



# Community Health Needs Assessment

SANFORD WORTHINGTON MEDICAL CENTER – 2022-2024



Dear Community Members,

Sanford Worthington Medical Center is pleased to present the 2022 Community Health Needs Assessment (CHNA). Sanford completes a community health needs assessment every three years. It is through this work that we identify the unmet needs in the community and strategically plan how we can best address those needs. The CHNA process aligns with Sanford's mission - *Dedicated to the work of health and healing.*

During 2020-2021, members of the community were invited to complete a survey to help identify the unmet needs. Key stakeholders completed a survey to identify concerns for the community related to economic well-being, transportation, children and youth, the aging population, safety, access to services, and mental and behavioral health. Sanford analyzed the data from the primary research and met with key stakeholders to prioritize the identified needs. Our strategies to address the needs are included in this report.

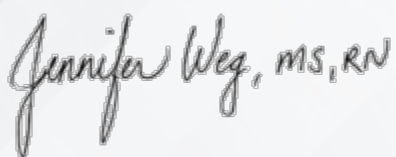
Sanford will address the following health needs in a formalized implementation strategy for the 2020-2024 fiscal years:

1. Access to providers (especially bilingual mental health and pediatric dental care)
2. Teen pregnancy

The CHNA also focused on the strengths of our community and includes the many community assets that are available to address the community health needs. We have also included an impact report from our 2018 implementation strategies.

Sanford Worthington is committed to extending care beyond our bricks and mortar. We are committed to meeting the health care needs of the broader community. Together, we can fulfill our mission.

Sincerely,

A handwritten signature in black ink that reads "Jennifer Weg, MS, RN". The signature is written in a cursive style.

Jennifer Weg  
Executive Director  
Sanford Worthington Medical Center

### Community Description

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Nestled in the southwest corner of Minnesota at the intersection of Interstate 90 and Minnesota State Highway 60, Worthington is the largest city in Nobles County with over 13,000 residents. It has a strong agricultural presence and is home to several large corporations involved in processing, shipping, bio-science research, and manufacturing. The city boasts a healthy retail sector with great shopping and over 30 restaurants.

Worthington has an excellent school system and is home to Minnesota West Community and Technical College. It is also home to Lake Okabena, bike paths, 19 city parks, soccer fields, a hockey arena, tennis courts, baseball and softball fields, a disc golf course, and an 18-hole golf course. The city partnered with the YMCA and others to build a new \$9.5 million dollar facility in Worthington, and spent many more millions to renovate and update many park and recreation structures throughout the city.

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

The community as defined for purposes of the Community Health Needs Assessment includes Nobles County, Minnesota. Demographic detail for the county is included in the appendix.

### Partners

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

#### Sanford Health

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

## **System Partners**

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

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

## **Worthington Partners**

We express our gratitude to the following community collaborative members for their participation in the community stakeholder meetings:

- Christine Bullerman, Community Program Specialist, Sanford Worthington Medical Center
- Jennifer Weg, Executive Director, Sanford Worthington Medical Center
- Terri Janssen, Director, SMOC Family Planning
- Casey Borgen, Integration Specialist, Southwestern Mental Health Center
- Maria Paez-Sievert, SNAP-Ed Educator, University of Minnesota Extension Nobles County
- Leticia Rodriguez, SNAP-Ed Educator, University of Minnesota Extension Nobles County
- Chuck Hartsfield, Chief Nursing Officer, Sanford Worthington Medical Center
- Beth Hoekstra, Director, Project Moring Star
- Mariana Gutiérrez, Clinic Director, Our Lady of Guadalupe Free Clinic
- Richard Preussler, Director of Learning Development, Sanford Health
- Sharon Johnson, Community Education, Worthington
- James Krapf, Retired Pastor, Worthington Community
- Stacie Golombiecki, Community Services Director, Worthington MN
- Elizabeth Hindbjorgen, RN Program Manager, SF Medical Center
- Ann Brandt, RN Care Manager, Worthington Clinic
- Steve E. Robinson, City Administrator, City of Worthington
- Meredith Daley, Executive Director, Worthington Area YMCA
- Reed Fricke, Clinic Director, Sanford Worthington Medical Center

## **Sanford Worthington Description**

Sanford Worthington Medical Center is a 48-bed facility located in Worthington, Minnesota, the county seat of Nobles County, and the regional economic hub for southwestern Minnesota. The medical center is the largest in the region and serves over 21,000 residents.

Sanford Worthington provides more than 50 medical services, including general and same day surgery, a 27-bed medical/surgical unit, intensive care, lab and medical imaging, women's services including digital mammography, outpatient dialysis, infusion center, home care, oncology services including chemotherapy and radiation therapy, and a 24/7 emergency department with in-house physician coverage. Acute care is also located at the medical center that provides walk-in, after hours and weekend services. Sanford Worthington Medical Center employs 24 active medical staff and 385 employees.

## **CHNA Purpose**

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The purpose of a community health needs assessment is to develop a global view of the population's health and the prevalence of disease and health issues within our community. Findings from the assessment serve as a catalyst to align expertise and develop a Community Investment/Community Benefit plan of action. There is great intrinsic value in a community health needs assessment when it serves to validate and justify not-for-profit status and create opportunity to identify and address public health issues from a broad perspective. A community health needs assessment identifies the community's strengths and areas for improvement and is vital to a Community Investment/Community Benefit Program that builds on community assets, promotes collaboration, improves community health, and promotes innovation and research.

## **Regulatory Requirements**

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Federal regulations stipulate that non-profit medical centers conduct a community health needs assessment at least once every three years and prioritize the needs for the purpose of implementation strategy development and submission in accordance with the Internal Revenue Code 501(r)(3).

The Internal Revenue Code 501(r)(3) requires that each hospital must have: (1) conducted a community health needs assessment in the applicable taxable year; (2) adopted an implementation strategy for meeting the community health needs identified in the assessment; and (3) created transparency by making the information widely available.

The regulations stipulate that each medical center take into account input from persons who represent the broad interests of the community. Hospitals are required to seek at least one state, local, tribal or regional government public health department or state Office of Rural Health with knowledge, information or expertise relevant to the health needs of the community.

Non-profit hospitals are required to seek input from members of medically underserved, low income, and minority populations in the community, or organizations serving or representing the interest of such populations, and underserved populations experiencing disparities or at risk of not receiving adequate care as a result of being uninsured or due to geographic, language or financial or other barriers.

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

Hospitals are to address each and every assessed need or explain why they are not addressing the needs. Once the needs have been identified and prioritized, hospitals are required to develop an implementation strategy to address the top needs. The strategies are reported on the IRS 990 and a status report must be provided each year on IRS form 990 Schedule H.

Finally, hospitals are to be transparent with the findings and make the written CHNA report available to anyone who asks for the report. Sanford places the CHNA reports and the implementation strategies on the Sanford website. Hospitals are required to keep three cycles of assessments on the web site. This report will be Sanford's fourth report cycle since the requirements were enacted in 2010.

Sanford extended a good faith effort to engage all of the aforementioned community representatives in the survey process. We worked closely with public health experts throughout the assessment process. Public comments and responses to the community health needs assessment and the implementation strategies are welcome on the Sanford website or contact can be made at <https://www.sanfordhealth.org/about/community-health-needs-assessment>. No community comments or questions regarding the previous CHNA have been made via the website link or email address.

## CHNA Process

Sanford Health, in coordination with public health experts, community leaders, and other health care providers within the local community and across Sanford's care delivery footprint, developed a multi-faceted assessment program designed to establish multiple pathways for health needs assessment.



## Limitations

The findings in this study provide an overall snapshot of behaviors, attitudes, and perceptions of residents living in the community. A good faith effort was made to secure input from a broad base of the community. However, gaps in individual data sources may arise when comparing certain demographic characteristics (i.e., age, gender, income, minority status) with the current population estimates. For example, these gaps may occur due to the difficulty in reaching every demographic through the survey process.

To mitigate limitations, the CHNA evaluates community health from several perspectives; a stakeholder and community survey, meetings with community leaders that have special knowledge and expertise regarding populations, secondary data sources such as the U.S. Census Bureau and County Health Rankings, public comments from previous assessments, and institutional knowledge by Sanford employees locally and across the Sanford enterprise.

## Community and Stakeholder Survey

Members of the community were asked a series of questions through an online survey designed in partnership with health experts and public health officials across the Sanford footprint to understand community needs relative to the UW Population Health model. Each respondent was asked to rate community drivers from poor to excellent. Any response other than excellent was offered a follow up opportunity to comment on the reason. Respondents were also asked a series of questions specific to their health care access, health care quality, barriers to care, travel to care, and insurance. The survey was sent to a sample of the Nobles County population secured through Qualtrics, a qualified vendor. The full set of questions is available in the appendix.

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

Survey data for the local community should be considered directional and best utilized in conjunction with additional data. A total of 162 respondents from the CHNA area completed the survey. 6,748 total respondents from across the Sanford footprint completed the survey.

## Secondary Data

County Health Rankings are based upon the UW Population Health model and serves as the main secondary data source utilized for the community health needs assessment. Alignment of the survey and secondary data within the UW Population Health model allows for greater connection of the data sets. Population data are sourced to the U.S. Census Bureau. Additional data sources may be used and are noted.

## Health Needs Identification Methodology

The Center for Social Research at North Dakota State University was retained to develop the initial community health needs list for each community and builds upon their involvement during the previous cycle. The following methodology was used to develop the significant health needs presented later in the report:

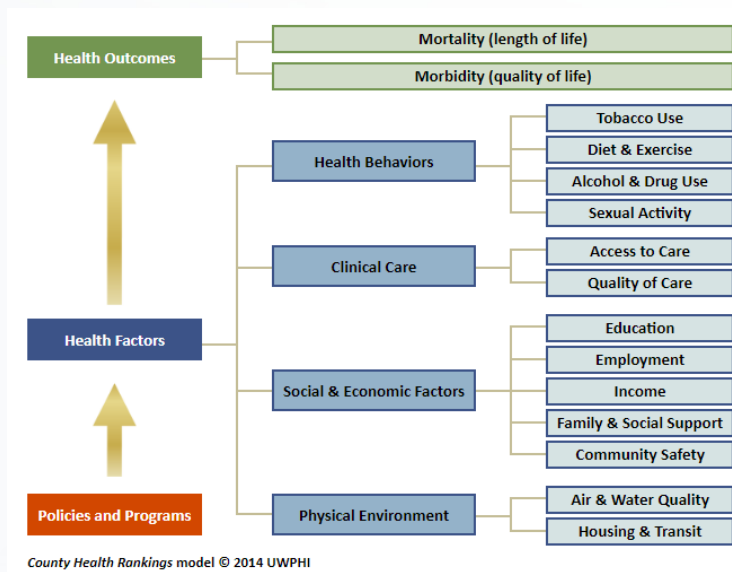
- Survey data was stratified into representative groups based upon population: large urban communities, medium sized communities, and rural communities. The three groups were analyzed separately. Worthington was included with Aberdeen, SD; Bemidji, MN; Thief River Falls, MN; and Vermillion, SD.
- To identify community health care needs, each community's score by question was compared to the average stratified composite of the comparative group. For example, if the composite stratified system-wide average score is 4 and an individual community's average response was 2.5 that would suggest an issue of concern and a potential community health care need to be highlighted in the summary findings.
- Upon determination of a potential strength or need, County Health Rankings (<https://www.countyhealthrankings.org/>) and responses from open-ended questions provided additional insights into the drivers of the respective needs.
- A similar methodology was also used to provide additional insights into findings from County Health Rankings data with relevant health needs highlighted in the survey findings.
- Health needs identified through either the survey or County Health Rankings data but not both were also included in the findings.

## Community Asset Mapping

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

## Community Stakeholder Meetings

Community stakeholders were invited to attend a presentation of the findings of the assessment. Facilitated discussion commenced and each participant was asked to consider the needs identified that should be further developed into implementation strategies. Health needs identified during the previous cycle but not raised through the survey or County Health Rankings were also considered. The meeting served to inform the group of the findings but also served as a catalyst to drive collaboration.



The facilitated discussions sought to inform on several aspects:

- What are the biggest challenges currently with these needs in the community?
- Does the community have gaps in services, access, outreach, etc.?
- Opportunities – where can we have greatest impact in addressing these needs?
- Which are most urgent in nature?
- Is there any work being done on these needs?
- What are the resources currently not utilized within the community that could address this topic?
- Which fall within the purview of healthcare system and which do not? Can the non-healthcare needs be shared with other entities or organizations?
- Is there anything you consider an urgent need that we have not discussed?

At the end of the meeting the hospital administrator proposed the specific health needs to be addressed within the implementation plan with input from community members present. Recommendations are based upon all factors, including primary and secondary data, input from the community stakeholder meeting, and scalability of current hospital programs and resources to address the identified needs efficiently and effectively. All identified needs not addressed in the implementation plan were shared with other community partners for action. Requests for survey data and other CHNA assets by public health organizations, governmental bodies, and community partners were and continue to be supported.

### **Community Definition**

Nobles County in Minnesota is included in the data analysis and represents a majority of volumes to Sanford Worthington. No population was excluded from this process.



## COMMUNITY HEALTH NEEDS ASSESSMENT FINDINGS

### Community Health Summary

CHNA respondents were asked to rate various community health issues and their personal health and wellness on the following 1 to 5 scale: 1= poor, 2= fair, 3= good, 4= very good, 5= excellent. Overall, perceptions among CHNA respondents in the Worthington area regarding the following community health issues were positive. Average scores by category were as follows:

- Health care quality (average score=3.43)
- Community safety (average score=3.67)
- Health care access (average score=3.71)

All were higher than the comparison group average. When asked about personal health, CHNA respondents in the Worthington market area reported the best overall personal health and wellness when compared to similar market areas served by Sanford Health (average score=3.39).

Despite this positive ranking, County Health Rankings (CHR) data indicate that Nobles County is among the less healthy counties in Minnesota. When compared to similar markets, the Worthington area has the highest percentage of adults reporting fair or poor health (19%) and the most physically and mentally unhealthy days per month (3.9 and 3.8 days, respectively). The following areas of concern were identified for further discussion (in no particular order).

### Significant Health Needs Identified

#### Income and Poverty

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

While CHNA respondents in the Worthington area rated their community's employment and economic opportunity concerns as good (average score=3.01), Worthington's average score was lower than the comparison group. When respondents who rated their community's employment and economic opportunities as poor or fair (27%) were asked why, common themes included limited opportunities for employment, few businesses, and lower wages for existing jobs. County Health Rankings (CHR) data indicate that while the unemployment rate in the Worthington area (3%) is the lowest among similar-sized markets served by Sanford, the area has the highest rate of children receiving free- or reduced-price lunch (60%) and one of the lowest median household incomes (\$57,300). While unemployment may be low, this suggests that the area may have an underemployment issue.

Stakeholder meeting participants noted that income and poverty were important quality of life factors, but they did not express interest in Sanford making it a priority in the implementation plan over the next three years. While it may not be a feature of the plan, community partners will continue to collaborate on the issue with Sanford taking a supportive role.

### Local Asset Mapping

<p><b>Major Employers:<sup>1</sup></b></p> <ul style="list-style-type: none"> <li>· JBS, 1700 MN-60, Worthington</li> <li>· School District 518, 1117 Marine Ave, Worthington</li> <li>· Prairie Holdings Group, 1525 Bioscience Dr, Worthington</li> <li>· Sanford Health, 1018 6th Ave, Worthington</li> <li>· Walmart, 1055 Ryan's Rd, Worthington</li> <li>· Bedford Industries, 1659 Rowe Ave, Worthington</li> <li>· Client Community Service, Inc., 826 5th Ave, Worthington</li> <li>· Nobles County, 315 10th St, Worthington</li> <li>· Highland Manufacturing, 1660 Rowe Ave, Worthington</li> </ul>	<p><b>Employment Resources:<sup>2</sup></b></p> <ul style="list-style-type: none"> <li>· CareerForce in Worthington, 318 9th St, Worthington</li> <li>· US Veterans Employment Services, 321 11th St, Worthington</li> <li>· Spartan Staffing, 1132 Oxford St #3, Worthington</li> <li>· Specialized Vocational Services, 320 10th St, Worthington</li> </ul>
<p><b>Financial Resources:</b></p> <ul style="list-style-type: none"> <li>· First State Investment Services, 433 Oxford St, Worthington</li> <li>· Gayle Siebenbruner - Ameriprise Financial Services, LLC, 1020 3rd Ave, Worthington</li> <li>· George Nasers Financial Services, 716 Oxford St, Worthington</li> <li>· Quest Wealth Management - Ameriprise Financial Services, LLC, 362 Oxford St Ste 2, Worthington</li> <li>· Henderson Financial &amp; Insurance Services, LLC, 1154 Oxford St, Worthington</li> <li>· Edward Jones - Financial Advisor: John P Standafer, 515 Humiston Ave, Worthington</li> <li>· Edward Jones - Financial Advisor: Jim Lesnar Jr, 1016 Oxford St, Worthington</li> </ul>	<p><b>Food resources:</b></p> <ul style="list-style-type: none"> <li>· Nobles Co. Community Services (food stamps/food assistance), 318 – 9th St., Worthington</li> <li>· SW MN Opportunity Council (emergency food), 1106 – 3rd Ave., Worthington</li> <li>· Worthington Christian Church Food Pantry, 1501 Douglas Ave., Worthington</li> <li>· Manna Food Pantry, 230 W. Clary St., Worthington</li> <li>· Worthington Senior Dining, 1620 Clary St., Worthington</li> <li>· Meals on Wheels (Mobile Meals of Worthington), 1047 Liberty Dr., Worthington</li> <li>· Hy Ve Grocery Store, 1235 Oxford St., Worthington</li> <li>· Fareway Grocery, 1028 Ryan's Rd., Worthington</li> <li>· Walmart Foods, 1055 Ryan's Rd., Worthington</li> <li>· Top Asian Foods grocery store, 312 – 10th St., Worthington</li> </ul>

**Access to Affordable Health Care**

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

When CHNA respondents in the Worthington area were asked about their biggest health care concerns for themselves and their family (concerns they face on a regular basis), cost and affordability issues came out on top. About 12 percent of CHNA respondents in the Worthington area indicated that they or a family member did not receive needed medical care in the past year. When asked why, the main reason given was cost and inability to pay for health care

<sup>1</sup> <http://www.ci.worthington.mn.us/community-profile>

<sup>2</sup> Google maps businesses

services (50%) followed by COVID-19 issues (33%). Adding to the difficulty in accessing care is that one in ten people in the Worthington area is uninsured (11%), which is the highest rate among similar-sized markets.

Meeting participants discussed this issue and agreed that it is important although not necessarily the most urgent priority at the moment. Community members suggested that Sanford Worthington might work with other community partners to increase overall awareness and assist people with finding affordable coverage options.

<b>Local Asset Mapping</b>	
<p><b>Health Insurance resources:</b></p> <ul style="list-style-type: none"> <li>• MNSure - mnsure.org</li> <li>• Sanford Health Plan, 300 N. Cherapa Pl., Sioux Falls</li> <li>• Medicare, 507 Jewett St., Marshall</li> <li>• Medicaid, 318 – 9th St., Worth.</li> <li>• Demuth Agency, 1234 Oxford St., Worthington</li> <li>• Nickel &amp; Assoc., 1709 N. Humiston, Worthington</li> <li>• Blue Cross Blue Shield, 710 – 10th St., Worthington</li> <li>• Health Insurance Services, 515 S. Shore Dr., Worthington</li> <li>• United Prairie Ins., 905 McMillan St., Worthington</li> </ul>	<p><b>Health Care resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Clinic, 160 Diagonal Rd., Worthington</li> <li>• Avera Clinic, 1216 Ryan’s Rd., Worthington</li> <li>• Public Health, 315 – 10th St., Worthington</li> <li>• Open Door Health Center mobile unit (federally qualified health clinic), 309 Holly Ln, Mankato (serves Worthington)</li> <li>• Gravon’s Natural Chiropractic Center, 1024 Oxford St., Worth.</li> <li>• Healing Point Acupuncture, 1118 Oxford St., Worthington</li> <li>• Our Lady of Guadalupe (free clinic), 1820 Oxford St., Worth.</li> <li>• Prairie Rehab &amp; Fitness, 315 Oxford St., Worthington</li> </ul>
<p><b>Prescription Assistance programs:</b></p> <ul style="list-style-type: none"> <li>• CancerCare co-payment assistance, 800-813-4673</li> <li>• Freedrugcard.us</li> <li>• Rxfreecard.com</li> <li>• Medsavercard.com</li> <li>• Yourrxcard.com</li> <li>• Medicationdiscountcard.com</li> <li>• Needymeds.org/drugcard</li> <li>• Caprxprogram.org</li> <li>• Gooddaysfromcdf.org</li> <li>• NORD Patient Assistance Program, rarediseases.org</li> <li>• Patient Access Network Foundation – panfoundation.org</li> <li>• Pfizer RC Pathways, pfizerRXpathways.com</li> <li>• RXHope.com</li> </ul>	<p><b>Employment Resources:</b></p> <ul style="list-style-type: none"> <li>• CareerForce in Worthington, 318 9th St, Worthington</li> <li>• US Veterans Employment Services, 321 11th St, Worthington</li> <li>• Spartan Staffing, 1132 Oxford St #3, Worthington</li> <li>• Specialized Vocational Services, 320 10th St, Worthington</li> </ul> <p><b>Major Employers:</b></p> <ul style="list-style-type: none"> <li>• JBS, 1700 MN-60, Worthington</li> <li>• School District 518, 1117 Marine Ave, Worthington</li> <li>• Prairie Holdings Group, 1525 Bioscience Dr, Worthington</li> <li>• Sanford Health, 1018 6th Ave, Worthington</li> <li>• Walmart, 1055 Ryan's Rd, Worthington</li> <li>• Bedford Industries, 1659 Rowe Ave, Worthington</li> <li>• Client Community Service, Inc., 826 5th Ave, Worthington</li> <li>• Nobles County, 315 10th St, Worthington</li> <li>• Highland Manufacturing, 1660 Rowe Ave, Worthington</li> </ul>

**Access to Health Care Providers**

When CHNA respondents in Worthington were asked about the most important health care issues impacting their community, access to health care services and providers came out on top, followed by COVID-19 concerns. Emphasizing this concern is that nearly three-fourths of CHNA respondents in the Worthington area reported traveling outside of their community to receive health care services in the past three years (71%). When asked why, most respondents who traveled outside their community for care indicated that the needed services were not available locally. When asked which services they would like to see offered or improved, more than half said behavioral and mental health care services (57%) followed by addiction treatment (33%).

There was a broad consensus in the stakeholder meeting that access to healthcare providers is a top health priority of the community and an area where Sanford health could have a meaningful impact. It is difficult to drive to receive specialty care especially in the winter when there are hazardous driving conditions. The specific healthcare needs that are not being addressed in the community according to stakeholders are mental/behavioral health needs and pediatric dental care. Stakeholders discussed restarting/continuing their work from the previous CHNA on improving access to pediatric dental care as it was interrupted due to COVID. There were also ideas surrounding providing adequate mental health services that fit the community. One such idea is increasing use of telehealth services.

<b>Local Asset Mapping</b>	
<p><b>Health Care resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Clinic, 160 Diagonal Rd., Worthington</li> <li>• Avera Clinic, 1216 Ryan’s Rd., Worthington</li> <li>• Public Health, 315 – 10th St., Worthington</li> <li>• Open Door Health Center mobile unit (federally qualified health clinic), 309 Holly Ln, Mankato (serves Worthington)</li> <li>• Gravon’s Natural Chiropractic Center, 1024 Oxford St., Worthington.</li> <li>• Our Lady of Guadalupe (free clinic), 1820 Oxford St., Worthington</li> <li>• Prairie Rehab &amp; Fitness, 315 Oxford St., Worthington</li> </ul>	<p><b>Substance Abuse resources:</b></p> <ul style="list-style-type: none"> <li>• Avera, 1216 Ryan’s Road, Worth.</li> <li>• New Beginnings, 1680 Airport Rd., Worthington</li> <li>• NA meetings (several locations)</li> <li>• NA Life After Recovery, 1530 Airport Rd. N., Worthington</li> <li>• AA, 96 – 12th St. E., Worthington</li> <li>• Celebrate Recovery, 1000 Linda Lane, Worthington</li> <li>• Agape Counseling Center, 305 – 5th St., Windom</li> <li>• Project Morning Star – P O Box 1050, Worthington</li> </ul>
<p><b>Mental Health resources:</b></p> <ul style="list-style-type: none"> <li>• SW Mental Health Center, 1210 – 5th Avenue, Worthington</li> <li>• Catholic Charities, 1234 Oxford St., Worthington</li> <li>• Avera Counseling, 1216 Ryan’s Road, Worthington</li> <li>• Southwest Crisis Center, 320 S. Lake St., Worthington</li> </ul>	<p><b>Dental resources:</b></p> <ul style="list-style-type: none"> <li>• Family Dentistry, 1029 3<sup>rd</sup> Ave #1, Worthington</li> <li>• Apple White Dental, 1027 2<sup>nd</sup> Ave, Worthington</li> <li>• Friendly Dental, 1316 McMillan Street, Worthington</li> <li>• Adrian Family Dental, 113 Maine Ave, Adrian</li> </ul>

**Physical Activity and Nutrition**

The environments where people live, learn, work, and play affect access to healthy food and opportunities for physical activity which, along with genetic factors and personal choices, shape the health and the risk of being overweight and obese.

While CHNA respondents rated access to healthy foods and exercise opportunities as good (average scores=3.55 and 3.58, respectively), the scores for Worthington were lower than the average for the comparison group. CHNA respondents added that while there have been efforts

to increase access to fresh produce through various market events, these can be expensive and are only available a few months per year. Regarding exercise opportunities, CHNA respondents indicated that indoor and outdoor options are limited, and facilities that exist can be expensive. County Health Rankings (CHR) data indicate that when compared to the average for similar markets, households in the Worthington area have the highest rate of diabetes (12%) and obesity (34%) and higher than average rates of physical inactivity (26%) as well as limited access to food (9%).

Physical activity and nutrition in the community were discussed during the stakeholder meeting. Participants were in agreement that there are already good resources in this regard, but awareness may be an issue. The stakeholders think that Sanford could help other partners to bring attention to the resources already available to the community.

<b>Local Asset Mapping</b>	
<p><b>Fitness Resources:</b></p> <ul style="list-style-type: none"> <li>• Anytime Fitness, 1151 Ryan's Rd, Worthington</li> <li>• YMCA, 1501 College Way, Worthington</li> <li>• Empowered Fitness, 213 10th St, Worthington</li> <li>• GreatLIFE Golf &amp; Fitness Club, 851 W Oxford St, Worthington</li> </ul>	<p><b>Nutritional Resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Health, 1018 6th Ave, Worthington</li> <li>• Profile by Sanford, 426 10th St, Worthington</li> <li>• Herbalife Vida Saludable, 210 10th St, Worthington</li> <li>• Weigh 2 Go Weight Loss Center-Ideal Protein, 1118 Oxford St, Worthington</li> <li>• Sanford Clinic, 160 Diagonal Rd., Worthington</li> <li>• WIC/Public Health, 315 – 10th St., Worthington</li> </ul>
<p><b>Obesity resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford WebMD Fit Kids program - fit.webmd.com</li> <li>• Sanford dieticians, 1680 Diagonal Rd., Worthington</li> <li>• Avera Clinic dieticians, 1216 Ryan's Rd., Worthington</li> <li>• Open Door Health Center mobile unit, 309 Holly Lane, Mankato (serves Worthington)</li> <li>• Farmers Market, ACE Hardware parking lot, Worthington</li> <li>• 10 Acres Flat CSA, Jackson, MN 507-841-1920</li> <li>• Nobles Co. Extension nutrition classes, 315 – 10th St., Worthington</li> <li>• Worthington YMCA, 1501 College Way, Worthington</li> <li>• Park District activities, 303 – 9th St., Worthington</li> </ul>	<p><b>Obesity Resources Cont.:</b></p> <ul style="list-style-type: none"> <li>• GreatLIFE, 851 W. Oxford St., Worth.</li> <li>• Swimming (Aquatics Center), 1501 College Way, Worthington</li> <li>• Parks &amp; Playgrounds:               <ul style="list-style-type: none"> <li>o Centennial Park</li> <li>o Church Park, Okabena St.</li> <li>o Ehlers Park, S. Shore Dr.</li> <li>o Ludlow Park, 1102 S. Shore Drive</li> <li>o Millard Walker Park</li> <li>o Olson Park, 951 N. Crailsheim Drive</li> <li>o Bristol Park, Bristol St.</li> <li>o Kelly Park, 1795 Diagonal Rd.</li> <li>o Sportsman Co. Park, 28587 Read Ave.</li> </ul> </li> </ul>

### **Child Care Quality**

Participation in high-quality early childhood care and education programs can have positive effects on children’s cognitive, language, and social development, particularly among children at risk for poor outcomes<sup>3</sup>. CHNA respondents in the Worthington area rated the quality of child care, day care, and preschool services as less than good (average score=2.82), and the score was the lowest when compared to similar markets. When asked why they rated child care as they did, respondents indicated they were mostly concerned with limited access and a lack of options to meet the needs of families.

During the stakeholder meeting when child care was discussed it turned toward pediatric dental care much like the conversation about access to health care providers. In addition, it was brought up that the child care issues facing the community are also related to the area’s teen pregnancy issues.

<b>Local Asset Mapping</b>	
<p><b>Child Care resources:</b></p> <ul style="list-style-type: none"> <li>• Sunny Days, 1645 S. Shore Dr., Worthington</li> <li>• We Care, 1200 – 4th Ave., Worthington</li> <li>• Hi-Ho Preschool, 1770 Eleanor St., Worthington</li> <li>• Kids-R-It Child Care, 1118 Johnson Ave., Worthington</li> <li>• Head Start, 201 – 11th St., Worthington</li> <li>• Child Care Resource &amp; Referral, 1106 – 3rd Ave., Worthington</li> <li>• Help Me Grow, 1700 – 1st Ave. SW, Worthington</li> </ul>	<p><b>Activities for children &amp; youth (outside of school &amp; sports activities):</b></p> <ul style="list-style-type: none"> <li>• Worthington Area Learning Center, 117 – 11th Ave., Worth.</li> <li>• 4-H, Nobles Co. Extension Office, 315 – 10th St., Worthington</li> <li>• Boy Scouts Troop 134, Chatauqua Park Scout Cabin, Lake Avenue, Worthington</li> <li>• Girl Scouts, 315 – 10th St., Worth.</li> <li>• Public Library programs, 407 – 12th St., Worthington</li> <li style="padding-left: 40px;">Various Faith-Based youth opportunities</li> </ul>
<p><b>Bullying resources:</b></p> <ul style="list-style-type: none"> <li>• Nobles Co. Sheriff, 1530 Airport Rd., Worthington</li> <li>• Worthington Police, 1530 Airport Rd., Worthington</li> <li>• School Counselors, 1117 Marine Ave., Worthington</li> </ul>	<p><b>Services for at-risk youth:</b></p> <ul style="list-style-type: none"> <li>• SW Mental Health Center, 1210 – 5th Ave., Worthington</li> <li>• Southwest Crisis Center, 320 S. Lake Street, Worthington</li> <li>• Catholic Charities, 1234 Oxford St., Worthington</li> </ul>

### **Long-Term Care**

Safe, quality, affordable housing is fundamental to a healthy life. Healthy homes can improve lives and provide a foundation of health for individuals and families, but unhealthy homes can just as easily undermine quality of life and even cause poor or substandard health. A decent home is paramount to healthy aging<sup>4</sup>.

CHNA respondents in the Worthington area rated the quality of long-term care, nursing homes, and senior housing as less than good (average score=2.74), and the average score was the lowest when compared to similar markets. When asked why they rated long-term care as they did, respondents indicated they were mostly concerned with the quality of existing long-term care followed by a lack of affordable options.

<sup>3</sup> Child Trends, Early Childhood. Available at <https://www.childtrends.org/research-topic/early-childhood>

<sup>4</sup> The Urban Institute, Urban Wire: Aging. Available at <https://www.urban.org/urban-wire/topic/aging>

When CHNA survey respondents in the Worthington area were asked about what health care services they would like to see offered or improved in their community, long-term care was the third highest response (27%), behind behavioral and mental health services (57%) and addiction treatment (33%). While important, the stakeholder meeting discussion ultimately led to a decision not to prioritize long-term care in the next implementation plan. However, Sanford will share assessment information with local partners.

<b>Local Asset Mapping</b>	
<p><b>Long Term Care resources:</b></p> <ul style="list-style-type: none"> <li>· Crossroads Care Center, 965 McMillan St., Worthington</li> <li>· South Shore Care Center, 1307 S. Shore Dr., Worthington</li> <li>· Ecumen Meadows, 1801 College Way, Worthington</li> <li>· Living Life Adult Day Care, 500 Stower Dr., Worthington</li> </ul>	<p><b>Housing with Services/Assisted Living:</b></p> <ul style="list-style-type: none"> <li>· Golden Horizons, 1790 College Way, Worthington</li> <li>· Prairie House, 111 – 7th Ave., Worthington</li> <li>· Ecumen Meadows, 1801 College Way, Worthington</li> <li>· Homestead, 1150 n. Crailsheim Rd., Worthington</li> </ul>
<p><b>Memory Care resources:</b></p> <ul style="list-style-type: none"> <li>· Crossroads Care Center, 965 McMillan St., Worthington</li> <li>· South Shore Care Center, 1307 S. Shore Dr., Worthington</li> <li>· Ecumen Meadows, 1801 College Way, Worthington</li> <li>· Alzheimer’s Association – Alz.org</li> <li>· Memory Loss Caregiver Support Group, 1018 – 6th Ave., Worthington</li> </ul>	<p><b>In-Home Services resources:</b></p> <ul style="list-style-type: none"> <li>· Sanford Worthington Home Care, 1018 – 6th Ave., Worth.</li> <li>· Sanford Hospice, 1950 – 1st Ave., Worthington</li> <li>· Sanford Sunset Cottage, 1935 Woodland Ct., Worthington</li> <li>· Compassionate Care Hospice, 31361 State Hwy. 266, Worth.</li> <li>· Sanford Home Medical Eqmt., 1151 Ryan’s Rd., Worthington</li> <li>· Lifeline – 800-380-3111</li> <li>· Life Aid (telephone reassurance), 511 – 10th St., Worthington</li> <li>· A.C.E. (telephone reassurance), 315 – 10th St., Worthington</li> <li>· LSS Senior Companion Program, 888-205-3770</li> <li>· International Quality Homecare, 1607 N. McMillan, Worthington</li> <li>· Sterling Drug (home medical supplies), 511 – 10th St., Worth.</li> </ul>

**Affordable Housing**

There is a strong and growing evidence base linking stable and affordable housing to health. As housing costs have outpaced local incomes, households not only struggle to acquire and maintain adequate shelter, but also face difficult trade-offs in meeting other basic needs. When the majority of a paycheck goes toward the rent or mortgage, it can be difficult to afford doctor visits, healthy foods, utility bills, and reliable transportation to work or school. This can, in turn, lead to increased stress levels and emotional strain.

CHNA respondents in the Worthington area rated the availability of affordable housing in their community as less than good (average score=2.54). When asked to explain their rating, CHNA respondents suggested that housing is limited overall for families with lower incomes in the Worthington area and that rentals specifically are considered overpriced. There were also concerns about the quality of units that are accessible to lower-income families and individuals.

CHR data support this concern, indicating that when compared to similar markets served by Sanford Health, the Worthington area has the highest percentage (15%) of households with severe housing problems (i.e., lacking kitchen, lacking plumbing, overcrowded). Also, 11 percent of households spend at least 50% of household income on housing costs.

At the stakeholder meeting community members addressed this issue and said they are aware there is a housing problem in the area and are willing to work collaboratively to address some of the issues.

<b>Local Asset Mapping</b>	
<p><b>Subsidized Housing:</b></p> <ul style="list-style-type: none"> <li>• Atrium High Rise, 819 10th St., Worthington</li> <li>• Buffalo Ridge Apts., 2011 Nobles St., Worthington</li> <li>• Castlewood Apts., w169 Cecilee St., Worthington</li> <li>• Nobles Sq. Apts., 2175 Nobles St., Worthington</li> <li>• Sunshine Apts., 1620 Clary St., Worthington</li> <li>• Viking Apts., 1440 Burlington Ave., Worthington</li> <li>• Willow Court Town Homes, 1545-1627 Darling Dr., Worth.</li> <li>• Ridgewood, 1381 Knollwood Dr., Worthington</li> <li>• ASI Worthington, 2011 Nobles St., Worthington</li> <li>• Windsor Apts., 1213 – 6th Ave., Worthington</li> <li>• Okabena Towers, 212 – 12th St., Worthington</li> <li>• Homestead Co-op, 1150 N. Crailsheim Rd., Worthington</li> <li>• Meadows, The, 1801 Collegeway, Worthington</li> </ul>	<p><b>Housing resources:</b></p> <ul style="list-style-type: none"> <li>• Worthington Housing Authority, 819 – 10th St., Worthington</li> <li>• USDA Rural Development, 1567 McMillan St., Worthington</li> <li>• RE/MAX Premier Realty, 1626 Oxford St, Worthington</li> <li>• Johnson Builders &amp; Realty, 1114 Oxford St, Worthington</li> </ul>

**Public Transportation**

Transportation systems help ensure that people can reach everyday destinations, such as jobs, schools, healthy food outlets, and healthcare facilities, safely and reliably. Public transportation services play an important role for people who are unable to drive, people without access to personal vehicles, children, individuals with disabilities, and older adults<sup>5</sup>.

CHNA respondents in the Worthington area rated community access to daily transportation as less than good (average score=2.36). When asked to explain their rating, some CHNA respondents were unaware if any public transportation options existed in their community. Others cited limited or no publicly available transportation options, or options with limited hours available.

Some of the community stakeholders had concerns about public transportation as well. The clinic director informed the group that there are many appointment no shows because the patient couldn't get a ride. The city bus goes to the hospital on its route and the city manager is looking into whether other stops are needed.

<sup>5</sup> Centers for Disease Control and Prevention, Office of the Associate Director for Policy and Strategy, Population Health and Healthcare Office. Available at <https://www.cdc.gov/policy/hst/hi5/publictransportation/index.html>.



### Local Asset Mapping

<p><b>Transportation resources:</b></p> <ul style="list-style-type: none"> <li>· SW MN Opportunity Council, 1106 – 3rd Ave., Worthington</li> <li>· Public Safety Dept., 1530 Airport Rd., Worthington</li> <li>· Prairieland Transit System, 1106 – 3rd Ave., Worthington</li> <li>· Medi-Van, 103 Lake St., Worth.</li> <li>· Medi-Van, 1111 3rd Ave., Worth.</li> <li>· Peoples Express, 15578 Shady Acres Dr, Wadena (serves Worth)</li> </ul>	<p><b>Transportation Cont.:</b></p> <ul style="list-style-type: none"> <li>· Taxi Service, 322 10th Ave., Worthington</li> <li>· Blue Ride – 866-340-8648 · Buffalo Ridge, 507-283-5058</li> <li>· Nobles Co. Heartland Express, 1106 – 3rd Ave., Worthington</li> <li>· Medica Transportation - 800- 601-1805</li> <li>· Love, Inc. – 507-727-7291</li> <li>· People’s Express, 800-450-0123</li> <li>· U Care Rides – 800-203-7225</li> <li>· Western Community Action – 507-537-1416</li> </ul>
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### **Teen Pregnancy**

Teen pregnancy results in substantial social, economic, and health costs through immediate and long-term impacts on teen parents and their children. Studies show that the children of teenage mothers are more likely to have lower school achievement and to drop out of high school, have more health problems, be incarcerated at some time during adolescence, and face unemployment as a young adult, than children born to older mothers<sup>6</sup>.

Current CHR data indicate that the Worthington area has the highest rate of teen births (44 per 1,000 teenage girls) when compared to similar markets served by Sanford Health – and one of the highest rates in Minnesota. That said, the teen birth rate is lower than it was ten years ago (54 per 1,000 teenage girls according to the 2011 CHR) so the trend is moving in a positive direction.

During the stakeholder meeting teen pregnancy was a clear area of priority. The community has already made great progress in reducing the incidence over the last ten years and that work should continue as a priority of Sanford Health in the future. In the meeting it was discussed that teen pregnancy is a root cause of other problems facing the community, like child care, affordable housing, employment, etc. Therefore addressing it would have a positive effect on other social determinants of health. Community members discussed the possibility of Sanford Health, the school, and other stakeholders to address teen pregnancy, both individually and collaboratively.

### Local Asset Mapping

<p><b>Teen Pregnancy resources:</b></p> <ul style="list-style-type: none"> <li>· Sanford Clinic, 1680 Diagonal Rd., Worthington</li> <li>· Avera Clinic, 1216 Ryan’s Rd., Worthington</li> <li>· Public Health, 315 – 10th St., Worthington</li> <li>· Open Door Health Center mobile unit, 309 Holly Lane, Mankato (serves Worthington)</li> <li>· Catholic Charities, 1234 Oxford St., Worthington</li> <li>· Helping Hand Pregnancy Center, 910 – 3rd Ave., Worthington</li> </ul>
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<sup>6</sup> Centers for Disease Control and Prevention, Division of Reproductive Health, National Center for Chronic Disease Prevention and Health Promotion. Available at <https://www.cdc.gov/teenpregnancy/index.htm>

### Sanford Area of Focus

The health needs noted above were brought forward as topics of discussion at the local stakeholder meeting, which brought together a range of community leaders with knowledge of medically underserved, low income, or minority populations. Members of the local public health agency and Sanford Health were also present. A list of attendees is included in the introduction.

Stakeholders discussed the health needs, potential root causes, and also provided insight for their local populations and community resources. Participants were also encouraged to suggest additional needs that may not have been raised during the research process; none were brought forward. Access to providers (bilingual mental health and pediatric dental care) and teen pregnancy were selected as the areas of focus for the implementation plan.

## IMPLEMENTATION PLAN

### **Priority 1: Access to providers (bilingual mental health and pediatric dental care)**

Sanford Health will positively impact access by serving as primary care providers to thousands of local residents, assessing needs, providing education, and supporting specialty referrals. The RN Care Manager, Community Health Workers, and Integrated Health Therapists assist with immediate needs and referrals to appropriate resources.

#### **Current activities**

- Recently hired a bilingual Spanish CHW who can help fill gaps in completion of the mental health assessment and appropriate referral to mental health services.
- Have already posted for the IHT position.

#### **Projected Impact**

Upon completion of the action plan, more area residents will have access to providers of bilingual mental health and pediatric dental care.

### **Goal 1: Increase screening of mental health and referral sources for mental health support.**

<b>Actions/Tactics</b>	<b>Measurable Outcomes &amp; Timeline</b>	<b>Resources to be committed</b>	<b>Leadership</b>	<b>Community partnerships &amp; collaborations (if applicable)</b>
Recruit an integrated health therapist to our clinical staff.	By 1/1/2022	Talent Advisor Local Recruitment	Clinic	
Bilingual Spanish Community Health Worker will assess mental health status with appropriate patients and be a trusted resource referral to mental health services.	CHW will review mental health status with each patient at least once during CHW intervention.	GAD2, PHQ2, and trauma assessment tools	CHW Clinical Supervisor	
Improve patient completion rate of appropriate mental health screening in ambulatory setting through staff workflow improvements.	- CMS quality goal for depression screening is 95%. -Currently at 26% as of 1/1/21.	GAD2, PHQ2, and trauma assessment tools	Clinic	
Increase access to mental health telemed services, by recruiting additional telehealth licensed and credentialed providers to serve Sanford Worthington patients.	Add at least one more provider by 1/2022, increased telemedicine appointments	HR	- Clinic Director - Clinical Supervisor	

**Goal 2: Increase access to pediatric dental care for at-risk patients.**

Actions/Tactics	Measurable Outcomes & Timeline	Resources to be committed	Leadership	Community partnerships & collaborations (if applicable)
Complete a proforma for a Dental Therapist in the clinic setting.	2022		Clinic Director	
-Educate clinical staff on local dental disparities and share local data. -Collaborate to determine local strategy to assist patients in greatest need.	Share data bi-annually with staff		- Clinical Supervisor - Community Program Specialist	- MDH Dental Coordinators - Local Public Health
Explore opportunity for partnership with higher education and dental programs to complete a rotation of dental service practice in ambulatory setting.	By end of 2024		- Community Program Specialist - Clinic Director - Medical Center Executive Director	- Local Public Health - Local Dental Providers - Pediatric Providers

**Priority 2: Teen Pregnancy**

Sanford Worthington will prioritize teen pregnancy in effort to continue the positive downward trajectory in the teen pregnancy rate for the area.

**Current Activities**

- Sanford Worthington supports donations to Helping Hands Pregnancy Center's Annual Fundraising Event.
- Sanford providers, RN Care Managers, Community Health Workers, and Integrated Health Therapists assist with immediate needs and referrals to appropriate resources.

**Projected Impact:** the community will benefit from strong local partnerships through Sanford's focus on this issue. Family Practice and Pediatric providers will provide patient education, recommend and support specialty referrals.

**Goal 1: Increase linkages between teen pregnancy prevention programs and community-based clinical services.**

Actions/Tactics	Measurable Outcomes & Timeline	Resources to be committed	Leadership	Community partnerships & collaborations (if applicable)
Increase referrals to evidence-based programs in the community that address teen pregnancy	Track referrals annually		<ul style="list-style-type: none"> <li>- Clinic Director</li> <li>- Clinical Supervisor</li> <li>- Community Program Specialist</li> <li>- OB/Gyn</li> </ul>	SMOC Family Planning
Collaborate with community partners to determine collective strategy to educate about teen pregnancy.	2022, decrease total teen pregnancies, total participants		SMOC Family Planning	Previous dental taskforce membership

**Needs Not Addressed**

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

Income and Poverty: Income and poverty is not included in the Implementation Plan as the stakeholder group determined it to be a lower priority compared to others for purposes of the Community Health Needs Assessment process. Sanford Worthington leadership will share the results of the CHNA research with the members of the Sanford Patient and Family Advisory Council whom represent many community-based organizations and community members reflecting the service area population. Results of the CHNA will also be shared with leaders of the City of Worthington, Worthington Area Healthcare Foundation, and Southwest Minnesota Opportunity Council. Sanford Worthington will continue to support economic development efforts within the community

Public Transportation: The stakeholder group did not include public transportation in the Implementation Plan as other organizations, including those listed in the asset map, are addressing the need. Sanford Worthington case managers and social workers work with individual patients as needed if transportation is a barrier to care. Sanford will also share survey information with local partners and assist where possible in increasing awareness of available resources. There will be recommendation for a city bus stop that includes the clinic and hospital to accommodate access to healthcare.

Affordable Housing: Affordable housing is not included in the Implementation Plan as the stakeholder group determined that other organizations, including those listed in the asset map are addressing the need. The need was also identified as a lower priority compared to other areas for purposes of the Community Health Needs Assessment process. Survey information will be shared with local partners and assist where possible in increasing awareness of available resources.

Access to Affordable Health Care: Access to affordable health care is not included in the Implementation Plan as the stakeholder group determined it to be a lower priority compared to others for purposes of the Community Health Needs Assessment process. Survey information will be shared with community partners and support efforts to increase awareness of insurance options. Sanford is addressing the need through a number of efforts, including, but not limited to, offering a financial assistance program to eligible patients. We work with both Sanford Health Plan representatives and local insurance agents to give patients information on insurance products and services. Sanford also educates and assists eligible patients in the enrollment process for government or private insurance products.

Physical Activity and Nutrition: This need is not included in the Implementation Plan as the stakeholder group deemed it to be a lower priority for purposes of the CHNA process. Sanford Worthington will share survey information with local partners and assist where possible in increasing awareness of available resources. Sanford has been addressing this need through several programs and included wellness as one of the priorities in the 2019-2021 CHNA Implementation Plan. A description of the work completed through the 2018 CHNA is included below and those efforts, such as the Living Well with Diabetes program, will continue.

Childcare Quality: Childcare quality is not directly included in the Implementation Plan as members of the stakeholder group indicated it to be less of a priority for purposes of the CHNA and the recognition that other organization have the competencies to address the need more effectively. While Sanford does not directly engage in offering childcare, the team is addressing the need through focused efforts on pediatric dentistry and teen pregnancy as ancillary but related issues.

Long-Term Care: Long-term care is not included in the Implementation Plan as the stakeholder group deemed it to be a lower priority for purposes of the CHNA process Sanford Worthington will share survey information with local partners and assist where possible in increasing awareness of available resources. Sanford does not operate long-term care facilities locally but does have resources that address the need for senior care. Sanford Worthington offers home care services locally, and, should the need arise, hospice services at Sunset Cottage.

## EVALUATION OF 2019-2021 CHNA

### **Goal 1: Healthcare Access**

The Nobles County Oral Health Taskforce—a joint task force with community stakeholders—kicked off in late 2019. Stakeholders came together to hear relevant data around dental health issues and identify potential solutions to local dental challenges. Stakeholders were also invited to continue to participate in the official taskforce as a long-term member.

In the second meeting the group completed a prioritization process called the “Results-Based Accountability Strategy” In which each strategies and solutions were offered and stakeholders ranked based on 4 criteria: Leverage, Feasibility, Specificity, and Values.

From this process, local dental solutions were identified that were realistic and attainable. The following strategies were selected:

- Develop a standardized culturally appropriate education kit to be utilized across all dental access points in Nobles County where children are served.
- Increase awareness, skills and knowledge of the importance of oral health to overall health and well-being through culturally appropriate trainings.

- Convene key community partners to create a group to support this priority concern, identify resource needs, help with oral health service coordination, advocate for prevention programs, and funding to support and sustain community driven interventions for improved oral health among youth in Nobles County.
- Develop health systems interventions to provide education and coordination of quality dental services for the vulnerable youth in Nobles County.

An action plan was created and a follow-up meeting was scheduled for March, but focus quickly shifted to COVID-19, and the meeting had to be canceled. The year 2020 went from COVID testing and treatment to arrival of the vaccine in December. The dental taskforce has not yet reconvened, but remains a priority for our community.

In May 2020, Sanford Worthington initiated a Community Advisory Council. The council had a heavy COVID-19 focus to start, but the council does have three subgroups; including long-term health goals and sustainability efforts around health for our community and support for local dental work. Efforts were made by the local CAP agency, SMOC, to secure funding that would allow the Children's Dental Service (CDS) of Minnesota to continue to come to Worthington on a monthly basis in 2021. They are able to schedule appointments for many dental services, regardless of income or insurance status and most pay little to nothing for the service. Grants awarded by SWIF and the local healthcare foundation will fund CDS for the next year.

The healthcare access goal also focused on the use of the emergency department for primary care by reducing recidivism among patients. Sanford Worthington has been participating with Sanford Enterprise Value Improvement Program, Sanford Health Population Health leaders, and JBS to create an impact on decreasing the use of the emergency room among a large population of residents for Nobles County. JBS is a local business for which Sanford Worthington Medical Center is their employees preferred provider and narrow network insurance plan for approximately 4000 employees and family members. In 2019 metrics were established regarding the rate of ED usage per 1000 health plan members for the JBS narrow network participants. These metrics have been established as a shared goal with JBS and Sanford Worthington. We developed a Care Management group locally which consisted of our Clinic RN Care Manager, Hospital Discharge Planner, Quality Manager and Director of Nursing and Clinical Services. This group meets monthly to review and develop strategies to impact this concern in our community including:

- Clinic RN Care manager receives ED Discharge data daily through a system report. This report is reviewed daily to identify individuals showing trends for increased ED usage for non-emergent concerns. These individuals are contacted for follow-up to assess barriers or social determinant of health that may cause overuse of the ED. The individuals are invited to participate in an integrative care plan to assist with their health care access and health care needs. 12 longitudinal care plans were completed by the Clinic RN Care Manager for patients with complex social and medical needs for improvement of health access and health management
- Sanford Worthington has begun to examine the impact of emergency recidivism locally to prepare a proposal for additional Social Services care management resources within the hospital setting that would allow for better collaboration for with the Clinic RN Care Manager
- Sanford Health has begun collaboration with a telehealth crisis intervention service to complement local crisis intervention services within the community to provide early intervention for individuals presenting with mental health concerns in the ED.
- Additional telehealth mental health practitioners have been credentialed through this mental health collaboration pilot to allow increased access for our patients with mental health medication maintenance needs.

## Goal 2: Wellness

Sanford Worthington seeks to advance Lung Cancer screening service and promotion. In 2019, Sanford Worthington invested in and installed a new CT scanner that will provide up-to-date technology for a platform to offer a lung cancer screening program for the community. The Sanford Worthington team met early in 2020 to plan for launching a screening program. A contract with American College of Radiology was drafted and had to move through the legal process, but COVID response intervened before there was a chance to finalize. The program has not started, but the intention is to re-initiate by 3rd quarter of 2021. Sanford Worthington continues to offer the Radiation Oncology service line with a multi-million dollar reinvestment to replace the linear accelerator completed in October 2020. The outcome is increased local access to curative radiation therapy due to upgraded equipment.

The second part of the initiative was built around a goal to collaborate with a large community employer to assess and evaluate disease prevention measure outcomes among health plan benefit members. Sanford Health collaborated with Sanford Health Plan population health team to develop member specific health screening metrics specific to a population in the community at risk for health disparities. Additionally, Sanford Worthington Clinic focused on colorectal screening access in 2019. This effort resulted in increased colorectal screening completed from 68% of eligible to 73% of eligible population within our clinic.

In 2019, Sanford Worthington completed 204 heart screens and 158 vascular screens. COVID-19 resulted in discontinued screening service for four months in 2020. Despite the pause the team was able to do almost the same amount of heart screens and a few more vascular screens by the year end with 199 Heart Screens and 160 vascular screens

The number of colonoscopies was down in 2020, therefore we need to make up for those in 2021. Budgeted for 490 but ended with only 281 completed due to COVID-19 impact. The plan to budget for 490 again in 2021.

At the end of 2019, seven local bilingual leaders were trained to teach the Living Well with Diabetes and Chronic Conditions classes, but no leaders were able to teach a class in 2020. COVID was too impactful for each of their personal and professional roles. At the end of 2020, two classes are scheduled for early 2021. Meetings with Worthington primary care physicians took place to educate them about the program and teach them how to make an EPIC referral. So far, the Worthington physicians have submitted the most referrals of any other Sanford facility in the network, except for Sioux Falls.

## CONTACT INFORMATION

The Community Health Needs Assessment, Implementation Plan, and survey data are available online at <https://www.sanfordhealth.org/about/community-health-needs-assessment>. The website includes current and historical reports. Anyone wishing to receive a free printed copy, obtain information on any topic brought forth in the report, or offer public comments for consideration during the implementation plan or future Community Health Needs Assessment work, please contact us at [Community.Benefits.Sanford@SanfordHealth.org](mailto:Community.Benefits.Sanford@SanfordHealth.org) or visit <https://www.sanfordhealth.org/contact-us>.



## APPENDIX

### Survey Responses

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

### Expanded Demographics

The population of Nobles County was 21,629 in 2019, up 1.2% from the 2010 census. Minnesota experienced a 6.3% population growth over the same timeframe. The county has a higher juvenile population distribution than the state. The percentage of White and Asian residents in the county is slightly higher than the state, while the Black, and multiracial distributions are slightly lower than the state. The Hispanic population distribution of the county is much higher than the state, 29.4% to 5.6% respectively. Similarly, the percentage of the population who do not speak English at home is much higher in the county than the state, 32.2% compared to 11.9%.

The median value of a home and rent in Nobles County is significantly less than the Minnesota median. Additionally, residents in Nobles County are less likely to have a computer or internet, as opposed to Minnesota averages. Uninsured rates in the county are more than twice as high as are in the state. Though workforce rates are similar, county residents are more likely to have a lower annual income or live in poverty.

Fact	Nobles County, MN	Minnesota
Population estimates, July 1, 2019, (V2019)	21,629	5,639,632
Population estimates base, April 1, 2010, (V2019)	21,378	5,303,927
Population, percent change - April 1, 2010 (estimates base) to July 1, 2019, (V2019)	1.20%	6.30%
Population per square mile, 2010	29.9	66.6
Persons under 5 years, percent	8.60%	6.20%
Persons under 18 years, percent	27.50%	23.10%
Persons 65 years and over, percent	16.80%	16.30%
White alone, percent	85.00%	83.80%
Black or African American alone, percent	4.80%	7.00%
American Indian and Alaska Native alone, percent	1.30%	1.40%
Asian alone, percent	7.20%	5.20%
Native Hawaiian and Other Pacific Islander alone, percent	0.10%	0.10%
Two or More Races, percent	1.60%	2.60%
Hispanic or Latino, percent	29.40%	5.60%
White alone, not Hispanic or Latino, percent	57.70%	79.10%
Median value of owner-occupied housing units, 2015-2019	\$127,100	\$223,900
Median gross rent, 2015-2019	\$726	\$977
Language other than English spoken at home, percent of persons age 5 years+, 2015-2019	32.20%	11.90%
Households with a computer, percent, 2015-2019	87.50%	91.60%
Households with a broadband Internet subscription, percent, 2015-2019	76.20%	84.80%

High school graduate or higher, percent of persons age 25 years+, 2015-2019	76.30%	93.10%
Bachelor's degree or higher, percent of persons age 25 years+, 2015-2019	15.30%	36.10%
With a disability, under age 65 years, percent, 2015-2019	8.70%	7.30%
Persons without health insurance, under age 65 years, percent	13.10%	5.80%
In civilian labor force, total, percent of population age 16 years+, 2015-2019	68.00%	69.60%
Median household income (in 2019 dollars), 2015-2019	\$55,304	\$71,306
Per capita income in past 12 months (in 2019 dollars), 2015-2019	\$25,939	\$37,625
Persons in poverty, percent	11.00%	9.00%
Total employer establishments, 2019	591	151,495
Total employment, 2019	8,959	2,729,420
Total employment, percent change, 2018-2019	2.50%	0.00%

\*U.S. Census Bureau QuickFacts

## CHNA Survey Questionnaire

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

Thank you for your interest in the Community Health Needs Assessment. Your confidential responses are vital to helping understand the factors driving the health needs of the community.

### RESIDENCE

Please enter your county of residence: \_\_\_\_\_

Please enter your zip code: \_\_\_\_\_

What is your current age? \_\_\_\_\_

### COMMUNITY

How would you rate the quality of HEALTH CARE available in your community?

Poor  Fair  Good  Very Good  Excellent  Don't Know

In your opinion, what is the most important HEALTH CARE issue your community faces?

How would you rate the quality of LONG-TERM CARE, NURSING HOMES & SENIOR HOUSING services in your community?

Poor  Fair  Good  Very Good  Excellent  Don't Know

Why did you give it that rating?

How would you rate the quality of CHILDCARE, DAYCARE & PRE-SCHOOL services in your community?

Poor  Fair  Good  Very Good  Excellent  Don't Know

Why did you give it that rating?

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

Poor      Fair      Good      Very Good      Excellent      Don't Know  
                             

**Why did you give it that rating?**

**How would you rate the ability of residents to ACCESS DAILY TRANSPORTATION in your community?**

Poor      Fair      Good      Very Good      Excellent      Don't Know  
                             

**Why did you give it that rating?**

**How would you rate your community's EMPLOYMENT & ECONOMIC OPPORTUNITIES?**

Poor      Fair      Good      Very Good      Excellent      Don't Know  
                             

**Why did you give it that rating?**

**How would you rate your community as being a SAFE place to live?**

Poor      Fair      Good      Very Good      Excellent      Don't Know  
                             

**Why did you give it that rating?**

**How would you rate the ENVIRONMENTAL health of your community?**

*(clean air, clean water, etc.)*

- Poor  Fair  Good  Very Good  Excellent  Don't Know

**Why did you give it that rating?**

**How would you rate the ability of residents to access HEALTHY & NUTRITIONAL FOODS in your community?**

- Poor  Fair  Good  Very Good  Excellent  Don't Know

**Why did you give it that rating?**

**How would you rate the ability of residents to access PHYSICAL ACTIVITY & EXERCISE OPPORTUNITIES in your community?**

- Poor  Fair  Good  Very Good  Excellent  Don't Know

**Why did you give it that rating?**

**YOUR HEALTH AND WELLNESS**

**Overall, how would you rate YOUR current state of health & wellness?**

- Poor  Fair  Good  Very Good  Excellent  Don't Know

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

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

- Yes Please answer next question
- No Skip to 'Your Health Care Usage' section

Please select the health care services you would like to see OFFERED or IMPROVED in your community. (Select all that apply)

- |   |   |
|---|---|
| <input type="radio"/> Addiction Treatment                     | <input type="radio"/> Heart Care                      |
| <input type="radio"/> Behavioral Health / Mental Health       | <input type="radio"/> Labor and Delivery              |
| <input type="radio"/> Cancer Care                             | <input type="radio"/> Long-Term Care / Nursing Homes  |
| <input type="radio"/> Chiropractic Care                       | <input type="radio"/> Orthopedics and Sports Medicine |
| <input type="radio"/> Dental Care                             | <input type="radio"/> OBGYN / Womens' Care            |
| <input type="radio"/> Dermatology                             | <input type="radio"/> Pediatrics / Childrens' Care    |
| <input type="radio"/> Emergency / Trauma                      | <input type="radio"/> Walk-in / Urgent Care           |
| <input type="radio"/> Eye Services (Ophthalmology, Optometry) | <input type="radio"/> Other (please specify):         |
| <input type="radio"/> Family Medicine / Primary Care          |   |
| <input type="radio"/> General Surgery                         |   |

**YOUR HEALTH CARE USAGE**

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

- Yes
- No

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

- |   |   |
|---|---|
| <input type="radio"/> Within the past year    | <input type="radio"/> More than 5 years ago |
| <input type="radio"/> Within the past 2 years | <input type="radio"/> Never                 |
| <input type="radio"/> Within the past 5 years |   |

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

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

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

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Poor                  | Fair                  | Good                  | Very Good             | Excellent             |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Why did you give it that rating?

**In the past year, did you or someone in your family need medical care, but did not receive the care needed?**

- Yes    No    Unsure

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

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

## TRAVELING FOR CARE

Have you or a member of your family TRAVELED to receive health care services outside of your community within the past 3 years?

- Yes     No

If yes, Where did you travel to? (If you traveled more than once, enter the most recent place you traveled to?)

City \_\_\_\_\_ State \_\_\_\_\_

What was the main reason you traveled for care? (select all that apply)

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

Other (please specify)

## YOUR HEALTH INSURANCE

Do you currently have health insurance?

- Yes     No

Please indicate the source of your health insurance coverage.

- Employer (Your employer, spouse, parent, or someone else's employer)
- Individual (Coverage bought by you or your family)
- Federal Marketplace (Minnesota Care / Obamacare / Affordable Care Act)
- Medicare
- Medicaid
- Military (Tricare, Champus, VA)
- Indian Health Service (IHS)

Other (please specify)



## DEMOGRAPHICS

What is your biological sex?

- Male    Female

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

- Yes    No

How many people live in your house, including yourself? \_\_\_\_\_

How many children under age 18 currently live with you in your household? \_\_\_\_\_

Are you Spanish, Hispanic, or Latino in origin or descent?

- Yes    No

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

- American Indian or Alaska Native  
 Caucasian or White  
 Asian  
 Native Hawaiian or Pacific Islander  
 Black or African American

Other *(please specify)*

How long have you been a US citizen?

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

What language is spoken most frequently in your home? \_\_\_\_\_

What is your current marital status?

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

**Which of the following best describes your current living situation?**

- House (*owned*)
- Apartment or House (*rental*)
- Homeless
- Some other arrangement

**What is your primary mode of daily transportation?**

- Automobile/Truck (*owned or leased*)
- Online Ride Service (*Uber / Lyft*)
- Taxi Service
- Public Transportation (*bus / subway / rail*)
- Other (*please specify*)
- Walk
- Bicycle
- Family, Friends or Neighbors
- I do not have a primary mode of daily transportation

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

- Less than high school degree
- High school graduate (*high school diploma or equivalent including GED*)
- Some college but no degree
- Associate degree in college (*2-year*)
- Bachelor's degree in college (*4-year*)
- Master's degree
- Doctoral degree
- Professional degree (*JD, MD*)

**Your current employment status is best described as:**

- Employed (*full-time*)
- Employed (*part-time*)
- Self-employed
- Furloughed
- Not employed, looking for work
- Not employed, not looking for work
- Retired
- Disabled or unable to work

**What is your total household income from all sources?**

- Less than \$20,000
- \$20,000 - \$24,999
- \$25,000 - \$29,999
- \$30,000 - \$34,999
- \$35,000 - \$49,999
- \$50,000 - \$74,999
- \$75,000 - \$99,999
- \$100,000 - \$199,999
- \$200,000 or more

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