sample of residential addresses was purchased from a national sampling vendor (Marketing Systems Group of Horsham, PA). Address-based sampling was used so that all households would have an equal chance of being sampled for the survey. Marketing Systems Group obtained the list of addresses from the U.S. Postal Service. For the second stage of sampling, the “most recent birthday” method of within- household respondent selection was used to specify one adult from each selected household to complete the survey.

### Survey Administration

An initial survey packet was mailed to 6,400 sampled households (1,600 in each county and 400 in each of the oversampled cities) that included a cover letter, the survey instrument, and a postage-paid return envelope on October 11, 2021. One week after the first survey packets were mailed (October 18), a reminder postcard was sent to all sampled households, reminding those who had not yet returned a survey to do so, and thanking those who had already responded. On November 8, another full survey packet was sent to households who had not yet returned the survey. The final date for the receipt of surveys was December 17, 2021.

### Completed Surveys and Response Rate

Completed surveys were received from 1,270 adult residents of the three counties; thus, the overall response rate was 19.8%. County level response rates were 19.3% (Morrison), 19.7% (Todd) and 20.5% (Wadena).

### Data Entry and Weighting

To ensure that the survey results are representative of the adult population of each county and of the three counties combined, the data were weighted when analyzed. The weighting accounts for the sample design by adjusting for the number of adults living in each sampled household, for the disproportionate stratification, and for the city level oversampling. The weighting also includes a post-stratification adjustment so that the gender and age distribution of the survey respondents mirrors the gender and age distribution of the adult population in the three counties according to U.S. Census Bureau American Community Survey 2013-2017 population estimates.

**Phase 4: Identify Strategic Issues**

After completing the 2021 Community Health Survey and after reviewing additional data sources from emergency room statistics to the state’s student survey to the U.S. Census Bureau information, and many other sources, the CHNA team at CC-LP began the work to develop goals, initiatives, and strategies to address Todd County’s three top health needs as identified by survey results.

Jodi Hillmer, Director of Patient Care Services, who led this 2022 CHNA work, presented survey results and data to CC-LP Medical Staff and Operating Committee. After conversations, the top three priorities for FY2023-2025 were determined. These three—diabetes, obesity, and mental health will be addressed in the Implementation Strategy.

**Phase 5: Formulate Goals and Strategies**

The CentraCare – Long Prairie medical staff and leadership team-built goal statements and performance measures. Regional, community-wide strategies were also developed to address the goals.

**Phase 6: Action Cycle**

The action cycle for this CHNA will be Fiscal Year 2023 – 2025; July 1, 2023, through June 30, 2025.

**CHNA COMMUNITY PRIORITIES**

Assessing the needs of the people it serves is an ongoing priority of CC-LP and the greater CentraCare system of which it is a part. The people who make up the staff of this hospital focus closely on their mission, vision, and work constantly to support the medical needs of Todd County and the people who live in the surrounding areas. For them, seeing an opportunity is a reason to act; seeing a problem is a reason to search for and implement solutions. As a result of the CHNA response, priority will be put toward the following areas:

<b>CentraCare – Long Prairie 2023 - 2025 CHNA Priorities</b>	
<b>Diabetes</b>	<p>Collaboration with local businesses to identify and provide diabetes management to employees.</p> <p>Intentional outreach to patients identified through EMR to increase wellness visits and ongoing monitoring.</p>
<b>Obesity – Adult &amp; Child</b>	<p>Support accessibility and affordable healthy foods.</p> <p>Encourage active families through programming at Vitality Wellness.</p> <p>Increase access to programs and classes for isolated seniors throughout our region.</p>

<b>Mental Health</b>	<p>Reduce stigma associated with mental health for youth and adults.</p> <p>Raise awareness of existing mental health resources.</p> <p>Host community outreach events to encourage conversations about mental health.</p>
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## PROGRESS ON 2019 INITIATIVES

### 2019 Priority Area #1: Obesity

The goal, which was defined in 2019, was to prevent and reduce obesity in adults and children by increasing healthy eating and physical activity opportunities based on the 6 Dimensions of Wellness.

#### Successes

- Implemented sports clinics for all different ages during the summer months.
- Led an increase in nutritional programming at Vitality Wellness particularly in partnership with University of MN Extension.
- Worked on the planning implementation and evaluation of the Farmers Market.
- Facilitated Market Bucks, POP Club and the U of M Extension Programs that were provided at the market.
- Worked with area schools to implement USDA guidelines and additional policies that increased student consumption of healthy foods.
- Offered healthy eating classes to the Hispanic population.
- In partnership with United Way, and funded by CC-LP employee donations, organized a food drop event in Long Prairie for area community members in March 2020, which distributed over 5,500 pounds of food to 132 families.
- Expanded hours of operation to Vitality Wellness to be more accessible to work schedules of the community.

### 2019 Priority Area #2: Mental Health

The 2019 goal was defined to improve education, awareness and community-based interventions for mental and behavioral health resources for individuals, families, employers, and youth.

#### Successes

- Promoted ongoing education and outreach on stigma, depression, suicide prevention, and other mental health issues across the community— specifically in the agricultural profession in partnership with Northern Pines Mental Health.
- Established Wellness Coaching referral program between CentraCare – Long Prairie Clinic and CentraCare – Vitality Wellness.
- Established partnership with Avera for afterhours Emergency Department consults.



- Expanded Integrated Behavior Health (IBH) outpatient visits in the clinic.
- Established behavioral health nurse visits in the Emergency Department.

### **2019 Priority Area #3: Social Determinants of Health**

The 2019 goal was defined to build and strengthen partnership with community agencies that address the social determinants of health, and work toward collective impact solutions.

#### **Successes**

- Built and strengthened partnerships with community agencies to address food insecurities and tobacco use/exposure in at-risk populations to reduce health disparities.
- Secured Minnesota Department of Human Services, Live Well at Home Grant to work with the elderly population to provide programming for healthy wellbeing and socialization.
- Established a Financial Assistance program at CentraCare - Vitality Wellness for all eligible community members.
- Worked with Todd County Health and Human Services to establish a meal program for hospital patients post discharge.

**APPENDIX A: CHNA DEMOGRAPHIC RESULTS**

Demographic Characteristic		Todd County n=434		Morrison County n=381		Wadena County n=446	
		Unweighted Frequency	Weighted Percent	Unweighted Frequency	Weighted Percent	Unweighted Frequency	Weighted Percent
<b>Gender</b>							
	Male	178	47.2%	145	46.3%	171	48.6%
	Female	256	52.8%	236	53.7%	275	51.4%
<b>Age Group</b>							
	18-34	26	17.3%	18	18.6%	18	23.8%
	35-44	28	13.3%	32	15.9%	20	14.0%
	45-54	29	18.5%	37	19.4%	31	15.3%
	55-64	99	22.0%	74	20.8%	89	18.6%
	65-74	134	16.1%	108	13.6%	135	14.3%
	75+	118	12.6%	112	11.7%	153	14.0%
<b>White/Of color</b>							
	White	426	97.0%	370	96.1%	432	97.6%
	Not white	8	3.0%	11	3.9%	14	2.4%
	Hispanic/Latino	2		1		4	
	American Indian or Alaska native	5		3		5	
	Asian or Pacific Islander	1		2		4	
	Black or African American	3		3		4	
	African Native	2		1		1	
	Other race	13		14		16	
<b>Education</b>							
	HS grad/GED or less	154	30.7%	127	26.0%	129	23.0%
	Trade/vocational school, some college or Associate degree	184	47.2%	166	47.8%	190	48.7%
	Bachelor's degree	61	12.9%	51	17.7%	69	15.0%
	Grad/professional degree	34	9.2%	36	8.5%	55	13.2%
<b>Income</b>							
	<\$20,000	77	14.6%	57	6.9%	83	12.8%
	\$20,000-\$34,999	76	13.2%	71	12.0%	97	13.2%
	\$35,000-\$49,999	72	15.0%	58	14.3%	62	13.9%
	\$50,000-\$74,999	81	22.2%	68	22.2%	95	30.8%
	\$75,000-\$99,999	37	12.3%	46	20.1%	32	7.7%
	\$100,000-\$149,99	39	14.2%	32	17.5%	29	16.2%
	\$150,000+	21	8.5%	14	7.0%	17	5.4%
<b>Relationship status</b>							
	Married	278	70.4%	232	75.6%	228	65.3%
	Living with a partner	12	4.0%	12	4.1%	23	12.8%
	Divorced	36	7.2%	47	6.7%	58	6.4%
	Separated	1	0.1%	3	0.5%	4	1.2%
	Widowed	64	6.0%	56	5.2%	93	6.9%
	Never married	39	12.4%	31	7.8%	38	7.4%
<b>Veteran status</b>							
	Veteran	69	11.7%	54	12.2%	61	8.4%
	Non-veteran	364	88.3%	325	87.8%	383	91.6%
<b>Home ownership</b>							
	Own	370	87.0%	305	84.6%	349	83.1%
	Rent	43	8.4%	61	9.4%	77	13.9%
	Other arrangement	16	4.6%	15	6.0%	15	3.0%
<b>Access to reliable internet</b>							
	Yes	296	73.8%	297	86.8%	372	88.8%
	No	129	26.2%	78	13.2%	69	11.2%

**APPENDIX B: CHNA SURVEY DATA**

**General health \* County**

		Todd	MTW CHB
General health	Poor	1.6%	2.6%
	Fair	11.6%	11.9%
	Good	36.4%	43.1%
	Very good	40.2%	34.7%
	Excellent	10.2%	7.8%
Total		100.0%	100.0%

**Diabetes Related Survey Input**

**Diabetes \* County**

		Todd	MTW CHB
Diabetes	No	89.6%	84.4%
	Yes	9.9%	14.0%
	Yes, during pregnancy	0.5%	1.5%
Total		100.0%	100.0%

**Pre-diabetes or elevated blood sugar \* County**

		Todd	MTW CHB
Pre-diabetes	No	84.8%	80.7%
	Yes	13.9%	17.6%
	Yes, during pregnancy	1.3%	1.7%
Total		100.0%	100.0%

**Obesity Related Survey Input**

**Overweight or obese \* County**

		Todd	MTW CHB
Overweight or obese	No	68.3%	60.3%
	Yes	31.7%	39.7%
Total		100.0%	100.0%

**Weight status according to BMI \* County**

		Todd	MTW CHB
Weight status according to BMI	Not overweight	26.4%	23.0%
	Overweight but not obese	34.6%	36.0%
	Obese	39.0%	41.0%
Total		100.0%	100.0%

**Number of fruits yesterday \* County**

		Todd	MTW CHB
Number of fruits yesterday	0 servings	28.9%	25.8%
	1-2 servings	53.0%	56.1%
	3-4 servings	16.3%	16.0%
	5 or more servings	1.7%	2.0%
Total		100.0%	100.0%

**Number of fruit juice servings yesterday \* County**

		Todd	MTW CHB
Number of fruit juice servings yesterday	0 servings	61.2%	60.5%
	1-2 servings	29.9%	30.1%
	3-4 servings	6.2%	7.6%
	5 or more servings	2.7%	1.8%
	<b>Total</b>	<b>100.0%</b>	<b>100.0%</b>

**Number of vegetables yesterday \* County**

		Todd	MTW CHB
Number of vegetables yesterday	0 servings	16.0%	13.1%
	1-2 servings	56.7%	60.2%
	3-4 servings	24.8%	23.4%
	5 or more servings	2.5%	3.3%
	<b>Total</b>	<b>100.0%</b>	<b>100.0%</b>

**Number of fruits and vegetables yesterday \* County**

		Todd	MTW CHB
Number of fruits and vegetables yesterday	0 servings	8.8%	6.3%
	1-2 servings	20.7%	20.4%
	3-4 servings	36.6%	40.3%
	5 or more servings	33.9%	33.0%
	<b>Total</b>	<b>100.0%</b>	<b>100.0%</b>

**Fruit drinks in the past week \* County**

		Todd	MTW CHB
Fruit drinks in the past week	Never or less than 1 time per week	77.0%	72.8%
	1 time per week	11.2%	12.4%
	2-4 times per week	7.0%	7.4%
	5-6 times per week	2.9%	2.4%
	1 time per day	1.1%	2.8%
	2-3 times per day	0.8%	1.5%
	4 or more times per day	0.1%	0.5%
	<b>Total</b>	<b>100.0%</b>	<b>100.0%</b>

**Sports drinks in the past week \* County**

		Todd	MTW CHB
Sports drinks in the past week	Never or less than 1 time per week	79.7%	74.7%
	1 time per week	9.7%	12.5%
	2-4 times per week	6.2%	7.3%
	5-6 times per week	3.8%	3.8%
	1 time per day	0.5%	0.5%
	2-3 times per day	0.0%	1.0%
	4 or more times per day	0.1%	0.2%
	<b>Total</b>	<b>100.0%</b>	<b>100.0%</b>



**Regular soda/pop in the past week \* County**

		Todd	MTW CHB
Regular soda/pop in the past week	Never or less than 1 time per week	43.8%	42.0%
	1 time per week	19.2%	19.0%
	2-4 times per week	18.3%	15.5%
	5-6 times per week	3.8%	4.8%
	1 time per day	5.9%	7.6%
	2-3 times per day	6.8%	8.3%
	4 or more times per day	2.2%	2.7%
<b>Total</b>		100.0%	100.0%

**Energy drinks in the past week \* County**

		Todd	MTW CHB
Energy drinks in the past week	Never or less than 1 time per week	93.6%	89.5%
	1 time per week	3.5%	5.5%
	2-4 times per week	1.6%	2.0%
	5-6 times per week	0.3%	0.7%
	1 time per day	0.0%	0.5%
	2-3 times per day	1.0%	1.8%
	4 or more times per day	0.0%	0.0%
<b>Total</b>		100.0%	100.0%

**Buy or get food from supermarket/large grocery store \* County**

		Todd	MTW CHB
Buy or get food from supermarket/large grocery store	Never or less than 1 time per month	9.8%	7.3%
	About 1 time per month	15.4%	10.2%
	About 2 or 3 times per month	32.5%	32.7%
	About 1 time per week	32.8%	39.4%
	2 or more times per week	9.4%	10.4%
<b>Total</b>		100.0%	100.0%

**Buy or get food from small or local grocery store \* County**

		Todd	MTW CHB
Buy or get food from small or local grocery store	Never or less than 1 time per month	14.7%	20.6%
	About 1 time per month	24.3%	23.4%
	About 2 or 3 times per month	26.5%	23.4%
	About 1 time per week	26.3%	24.7%
	2 or more times per week	8.2%	7.8%
<b>Total</b>		100.0%	100.0%

**Buy or get food from convenience store, gas station, dollar store \* County**

		Todd	MTW CHB
Buy or get food from convenience store, gas station, dollar store	Never or less than 1 time per month	43.1%	46.3%
	About 1 time per month	25.1%	21.5%
	About 2 or 3 times per month	14.5%	17.8%

	About 1 time per week	13.0%	9.1%
	2 or more times per week	4.3%	5.2%
<b>Total</b>		100.0%	100.0%

**Buy or get food from food shelf, food pantry or community food program \* County**

		<b>Todd</b>	<b>MTW CHB</b>
Buy or get food from food shelf, food pantry or community food program	Never or less than 1 time per month	92.0%	91.9%
	About 1 time per month	6.0%	5.0%
	About 2 or 3 times per month	0.8%	0.7%
	About 1 time per week	1.2%	2.4%
	2 or more times per week	0.0%	0.1%
<b>Total</b>		100.0%	100.0%

**Buy or get food from fast food restaurant \* County**

		<b>Todd</b>	<b>MTW CHB</b>
Buy or get food from fast food restaurant	Never or less than 1 time per month	30.4%	27.1%
	About 1 time per month	29.9%	26.4%
	About 2 or 3 times per month	29.5%	26.2%
	About 1 time per week	7.8%	11.6%
	2 or more times per week	2.5%	8.7%
<b>Total</b>		100.0%	100.0%

**Buy or get food from Farmers' market, local garden or local provider \* County**

		<b>Todd</b>	<b>MTW CHB</b>
Buy or get food from Farmers' market, local garden or local provider	Never or less than 1 time per month	58.0%	59.9%
	About 1 time per month	18.6%	20.6%
	About 2 or 3 times per month	11.8%	7.9%
	About 1 time per week	4.7%	6.0%
	2 or more times per week	6.9%	5.7%
<b>Total</b>		100.0%	100.0%

**Worry about food running out \* County**

		<b>Todd</b>	<b>MTW CHB</b>
Worry about food running out	Often	3.1%	3.5%
	Rarely	2.3%	4.8%
	Sometimes	11.1%	8.5%
	Never	83.4%	83.1%
<b>Total</b>		100.0%	100.0%

**While not at work/school, how many hours per day do you use a computer, tablet, TV, or smart phone \* County**

		<b>Todd</b>	<b>MTW CHB</b>
While not at work/school, how many hours per day do you use a computer,	Less than 1 hour per day	15.5%	13.4%
	1-2 hours per day	34.2%	35.5%
	3-4 hours per day	27.6%	29.4%
	More than 4 hours per day	17.9%	17.9%

tablet, TV, or smart phone	Don't do any of these activities	4.8%	3.8%
<b>Total</b>		<b>100.0%</b>	<b>100.0%</b>

**Past months participate in any physical activities or exercise \* County**

		<b>Todd</b>	<b>MTW CHB</b>
Past months participate in any physical activities or exercise	Yes	71.1%	75.4%
	No	28.9%	24.6%
<b>Total</b>		<b>100.0%</b>	<b>100.0%</b>

**Moderate exercise 5+ days per week \* County**

		<b>Todd</b>	<b>MTW CHB</b>
Moderate exercise 5+ days per week	0 days	15.0%	14.2%
	1-4 days	60.5%	59.9%
	5-7 days	24.5%	25.9%
<b>Total</b>		<b>100.0%</b>	<b>100.0%</b>

**Vigorous exercise 3+ days per week \* County**

		<b>Todd</b>	<b>MTW CHB</b>
Vigorous exercise 3+ days per week	0 days	40.7%	41.1%
	1-2 days	38.7%	38.2%
	3-7 days	20.6%	20.7%
<b>Total</b>		<b>100.0%</b>	<b>100.0%</b>

**Lack of time \* County**

		<b>Todd</b>	<b>MTW CHB</b>
Lack of time	Not a problem	44.4%	43.0%
	A small problem	31.8%	33.7%
	A big problem	23.9%	23.4%
<b>Total</b>		<b>100.0%</b>	<b>100.0%</b>

**Lack of programs, leaders or facilities \* County**

		<b>Todd</b>	<b>MTW CHB</b>
Lack of programs, leaders or facilities	Not a problem	69.0%	69.4%
	A small problem	23.8%	21.9%
	A big problem	7.2%	8.7%
<b>Total</b>		<b>100.0%</b>	<b>100.0%</b>

**Cost of fitness programs, gym memberships or admission fees \* County**

		<b>Todd</b>	<b>MTW CHB</b>
Cost of fitness programs, gym	Not a problem	56.9%	55.1%
	A small problem	23.6%	22.4%
	A big problem	19.5%	22.5%

memberships or admission fees			
<b>Total</b>		100.0%	100.0%

**Public facilities not available when I want to use them \* County**

		<b>Todd</b>	<b>MTW CHB</b>
Public facilities not available when I want to use them	Not a problem	70.6%	70.3%
	A small problem	18.4%	18.6%
	A big problem	11.0%	11.1%
<b>Total</b>		100.0%	100.0%

**Not having sidewalks \* County**

		<b>Todd</b>	<b>MTW CHB</b>
Not having sidewalks	Not a problem	76.4%	77.9%
	A small problem	13.5%	12.6%
	A big problem	10.1%	9.5%
<b>Total</b>		100.0%	100.0%

**Distance I have to travel \* County**

		<b>Todd</b>	<b>MTW CHB</b>
Distance I have to travel	Not a problem	56.3%	60.6%
	A small problem	27.0%	21.3%
	A big problem	16.8%	18.1%
<b>Total</b>		100.0%	100.0%

**No safe place to exercise \* County**

		<b>Todd</b>	<b>MTW CHB</b>
No safe place to exercise	Not a problem	86.9%	83.2%
	A small problem	9.5%	11.6%
	A big problem	3.5%	5.1%
<b>Total</b>		100.0%	100.0%

**Other reasons \* County**

		<b>Todd</b>	<b>MTW CHB</b>
Other reasons	Not a problem	75.7%	65.9%
	A small problem	8.4%	8.7%
	A big problem	15.9%	25.4%
<b>Total</b>		100.0%	100.0%

**Mental Health Related Survey Input**

**Mental health issues \* County**

		<b>Todd</b>	<b>MTW CHB</b>
Mental health issues	No	78.9%	71.2%



	<b>Yes</b>	21.1%	28.8%
<b>Total</b>		100.0%	100.0%

**Dementia or memory loss (including Alzheimer's disease) \* County**

		<b>Todd</b>	<b>MTW CHB</b>
<b>Dementia or memory loss</b>	<b>No</b>	97.4%	96.4%
	<b>Yes</b>	2.6%	3.6%
<b>Total</b>		100.0%	100.0%

**Overall level of stress \* County**

		<b>Todd</b>	<b>MTW CHB</b>
<b>Overall level of stress</b>	<b>High</b>	13.5%	18.1%
	<b>Medium</b>	54.8%	52.2%
	<b>Low</b>	31.7%	29.7%
<b>Total</b>		100.0%	100.0%

**Days sad, blue, depressed categorized \* County**

		<b>Todd</b>	<b>MTW CHB</b>
<b>Days sad, blue, depressed categorized</b>	<b>0 days</b>	45.0%	40.0%
	<b>1-9 days</b>	38.0%	39.3%
	<b>10-19 days</b>	12.4%	13.6%
	<b>20-29 days</b>	3.0%	5.1%
	<b>All 30 days</b>	1.7%	1.9%
<b>Total</b>		100.0%	100.0%

**Days nervous, on edge, could not stop worrying categorized \* County**

		<b>Todd</b>	<b>MTW CHB</b>
<b>Days nervous, on edge, could not stop worrying categorized</b>	<b>0 days</b>	50.8%	44.8%
	<b>1-9 days</b>	32.8%	32.7%
	<b>10-19 days</b>	10.6%	12.7%
	<b>20-29 days</b>	4.0%	6.3%
	<b>All 30 days</b>	1.8%	3.6%
<b>Total</b>		100.0%	100.0%

**Mental health care delay \* County**

		<b>Todd</b>	<b>MTW CHB</b>
<b>Mental health care delay</b>	<b>Yes</b>	10.2%	11.7%
	<b>No</b>	89.8%	88.3%
<b>Total</b>		100.0%	100.0%

**Had insurance, but cost too much \* County**

		<b>Todd</b>	<b>MTW CHB</b>
<b>Had insurance, but cost too much</b>	<b>Not checked</b>	92.9%	80.3%
	<b>Checked</b>	7.1%	19.7%

<b>Total</b>		100.0%	100.0%
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**Could not get an appointment \* County**

			<b>MTW CHB</b>
		<b>Todd</b>	
<b>Could not get an appointment</b>	<b>Not checked</b>	78.9%	81.4%
	<b>Checked</b>	21.1%	18.6%
<b>Total</b>		100.0%	100.0%

**Transportation problems \* County**

			<b>MTW CHB</b>
		<b>Todd</b>	
<b>Transportation problems</b>	<b>Not checked</b>	83.0%	91.1%
	<b>Checked</b>	17.0%	8.9%
<b>Total</b>		100.0%	100.0%

**Due to COVID restrictions \* County**

			<b>MTW CHB</b>
		<b>Todd</b>	
<b>Due to COVID restrictions</b>	<b>Not checked</b>	95.2%	88.1%
	<b>Checked</b>	4.8%	11.9%
<b>Total</b>		100.0%	100.0%

**Could not get off work \* County**

			<b>MTW CHB</b>
		<b>Todd</b>	
<b>Could not get off work</b>	<b>Not checked</b>	100.0%	91.9%
	<b>Checked</b>	0.0%	8.1%
<b>Total</b>		100.0%	100.0%

**Did not know where to go \* County**

			<b>MTW CHB</b>
		<b>Todd</b>	
<b>Did not know where to go</b>	<b>Not checked</b>	65.2%	63.7%
	<b>Checked</b>	34.8%	36.3%
<b>Total</b>		100.0%	100.0%

**Did not have insurance \* County**

			<b>MTW CHB</b>
		<b>Todd</b>	
<b>Did not have insurance</b>	<b>Not checked</b>	92.8%	95.2%
	<b>Checked</b>	7.2%	4.8%
<b>Total</b>		100.0%	100.0%

**Could not get childcare \* County**

			<b>MTW CHB</b>
		<b>Todd</b>	
<b>Could not get childcare</b>	<b>Not checked</b>	100.0%	100.0%
<b>Total</b>		100.0%	100.0%

**Feel the need to hide my mental health problems \* County**

			<b>MTW CHB</b>
		<b>Todd</b>	
<b>Feel the need to hide my mental health problems</b>	<b>Not checked</b>	83.4%	61.4%
	<b>Checked</b>	16.6%	38.6%
<b>Total</b>		100.0%	100.0%

**Other reason \* County**

			<b>MTW CHB</b>
		<b>Todd</b>	
<b>Other reason</b>	<b>Not checked</b>	59.0%	80.6%
	<b>Checked</b>	41.0%	19.4%
<b>Total</b>		100.0%	100.0%

**APPENDIX C: IMPLEMENTATION STRATEGY**

<b>Priority #1: Diabetes</b>		
Goal: Improve diabetic care within the community.		
Strategies / Activities	Lead/Role/Partners	Tracking and Performance Measurement
Establish RN visit in the clinic for new and uncontrolled diabetic patients.	Eric Gohman, Director of Family Medicine and Sarah Binek, Nurse Manager.	Quality Performance measures
One on one educational sessions for diabetics in the community	CentraCare - Vitality Wellness Jeramiah Zahnow	Class evaluation
Continue work with Minnesota Path to Value to improve diabetic care among the Hispanic population.	Eric Gohman, Director of Family Medicine and Sarah Binek, Nurse Manager.	Quality Performance measures

<b>Priority #2: Obesity</b>		
Goal: To prevent and reduce obesity in adults and children by increasing healthy eating and physical activity opportunities based on the 6 Dimensions of Wellness.		
Strategies / Activities	Lead/Role/Partners	Tracking and Performance Measurement
Work with CentraCare Dietitian and partners to increase healthy food knowledge and food preparation skills for high risks members for the community.	CentraCare – Vitality Wellness CentraCare Dietitian U of M Extension Educators	Class participation
Establish Weight Management program within family practice.	Dr. Cybill Oragwu, Jodi Hillmer, Director of Patient Care Services	Monitor Weight Management schedule for number of patients seen
Offer Senior Fitness introduction class and	CentraCare – Vitality Wellness U of M Extension Educators	Class participation



nutrition classes		
Establish child and teen activity classes and sports clinics.	CentraCare – Vitality Wellness Local school systems	Class participation
Support and promote a community 5K	CentraCare – Vitality Wellness	Community Participation

**Priority #3: Mental Health**

Goal: To improve education, awareness, and community-based interventions for mental and behavioral health resources for the community.

Strategies / Activities	Lead/Role/Partners	Tracking and Performance Measurement
Promote and host Question, Persuade and Respond (QPR) classes for the rural and agricultural communities.	CentraCare – Vitality Wellness Northern Pines Mental Health Center	Class participation
Introduce Walk with Me classes to increase social stimulation.	CentraCare – Vitality Wellness	Class participation
Offer Coffee and Conversation sessions incorporating mental health topics.	CentraCare – Vitality Wellness	Session participation
Establish Telehealth mental health consults for the hospitalized patient	CentraCare- Long Prairie CentraCare – St. Cloud	Measure number of consultations offered.
Offer mental health support and on-site education for CentraCare-Long Prairie staff	AirCare –Health Coaching, Care Advocacy, Clinical Support	Staff participation

## APPENDIX D: CHNA PARTNER INVENTORY

### Existing Community Resources

These lists are in no way meant to be exhaustive. If you would like another resource to be added to this list, contact any member of the Delegated Authorities.

### Existing Community Resources

- A Lakeside Lodge - Osakis
- A Touch of Home - Eagle Bend
- AARP Member Services Center
- AIDS Case Reports – MN Dept of Health
- Al Anon – Staples
- Al-Anon Family Group Headquarters
- Alcohol & Drug Helpline
- Alcoholics Anonymous
- Alisha's Care Center – Well Child Visits
- Alzheimer's Disease Hotline
- American Cancer Society - Midwest MN Contact
- American Diabetes Association
- American Red Cross MN Chapter
- Anna Marie's Alliance
- Appletree Dental—Little Falls
- Arthritis Foundation MN Chapter
- Asthma and Allergy's Foundation
- Attorney General Office in Minnesota
- Autism Society of Minnesota
- Becky's on the Lake - Osakis
- Bertha Medical Clinic
- Bertha Senior Citizens Center
- Bertha-Hewitt Community Education
- Better Business Bureau of Minnesota
- Bridge well Terrace Heights/Westview - Osakis
- Browerville Community Education
- Browerville DAC - Thread Shed
- Camphill Village – Long Prairie
- Cancer Information Service Spanish Available
- CDC National HIV/AIDS Hotline
- Cedar Cove Assisted Living
- Celebrate Recovery
- Central Lakes College—Staples Campus
- Central Region Food Access Network
- Central Region Food Access Network
- Charities Review Council
- ChildcareCenter.us
- Circle of Parents
- Clarissa Dental Clinic PA
- Clarissa Senior Citizens Center
- Colonial Terrace Apartments - CTCCC
- Copeland Center
- Copeland Center
- Dietitian Nutrition Counseling
- Disability Hub MN
- Disability Hub MN
- Disease Control and Prevention
- Dr. Susan Wasson – Osakis
- Drug and Alcohol Addiction Information
- Eagle Bend Library
- Eagle Bend Senior Citizens Center
- Eagle Valley Clinic
- Eagle Valley Community Education
- Eagle's Crossing – Grey Eagle
- Early Childhood Family Education
- Effective Living Center
- Emotions Anonymous International
- Employment Enterprises, Inc.
- Essentia Health – Groups
- Fair Oaks Lodge
- Fairway Pines Sauk Centre
- Family Medical Center - Little Falls
- Fare for All
- Food and Drug Administration
- Food Shelves—Long Prairie, Staples, Browerville, Little Falls, Wadena, Pierz, Motley
- Food Stamp Nutritional Educational Program
- Foster Grandparent Program
- Freshwater Drug and Violence Prevention
- Freshwater Education ISD #6004
- Friendly Rider
- Gamblers Anonymous
- Getty Street Sauk Centre
- Grey Eagle Library
- Grief Recovery Help Line
- Grief Support Group - Staples Hospital
- Habitat for Humanity of Morrison County
- Hands of Hope Resource Center
- Haven Road Recovery Center – Little Falls
- Healthy Children.org
- Hewitt Senior Center
- Hidden Acres - Long Prairie
- Hope Center

- Housing Support for Adults with Serious Mental Illness (HSASMI)
- Jefferson Bus Lines
- Lakewood Health System
- Lakewood Health System
- Lakewood Manor Staples
- Lakewood Pines - Staples
- Licensed Day Care Provider information
- Little Falls – First Avenue Dental
- Little Falls Community Schools ISD #482
- Little Falls Taxi
- Local Contact Services for the Blind – Margie St Cloud
- Long Prairie Dental Clinic
- Long Prairie Housing and Redevelopment Authority (HRA)
- Long Prairie Library
- Long Prairie Memorial Nursing Home
- Long Prairie—Grey Eagle ISD #2753
- Long Prairie/Grey Eagle Community Education
- Love Lines Crisis Center, Inc.
- LSS Caregiver Support and Respite Program
- Lutheran Social Service- Behavioral Health Services
- Lutheran Social Services HOPE Housing
- Lutheran Social Services—Employment First
- Lutheran Social Services—Food
- Mahube Community Council
- Maple Hill – Browerville
- MDH - Carbon Monoxide Poisoning
- Medi-Van
- Menahga ISD #821
- Mental Health America
- Mid-Minnesota Diabetes Nutrition Center
- Midwest Dental Benefits
- Minnesota AIDS Project (MAP)
- Minnesota AIDSLINE
- Minnesota Autism Center
- Minnesota Center for Chemical and Mental Health
- Minnesota Children with Special Health Needs
- Minnesota Department of Education
- Minnesota Department of Human Services
- Minnesota Food Helpline
- Minnesota Food Pantries Organization
- Minnesota State High School League
- MinnesotaHelp.info
- MN Board of Aging
- MN Department of Employment and Economic Development
- MN Department of Health - AIDS/STD Prevention
- MN Department of Human Services—Food and Nutrition
- Mom's Meals
- Morrison County Housing and Redevelopment Authority (HRA)
- Morrison County Housing Guide
- Morrison County Veterans Services
- NAMI Minnesota
- NAMI Minnesota – Support Groups
- NAMI National
- Narcotics Anonymous
- National Association for Children of Alcoholics
- National Center for Missing and Exploited Children
- National Child Safety Council Child watch
- National Clearing House for Drug and Alcohol Info.
- National Empowerment Center, Inc.
- National Library Service for the Blind
- New Pathways Shelter
- Next Step Treatment Center
- Nicotine Anonymous
- North Central Community Resources & Assistance
- Northern Psychiatric Associates
- Nutrition Assistance Program for Seniors (NAPS) 60+
- Oakridge Homes—Todd County
- Oakridge Homes—Wadena County
- Oakridge SILS Home
- Oasis Central—Fare for All Partnership
- Oasis Central—Fix a Home
- Oasis central—Share a meal
- Office of the Ombudsman—North Central Region
- Ombudsman for Older Americans
- Osakis Dental Clinic
- Osakis Medical Clinic
- Osakis Senior Citizens Center
- Overeaters Anonymous

- Peaceful Valley/Juanita Mitchell - Hewitt
  - People's Express
  - People's Express
  - Pierz Public Schools #484
  - Pillager Country Dental – Dr. Daniel Rose
  - Planned Parenthood Alexandria HIV/STD testing
  - Prairie Community Services
  - Productive Alternatives, Inc.—Little Falls
  - Project Turnabout
  - Psych Central
  - RAAN - Rural AIDS Action Network
  - Rainbow Rider
  - Recovery Connections
  - REM (Robert E Miller)
  - Ronald McDonald House Charities - Mpls
  - Royalton Public Schools #485
  - RSVP Retired Senior Volunteer Program
  - Ruby's Pantry
  - Seasons Adult Foster Care
  - Senior LinkAge Line
  - Senior Linkage Line
  - Sexually Transmitted Disease Hotline - Mpls.
  - Sexually Transmitted Disease Hotline - National
  - Smile Again Ministries
  - Smile Center - Deenwood
  - Sober Nation
  - Social Security Administration
  - Spanish Speaking Line - National
  - SPROUT Growers and Makers Marketplace
  - St. Cloud Emergency Shelter
  - St. Gabriels Hospital
  - Staples Community Education
  - Staples High Rise
  - Staples Housing and Redevelopment Authority (HRA)
  - Staples Library
  - Staples Senior Citizens Center
  - Staples—Motley ISD #2170
  - Substance Abuse Mental Health Services Administration
  - Swanville School District #486
  - The Salvation Army
  - Todd County Council on Aging
  - Todd County Health and Human Services
  - Todd County Housing and Redevelopment Authority (HRA)
  - Todd County Senior Volunteer Transportation Program
  - Todd County Veterans Services
  - Tri-Cap Transportation
  - Tri-County Community Action
  - Tri-County Community Action
  - Tri-County Community Action
  - U.S. Department of Veterans Affairs
  - United Cerebral Palsy of Central MN
  - United Way of Morrison County
  - University of Minnesota | Extension—Food
  - Upsala ISD #487
  - Upsala Senior Citizens Center
  - Valley View Estates - Long Prairie
  - Volunteer Transportation Program
  - Wadena County Veterans Services
  - Wadena Housing and Redevelopment Authority (HRA)
  - Wadena Medical Center
  - Wadena—Deer Creek ISD #2155
  - West Central Education District
  - West View Assisted Living Apartments – Osakis
  - Women's Center of Mid-Minnesota
  - Women's Center of Mid-Minnesota
  - Workforce Center—Little Falls
  - Workforce Center—Wadena
- Existing Community Resources for Mental Well- Being**
- Alliance for the Ill/MN
  - Central MN Mental Health Center
  - Community Behavior Health
  - Crisis Line
  - Douglas County Hospital
  - Fast—Tracker
  - Finding Help—Minnesota
  - First Call for Help
  - Friendship Haven
  - Hands of Hope Resource Center
  - Karla Nornberg, LICSW
  - John Avery, LICSW
  - Lakewood Health Systems
  - Life Steps Counseling
  - Lutheran Social Services

- Mental Health Association
- Mental Health Consumer/Survivor Network of MN
- MN Mental Health Association
- Morrison County Drop in Center
- Morrison County Sheriff's Department
- Morrison County Social Services
- National Institute of Mental Health
- National Youth Crisis Hot Line
- Neighborhood Counseling Center
- New Leaf
- Northern Pines Mental Health Center
- Nystroms & Associates, LTD
- Oakridge Woodview Support Services
- Prairie St. Johns
- Safe Harbor—Crisis Stabilization Services
- SAVE
- Senior Behavioral Health Unit
- St. Cloud Hospital
- Teri Heidgerken, LICSW
- The Centre for Mental Health Solutions
- The Insight Network
- Tri-County Health Care Psychiatry
- True Balance Counseling
- Wadena County Human Services
- 24-Hour National Hopeline Network  
Document Dates



## CONCLUSION

CentraCare – Long Prairie is eager to continue work on improving the lives of those we serve and those who reside in our service area. By working collaboratively, we will have a positive impact in our community in fiscal year 2023 – 2025, with a residual impact for many years to come.

Copies of this plan can be downloaded from our website:

[www.centracare.com/about-us/community-health-needs-assessment/](http://www.centracare.com/about-us/community-health-needs-assessment/)