

## Community Health Assessment - 2017

### Purpose

The purpose of the community health assessment is to convene a diverse stakeholder group to identify what factors affect the health of its population and what resources are available within the community to address these factors. Completing a Community Health Assessment is a core function of local public health.

### Data Sources

- Bridge to Health (2000, 2005, 2010, 2015) (Extra Sample 2015)
- Minnesota's Child Welfare Report 2015
- Minnesota Health & Death Statistics (and injury/violence)
- Minnesota Health Statistics
- Minnesota Housing Partnership
- Minnesota Student Survey (2010, 2013, 2016)
- US Census

### Community Data

- County Fair/OCC 2 questions
- County-wide electronic survey
- PHHS employee world café

### Process

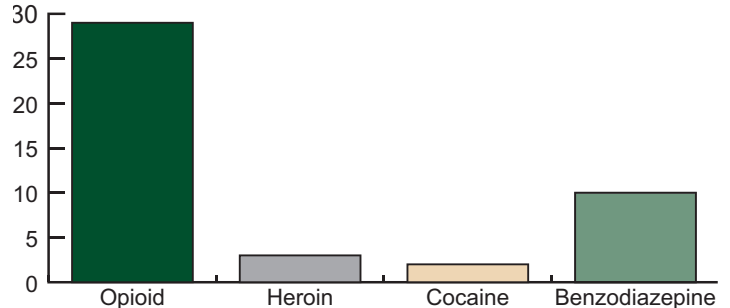
- Highlighted data sets from the above sources were compiled into a Community Health Assessment Data Profile Document.
- A needs assessment was completed by 365 Carlton County residents.
- Community questions asked at County Fair and Operation Community Connect event.
- Community stakeholders met in December of 2017 to review data and identify top health issues.
- Report to MDH about the process and outcomes.
- Develop an action plan.

### Priority 1: Illegal Drug Use, Misuse of Prescription Medications

*The community input indicated that misuse of prescription medications and illegal drug use are a moderate to serious problem.*

According to MN State death certificates data, between 2000-2015 there were 56 total drug overdose deaths.

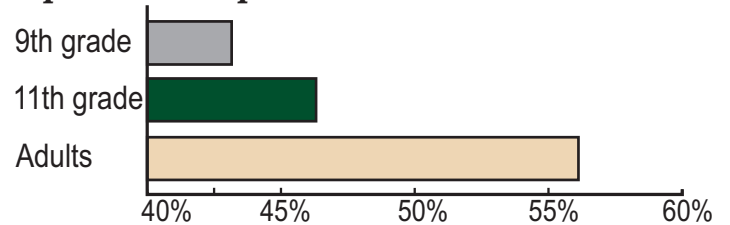
**Drug overdose deaths broken up by the contributing drugs.**



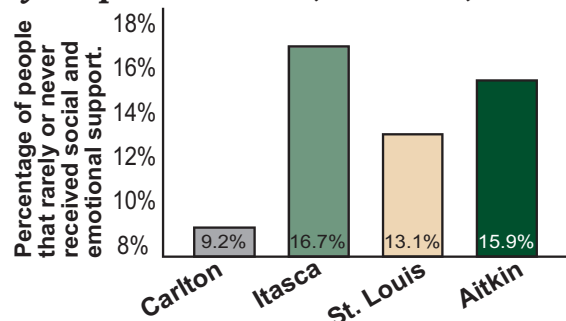
### Priority 2: Mental Health

*Community input supported this issue - 72% saying access to care; 85% indicated depression; and 77% indicated anxiety were moderate to serious problems.*

**Percentage of individuals who felt down, depressed or hopeless in the last two weeks.**



**How often do you get the social and emotional support you need? (Rarely or never) Total Carlton County Responses = 609 (BTH 2015)**



### Priority 3: Affordable Housing / Local Homeless Shelter

74% of health assessment respondents stated that this is a moderate to severe problem. Carlton County has a higher than state percentage of housing units built before 1980 (MN Center for Health Statistics).

*19 % of Carlton County residents rent housing. Renter incomes have fallen by 17% since 2000 while rents have risen by 30% after adjusting for inflation (MN Housing Partnership: A place to call home Carlton County 2015).*

## OTHER PRIORITIES...

### Priority: Obesity

Consistently increasing rates of overweight and obesity among adults and children lead to chronic health conditions and diseases. Community supported this priority, 87% of responses showed that overweight and obesity are serious problems.

*In an average week, 52.2% of Carlton County residents ate fast food at least 1 or more times per week. While 67.2% of residents who responded to a survey are either overweight or obese. (BTH 2015)*

### Priority: Dementia / Alzheimer's

With an increase in the aging population the number of individuals suffering from these diseases will increase as well.

*According to the Alzheimer's Association of MN, 1 in every 3 seniors who dies each year has Alzheimer's or another dementia.*

### Priority: Abuse and Neglect of Children

The child maltreatment report rate in Carlton County is higher than the state of MN rate at 28.8 per 1000 (MN 20.3) (Minnesota's Child Welfare Report). Carlton County also has an out of home placement rate greater than the state of MN at 12.2 per 1000 (MN 9.5). (MN Center for Health Statistics)

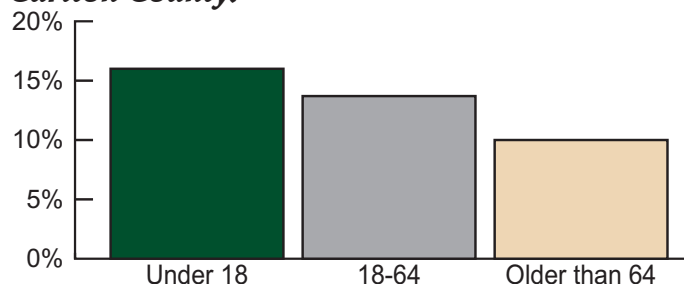
*According to the MN Center for Health Statistics, Carlton County has a teen birth rate of 25.3 per 1000 15-19 year-old females between 2009-2013 which is higher than the MN average is 20.3 per 1000.*

### Priority: Affordable Healthy Food

67% of individuals polled in Carlton County considered this issue a moderate to severe issue. In the Bridge to Health extra sampling, 70.8% of respondents reported using a food shelf in the past year.

*According to the Bridge to Health Survey 2015, In the last 12 months 27.2% of Carlton County residents worried often or sometimes that their food would run out before they had money to buy more. In a survey using the Bridge to Health tool provided at a local community event, the percentages were much higher for these factors as income levels were lower.*

#### Percent of individuals who live in poverty in Carlton County.



### Priority: Lack of Family and Children Activities

Community input supported this through the questions at the fair/event, through the open-ended responses, and through professional perceptions. The theme of this particular issue was regarding opportunities for free activities/programming, and for indoor options when the weather is unfriendly.

### Priority: Tobacco Use (not sacred), and During Pregnancy

Community input supported this issue: 71% said tobacco use and 55% indicated tobacco use during pregnancy were problems (both not including sacred use).

*According to the MN Center for Health Statistics in 2015, 18% of mothers smoked during their pregnancy.*

### Priority: Need for a Sense of Community

Community input supports this priority for Carlton County. The theme of this priority is regarding opportunities for communities to come together and support one another.

## Next Steps

- Reconvene and do prioritization based on the public health considerations.
- Develop a Community Improvement Plan to address the top prioritized health issues around top health concerns.
- Report the findings to the MN Department of Health

## Partners Involved:

- AEOA / Senior Dining
- Arrowhead Regional Development
- BCBS – Public Health Programs
- Carlton County Collaborative
- Carlton County Commissioner
- Carlton County Extension
- Carlton County Public Health & Human Services
- City of Cloquet
- Cloquet Public Library
- Cloquet Public Schools/Nurse
- Cloquet/Carlton HRA
- Community Memorial Hospital
- Esko Community – Public Health Advisory Committee
- FDL Behavioral Health Services
- FDL Human Services
- FDLT & CC
- HDC
- Health Star Home Health
- Medica
- Mercy Hospital
- Outreach Center
- Raiter Clinic
- Senior Friend
- Thrifty White Drug
- Volunteer Services
- Volunteer Services of Carlton County