

Each Critical Access Hospital must conduct a Community Health Needs Assessment (CHNA) once every three years, as mandated by law. Local public health units seeking to gain/maintain accreditation conduct an assessment every five years. CHNAs completed by the Center for Rural Health (CRH) include secondary data review, community focus groups, key informant interviews, and a community survey. This fact sheet presents key community strengths and opportunities from the McVile service area 2019 CHNA.

The McVile service area comprises Nelson County (population 2,869) in its entirety. From 2010 to 2018, Nelson County saw an 8.3% decrease in population, in contrast to North Dakota, which saw a 13% increase over the same time period.

### Community Strengths

The top four assets identified in the community survey included being a safe place with little to no crime, people are friendly, helpful and supportive, healthcare, and being family friendly/a good place to raise kids. Other community assets include bike paths, several city parks, roller skating rink and a golf course.

### Health Outcomes and Factors

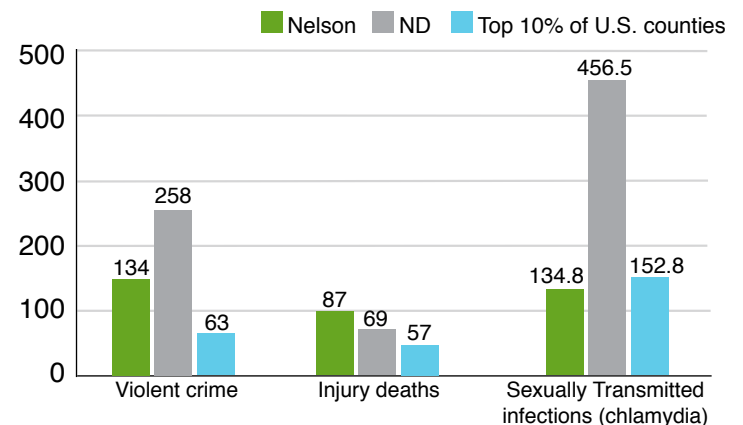
In review of secondary data, only 13% of Nelson County residents reported poor or fair health. However, the county had a greater percentage of residents reporting excessive drinking, physical inactivity, adult smoking, and obesity than the top 10% of U.S. counties. The percentage of alcohol-impaired driving deaths (56%) was also higher than the state average (46%) and the top 10% of U.S. counties (13%). See Table 1.

**Table 1. Health Factors by % of Population, 2019**

	Nelson County	ND	Top 10% U.S.
Uninsured	9%	8%	6%
Excessive drinking	21%	26%	13%
Access to exercise opportunities	34%	74%	91%
Physical inactivity	33%	22%	19%
Adult obesity	35%	32%	26%
Adult smokers	16%	20%	14%

Injury deaths were more prevalent in Nelson County (87 deaths per 100,000 residents) than in the state overall (69 per 100,000 residents) and the top 10% of U.S. counties (57 per 100,000 residents). See Figure 1.

**Figure 1. Cases per 100,000 Population, 2019**



In Nelson County in 2017 there were 116 licensed daycare spots for the 320 children ages 0-13 with both parents in the labor force.

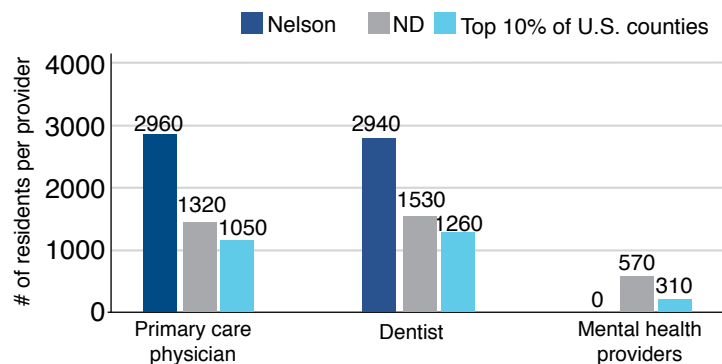
**Table 2. Children’s Health Factors by % of Population**

	Nelson	ND
Children uninsured (2016)	11%	9%
Uninsured children below 200% of poverty (% of pop.) (2016)	50%	42%
Medicaid recipients (2017)	29%	28%
Children enrolled in Healthy Steps (2013)	3%	3%
Receiving SNAP (2017)	18%	20%

### Healthcare Access

Based on the provider to population ratio, Nelson County has more residents per single dentist than the state’s average and the top 10% of U.S. counties (1,260 residents per one dentist). The county also had more residents per primary care provider than the state’s average (1,320 residents per primary care provider) and the top 10% of U.S. counties (1,050 residents per primary care provider). See Figure 2.

**Figure 2. Provider to Population Ratios, 2019**



## Community Concerns

In a survey conducted by the CRH, residents identified up to three primary community concerns. The top two concerns were bullying/cyber-bullying among youth (70%) and attracting/retaining young families (54%). Not enough jobs with livable wages, adult alcohol use and abuse, and cost of long-term/nursing home care made the top five. See Table 3.

**Table 3. Community Concerns, 2019**

Community Concerns	%
Bullying/cyber-bullying—youth	70%
Attracting/retaining young families	54%
Not enough jobs with livable wages	52%
Alcohol use and abuse—adult	49%
Cost of long-term/nursing home care	46%
Availability of resources to help the elderly stay in their homes	46%
Alcohol use and abuse—youth	45%
Drug use and abuse—youth	38%
Emotional abuse	32%
Depression/anxiety—youth	32%

**In July 2, 2019, a community focus group identified their top concerns as:**

1. Ability to meet the needs of the older population
2. Bullying/cyber-bullying
3. Not getting enough exercise/physical activity
4. Cost of long-term/nursing home care

**In the survey, community members also identified perceived barriers (up to three) specifically related to accessing local healthcare. The top five barriers were:**

1. No/limited insurance (33% of respondents)
2. Distance from health facility (22%)
3. Not affordable (21%)
4. Not enough evening or weekend hours (17%)
5. Don't know about local services (16%)

Individuals also indicated which specific healthcare services, if any, they felt should be added locally. The most often cited service was dental care.

## Steps Undertaken Since 2016 CHNA

Several steps have been taken in response to the needs identified in the 2016 CHNA process. In addition to CPR/First Aid training for the community, an EMT class was offered to bolster emergency services and fortify the ambulance squad. To address a lack of childcare services, Nelson County Health System opened a 12-seat childcare facility for NCHS employees in 2018. Although telemedicine with Altru continues to be offered, NCHS Care Center has teamed up with a psychiatric-mental health nurse practitioner to offer psychiatry consults with residents in acknowledgement of a need for more mental health services. Lastly, in response to the need of attracting and retaining young families, NCHS has maintained a list of available housing for recruiting young families, offers a nursing assistant course to recruit staff, and has implemented an employee referral bonus programs, offering a bonus incentive payment to not only employees who recruit, but the new employees gained from those referrals.

## Implementation Strategies

Hospitals and local public health units prepare implementation strategies as a blueprint for meeting needs identified in a CHNA. Access the complete and community-specific CHNA Reports and Implementation Strategies at, [ruralhealth.und.edu/projects/community-health-needs-assessment/reports](http://ruralhealth.und.edu/projects/community-health-needs-assessment/reports).

### Full Report

Gibbens, B., Larson, S. McVilleville Service Area: Community Health Needs Assessment, 2019.

### Fact Sheet Authors

Spencer Bonnerup, MD, MPH (cand.) & Shawnda Schroeder, PhD

### For More Information

Visit the website, [ruralhealth.und.edu/projects/community-health-needs-assessment](http://ruralhealth.und.edu/projects/community-health-needs-assessment) or contact:

Shawn Larson, BA, Project Coordinator  
[shawn.p.larson@UND.edu](mailto:shawn.p.larson@UND.edu)

Kylie Nissen, BBA Sr. Project Coordinator  
[kylie.nissen@UND.edu](mailto:kylie.nissen@UND.edu)

Lynette Dickson, MS, RD, LRD Associate Director  
[lynette.dickson@UND.edu](mailto:lynette.dickson@UND.edu)

### Community Liaison

Jill Trostad, AR/Patient Accounts  
701.322.4328 • [jtrostad@gondtc.net](mailto:jtrostad@gondtc.net)

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