GOODHUE COUNTY COMMUNITY HEALTH ASSESSMENT COMMITTEE, OCTOBER 2017

Kanko Akakpovi (University of Minnesota Extension)
David Anderson (Goodhue County Health and Human Services)
Becky Brown (First English Lutheran Church, Cannon Falls)
Jennifer Cook (Red Wing Housing & Redevelopment Authority)
Randal Hemmerlin (Red Wing Housing & Redevelopment Authority)
Pam Horlitz (Mayo Clinic Health System in Red Wing, Cannon Falls, and Lake City)
Kris Johnson (Goodhue County Health and Human Services)
Kris Klassen (Red Wing Public Schools)
Kris Kvols (Hope Coalition)
Gene Leifeld (Live Well Goodhue County Community Leadership Team, Zumbrota)
Michelle Leise (City of Red Wing)
Julie Malyon (C.A.R.E. Clinic)
Mike Melstad (Red Wing Family YMCA)
Alan Muller (Community Member, Red Wing)
Maureen Nelson (United Way of Goodhue, Wabasha, and Pierce Counties)
Ashley Nelson (Workforce Development, Inc.)
Lee Neste (Faith in Action)
Marilyn Olson (older adult Community Member, Red Wing)
Anita Otterness (National Alliance on Mental Illness-NAMI Southeast Minnesota)
Jane Adams-Barber (Three Rivers Community Action Agency, Inc.)
Laura Prink (United Way of Goodhue, Wabasha, and Pierce Counties)
Mike Redmond (Goodhue Public School)
Elizabeth Scott (Jack Pine Consulting, LLC)
Jessica Seide (Goodhue County Health and Human Services)
Laura Smith (Goodhue County Health and Human Services)
Abby Villaran (Goodhue County Health and Human Services)
Deanna Voth (Every Hand Joined)
Dawn Wettern (Red Wing Community Education & Recreation)
Jessica Wheeler (Red Wing Housing & Redevelopment Authority)

FOR MORE INFORMATION, CONTACT:
Ruth Greenslade, Healthy Communities Supervisor
Goodhue County Health and Human Services
426 West Avenue, Red Wing, MN 55066
651-385-6112
EXECUTIVE SUMMARY

The Goodhue County Community Health Assessment is an effort to take stock of the health of all people in our county every five years. Writing a community health assessment is a strategic planning process for improving community health.

“Community health” means the health of all people. It includes not only our health outcomes but also the health factors that create health. The data in this report offer a starting point to identify potential health disparities between groups, and consider the need for additional community engagement with residents to better understand and address health inequities. Addressing complex problems is a long-term, community-wide effort.

The Community Health Assessment Committee used the Mobilizing for Action through Planning and Partnerships (MAPP) model for community health assessment. We collected and analyzed qualitative and quantitative survey data, key informant interviews, focus groups, and secondary sources. The Community Health Assessment Committee rated the health topics in this report by size, seriousness, and fairness, and then finalized the top 10 and approved the final report after receiving public input.

The mission of the Community Health Assessment Committee sums up our ongoing role and purpose. Our mission is to identify health disparities and top health issues for Goodhue County and implement and evaluate strategies, policies, and programs. This document sets the stage for the Goodhue County Community Health Improvement Plan 2018-2023, which will describe long-term, collective efforts to improve the health of everyone in the county.

2017 Top 10 Health Issues

The top 10 health opportunities and challenges identified in this assessment are strategic issues that represent underlying challenges that need to be addressed, require the involvement of more than one organization, and do not have obvious solutions. There are other important issues not in the top 10, but the top ten are our strategic priorities to focus efforts and partnerships in the coming years.
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**INTRODUCTION**

Goodhue County Health and Human Services (GCHHS) leads an effort to take stock of the health of all people in our county every five years through a community health assessment. This is a county-level version of Healthy Minnesota 2025, from the Minnesota Department of Health, and Healthy People 2030, from the United States Department of Health and Human Services.

**FREQUENTLY ASKED QUESTIONS**

**Why do we do a Community Health Assessment?**

Writing a community health assessment is a strategic planning process for improving community health. You can use the results to set your organizational priorities, plan programming, or apply for grant funding. Part of the assessment process was a survey; this report shares some of that data and links to the full data book. We hope you will use the survey data and this Community Health Assessment report. We have completed this process with input from individuals and organizations around the county and it’s intended to be used around the county. It’s a 5-year, community-wide strategic planning process for improving community health.

**What is Community Health?**

Community health (or population health) means the health of every resident in Goodhue County—not just individual patients at the clinic, or students at the school, or customers in a service provider’s lobby, but the entire population. To improve health at the community level requires convening partners, engaging the community, and using evidence-based strategies. There are many collaborative initiatives in Goodhue County, led by a variety of organizations. Efforts to improve equity, education, housing, or access to mental health care can all prevent illness, prevent injury, and prevent health care costs. That’s community health.

Our Community Health Assessment Committee’s definition of health is contained in our vision statement. This vision describes our desired future:

- **Equitable opportunity for all Goodhue County residents to experience optimal health across the dimensions of wellbeing (physical, social, mental, spiritual, economic, environmental, occupational, intellectual)**

  - Diverse residents valued for their strengths
  - Access to quality healthcare
  - Access to healthy foods and places to be active
  - Opportunity for academic success
  - Strong local economies
  - Collaboration to address local needs

Community health can be measured as health outcomes and health factors. Health outcomes are morbidity and mortality—average quality of life and length of life in Goodhue County. Health factors are what creates health.

**What Creates Health?**

What creates health? We often think of our genetics, our personal behaviors, and our clinical health care – but that’s only half the picture. This is often presented as a pie chart by the Minnesota Department of Health. Another 50% of what creates health in this model is our physical environment and socio-economic factors like education and income.
Health factors are all the contributing causes of health challenges shown in the pie chart: genes and biology, the physical environment (including the built environment), clinical care, health behaviors, and social and economic factors. A model of population health from County Health Rankings puts it all together. The health factors from the pie chart are shown as blue boxes that shape our county’s health outcomes (the green boxes). Genetic factors are not included in this model because they are individual and not modifiable, something we can’t easily measure and put in a Community Health Assessment. Health outcomes are our length of life and quality of life: injury, maternal and child health issues, infectious and chronic disease, and leading causes of death. Note the orange box in the corner. Policies (e.g., zoning, taxation, education, transportation, insurance status, etc.) currently in place can affect any of the health factors. Policies and programs are a way we can improve health factors and improve health outcomes. For example: a clean indoor air policy is a policy that can influence health factors, such as tobacco use, making it easier for quit attempts to succeed, and air quality, reducing exposure to secondhand smoke, which in turn influences health outcomes, decreasing heart attacks and lung cancer. This report is organized into three sections: demographics, health outcomes, and health factors.

**What is equity/ health equity?**

As a Community Health Assessment Committee we are interested in understanding inequities in the county. The Minnesota Department of Health defines health equity as “the opportunity for every person to realize their health potential—the highest level of health possible for that person—without limits imposed by structural inequities.”¹ Health inequities arise from disparities or differences in health between groups as a result of varying social, economic, environmental, geographic, and political conditions, also known as the social determinants of health. Certain health disparities are the consequence of genetic or biological differences between groups, while health inequities result from social conditions that can be changed through the implementation of policies and practices. The data in this report offer a starting point to identify potential health disparities between groups, and consider the need for additional community engagement with residents to better understand and address health inequities. Within the description of each health issue throughout this report, populations with a disparity in high health risks or poorer health outcomes are identified in **bold**.

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What is the role of the local public health department?
As a local public health department, Goodhue County Health and Human Services has certain mandates under the Local Public Health Act (Minn. Stat. § 145A). Health topics throughout this assessment relate to the six areas of public health responsibility:

1. Assure an adequate local public health infrastructure
2. Promote healthy communities and healthy behaviors
3. Prevent the spread of communicable diseases
4. Protect against environmental health hazards
5. Prepare and respond to emergencies
6. Assure health services

One required local public health infrastructure activity is conducting a collaborative process, at least every 5 years, to develop a community health assessment to provide the general public and policy leaders with information on the health of the population.

“Public health departments are on the front lines of improving and protecting the health and well-being of people and communities. Across the nation, health departments provide services aimed at promoting healthy behaviors; preventing diseases and injuries; ensuring access to safe food, water, clean air, and life-saving immunizations; and preparing for and responding to public health emergencies” – Public Health Accreditation Board

How have the top 10 issues changed?
Many top issues were on the last list, and even the list before that. The top 10 issues from the 2012 assessment were: Family & parenting, mental health, unhealthy eating habits, lack of physical activity, economic health, chemical health, driving behaviors, transportation options, obesity, and health insurance concerns. The top 6 issues from the 2005 assessment were: Lifestyle choices, alcohol/drugs, smoking, prescription drugs, health insurance, and mental health. Addressing complex problems is a long-term, community-wide effort. Strategic issues represent underlying challenges that need to be addressed, require the involvement of more than one organization, and do not have obvious solutions.

Assessment Process
The Committee used the MAPP model for community health assessment. MAPP stands for Mobilizing for Action through Planning and Partnerships. It is similar to other strategic planning and assessment models but is unique because it is a community-owned process for improving health. MAPP was developed by the Centers for Disease Control and Prevention (CDC) and National Association of City and County Health Officials (NACCHO). MAPP helps communities face the daunting task of collecting local health data. It helps prioritize public health needs and identify existing resources to address needs which will inform the development of a community health improvement plan.

Participants
Goodhue County Community Health Assessment Committee was convened in 2015 building off of partners who had participated in the 2012 assessment and 2014 improvement plan and became for the first time an ongoing group. The Goodhue County Community Health Assessment Committee members are people committed to the assessment and planning process who can be called on to help with specific tasks at particular times. We desire this committee to be representative of county populations and health challenges. New members recruited represented the faith community, schools, and agencies that work with people in need. Committee members receive quarterly email updates about the Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP) process and invitations to Community Health Assessment Committee meetings.
A new Core Group was formed to lead the assessment and planning process consisting of members who all do regular comprehensive health assessments: Goodhue County Health and Human Services, Mayo Clinic Health System Hospitals, and the United Way of Goodhue, Wabasha, and Pierce Counties. During the 2017 assessment cycle, Live Healthy Red Wing joined the Core Group because of their efforts to provide a report card on the health status of the city to inform the City of Red Wing’s 2040 Comprehensive Plan.

Mission
The mission of the Community Health Assessment Committee sums up our ongoing role and purpose. Our mission is: to identify health disparities and top health issues for Goodhue County and implement and evaluate strategies, policies, and programs.

Values
- Equity
- Adaptability
- Inclusivity
- Respect
- Commitment
- Persistence
- Accountability
- Collaboration
- Innovation

Data Collection
The Mobilizing for Action through Planning and Partnership (MAPP) approach involves collecting and analyzing four different types of data.

Community Health Status Assessment Data answers the questions, “What does our health status look like? How healthy are our community members?”

- 1,002 county residents participated in our county-wide mailed survey about health behaviors, the 2015 Community Health Needs Assessment Survey. The survey was funded by a Statewide Health Improvement Partnership (SHIP) grant from Minnesota Department of Health and by Mayo Clinic Health System.
- 50 Goodhue County Health and Human Services customers did the same survey. The 2015 Community Health Needs Assessment Survey Convenience Sample respondents were more low income and racially diverse than the mailed survey respondents.
- 114 individuals answered questions about health behaviors in person as part of the 2015 Hispanic Survey led by Hispanic Outreach, Live Well Goodhue County, and Live Healthy Red Wing.
- We also looked at county-level data available from secondary sources (see Selected Links on last page of report).

Community Themes and Strengths Assessment Data answers the questions, “What is important to our county? Perceptions about quality of life? What assets do we have?”

- 1,433 comments were received as part of the 2015 Community Health Needs Assessment Survey. Respondents answered qualitative, open ended questions by writing in what was healthy, and unhealthy, about their community.
- 65 Key Informant Interviews were conducted by Mayo Clinic Health System in 2016 and by the Community Health Assessment Committee and Goodhue County Health and Human Services Healthy Communities intern in 2017.
7 residents at a public housing facility that serves low income, seniors, and adults with disabilities participated in a Live Well Goodhue County Health Equity Data Analysis Focus Group about diabetes rates among low income people.

120 people responded to an informal dot survey at the Goodhue County Fair, Kenyon Rose Fest, and Minnesota State College Southeast on their perceptions about what should be the top health issue in Goodhue County in 2017. Local Public Health System Assessment Data answers the questions, “What are the activities, competencies, and capacities of our local health system?”

8 professionals and volunteers from a variety of backgrounds that frequently encounter members of underserved/unserved populations participated in an Access to Care Focus Group in July of 2016. Forces of Change Assessment Data answers the question, “What is occurring or might occur that will affect the community?”

Members of the Community Health Assessment committee brainstormed forces of change that could have an impact on health as defined by our vision, such as the gray tsunami/aging, increasing racial diversity especially in school-age population, and the national health insurance debate.

Prioritization
The Community Health Assessment Committee rated the health topics in this report by size, seriousness, and fairness:

- Size is the number of people potentially or actually affected by the health topic.
- Seriousness refers to the impact this health topic has upon disability, premature death, social burdens or health care costs.
- Unfairness means all people do not have an equal opportunity to be healthy surrounding this topic based upon factors like gender, race, age, or income.

The committee then assessed relationships among the top 15 issues. A sub-committee finalized the top 10 with public input from the informal dot survey. Findings were shared at partner organizations meetings for feedback as well.

Next Steps
This document sets the stage for the Goodhue County Community Health Improvement Plan 2018-2023, which will describe long-term, collective efforts to improve the health of everyone in the county. Community partners serving on the Community Health Assessment Committee and various action teams oversee this assessment and the plan that will follow. Examples of existing action teams are the county Make it OK Advisory Committee and the Live Well Goodhue County Community Leadership Team. View the current 2014-2018 Community Health Improvement Plan at [http://www.co.goodhue.mn.us/982/Community-Health-Improvement-Plan](http://www.co.goodhue.mn.us/982/Community-Health-Improvement-Plan). Public health departments alone cannot implement the kind of evidence-based strategies that are going to address complex issues like income/poverty, mental health/wellbeing, or overweight/obesity. We all need to participate in collaborative efforts to improve health.
DEMographics

Table 1 gives an overview of population demographics for Goodhue County and our cities with more than 1,000 residents. The city of Goodhue has the highest percentage of children, Lake City has the highest percentage of older adults, and Wanamingo has the highest percentage of people with disabilities. Goodhue, Kenyon, Wanamingo, and Red Wing have the highest percentages of people of color. Table 2 provides similar demographics for school districts with schools in Goodhue County. Our younger, school-age populations are more diverse, with our highest percentages of students of color found in Red Wing and Goodhue County Education District. Goodhue County Education District provides specialized education services to students from 6 member districts at River Bluff Education Center.

Table 1 Population, Age, Race/Ethnicity, Origin, Language, and Disability. (Red is high, pink is medium, and blue is low.) Total Population: US Census 2016 Population Estimates. All other data: ACS 2011-2015 from Minnesota Compass and American FactFinder.

<table>
<thead>
<tr>
<th>Name</th>
<th>Total Population</th>
<th>Children and Youth (0-17)</th>
<th>Older Adults (65+)</th>
<th>People of Color</th>
<th>Foreign-Born Residents</th>
<th>Language other than English spoken at home</th>
<th>People with one or more Disabilities</th>
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<td>Minnesota</td>
<td>5,519,952</td>
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<td>13.9%</td>
<td>18.3%</td>
<td>8.4%</td>
<td>11.0%</td>
<td>11.0%</td>
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<td>17.9%</td>
<td>7.3%</td>
<td>2.8%</td>
<td>3.9%</td>
<td>10.6%</td>
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<tr>
<td>Wanamingo</td>
<td>1,086</td>
<td>28.4%</td>
<td>18.5%</td>
<td>11.1%</td>
<td>5.2%</td>
<td>5.8%</td>
<td>15.4%</td>
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<td>4.3%</td>
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<td>9.7%</td>
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<tr>
<td>Cannon Falls</td>
<td>4,083</td>
<td>24.8%</td>
<td>16.0%</td>
<td>7.6%</td>
<td>2.1%</td>
<td>2.4%</td>
<td>9.8%</td>
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Table 2 School District Pre-K-12 Enrollment, Race/Ethnicity, Language, Special Ed, and Free and Reduced Price Lunch. (Red is high, pink is medium, and blue is low.) Data Source: Minnesota Department of Education Data Reports and Analytics Student Data, 2016-2017. *Goodhue Co. totals do not include Lake City or Zumbrota-Mazeppa because Minnesota Department of Education data is based on location of district office.

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<th>Special Education</th>
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<td>38%</td>
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<td>14%</td>
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<td>14%</td>
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<td>Goodhue County Education District (River Bluff)</td>
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<td>-</td>
<td>50%</td>
<td>46%</td>
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<td>16%</td>
<td>32%</td>
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<td>Lake City School District</td>
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<td>15%</td>
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<tr>
<td>Goodhue School District</td>
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<td>Zumbrota-Mazeppa School District</td>
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<td>9%</td>
<td>1%</td>
<td>13%</td>
<td>23%</td>
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<tr>
<td>Pine Island School District</td>
<td>1273</td>
<td>7%</td>
<td>-</td>
<td>11%</td>
<td>17%</td>
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Steady Population Growth
A significant shift in total population over time impacts healthcare providers and the utilization of community resources.

- From 2000-2015, Goodhue County’s population grew from 44,127 (2000 Census) to 46,438 (US Census 2015 Population Estimate), an increase of 2,311 or 5%. Overall Southeast Minnesota grew by 9% with four counties seeing a decrease in population (Wabasha, Fillmore, Houston, and Freeborn) and the rest seeing an increase.2
- There were 16,983 households in Goodhue County in 2000 (2000 Census), 18,730 in 2010 (2010 Census), and 18,793 in 2015 (ACS 2010-2015).

Increasing Racial and Ethnic Diversity
Race is related to income and health. Racism negatively impacts health of people of color regardless of income.

- As the 2017 Minnesota Statewide Health Assessment summarizes, “Race, income and social class are related, because the effect of racism has been to relegate American Indian, African American, Hispanic/Latino and other populations of color to a lower socio-economic status.” This is important because income/poverty is identified as the top health issue in this report. People of color have higher rates of poverty, even though most low-income people are white. Addressing the income/poverty issue involves these racial inequities. The Minnesota Statewide Health Assessment goes on to say, “It can be tempting to assume that talking about poverty is sufficient for considering the effects of race/ethnicity on health, but to do so would ignore the separate effects of racism on health, which are significant in and of themselves.”
- Although overall our county is less racially and ethnically diverse than the state, we are becoming more diverse. According to US Census 2016 Population Estimates:
  - In Goodhue County, 95% of the population is white, compared to 85% in Minnesota.
  - 3% of the Goodhue County population is Hispanic, while 5% is Hispanic statewide. See map - a larger percentage of the population in Goodhue, Kenyon, and Red Wing is Hispanic.
  - 1.4% of Goodhue County’s population is American Indian, compared to 1.3% of Minnesota’s population.
  - In Goodhue County 1% of the population is black, compared to 6% statewide.
  - 0.7% of the population of Goodhue County is Asian while 5% of Minnesota’s population is Asian.
  - People who are two or more races make up 2% of Goodhue County and 2% of Minnesota.
- Overall, 4% of Goodhue County residents age 5 and older speak a language other than English at home, compared to 11% statewide, but Goodhue and Kenyon are closer to the state average (ACS 2011-2015).
- People of color in Goodhue County are more likely to have a household income of $25,000 or less (19%) than whites (10%) (Goodhue County Community Health Needs Assessment Survey, 2015).
- People of color are more likely to face certain health challenges than whites (Goodhue County Community Health Needs Assessment Survey, 2015):
  - Diabetes: people of color 14% vs. whites: 7%
  - No physical activities last 30 days: people of color 37% vs. whites 23%
  - Delay medical care: people of color: 35% vs. whites 23%
  - Anxiety: people of color 27% vs. whites 16%

2 Workforce Analysis presentation, Mark Schultz, Minnesota Department of Employment and Economic Development, 2016 Goodhue County Economic Development Authority Annual Summit
No access to a working car: people of color 9% vs. whites 3%

- 73% of Hispanic respondents felt that the city they live in is welcoming “most of the time” (2015 Hispanic Survey).
- Hispanic respondents’ ideas about what would make their city more welcoming (2015 Hispanic Survey):
  - driver’s license regardless of immigration status
  - more Hispanic/Latino businesses
  - improvements to relationship with law enforcement

Aging Population
A major demographic shift is underway, with widespread impact on our economy and health care system.

- 17% of the population of Goodhue County is under age 18, compared to 17% in MN (ACS 2011-2015).
- 65% of the population of Goodhue County is working-age residents between the ages of 18 and 64, compared to 69% for MN (ACS 2011-2015).
- In Goodhue County, 18% are age 65 or older, compared to 14% statewide (ACS 2011-2015).
- When asked about senior concerns, the issues mentioned most frequently among key informants were affordable care and medication (30 informants, or 46%) and housing—including affordability, staffing, space, transitional housing (29 informants, or 45%) (2016-2017 Key Informant Interviews).
- Older respondents age 65+ were more likely to report that their health is “fair” or “poor” (20%) compared with younger respondents (1-10%) (Goodhue County Community Health Needs Assessment Survey, 2015).
- In Goodhue County 19% are over age 65 and it is projected that by 2045, 27% will be over age 65 (MN Department of Employment and Economic Development).
Family and Parenting
The early years are arguably the most crucial for a child’s development, impacting a child’s long-term health and success.

- There are 4 home visiting programs for families with young children in Goodhue County:
  - Parent Support Outreach Program (social workers)
  - Early Head Start (teachers)
  - Family Home Visiting (public health nurses)
  - Birth to Three (teachers and/or specialists)

- In 2016, 165 families were referred for Parent Support Outreach Program (GCHHS data).

- Households with children (under age 18) make up 29% of households in Goodhue County and 31% of households in MN (US Census Bureau, American Community Survey, 2011-2015).

- 31% of children in Goodhue County live in single parent headed households, compared to 28% of all children in MN (US Census Bureau, American Community Survey, 2011-2015).

- The percent of children assessed as developmentally ready for Kindergarten was 85% in 2015, 68% in 2014, and 81% in 2013 (data from Red Wing Public Schools).

HEALTH OUTCOMES
Health outcomes are our length of life and our quality of life.

- Out of 482 deaths in Goodhue County in 2015 there were 2638 years of potential life lost (an estimate of the average years a person would have lived if he or she had not died prematurely) (MDH Center for Health Statistics).

- The overall age-adjusted death rate in Goodhue County in 2015 was 642 per 100,000 population, compared to the state at 644 (MDH Center for Health Statistics).

Table 3 Goodhue County’s 12 Leading Causes of Death (All Ages) and Age Adjusted Death Rates by State and County, 2015
Data Source: Minnesota Department of Health Center for Health Statistics. *Rates based on 20 or fewer deaths are not produced.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Cause of Death</th>
<th>Number (2015)</th>
<th>Years of Potential Life Lost</th>
<th>Goodhue County Age-Adjusted Mortality Rate</th>
<th>MN Age-Adjusted Mortality Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 (MN: 2)</td>
<td>Heart Disease</td>
<td>120</td>
<td>375</td>
<td>160.0</td>
<td>115.9</td>
</tr>
<tr>
<td>2 (MN: 1)</td>
<td>Cancer</td>
<td>110</td>
<td>520</td>
<td>152.6</td>
<td>152.3</td>
</tr>
<tr>
<td>3 (MN: 3)</td>
<td>Unintentional Injury</td>
<td>33</td>
<td>325</td>
<td>52.7</td>
<td>42.0</td>
</tr>
<tr>
<td>4 (MN: 5)</td>
<td>Stroke</td>
<td>30</td>
<td>115</td>
<td>44.2</td>
<td>33.4</td>
</tr>
<tr>
<td>5 (MN: 6)</td>
<td>Alzheimer’s Disease</td>
<td>20</td>
<td>10</td>
<td>*</td>
<td>25.9</td>
</tr>
<tr>
<td>6 (MN: 4)</td>
<td>Chronic Lower Respiratory Disease</td>
<td>18</td>
<td>30</td>
<td>*</td>
<td>36.3</td>
</tr>
<tr>
<td>7 (MN: 11)</td>
<td>Parkinson’s</td>
<td>12</td>
<td>5</td>
<td>*</td>
<td>9.5</td>
</tr>
<tr>
<td>8 (MN: 7)</td>
<td>Diabetes</td>
<td>9</td>
<td>55</td>
<td>*</td>
<td>18.6</td>
</tr>
<tr>
<td>9 (MN: 9)</td>
<td>Suicide</td>
<td>8</td>
<td>360</td>
<td>*</td>
<td>13.1</td>
</tr>
<tr>
<td>10 (MN: 13)</td>
<td>Hypertension</td>
<td>7</td>
<td>20</td>
<td>*</td>
<td>7.5</td>
</tr>
<tr>
<td>11 (MN: 10)</td>
<td>Nephritis</td>
<td>5</td>
<td>20</td>
<td>*</td>
<td>9.6</td>
</tr>
<tr>
<td>12 (MN: 8)</td>
<td>Pneumonia and Influenza</td>
<td>4</td>
<td>5</td>
<td>*</td>
<td>10.8</td>
</tr>
</tbody>
</table>
Most respondents (91%) rated their general health as “excellent,” “very good,” or “good.” Few rated their health as “fair” (8%) or “poor” (1%) (See question 1, Goodhue County Community Health Needs Assessment Survey, 2015).

35% of Goodhue County residents surveyed said their physical health was not good at least 1 day out of the last 30 days (See question 6, Goodhue County Community Health Needs Assessment Survey, 2015).

MATERNAL AND CHILD HEALTH

Maternal, Infant, and Child Health
Low birth weight infants are at high risk for health problems.

- In 2015, 8% of Goodhue County births were preterm and 4% of Goodhue County babies were low birth weight, compared to 8% preterm and 5% low birth weight statewide (MDH Center for Health Statistics).
- From 2010-2014, Goodhue County had 13 infant deaths, a death rate of 10.4. There were 1,672 total infant deaths in MN during that timeframe and the death rate in the state of MN was 7.8 (MDH Center for Health Statistics).
- In 2015, approximately 84% of Goodhue County women received prenatal care during the first trimester of their pregnancy compared to a state average of 82% (MDH Center for Health Statistics).
- In 2015, 13% of Goodhue County mothers smoked during pregnancy, higher than the state rate of 9% (MDH Center for Health Statistics).

Family Planning: Contraception, Pregnancy Diagnosis and Counseling
Teen pregnancy is associated with numerous immediate and life-long socio-economic impacts.

- From 2013-2015, the birth rate among Goodhue County females aged 15-19 was 13.0 (per 1,000) compared to the Minnesota rate of 13.7. The birth rate for 15-17 years old was not calculated because it was less than 13 births (MDH Center for Health Statistics).
- 13% of 9th grade females and 22% of 9th grade males in Goodhue County reported ever having sexual intercourse. 40% of 11th grade females and 45% of 11th grade males in Goodhue County reported ever having sexual intercourse (Minnesota Student Survey, 2016).
- Of students who reported having sex, 8% of 9th grade males and 15% of 9th grade females in Goodhue County reported not using any method to prevent pregnancy the last time they had intercourse. This was compared to 2% of 11th grade males and 3% of 11th grade females (Minnesota Student Survey, 2016).
- Condoms were the most commonly reported contraception method used by sexually active students: 88% of males and 54% of females in 9th grade, and 73% of males and 57% of females in 11th grade, reported they or their partner used a condom the last time they had intercourse (Minnesota Student Survey, 2016).

DEATH, ILLNESS, AND INJURY

Asthma
Asthma is a prevalent problem in the U.S. that is often exacerbated by poor environmental conditions.

- According to survey responses, 13% of adults in Goodhue County have asthma (Goodhue County Community Health Needs Assessment Survey, 2015). This compares to 11% in Minnesota (Centers for Disease Control and Prevention, BRFSS, 2011-2012).
- For the years of 2012-2014 Goodhue County had an age-adjusted rate of 5.5 asthma hospitalizations per 10,000 population compared to 6.3 in Minnesota (MDH Minnesota Tracking Program).

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3 The infant death rate is the number of infant deaths per 1,000 births.
Cancer

Cancer is a leading cause of death. It is important to identify cancers separately to better target interventions.

- Cancer was the #2 cause of death in Goodhue County in 2015 (MDH Center for Health Statistics). Cancer accounted for 110 deaths in 2015, 103 in 2014, and 102 in 2013. The 2015 age-adjusted mortality rate\(^4\) from cancer is 152.6 in Goodhue County and 152.3 in MN (MDH Center for Health Statistics).
- The 2009-2013 age-adjusted incidence rates per 100,000 for the 4 most common cancers (MDH Minnesota Tracking Program):
  - Breast cancer: 133.5 in Goodhue County, 130.2 in Minnesota
  - Lung cancer: 47.9 in Goodhue County, 55.5 in Minnesota
  - Colon cancer: 41.5 in Goodhue County, 39.6 in Minnesota
  - Melanoma: 41.4 in Goodhue County, 27.7 in Minnesota
- From 2009-2013, there were 203 women diagnosed with breast cancer (MDH Minnesota Tracking Program).

Diabetes

Diabetes is a prevalent problem; it may indicate an unhealthy lifestyle and increases risk for further health issues.

- Diabetes is the #8 cause of death in Goodhue County for 2015 (MDH Center for Health Statistics). It caused 9 deaths in 2015, 12 in 2014, and 12 in 2013. The county age-adjusted mortality rate from diabetes is not calculated because there are 20 or fewer deaths (MDH Center for Health Statistics).
- Diabetes was more often reported among respondents who are people of color (14%) or who made less than $25,000 a year (14%) than in the general adult population of Goodhue County (7 %) (Goodhue County Community Health Needs Assessment Survey, 2015). These groups are also more likely to be underinsured or uninsured, which may lead to difficulty affording needed insulin to treat diabetes.
- GCHHS customers were more likely to have diabetes (21%) than the general adult population of Goodhue County (7%) (Goodhue County Community Health Needs Assessment Survey Convenience Sample, 2015).

Heart Disease

Heart disease is the leading cause of death in our county.

- Heart disease is the #1 cause of death in Goodhue County for 2015 (MDH Center for Health Statistics). Heart disease killed 120 people in 2015, 104 in 2014, and 115 in 2013. In 2015, the age-adjusted mortality rate from heart disease was 160.0 in Goodhue County and 115.9 in the state (MDH Center for Health Statistics).
- In addition, hypertension (high blood pressure) was the #10 cause of death in the county, with 7 deaths attributed to hypertension in 2015 (MDH Center for Health Statistics).
- 29% of Goodhue County adults have high blood pressure/hypertension and 29% have high cholesterol or triglycerides (Goodhue County Community Health Needs Assessment Survey, 2015).

\(^4\) The age-adjusted mortality rate is the number of deaths per 100,000 population, adjusted for age so counties with more aging populations can be compared to state rates.
- High blood pressure/hypertension and high cholesterol or triglycerides were more often reported among respondents who are **obese or overweight, age 45-65+, or from households making less than $25,000** (Goodhue County Community Health Needs Assessment Survey, 2015).

- Heart attack hospitalizations have declined over time, likely due to decreases in smoking rates and the use of medicines for cholesterol and blood pressure. The rate of 2011-2013 heart attack hospitalizations remained higher than the state average: 31.1 for Goodhue County and 26.7 for MN, per 10,000 ages 35+, age-adjusted (MDH Minnesota Tracking Program).

**Stroke**

Stroke is a leading cause of death in our county.

- Stroke is the **#4 cause of death** for Goodhue County residents (MDH Center for Health Statistics). In 2015, 30 people died of strokes, 34 in 2014, and 31 in 2013. For 2015, the age-adjusted mortality rate from strokes was 44.2 in Goodhue County and 33.4 in MN (MDH Center for Health Statistics).

- According to the 2015 Goodhue County Community Health Needs Assessment Survey, 4% of Goodhue County adults reported they have ever had a stroke.

- “Together, heart disease and stroke, along with other cardiovascular disease, are among the most widespread and costly health problems facing the Nation today, accounting approximately $320 billion in health care expenditures and related expenses annually” (U.S. Department of Health and Human Services, Healthy People 2020).

**Chronic Lower Respiratory Conditions**

Respiratory diseases are a leading cause of death.

- For 2015, Chronic Lower Respiratory Conditions are the **#6 cause of death** in Goodhue County. COPD (chronic obstructive pulmonary disease) refers to a group of diseases such as chronic bronchitis and emphysema (MDH Center for Health Statistics). These conditions accounted for 18 deaths in 2015, 24 in 2014, and 24 in 2013 (MDH Center for Health Statistics).

- COPD is usually caused by smoking. Smoking accounts for as many as 8 out of 10 COPD-related deaths (U.S. Department of Health and Human Services, Healthy People 2020).

**Falls**

Falls are the leading cause of fatal and non-fatal injuries for older adults.

- Unintentional injury, including falls, is the **#3 cause of death** in Goodhue County and the #3 cause of death in MN. (MDH Center for Health Statistics). In 2015, 31 Goodhue County residents died of unintentional injury including 21 from falls, 6 from motor vehicle crashes, and 4 from other injuries. Twenty of the 21 Goodhue County residents who died from falls, or 95%, were older adults 65+ (MDH Center for Health Statistics, email correspondence).
The Southern Minnesota Regional Medical Examiner’s Office investigates sudden, violent, unexpected, and suspicious deaths that occur in Goodhue County. According to the office’s annual report to the Goodhue County Board, 31 people died of falls in our county in 2015, 29 in 2014, and 25 in 2013 (SE MN ME).

Falls account for about two thirds of our county’s unintentional injury deaths. Two thirds of all accidental injury deaths investigated by the medical examiner that occur in our county are due to a fall.5

**Motor Vehicle Crashes**

Traffic crashes cause injuries and death and are the leading cause of death for people age 1 to 34.

- Crashes are the leading cause of death for **people age 1 to 34** (Minnesota Department of Public Safety, Crash Facts). As stated above, unintentional injury, including falls, motor vehicle crashes, and other injury deaths, was the overall #3 cause of death in Goodhue County and the #3 cause of death in MN in 2015 (MDH Center for Health Statistics).
- The number of people injured in Goodhue County traffic crashes reported to the Minnesota Department of Public Safety was 293 in 2015, 265 in 2014, and 271 in 2013 (Crash Facts).
- Of those injured in traffic crashes in Goodhue County from 2013-2015, 49 people had severe injuries, including 12 caused by speeding, 12 severe injuries to unbelted vehicle occupants, 8 in crashes with alcohol involved, and 7 caused by distracted driving (Minnesota Department of Public Safety).
- The top four causes of traffic fatalities and injuries in Minnesota are speeding, being unbelted, alcohol-impaired driving, and distracted driving. For 2011-2015, **Goodhue County** was one of 16 counties worse than state averages for fatalities and serious injuries in all of these categories (Minnesota Department of Public Safety):
  - Speed-related: 6.4 speed-related fatalities and serious injuries per year. State average: 3.4.

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5 Numbers of deaths from falls do not match up because Minnesota Department of Health Center for Health Statistics reports deaths by county of residence (21 falls in 2015), but Southeast Minnesota Medical Examiner’s Office reports deaths by which county the death occurred (31 falls in 2015). Both sources show falls account for about 2/3 of accidental injury deaths.
- Unbelted-related: 5.0 unbelted-related fatalities and serious injuries per year. State average: 3.6.
- Alcohol-related: 5.0 alcohol-related fatalities and serious injuries per year. State average: 4.4.
- Distraction-related: 3.6 distraction-related fatalities and serious injuries per year. State average: 3.2.

See also: Driving Behaviors

**INFECTIOUS DISEASE**

**Pneumonia and Influenza**
Vaccine-preventable acute respiratory infections are a leading cause of death.

- Pneumonia and influenza is the [#12 leading cause of death] in Goodhue County and the #10 cause of death in the state of Minnesota (MDH Center for Health Statistics). Goodhue County deaths due to Pneumonia and Influenza: 4 in 2015, 6 in 2014, and 7 in 2013 (MDH Center for Health Statistics).
- In our county in there were 87 hospitalizations due to influenza in 2015, 38 in 2014 and 19 in 2013. The 2005-2014 median incidence rates (per 100,000) were 15 in Goodhue County, and 28 in Minnesota (MDH Infectious Disease Epidemiology, Prevention and Control Division).
- 60% of adults in Goodhue County have had the flu shot within the past year (Goodhue County Community Health Needs Assessment Survey, 2015).
- 72% of Goodhue County older adults age 65+ have received the pneumonia vaccination, equal to 72% of older adults in the state (Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 2006-2012).

**Vaccine Preventable Diseases**
Childhood vaccines offer life-saving protection from many very serious diseases.

- There were 79 cases of measles in Minnesota during the five-month outbreak in 2017, but 0 in Goodhue County. Statewide there were only 2 cases of measles per year in 2013, 2014, 2015, and 2016 (MDH, 2017).
- There was 1 case of pertussis in Goodhue County in 2015, 21 cases of pertussis in 2014, and 4 in 2013. The 2005-2014 median incidence rate (per 100,000) was 12 in Goodhue County, compared to 19 in Minnesota (MDH Infectious Disease Epidemiology, Prevention and Control Division).
- 70% of children between the ages of 24-35 months have received their full series of immunizations compared to 60% of MN (MDH Minnesota Tracking Program, 2016). This includes 14 diseases you can protect your child from before age two:
  - Chickenpox (Varicella)
  - Diphtheria
  - Flu (Influenza)
  - Hepatitis A
  - Hepatitis B
  - Hib
  - Measles
  - Mumps
  - Polio
  - Pneumococcal
  - Rotavirus
  - Rubella
  - Tetanus
  - Whooping Cough (Pertussis)
Sexually Transmitted Disease
Incidence of STDs is a measure of poor health status and indicates the prevalence of unsafe sex practices.

- According to the Minnesota Department of Health Infectious Disease Epidemiology, Prevention and Control Division:
  - Goodhue County had 99 cases of reported chlamydia in 2015, 123 in 2014, and 136 in 2013. The 2005-2014 median incidence rate (per 100,000) was 194 in Goodhue County, compared to 266 in Minnesota.
  - Goodhue County had 18 cases of reported gonorrhea in 2015, 15 in 2014, and 10 in 2013. The 2005-2014 median incidence rate (per 100,000) was 14 in Goodhue County, compared to 61 in Minnesota.
  - Goodhue County had 1 case of reported syphilis in 2015, 0 in 2014, and 1 in 2013. The 2005-2014 median incidence rate (per 100,000) was 0 in Goodhue County, compared to 6 in Minnesota.
  - Goodhue County had 0 reported cases of HIV in 2014, 0 in 2014, 0 in 2013, and 2 in 2012. The 2005-2014 median incident rate (per 100,000) was 0 in Goodhue County, compared to 5 in Minnesota.

- Based on the 2016 Minnesota Student Survey data in Goodhue County, 42% of 9th grade females, 44% of 9th grade males, 20% of 11th grade females, and 35% of 11th grade males have never talked with their partner about protecting themselves from getting sexually transmitted infections, HIV, or AIDs.

Sentinel Events
Emergency Preparedness for Diseases, Disasters, and Bioterrorism
Emergency preparedness means actions to monitor and detect health threats so they can be contained rapidly.

- According to the Goodhue County Emergency Manager, the top 3 threats identified in the 2016 Goodhue County All-Hazards Mitigation Plan are
  - Flash flooding/flooding
  - Severe weather including straight line winds/tornados
  - Dam failure

- According to the National Health Security Preparedness Index, a program of the Robert Wood Johnson Foundation, the overall preparedness level in Minnesota is 7.3, above the national average of 6.8.

Social vulnerability refers to our capacity to prepare for and respond to the stress of hazardous events ranging from natural disasters such as tornados or disease outbreaks, to human-caused threats such as toxic chemical spills. The 2014 Social Vulnerability County Map shows the census tract around Red Wing is most socially vulnerable to disaster based on socioeconomic and demographic indicators (CDC, Agency for Toxic Substances and Disease Registry).
HEALTH FACTORS

SOCIOECONOMIC CHARACTERISTICS

Food Insecurity
Food insecurity may reflect a household’s trade-offs between basic needs, such as housing or medical bills, and food.

- In Goodhue County 12% of the general adult population experiences food insecurity\(^6\) (Goodhue County Community Health Needs Assessment Survey, 2015) compared to MN at 10% (Feeding America, 2014).
- Concerns about running out of food before having money to buy more were most often reported among respondents of color (28%), from households that make less than $25,000 (34%), or who are obese (17%) (Goodhue County Community Health Needs Assessment Survey, 2015).
- GCHHS customers were more likely to sometimes or often worry about food running out before having money to buy more (85%) than the county’s general adult population (12%) (Goodhue County Community Health Needs Assessment Convenience Sample, 2015).
- Respondents with a history of mental illness were more likely to report that they “often” or “sometimes” worried that their food would run out before they had money to buy more (20%) compared with those who do not have a diagnosed mental illness (9%) (Goodhue County Community Health Needs Assessment Survey, 2015).
- Use of a community food shelf program in the last 12 months was more often reported by people of color (21%) and households that make less than $25,000 (24%) than the general adult population (4%) (Goodhue County Community Health Needs Assessment Survey, 2015).
- According to the American Community Survey, 9% of MN households are receiving SNAP (Supplemental Nutrition Assistance Program)—formerly known as food stamps—compared to Goodhue County households at 7% (US Census Bureau, ACS 2011-2015).
- According to the Minnesota Student Survey, 2016, in Goodhue County 10% of males and 6% of females in 5th grade reported skipping a meal in the last 30 days because their family did not have enough money to buy food.
- According to the Minnesota Department of Education, for the 2016-2017 school year, 27% of Goodhue County students receive free or reduced lunch with Goodhue County Education District (46%), Kenyon-Wanamingo (33%) and Red Wing (32%) above the county average.
- 21% of Goodhue County adults have to drive 11-20 miles one way to get groceries (Goodhue County Community Health Needs Assessment Survey, 2015).
- A food environment index score is a measure of food insecurity and also whether a grocery store is available to people of low-income within ten miles from their home. The index score ranges from 0-10 with 10 being the best. County Health Rankings 2017 list Goodhue County as having a food environment index score of 8.4.

\(^6\) Food insecurity is defined as the household-level economic and social conditions of limited or uncertain access to adequate food.
Income/Poverty

Poverty creates barriers to access to health services, healthy food, and other necessities, contributing to poor health.

- Households in Goodhue County, MN have a median income of $57,062 compared to the state at $61,492 (US Census Bureau, ACS 2011-2015).
- Poverty is equivalent to $24,600 for a family of 4 (2017 HHS Poverty Guidelines). An estimated 11.2% of the population in Goodhue County lives below the poverty line. This is close to 11.3% living in poverty statewide although it is lower than the national rate of 15.5% (US Census Bureau, ACS 2011-2015).
- The number of Goodhue County children in poverty is 1,785 or 17%, higher than the state rate of 14.5% but lower than the national average of 21.7% (US Census Bureau, ACS 2011-2015).
- Only 2% of the 10,178 married-couple families in Goodhue County are in poverty, compared to 38% of the 1,691 female householder families with no husband present (US Census Bureau, ACS 2011-2015).
- The poverty rate in Red Wing is higher than other parts of the county. Some research suggests that people who are poor choose to live where there is more access to public transportation, although this research is based on urban areas and there are many factors involved.
- All non-white racial and ethnic groups have higher rates of poverty. 5,104 of us live in households with income below the poverty line in Goodhue County (US Census Bureau 2011-2015 American Community Survey):
  - 9.5% or 4,029 non-Hispanic white people out of a total 42,273 non-Hispanic white residents are in poverty. Therefore the most common race or ethnicity living below the poverty line in Goodhue County is **white**, the largest racial group in the county. Social class plays a role in shaping health inequities through generations of white families.
  - **72% of the black population** of Goodhue County is living in poverty. There are an estimated 401 African-American people in our county, and 288 of them are living in poverty.
  - Among an estimated 781 people of **two or more races**, 44% or 345 people are in poverty.
  - Of the 408 people of **American Indian** descent, 44% or 212 people are in poverty.
  - 19% or 278 of our estimated 1,436 **Hispanic or Latino** population are in poverty.
- Of the general adult population in Goodhue County, 19% surveyed have an annual household income of less than $35,000. **Older adults** (36%), **females** (22%), and **people of color** surveyed were more likely to report an income of $35,000 or less (Goodhue County Community Health Needs Assessment Survey, 2015). Related Issues: Mental Health/Wellbeing, Substance Abuse/Prescription Drug Abuse, Safe and Affordable Housing

Unemployment

Unemployment contributes to poor health by creating financial instability and barriers to access to insurance coverage.

- The unemployment rate in Goodhue County and MN are both at 4% (Bureau of Labor Statistics, 2017).
- Living wages was mentioned as an issue by 38% of key informants when asked about economic concerns. 34% mentioned job opportunities (2016 Key Informant Interviews).

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Economics was the #2 most frequently chosen health concern by key informants (tie with Health Care Access) (2016-2017 Key Informant Interviews).

Educational Attainment
Educational attainment has been linked to positive health outcomes.

- 7% of Goodhue County residents 25+ have no high school diploma compared to 8% of Minnesota’s total population (US Census Bureau, ACS 2011-2015).
- 46% of Hispanic survey respondents in our county have no high school diploma (2015 Hispanic Survey).
- In Goodhue County, 86% of our students are graduating high school on time compared to 82% of students statewide (MN Compass, 2016).
- 35% of Goodhue County adults have an Associate’s Degree or higher compared to 44% statewide (US Census Bureau, ACS 2011-2015).
- 23% of Goodhue County residents have a bachelor’s degree or higher compared to 34% of Minnesota residents (US Census Bureau, ACS 2011-2015).

K-12 Education
Improving school achievement leads to higher levels of education and income which then influence other health factors such as access to healthy foods, clinical care, and quality housing, which in turn influence health outcomes.

- There are a total of 6,708 students enrolled in public schools from early childhood to 12th Grade in Goodhue County (Minnesota Department of Education, 2016-2017).
- 61% of Goodhue County 3rd graders are proficient in reading compared to 57% of 3rd graders in MN. 52% of 8th graders in Goodhue County are proficient in math compared to 58% of 8th graders statewide (MN Compass, 2016).
- Education was the #5 most frequently chosen health concern by key informants. Of 65 key informants interviewed, 20 (31%) chose education as one of their top three concerns.
- When asked about education concerns, the issues mentioned most frequently were class topics that prepare students for the future (17, or 26%), and class size/class time (17, or 26%) (2016-2017 Key Informant Interviews).

Transportation Cost
People need to be able to get safely from their homes to their jobs and get their children to child care and school.

- Most (85%) households with adults in the workforce in Goodhue County have 2 or 3 cars (ACS 2011-2015).
- 3% of adults in Goodhue County don’t have access to a working car (Goodhue County Community Health Needs Assessment Survey, 2015).
- 4% of Goodhue County residents are walking or biking to work compared to 3% statewide (ACS 2011-2015).
- 1% of Goodhue County is using public transit to commute to work compared to 4% of MN (ACS 2011-2015).
- 81% of workers in Goodhue County drove alone to work and 8% carpool (ACS 2011-2015).
- Workers in Goodhue County have an average commute time of 23.5 minutes, similar to the state average of 23.1 and lower than the national average of 25.9 minutes (US Census Bureau, ACS 2011-2015).
When asked about transportation concerns, 43% of key informants mentioned convenience, reliability, and availability, and 25% mentioned lack of bus system or improvements needed to bus system (2016-2017 Key Informant Interviews).

**Affordable Housing**

Affordable housing decreases worker shortages and transportation problems and improves children’s school success.

- More than 10,000 people in Minnesota are homeless. More than half of them are children. The average age of Minnesota's 5,000 homeless children is 8 years old (Minnesota Coalition for the Homeless).
- In 2016, HOPE Coalition served 58 homeless people and 92 people at risk of being homeless.
- 76% of the housing units in Goodhue County, MN are occupied by their owner. This is higher than the national average of 64% (ACS 2011-2015).
- 47% of owner-occupied houses in Goodhue County have a value between $150,000 and $299,999, with 35% less than $150,000 (ACS 2011-2015).
- 43% of rental households and 29% of owner occupied households with a mortgage in Goodhue County are cost burdened, meaning they spend over 30% of income on housing. This is similar to 45% of renters and 26% of owners statewide. Overall 29% of all households are cost burdened, and Red Wing, Lake City, Cannon Falls, and Pine Island tracts are at a higher rate of 28-35% of households. (ACS, 2011-15).
- In Goodhue County, 23% of households are renters (US Census Bureau, 2010 Census).
- Housing was #4 among key informants’ health concerns. Of 65 key informants, 21 (32%) chose Housing as one of their top three concerns (2016-2017 Key Informant Interviews). When asked about Housing concerns, 57% of key informants mentioned availability/lack of housing and 42% mentioned affordability.
- When asked about Economic concerns, affordable housing was mentioned as an issue by 25 of the 65 key informants, or 38%. Economics was #2 among key informants’ health concerns, chosen by 26 (40%) as a top concern (tie with Health Care Access) (2016-2017 Key Informant Interview).

See also (for Safe Housing issues): Secondhand Smoke, Lead, and Radon
HEALTH RESOURCE AVAILABILITY

Underinsured/Uninsured

The lack of health insurance is a primary barrier to healthcare access and an important driver of health status.

- 7.5% of the Goodhue County population didn’t have health insurance (US Census, ACS 2011-2015).
- 77% of Hispanic respondents didn’t have any health care coverage (2015 Hispanic Survey).
- **GCHHS customers** surveyed (27%) were more likely than the general adult population (4%) to say the ER is the usual place they go when they are sick or need advice about their health (Goodhue County Community Health Needs Assessment Survey Convenience Sample, 2015).
- There are 6,927 individuals enrolled in Medical Assistance in Goodhue County in an average month (MDH, 2015).
- **GCHHS customers** were more likely than the general adult population of Goodhue County to delay medical care (42% vs. 21%), dental care (43% vs. 20%), and mental health care (22% vs. 7%) (Goodhue County Community Health Needs Assessment Survey Convenience Sample, 2015).
- **People with incomes under $25,000** were more likely (13%) than the general adult population (8%) to say they did not fill at least of one of the medications prescribed for them in the last 6 months. 34% of those who did not fill a prescription said it was because it cost too much (Goodhue County Community Health Needs Assessment Survey, 2015).
- A complicated insurance system was listed as a barrier to medical care by focus group respondents. Participants noted the enrollment process is complicated and there is a long wait time after paperwork is completed. MNsure Navigators have helped, but the system remains complicated and cumbersome (2016 Access to Care Focus Group).
- Out of pocket costs and high co-pays were mentioned by focus group respondents as reasons underinsured patients delay or forego needed care (2016 Access to Care Focus Group).
- Health Care Access was the #2 most frequently chosen concern by key informants (tied with Economics). Cost or insurance was mentioned as an issue by 37 of 65 key informants, or 57%, when asked about health care concerns. (2016-2017 Key Informant Interviews).

Access to Dental Care

Access to preventive dental care decreases the likelihood of developing future health problems.

- The number of dentists in Goodhue County (per 100,000) is 45.2 compared to the statewide rate of 67.8 (US Department of Health & Human Services, 2015).
- Based upon the 2015 Goodhue County Community Health Needs Assessment Survey, 74% of adults have been to a dentist in the last 12 months, but only 49% of adults with income less than $35,000 and 46% of GCHHS customers surveyed have been to a dentist in the last 12 months.
- Based upon 2016 Minnesota Student Survey, 75%-80% of Goodhue County 11th graders have been to a dentist in the last 12 months.
- When asked about barriers to dental care, 80% of Goodhue County adults had no barriers, but 20% had delayed dental care they thought they needed (Goodhue County Community Health Needs Assessment Survey, 2015).
- Cost (58%) and not having insurance (29%) were the most cited reasons for individuals who delayed or did not get dental care when needed. These especially affected the age group 65+. Of older adults who had a barrier to dental care...
care, 66% said it cost too much and 59% said they did not have health insurance to cover it (Goodhue County Community Health Needs Assessment Survey, 2015).

- A lack of dentists who accept Medical Assistance (MA) was listed as a barrier to dental services by focus group respondents. Not all dentists in Goodhue County accept MA. Those who do often have waiting lists or only accept certain MA health plans. Dental care is cost prohibitive for uninsured patients (2016 Access to Care Focus Group).

**Access to Medical Care**

Barriers to access to regular primary care and specialty care contribute to poor health and high health care costs.

- There is a rate of 93 primary care physicians (per 100,000) in Goodhue County compared to a state rate of 102 (US Department of Health & Human Services, 2014).

- **Older adults** (93%) were more likely than the general population (77%) to have seen a doctor about a health issue in the last 12 months (Goodhue County Community Health Needs Assessment Survey, 2015).

- **Respondents of color** were more likely to delay or not get medical care (35%) in contrast to white respondents (21%) (Goodhue County Community Health Needs Assessment Survey, 2015).

- **Respondents from households that make less than $25,000** were more likely to delay or not get medical care (29%) compared with those from households that make $35,000-$74,999 (19-20%) (Goodhue County Community Health Needs Assessment Survey, 2015).

- In Goodhue County in 2014 there was an age-adjusted rate of 35 preventable hospital stays per 1,000 Medicare population compared to a state rate of 37 (Dartmouth Atlas of Health Care).

- The top 3 reasons adults in Goodhue County have delayed getting medical care are: did not think was serious enough (45%), it cost too much (45%), and their insurance did not cover it (22%) (Goodhue County Community Health Needs Assessment Survey, 2015).

**Access to Mental Health Care**

Barriers to accessing mental health services lead to unmet health needs, delayed care, and preventable hospitalizations.

- 7% of adults delayed seeking mental health care in the past 12 months in Goodhue County (Goodhue County Community Health Needs Assessment Survey, 2015).

- The most commonly reported reasons for delaying or not getting mental health support were cost (32%), that respondents didn’t think the issue was serious enough (31%), and that their insurance does not cover it (28%) (Goodhue County Community Health Needs Assessment Survey, 2015).

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8 Preventable hospital stays are hospitalization for diagnoses treatable in outpatient settings: convulsions, chronic obstructive pulmonary disease, bacterial pneumonia, asthma, congestive heart failure, hypertension, angina, cellulitis, diabetes, gastroenteritis, kidney/urinary infection, and dehydration.
A lack of providers and transportation were listed as barriers to mental health care by focus group respondents (2016 Access to Care Focus Group).

The Goodhue County Mental Health Care provider rate (per 100,000) is 93 compared to 205 in MN (County Health Rankings, 2016). Goodhue County is in a “desert” of services with cities an hour or more away such as Minneapolis, St. Paul, Rochester, Winona, and Owatonna having more mental health providers.

When asked about mental health concerns, the issues mentioned most frequently among all key informants were access (27, or 41%), anxiety/depression (24, or 37%), and lack of providers (22, or 34%) (2016-2017 Key Informant Interviews).

Related Issues: Income/Poverty, Underinsured/Uninsured

QUALITY OF LIFE

Child Care Shortage
Lack of child care can mean whether a parent can accept a job offer and which one, and whether they can work at all.

- There was a loss of 3,295 child care providers and 12,012 child care spaces between 2006 and 2015 in the state of Minnesota (MN Center for Rural Policy and Development).
- There are 98 family home providers licensed to provide child care in Goodhue County.
- The number of child care providers in Goodhue and Wabasha Counties combined fell from 207 providers to 179 providers from 2006 to 2015 (MN Center for Rural Policy and Development).
- In Goodhue and Wabasha Counties there are 1,136 individuals with children under 18 who are not working and 745 estimated job openings (US Census Bureau, ACS 2011-2015).
- 76% of families with children under 18 in Goodhue County have two working parents (US Census Bureau, ACS 2011-2015).
- In Lake City for example, there are 427 children under 5. The estimated demand is 329 need child care (based on 76% of them having two working parents). There are only 179 child care spaces in Lake City (Dec 2016 Lake City EDA Telephone Survey of 13 of 15 registered in home child care providers).
Parks & Recreation

Individuals who live closer to parks and gyms are more likely to be physically active and have lower risk of disease.

- **Hispanic** Survey respondents would like to have more parks in their neighborhoods (Hispanic Survey, 2015).

- According to the 2015 Goodhue County Community Health Needs Assessment Survey;
  - 90% of adults indicated their community has walking paths/trails in their community
  - 83% of adults indicated that their community has bicycle paths/bike lanes
  - 90% indicated their community has public swimming pools or water parks
  - 60% of adults indicated their community has public recreation or community centers
  - 93% of adults indicated their community has parks/sports fields
  - 76% of adults indicated their community has creeks, rivers, and lakes

- 45% of adults in Goodhue County do not use the available walking paths or trails in their community (Goodhue County Community Health Needs Assessment Survey, 2015).

- The Minnesota Student Survey 2016 shows that in Goodhue County;
  - 42% of 5th grade males and 48% of 5th grade females said that in a typical week, they don’t go to a park or other outdoor space after school.
  - 60% of 11th grade males and 63% of 11th grade females said that in a typical week, they don’t go to a park or other outdoor space after school.

- 46% of adults usually exercise or participate in physical activities somewhere outdoors such as parks, trail, etc. (Goodhue County Community Health Needs Assessment Survey, 2015).

- **GCHHS customers** were more likely to use public swimming pools/water parks (67%) than the general adult population of Goodhue County (22%) (Goodhue County Community Health Needs Assessment Survey Convenience Sample, 2015).
PERSONAL BEHAVIORS

Alcohol

Excessive drinking is a risk factor for a wide range of adverse health outcomes from injuries to chronic disease.

- The 2015 Goodhue County Community Health Needs Assessment Survey indicates that 73% of adults have had at least one alcoholic beverage in the past thirty days.
- Of Goodhue County adults, nearly one third (32%) report binge drinking9 (Goodhue County Community Health Needs Assessment Survey, 2015).
- 11% of Goodhue County adults reported heavy drinking in the past 30 days10 (Goodhue County Community Health Needs Assessment Survey, 2015).
- Excessive drinking includes binge drinking and heavy drinking, as well as underage drinking and drinking during pregnancy. Nationally, about 90% of people who drink excessively would not meet the clinic diagnostic criteria for a severe alcohol use disorder (alcoholism).11
- Respondents age 35-44 were most likely to report heavy drinking (Goodhue County Community Health Needs Assessment Survey, 2015).
- Binge drinking was reported at a higher rate among males and overweight respondents (Goodhue County Community Health Needs Assessment Survey, 2015).
- Based on the 2016 Minnesota Student Survey data in Goodhue County, 21% of 8th grade females, 18% of 8th grade males, 44% of 11th grade females, and 40% of 11th grade males have had alcoholic beverages at least once during the last 12 months.
- 30% of 11th grade males reported drinking one or more alcoholic beverages in the last 30 days and 22% reported binge drinking in the last 30 days. Among 11th grade females, 24% reported drinking and 13% reported binge drinking (Minnesota Student Survey, 2016).
- GCHHS customers were less likely to drink alcohol in the last 30 days (35%) than the general adult population of Goodhue County (73%) (Goodhue County Community Health Needs Assessment Survey Convenience Sample, 2015).
- See also: Substance Abuse, Motor Vehicle Crashes, Driving Behaviors

Driving Behaviors

There are behaviors that drivers can control to prevent tragic injuries and loss of life.

- Of Goodhue County teens in 11th grade, 46% of females and 38% of males read and send texts while driving. 67% of females and 59% of males make or answer phone calls, with females more likely to say they call or text “sometimes” and male teens more likely to say they call or text “often” or “always” (Minnesota Student Survey, 2016).

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9 Binge drinking is defined as having 4 or more drinks on a single occasion (e.g. within about 2 hours) at least once in the past 30 days for females, and 5 or more drinks on a single occasion at least once in the past 30 days for males.
10 Heavy drinking is defined as 30+ drinks in the past 30 days for females (i.e. an average of 1 drink per day or more) and 60+ drinks in the past 30 days for males (i.e. an average of 2 drinks per day or more).
• Goodhue County Community Health Needs Assessment Survey, 2015, shows that 66% of younger adults between the ages of 18-34 sometimes text while driving compared to a county average of 33% for the general adult population that sometimes texts. An additional 2% of all adults and 3% of younger adults say they often text.

• 80% of Goodhue County 11th grade males and 93% of 11th grade females always use their seat belt when they ride in the front seat of a car. However, only 72% of males and 87% of females always use their seat belt when they are the driver (Minnesota Student Survey, 2016).

• 91% of adults always use their seat belt when they drive or ride in a car (Goodhue County Community Health Needs Assessment Survey, 2015).

• GCHHS customers surveyed were less likely to wear a seatbelt. 12% said they “never” wear a seatbelt compared to 1% of the general adult population of Goodhue County (Goodhue County Community Health Needs Assessment Survey Convenience Sample, 2015).

• 6% of adults have driven after too much to drink (Goodhue County Community Health Needs Assessment Survey, 2015).

• 9% of 11th grade males and 4% of 11th grade females in Goodhue County drove after using alcohol or drugs (Minnesota Student Survey, 2016).

• In 2015 there were 251 DWIs in Goodhue County, 131 committed by young adults ages 21-34 (Minnesota Department of Public Safety).

• Overall, in Minnesota, impaired driving accounted for 25 percent of all traffic deaths in 2015, and males and young adults accounted for a disproportionate share of fatalities (Minnesota Department of Public Safety).

Tobacco and E-cigarettes
Smoking leads to diseases and disability, harms nearly all organs in the body, and is the #1 cause of preventable death.12

• Data on the MN Public Health Data Access show the statewide proportion of adults who smoke decreased 10% since 2013. This drop is likely due to statewide efforts to reduce tobacco use, including the 2013 tobacco tax increase, clean indoor air policies, as well as locally led work. However, tobacco use is still a problem. In Minnesota, smoking is more common among those who didn’t graduate from high school, whose annual household income is less than $25,000, and among American Indian (not including sacred tobacco), multiracial, and black racial groups.

• The percent of Goodhue County adults who report smoking cigarettes is 8%. 2015 Hispanic Survey respondents (14%) and people with incomes less than $35,000 (14%) are more likely to smoke cigarettes (Goodhue County Community Health Needs Assessment Survey, 2015).

• GCHHS customers who filled out the survey were much more likely to be a current cigarette smoker (45%) compared with the general adult population of Goodhue County (8%) (Goodhue County Community Health Needs Assessment Survey Convenience Sample, 2015).

• 46% of Goodhue County adults who are a current smoker have stopped smoking for one day or longer in the last 12 months (Goodhue County Community Health Needs Assessment Survey, 2015).

12 Centers for Disease Control and Prevention, https://www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.htm. The #2 cause of preventable deaths is poor diet and physical inactivity, and the #3 cause of preventable deaths is excessive drinking.
• 26% of adults in Goodhue County said they were a former smoker (Goodhue County Community Health Needs Assessment Survey, 2015).

• 57% of adults in Goodhue County, and 80% of adults age 35-44, have seen people smoke an e-cigarette (Goodhue County Community Health Needs Assessment Survey, 2015).

• The most common places respondents have seen people smoke e-cigarettes in Goodhue County: a sidewalk (26%), restaurant or bar (24%), or a park (22%) (Goodhue County Community Health Needs Assessment Survey, 2015).

• Goodhue County adults reporting snuff, snus, or chewing tobacco use was 3% (Goodhue County Community Health Needs Assessment Survey, 2015).

• 2016 Minnesota Student Survey data indicated that 23% Goodhue County 11th grade males and 20% of 11th grade females have used a tobacco product (cigarettes, cigars, smokeless tobacco, e-cigarettes) in the past month.
  - 15% of 11th grade males and 11% of 11th grade females used a cigarette in the last 30 days.
  - 5% of 11th grade males and 2% of 11th grade females used a cigar or little cigar in the last 30 days.
  - 8% of 11th grade males and 1% of 11th grade females used chewing tobacco, snuff, or dip in the last 30 days.
  - 4% of 11th grade males and 7% of 11th grade females used e-cigarettes in the last 30 days.

**Screenings**
Rates of morbidity and mortality can be reduced if residents access health screenings.

• 70% of adult women 18+ reported having a routine Pap smear test in Goodhue County within the last three years compared to 80% of adult women in Minnesota (CDC, Behavioral Risk Factor Surveillance System, 2006-2012).

• According to the 2015 Goodhue County Community Health Needs Assessment Survey:
  - 21% of adults within the past year had any screening for skin cancer
  - 12% of adults within the past year have had any screening for colon cancer
  - 20% of men within the past year have had any prostate exam
  - 44% of women within the past year have had a mammogram
  - Older adults were more likely to have had a cancer screening than adults 18-64

**Eating Habits**
Unhealthy eating habits may cause significant health issues, such as obesity and diabetes.

• 37% of Goodhue County adults eat the recommended 5+ servings fruits and vegetables. Respondents who were obese were less likely to report eating five or more servings of fruits and vegetables (29%) (Goodhue County Community Health Needs Assessment Survey, 2015).

• Of Goodhue County 8th graders completing the 2016 Minnesota Student Survey, 12% of males and 5% of females reported not eating any fruit and 20% of males...
and 12% of females reported not eating any vegetables in the past 7 days.

- Approximately 30% of adults reported drinking one or more soft drinks each day. Respondents from households that made less than $35,000 were more likely to have drunk one or more glasses of pop yesterday (37%) in contrast to those from households that made $35,000 or more (32%) (Goodhue County Community Health Needs Assessment Survey, 2015).

- A larger percent of respondents of color (37%) had drunk one or more glasses of pop yesterday than white respondents (31%) (Goodhue County Community Health Needs Assessment Survey, 2015).

- With the highest rates of pop drinking, 68% of male 11th graders in our county reported drinking one or more cans, bottles, or glasses of pop or soda yesterday (2016 Minnesota Student Survey) and 69% of Hispanic respondents reported drinking one to two sweetened beverages per day (2015 Hispanic Survey).

- Respondents age 45-54 were less likely to report that they prepare a meal cooked at home (20%) compared with those 18-34 (25%) 35-44 (29%) 55-65+ (25-32%) (Goodhue County Community Health Needs Assessment Survey, 2015).

- According to the 2015 Goodhue County Community Health Needs Assessment Survey, 69% of the population eats out a meal from a fast food place 1-2 times in an average week. Compared to that, 5th graders are relatively similar to the adult rate but 82% of Goodhue County 11th grade teens ate fast food 1 or more times in the last 7 days (2016 Minnesota Student Survey).

- 67% of Goodhue County adults buy or get food from farmers market or fruit/vegetable stands during growing season at least once a month. People of color are more likely to do so (76%) (Goodhue County Community Health Needs Assessment Survey, 2015).

- 48% of Goodhue County adults agree or strongly agree the fresh fruits and vegetables where they usually shop are too expensive (Goodhue County Community Health Needs Assessment Survey, 2015).

- GCHHS customers were more likely to shop for food at a convenience store/gas station in a typical month (73%) than the general adult population of Goodhue County (61%) (Goodhue County Community Health Needs Assessment Survey Convenience Sample, 2015).

- Eating Habits was the #2 most frequently chosen top health issue (after Substance Abuse/Prescription Drug Abuse) by members of the public participating in an informal dot survey at the Goodhue County Fair, Kenyon Rose Fest, and Minnesota State College Southeast (GCHHS, 2017).

Related Issues: Income/Poverty, Safe and Affordable Housing, Food Insecurity
Overweight/Obesity

Obesity increases the risk for health conditions such as heart disease, diabetes, cancer, hypertension, and stroke.

- 34% of adults in Goodhue County are overweight and another 38% are obese, based on self-reported height and weight on the mailed survey. Women are more likely to be at a healthy weight than men (Goodhue County Community Health Needs Assessment Survey, 2015).

- Our obesity rate (38%) is higher than the state average. The state’s adult obesity rate in 2016 was 27.8%, up from 26.1% in 2015 and 27.6% in 2014 (CDC, Behavioral Risk Factor Surveillance System).

- In Goodhue County, 18% of males and 10% of females in 9th grade are considered overweight and 14% of males and 12% of females are considered obese according to Body Mass Index. (2016 Minnesota Student Survey).

- Our 9th grade obesity rate (13%) is higher than the state average. Minnesota obesity rates for 9th graders rose slightly from 2013 to 10.2% in 2016 after being relatively flat between 2007 and 2013 (2016 Minnesota Student Survey).

- Statewide data indicate that adults experiencing housing insecurity or food insecurity were more likely to be obese. Those who reported sometimes, usually, or always being worried or stressed about having enough money to pay rent/mortgage were 7.8 percentage points more likely to be obese compared to those who were rarely or never worried or stressed about this. Similarly, Minnesotans who were sometimes, usually, or always worried or stressed about having enough money to buy nutritious meals were 9 percentage points more likely to be obese compared to those who rarely or never felt this way (Minnesota Department of Health, BRFSS 2015).

- According to the 2015 Goodhue County Community Health Needs Assessment Survey, 48% of adults are now trying to lose weight.

- 51% of adults in Goodhue County consider themselves overweight according to the Community Health Needs Assessment Survey 2015.

- 25% of females in 5th grade, 20% of 8th and 9th grade females and 13% of females in 11th grade report being bullied about their size or weight once or twice a week (2016 Minnesota Student Survey).

- Weight, obesity, nutrition, or exercise was the most frequently mentioned health concern by key informants. It was mentioned by 60% of key informants when asked to name a health concern (2016-2017 Key Informant Interviews).

Related Issues: Mental Health/Wellbeing, Eating Habits, Chronic Conditions
**Physical Activity**

Decreased physical activity has been related to many diseases and premature mortality, independent of obesity.

- In 2013, 22% of Goodhue County adults reported no leisure time for physical activity in the last 30 days compared to 19% of Minnesotans (CDC National Diabetes Surveillance System 2013).

- Respondents who are age 18-34 (18%) or obese (18%) were less likely than the general adult population (29%) to report getting at least 30 minutes of moderate physical activity five days a week, during a typical week (See question 35, Goodhue County Community Health Needs Assessment Survey, 2015).

- Respondents who are age 65+ (21%), from households that make less than $75,000 (18-22%), or who are obese (13%) were less likely to report getting at least 20 minutes of vigorous physical activity three days a week, during a typical week, than the general adult population (27%) (See question 36, Goodhue County Community Health Needs Assessment Survey, 2015).

- All youth are recommended 60 minutes of physical activity, 7 days a week. According to the 2016 Minnesota Student Survey in Goodhue County, younger students and males are more likely to meet this recommendation: 45% of males and 35% of females in 5th grade meet this recommendation; in grade 8 32% of males and 30% of females meet this recommendation compared to 30% of 9th grade males and 18% of females. In 11th grade 43% of males meet the recommendation compared to 14% of females.

- Lack of transportation to places to be active and lack of money for gym memberships were cited as barriers to physical activity for low income residents (GCHHS Health Equity Data Analysis focus group, 2016).

- 29% of adults in Goodhue County are mostly sitting while they are at work (Goodhue County Community Health Needs Assessment Survey, 2015).

- 47% of males and 49% of females in 9th grade spend 0 days in a physical education class during a typical school week compared to 78% of males and 91% of females in 11th grade (Minnesota Student Survey, 2016).

**ENVIRONMENTAL HEALTH INDICATORS**

**Air Quality**

It’s well documented that air pollution (especially fine particulates and ozone) leads to chronic bronchitis and asthma.

- Air Quality Index or AQI measures five of the main pollutants as “Good” “Moderate” “Unhealthy for Sensitive Groups”, or “Unhealthy” based upon the pollutants in the air. Goodhue County has 94% “Good” days (MN Compass, 2016). This is based on one monitoring site (Stanton) and one pollutant measured (ozone).

- The fine particle standard is 12 ug/m3 or less, with Goodhue County having a level
of 10.3 ug/m³ as identified through modeling (CDC's National Environmental Public Health Tracking Network 2012).

Secondhand Smoke
Secondhand smoke causes many health issues in children (asthma attacks, SIDS) and adults (heart attacks, stroke).

- Results from the survey indicate that 25% of Goodhue County adults are exposed to secondhand smoke. 3% allow tobacco/e-cig use in home, 9% of adults have been in a car with someone smoking; 51% saw people smoke at a public park (Goodhue County Community Health Needs Assessment Survey, 2015).
- 30% of 5th grade females and 37% of 5th grade males in Goodhue County report having secondhand smoke exposure in the past week while at home or in a car (Minnesota Student Survey, 2016).
- 6% of Goodhue County adults rent in multifamily building (4+ apts.) (Goodhue County Community Health Needs Assessment Survey, 2015).
- 45% of Goodhue County 2015 Community Health Needs Assessment Survey respondents who rent said they rent in a building where people smoke.

Water Quality
Safe drinking water is important to prevent illness and birth defects.

- From Aug 2008- Feb 2016, 9% of private wells in our county tested had arsenic > 2 ug/L compared to 47% in MN (MDH Well Management Database).
- Groundwater in the City of Goodhue was more likely to have higher levels of nitrates, 5.67 mg/L in 2015. Levels were non-detectable in most other water systems in the county. The highest level the EPA allows is 10 mg/L (Minnesota Drinking Water Information System, 2015).

Animal/Vector-Borne Diseases
While most bites do not result in disease, a variety of diseases are spread by ticks, mosquitos, and animals in Minnesota.

According to the Minnesota Department of Health Infectious Disease Epidemiology, Prevention and Control Division:

- Goodhue County had 10 cases of reported Lyme disease in 2014, 24 in 2013, and 13 in 2013. The 2005-2014 median incidence rate (per 100,000) was 22 in Goodhue County, compared to 20 in Minnesota.
- According to the Minnesota Department of Health from 2005-2014 Goodhue County had a total of 3 cases of rabies reported, 1 case per year in 2008, 2009, and 2011. The 2005-2014 median incidence rate (per 100,000) was 0 in Goodhue County, compared to 1 in Minnesota.
- Statewide, there were 80 cases of West Nile in 2013, 21 cases in 2014, and 9 cases in 2015. The highest risk areas for West Nile Virus in Minnesota are the western and central part of the state, farm land and prairie.

Foodborne Illness
Consuming food or beverages that are contaminated by pathogens leads to foodborne illness.

According to the Minnesota Department of Health Infectious Disease Epidemiology, Prevention and Control Division:

- Goodhue County had 9 cases of reported E.coli in 2014, 2 in 2013, and 4 in 2012. The 2005-2014 median incidence rate (per 100,000) was 4 in Goodhue County, compared to 5 in Minnesota.
Goodhue County had 11 cases of reported Salmonellosis in 2014, 4 in 2013, and 9 in 2012. The 2005-2014 median incidence rate (per 100,000) was 14 in Goodhue County, compared to 14 in Minnesota.

Lead
Good health depends on having homes that are safe and free from physical hazards.

- 80% of children under the age of 3 have been tested for lead compared to 81% in MN (MDH, 2012).
- 1.3% of children tested for lead in Goodhue County in 2015 had elevated blood levels (5+ mcg/dL) compared to 0.9% in MN (MDH).
- 28% of housing in Goodhue County was built before 1950 which creates a risk for lead based paint exposure and which is above the state average of 22% (ACS, 2010-2014).

Radon
Radon is the number one cause of lung cancer in non-smokers and the second leading cause of lung cancer in smokers.14

- The Environmental Protection Agency recommends a radon level below 4 pCi/L. In Goodhue County, from 1990-2015, 2,318 tests were performed, according to data requested from Minnesota Department of Health Indoor Air Unit. Of these, 55% of properties tested had a radon level greater than or equal to the recommendation.
- The 2015 Goodhue County Community Health Needs Assessment Survey showed 22% of households in Goodhue County have been tested for radon, and 28% of these households had air that tested positive for radon.

SOCIAL AND MENTAL HEALTH

Bullying
Bullies and victims are more likely to be obese, think about suicide, and use alcohol, tobacco, and other drugs.

- According to the Minnesota Student Survey, 2016:
  - 85% of males and 93% of females in 5th grade feel safe going to and from school
  - 95% of males and 93% of females in 8th feel safe going to and from school
  - 99% of males and 90% of females in 9th grade feel safe going to and from school
  - 97% of males and 98% of females in 11th grade feel safe going to and from school
- Size or weight was the most common reason for bullying: 31% of 5th grade girls and 28% of 5th grade boys have been bullied about their size or weight at least once or twice in the past 30 days. (Minnesota Student Survey, 2016).
- According to the 2016 Minnesota Student Survey, 33% of 5th grade boys and 23% of 5th grade girls reported at least once or twice in the last 30 days, other students at school have pushed, shoved slapped, hit or kicked them when they weren’t kidding around.
- 29% of 5th grade boys and 8% of 5th grade girls have bullied others: pushed, shoved, slapped, hit, kicked, threatened or beat someone up at least once or twice in the past 30 days (Minnesota Student Survey, 2016).

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13 This percentage of elevated blood lead levels should be interpreted with caution as it is based on small counts.
14 Minnesota Department of Health, http://www.health.state.mn.us/divs/eh/indoorair/radon/
**Child Abuse/Domestic Violence**

Children who experience abuse and neglect are at increased risk for chronic diseases and mental illness as adults.

- “Due to the recent rise in opioid and methamphetamine addiction, removing children from the home for **parental drug or alcohol abuse** has risen by 25 percent since 2015, and is now the most frequent reason for children to be placed in out-of-home care” ([Minnesota Department of Human Services](https://www.dhs.state.mn.us/)).
- In 2016 there were 563 child protection intakes, 350 child welfare intakes, and 195 Parent Support Outreach Program intakes (GCHHS data). Some of these child maltreatment reports result in assessments/investigations.
- The number of assessments/investigations per month continues to climb (GCHHS data).
- There were 82 children living in out of home care (foster care) in 2015, 65 in 2014, and 64 in 2013. The total child population 0-17 in our county was 10,805 in 2013 to 10,438 in 2015. ([Minnesota DHS](https://www.dhs.state.mn.us/)).

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**GCHHS Customers** who responded to the survey (12%) were more likely than the general adult population of Goodhue County (1%) to have had someone living in their home make them feel fearful through action, tone of voice, threats ([Goodhue County Community Health Needs Assessment Survey Convenience Sample, 2015](https://www.dhs.state.mn.us/)).

**Crime**

High levels of violent crime compromise physical safety and mental wellbeing and can deter outdoor physical activity.

- In Goodhue County there had only been 1 homicide death between the years of 2013 to 2015 and that was due to firearms in 2013 ([SE MN ME, 2015](https://www.dhs.state.mn.us/)). There was 1 homicide death in April 2017, a gang-related shooting.
- The violent crime rate (per 100,000) for Goodhue County, MN is 122.8 compared to 237.9 statewide ([Federal Bureau of Investigation, 2010-2012](https://www.dhs.state.mn.us/)). **Violent crime** is composed of four offenses: murder and nonnegligent manslaughter, forcible rape, robbery, and aggravated assault. Violent crimes are defined as those offenses which involve force or threat of force.
Mental Health/Wellbeing

Mental illness is related to higher rates of chronic disease and risk behaviors including inactivity, smoking, and drinking.

- 15% of 8th grade females, 15% of 9th grade females, and 19% of 11th grade females have been treated for a mental health, emotional or behavioral problem during the last year in Goodhue County (Minnesota Student Survey, 2016).

- Between 23 to 26% of Goodhue County females in grades 8, 9, and 11 had a long-term15 mental health, behavioral or emotional problem compared to in 2013, 10 to 15% did. (Minnesota Student Survey, 2016).

- 19% of males and 22% of females in 8th grade have purposely hurt or injured themselves by cutting, burning, or bruising themselves without wanting to die compared to 9% of males and 25% of females in 9th grade as well as 12% of 11th grade males and 17% of 11th grade females in Goodhue County (Minnesota Student Survey, 2016).

- Between 14 to 17% of Goodhue County girls in grades 8, 9, and 11 have thought about ending their life or committing suicide in the last year, compared to 4-8% of 8, 9 and 11 grade boys (Minnesota Student Survey, 2016).

- Suicide attempts by youth have increased. In 2013, 2-5% of Goodhue County youth in grades 8, 9, and 11 had actually attempted suicide compared to in 2016, 6% of 8th grade females, 7% of 9th grade females, and 10% of 11th grade females, and 6-7% of 8th, 9th, and 11th grade males attempted suicide (Minnesota Student Survey, 2016).

- 27% of Goodhue County females in 11th grade felt bothered down, depressed or hopeless more than half the days or more over the last two weeks (Minnesota Student Survey, 2016).

- 32% of males and 45% of females in 5th grade agree or strongly agree that they worry a lot (Minnesota Student Survey, 2016).

- In Goodhue County 27% of the adult population has been diagnosed with mental health problems including anxiety, depression, and other conditions. People with an income under $25,000 were more likely to report a history of mental illness (39%) (Goodhue County Community Health Needs Assessment Survey, 2015).

- 19% of respondents reported that they have been told by a health care professional that they had depression (Goodhue County Community Health Needs Assessment Survey, 2015).

- Depression was more often reported among respondents who are female, from households that make less than $25,000, or who are obese (Goodhue County Community Health Needs Assessment Survey, 2015).

- Anxiety or panic attacks were more often reported among respondents of color (Goodhue County Community Health Needs Assessment Survey, 2015).

- 33% of respondents reported their mental health (including stress, depression, and problems with emotion) was not good at least one day during the past 30 days. The average number of mentally unhealthy days was 2.5 of the last 30 days, but among those with income under $25,000 it was 4.44 days, and those ever diagnosed with a mental illness reported 4.75 mentally unhealthy days in the last 30 days (Goodhue County Community Health Needs Assessment Survey, 2015).

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15 Long term meaning lasting 6 months or more.
3% of respondents reported they seriously thought about killing themselves during the past 12 months (Goodhue County Community Health Needs Assessment Survey, 2015).

Suicide is the #9 cause of death in Goodhue County residents (MDH Center for Health Statistics). In 2015, 8 people died of suicide, 7 in 2014, and 6 in 2013. For 2011-2015, the age-adjusted mortality rate* from suicides was 14.8 in Goodhue County and 12 in MN (MDH).

The number of psychiatric hospital admissions per year went from from 6.1 per 1000 Goodhue County residents age 14+ in 2012 to 6.4 per 1000 in 2015 (Minnesota Hospital Association).

98% of Goodhue County adults agree or strongly agree treatment helps mental illness (Goodhue County Community Health Needs Assessment Survey, 2015).

People with a history of mental illness were less likely (56%) than those with no history of mental illness (67%) to agree that people are kind to people with mental illness (Goodhue County Community Health Needs Assessment Survey, 2015).

Mental health was the #1 most frequently chosen health concern by key informants in 2016-2017, up from #8 in 2012. Of 65 key informants interviewed, 38 (58%) chose “mental health” as one of their top three concerns. The mental health concerns mentioned by key informants included access, lack of providers, anxiety/depression, chemical dependency, and stigma (2016-2017 Key Informant Interviews).

Related Issues: Income/Poverty, Access to Mental Health Services, Child Abuse/Domestic Violence

Substance Abuse

Substance use disorders cause significant impairment, including health problems and disability.

Among 11th graders in Goodhue County, 25% of males and 16% of females used marijuana and/or other drugs in the past year (excluding alcohol and tobacco) (See table 31, Minnesota Student Survey, 2016).

From 2000-2015 there were a total of 34 drug overdose deaths in Goodhue County, including 3 in 2015, 3 in 2014, and 4 in 2013 (MDH Injury and Violence Prevention Unit, 2016).

2% adults use marijuana in Goodhue County. GCHHS customers were more likely to use marijuana (14%) than the general adult population of Goodhue County (2%) (Goodhue County Community Health Needs Assessment Survey Convenience Sample, 2015).

According to the Minnesota Department of Public Safety Goodhue County had 6 alcohol-related traffic fatalities in 2015, 2 in 2014, and 0 in 2013. During 2013–2015 in Minnesota there were 1,159 traffic deaths and 293 (25%) were impaired-related.

There were 8 alcohol-related crash serious injuries and 6 alcohol-related crash fatalities from 2013-2015 in Goodhue County (Minnesota Department of Public Safety).

What is unhealthy about your community?

“Street drugs readily available. Cocaine and meth use in rural areas.” - Cannon Falls Survey Respondent

“Many alcoholics, too much liquor stores” – Kenyon Survey Respondent

“Meth houses have infiltrated our small town and the young people are weakened by the knowledge of their existence and at risk teens are confronted by an even greater risk because of the ease of access to that and other drugs.” – Pine Island Survey Respondent

“There is an unhealthy mindset about drinking and drug use. I know many parents condone teen alcohol/tobacco/substance use as ‘normal’” – Survey Respondent, zip code suppressed

“Drug issues and a lot of stress on local police force.” – Red Wing Survey Respondent
The primary substance at admission to substance use disorder treatment services for adults in Minnesota is alcohol, with admissions for methamphetamine, injection drug use, and heroin increasing. The primary substance at admission to treatment for adolescents in Minnesota is marijuana (about 70%) followed by alcohol and meth.

When asked about chemical health concerns, the issues mentioned most frequently among all key informants were alcohol (28, or 43%) and meth (21, or 32%) (2016-2017 Key Informant Interviews).

Chemical Health was the #6 most frequently chosen health concern by key informants; 14 (21%) of the key informants interviewed chose it as one of their top three concerns (2016-2017 Key Informant Interviews)

See Also: Prescription Drug Abuse

Related Issues: Income/Poverty, Mental Health/Wellbeing, Access to Mental Health Services
Prescription Drug Abuse

In Minnesota, opioid-related deaths continue to increase, driven by a steady rise in opioid pain reliever deaths.\(^\text{16}\)

- Drug abuse rates for alcohol, meth, and marijuana are higher but there is a national and statewide epidemic of deaths from opioid drug overdose.
- There were 2 opioid deaths in Goodhue County in 2015, 3 in 2014, and 2 in 2013. Half of all overdose deaths in Goodhue County from 1990-2015 involved opioids (MDH, 2016).
- Between 2 and 4 percent of Goodhue County youth in grades 8, 9, and 11 reported using prescription drugs not prescribed to them in the last 30 days (Minnesota Student Survey, 2016).
- Over the last 15-20 years the death rate from opioid pain relievers has climbed (the blue line), up to 95 deaths in Greater Minnesota in 2015. (Drug categories are not exclusive.) This data comes from Minnesota death certificate data from the Injury and Violence Prevention Unit, Minnesota Department of Health (MDH), 2000-2015. There were a total of 216 opioid deaths in the whole state if you include the 121 in the metro area and these 95 from Greater Minnesota. This is up from only 10 opioid deaths statewide in 2008.
- Substance Abuse/Prescription Drugs was the #1 most frequently chosen top health issue by members of the public participating in an informal dot survey at the Goodhue County Fair, Kenyon Rose Fest, and Minnesota State College Southeast (GCHHS, 2017).

See Also: Substance Abuse

Related Issues: Income/Poverty, Mental Health/Wellbeing, Access to Mental Health Services

\(^{16}\) MDH, [http://www.health.state.mn.us/divs/healthimprovement/health-information/prevention/opioid.html](http://www.health.state.mn.us/divs/healthimprovement/health-information/prevention/opioid.html)
**SELECTED DATA LINKS**

We looked at secondary data from the Minnesota Department of Health (Public Health Data Access Portal, County Health Tables, and Vital Statistics Interactive Queries), Minnesota Department of Public Safety, Minnesota Department of Human Services, Minnesota Department of Education, the Southeast Minnesota Medical Examiner’s Report, the Minnesota Student Survey, Minnesota Compass, the US Census Quick Facts and American FactFinder, Healthy People 2020, Community Commons’ Community Health Needs Assessment Toolkit, and the Robert Wood Johnson Foundation’s County Health Rankings.

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**ANNEXES:**

The annexes are available at [http://www.co.goodhue.mn.us/981/Community-Health-Assessment](http://www.co.goodhue.mn.us/981/Community-Health-Assessment).

A: Assets and Resources – United Way People’s Pamphlet

B: Assets and Resources – Current work Focused on Top 6 Issues

C: 2017 Red Wing Report Card

D: Summary of 2015 Goodhue County Community Health Needs Assessment Survey

E: Data Book for Goodhue County February 2016

F: Our Customers’ Health, August 2017

G: Survey Tool

H: Key Informant Interview Tool
This 2017 Goodhue County Community Health Assessment is available online:
http://www.co.goodhue.mn.us/981/Community-Health-Assessment