




**Health
Conditions**



**Health
Behaviors**



**Goodhue County
Community
Health Needs
Assessment
2022**



**Settings &
Systems**



**Social
Determinants
of Health**

A collaborative assessment to identify health disparities and top health issues for Goodhue County, Minnesota.

Table of Contents

Executive Summary 3

Impact of COVID-19 in Goodhue County 4

Top 10 Health Issues..... 5

#1 Mental Health and Mental Disorders *Health Conditions*.....7

#2 Housing and Homes *Systems and Settings* 8

#3 Drug and Alcohol Use *Health Behaviors*..... 9

#4 Social Connection and Inclusion *Social Determinants of Health*10

#5 Education Access and Quality *Social Determinants of Health*12

#6 Health Care Access and Quality *Social Determinants of Health*13

#7 Economic Stability *Social Determinants of Health*15

#8 Physical Activity *Health Behaviors*.....16

#9 Health Communication *Health Behaviors*.....18

#10 Violence Prevention *Health Behaviors*.....19

All Minnesota Student Survey data reported is for students from Red Wing, Cannon Falls, Kenyon-Wanamingo, and Zumbrota Mazeppa who took the MSS in 2022.

Other Health Topics

Other Health Conditions..... 20-21

- Dementias
- Diabetes, Heart Disease, and Stroke
- Oral Conditions
- Overweight and Obesity
- Cancer
- Foodborne Illness
- Infectious Disease
- Pregnancy and Childbirth
- Sexually Transmitted Infections

Other Health Behaviors..... 22-23

- Injury Prevention
- Nutrition and Healthy Eating
- Preventive Care
- Tobacco and Marijuana Use
- Vaccination
- Emergency Preparedness
- Sleep

Other Settings & Systems 23-24

- Child & Adolescent Development/Child Care
- Environmental Health
- Health Information Technology
- Public Health Infrastructure
- Transportation

Other Social Determinants of Health..... 24

- Neighborhood and Built Environment

Populations/Demographics 25

Data Collection and Prioritization 26

- Process
- Data Collection
- Next Steps
- CHA Committee Members

List of Annexes 27

Front cover background photo by Kirsten Ford.
 Back cover photo by AndreyPopov/iStock.
 Design and layout by Kirsten Ford/Focus Design.

Executive Summary

Health Conditions

Health Behaviors

Systems and Settings

Social Determinants of Health

The 2022 Goodhue County Community Health Needs Assessment

is an effort to take stock of the health of all people in our county on a regular basis. In the past, local public health conducted a community health assessment every five years, and Mayo Clinic Health System every three years. The 2022 Goodhue County Community Health Needs Assessment (CHNA) is a joint effort and will continue on a three year cycle. Writing a community health needs assessment is a strategic planning process for improving community health.

The Top 10 Health Issues that were identified in this assessment are complex challenges that do not have any simple solutions.


■ 4 out of the 5 social determinants of health as defined by the Centers of Disease Control and Prevention (CDC) are in the top 10, and are connected to all aspects of health.

■ There are other important issues not in the top 10, but the top ten are our strategic priorities to focus efforts and partnerships in the next three years.

Healthy People 2030 identifies national public health priorities to improve community health and well-being. It provides 10-year, measurable public health objectives.

This assessment was written to align with Healthy People 2030 as much as possible, and as much as it made sense for the community. Healthy People 2030 identifies a small subset of their objectives as Leading Health Indicators (LHIs), which address

important national factors that impact major causes of poor health and death.

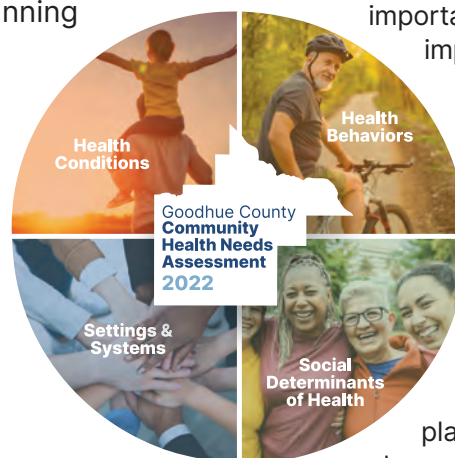
These indicators are identified throughout this assessment with the  LHI icon.

The CDC defines Social Determinants of Health (SDoH)

as “conditions in the places where people live, learn, work, and play that affect a wide range of health and quality-of-life risks and outcomes.”

Together, Healthy People 2030 and the CDC identify 5 SDoH:

- healthcare access and quality
- education access and quality
- social and community context
- economic stability
- neighborhood and built environment



Impact of COVID-19 in Goodhue County

The COVID-19 pandemic has had a complex impact on the health and well-being of Goodhue County residents.

Many people lost their lives, and others are struggling with the long-term effects of contracting the virus, affecting their loved ones, friends, and community. The pandemic has had an influence on nearly every aspect of public health.

Issues such as stress, anxiety, depression, and fear associated with social isolation and the spread of COVID-19 have significantly affected the lives of all community members.

Shutdowns, school and daycare closures, layoffs, losing loved ones, falling ill, and all of the other consequences of the pandemic had a major influence on the top ten health issues in this assessment. For the first time, social connection and inclusion, and education access and quality were identified as top issues in Goodhue County, with many key informants and community members identifying COVID-19 as a contributing factor.

While mental health was also a top issue in the 2017 Community Health Assessment, it rose to the number one spot with 81% of key informants identifying it as a top issue.

Goodhue County in 2020 and 2021:

■ There were **9516** lab-confirmed cases of COVID-19. *(Minnesota Department of Health, MDH)*

■ **411** residents were hospitalized due to COVID-19. *(MDH)*

■ **117** residents died due to COVID-19. *(MDH)*

■ 51% of respondents reported that their **mental health was worse** since March 2020. *(2021 Mental Health Coalition Survey)*

■ 62% of respondents experienced an **increase in feelings of anxiety** since March 2020. *(2021 Mental Health Coalition Survey)*

■ 53% experienced an **increase in feelings of isolation** since March 2020. *(2021 Mental Health Coalition Survey)*

■ **17 people died from a drug overdose in 2021** in Goodhue County, which was a significant increase over 4 overdose deaths in 2020. *(Southern Minnesota Regional Medical Examiner's Office (SMRMEO) 2021 Goodhue Report)*

■ Nationally, **K-12 student absences from school doubled** during the pandemic, with 10% of students absent on a typical day. *(EPIC Disrupted Learning Report)*

■ The vast majority of Minnesota **school districts are significantly or very significantly impacted by the teacher shortage** (70%) and believe the availability of teachers is "somewhat fewer" or "significantly fewer" than five years ago (84%). *(2021 Minnesota Teacher Supply and Demand Report)*

■ In 2021, 30.9% of **2-year-old children in Minnesota were not up to date on their childhood series of immunizations**, compared to 20.3% pre-pandemic. *(MDH)*

■ By June 30, 2020, because of concerns about COVID-19, an estimated **41% of U.S. adults had delayed or avoided medical care** including urgent or emergency care (12%) and routine care (32%). *(CDC)*



Health Conditions
 Health Behaviors
 Systems and Settings
 Social Determinants of Health



Mental Health was the top health concern mentioned in key informant interviews, with 81% of those interviewed identifying it as a top issue.

#1

Mental Health & Mental Disorders

Health Conditions



According to Healthy People 2030, “about half of all people in the United States will be diagnosed with a mental disorder at some point in their life-time....Mental disorders affect people of all age and racial/ethnic groups, but some populations are disproportionately affected” by these conditions.

Mental Health was the top health concern mentioned in key informant interviews, with 81% of those interviewed identifying it as a top issue. Concerns about access to mental health care, and how the COVID-19 pandemic exacerbated mental health issues, were frequently brought up.

The Minnesota Department of Health defines mental health as more than the absence of disease.

“Everyone has a state of mental health, and this can change across the lifespan. Not having a mental illness, does not guarantee good mental health. Similarly, having a mental illness, does not guarantee poor mental health. It includes life satisfaction, self-acceptance, sense of purpose, identity, feeling connected and belonging, empowerment, and resilience, which is the ability to bounce back after set-backs.”



Suicide was the #9 cause of death in Goodhue County in 2015-2019. 9 people died by suicide in Goodhue County in 2019. (MDH, 2021) (MHMD-01)

☆ LHI

81

The number of clinical assessments of a person who is at risk of being committed

(pre-petition screenings), based on mental illness, chemical dependency, or developmental disabilities in 2021. This was up from 47 in 2020.

The percentage of people who delayed mental health care in the past year

(Goodhue County CHNA Survey, 2021)

13% **Goodhue County adults 25+**

26% **HHS, C.A.R.E. Clinic and food shelf customers**



16% surveyed reported **seriously considering suicide in the past year, up from 12% in 2019.**

(Minnesota Student Survey (MSS), 2022) (MHMD-02)

16% surveyed reported **feeling nervous, anxious, or on edge nearly every day in the last two weeks.**

(MSS, 2022)

11% surveyed reported **feeling down, depressed or hopeless nearly every day in the last two weeks.**

(MSS, 2022)

Number of self-harm hospital visits by year in Goodhue County (MDH)

**2016: 58 2017: 81
2018: 72 2019: 91
2020: 79**

The average number of mentally unhealthy days for adults 25+ was

3.8 out of 30 days. This is up from 2.5 days in 2015. For Goodhue County Health & Human Services, C.A.R.E. Clinic and food shelf customers surveyed in 2021, it was **9.1 out of 30 days**

(Goodhue County CHNA Survey, 2021)

Anxiety or panic attacks were reported more than twice as often

by respondents from the convenience sample, who took the survey in the GCHHS lobby, at C.A.R.E. Clinic, or at a food shelf, than the general population of adults 25+.

Respondents from **households that make less than \$35,000 and those who rent** rather than own their home were also more likely to report anxiety or panic attacks.

(Goodhue County CHNA Survey Summary)

#2

Housing & Homes

Systems and Settings



A person's home can have a major impact on their health and well-being. Problems like unsafe or inaccessible housing can cause serious health issues and sometimes affect a person's ability to live independently. Additionally, some people struggle to find housing or pay for their homes. Housing insecurity is linked to worse mental health and an increased risk of disease.

Housing was mentioned as one of the top three health concerns by 29% of key informants. It was also one of the top issues brought up throughout the community engagement process. Several organizations, including the City of Red Wing and the United Way of Goodhue, Wabasha and Pierce Counties, have identified housing insecurity as a top issue in our county.

123

The number people assessed in Goodhue County in 2020 who **did not have stable housing and were placed on the Coordinated Entry List.***

(2021, Red Wing Study on Homelessness and Housing Insecurity)

13% of households in Goodhue County have at least one of the following housing problems:

- overcrowding
- high housing costs
- lack of kitchen facilities, or
- lack of plumbing facilities

(County Health Rankings, 2022)

Eviction cases

In 2019, Goodhue County had 44 evictions occur and 66 eviction cases filed.

At least 48 of the 66 eviction cases filed were due to nonpayment of rent.

(Hennepin County Eviction Dashboard, Goodhue County court records)

Of all of the clients active on the Coordinated Entry List from June 2020-May 2021 (n=123),

34% were people of color despite making up only 7.3% of the total population of Goodhue County. *(2021, Red Wing Study on Homelessness and Housing Insecurity, MN Compass 2016-2020)*



29% of housing in Goodhue County was built before 1950 which creates a risk for lead based paint exposure. The Minnesota state average is 21%.

Pay 30% or more of their income on housing

44% of renter-occupied households and

23% of owner-occupied households with a mortgage in Goodhue County.

(ACS, 2016-2020)



Goodhue County's **median monthly gross rent** is \$825.

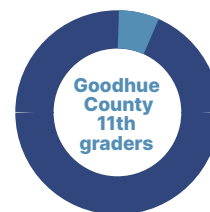
(American Community Survey (ACS) 2016-2020 estimates)

Home ownership rate in Goodhue County

76% for white households

41% for all other races

(ACS, 2013-2017)



4% have been homeless at times in the last 12 months.

(MSS, 2020)

* The coordinated entry list is a list of people who meet certain criteria to be considered homeless.

#3

Drug & Alcohol Use

Health Behaviors



Drug and Alcohol Use includes the harmful risk behaviors of binge drinking, any drinking among pregnant people and people under age 21, and any use of tobacco, e-cigarettes or vapes, marijuana or other drugs. Drug and Alcohol Use also includes substance use disorders. Drug and Alcohol Use was one of the most frequently mentioned health concerns, mentioned by 29% of key informants interviewed in 2022. One key informant said, "We see a frequent connection between alcohol and drug use and criminal behavior. Substance abuse impacts educational achievement, family functioning, social development, traffic safety and most areas of life."

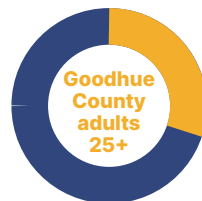
Responding to Drug and Alcohol Use includes both "preventing drug and alcohol misuse and helping people with substance use disorders get the treatment they need" (Healthy People 2030). Opioid-involved overdose deaths spiked to never-before seen levels in Goodhue County in 2021. According to Healthy People 2030, "Substance use disorders are linked to many health problems, and overdoses can lead to emergency department visits and deaths. Effective treatments for substance use disorders are available, but very few people get the treatment they need." 479 Goodhue County residents received chemical dependency treatment in 2021.

Overall ▾

Goodhue County residents who **received chemical dependency treatment in 2021**, most sought treatment for:

- Alcohol: 172 residents**
- Meth: 167 residents**
- Heroin/other opiates: 80**
- Marijuana: 48**
- Other substances: 11**

(Drug and Alcohol Abuse Normative Evaluation System, DAANES, 2021)



34% of all adults 25+ reported **binge drinking during the past 30 days**

(i.e., five or more drinks in a day for males and four or more drinks in a day for females), above the national average of 26% of adults.

(National Survey on Drug Use and Health (NSDUH), 2019). ☆ LHI

Alcohol ▾

9% males and 15% females in 9th grade reported **drinking one or more alcoholic beverages in the last 30 days**. This alcohol was most often from parties (14%), down from 42% in 2019, or from friends (25%) and parents (31%). (MSS, 2022)



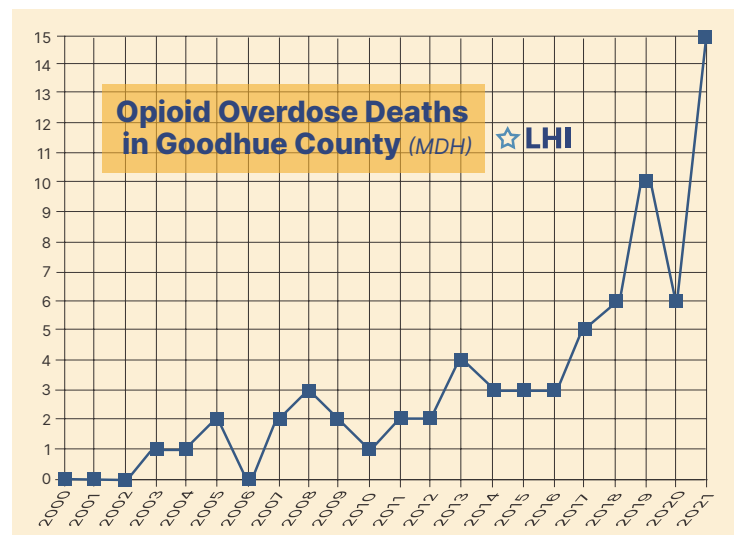
Opioids ▾



The proportion of overdose deaths involving synthetic opioids increased 205% from 2011-2013 to 2017-2019

in Southeast Minnesota and more involve multiple drugs. (MDH, 2022)

6% of Goodhue County 11th graders reported **used prescription drugs without a doctor's prescription or differently than how a doctor told them to use it**, this is up from 2.5% in 2019. (MSS, 2022)



#4

Social Connection & Inclusion

Social Determinants of Health



According to **Healthy People 2030**, “People’s relationships and interactions with family, friends, co-workers, and community members can have a major impact on their health and well-being... Positive relationships at home, at work, and in the community can help reduce negative health impacts.” Some people face discrimination, bullying, and social isolation and often don’t get the support they need to achieve optimal health. Key informants and others community members who mentioned this as a top health concern mentioned that both the COVID-19 pandemic and the murder of George Floyd highlighted how important social and community support are to

health. One key informant talked about how the events of the last two years heightened the “me” vs. “we” culture in the community—and that is making it difficult to create communities of inclusiveness where people have a sense of belonging.

Social connection and inclusion is about the link between characteristics of the communities in which people live, learn, work, and play, and people’s health and well-being. This includes topics like cohesion within a community, civic participation, discrimination, conditions in the workplace, and incarceration.

Goodhue County Adults

71%

Adults 25+ usually or always get the social and emotional support they need.

46%

HHS, C.A.R.E. Clinic, and food shelf customers usually or always get the social and emotional support they need.

(Goodhue County CHNA Survey, 2021)

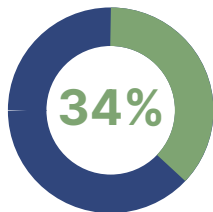


12% of SeniorCare Complete and AbilityCare Members

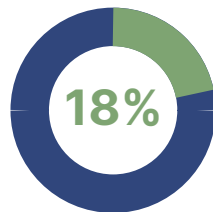
(adults 65+ and disabled adults receiving medical assistance) often feel isolated from others, 22% do some of the time.

(South Country Health Alliance data, 2021)

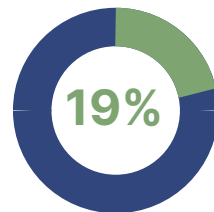
Goodhue County Students*



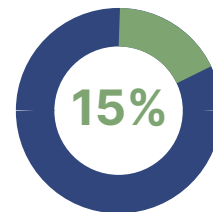
feel that adults in their community don't care about them at all or care very little.



report having a parent or guardian who has been in jail or prison.



report being cyber bullied at least once or twice in the last 30 days.



reported being bullied for their race or ethnicity at least once or twice in the last 30 days. 13% have been bullied because of their sexual orientation and 22% because of their gender expression.

*(all Minnesota Student Survey, 2022)



Photo by DisobeyArt/iStock

Social connection and inclusion is about the link between characteristics of the communities in which people live, learn, work, and play, and people's health and well-being.

#5

Education Access & Quality

Social Determinants of Health



“People with higher levels of education are more likely to be healthier and live longer,” according to Healthy People 2030. This topic includes key issues such as graduating from high school, enrollment in higher education, educational attainment in general, language and literacy and early childhood education and development.

Healthy People 2030 states that “children from low-income families, children with disabilities, and children who routinely experience forms of social discrimination are more likely to struggle

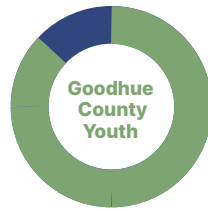
with math and reading. They’re also less likely to graduate from high school or go to college. This means they’re less likely to get safe, high-paying jobs and more likely to have health problems like heart disease, diabetes, and depression.”

Key informants mentioned concerns with the impact COVID-19 has had on schools, increased truancy rates, the struggles with hiring qualified teaching staff, and lack of support of the public school system.



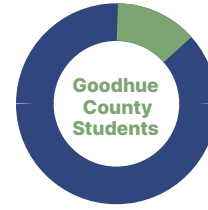
Goodhue County adults aged 25-44 have some post-secondary education, as compared to **75% in the state of Minnesota.**

(County Health Rankings, 2022)



90% graduate high school in 4 years.

(County Health Rankings, 2022). (SDOH-06)



19% of 11th graders reported not caring about how well they do in school most of the time. (MSS, 2022)

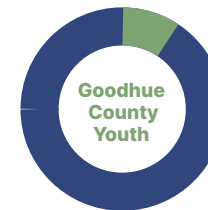


24% of Goodhue County students reported missing 3 or more days of school in the last 30 days. (MSS, 2022)



77% of Goodhue County children are ready for Kindergarten.

(MDE, 2020). (EMC-D01)

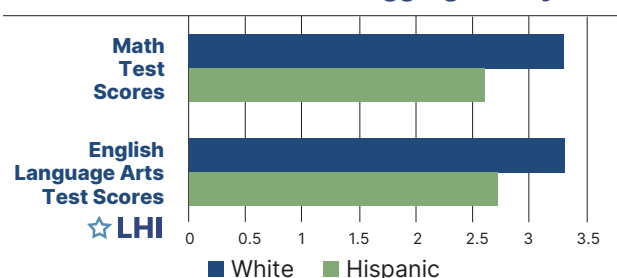


7% aged 16-19 are neither in school nor working.

(County Health Rankings, 2022)(AH-09)

In Goodhue County, Minnesota, third grade students scored, on average, 3.2 on a standardized test for English language arts and for math. **A score of 3.0 indicates students performed at grade-level.** However, **Hispanic students on average have lower test scores that white students.** (County Health Rankings, 2021)

Third Grade Test Scores Disaggregated by Race



#6

Health Care Access & Quality

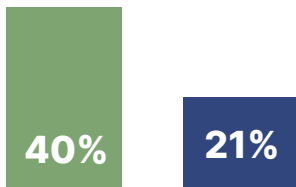
Social Determinants of Health



High-quality health care helps prevent diseases and improve quality of life. Healthy People 2030 states that some people don't get the health care services they need because they don't have health insurance or live too far away from providers who

offer them. Interventions to increase access to health care services — like lowering costs, improving insurance coverage, and increasing use of telehealth — can help more people get the care they need.

The percentage of people who delayed medical care in the past year:



HHS, C.A.R.E. Clinic and food shelf customers

Goodhue County adults 25+

(Goodhue County CHNA Survey, 2021)



The percent of people in Goodhue County without health insurance, under age 65 years.

(U.S. Census Bureau QuickFacts, 2021)

☆ LHI

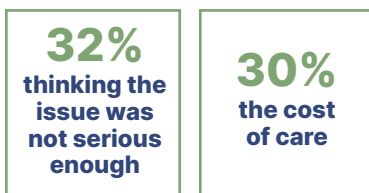
1,290:1
The ratio of the population to primary care physicians in Goodhue County.

(County Health Rankings, 2020)

Nationally, 48.6% of children and adolescents under 18 years received care in a medical home in 2016-17.*

(Healthy People, 2030) (MICH-19)

Among the general population of adults 25+ the most commonly reported reasons for delaying medical care:



These were also the most common reasons in 2018 (52% and 37%, respectively). (Goodhue County CHNA Survey, 2021)

* The medical home is best described as a model or philosophy of primary care that is patient-centered, comprehensive, team-based, coordinated, accessible, and focused on quality and safety.

Compared to respondents in the general population of adults 25+, HHS, C.A.R.E. Clinic, and food shelf customers who delayed medical care were more likely to report the following reasons for delaying care:




Lack of insurance
13% versus 1%



Transportation issues
13% versus 4%

For these respondents who took the survey in the GCHHS lobby, at C.A.R.E. Clinic, or at a food shelf, the most common reason for delaying medical care was thinking the issue was not serious enough (32%), followed by difficulty getting an appointment (21%). They were less likely to report cost as a reason (13%). (Goodhue County CHNA Survey, 2021)

A photograph of a female teacher with blonde hair, wearing a pink cardigan, sitting on a chair and reading a blue book to a group of diverse young children. The children are sitting on the floor around her, looking at the book with interest. The setting appears to be a classroom or library with colorful decorations in the background.

Employment programs,
career counseling, and
high-quality child care
opportunities can help
more people find and
keep jobs.

#7

Economic Stability

Social Determinants of Health



Many leading causes of death have been shown to affect people with lower incomes at higher rates, such as cancer, heart disease, unintentional injury, Alzheimer's, chronic lower respiratory disease, stroke, diabetes, suicide and influenza. Healthy People 2030 states that "people with steady employment are less likely to live in poverty and more likely to be healthy, but many people have trouble finding and keeping a job.... Employment programs, career counseling, and high-quality child care opportunities can help

more people find and keep jobs. In addition, policies to help people pay for food, housing, health care, and education can reduce poverty and improve health and well-being."

Of 21 key informants, 4 (19%) chose Economic Stability as a one of their top three concerns. Informants shared concerns about community members being unable to meet their needs on low wages, income rates declining, and the COVID-19 pandemic affecting the economy.

OVERALL

- **9%** of Goodhue County population lives below the poverty line.
- For non-Hispanic whites, the rate is **8%**
- Poverty rates are higher among people of color:

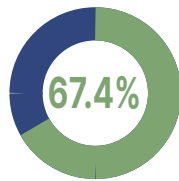
47% For Black or African Americans

26% For American Indians

22% For people of two or more races

16% For Asians

(ACS, 2016-2020). (SDOH-01)



Percent of the Goodhue County population age 16 years+ in the civilian labor force.

(U.S. Census Bureau QuickFacts, 2020)



93%

of Goodhue County adults ages 25+ have a high school diploma or equivalent.

(County Health Rankings, 2020)

Median household income (in 2020 dollars) in Goodhue County

= \$69,334

This is comparable to the U.S. at \$64,994, and slightly below the Minnesota median household income of \$73,382.

(U.S. Census Bureau QuickFacts, 2016-2020)

Some types of households are above or below the overall median household income of \$69,334. In Goodhue County, the **median household income for single female householders with own children under 18**

(1,155 households)

= \$31,949

This is much lower than the median household income for married-couple families with own children under 18 (3,938 households) of \$109,342.

(ACS, 2016-2020)

According to the Minnesota Department of Education Student Enrollment data, 2022, in Goodhue County:



**16% of 5th graders
20% of 8th graders
18% of 9th graders, and
15% of 11th graders
were eligible to receive free or reduced-price lunch at school.**

#8

Physical Activity

Health Behaviors

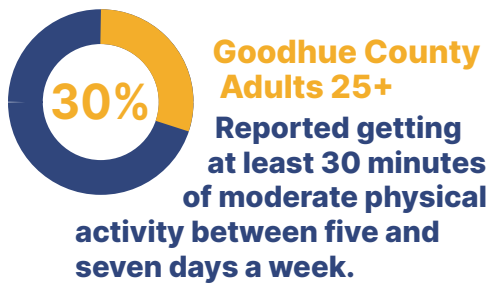


Physical activity can help prevent disease, disability, injury, and premature death.

Healthy People 2030 states that only 1 in 4 adults and 1 in 5 adolescents in the United States meet physical activity guidelines for aerobic and muscle-strengthening activities. To stay healthy, adults need at least 150 minutes of moderate aerobic activity a week (the equivalent of 30 minutes five days a week)

and muscle strengthening activity twice a week.

Of 21 key informants, 2 (10%) chose Physical Activity as a one of their top three concerns. There were concerns around obesity with children. One informant said, in a virtual world with video games and phone addictions, there needs to be more encouragement of physical activity.



(Goodhue County CHNA Survey, 2021)



Respondents with lower household incomes:

were most likely to identify illness, injury, or disability as “a big problem” preventing them from being more physically active. About a quarter (24%) of respondents with household income below \$35,000 said illness, injury, or disability is a big problem.

(Goodhue County CHNA Survey, 2021)

Most likely to report getting at least 30 minutes of moderate physical activity at least five days a week:

44% aged 25–34

47% household income \$50,000 to \$74,999

46% not overweight

(Goodhue County CHNA Survey, 2021) ☆ LHI

Of the respondents from the convenience sample, who took the survey in the GCHHS lobby, at C.A.R.E. Clinic, or at a food shelf:

39%

said cost is a big problem preventing them from being more physically active, compared to 19% of the general population of adults 25+.

(Goodhue County CHNA Survey, 2021)

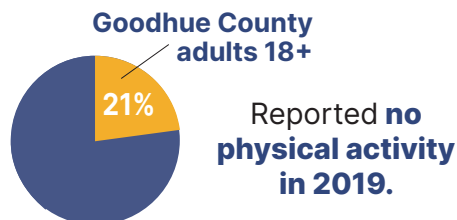


In the general population of adults 25+, lack of time and lack of self-discipline or willpower


(22%)

were self-identified most often as a “big problem” preventing respondents from being more physically active.

(Goodhue County CHNA Survey, 2021)



(County Health Rankings, 2022)



To stay healthy, adults need at least 150 minutes of moderate aerobic activity a week (the equivalent of 30 minutes five days a week) and muscle strengthening activity twice a week.

#9

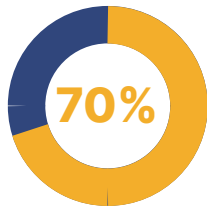
Health Communication

Health Behaviors



Effective health communication is critical to health and well-being. The COVID-19 pandemic has shown how critical easy and accurate health communication is to community health, and how misinformation can spread quickly and be extremely hard to combat. Community members mentioned the need to re-build trust in public health by having culturally appropriate, accurate, complete and actionable health information.

Health communication includes verbal and written strategies to influence and empower individuals, populations, and communities to make healthier choices. Using a variety of communication channels can allow health messages to shape mass media or interpersonal, small group, or community level campaigns. Health communication strategies aim to change people’s knowledge, attitudes, and/or behaviors. Health care providers are an important source of health information and can help make complex information clear and understandable.



70% of Americans have been exposed to health-related misinformation with NEARLY HALF unable to distinguish accurate information from false. (GoodRx Research, 2022)



One study found false news stories were 70% more likely to be shared on social media than true stories. (Science, 2018)

#1

In Goodhue County’s Community Health Needs Assessment online health topic prioritization survey, **health communication and trust in public health** was the top issue identified as impacting community health.



Nationally, **52% of Americans** have a great deal of trust in the CDC, and Americans are divided politically:



Overall, only 44% of Americans have a great deal of trust in local health departments. (Robert Wood Johnson Foundation (RWJF) poll, 2021)



Nationally, the percent of **adults age 18+** who reported having friends and family members whom they **talk to about their health** fell from **87% in 2017** to **81% in 2020**

(Health Information National Trends Survey (HINTS)). (HC/HIT-04)

#10

Violence Prevention



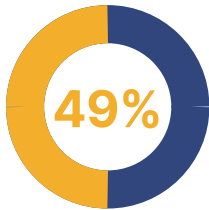
Health Behaviors

Violence is a pressing public health problem.

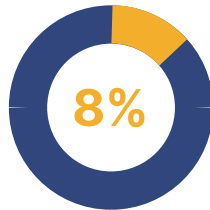
From infants to the elderly, it affects people in all stages of life and can lead to a lifetime of physical, emotional, and economic problems. Many people experience physical assaults, sexual violence, and gun-related injuries. The topic of Violence Prevention includes fights and sexual and physical dating violence among adolescents. “Adolescents are especially at risk for experiencing violence. Interventions to reduce violence are needed to keep people safe in their homes, schools, workplaces, and communities” (Healthy People 2030).

The topic of Violence Prevention includes child abuse and domestic violence. The CDC and Kaiser Permanente study of Adverse Childhood Experiences (ACEs) showed that adverse experiences such as physical abuse or witnessing domestic violence in childhood can be linked to risky behaviors, chronic disease, and mental health issues later in life. According to Healthy People 2030, “Children who experience violence are at risk for long-term physical, behavioral, and mental health problems. Strategies to protect children from violence can help improve their health and well-being later in life.”

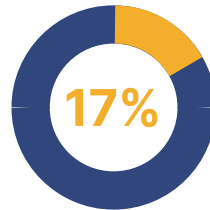
Goodhue County Students



49%
have experienced at least one adverse childhood experience (ACE).



8%
have experienced four or more ACEs.



17%
have hit or beat up another person within the last year.

(MSS, 2022) (IVP=DO3)

In 2014-2016, there was a rate of **130 violent crimes per 100,000 residents in Goodhue County.**



During that time, the statewide rate was 236 violent crimes per 100,000.

The violent crime rates in Goodhue County and the nation were all worsening. (County Health Rankings 2022)



In 2019, **23 out of every 1,000 children in Goodhue County were subject to maltreatment.**

(MDH)

In 2020-2021, HOPE Coalition provided domestic violence services to **339 individuals in Goodhue, Wabasha, and Pierce Counties**



(HOPE Coalition 2020-2021 Annual Report)

Using 2016-2020 data, there was an annual rate of **12 firearm fatalities per 100,000 residents in Goodhue County,** compared to a statewide rate of 8 per 100,000.

Firearm fatalities include suicides, as well as accidents and homicides. (County Health Rankings 2022)

Other Health Topics

Health Conditions

Health Behaviors

Systems and Settings

Social Determinants of Health

Other Health Conditions

A health condition is a broad term that includes all diseases and disorders.

See issues in the Top 10: Mental Health and Mental Disorders (page 7).

Dementias

■ **Alzheimer's was the #5 cause of death in Goodhue County** and the #4 cause of death in Minnesota for 2015-2019. (MDH, 2021)

#5

■ Parkinson's was the #8 cause of death in both Goodhue County and MN for 2015-2019. (MDH, 2021)

Diabetes, Heart Disease, and Stroke

■ **Heart disease was the #1 cause of death in Goodhue County.** The 2015-2019 age-adjusted mortality rate showed people died of heart disease at higher rates in Goodhue County (153.3) than in MN overall (118.2). (MDH, 2021)



■ Stroke was the #6 cause of death in both Goodhue County and Minnesota for 2015-2019. (MDH, 2021)

■ Diabetes was the #7 cause of death in both Goodhue County and Minnesota for 2015-2019. (MDH, 2021)

■ HHS, C.A.R.E. Clinic and food shelf customers surveyed were more likely to have diabetes (14%) than the overall population of adults 25+ in Goodhue County (9%). (Goodhue County CHNA Survey, 2021)

Oral Conditions (includes Dental Access)

■ **The percentage of people who have delayed dental care in the past year:**

19%

Goodhue County adults 25+

42%

HHS, C.A.R.E Clinic and food shelf customers

■ The most common reason Goodhue County adults delayed dental care was because it cost too much.

(Goodhue County CHNA Survey, 2021)

■ 74% of Goodhue County adults 25+ have had a dental exam/cleaning within the past year. 41% of HHS, C.A.R.E. Clinic, and food shelf customers have had a dental exam/cleaning within the past year.

(Goodhue County CHNA Survey, 2021) ☆LHI

■ In 2020, there were 8,765 Minnesota Health Care Program enrollees in Goodhue County and 28.2% used dental services, compared to 27.5% statewide. (MDH Minnesota Tracking Program). This was an improvement from 2018 when Goodhue County ranked the fifth worst in the state for dental service use.

Overweight and Obesity

■ **34% of Goodhue County adults 25+ are overweight and 35% are obese.**

(Goodhue County CHNA Survey, 2021)

■ HHS, C.A.R.E. Clinic and food shelf customers surveyed were slightly more likely to be obese (46%) than Goodhue County adults 25+ overall (35%).

(Goodhue County CHNA Survey, 2021)

■ The percentage of 9th graders in Goodhue County who are overweight (19%) or obese (18%) is slightly higher than the state average (15% overweight, 13% obese). The percentage of adolescents who are overweight or obese is increasing both in Goodhue County and in Minnesota.

(MSS, 2022) ☆ LHI

Cancer

■ Cancer was the #2 cause of death in Goodhue County and the #1 cause of death in MN for 2015-2019. (MDH)

■ According to MDH, “Tobacco is responsible for 30% of cancer deaths. Important risk factors are diet, obesity, alcohol consumption and a lack of physical activity.”

The age-adjusted incidence rates per 100,000 for the 4 most common cancers (MDH Minnesota Tracking Program):

- **Breast cancer:** 134.7 in Goodhue County, 134.7 in Minnesota (C-04) (2014-2018)
- **Lung cancer:** 53.0 in Goodhue County, 55.6 in Minnesota (C-02) (2014-2018)
- **Colon cancer:** 35.3 in Goodhue County, 37.1 in Minnesota (C-06) (2015-2019)
- **Melanoma:** 50.8 in Goodhue County, 33.5 in Minnesota (2014-2018)

Foodborne Illness

■ Preliminary data shows that in 2021 there were 22 cases of enteric illness caused by Campylobacter, 6 cases of Salmonella, and 2 cases of Giardia in Goodhue County.

(MDH)



■ Campylobacter is the most common bacterial cause of diarrhea in the United States, according to the CDC. It is transmitted through exposure to undercooked meat and poultry. According to the MDH regional epidemiologist, “A higher risk of infection is associated with exposure to undercooked poultry, unpasteurized milk, untreated water, livestock, and traveling. Goodhue

County’s infection rate increased 53% to 50 per 100,000 (23 cases) in 2018 which is above average.” The preliminary 22 cases of Campylobacteriosis in 2021 equals a rate of 46 cases per 100,000 residents.

Infectious Disease

■ Preliminary data shows that there was 1 case of a vaccine preventable disease (this does not include COVID-19 or influenza) in Goodhue County in 2021 (MDH). Vaccine preventable diseases include measles, mumps, rubella, diphtheria, pertussis (whooping cough), polio, varicella (chicken pox), and zoster (shingles).

■ In 2021, 56 Goodhue County residents died of COVID-19. (MDH)

■ In 2019, 2 Goodhue County residents died of influenza.

Pregnancy and Childbirth

■ 6% of live births in Goodhue County had a low birthweight (under 2,500 grams). (County Health Rankings, 2022)

■ In 2019, 19 teens (aged 15-19) were pregnant in Goodhue County. (MDH)

■ In 2019, 87.3% of mothers in Goodhue County received prenatal care in the first trimester. (MDH)

Sexually Transmitted Infections

■ In 2021 there were 119 cases of Chlamydia in Goodhue County or a rate of 250 cases /100,000 population. (Preliminary data, MDH)

■ In 2019 the rate of newly diagnosed cases of chlamydia in Goodhue County was 282.7/100,000 population compared to 433.9/100,000 statewide.

(County Health Rankings)

■ In 2021 there were 40 cases of Gonorrhea in Goodhue County. (Preliminary data, MDH)

Other Health Topics

Health Conditions

Health Behaviors

Systems and Settings

Social Determinants of Health

Other Health Behaviors

Health behaviors are actions individuals take that affect their health.

See issues in the Top 10: Drug and Alcohol Use (page 9), Physical Activity (page 16), Health Communication (page 18), and Violence Prevention (page 19).

Injury Prevention

(includes Falls and Motor Vehicle Crashes)

■ In Goodhue County, 35 people died of Unintentional Injury in 2019 including 27 in Falls and 6 in Motor Vehicle Crashes. (SSMRMEO, 2021 Goodhue Report)

■ In 2020, Goodhue County had 676 total crashes resulting in 4 deaths and 231 people injured.



■ Similar to the state average (34%), 31% of traffic fatalities were alcohol related in Goodhue County 2015-2019. (County Health Rankings, 2021). (SU-11)

Nutrition and Healthy Eating

(includes Food Insecurity)

■ 65% of HHS, C.A.R.E. Clinic and food shelf customers surveyed say the expense of fresh fruits and vegetables where they usually shop is a factor preventing them from eating more fruits and vegetables, compared to 30% of Goodhue County adults 25+ overall. (Goodhue County CHNA Survey, 2021)

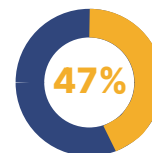
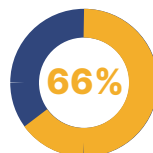
■ 38% of Goodhue County adults 25+ and 41% of HHS, C.A.R.E. Clinic and food shelf customers surveyed eat the recommended 5+ servings fruits and vegetables. (Goodhue County CHNA Survey, 2021)



■ The percentage of Goodhue County 9th graders who eat the recommended 5+ servings of fruits and vegetables. (MSS, 2022)

Preventive Care

■ Percentage of those who reported getting a general health exam in the past year:



Goodhue County HHS, C.A.R.E. Clinic, and adults 25+ food shelf customers

(Goodhue County CHNA Survey, 2021). (AHS-08)

■ 76% of females age 45-74 in Goodhue County have had a mammogram in the last year. (Goodhue County CHNA Survey, 2021). (C-05)

■ 45% of Goodhue County children birth to age 20 enrolled in Medicaid got the Child & Teen Checkup they were eligible for in 2021. (Department of Human Services (DHS) correspondence)

Tobacco and Marijuana Use

■ 8% of Goodhue County 9th graders reported using marijuana in the last 30 days (does not include medical marijuana). (MSS, 2022)

■ 9% adults 25+ use marijuana in Goodhue County, and 12% of HHS, C.A.R.E. Clinic and food shelf customers surveyed use marijuana. (Goodhue County CHNA Survey, 2021)

■ 3% of Goodhue County 9th graders had used cigarettes in the past 30 days. 11%, down from from 23% in 2019, had used any tobacco products including vapes/e-cigs and hookah. (MSS, 2022) ☆LHI

■ The percent of Goodhue County adults 25+ who report smoking cigarettes is 11%, while the percent using any tobacco is 20%. 36% of HHS, C.A.R.E. Clinic and food shelf customers surveyed report smoking cigarettes and nearly half (46%) report that they are a current tobacco product user. (Goodhue County CHNA Survey, 2021)

Vaccination

■ 71% of Goodhue County's eligible population age 6 months and up had received at least one dose of the COVID-19 vaccine as of September 2022. (MDH)

■ 68% of Goodhue County adults received a flu shot last year. (Goodhue County CHNA Survey, 2021)

■ 32% of HHS, C.A.R.E. Clinic, and food shelf customers surveyed received a flu shot in the last year. (Goodhue County CHNA Survey, 2021)

■ **75% of Goodhue County 6 year olds have a complete kindergarten vaccination series.** (MDH Minnesota Immunization Information Connection (MIIC))



Emergency Preparedness

■ The social vulnerability index (SVI) uses census data on social conditions to identify communities that may need support before, during or after a disaster. In 2018, Goodhue County had an overall SVI of 0.1707, indicating a low overall level of vulnerability. (CDC)

■ Our county has two census tracts in the most vulnerable category (SVI quartile I or SVI I), both in Red Wing, scoring 0.6766 and 0.7198. Some of the features the CDC said identified these areas as vulnerable were household composition (such as single parents, adults over 65, and people with disabilities) and housing/transportation (mobile homes, group homes, and measures of crowded housing).

■ In March 2021, MDH reported that the people in Minnesota living in places that scored highest on this index (SVI I) had been more likely to get COVID, be hospitalized, and die in the first year of the pandemic. Though only 25% of the state's population, they accounted for 34% of cases, 42% of hospitalizations, and 40% of deaths.

Sleep

■ 31% of Goodhue County adults report getting fewer than 7 hours of sleep on average. (County Health Rankings, 2022)

■ 54% of 5-11th graders in Goodhue County report getting fewer than 8 hours of sleep on a typical school night. (MSS, 2022)

Other Settings & Systems

Systems and Settings include the places, structures, organizations, and locations that influence health.

See issues in the Top 10: Housing and Homes (page 8).

Child & Adolescent Development/ Child Care

■ **Goodhue County is estimated to be short 837 child care slots.**

(Southern Minnesota Initiative Foundation, 2021)



■ 79% of child care centers in Minnesota are experiencing a staffing shortage.

(National Association for the Education of Young Children, 2021)

Environmental Health

■ Goodhue County had an 8.6 micrograms average daily density of fine particulate matter per cubic meter, which is one of the worst in the state.

(County Health Rankings, 2022) ☆ LHI

■ Goodhue County had 89.4% "Good" air quality days in 2021. (MN Compass, 2021)

■ On average 213 Goodhue County properties were tested for radon per year (2010-2020), and 55% of properties tested >4 pCi/L, the "action level." (MDH)

Other Settings & Systems continued on next page

Other Health Topics

Health Conditions

Health Behaviors

Systems and Settings

Social Determinants of Health

Health Information Technology (includes Electronic Health Records (EHR), Health Information Exchange (HIE), and Telehealth)

■ Telehealth claims for behavioral health and medical care increased 1100% from 30 in February 2020 to 333 in March 2020 as the COVID-19 pandemic began for South Country Health Alliance (SCHA) Minnesota Health Care Program enrollees in Goodhue County. (SCHA data)

■ Monthly telehealth claims for behavioral health and medical care for SCHA members in Goodhue County fluctuated with the COVID-19 pandemic. Claims peaked at 1,399 in April 2020, gradually declined through September 2020 (869 claims), went back up from October 2020 through March 2021 (1,116 claims) and then gradually declined again through December 2021 (737 claims). (SCHA data)

■ About 68% of SCHA telehealth claims in 2020-2021 were for behavioral health telehealth. Note, generalized anxiety disorder is not currently classified as behavioral health. (SCHA data)

Public Health Infrastructure

■ Goodhue County Health & Human Services has been an accredited public health agency since 2019.

■ For 2022-2024, Goodhue County Health and Human Services received one of 16 Infrastructure Fund grants from the Minnesota legislature to strengthen the local public health system. The grant of \$193,192 will enhance the ability to collect, analyze, and use public health data.

■ Goodhue County Health & Human Services had a Quality Improvement Maturity Score of 3.9 in 2022, showing that the agency has a “medium” culture of quality.

Transportation

■ 3% of Goodhue County adults do not have their own vehicle; 20% of HHS, C.A.R.E. Clinic, and food shelf customers do not their own vehicle.

(Goodhue County CHNA Survey, 2021)

■ 1.5% of Goodhue County residents utilized public transportation to get to work.

(MN Compass, 2016-2020)

Other Social Determinants of Health

Social Determinants of Health are the economic and social conditions that influence individual and group difference in health outcomes.

See issues in the Top 10: Social Connection & Inclusion (page 10), Education Access and Quality (page 12), Health Care Access and Quality (page 13), and Economic Stability (page 15).

Neighborhood and Built Environment

■ 86% of Goodhue County households have a broadband internet connection.

(County Health Rankings, 2022)

■ 82% of Goodhue County residents have adequate access to parks and recreational facilities. (County Health Rankings, 2022)

■ 4% of Goodhue County 5-11th graders disagree/strongly disagree they feel safe in their neighborhood. (MSS, 2022)

Populations/ Demographics

Demographics from County Health Rankings

Population 47,582



Race & Ethnicity

91% White
7.3% of Color

Hispanic 3.6%

Black or African American
alone 1.2%

American Indian and
Alaskan Native alone 0.8%

Asian or Pacific Islander
alone 0.8%

Other alone 0.7%

Two or more races alone 2.1%

Age



Under 5 5.7%

5-17 6.4%

18-64 58.3%

65+ 19.6%

Gender



Male 49.9%
Female 50.1%

Household Income

Less than \$35,000 22.9%

\$35,000-\$49,999 12.4%

\$50,000-\$74,999 18.5%

\$75,000-\$99,999 15.4%

\$100,000 or more 30.8%

Median household income: \$69,334

Language

96%

Speak
English
only

4%

Speak
other than
English

1.1%

Speak
English
less than
"very well"

Disability Status

Population with a disability
9.7%



Data Collection and Prioritization

Health Conditions

Health Behaviors

Systems and Settings

Social Determinants of Health

Process

The Community Health Assessment Committee utilized the MAPP model. Mobilizing for Action through Planning and Partnerships (MAPP) is a community-driven strategic planning process for improving community health. Facilitated by public health leaders, this framework helps communities apply strategic thinking to prioritize public health issues and identify resources to address them. MAPP is not an agency-focused assessment process; rather, it is an interactive process that can improve the efficiency, effectiveness, and ultimately the performance of local public health systems.

Data Collection

- 2021 Mental Health Coalition survey and focus groups
- 2021 Community Health Needs Assessment Survey
- 2021 Community Health Needs Assessment Survey Convenience Sample (HHS lobby, C.A.R.E. Clinic, and food shelves)
- Key Informant Interviews
- Secondary data sources
- CHA Committee Prioritization
- Online Health Topic Prioritization Survey
- Community Partner Assessment
- Community Engagement Prioritization

Next Steps

The Community Health Needs Assessment sets the stage for the Goodhue County Community Health Improvement Plan 2023-2026, which will describe the long-term, collective efforts to improve the health of everyone in the county.

CHA Committee Members

Jane Adams-Barber *Three Rivers Community Action Agency, Inc.*

Becky Brown *First English Lutheran Church, Cannon Falls*

Jennifer Cook *Red Wing Housing and Redevelopment Authority*

Maureen Nelson *United Way of Goodhue, Wabasha, and Pierce Counties*

Michelle Leise *City of Red Wing*

Dawn Wattern *Red Wing Community Education & Recreation*

Kirsten Rhodes *South Country Health Alliance*

Sara Kern *Hope Coalition*

Jessica Kitzmann *Red Wing Housing and Redevelopment Authority*

Gene Leifeld *Community Member, Zumbrota*

Anita Otterness *Community Member, Goodhue*

Bryan Soper *Red Wing YMCA*

Jackie Sill *Workforce Development, Inc.*

Stephanie Olson *Mayo Clinic Health System*

Julie Malyon *C.A.R.E. Clinic*

Susan Johnson *Goodhue County Health and Human Services Board*

Kris Johnson *Goodhue County Health and Human Services*

Odey Vazquez Luna *Goodhue County Health and Human Services – Public Health Division*

Abby Villaran *Goodhue County Health and Human Services – Social Services Division*

Ruth Greenslade, *facilitator, Goodhue County Health and Human Services – Public Health Division*

Maggie Cichosz, *facilitator, Goodhue County Health and Human Services – Public Health Division*

Laura Smith, *case aide, Goodhue County Health and Human Services – Public Health Division*

Jessica Seide *Goodhue County Health and Human Services – Public Health Division*

Gina Johnson *Goodhue County Health and Human Services – Public Health Division*

List of Annexes

links available on www.co.goodhue.mn.us/chna

- Mental Health Coalition of Goodhue County online survey summary
- Mental Health Coalition of Goodhue County focus group summary
- 2021 Goodhue County CHNA Survey Summary, and
 - CHNA Survey tool
 - CHNA results of random sample
 - CHNA results of convenience sample
- CHNA Key Informant summary, and
 - CHNA Key informant tool
- Secondary Data Sources
- Online Health Topic Prioritization Survey results
- Community Partners Assessment (CPA) Report
- Community Engagement Summary
- United Way Community Connection Resource Guide
- Red Wing Report Card



Partnering for the health of Goodhue County, Minnesota:



United Way of Goodhue,
Wabasha & Pierce Counties



This report was made possible in part by a Minnesota Department of Health Rural Health Assessment Grant using federal funds from the Centers for Disease Control and Prevention.