

CHI St. Alexius Health Carrington Medical Center Service Area

2021 Community Health Needs Assessment

December 2021

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 Carrington service area 2021 CHNA.

The Carrington service area comprises Foster and Eddy County in their entirety, plus portions of Stutsman, Wells, and Griggs Counties. Carrington Medical Center (CMC) identifies this area as its service area. The median household income in Eddy County (\$54,868) is much lower than the state average for North Dakota (\$64,894), whereas Foster County (\$61,425) is just slightly lower.

Community Strengths

The top three assets identified in the community survey included it being a safe place to live with little/no crime, family friendly, and that people are friendly, helpful, supportive. Another community asset was the quality school system.

Health Outcomes and Factors

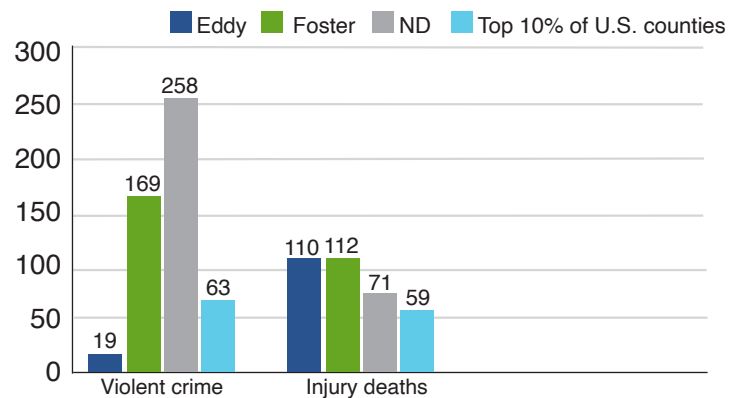
In review of secondary data, in regard to poor or fair health, Eddy County was meeting the Top 10% in the U.S. performers at 14%. Foster was at 16%, while North Dakota reports 14% along with Top 10% of U.S. counties. However, both Eddy and Foster counties had a greater percentage of residents reporting physical inactivity and a lower percentage of residents reporting access to exercise opportunities. See Table 1.

Table 1. Health Factors by % of Population, 2021

	Foster	Eddy	ND	Top 10% U.S.
Uninsured	8%	9%	8%	6%
Excessive drinking	23%	24%	24%	15%
Access to exercise opportunities	69%	70%	74%	91%
Physical inactivity	31%	33%	23%	19%
Adult obesity	41%	34%	34%	26%
Adult smokers	18%	21%	20%	16%

Violent crimes were lower in Foster and Eddy County (19 and 169 per 100,000 residents) than in the state overall (258 per 100,000 residents). Injury deaths were higher in Foster and Eddy County (110 and 112 per 100,000 residents) than in the state and Top 10% in the U.S. See Figure 1.

Figure 1. Cases per 100,000 Population, 2021



In 2019, data shows child food insecurity was 7.9% in Foster County and 13.7% in Eddy County, while North Dakota was 9.6%. Medicaid recipients were 21% for Foster County and 25.1% for Eddy County, which is lower than the North Dakota average of 26.6%. See Table 2 for more information on children's health factors.

Table 2. Health Factors by % of Pediatric Population

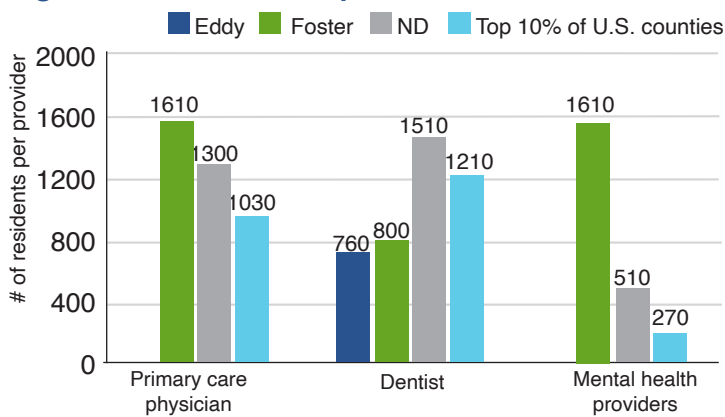
	Foster	Eddy	ND
Child food insecurity (2019)	7.9%	13.7%	9.6%
Victims of child abuse and neglect requiring services (rate per 1,000 children ages 0-17), (2019)	9.75 (2015)	16.67 (2018)	9.98
Medicaid recipients (2019)	21%	25.1%	26.6%
Children enrolled in Healthy Steps (2020)	0.8%	3.7%	1.6%
Receiving SNAP (2020)	12.5%	18.4%	16.9%

In 2020, the teen birth rate for Eddy County was 20 births per 1,000 females (15-19 years old), compared to 14 per 1,000 in Foster County. These are both lower than the state average of 20 per 1,000 but are higher than the Top 10% of U.S. counties (12 per 1,000).

Healthcare Access

Based on the provider to population ratio for dentists, Foster and Eddy Counties (800:1 and 760:1) are exceeding the Top 10% of U.S. counties (1,210 residents per one dentist), compared to the state's average (1,510:1). However, Foster County (1,610:1) had more residents per primary care provider than the state's average (1,300:1). Eddy County did not report data for primary care or mental health provider ratios. See Figure 2.

Figure 2. Provider to Population Ratios, 2020



Community Concerns

In a survey conducted by the CRH, residents identified up to three community concerns. The top two concerns were bullying/cyber-bullying among youth (70%) and youth alcohol use and abuse (61%). See Table 3.

Table 3. Community Concerns, 2021

Community Concerns	%
Bullying/cyberbullying—youth	81%
Alcohol use and abuse – adult	55%
Alcohol use and abuse – youth	50%
Cost of long-term/nursing home care	50%
Having enough child daycare services	48%
Availability of resources to help the elderly stay in their homes	43%

In September 2021, a community focus group identified their top concerns as:

1. Mental health (includes depression, anxiety, suicide, stress) (all ages)
2. Ability to retain primary care providers and nurses
3. Enough child daycare services
4. Alcohol use and abuse (all ages)

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

1. Not enough specialists (29% of respondents)
2. Not enough evening or weekend hours (27%)
3. Concerns about confidentiality (25%)
4. Not able to get appointment/limited hours (22%)
5. Not able to see same provider over time (20%)

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

Steps Undertaken Since 2019 CHNA

CHI St. Alexius Health CMC has taken several steps in response to the needs identified in the 2019 CHNA process. In trying to retain primary care providers (MD, DO, NP, PA), they have held quarterly meetings with a committee of community resource people. This effort is still ongoing. CMC and community members created a committee to address attracting and retaining young families. This committee received a grant to use for marketing and used for young families who live in the area. Foster County Public Health was able to address a gap in the community to create an Adult and Aging Services Resource Guide. The guide assists county residents with identification of resources, as well as how to access them and aid the elderly, their families, and healthcare professionals to retain the elderly in their homes and in our community.

Implementation Strategies

Hospitals and local public health units prepare implementation strategies as a blueprint for meeting needs identified in a CHNA. Access to the complete and community-specific CHNA Reports and Implementation Strategies can be found at ruralhealth.und.edu/projects/community-health-needs-assessment/report.

Full Report

Long H., Walter, A., Nissen, K., CHI St. Alexius Health Carrington Medical Center Service Area: Community Health Needs Assessment 2021

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For More Information

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