

CCMh CAVALIER COUNTY
MEMORIAL
HOSPITAL & CLINICS
909 2nd St., Langdon, North Dakota 58249
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Community Health Needs Assessment

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Introduction

A community may be defined by more than a set of physical boundaries; often times a set of shared characteristics or interests are used to define a community. The health status of a community plays a large role in social and economic prosperity, hence it is important that a community strives to continually improve and maintain its health. Government agencies (city, county, state, and federal health departments) may provide health services, however not all health programming comes from these organizations. Successful health programming must also include input from community agencies and community members.

The first step in improving the health status of any community is to complete a community health needs assessment (CHNA) and share the findings with the community. A CHNA is a systematic collection and analysis of information about the health of the community. By using the findings of the assessment, communities can initiate strategies to begin improving the health of their residents.

Cavalier County Memorial Hospital (CCMH) conducted a county wide community assessment and this report outlines the findings of that assessment.

CCMH is committed to maintaining and protecting the health and environment of the communities it serves. Furthermore, CCMH is committed to building lasting partnerships with the communities it serves to improve the health status of the county. CCMH hopes community members and other agencies will find the health data that was collected from the CHNA helpful as they continue their efforts to identify the health issues and work to address priorities in their community.

Components of a CHNA

For a CHNA to be accurate, data collected must be comprehensive and representative of the community it serves. CCMH collected information from many sectors of the population through community focus groups, mail surveys, and the public health's community health assessment roundtable findings.

Community Focus Group Meetings

Information collected in focus groups are often more comprehensive than surveys due to the unstructured format that allows for exploration and in-depth discussion of topics that are of interest to participants, making them an important supplement to verbal or written surveys. On December 20th, 2012, and January 9th, 2013, CCMH held focus group meetings that included persons with special knowledge, expertise in public health, and representatives of specific populations (see Attachment A for focus group initials, titles, and affiliations) at two key geographical locations in Cavalier County to learn about community member's opinions, attitudes and beliefs about health issues that affect them personally and their community. Specifically, CCMH wanted to learn:

1. Which health issues should be included or excluded in the program development.
2. How should health issues be prioritized.
3. Which strategies are suggested or preferred to address health issues.
4. Which resources currently exist to address or attempt to address the health issues identified.

Mail Surveys

In addition to utilizing the findings of the community focus groups, CCMH also mailed out surveys to community members and leaders on October 29, 2012.

Community Members

CCMH utilized the county newspaper and the CCMH foundation newsletter to notify Cavalier County residents in advance to watch for the CHNA surveys coming by way of the U.S. postal service. CCMH survey staff utilized the foundation newsletter mailing list which has a wide county circulation exposure to send out 2,169 community member surveys. One hundred and fifty two (152) completed surveys from cities and surrounding townships were returned. Community members were asked for their opinions about public health issues, individual health concerns, behaviors they experienced in the past year, community and environmental issues and access to care. See Appendix B for a copy of the community member survey.

Community Leaders

For the purposes of this report, a community leader will be defined as an elected or non-elected community official, community police or fire chief, or a school district superintendent. CCMH staff mailed eighteen (18) surveys to community leaders in the county health district and eleven (11) completed surveys were returned. Community leaders were asked about their perception of individual health issues, public health or environmental health issues they think impact the residents of the community they serve. They were also asked if they thought residents of their community are able to receive the medical services they need. See Appendix C for a copy of the community leader survey.

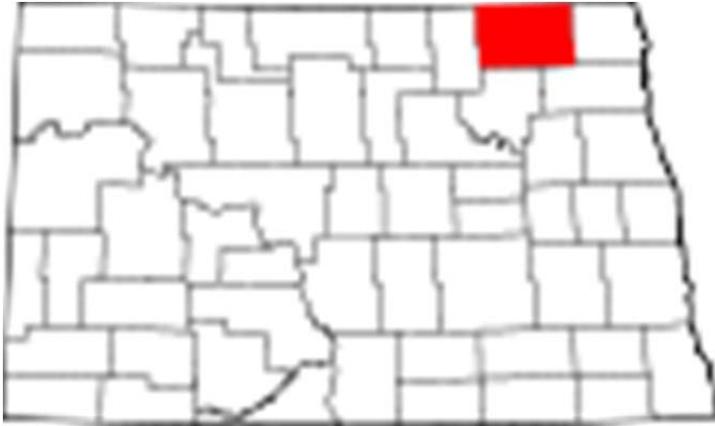
Public Health Community Health Roundtable Discussion

With permission from the Cavalier County Public Health Administrator, CCMH has listed the findings (see listings under the Cavalier County Health section of this report) from their community health assessment roundtable discussion conducted on March 13, 2012. The purpose of their roundtable discussion was to interpret and discuss what the community health profile data said about the health of our community and to prioritize and address those health topic areas.

About Cavalier County, North Dakota

Cavalier County is located in the state of North Dakota. For map of Cavalier County see figure 1. At the time of the 2010 census, the county population was 3,993. The county was created by the 1873 territorial legislature and was organized on July 8, 1884 with Langdon as the county seat.

Figure1. Map of Cavalier County



Geography

According to the U.S. Census Bureau, the county has a total area of 1,510 square miles, of which 1,488 square miles is land and 22 square miles (1.44%) is water.

Cavalier County Demographics Summary

With 3,993 people, Cavalier County is the 29th most populated county in the state of North Dakota out of 53 counties. In 2010 the median household income of Cavalier County residents was \$48,786. However, 8.2% of Cavalier County residents live in poverty. The median age for Cavalier County residents is 50.3 years of age. Males make up 50.2% of the county population while females make up 49.98%. The largest Cavalier County racial/ethnic groups are white (97.4%), followed by American Indian (0.9%) and two or more races (0.7%).

History

Cavalier County was created from the western part of Pembina County, North Dakota in 1873 and named by the territorial legislature for Charles Turner Cavalier (1818–1902), a well-known fur trader, customs agent, postmaster and first white settler. After petitioning the Territorial Governor for permission to organize the county, Patrick McHugh, W. Hudson Matthews, and L.C. Noracong met for that purpose on July 8th, 1884. On July 26th the new county officials met for the second time and chose Noracong as Chairman

of the Board with William H. Doyle and Matthews as Commissioners. The first Register of Deeds and County Clerk was McHugh. W.J. Mooney became the first Judge of Probate. Charles B. Nelson was the first Cavalier County Superintendent of Schools, and Clarence Hawkes the first Sheriff. Cavalier County took its current form in 1887 after the Territorial Legislature authorized an increase in size by taking a portion from Pembina County.

Places (Cities)

- Alsen
- Calio
- Calvin
- Hannah
- Langdon
- Loma
- Milton
- Munich
- Nekoma
- Osnabrock
- Sarles
- Wales

Note: all incorporated communities in North Dakota are called "cities" regardless of their size.

Townships

- Alma
- Banner
- Billings
- Bruce
- Byron
- Cypress
- Dresden
- Easby
- East Alma
- Elgin
- Fremont
- Glenila
- Gordon
- Grey
- Harvey
- Hay
- Henderson
- Hope
- Huron
- Langdon
- Linden
- Loam
- Manila
- Minto
- Montrose
- Moscow
- Mount Carmel
- Nekoma
- North Loma
- North Olga
- Osford
- Osnabrock
- Perry
- Seivert
- South Dresden
- South Olga
- Storlie
- Trier
- Waterloo
- West Hope

Community Assets for Health Improvement

The most important assets for health improvement that communities have to offer are their residents, community organizations and businesses. They have the ability to network, influence and mobilize other community members to take action and create a lasting change in the health status of the community. Although the quantity of existing health services may vary among the sectors of the county, they are viewed as a valuable asset to the communities they serve.

Existing health services include:

- Hospital & Clinic
- Public Health
- Rehabilitation Service
- Mental Health Service
- Dental Service
- Pharmacy

Other community resources include land, parks, protective services (fire, police), libraries, etc. These resources often attract a large number of people and are an important resource to foster health improvement.

Major Findings

Focus Group Results

- Residents living in the Langdon area section of Cavalier County were concerned about behavioral issues such as obesity, poor eating habits and physical inactivity which coincided with their southern counterparts who identified the same issues.
- Participants of the Langdon area section commented that many county residents are not aware of all the health services that CCMH offers to its public. They felt that it's very important to reach out and motivate community residents to take advantage of those health services to live healthier lifestyles. The southern focus group felt that CCMH needs to utilize our health professionals and media outlets such as TV, radio, newspaper, etc. to educate our community about the seriousness and consequences of unhealthy behaviors that lead to poor health conditions. Both the Langdon area section and southern section focus groups commented that CCMH needs to take the lead to get more county residents aware and involved with their own health issues.

Survey Results on Health and Environmental Issues

Community members identified obesity, heart disease and physical inactivity to be the top three health issues in their communities. Top environmental health issues identified included exposure to tobacco smoke, unsafe drinking water and unsafe roads and highways.

Survey Results on Individual Health Issues

Community members commonly reported aging problems, allergies and cancers as health behaviors they have experienced in the past year.

Survey Results on Access to Healthcare

The vast majority of community members did not identify access to healthcare as an issue for themselves or their residents. Community members reported that if residents could not

access healthcare, it was because no appointments were available, they did not have health insurance or their inability to pay for services.

Cavalier County Health

Health Concerns

Community members ranked their top three health concerns as:

- Obesity
- Heart disease
- Physical inactivity

Individual Health Concerns

When asked about the health conditions the survey participant or their family was impacted by in the previous year, responses for the community members included:

- Aging problems (checked by 37.5 % of the survey participants)
- Allergies (checked by 26.9 % of the survey participants)
- Cancers (checked by 21.7 % of the survey participants)

Behaviors Experienced Within the Past Year

Community members were also asked about behaviors that they or their families experienced in the previous year. Rankings are as follows:

- Being overweight (checked by 48.0 % of the survey participants)
- Lack of exercise (checked by 47.3 % of the survey participants)
- Poor eating habits (checked by 27.6 % of the survey participants)

Environmental Health concerns

Community member's top three environmental concerns are:

- Exposure to tobacco smoke (51.3 %)
- Unsafe drinking water (16.4 %)
- Unsafe roads/highways (7.2 %)

Access to Healthcare

At the county level, a small number of community members (23.6 %) identified access barriers to healthcare as being an issue for themselves or their family. The primary reason cited as an access barrier to care was appointments not being available or convenient (9.8 %). Other reasons community members cited for having difficulty accessing healthcare includes no insurance (5.9 %), and inability to pay (5.3 %).

Community Leader Survey Results

Individual Health Issues

Community leaders were asked to list the top three individual health issues they think affect the residents of the community they serve. Across the county, community leaders thought their residents were most impacted by:

- Being overweight
- Aging problems
- Cancers

As a result of the small sample size of the community leader's survey; there were some discrepancies between community leaders and community members about community health concerns in Cavalier County. Community leaders identified being overweight as their number one individual health concern, with aging problems and cancers listed as second and third respectively. Community members identified aging problems, allergies and cancers as their first, second and third individual health concerns.

Community Health and Environmental Issues

Community health and environmental issues were condensed into the same list for community leaders in order to keep the survey at a reasonable length. The top three most significant problems listed were:

- Obesity (45.0 %)
- Heart disease (36.3 %)
- Tobacco use (9.0 %)

Community leaders did not identify any of the environmental health issues that were commonly identified by community members (exposure to tobacco smoke, unsafe drinking water and unsafe roads/highways).

Access to Healthcare

Paralleling community members, a minority of community leaders thought that access to healthcare is an issue for their constituents (36.3 %); however community leaders overestimated the number of their residents who face this issue as evidenced in the community member's survey returns (23.6 %). Community leaders identified inability to pay as their number one barrier to healthcare as opposed to community members who listed no appointment available as their number one access barrier to healthcare. The percentage of community leaders who identified inability to pay and no insurance was higher than the percentage of community members identifying these barriers, suggesting that the community leaders small sample size may be responsible for the discrepancy between community leaders and community members about access barriers to healthcare in Cavalier County.

Cavalier County Public Health Roundtable Findings

In completing the public health roundtable, community members identified the following health status priority areas for Cavalier County by discussing data provided by the North Dakota Department of Health:

- Chronic Disease
- Unintentional Injury
- Emotional Health

Although the aforementioned community health status priorities were determined to be a concern, the roundtable participants viewed these health issues as short term and winnable. The participant group felt there is a potential for positive, measurable outcomes within the next six months. The participant's believed positive outcomes for chronic disease, unintentional injury and emotional health will come through awareness of health programs available in the community and identification of needed areas that are lacking services. Discussion has taken place with CCMH regarding community assessment and including and addressing public health issues as well as other health issues. The public health also plans to address these issues with the Cavalier County Health Network, an established group of community health providers that meet regularly.

What can CCMH do to help assist Communities with the Identified Issues?

CCMH has published this CHNA report on the facility website to inform Cavalier County residents of what their peers believe are the most pertinent public health issues in our community. Furthermore this report will serve as a foundation to build a lasting relationship between Cavalier County and CCMH. This report also serves as a stepping stone to further investigations of community health concerns, the enhancement of public health services offered to the community and community mobilization to create and promote community partnership that will address the health needs of the community. This report provides the community with a unique opportunity to become actively involved in creating a healthier Cavalier County.

Community Members

- Review the findings of the CCMH Assessment
- Support community initiatives to create a healthy county population
- Integrate lifestyle modifications into your daily activities

Community Leaders

- Review the findings of the CCMH Assessment
- Encourage community members to actively participate in opportunities to create a healthier community
- Stay informed of and support initiatives sponsored by CCMH

CCMH

- Publicize services available to community members
- Create services to address community needs.
- Consider making services offered to community members more convenient and accessible
- Collaborate with other service providers to maximize the scope and accessibility of services.

Attachment A

Initials, titles, and affiliations of individuals with special knowledge, expertise, and representative of specific populations who participated in CHNA focus group meetings:

M.G.	Physician	CCMH
S. P.	Physician	CCMH
D.Z.	Sheriff	Police Dept.
S.F.C.	LSW	Social Services
S.F.C.	Board President	CCMH
S.W.	RN	Public Health
L.M.	RN	CCMH ADON
T. B.	Commissioner	County Official
E. M.	Commissioner	County Official
P.L.	Mayor	Nekoma Township
C.E.	Board Officer	CCMH
W. W.	Pastor/Board Member	Church
R. J.	Resident	Community
C. J.	Resident	Community
P.L.	Resident	Community
J.E.	Resident	Community
W.G.	Resident	Community
M.G.	Resident	Community
B. G.	Resident	Community

Attachment B

CCMH Strategic Action Plan Implementation

The CHNA survey results indicated several areas that Cavalier County leaders and members regarded as community and individual health concerns, behavioral concerns, environmental problems and access barriers to healthcare issues. But, due to limited facility capacity and financial constrictions, the facility is only able to address the top three priorities in each of the aforementioned categories. Through focus group discussions and survey comments, the county's leaders and members suggested and recommended increasing awareness, education and programming as strategies to assist Cavalier County communities with the identified issues. CCMH Board of Directors concurred with their recommendations and has outlined a Board approved strategic action plan to address the CHNA's highest priority issues.

On March 20, 2013, the CCMH Board of Directors and Administration implemented their strategic action plan interventions to address the CHNA's identified Community Health Concerns: obesity, heart disease and physical inactivity; Individual Health Concerns: aging problems, allergies and cancers; Behavioral Concerns: being overweight, lack of exercise and poor eating habits; Environmental Problems: exposure to tobacco smoke, unsafe drinking water and unsafe roads/highways; Access Barriers to Healthcare Issues: no appointment necessary, no insurance and inability to pay. The strategic action plan interventions are as follows: To **increase the community's awareness of CCMH's available services** through advertisements in the local newspaper, radio and facility website. To **educate the community on the importance of optimal management of their individual health needs** through health articles in the local newspaper, radio advertisements, facility website, health professional lectures at local schools and key community locations, and health screening booths at health fairs and local events. To **create programming of services that will address community health needs and be more convenient and accessible for community members** i.e., extended clinic hours, hospital week free health screenings and reduced lab costs, etc.

CCMH's timeline to complete its strategic action plan to address the top three identified issues in each of the healthcare sections of the CHNA is June 30th, 2016. To measure success of CCMH's implemented strategic action plan, constant monitoring and evaluation of performance indicators tied to community priorities will help CCMH monitor for demonstrated improvements in those areas on an annual basis.

As stated earlier in the introduction section of this report, the health status of a community plays a large role in its social and economic prosperity, hence it is very important that CCMH get involved with Cavalier County communities to help them continually improve and maintain its health at an optimal level. CCMH Board of Directors and Administration has demonstrated its commitment to maintain and protect the health and environment of the communities it serves through its implementation of the CHNA and Strategic Action Plan. CCMH's community action has demonstrated that it's truly a value and benefit to its surrounding communities.

Appendix A

SURVEY PARTICIPANT DEMOGRAPHICS

Demographics of Survey Participants

Population	Number
Total	152
Male	35
Female	106
No response	11
Average Age of Participants	63
How many children Under 18 in household	
0	109
1	11
2	6
3 or more	10
No response	16
Race/Ethnicity	
White	147
Hispanic/Latino	1
No response	4
Education Level	
Grade 1-8 (elementary)	6
Grade 12 or GED	33
College 1-3 years (some college)	47
College 4 years or more (graduate)	48
College (post graduate)	14
No response	16

Appendix B
COMMUNITY MEMBER SURVEY

COMMUNITY MEMBER HEALTH ASSESSMENT SURVEY

Please take a minute to complete the survey below. The purpose of this survey is to get your opinion about community health problems in Cavalier County. CCMH will use this survey results and other information to help identify issues which can be addressed in the Public Health District or through community action. **Please only complete one survey per adult and return it in the self-addressed postage paid envelope.** Remember, your opinion is important! If you have any questions, please contact us at (701) 256-6180. Your individual survey will be confidential. Thank you for your assistance.

COMMUNITY HEALTH CONCERNS

In the following list, which health issues do you consider to be a problem in your community (check all that apply)

Falls	Mental health	Stroke
Food Bourne illness	Motor vehicle crashes	Teen births
Heart disease	Obesity	Tobacco use
Hepatitis B/C	Physical inactivity	Other_____
Low birth weight babies	Pneumonia	
Lung cancer	Poisonings	

From the health issues you identified above, please rank the top three issues with 1 being the most important issue, 2 being the second most important issue, and so on.

- 1) _____
- 2) _____
- 3) _____

What are three things you think CCMH could do to assist your community in addressing the health issues you ranked above?

- 1) _____
- 2) _____
- 3) _____

INDIVIDUAL HEALTH CONCERNS

In the following list, what health issues have you or a family member had in the last year (check all that apply)?

- | | | |
|---|--------------------------|---------------|
| Aging problems
(Arthritis, hearing loss,
vision loss, etc.) | Cancers | Dog bites |
| Allergies | Child abuse/neglect | Domestic |
| STDs | Dental problems | Falls |
| HIV/AIDS | Diabetes | Injuries |
| Rape/sexual assault | Heart disease and stroke | Liver disease |
| Infant death | Motor vehicle injuries | Homicide |
| Other_____ | Teenage Pregnancy | Hepatitis, TB |
| | Respiratory/lung | |
| | Infectious disease | |

In the following list, what behaviors have you or a family member experienced in the last year (check all that apply)?

- | | |
|---|---|
| Alcohol abuse | Not using birth control |
| Being overweight | Not using seat belts/child safety seats |
| Dropping out of high school | Poor eating habits |
| Drug abuse | Tobacco use |
| Lack of exercise (less than two
times each week) | Unsafe sex |
| Not getting “shots” to prevent disease | Other_____ |

COMMUNITY & ENVIRONMENTAL ISSUES

I believe the following issues exist in my community (check all that apply):

- | | |
|---------------------------------|---------------------------------|
| Air pollution | Unsafe drinking water |
| Exposure to tobacco smoke | Unsafe river/creek/stream water |
| Lack of safe recreational areas | Unsafe roads, highways |
| Open dumping | Other_____ |
| Septic System run-off | |

What are the three environmental health issues you think are the biggest concern in your community?

- 1) _____
- 2) _____
- 3) _____

ACCESS TO COMMUNITY HEALTHCARE

If there was a time in the past year that you or anyone in your family needed medical care but could not get it, what were the reasons you did not get care (check all that apply)?

Does not apply

Other_____

Inability to pay

No appointment was available

No access for people with disabilities

No insurance

No transportation

No child care

Provider did not speak my language

Would you be interested in participating on a Community Health Group?

CCMH will work with the Community Health Group to review identified and emerging health issues in Cavalier County communities. CCMH will provide assistance to members as they implement solutions in their communities.

Yes

No

If so, please provide a name and contact number and a CCMH staff member will contact you.

Name_____Phone_____

Please complete the following demographic information (all information will remain confidential):

Age_____

What is your gender:

Male

Female

Are you Hispanic or Latino?

Yes

No

Which one or more of the following would you say is your race?

- White
- Black or African American
- Asian
- American Indian
- Native Hawaiian or other Pacific Islander
- Alaskan Native
- Other

Neighborhood (Township or City) where you live: _____

Neighborhood (Township or City) where you work: _____

What is the highest grade or year of school you completed?

- Grades 1-8 (Elementary)
- Grade 12 or GED (High School graduate)
- College 1 year to 3 years (Some college or technical school)
- College 4 years or more (College graduate)
- College more than 4 years (Post-graduate)

How many children (under 18 years of age) do you care for in your household?

- 0
- 1
- 2
- 3 or more

Additional Comments:

Please return this completed survey in the self-addressed postage paid envelope to:

Cavalier County Memorial Hospital
C/O Lawrence Blue, CEO
909 2nd Street
Langdon, ND 58249

Or you may fax your completed survey to:

ATTN: Lawrence Blue, CEO
(701) 256-6171

Appendix C

COMMUNITY LEADERS HEALTH SURVEY

COMMUNITY LEADERS HEALTH ASSESSMENT SURVEY

1) In the following list, please identify the top three individual health issues you think affect the residents of your community by placing a 1, 2 or 3 next to the issue. “1” indicates you think this is the most significant problem in your community and a “3” indicates you think this is the least significant problem of the three conditions you identified.

Aging problems (arthritis, hearing, vision loss, etc.)	Firearm-related injuries	Rape/sexual assault
Alcohol abuse	High blood pressure	Respiratory/lung
Allergies	High cholesterol	Sexually Transmitted
Being overweight	HIV/AIDS	Diseases (STD)s
Cancers	Homicide	Suicide
Child abuse/neglect	Infant death	Unsafe sex
Dental problems	Lack of safe recreational areas	Other_____
Diabetes	Liver disease	_____
Dog bites	Mental health issues	_____
Domestic violence	Not using seat belts/child safety seats	
Drug abuse		

2) In the following list, please identify the top three health or environmental issues you think affect the residents of your community by placing a 1, 2 or 3 next to the issue. “1” indicates you think this is the most significant problem in your community and “3” indicates you think this the least significant problem of the three conditions you identified.

Air pollution	Motor vehicle crash	Tobacco use
Falls	Obesity	Unsafe river/creek/
Food borne illness	Open dumping	Stream water
Heart disease	Physical inactivity	Infectious disease:
Lung cancer	stroke	HIV/AIDS
Poisonings	unsafe roads	Hepatitis
Low birth weight babies	Septic system run-off	STD's
Mental Health	Teen Pregnancy	Other_____

3) What are the three things you think CCMH could do to assist your community in addressing the community health and/or individual health issues you ranked from questions 1 and 2 listed above?

- 1) _____
- 2) _____
- 3) _____

4) Do you think residents in your community have difficulty getting the medical services they need (circle one)?

YES NO

If you answered NO, please skip down to question 5.

If you circled YES to the previous question, how significant an issue is this for your community residents (circle one)?

- | | | | |
|-------------------|----------|-------------|------------|
| 1 | 2 | 3 | 4 |
| To a great extent | Somewhat | Very little | Not at all |

If you circled YES in the first part of question 4, please check the reason(s) why you think community residents have difficulty getting medical services they need?

- | | | |
|---|--|--|
| <input type="checkbox"/> Inability to pay | <input type="checkbox"/> No access for people
with disabilities | <input type="checkbox"/> No childcare |
| <input type="checkbox"/> No appointment | <input type="checkbox"/> other | <input type="checkbox"/> Language barriers |
| <input type="checkbox"/> No insurance | | <input type="checkbox"/> No transportation |

5) What other health-related concerns or issues are residents in your community facing that were not addressed in previous questions?

6) Please rate the CCMH staff in the following areas regarding our ability to *meet your needs as a community leader*.

	Strongly Disagree			Strongly Agree	
Staff is willing to help	1	2	3	4	5
Staff is knowledgeable	1	2	3	4	5
Staff is resourceful	1	2	3	4	5
Staff is prompt	1	2	3	4	5

7) Please rate CCMH staff in the following areas regarding our ability to *meet the needs of residents in your community*.

	Strongly Disagree			Strongly Agree	
Staff is willing to help	1	2	3	4	5
Staff is knowledgeable	1	2	3	4	5
Staff is resourceful	1	2	3	4	5
Staff is prompt	1	2	3	4	5

Please indicate which village, township or city you represent _____

Please return this completed survey to:

Cavalier County Memorial Hospital
 C/O Lawrence Blue, CEO
 909 2nd Street
 Langdon, ND 58249

Or you may fax your completed survey to:

ATTN: Lawrence Blue, CEO
 (701) 256-6171