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Executive Summary

**Enterprise Overview:**

Mayo Clinic is a not-for-profit, worldwide leader in patient care, research and education. Each year Mayo Clinic serves more than one million patients from communities throughout the world, offering a full spectrum of care from health information, preventive and primary care to the most complex medical care possible. Mayo Clinic provides these services through many campuses and facilities, including 23 hospitals located in communities throughout the United States, including Arizona, Florida, Georgia, Minnesota, Wisconsin and Iowa.

A significant benefit that Mayo Clinic provides to all communities, local to global, is through its education and research endeavors. Mayo Clinic reinvests its net operating income funds to advance breakthroughs in treatments and cures for all types of human disease, and bring this new knowledge to patient care quickly. Through its expertise and mission in integrated, multidisciplinary medicine and academic activities, Mayo Clinic is uniquely positioned to advance medicine and bring discovery to practice more efficiently and effectively.

In addition, through its Centers for the Science of Health Care Delivery and Population Health Management, Mayo Clinic explores and advances affordable, effective health care models to improve quality, efficiency and accessibility in health care delivery to people everywhere.

**Entity Overview:**

Mayo Clinic Health System in Red Wing is a 50-bed hospital located in Red Wing, Minn. Red Wing is one of 17 hospitals within Mayo Clinic Health System. Red Wing is part of the Southeast Minnesota region of Mayo Clinic Health System, which also includes hospitals in Cannon Falls, Lake City, Austin and Albert Lea. Mayo Clinic Health System in Red Wing supports the community through inpatient and outpatient services.

Minnesota and neighboring Wisconsin show a self-reported estimate of 25 to 30 percent obesity among adults.

**Summary of Community Health Needs Assessment:**

The key priorities for Mayo Clinic Health System’s locations in Cannon Falls, Lake City and Red Wing include:

1. Obesity
2. Access
3. Mental health

Community Health Needs Assessment (CHNA) findings were shared with all three community boards and community leaders groups. Implementation strategies were established with community input and collaboration.
Our Community

Geographic Area
Mayo Clinic Health System in Red Wing has locations in Red Wing and Zumbrota, Minn., and Ellsworth, Wis. The majority of Red Wing’s service areas include Goodhue County in southeastern Minnesota and Pierce County in west-central Wisconsin. The main campus, located in Red Wing, includes a hospital licensed for 50 beds, senior living community and multi-specialty, hospital-based clinic with 83 providers serving Red Wing and surrounding communities.

Demographics
According to the U.S. Census Bureau, the 2012 population estimate for Goodhue County, which comprises most of Red Wing’s service area, is 46,336. A 2011 estimate reports that 23.3 percent of the population is under 18 years old, and 16.9 percent is 65 years old or older. The median household income is $56,099, and an estimated 8.2 percent of individuals are living below poverty level.
Assessing the Needs of the Community

Overview
Mayo Clinic Health System in Red Wing’s community assessment process was led by a regional Community Health Needs Assessment committee. The committee followed a systematic process to evaluate the health needs of our communities and determine health priorities. Committee members were chosen for their expertise in directly providing services and for their involvement in existing community programs and services. The committee was responsible for creating a thorough and organized needs assessment process, as well as for developing an effective plan to meet the identified needs.

Community Input
Mayo Clinic Health System’s locations in Cannon Falls, Lake City and Red Wing partnered with Wabasha and Goodhue Counties on their assessment and used their findings as a key part of our process. Primary input for the assessment and prioritization process included community input through key informant interviews, county-wide mail surveys, local focus groups, demographic data and local surveys completed by the school districts and Chemical Health Initiative. Mayo Clinic Health System would like to thank our partners in Goodhue County Public Health and Wabash County Public Health for their assistance in our CHNA. Serving on the Goodhue County committee was beneficial as a learning experience and for the data that was shared. We specifically would like to thank Susan Brace-Adkins and the Goodhue County Public Health team for their guidance.

Goodhue County Health and Human Services, Public Health Division
Healthy Communities supervisor

Goodhue County Health and Human Services, Public Health Division
Community health specialist

Wabasha County Public Health
Director

St. Elizabeths
Director of community relations
In addition, the following individuals, representing broad interests of the community, were involved in providing input to this assessment:

**Red Wing key informant interviews**
- Sheriff, Goodhue County – June 2012
- Superintendent, Red Wing School – June 2012
- Chief of police, Red Wing – June 2012
- CEO, Medical Center – May 2012
- CEO, Red Wing YMCA – May 2012
- President, Red Wing 2020 – May 2012
- Manager, Zumbrota Clinic – May 2012
- Medical Center board member/philanthropy, Jones Family Foundation – May 2012
- Community leader, women and children’s advocate – May 2012
- Executive director, United Way of Goodhue, Wabasha & Pierce counties – May 2012

**Lake City key informant interviews**
- Realtor and business owner, Kemp Insurance and Realty – Nov. 2012
- Retired teacher and business owner, Huettl’s Meats, volunteer – Nov. 2012
- Ambulance director, Lake City Ambulance – Nov. 2012
- EDA director, Lake City Planning and Community Development – Nov. 2012
- Director, Lake City Area Chamber of Commerce – Nov. 2012
- Business owner, Anytime Fitness – Nov. 2012
- Sheriff, Wabasha County – Nov. 2012
- Director, Home Care, Wabasha – Nov. 2012

**Cannon Falls key informant interviews**
- President, Cannon Falls Chamber of Commerce – Oct. 2012
- Pastor, St. Ansgar’s Lutheran Church – Oct. 2012
- Chief of police, Cannon Falls Police Department – Oct. 2012
- Director, Shepherd’s Center of the Cannon Valley (senior citizens) – Oct. 2012
- Executive director, Twin Rivers Senior Campus – Oct. 2012
- Director of economic development, City of Cannon Falls – Oct. 2012
The following organizations with special knowledge of or expertise in public health were consulted as part of this assessment:

- Director of Public Health, Wabasha County
- Community relations, St. Elizabeth’s
- Supervisor, Goodhue County Healthy Communities

The following leaders, representatives or members of medically underserved, low-income and minority populations and populations with chronic diseases were consulted as part of this assessment:

- Director, CARE Clinic of Goodhue County
  - CARE Clinic uses the annual report for services used in the Goodhue County free clinic.
- Public health nurse, Goodhue County
  - Public Health staff work with low-income, minority populations that are medically underserved.
- Public health nurse, Wabasha County
  - Public Health staff work with low-income minority populations that are medically underserved.
**Process and Methods**

Community health needs were identified and prioritized through a comprehensive process that included community and organizational leadership.

The process was approved by the River Corridor Leadership Team, which included leaders from Cannon Falls, Lake City and Red Wing, and reports were shared with the three boards when the priorities were established in June of 2013 and for approval and review of implementation strategies in August of 2013.

**County Assessments**

The assessment process began with a thorough review of the local County Community Health Needs Assessments. The collaboration with these assessments was a key to gathering data and using local resources.

**Goodhue County**

Mayo Clinic Health System employees serve on the Goodhue County Citizens Advisory Group. The process and data gathered for the county assessment also was used in the Mayo Clinic Health System process.

The full assessment for Goodhue County, Minn., can be found here: [http://www.co.goodhue.mn.us/departments/publichealth/files/CommunityHealthAssessmentPriorityReport2012.pdf](http://www.co.goodhue.mn.us/departments/publichealth/files/CommunityHealthAssessmentPriorityReport2012.pdf)

Goodhue 2012 findings:
- Family and parenting issues
- **Mental health**
- Unhealthy eating habits
- Lack of exercise
- Economic health
- Chemical health
- Driving behaviors
- Transportation options
- Obesity
- Health insurance concerns

**Wabasha County**

Mayo Clinic Health System employees serve on the implementation teams for Wabasha County.

Wabasha 2012 findings:
- Meeting the needs of seniors
- Reducing obesity and promoting healthy habits
- Improving access to mental health care
- Improving oral health and **access** to affordable dental care

**Pierce County, Wis.**

Public Health Department 2012 Annual Report

Community Health Improvement Process (CHIP) was conducted with Allina Health-River Falls Hospital.
Pierce 2012 findings:
- Access to healthy foods
- Lack of physical activity

The complete report can be found here:
http://www.co.pierce.wi.us/Public%20Health/PDF%20Files/2012%20Annual%20Report%20Final.pdf

**Key Informant Surveys**

Next, 27 were surveys were completed in three communities. (See Appendix A for survey.)
The findings included:
- Economy
- Livable wages, cost of insurance and medications, unemployment
- Health, Including mental health, weight and chronic illnesses
- Seniors
- Affordable care, safety, quality of life
- Environment
- Frac mining, sediment
- Mental health (also mentioned in chemical health and health)
**Mailed Survey: Goodhue County Public Health**

In addition to the above surveys, a written survey was mailed to Goodhue County residents to ensure input from those with various levels of incomes, education and living situations. (See Appendix B for survey.)

The table below reflects the key demographic data of individuals who completed the survey.

<table>
<thead>
<tr>
<th>Gender</th>
<th>Age</th>
<th>Education</th>
<th>Income</th>
<th>Living situation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>221</td>
<td>18-34</td>
<td>High school/GED</td>
<td>&lt;$20,000</td>
</tr>
<tr>
<td>Female</td>
<td>273</td>
<td>35-44</td>
<td>Some college</td>
<td>$20-$34,999</td>
</tr>
<tr>
<td>Missing</td>
<td>10</td>
<td>45-54</td>
<td>College grad</td>
<td>$35-$49,999</td>
</tr>
<tr>
<td></td>
<td>55-64</td>
<td>93</td>
<td>Grad degree</td>
<td>$50-$74,999</td>
</tr>
<tr>
<td></td>
<td>65-74</td>
<td>93</td>
<td>Missing</td>
<td>$75-$99,999</td>
</tr>
<tr>
<td></td>
<td>75+</td>
<td>86</td>
<td>Missing</td>
<td>$100,000+</td>
</tr>
<tr>
<td></td>
<td>Missing</td>
<td>9</td>
<td>Missing</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>504</td>
<td>504</td>
<td>504</td>
<td>504</td>
</tr>
</tbody>
</table>

The findings included:
- Habits
- Eating
- Exercise
- Chemical use
- Economy
- Cost of insurance
- Cost of medication
- Livable wage
- Unemployment
Focus Groups

Finally, several focus groups also were conducted across the counties to ensure adequate representation of minority and underserved groups. The table below summarizes the key findings from the focus group sessions. (See Appendix C for focus group topics.)

<table>
<thead>
<tr>
<th>Survey</th>
<th>Seniors</th>
<th>Uninsured</th>
<th>Parents with Children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of surveys</td>
<td>55</td>
<td>18</td>
<td>40</td>
</tr>
<tr>
<td>From</td>
<td>Senior housing, community meetings</td>
<td>CARE Clinic and written requests</td>
<td>WIC, Day Care Association, ECFE classes</td>
</tr>
<tr>
<td>Top Health Issues</td>
<td>Arthritis, Heart disease, Cancer</td>
<td>Dental, Depression, Arthritis</td>
<td>Obesity, Asthma, Cancer/heart disease</td>
</tr>
<tr>
<td>Difficulties you experience when working to maintain your health</td>
<td>Time, Don’t know how to cook healthy meals, Not sure where to start</td>
<td>Can’t afford medications, Negative influence/family/friends, Time</td>
<td>Time, Can’t afford healthy foods, Negative influence/how to cook healthy</td>
</tr>
<tr>
<td>Difficulties you experience when seeking healthcare from a professional</td>
<td>Inconvenient appointment times, Don’t know where to go Transportation</td>
<td>Lake of health insurance, Cost of co-pays, Language</td>
<td>Inconvenient appointment times, Lack of health insurance, Cost of co-pays</td>
</tr>
<tr>
<td>Where do you turn when you need help with a health care issue</td>
<td>My doctor/clinic, Family/friends, Internet</td>
<td>My doctor/clinic, Family/friends, Internet</td>
<td>My doctor/clinic, Family/friends, Internet</td>
</tr>
<tr>
<td>Quotes:</td>
<td>Education on health, not just medications, Care Providers are my partners, I am responsible for my health</td>
<td>What you do to improve your health is the only way you can improve it, nobody else can do it for you</td>
<td>Keep kids active and serve nutritious meals, Accountability after getting information</td>
</tr>
</tbody>
</table>

Focus groups were held:
- Shepherd Senior Center, Cannon Falls
- Pepin Plaza Senior Living Community, Lake City
- Potters Ridge Senior Community, Red Wing
- CARE Clinic of Goodhue County
- Day Care Associations
- Women’s Network
- Parent Natural Focus Groups, WIC, Community Education
Additional local, county and state data were used from the following sources:
Source: U.S. Census Bureau State & County Quick Facts

### People Quick Facts

<table>
<thead>
<tr>
<th></th>
<th>Goodhue County</th>
<th>Wabasha County</th>
<th>Minnesota</th>
<th>Pierce County</th>
<th>Wisconsin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population, 2012 estimate</td>
<td>46,336</td>
<td>21,476</td>
<td>5,379,139</td>
<td>40,814</td>
<td>5,726,398</td>
</tr>
<tr>
<td>Population, 2010 (April 1) estimates base</td>
<td>46,183</td>
<td>21,664</td>
<td>5,303,925</td>
<td>41,019</td>
<td>5,686,986</td>
</tr>
<tr>
<td>Population, percent change, April 1, 2010 to July 1, 2012</td>
<td>0.3%</td>
<td>-0.90%</td>
<td>1.4%</td>
<td>-0.50%</td>
<td>0.70%</td>
</tr>
<tr>
<td>Projected change in populations 2010 to 2020</td>
<td>0 to 5%</td>
<td>0 to 5%</td>
<td>na</td>
<td>na</td>
<td>na</td>
</tr>
<tr>
<td>Persons under 5 years, percent, 2011</td>
<td>6.2%</td>
<td>5.90%</td>
<td>6.6%</td>
<td>5.70%</td>
<td>6.20%</td>
</tr>
<tr>
<td>Persons under 18 years, percent, 2011</td>
<td>23.3%</td>
<td>22.90%</td>
<td>23.9%</td>
<td>21.80%</td>
<td>23.20%</td>
</tr>
<tr>
<td>Persons 65 years and over, percent, 2011</td>
<td>16.9%</td>
<td>17.50%</td>
<td>13.1%</td>
<td>10.90%</td>
<td>13.90%</td>
</tr>
<tr>
<td>White persons, percent, 2011 (a)</td>
<td>95.5%</td>
<td>97.80%</td>
<td>86.9%</td>
<td>96.80%</td>
<td>88.40%</td>
</tr>
<tr>
<td>Black persons, percent, 2011 (a)</td>
<td>1.1%</td>
<td>0.50%</td>
<td>5.4%</td>
<td>0.60%</td>
<td>6.50%</td>
</tr>
<tr>
<td>American Indian and Alaska Native persons, percent, 2011 (a)</td>
<td>1.3%</td>
<td>0.20%</td>
<td>1.3%</td>
<td>0.40%</td>
<td>1.10%</td>
</tr>
<tr>
<td>Asian persons, percent, 2011 (a)</td>
<td>0.6%</td>
<td>0.50%</td>
<td>4.2%</td>
<td>0.90%</td>
<td>2.40%</td>
</tr>
<tr>
<td>Persons reporting two or more races, percent, 2011</td>
<td>1.4%</td>
<td>1.00%</td>
<td>2.2%</td>
<td>1.30%</td>
<td>1.60%</td>
</tr>
<tr>
<td>Persons of Hispanic or Latino Origin, percent, 2011 (b)</td>
<td>3.1%</td>
<td>2.70%</td>
<td>4.9%</td>
<td>1.50%</td>
<td>6.10%</td>
</tr>
<tr>
<td>White persons not Hispanic, percent, 2011</td>
<td>92.9%</td>
<td>95.50%</td>
<td>82.8%</td>
<td>95.50%</td>
<td>83.10%</td>
</tr>
<tr>
<td>High school graduate or higher, percent of persons age 25+, 2007-2011</td>
<td>91.0%</td>
<td>91.20%</td>
<td>91.6%</td>
<td>93.40%</td>
<td>89.80%</td>
</tr>
<tr>
<td>Bachelor's degree or higher, percent of persons age 25+, 2007-2011</td>
<td>22.2%</td>
<td>18.60%</td>
<td>31.8%</td>
<td>26.60%</td>
<td>26.00%</td>
</tr>
<tr>
<td>Veterans, 2007-2011</td>
<td>4,132</td>
<td>2,043</td>
<td>385,675</td>
<td>2,830</td>
<td>431,479</td>
</tr>
<tr>
<td>Mean travel time to work (minutes), workers age 16+, 2007-2011</td>
<td>22.8</td>
<td>22.4</td>
<td>22.6</td>
<td>27.3</td>
<td>21.5</td>
</tr>
<tr>
<td>Median household income, 2007-2011</td>
<td>$56,099</td>
<td>$52,346</td>
<td>$58,476</td>
<td>$61,443</td>
<td>$52,374</td>
</tr>
<tr>
<td>Persons below poverty level, percent, 2007-2011</td>
<td>8.2%</td>
<td>7.60%</td>
<td>11.0%</td>
<td>10.50%</td>
<td>12.00%</td>
</tr>
</tbody>
</table>

### Geography Quick Facts

<table>
<thead>
<tr>
<th></th>
<th>Goodhue County</th>
<th>Wabasha County</th>
<th>Minnesota</th>
<th>Pierce County</th>
<th>Wisconsin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Land area in square miles, 2010</td>
<td>756.84</td>
<td>522.98</td>
<td>79,626.74</td>
<td>573.75</td>
<td>54,157.80</td>
</tr>
<tr>
<td>Persons per square mile, 2010</td>
<td>61</td>
<td>41.4</td>
<td>66.6</td>
<td>71.5</td>
<td>105</td>
</tr>
</tbody>
</table>
• County Health Rankings-Goodhue
  http://www.countyhealthrankings.org/app/#/minnesota/2013/goodhue/county/outcomes/overall/snapshot/by-rank

• County Health Rankings-Wabasha
  http://www.countyhealthrankings.org/app/#/minnesota/2013/wabasha/county/outcomes/overall/snapshot/by-rank

• County Health Rankings-Pierce
  http://www.countyhealthrankings.org/app#/wisconsin/2012/pierce/county/1/overall/snapshot/by-rank

• County Health Rankings and Roadmaps 2012
  University of Wisconsin Population Health Institute

• Minnesota state, county and community health board vital statistics trend report 1991 to 2010
  Minnesota Department of Health

• Live Healthy Red Wing Project Update 2012

• CARE Clinic Annual Report 2012
  http://www.careclinicrw.com/aboutus.html

• Chemical Health Initiative Assessment 2012
  http://chi-goodhue.org/index.php

• Healthy People 2020 Report

• Minnesota Student Survey 2010

• Living Wage Calculation for Goodhue County, Minn.
  http://livingwage.mit.edu/counties/27049

• Center for Disease Control and Prevention
  http://www.cdc.gov/obesity/data/adult.html
Addressing the Needs of the Community

Overview

Through the process described in the preceding section, the following health needs have been identified as high priority:

1. Obesity
   - Nutrition
   - Activity
   - Family and parenting
   - Children
   - Chronic disease

2. Access
   - Economics
   - Transportation
   - Schedules
   - Call-in nurse line
   - CARE Clinic

3. Mental Health
   - Chemical health
   - Depression
   - Youth and economic issues
   - Access

Additional emphasis in the following areas will be considered for implementation:

Cannon Falls
   - Highway safety
   - Transportation

Lake City
   - Transportation
   - Seniors

Red Wing
   - Diversity
   - Seniors

Obesity

Obesity is defined by the Centers for Disease Control and Prevention as “a body mass index (BMI) of 30 or greater.” Nutrition is a key component in: preventing obesity, breastfeeding, sufficient nutritious food for growth and development and nutrition through age. Limited physical activity is closely linked to obesity (a major risk factor for cardiovascular disease, certain types of cancer, type 2 diabetes and other chronic diseases.) Obesity can be reduced through the family, parenting and direct work with children. Good nutritional practices can also reduce the risk for a number of chronic diseases that are major public health problems, including conditions such as obesity, type 2 diabetes, cancer, heart disease and stroke. Obesity, the second leading cause of death in the U.S., has increased significantly from 2000 to 2010. This increase has occurred nationally, as well as within Minnesota and Wisconsin.

Access to health care

Mayo Clinic Health System will continue to focus on increasing access to care for our patients. Access includes how community members get to health care, when they get there, and how they pay for their needs. Over 20 percent of Goodhue County individuals are 200 percent below the federal poverty level. Call-in nurse lines currently provide some medical information to those who do not have insurance and guide them to the best use of health care dollars, but it is not 24/7. Transportation is provided through Hiawathaland Bus services, but it is limited to day-time hours and does not meet rural community needs. Lack of time is one issue for access, including inconvenient clinic hours and personal schedules. Access has been improved for the uninsured through CARE Clinic, the Goodhue County free clinic. CARE Clinic is supported through individual and community dollars, grants and in-kind space. This clinic is located at the edge of the county and transportation to it is an issue.
Mental Health
Mental health includes concerns related to diagnosed major mental illness, as well as situational depression. Mental health is affected by economic issues and insurance coverage for therapy or medications. Services are not always available in the community or they may be limited.

Additional Considerations
Seniors
Our counties have a higher percent of seniors than in the state. Seniors may have specific needs related to transportation, access to mental health services and obesity.

Transportation:
Lack of transportation options in small towns and our rural communities affect access to health care, mental health care and the availability and access to local, fresh, nutritious foods.

Health Needs not Addressed
Through the assessment process there were identified needs that will not be addressed in this community health improvement plan. These are issues that may be addressed by other community organizations or are not in the scope for MCHS.

Needs not identified as high priorities
Dental Health - Dental health was a concern in Wabasha County and is addressed on the Wabasha Community Health Needs Action Plan. Dental health is also addressed by the CARE Clinic.

Chemical Health - Work with the Goodhue County Chemical Health Initiative in our communities on their efforts rather than initiating new work.

Tobacco - Continue to support county programs for tobacco use reduction and education.
Appendix A: Interview Questions

**Demographic Information:** Age: □ 19 and below □ 20-34 □ 35-54 □ 55-64 □ 65-75 □ 75 and up

□ Male □ Female

**Occupation:** □ Education □ Health Care □ Religion □ Industry □ Retail □ Government □ Agriculture □ Business
□ Homemaker □ Not employed □ Service □ Retired Other __________________________

**Racial or Ethnic Group:** □ American Indian □ Asian/Pacific Islander □ African American □ Caucasian
□ Multi-racial □ Other __________________________

Are you of Spanish/Hispanic origin or descent? □ Yes □ No

Date Interviewed ___________________ Introducer _________________________________
(Your community - Wabasha Goodhue County)

What are the top three health concerns facing people in your community?
What makes you believe these are concerns?
What do you think could be done to address these concerns?

What are the top three economic concerns facing people in your community?
What makes you believe these are concerns?
What do you think could be done to address these concerns?

What are the top three educational concerns facing people in your community?
What makes you believe these are concerns?
What do you think could be done to address these concerns?

What are the top three mental health concerns facing people in your community?
What makes you believe these are concerns?
What do you think could be done to address these concerns?

What are the top three chemical health problems facing adults in your community?
What makes you believe these are concerns?
Who do these problems affect and how does it affect them?
What causes these problems?
What do you think could be done to address these concerns?
What are the top three chemical health problems facing youth in your community?  
What makes you believe these are concerns?  
What do you think could be done to address these concerns?

What are the top three environmental concerns facing people in your community?  
What makes you believe these are concerns?  
What do you think could be done to address these concerns?

What are the top three housing concerns facing people in your community?  
What makes you believe these are concerns?  
What do you think could be done to address these concerns?

What are the top three safety concerns facing people in your community?  
What makes you believe these are concerns?  
What do you think could be done to address these concerns?

What are the top three transportation concerns facing people in your community?  
What makes you believe these are concerns?  
What do you think could be done to address these concerns?

What are the top three concerns facing seniors in your community?  
What makes you believe these are concerns?  
What do you think could be done to address these concerns?

What are the top three concerns facing the diverse populations in your community?  
What makes you believe these are concerns?  
What do you think could be done to address these concerns?

Of the issues listed above, what are the top three that are the most important?  
- Health  
- Economics  
- Education  
- Mental health  
- Chemical health  
- Environment  
- Housing  
- Safety  
- Transportation  
- Seniors  
- Diverse populations

Are you aware of any activities or initiatives taking place in your community to address any of these problems/issues/concerns?
What resources are you aware of in your community that are available to assist with any of these problems/issues/concerns?

Please share any suggestions you may have concerning how current community resources might be redesigned or redirected to be more effective.

Are there any other issues or concerns that are not being met in your community?

☐ Yes ☐ No If yes, what are those issues or concerns?
Appendix B: Goodhue County Survey

The Citizens Advisory Group of Goodhue County would like to know your concerns about health issues. Please take a few minutes to complete this survey. Thank you!

In your opinion, how much of a problem are these issues in Goodhue County? Please answer based on your knowledge of community concerns, not on your personal situation.

<table>
<thead>
<tr>
<th>Economics</th>
<th>No Problem</th>
<th>Minor Problem</th>
<th>Moderate Problem</th>
<th>Serious Problem</th>
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<tbody>
<tr>
<td>Lack of affordable housing</td>
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<tr>
<td>Lack of affordable health insurance</td>
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<tr>
<td>Lack of transportation</td>
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<td>Hunger</td>
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<tr>
<td>Unemployment</td>
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<td>Homelessness</td>
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<tr>
<td>Lack of adult opportunities for education/training</td>
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</table>

The last questions are to help us compare your answers with those of others in the county.

Gender: _______ Male _______ Female

Age Group: _______ 45-54 yrs _______ 55-64 yrs _______ 65-74 yrs _______ 75+ yrs

Race/Ethnic Background: (Please check ALL that apply)

[ ] White [ ] Asian/Pacific Islander [ ] American Indian [ ] Hispanic [ ] Black/African American [ ] Other _________________________

Education:

[ ] 0-8 yrs [ ] Some college [ ] Some high school (1-3 years) [ ] College graduate (Bachelor’s) [ ] High school graduate/GED [ ] Graduate degree (MA, PhD)

Annual Household Income:

[ ] Less than $20,000 [ ] $20,000-$34,999 [ ] $35,000-$49,999 [ ] $50,000-$74,999 [ ] $75,000-$99,999 [ ] $100,000 or higher

Living Situation

[ ] 1 or more adults living in household without children
[ ] 1 adult living in household with at least one child
[ ] 1 or more adults living in household with at least one child
[ ] 1 adult living alone

Number Living in Your Household:

[ ] Adults (18+ yrs) [ ] Children (<18 yrs)

Check the Town/City you live in:

### Health Habits

<table>
<thead>
<tr>
<th>健康习惯</th>
<th>无问题</th>
<th>轻微问题</th>
<th>中度问题</th>
<th>严重问题</th>
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<tr>
<td>不健康的饮食习惯</td>
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<tr>
<td>缺乏锻炼或体育活动</td>
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<tr>
<td>肥胖（超重）</td>
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<tr>
<td>不使用安全带</td>
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<td>不使用或错误使用儿童安全座椅</td>
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<tr>
<td>抑郁症</td>
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<td>焦虑/压力</td>
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<td>饮食障碍</td>
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<tr>
<td>自杀</td>
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<td>传播性疾病包括淋病，衣原体，生殖器疱疹，HIV/AIDS</td>
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<td>成年人未接种常规疫苗</td>
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<td>缺乏常规牙科服务</td>
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<td>未按处方服药</td>
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<tr>
<td>酗酒，烟草及其他药物</td>
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<td>轻微问题</td>
<td>中度问题</td>
<td>严重问题</td>
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<td>青少年使用烟草</td>
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<td>成年人使用烟草</td>
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<td>青少年使用酒精</td>
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<td>成年人酗酒</td>
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<td>成年人允许或容忍青少年使用酒精</td>
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<td>酗酒和驾驶</td>
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<td>非法药物的使用</td>
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<td>非处方药和处方药的滥用</td>
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### Health Care Delivery Systems

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<th>轻微问题</th>
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<th>严重问题</th>
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<td>缺乏精神卫生服务</td>
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<td>精神卫生服务质量差</td>
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<tr>
<td>缺乏对护理者的支持和服务</td>
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<tr>
<td>对护理者的支持和服务质量差</td>
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<td>缺乏使人们留在家中的服务</td>
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<tr>
<td>使人们留在家中的服务质量差</td>
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<tr>
<td>缺乏计划生育服务</td>
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<tr>
<td>缺乏酒精和药物服务</td>
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<tr>
<td>预防协调灾难，疾病暴发或恐怖事件的准备</td>
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### Adult Disability and Aging

<table>
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<tr>
<th>成年残障和老龄化</th>
<th>无问题</th>
<th>轻微问题</th>
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<tr>
<td>成年人不能照顾自己</td>
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</tbody>
</table>
Lack of alternative housing such as assisted living, nursing homes and adult foster care |   |   |   |   
Poor quality of alternative housing |   |   |   |   
Falls among the elderly |   |   |   |   
Elder abuse: Financial |   |   |   |   
Physical |   |   |   |   
Transition to independence for young adults with disabilities |   |   |   |   
Pregnancy and Child Development
Unplanned pregnancy |   |   |   |   
Alcohol/Drug use during pregnancy |   |   |   |   
Tobacco use during pregnancy |   |   |   |   
Poor nutrition during pregnancy |   |   |   |   
Poor parenting skills |   |   |   |   
Children not getting routine vaccinations |   |   |   |   
Children’s health problems going untreated |   |   |   |   
Lack of early childhood learning programs |   |   |   |   
Poor quality of early childhood learning programs |   |   |   |   
Lack of child care services |   |   |   |   
Poor quality of child care services |   |   |   |   
Youth & Education
Lack of youth opportunities for education/training |   |   |   |   
Poor quality of youth opportunities for education and/or training |   |   |   |   
Lack of support for youth |   |   |   |   
Lack of availability of activities for youth |   |   |   |   
Bullying |   |   |   |   
Environment
Food safety |   |   |   |   
Air quality |   |   |   |   
Water quality |   |   |   |   
Lack of safety in neighborhoods |   |   |   |   
Fresh fruits and vegetables not available |   |   |   |   
Lack of opportunities for physical activity |   |   |   |   
Injury
Farm related injuries |   |   |   |   
Traffic related injuries |   |   |   |   
Work related injuries |   |   |   |   
Sports related injuries |   |   |   |   

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<table>
<thead>
<tr>
<th>Violence</th>
<th>No Problem</th>
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<th>Moderate Problem</th>
<th>Serious Problem</th>
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<tbody>
<tr>
<td>Domestic abuse</td>
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<tr>
<td>Gang violence</td>
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<td>Violence in schools</td>
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<tr>
<td>Abuse of children</td>
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<tr>
<td>Neglect of children</td>
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<tr>
<td>Neglect of adults</td>
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<table>
<thead>
<tr>
<th>Diversity</th>
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<tbody>
<tr>
<td>Lack of services for people from different cultures</td>
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<tr>
<td>Poor quality of services for people from different cultures</td>
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</tbody>
</table>
### Appendix C: Focus Group Questions

#### Survey Respondent Information

Please answer ONLY question 1 or 2.
1. I am completing this survey as a community member
   - Yes
   - No

2. I am completing this survey on behalf of:
   - Healthcare
   - School system
   - Non-Profit
   - Business
   - Government agency

#### Survey Questionnaire (Check all that apply)

3. What are the top health issues for you or your family?
   - Alcohol/drug dependency
   - Alzheimer’s Disease/Dementia
   - Arthritis
   - Asthma
   - Cancer
   - Dental Health
   - Depression
   - Diabetes
   - Heart Disease (high blood pressure, high cholesterol)
   - Osteoporosis
   - Overweight/Obesity
   - Other (please specify)

4. What difficulties do you experience when you are working to maintain your health?
   - Can’t afford healthy foods
   - Healthy foods are hard to get
   - Can’t afford medications
   - Negative influence from family/friends
   - Don’t know how to cook healthy meals
   - Not sure where to start
   - Don’t understand doctor’s instructions
   - Time
   - Other (please specify)

5. Now tell us what difficulties do you experience when seeking healthcare from a professional?
   - Appointments are inconvenient times
   - Receptionist/doctor doesn’t speak my language
   - Cost of co-pays
   - Shame/Embarrassment
   - Don’t know who to go to
   - Transportation
   - I am scared
   - Parking
   - Lack of health insurance
   - Other (please specify)

6. To whom do you turn or where do you go when you need help with a health issue?
   - Alternative medicine practitioners
   - My doctor/clinic
   - Support group
   - Parish Nurse
   - Urgent Care
   - Drop-in/No appointment clinic
   - Family/Friends
   - Pharmacy
   - Church, Mosque or Synagogue
   - Internet
   - School Nurse
   - Other (please specify)

7. What is needed in our community to help you maintain or improve your health?

8. What is the role of the medical center to help you or others maintain or improve your health?

9. What do you see as your role in maintaining or improving health?