

# Pembina County Memorial Hospital Service Area

## 2020 Community Health Needs Assessment

November 2020

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 Pembina County Memorial Hospital (PCMH) service area 2020 CHNA.

The PCMH service area comprises the towns of Bathgate, Cavalier, Crystal, Edinburg, Gardar, Hamilton, Hoople, Hensel, Mountain, Neche, Pembina, St. Thomas, and Walhalla. With the majority of these communities in Pembina County (pop. 6,801), that will be the focus of this publication.

### Community Strengths

The top three assets identified in the community survey included that the people are friendly, helpful and supportive; the area is family-friendly and a good place to raise kids; and is also safe with little-to-no crime. Other community assets include the Pembina Gorge State Recreation Area, Pembina State Museum, Icelandic State Park, and a variety of outdoor recreational activities. The community also reports a lower percentage of adult smokers (15%) compared to North Dakota (18%).

### Health Outcomes and Factors

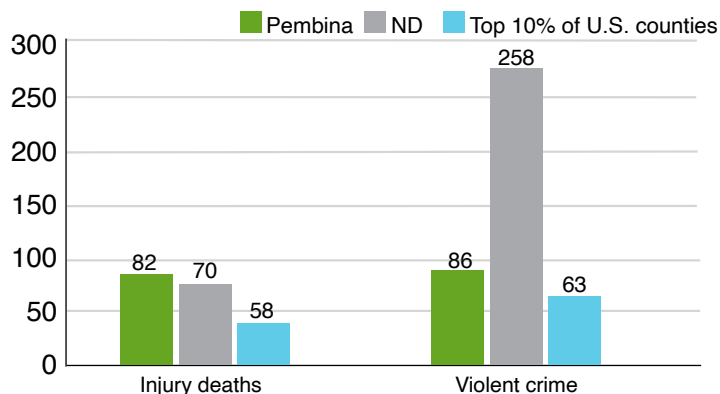
In review of secondary data, only 13% of Pembina County residents reported poor or fair health. However, the county had a greater percentage of residents reporting excessive drinking, physical inactivity, and obesity than the top 10% of U.S. counties. See Table 1.

**Table 1. Health Factors by % of Population, 2020**

	Pembina County	ND	Top 10% U.S.
Uninsured	10%	9%	6%
Excessive drinking	22%	24%	13%
Access to exercise opportunities	75%	74%	91%
Physical inactivity	32%	24%	20%
Adult obesity	39%	33%	26%
Adult smokers	16%	18%	14%

Injury deaths were more prevalent in Pembina County (82 deaths per 100,000 residents) than in the state overall (70 per 100,000 residents) and the top 10% of U.S. counties (58 per 100,000 residents). See Figure 1.

**Figure 1. Cases per 100,000 Population, 2020**



In Pembina County in 2018 (the latest information available), there were 320 children ages 0-13 with both parents in the labor force and 191 licensed daycare spots available. See Table 2 for more information on children's health factors.

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

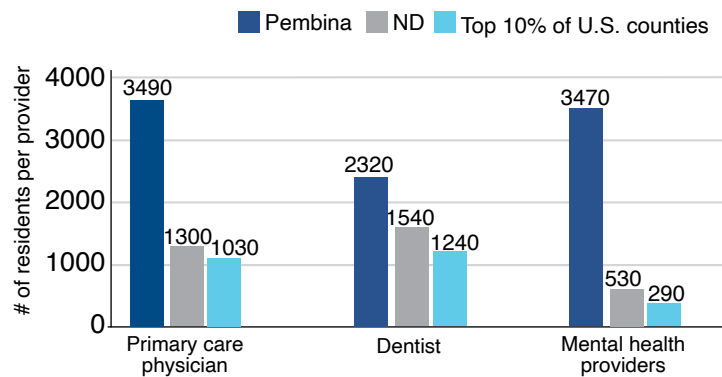
	Pembina	ND
Children uninsured (2018)	9.2%	6.3%
Uninsured children below 200% of poverty (% of pop.) (2018)	13.2%	9.6%
Medicaid recipients (2019)	25.7%	26.6%
Children enrolled in Healthy Steps (2019)	1.9%	1.6%
Receiving SNAP (2019)	14.1%	16.9%

In 2020, the teen birth rate for Pembina County was 14 births per 1,000 females (15-19 years old). This was lower than the state average of 21 per 1,000, but slightly higher than the top 10% of U.S. counties (13 per 1,000).

### Healthcare Access

Based on the provider to population ratio, Pembina County has more residents per single dentist (2,320 per one dentist) than the state's average and the top 10% of U.S. counties. The county also had more residents per primary care provider (3,490 residents per primary care provider) than the state's average, and significantly more residents per mental health provider than the state and top U.S. counties. See Figure 2.

**Figure 2. Provider to Population Ratios, 2020**



## Community Concerns

In a survey conducted by CRH, residents identified up to three primary community concerns. The top two concerns were bullying/cyberbullying (81%) and attracting and retaining young families (52%). The availability of resources to help the elderly stay in their homes, not enough jobs with livable wages, and youth smoking & tobacco use or vaping/juuling made the top five. See Table 3.

**Table 3. Community Concerns, 2020**

Community Concerns	%
Bullying/cyber-bullying—youth	81%
Attracting and retaining young families	52%
Availability of resources to help the elderly stay in their homes	49%
Not enough jobs with livable wages	47%
Smoking & tobacco use or vaping/juuling	46%
Availability of vision care	45%
Cost of long-term/nursing home care	43%
Assisted living options	43%
Alcohol use and abuse – Youth	41%

**In August 2020, a community focus group identified their top concerns as:**

1. Attracting and retaining young families
2. Availability of mental health services
3. Depression/anxiety – all ages
4. Availability of substance use disorder treatment services
5. Not enough affordable housing

**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 (12 responses)
2. Not enough evening or weekend hours (10)
3. Not enough specialists (9)
4. Not affordable (8)
5. Concerns about confidentiality (8)

Individuals also indicated which specific healthcare services, if any, they felt should be added locally. The most often cited service was mental healthcare, which was identified as a top concern in this and the 2017 assessment.

## Steps Undertaken Since 2016 CHNA

As a result of the previous (2017) CHNA, PCMH has taken several steps in addressing top identified needs. To address the concern of adult and youth drug use and abuse and the availability of substance abuse treatment services, the staff continues to work with the behavioral health workgroup, sponsoring educational speakers, and updating a community resource guide with all available mental health resources in the area. PCMH also provides space for AA and AL-Anon groups. Although the ability to attract and retain young families remains somewhat out of the facility's scope, PCMH works with the city of Cavalier and the Cavalier Area Chamber of Commerce to attract and retain residents. The facility's independent living apartments are able to support services available to residents, and respite services are offered at the hospital and nursing home while PCMH continues to look at possibilities for assisted living options, another top need. To address the concern over mental health, PCMH has hired a mental health family nurse practitioner in CliniCare, and tele-psychiatry appointments through Altru Health System are offered at PCMH.

## 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

Nissen, K., Larson, S. & Breigenzer, A. Cavalier Service Area: Community Health Needs Assessment, 2020.

### 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:

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