MAYO CLINIC

Community Health Needs Assessment 2022

Mayo Clinic Health System-Mankato

MAYO CLINIC HEALTH SYSTEM

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Executive Summary

Enterprise Overview

MAYO CLINIC

Mayo Clinic is a not-for-profit organization with a mission to inspire hope and promote health through integrated clinical practice, education and research. Mayo Clinic serves more than 1.4 million patients annually from every U.S. state and communities throughout the world, offering a full spectrum of care from health information, preventive and primary care to the most complex medical care. Mayo Clinic has locations in Rochester, MN; Scottsdale and Phoenix, AZ; Jacksonville, FL; and many Mayo Clinic Health Sites in Minnesota and Wisconsin.

COMMITMENT TO COMMUNITY

Through its interdisciplinary expertise in medical practice, research and education, Mayo Clinic serves communities everywhere. Mayo Clinic reinvests its net operating income to advance breakthroughs in diagnoses, treatments and cures for all varieties and complexity of human disease and quickly translates this new knowledge to advance the practice of medicine. One example illuminating this is how Mayo Clinic responded to the COVID-19 pandemic, which intensified existing community health needs. Mayo Clinic's front-line and virtual teams cared for more than 160,000 patients with COVID-19 in 2021. Mayo staff tested more than 1.1 million people for COVID-19, administered more than 500,000 COVID-19 vaccinations, and provided more than 19,000 monoclonal

antibody infusions. In addition to its extensive medical, public health and research response, Mayo Clinic also cared for broader aspects of community need, including assistance to local non-profits, schools and government agencies, human service collaborative efforts and small local businesses to help stabilize and sustain the economies of its local communities.

Entity Overview

Mayo Clinic Health System (MCHS) was created to fulfill Mayo Clinic's commitment to bring quality health care to local communities. MCHS is a family of clinics, hospitals and health care facilities serving more than 44 communities in Iowa, Minnesota and Wisconsin. It includes more than 900 providers serving more than half a million patients each year. As part of Mayo Clinic, MCHS provides a full spectrum of health care options to local neighborhoods, ranging from primary to highly specialized care. MCHS is recognized as one of the most successful regional health care systems in the U.S.

MCHS was developed to bring a new kind of health care to communities. By putting together integrated teams of local doctors and medical experts, we have opened the door to information sharing in a way that allows us to keep our family, friends and neighbors healthier than ever before.

The system also provides patients with access to cutting-edge research, technology and resources. Our communities have the peace of mind that their neighbors are working together around the clock on their behalf.

MCHS in Mankato is a 272-bed, acute-care hospital located in Mankato, Minnesota. Mankato is part of the Southwest Minnesota region of MCHS, which includes family medicine clinics in Mankato (Eastridge), North Mankato (Northridge), St. Peter and Le Sueur, as well as hospitals in Fairmont, New Prague, Springfield, St. James and Waseca.

Dedicated to putting the needs of our patients first, MCHS in Mankato promotes health and wellness in the community through inpatient and outpatient services, education through blog postings, articles and presentations, staff volunteerism, community giving and charity care.

In 2021, MCHS in Mankato provided over $7 million in charity care, giving local access to care to all, regardless of ability to pay. The hospital also contributed more than $200,000 in Hometown Health

grants to organizations, such as JZ Cancer Fund, YWCA Mankato, Project for Teens, House of Hope, Feeding Our Communities Partners and Mankato Family YMCA.

In addition, the organization shared health-related education through programs at the Children's Museum of Southern Minnesota and VINE Adult Community Center, and supported efforts to get communities active through activities, such as the Mankato Marathon and virtual challenges like Slim Your Screen Time. MCHS in Mankato also helped to develop the Mankato Area Healthy Community Partnership, which is a collaborative that includes more than 30 community partners that are focused on improving health equity and health outcomes.

Annually, the hospital organizes various employee drives to donate items including a personal care item drive and holiday gifts in partnership with a local food shelf. In addition, each year staff coordinate three employee blood drives which are held on the hospital campus in partnership with the American Red Cross. Employees are actively involved in the community, and our staff engaged in more than 80 community volunteer projects last year.

The MCHS Community Health Needs Assessment (CHNA) process advances and strengthens our commitment to health and wellness activities by focusing on high-priority needs — in our clinics and in our community.

Summary of the Health Needs Assessment

Mayo Clinic Health System in Southwest Minnesota used a systematic process to evaluate the health needs of our communities and determine health priorities.

The primary quantitative input into the assessment and prioritization process was the Southern Minnesota Needs Assessment report. This report was created by Joe Visker, PhD, Minnesota State University-Mankato. This report includes analysis of existing data gathered from a variety of sources, such as census data, government reports, health department statistics and school surveys.

The primary qualitative input into the process was the collection of community input through a community health survey that was distributed through community events and activities, in partnership with local community-based organizations, as well as distributed through social media. Participants were asked to complete a two-minute survey asking about their own health concerns, community health concerns and demographics. Events/activities with typically underserved populations were targeted. Over 800 people took the survey throughout the region. There were over 390 responses from Blue Earth, Nicollet and Le Sueur counties. Local public health departments reviewed and provided input on the survey questions during the development process. In addition, community

conversations were held with stakeholders from local government and nonprofit leaders, including an in-person community stakeholder prioritization event on June 7th with over 40 community stakeholders in attendance.

Our Community

GEOGRAPHIC LOCATION

Mayo Clinic Health System in Mankato primarily serves communities in Blue Earth, Le Sueur and Nicollet counties in southern Minnesota; 65% of inpatients are residents of these counties. The main medical campus is in Mankato, located in Blue Earth County, and is designated as a sole community hospital and rural referral center for Medicare purposes. MCHS in Mankato is the only hospital in the county. For the purposes of this CHNA, the community is defined as Blue Earth, Nicollet and Le Sueur Counties.

MAYO CLINIC HEALTH SYSTEM

DEMOGRAPHICS

Population (2019)

Source: https://www.health.state.mn.us/data/mchs/genstats/countytables/MNCountyHealthTables2019.pdf

Age Group												
	Sex	**<1**	**1-4**	**5-9**	**10-14**	**15-19**	**20-34**	**35-49**	**50-64**	**65-79**	**80+**	**Total**
State	F	33,017	138,606	177,252	181,522	176,831	547,682	519866	553,868	361,287	139,980	2,829,821
	M	34,612	145,387	185,594	188,225	184,300	570,863	534,554	547,071	328,583	90,622	2,809,811
Blue Earth	F	349	1,430	1,774	1,870	2,979	9,538	5,159	5,266	3,600	1,674	33,639
	M	365	1,506	2,045	1,954	2,857	10,270	5,506	5,158	3,371	982	34,014
Le Sueur	F	166	719	883	974	913	2,355	2,619	2,968	1,979	715	14,291
	M	175	727	940	1,040	993	2,352	2,711	3,239	1,934	485	14,596
Nicollet	F	170	780	1,025	1,118	1,432	3,455	2,998	2,988	2,172	865	17,003
	M	178	793	1,080	1,112	1,286	3,702	3,317	3,117	2,114	572	17,271

Race and Ethnicity (2019)

Source: https://www.health.state.mn.us/data/mchs/genstats/countytables/MNCountyHealthTables2019.pdf

Area	**Non-Hispanic**				**Hispanic**	**Total**
	White	**African American[a]**	**American Indian**	**Asian/Pacific Islander**		
State	4,526,589	422,594	68,904	306,415	315,130	5,639,632
Blue Earth	59,684	3,287	225	1,793	2,664	67,653
Le Sueur	26,294	305	122	210	1,956	28,887
Nicollet	30,415	1,460	122	586	1,691	34,274

Socioeconomic Data (2019)

Source: https://www.health.state.mn.us/data/mchs/genstats/countytables/MNCountyHealthTables2019.pdf

	Percent (%) of:		
	Population 25+ years with < high school or GED	**People of all ages living at or below 200% of poverty**	**Children < 18 in single parent households**
State	6.9	23.7	26.0
Blue Earth	5.5	34.4	29.4
Le Sueur	6.1	22.8	24.7
Nicollet	6.0	23.3	28.1

Minnesota Medical Assistance – Average Monthly Eligible (2019)

Source: https://www.health.state.mn.us/data/mchs/genstats/countytables/MNCountyHealthTables2019.pdf

	All Families and Children	**Adults with No Children**	**Elderly**	**Disabled**	**Total**
State	709,837	201,942	66,740	113,919	1,092,438
Blue Earth	7,542	2,468	711	1,483	12,204
Nicollet	3,760	842	280	539	5,421
Le Sueur	3,078	680	229	485	4,472

Median Income (2019)

Source: https://www.countyhealthrankings.org/app/minnesota/2021/measure/factors/63/data

Area	**Median Income ($)**
State	74,500
Blue Earth	60,400
Le Sueur	75,500
Nicollet	71,100

Assessing the Needs of the Community

In 2019, Mayo Clinic Health System in Mankato identified and prioritized community health needs in Blue Earth, Le Sueur and Nicollet counties through a comprehensive process that included input from local community and organization leaders, public health officials and hospital leadership. The 2019 Community Health Needs Assessment final report has been posted on the MCHS in Mankato "Community Engagement" internet page for public review and comment. A link for questions and comments was clearly identified on the CHNA report page. However, no comments have been submitted.

In 2022, the Mayo Clinic Health System in Southwest Minnesota CHNA process was led by an internal MCHS work group with members from community relations and site leadership; input was provided by regional health system leadership and practice operations. This interdisciplinary work group viewed the community health needs assessment as an opportunity to better understand known health care needs and, if possible, identify emerging needs within each of the five MCHS communities in the Southwest Minnesota region — Fairmont, Mankato, New Prague, St. James and Waseca.

COMMUNITY INPUT

Community input was received at numerous stages and from a variety of levels of leadership throughout the CHNA process. Mayo Clinic Health System in Mankato, in partnership with local public health, created a Healthy Community Partnership collaborative that meets monthly to discuss local community needs and find ways to collaborate. This group also helped to prioritize the community needs being addressed. In addition, Mayo Clinic Health System created a community survey and received feedback and input from local public health during the development process. The community survey was primarily distributed through collaboration with local nonprofits and public health, as well as through social media networks. When the survey was first distributed, MCHS was not participating in community events due to the COVID-19 pandemic. However, we were able to participate in a few targeted events serving underserved populations in Spring 2022 where participants filled out the survey via iPads or assistance from staff. More than 800 people took the survey throughout the region. There were over 390 responses from Blue Earth, Nicollet and Le Sueur counties. In addition, community conversations were held with stakeholders from local government and nonprofit leaders, including an in-person community stakeholder prioritization event on June 7th with over 40 community stakeholders in attendance and a virtual Healthy Community Partnership meeting on June 21st with over 20 community stakeholders participating.

Process and Methods

Primary quantitative data was collected and analyzed by Minnesota State University, Mankato Health Science department, led by Dr. Joseph Visker. Dr. Visker and his team pulled data from a variety of publicly available sources for the 11 regional counties included in the Southwest and Southeast Minnesota assessment. The full data report and all sources are available in the Southern Minnesota Needs Assessment (Appendix A) prepared by Dr. Visker.

A community survey was distributed to get a pulse on the communities we serve. The survey asked two main community health questions and asked for additional demographic information. Local county public health officials reviewed and helped develop the survey questions in collaboration with MCHS. The full survey and results are available in Appendix B. The main questions asked were:

1. In thinking about <u>your own</u> health and well-being what concerns you most? Select up to three.
    a. Access to health care
    b. Access to healthy foods
    c. Alcohol, tobacco, vaping and other drug use
    d. Chronic disease (e.g. – Cancer, Diabetes, etc)

e. Finances
f. Housing
g. Physical exercise
h. Social support and connection (e.g. – persons or organizations who provide physical or emotional support)
i. Sense of safety (e.g. – in your house, with spouse or family members, etc)
j. Sleep
k. Stress, anxiety or depression
l. Transportation

2. In thinking about <u>your community</u>, what concerns you most? Select up to three.
    a. Access to health care services
    b. Access to Internet (e.g. – cell phone, broadband)
    c. Basic needs (food, housing, etc)
    d. Mental health
    e. Opportunities for recreation, leisure & arts
    f. Poverty
    g. Public safety
    h. Racism and discrimination
    i. Social support (e.g. – persons or organizations who provide physical or emotional support)
    j. Transportation
    k. Other

Outreach to get input from traditionally underrepresented, medically underserved, low-income and minority populations were prioritized. Examples of this outreach included postcards included in each ECHO Food Shelf order during the month of March; survey QR code on digital screens at Minnesota State University, Mankato; survey being shared on social media through Blue Earth, Le Sueur and Nicollet Counties; as well as attending events including Project Community Connect and the St. Peter Senior Expo. Through these outreach efforts, there were more than 390 responses from Blue Earth, Nicollet and Le Sueur counties. More than 800 people took the survey throughout the Southwest Minnesota region between February 1, 2022 – June 30, 2022. Promotional materials for the community survey and examples of community outreach are shared in Appendix C. Feedback was received on prioritizing community health concerns at the annual community stakeholder luncheon on June 7, 2022 and the Mankato Area Healthy Community Partnership meeting on June 21, 2022. Results from prioritization is shared in appendix D.

MAYO CLINIC HEALTH SYSTEM

Addressing the Needs of the Community

Identified Health Needs

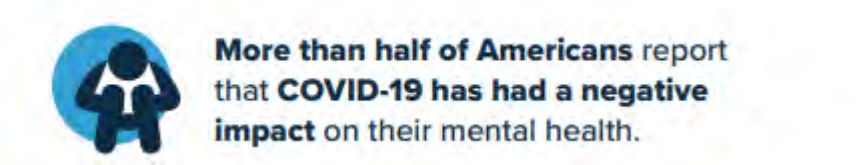
After completing an extensive analysis of the data available and community input, the top community health needs were identified by MCHS in Mankato. Each of these focus areas are equally important, however, they have been ranked by priority:

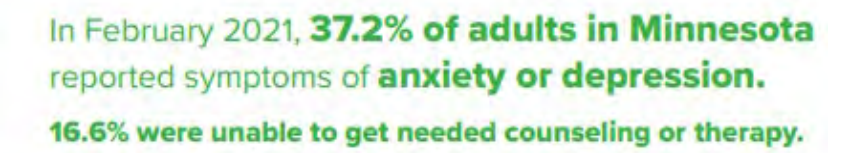
1. Mental health/mental well-being
2. Addressing social determinants of health

Mental health

This focus area refers to the services and support needed to address how we think, act and feel as we cope with life. Mental health is essential for personal well-being, caring for family, interpersonal relationships and meaningful contributions to society. Mental health conditions may include, but are not limited to, depression, anxiety and post-traumatic stress disorder.

Data highlights:





https://www.nami.org/NAMI/media/NAMI-Media/StateFactSheets/MinnesotaStateFactSheet.pdf

Negatively impacted academic performance among all students in the sample

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
Any ongoing or chronic medical conditions diagnosed or treated in the last 12 months	14.5	31.5	53.8	26.1
Other impediments to academic performance				
Assault (physical)	0.6	0.7	0.0	0.6
Assault (sexual)	0.0	0.3	0.0	0.2
Allergies	1.8	1.0	0.0	1.3
Anxiety	21.1	41.4	53.8	34.5
ADHD or ADD	6.6	10.2	30.8	9.7
Concussion or TBI	1.2	1.4	7.7	1.5
Depression	12.0	27.5	38.5	22.3
Eating disorder/problem	1.2	4.7	0.0	3.4
Headaches/migraines	4.8	12.9	0.0	9.7
Influenza or influenza-like illness (the flu)	4.8	5.8	7.7	5.5
Injury	1.2	2.7	7.7	2.3
PMS	0.0	12.2	15.4	8.0
PTSD	0.6	3.7	7.7	2.7
Short-term illness	4.8	5.8	7.7	5.5
Upper respiratory illness	6.0	7.8	7.7	7.2
Sleep difficulties	21.1	25.1	23.1	23.6
Stress	30.1	43.7	46.2	38.9

American College Health Association. American College Health Association-National College Health Assessment III: Minnesota State University Mankato Executive Summary Spring 2022. Silver Spring, MD: American College Health Association; 2022.

Mental Health *Percent (%)*	College students reported ever being diagnosed with the following: Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
ADD/ADHD - Attention Deficit/Hyperactivity Disorder	8.5	10.8	23.1	10.5
Alcohol or Other Drug-Related Abuse or Addiction	0.6	0.3	0.0	0.4
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)	13.3	40.7	53.8	31.4
Autism Spectrum	3.7	1.7	7.7	2.5
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)	0.6	2.7	0.0	1.9
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder	1.8	1.7	0.0	1.7
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)	12.1	30.2	61.5	24.7
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)	1.8	7.5	0.0	5.3
Gambling Disorder	0.6	0.0	0.0	0.2
Insomnia	1.8	5.5	7.7	4.3
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)	3.0	6.5	0.0	5.1
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition	1.2	7.1	15.4	5.3
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)	0.6	0.3	0.0	0.4
Tourette's or other neurodevelopmental condition not already listed	0.6	0.3	0.0	0.4
Traumatic brain injury (TBI)	1.2	1.4	0.0	1.3

American College Health Association. American College Health Association-National College Health Assessment III: Minnesota State University Mankato Executive Summary Spring 2022. Silver Spring, MD: American College Health Association; 2022.

Ever been treated for a mental health, emotional, or behavior problem (8th, 9th, and 11th grade) (2019)

		8th Grade (%)		9th Grade (%)		11th Grade (%)	
		Male	Female	Male	Female	Male	Female
State	Yes, during the last year	10	15	10	19	12	24
	Yes, more than a year ago	10	10	11	12	11	16
Blue Earth	Yes, during the last year	10	17	10	15	9	23
	Yes, more than a year ago	10	11	11	9	13	15
Le Sueur	Yes, during the last year	8	13	7	14	9	23
	Yes, more than a year ago	13	12	11	13	14	14
Nicollet	Yes, during the last year	-	-	19	13	10	22
	Yes, more than a year ago	-	-	10	10	16	14

Source: https://public.education.mn.gov/MDEAnalytics/DataTopic.jsp?TOPICID=11

Average number of mentally unhealthy days reported in the last 30 days (2019)

Area	Average # of mentally unhealthy days reported in the last 30 days (2019)
State	4.0
Blue Earth	4.1
Le Sueur	4.0
Nicollet	3.9

*Highlighted cells indicate percentage is higher than state percentage.

Source: https://www.countyhealthrankings.org/app/minnesota/2022/measure/outcomes/42/data

Mental Health Provider Ratio (n:1) (2021); Number of Mental Health Providers (2021)

Area	Mental Health Provider Ratio #:1	# of Mental Health Providers
State	340	-
Blue Earth	260	265
Le Sueur	2,400	12
Nicollet	370	92

* Highlighted cells indicate ratio is higher than state ratio

Source: https://www.countyhealthrankings.org/app/minnesota/2022/measure/factors/62/map

Addressing social determinants of health

This focus area refers to social determinants of health (SDOH) which are the non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age - examples include access to food, housing and transportation. Addressing patient's basic needs has been shown to improve their health outcomes.

Cost-burdened Households
(County: 2016-2020: State: 2019)

	Cost-burdened Households (%)*
State	24.6
Blue Earth	30.2
Le Sueur	21.5
Nicollet	24.6

* Share of households paying 30% or more of their income for housing

** Highlighted cells indicate rate is higher than state rate.

Source: https://www.mncompass.org/topics/quality-of-life/housing?cost-burdened-households#1-6930-g

Food Insecurity (2019)

Area	Population Who Lack Adequate Access to Food n(%)
State	*(8)
Blue Earth	6,120(9)
Le Sueur	2,190(8)
Nicollet	2,740(8)

*Highlighted cells indicate percentage is higher than state percentage.

Source: https://www.countyhealthrankings.org/app/minnesota/2022/measure/factors/139/data?sort=sc-0

Limited Access to Healthy Foods (2019)

Area	Population with Limited Access to Health Foods n(%)
State	*(6)
Blue Earth	10,875(17)
Le Sueur	410(1)
Nicollet	2,722(8)

* Highlighted cells indicate percentage is higher than state percentage.

Source: https://www.countyhealthrankings.org/app/minnesota/2022/measure/factors/83/data?sort=sc-0

Food Security

Based on responses to the *US Household Food Security Survey Module: Six-Item Short Form (2012)* from the USDA Economic Research Service.

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non-conforming	Total
High or marginal food security (score 0-1)	50.6	45.1	53.8	47.2
Low food security (score 2-4)	26.2	34.8	15.4	31.3
Very low food security (score 5-6)	23.2	20.1	30.8	21.5
Any food insecurity (low or very low food security)	49.4	54.9	46.2	52.8

American College Health Association. American College Health Association-National College Health Assessment III: Minnesota State University Mankato Executive Summary Spring 2022. Silver Spring, MD: American College Health Association; 2022.

Individuals Below the Poverty Level (2019-2020)

Area	Individuals Below the Poverty Level (%)	Children (0-17) Below the Poverty Level (%)(1)	Children (<18) Living in Poverty (%)(2)
State	8.3	0-4 Years: 11.2 5-17 Years: 11.2	11.2
Blue Earth	11	10.7	11.8
Le Sueur	6.7	6.4	12.8
Nicollet	7.2	7	9.1

*Highlighted cells indicate percentage is higher than state percentage.

Source: (1)https://www.mncompass.org/economy#1-15295-g (County: 2020 & State: 2019); (2) https://data.web.health.state.mn.us/web/mndata/poverty_basic (2019)

Prioritization Process and Criteria

The Mayo Clinic Health System Southwest Minnesota Regional Administrative team, made up of 45 practice operations and nursing leaders, was presented data, community feedback and criteria to consider when selecting health concerns to address for 2023-2025 at their meeting on July 27, 2022. The group used the following criteria: Strategies identified; resources that will be available (time, talent and treasure); influence to make community change/impact; and community acceptability (based on gathered community input) and voted to move forward with Mental Health/Mental Well-being and Addressing social determinants of health as the selected health concerns for 2023-2025.

Other needs considered were healthcare access, substance abuse and chronic disease. These needs will be addressed through our two selected health concerns – mental health and addressing social determinants of health - but given limited resources and other organizations working to address these other needs, they will not be addressed as selected health concerns on this report.

Available Resources within the Community

Mental health:

- Adult Child and Family Services
- Blue Earth County Mental Health Services
- Beyond Brink & WEcovery
- Committee Against Domestic Abuse (CADA)
- Counseling Services of Southern Minnesota, Inc.
- Five Rivers Mental Health Clinic
- Mankato Mental Health Associates
- Mankato Psychology Clinic
- Mankato Clinic
- Mankato Marriage and Family Therapy
- Minnesota Mental Health Services
- Open Door Health Center
- Prairie Care Medical Group
- Sioux Trails Mental Health Center
- South Central Crisis Center

Social Determinants of Health:

- Food assistance, including, but not limited to, ECHO Food Shelf, Feeding Our Communities Partners and Salvation Army
- Housing assistance, including, but not limited to, Minnesota Valley Action Council, and Partners for Housing.
- Transportation assistance, including, but not limited to, TRUE Transit, City of Mankato Public transportation and VINE's Door2Door Transportation program.
- Substance use, including, but not limited to, House of Hope, Inc., Beyond Brink, Lutheran Social Services and Fountain Centers.
- Financial strain, including, but not limited to, county Human Services departments, Minnesota Department of Human Services, Minnesota Valley Action Council and Salvation Army.

MAYO CLINIC HEALTH SYSTEM

Evaluation of Prior CHNA and Implementation Strategy

Prioritized health needs from the 2019 CHNA included:

- Mental Health
- Substance Abuse
- Chronic Disease with Obesity

Updates on strategy accomplishments

Below are some of the key implementation actions taken to address the prioritized health needs from the 2019 CHNA. The intended impact of committing financial and human resources to conduct such actions was to provide awareness, education, and assistance to the community in order reduce occurrences of issues related to mental health, substance abuse and chronic disease.

The COVID-19 pandemic made it difficult to implement several of the planned events and activities, requiring MCHS in Mankato to instead engage with community members through virtual platforms.

Mental Health

- Held two separate three-part resiliency series webinars to provide tools and resources to build resiliency and address mental health.
- Provided $16,500 in funding for school counselors, non-profit leaders and others to go through stress management and resiliency train-the-trainer program to bring resiliency to their organizations and clients. As part of this initiative, we developed a SWMN resiliency cohort with these trainers to share best practices and updates quarterly.
- In conjunction with other MCHS sites, hosted annual virtual Discover Gratitude challenge for the community.
- Provided grant funding to programs impacting youth mental health like YWCA Girls on the Run and Mankato YMCA STRIDE.

Substance Abuse

• In January 2020, co-hosted The Opioid Fix viewing and panel discussion with Minnesota State University, Mankato with over 375 attendees.

• In conjunction with other MCHS SWMN sites, purchased a giant inflatable lung as a visual for substance abuse public education events like Lung Health Week at Mankato Youth Place.

• Participated in coalitions addressing substance use including American Lung Association Tobacco Workgroup, Statewide Health Improvement Partnership (SHIP) Community Leadership Team and the Nicollet County Chemical Wellness Advocate Coalition.

Chronic Disease

• Provided a community garden at Eastridge Clinic as an opportunity to teach gardening skills, healthy eating and healthy recipes to patients. Also added a refrigerator in Eastridge and Northridge clinic lobbies so patients could have access to fresh, healthy produce.

• Partnered with Mankato Area Public Schools and St. Peter Schools to offer a Wellness Week for elementary students to promote healthy habits.

• MCHS is the wellness partner of the Children's Museum of Southern Minnesota providing financial and in-kind support to promote health and wellness to families.

• Continued to expand Community Health Worker program to improve health conditions related to chronic disease.

• Integrated Find Help's community resource database into our electronic health records to help provide just-in-time resources to providers for identified social determinants of health.

All focus areas

• Disseminated health education through the media, including TV segments, print media,

social media, and online blogs.

• Committed $200,000 annually to local nonprofits through our Hometown Health

Grants for improving health and wellness in our communities.

The COVID-19 pandemic intensified and complicated efforts to address these health priorities. Despite the actions taken since 2020 to address mental health, substance abuse and chronic disease, they continue to be health concerns within the community. Mayo Clinic Health System in Mankato will continue to address these needs where they overlap with the prioritized health needs identified in the current 2022 CHNA.

Appendix A: Southern Minnesota Needs Assessment

Prepared by: Joseph D. Visker, PhD, MCHES®, FESG, Minnesota State University, Mankato

Southern
Minnesota Needs As

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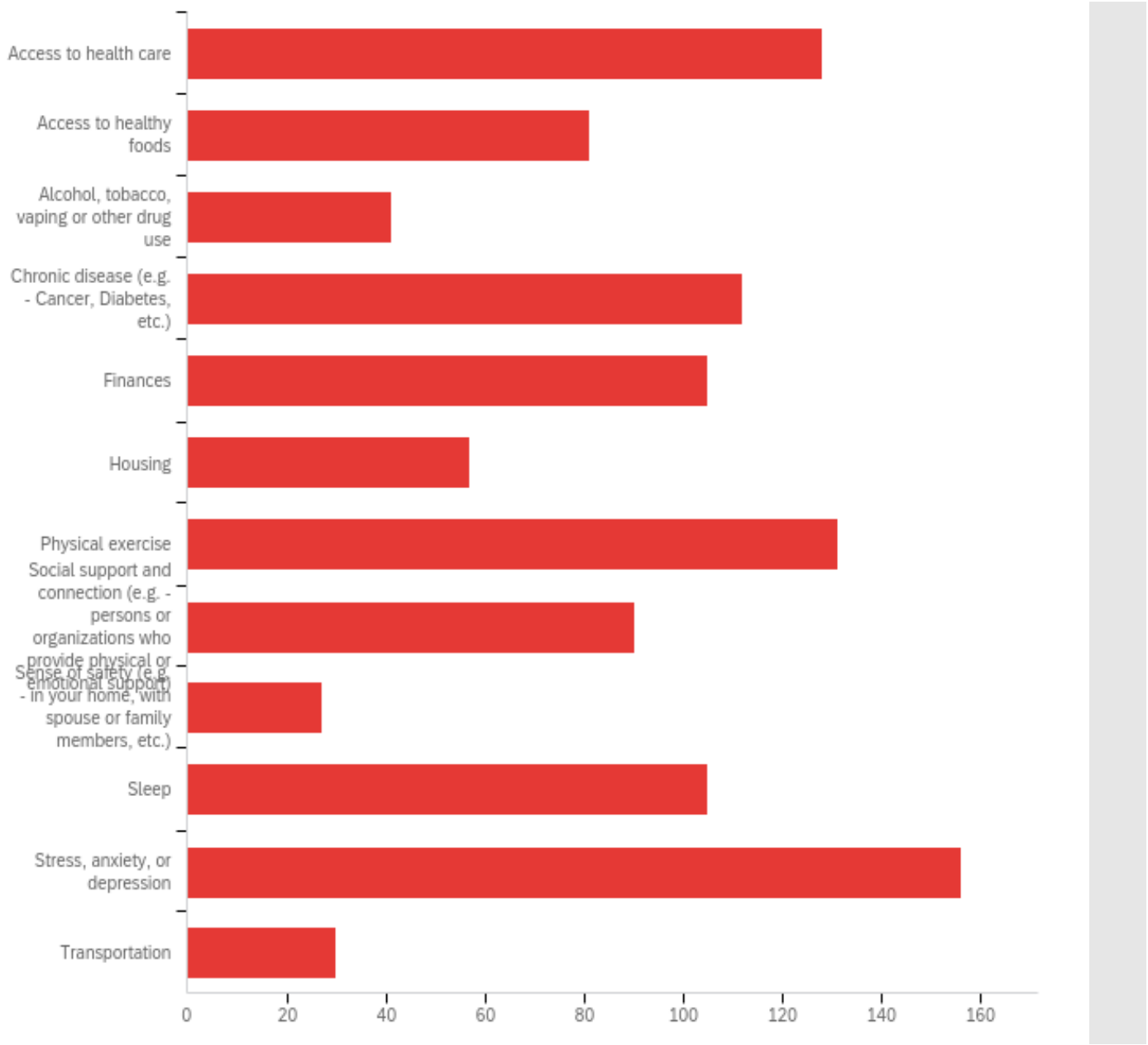
Appendix B: Community Survey Results

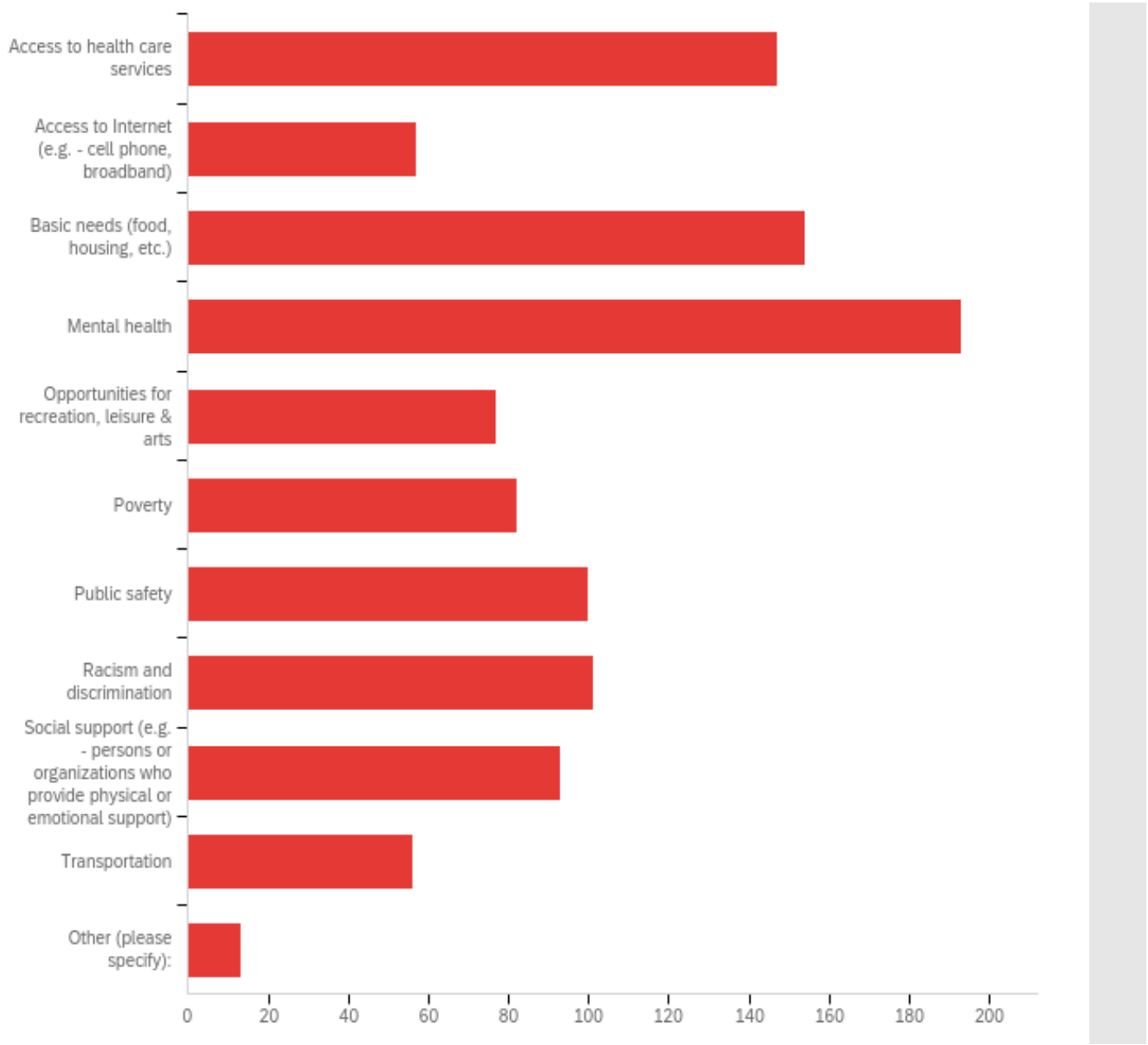
Q1 - In thinking about your own health and well-being what concerns you most? Select up to three.



#	Answer	%	Count
1	Access to health care	12.04%	128
2	Access to healthy foods	7.62%	81
3	Alcohol, tobacco, vaping or other drug use	3.86%	41
4	Chronic disease (e.g. - Cancer, Diabetes, etc.)	10.54%	112
5	Finances	9.88%	105
6	Housing	5.36%	57
7	Physical exercise	12.32%	131
8	Social support and connection (e.g. - persons or organizations who provide physical or emotional support)	8.47%	90
9	Sense of safety (e.g. - in your home, with spouse or family members, etc.)	2.54%	27
10	Sleep	9.88%	105
11	Stress, anxiety, or depression	14.68%	156
12	Transportation	2.82%	30
	Total	100%	1063

MAYO CLINIC HEALTH SYSTEM

Q2 - In thinking about your community, what concerns you most? Select up to three.



#	Answer	%	Count
1	Access to health care services	13.70%	147
2	Access to Internet (e.g. - cell phone, broadband)	5.31%	57
3	Basic needs (food, housing, etc.)	14.35%	154
4	Mental health	17.99%	193
5	Opportunities for recreation, leisure & arts	7.18%	77
6	Poverty	7.64%	82
7	Public safety	9.32%	100
8	Racism and discrimination	9.41%	101
9	Social support (e.g. - persons or organizations who provide physical or emotional support)	8.67%	93
10	Transportation	5.22%	56
11	Other (please specify):	1.21%	13
	Total	100%	1073

Q2_11_TEXT - Other (please specify):

Other (please specify): - Text
Dental care for those without insurance
Health care is too expensive
No real concrens
my community need for help people
Need more real progress on equity & inclusion
Health/information literacy Pedestrian/cyclist safety
Access to low-barrier, stigma-free care for people who use drugs; local low-barrier MAT (methadone, Suboxone, etc)

ACCESS to health care-definitionally my greatest concern is that people cannot access physical and mental health resources when they need them. The wait time to get appointments for services, some of which are needed immediately results in the most negative outcomes. This is NOT responsive health care.

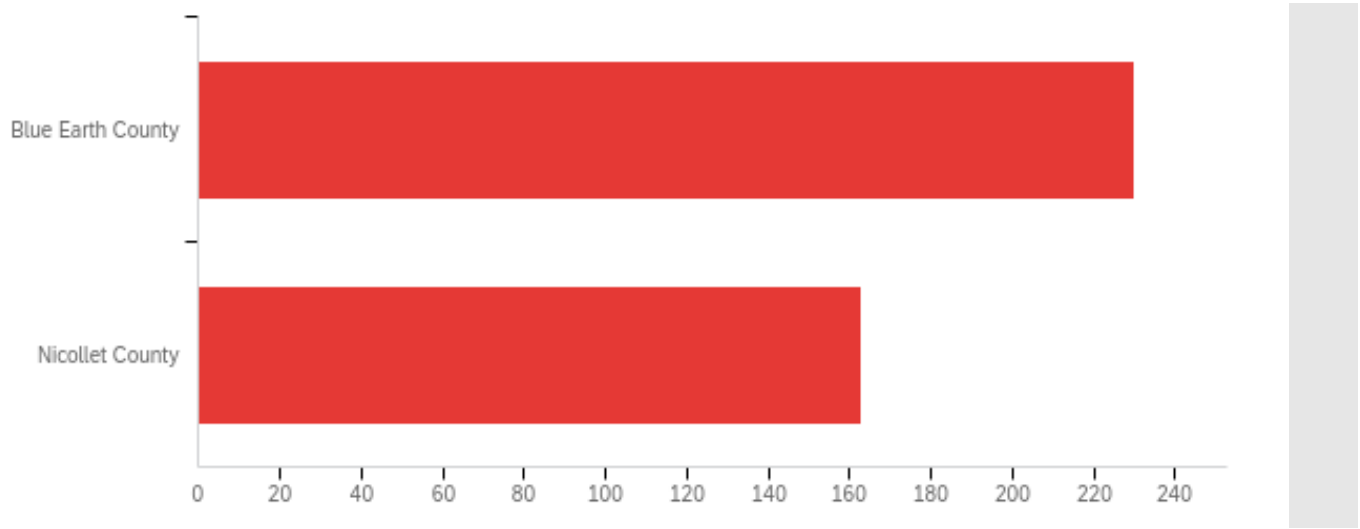
Grouphome, assisted living, and nursing homes. Having quality skilled educated people working I these areas. Help stop neglect and abuse of clients and patients!

drug use and the lack of harsh sentencing for criminals. They need hard time and hard labor not a slap on the wrist.

Poverty = all of the above

MCHS cannot keep specialty doctors and getting in to see your PCP is 6 or months out then when it gets close to the appointment you scheduled 6 months ago, they call and tell you either the doc will be out of the office or they have left Mayo. Telehealth is impersonal for many visit reasons. Should not be the “normal” option.

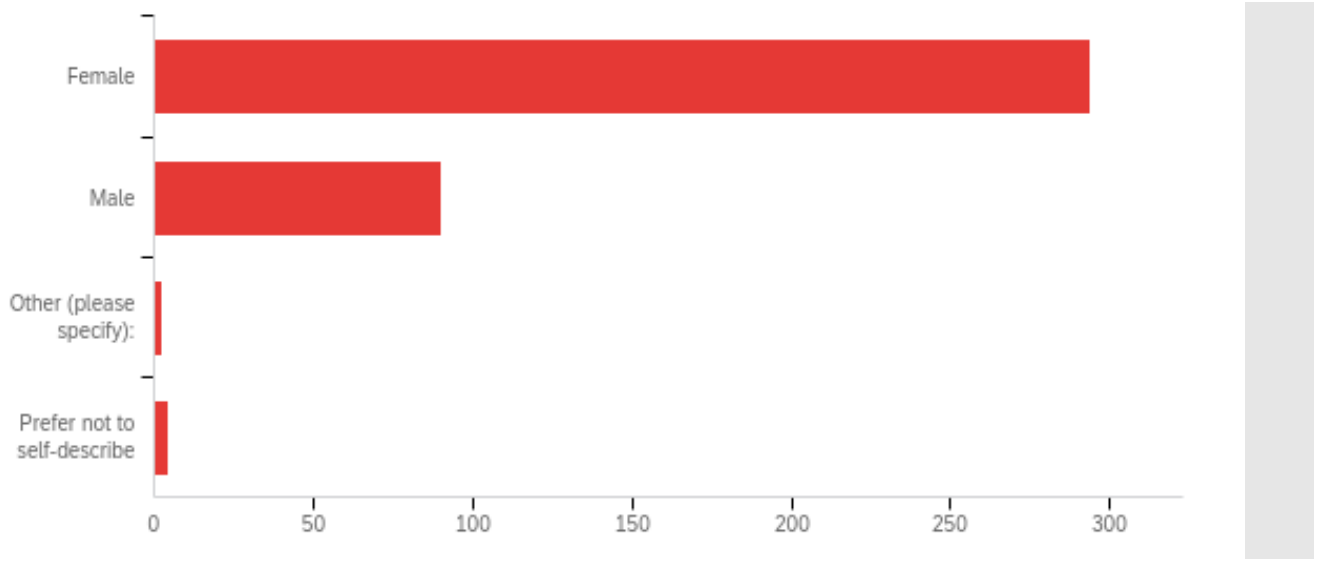
Q3 - 1. Where do you live?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	1. Where do you live?	1.00	4.00	2.24	1.48	2.18	393

#	Answer	%	Count
1	Blue Earth County	58.52%	230
2	Nicollet County	41.48%	163
	Total	100%	393

Q4 - What is your gender?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	What is your gender? - Selected Choice	1.00	4.00	1.27	0.52	0.27	390

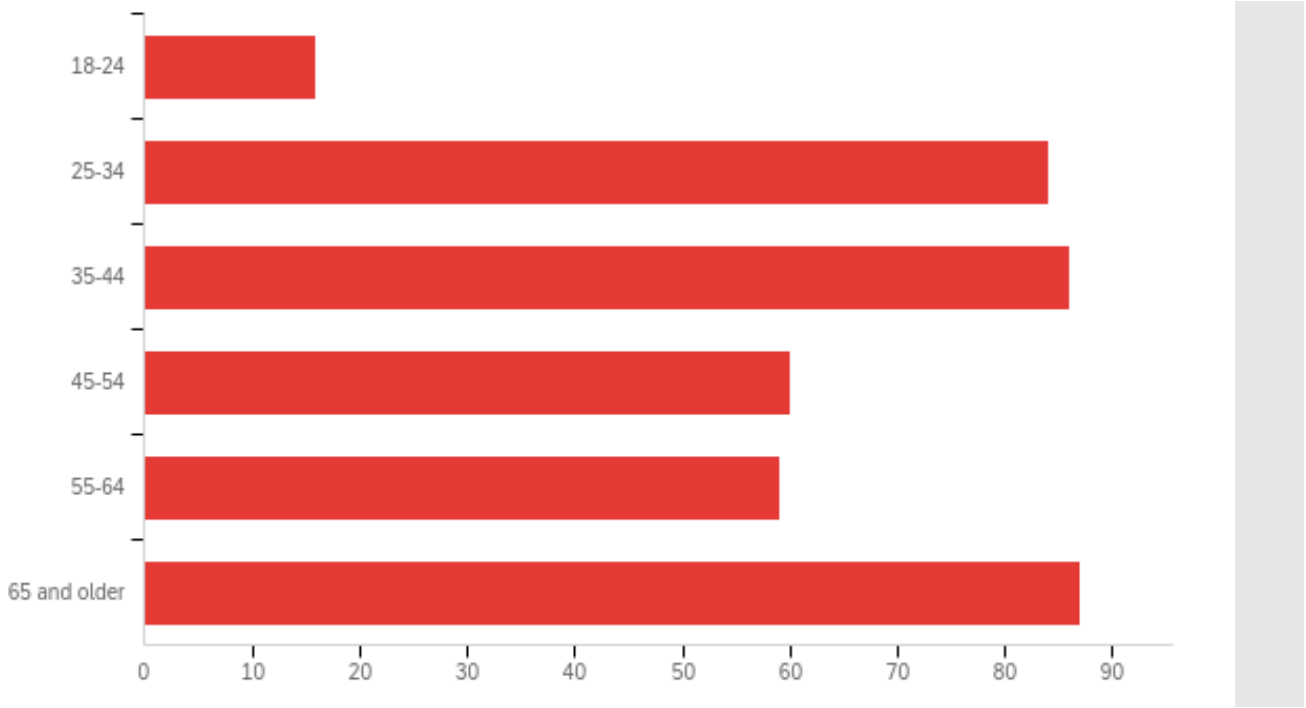
#	Answer	%	Count
1	Female	75.38%	294
2	Male	23.08%	90

3	Other (please specify):	0.51%	2
4	Prefer not to self-describe	1.03%	4
	Total	100%	390

Q4_3_TEXT - Other (please specify):

Other (please specify): - Text
agender
Nonbinary

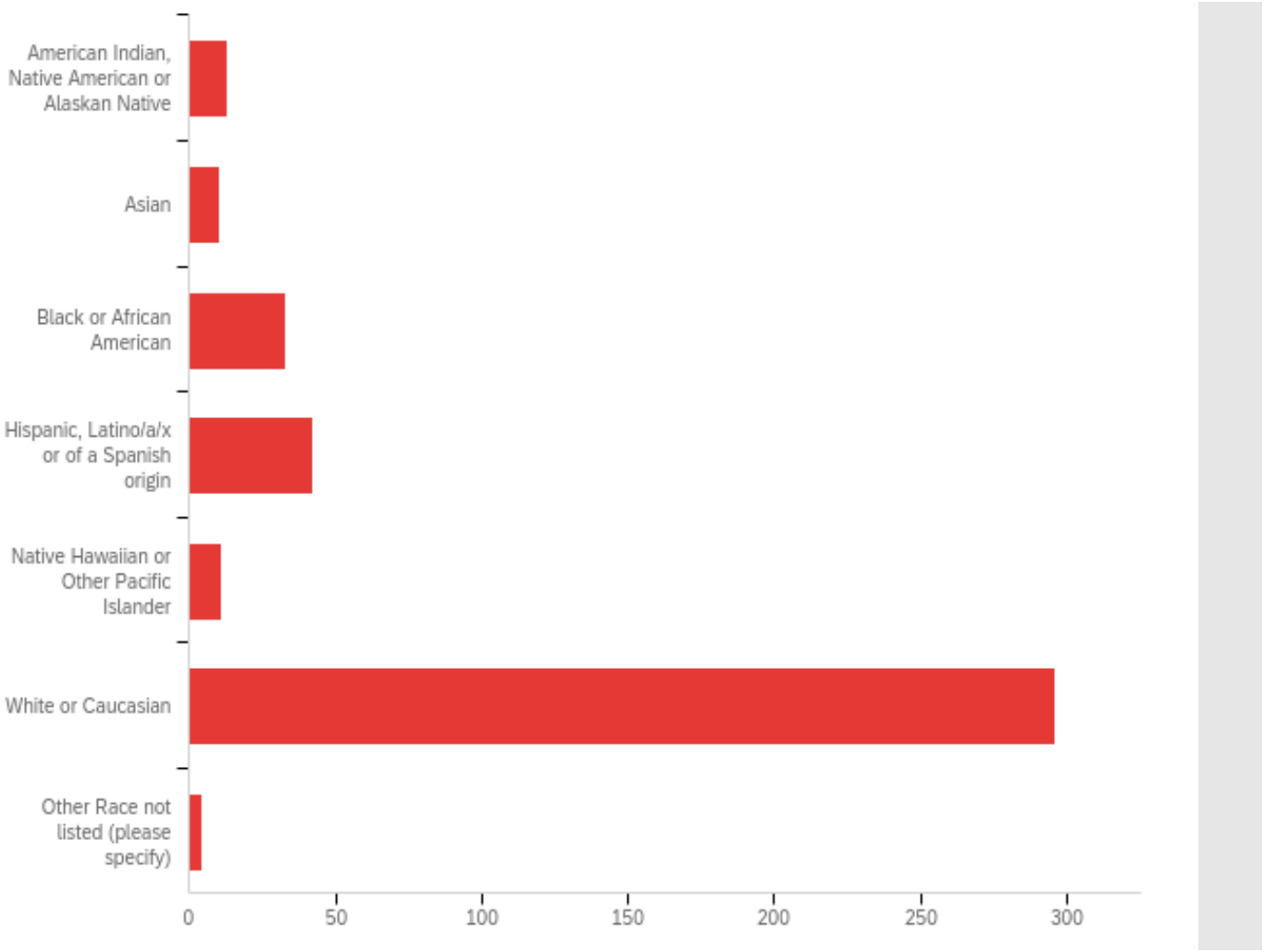
Q5 - What is your age?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	What is your age?	1.00	6.00	3.82	1.57	2.45	392

#	Answer	%	Count
1	18-24	4.08%	16
2	25-34	21.43%	84
3	35-44	21.94%	86
4	45-54	15.31%	60
5	55-64	15.05%	59
6	65 and older	22.19%	87
	Total	100%	392

Q6 - What is your Race? (Please check all that apply)



#	Answer	%	Count
1	American Indian, Native American or Alaskan Native	3.18%	13
2	Asian	2.44%	10
3	Black or African American	8.07%	33
4	Hispanic, Latino/a/x or of a Spanish origin	10.27%	42

5	Native Hawaiian or Other Pacific Islander	2.69%	11
6	White or Caucasian	72.37%	296
7	Other Race not listed (please specify)	0.98%	4
	Total	100%	409

Q6_7_TEXT - Other Race not listed (please specify)

Other Race not listed (please specify) - Text
American
Middle Eastern

Appendix C: Community Survey Promotional Materials

Let your voice be heard

Take a minute to complete a survey about health in the community and be entered for a chance to win a $25 Visa gift card. The drawing will be held in March.

Go to mayoclinichealthsystem.org/chna or scan the QR code to complete the survey.

Haga oír su voz

Tómese un minuto para responder una encuesta sobre la salud en la comunidad y tener la oportunidad de ganar una tarjeta Visa de regalo de $25. El sorteo se hará en Marzo.

Vaya a mayoclinichealthsystem.org/chna o escanee el código QR para responder la encuesta.

Codkaaga ha noqdo mid la maqlo

Qaado hal daqiiqo si aad u dhammaystirto xog-uruurinta ku saabsan caafimaadka bulshada oo lagu galo fursad aad ku guulaysan karto $25 oo ah kaarka hadiyadda ee Visa. Isku aadinta waxaa la qaban doonaa Maarso.

Tag mayoclinichealthsystem.org/chna ama sawir koodka QR si aad u dhamaystirto xog-uruurinta.

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MAYO CLINIC
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Community health needs assessment survey

LET YOUR VOICE BE HEARD

Take a minute to complete a survey about health in the community and be entered for a chance to win a $25 Visa gift card. The drawing will be held in March.

Click to start the survey

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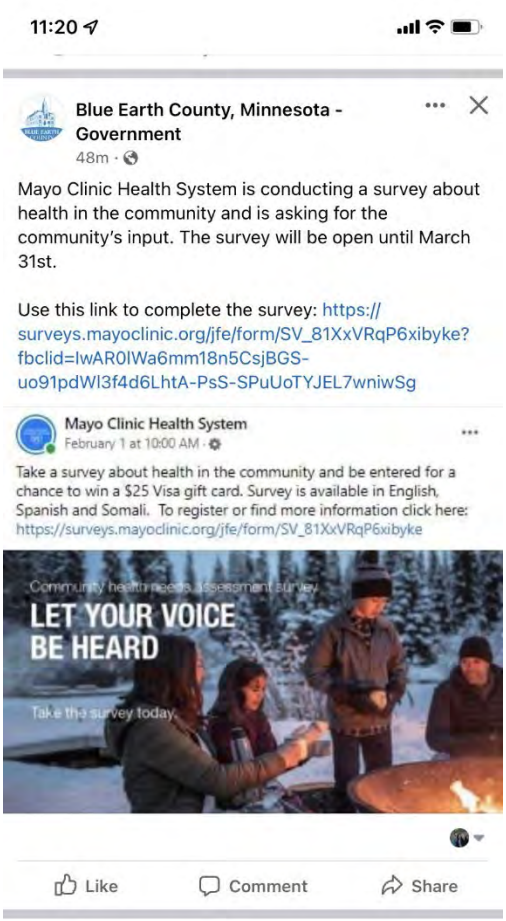
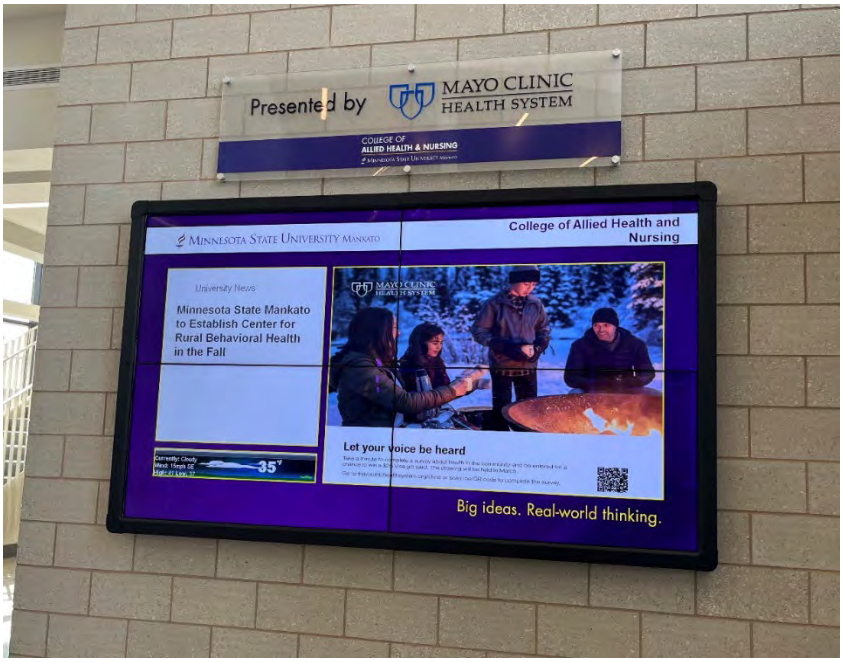
Examples of community outreach:

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MINNESOTA STATE UNIVERSITY MANKATO
College of Allied Health and Nursing
University News
Minnesota State Mankato to Establish Center for Rural Behavioral Health in the Fall
35°
Let your voice be heard
Big ideas. Real-world thinking.

Appendix D: Feedback and prioritization by community stakeholders

Community Stakeholder Event – June 7, 2022

Pictures from community stakeholder event on June 7, 2022.

Organizations attending the June 7th luncheon include: Mankato Area Public Schools, Blue Earth County, Nicollet County, VINE Faith in Action, Taylor Corporation, House of Hope, Greater Mankato Area United Way, Greater Mankato Growth, Minnesota State University, Mankato, Mankato Family YMCA, City of Mankato, South Central College, Children's Museum of Southern Minnesota, COPAL MN, Open Door Health Center, City of North Mankato, Feeding Our Communities Partners, Greater Mankato Diversity Council, Regional Nine Development Organization, U of MN Extension, and MN House of Representatives.

Each table was asked to prioritize the top two health concerns for our community to address. The following were selected by the tables:

- Mental Health – 7
- Basic Needs - 5
- Healthcare Access - 3
- Substance Abuse - 1
- Chronic Disease – 1

Healthy Community Partnership Meeting – June 21, 2022

June HCP meeting focused on prioritizing health concerns and was facilitated by Brown Nicollet LeSueur Waseca County SHIP staff. Organizations attending the meeting included: Minnesota Valley Action Council, Nicollet County Public Health, Brown Nicollet LeSueur Waseca County SHIP, Blue Earth County SHIP, Minnesota River Area Agency on Aging, VINE Faith in Action, WellShare International, Open Door Health Center, YWCA Mankato, Greater Mankato Area United Way, Partners for Housing, MN Council of Churches, U of MN Extension, MY Place, COPAL, and ECHO Food Shelf.

Participants were asked to complete a Menti poll picking 3 top health concerns they believe the community should address: