

Northwood Deaconess Health Center Service Area

2022 Community Health Needs Assessment

January 2023

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 Northwood service area 2022 CHNA.

The Northwood Deaconess Health Center (NDHC) service area comprises Grand Forks County. NDHC service area's population decreased by 0.6% from 2020 to 2021. The percentage of residents ages 65 and older is lower for Grand Forks County (13.3%) than the North Dakota average (15.7%), and the rate of education for Grand Forks County (95.4%) is slightly higher than the North Dakota average (93.1%). The median household income in Grand Forks County (\$57,213) is much lower than the median household income for North Dakota (\$68,131).

Community Strengths

The top four assets identified in the community survey included it's a safe place to live, family-friendly, healthcare, and the people are friendly, helpful, and supportive. Other community assets include quality school systems and recreational and sports activities.

Health Outcomes and Factors

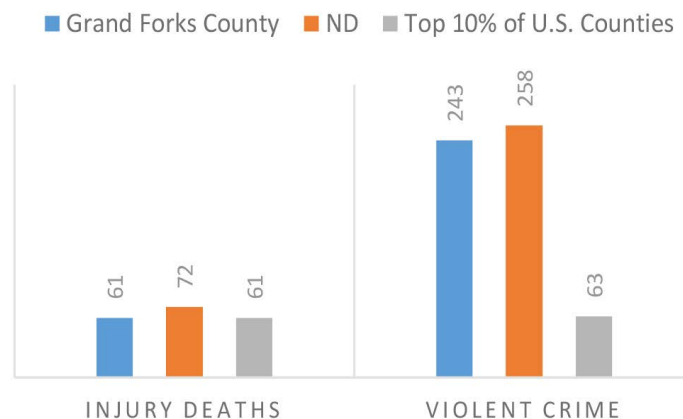
In review of secondary data, 15% of Grand Forks County residents reported poor or fair health. Grand Forks County had a greater percentage of residents reporting excessive drinking, physical inactivity, adult smoking, and obesity than the top 10% of U.S. counties. See Table 1.

Table 1. Health Factors by % of Population, 2022

| | Grand Forks | ND | Top 10% U.S. |
|----------------------------------|-------------|-----|--------------|
| Uninsured | 6% | 7% | 6% |
| Excessive drinking | 23% | 24% | 15% |
| Access to exercise opportunities | 17% | 64% | 86% |
| Physical inactivity | 27% | 28% | 23% |
| Adult obesity | 36% | 36% | 30% |
| Adult smokers | 16% | 17% | 15% |

Injury deaths were less prevalent in Grand Forks County (61 deaths per 100,000 residents, respectively) than in the state overall (72 per 100,000 residents) and the top 10% of U.S. counties (61 per 100,000 residents). See Figure 1.

Figure 1. Cases per 100,000 Population, 2022



In 2022, data shows Medicaid recipients (% of population ages 0-20) was 23.5% for Grand Forks County, which is lower than the North Dakota average of 26.1%. See Table 2 for more information on children's health factors.

Table 2. See Table 2 for more information on children's health

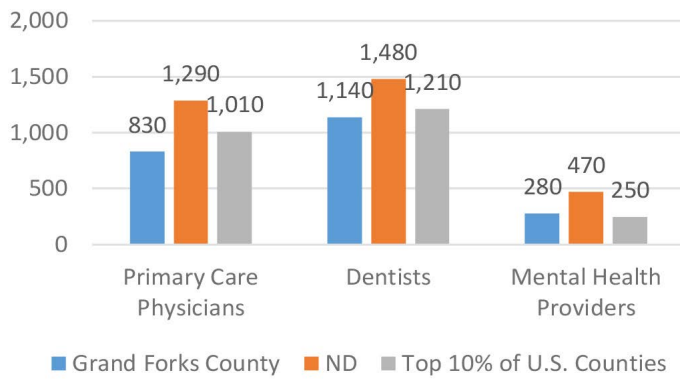
| | Grand Forks | ND |
|--|-------------|-------|
| Victims of child abuse and neglect requiring services (rate per 1,000 children ages 0-17) (2020) | 14.52 | 8.89 |
| Children food insecurity (2019) | 9.7% | 9.6% |
| Medicaid recipients (2021) | 23.5% | 26.1% |
| Children enrolled in Healthy Steps (2021) | 1.8% | 2.1% |
| Receiving SNAP (2021) | 17.1% | 16.5% |

In 2021, children in poverty rate was 11% in Grand Forks County, compared to 9% for the top 10% of U.S. counties.

Healthcare Access

Based on the provider to population ratio, Grand Forks County had fewer residents per single dentist than the state's average and the top 10% of U.S. counties (1,210 residents per one dentist). Grand Forks County had less residents per primary care provider and mental health provider than the state's average. See Figure 2.

Figure 2. Provider to Population Ratios, 2022



Community Concerns

In a survey conducted by CRH, residents identified up to three primary community concerns. The top two concerns were bullying/cyberbullying (71%) and youth depression/anxiety (56%). Alcohol use and abuse in adults, attracting and retaining young families, and having enough child daycare services made the top five. See Table 3.

Table 3. Community Concerns, 2022

| Community Concerns | % |
|---|-----|
| Bullying/cyberbullying | 71% |
| Depression/anxiety – youth | 56% |
| Alcohol use and abuse – adult | 51% |
| Attracting and retaining young families | 49% |
| Having enough child daycare services | 49% |
| Depression/anxiety – adult | 47% |
| Availability of resources to help the elderly stay in their homes | 46% |
| Alcohol use and abuse – youth | 42% |

In September 2022, a community focus group identified their top concerns as:

1. Adults not getting enough exercise/physical activity
2. Availability of mental health services
3. Depression/anxiety – all ages
4. Smoking and tobacco use – youth

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 evening/weekend hours (28% of respondents)
2. No insurance/limited insurance (21%)
3. Concerns about confidentiality (21%)
4. Don't know about local services (20%)
5. Can't get transportation services (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 Taken Since 2019 CHNA

To address the cost of health insurance, NDHC provides a part-time employee dedicated to helping community members find resources to help cover out of pocket costs as well as providing guidance to those seeking assistance with insurance coverage questions.

Steps have also been taken to address depression and anxiety for all ages. Behavioral health services continue to be available to NDHC patients via telehealth. Research and discussion surrounding the option of providing a licensed counselor services on-site at NDHC have begun. The community has also taken action to attract and retain young families. The Northwood Economic Development Foundation is offering a housing incentive for families building new homes in Northwood. NDHC is working on several initiatives to help retain local community members and attract new families as well. NDHC has also added several services since the last CHNA, as well as a medical doctor, expanding coverage in the clinic, hospital, outpatient, and long-term care services.

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.

Full Report

Long, H. & Nissen, K. Northwood Service Area: Community Health Needs Assessment, 2022.

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For More Information

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