MAYO CLINIC

Community Health Needs Assessment 2022

Mayo Clinic Health System-Waseca

MAYO CLINIC HEALTH SYSTEM

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MAYO CLINIC HEALTH SYSTEM

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 Waseca is a 35-bed, critical-access hospital located in Waseca, Minnesota. Waseca is part of the Southwest Minnesota region of MCHS, which includes family medicine clinics in Janesville and Waterville, as well as hospitals in New Prague, Mankato, Fairmont and St. James.

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

In 2021, MCHS in Waseca provided $634,000 in charity care, providing local access to care to all. In addition, the hospital supported health and wellness in the community by partnering with high schools and higher-education institutions to introduce students to careers in rural health care, and invested in

health and wellness programs, including the Waseca Area Neighborhood Service Center Food Shelf, Relay for Life, Discover Waseca Careers, Waseca Early Childhood Fair and others.

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.

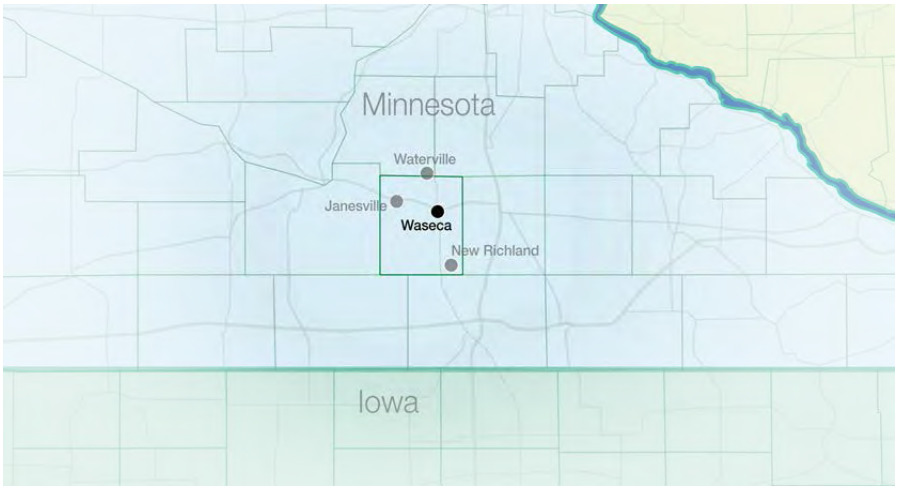
The primary qualitative input into the process was the collection of community input through a community health survey that was distributed through community events and activities, in partnership with local community-based organizations, as well as distributed through social media. Participants were 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 118 responses from Waseca County. 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 Waseca Chamber Business After Hours event on July 20th that included a community stakeholder prioritization activity with over 30 community stakeholders in attendance.

MAYO CLINIC HEALTH SYSTEM

Our Community

GEOGRAPHIC LOCATION

Mayo Clinic Health System in Waseca serves communities in Waseca County and portions of Blue Earth, Le Sueur and Steele counties in southern Minnesota. The main medical campus is in Waseca and consists of a multi-specialty clinic and critical access hospital, which is the only hospital in Waseca County. Although MCHS in Waseca serves patients from other counties, the majority (50%) are from Waseca County. For the purposes of the CHNA, the community is defined as Waseca County.



Demographics

Population (2019)

		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
Waseca	F	99	406	542	650	587	1,767	1,900	1,821	1,293	544	9,609
	M	105	456	633	641	631	1,497	1,623	1,794	1,262	361	9,003

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

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
Waseca	16,647	497	116	166	1,186	18,612

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
Waseca	7	28.3	27.9

* Highlighted cells indicate percentage is higher than state percentage.

Median Income (2019)

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

Area	Median Income ($)
State	74,500
Waseca	63,900

Assessing the Needs of the Community

In 2019, Mayo Clinic Health System (MCHS) in Waseca identified and prioritized community health needs in Waseca County 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 Waseca “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 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 COVID-19. 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 118 responses from Waseca County. In addition, community conversations were held with stakeholders from local government and nonprofit leaders, including an in-person Waseca Chamber After Hours event on July 20th that included a community stakeholder prioritization activity with over 30 community stakeholders in attendance.

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 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 Mayo Clinic Health System. The full survey and results are available in Appendix B. The 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

Community outreach prioritized input from traditionally underrepresented, medically underserved, low-income and minority populations. Examples of this outreach included flyers posted at the Waseca Area Neighborhood Service Center Food Shelf, survey being shared on social media through Le Sueur and Waseca Counties, as well as the Brown, Nicollet, Le Sueur and Waseca counties Statewide Health Improvement Partnership. Through these outreach efforts, there were 118 responses from Waseca County. Over 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 a Waseca Area Chamber Business After Hours Event held in Waseca on July 20, 2022. Results from prioritization is shared in Appendix D.

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Addressing the Needs of the Community

Identified Health Needs

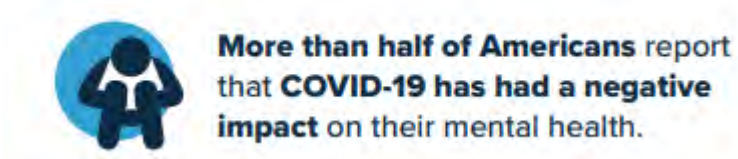
After completing an extensive analysis of the data available and community input, the top community health needs were identified by MCHS in Waseca. Each of these focus areas are equally important, however, they have been ranked by priority:

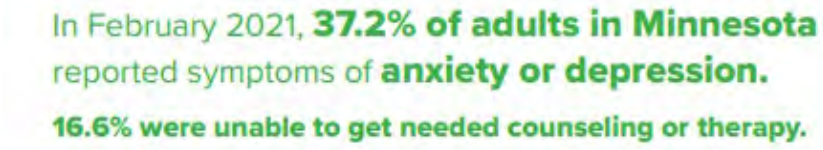
1. Mental health/mental well-being
2. Addressing social determinants of health

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

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

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

		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
Waseca	Yes, during the last year	10	15	12	25	14	32
	Yes, more than a year ago	4	12	7	14	19	11

* Highlighted cells indicate percentage is higher than state percentage.

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

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

Area	Average # of Mentally Unhealthy Days
State	4
Waseca	4.2

*Highlighted cells indicate percentage is higher than state percentage.

Mental Health Provider Ratio (n:1) (2020); Number of Mental Health Providers (2020)

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

Area	Mental Health Provider Ratio #:1	# of Mental Health Providers
State	370	-
Waseca	3,720	5

* Highlighted cells indicate ratio is higher than state ratio

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)

Source: https://www.mncompass.org/topics/quality-of-life/housing?cost_burdened_households#1.6930.g

	Cost-burdened Households (%)*
State	24.6
Waseca	26.3

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

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

Food Insecurity (2019)

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

Area	Population Who Lack Adequate Access to Food n(%)
State	*(8)
Waseca	1,550(8)

Limited Access to Healthy Foods (2019)

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

Area	Population with Limited Access to Health Foods n(%)
State	*(6)
Waseca	2,429(13)

* Highlighted cells indicate percentage is higher than state percentage.

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 community health priorities 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 priorities – 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 the highest selected health concerns in this report.

Available Resources within the Community

Mental health:

- Hoffmann Counseling Services of Waseca
- South Central Human Relations Center
- Fernbrook Family Center
- Compassionate Counseling Services

- Minnesota Prairie County Alliance
- Committee Against Domestic Abuse (CADA)
- Counseling Services of Southern Minnesota, Inc.

Social Determinants of Health:

- Food assistance, including, but not limited to, Waseca Area Neighborhood Services, Waseca County Food Shelf, and Janesville Community Food Shelf.
- Housing assistance, including, but not limited to, Minnesota Valley Action Council, Waseca Housing Authority, South Central Multi-County HRA, and Minnesota Prairie County Alliance.
- Transportation assistance, including, but not limited to, Southern Minnesota Area Rural Transit, and SEMCAC
- Substance use, including, but not limited to, House of Hope, Inc., Beyond Brink, Fountain Centers, and Minnesota Prairie County Alliance.
- Financial strain, including, but not limited to, Waseca County Human Services, Minnesota Department of Human Services, Minnesota Valley Action Council, Salvation Army, and Minnesota Prairie County Alliance.

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 Mayo Clinic Health System in Waseca CHNA. The intended impact of committing financial

and human resources was to provide awareness, education and assistance to the community in order to reduce occurrences of issues related to mental health, substance abuse and chronic disease.

Due to the COVID-19 pandemic, the tactics and strategies required Mayo Clinic Health System in Waseca to engage with community members and organizations through virtual platforms.

Mental Health

• MCHS in Waseca 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, MCHS in Waseca 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 financial support to a local non-profit that provides mentorship support to youth.

Substance Abuse

• In conjunction with other MCHS SWMN sites, purchased a giant inflatable lung as a visual for substance abuse at public education events.

• Participated in coalitions addressing substance use including the Statewide Health Improvement Partnership (SHIP) Community Leadership Team

Chronic Disease

• Partnered with Waseca, Janesville, and Waterville Public Schools to offer a Wellness Week for elementary students to promote healthy habits.

• 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 $10,000 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. MCHS in Waseca will continue to address these needs where they overlap with the prioritized health needs identified in the current 2022 CHNA.

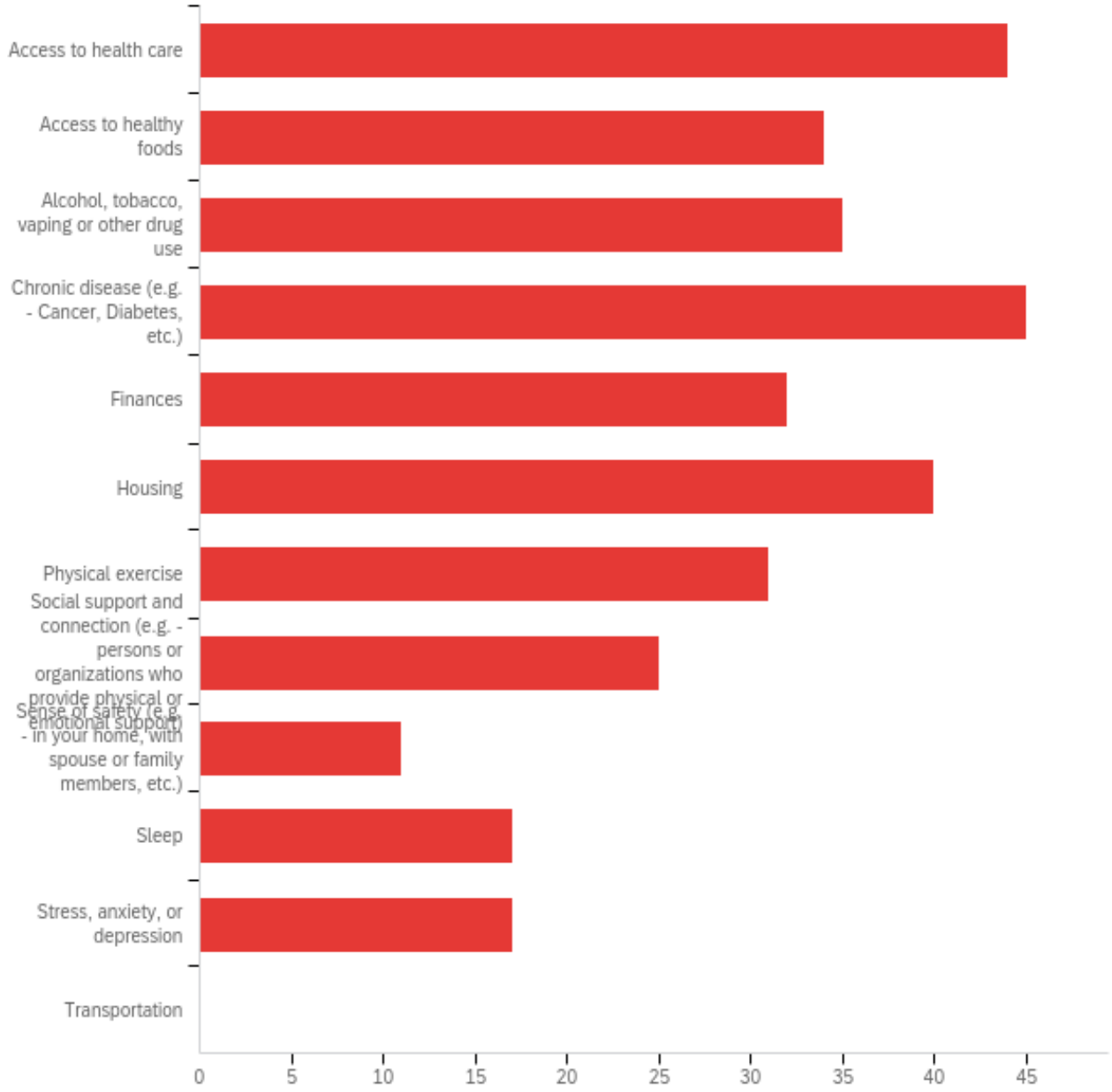
Appendix A: Southern Minnesota Needs Assessment

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

Southern Minnesota Needs As

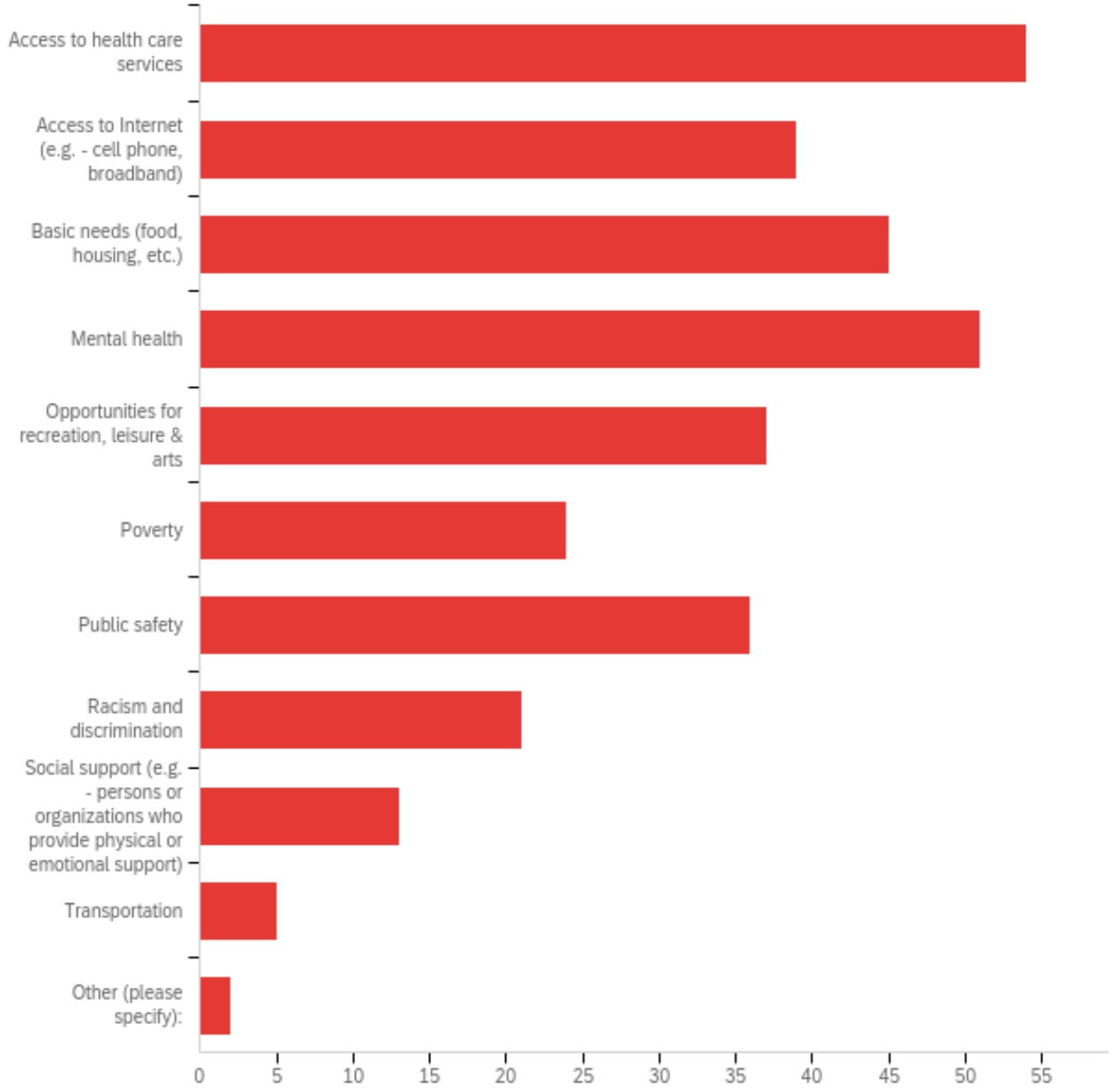
Appendix B: Community Survey Results

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	13.29%	44
2	Access to healthy foods	10.27%	34
3	Alcohol, tobacco, vaping or other drug use	10.57%	35
4	Chronic disease (e.g. - Cancer, Diabetes, etc.)	13.60%	45
5	Finances	9.67%	32
6	Housing	12.08%	40
7	Physical exercise	9.37%	31
8	Social support and connection (e.g. - persons or organizations who provide physical or emotional support)	7.55%	25
9	Sense of safety (e.g. - in your home, with spouse or family members, etc.)	3.32%	11
10	Sleep	5.14%	17
11	Stress, anxiety, or depression	5.14%	17
12	Transportation	0.00%	0
	Total	100%	331

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

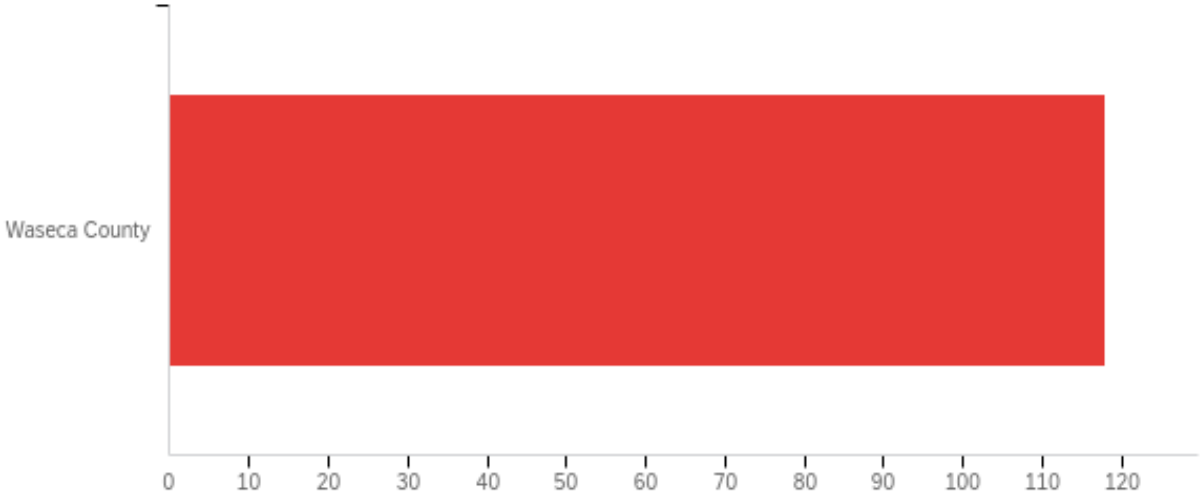


#	Answer	%	Count
1	Access to health care services	16.51%	54
2	Access to Internet (e.g. - cell phone, broadband)	11.93%	39
3	Basic needs (food, housing, etc.)	13.76%	45
4	Mental health	15.60%	51
5	Opportunities for recreation, leisure & arts	11.31%	37
6	Poverty	7.34%	24
7	Public safety	11.01%	36
8	Racism and discrimination	6.42%	21
9	Social support (e.g. - persons or organizations who provide physical or emotional support)	3.98%	13
10	Transportation	1.53%	5
11	Other (please specify):	0.61%	2
	Total	100%	327

Q2_11_TEXT - Other (please specify):

Other (please specify): - Text
Thinking outside the box of what our community members might need

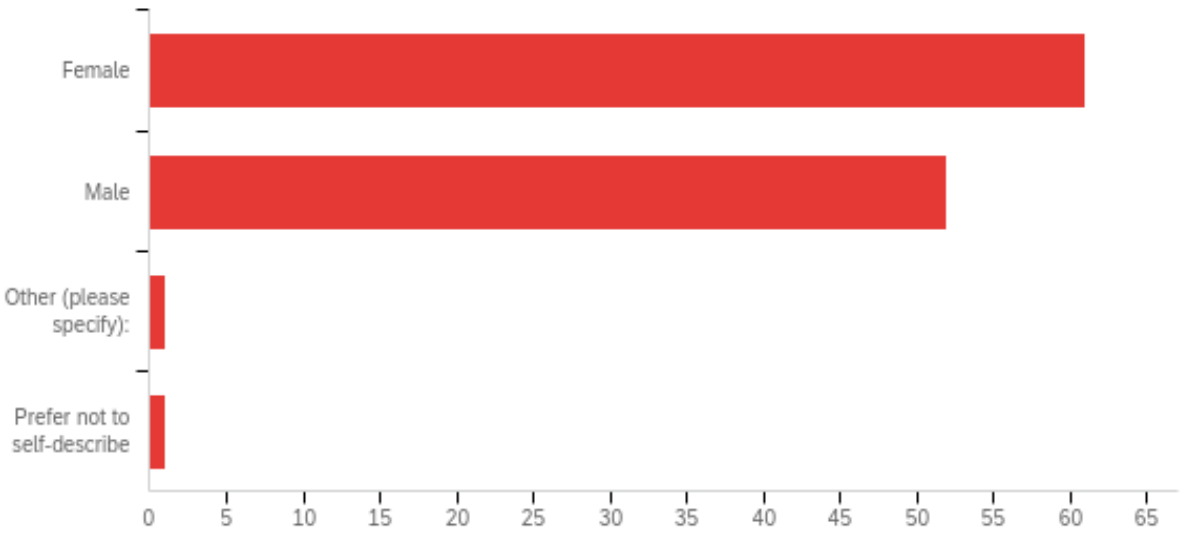
Q3 - 1. Where do you live?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	1. Where do you live?	6.00	6.00	6.00	0.00	0.00	118

#	Answer	%	Count
1	Waseca County	100.00%	118
	Total	100%	118

Q4 - What is your gender?



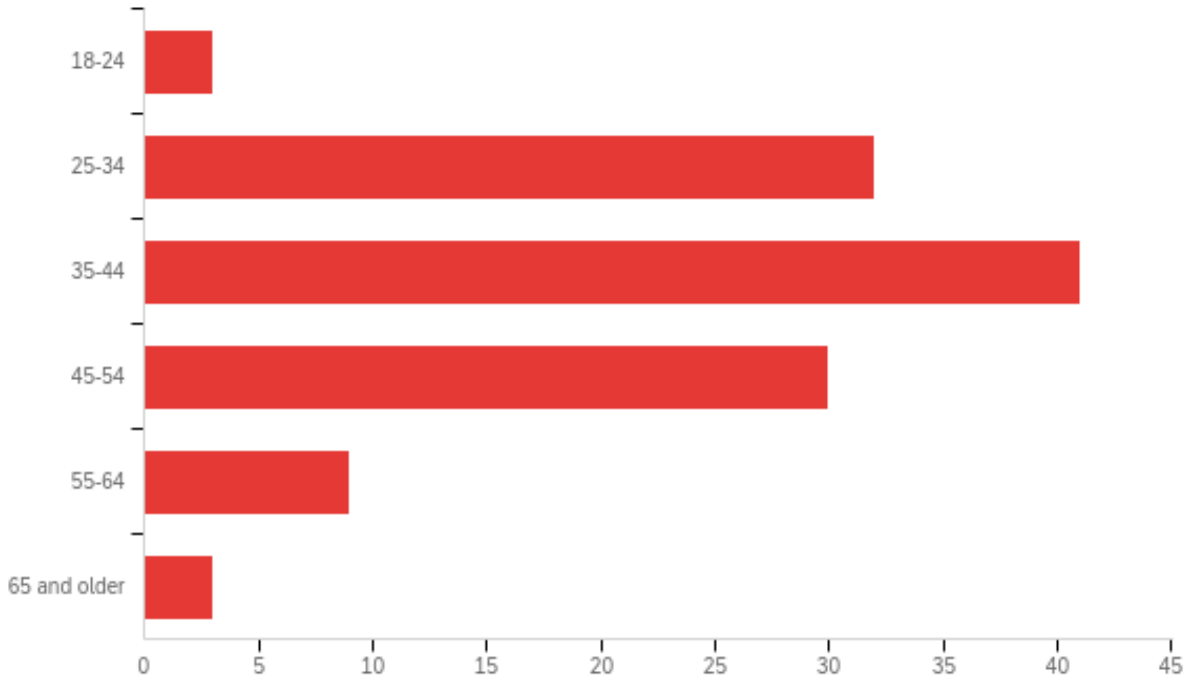
#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	What is your gender? - Selected Choice	1.00	4.00	1.50	0.57	0.32	115

#	Answer	%	Count
1	Female	53.04%	61
2	Male	45.22%	52
3	Other (please specify):	0.87%	1
4	Prefer not to self-describe	0.87%	1
	Total	100%	115

Q4_3_TEXT - Other (please specify):

Other (please specify): - Text
Transgender

Q5 - What is your age?

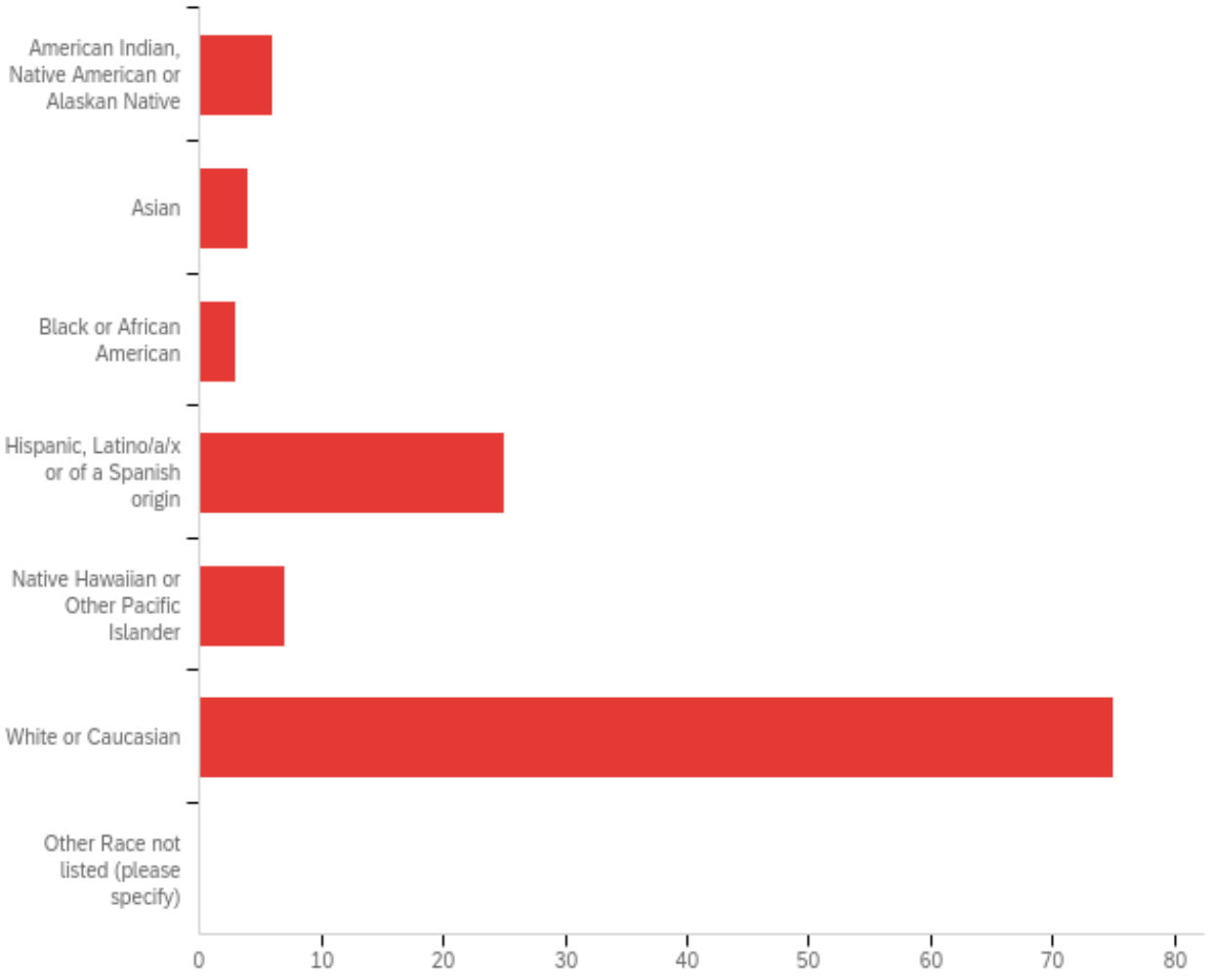


#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	What is your age?	1.00	6.00	3.16	1.07	1.14	118

#	Answer	%	Count
1	18-24	2.54%	3

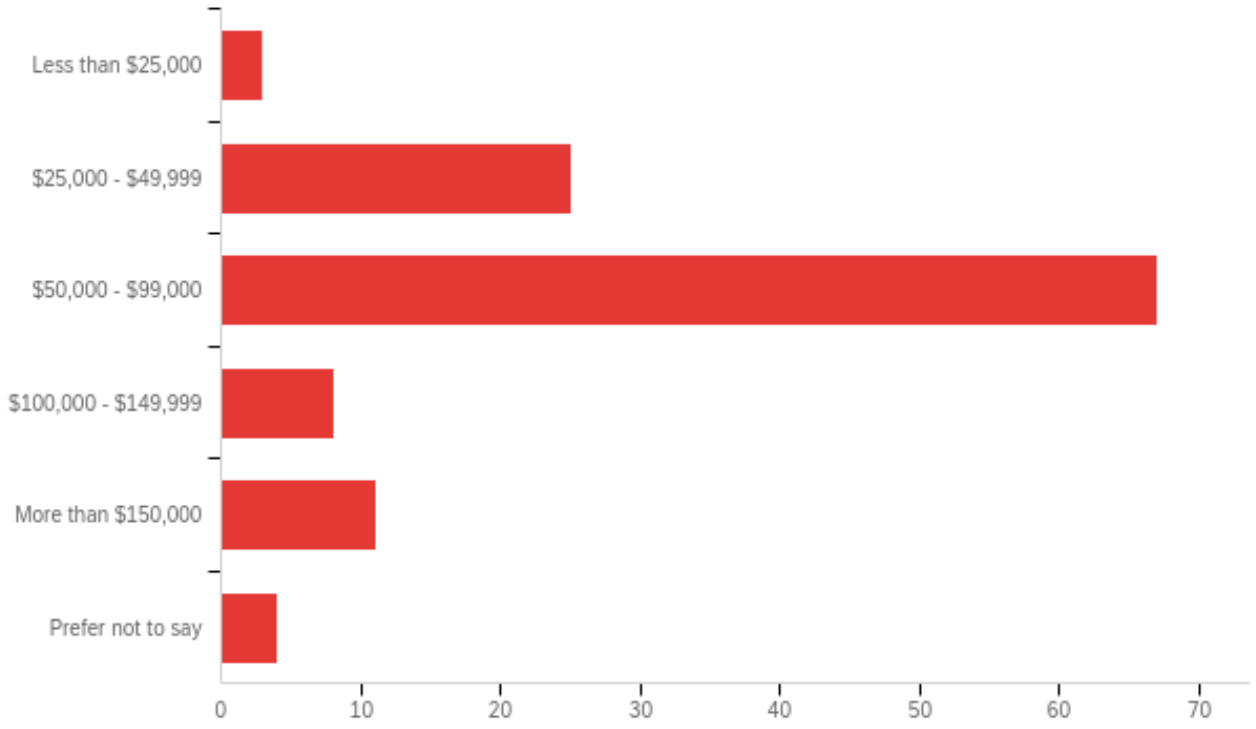
2	25-34	27.12%	32
3	35-44	34.75%	41
4	45-54	25.42%	30
5	55-64	7.63%	9
6	65 and older	2.54%	3
	Total	100%	118

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



#	Answer	%	Count
1	American Indian, Native American or Alaskan Native	5.00%	6
2	Asian	3.33%	4
3	Black or African American	2.50%	3
4	Hispanic, Latino/a/x or of a Spanish origin	20.83%	25
5	Native Hawaiian or Other Pacific Islander	5.83%	7
6	White or Caucasian	62.50%	75
7	Other Race not listed (please specify)	0.00%	0
	Total	100%	120

Q7 - What is your total annual household income?



#	Field	Minimum	Maximum	Mean	Std Deviation	Variance	Count
1	What is your total annual household income?	1.00	6.00	3.09	1.03	1.05	118

#	Answer	%	Count
1	Less than $25,000	2.54%	3
2	$25,000 - $49,999	21.19%	25
3	$50,000 - $99,000	56.78%	67
4	$100,000 - $149,999	6.78%	8
5	More than $150,000	9.32%	11
6	Prefer not to say	3.39%	4
	Total	100%	118

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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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.

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.

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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:

Appendix D: Feedback and prioritization by community stakeholders

Waseca Chamber Area After Hours Event – July 20, 2022

Pictures from Chamber After Hours Event on July 20th, 2022.

Organizations attending the July 20th event include: Minnwest, Waseca Public Library, Farmers, Waseca Marching Classic, Tesch Service Center, Ameriprise, Mediacom, City of Waseca, City Council Members, Waseca News, Community Members

Each participant asked to prioritize the top two health concerns for our community to address. The following were selected:

- Mental Health – 9
- Basic Needs - 12
- Healthcare Access - 8
- Physical Exercise - 2
- Chronic Disease – 7