



Community
Health Board

Health Data Indicators

Community Health Assessment, 2017

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Part I. Data indicator selection for Opportunity for Health

Section A: Education/Employment

Four year high school graduation and dropout rate

High School Dropout Rate per 100						
Year	MN	CHB	Carlton	Cook	Lake	St. Louis
2007-08	5.8%	NA	4.7%	NA	5.6%	8.0%
2008-09	5.5%	7.0%	7.0%	3.7%	6.4%	7.2%
2009-10	4.9%	6.8%	4.4%	1.5%	7.6%	7.4%
2010-11	4.8%	6.2%	4.8%	8.8%	3.5%	6.6%
2011-12	5.1%	6.8%	5.2%	NA	9.9%	7.1%
2012-13	4.3%	6.5%	5.0%	4.7%	6.1%	7.0%
2013-14	NA	NA	NA	NA	NA	NA

NA - Data not available at time of publication

Source: MN Center for Health Statistics

- According to the most recent data available, all four Counties have higher rates of high school dropout rate compared to the state of MN

Four Year High School Graduation Rate per 100						
Year	MN	CHB	Carlton	Cook	Lake	St. Louis
2007-08	74.8%	78.0%	82.8%	93.3%	67.2%	77.0%
2008-09	74.9%	79.2%	79.3%	83.3%	85.0%	78.7%
2009-10	75.9%	78.9%	83.7%	90.8%	82.8%	77.3%
2010-2011	76.8%	77.6%	80.8%	77.2%	88.5%	76.3%
2011-12	77.6%	77.2%	81.9%	NA	85.5%	76.7%
2012-13	78.4%	80.2%	86.1%	90.6%	84.4%	78.2%
2013-14	NA	NA	NA	NA	NA	NA

NA - Data not available at time of publication

Source: MN Center for Health Statistics

- According to the most recent data available, only St. Louis County have lower graduation rate compared to the state of MN

 % of population 25+ with less or equal to high school education or equivalent (e.g. GED)

State/County/CHB	% of population aged 25 years and older with less than or equal to high school education or equivalent, 2011- 2015
Minnesota	33.6 %
CHB	37.2 %
Carlton	42.2 %
Cook	29.4 %
Lake	41.3 %
St. Louis	36.3 %

Source: MN Center for Health Statistics

The highlighted numbers show higher rates of population aged 25 and older with less or equal to high school education compared to the state of MN

 Unemployment rate per capita income

Year	Unemployed (Annual Average) %					
	MN	CHB	Carlton	Cook	Lake	St. Louis
1995	3.7%	6.0%	7.0%	5.8%	5.2%	5.7%
2001	3.7%	5.3%	5.8%	4.6%	5.2%	5.5%
2005	4.0%	4.7%	5.6%	4.2%	4.1%	4.9%
2010	7.3%	8.0%	8.6%	6.8%	7.6%	7.9%
2011	6.4%	7.4%	7.9%	6.5%	6.4%	7.4%
2012	5.6%	6.7%	7.1%	5.9%	5.7%	6.7%
2013	5.1%	6.2%	6.1%	5.5%	5.8%	6.3%

Source: MN Center for Health Statistics

The highlighted numbers show higher rates of unemployment compared to the state of MN

Section B: Income

☀ Poverty status by age

Percent Living in Poverty (2010-2014)					
	MN	Carlton	Cook	Lake	St. Louis
Under 18 years	14.8%	16.0%	12.1%	22.4%	20.6%
18 to 64 years	11.0%	13.7%	9.5%	14.1%	18.3%
65 years and over	7.8%	10.0%	3.8%	4.8%	7.8%
Married couple families with children under 18	4.6%	5.4%	5.3%	5.5%	4.7%
Single females with children under 18	35.9%	37.0%	26.6%	72.0%	49.7%

Source: U.S. Census Bureau, 2010-2014 American Community Survey

- ☀ Children under 18 living in poverty, Carlton, Lake and St. Louis are higher than MN.
- ☀ People 18 to 64 years living in poverty, Carlton, Lake and St. Louis higher than MN
- ☀ Married Couple families with children under 18 living in poverty, Carlton, Cook Lake and St. Louis higher than MN
- ☀ Single females with children under 18, , Carlton, Cook Lake and St. Louis higher than MN

Percent of People under 18 Years Living in Poverty					
	2009	2010	2011	2012	2013
State of Minnesota	13.9%	15.0%	15.3%	14.6%	14.0%
CHB	17.1%	19.8%	19.7%	16.9%	18.1%
Carlton County	12.8%	13.1%	13.4%	12.9%	14.1%
Cook County	15.2%	15.8%	16.6%	17.3%	16.5%
Lake County	16.0%	15.8%	17.0%	16.6%	16.6%
St. Louis County	18.2%	21.6%	21.3%	17.7%	19.0%

Source: MN Center for Health Statistics

The highlighted numbers show higher rates of poverty compared to the state of MN

❁ Percent of all ages living in poverty

Percent of All Ages Living in Poverty						
Year	MN	CHB	Carlton	Cook	Lake	St. Louis
1995	8.7%	9.1%	9.9%	6.9%	7.6%	12.0%
2000	6.9%	8.1%	8.1%	7.1%	7.7%	9.4%
2005	9.2%	11.4%	9.8%	9.3%	9.2%	12.8%
2009	10.9%	14.5%	10.5%	10.1%	11.4%	16.4%
2010	11.5%	16.0%	10.8%	9.6%	11.2%	17.4%
2011	11.8%	16.3%	12.2%	10.9%	10.5%	17.5%
2012	11.4%	14.6%	12.6%	11.2%	11.3%	15.2%
2013	11.2%	15.5%	12.1%	10.1%	11.1%	16.5%

Source: MN Center for Health Statistics

2013 - Carlton and St. Louis Counties have higher rates of poverty compared to the state of MN

❁ Percent of people of all ages living at or below 200% of poverty

State/County/CHB	% people of all ages living at or below 200% of poverty 2011 – 2015
State of Minnesota	26.6 %
CHB	32.9 %
Carlton	31.5 %
Cook	31.4 %
Lake	31.3 %
St. Louis	33.3 %

Source: MN Center for Health Statistics

The highlighted numbers show higher rates of poverty compared to the state of MN

🌟 Total per capita income

Per Capita Income by Household						
Year	MN	CHB	Carlton	Cook	Lake	St. Louis
1994	\$22,217	\$17,981	\$16,462	\$19,999	\$16,740	\$18,721
2000	\$31,935	\$24,776	\$23,125	\$26,236	\$22,976	\$26,768
2005	\$37,290	\$31,148	\$26,114	\$32,312	\$32,655	\$31,739
2009	\$41,854	\$35,822	\$31,201	\$35,726	\$38,471	\$36,485
2010	\$45,481	\$38,506	\$33,456	\$42,584	\$42,479	\$39,079
2011	\$46,832	\$39,803	\$33,823	\$44,818	\$44,170	\$40,497
2012	\$48,071	\$40,103	\$33,643	\$46,531	\$44,612	\$40,833
2013	\$47,500	\$40,660	\$33,613	\$47,096	\$44,873	\$41,513

Source: MN Center for Health Statistics

The highlighted numbers show lower per capita income by household compared to the state of MN

Median Household Income - Adjusted to 2013 Dollars					
	2009	2010	2011	2012	2013
State of Minnesota	\$60,397	\$59,209	\$58,974	\$59,690	\$60,664
Carlton, Cook, Lake, St. Louis	NA	NA	NA	NA	NA
Carlton County	\$56,000	\$52,305	\$51,116	\$50,782	\$52,670
Cook County	\$48,784	\$46,680	\$45,856	\$47,304	\$48,124
Lake County	52,879	50,745	\$50,418	\$50,092	\$50,875
St. Louis County	47,163	44,963	\$46,060	\$47,284	\$46,022

Source: MN Center for Health Statistics

NA - Data not available at time of publication

The highlighted numbers show lower median household income compared to the state of MN

Section C: Food insecurity

- Student eligible to free or reduced lunches

Food Stamp Utilization						
Average Monthly Number of Households						
Year	MN	CHB	Carlton	Cook	Lake	St. Louis
1995	165,368	9,801	987	78	212	8,524
2000	85,599	7,009	678	48	128	6,155
2005	118,244	7,923	756	65	193	6,909
2010	203,065	12,598	1,313	138	310	10,836
2011	237,132	14,619	1,545	158	351	12,565
2012	251,642	15,237	1,645	157	362	13,073
2013	259,246	15,463	1,726	176	379	13,182

Note: Supplemental Nutrition Assistance Program (SNAP) provides healthy food for struggling families

Source: MN Center for Health Statistics

Students Eligible for Free or Reduced Meals				
Percent, School Year				
	2010-11	2011-12	2012-13	2013-14
State of Minnesota	36.6%	37.2%	38.3%	38.5%
CHB	39.3%	40.2%	40.6%	41.2%
Carlton County	34.4%	33.7%	36.2%	36.1%
Cook County	39.3%	38.6%	39.4%	41.9%
Lake County	32.8%	34.2%	33.5%	34.7%
St. Louis County	40.9%	42.2%	42.2%	42.8%

Source: MN Center for Health Statistics

The highlighted numbers show higher rates of reduced meal usage compared to the state of MN

🌟 Students missing meals

Students who have had to skip meals in the last 30 days because their family did not have enough money to buy food

Year	Grade	MN	CHB	Carlton	Cook	Lake	St. Louis
2013	5 th	5%	8%	5%	-	11%	7%
	8 th	5%	4%	6%	3%	3%	5%
	9 th	5%	5%	4%	7%	3%	5%
	11 th	5%	6%	5%	8%	3%	6%
2016	5 th	5%	4%	6%	0%	NA	6%
	8 th	5%	9%	6%	14%	NA	7%
	9 th	5%	3%	4%	0%	NA	5%
	11 th	5%	3%	6%	4%	NA	5%

Source: MN student Survey

NA - Data not available at time of publication

🌟 Food access

During the growing season, how often do you or others in your household buy or get food from the following places...local farm or CSA (Community Supported Agriculture)?

BTH Region	2.8%
Carlton	1.9%
Cook	8.2%
Lake	3.9%
St. Louis	2.6%

Source- Bridge to Health survey – 2015

BTH region includes Counties in northeastern Minnesota and Douglas County in Wisconsin

The highlighted numbers show lower rates of CSA usage compared to the BTH region

In an average week, how many times do you do the following...eat or order a meal from a fast food place? (1 or more times per week)

BTH Region	51.7%
Carlton	52.2%
Cook	17.4%
Lake	43.0%
St. Louis	52.6%

Source- Bridge to Health survey – 2015

BTH region includes Counties in northeastern Minnesota and Douglas County in Wisconsin

The highlighted numbers show higher rates of fast food consumption compared to the BTH region

Fruit and Vegetable Consumption - 5 Or More Servings Yesterday	
BTH Region	32.8%
Carlton	29.7%
Cook	35.0%
Lake	28.6%
St. louis	34.4%

Source- Bridge to Health survey – 2015

BTH region includes Counties in northeastern Minnesota and Douglas County in Wisconsin

The highlighted numbers show lower rates of fruit and vegetable consumption compared to the BTH region

During the past 12 months, how often did you worry that your food would run out before you had money to buy more? (Often or sometimes)	
BTH Region	20.4%
Carlton	27.2%
Cook	14.9%
Lake	16.3%
St. louis	17.1%

Source- Bridge to Health survey – 2015

BTH region includes Counties in northeastern Minnesota and Douglas County in Wisconsin

The highlighted numbers show higher rate of worry about food running out compared to the BTH region

During the past 12 months, have you used a community food shelf program?	
BTH Region	10.3%
Carlton	13.6%
Cook	8.5%
Lake	5.8%
St. louis	7.7%

Source- Bridge to Health survey - 2015

BTH region includes Counties in northeastern Minnesota and Douglas County in Wisconsin

The highlighted numbers show higher rate of community food shelf program usage compared to the BTH region

Section D: Housing/ Home Ownership

Homelessness

Statewide - On October 22, 2015, a total of 9,312 people experiencing homelessness were counted in Minnesota. This number represents a 9 percent decrease from 2012, following an increase of 32 percent between 2006 and 2012. (Source – Minnesota Homeless Study)

Section E: Healthy Indoor/ Outdoor Environment

☀ % of dwelling built before 1979

State/County/CHB	% of housing units built before 1980, 2011 – 2015
State of Minnesota	58.0 %
CHB	71.3 %
Carlton	59.8 %
Cook	46.8 %
Lake	72.4 %
St. Louis	74.4 %

Source: MN Center for Health Statistics

The highlighted numbers show higher rates of housing units built before 1980 compared to the state of MN

☀ Housing occupied by owner

State/County/CHB	% of housing occupied by owner 2011 – 2015
State of Minnesota	74.7 %
CHB	75.8 %
Carlton	81.4 %
Cook	78.9 %
Lake	82.6 %
St. Louis	74.3 %

Source: MN Center for Health Statistics

The highlighted number show lower rate of housing occupied by owner compared to the state of MN

☀ Radon

State/County/CHB	Results under 2 pCi/L	Results between 2 and 3.9 pCi/L	Results 4 pCi/L and above
Carlton	48%	22%	30%
Cook	33%	26%	41%
Lake	54%	25%	21%
St. Louis	54%	25%	21%

Source- MN-radon.info and Minnesota Department of Health Indoor Air program

❁ Barriers for physical activity – Bridge to Health Survey

Which of the following factors is a big problem in terms of preventing you from being more physically active?

	Lack of self-discipline	Program Costs/Fees	Lack of energy	Lack of Time	Disability or illness
BTH region	25.7%	24.8%	22.0%	21.0%	13.4%
Carlton	29.5%	34.1%	21.7%	20.8%	14.4%
Cook	25.6%	19.5%	16.5%	23.3%	12.0%
Lake	31.3%	24.3%	23.4%	21.3%	12.3%
St. Louis	23.7%	20.6%	20.0%	19.9%	11.8%

Source: Bridge to Health Survey – 2015

BTH region includes Counties in northeastern Minnesota and Douglas County in Wisconsin

The highlighted numbers show higher rate of physical activity barriers compared to the BTH region

Section F: Social Connectedness

❁ % if households in which the resident is 65 and over dependency ratio

**Elderly (age 65+) Dependency Ratio
per 100 people aged 15-64**

	2009	2010	2011	2012	2013
Minnesota	18.9	19.2	19.6	20.3	21.0
CHB	24.2	24.0	24.1	25.0	25.9
Carlton County	23.5	23.0	22.8	23.8	24.5
Cook County	29.5	30.6	33.0	35.7	38.0
Lake County	32.8	36.0	36.8	38.5	39.5
St. Louis County	23.7	23.4	23.5	24.3	25.1

Source: MN Center for Health Statistics

The highlighted number show higher rate of elderly dependency ratio compared to the state of MN

❁ % of children <18 years of age living in single parent-headed households

State/County/CHB % children under 18 living in single parent headed households

State of Minnesota	26.3%
CHB	32.5%
Carlton	30.8%
Cook	38.6%
Lake	23.8%
St. Louis	33.2%

Source: MN Center for Health Statistics

The highlighted number show higher rate of children under 18 living in single parent headed households compared to the state of MN

🌟 students connected to a caring adult in the community

How much do you feel adults in your community don't care about you at all?

Year	Grade	MN	CHB	Carlton	Cook	Lake	St. Louis
2013	5 th	8%	9%	6%	NA	10%	10%
	8 th	14%	15%	11%	16%	15%	18%
	9 th	15%	14%	12%	7%	23%	14%
	11 th	15%	12%	14%	8%	10%	17%
2016	5 th	7%	6%	10%	0%	NA	7%
	8 th	12%	9%	13%	3%	NA	10%
	9 th	14%	14%	11%	14%	NA	16%
	11 th	15%	19%	15%	28%	NA	14%

Source: MN student Survey

NA - Data not available at time of publication

🌟 How often do you get the social and emotional support you need

How often do you get the social and emotional support you need?

Rarely or never

BTH Region	12.9%
Carlton	9.2%
Cook	8.0%
Lake	11.2%
St. Louis	13.1%

Source- Bridge to Health survey – 2015

BTH region includes Counties in northeastern Minnesota and Douglas County in Wisconsin

The highlighted numbers show lower rates social emotion support compared to the BTH region

Section G: Community and personnel safety

🌟 Adolescents safety at school

% of students who does not feel safe going to and from school

Year	Grade	MN	CHB	Carlton	Cook	Lake	St. Louis
2013	5 th	6%	6%	5%	NA	7%	7%
	8 th	5%	6%	4%	6%	6%	7%
	9 th	5%	5%	3%	6%	5%	4%
	11 th	4%	3%	2%	0%	5%	5%
2016	5 th	5%	7%	6%	10%	NA	4%
	8 th	5%	4%	5%	0%	NA	6%
	9 th	5%	4%	4%	3%	NA	4%
	11 th	4%	4%	1%	7%	NA	3%

Source: MN student Survey

NA - Data not available at time of publication

✿ Out of home placement

Children in Out-of-home Care per 1,000 in the Child Population (0-17 years old), 2014 (Note that this table has not been updated with 2015 data. This data is no longer included in the Child Welfare Report (now Child Maltreatment Report) and not yet available.)

State/County/CHB	Child Population Age 0-17	Unique Children	Children per 1,000
Minnesota	1,281,826	12,172	9.5
CHB	49743	1046	31.5
Carlton	8,088	99	12.2
Cook	853	12	14.1
Lake	2,006	32	16.0
St. Louis	38,796	903	23.3

Source: MN Center for Health Statistics

✿ Crime Rates

Crime Rate per 100,000 Inhabitants (and percent cleared) Year 2005

	MN	CHB	Carlton	Cook	Lake	St. Louis
Part 1	3,410	4,701	2,242	1,991	1,484	3,452
Part 2	5,531	5,613	5,031	6,385	2,391	5,870
Combined	8,941	8,789	7,273	8,376	3,875	9,322
% Cleared	46%	39%	44%	44%	48%	38%

Source: Bureau of Criminal Apprehension

Crime Rate per 100,000 Inhabitants (and percent cleared) Year 2010

	MN	CHB	Carlton	Cook	Lake	St. Louis
Part 1	2,789	3,254	2,601	3,214	888	3,495
Part 2	3,818	4,996	5,121	4,949	1,805	5,146
Combined	6,607	8,249	7,722	8,163	2,694	8,641
% Cleared	48%	43%	33%	31%	56%	45%

Source: Bureau of Criminal Apprehension

Crime Rate per 100,000 Inhabitants (and percent cleared) Year 2015

	MN	CHB	Carlton	Cook	Lake	St. Louis
Part 1	NA	NA	2,547	1,506	471	3,299
Part 2	NA	NA	4,506	4,844	1,092	5,222
Combined	NA	NA	7,053	6,350	1,563	8,521
% Cleared	NA	NA	36%	33%	44%	43%

Source: Bureau of Criminal Apprehension

NA - Data not available at time of publication

Section H: Access to Healthcare and Public Health

🌟 Number of physicians per 10,000 population

	Population	Active Physicians	Primary Care	Non-primary Care
Northeast MN	5.3%	4.5%	5.5%	*
Duluth Area	3.0%	3.6%	4.0%	3.3%
Range Area	1.4%	0.6%	0.9%	0.3%
Other NE MN	0.9%	0.3%	0.6%	*

* Less than .5%.

Source- MN center for Health Statistics

Health care provider per 100,000 population

	% in primary care	Primary care	Surgical specialties	Other Specialties
Northeast MN	52%	146	32	101

Source- RularMN.org – 2011 report

Physicians specialties by region

	Physicians	Physician Assistants	RNs	LPNs	Dentists
Northeast MN	279	11	152	481	61

Source- RularMN.org – 2011 report

Section I: Other

Access to transportation

Do you have access to transportation when you need it for?				
Not often for...	medical/health care appointments	groceries	visiting friends or relatives	recreation opportunities
BTH region	3.4%	3.5%	5.5%	5.7%
Carlton	1.9%	2.5%	5.0%	3.6%
Cook	1.2%	1.0%	3.3%	2.3%
Lake	0.7%	1.1%	1.9%	2.8%
St. Louis	2.4%	3.2%	4.4%	4.9%

Source: Bridge to Health Survey - 2015

Part II. Data indicator selection for Healthy Living

Section A: A Healthy start for Children:

🌟 Percent of mothers who initiated prenatal care in the 1st Trimester

% Receiving Prenatal Care in the 1st Trimester				
	1994-1998	1999-2003	2004-2008	2009-2013
State of Minnesota	83.8%	85.2%	86.1%	84.8%
Carlton, Cook, Lake, St. Louis	87.6%	88.1%	88.3%	87.3%
Carlton County	88.6%	89.3%	89.8%	86.3%
Cook County	76.8%	78.2%	82.2%	77.7%
Lake County	85.6%	84.4%	85.7%	85.4%
St. Louis County	87.8%	88.3%	88.3%	87.8%

*Percentages based on numerators less than or equal to 20 may be unstable and should be interpreted with caution

Source: Minnesota Department of Health, Center for Health Statistics

Prenatal Care – 2015				
State/County/CHB	Percent of Prenatal Care Received in 1st Trimester	Percent Adequacy of Prenatal Care, GINDEX		
		Adequate or Better	Intermediate	Inadequate or None
State of Minnesota	82.1%	76.8%	18.7%	4.5%
CHB	86.2%	80.6%	15.6%	3.8%
Carlton	86.7%	80.6%	15.2%	4.2%
Cook	74.5%	42.6%	48.1%	9.3%
Lake	83.0%	75.8%	19.2%	5.1%
St. Louis	86.6%	82.0%	14.5%	3.5%

Source: Minnesota Department of Health, Center for Health Statistics

GINDEX: A prenatal care index determined by combining measures of the month or trimester prenatal care began, the number of prenatal visits, and the gestational age of the infant/fetus at the time of birth. The GINDEX includes gestational age over 36 weeks, and number of prenatal visits greater than nine to impute adequacy of prenatal care.

Adequate or Better: Prenatal care started in the 1st trimester *and* the woman had an adequate number of visits.

Intermediate: Prenatal care started in the 1st or 2nd trimester *and* the woman had an intermediate range of visits.

Inadequate or None: No prenatal care or the prenatal care started in the 3rd trimester or the woman had an inadequate range of visits, regardless of when prenatal care began.

❁ Percent of births to unmarried mothers

	% Births to Unmarried Women			
	1994-1998	1999-2003	2004-2008	2009-2013
State of Minnesota	24.8%	26.5%	31.3%	33.1%
Carlton, Cook, Lake, St. Louis	31.2%	34.0%	39.2%	39.6%
Carlton County	30.5%	31.3%	34.7%	39.8%
Cook County	34.0%	30.6%	31.4%	30.4%
Lake County	25.0%	27.1%	30.0%	30.1%
St. Louis County	31.6%	35.0%	40.6%	40.2%

*Percentages based on numerators less than or equal to 20 may be unstable and should be interpreted with caution

Source: Minnesota Department of Health, Center for Health Statistics

Socio-Demographic Factors Related to Birth Outcomes, 2015

State/County/CHB	Percent - Births to Unmarried Mothers	Percent - No Father on Birth Certificate	Percent - Mothers Smoked during Pregnancy
State of Minnesota	32.2%	11.7%	9.3%
CHB	39.0%	13.6%	18.2%
Carlton	41.0%	12.6%	18.3%
Cook	37.5%	12.5%	17.9%
Lake	34.7%	10.9%	24.8%
St. Louis	38.9%	14.0%	17.9%

Source: Minnesota Department of Health, Center for Health Statistics.

❁ Percent of low birth weight births less than 2,500 grams (singleton births)

	Low Birth Weight (less than 2,500 grams), Singletons - Number			
	1994-1998	1999-2003	2004-2008	2009-2013
State of Minnesota	13,758	14,957	16,948	16,023
Carlton, Cook, Lake, St. Louis	515	574	584	581
Carlton County	59	76	76	87
Cook County	10	10	6	8
Lake County	17	24	28	28
St. Louis County	429	464	474	458

*Percentages based on numerators less than or equal to 20 may be unstable and should be interpreted with caution

Source: Minnesota Department of Health, Center for Health Statistics.

**Low Birth Weight (less than 2,500 grams),
Singletons - Percent**

	1994-1998	1999-2003	2004-2008	2009-2013
State of Minnesota	4.4%	4.6%	4.9%	4.8%
Carlton, Cook, Lake, St. Louis	4.2%	4.7%	4.5%	4.6%
Carlton County	3.5%	4.2%	3.7%	4.8%
Cook County	4.0%	5.0%	2.7%	3.9%
Lake County	3.4%	4.9%	5.6%	5.2%
St. Louis County	4.3%	4.7%	4.6%	4.6%

Source: Minnesota Department of Health, Center for Health Statistics.

 **Percent of births that were born premature, less than 37 weeks gestation (singleton births)**

Premature Births (less than 37 weeks gestation), Singletons - Number

	1994-1998	1999-2003	2004-2008	2009-2013
State of Minnesota	20,777	22,400	25,682	24,781
Carlton, Cook, Lake, St. Louis	862	959	1,182	983
Carlton County	104	123	154	140
Cook County	15	16	20	10
Lake County	27	36	54	54
St. Louis County	716	784	954	779

*Percentages based on numerators less than or equal to 20 may be unstable and should be interpreted with caution

Source: Minnesota Department of Health, Center for Health Statistics.

Premature Births (less than 37 weeks gestation), Singletons - Percent

	1994-1998	1999-2003	2004-2008	2009-2013
State of Minnesota	7.4%	7.7%	8.4%	8.0%
Carlton, Cook, Lake, St. Louis	7.4%	8.4%	9.5%	8.2%
Carlton County	6.5%	7.6%	8.7%	8.4%
Cook County	6.5%	8.1%	9.3%	5.1%
Lake County	5.7%	7.8%	11.1%	10.4%
St. Louis County	7.7%	8.6%	9.6%	8.1%

Source: Minnesota Department of Health, Center for Health Statistics.

Prematurity and Low Birth Weight of Singleton Births – 2015

State/County/CHB	Number Preterm Births	Percent Preterm Births	Number Low Birth Weight	Percent Low Birth Weight	Percent Very Low Birth Weight 2013-2015	Percent Small for Gestational Age
State of Minnesota	5,231	8.2%	3,251	4.8%	1.2%	3.9%
CHB	189	8.0%	117	4.8%	1.2%	4.1%
Carlton	23	7.1%	10	2.8%	1.3%	3.3%
Cook	3	5.5%	4	7.1%	2.8%	1.8%
Lake	8	8.3%	2	2.1%	0.3%	1.0%
St. Louis	155	8.3%	101	5.3%	1.1%	4.5%

Source: Minnesota Department of Health, Center for Health Statistics.

Preterm Births: Live births of babies who are less than 37 weeks gestation at birth (computed).

Low Birth Weight Births: Live births who are less than 2500 grams at birth.

Very Low Birth Weight Births: Live births who are born weighing less than 1500 grams.

Number of infant deaths

Minnesota Number of Infant Deaths 1995 - 2014 (Birth Year)

State/County/CHB	Birth Year			
	1995-1999	2000-2004	2005-2009	2010-2014
State of Minnesota	1,990	1,728	1,893	1,672
CHB - Carlton, Cook, Lake, St. Louis	85	75	63	70
Carlton	9	11	10	5
Cook	2	2	2	2
Lake	2	6	4	4
St. Louis	72	56	47	59

Source: Minnesota Department of Health, Center for Health Statistics

Percent of mothers who smoked during pregnancy

Mothers who Smoked during Pregnancy

	Percent			
	1994-1998	1999-2003	2004-2008	2009-2013
State of Minnesota	13.1%	10.9%	9.7%	10.8%
Carlton, Cook, Lake, St. Louis	22.3%	22.0%	21.6%	20.1%
Carlton County	24.3%	20.7%	21.1%	20.5%
Cook County	22.5%	19.4%	16.7%	21.9%
Lake County	19.4%	20.8%	18.2%	14.6%
St. Louis County	22.1%	22.4%	22.0%	20.3%

Source: Minnesota Department of Health, Center for Health Statistics

 **Rate of children in out of home care per 1,000 (aged 0-17)**

Children in Out-of-home Care per 1,000 in the Child Population (0-17 years old), 2014 (Note that this table has not been updated with 2015 data. This data is no longer included in the Child Welfare Report (now Child Maltreatment Report) and not yet available.)

Child Population			
State/County/CHB	Age 0-17	Unique Children	Children per 1,000
Minnesota	1,281,826	12,172	9.5
CHB	49743	1046	31.59347953
Carlton	8,088	99	12.2
Cook	853	12	14.1
Lake	2,006	32	16.0
St. Louis	38,796	903	23.3

Source: MN Center for Health Statistics

 **Child abuse**

2015 Child Subjects of Maltreatment Reports

Note that this table is changed from that of previous years. DHS has revised their annual report on child maltreatment and the data is presented somewhat differently.

State/County/CHB	Child	Total		Type of Maltreatment				
	Pop. Age 0-17	Unique Child	Rate per 1,000	Medical Neglect	Mental Injury	Neglect	Physical Abuse	Sexual Abuse
Minnesota	1,282,412	31,635	24.7	375	416	21,043	10,150	3,841
CHB	49566	2335	47.1	29	32	1570	769	233
Carlton	8,080	295	36.5	16	3	205	81	18
Cook	839	27	32.2	1	3	17	4	3
Lake	2,019	61	30.2	0	0	54	21	2
St. Louis	38,628	1,952	50.5	12	26	1,294	663	210

Source: MN Center for Health Statistics

🌟 Teen births rate per 1,000 females aged 15-19years

Teen Birth Rate per 1,000 15-19 year old females				
	1994-1998	1999-2003	2004-2008	2009-2013
State of Minnesota	32.3	28.1	27.3	20.3
Carlton, Cook, Lake, St. Louis	29.5	25.5	24.3	19.1
Carlton County	33.7	30.3	32.3	25.3
Cook County	29.3	NA	NA	32.6
Lake County	28.2	26.5	27.2	33.8
St. Louis County	29.0	24.9	23.1	17.4

Source: MN Center for Health Statistics

NA - Data not available at time of publication

🌟 Student who identify as LGBT

Students who identify as LGBTQ							
Year	Grade	MN	CHB	Carlton	Cook	Lake	St. Louis
2016	9 th	10 %	11%	10 %	11%	NA	12 %
	11 th	10%	11%	9%	15%	NA	8%

Source: MN student Survey

NA - Data not available at time of publication

🌟 Students participation in religious activities

Percent of students who participate in religious activities 3 or more times per week							
Year	Grade	MN	CHB	Carlton	Cook	Lake	St. Louis
2013	5 th	2%	2%	2%	NA	1%	3%
	8 th	3%	3%	3%	3%	2%	3%
	9 th	3%	1%	3%	0%	0%	2%
	11 th	3%	2%	2%	0%	3%	3%
2016	5 th	2%	1%	1 %	0%	NA	2%
	8 th	2%	2%	1%	3%	NA	1%
	9 th	2%	1%	1%	0%	NA	1%
	11 th	2%	3%	2%	4%	NA	2%

Source: MN student Survey

NA - Data not available at time of publication

Section B: Eating Habits and physical activity

☀ Percent adults who consumed 5 or more servings of fruits and vegetables

Fruit and Vegetable Consumption - 5 Or More Servings Yesterday	
BTH Region	32.8%
Carlton	29.7%
Cook	35.0%
Lake	28.6%
St. Louis	34.4%

Source- Bridge to Health survey – 2015

BTH region includes Counties in northeastern Minnesota and Douglas County in Wisconsin

The highlighted numbers show lower rates of fruits and vegetable consumption compared to the BTH region

☀ Percent adults who report 30 minutes or more moderate PA on 5+days per week

Percent of adults who engage in moderate activity 3 or more days a week for at least 30 minutes

Year	Carlton		Cook		Lake		St. Louis	
	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI
2005	37.6%	(32.0-43.5)	49.2%	(42.8-55.6)	41.3%	(34.8-48.1)	69.2%	(62.3-75.4)
2010	49.8%	(41.9-57.8)	56.0%	(50.8-61.2)	42.3%	(35.3-49.4)	40.7%	(35.2-46.2)

Source: Bridge to Health 2005 and 2010

Percent of adults who engage in moderate or vigorous activity 3 or more days a week

Year	Carlton		Cook		Lake		St. Louis	
	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI
2015	27.5%	(20.9-34.2)	23.8%	(18.2-29.5)	29.0%	(22.6-35.5)	26.0%	(21.5-30.4)

Source: Bridge to Health - 2015

The highlighted numbers show lower rate of physical activity compared to the other Counties

Percent of adults who are obese

Year	Carlton		Cook		Lake		St. Louis
	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent
2005	21.4%	(16.6-26.1)	13.7%	(10.0-17.4)	21.8%	(15.6-28.0)	19%
2010	24.0%	(18.6-29.5)	20.4%	(15.9-24.9)	24.1%	(18.2-30.0)	15.2%
2015	27.4%	(19.8-35)	26.4%	(20.8-32)	32.1%	(25.7-38.5)	25.9%

Calculations for weight status are based on Body Mass Index

Adults with a BMI of 30 and over are considered obese.

Age 18 and older

Source: Bridge to Health Survey 2005, 2010 & 2015

The highlighted numbers show higher rate of obesity compared to the other Counties

Healthy People 2020

Reduce the proportion of children and adolescents (aged 2-19) who are obese

Target: 14.6%

Healthy People 2020

Reduce the proportion of adults(aged 20 and over) who are obese

Target: 30.6%

Percent of adults who are overweight

Year	Carlton		Cook		Lake		St. Louis	
	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI
2000	34.6%	(28.9-39.9)	34.1%	(28.6-39.8)	44.8%	(39.1-50.7)	33.0%	(30.5-35.5)
2005	37.8%	(32.1-43.5)	37.1%	(31.0-43.3)	24.9%	(19.0-30.8)	34.4%	(29.2-39.7)
2010	35.4%	(28.6-42.2)	33.1%	(28.0-38.2)	37.1%	(30.5-43.8)	31.9%	(27.2-36.7)
2015	39.80%	(32.1-47.4)	32.6	(27-38.2)	31.3	(25.8-36.8)	38.1%	(32.5-43.7)

Calculations for weight status are based on Body Mass Index

Adults with a BMI of 25 and over but less than 30 are considered overweight

Age 18 and older

The highlighted numbers show higher overweight rate compared to the other Counties

Percent of adolescents who are obese per BMI scale

Year	Grade	MN	CHB	Carlton	Cook & Lake		St. Louis
2007	9 th	9%	10%	10%	12%		10%
	12 th	9%	10%	10%	12%		9%
2010	9 th	9%	10%	11%	11%		9%
	12 th	9%	12%	16%	12%		11%
2013	9 th	9%	11%	11%	cook	Lake	14%
	11 th	11%	16%	10%	12%	7%	10%
2016	9 th	11%	13%	14%	14%	NA	10%
	11 th	14%	12%	12%	11%	NA	12%

BMI: Body Mass Index

Source: MN Center for Health Statistics (Minnesota Student Survey)

NA - Data not available at time of publication

🌟 **Physical activity for 30 minutes or more 5 of the last 7 days**

Percent of adolescents who were physically active for at least 60 minutes per day on at least 5 of the last 7 days							
Year	Grade	MN	CHB	Carlton	Cook	Lake	St. Louis
2013	9 th	51%	53%	55%	56%	42%	58%
	11 th	43%	%	45%	49%	48%	53%
2016	9 th	52%	56%	54%	60%	NA	55%
	11 th	41%	48%	47%	52%	NA	45%

Source: MN Center for Health Statistics (Minnesota Student Survey)

NA - Data not available at time of publication

🌟 **Adolescents fruit and vegetable consumption**

Percent of adolescents who ate fruit at least one times per day of the last 7 days							
Year	Grade	MN	CHB	Carlton	Cook	Lake	St. Louis
2013	9 th	92%	89%	85%	95%	93%	82%
	11 th	93%	90%	79%	96%	98%	85%
2016	9 th	86%	89%	78%	97%	NA	93%
	11 th	84%	81%	83%	68%	NA	92%

Source: MN Center for Health Statistics (Minnesota Student Survey)

NA - Data not available at time of publication

Percent of adolescents who ate a serving of vegetable at least one times per day of the last 7 days							
Grade	Year	MN	CHB	Carlton	Cook	Lake	St. Louis
2013	9 th	90%	86%	83%	89%	92%	79%
	11 th	92%	88%	77%	92%	95%	86%
2016	9 th	77%	81%	73%	92%	NA	79%
	11 th	79%	80%	85%	75%	NA	80%

Source: MN Center for Health Statistics (Minnesota Student Survey)

NA - Data not available at time of publication

☀ Percent of adults who are binge drinkers

Alcohol Use	Bridge to Health 2015	BRFSS 20135		Carlton County 2015 (CI)	Cook County 2015 (CI)	Lake County 2015 (CI)	St. Louis County 2015 (CI)
		MN	National				
At least one drink in the last month	67.20%	63.60%	54.50%	70.8% (64.7-76.9)	68.6% (62.5-74.7)	70.2% (64.4-76.0)	67.8% (62.6-72.9)
Binge drinkers (On one occasion: Men, 5+ drinks; Women, 4+ drinks)	32.30%	21.00%	16.80%	23.3% (17.1-29.4)	25.1% (19.0-31.2)	33.2% (26.0-40.5)	33.4% (27.8-39.0)

Source- Bridge to Health 2015

☀ Percent of adults who are current smokers

Adult Tobacco Use	Healthy People 2020 Goal	Carlton County 2015 (CI)	Cook County 2015 (CI)	Lake County 2015 (CI)	St. Louis County 2015 (CI)
Current smokers	12.00%	21.6% (14.0-29.2)	21.6% (15.0-28.2)	13.1% (7.9-18.3)	16.2% (11.7-20.6)
Attempted to quit in last year	80.00%	43.4% (21.3-65.6)	51.2% (32.1-70.3)	63.7% (43.4-84.1)	40.1% (26.2-54.0)
Current smokeless tobacco use	0.30%	5.7% (0.9-10.5)	4.2% (0.0-8.5)	3.5% (0.6-6.4)	4.8% (1.2-8.3)
Ever used e-cigarettes	N/A	18.8% (10.5-27.2)	17.8% (11.3-24.3)	14.8% (9.0-20.6)	15.3% (10.5-20.0)

N/A indicates that data were not collected or available for that measure

Source- Bridge to Health, 2015

Percent of adults who use Smokeless tobacco in the past month

Year	Carlton		Cook		Lake		St. Louis	
	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI
2000	8.0%	(4.9-11.1)	4.9%	(2.4-7.4)	2.7%	(2.8-0.9-4.7)	4.6%	(3.5-5.7)
2005	1.5%	(0.3-2.7)	1.1%	(0.0-2.3)	0.8%	(0.0-2.3)	4.5%	(2.0-7.0)
2010	4.1%	(1.7-6.6)	4.8%	(1.8-7.8)	2.9%	(0.6-5.1)	4.3%	(0.3-8.2)
2015	5.7%	(0.9-10.5)	4.2	(0-8.5)	3.5	(0.6-6.4)	4.8%	(1.2-8.3)

Smokeless tobacco= chewing tobacco, snuff, dip - Ages 18 and over

Source: Bridge to Health Survey 2000,2005,2010, 2015

The highlighted numbers show higher rate of smokeless tobacco usage compared to the other Counties

Adolescents who engaged in binge drinking in the last 2 weeks

Percent of adolescents who used alcohol on one or more days in the last 30 days							
Year	Grade	MN	CHB	Carlton	Cook	Lake	St. Louis
2013	9 th	15%	26%	25%	37%	24%	19%
	11 th	28%	88%	44%	69%	32%	30%
2016	9 th	11%	17%	10%	27%	NA	14%
	11 th	24%	40%	34%	58%	NA	28%

Source: MN Center for Health Statistics (Minnesota Student Survey)

NA - Data not available at time of publication

🌿 Adolescents who smoked cigarettes, chewing tobacco, sniff, or dip during the last 30 days

Percent of adolescents smoked cigarettes, chewed tobacco Sniff or dip during the last 30 days							
Year	Grade	MN	CHB	Carlton	Cook	Lake	St. Louis
2013	9 th	10%	15%	13%	14%	19%	15%
	11 th	19%	30%	23%	31%	42%	23%
2016	9 th	6%	10%	8%	11%	NA	10%
	11 th	13%	16%	19%	20%	NA	9%

Source: MN Center for Health Statistics (Minnesota Student Survey)

NA - Data not available at time of publication

🌿 Adolescents who used marijuana one or more times in the last 12 months

Percent of adolescents who used Marijuana one or more days in the last 12 months							
Year	Grade	MN	CHB	Carlton	Cook	Lake	St. Louis
2013	9 th	9%	12%	10%	12%	15%	10%
	11 th	17%	20%	15%	32%	16%	16%
2016	9 th	7%	9%	16%	3%	NA	7%
	11 th	16%	18%	17%	20%	NA	17%

Source: MN Center for Health Statistics (Minnesota Student Survey)

NA - Data not available at time of publication

Section C: Preventing and Managing Chronic Conditions

🌿 Cancer screenings

Cancer Screenings	Bridge to Health 2015	BRFSS 2012		Healthy People 2020 Goal	Carlton County 2015 (CI)	Cook County 2015 (CI)	Lake County 2015 (CI)	St. Louis County 2015 (CI)
		MN	National					
Breast cancer (Female 40+ yrs) Past 2 years	76.0%	81.5%	77.0%	81.1% (50-74 yrs)	75.2% (68.5-81.9)	76.5% (70.9-82.1)	71.2% (64.4-78.1)	75.4% (70.3-80.5)
Cervical cancer (Female 18+ yrs) Past 3 years	61.5% (within 2 yrs)	80.8%	78.0%	93.0%	61.0% (53.4-68.6) (within 2 yrs)	61.0% (54.7-67.2) (within 2 yrs)	59.0% (52.5-65.4)	62.0% (56.7-67.4) (within 2 yrs)
Prostate cancer* (Male 50+ yrs) Past year	49.1%	39.8%	45.2%	N/A	38.9% (26.6-51.1)	36.5% (27.3-45.7)	41.4% (31.1-51.7)	54.8% (45.8-63.9)
Colorectal** (Male & Female 50+ yrs) Past 10 years	67.8% (within 5 yrs)	82.9%	81.5%	70.5%	62.6% (54.7-70.6) (within 5 yrs)	68.7% (63.4-74.0) (within 5 yrs)	67.7% (60.6-74.8)	69.9% (64.7-75.0) (within 5 yrs)

*BRFSS = Men 40+ years within past 2 years

**combined fecal occult blood test and sigmoidoscopy

N/A indicates that data were not collected or available for that measure

Source- Bridge to health Survey 2015

 Diabetes rates

**Percent of adults who have
Diabetes**

Year	Carlton		Cook		Lake		St. Louis	
	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI
2000	5.0%	(2.5-7.5)	5.2%	(2.6-7.6)	5.4%	(2.9-8.1)	6.2%	(4.9-7.4)
2005	5.5	(2.3-8.7)	7.7	(5.1-10.2)	9.7	(5.2-14.2)	5.6	(4.1-7.2)
2010	11.2	(7.6-14.8)	8.5	(5.6-11.3)	12.4	(8.6-16.3)	7.0	(5.2-8.8)
2015	8.20%	(4.9-11.5)	7.4	(5.2-9.7)	11.9	(8.4-15.3)	8.8	(5.7-11.8)

Age 18 and older

Source: Bridge to Health Survey

The highlighted numbers show higher diabetes rates compared to the other Counties

Healthy People 2020

Reduce the annual number of new cases of diagnosed diabetes in the population

Goal: 7.2 new cases per 1,000 population aged 18 to 84 years

Percent of Pre-Diabetic adults, 2015

	Percent	95% CI
BTH region	10.30%	(8.6-12)
Carlton	9.80%	(5.6-14)
Cook	10.00%	(7.2-12.7)
Lake	9.90%	(6.5-13.2)
St. Louis	10.30%	(7.3-13.3)
St. louis County w/o Duluth	12.40%	(7.7-17.1)
City of Duluth	7.60%	(4.6-10.5)
City of Virginia	7.50%	(4.8-10.1)

Source – Bridge to Health survey 2015

BTH region includes Counties in northeastern Minnesota and Douglas County in Wisconsin

The highlighted numbers show higher or equal prediabetes rate compared to the BTH region

 Dental visits

Percent of adolescents who had dental visit for regular check up during the last year							
Year	Grade	MN	CHB	Carlton	Cook	Lake	St. Louis
2013	9 th	82%	82%	83%	82%	80%	83%
	11 th	80%	81%	81%	77%	83%	81%
2016	9 th	83%	85%	84%	89%	NA	82%
	11 th	80%	81%	79%	84%	NA	79%

Source: MN Center for Health Statistics (Minnesota Student Survey)
NA - Data not available at time of publication

 Children with caries and sealants

Percent of adolescents who carried weapon such as gun, knife or club at least one day during the last 30 days							
Year	Grade	MN	CHB	Carlton	Cook	Lake	St. Louis
2013	9 th	3%	6%	4%	13%	4%	3%
	11 th	4%	11%	5%	23%	8%	6%
2016	9 th	NA	NA	NA	NA	NA	NA
	11 th	NA	NA	NA	NA	NA	NA

Source: MN Center for Health Statistics (Minnesota Student Survey)
NA - Data not available at time of publication

Section D: Preventing Disease and Injury

 Adolescents who have ever had sexual intercourse

Percent of adolescents who have ever had sexual intercourse							
Year	Grade	MN	CHB	Carlton	Cook	Lake	St. Louis
2013	9 th	15%	19%	20%	10%	27%	19%
	11 th	37%	54%	50%	54%	60%	50%
2016	9 th	14%	15%	14%	17%	NA	15%
	11 th	36%	44%	49%	40%	NA	44%

Source: MN Center for Health Statistics (Minnesota Student Survey)
NA - Data not available at time of publication

✿ Among sexually active students: percent reporting always using a condom

Percent of adolescents who report using condom during the last time they had sexual intercourse							
Year	Grade	MN	CHB	Carlton	Cook	Lake	St. Louis
2013	9 th	64%	70%	61%	75%	75%	67%
	11 th	65%	64%	57%	79%	53%	67%
2016	9 th	61%	67%	70%	67%	NA	64%
	11 th	62%	51%	62%	30%	NA	60%

Source: MN Center for Health Statistics (Minnesota Student Survey)
NA - Data not available at time of publication

Section E: Promoting Mental Health

✿ Emotional wellbeing

Percent of adolescents who have felt very trapped, lonely, sad blue, depressed or hopeless about the future in the last year							
Year	Grade	MN	CHB	Carlton	Cook	Lake	St. Louis
2013	9 th	30%	33%	32%	28%	42%	28%
	11 th	32%	27%	33%	12%	35%	27%

Source: MN Center for Health Statistics (Minnesota Student Survey)

Percent of adolescents who have been bothered by feeling down, depressed or hopeless in the last two weeks							
Year	Grade	MN	CHB	Carlton	Cook	Lake	St. Louis
2016	9 th	40%	44%	43%	49%	NA	41%
	11 th	45%	46%	46%	46%	NA	47%

Source: MN Center for Health Statistics (Minnesota Student Survey)
NA - Data not available at time of publication

✿ Adolescents who had suicidal thoughts in last year

Percent of adolescents who had suicidal thoughts in last year							
Year	Grade	MN	CHB	Carlton	Cook	Lake	St. Louis
2013	9 th	12%	15%	12%	14%	20%	12%
	11 th	10%	8%	9%	4%	12%	8%
2016	9 th	12%	11%	16%	3%	NA	13%
	11 th	12%	9%	14%	0%	NA	14%

Source: MN Center for Health Statistics (Minnesota Student Survey)
NA - Data not available at time of publication

🌟 **Adults who had suicidal thoughts in the last year**

Have you thought about killing yourself? (During the last year)	
BTH Region	7.0%
Carlton	6.4%
Cook	4.5%
Lake	3.3%
St. Louis	9.1%

Source- Bridge to Health survey – 2015

BTH region includes Counties in northeastern Minnesota and Douglas County in Wisconsin

The highlighted numbers show higher rates of suicidal thoughts compared to the BTH region

🌟 **Adults who had poor mental health days 14 or more days in a month**

Thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good? (14 or more days)	
BTH Region	12.8%
Carlton	17.3%
Cook	10.5%
Lake	14.1%
St. Louis	13.2%

Source- Bridge to Health survey – 2015

BTH region includes Counties in northeastern Minnesota and Douglas County in Wisconsin

The highlighted numbers show higher rates of poor mental health days compared to the BTH region

🌟 **Adults with anxiety or panic attacks**

Percent of adults who have chronic anxiety								
	Carlton		Cook		Lake		St. Louis	
Year	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI
2000	7.7%	(4.7-10.8)	6.0%	(3.1-8.7)	6.8%	(3.9-9.7)	5.1%	(3.9-6.2)
2005	7.4	(4.2-10.6)	4.6	(2.4-6.8)	1.8	(0.1-3.4)	6.5	(4.6-8.5)
2010	5	(2.3-7.7)	13.5	(9.9-17.2)	11.2	(7.9-14.5)	8.6	(6.4-10.8)

Age 18 and older

Source: Bridge to Health Survey

Percent who have anxiety or panic attacks – 2015

	Carlton		Cook		Lake		St. Louis	
Year	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI
2015	22.1%	(15.9-28.3)	22.0%	(16.6-27.5)	17.1%	(12.4-21.8)	22.2%	(17.6-26.8)

Source: Bridge to Health Survey

The highlighted numbers show higher rates of anxiety and panic attacks compared to the other Counties

🌟 Adults with depression

**Percent of adults
who have chronic depression**

Year	Carlton		Cook		Lake		St. Louis	
	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI
2000	12.4%	(8.7-16.3)	10.9%	(7.2-14.5)	9.2%	(6.0-12.7)	7.8%	(6.5-9.3)
2005	11.2	(7.2-15.3)	10.9	(7.5-14.2)	5.8	(2.0-9.6)	13.3	(8.5-18.0)
2010	12.2	(8.0-16.4)	16.8	(13.0-20.6)	15.2	(10.7-19.7)	12.5	(9.8-15.3)

Age 18 and older

Source: Bridge to Health Survey

Percent who have depression – 2015

Year	Carlton		Cook		Lake		St. Louis	
	Percent	95% CI	Percent	95% CI	Percent	95% CI	Percent	95% CI
2015	25.5%	(19-32)	24.1%	(19.1-29.1)	22.1%	(16.7-27.5)	25.8%	(21-30.5)

Source: Bridge to Health Survey

The highlighted numbers show higher rates of depression compared to the other Counties

Resources

Bureau of Criminal Apprehension

<https://dps.mn.gov/divisions/bca/bca-divisions/mnjis/Pages/uniform-crime-reports.aspx>

Bridge to Health survey

<http://www.bridgetohealthsurvey.org/index.php/reports>

Healthy People Goals 2020

<https://www.healthypeople.gov/>

MN Center for Health Statistics

<http://www.health.state.mn.us/divs/chs/>

Minnesota Department of Health, Office of Rural Health and Primary Care

<http://www.health.state.mn.us/divs/orhpc/pubs/workforce/phys09.pdf>

Minnesota Homeless Study

<http://mnhomeless.org/>

MN-radon.info

<http://mn-radon.info/>

U.S. Census Bureau, 2010-2014 American Community Survey

<https://www.census.gov/programs-surveys/acs/data.html>