

2024 Community Health Assessment



**Serving Lincoln, Lyon, Murray,
Pipestone, Redwood and Rock Counties**

Southwest Health and Human Services

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Message to the Community



I am pleased to present the Southwest Health and Human Services (SWHHS) 2024 Community Health Assessment. Every five years, Local Public Health Departments conduct a Community Health Assessment to determine local health priorities. The process includes gathering data from a variety of resources as well as input from community members. Community input is sought in a number of ways, including surveys, focus groups and guided discussions with community members across southwest Minnesota.

Health is defined by the World Health Organization as “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” This kind of health is central to creating environments where all families, communities and systems thrive. This kind of health is a shared responsibility and it begins where we live, learn, work, and play.

Thank you to the residents who took the time to fill out surveys, participate in community conversations or join focus group interviews. Your input has been invaluable in gaining insights into health concerns within our communities. We believe that everyone deserves access to good health, regardless of their location, education, or income level. We urge you to utilize this data when working with communities in Lincoln, Lyon, Murray, Pipestone, Redwood, and Rock Counties.

In partnership with the community, SWHHS Public Health will now turn its attention to focus on the development of the Community Health Improvement Plan, our roadmap to create community-driven solutions to elevate health and well-being.

Carol Biren
Public Health Director, SWHHS

Acknowledgements

The Southwest Health and Human Services Community Health Assessment Committee Members:

- Carol Biren, Public Health Director
- Ann Orren, Community Public Health Supervisor
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Introduction

In 2013, Southwest Health and Human Services (SWHHS) became the first and largest joint-powers health and human services agency in Minnesota. The model of this agency, at its core, is a sustainable local government that provides continuity of service across a six-county region of Lincoln, Lyon, Murray, Pipestone, Redwood, and Rock counties.

In 2016, staff reviewed our mission statement and, in the end, did not change it. The mission of SWHHS is a multi-county agency committed to strengthening individuals, families, and communities by providing quality services in a respectful, caring and cost-effective manner.

County Commissioners from each of the member counties serve on the Human Services, Public Health and Governing Board. One layperson from each of the member counties also serves on the Human Services Board.

SWHHS is divided into five divisions: Public Health, Human Services, Business Management, Information Technology, and Human Resources/Financial Assistance. Each division has a Lead that is overseen by the Agency Director. There are separate fund accounts for public health and human services.

The Healthy Southwest Health and Human Services Partnership

Every five years public health agencies are required to assess the health of their community to determine if interventions and programs are on target for the population the public health agency serves. Planning is done for the next five years based on the data collected about the service area.

Since public health services are not provided in a bubble, community input on health priorities and concerns from residents, community leaders, and service organizations is key to developing plans that are a focus for the implementation period to come. Where data is lacking, local surveys have helped fill the void.

Public Input

The Health of Southwest Health and Human Services was made available to community members for review. Any comments and additional data provided by the community were reviewed and incorporated as needed.

Limitations

The data collected in this document does not represent a total picture of the health of SWHHS. It was meant to be a snapshot of where the health of citizens in the six-county area is and to help focus decision-makers as to where to place limited resources. Data collection was limited by the availability of county-level data or lack of study or survey in an area. Not all areas of health were covered due to the sheer volume of topics and the time limitations of this assessment process.

Community Health Assessment data was collected from various local, state, and federal data sources. Some of these resources include the 2023 Southwest Minnesota Healthy Communities Survey, the Minnesota Student Survey (1998 through 2022), Minnesota Center for Health Statistics, Atlas of Minnesota Online, Minnesota State Demographer, Minnesota Department of Economic and Employment Development, Minnesota Department of Public Safety, Minnesota Court System, Minnesota Department of Natural Resources, various departments at Minnesota Department of Health, Minnesota Electronic Record Consortium, various disease foundations, Behavioral Risk

Factor Surveillance System, Environmental Protection Agency, U. S. Census Bureau, U.S. Department of Agriculture, and Centers for Disease Control.

A Framework for Assessing Health

Social determinants of health are the nonmedical factors that influence the health of people and communities. These conditions are ones that people are born, live, grow up, learn, work, play, worship, and age, and the wider set of forces and systems shaping the conditions of daily life. These conditions are economic policies and systems, development agendas, social norms, social policies, racism, climate change, and political systems. (1)

These determinants can be extended to the population in the form of five determinants of health of a population; education access and quality, economic stability, social and community context, neighborhood and built environment, and health care access and quality. (2)

In 2010, the World Health Organization published a report on how to influence social determinants of health in order to reduce health inequities. In the figure below structural mechanisms in the socio-economic and political context of policies, governance, and culture give rise to a socioeconomic position where people are stratified by how much money they have, the color of their skin, education attainment, gender, occupation, and other factors. These factors shape the intermediary determinants, which include where people are in social hierarchies. Social status determines how vulnerable a person is to experiencing a negative health condition and exposure level. Once a person becomes ill, you will see that impact feedback through the system influencing structural determinants. (3)



Source: Centers for Disease Control. (1)

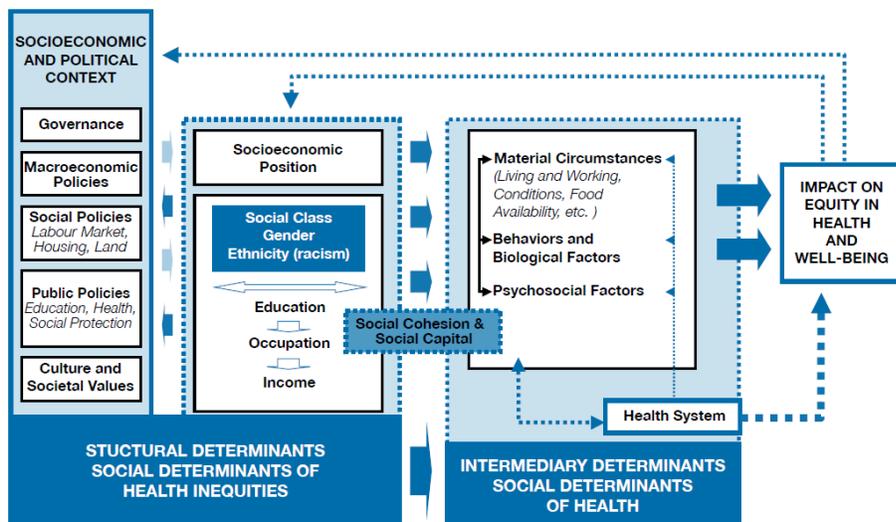
Social Determinants of Health



Social Determinants of Health
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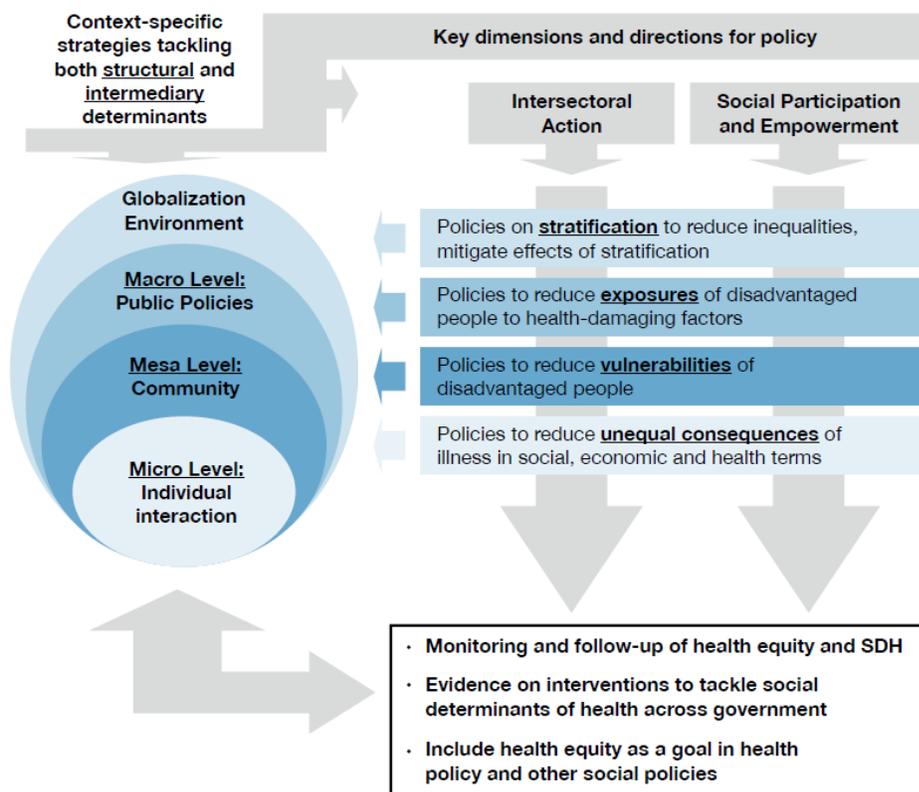
Healthy People 2030

Source: U.S. Department of Health and Human Services. (2)



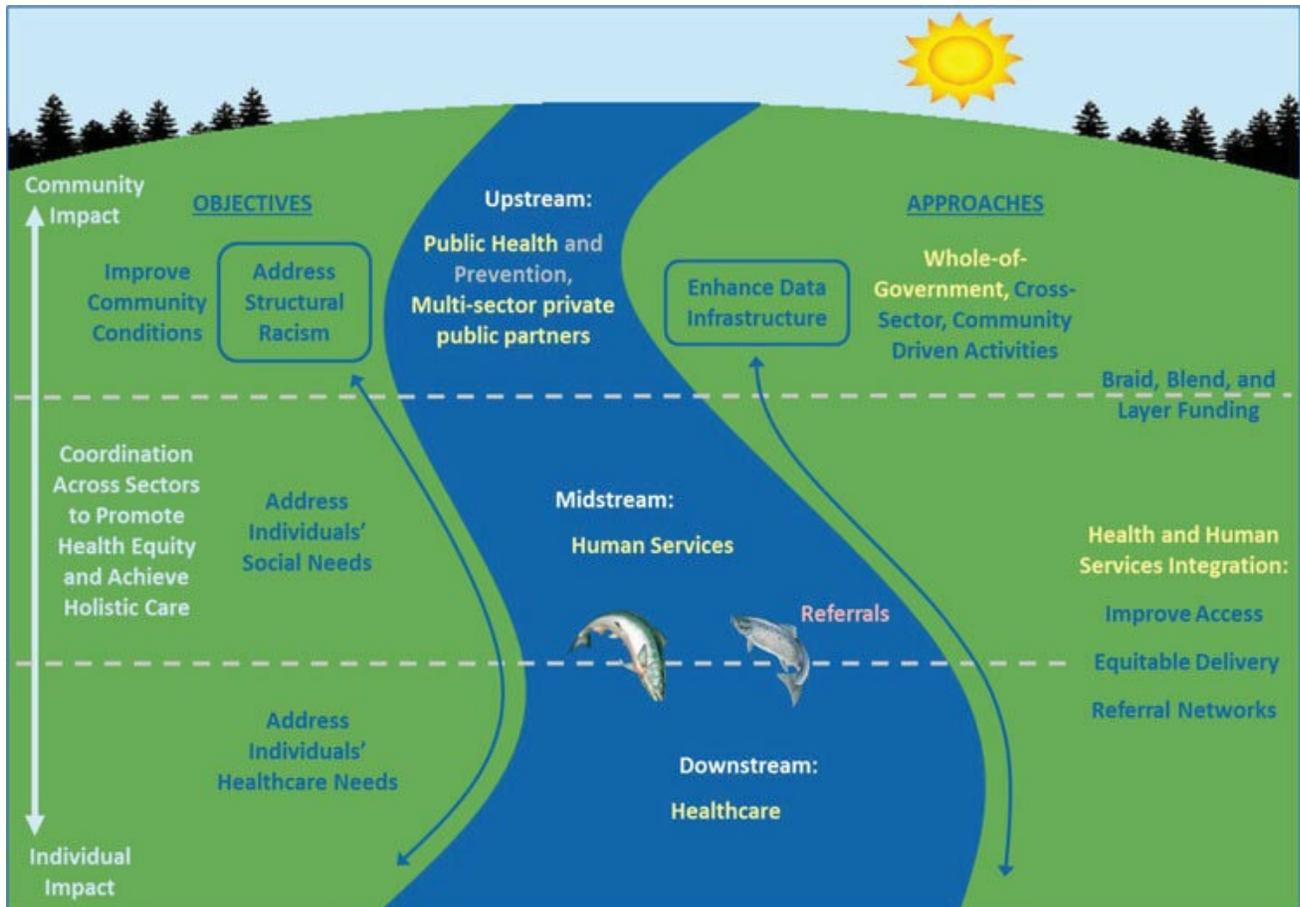
Source: World Health Organization, 2010 (3)

The reason this community health assessment is looking at these various determinants is to ensure that programs that are put in place to address health needs that are identified by community input and data collection have a health equity component to them. As populations of color increase in the six-county area, SWHHS staff can be mindful of how to eliminate health disparities. Education on how current systems, policies, and environments have worked to limit health in low-income populations and populations of color will bring about needed policy changes at all levels of structural and intermediary determinants as described in the figure below. (3)



Source: World Health Organization, 2010 (3)

SWHHS community health assessment is designed to look at upstream factors that influence health and downstream results. Having a basis in social determinants of health give a systematic strategy for improving health. The challenge is to leverage categorical and disease focused funding to address the underlying economic and social conditions. New approaches to public health delivery and partnerships with key community organizations are needed to work in the upstream arena. (4)



Source: Journal of Public Health Management and Practice. (4)

Organization

The organization of this document is in eight main sections. The next seven sections are factors that influence health. The eight sections are:

Demographics and Community Characteristics: Explores the population, aging, race and ethnicity changes within SWHHS.

Economic Stability: Explores food security, housing, employment and income/poverty factors.

Neighborhood and Built Environment: Explores housing quality, violence, crime/public safety, environment, healthy workplaces, schools and transportation within SWHHS.

Education Access and Quality: Explores language and literacy, educational attainment and early childhood development with in SWHHS.

Food Access and Quality: Explores access to healthy food options, availability, quality, and hunger.

Social and Community Context: Explores social support, social cohesion, civic engagement, and incarceration within SWHHS.

Health Care Access and Quality: Explores access to primary, specialty, emergency care, affordability, health literacy, quality of care and insurance coverage within SWHHS.

Health Behavior: Explores personal health practices and behaviors such as eating, exercise, sexual practices, etc.

General Health Status

What does health mean to you? In the six-county region that make up Southwest Health and Human Services, being healthy is the balance of physical, mental, emotional, and spiritual health and how these things connect. (5) Community members from various groups explained being healthy in this way:

It's a mixture of being mentally, physically and socially being healthy. Having all those aspects meet each other. - **LGBTIQA group** (5)

Being able to be balanced between emotions, physically, and spiritually. If you're down emotionally your body will eventually follow that. It's good to maintain a good energy and be with others that are. - **Native American group** (5)

Being healthy means to me in my community is access to health care and both physical/ mental, good education, good human services, good employment, and housing opportunities. Those basic needs are very important to being healthy and not just mental and physical health. If you don't have good housing it effects your mental health. If you don't have good credit it's hard to get a home as a newcomer since you have to build credit scores to purchase a home. It is all related to one person. Having employment and a good job to pay rent. - **Karen group** (5)

It's a balance of physical and mental health. - **Veterans group** (5)

It's being both physically and emotionally healthy. It can be complicated to talk about mental health because it is hidden, but it is also important because mental health impacts not just the individual, but their work and the other people they are with. – **Somali Refugees and Immigrants group** (5)

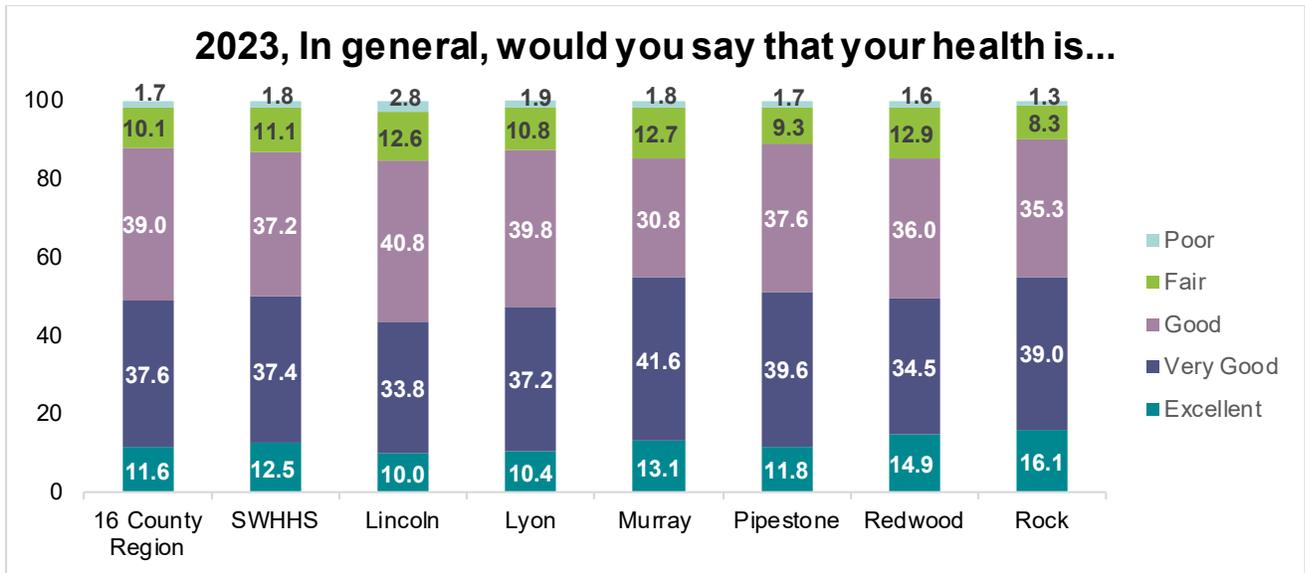
Health is really important because we don't have health insurance, so we have to be extra careful to not get sick or injured. – **Spanish-speaking group** (5)

Health is being physically healthy, having a good diet, and being mentally and spiritually in a good spot. It is a feeling of being taken care of and maintaining a balance in life. – **People with disabilities group** (5)

In 2023, Southwest Health and Human Services participated in a regional adult health survey. Because of limited funding, 16 counties joined with Wilder Research and the Minnesota Department of Health to complete the Southwest Minnesota Healthy Communities Survey.

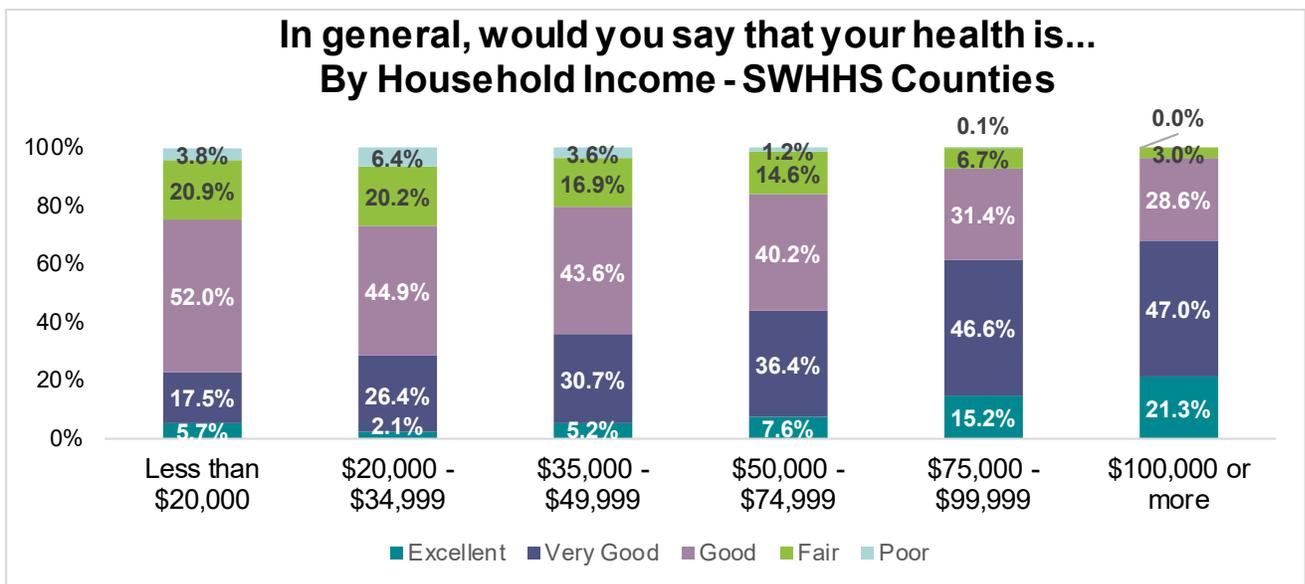
Overall, the data obtained from this survey has been valuable for determining a snapshot of adult health in the SWHHS coverage area. The 2023 survey results showed SWHHS residents felt their overall general health status was similar to the rest of the citizens in the 16-county region. 12.5% of residents in the SWHHS counties ranked their health as “excellent” in comparison with the regional 11.6%. This was also the case for the percent of residents who ranked their health as “very good” with SWHHS at 37.4% vs. Region at 37.6%. When compared to 2015 survey results, there has been

a slight decrease in “excellent” responses for SWHHS by 1.3% and the Region by 1.6%. Responses for “very good” have also seen a slight decrease for SWHHS by 2.4% and the Region by 2.6%. The “good” response increased for SWHHS by 1.3% and the Region by 3.5%, “fair” response increased for SWHHS by 1.9% and the Region by 0.6%, “poor” response increased for SWHHS by 0.4%. (6)



Source: Wilder Research, 2023 Southwest Minnesota Healthy Communities Survey. (6)

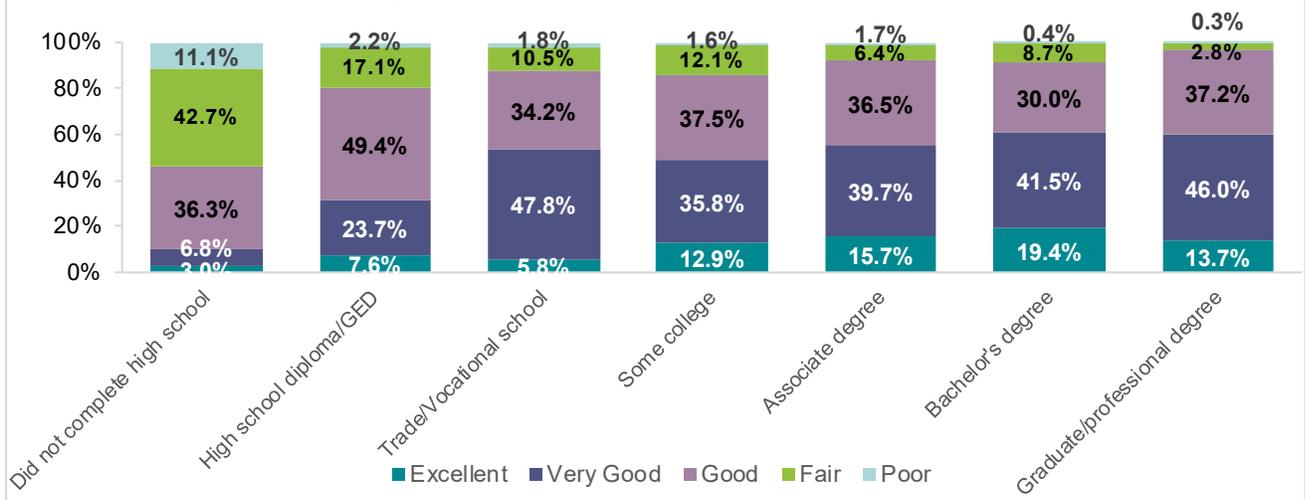
A comparison of overall health status and household income for SWHHS residents showed that the higher an individual’s household income was, the more likely they would rank their health as “excellent” or “very good.” The difference between “less than \$20,000” and “\$100,000 or more” for “excellent” and “very good” combined was 45.1 percentage points. (6)



Source: Wilder Research, 2023 Southwest Minnesota Healthy Communities Survey (6)

Similar trends were seen with residents who obtained a higher educational degree: residents who lived in the SWHHS counties with a bachelor's degree or higher were more likely to rank their overall general health in the “excellent” or “very good” range. The difference between “Did not complete high school” and “Graduate/professional degree” for “excellent” and “very good” combined was 49.9%. (6)

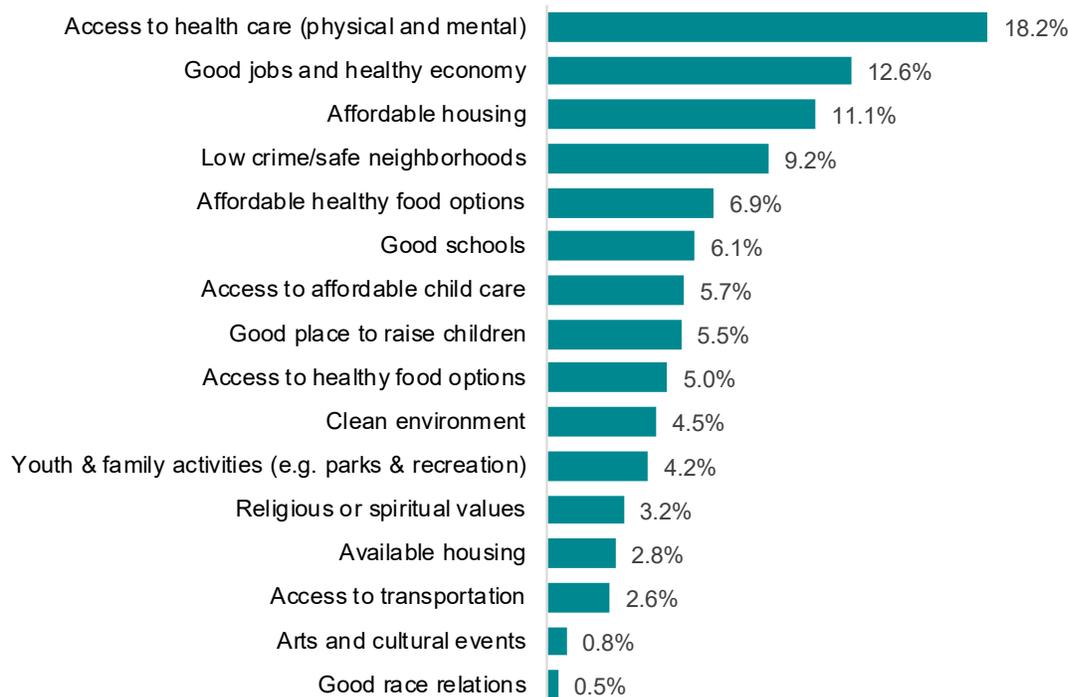
In general, would you say that your health is.... 2023, by Education Level - SWHHS Counties



Source: Wilder Research, 2023 Southwest Minnesota Healthy Communities Survey (6)

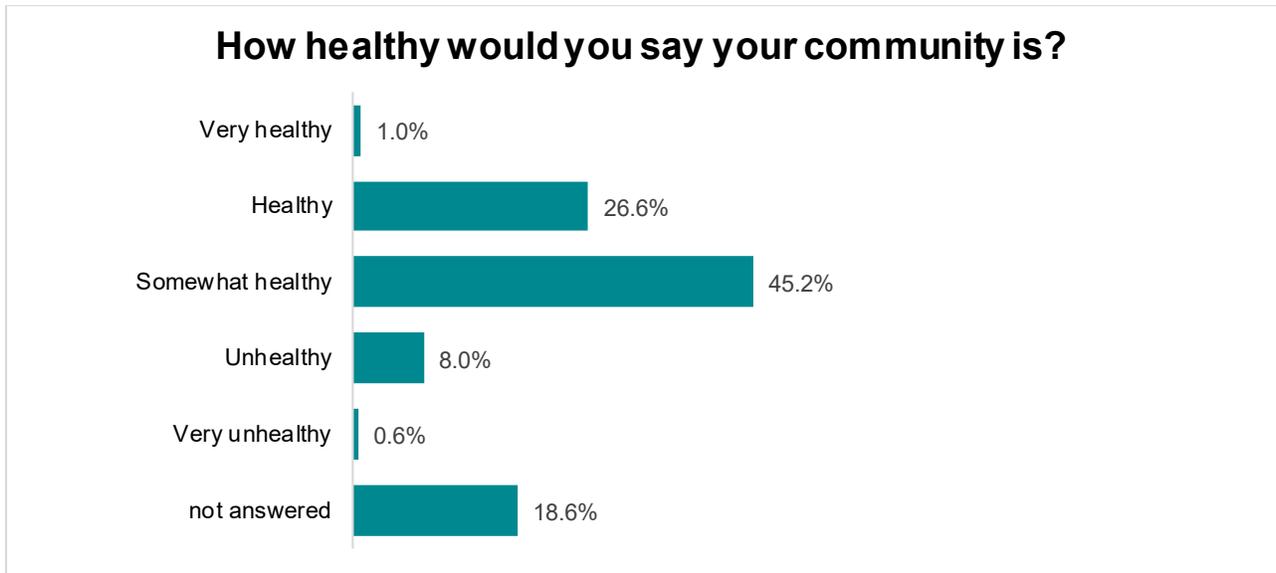
SWHHS conducted 2024 Quality of Life Survey, a convenience sample survey, to determine perception of the community on various topics. There were 312 survey respondents from all six SWHHS counties. The survey respondents reported the three most important factors for a “healthy community” are access to health care (physical and mental health) at 18.2%, Good Jobs and health economy at 12.6% and affordable housing at 11.1%. (7)

What do you think are the three MOST important factors for a “healthy community”? (Please mark only THREE)



Source: 2024 Quality of Life Survey. (7)

The 2024 Quality of Life Survey respondents were asked “How healthy would you say your community is?”, with 45.2% of respondent answering “Somewhat Healthy”, 26.6% “Healthy”, 8.0% “Unhealthy”, 1.0% “Very Healthy” and 0.6% Very Unhealthy”. There were 18.6% of survey respondents that did not answer. (7)



Source: 2024 Quality of Life Survey. (7)

Demographics and Community Characteristics

Counties SWHHS Serves

Southwest Health and Human Services serves a largely rural area with rolling farmland in Lincoln, Lyon, Murray, Pipestone, Redwood, and Rock. This primarily agricultural area produces corn, soybeans, winter wheat, hogs, feeder cattle, dairy products, and in Pipestone County, lambs, and sheep.



Lincoln County was organized in 1873. It includes the cities of Arco, Hendricks, Ivanhoe, Lake Benton, and Tyler and the unincorporated communities of Marshfield, Thompsonburg, Verdi, and Wilno. (8) The majority of people in Lincoln County are Polish, Danish, Norwegian, and Icelandic heritage. Ivanhoe is the home of the county seat. Lincoln County is 100% rural and is one of a small number of counties in the state without a traffic light. The county’s population was the eighth smallest in Minnesota in the 2020 Census. Lake Benton is home to the Lake Benton Opera House, which is on the National Registry of Historic Buildings, and Heritage & Wind Power Learning Center. In Hendricks, you will find the Lincoln County Pioneer Museum where you can see a one-room schoolhouse, an Icelandic church, a train depot and a Sears’s house furnished with turn of the century décor.

Lyon County is the largest of the six counties and was established 1869. It includes the cities of Balaton, Cottonwood, Florence, Garvin, Ghent, Lynd, Marshall, Minneota, Russell, Taunton, and



Tracy along with unincorporated communities of Amiret, Burchard, Dudley, and Green Valley. The majority of people in Lyon County are of Icelandic, Belgian, Swedish, and Norwegian heritage. (8) Lynd was the county seat, but it is now Marshall. Marshall is the largest city in the county and in Southwest Minnesota. Marshall is the home of The Schwan's Company, an international food processing and distribution company; ADM, a corn processing plant; and Turkey Valley Foods, a turkey processing plant. Due to the availability of jobs in these companies, Lyon County is the home of several minority populations, including Hispanics, Somalis, Hmong, and Karen. Marshall is also the home of Southwest Minnesota State University (SMSU).



Murray County was created in 1857 through a bill passed by the Minnesota legislature. The first city established in Murray County was Currie in 1872 followed by Fulda, Hadley, Avoca, Iona, Slayton, Lake Wilson, Chandler, and Dovray. Unincorporated communities in Murray County are Current Lake, Kelley, Lime Creek, Mason, Owanka and Wirrock. (8) The majority of people in the county are of Irish Catholic, Norwegian, and Dutch heritage. The county seat is Slayton; however, Currie and Slayton competed for the county seat. Murray County is also home to Lake Shetek and Lake Shetek State Park providing water and trail recreational opportunities. End-O-Line Railroad Park and Museum is located in Currie, which is next to the Casey Jones Bike Trail. Murray County is host to Fenton Wind Farm; Minnesota's largest wind farm project located on the Buffalo Ridge.



Pipestone County was established in 1857- although the City of Pipestone, the largest city in Pipestone County and county seat, was established in 1874. Pipestone County includes the cities of Edgerton, Woodstock, Trosky, Jasper, Holland, Hatfield, Ruthton, and Ihlen along with the unincorporated communities of Airlie and Cazenovia. (8) The majority of people in the county are of Norwegian and Dutch heritage. Pipestone National Monument is located in Pipestone, which is the "Home of the Peace Pipe", because of its rock formation that yielded the stone used by Native Americans to make peace pipes. Edgerton is the home of the Dutch Festival in July. Split Rock Creek State Park is located north of Jasper and has amenities such as boating, fishing, swimming, and walking trails available to the public.



Redwood County was established in 1862 and settled by German, Norwegian, Irish, English, Swedish, and Danish immigrants. Unincorporated communities include Gilfillan and Rowena and cities include Belview, Clements, Delhi, Lamberton, Lucan, Milroy, Morgan, Redwood Falls, Revere, Sanborn, Seaforth, Vesta, Wabasso, Wanda, and Walnut Grove, which is the childhood home of Laura Ingalls Wilder and hosts pageant weekends in July. (8) Walnut Grove is also home to a large Hmong community. The Lower Sioux Indian Community, who is part of the Mdewakanton Band of Dakota, calls the northeast portion of Redwood County home. Redwood County has the Minnesota River as its northeastern border. Redwood Falls is the county seat and home to Minnesota's largest municipal park, Alexander Ramsey Park, which contains a beautiful waterfall, trail system, and camping. Each August, Minnesota Farmfest calls the historic Gilfillan Farm Estate home, which is located between Redwood Falls and Morgan.



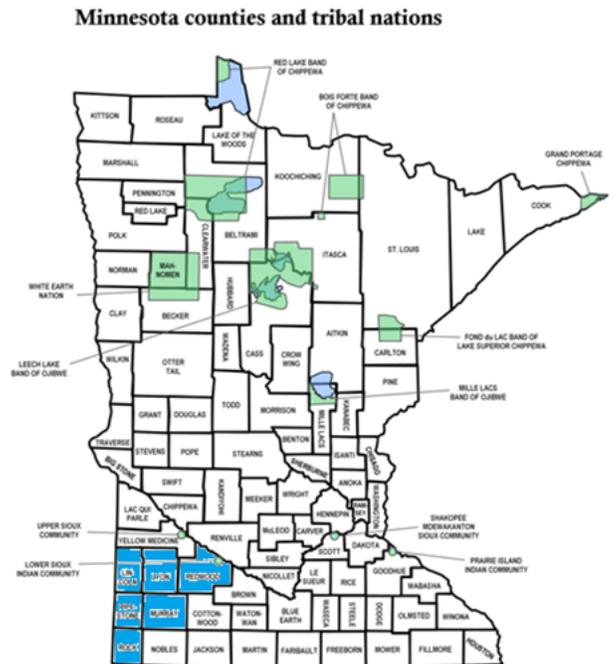
The Original Act of 1857 established Rock County. You will find Rock County in the southwest corner of Minnesota bordering South Dakota on the west and Iowa to the south. Rock County was named for the immense quantities of rock within its borders. Cities included in Rock County are Jasper, Hardwick, Kenneth, Beaver Creek, Luverne, Magnolia, Hills, and Steen with unincorporated communities of Ash Creek, Kanaranzi, and Manley. (8) The majority of people in the county are of German, Dutch and Norwegian heritage. Blue Mounds State Park is located near the town of Luverne and is named after a linear formation of Sioux Quartzite bedrock, which is said to have appeared blue in the distance to early settlers. The park contains 100-foot cliffs for rock climbing, campsites, prairie-hiking trails, and a state-owned bison herd, which grazes on one of the state's largest prairie remnants. The county seat of Luverne has the Verne Drive-In Theater, the only drive-in theater for hundreds of miles and hosts the Tri-State Band Festival in September, which has taken place for over 60 years.

Population

The current population estimate as of 2021 in the six-county area is 73,099. (9) The largest city within the service area is Marshall with a population of 13,618 followed by Redwood Falls, 5,067; Luverne, 4,937; Pipestone, 4,138; Tracy, 2,065; Slayton, 1,996; Fulda, 1,361; Minneota, 1,360; Edgerton, 1,247; Cottonwood, 1,145; Tyler, 1,121. These eleven cities represent 52% of the total population in the SWHHS counties. All the rest of the cities in the six-county region each have a population of under 1,000 people with Florence being the smallest with an estimated population of 28 people. (10)



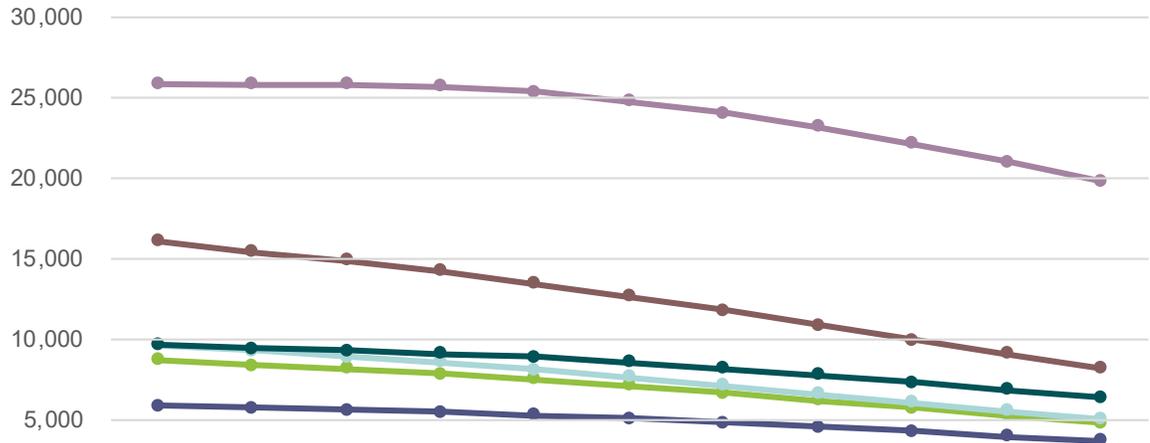
Lower Sioux Indian Community in Redwood County is the only federally recognized American Indian Tribe in six SWHHS counties. There are 982 tribal members living in a ten-mile service area. There are 1,743 acres of tribal lands remaining after multiple treaties ceded native lands to the United States government. (11)



Population Change

Demographic projections for SWHHS population show a decline in all six counties. The projected percentage of decline from 2020 to 2060 ranges from 23.3% in Lyon County to 45.0% in Redwood County. (12)

SWHHS Population Projections 2010 to 2060



	2010	2015	2020	2025	2030	2035	2040	2045	2050	2055	2060
Lincoln	5,886	5,711	5,611	5,463	5,282	5,066	4,818	4,547	4,261	3,966	3,666
Lyon	25,848	25,837	25,829	25,675	25,339	24,800	24,069	23,173	22,151	21,029	19,817
Murray	8,697	8,394	8,150	7,844	7,494	7,101	6,670	6,216	5,749	5,281	4,814
Pipestone	9,606	9,267	8,911	8,535	8,114	7,647	7,145	6,620	6,086	5,556	5,032
Redwood	16,079	15,422	14,876	14,208	13,470	12,657	11,786	10,883	9,971	9,069	8,182
Rock	9,658	9,437	9,310	9,119	8,870	8,558	8,190	7,777	7,333	6,868	6,387

Source: Minnesota State Demographic Center. (12)

Population Per Square Mile of Land Area

	Minnesota	SWHHS	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
Land Area	79,631.6	3,782.1	536.8	714.4	704.7	465.1	878.6	482.5
Persons	71.8	19.5	10.5	35.7	11.7	20.1	17.6	20.1
Population	5,717,184	73,879	5,655	25,477	8,224	9,370	15,435	9,718

Source: United States Census Bureau. (13)

Immigration and Growing Diversity

The population within Southwest Health and Human Services is largely white. The region saw a shift in the distribution of populations of color from 98.6% white in 1990 to 92.6% in 2010 to 87.3% in 2020. Population of color increased by 5.3 percentage points from 2010 to 2020.

Economic Development Region 8 consists of the six SWHHS counties plus Cottonwood, Jackson, and Nobles Counties. The table below shows projected changes in race and ethnicity in Region 8 less Nobles County. The race and ethnicity make up of Nobles County is far more diverse than the other eight counties in Region 8. Non-Hispanic, White alone is projected to be at 49.0% in Nobles County by 2028 while the other eight counties in Region 8 is projected to be 77.2%, a 28.2 percentage point difference. In order to obtain a



clearer picture into race and ethnicity trends, Nobles was removed from the dataset. (12)

Non-Hispanic White alone is expected to decrease by 48.8% or 40,486 people by 2075. All of the other non-Hispanic and Hispanic race/ethnicity are projected to increase by 13,647 people with Hispanic of any race gaining nearly half of the overall increase. (12)

Projected Change in Race and Ethnicity in Region 8 without Nobles County 2020-2053

	non-Hispanic, White alone	non-Hispanic, Black or African American alone	non-Hispanic, American Indian or Alaska Native alone	non-Hispanic, Asian alone	non-Hispanic, Native Hawaiian and other Pacific Islander alone	non-Hispanic, two or more races	Hispanic of any race
2020 Count	82,901	1,439	1079	2,553	72	1,373	5,512
2020 Percentage	87.3%	1.5%	1.1%	2.7%	0.1%	1.4%	5.8%
2050 Count	60,893	2,625	1,230	4,221	251	2,216	9,717
2050 Percentage	75.0%	3.2%	1.5%	5.2%	0.3%	2.7%	12.0%
2050-2020 Count Change	-22,008	1,186	151	1,668	179	843	4,205
2050-2020 Percentage Change	-26.5%	82.4%	14.0%	65.3%	248.6%	61.4%	76.3%
2075 Count	42,415	3,029	1,208	4,775	318	2,460	11,184
2075 Percentage	64.9%	4.6%	1.8%	7.3%	0.5%	3.8%	17.1%
2075-2020 Count Change	-40,486	1,590	129	2,222	246	1,087	5,672
2075-2020 Percentage Change	-48.8%	110.5%	12.0%	87.0%	341.7%	79.2%	102.9%

Source: Minnesota State Demographic Center. (12)

Percent of Foreign Born Population

	1990	2000	2008-2012	2013-2017	2018-2022
Lincoln	0.8%	0.7%	1.5%	0.7%	0.8%
Lyon	1.2%	4.5%	5.2%	6.4%	7.0%
Murray	0.7%	1.4%	2.0%	2.7%	3.5%
Pipestone	1.0%	1.4%	2.5%	6.1%	3.8%
Redwood	0.5%	0.7%	2.2%	2.4%	2.5%
Rock	1.2%	1.1%	1.6%	1.9%	1.7%

Source: United States Census Bureau. (14)

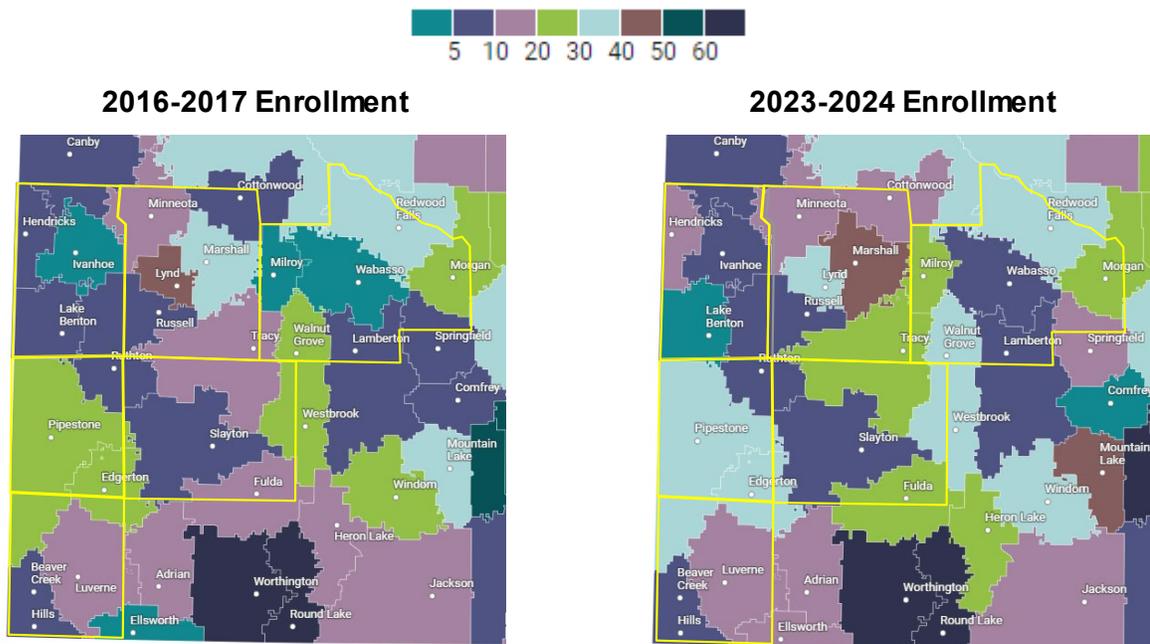
Percent of Persons age 5 Years and Older Where Language Other than English is Spoken at Home, 2012-2016, 2018-2022

	2012-2016 Other Than English	2018-2022 Other Than English
Minnesota	11.1	12.2
SWHHS	5.1	6.9
Lincoln	1.3	2.3
Lyon	10.7	11.0
Murray	4.5	7.2
Pipestone	6.1	5.8
Redwood	4.6	4.9
Rock	3.5	3.3

Source: United States Census Bureau. (14)

In the last seven years, school districts have continued to become more racially diverse. In 2016-2017, Lynd School had 43.1% minority student population; three SWHHS school districts had 30.1% to 40.0% minority student population; four districts had 20.1% to 30.0% of the minority student population. In 2023-2024, Marshall school district had 45.1% minority student population; six SWHHS school districts had 30.1% to 40.0% higher minority student population; four districts had 20.1% to 30.0% of the minority student population. (15)

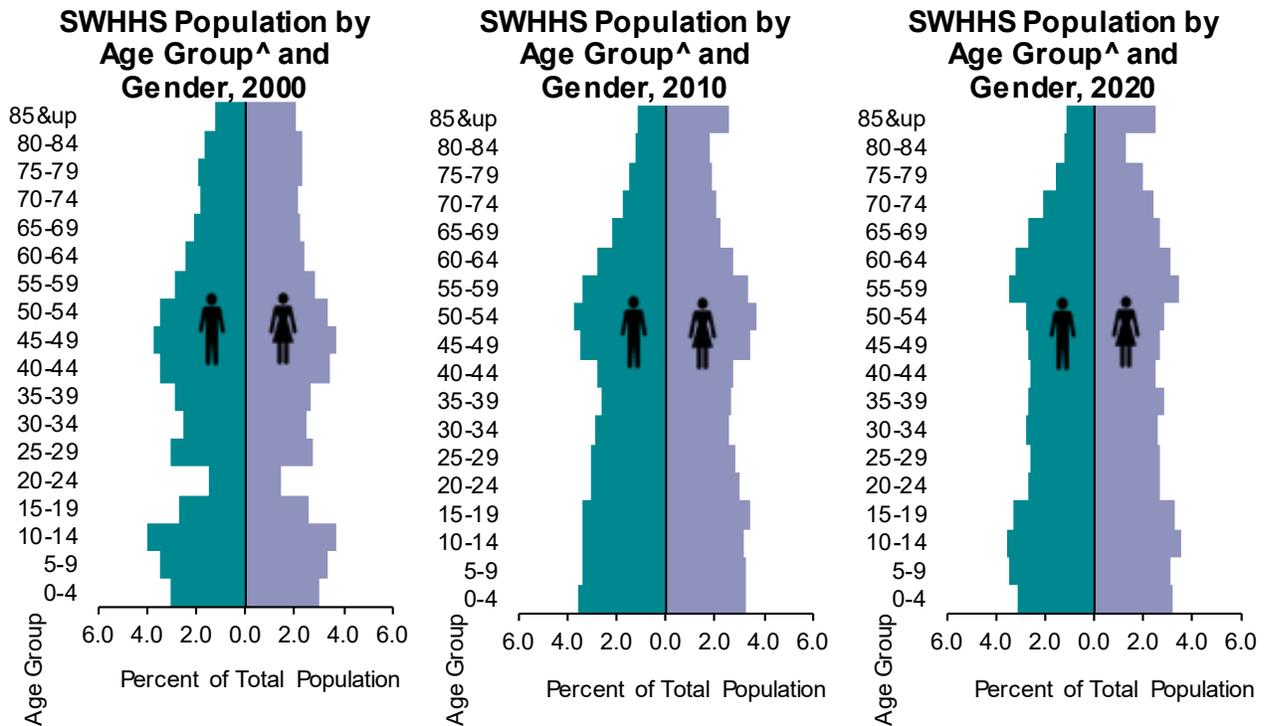
Students of Color Percentage by School District



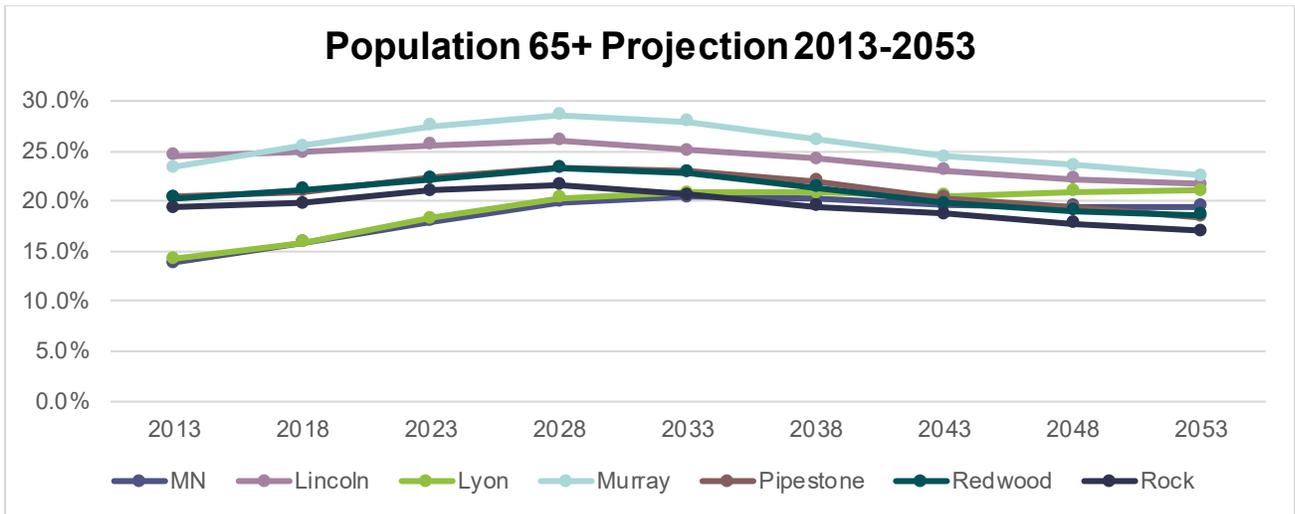
Source: Minnesota Department of Education. (16) Created with Datawrapper

Aging

Demographics for the SWHHS counties show that the population is continuing to get older. From 2010 to 2020, there was an increase of 2,186 people in the 55-79 age ranges and a decrease of 480 people in the 80 and up age groups.



Projections in the graph below show five SWHHS counties will have their highest percentage of population age 65 and older in 2028 ranging from 21.6% in Rock County to 28.6% in Murray County. Minnesota is projected to be at 19.9% with a 1.7 to 8.7% decrease in 2028. Lyon County will continue to increase in percentage of those 65 and older through 2053 reaching 21.1%. Minnesota will have the highest projected level in 2033 at 20.5% and then slowly decrease to 19.5% by 2053. (9)



Source: Minnesota State Demographic Center. (12)

Veterans

Veterans make up 7.2% of the population of SWHHS. Five of the six counties have estimated veteran population levels that are higher than Minnesota as a whole. The majority of the veterans are estimated to be from the Vietnam War at 54.2% while World War II veterans make up 4.9%, Korean War 16.5%, Gulf War I (8/1990-8/2001) 10.0% and Gulf War II 14.4%. (17)

Percent of Population that are Veterans, 5 Year Est, 2021

	Veterans	Non-veterans
Minnesota	6.5	93.5
SWHHS	7.3	93.1
Lincoln	9.2	90.8
Lyon	5.7	94.3
Murray	8.0	92.0
Pipestone	7.8	92.2
Redwood	7.2	92.8
Rock	6.8	93.2

Source: United States Census Bureau. (17)

Veterans in SWHHS service area on average are 17.0 percentage points more likely to be a high school graduate or equivalent than other Minnesota veterans are. A bachelor's degree or higher has been earned by 15.4% of SWHHS veterans while 28.0% of Minnesota veterans have earned the degree, which is a 12.6 percentage point difference. (17)



Percent of Veteran by Educational Attainment, 5 year Est., 2021

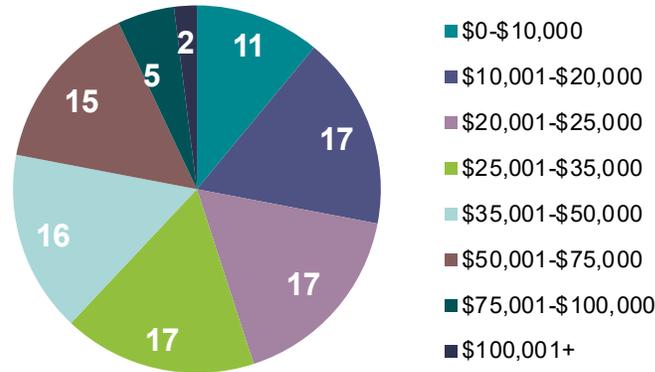
	Less than high school graduate	High school graduate (includes equivalency)	Some college or associate's degree	Bachelor's degree or higher
Minnesota	5.0	30.3	36.6	28.0
SWHHS	7.0	47.3	30.2	15.4
Lincoln	8.3	54.4	25.7	11.6
Lyon	7.2	45.8	26.0	20.9
Murray	9.5	47.3	29.0	14.1
Pipestone	3.2	49.0	32.0	15.9
Redwood	6.7	48.2	30.9	14.1
Rock	7.8	41.5	41.3	9.4

Source: United States Census Bureau. (17)

LGBTQ+

Since 2010, The Rainbow Health Initiative has conducted an annual convenience sampling survey across Minnesota to better understand the needs and challenges faced by the LGBTQ+ community. In the 2022 survey, 1,330 people responded from across Minnesota. The Twin Cities had 44%, Twin Cities 7 county metro area had 17%, and Greater Minnesota had 38% of the respondents. A variety of challenges were found in the LGBTQ+ community, which in many instances were consistent with past surveys. (18)

Annual Individual Income by Percent of All Respondents, 2022



Source: Rainbow Health. (18)

Food Security: 43% of respondents reported they worried their food would run out before they had money to buy more at least once in the past year. 36% had their food run out before they had money to buy more.

Homeless: 40% of respondents reported they had been homeless at least once in their lifetime.

Mental Health: 62% of respondents were experiencing moderate mental distress at the time of the survey.

23% were experiencing severe mental distress at the time of the survey.

Tobacco Use: 23% of LGBTQ respondents smoke every day or some days per week.

40% of LGBTQ respondents have smoked 100 cigarettes (5 packs) or more in their lifetime.

Sexual Violence: 49% of LGBTQ respondents had experienced any unwanted sexual contact during their lifetime.

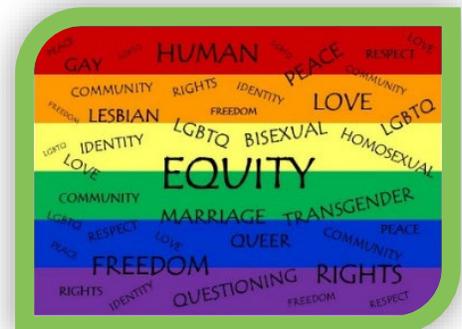
Access to Care: 39% of LGBTQ respondents reported they postponed care when injured or sick because they could not afford it, in the last year.

33% of LGBTQ respondents reported that there was a time in the past year they needed to see a doctor but did not because they thought they would be disrespected or mistreated as an LGBTQ person.

13% of LGBTQ respondents reported their doctor refused care because I am LGBTQ, in the last year.

20% of LGBTQ respondents reported they had to teach their doctor about LGBTQ people to receive proper care, in the last year.

84% of LGBTQ respondents reported they are “out” to their doctor or primary care provider. (18)



SWHHS focus group with LGBT community reported they are having a difficult time finding gender affirming care with local medical providers. One participant said their provider was not current on their specific medication treatment protocol to manage their disease. Homophobia and transphobia was reported while in the process of receiving care and in the community at large. One participant said homophobia and transphobia in the community at large greatly impacts mental health and well-being. (5)

SWHHS asked about gender in the 2023 Southwest Adult Health Survey with numbers too small to report replying transgender, non-binary or other.

In the 2022 Minnesota Student Survey (MSS), surveyors asked about LGBTQ+ sexual orientation, gender identity, and gender expression. Minnesota ninth-grade students, who identify as agender, transgender, gender fluid, gender non-conforming or genderqueer, non-binary, two spirit, questioning/unsure or identity not listed make up 14% of the state student population. SWHHS rates are not available since Rock County school district did not participate in MSS. (16)

2022 Ninth-grade Students: What is your gender identity? (Mark ALL that apply)

	Agender	Cisgender	Transgender	Gender fluid, gender non-conforming, or genderqueer	Non-binary	Two spirit	Questioning/unsure	Identity not listed
Minnesota	1%	91%	3%	3%	3%	0%	3%	1%
SWHHS	*	*	*	*	*	*	*	*
Lincoln	0%	88%	5%	0%	7%	0%	2%	0%
Lyon	1%	98%	1%	0%	1%	0%	1%	1%
Murray	3%	92%	0%	0%	2%	0%	3%	3%
Pipestone	0%	94%	1%	2%	3%	0%	3%	1%
Redwood	5%	89%	2%	3%	1%	0%	3%	0%
Rock	*	*	*	*	*	*	*	*

* Rock county school districts did not participate in 2022 Minnesota Student Survey.

Source: Minnesota Department of Health. Minnesota Student Survey. (16)

2022 Ninth-grade Students: How do you describe your sexual orientation?

	Straight (heterosexual)	Asexual	Bisexual	Gay or Lesbian	Questioning/Not sure	Pansexual	Queer	I don't describe myself in any of these ways	I am not sure what this question means
Minnesota	76%	1%	8%	3%	3%	3%	1%	2%	1%
SWHHS	*	*	*	*	*	*	*	*	*
Lincoln	80%	0%	2%	2%	5%	7%	0%	0%	5%
Lyon	88%	1%	4%	2%	1%	1%	1%	1%	2%
Murray	84%	2%	6%	2%	2%	2%	0%	2%	2%
Pipestone	78%	1%	4%	1%	4%	3%	1%	4%	2%
Redwood	79%	0%	9%	4%	1%	4%	1%	1%	1%
Rock	*	*	*	*	*	*	*	*	*

* Rock county school districts did not participate in 2022 Minnesota Student Survey.

Source: Minnesota Department of Health. Minnesota Student Survey. (16)

Persons with Disabilities

The American Community Survey has used a consistent definition to collect disability data since 2008 where functional difficulties are measured rather than specific conditions. Six functional difficulties are considered disabilities:

- **Hearing:** Those who are deaf or have serious difficulty hearing.
- **Vision:** Those who are blind or have serious difficulty seeing, even when wearing glasses.
- **Cognitive:** Because of a physical, mental, or emotional problem, those who have difficulty remembering, concentrating, or making decisions.
- **Ambulatory:** Those who have serious difficulty walking or climbing stairs.
- **Self-care:** Those who have difficulty bathing or dressing.
- **Independent living:** Because of a physical, mental, or emotional problem, those who have difficulty doing errands alone such as visiting a doctor’s office or shopping. (19)

Causes of disability can range from disorders in single genes (ex. Duchenne muscular dystrophy) or chromosomes (ex. Down Syndrome), maternal exposure during pregnancy to alcohol, drugs, cigarettes or infections (ex. rubella), developmental conditions that appear during childhood (ex. autism spectrum disorder or ADHD), related to injury, chronic conditions (ex. diabetes, heart disease), progressive disease (ex. Alzheimer’s disease) or intermittent disease (ex. some forms of multiple sclerosis). (20)



In Minnesota in 2022, it is estimated 630,528 people have one or more of the above-listed disabilities, which is about 11.2% of the population. In SWHHS counties people with disabilities are estimated to be 8,843 or 12.2% of the population. Of those SWHHS that said they have any disability; 44% have also said they have two or more disabilities. As SWHHS residents age, disabilities also increase from 6.0% for ages 5-17; 9.5% for ages 18-64; 20.4% for ages 65-74; 42.5% for ages 75 and over. Minnesotan disabled males make up 11.3% of the population while females make up 11.1%. (21)

Number and Percent of People with Disabilities, by County, Minnesota, 2017-2022

	People with a disability	People with a disability, Margin of error (+/-)	Percent with a disability	Percent with a disability, Margin of error (+/-)
Minnesota	630,528	6,112	11.2%	0.1%
SWHHS	8,843	918	12.2%	1.3%
Lincoln	720	66	13.2%	1.2%
Lyon	3,054	306	12.2%	1.2%
Murray	1,013	94	12.5%	1.2%
Pipestone	1,231	190	13.4%	2.1%
Redwood	1,714	139	11.3%	0.9%
Rock	1,111	123	11.8%	1.3%

Source: United States Census Bureau. (21)

Estimate Percent of People with Disabilities by Age, by County, Minnesota, 2017-2022

	All Ages Combined	Under 5 Year	5 to 17 Years	18 to 34 Years	35 to 64 Years	65 to 74 Years	75 Years & Over
Minnesota	11.2	0.8	5.1	7.3	10.2	20.1	43.0
SWHHS	12.2	0.4	6.0	6.5	11.1	20.4	42.5
Lincoln	13.2	0.0	7.5	5.3	9.6	21.4	44.3
Lyon	12.2	0.4	5.2	6.8	10.6	17.5	36.4
Murray	12.5	0.0	10.5	8.9	10.9	15.4	47.8
Pipestone	13.4	0.0	2.9	4.6	10.3	21.0	40.2
Redwood	11.3	0.7	5.4	6.3	12.3	24.7	43.7
Rock	11.8	0.0	3.8	7.9	11.1	18.4	47.0

Source: United States Census Bureau. (21)

The most common disability reported by Minnesotans was ambulatory, cognitive, hearing, independent living, self-care, and vision. Cognitive is the leading cause of disability in ages 5-17 and 18-64, while ages 65 and older were ambulatory followed by hearing and independent living. (21)

Estimated Most Common Disability Reported by Number of People, by County, Minnesota, 2018-2022

	Ambulatory	Cognitive	Hearing	Independent Living	Self-Care	Vision
Minnesota	263,412	258,268	190,217	215,793	110,584	88,657
Lincoln	345	247	242	220	92	90
Lyon	1,518	1066	830	1249	717	459
Murray	463	255	414	350	210	136
Pipestone	570	435	359	322	230	25
Redwood	849	652	497	650	351	227
Rock	504	421	401	330	210	139

Source: United States Census Bureau. (21)

Disabilities in the American Indian/Alaska Native population are 7.9 percentage points higher than in the White population in Minnesota. (21)

Estimated Percent of People with Disabilities by Race, Minnesota, 2018-2022

	White	Black or African American	American Indian/Alaska native	Asian	Native Hawaiian/Other Pacific Islander	Some Other Race	Two or More Races
Minnesota	11.5	11.0	19.4	7.5	10.5	8.4	9.6

Source: United States Census Bureau. (21)

People with a disability are much more likely to be unemployed than the general population age 20 to 64 years. (21)

Estimated percent of People with Disabilities Who are Unemployed, by County, Minnesota, 2018-2022

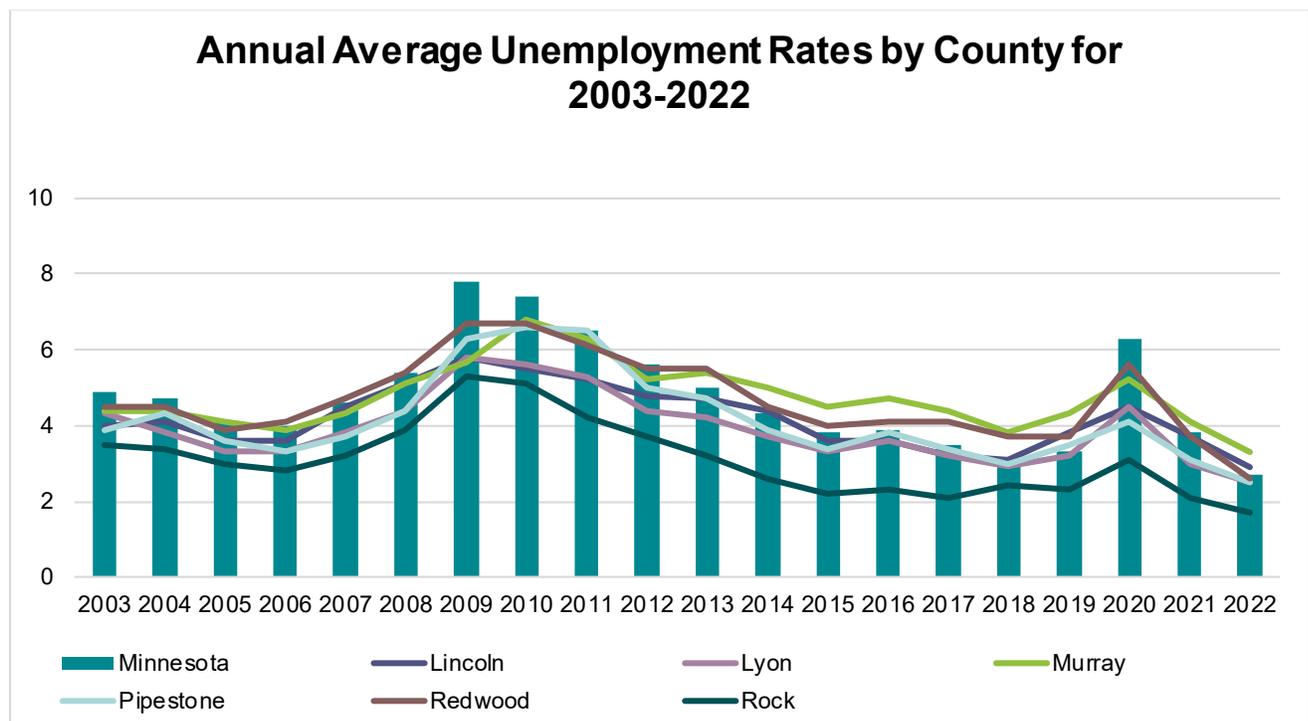
	Minnesota	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
Unemployed Disabled	10.2	9.0	6.1	10.9	15.5	4.6	6.8
All abilities 20 to 64 years	3.7	2.1	2.8	2.2	3.2	1.8	2.7

Source: United States Census Bureau. (22)

Economic Stability

Employment

Employment that provides a living wage can decrease overall stress in a person's life. In addition, employee benefits, especially medical insurance, provide medical care access and necessary care to improve health. From 2003 to 2022, unemployment rates in the SWHHS counties had remained below the State of Minnesota's unemployment rates. From 2013 to 2019, Murray and Redwood counties started trending above Minnesota's annual average by 0.2 to 1.0 percentage points. In 2022, Lincoln and Murray counties were 0.2 and 0.6 percentage points above Minnesota's annual average. (23)



Source: Minnesota Employment and Economic Development (23)

Labor Force

From 2013 to 2022, SWHHS counties saw a 1,461 (3.5%) net loss of labor force while Region 8 saw a 2.1% or 1,362 decrease. Rock County saw a 379 (6.7%) net gain of labor force. Lincoln County had the largest decline of workers with an 8.6% (284) loss. (24)

Labor Force Trends by County

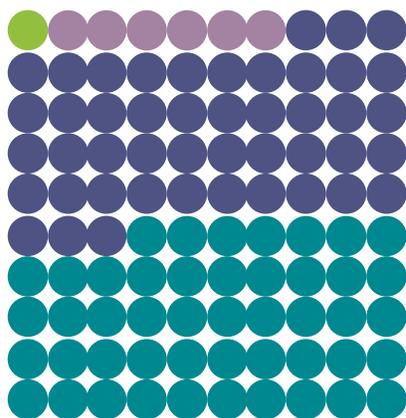
	2022 Annual Average Labor Force	2020 Annual Average Labor Force	2013 Annual Average Labor Force	3-Year 2020-2022 Percent Change	10-Year 2013-2022 Percent Change	3-Year 2020-2022 Count Change	10-Year 2013-2022 Count Change
Minnesota	3,077,500	3,134,161	2,961,729	(1.8%)	3.9%	(56,661)	115,772
Region 8 EDR	63,539	65,199	64,901	(2.5%)	(2.1%)	(1,660)	(1,362)
SWHHS	40,372	41,239	41,833	(2.1%)	(3.5%)	(867)	(1,461)
Lincoln	3,029	3,162	3,313	(4.2%)	(8.6%)	(133)	(284)
Lyon	14,421	14,721	15,295	(2.0%)	(5.7%)	(300)	(874)
Murray	4,654	4,898	4,842	(5.0%)	(3.9%)	(244)	(188)
Pipestone	4,662	4,729	4,693	(1.4%)	(0.7%)	(67)	(31)
Redwood	7,596	7,840	8,059	(3.1%)	(5.7%)	(244)	(463)
Rock	6,010	5,889	5,631	2.1%	6.7%	121	379

Region 8 Economic Development Region includes Cottonwood, Jackson, Nobles and SWHHS counties of Lincoln, Lyon, Murray, Pipestone, Redwood, and Rock counties.

Source: Minnesota Employment and Economic Development. (24)

The 2024 Quality of Life Survey respondents were asked if they felt there were jobs available in their community where the pay meets their monthly bills with 47% responding yes and 46% responded no.

Do you feel there are jobs available in your community where the pay meets your monthly bills?



47%

Feel there are jobs available where the pay meets monthly bills.

N=312

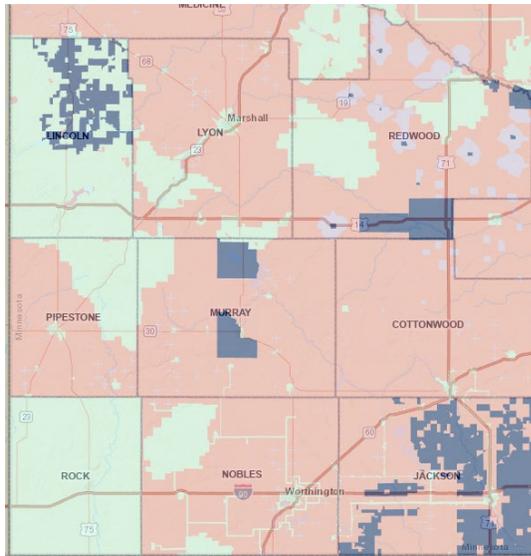
- No
- Not Applicable
- Declined to answer

Source: 2024 Quality of Life Survey. (7)

Broadband Service

One of the lessons learned from the pandemic is the need for equal access to broadband. News stations around Minnesota featured people trying to attend online school lessons or work from home without reliable access to a high-speed internet connection. In addition, if the region is wanting to increase population through people migrating to rural areas, the region will need to increase broadband capabilities so those that can work remotely with their current jobs can do so. (25)

2023 Provider Broadband Service Inventory



- Existing Commitment Areas to be Built
- Wireline Broadband of at Least 100M/20M
- Underserved Area (Wireline Broadband of at Least 25M/3M but Less Than 100M/20M)
- Unserved Area (No Wireline Broadband of at Least 25M/3M)
- County Boundary

Minnesota Employment and Economic Development, Office of Broadband Development. (26) 5/22/2023

Income and Poverty

Income

The income you have determines the access you have to healthy food, medical care, transportation, the type of housing you live in, and your ability to participate in physical activity. The less income you have, the fewer choices you have. From 2017-2022, the per capita income for the SWHHS counties was, on average, under the state average. The income per capita for SWHHS counties in 2022 was \$3,647 below Minnesota. (27)

Estimate Per Capita Income – Adjusted to 2022 Dollars

	2017	2018	2019	2020	2021	2022
Minnesota	\$ 53,832	\$ 56,205	\$ 57,874	\$ 61,278	\$ 66,846	\$ 68,840
SWHHS	\$ 46,944	\$ 48,257	\$ 49,405	\$ 56,341	\$ 61,618	\$ 65,193
Lincoln	\$ 44,010	\$ 43,396	\$ 45,616	\$ 50,715	\$ 57,383	\$ 60,496
Lyon	\$ 47,173	\$ 48,141	\$ 48,667	\$ 54,014	\$ 58,409	\$ 60,291
Murray	\$ 47,410	\$ 50,242	\$ 51,675	\$ 61,289	\$ 63,830	\$ 67,739
Pipestone	\$ 50,543	\$ 52,014	\$ 51,582	\$ 56,510	\$ 63,518	\$ 67,463
Redwood	\$ 44,975	\$ 47,362	\$ 51,317	\$ 59,845	\$ 68,997	\$ 74,117
Rock	\$ 47,555	\$ 48,384	\$ 47,573	\$ 55,672	\$ 57,570	\$ 61,054

Source: Bureau of Economic Analysis. (27)

SWHHS median household income are lower than Minnesota. Lincoln County is \$19,563 lower than Minnesota while Rock County is \$9,253 lower. (23)

Median Household Income in the Past 12 Months (In 2022 Inflation-Adjusted Dollars)

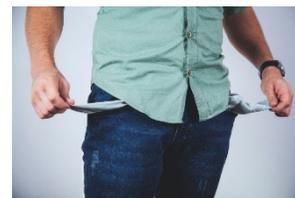
	Minnesota	SWHHS	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
Household Income	\$84,313	\$69,031	\$64,750	\$68,919	\$71,500	\$68,341	\$65,617	\$75,060

Source: Minnesota Employment and Economic Development. (23)

Poverty

Choices are limited for people who live in poverty. Limited incomes hinder a person’s ability to have reliable transportation, to purchase high-quality healthy food, live in safe housing, have health insurance and medical care, the ability to get a college education, and choose their type of employment. Poverty also causes chronic stress, which can lead to health problems. Health Economist, Evelyn Forget, stated, “As a health economist, you become aware very quickly that we use the healthcare system to treat the consequences of poverty, and we do it in an inefficient and expensive way,” she says. “We wait until people live horrible lives for many years, get sick as a consequence, and then we go in all guns blazing to make things better.” (28)

United States Federal Poverty guidelines were developed to determine financial eligibility for certain federal programs. Poverty guidelines are updated annually based off the prior year price changes. (29)



2024 Federal Poverty Guidelines

Size of family unit	100% Yearly income guidelines	200% Yearly income guidelines	200% Monthly Income
1	15,060	\$30,120	\$2,510
2	20,440	\$40,880	\$3,407
3	25,820	\$51,640	\$4,303
4	31,200	\$62,400	\$5,200
5	36,580	\$73,160	\$6,097
6	41,960	\$83,920	\$6,993
7	47,340	\$94,680	\$7,890
8	52,720	\$105,440	\$8,787

Source: United States Health and Human Services. (29)

First quarter 2024 saw the median hourly wage at \$22.81. The highest wage group was management occupations at \$46.14 per hour and the lowest were food preparation and serving related jobs at \$14.46. In Southwest Economic Development Region 8, the hourly wage to meet basic needs cost of living for a single adult was \$13.55 per hour or \$28,188 annually and a two adult with one child working 1.5 jobs is \$21.85 per hour or \$68,172 annually.

2023 Basic Needs Cost of Living Estimates: Single Adult Age 19-50, 0 Children

	Single Yearly Cost of Living	Hourly Wage Required	Child Care per Mo.	Food per Mo.	Health Care per Mo.	Housing per Mo.	Transportation per Month	Other per Mo.	Tax per Mo.
Minnesota	\$34,704	\$16.68	\$0	\$419	\$160	\$1,021	\$572	\$345	\$375
EDR 8-SW	\$28,188	\$13.55	\$0	\$414	\$160	\$676	\$551	\$261	\$287
Lincoln	\$29,350	\$14.11	\$0	\$420	\$161	\$670	\$625	\$261	\$309
Lyon	\$27,087	\$13.02	\$0	\$413	\$161	\$643	\$518	\$253	\$269
Murray	\$28,488	\$13.70	\$0	\$423	\$161	\$639	\$600	\$254	\$297
Pipestone	\$28,654	\$13.78	\$0	\$416	\$161	\$705	\$545	\$268	\$293
Redwood	\$28,650	\$13.77	\$0	\$417	\$161	\$698	\$551	\$267	\$294
Rock	\$28,362	\$13.64	\$0	\$412	\$161	\$679	\$560	\$261	\$291

EDR 8-SW: Economic Development Region 8 includes SWHHS counties and Cottonwood, Jackson and Nobles County.
Source: Minnesota Employment and Economic Development (30) (31)

2023 Basic Needs Cost of Living Estimates: 2 Adults Age 19-50, (1 working full-time, 1 working part-time), 1 Child

	Family Yearly Cost of Living	Hourly Wage Required	Child Care per Mo.	Food per Mo.	Health Care per Mo.	Housing per Mo.	Transportation per Month	Other per Mo.	Tax per Mo.
Minnesota	\$67,320	\$21.58	\$544	\$955	\$574	\$1,285	\$977	\$536	\$739
EDR 8-SW	\$68,172	\$21.85	\$395	\$1,490	\$591	\$1,168	\$964	\$636	\$437
Lincoln	\$57,167	\$18.32	\$281	\$958	\$576	\$853	\$1,114	\$433	\$549
Lyon	\$52,079	\$16.69	\$273	\$942	\$576	\$853	\$844	\$430	\$422
Murray	\$56,281	\$18.04	\$279	\$965	\$576	\$853	\$1,053	\$435	\$529
Pipestone	\$53,448	\$17.13	\$275	\$949	\$576	\$853	\$914	\$431	\$456
Redwood	\$53,756	\$17.23	\$276	\$950	\$576	\$853	\$929	\$432	\$464
Rock	\$55,137	\$17.67	\$276	\$940	\$576	\$909	\$952	\$443	\$499

Source: Minnesota Employment and Economic Development (30) (31)

Poverty levels in SWHHS counties, on average between 2016-2022, were above Minnesota poverty levels all seven years. Poverty levels in SWHHS counties are higher than Minnesota by 0.8 percentage points for all ages in 2022. The highest percentage of poverty can be found in Pipestone County with 13.0%. This is 3.7 percentage points higher than Minnesota. Murray County, over the last seven years, has the lowest poverty levels in SWHHS counties and is lower than Minnesota poverty levels. In 2022, Lincoln County also has lower poverty levels than Minnesota. (32)

Percent of All Ages Living in Poverty, 5 Year Estimates by Year

	2016	2017	2018	2019	2020	2021	2022
Minnesota	10.8	10.5	10.1	9.7	9.3	9.2	9.3
SWHHS	11.6	11.3	10.6	10.5	10.1	9.8	10.1
Lincoln	11.6	11.4	10.4	10.9	11.2	9.6	9.1
Lyon	13.9	13.7	13.6	14.1	12.9	12.3	12.4
Murray	9.2	8.2	7.4	7.1	7.1	6.3	7.4
Pipestone	12.7	11.8	11.3	11.7	10.3	11.5	13.0
Redwood	11.6	11.8	11.4	10.1	9.4	9.8	10.1
Rock	10.7	11.0	9.7	9.0	9.5	9.2	8.8

Source: United States Census Bureau. (32)

The highest percentage of poverty can be found in Pipestone County's under age 18 population with 19.1%. This is 8.2 percentage points higher than Minnesota's under 18 population. Lyon County has the highest 18-64 year old poverty rate and is 3.1 percentage points. Lyon County has the highest 65+ year old poverty rate and is 5.6 percentage points. (32)

Percent of People Whose Income in the Past 12 Months is Below the Poverty Level 200%, 2022 ACS 5 Year Est.

	Minnesota	SWHHS	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
All Ages	9.3	10.1	9.1	12.4	7.4	13.0	10.1	8.8
Under 18	10.9	11.1	7.8	12.2	7.4	19.1	10.2	9.6
18-64	9.0	9.5	7.9	12.1	6.6	11.9	10.3	7.9
65+	7.9	10.5	13.4	13.5	9.1	7.5	9.4	10.3

Source: United States Census Bureau. (32)

SWHHS students that are eligible for free or reduced priced meals are higher than Minnesota for the last seven years. In 2024, SWHHS was 2.4 percentage points higher than Minnesota. Lyon County had the highest percentage of students eligible and was higher than Minnesota by 6.7 percentage points. Rock County had the lowest percentage of students eligible and was under Minnesota by 9.7 percentage points. (15)

Percent of Students Eligible for Free or Reduced Priced Meals

	2018	2019	2020	2021	2022	2023	2024
Minnesota	37.2	36.4	35.8	32.2	31.6	43.4	42.4
SWHHS	40.5	40.3	38.5	34.5	33.4	47.1	44.8
Lincoln	40.4	33.9	30.1	27.6	27.6	39.8	37.0
Lyon	42.6	43.0	41.4	35.7	36.2	50.6	49.1
Murray	33.2	31.1	31.6	34.4	32.2	44.2	43.2
Pipestone	44.8	46.5	41.6	35.9	41.3	50.2	48.2
Redwood	44.2	44.2	43.4	38.1	34.9	49.7	45.5
Rock	28.9	27.5	26.0	26.4	18.9	35.0	32.7

Source: Minnesota Department of Education. (15)



Neighborhood and Built Environment

Housing

	2021 Rental Households	2021 Owner Households
Lincoln	 <p>471 – 19% of households 2022 Eviction filings: 3 % of rental units built before 1970: 45% 2022 multi-family units permitted: 0 Median rent: \$647 = ↓ -2% over 5 years Cost-burdened Households: 134 Shortage of affordable/available homes: 60</p>	 <p>1,967 – 81% of Households % of houses built before 1970: 63% 2022 single-family units permitted: 12 Median home value: \$116,800 = ↑ 15% over 5 years Cost-burdened Households: 379</p>
Lyon	 <p>3,131 – 32% of households 2022 Eviction filings: 88 % of rental units built before 1970: 32% 2022 multi-family units permitted: 43 Median rent: \$689 = ↓ -1% over 5 years Cost-burdened Households: 1,420 Shortage of affordable/available homes: 445</p>	 <p>6,718 – 68% of Households % of houses built before 1970: 56% 2022 single-family units permitted: 38 Median home value: \$160,300 = ↑ 5% over 5 years Cost-burdened Households: 942</p>
Murray	 <p>583 – 17% of households 2022 Eviction filings: 8 % of rental units built before 1970: 54% 2022 multi-family units permitted: 3 Median rent: \$658 = ↑ 3% over 5 years Cost-burdened Households: 145 Shortage of affordable/available homes: 60</p>	 <p>2,857 – 83% of Households % of houses built before 1970: 62% 2022 single-family units permitted: 35 Median home value: \$150,800 = ↑ 27% over 5 years Cost-burdened Households: 413</p>
Pipestone	 <p>913 – 23% of households 2022 Eviction filings: 30 % of rental units built before 1970: 40% 2022 multi-family units permitted: 0 Median rent: \$588 = ↓ -7% over 5 years Cost-burdened Households: 276 Shortage of affordable/available homes: 55</p>	 <p>3,044 – 77% of Households % of houses built before 1970: 69% 2022 single-family units permitted: 2 Median home value: \$112,300 = ↑ 8% over 5 years Cost-burdened Households: 381</p>
Redwood	 <p>1,347 – 22% of households 2022 Eviction filings: 20 % of rental units built before 1970: 51% 2022 multi-family units permitted: 0 Median rent: \$695 = ↑ 2% over 5 years Cost-burdened Households: 463 Shortage of affordable/available homes: 155</p>	 <p>4,793 – 78% of Households % of houses built before 1970: 63% 2022 single-family units permitted: 16 Median home value: \$119,700 = ↑ 9% over 5 years Cost-burdened Households: 679</p>
Rock	 <p>877 – 22% of households 2022 Eviction filings: 7 % of rental units built before 1970: 55% 2022 multi-family units permitted: 56 Median rent: \$651 = ↓ -14% over 5 years Cost-burdened Households: 343 Shortage of affordable/available homes: 65</p>	 <p>3,044 – 78% of Households % of houses built before 1970: 64% 2022 single-family units permitted: 8 Median home value: \$165,900 = ↑ 11% over 5 years Cost-burdened Households: 380</p>

Source: Minnesota Housing Partnership. (33)

In 2022, SWHHS counties saw evictions increase at or above the Minnesota rate for five of the six counties. Lincoln County saw a zero percent increase while Pipestone County saw a 200% increase in evictions. The number of evictions nearly doubled in SWHHS counties from 84 in pre-pandemic 2012-2019 to 156 in 2022.

Evictions

	Minnesota	SWHHS	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
Increase in Eviction	33.0%	85.7%	0.0%	87.2%	60.0%	200.0%	33.3%	75.0%
2022 Eviction Filings	22,455	156	3	88	8	30	20	7
Average Pre-pandemic Monthly Filings (2012-2019)	16,884	84	3	47	5	10	15	4

Source: Minnesota Housing Partnership. (33)

Housing Sales Overview by County, 2022

	Closed Sales	Change from 2021	Percent of Foreclosures	Percent of Short Sales	Percent of Traditional Sales	Days on Market Until Sale	Percent of Original Price Received
Minnesota	77,723	-17.6%	0.8%	0.1%	99.1%	33	100.0%
Southwest Region 8	1,066	-13.4%	1.1%	0.1%	98.8%	50	95.3%
Lincoln	35	-40.7%	2.9%	0.0%	97.1%	64	89.4%
Lyon	254	-23.3%	0.8%	0.4%	98.8%	44	97.8%
Murray	84	47.4%	2.4%	0.0%	97.6%	46	94.3%
Pipestone	81	-11.0%	1.2%	0.0%	98.8%	56	93.1%
Redwood	167	-7.7%	0.6%	0.0%	99.4%	60	94.4%
Rock	54	-14.3%	0.0%	0.0%	100.0%	73	95.7%

Source: Minnesota Realtors. (34)

In the past four years, median housing sales prices have risen 36.0% in Minnesota and an average of 35.6% in Southwest Region 8. Rock County has seen a 70.7% increase with Murray County showing a 24.7% increase in median housing sales prices. The mortgage payments are calculated based on a thirty-year, 20% down and a 7% interest rate. They also include estimated costs for property taxes and housing insurance. The annual income needed to afford median housing prices is based on the annual mortgage payment total divided by 25%. Experts recommended a mortgage payment be no more than 25% of a person's monthly take-home pay. (35)



Historical Median Housing Sales Prices by County and Annual Pay Needed to Pay 30 Year Mortgage at 7% Interest Rate*

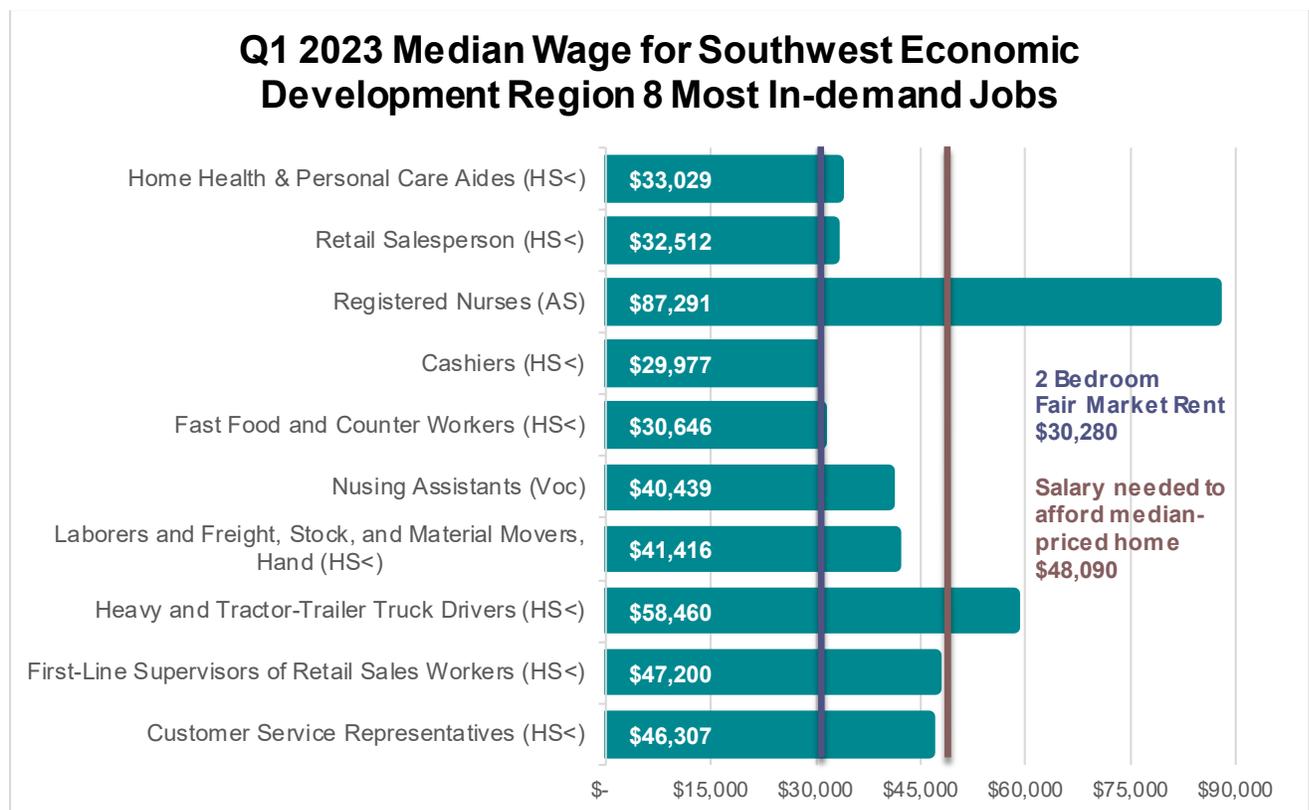
	2018 Median Housing Sales Price	2022 Median Housing Sales Price	Percent of Change - Median Housing Sales 2018 to 2022	2022 Monthly Mortgage Payment*	Annual Income Needed to Afford Median Housing Prices
Minnesota	\$239,900	\$326,300	36.0%	\$2,161	\$103,728
Southwest Region 8	\$118,000	\$160,000	35.6%	\$1,123	\$53,904
Lincoln	\$81,375	\$133,700	64.4%	\$959	\$46,032
Lyon	\$148,750	\$187,500	26.1%	\$1,295	\$62,160
Murray	\$113,300	\$141,250	24.7%	\$1,006	\$48,288
Pipestone	\$86,000	\$132,500	54.1%	\$952	\$45,696
Redwood	\$90,500	\$131,250	45.0%	\$944	\$45,312
Rock	\$110,000	\$187,750	70.7%	\$1,296	\$62,208

Source: Minnesota Realtors. (34) Region Eight consists of SWHHS counties along with Cottonwood, Jackson, and Nobles counties.

*Payment includes principal, interest, property taxes and home insurance.

Source: Ramsey Solutions. (35)

When you look at the annual income needed to afford a median priced home (listed in the above table) you see three out of ten in-demand jobs in the Southwest Economic Development Region 8 can afford a median priced home. Seven out of ten in-demand jobs can afford the \$30,280 annual rent for a two-bedroom fair market apartment.



(HS<) = High School or Less, (Voc) = Vocational Training, & (AS) = Associate Degree

Source: Minnesota Department of Employment and Economic Development. Labor Market Information: Occupations In Demand 2023 (36)

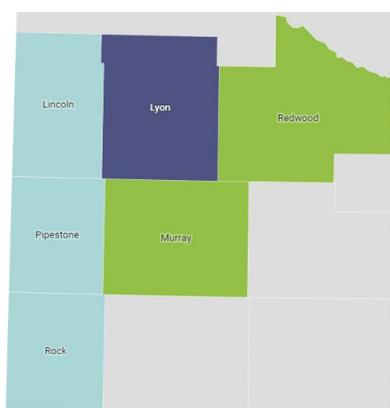
Lead

Lead is an environmental factor that can be seen in both the indoor and outdoor environments. The main cause of contamination is lead paint, which was banned in residential use in 1978. There are other ways of being exposed to lead; contaminated soil from lead gasoline, hobbies like stain glass or jewelry making, some imported products, traditional remedies, etc. Because of the variety of ways one can be exposed to lead, it is the most common environmental threat to children. Exposure to lead can result in lowered IQ, behavioral problems, and learning difficulties.

As of 2022, SWHHS counties' median house was built in the 1960s, with three of the six counties having between 30% and 31.9% of their houses built 1939 or earlier. With 64.6% to 78.5% of houses in SWHHS having been built in 1979 or earlier, a large percentage of the child population is at risk for lead poisoning. (37)

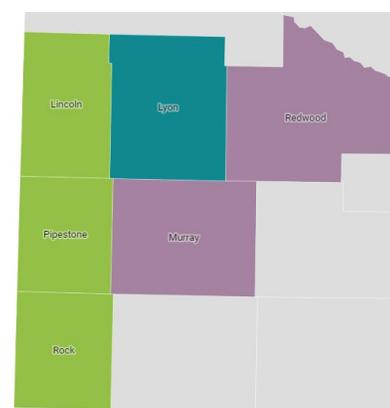
Percent of Structures Built 1939 or Earlier

■ < 15 ■ 15-20 ■ 20-25 ■ 25-30 ■ ≥ 30



Percent of Structures Built 1979 or Earlier

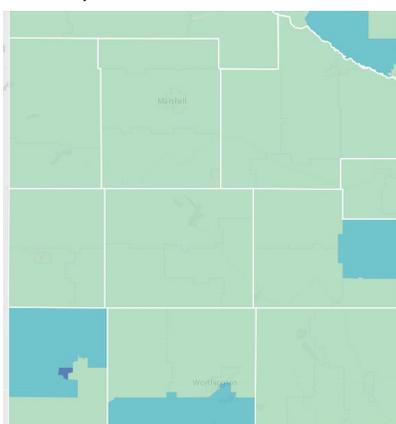
■ < 65 ■ 65-70 ■ 70-75 ■ 75-80 ■ ≥ 80



Source: United States Census Bureau. B25035. S2504. (37) Created with Datawrapper

Because of this high risk to the SWHHS child population, lead testing is promoted. In 2012, testing levels ranged from 96% in Lyon County to 67.7% in Lincoln County. Testing rates have decreased to a range of 79.9% in Redwood County to 16.4% in Pipestone County for children in the 2018 birth year. (38)

Percent with Elevated Childhood Lead Exposure Difference from MN by Census Tract, 2017-2021



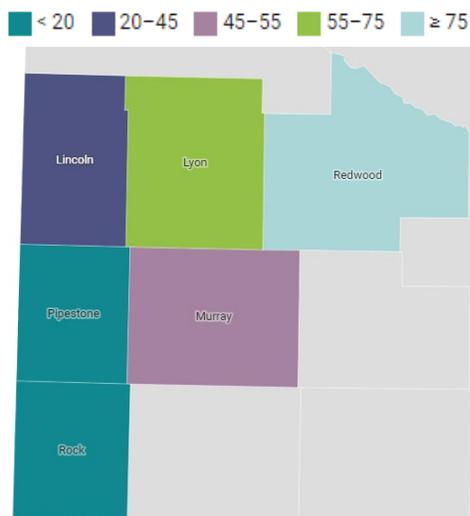
**Childhood Lead Exposure:
Percent Elevated
2017-2021**

● Difference from MN

- Lower (< 0.7%)
- No difference (about 0.8%)
- 1-2 times higher (0.8-2.4%)
- 3+ times higher (> 2.4%)
- No data available

Source: Minnesota Department of Health. Minnesota Public Health Data Access. (38)

Childhood Lead Exposure Percent Tested 2018 Birth Year



Source: Minnesota Department of Health. Minnesota Public Health Data Access. (38) Created with Datawrapper

Transportation

Transportation is the lifeblood of rural America. Roads and train tracks connect farm and industry to other markets across the United States and Internationally. It is also how residents connect with jobs, food, and health care. Low-income residents struggle to have reliable transportation. Without transportation it can be difficult to maintain a job, purchase quality food, or attend health care appointments.

There are very few, if any, public transit options in the SWHHS counties outside the larger communities. Options for transit focus on coordinated rides with as many passengers based on when and where passengers need to be transported. Formal ride share options have a limited weekday operation period. If a resident that does not have a car, needs transportation to and from a job on weekends or after hours they are reliant on friends and neighbors.

In 2023, United Community Action Partnership (UCAP) provided volunteer drivers and bus services to 149,077 passengers. In 2019, UCAP provided approximately 205,000 rides. The decrease has been attributed to several factors. During the beginning of COVID-19 monthly ridership dropped from 20,000 trips in February 2020 to 5,400 trips in April 2020. The biggest factor was a large number of drivers took early retirement. This forced UCAP to suspend some services across several areas. (39)

United Community Action Partnership 2023 Bus Ridership

Passenger Types	SWHHS	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
Disabled	35,502	1,325	17,011	1,439	5,715	5,089	4,923
55 Plus	17,211	188	7,390	1,189	2,382	3,089	2,973
18-54 years old	42,878	310	25,447	1,051	6,310	7,413	2,347
6-17 years old	15,390	11	5,198	660	5,461	366	3,694
0-5 years old	28,611	23	8,174	6,559	6,387	469	6,999
Total	139,592	1,857	63,220	10,898	26,255	16,426	20,936

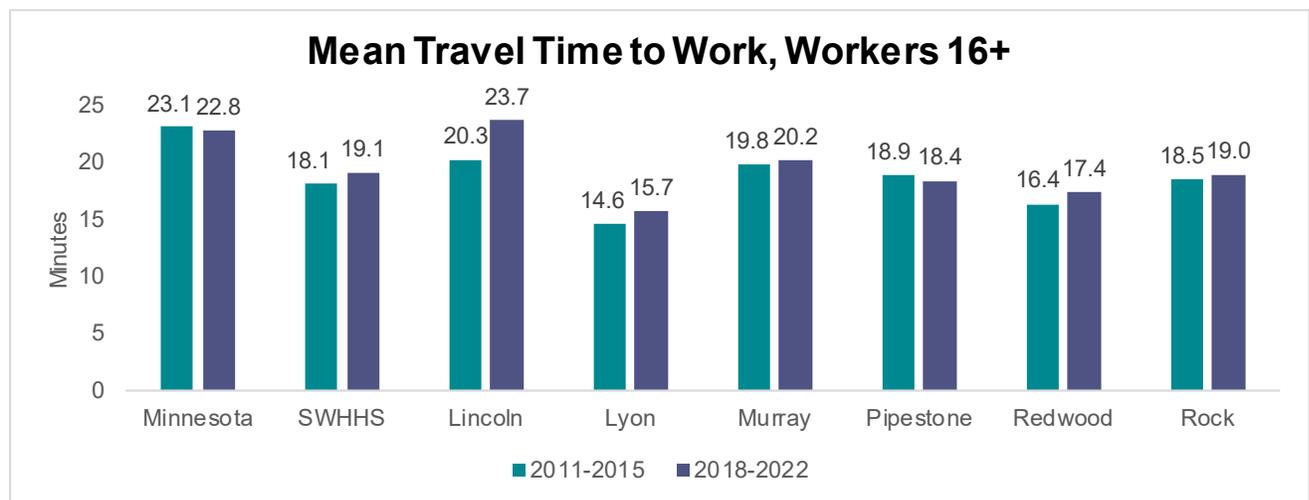
Source: United Community Action Partnership. (39)

United Community Action Partnership 2023 Volunteer Driver

Passenger Types	SWHHS	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
Disabled	2,453	219	965	568	334	214	153
55 Plus	1,884	162	596	199	326	437	164
18-54 years old	3,736	191	1600	233	606	898	208
6-17 years old	810	117	376	49	90	159	19
0-5 years old	602	80	219	56	55	190	2
Total	9,485	769	3,756	1,105	1,411	1,898	546

Source: United Community Action Partnership. (39)

The mean travel to work has gone up by one minute in the 2018-2022 ACS five-year average compared to 2011-2015 18.1 minutes. (40) On average 25,350 miles are driven by households in Greater Minnesota. (41)



Source: United States Census Bureau. (40)

The health of our road and bridge system can influence the health of our community. Transportation can be more difficult if roads and bridges are not in good working order. Transportation also takes a significant amount of money to maintain. Local route system bridges in 2022 in the SWHHS counties are 1.8 percentage points higher of being in poor condition compared to those in Minnesota as a whole. When one looks at the individual counties in SWHHS, Redwood and Lincoln are significantly higher than the Minnesota percentage with the other four counties being under. (42)



2022 Local Route Systems Bridge Structures 10 Ft and Over, Average Age and Poor Rating Count

	Bridge count over 10 Ft.	Average Age	Bridge Structures in Poor Condition	Percent of Bridge Structures in Poor Condition
Minnesota	15258	35.3	836	5.5%
SWHHS	1572	33.5	114	7.3%
Lincoln	174	29.9	19	10.9%
Lyon	294	37.3	9	3.1%
Murray	194	37.1	8	4.1%
Pipestone	285	25.1	15	5.3%
Redwood	286	39.5	54	18.9%
Rock	339	31.9	9	2.7%

Source: Minnesota Department of Transportation. (42)

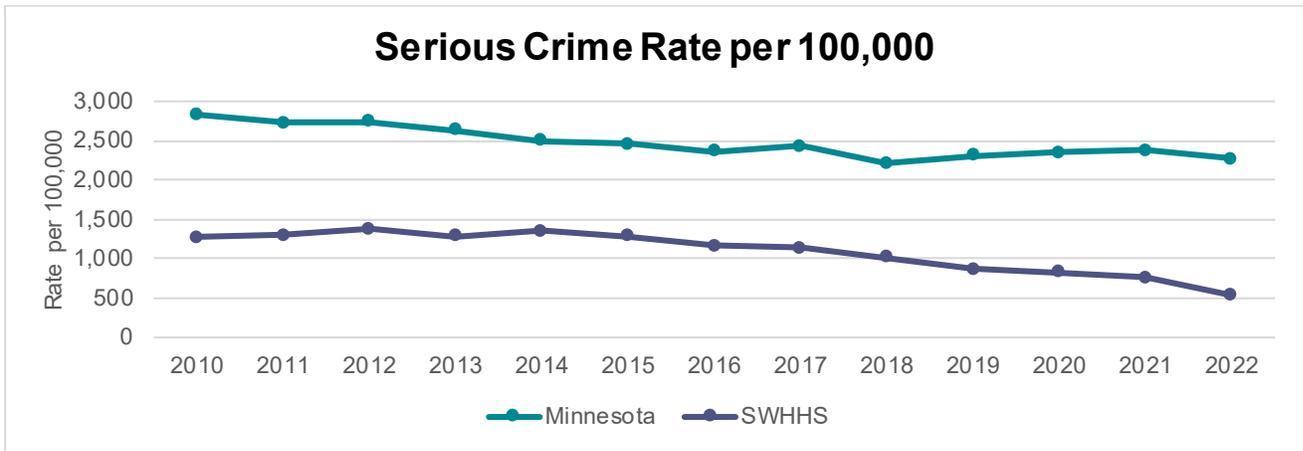
2018-2022 Traffic Crash Facts Count

	Minnesota	SWHHS	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
Unbelted Serious Injuries	1053	22	1	10	4	2	4	1
Unbelted Traffic Fatalities	471	16	3	5	3	2	1	2
Impaired/Alcohol Serious Injuries	1880	43	1	15	10	7	8	2
Impaired/Alcohol .08 Fatalities	471	6	1	3	0	0	0	2
Speed Factors Serious Injuries	1976	38	3	14	5	4	10	2
Speed Factors Traffic Fatalities	611	15	2	4	2	2	1	4
Inattentive/Distracted Serious Injuries	778	8	0	1	0	2	4	1
Inattentive/Distracted Traffic Fatalities	144	3	0	1	0	1	0	1
Total Serious Injuries	8383	138	11	51	15	20	26	15
Total Traffic Fatalities	2071	40	4	12	7	4	6	7

Source: Minnesota Department of Public Safety. (43)

Safety

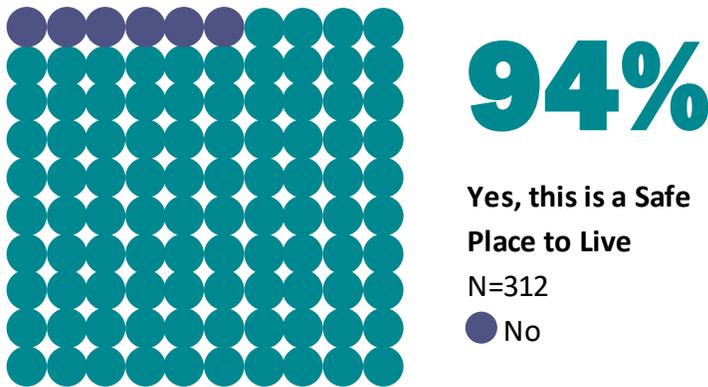
Serious crime rates in Minnesota during 2022 were at 2,273 per 100,000. In 2010 the rate per 100,000 was 2,831, a 558 point decrease. SWHHS 2022 rate has dropped to 536 per 100,000 in 2022, a 481-point drop in five years. There was a 1,737-point difference between Minnesota and SWHHS serious crime rate. (44)



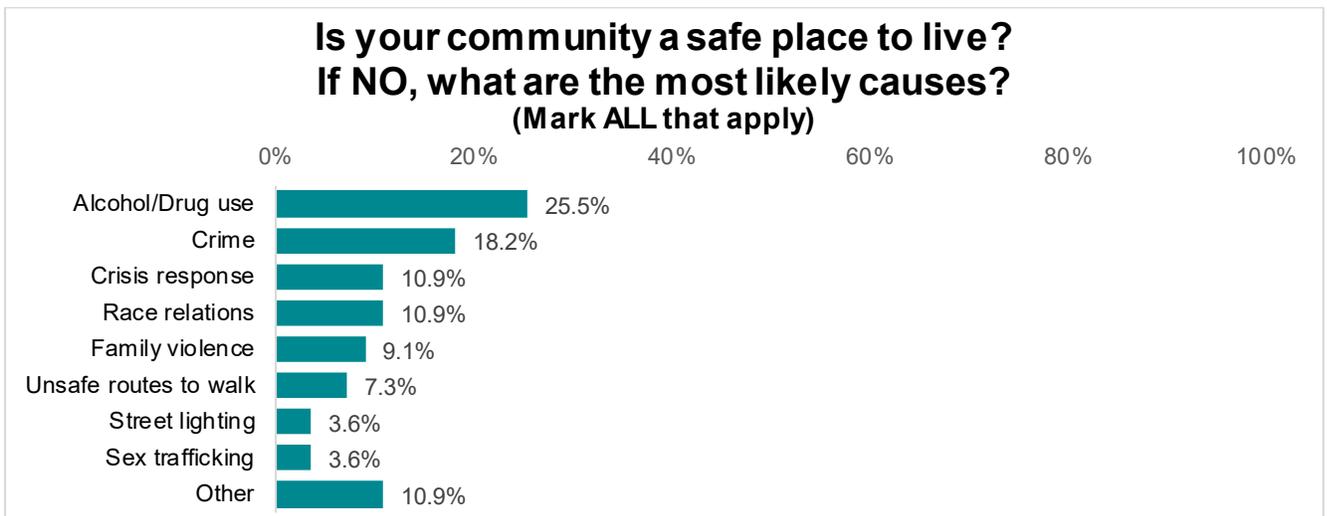
Source: Bureau of Criminal Apprehension. (44)

A question was asked in the 2024 Quality of Life Survey whether the respondents felt their community was safe with 94% responding yes, this is a safe place to live. The six percent that responded no were asked what the most likely causes are. Alcohol/Drug Use was listed by 25.5% of respondents, crime 18.2%, crisis response 10.9%, race relations 10.9%, family violence 9.1%, unsafe routes to walk 7.3%, street lighting 3.6%, sex trafficking 3.6%, and other 10.9%.

Is your community a safe place to live?



Source: 2024 Quality of Life Survey. (7)



Source: 2024 Quality of Life Survey. (7)

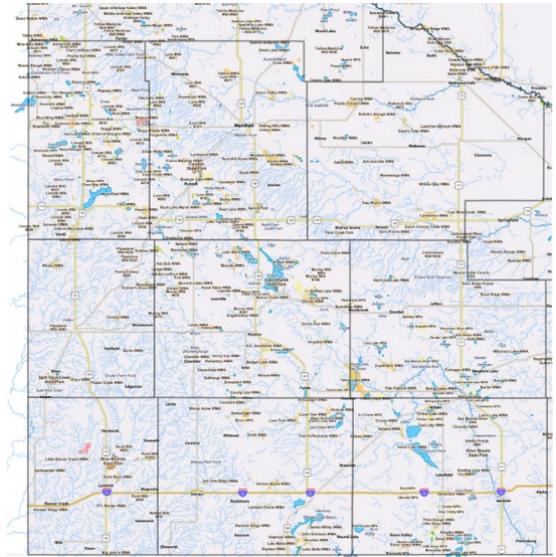
Parks and Playgrounds

Parks and playgrounds in communities, if well maintained, provide ways for people to be physically active on a regular basis. There are four state parks, over 75 county and city parks and 259 state wildlife management areas in the SWHHS counties. (45) (46)

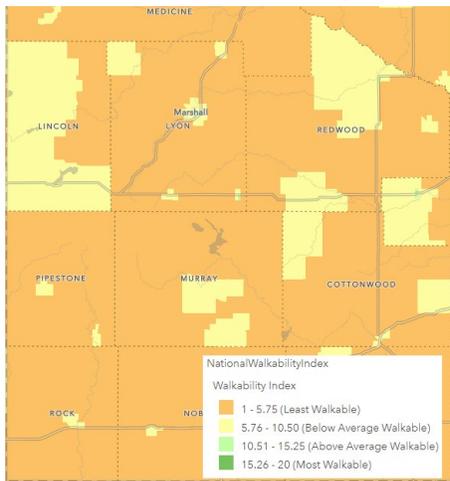
Walkability

Walkability of a geographic area depends on characteristics of the built environment that entice residents to walk as their mode of travel. The index is calculated from the Smart Location Database using four weighted variables for each of the 2019 census blocks.

As you can see from the map below much of the six-county region is in the least walkable category. Lincoln and Redwood counties have several tracts that are in the below average walkable category. There are three small areas in the six counties that are in the above average walkable category. One is in the City of Marshall south of East College Drive, east of Bruce Street, west of Highway 23 and north of East Main Street around the Independence Park area; the second is in Tracy between county road eleven and 29; and the third is in Redwood Falls west of Highway 71, south of East Bridge Street, west of Halverson street and north of 327th Street. (47)



National Walkability Index Map 2019 by Census Tract

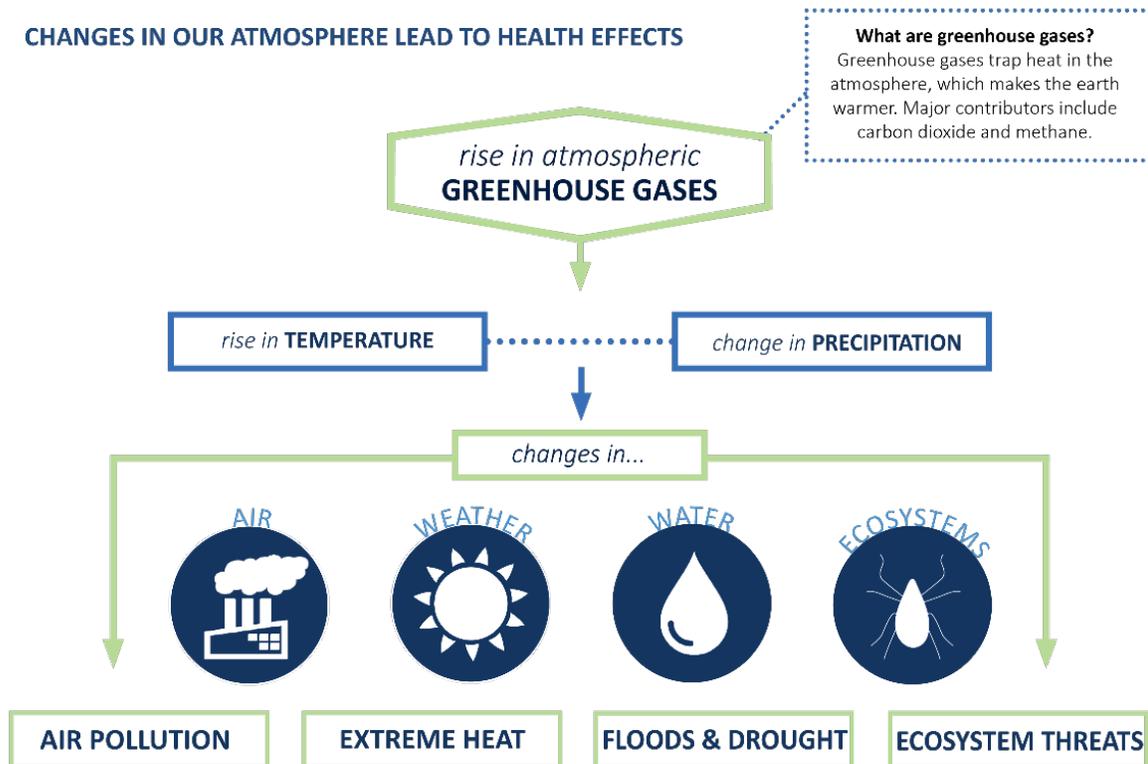


Source: United States Environmental Protection Agency. (48)

Climate

Changes in climate can lead to a variety of issues like air pollution, extreme heat, floods and droughts, and ecosystem threats. The changes to the climates and their direct and indirect ramifications are listed in the diagram below.

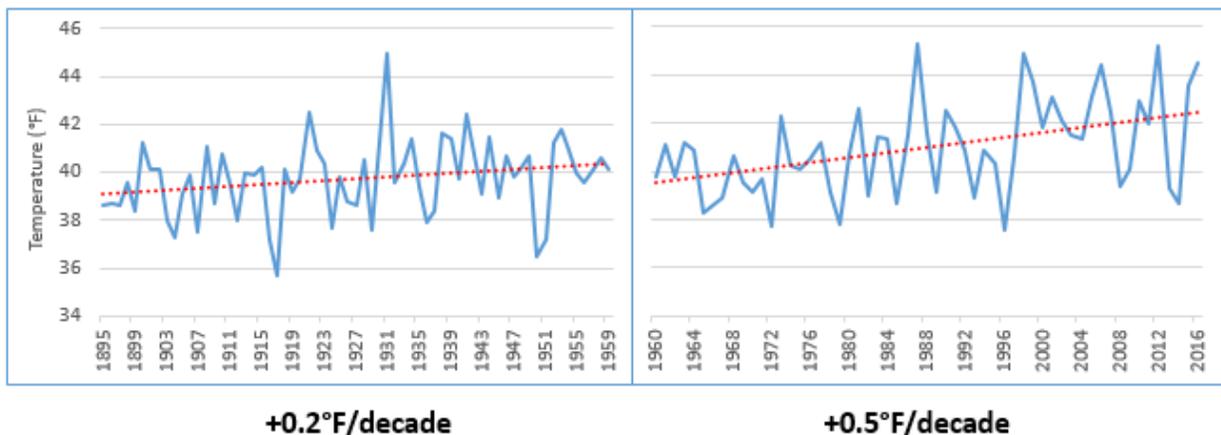
CHANGES IN OUR ATMOSPHERE LEAD TO HEALTH EFFECTS



Source: Minnesota Department of Health. (49)

Minnesota has gotten warmer. Over the last century, Minnesota has gotten over 2°F warmer. Over the last 50 years, this trend has sped up. From 1960 to 2016 the rate has increased to over 0.5°F per decade. These changes will affect ice cover, soil moisture, bird migration, insect behavior, and plant growth. It will also affect the health of people from heat waves to poor air quality from Canadian forest fires.

Minnesota Average Annual Temperature, 1895-2016



Source: Minnesota Department of Health. (49)

Extreme heat events can cause heat-related illnesses and exacerbate existing illnesses and health conditions.

SIGNS OF HEAT EXHAUSTION	SIGNS OF HEAT STROKE
Mild headache, lightheadedness	Throbbing headache, confusion, seizure, irritability, or altered/loss of consciousness
Cool, pale skin (heavy sweating)	Oral body temperature of 104°F and above; dry mouth
Nausea, vomiting	Hot skin
Muscle cramps, fatigue, weakness	Nausea, vomiting

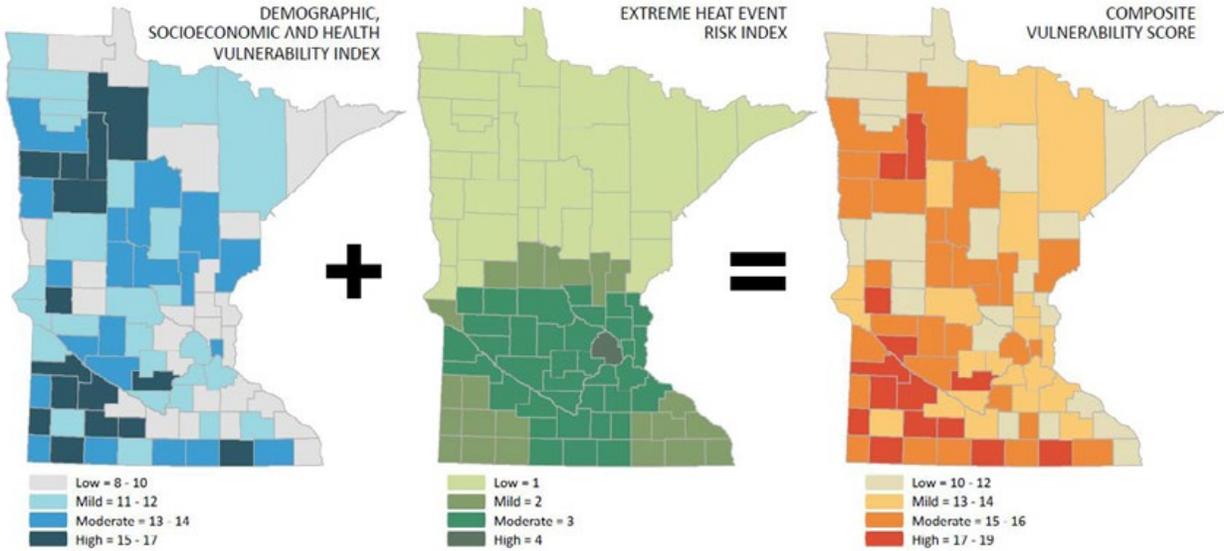
Many signs of heat exhaustion can overlap with signs of heat stroke. When in doubt, call 9-1-1.

WHAT TO DO	WHAT TO DO
<p style="text-align: center;">MOVE to a cooler place COOL with ice/cold water and lay down DRINK cool water or sports drinks CALL 9-1-1 if symptoms last longer than 1 hour</p>	<p style="text-align: center;">CALL 9-1-1 IMMEDIATELY MOVE the affected person to the shade or cooler place COOL the affected person with immersion in cool water or by placing ice packs on the neck and groin areas</p>

www.health.mn.gov/heatplanningwww.health.mn.gov/heatdata

Source: Minnesota Department of Health. (50)

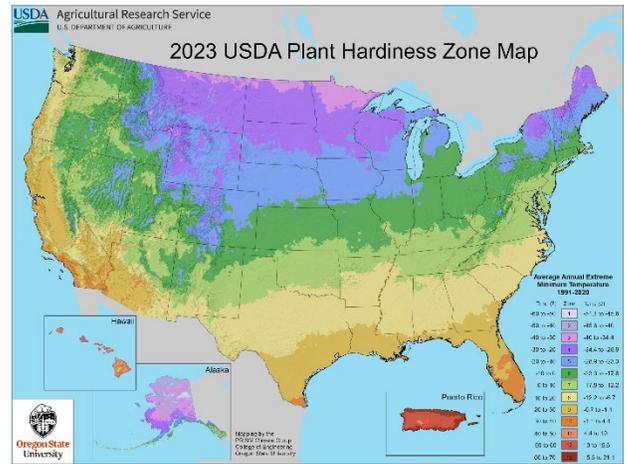
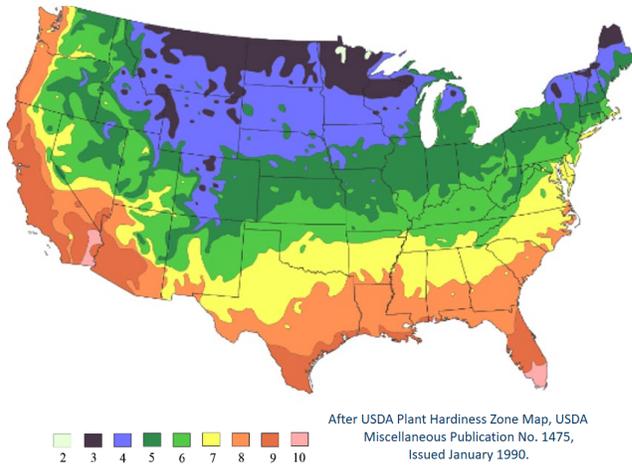
A composite vulnerability score combines population vulnerability indicators and historic occurrences of the climate hazard. Three of the six counties score high in the composite vulnerability score. Two of the six counties score high in the composite vulnerability score. (49)



Source: Minnesota Department of Health (49)

One can also see the change in temperature by looking at USDA Plant Hardiness Zone Map (PHZM). SWHHS counties had been in zone 4 until 2015 when much of the area moved to zone 5. The 1990 PHZM was taken from the 1974-1986 weather data. The 2023 PHZM was taken from the 1991-2020 weather data. (49)

1990 USDA Plant Hardiness Zone Map

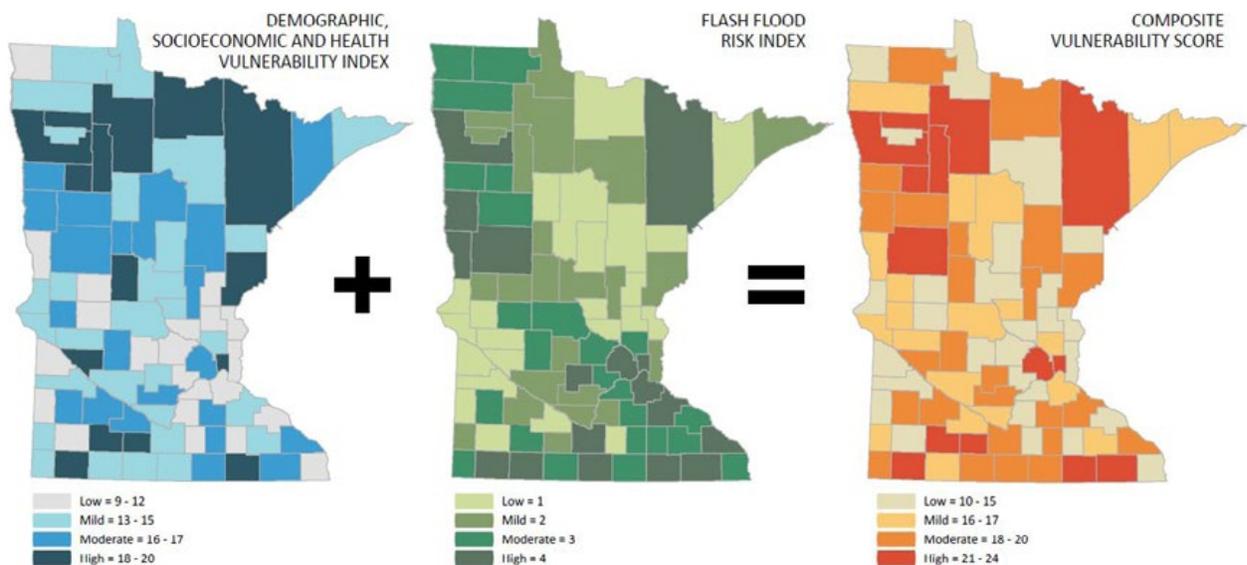


Source: Minnesota Department of Health (49)

Precipitation amounts have been changing. From 1973-2021 Minnesota has had 16 mega-rain events. Eleven of those events have happened during 2000-2021. This change in occurrence shows mega-rain events are 2.5 times more common. (51) Flooding from mega-rain events and spring thaw can cause public infrastructure and electric utility damage. Water damage to homes and businesses can cause mold growth. Tourism can also be impacted by flooding.

With the increase in standing water from rain and flooding, mosquito populations also increase. Mosquito-borne or arboviruses endemic to Minnesota include West Nile Virus, La Crosse Encephalitis, Jamestown Canyon Virus, Western Equine Encephalitis, and Eastern Equine Encephalitis. These diseases can cause mild febrile illness, encephalitis or brain swelling. (52)

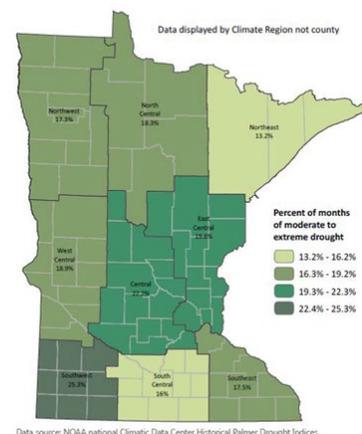
Three of the SWHHS counties are in the moderate risk composite vulnerability score. (49)



Source: Minnesota Department of Health (49)

In the southwest region of Minnesota, there has been more drought. The Southwest region has seen 25.3% of months of moderate to extreme drought during the 1895-2012 timeframe. Drought can affect water quality by lowering lake and underground water levels and concentrating pollution in water. Agricultural crops, livestock and dairy production can be negatively impacted by drought. Mental health can decrease from the stress of potential crop failure. Wildfire risk can increase. The last few summers, wildfires in Canada have caused air quality challenges across Minnesota. (49)

Months of Moderate Drought 1895-2012



Water Quality

Arsenic

Clean and safe water is essential for good health. There are a variety of contaminants that occur naturally in the ground, like arsenic, and those that are man-made that can get into well water, like volatile organic chemicals. August 2008 to December 2021 showed that new wells in SWHHS counties had 10.1 percentage points more arsenic in the ten micrograms per liter or above range than Minnesota. The lower detection limit for arsenic used by most laboratories is two micrograms per liter ($\mu\text{g/L}$), while ten $\mu\text{g/L}$ is the Maximum Contaminant Level (MCL) for arsenic, which is the national enforceable standard for community water supplies. (53)

Arsenic Levels in New Private Wells, Tested 2008-2021

	Number of Wells Tested	Number of Wells < 2 $\mu\text{g/L}$	Percent of Wells < 2 $\mu\text{g/L}$	Number of Wells > 10 $\mu\text{g/L}$	Percent of Wells > 10 $\mu\text{g/L}$	Median Arsenic Value
Minnesota	71,831	34,920	48.6%	8,264	11.5%	≤ 2.0
SWHHS	802	455	56.7%	173	21.6%	-
Lincoln*	25	16	64.0%	4	16.0%	4.0
Lyon	143	84	58.7%	31	21.7%	3.4
Murray	200	129	64.5%	49	24.5%	4.1
Pipestone	67	39	58.2%	16	23.9%	5.2
Redwood	299	163	54.5%	65	21.7%	2.7
Rock	68	24	35.3%	8	11.8%	≤ 2.0

Source: Minnesota Department of Health. (53)

In SWHHS counties, there are a number of private wells that need to be tested regularly to ensure water quality. Some of the issues that need to be tested for are coliform bacteria (annually or if you notice a change to the taste, color or odor), nitrate (one to every two years and always test before giving to an infant), lead (once), and an overabundance of naturally occurring fluoride.

Nitrate

Nitrate compounds naturally occur in levels usually less than three mg/L. Levels higher than three mg/L come from runoff or leakage of man-made sources such as fertilized soil, wastewater, landfills, animal feedlots, septic systems, or urban drainage.

Protect your health!

Test your well water for:

-
- Coliform Bacteria (Every year)
 - Nitrate (Every year)
 - Arsenic (At least once)
 - Lead (At least once)
 - Manganese (At least once)

Testing is even more important if young children drink the water.

The Maximum Contaminant Level (MCL) is ten milligrams of nitrate per liter of drinking water (mg/L). Anything under ten mg/L is considered safe to drink. Drinking water with above ten mg/L can cause methemoglobinemia or blue baby syndrome in babies that are bottle-fed. Babies under six months old are especially at high risk. Adult health impacts are a more recent area of focus. There is a growing body of evidence that nitrate/nitrite exposure is associated with increase heart rate, nausea, headaches, and abdominal cramps. There may be an increased risk of gastric cancer according to some studies, but there is not scientific consensus as of the date of this publication. (54)

Average of Community Water System Mean Nitrate Levels, 2009-2022

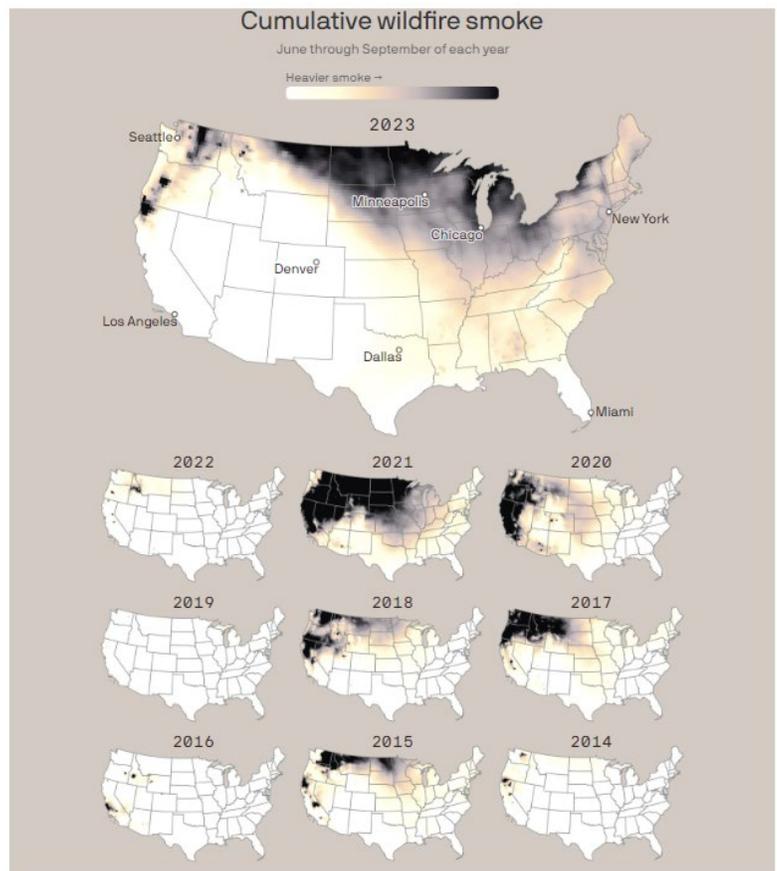
	2009	2010	2011	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
Lincoln	3.36	2.80	3.45	3.33	3.38	3.49	4.83	4.81	4.42	5.03	4.80	4.21	6.05
Lyon	2.26	1.89	2.22	2.18	2.28	2.31	3.16	3.00	2.64	3.00	2.86	2.47	3.47
Murray	1.46	1.55	1.52	1.36	1.04	1.09	1.48	1.35	1.40	1.53	1.41	1.03	0.88
Pipestone	2.83	2.65	3.15	2.92	2.77	2.95	3.87	3.67	3.48	3.68	3.71	3.74	4.53
Redwood	0.65	0.60	0.88	0.85	0.92	0.97	1.13	1.11	0.96	1.07	1.14	1.02	1.31
Rock	4.29	4.00	3.45	3.47	3.30	1.75	4.40	4.23	4.46	5.18	3.00	2.30	3.54

Source: Minnesota Department of Health. (54)

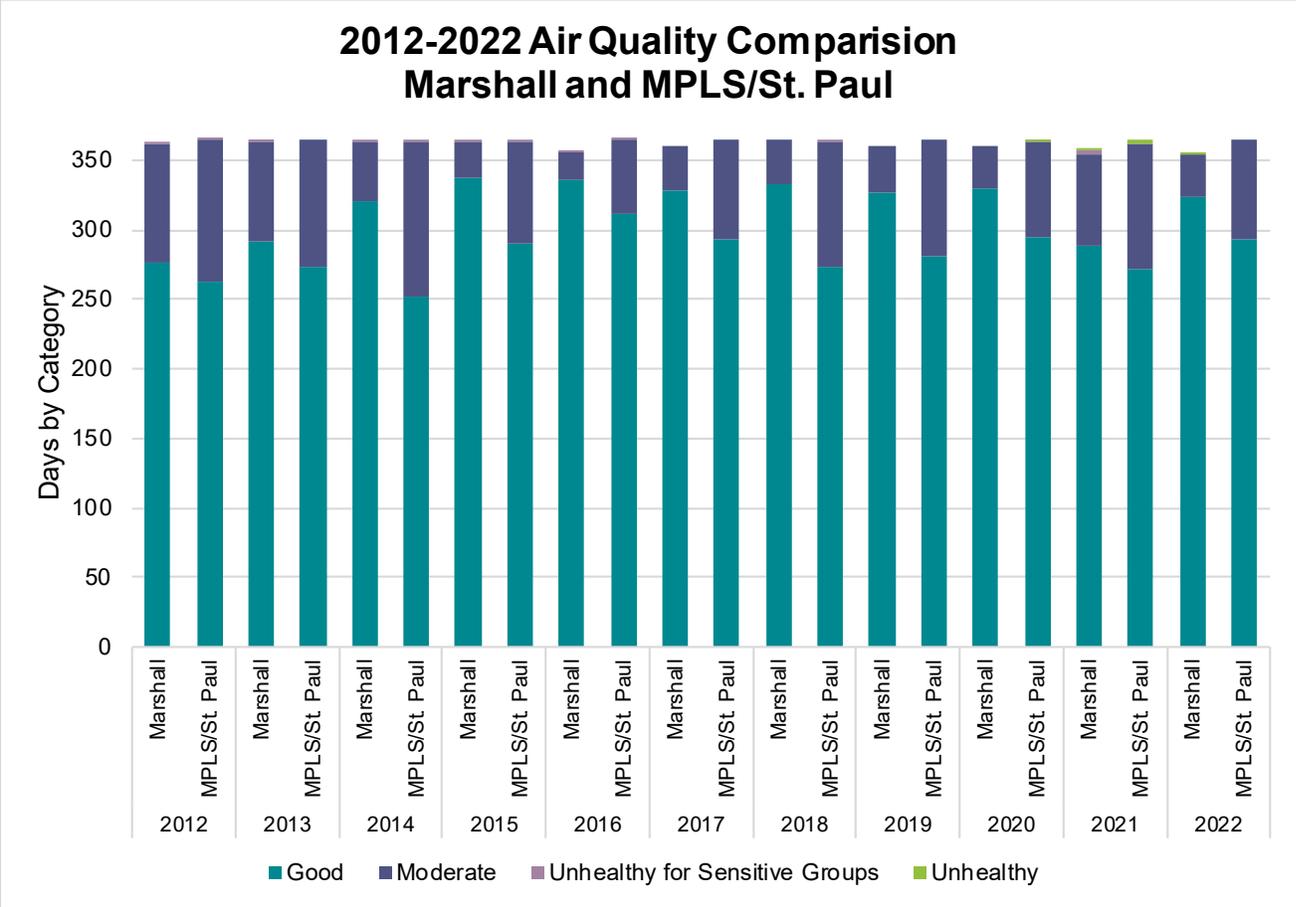
Air Quality

Air quality, if heavy with ground-level ozone, air particulate pollution, sulfur dioxide, and carbon monoxide can make it hard for people to breathe and cause illness. Some of the causes of ground-level ozone and air particulate pollution are combustion from motor vehicles, power plants, residential wood burning, forest and agricultural fires, and some industrial processes. Unhealthy air can irritate your respiratory system, reduce your lung function, damage and inflame the lining of your lungs, make your lungs more susceptible to infections, aggravate other chronic lung diseases like asthma, chronic bronchitis, COPD, emphysema, and cause permanent lung damage. (55)

From 2006-2022, the Marshall area averaged 1.13 unhealthy air days for sensitive groups per year and .24 unhealthy days per year while the Minneapolis/St Paul area averaged 2.55 unhealthy air days for sensitive groups and .31 unhealthy days per year. Marshall had two unhealthy days in 2021 and 2022. It was the first time in the last 17 years that Marshall had any unhealthy days. Forest fires in the United States and Canada have been affecting air quality in Marshall and other areas across the state. (56) (57)



Data: NASA GEOS-FR. Map: Erin Davis/Axiom Visuals



Source: Minnesota Pollution Control Agency. (56)

In the chart above each category corresponds to a different level of health concern:

- **Good.** The Air Quality Index (AQI) value for your community is between zero and 50. Air quality is satisfactory and poses little or no health risk.
- **Moderate.** The AQI is between 51 and 100. Air quality is acceptable; however, pollution in this range may pose a moderate health concern for a very small number of individuals. People who are unusually sensitive to ozone or particle pollution may experience respiratory symptoms.
- **Unhealthy for Sensitive Groups.** When AQI values are between 101 and 150, members of sensitive groups may experience health effects, but the general public is unlikely to be affected.
 - Ozone: People with lung disease, children, older adults, and people who are active outdoors are considered sensitive and therefore at greater risk.
 - Particle pollution: People with heart or lung disease, older adults, and children are considered sensitive and therefore at greater risk.
- **Unhealthy.** Everyone may begin to experience health effects when AQI values are between 151 and 200. Members of sensitive groups may experience more serious health effects.
- **Very Unhealthy.** AQI values between 201 and 300 trigger a health alert, meaning everyone may experience more serious health effects.
- **Hazardous.** AQI values over 300 trigger health warnings of emergency conditions. The entire population is even more likely to be affected by serious health effects. (56)

Radon

Radon is a colorless and odorless radioactive gas that naturally occurs in air and drinking water environments. The leading cause of lung cancer in non-smokers is radon. According to the EPA map of Radon Zones, all of the counties in SWHHS are in the highest potential category for predicted average indoor radon screening level greater than four pCi/L (picocuries per liter). (58) Because of this, SWHHS has been offering short radon testing at a nominal price to citizens in the SWHHS catchment area.



Radon Testing Results 2010-2020

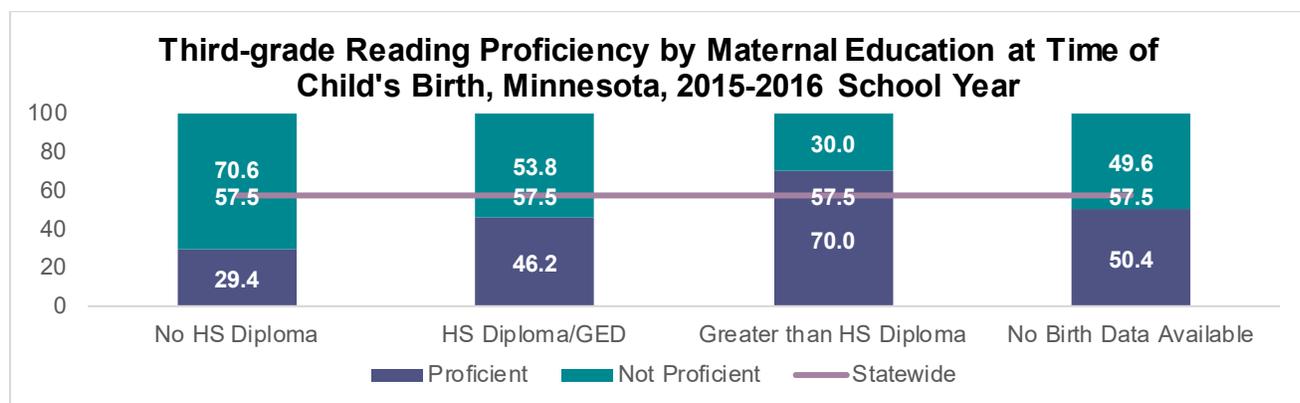
	Properties Tested Per 10,000	Percent of Properties Tested ≥ 2 pCi/L	Percent of Properties Tested ≥ 4 pCi/L	Average (Arithmetic) Radon Value pCi/L
Minnesota	93.5	71.2%	40.3%	4.2
Lincoln	53.1	88.1%	69.8%	8.7
Lyon	81.7	81.6%	63.8%	7.3
Murray	67.4	92.7%	79.7%	9.2
Pipestone	57.2	90.8%	68.2%	8.6
Redwood	65.9	88.5%	69.3%	7.2
Rock	50.7	91.6%	78.6%	8.9

Source: United States Environmental Protection Agency. (58)

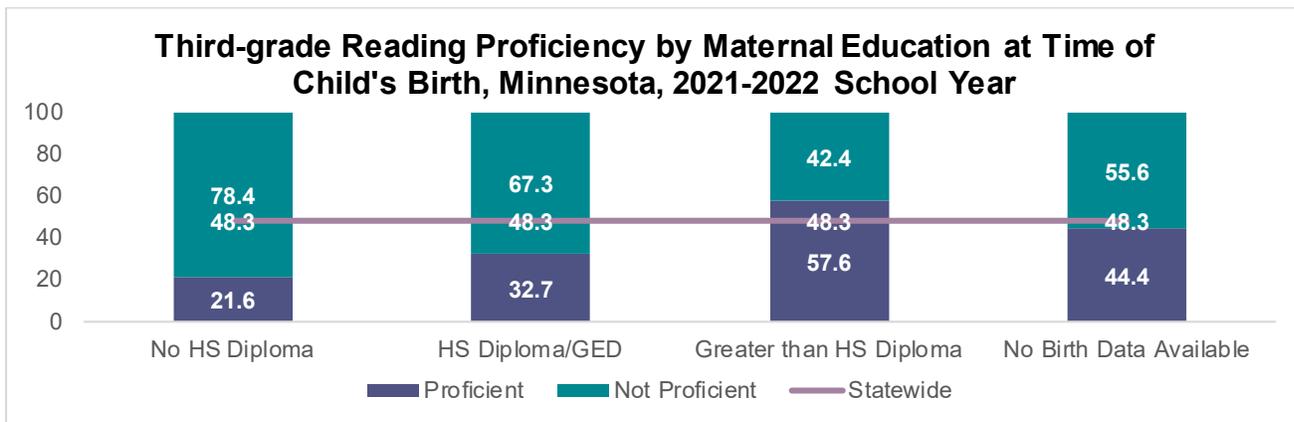
Education Access and Quality

Language and Literacy

When the data is looked at with a health equity lens to determine what impacts education, research points toward the education of the mother as a determinant of her child's third-grade reading proficiency. Statewide reading proficiency in third-grade averaged 57.5% in 2015-2016. Reading proficiency after the pandemic has dropped statewide to 48.3% over 2021-2022. The difference is 9.2%. The difference between third-grade children with mothers who have education at greater than high school diploma versus high school diploma or GED is 23.8 percentage points in 2015-2016 and 24.9 percentage points in 2021-2022. The gap widens to 40.6 percentage points if the mother has no high school diploma in 2015-2016 and 36.0 percentage points in 2021-2022. (59)



Source: Minnesota Department of Education. (59)



Source: Minnesota Department of Education. (59)

Percentage of Third-grade Reading Proficiency by Maternal Education at Time of Child's Birth, Minnesota, 2021-2022 School Year

	No HS Diploma	HS Diploma/GED	Greater than HS Diploma	No Birth Data Available
Minnesota	21.6	32.7	57.6	44.4
SWHHS	CTSTR	CTSTR	57	51.4
Lincoln	CTSTR	CTSTR	47.8	56.1
Lyon	36.7	33.3	52.8	39.4
Murray	CTSTR	CTSTR	50	48.3
Pipestone	CTSTR	CTSTR	70.8	51.7
Redwood	CTSTR	40	59.1	46.4
Rock	CTSTR	CTSTR	61.5	66.2

CTSTR: Countstoo small to report - when results are less than 10.

Source: Minnesota Department of Education. (59)

Educational Attainment

Education is a key component to social determinates of health, as it is a predictor of the quality and longevity of a person's life. It has been determined through research that the more education a person has, the more likely they are to have a higher income and have better health outcomes. (60)

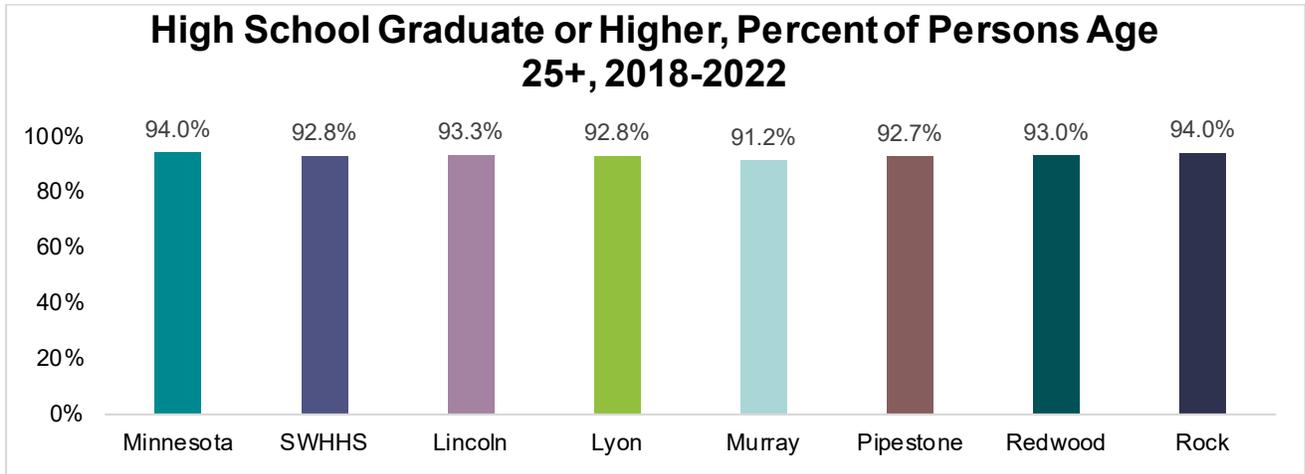


Percent of High School Students Graduating On Time, Four-Year Average, By County, 2012-2022

	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
Minnesota	78.4	80.4	81.4	82.1	82.5	82.7	83.2	83.7	83.8	83.3	83.6
SWHHS	86.3	87.4	87.1	89.8	88.8	89.6	86.2	89.8	91.3	89.1	89.0
Lincoln	81.8	86.7	87.8	87.3	79.2	85.7	87.5	93.2	84.4	83.1	79.5
Lyon	86.0	89.5	86.1	90.6	87.2	86.0	83.3	87.5	91.7	87.1	90.2
Murray	92.7	95.7	93.5	96.0	90.8	97.6	89.3	96.0	96.3	92.0	92.3
Pipestone	86.8	83.9	88.8	87.7	92.3	86.4	78.3	85.0	87.8	88.5	85.2
Redwood	88.5	88.4	86.9	88.2	89.9	92.9	91.6	94.3	92.1	92.6	91.4
Rock	81.4	76.9	84.1	87.7	92.5	93.9	90.2	90.3	91.5	91.4	89.7

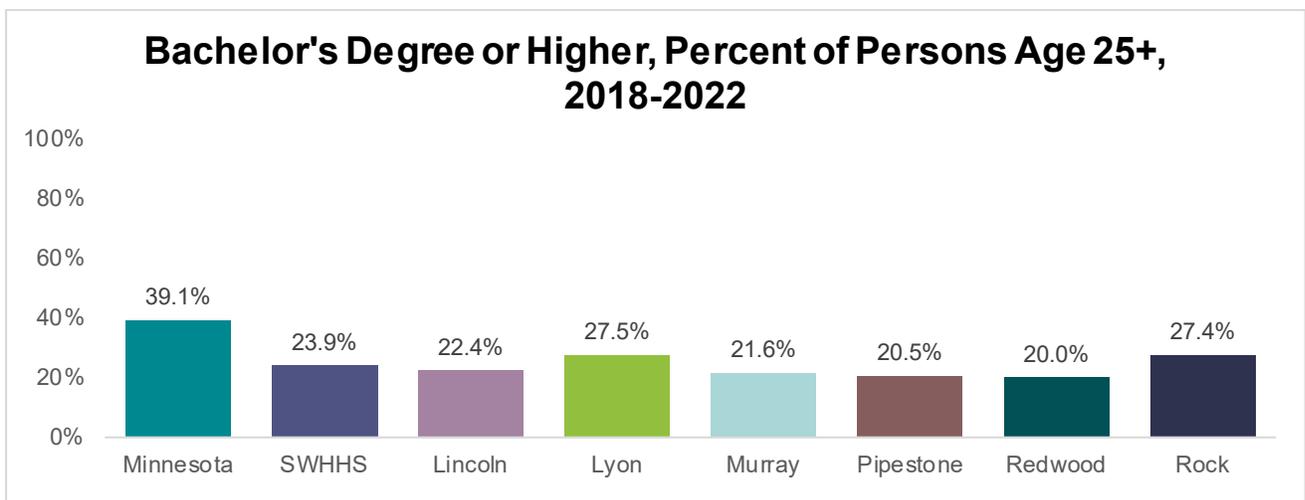
Source: United State Census Bureau. (61)

Minnesota's high school graduation rate is higher than SWHHS by 1.2 percentage points. (61)



Source: United State Census Bureau. (61)

Minnesota's bachelor degree or higher rate is higher than SWHHS by 15.2 percentage points. Lyon county, home to Southwest Minnesota State University, has the highest rate of the six counties with 27.5% of adults age 25+ having a bachelor's degree or higher. (61)



Source: United State Census Bureau. (61)

Early Childhood Development

When we invest in education and developmental resources starting in early childhood, society sees a return on that investment in increased cognitive and social skills. These skills result in citizens that are more capable, productive and will influence the earning potential of the individual. (62)

Preschool programs can vary depending on where you live in Minnesota. In Minnesota, 21.8% of kindergarteners attend one year of preschool and 9.8% attend 2 years of



preschool. The southwest economic development region saw 35.8% of kindergartners attend one year of preschool and 19.6% attend 2 years of preschool. Redwood County has the highest level of kindergartners who attended one and two years of preschool with 48.8% and 46.9% for two year. (59)

Percent of Kindergartners Who Participated in School District Preschool by Number of Years, 2021

	+4 Years Prior	3 Years Prior	2 Years Prior	1 Year Prior
Minnesota	0.1	1.2	9.8	21.8
Southwest EDR	CTSTR	2.3	19.6	35.8
Lincoln	CTSTR	CTSTR	15.1	25.8
Lyon	CTSTR	4.3	22.6	44.3
Murray	CTSTR	CTSTR	40.8	44.9
Pipestone	CTSTR	CTSTR	19.6	33.6
Redwood	CTSTR	CTSTR	46.9	48.8
Rock	CTSTR	CTSTR	CTSTR	CTSTR

CTSTR: Counts Too Small To Report - when results are less than 10.

Southwest EDR: Region 8 Economic Development Region includes Cottonwood, Jackson, Nobles and SWHHS counties of Lincoln, Lyon, Murray, Pipestone, Redwood, and Rock counties.

Source: Minnesota Department of Education. (59)

Public early care and education includes Child Care Assistance (CCAP), Early Childhood Family Education (ECFE), Early Childhood Special Education (ECSE) or School District Preschool (MN District Preschool) prior to kindergarten entry. Many children attend private childcare and early learning programs prior to kindergarten and are not included in these counts. Minnesota’s kindergartners attend public early care and education at 50.3% with Southwest Economic Development Region at 57.2%. Murray County’s rate was 74.5%. Rock County has the lowest rate at 34.7%.

Percent of Kindergartners that Participation in Public Early Care and Education, 2022

	Minnesota	SW EDR	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
Kindergartners	50.3	57.2	41.9	67.4	74.5	58.7	69.6	34.7

Southwest EDR: Region 8 Economic Development Region includes Cottonwood, Jackson, Nobles and SWHHS counties of Lincoln, Lyon, Murray, Pipestone, Redwood, and Rock counties.

Source: Minnesota Department of Education. (59)

Child Care

Child care that is reliable and affordable allows families to participate in the workforce and support their families. Parents that do not have adequate child care struggle to remain in the workforce leading to financial instability and potential skill loss. (63)

Child care access has been in decline since 2010 in Minnesota and 2009 nationally. Minnesota regulatory changes started in 2014. From 2014 to 2018 there has been a 20% decrease in licenses family child care. (64) In December 31, 2019, there were 251 family child care homes in SWHHS. By August 31, 2024, 18.7% of those homes were closed. (65)

2024 Number of Licensed Family Child Care through 8/31/2024

	Count Jan 1	Newly Licensed	Closed	Count August 31	Family Child Cares +/- Since 2019	2024 Child Slots +/- as of 8/31/2024	Aug 31 Total Child Slots
Lincoln	16	1	1	16	-4	-2	190
Lyon	66	5	7	64	-23	-34	758
Murray	20	1	1	20	-2	0	254
Pipestone	30	1	0	31	-5	12	384
Redwood	44	3	1	47	-2	18	528
Rock	26	2	2	26	-11	-4	314
SWHHS	202	13	12	204	-47	-10	2,428

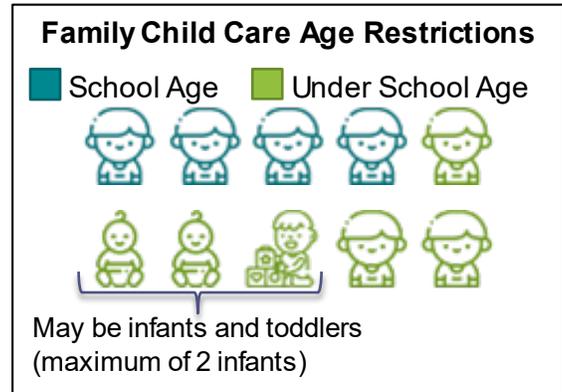
Source: Minnesota Department of Human Services. (65)

A family child care provider may care for up to six children under school-age, with a maximum of two infants (6 weeks to 11 months), or three infants and toddlers (12-24 months). Ratios are lower for group family child care, or for two adults. Minnesota licensing limits are in line with national recommendations. (66) SWHHS five-year average births are at 917. If all were attending family based child care, there would be 204 to 408 infant slots based on August 31, 2024 provider counts and current licensing requirements.

Annual Births by County

	2016	2017	2018	2019	2020	2021
Lincoln	67	74	70	59	64	68
Lyon	380	358	356	346	338	334
Murray	104	87	81	90	72	79
Pipestone	118	130	140	127	122	142
Redwood	197	184	199	196	191	194
Rock	114	108	97	90	85	104
SWHHS	980	941	943	908	872	921

Source: Minnesota Department of Health. (67)



Source: ChildCare Aware of Minnesota. (66)

The percent of households that have two parents with children under 6 that are both in the labor force is 70.7% in SWHHS counties. If all were attending family based child care, it is estimated 602 infant slots would be needed, 602 toddler slots would be needed and 1,806 under school age slots would be needed. Based on family child care licensing counts, it is estimated SWHHS is 796 infant and toddler slots short depending on how family child cares filled their slots. (65)

There are 1,005 licensed slots in 23 child care centers. Of these licensed slots, there 10 child care centers with 236 preschool only slots, two child care centers with 85 preschool & school-age slots, one child care centers with eight toddler slots. The rest of the ten licensed child care centers with 676 slots are mixed ages from infants through school-age. The number of slots by age are not disclosed on the child care center licenses.

Child Care Center Ratios and Group Sizes by Age Category

Age Category	Minimum Staff-to-Child Ratio	Maximum Group Size
Infant	1:4	8
Toddler	1:7	14
Preschooler	1:10	20
School-age Child	1:15	30

Source: ChildCare Aware of Minnesota. (66)

Children Under 6: Living with Both Parents in Labor Force or Living with Single Parent in Labor Force, 5-Year Estimate 2018-2022

	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
Count of Children Under 6	403	2005	497	796	1187	645
Both Parents in Labor Force	251	1102	292	386	609	370
Living with 2 Parents-Father in Labor Force	64	242	77	118	289	75
Living with 2 Parents-Mother in Labor Force	8	136	51	30	35	51
2 Parents – Neither Parent in Labor Force	7	0	0	57	0	7
Living with 1 Parent: Father in Labor Force	21	261	15	93	89	43
Living with 1 Parent: Mother in Labor Force	35	178	26	104	89	55

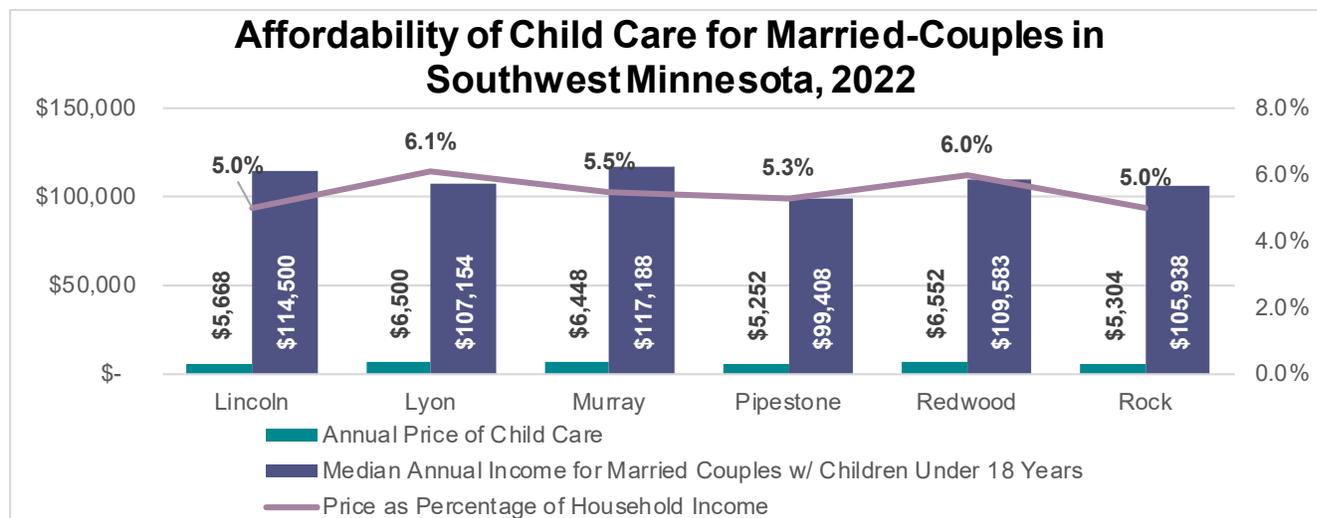
Source: US Census Bureau. B23008 (68)

The Department of Health and Human Services (HHS), in the preamble of the 2016 Child Care and Development Fund (CCDF) Final Rule, established 7 percent as the Federal benchmark as an affordable co-payment for families receiving CCDF. (69) An infant in family child care cost \$8,590.40 annually and \$14,401.92 for an infant in a child care center. A family of three 100% poverty guideline is \$25,820 annually. If the child in the family of three were an infant they would be paying 33% of their income for family child care and 56% of their income for a child care center. At 7% of income, a family of three would need to make \$122,720 have an infant in family child care and \$205,742 for a child care center.

Average Weekly Rates for Child Care Programs in Greater Minnesota, April 2024

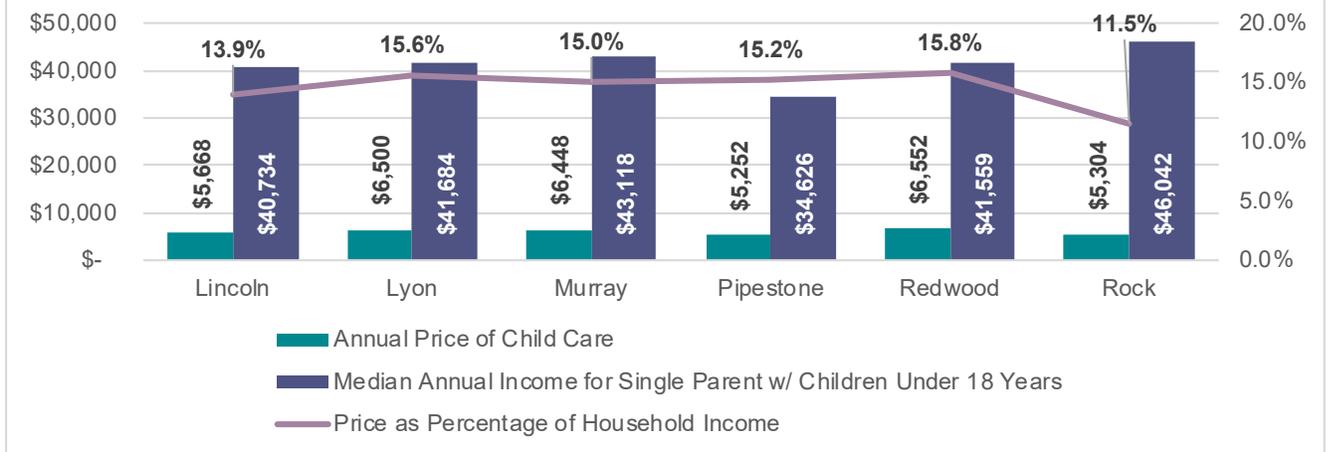
	Child Care Centers	Family Child Care
Infant	\$ 276.96	\$ 165.20
Toddler	\$ 251.49	\$ 159.48
Preschool	\$ 229.32	\$ 152.75
School-Age	\$ 196.46	\$ 137.19

Source: ChildCare Aware of Minnesota. (70)



Source: Minnesota Employment and Economic Development. (63)

Affordability of Child Care for Single-Parent in Southwest Minnesota, 2022



Source: Minnesota Employment and Economic Development. (63)

Children with Special Health Care Needs

Children with special health care needs are defined as, “Those who have, or who are at increased risk for a chronic physical, developmental, behavioral, or emotional condition. They also require health and related services of a type or amount beyond that generally required.” (71) According to the 2022 National Survey of Children with Special Health Care Needs, it is estimated that 21.5% of all Minnesota children ages 0-17 have special health care needs while nationally 20.8% do. (72)



Percent of Prevalence by Conditions, 2022

	United States	Minnesota
ADD or ADHD (3-17 YO)	10.5	13.0
Anxiety (3-17 YO)	10.6	14.1
Asthma	6.5	5.3
Autism (3-17 YO)	3.6	4.3
Behavioral or Conduct Problems (3-17 YO)	7.5	7.7
Depression (3-17 YO)	4.6	6.9
Developmental Delay (3-17 YO)	5.8	5.7
Speech or other language disorder (3-17 YO)	6.4	7.2
Learning Disability (3-17 YO)	7.8	10.1

Source: Maternal and Child Health Bureau. (72)

It is unclear what percentage of children in the SWHHS counties have special health care needs, as this data is not collected at a county level. Special education enrollment is tracked at a school district and county level, which can give a glimpse at the size of the population since not every child that has a special health care need will qualify to be enrolled in special education during the IEP process. In the 2023-2024 school year, SWHHS counties saw 18.6% of students enrolled in special education, which was higher than Minnesota’s rate of 18.5%. This rate, which was 12.6% in the 2005-2006 school year, has steadily increased along with overall enrollment 11,877 in 2005-2006 to 12,563 in the 2023-2024 school year. It is unclear why more children need special education. One

thought is with the emphasis on early intervention more children are being identified earlier. Another thought is children are, overall, healthier than past generations. (15)

Percent of K-12 Special Education Students Enrollment

	2015-2016	2016-2017	2017-2018	2018-2019	2019-2020	2020-2021	2021-2022	2022-2023	2023-2024
Minnesota	15.1	15.4	15.7	16.2	16.7	16.7	16.9	17.6	18.5
SWHHS	15.4	15.6	15.7	16.6	16.7	16.8	17.4	17.3	18.6
Lincoln	16.2	16.6	14.6	16.4	15.8	13.4	14.3	16.2	16.7
Lyon	15.5	16.1	15.8	16.8	16.5	15.8	16.4	17.8	17.8
Murray	15.7	16.4	15.9	16.7	16.8	16.3	16.9	14.9	19.1
Pipestone	14.8	14.0	14.2	14.6	15.5	15.6	17.9	17.3	18.5
Redwood	16.2	16.6	17.3	18.7	18.9	22.1	21.7	19.2	21.3
Rock	14.4	13.6	15.4	15.0	15.2	14.7	14.8	15.6	17.3

Source: Minnesota Department of Education. (2017). (15)

Food Access and Quality

Hunger

United Community Action Partnerships services food shelves in Marshall, Tracy, Westbrook and Heron Lake. The Marshall and Tracy food shelf service residents in the SWHHS counties. Marshall services clients from Lincoln, Lyon, Pipestone, Redwood and Yellow Medicine counties. Tracy services Lyon, Murray and Redwood counties. Unique individuals and pounds of food given out decreased from 2019 to 2021, then went back up in 2022. New families in Marshall decreased until 2022 when it went back up. Tracy new families decreased all five years.

Unique Individuals that Received Food at Food Shelf by Year

	2018	2019	2020	2021	2022
Marshall	2,785	2,365	1,943	1,374	1,731
Tracy	357	359	323	192	263

Source: United Community Action Partnership. (73)

New Families that Received Food at Food Shelf by Year

	2018	2019	2020	2021	2022
Marshall	348	277	210	147	237
Tracy	31	31	27	24	22

Source: United Community Action Partnership. (73)

Homeless Individuals that Received Food at Food Shelf by Year

	2018	2019	2020	2021	2022
Marshall	28	23	39	27	26
Tracy	0	0	0	*	*

*Counts under 20 are suppressed.

Source: United Community Action Partnership. (73)

Pounds of Food Given Out at Food Shelf

	2018	2019	2020	2021	2022
Marshall	397,704	339,041	377,639	195,150	251,936
Tracy	43,103	42,821	49,624	30,495	40,171

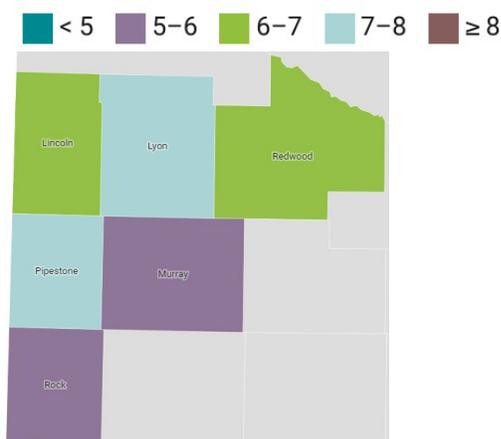
Source: United Community Action Partnership. (73)

Food Insecurity

According to The United States Department of Agriculture (USDA), “Food insecurity is the limited or uncertain availability of nutritionally adequate and safe foods, or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.” (74)

The percent of overall food insecurity in Minnesota for 2021 is 6.8%. The average food insecurity of the six SWHHS counties for 2021 was 6.5%. Four of the counties are below the state rate. Pipestone County 2021 rate was 7.6% and Lyon County was 7.1%. (75)

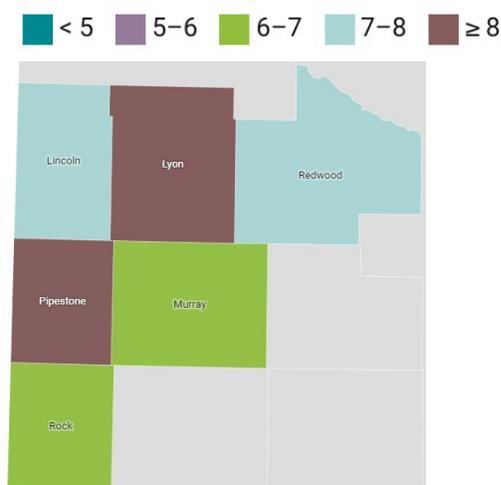
Percent of Overall Food Insecurity 2021



Source: Feeding America. (75) Created with Datawrapper

The percent of child food insecurity in Minnesota for 2021 is 9.2%. The average food insecurity of the six SWHHS counties for 2021 was 7.7%. Five of the counties are below the state rate. Pipestone County 2021 rate is 10.1%. (75)

Percent of Child Food Insecurity 2021

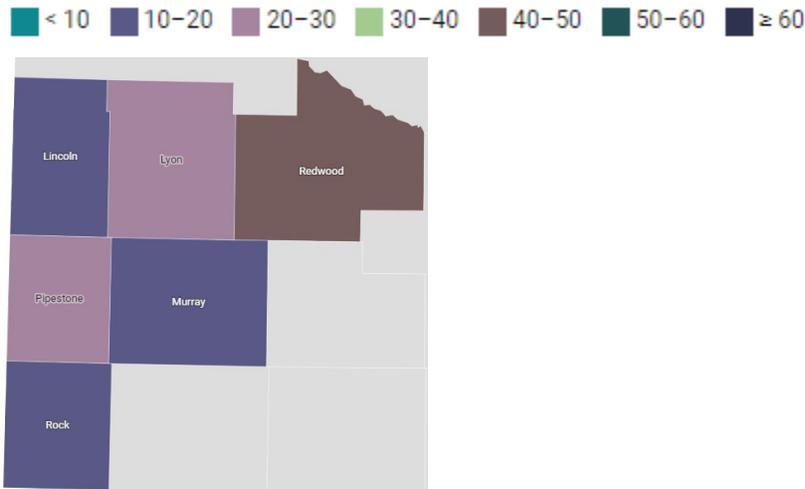


Source: Feeding America. (75) Created with Datawrapper

Access to Healthy Food Options

The USDA defines a food desert as a low-income area (census tract), where a significant number of residents live more than 10 miles from a big grocery store in rural areas or one mile in urban ones. (74)

Percent of Population with Low Access to Supermarket/Large Grocery Stores, 2015

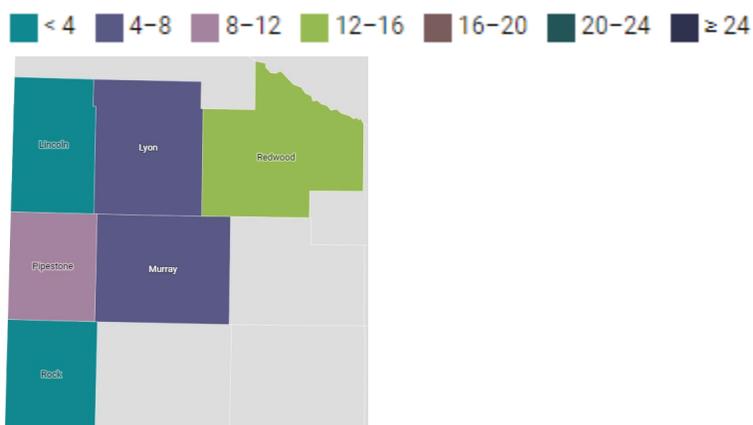


Source: U.S. Department of Agriculture (USDA) (74) Created with Datawrapper

Low access to the store is defined as living more than 10 miles from a supermarket or large grocery store if living in a rural area, or more than one mile from a supermarket or large grocery store in an urban area. Supermarkets/large grocery stores are food retailers reporting at least \$2 million in annual sales and containing all the major food departments found in a typical supermarket, including fresh meat and poultry, dairy, dry and packaged foods, and frozen foods. (74)



Percent of Low-income Households with Low Access to Supermarket/ Large Grocery Store, 2015



Source: U.S. Department of Agriculture (USDA) (74) Created with Datawrapper

Low-income is defined as 200% of Poverty Level. (74)

Social and Community Context

Social Connection

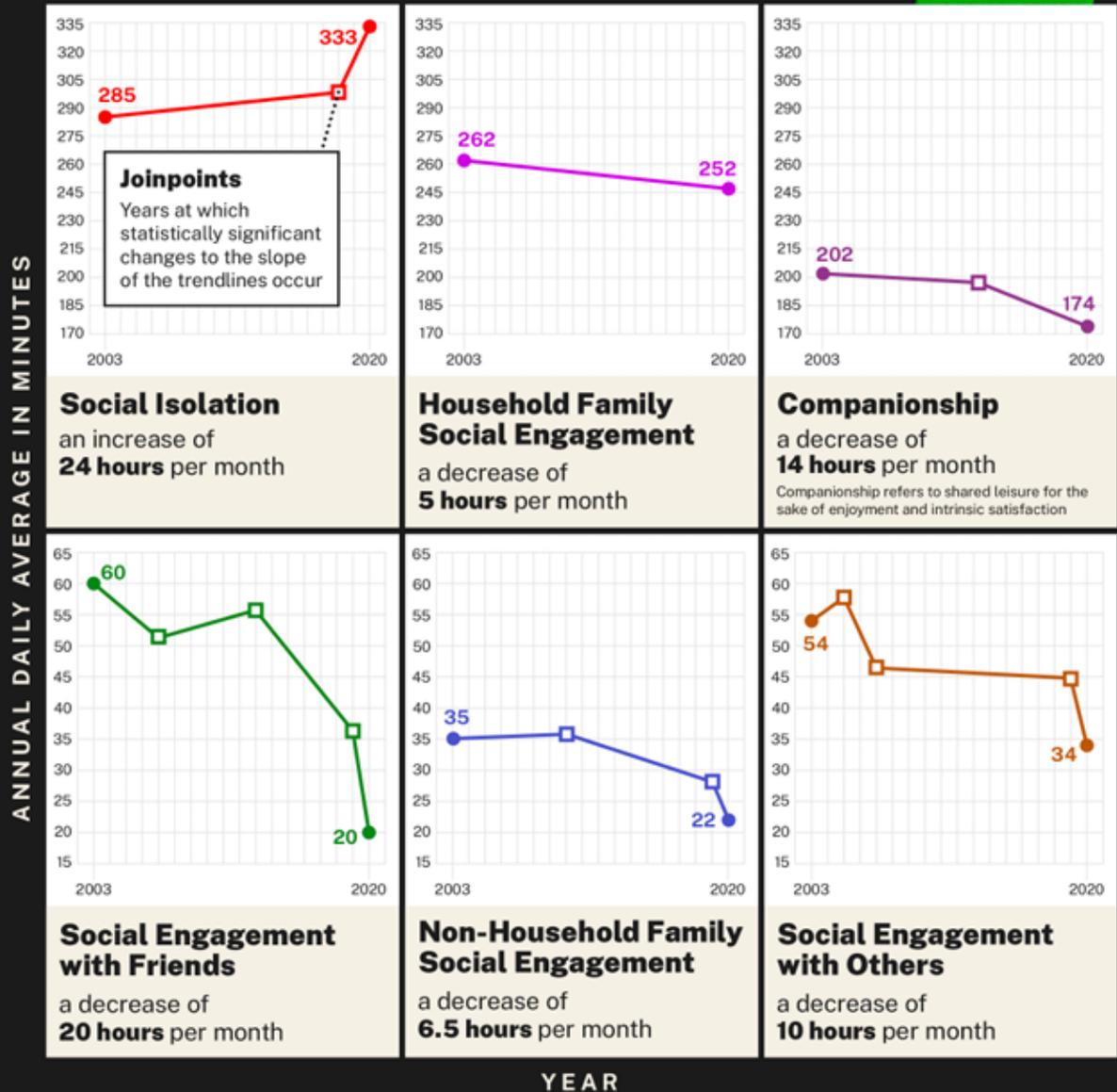
Social connection according to the US Surgeon General's *Our Epidemic of Loneliness and Isolation* report is "A continuum of the size and diversity of one's social network and roles, the functions these relationships serve, and their positive or negative qualities."

From 2003 to 2020, time spent alone increased, while the time spent on in-person social engagement decreased. Social isolation has increased by 24 hours per month nationally. Social engagement with friends has decrease by 20 hours per month nationally. (76)

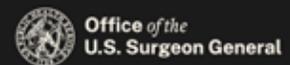


National Trends for Social Connection

From 2003 to 2020, time spent alone increased, while time spent on in-person social engagement decreased.



Source: Adapted from Viji Diane Kannan, Peter J. Veazie, US Trends in Social Isolation, Social Engagement, and Companionship: Nationally and by Age, Sex, Race/ethnicity, Family Income, and Work Hours, 2003-2020, SSM - Population Health, Volume 21, 2023. The joinpoints are visual approximations.



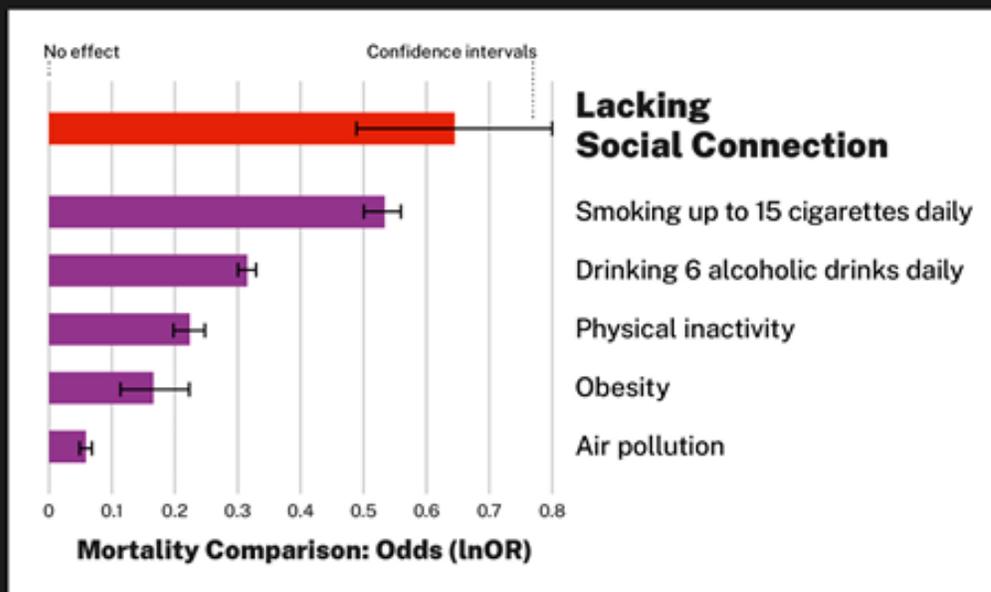
Source: U.S. Surgeon General. (76)

When social connection is missing in a person's life, health outcomes can decrease.

- Studies have indicated people living in isolation increases the risk for premature death by 29%. (76)

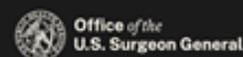
- Social support from family and friends is associated with improved diabetes management (32%), hypertension (29%), and risk of developing dementia (50%). (76)
- Unemployed individuals that participate in community-based volunteering increase the likelihood of becoming employed. (76)
- Adults that report feeling lonely are more than twice as likely to develop depression as adults that report rarely feeling alone. (76)
- Social isolation or the perception of isolation can increase inflammation in the body at a similar degree as physical inactivity. (76)
- Children and adolescents who enjoy positive relationships with parents, peers and teachers experience improved academic outcomes. (76)
- People with strong perceptions of community belongingness are 2.6 times more likely to report good or excellent health than people with a low sense of belongingness. (76)
- Being more socially connected can improve stress responses and minimize the negative health effects of stress. (76)

Lacking social connection is as dangerous as smoking up to 15 cigarettes a day.



Comparison groups: Complex measures of social integration: high v. low; not smoking v. smoking < 15 cigarettes daily; alcohol abstinence v. drinking > 6 alcoholic drinks daily; physical activity v. inactivity; low BMI v. high BMI; low air pollution v. high air pollution.

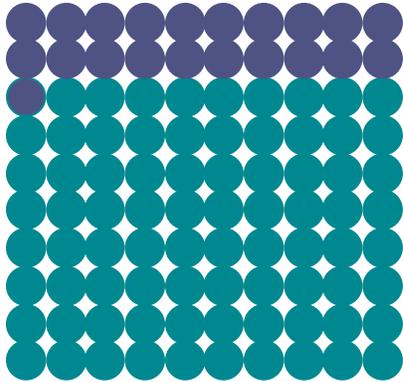
Source: Holt-Lunstad J, Robles TF, Sbarra DA. Advancing Social Connection as a Public Health Priority in the United States. *American Psychology*. 2017;72(6):517-530. doi:10.1037/amp0000103. This graph is a visual approximation.



Source: U.S. Surgeon General. (76)

SWHHS conducted a convenience sample survey to determine perception of the community on various topics. Several of the questions elude to social connection by asking about quality of life, how welcoming our community is, and if our community is good place raise children and grow old in.

Are you happy with the quality of life in your community?



79%

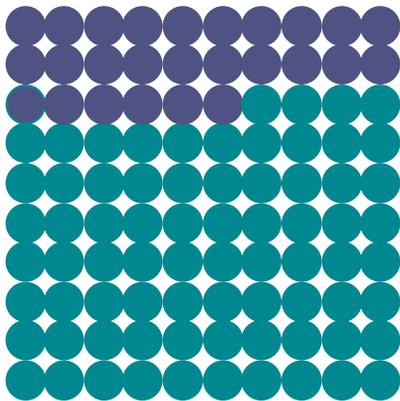
Yes, happy with the quality of life in their community

N=312

● No

Source: Southwest Health and Human Services. (7)

Is your community a welcoming community?



74%

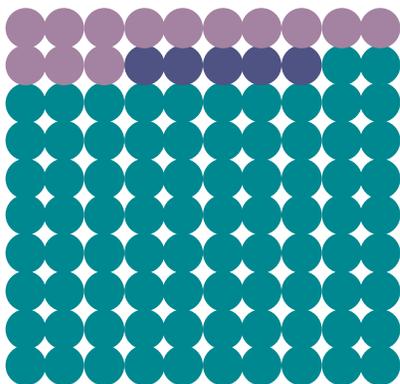
Yes, the community is welcoming

N=312

● No

Source: Southwest Health and Human Services. (7)

Is your community a good place to raise children?



82%

Yes, this is a Good Place to Raise Children

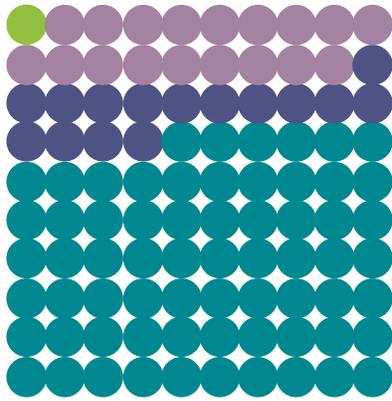
N=312

● No

● Do not know

Source: Southwest Health and Human Services. (7)

Is your community a good place to grow old?



66%

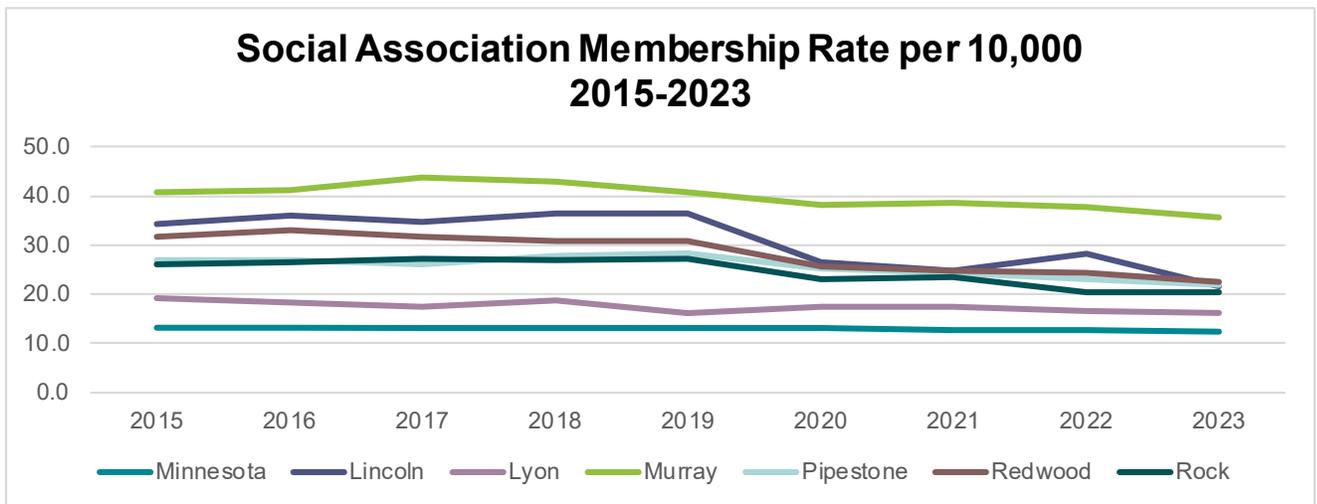
Yes, this is a Good Place to Grow Old

N=312

- No
- Do not know
- Decline to answer

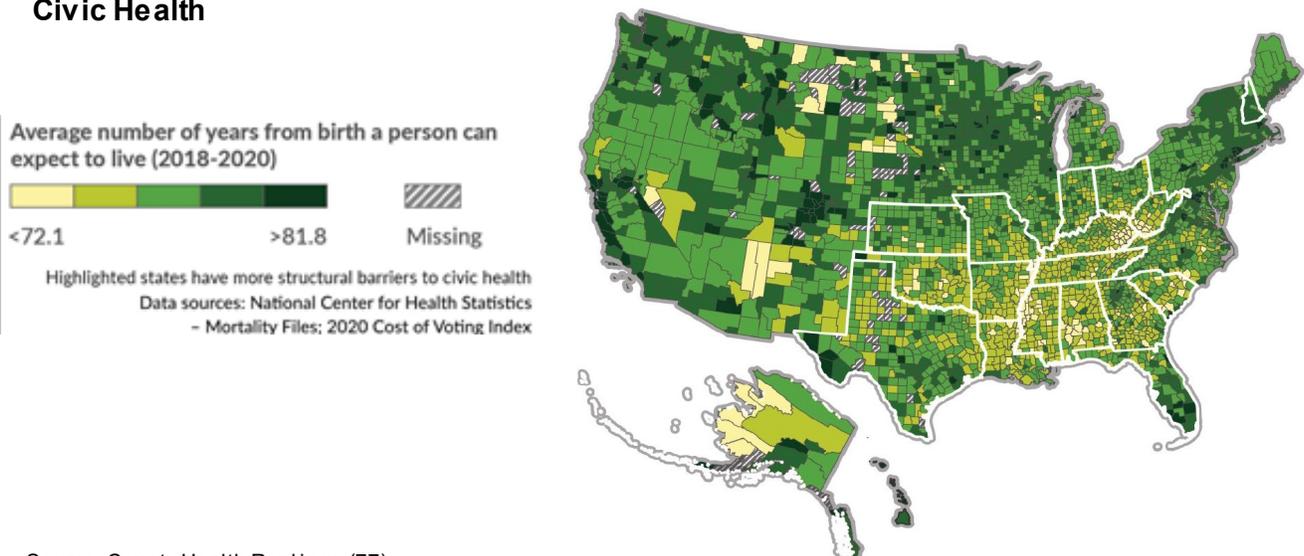
Source: Southwest Health and Human Services. (7)

Civic Engagement



Source: United State Census Bureau. (61)

Life Expectancy Across US Counties and Among States with More Structural Barriers to Civic Health



Source: County Health Rankings. (77)

Incarceration

Jails and prisons are commonly interchangeable. For report purposes, jails are considered locally run facilities that primarily hold people who are arrested and are awaiting a resolution to their case. Prisons are defined as state or federal institutions where people who have been convicted of crimes are sent to serve sentences of imprisonment. Over the last ten years there have been a significant increase in local jail incarceration. Redwood County has seen a 62% increase in jail incarceration. (78)

2020 Jail and Prison Incarceration Count, Rate Per 100,000 and Net Ten Year Change

	Jail Incarceration			Prison Incarceration		
	Jail Total	Jail Per 100,000	Jail Ten Year Change	Prison Total	Prison Per 100,000	Prison Ten Year Change
Minnesota	3863	106	--	8148	224	--
Lincoln	2	64	-39%	4	127	-16%
Lyon	36	229	23%	65	413	19%
Murray	10	217	21%	5	109	-6%
Pipestone	10	191	8%	12	229	1%
Redwood	29	330	62%	58	660	23%
Rock	19	345	15%	7	127	18%

Source: Vera. (78)

Incarceration rates are much higher in populations of color than in white populations across Minnesota and the United States. The Vera Institute of Justice data shows the difference of incarcerated population by race verses the total population by race. In many cases, the percentage of incarcerated by race is higher than the racial group's share of the general resident total population.

Racial Disparities in Incarceration, 2020

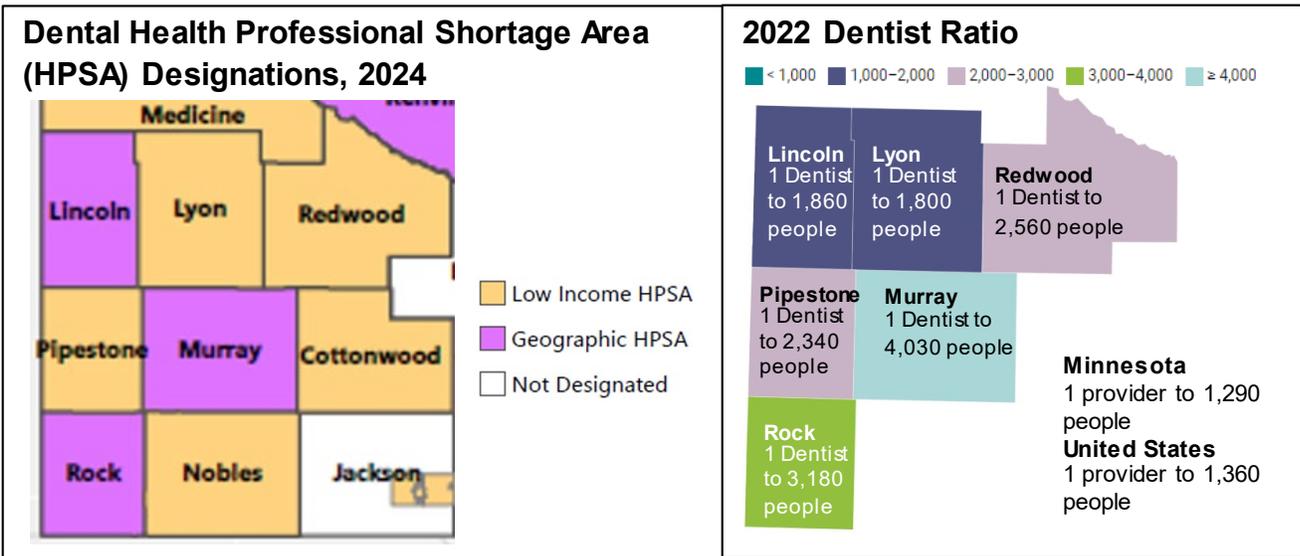
	Minnesota	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
Incarcerated Asian American/Pacific Islander	*	*	6	11	*	*	5
Asian American/Pacific Islander, % of Total Population	6	<1	5	2	1	2	<1
Incarcerated Black/African American	*	*	6	11	4	20	5
Black/African American, % of Total Population	8	<1	3	<1	1	1	1
Incarcerated Latinx	*	*	13	11	6	22	22
Latinx, % of Total Population	6	2	7	5	7	3	3
Incarcerated Native American	*	25	3	*	8	25	5
Native American, % of Total Population	1	<1	<1	<1	1	5	<1
Incarcerated White	*	74	70	66	80	31	61
White, % of Total Population	79	95	83	90	88	87	93

Source: Vera. (78)

Health Care Access and Quality

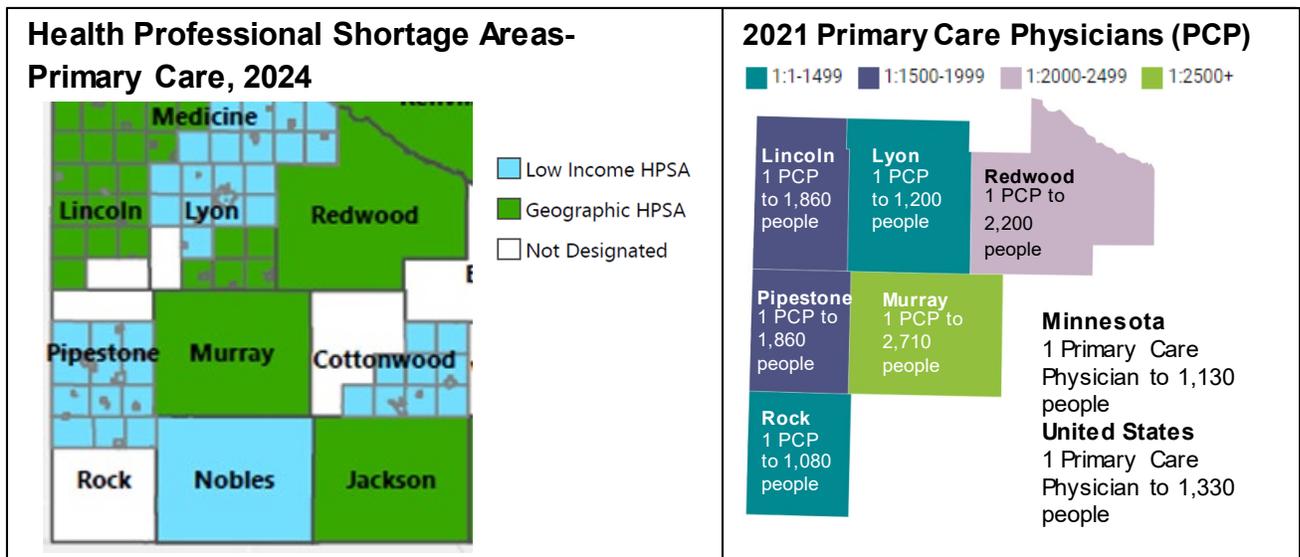
Access to Primary, Specialty and Emergency Care

Rural areas of Minnesota struggle with the recruitment and retention of dentists, physicians, and mental health workers. In addition to a medical shortage, SWHHS counties also have been designated as underserved in dental and mental health.



Source: Minnesota Department of Health. (79)

Source: County Health Rankings. (80)

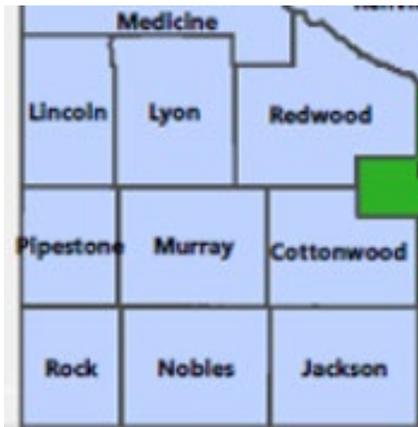


Source: Minnesota Department of Health. (79)

Source: County Health Rankings. (80)

Mental Health Region Eight was designated a Geographic Health Professional Shortage Area (HPSA). Mental Health Region Eight includes SWHHS counties. (79)

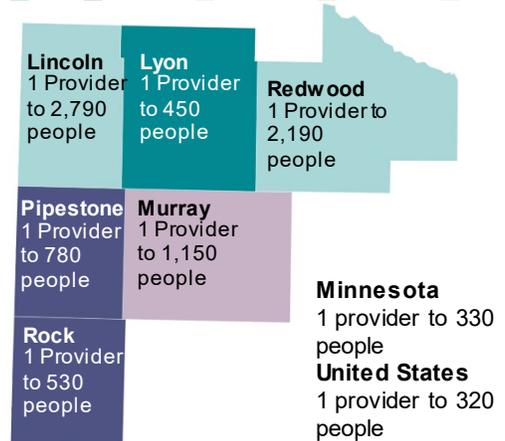
Mental Health Geographic and Low Income HPSA Designation



Southwest Region was designated a mental health geographic and low income Health Professional Shortage Area (HSPA) in September 2021.

2023 Mental Health Provider Ratio

< 500 500-1,000 1,000-1,500 1,500-2,000 ≥ 2,000



Source: Minnesota Department of Health. (79)

Source: County Health Rankings. (80)

For people that are low income across the SWHHS counties, the dental shortage is at a crisis level, as many dental providers will not take clients that have Medical Assistance or Prepaid Medical Assistance. Adults and children that have these payment sources are forced to go without dental care or travel long distances and wait several months for care. Many end up in the emergency room looking for relief from dental pain because primary preventative dental care was not available to them. It is estimated \$50 million per year is wasted in Minnesota emergency rooms for preventable dental emergencies. In 2021, Minnesota invests a total of \$2 million in dental care. (81)

Affordability

Minnesota ranks 46 out of 50 states and DC with inpatient/outpatient private payer prices at 297% of Medicare prices. Minnesota healthcare spending per person grew by 27% between 2013 and 2021 totaling \$8,687 in 2021. The 2022 Healthcare Affordability State Policy Scorecard ranks Minnesota 8th out of 50 States and DC related to policy and outcome scores. (82)

Health Literacy

Health literacy is the ability to find, understand and use health information. Health literacy and literacy are not the same thing, but they are related. The 2006 US Department of Education study on health literacy found that those who self-reported the worst health also have the most limited, numeracy, and health literacy skills. By looking at literacy and numeracy data, one can get an idea of what health literacy may look like for an area. (83)

Minnesota ranks second in the nation for average literacy and numeracy scale scores for 2012/2014/2017. All six counties are under the estimated literacy and numeracy scores for Minnesota but above the United States scores. Lyon County literacy score ranked 46th in Minnesota and 537th in the nation. Rock County numeracy score ranked 50th in Minnesota and 562nd in the nation. (84)

Average Literacy Scale Scores of Counties in Minnesota: 2012/2014/2017

	Estimated Score	MN Rank
United States	263.5	--
Minnesota	278.8	2 nd
Lincoln	269.6	57 th
Lyon	272.0	46 th
Murray	269.4	59 th
Pipestone	266.7	73 rd
Redwood	265.8	77 th
Rock	271.0	50 th

Source: Institute of Education Sciences. (84)

Average Numeracy Scale Scores of Counties in Minnesota: 2012/2014/2017

	Estimated Score	MN Rank
United States	249.1	--
Minnesota	267.7	2 nd
Lincoln	257.2	58 th
Lyon	258.9	49 th
Murray	258.4	54 th
Pipestone	255.1	67 th
Redwood	253.1	77 th
Rock	259.1	48 th

Source: Institute of Education Sciences. (84)

Quality of Care

The World Health Organization defines quality of care as effective, safe, people-centered, timely, equitable, integrated and efficient. It is evidence-based in knowledge and increases the likelihood that individuals and populations will have the desired health outcomes. (85)

In 2008, Minnesota passed a health reform law initiative that would establish a standardized set of quality measures for health care providers. The standardized quality measure set is called the Minnesota Statewide Quality Reporting and Measurement System. (86) These tables provide medical group and/or clinic level performance rates for each measure, including a comparison to the statewide average (i.e., rating). Measures are ranked based on the following rating system:

Above: Clinic's actual rate is significantly above its expected rate (for risk adjusted measures) or the statewide average (for unadjusted measures)

Average: Clinic's actual rate is not significantly different than its expected rate (for risk adjusted measures) or the statewide average (for unadjusted measures)

Below: Clinic's actual rate is significantly below its expected rate (for risk adjusted measures) or the statewide average (for unadjusted measures)

Source: Minnesota Community Measurements. (87)

2022 Clinical Quality Measures-Acute and Chronic Conditions

Clinic Name	Optimal Diabetes Care^ (18-75 YO)	Diabetes Eye Exam (18-75 YO)	Adults with Vascular Disease (18-75 YO)	Adults with High Blood Pressure (18-85 YO)	Osteoporosis Mgmt in Women Who Had a Fracture (67-85 YO)
Minnesota Average	44.6	61.5	55.3	73.6	29.1
Hendricks-Hendricks Clinic	37.7	58.8	39.4	*	*
Ivanhoe-Ivanhoe Clinic	*	*	*	*	*
Luverne- Sanford Clinic	39.8	57.2**	48.2	80.4**	26.2**
Marshall- Avera Medical Group	46.6	54.4	51.9	93.7	*
Pipestone-Avera-Pipestone County Medical Center	38.2	52.3	46.3	57.3	*
Redwood Falls-CentraCare Clinic	45.5	67.6**	51.4	76.6**	32.8**
Slayton-Murray County Clinic	*	63.0	*	*	*
Tracy-Sanford Tracy Clinic	38.5	57.2**	38.4	80.4**	26.2**
Tyler-Tyler Medical Clinic-Avera	45.8	51.9	49.5	72.6	*

*Clinic not assigned to measure or did not have results. ^Riskadjusted measure **Rate listed by Medical Group not clinic location
Source: Minnesota Community Measurements. (87)

2022 Clinical Quality Measures-Acute and Chronic Conditions

Clinic Name	Follow-up Care for Children Prescribed ADHD Medication (6-12 YO)	Optimal Asthma Control-Adult (18-50 YO)	Optimal Asthma Control-Children (5 -17 YO)	Avoidance of Antibiotic Treatment in Acute Bronchitis/ Bronchiolitis (3 mo + YO)	Use of Spirometry Testing in the Assessment and Diagnosis of COPD (40+ YO)
Minnesota Average	39.4	50.3	53.5	66.8	29.6
Hendricks-Hendricks Clinic	*	*	*	*	*
Ivanhoe-Ivanhoe Clinic	*	*	*	*	*
Luverne- Sanford Clinic	37.2**	24.5	29.8	71.6**	34.6**
Marshall- Avera Medical Group	25.9**	0.0	0.0	70.7	*
Pipestone-Avera-Pipestone County Medical Center	25.9**	0.0	*	89.5	*
Redwood Falls-CentraCare Clinic	33.9**	55.5	46.5	78.3**	30.1
Slayton-Murray County Clinic	*	*	*	*	*
Tracy-Sanford Tracy Clinic	37.2**	55.8	*	71.6**	34.6**
Tyler-Tyler Medical Clinic-Avera	25.9**	0.0	*	93.5	*

*Clinic not assigned to measure or did not have results. ^Riskadjusted measure **Rate listed by Medical Group not clinic location
Source: Minnesota Community Measurements. (87)

2022 Clinical Quality Measures-Adult Prevention

Clinic Name	Breast Cancer Screening in Women (50-74 YO)	Cervical Cancer Screening (21-64 YO)	Colorectal Cancer Screening (45-75 YO)	Chlamydia Screening In Women (16-24 YO)	Adult Depression Screening (18+ YO)
Minnesota Average	80.2	75.9	67.8	50.3	76.5
Hendricks-Hendricks Clinic	75.8	*	59.7	32.5	*
Ivanhoe-Ivanhoe Clinic	*	*	54.2	*	*
Luverne- Sanford Clinic	83.6**	74.6**	69.8	32.4**	32.4
Marshall- Avera Medical Group	80.8	*	68.7	31.3	*
Pipestone-Avera-Pipestone County Medical Center	69.5	77.0	56.8	35.9	*
Redwood Falls-CentraCare Clinic	84.9**	80.5**	71.8	55.0**	96.6
Slayton-Murray County Clinic	75.7	*	*	23.3	*
Tracy-Sanford Tracy Clinic	83.6**	74.6**	70.8	32.4**	82.9
Tyler-Tyler Medical Clinic-Avera	72.1	*	66.0	30.5	*

*Clinic not assigned to measure or did not have results. ^Riskadjusted measure **Rate listed by Medical Group not clinic location
Source: Minnesota Community Measurements. (87)

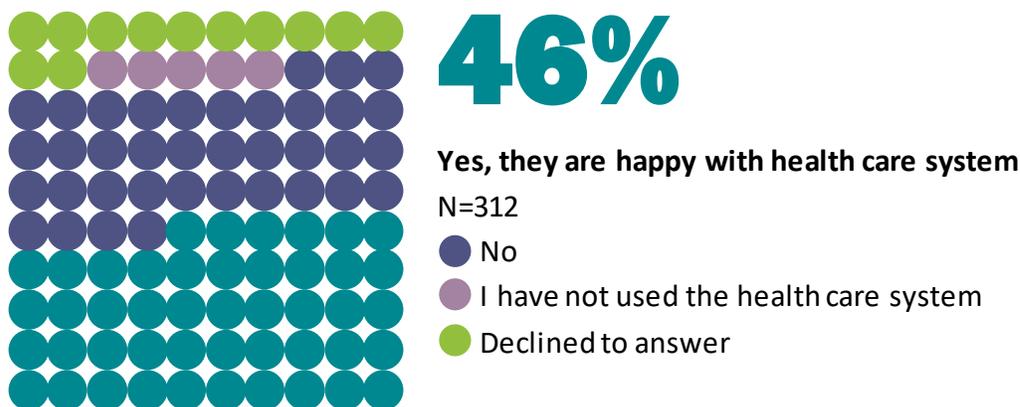
2022 Clinical Quality Measures-Childhood and Adolescent Prevention

Clinic Name	Adolescent Mental Health and/or Depression Screening (12-17 YO)	Provide Adolescents Immunizations (13 YO)	Provide Childhood Immunizations (2 YO)
Minnesota Average	92.0	42.0	51.8
Hendricks-Hendricks Clinic	86.1	*	*
Ivanhoe-Ivanhoe Clinic	*	*	*
Luverne- Sanford Clinic	81.1	54.1**	62.7**
Marshall- Avera Medical Group	57.7	*	58.8
Pipestone-Avera-Pipestone County Medical Center	50.7	*	*
Redwood Falls-CentraCare Clinic	96.7	45.0**	46.2**
Slayton-Murray County Clinic	*	*	*
Tracy-Sanford Tracy Clinic	95.9	54.1**	62.7**
Tyler-Tyler Medical Clinic-Avera	40.0	*	*

*Clinic not assigned to measure or did not have results. ^Riskadjusted measure **Rate listed by Medical Group not clinic location
Source: Minnesota Community Measurements. (87)

In the 2024 Quality of Health Survey, 46% said yes, they were happy with their health care system. Five percent of the respondents reported “I have not used the health care system.”, 12% declined to answer, and 37% of respondent answered no.

Are you happy with the health care system in your community?



Source: Southwest Health and Human Services. (7)

Those that answered “No” or “I have not used the health care system” report that 36.5% had an unsatisfactory experience, 13.5% have not needed it, 13.5% prefer to use Sioux Falls or a different health care system not in their community, 11.5% lack or physicians or prefer not to go to PA, 9.6% have limited or no service in their community, 7.7% too expensive, 5.8% lack of specialist, and 1.9% health care not covered by insurance.

Insurance Coverage

According to HealthCare.gov in 2024, a job-based health plan is considered affordable if your share of the monthly premium in the lowest-cost plan offered by the employer is less than 8.39% of your household income.

- The lowest-cost plan must also meet the minimum value standard.
- If you are the employee, affordability is based on only the premium you would pay for self-only (individual) coverage.
- For coverage starting January 1, if you are offered job-based coverage through a household member’s job, affordability is based on the premium amount to cover everyone in the household.
- Total household income includes incomes from everybody in the household who is required to file a tax return.

If the premiums are not considered affordable for the employee and the household, they may qualify for savings in a Marketplace Plan. However, if the premium is considered affordable for the employee, but not for other members of the household, then only the other household members may qualify for savings. (88)

Cost of Care

High local health care costs can be a deterrent to residents that need care. Below is a list of 2022 health care costs for both 15 and 25-minute office visits from the 2022 average cost per procedure. There is a wide range of cost per system. Both CentraCare Health and Sanford Health are above the average cost per procedure for Minnesota Commercial Market Average.

Average Cost per Office Visit Procedure Codes 2022

Fee Schedule	Office visit, established patient, 15 minutes (99213)	Office visit, established patient, 25 minutes (99214)
Minnesota Commercial Market Average	\$ 191	\$ 279
Medicare Standard Physician Fee Schedule	\$ 90	\$ 128
Medicaid Standard Physician Fee Schedule	\$ 66	\$ 93
Clinic Name		
Avera Medical Group - Pipestone	\$ 108	\$ 163
Avera Medical Group - Marshall	\$ 132	\$ 195
Avera Medical Group - Tyler Medical Clinic	\$ 138	\$ 197
CentraCare Health	\$ 214	\$ 303
Hendricks Community Hospital Association	\$ 130	\$ 184
Murray County Clinic	\$ 145	\$ 208
Sanford Health	\$ 194	\$ 279

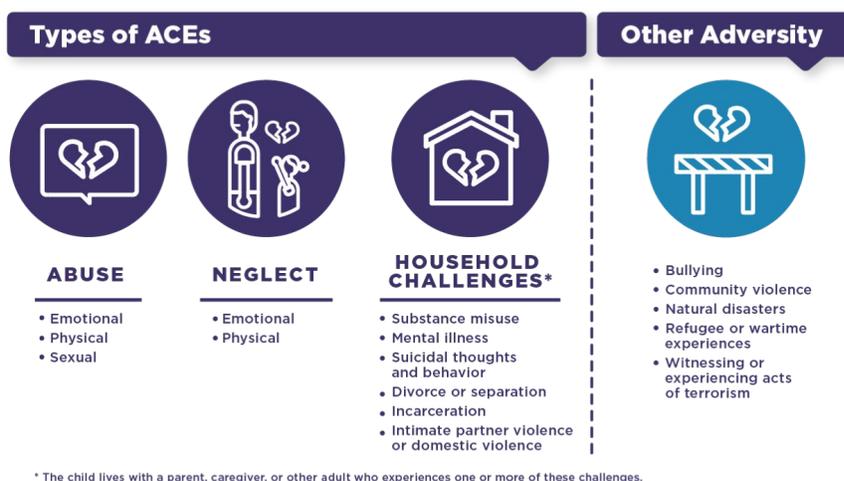
Commercial rates based on 2022 administrative claims from BCBSMN, HealthPartners, Medica and PreferredOne. Claims adjudicated as of 5/1/2023.

Source: Minnesota Community Measurements. (87)

Health Behavior and Outcomes

Adverse Childhood Experiences

As a child grows to become an adult, it is experiences that a person has had in childhood that can influence the trajectory of the adult's life. Studies around adverse childhood experiences (ACE) that look at traumatic events in a child's life before they are 18 years old are finding the more ACEs an adult has the more likely they will rate their health as fair or poor compared to those with no ACEs.



Source: U.S. Centers for Disease Control and Prevention (89)

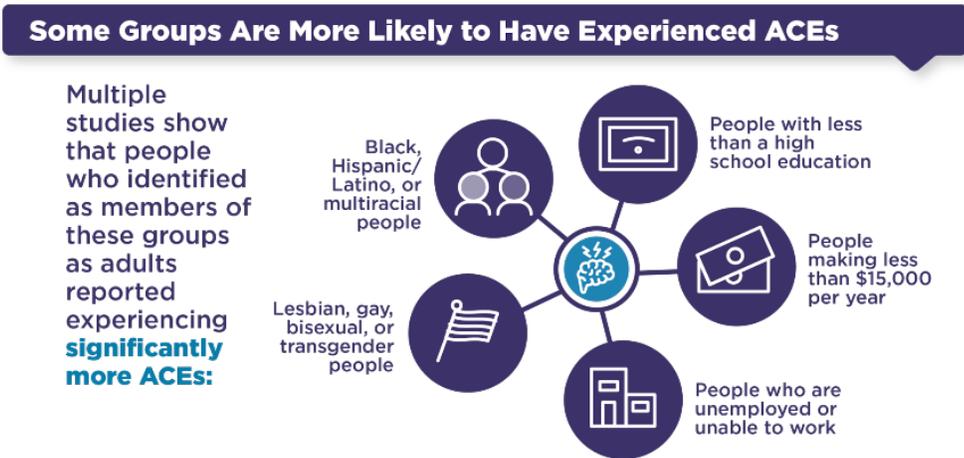
There are three categories of ACEs that have been split into multiple subcategories that generally have been studied:

Abuse: physical abuse, sexual abuse, emotional abuse;

Household Challenges: witnessing domestic violence towards a parent, problematic drinking or alcoholism of a household member, illegal street or prescription drug use by a household member, mental illness of a household member, divorce or separation of a parent, and incarceration of a household member;

Neglect: Emotional neglect and physical neglect.

Studies have found the more ACEs a person has the more likely a person is at risk for health issues as an adolescent and adult, like obesity, diabetes, depression, suicide, sexually transmitted infections, heart disease, cancer, stroke, COPD and broken bones. The more ACEs a person has the more likely they are to smoke, abuse alcohol and drugs and miss work, and they are less likely to exercise. People with six or more ACEs die on average twenty years sooner than people without ACEs. Findings also suggest teens from low-income families, LGBT teens, and American Indian teens are the most likely to experience four or more ACEs.



Source: U.S. Centers for Disease Control and Prevention (89)

The Minnesota Student Survey has incorporated adverse childhood experience questions into the 2022 survey tool. It is a glimpse of where our ninth-grade students, who are ages fourteen and fifteen, are at in the ACEs spectrum. Lincoln and Lyon students with zero ACEs are seven percentage points higher than Minnesota. The other three counties that reported are 6 to 12 percentage points lower than Minnesota. (16)

2022 Percent of Ninth-grade Students that have Adverse Childhood Experiences (ACE)

	Minnesota	SWHHS	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
0 ACE	53	*	60	60	45	47	41	*
1 ACE	24	*	21	19	30	30	25	*
2 ACEs	11	*	5	13	11	8	9	*
3 ACEs	6	*	7	3	5	8	7	*
4 or More ACEs	7	*	7	6	7	8	17	*

* Rock county school districts did not participate in 2022 Minnesota Student Survey. SWHHS was not calculated since one county was missing.

Source: Minnesota Student Survey 2022 (16)

The most common ACEs a child may have is living with a person with mental health issues and a parent or guardian being or has been in jail or prison. In the five counties that reported there were between 20 to 27% of students living with a person with mental health issues. When current and past jail or prison activity are combined, ninth-grade students said yes to a parent or guardian living there from 15 to 30%. (16)

2022 Percent of Ninth-grade Students that Answered Yes to ACE Questions

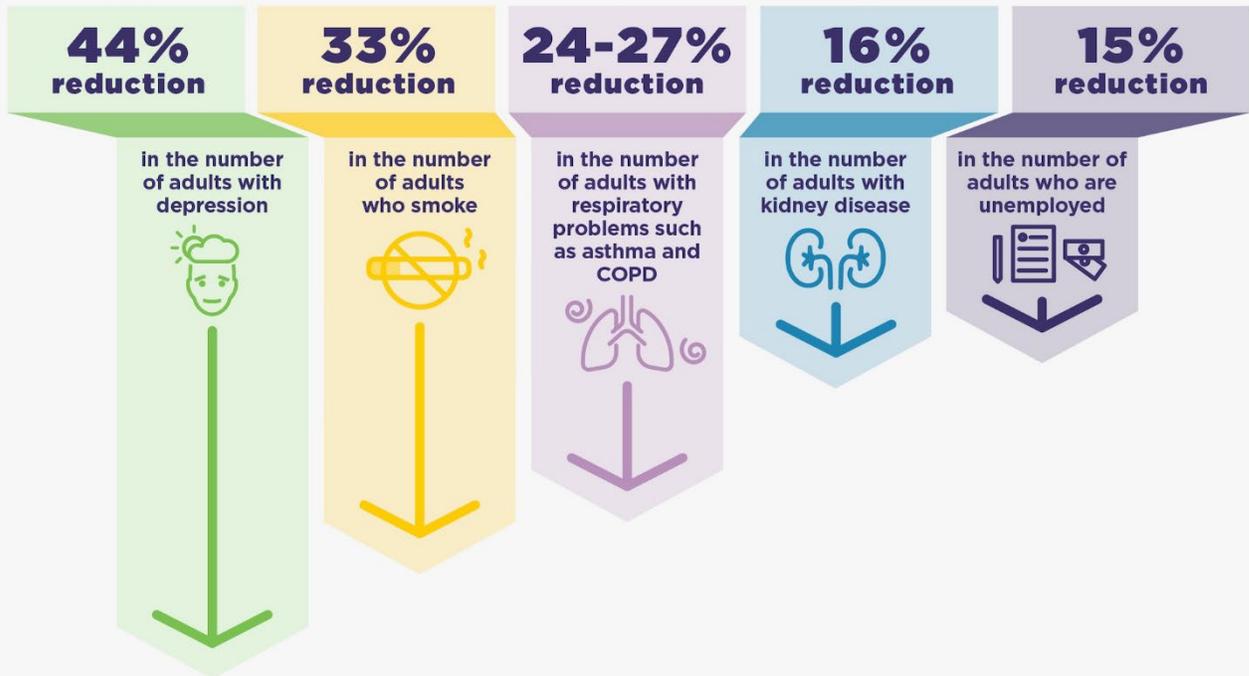
	Minnesota	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
Do you live with anyone who drinks too much alcohol?	10	9	7	8	12	19	*
Do you live with anyone who uses illegal drugs or abuses prescription drugs?	4	2	3	2	2	5	*
Do you live with anyone who is depressed or has any other mental health issues?	29	20	25	23	26	27	*
Does a parent or other adult in your home regularly swear at you, insult you or put you down?	14	16	13	9	19	25	*
Has a parent or other adult in your home ever hit, beat, kicked or physically hurt you in any way?	10	16	7	10	11	24	*
Have your parents or other adults in your home ever slapped, hit, kicked, punched or beat each other up?	6	5	5	15	7	16	*
Has anyone who was not a relative/family member ever pressured, tricked, or forced you to do something sexual or done something sexual to you against your wishes?	6	5	6	10	3	8	*
Has any relative/family member ever pressured, tricked, or forced you to do something sexual or done something sexual to you?	3	2	1	3	5	8	*
Have you ever traded sex or sexual activity to receive money, food, drugs, alcohol, a place to stay, or anything else?	1	0	0	3	1	3	*
Have any of your parents or guardians ever been in jail or prison? Currently	2	2	2	2	6	4	*
Have any of your parents or guardians ever been in jail or prison? Past	15	20	13	24	24	19	*

* Rock county school districts did not participate in 2022 Minnesota Student Survey.

Source: Minnesota Student Survey 2022 (16)

Healthy Childhoods Have Benefits Throughout Life

What could happen if we **prevent ACEs**?
Fewer cases of depression, heart disease, and obesity.



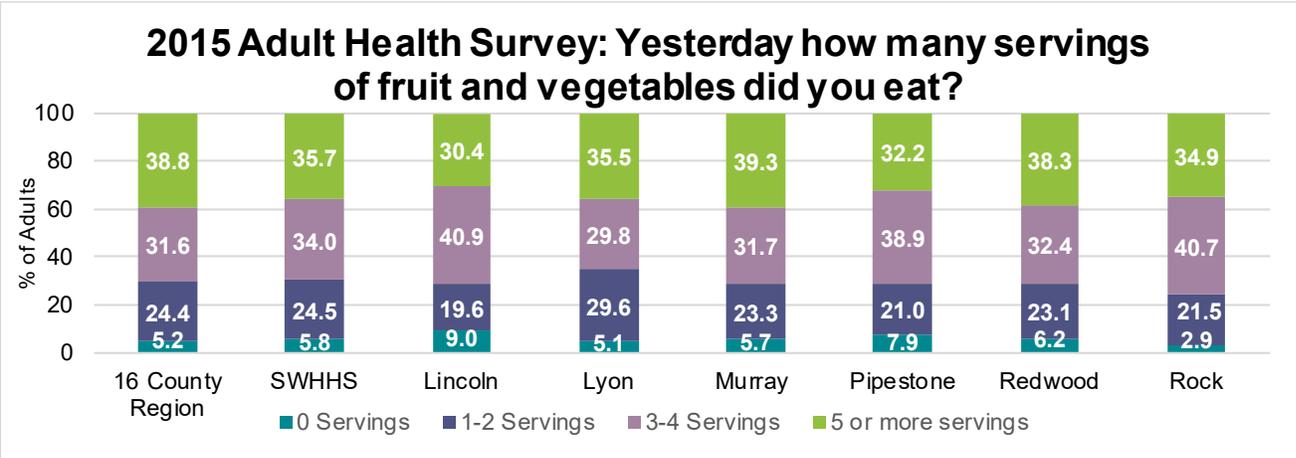
Source: U.S. Centers for Disease Control and Prevention (89)

Personal Health Practices and Behaviors

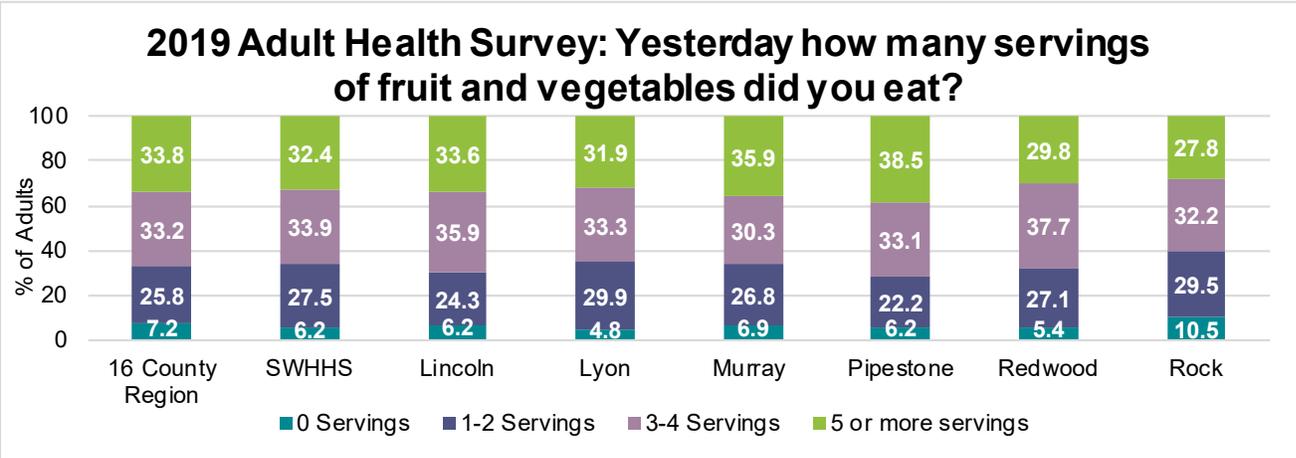
Eating

Food plays a big role in how healthy a person is. Dairy, grains, proteins, fruits, and vegetables that are recommended by the United States Department of Agriculture on “ChooseMyPlate.gov” are important for the nutrients that they provide. (90) Healthy eating helps people to live longer. It lowers the risk of heart disease, type 2 diabetes, and some cancers and strengthens bones. It keeps teeth, skin, and eyes healthy. Healthy pregnancies, breastfeeding, digestive systems, and muscles are better supported. Healthy eating helps achieve and maintain a healthy weight and boosts immunity. (91)

In the 2019 Southwest Minnesota Healthy Communities Survey, there were decreases in the percent of people that responded eating three or more servings yesterday. SWHHS and the 16 county region in 2019 saw a decrease of 3.4 percentage points in those that ate three or more servings. (6)

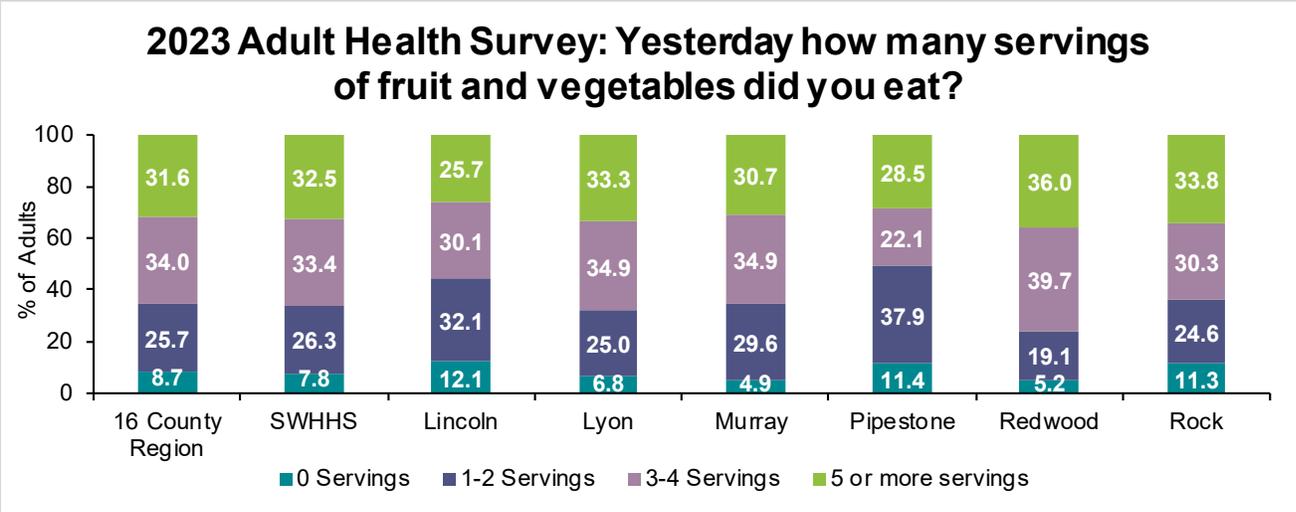


Source: Amherst H. Wilder Foundation. 2015 Southwest Minnesota Healthy Communities Survey. (92)



Source: Amherst H. Wilder Foundation. 2019 Southwest Minnesota Healthy Communities Survey. (93)

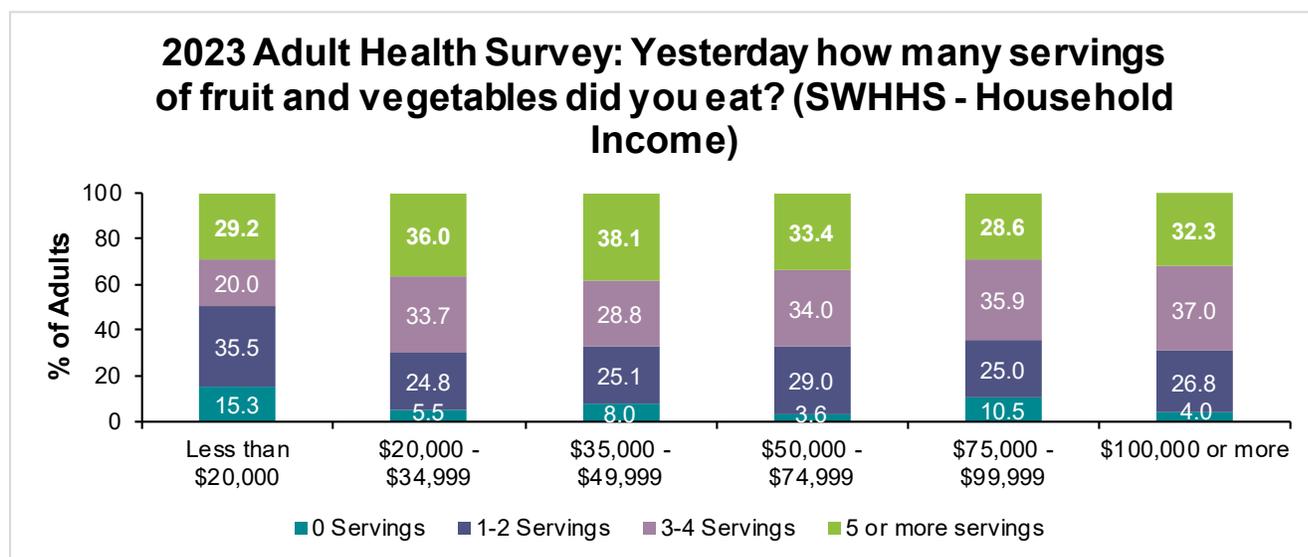
SWHHS saw another slight decrease between 2019 and 2023 of 0.4 percentage points. The 16 county region during the same timeframe saw a decrease of 1.4 percentage points. (6)



Source: Amherst H. Wilder Foundation. 2023 Southwest Minnesota Healthy Communities Survey. (6)

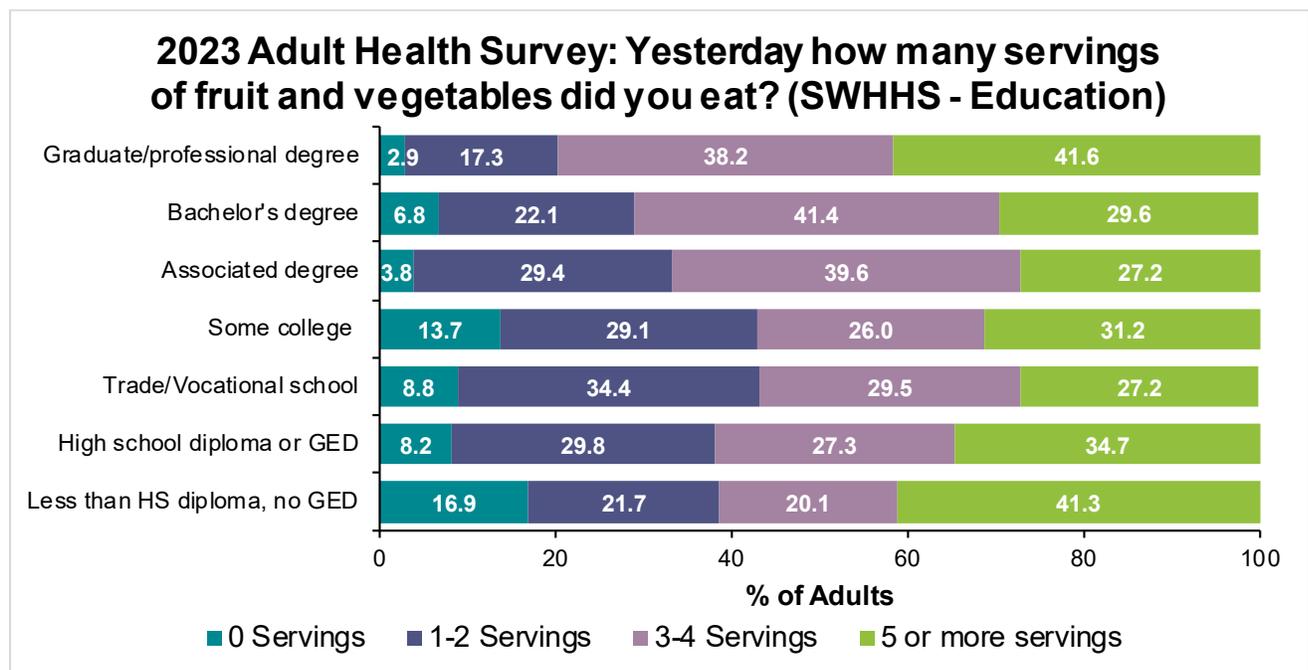
The challenge is how to move 34.1 percent of the population that eats two or fewer servings to eating more fruits and vegetables. When the data is looked at from a household income perspective, the data shows that some of the challenge is with how much a household makes. The difference

between people that responded eating two or fewer servings yesterday that make less than \$20,000 and people that make \$100,000 or more is 20.1 percentage points. (6)



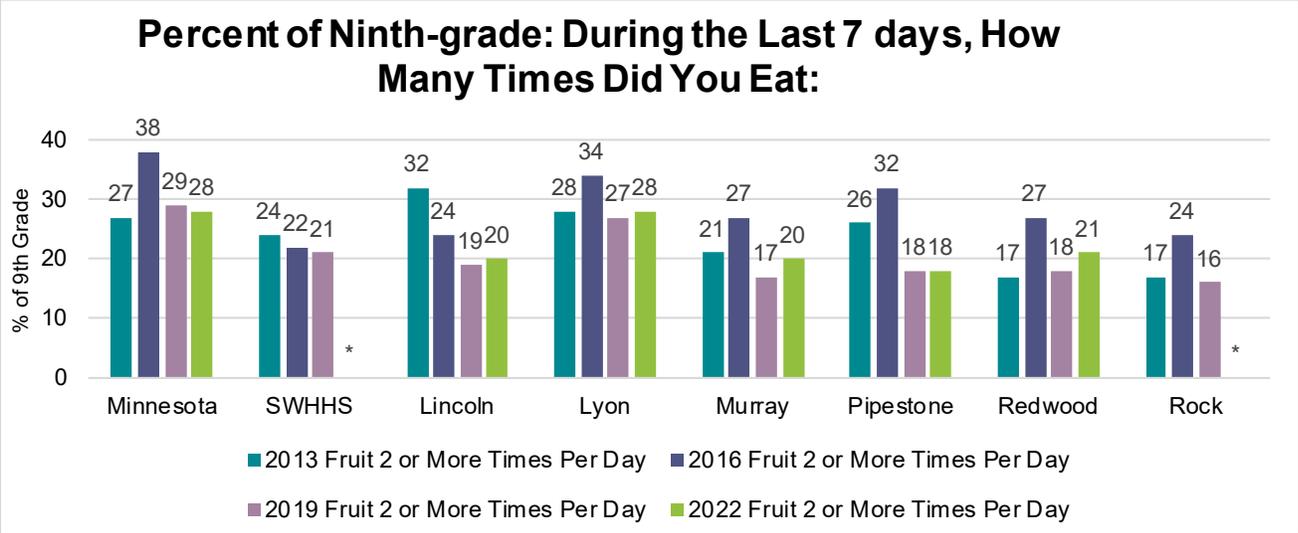
Source: Amherst H. Wilder Foundation. 2023 Southwest Minnesota Healthy Communities Survey. (6)

A similar pattern is seen when looking at the education level of the people that eat two or fewer servings yesterday. The difference between those with High School diploma or GED and graduate/professional degree is 17.8 percentage points. (6)



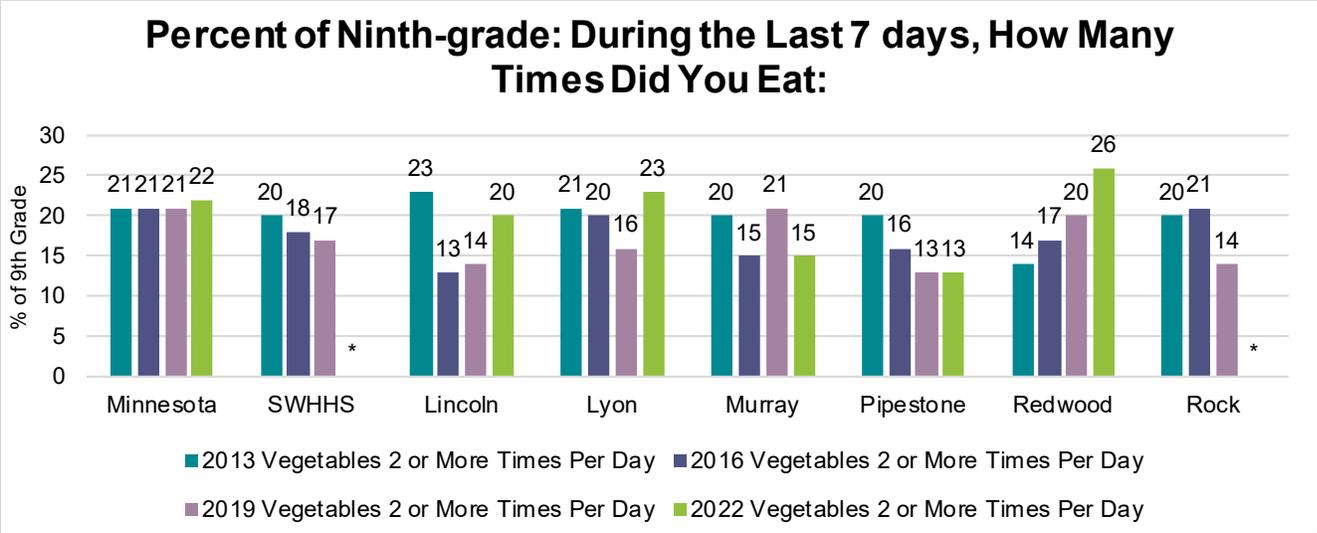
Source: Amherst H. Wilder Foundation. 2023 Southwest Minnesota Healthy Communities Survey. (6)

In 2022, 28% of ninth-grade students in Lyon County were eating two or more fruit servings per day. Minnesota ninth-grade students were at 28%. The other ninth-grade students in the four counties had 18 to 21% that were eating two or more fruit servings per day. In most counties, ninth-grade students either maintained or increased by one to three percentage points over 2019 rates. (6)



* Rock county school districts did not participate in 2022 Minnesota Student Survey.
 Source: Minnesota Student Survey. (16)

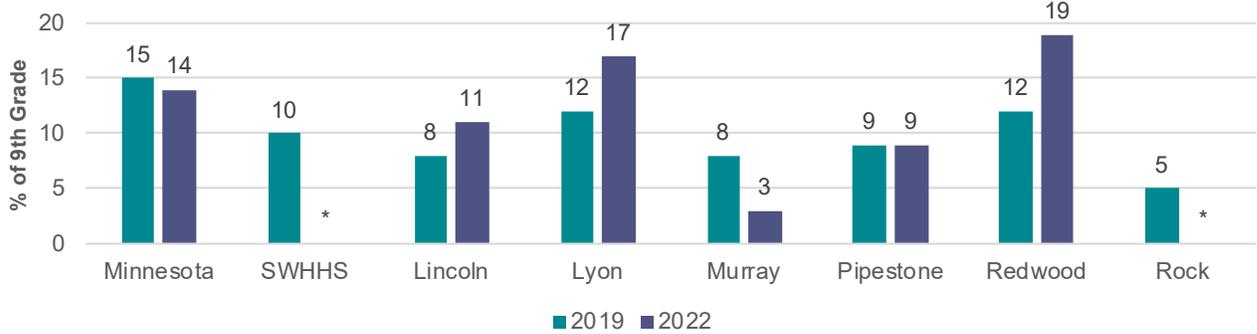
Two of the five SWHHS counties reported eating two or more vegetable servings per day. Redwood County had 26% and Lyon County had 23%. Minnesota had 22% of ninth-grade students eating two or more fruit servings per day. (16)



* Rock county school districts did not participate in 2022 Minnesota Student Survey.
 Source: Minnesota Student Survey. (16)

Two of the five SWHHS counties reported eating five or more fruits, fruit juices, and vegetable servings per day in the last 7 days. Redwood County had 19% and Lyon County had 17%. Minnesota had 14% of ninth-grade students eating two or more fruit servings per day. The lowest was ninth-grade students in Murray County with 3% report they ate five or more fruits, fruit juices, and vegetable servings per day in the last 7 days. Murray County had a five-percentage point drop from 2019. (16)

Percent of Ninth-grade: Five or more servings of fruits, fruit juice and vegetables per day during the last 7 days

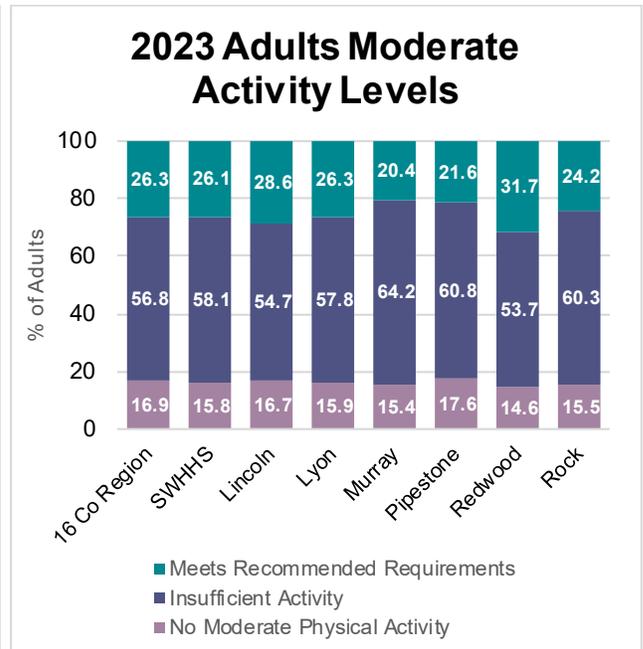
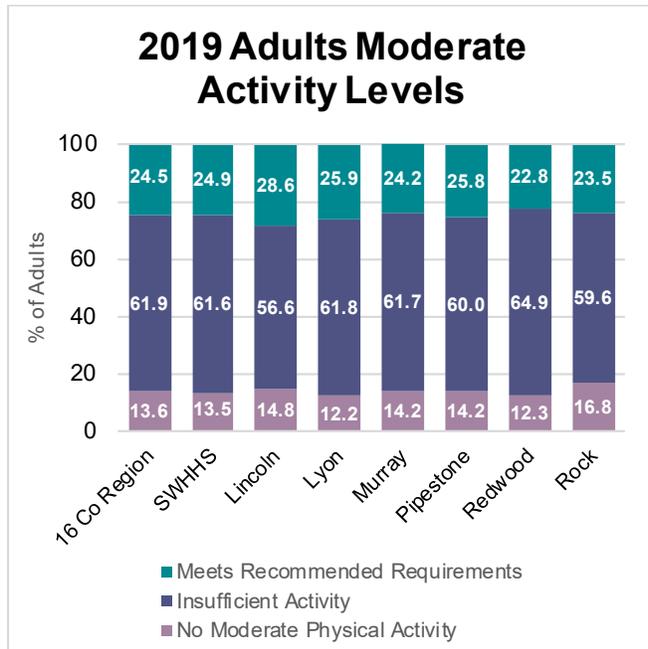


* Rock county school districts did not participate in 2022 Minnesota Student Survey.
 Source: Minnesota Student Survey. (16)

Exercise

Being physically active is important at any age for overall health and wellbeing. National physical activity guidelines recommend that youth participate in 60 minutes of moderate and vigorous physical activity throughout the day. Adults are recommended to participate in 150 minutes of moderate physical activity per week. (94)

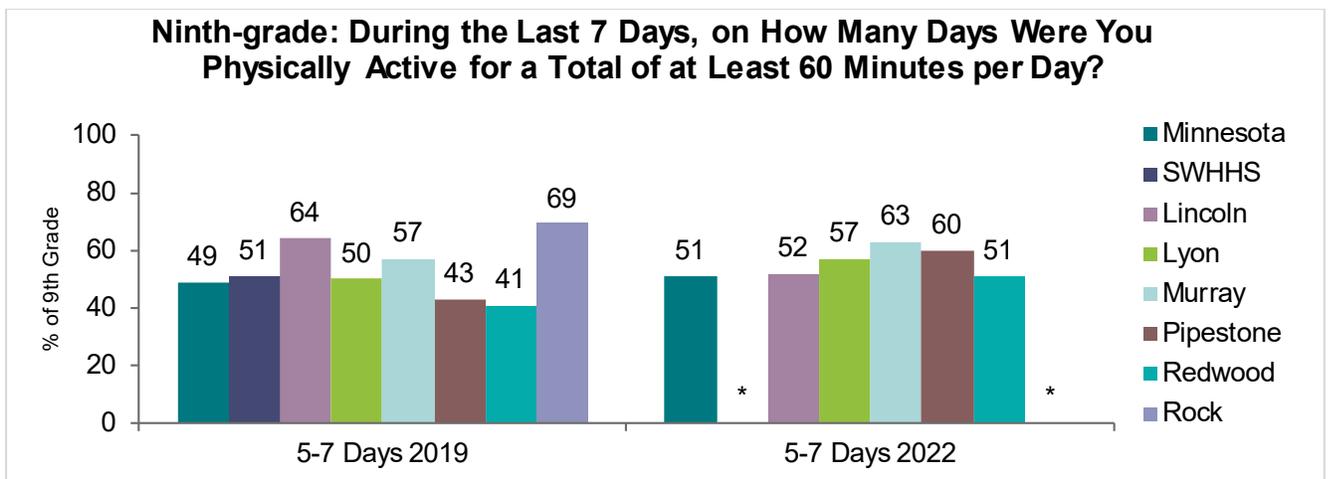
In 2023, the adults that participated in the Southwest MN Healthy Communities Survey meet recommended activity level requirements 26.1%, an increase of 1.2% over 2019. There was also an increase of 2.3 percentage points in “no moderate physical activity” level between 2019 and 2023. (6)



Source: 2019, 2023 Southwest MN Healthy Communities Survey. (6)

All but Lincoln County ninth-grade students saw an increase in physical activity in the 2022 Minnesota Student Survey. Lincoln County dropped by 12 percentage points. Pipestone County

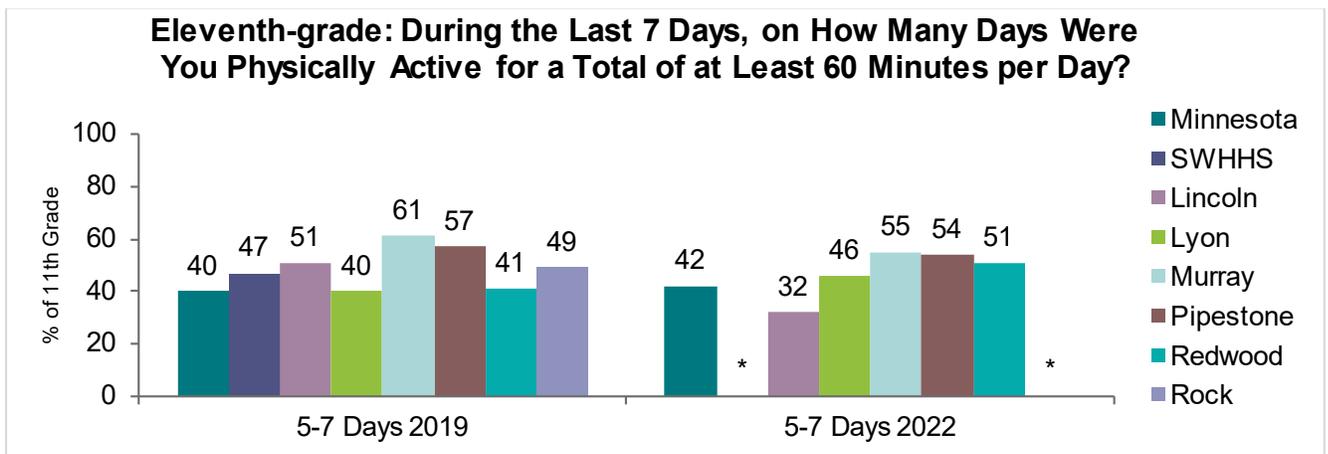
ninth-grade students saw a 17-percentage point increase. Redwood County saw a 10-percentage point increase. (16)



* Rock county school districts did not participate in 2022 Minnesota Student Survey. SWHHS was not calculated since one county was missing.

Source: Minnesota Student Survey 2019, 2022 (16)

Minnesota eleventh-grade students was at 42%. Four of the five SWHHS counties were above Minnesota’s rates. Lincoln County eleventh-grade students’ physical activity dropped by 19 percentage points. Redwood County eleventh-grade students saw a 10-percentage point increase. Lyon County saw a 6-percentage point increase. (16)



* Rock county school districts did not participate in 2022 Minnesota Student Survey. SWHHS was not calculated since one county was missing.

Source: Minnesota Student Survey 2019, 2022 (16)

Obesity

Obesity is a risk factor in many of the chronic disease conditions like diabetes, heart disease, cancer, and stroke, and affects all sectors of the population. Healthy eating habits and physical activity are the primary ways a person can maintain a healthy weight. (95)

Body mass index (BMI) is a fairly strong indicator a person is overweight or obese. Body fat levels can vary between two people with the same BMI. For adults, it is calculated by using height and weight measurements to calculate a score. Adults that score between 25.0 and 29.9 are considered overweight; scores of 30.0 and higher are considered obese. For children, the formula also takes into account age and gender to calculate BMI-for-age percentiles. Overweight children fall in the 85th to less than the 95th percentile, and obese children are equal to or greater than 95th percentile. (95)

Body mass index has been tracked through the Minnesota Student Survey since 2007. The number of ninth-grade students who are overweight or obese according to body mass index seems to be going up in most counties between 2019 and 2022. The exception was in Murray and Pipestone counties, which saw a 10 percent and 6 percent decrease. The five SWHHS counties that participated in 2022 averaged 29% and Minnesota was at 28% for ninth-grade students who were overweight or obese according to BMI. (16)

Percent of Ninth-grade Who Are Overweight OR Obese According to Body Mass Index

	2007	2010	2013	2016	2019	2022
Minnesota	22	22	23	24	25	28
SWHHS	25	27	29	24	26	*
Lincoln	34	44	32	47	28	30
Lyon	21	28	26	21	20	30
Murray	25	10	16	19	31	21
Pipestone	24	32	35	26	38	32
Redwood	27	29	28	26	27	30
Rock	25	17	37	27	25	*

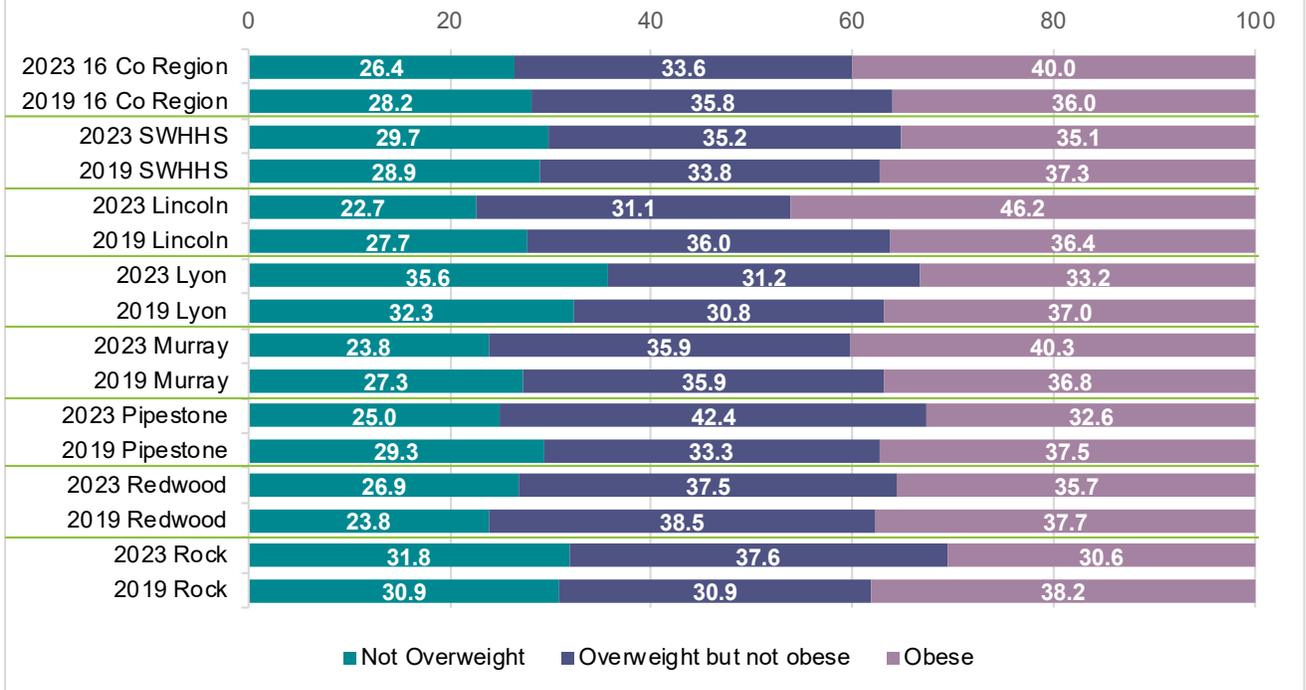
* Rock county school districts did not participate in 2022 Minnesota Student Survey. SWHHS was not calculated since one county was missing.

Source: Minnesota Student Survey 2007-2022 (16)

SWHHS adult obesity rate went down from 2019 to 2023 by 2.2 percentage points. SWHHS overweight category increased by 1.4 percentage points. Those not overweight increased by 0.8 percentage points for SWHHS adults. The 16 county region saw obesity increase by 4.0 percentage points with 2.2 percentage points coming from the overweight but not obese category and 1.8 coming from the not overweight category. The largest overall increase in obesity happened in Lincoln county where 46.2% reporting being obese, a 9.8 percentage point increase. Rock County saw the most decrease in their obesity rate with 30.6% reporting they were obese, a 7.6 percentage point decline. Lyon County reported the higher overall percentage of adults reporting they were not overweight with 35.6%. (6)



Weight Status According to Body Mass Index (BMI), calculated Based on Respondent's Weight and Height



Source: 2019, 2023 Southwest MN Healthy Communities Survey. (6)

Reproductive Health

Minnesota schools are required to teach sex education. Curriculum requirements include teaching about sexually transmitted infections (STI) and abstinence from sexual activity until marriage. Education requirements do not include contraception or condom use. Education is also required to be “technically accurate” but does not require it to be medically accurate or culturally responsive to the needs of young people of color. Curriculum must be available for parental review and parents may remove a child from the class. Minnesota curriculum does not require instruction on sexual orientation or gender identity. It also does not require students be taught about consent or healthy relationships. Minnesota did pass HF 174 in 2023 where the commissioners of education and health work together to develop a comprehensive sex education model for elementary and secondary students. The comprehensive model will even out the patchwork of education that is currently happening locally. (96)

Delaying sexual activity is one tool in preventing the spread of sexually transmitted infections and decreasing the teen birth rate. In 2016, SWHHS ninth-grade students, on average, had a higher percentage of ever having had sexual intercourse than the Minnesota Students by two percentage points, while SWHHS eleventh-grade students were four percentage points lower than Minnesota students were. Data on eleventh-grade students were not collected prior to the 2013 survey. Pipestone County ninth-grade students were 17 percentage points higher than Minnesota students were. The five SWHHS county school districts that participated in 2022 had ninth-grade students participating in sexual intercourse on average three percentage points higher than Minnesota. Eleventh-grade students in 2022 on average were six percentage points higher than Minnesota. (16)

Percent of Ninth-grade Students that said yes: Have you ever had sexual intercourse ('had sex')?

State/CHB/County	1998	2001	2004	2007	2010	2013	2016	2019	2022 [^]
Minnesota	23	19	19	19	20	15	11	12	9
SWHHS	23	22	18	18	15	18	13	12	*
Lincoln	21	16	14	24	13	11	16	18	2
Lyon	21	22	18	14	13	17	8	7	13
Murray	31	19	15	31	17	17	11	12	11
Pipestone	20	32	21	18	18	28	28	11	12
Redwood	18	13	10	16	24	23	16	13	20
Rock	26	17	24	14	20	12	8	19	*

* Rock county school districts did not participate in 2022 Minnesota Student Survey. SWHHS was not calculated since one county was missing. [^] 2022 Question changed to "Have you ever had sex?"

Source: Minnesota Student Survey 2013, 2016, 2019, 2022 (16)

Percent of Eleventh-grade Students that said yes: Have you ever had sexual intercourse ('had sex')?

	2013	2016	2019	2022 [^]
Minnesota	37	35	34	29
SWHHS	38	31	32	*
Lincoln	50	43	32	40
Lyon	22	28	30	20
Murray	54	28	26	33
Pipestone	57	32	27	44
Redwood	46	38	37	38
Rock	33	26	44	*

* Rock county school districts did not participate in 2022 Minnesota Student Survey. SWHHS was not calculated since one county was missing. [^] 2022 Question changed to "Have you ever had sex?"

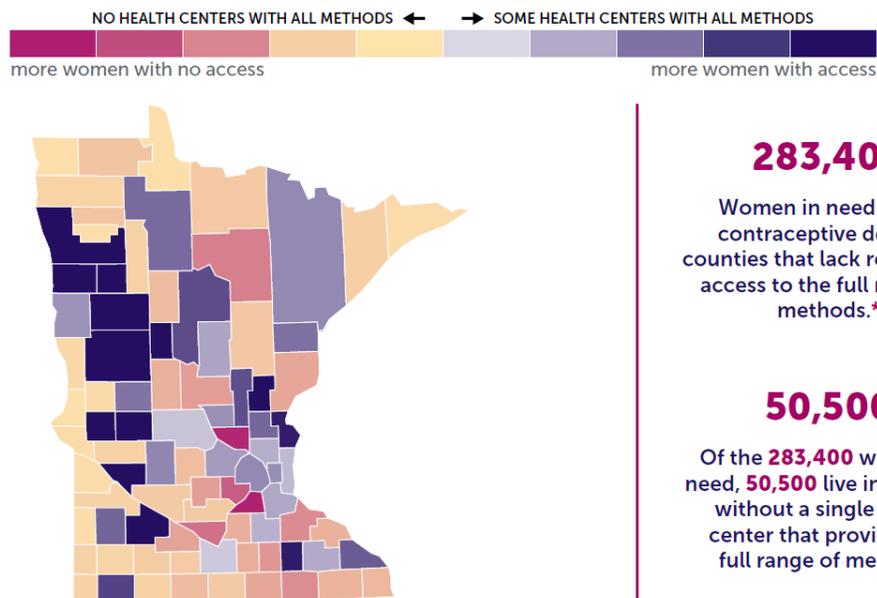
Source: Minnesota Student Survey 2013, 2016, 2019, 2022 (16)

The legal age of consent in Minnesota is age 16 with limitations as to how old an adult can be. (97) Minnesota State Board of Trustees who is responsible for colleges and universities policy adopted affirmative consent for sex through "words or clear, unambiguous action" in February 2018. (98)

Contraception access can depend on where you live in Minnesota. Health centers that provide the full range of methods are those that offer IUDs, implants, and most other FDA-approved methods such as birth control pills, the shot, the ring, the patch, cervical caps, diaphragms and emergency contraception on site. Contraceptive deserts are defined as counties where the number of health centers offering the full range of methods is not enough to meet the needs of the county's number of women eligible for publicly funded contraception, defined as at least one health center for every 1,000 women in need of publicly funded contraception. Those counties with one health center per 1,000 women are shown by the darkest purple, counties with one health center per 2,000 women are shown by the middle purple shade, and those with one health center per 5,000 are shown by the lightest purple. Counties that appear in the darkest shade of purple are not contraceptive deserts, as they have reasonable access. Counties with lighter shades of purple have less reasonable access. Counties with red or peach shades have no access. (99) Four of the six counties are in a contraceptive desert.



Contraceptive Deserts by Minnesota County

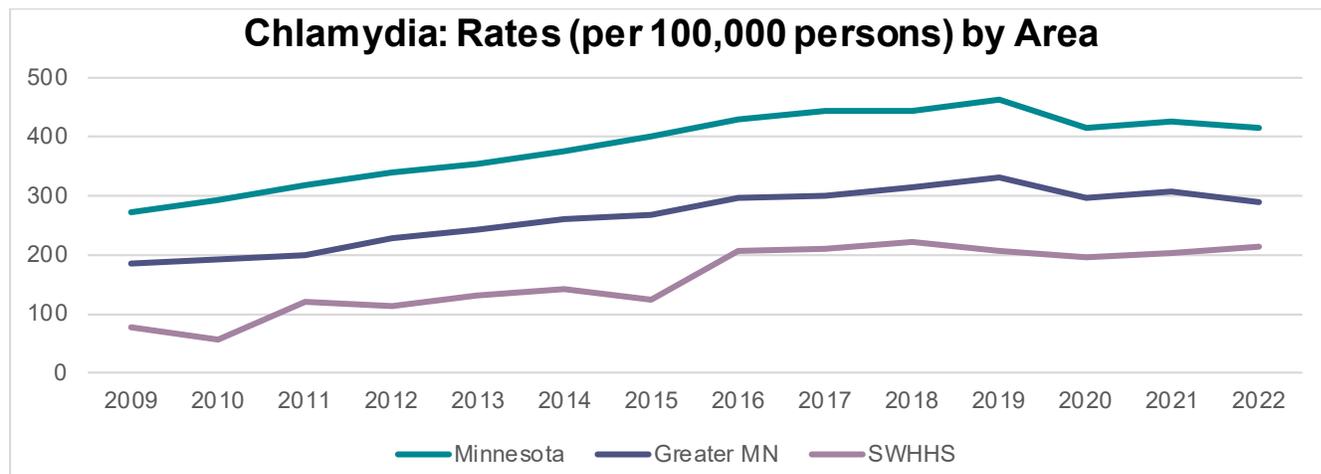


Source: Power to Decide. (99)

Minnesota passed a law in May 2020 to allow pharmacists to prescribe contraception to those 18 and older. A Pharmacist who prescribes and dispenses an initial Rx however, cannot provide a refill if patient has no evidence of a clinical visit within preceding three years. On December 30, 2020, the state Board of Pharmacy approved a standardized protocol for pharmacists to follow. Minnesota was the thirteenth state to pass this type of law. (99)

Sexually Transmitted Infections

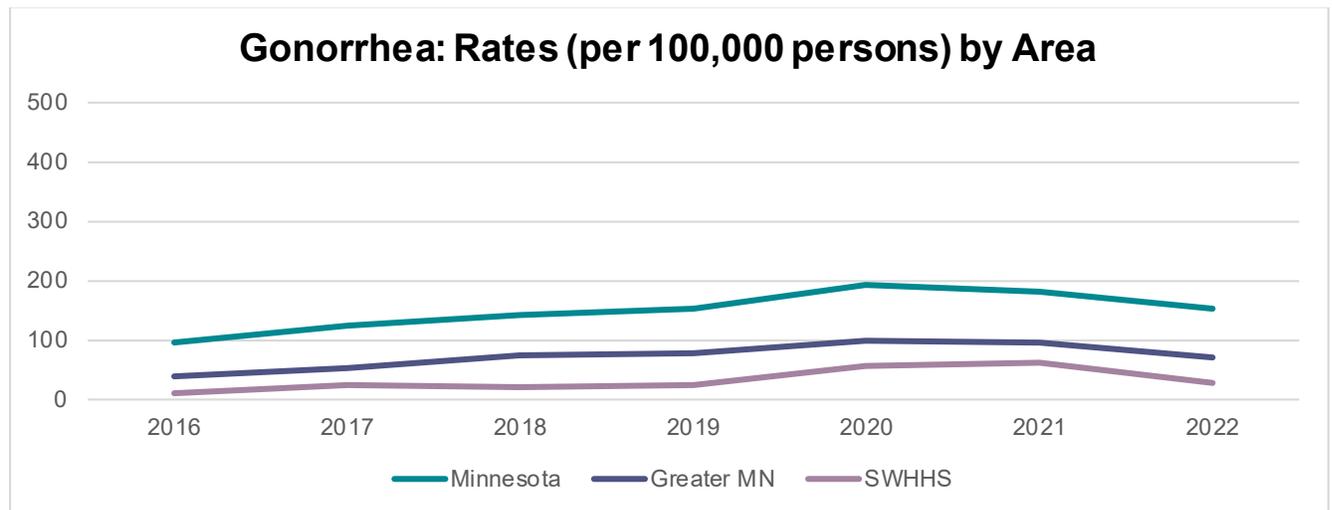
After chlamydia rates nearly tripling from 2009 to 2016, rates in SWHHS have stabilized to an average of 208 per 100,000 from 2016 to 2022. Rates in 2022 were 212 per 100,000. Minnesota rates were 416, which is 204 points higher than SWHHS and 128 points higher than greater Minnesota. (100)



*Rates not calculated for counties with fewer than 5 cases.

Source: Minnesota Department of Health. (100)

Gonorrhea infection rates, like chlamydia rates have increased. The average 5-year rate for SWHHS was 38 per 100,000. Rates in 2022 were 26 per 100,000. Minnesota rates were 154 per 100,000, which is 128 points higher than SWHHS and 82 points higher than greater Minnesota. (100)



*Rates not calculated for counties with fewer than 5 cases.
Source: Minnesota Department of Health. (100)

Rates of syphilis across Minnesota have been increasing. In the last five years, Minnesota rates increased by 7.2 points. In greater Minnesota, rates per 100,000 have increased by 4.6 point. In the SWHHS counties there were six cases in 2022. (100)

Primary/Secondary Syphilis Rate per 100,000

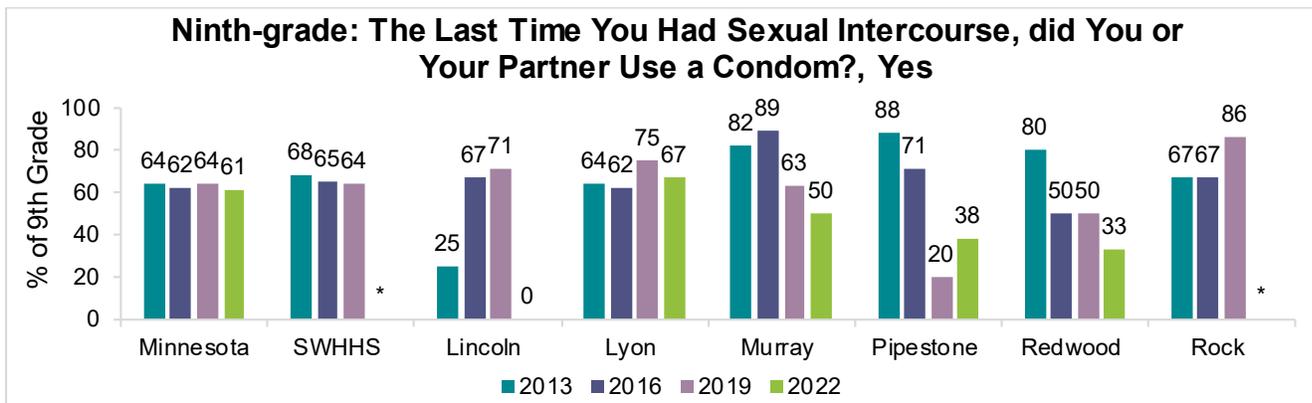
	2018	2019	2020	2021	2022
Minnesota	5.5	7.3	7.8	10.6	12.7
City of Minneapolis	29.0	30.8	37.6	49.7	62.7
City of St Paul	10.5	15.1	13.0	28.4	29.5
Suburban*	4.2	4.7	4.8	6.7	8.3
Greater Minnesota	2.4	4.9	5.3	5.9	7.0

*7-county metro area, excluding the cities of Minneapolis and St Paul
Source: Minnesota Department of Health. (100)

To stop the rising tide of STIs in Minnesota and SWHHS counties, sustainable and sufficient funding needs to be provided for education, media campaigns, screening and treatment of STIs. Teachers providing sexual health education in middle and high school settings need to be kept current on best practices. Communities need to be engaged to help support sexual health education and continue the conversation with vulnerable youth in our communities. (101)

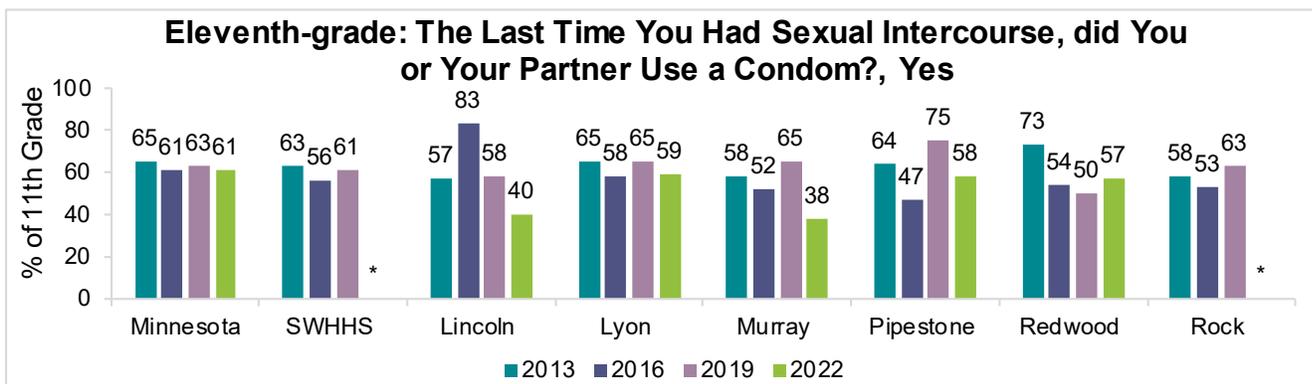
Condom use is another effective way to prevent sexually transmitted infections. When condoms are used with another method of birth control like birth control pills, pregnancy prevention increases.

In 2022, SWHHS ninth-grade students were below Minnesota average of 61% in four of the five counties in all five counties that participated, while eleventh-grade students were below the state average of 61% in all five counties. Lyon County ninth-grade students were at 67%. (16)



* Rock county school districts did not participate in 2022 Minnesota Student Survey. SWHHS was not calculated since one county was missing.

Source: Minnesota Student Survey 2013, 2016, 2019, 2022 (16)



* Rock county school districts did not participate in 2022 Minnesota Student Survey. SWHHS was not calculated since one county was missing.

Source: Minnesota Student Survey 2013, 2016, 2019, 2022 (16)

Birth and Pregnancy

Early prenatal care is the building block of a healthy pregnancy and prevents low birth weight and premature babies, which in turn decreases infant mortality and reduces health care costs. Prenatal care can be delayed by a number of factors, which include inadequate insurance, a misunderstanding of the importance of prenatal care in the first trimester, etc. Since 2020, 60.6% of mothers across the six SWHHS counties sought prenatal care in the first trimester, which was lower than the state average of 79.2% by 18.6 percentage points.

Percent of Mothers Who Seek Prenatal Care in 1st Trimester, 2016-2020 Births

	2016	2017	2018	2019	2020
Minnesota	81.4	77.7	77.9	79.4	79.2
SWHHS	84.3	66.6	66.4	63.1	60.6
Lincoln	90.3	50.0	35.7	42.4	40.6
Lyon	85.5	74.6	78.4	72.5	67.8
Murray	84.0	72.4	61.7	58.9	62.5
Pipestone	82.7	59.2	52.9	61.4	57.4
Redwood	80.4	81.5	85.4	76.0	69.6
Rock	92.3	30.6	28.9	--	29.4

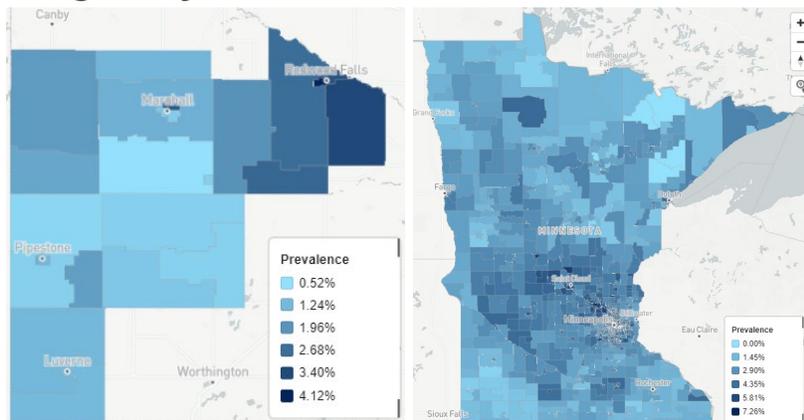
Source: Minnesota Department of Health. (67)

The prevalence data presented below are from the new Health Trends Across Communities in Minnesota (HTAC-MN) hosted by MN EHR Consortium. The data set consists of summary electronic

health record data from eleven health systems providing encounter and diagnosis data. HTAC-MN represents about 90% of Minnesota residents. Locally Allina Health, Mayo Clinic, Sanford, CentraCare, North Memorial Health, and Department of Veteran Affairs participate in the MN EHR Consortium. (102)

Pregnancy prevalence of 1.8% in the six SWHHS counties is 1.4 percentage points lower compared to 3.2% in Minnesota. (102)

Pregnancy Prevalence 2023



Source: Minnesota Electronic Record Consortium. (102)

The number of the birth in SWHHS has decrease by 108 birth between 2016 and 2020.

Count of Births by Year

	2016	2017	2018	2019	2020
Minnesota	69746	68599	67341	66022	63451
SWHHS	980	941	943	908	872
Lincoln	67	74	70	59	64
Lyon	380	358	356	346	338
Murray	104	87	81	90	72
Pipestone	118	130	140	127	122
Redwood	197	184	199	196	191
Rock	114	108	97	90	85

Source: Minnesota Department of Health. (67)

Birth rate for 18-19 year olds of 32.8 in SWHHS counties is 14.9 points higher than Minnesota at 17.9. Birth rate for 15-19 year olds of 14.5 in SWHHS counties is 5.4 points higher than Minnesota at 9.1.

2020 Teen Birth Pregnancy Rates by 1,000

	15-17 Year Olds	18-19 Year Olds	15-19 Year Olds
Minnesota	3.5	17.9	9.1
SWHHS	*	32.8	14.5

*Percentages/rates not calculated for < 20 events.

Source: Minnesota Department of Health. (67)

SWHHS had slightly fewer unmarried mothers 31.9% versus Minnesota 32.6% with a 0.7 percentage point difference. Preterm singleton births prior to 37 weeks gestation were at 5.7% in SWHHS which is lower by 1.5 percentage points than Minnesota at 7.2%. SWHHS had slightly

fewer babies born with a weight of 5.5 pound or less 3.9% while Minnesota was at 4.3% a 0.4 percentage point difference.

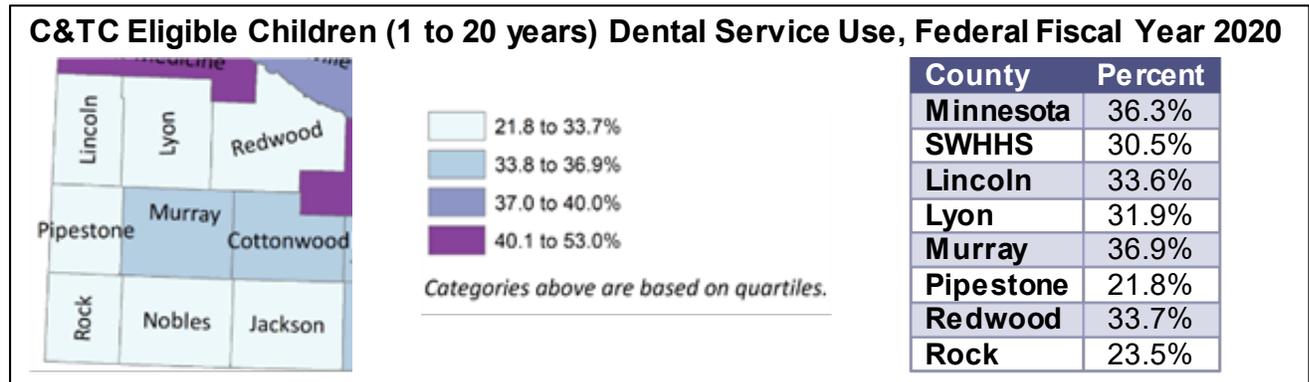
2020 Select Birth Characteristics

	Minnesota	SWHHS
% Births to unmarried mothers	32.6	31.9
% with No Father Documented	11.1	11.2
% Preterm Singleton (prior 37 weeks gestation)	7.2	5.7
% Low Birth Weight Singleton (<5.5lbs)	4.3	3.9
# of Infant Deaths 2015-2019	1593	17

Source: Minnesota Department of Health. (67)

Oral Health

All of the eight 2024 focus group communities discussed significant barriers to dental services. Several participants across the groups said there are very few dentists available in their communities, and dentists who are available often do not take Medicaid insurance or have very long waiting times. Lack of access to routine dental care and especially emergency dental care was a concern across all groups. (5)



Source: Minnesota Department of Health. (103)

Percent of Dental Services for Children Through Child & Teen Check-up Program For the period of 10/01/2021 through 09/30/2022

	MN	SWHHS	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
Total Receiving Any Dental Services	37.9	32.3	36.2	35.1	32.4	30.7	31.0	24.1
Total Receiving Preventive Dental Services	33.7	28.8	33.1	30.6	29.8	29.7	26.9	21.8
Total Receiving Dental Treatment Services	19.5	16.7	15.5	20.4	17.9	12.6	14.7	12.2
Total Receiving Sealant on a Permanent Molar	5.1	3.7	5.0	3.9	4.5	3.4	3.7	2.3
Total Receiving Diagnostic Dental Services	35.5	30.4	35.4	32.8	30.9	30.4	28.2	23.2
Total Rec Oral Health Services by Non-Dentist	13.9	6.1	8.4	5.4	6.4	11.0	3.8	5.7
Total Receiving any Dental/Oral Health Service	43.6	33.4	38.4	34.4	35.2	37.9	29.7	26.9

Source: Minnesota Department of Health. (103)

Mental Health

In the 2019 Community Health Assessment, mental health was considered the highest priority health challenge in SWHHS. It has not gotten better. COVID-19 pandemic contributed to an increase in people that are struggling with mental health. In 2023 adult survey, 26.8% of SWHHS adults said

COVID-19 pandemic had a negative impact on their mental health. SWHHS adults also reported negative mental health impact in households with children 0-17 years was 10.3%. Since 2019, SWHHS has seen a 3.8 percentage point increase in adults answering yes to “Have you ever been told by a doctor or other health care professional that you had any mental health condition?”. Since 2015, SWHHS has seen an 8.3 percentage point increase when compared to 2023 rates. Anxiety or panic attacks in SWHHS is up 9.1 percentage point form 2015. Depression in SWHHS is up 2.1 percentage point form 2015. (92) (93) (6)

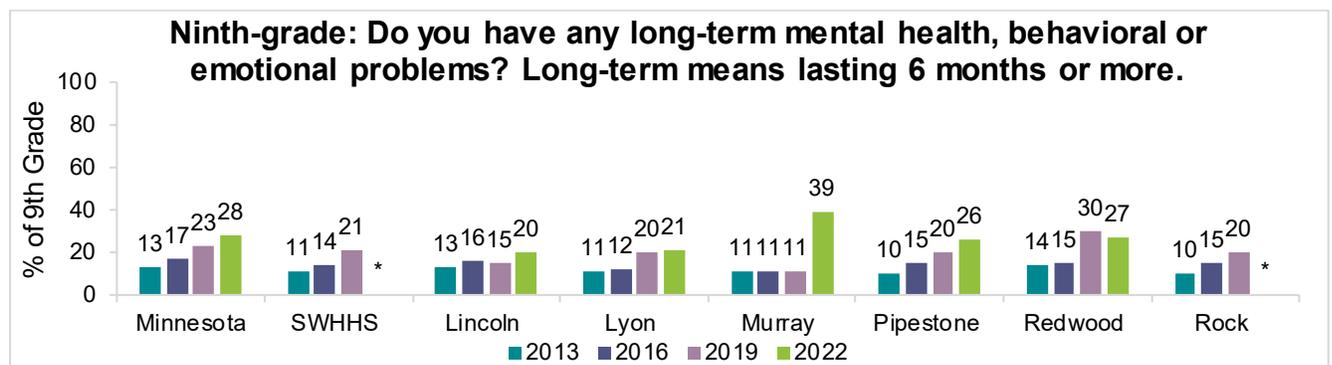
Percent of Adults: Have you ever been told by a doctor or other health care professional that you had _____? Yes

	Any Mental Health Condition			Depression			Anxiety or Panic Attacks			Other Mental Health Condition		
	2015	2019	2023	2015	2019	2023	2015	2019	2023	2015	2019	2023
16 Co. Region	22.3	24.4	32.0	17.0	18.2	21.6	13.8	16.3	22.6	4.1	5.5	6.5
SWHHS	20.7	25.2	29.0	16.1	17.5	18.2	13.0	17.3	22.1	3.3	5.6	7.6
Lincoln	23.6	26.7	29.0	17.2	15.8	18.8	17.1	19.6	23.5	6.6	7.7	9.0
Lyon	23.3	27.0	32.4	18.1	18.7	21.1	16.3	19.3	24.0	3.6	7.0	9.2
Murray	18.7	25.1	29.9	13.9	19.3	17.2	10.9	14.1	21.7	3.8	3.7	9.6
Pipestone	20.7	21.9	28.2	15.0	13.5	19.1	14.4	14.9	21.5	4.3	4.9	5.0
Redwood	16.2	25.0	26.7	13.0	17.1	18.1	8.4	17.5	21.9	1.3	5.0	7.4
Rock	21.4	23.1	23.3	19.1	18.1	10.6	10.0	15.5	17.4	2.4	4.5	3.6

Source: 2015, 2019, 2023 Southwest MN Adult Health Survey. (92) (93) (6)

Everyday functioning can be affected by mental and emotional health from relationships, physical activity, and the ability to work. Physical and medical conditions can also affect one’s mental and emotional health. As people struggle with pain management, depression can become an issue. Depression is reported present in more than 65% of adults with a medical disorder. (104)

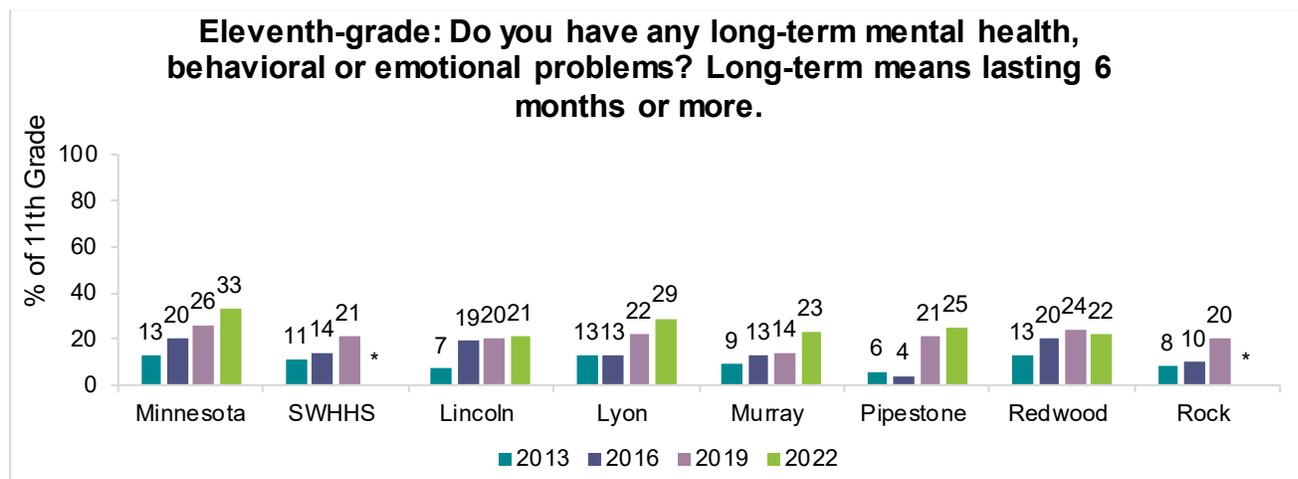
Poor mental health can also strike youth. In the 2019 Minnesota Student Survey, 21% of SWHHS ninth-grade students reported having long-term mental health, behavioral, or emotional problems, which increased seven percentage points from the 2016 Minnesota Student Survey. In 2022, the five SWHHS counties that participated were on average at 27%. Minnesota was at 28% for 2022, which was a five-percentage point increase. Murray County ninth-grade students had 39% report long-term mental health, behavioral or emotional problems. (16)



* Rock county school districts did not participate in 2022 Minnesota Student Survey. SWHHS was not calculated since one county was missing.

Source: Minnesota Student Survey 2013, 2016, 2019, 2022 (16)

Eleventh-grade students also saw an increase in long-term mental health, behavioral or emotional problems. In 2022, Minnesota report 33% of students with long-term mental health, behavioral or emotional problems, a seven-percentage point increase over 2019. (16)



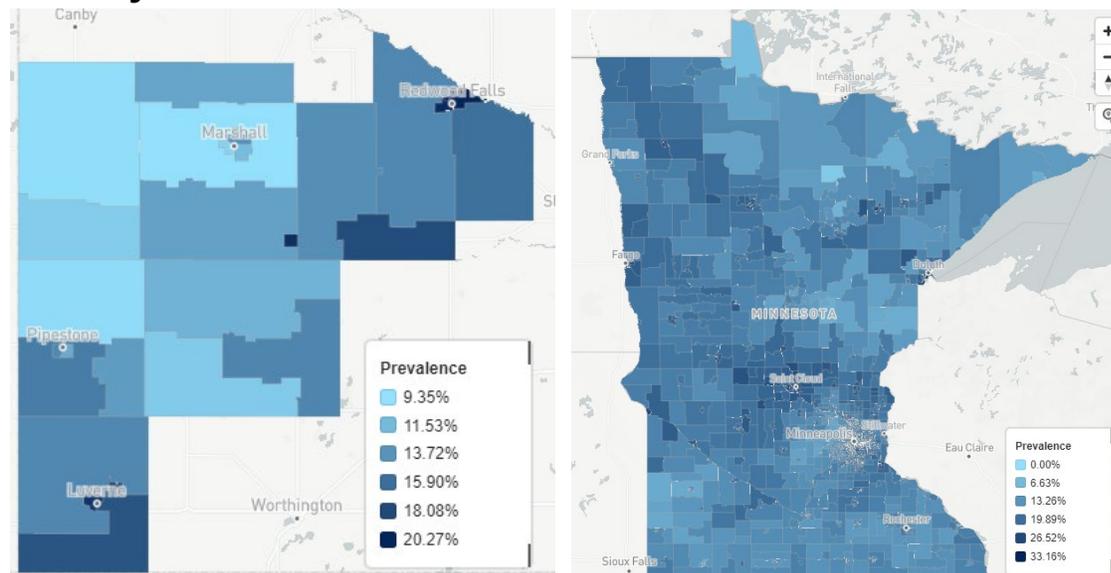
* Rock county school districts did not participate in 2022 Minnesota Student Survey. SWHHS was not calculated since one county was missing.

Source: Minnesota Student Survey 2013, 2016, 2019, 2022 (16)

Mental health problems in youth often coincide with high-risk behaviors like drug use, violence, and higher risk sexual behaviors. Health behaviors and habits are developed in adolescence and carry into adulthood. (105)

Anxiety prevalence in the six SWHHS counties (1.2%) is 15.1 percentage points lower compared to 16.3% in Minnesota. (102)

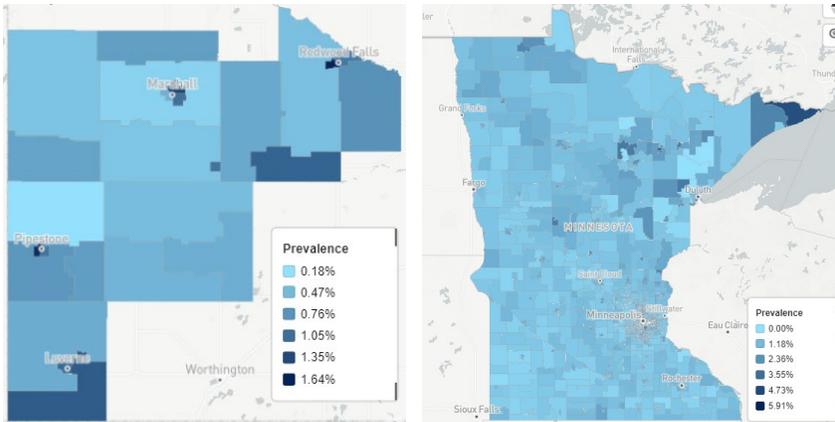
Anxiety Prevalence 2023



Source: Minnesota Electronic Record Consortium. (102)

Bipolar Disorder prevalence in the six SWHHS counties (0.2%) is 0.8 percentage points lower compared to 1.0% in Minnesota. (102)

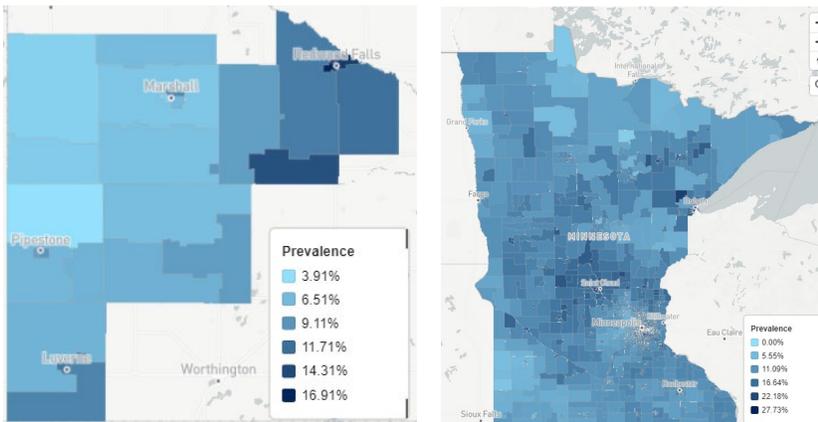
Bipolar Disorder 2023



Source: Minnesota Electronic Record Consortium. (102)

Depression prevalence in the six SWHHS counties (9.4%) is 2.6 percentage points lower compared to 12.0% in Minnesota. (102)

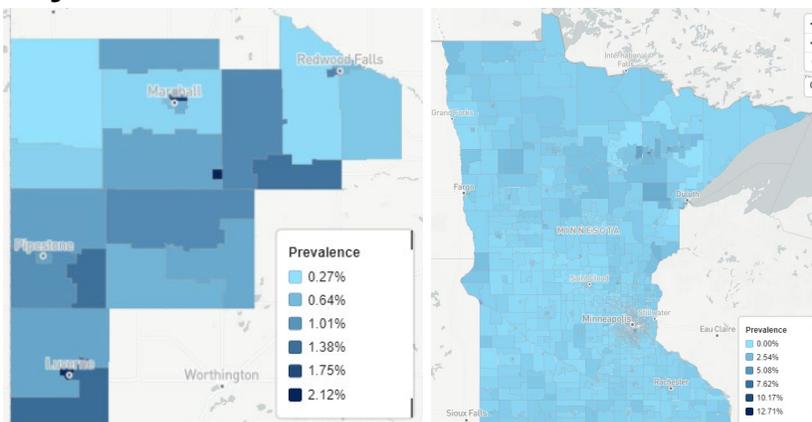
Depression Prevalence 2023



Source: Minnesota Electronic Record Consortium. (102)

Psychotic Disorder prevalence in the six SWHHS counties (1.0%) is 0.2 percentage points lower compared to 1.2% in Minnesota. (102)

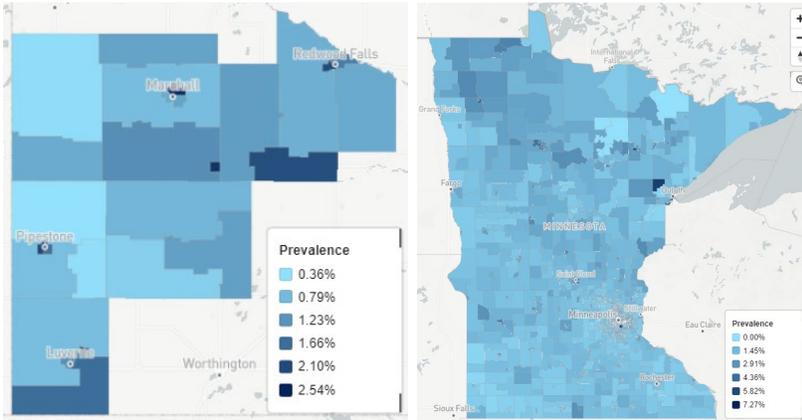
Psychotic Disorder Prevalence 2023



Source: Minnesota Electronic Record Consortium. (102)

Post-Traumatic Stress Disorder (PTSD) prevalence in the six SWHHS counties (1.2%) is 0.3 percentage points lower compared to 1.5% in Minnesota. (102)

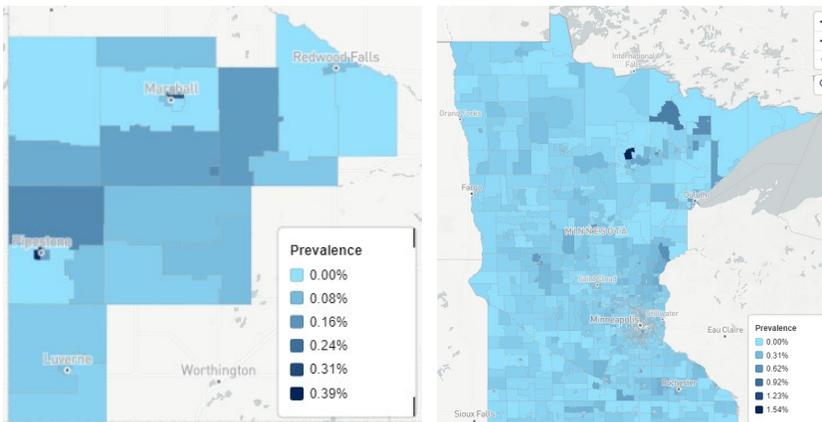
PTSD Prevalence 2023



Source: Minnesota Electronic Record Consortium. (102)

Sedatives prevalence in the six SWHHS counties (0.1%) is the same percentage as compared to 0.1% in Minnesota. (102)

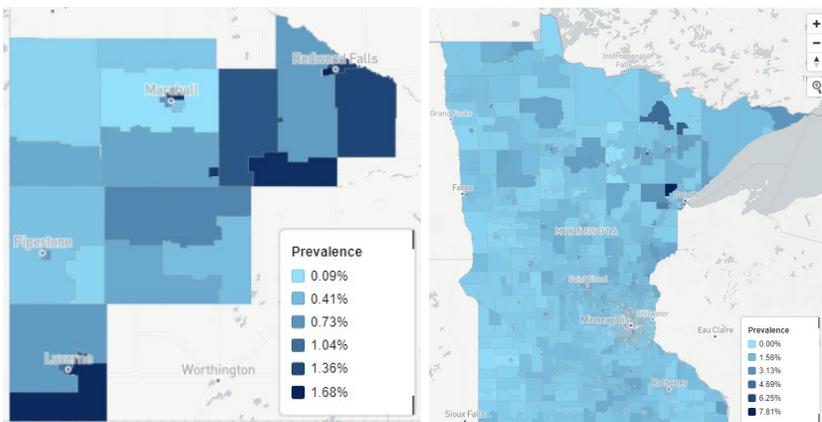
Sedatives Prevalence 2023



Source: Minnesota Electronic Record Consortium. (102)

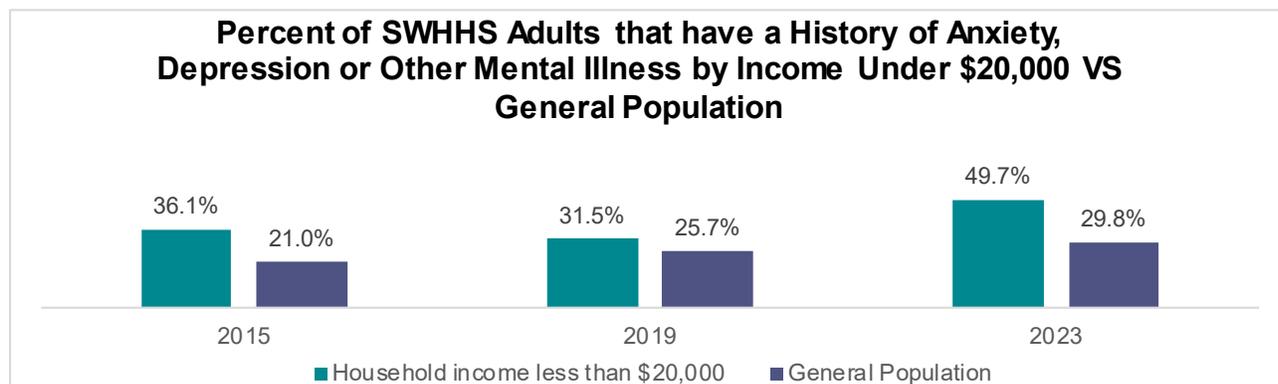
Suicide prevalence in the six SWHHS counties (0.9%) is 0.4 percentage points lower compared to 1.3% in Minnesota. (102)

Suicide Prevalence 2023



Source: Minnesota Electronic Record Consortium. (102)

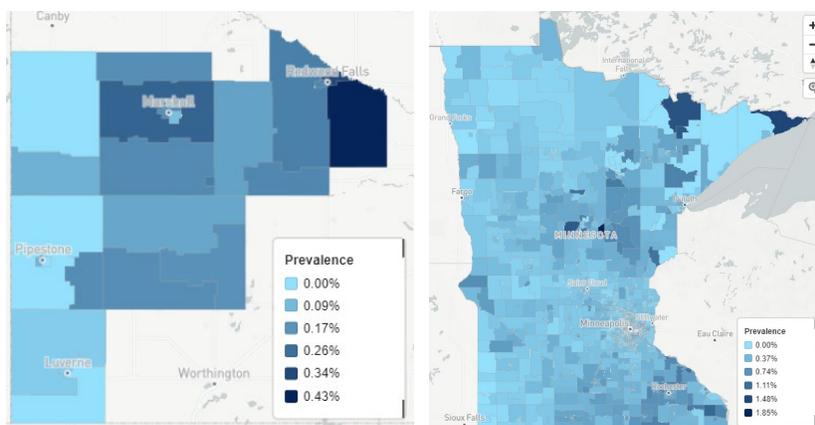
Adults with income under \$20,000 are more likely to have a history of anxiety, depression, or other mental illness than the general population.



Tobacco and Electronic Cigarettes

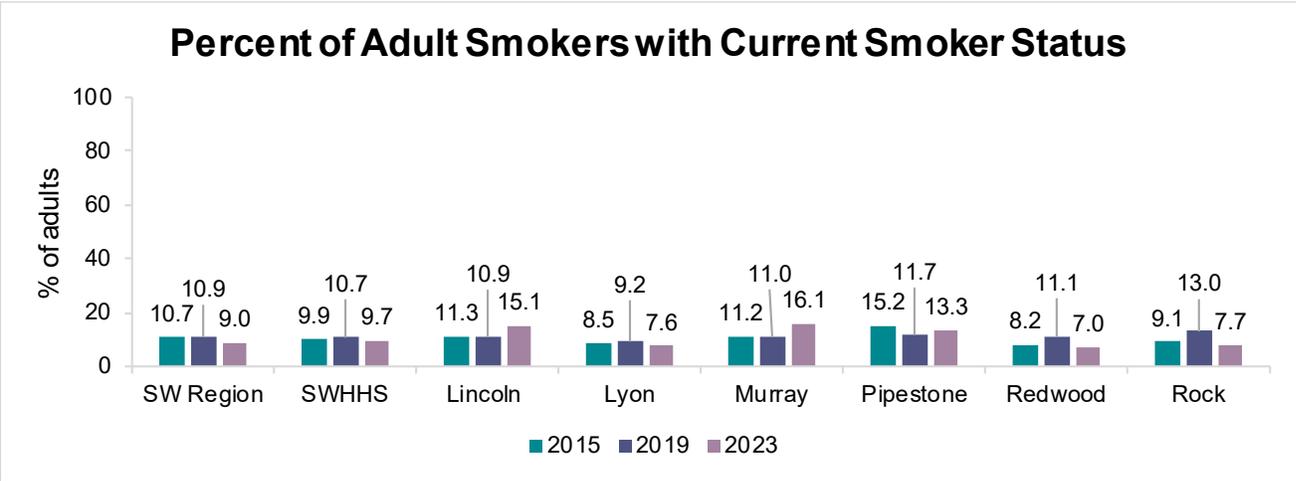
Lung Cancer prevalence in the six SWHHS counties (0.2%) is the same percentage as compared to 0.2% in Minnesota. (102)

Lung Cancer Prevalence 2023



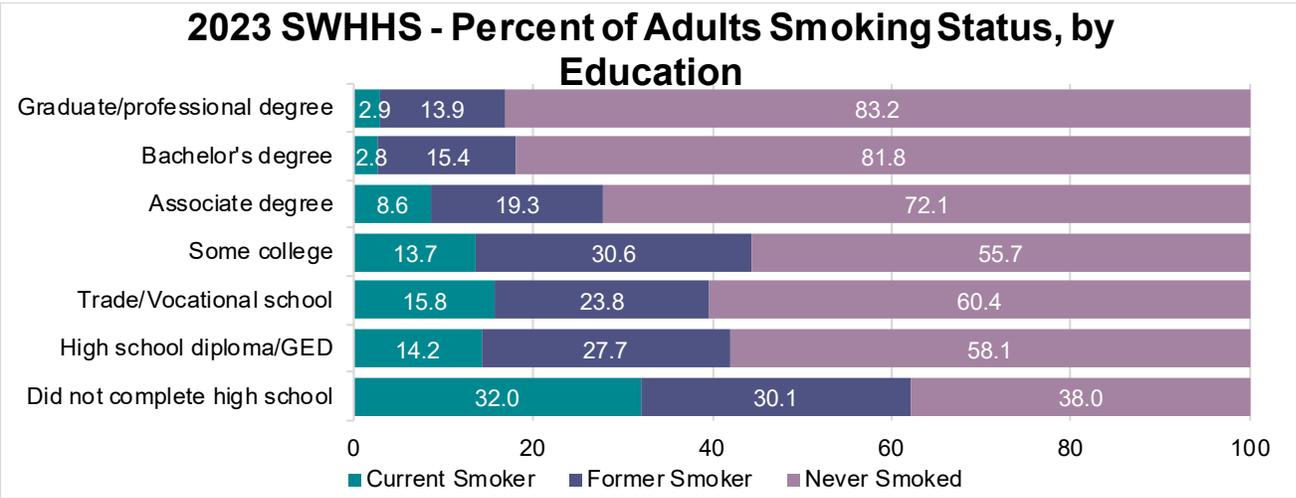
Source: Minnesota Electronic Record Consortium. (102)

Current adult smoker rates in SWHHS adults have decreased by 1.0 percentage points. SWHHS is 0.7 percentage points higher than the 16 county region. Murray County saw a 5.1 percentage point increase in current smoking rates. Lincoln County saw a 4.2 percentage point increase and Pipestone County saw a 1.6 percentage point increase. Rock County saw a 5.3 percentage point decrease. (6)



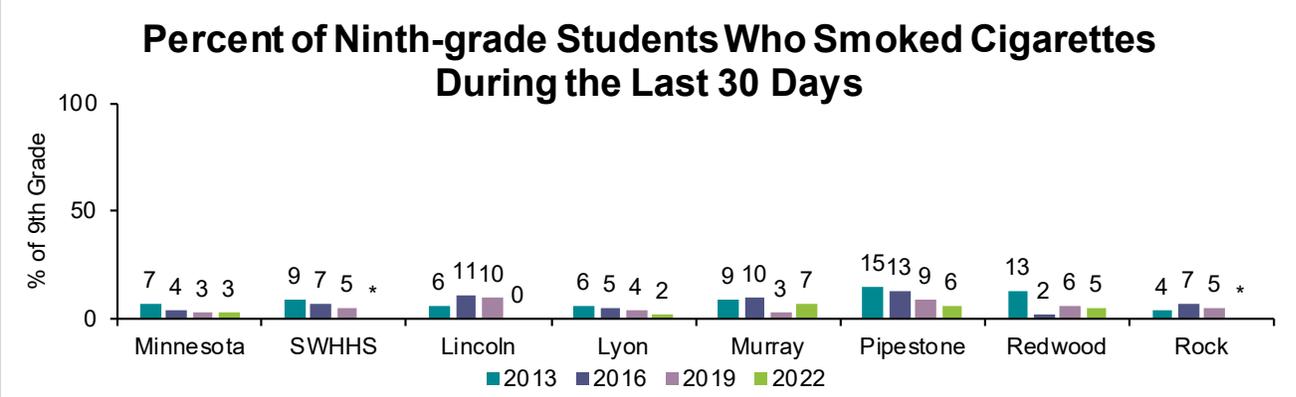
Source: 2015, 2019, 2023 Southwest MN Healthy Communities Survey. (92)(93)(6)

SWHHS adults are much more likely to have not smoked depending on their level of education. Graduate/Professional degree adults reported 83.2% had never smoked compared to High School diploma/GED adults at 58.1%, a 25.1 percentage point difference.



Source: 2023 Southwest MN Healthy Communities Survey. (6)

Minnesota ninth grade students who smoked cigarettes during the last 30 days was at 3%. Three of the five SWHHS counties were above Minnesota's rates. Lincoln County ninth grade students' rates dropped by 11 percentage points to 0%. Redwood County ninth grade students saw a 3-percentage point increase. (16)



* Rock county school districts did not participate in 2022 Minnesota Student Survey. SWHHS was not calculated since one county was missing.

Source: Minnesota Student Survey 2013, 2016, 2019, 2022 (16)

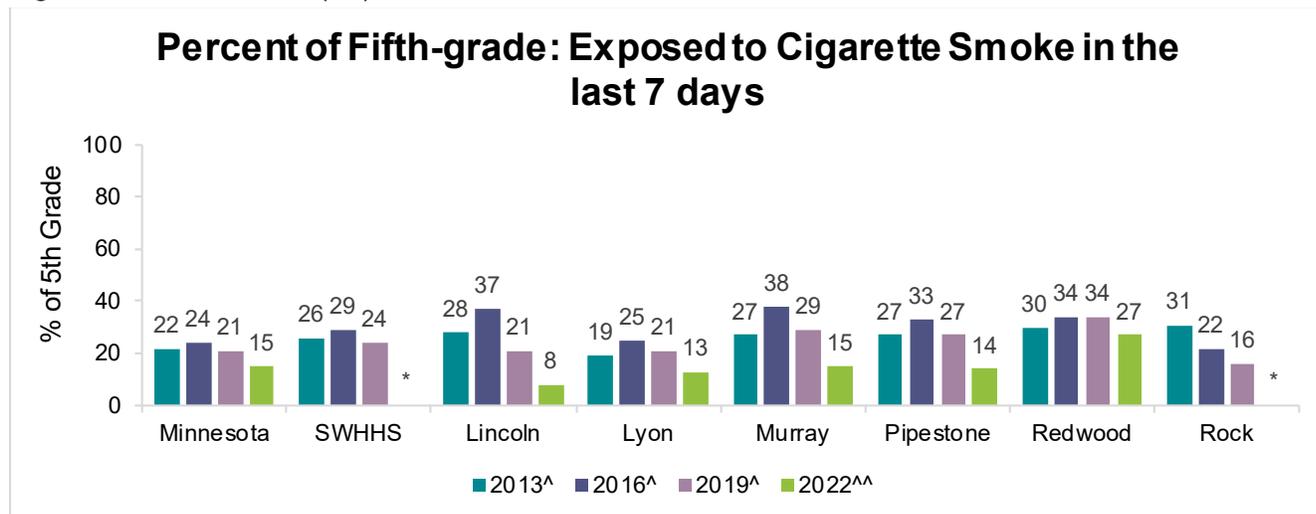
The percent of pregnant women that smoked during 2020 was higher than the state average in four of the six counties. SWHHS was 0.9 percentage points higher than Minnesota. Murray County pregnant women rates have decreased by 9.6 percentage points between 2016 and 2020. Lincoln County pregnant women rates have decreased by 7.3 percentage points. (67)

Percent of Women Who Smoked During Pregnancy

	2016	2017	2018	2019	2020
Minnesota	8.8	8.1	7.4	7.1	6.7
SWHHS	10.2	9.7	10.1	9.4	7.6
Lincoln	10.4	10.8	5.7	5.1	3.1
Lyon	5.8	7.5	8.1	8.7	6.8
Murray	16.5	17.2	16.0	11.1	6.9
Pipestone	12.7	8.5	10.7	10.2	11.5
Redwood	14.8	11.4	12.6	11.2	9.9
Rock	8.8	8.3	9.3	7.8	3.5

Source: Minnesota Department of Health. County Health Tables. (67)

In 2022, the question about secondhand smoke changed in the survey from “During the last 7 days, on how many days were you in the same room as someone who was smoking cigarettes?” to “During the last 7 days, have you been in the same room as someone who was smoking cigarettes?” Because of this change, data changes between past years may not be reliable. In 2022, three of the counties are below Minnesota rate. Redwood County rates are 12 percentage points higher than Minnesota. (16)



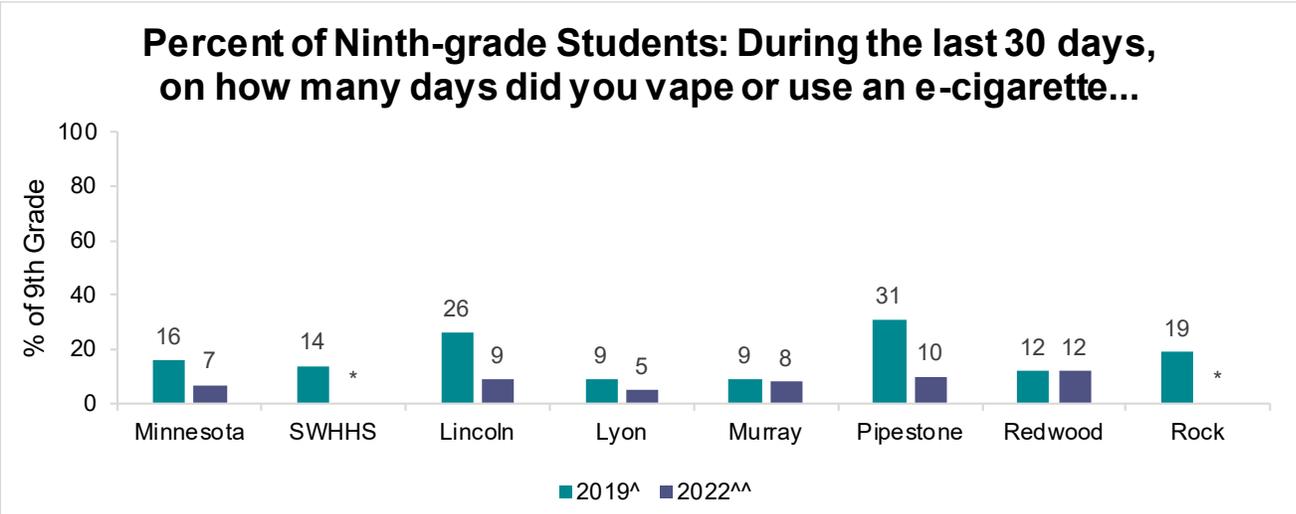
* Rock county school districts did not participate in 2022 Minnesota Student Survey. SWHHS was not calculated since one county was missing.

[^]2013, 2016, 2019 question language: [^]During the last 7 days, on how many days were you in the same room as someone who was smoking cigarettes?

^{^^}2022 Question language change: ^{^^}During the last 7 days, have you been in the same room as someone who was smoking cigarettes?^{^^}

Source: Minnesota Student Survey 2013, 2016, 2019, 2022 (16)

In the 2019 student survey, three of the SWHHS counties were higher than the state average. In 2022, four of the SWHHS counties were higher than the state average. Four of the five counties saw drops in e-cigarette use. Pipestone County saw a decline of 21-percentage points. Lincoln County saw a decline of 17-percentage points. (16)



* Rock county school districts did not participate in 2022 Minnesota Student Survey. SWHHS was not calculated since one county was missing.

^ 2019...vape or use an e-cigarette like JUUL, suorin, blu, VUSE, or Logic?

^^2022...vape or use an e-cigarette that contains nicotine, such as JUUL, VUSE, NJOY, Puff Bar, Blu, or Bidi Stick? Source: Minnesota Student Survey 2019, 2022 (16)

E-cigarette use in adults has been a vehicle for smoking cessation. Use in our six counties ranges from 1.3% in Redwood County to 8.0% in Pipestone County. SWHHS is 0.9 percentage points higher than the 16 County Region. SWHHS percentages have increased from 3.0% in 2015 to 4.1% in 2023. (16)

Percent of Adults with Current User E-cigarette Status

	2015	2019	2023
16 Co Region	2.7	2.3	3.2
SWHHS	3.0	3.1	4.1
Lincoln	4.3	1.3	4.6
Lyon	2.7	3.5	4.7
Murray	3.1	2.5	5.3
Pipestone	2.2	2.5	8.0
Redwood	4.4	4.6	1.3
Rock	0.8	1.6	2.1

Source: 2015, 2019, 2023 Southwest MN Healthy Communities Survey. (92) (93) (6)

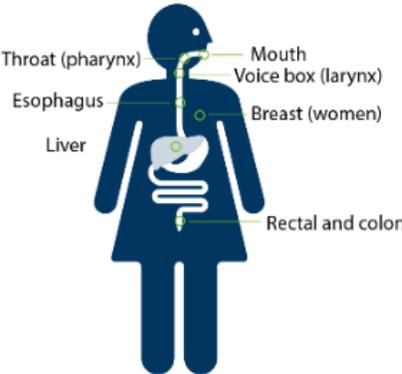
Alcohol Use

Alcohol use is the most socially acceptable form of substance use. Adults in the SWHHS counties report drinking any alcohol in the last 30 days at 63.3%. (6)

Alcohol use does not come without risks to a person's health. Research has indicated the level of alcohol use can increase the risk of developing cancer. Alcohol becomes acetaldehyde in the body. Acetaldehyde is a known carcinogen that builds up in the body. The buildup can cause mistakes in DNA, chromosome rearrangements, and DNA to bind and form clumps leading to cells growing out of control. In some cases, this can lead to cancerous tumors.

There are other potential cancer-causing associations:

Alcohol can increase the risk of the following cancers:



- Contaminants that are introduced during fermentation and production can be linked to cancer
- Heavy alcohol consumption can cause liver cirrhosis, which increases the risk for cancer
- Alcohol increases levels of estrogen, which contribute to breast cancer risk
- Alcohol can increase the absorption of other cancer-causing agents in, for example, tobacco, which is also a known carcinogen
- Alcohol can affect the absorption and metabolism of other nutrients, for example, folate, which can contribute to cancer. (106)

Estimated Cancer Risk by Drink Level

Type of cancer	Absolute Risk for Cancer Development per the National Cancer Institute	Light drinker (≤ 1 drinks/day) vs. non-drinker Relative Risk (95 CI)	Moderate drinker (1-4 drinks/day) vs. non-drinker Relative Risk (95 CI)	Heavy drinker (> 4 drinks/day) vs. non-drinker Relative Risk (95 CI)
Mouth & Throat	1.1	1.13 (1.0-1.26)	1.83 (1.62-2.07)	5.13 (4.13-6.10)
Esophageal	0.5	1.26 (1.06-1.50)	2.23 (1.87-2.65)	4.95 (3.86-6.34)
Voice Box	0.3	0.87 (0.65-1.11)	1.44 (1.25-1.66)	2.65 (2.19-3.19)
Liver	1.0	1.0 (0.85-1.18)	1.08 (0.97-1.20)	2.07 (1.66-2.58)
Breast (female)	12.4	1.04 (1.01-1.07)	1.23 (1.19-1.28)	1.61 (1.33-1.94)
Colon & Rectum	4.3	0.99 (0.95-1.04)	1.17 (1.11-1.24)	1.44 (1.25-1.65)

Source: Minnesota Department of Health. (106)



Source: National Institute of Alcohol Abuse and Alcoholism (107)

Moderate drinking is one drink per day for women and two drinks per day for men, among legal drinking-aged adults. Binge drinking is a drinking pattern that roughly brings a person's blood alcohol concentration (BAC) to 0.08 grams percent or above. That is about four or more drinks on one occasion for women, or five or more drinks for men in the span of about 2 hours. (108) In 2020, American adults have a 15.7% binge drinking rate compared to 18.4% for Minnesota. In comparison, Minnesota has one of the highest binge drinking rates in America. SWHHS counties have an even higher rate of binge drink than the state average at 22.8%. (106)

Costs associated with binge drinking can be divided into three categories: health care, lost productivity, and societal costs. Total costs in the three categories to SWHHS counties is \$63,355,000 with it split between health care \$46,627,000; other societal \$11,201,000; productivity loss \$5,527,000. (106)

Binge drinking rates and estimated costs due to excessive drinking, 2019

	Binge drinking prevalence	Total Cost	Cost per Resident
Minnesota	18.4	\$ 7,851,447,000	\$ 1,383
SWHHS	22.8	\$ 63,355,000	\$ 745
Lincoln*	23.3	\$ 1,614,000	\$ 286
Lyon	21.4	\$ 27,899,000	\$ 1,095
Murray	23.3	\$ 5,152,000	\$ 629
Pipestone	22.1	\$ 5,791,000	\$ 635
Redwood	23.3	\$ 15,234,000	\$ 1,004
Rock	23.5	\$ 7,665,000	\$ 823

* The estimates could be unstable because of the small county population size (7,500 or fewer in 2019).

Source: Minnesota Department of Health (106)

Adults that had at least one drink in the last 30 days in SWHHS have gone down by 1.5 percentage points. Lyon County did see an increase of 4.4 percentage points. SWHHS rate is 0.1 percentage points higher than the 16 county region. Pipestone County saw the most dramatic reduction of 22 percentage points. (6)

Percent of Adults: During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage, or liquor?

	2015	2019	2023
16 County Region	67.4	65.8	63.2
SWHHS	67.7	64.8	63.3
Lincoln	69.9	68.1	66.2
Lyon	68.9	59.3	63.7
Murray	68.2	70.3	68.3
Pipestone	65.6	82.6	60.6
Redwood	66.8	67.9	59.1
Rock	66.6	66.6	65.7

Source: 2015, 2019, 2023 Southwest MN Healthy Communities Survey. (6)

Adults that are considered heavy drinkers in SWHHS have gone down by 0.7 percentage points. SWHHS is also 1.4 percentage points lower than the 16 county region. (6)

Percent of Adults that Engaged in Heavy Drinking in the Past 30 Days (60+ drinks in past 30 days for males, 30+ for females)

	2015	2019	2023
16 County Region	8.3	9.8	9.4
SWHHS	8.1	8.7	8.0
Lincoln	9.5	13.5	14.9
Lyon	4.7	6.7	7.1
Murray	10.5	11.1	7.2
Pipestone	3.4	6.8	11.2
Redwood	14.0	11.3	5.7
Rock	8.2	6.0	8.2

Source: 2015, 2019, 2023 Southwest MN Healthy Communities Survey. (6)

Adults that are considered binge drinkers in SWHHS have gone up by 1.1 percentage points in 2023. SWHHS is also 1.8 percentage points higher than the 16 county region. Murray, Pipestone

and Redwood counties saw 3.6 to 4.4 percentage point higher levels of binge drinking in 2023 than 2019. (6)

Percent of Adults: How Many Times During the Past 30 Days Have You Engaged in Binge Drinking?; 2015, 2019, 2023

	2015	2019	2023
16 County Region	38.7	23.6	21.3
SWHHS	35.4	22.0	23.1
Lincoln	38.3	28.2	27.2
Lyon	30.9	23.0	23.2
Murray	40.7	23.7	27.3
Pipestone	28.3	16.9	21.1
Redwood	39.0	21.2	19.4
Rock	41.6	20.2	24.6

Source: 2015, 2019, 2023 Southwest MN Healthy Communities Survey. (6)

Binge drinking is more prevalent in the 18-34 and 35-44 age groups with SWHHS 35-44 age group being the highest.

Percent How Many Times During the Past 30 Days Have You Engaged in Binge Drinking?, Age, 2023

	18-34	35-44	45-54	55-64	65-74	75 or older
16 Co Region	29.6	26.6	22.2	20.7	14.7	5.3
SWHHS	32.0	34.7	21.9	21.2	13.7	5.1
Lincoln	42.8	45.2	20.7	30.2	14.2	5.5
Lyon	35.9	24.4	11.9	25.6	11.6	8.2
Murray	33.2	34.9	52.1	22.8	21.0	3.3
Pipestone	29.1	30.3	25.2	22.2	11.2	2.3
Redwood	23.6	47.8	17.7	10.1	10.9	4.8
Rock	28.5	42.0	29.1	20.6	17.6	3.8

Source: 2023 Southwest MN Healthy Communities Survey. (6)

Binge drinking is more prevalent in the \$100,000 income group with SWHHS at 33.5%. This is 6.4 percentage points higher than the 16 County Region.

Percent How Many Times During the Past 30 Days Have You Engaged in Binge Drinking?, Income, 2023

	Less than \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	\$75,000 - \$99,999	\$100,000 or more
16 Co Region	9.6	12.6	17.6	25.1	27.1	27.1
SWHHS	8.4	15.9	19.0	23.1	26.4	33.5
Lincoln	36.2	18.7	20.2	34.6	21.3	32.4
Lyon	1.4	13.9	13.6	30.7	26.4	33.3
Murray	16.8	10.9	20.7	24.9	28.4	46.9
Pipestone	6.2	8.2	6.4	26.9	27.1	33.1
Redwood	1.3	23.8	25.4	7.4	16.8	33.5
Rock	18.6	18.6	34.7	16.2	37.7	21.6

Source: 2023 Southwest MN Healthy Communities Survey. (6)

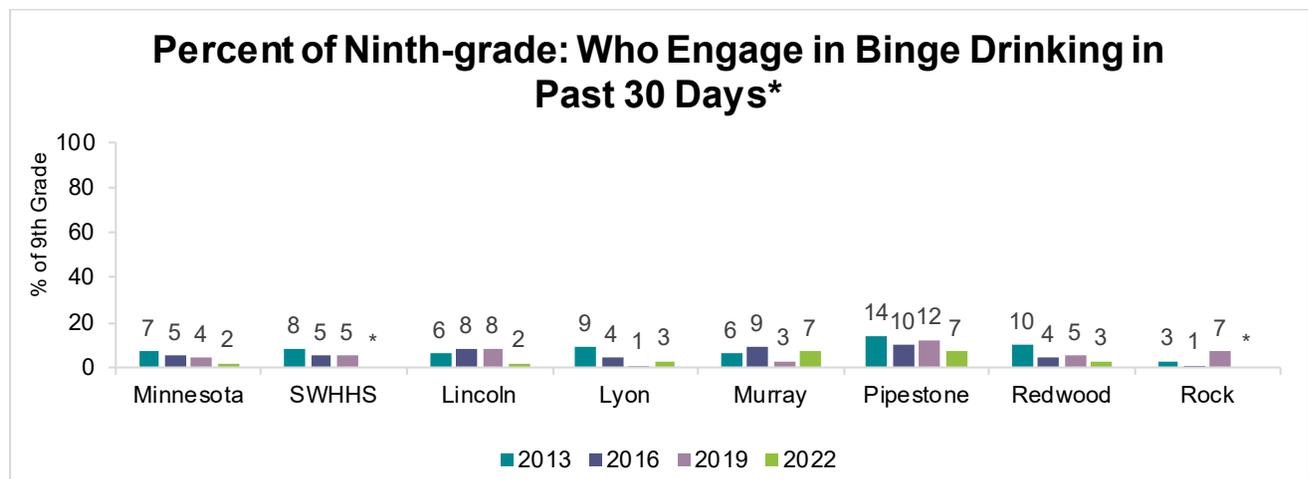
Binge drinking is more prevalent in the graduate/professional degree group with SWHHS at 29.1%. This is 9.5 percentage points higher than the 16 County Region.

Percent How Many Times During the Past 30 Days Have You Engaged in Binge Drinking?, Education, 2023

	Did not complete high school	High school diploma/ GED	Trade/ Vocational school	Some college	Associate degree	Bachelor's degree	Graduate/ professional degree
16 Co Region	12.5	14.8	22.8	22.9	24.4	25.8	19.6
SWHHS	19.0	18.7	23.0	19.9	15.6	28.2	29.1
Lincoln	66.7	26.9	13.1	17.1	27.2	32.0	21.5
Lyon	5.4	13.9	25.9	14.6	4.1	28.1	39.1
Murray	9.0	22.6	40.6	18.9	33.2	24.9	37.6
Pipestone	10.6	20.7	18.0	39.3	28.5	16.4	23.5
Redwood	14.5	10.9	16.9	22.3	14.7	30.7	6.4
Rock	0	27.7	22.0	19.4	13.1	34.8	18.8

Source: 2023 Southwest MN Healthy Communities Survey. (6)

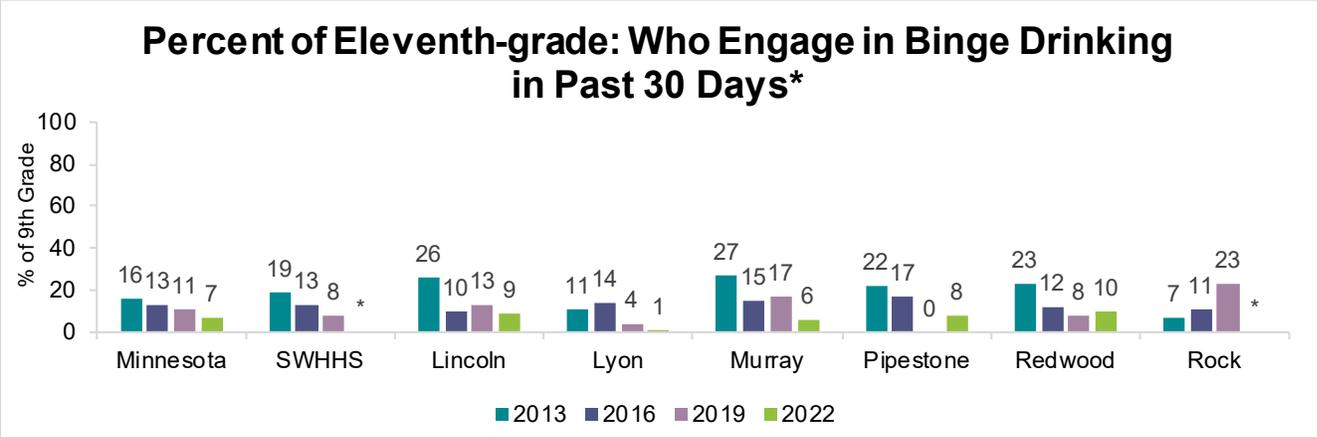
Minnesota's ninth-grade binge drinking rate has dropped to 2% in 2022. Four of the five counties have higher rates than Minnesota. Lyon and Redwood counties are at 3% and Murray and Pipestone counties are at 7%. Murray and Pipestone counties are five percentage points higher than Minnesota rates. (6)



* Rock county school districts did not participate in 2022 Minnesota Student Survey. SWHHS was not calculated since one county was missing.

Source: Minnesota Student Survey 2019, 2022 (16)

Minnesota's eleventh-grade binge drinking rate has dropped to 7% in 2022. Three of the five counties have higher rates than Minnesota. Lyon County's rate is at 1% and Murray County's rate is at 6%. Pipestone, Lincoln, and Redwood counties are one to three percentage points higher than Minnesota. (16)



* Rock county school districts did not participate in 2022 Minnesota Student Survey. SWHHS was not calculated since one county was missing.

Source: Minnesota Student Survey 2019, 2022 (16)

Residents of SWHHS counties have a higher percentage of population with impaired driving incidents on their driving record at 12% than the state average of 10.6%. (43)

2022 Percentage of Residents with Impaired Driving Incidents on Record

	Minnesota	SWHHS	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
Population	5,742,036	72,987	5,562	25,092	8,014	9,373	15,236	9,710
DWIs %	10.6	12	8	13.6	8.4	15.5	12	9.6

Source: Minnesota Department of Public Safety. (43)

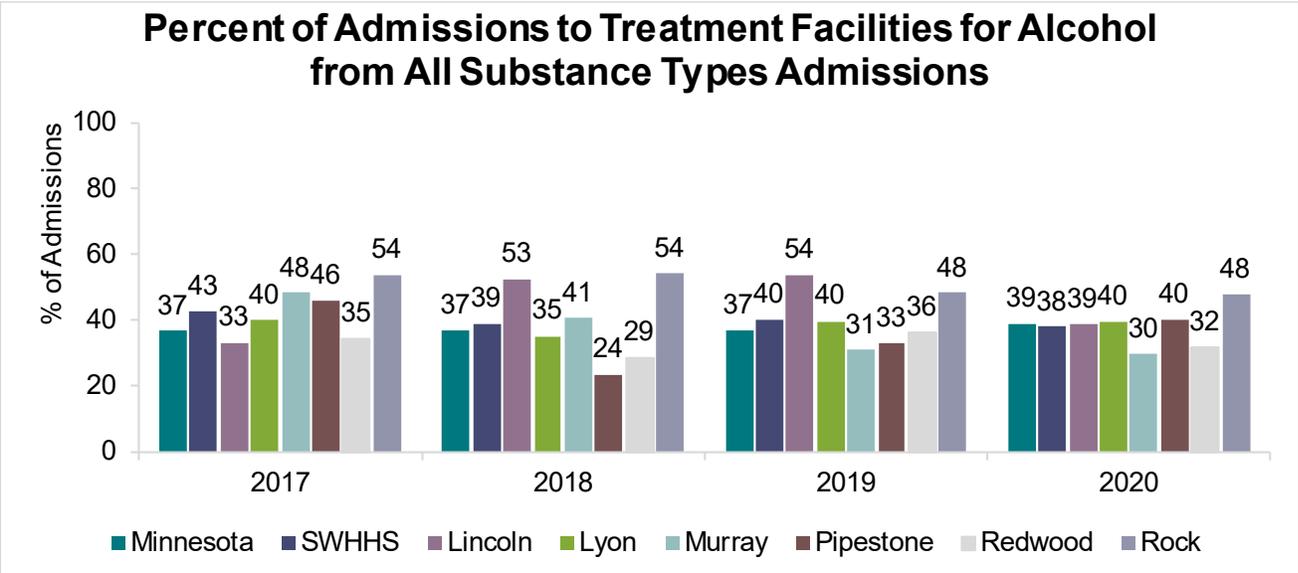
Impaired driving rates over the last five years have been decreasing slightly. Three of the five years saw SWHHS rates under Minnesota rates by .10 to .39. The five-year average has SWHHS rate under Minnesota's by 0.08. (43)

Impaired Driving Incidents Rate Per 1,000 by Year

	2018	2019	2020	2021	2022	5 Year Avg
Minnesota	4.55	4.70	3.75	4.01	4.37	4.28
SWHHS	4.45	4.97	3.96	3.62	4.00	4.20
Lincoln	4.31	5.21	2.70	3.06	2.70	3.60
Lyon	4.42	4.14	3.43	3.19	4.26	3.91
Murray	2.12	2.50	1.75	1.37	2.37	2.00
Pipestone	7.79	9.28	7.57	7.15	8.00	8.00
Redwood	3.87	5.58	4.20	3.74	3.35	4.13
Rock	4.22	3.91	4.02	3.30	2.57	3.60

Source: Minnesota Department of Public Safety. (43)

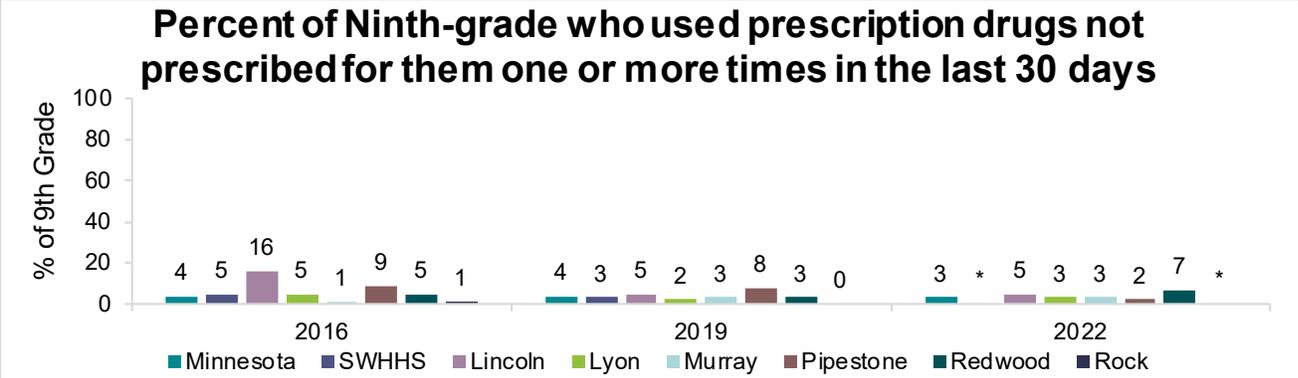
Alcohol treatment in admissions from 2017 to 2020 have been higher than Minnesota in three of the last four years. Rock County admissions have been nine to 17 percentage points higher than Minnesota. (109)



Source: Substance use of Minnesota. (109)

Drug Use

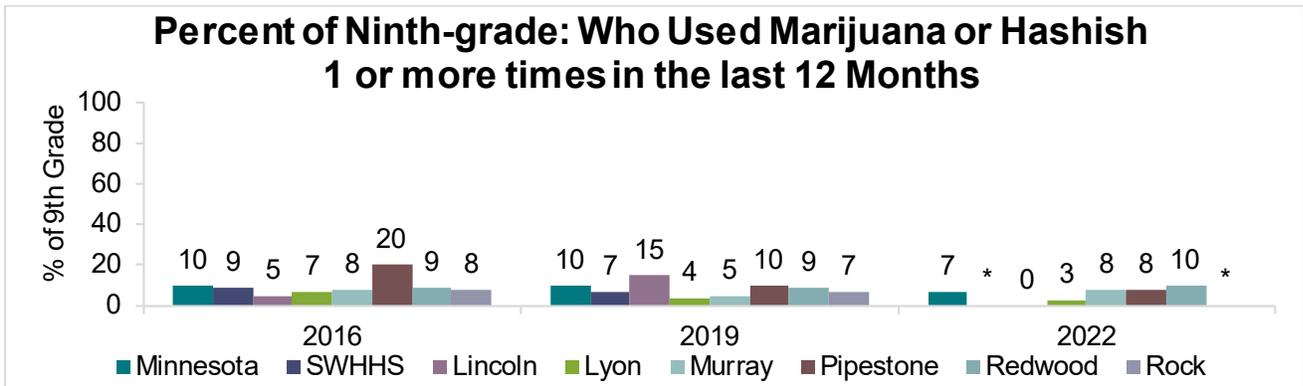
Prescription drug use among SWHHS ninth-grade students was lower than the state average by one percentage point in 2019 but one percentage point higher in the 2016 Minnesota Student Survey. Lincoln County was two percentage points higher than the State average and Redwood County was four percentage points higher than the state average in the 2022 survey. (16)



* Rock county school districts did not participate in 2022 Minnesota Student Survey. SWHHS was not calculated since one county was missing.

Source: Minnesota Student Survey 2019, 2022 (16)

Marijuana or hashish use in SWHHS ninth-grade students was lower than the state by three percentage points in Minnesota in 2019. In 2022, three of the counties were higher than Minnesota by one percentage point for Murray and Pipestone County and three percentage points for Redwood County. (16)

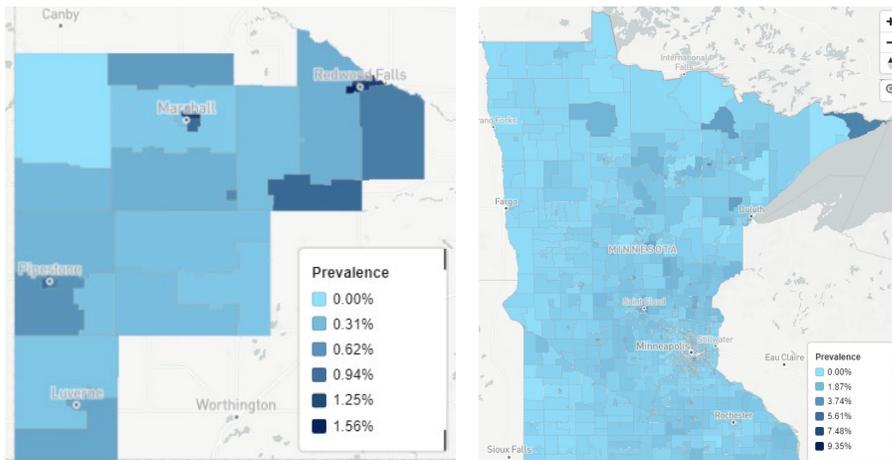


* Rock county school districts did not participate in 2022 Minnesota Student Survey. SWHHS was not calculated since one county was missing. 2016- During the last 12 months, on how many occasions (if any) have you used marijuana or hashish? (Do NOT count medical marijuana prescribed for you by a doctor) ^

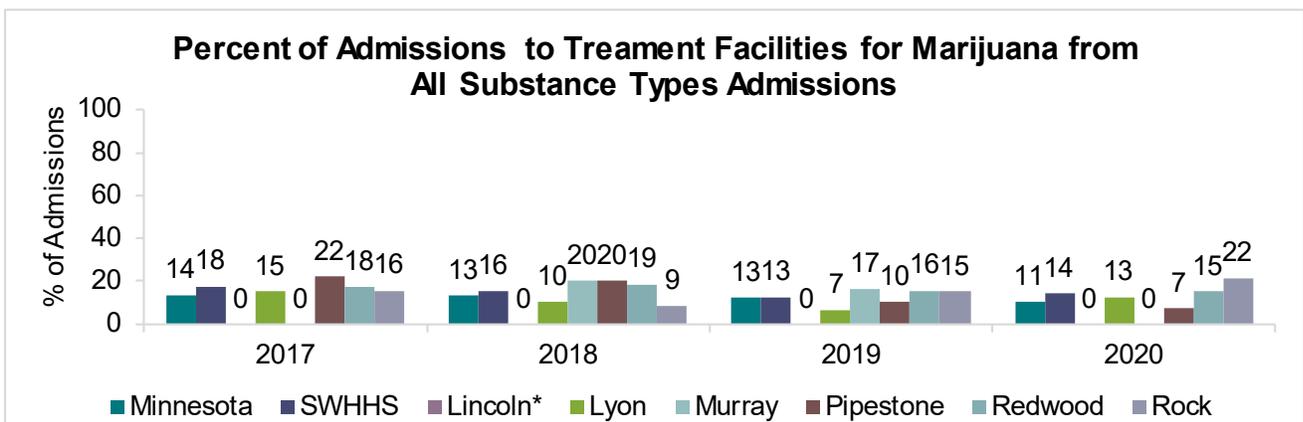
Source: Minnesota Student Survey 2016, 2019, 2022(16)

Cannabis prevalence in the six SWHHS counties (0.6%) is 0.4 percentage points lower compared to 1.0% in Minnesota. (102)

Cannabis Prevalence 2023



Source: Minnesota Electronic Record Consortium. (102)

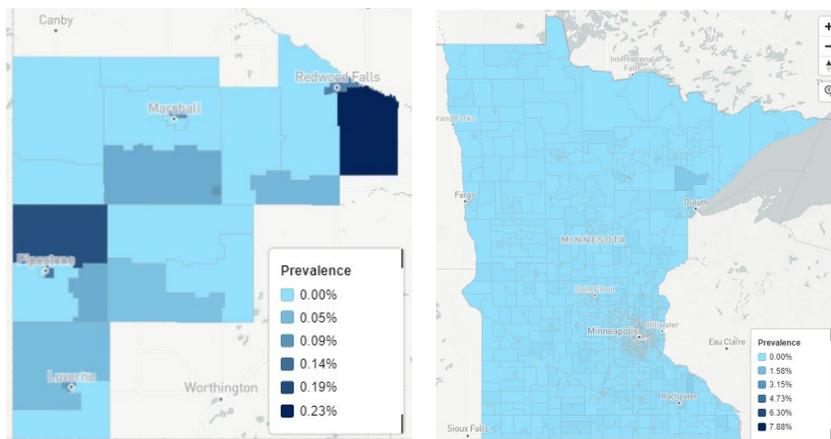


* Indicates numbers are between 5 and 1

Source: Substance Use in Minnesota. (109)

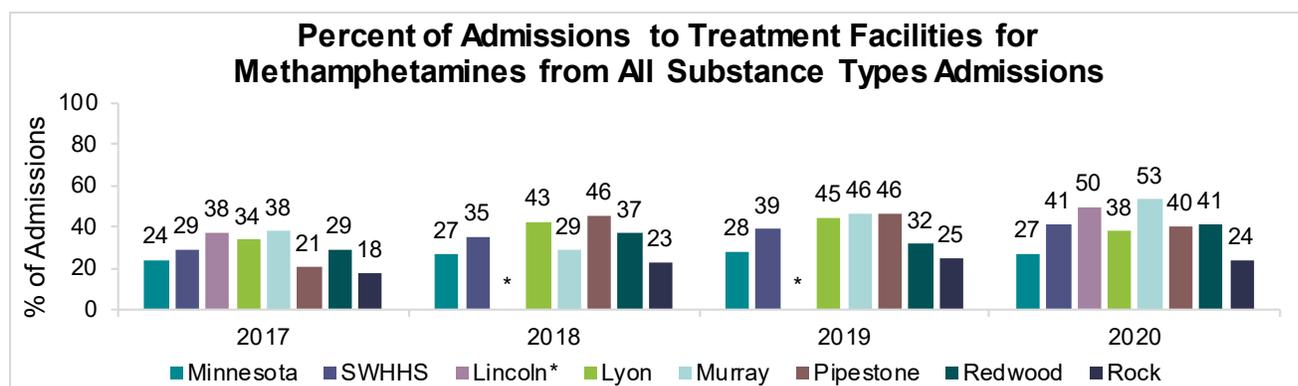
Cocaine prevalence in the six SWHHS counties (0.1 %) is 0.1 percentage points lower compared to 0.2% in Minnesota. (102)

Cocaine Prevalence 2023



Source: Minnesota Electronic Record Consortium. (102)

From 2017 through 2020, data showed methamphetamine treatment at higher rates for SWHHS residents than for Minnesota as a whole. (109)

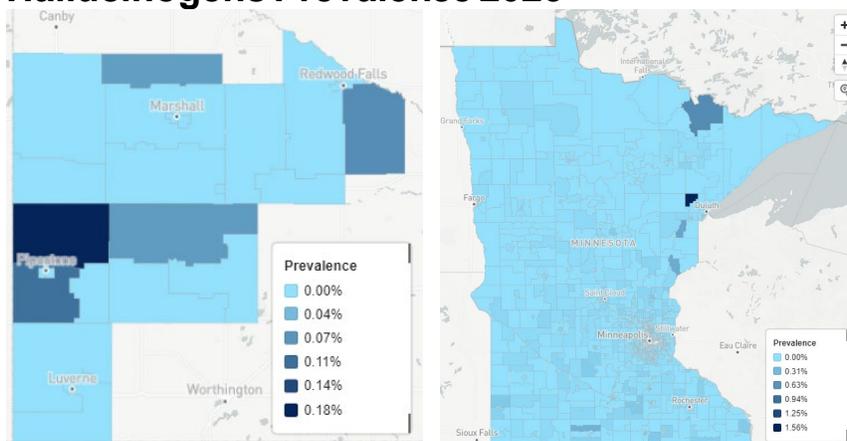


* Indicates numbers are between 5 and 1

Source: Substance Use in Minnesota. (109)

Hallucinogens prevalence in the six SWHHS counties (0.0%) is the same percentage as compared to 0.0% in Minnesota. (102)

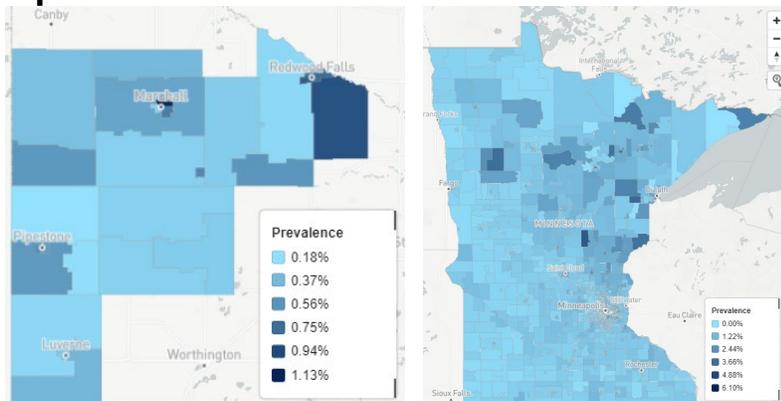
Hallucinogens Prevalence 2023



Source: Minnesota Electronic Record Consortium. (102)

Opioid prevalence in the six SWHHS counties (0.4%) is 0.5 percentage points lower compared to 0.9% in Minnesota. (102)

Opioid Prevalence 2023



Source: Minnesota Electronic Record Consortium. (102)

Opioid prescriptions rates have been decreasing since 2016 in Minnesota and SWHHS. Minnesota prescription of opioid rates when compared to 2022 rates, have gone down by 245.5 points while SWHHS rates have gone down 214.6 points since 2016. SWHHS residents receive more prescriptions for opioids than the Minnesota average by 25.6 points. (110)

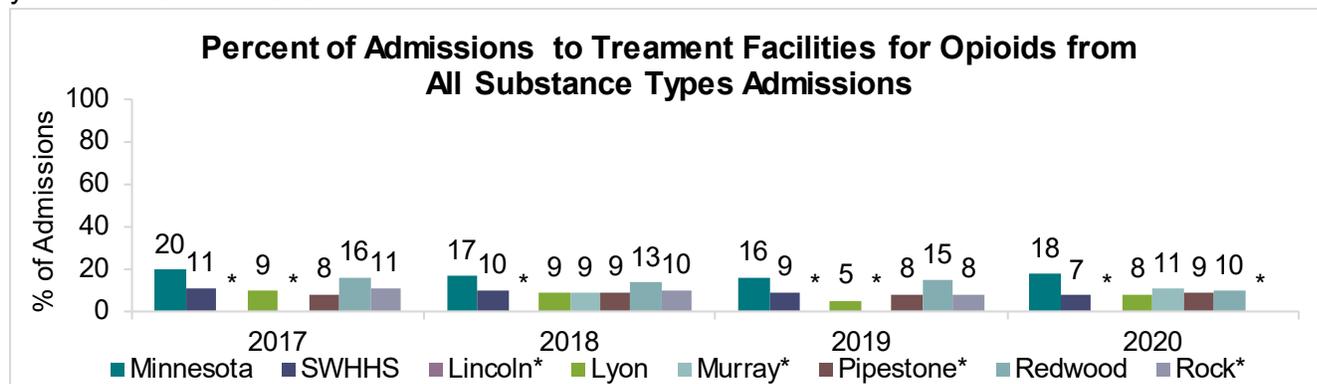
Crude Rate of Opioids Dispensed per 1,000 Population by MN Recipient Residence County

	2016	2017	2018	2019	2020	2021	2022
Minnesota	615.6	550.1	482.2	438.4	397.7	386.9	370.1
SWHHS	610.3	571.1	528.3	490.9	444.3	422.8	395.7
Lincoln	567.3	586.6	537.8	501.5	432.1	413.0	376.9
Lyon	516.3	472.3	444.5	418.7	391.1	361.5	336.7
Murray	591.6	563.5	493.0	457.9	414.6	415.4	365.8
Pipestone	784.7	778.8	760.6	638.1	519.5	450.7	400.7
Redwood	639.0	560.8	477.7	449.2	434.6	424.2	417.7
Rock	696.3	656.7	640.4	634.8	564.1	565.3	548.1

Note: The prescription rate is measured as the number of prescriptions dispensed based on patient's county divided by the total number of people living in a county to create a rate per 1,000 people.

Source: Minnesota Pharmacy Prescription Monitoring Program (110)

While other areas of the United States and Minnesota are seeing increases in opioid treatment, SWHHS counties are under Minnesota average by five to eleven percentage points for each of the year from 2017 to 2020.

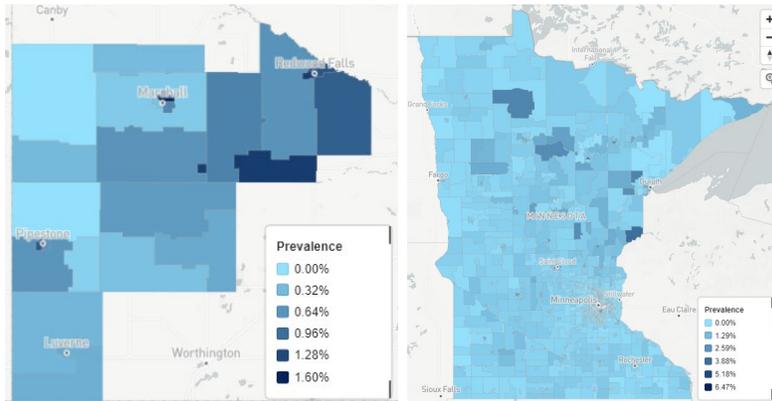


* Indicates numbers are between 5 and 10

Source: Substance Use in Minnesota. (109)

Psychostimulants prevalence in the six SWHHS counties (0.7%) is 0.2 percentage points higher compared to 0.5% in Minnesota. (102)

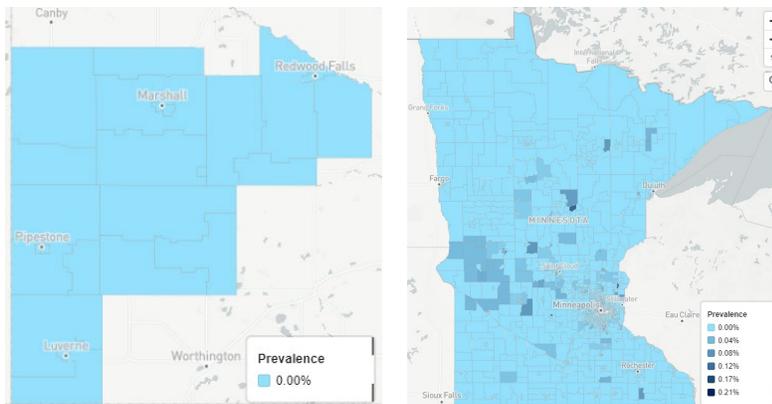
Psychostimulants Prevalence 2023



Source: Minnesota Electronic Record Consortium. (102)

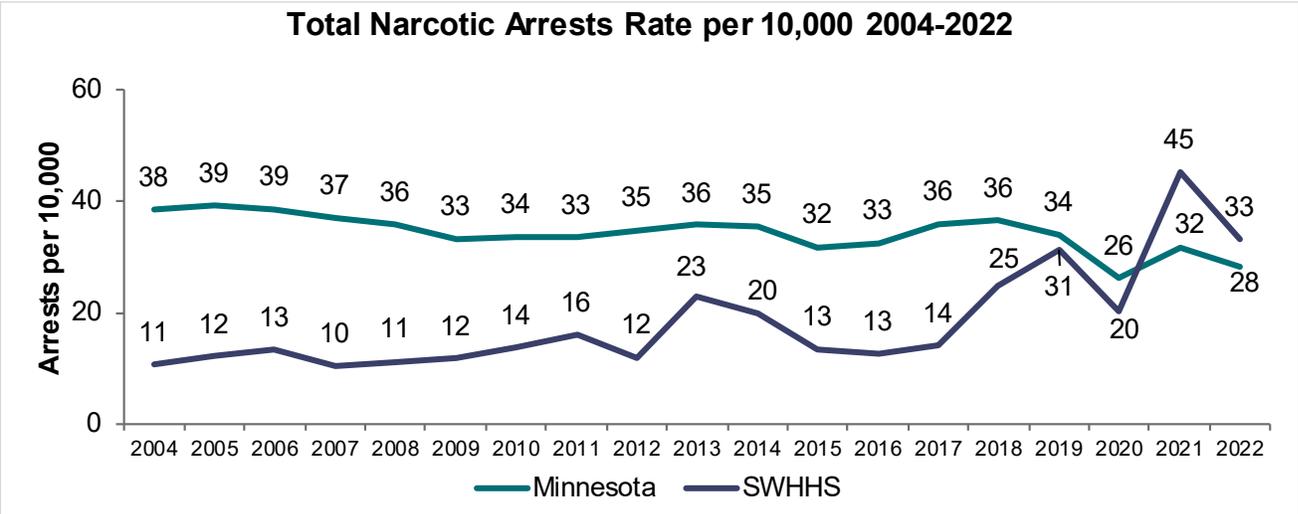
Inhalants prevalence in the six SWHHS counties (0.0%) is the same percentage as compared to 0.0% in Minnesota. (102)

Inhalants Prevalence 2023



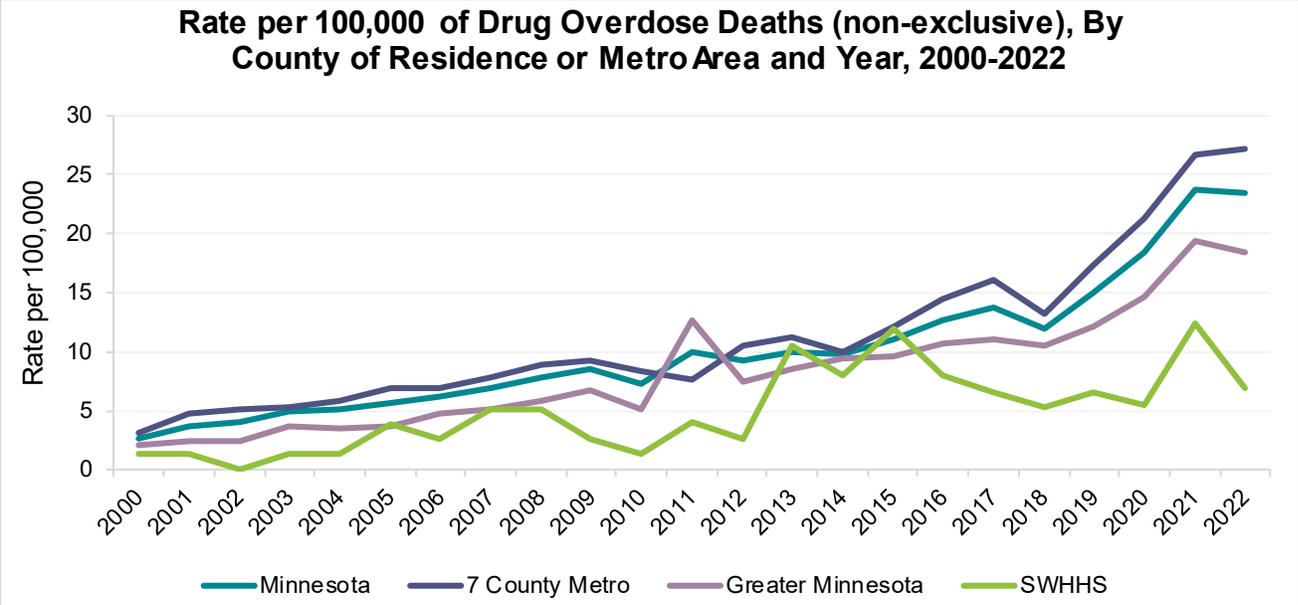
Source: Minnesota Electronic Record Consortium. (102)

Arrests per 10,000 individuals for narcotics in SWHHS counties are below the state rate by nearly half or more in most years. The top narcotic to be arrested for in the SWHHS counties and Minnesota is marijuana, followed by other (includes meth). From 2007 to 2016, overall narcotic arrests in the SWHHS counties totaled between 78 and 175 arrests per year, with marijuana making up 56.0 percent of the arrests on average. (44)



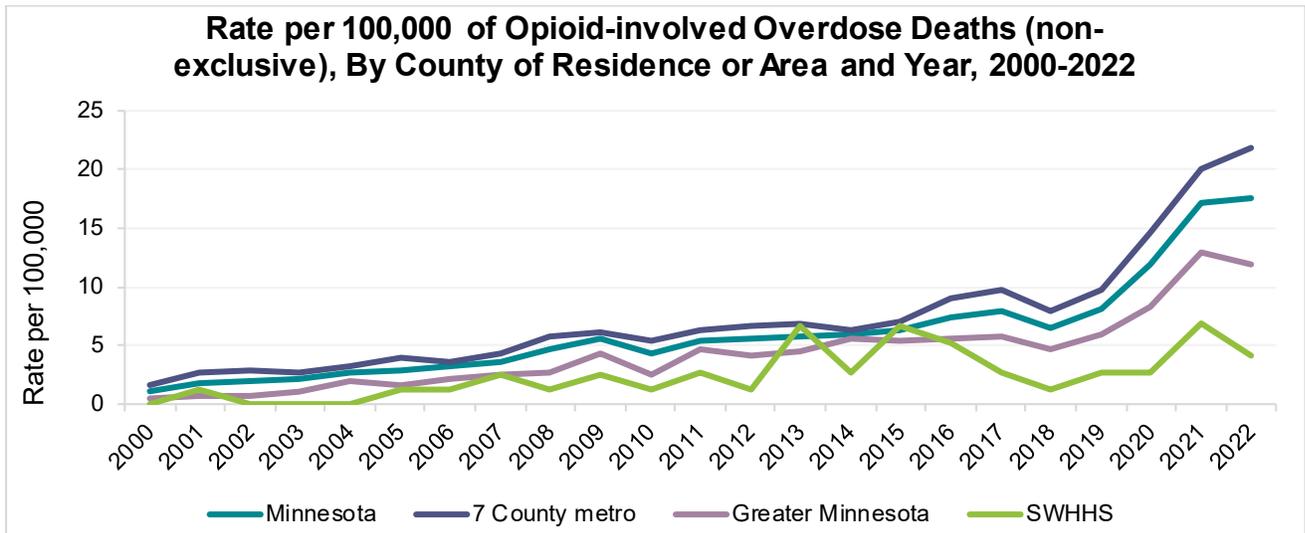
Source: Bureau of Criminal Apprehension. (44)

Drug overdose deaths in SWHHS counties were very few between 2000 and 2004. In 2005, deaths began to trend upward slightly, with 2013, 2015, and 2021 having some of the highest total numbers of overdose deaths in SWHHS. SWHHS drug overdose death rate was higher than Minnesota’s in 2013 and 2015. SWHHS drug overdose death rate was higher than Greater Minnesota in 2005 and 2007. Overall, SWHHS drug overdose death rates over the last 23 years have been under most areas of the state 18 years out of 23. The opioid involved overdose deaths were 60% of the 2022 drug overdose deaths. (111)



Rate per 100,000 for 2000-2009 based on 2000 US Census Numbers, 2010-2016 based on 2010 US Census Numbers, 2020-2022 based on 2020 US Census Numbers.

Source: Minnesota Department of Health. (111)



Rate per 100,000 for 2000-2009 based on 2000 US Census Numbers, 2010-2016 based on 2010 US Census Numbers, 2020-2022 based on 2020 US Census Numbers.

Source: Minnesota Department of Health. (111)

Immunizations

Immunizations that one person receives protects the community as a whole. They also protect those who are unable to be immunized, like children that are too young, those with medical conditions that cannot be immunized, or those that have not developed an immunity.

In 2023, SWHHS counties' children 24-35 month immunization rates with the average of 65.7% were higher than the state average of 63.0%. SWHHS counties have had consistently higher immunizations rates than Minnesota. Rates have fallen off since the COVID-19 Pandemic started in 2020. Most of the SWHHS counties had its highest rates in 2019 and 2020. From 2020 to 2023, immunization rates for the seven vaccination series in SWHHS counties have decreased by 12.9 percentage points. Rock County saw the largest decrease from 2020 to 2023 with 32.6 percentage point drop. (112)

Percent of Children 24-35 Months with Recommended Immunizations (series)*

	2015	2016	2017	2018	2019	2020	2021	2022	2023
Minnesota	59.0	60.1	60.9	67.8	69.2	69.6	63.2	63.3	63.0
SWHHS	72.6	69.2	69.1	75.8	76.2	78.5	67.7	72.0	65.7
Lincoln	71.6	80.0	66.2	77.6	82.1	81.3	75.0	80.0	77.1
Lyon	75.4	74.9	75.8	78.6	76.3	80.1	73.3	72.6	70.5
Murray	73.3	62.7	74.7	79.0	71.6	79.8	71.6	73.6	73.9
Pipestone	64.4	62.6	62.4	71.3	71.2	69.0	61.8	60.6	53.3
Redwood	83.4	74.4	75.0	74.2	79.4	77.7	70.2	77.1	68.5
Rock	67.5	60.3	60.6	74.2	76.6	83.3	54.3	67.9	50.7

*Recommended # of doses by 19 months Series of recommended vaccines for children between 24 and 35 months old: 4+ DTaP (Diphtheria, tetanus and acellular pertussis), 3+ polio, 1+ MMR (Measles, mumps, and rubella), Completed Hib (Haemophilus influenzae type b), 3+ Hep B (Hepatitis B), 1+ varicella (chickenpox), and Completed Prevnar (Pneumococcal conjugate vaccine by brand name).

Note: Vaccination coverage among children ages 24-35 months in MIIC. 2023 includes children born July 2020 through June 2021 who were up to date at 24 months. Analyzed as of July 2023.

Source: Minnesota Public Health Data Access. Childhood Immunization Data. MIIC. (112)

Immunizations are a lifelong practice to keep not only yourself healthy, but also others around you healthy. Adolescents receive another series of immunization when they are 11 to 12 years old. This

series consists of human papillomavirus (HPV), meningococcal (MenACWY), and Tdap (tetanus, diphtheria, and pertussis) booster. From 2019 to 2023, SWHHS average rates are below Minnesota’s rates. In 2023, 5.7 percentage points separated SWHHS (22.3%) and Minnesota (28.0%). The rates of the three vaccinations show HPV is most likely to be excluded by parents of adolescent children, with SWHHS’ 2023 HPV rate at 23.2% and Minnesota’s rate at 29.2%. Meningococcal rates in 2023 were 63.2% for SWHHS and 69.5% for Minnesota. Tdap rates in 2023 were 65.6% for SWHHS and 71.1% for Minnesota. (112)

Percent of 13-year-olds Immunized with the 11-12 year old with Recommended Immunizations (series)*

	2018	2019	2020	2021	2022	2023
Minnesota	20.3	24.2	26.5	27.3	27.5	28.0
SWHHS	20.8	23.7	21.3	26.0	27.8	22.3
Lincoln	22.2	23.1	26.4	25.4	33.3	29.6
Lyon	29.5	31.5	30.0	30.7	27.1	25.4
Murray	22.2	22.1	20.4	34.5	34.5	22.1
Pipestone	11.9	14.1	14.2	20.6	18.9	18.3
Redwood	17.5	21.1	18.5	25.2	28.8	22.5
Rock	21.5	30.5	18.5	19.8	23.9	15.9

*Series includes: tetanus, diphtheria, and pertussis (Tdap) vaccine; meningococcal (MenACWY) vaccine; and series completion of the human papillomavirus (HPV) vaccine. Analyzed as of July 2023.

Source: Minnesota Public Health Data Access. Childhood Immunization Data. MIIC. (112)

Human papillomavirus (HPV) is the most common sexually transmitted infection, accounting for nearly all of the 12,000 cervical cancer occurrences each year in the United States. Sexually active males and females are at high risk of contracting the infection with nearly half contracting HPV at some point in their lives. HPV is a vaccine-preventable infection, with two vaccines on the market for females and one for males. Vaccination is recommended for females age 11 and 12 years old, and for those that missed the first vaccination window, it is recommended for 13 through 26-year-olds, while males are recommended to receive the vaccine between nine through 26 years of age. (104)

Unfortunately, the stigma around giving a child a vaccine to prevent a sexually transmitted infection prevents many parents from giving this vaccination. If the parents are counting on abstinence from sexual intercourse as a safeguard, they may want to consider all types of sexual experimentation. During a study of young women ages 13 to 21 years old, of those that were considered sexually inexperienced, 11.6% had contracted HPV through hand-genital or genital-skin contact. It only takes one interaction with an infected partner to contract HPV infection and increase the risk of cancer. (113)

Chronic Disease

Leading cause of death

In 2020, the leading causes of death across the SWHHS counties were heart disease, cancer, COVID-19, unintentional injury, chronic lower respiratory disease (CLRD), stroke, Alzheimer’s disease, diabetes, hypertension, and chronic liver disease. That same year, the State of Minnesota saw cancer, heart disease, COVID-19, unintentional injury, Alzheimer’s disease, stroke, chronic lower respiratory disease, diabetes, chronic liver disease and hypertension as the overall leading causes of death. Heart disease and cancer remain the top two causes of death in SWHHS. (67)

Minnesota and SWHHS's 10 Leading Causes of Death by All Ages By State and County, 2020

Cause	Minnesota		SWHHS		Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
	Rank	Count	Rank	Count	All Ages	All Ages	All Ages	All Ages	All Ages	All Ages
Cancer	1	9,940	2	164	1	2	1	2	1	2
Heart Disease	2	8,562	1	177	1	1	2	1	2	1
COVID-19	3	5,214	3	83	6	3	3	2	3	3
Unintentional Injury	4	3,308	4	47	4	4	6	6	5	4
Alzheimer's	5	2,587	6	34	3	7	4	5	7	5
Stroke	6	2,316	6	34	7	6	5	3	6	5
CLRD	7	2,211	5	39	4	6	7	4	4	5
Diabetes	8	1,492	7	25	2	5	7	7	9	6
Chronic Liver Disease	9	895	9	12	8	6	7	8	10	6
Hypertension	10	841	8	17	5	7	6	9	8	6

Source: Minnesota Department of Health. (67)

Cancer

Cancer Incidence Rates by 100,000 for Selected Cancers by County, Minnesota, 2015-2019

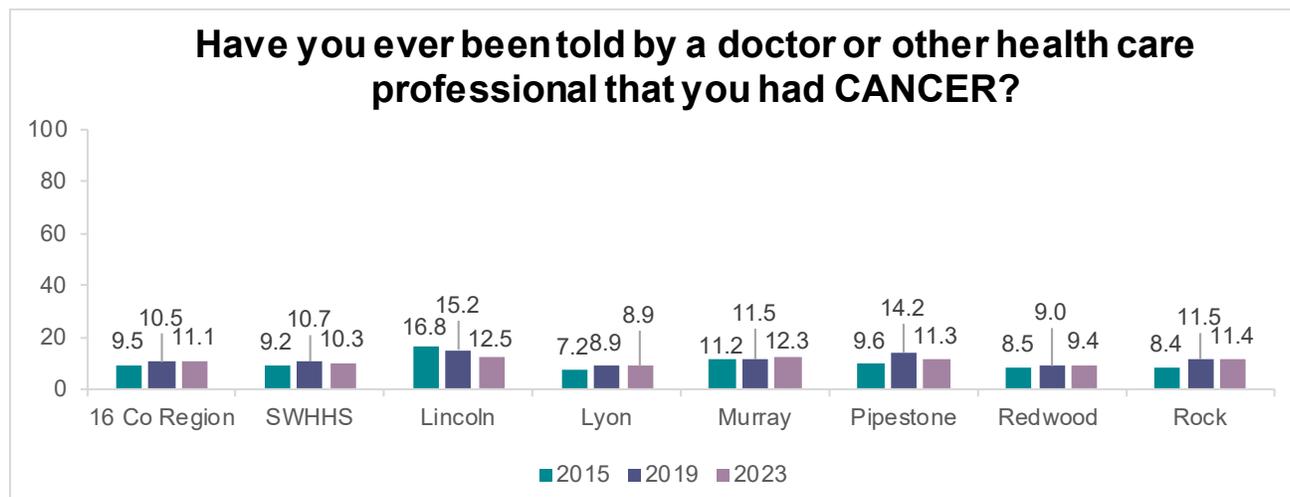
	Minnesota	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
All Cancer Types Combined	463.8	561.3	469.7	449.4	519.2	449.7	451.6
Lung and bronchus	55.6	75.4	64.5	49.6	53.3	46.2	42.8
Colorectal	37.1	63.0	39.0	48.1	48.9	38.2	47.8
Melanoma	35.0	46.7	36.5	25.1	31.1	38.0	41.3
Bladder	21.3	33.3	16.5	27.6	33.3	22.0	14.4
Non-Hodgkin lymphoma	21.5	24.6	19.9	11.4*	22.3	17.7	22.6
Kidney	17.7	10.9*	18.7	14.6*	18.6	21.9	16.7*
Leukemia	16.2	20.5*	17.9	12.9*	17.2	19.4	9.8*
Pancreas	13.8	21.7*	16.6	5.7*	17.2	14.2	12.0*
Oral and pharyngeal	12.4	20.8*	9.4	18.6	13.2*	10.3	14.8*
Thyroid	12.3	15.5*	12.4	14.3*	5.4*	7.3*	17.8*
Brain and other nervous system	7.0	5.4*	10.0	11.2*	15.1*	5.9*	9.8*
Chronic lymphocytic leukemia	6.2	2.9*	6.9*	4.0*	8.7*	12.1	6.9*
Liver and bile duct	7.9	1.6*	6.4*	2.6*	11.0*	6.4*	6.1*
Esophagus	4.9	4.8*	3.6*	2.3*	9.6*	5.5*	2.8*
Acute myeloid leukemia	5.0	15.6*	4.3*	1.4*	6.4*	3.2*	0.0*
Larynx	2.5	0.0*	1.5*	6.6*	0.0*	0.8*	1.2*
Mesothelioma	1.2	null*	0.7*	null*	2.1*	0.8*	1.7*
Breast-Female	135.7	161.7	121.1	156.1	135.7	134.3	122.8

* Rate should be interpreted with caution. Unstable rate based on small counts and a relative standard error greater than 30%.

Source: Minnesota Department of Health. (114)

Cancer rates are higher than the state in three of the six counties. Lincoln County has the second and Pipestone County has the seventh highest rates of all cancer types combined in Minnesota. The most common cancer in SWHHS is breast cancer followed by lung and bronchus, colorectal, and melanoma. (114)

Adult survey participants in SWHHS had a lower percentage of cancer than the 16 County Region by 0.8 percentage points in 2023. Three of the six counties saw slight decreases in responses to having cancer. (6)



Source: Southwest MN Healthy Communities Survey. (92)(93)(6)

Heart Disease

Heart attack hospitalization rates have gone down in Minnesota by 3.5 points. All but Redwood County have seen declines in heart attack hospitalizations. Redwood County at 29.8% saw its highest rate since the 2013-2015 timeframe. (115)

Heart Attack Hospitalizations, Ages 35+ Combined, Ager Adjusted Rate per 10,000

	2011-2013	2013-2015	2015-2017	2016-2018	2017-2019	2018-2020
Minnesota	29.2	26.1	26.5	26.4	26.7	25.7
Lincoln	16.7	24.7	*	*	10.5	16.5
Lyon	25.8	27.1	9.9	4.1	9.8	15.6
Murray	28.0	29.5	14.4	*	7.0	14.7
Pipestone	29.9	32.9	*	*	9.4	19.6
Redwood	27.2	28.6	19.1	21.1	23.4	29.8
Rock	30.1	22.8	*	*	13.5	23.5

UR = Unstable Rate. Rates based on numerators less than or equal to 20 may be unstable and should be interpreted with caution. *To protect an individual's privacy hospitalizations and ED visit counts from 1 to 5 are suppressed if the underlying population is less than or equal to 100,000.

Source: Minnesota Department of Health. Minnesota Public Health Data Access. (2024)(115)

Heart trouble and angina in Southwest MN Healthy Communities Survey participants has gone down from 11.2% to 8.7%. Murray County rates have gone up since 2015, while Lyon County rates have gone down by 4.2 percentage points. SWHHS rates were 0.3 percentage points lower than the 16 County Region. (92)(93)(6)



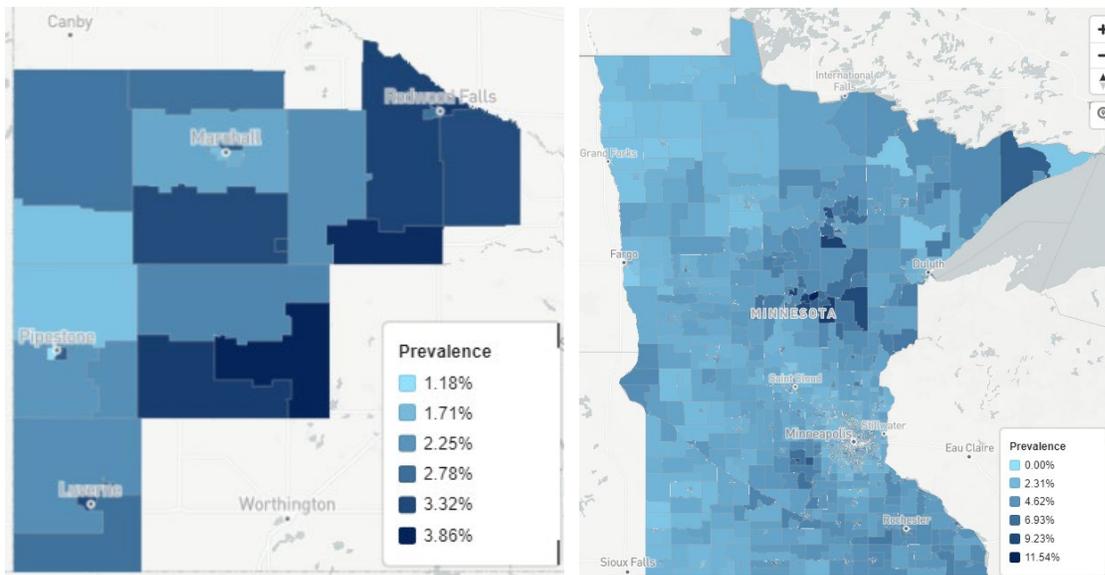
Have you ever been told by a doctor or other health care professional that you had Heart Trouble or Angina?

	2015	2019	2023
16 County Region	10.3	9.3	9.0
SWHHS	11.2	9.5	8.7
Lincoln	12.5	11.9	11.4
Lyon	11.0	9.2	6.8
Murray	9.6	10.9	10.6
Pipestone	10.0	8.5	10.4
Redwood	12.0	9.1	8.6
Rock	12.0	9.2	11.4

Source: 2015, 2019, 2023 Southwest MN Healthy Communities Survey. (92) (93) (6)

Heart failure prevalence in the six SWHHS counties (2.9%) is 0.2 percentage points higher compared to 2.7% in Minnesota. (102)

Heart Failure Prevalence 2023

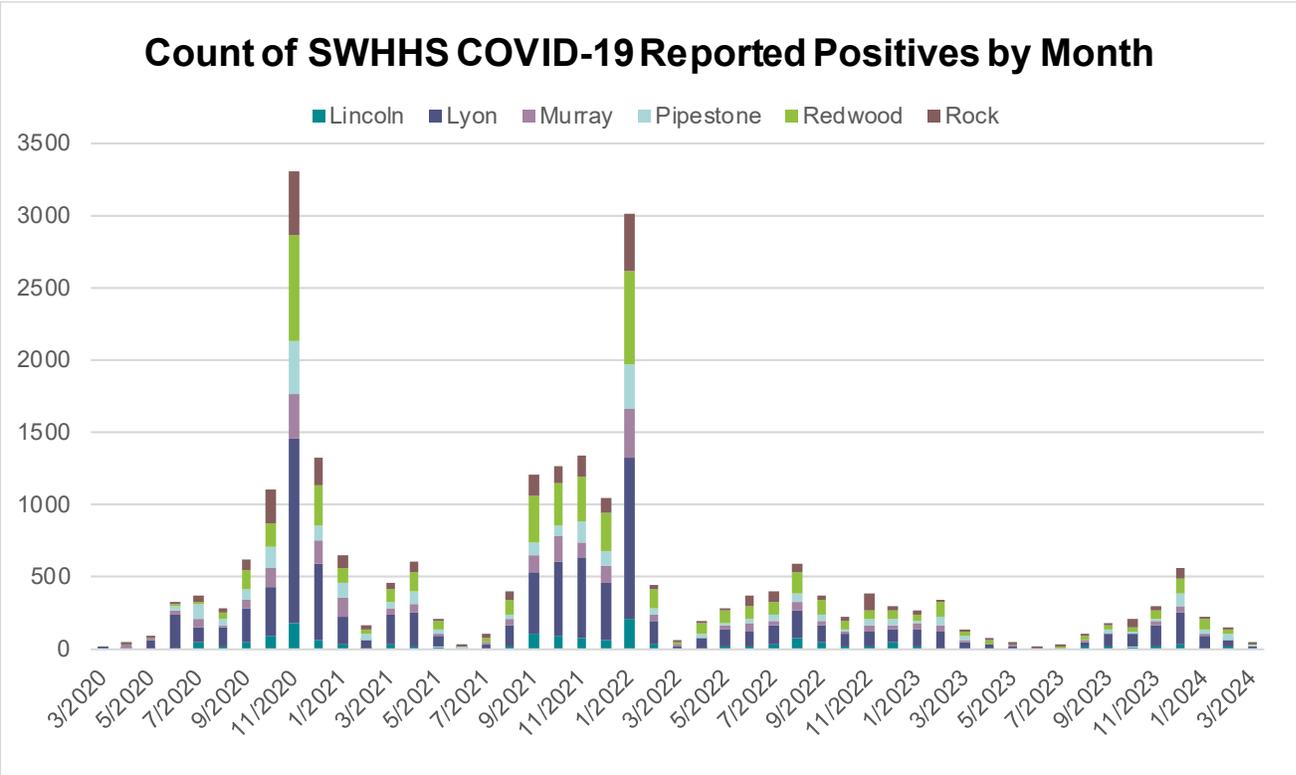


Source: Minnesota Electronic Record Consortium. (102)

COVID-19

In 2020, COVID-19 was responsible for the deaths of 83 people in SWHHS, making it the third leading cause of death that year. At-home COVID-19 testing started to become available in October 2020. Positives test results from at-home testing is missing in the chart below. The higher number of infections occurred in November 2020. (116)





Source: Minnesota Department of Health. (116)

In order to have a sense of unreported positives, the adult health survey asked “Have you ever tested positive for COVID-19?”. Survey participants had a lower percentage of COVID-19 than the 16 County Region by 2.4 percentage points in 2023. All but Lincoln County had a lower rate than the 16 County Region. (6)

Percent of “Have you ever tested positive for COVID-19?” Yes, 2023

	Yes but was NOT hospitalized	Yes and WAS hospitalized	No
16 Co Region	49.6	1.6	48.8
SWHHS	46.8	2.0	51.3
Lincoln	47.5	4.0	48.5
Lyon	49.0	2.0	49.0
Murray	49.5	1.2	49.2
Pipestone	40.8	1.9	57.3
Redwood	46.1	1.8	52.1
Rock	44.6	1.5	53.9

Source: 2023 Southwest MN Healthy Communities Survey. (6)

When those reporting they have tested positive for COVID-19 are compared to those that were told by a doctor or other health professional they had COVID-19, there is a difference of 12.2 percentage point for SWHHS and 13.6 percentage point for the 16 County Region. At the county level, Lincoln County had a 16.8 percentage point difference while Rock County had a 7.7 percentage point difference. (6)

Regional rates of long COVID are 0.4 percentage points higher than the SWHHS rate. The county with the highest rate of self-reported long COVID is Lincoln County with 5.2%.

Percent of “Have you ever been told by a doctor or other health professional that you had...?” Yes, 2023

	COVID-19	Long COVID
16 Co Region	37.6	2.5
SWHHS	36.5	2.1
Lincoln	34.7	5.2
Lyon	38.2	2.3
Murray	41.0	0.8
Pipestone	30.7	1.8
Redwood	33.8	2.1
Rock	38.4	1.2

Source: 2023 Southwest MN Healthy Communities Survey. (6)

SWHHS adult survey participants had a lower percentage of having had the COVID-19 shot in the last year than the 16 County Region by 3.1 percentage points in 2023. SWHHS adults that never had the COVID-19 shot were just slightly higher than the 16 County Region with 0.5 percentage point difference. Pipestone County had the highest rate of adults that never had the COVID-19 shot with 28.6% while Murray County had the lowest with 18.3%. (6)

Substance use during the COVID-19 pandemic changed depending on the substance a person was using.

Alcohol used saw a net increase of 2.5 percentage point of SWHHS adult survey respondents. This was calculated by taking the percent that increased use and subtracting the percent that decreased use to determine the net percentage of change. The 16 County Region saw a 0.7 percentage point increase. Murray County reported a 3.4 percentage point decrease in alcohol use.

Percent of “Has your...alcohol use changed since the COVID-19 pandemic began?”, 2023

	Yes, increased	No, remained the same	Yes, decreased	Net Increase/Decrease
16 Co Region	9.1	82.4	8.5	0.7
SWHHS	9.6	83.4	7.1	2.5
Lincoln	10.1	85.5	4.5	5.6
Lyon	11.2	81.1	7.6	3.6
Murray	8.4	79.7	11.9	(3.4)
Pipestone	9.1	85.5	5.4	3.7
Redwood	8.8	86.8	4.4	4.4
Rock	7.4	84.0	8.6	(1.2)

Source: 2023 Southwest MN Healthy Communities Survey. (6)

Marijuana use saw a net increase of 0.6 percentage point of SWHHS adult survey respondents. The 16 County Region saw a 0.6 percentage point increase. Murray County reported a 3.1 percentage point decrease in marijuana use.



Percent of “Has your marijuana use changed since the COVID-19 pandemic began?”

	Yes, increased	No, remained the same	Yes, decreased	Net increase/ Decrease
16 Co Region	3.1	94.3	2.5	0.6
SWHHS	2.3	96.0	1.7	0.6
Lincoln	6.4	92.7	0.9	5.5
Lyon	2.0	96.9	1.1	0.9
Murray	1.9	93.0	5.1	(3.1)
Pipestone	4.8	93.6	1.6	3.2
Redwood	0.5	97.7	1.8	(1.2)
Rock	2.2	97.1	0.8	1.4

Source: 2023 Southwest MN Healthy Communities Survey. (6)

Other drug use saw a net decrease of 1.0 percentage point of SWHHS adult survey respondents. The 16 County Region saw a 1.5 percentage point decrease. Lincoln County reported a 4.5 percentage point increase in other drug use.

Percent of “Has your other drug use (opioids, stimulants, hallucinogens, inhalants, or any other substance for non-medical purposes) changed since the COVID-19 pandemic began?”

	Yes, increased	No, remained the same	Yes, decreased	Net increase/ Decrease
16 Co Region	1.2	96.0	2.8	(1.5)
SWHHS	0.8	97.3	1.9	(1.0)
Lincoln	5.5	93.5	1.0	4.5
Lyon	0.0	98.7	1.3	(1.3)
Murray	1.2	93.3	5.5	(4.3)
Pipestone	0.9	97.6	1.5	(0.5)
Redwood	0.4	98.3	1.3	(0.9)
Rock	0.7	97.5	1.8	(1.1)

Source: 2023 Southwest MN Healthy Communities Survey. (6)

Tobacco use saw a net decrease of 1.1 percentage point of SWHHS adult survey respondents. The 16 County Region saw a 1.0 percentage point decrease. Lincoln and Rock counties reported a 1.3 percentage point increase in tobacco use.

Percent of “Has your...tobacco use (cigarettes, e-cigarettes, pipes, snus, chewing tobacco, or others) changed since the COVID-19 pandemic began?”

	Yes, increased	No, remained the same	Yes, decreased	Net increase/ Decrease
16 Co Region	2.7	93.7	3.7	(1.0)
SWHHS	2.4	94.1	3.5	(1.1)
Lincoln	4.7	91.9	3.4	1.3
Lyon	1.9	95.7	2.4	(0.4)
Murray	2.9	91.3	5.7	(2.8)
Pipestone	3.9	91.2	4.9	(1.0)
Redwood	0.9	94.8	4.3	(3.4)
Rock	3.2	94.8	2.0	1.3

Source: 2023 Southwest MN Healthy Communities Survey. (6)

The reasons given for increasing substance use by those that reported an increase of use sighted stress at 67.1%, boredom at 50.5%, and poor mental health at 35.7% as the top three contributing factors to the increase.

Percent of “If use increase for any substance: Which of the following describes your level of concern about your increase in substance use since the COVID-19 pandemic began?”, 2023

	Boredom	Stress	Poor Mental Health	Loneliness	Other
16 Co Region	46.2	57.1	30.5	21.8	21.7
SWHHS	50.5	67.1	35.7	32.6	16.2
Lincoln	73.4	76.6	44.7	44.9	15.7
Lyon	52.2	61.6	28.5	31.5	24.1
Murray	30.1	70.0	34.0	38.8	13.3
Pipestone	64.2	79.5	48.3	48.0	16.5
Redwood	42.7	86.2	27.4	23.6	4.1
Rock	38.2	33.9	58.8	16.9	4.8

Source: 2023 Southwest MN Healthy Communities Survey. (6)

The COVID-19 pandemic affected people in many different ways. Some people lost jobs, death of a family member or friend, or connections with family and friends. In order to measure the negative impact of COVID-19, the Southwest MN Healthy Communities Survey asked about the ways a person’s life had been negatively impacted. There was 37.9% of the SWHHS population that felt COVID-19 did not have a negative impact on their lives. The 16 County Region had just slightly less than SWHHS with 37.4% indicating their life had not been negatively impacted. The highest impact was connection to family and/or friends with 35.0 of SWHHS participants indicating an impact. The second way a person was impacted was mental health with 26.8% of SWHHS participant being impacted. Physical health was third in the list with 20.5% of SWHHS participant being impacted.

Percent of “Check the ways your life has been negatively impacted by the COVID-19 pandemic”, 2023

	16 Co Region	SWHHS	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
My life has not been negatively impacted	37.4	37.9	46.3	32.8	45.1	42.3	36.2	39.6
Connection to family and/or friends	35.5	35.0	32.0	34.8	39.3	34.7	35.1	34.1
Mental Health	26.4	26.8	23.9	28.5	17.5	28.5	27.9	28.6
Physical Health	22.0	20.5	17.7	25.5	16.6	12.0	22.8	16.4
Job and/or income	18.6	16.8	12.6	17.0	15.2	20.3	14.6	20.2
Death of family and/or friends	16.5	16.2	13.9	16.5	15.1	14.6	17.2	18
Housing	3.3	1.9	6.4	1.1	1.2	3.2	2.0	0.9
Education access and quality	4.9	5.8	4.8	6.5	4.1	2.2	6.5	8.3
Other	4.9	4.0	6.2	3.9	5.0	4.0	2.6	4.3

Source: 2023 Southwest MN Healthy Communities Survey. (6)

The SWHHS adults survey respondents were asked about COVID-19 impacts on children age 0 to 17 in their household. SWHHS adult survey respondents that indicated there were no children in their household was 63.0%, which is similar to the 16 County Region with 63.4%. Those that did have children in the household indicated 14.9% had not been negatively impacted. Connection with family and friends was the most common negative impact identified, with 15.1% of SWHHS adult

respondents. The second most common negative impact identified was education access and quality with 13.5% of SWHHS respondents. The third negative impact identified was mental health with 10.3% of SWHHS respondents indicating an issue. Regional percentages indicated a similar trend to SWHHS.

Percent of “Check the ways children (age 0 to 17) in your household have been negatively impacted by the COVID-19 pandemic”, 2023

	16 Co Region	SWHHS	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
There are no children age 0 to 17 in this household	63.4	63.0	63.8	60.3	64.3	63.6	62.7	69.1
My child's life has not been negatively impacted	12.5	14.9	15.6	15.2	16.6	14.2	15.3	11.8
Connection to family and/or friends	13.8	15.1	14.3	17.9	10.7	15.8	14.2	12.7
Education access and quality	13.1	13.5	15.3	13.9	5.7	17.4	15.8	10.8
Mental Health	11.5	10.3	11.5	11.8	9.5	14.6	8.7	4.3
Physical Health	5.6	4.6	7.4	5.9	2.0	3.6	5.6	0.6
Child care access and quality	2.7	3.5	6.0	3.9	6.1	0.8	2.0	3.5
Other	1.3	0.8	2.2	0.0	2.0	1.2	0.9	0.6

Source: 2023 Southwest MN Healthy Communities Survey. (6)

The 2023 Southwest MN Healthy Communities Survey also asked reasons why respondents delayed health care in the past 12 months. SWHHS adult respondents indicated concern surrounding COVID-19 and going to a medical care appointment was 4.7%, dental care appointment was 4.8% and mental health appointment was 3.6%.

Percent of, “During the past 12 months, was there a time when you thought you needed (Medical, Dental, or Mental Health Care) but did not get it or delayed getting it? Concerns surrounding COVID-19”, 2023

	Medical Care	Dental Care	Mental Health Care
16 Co Region	4.4	3.1	2.0
SWHHS	4.7	4.8	3.6
Lincoln	24.0	21.3	42.0
Lyon	0.0	2.9	0.0
Murray	3.1	1.7	1.0
Pipestone	8	5.8	0.9
Redwood	5.3	3.2	0.7
Rock	0.6	0.7	0.0

Source: 2023 Southwest MN Healthy Communities Survey. (6)

Unintentional Injury

Injury rates in SWHHS were lower than Minnesota from 2016 to 2019. Injury rates in Pipestone County in 2019 were above Minnesota by 240 points. Murray County rates in 2016 were above Minnesota by 168 points. (117)

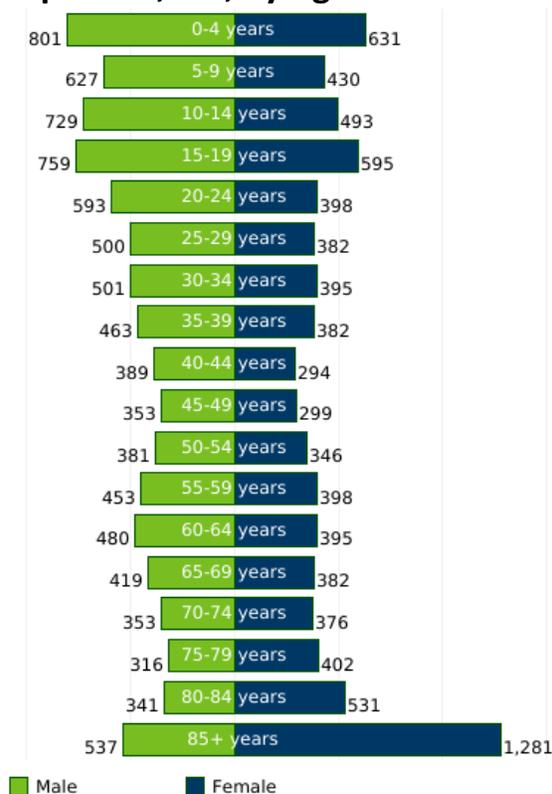
Age-adjusted Injury Rates- Emergency Department Rate per 100,000

	2016	2017	2018	2019
Minnesota	6,168	6,399	6,314	6,382
SWHHS	5,407	5,710	5,659	5,834
Lincoln	4,946	5,030	5,788	4,752
Lyon	5,027	5,211	5,894	5,678
Murray	6,336	5,627	5,063	5,333
Pipestone	5,534	5,565	5,266	6,622
Redwood	4,350	5,376	4,160	4,957
Rock	5,767	5,459	5,790	5,152

Source: Minnesota Department of Health. (117)

Unintentional injuries made up 95.4% of the SWHHS total injuries in 2019. Falls made up 40% of 2019 injuries. Of the 17,407 SWHHS people that were injured, 39 people died from their injuries during 2016-2019. (117)

2016-2019 SWHHS Age-adjusted Injury Rates per 100,000, by Age and Gender



Source: Minnesota Department of Health. (117)

Injury Intent by Emergency Department Visit 2016-2019

	Minnesota	SWHHS	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
Assault	4.3%	2.0%	2.1%	1.9%	2.0%	2.3%	2.0%	2.1%
Legal/War	0.1%	0.1%	0.1%	0.0%	0.2%	0.1%	0.1%	0.0%
Self-harm	2.6%	2.1%	1.8%	2.2%	1.7%	2.1%	2.6%	2.1%
Undetermined	0.5%	0.4%	0.3%	0.4%	0.3%	0.3%	0.5%	0.2%
Unintentional	92.5%	95.4%	95.7%	95.5%	95.9%	95.2%	94.9%	95.5%

Source: Minnesota Department of Health. (117)

Total Number of Emergency Department Visits by Injury Mechanism 2019

	Minnesota	SWHHS	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
TOTAL INJURIES	359,923	4,437	302	1,655	466	639	880	511
Fall	36.4%	40.0%	39.1%	39.2%	42.1%	35.1%	43.3%	40.7%
Struck by/Against	14.3%	12.8%	10.6%	12.7%	12.2%	12.5%	12.5%	15.1%
Unspecified	9.6%	9.6%	11.3%	10.6%	4.9%	12.7%	8.4%	7.2%
Cut/Pierce	8.9%	9.5%	10.9%	8.8%	10.7%	9.9%	8.6%	10.6%
Motor Vehicle Traffic-Occupant	5.4%	3.9%	3.0%	3.9%	3.9%	4.9%	3.5%	4.3%
Overexertion	4.8%	5.3%	6.3%	7.3%	2.6%	4.2%	3.1%	5.7%
Poisoning, Drug	3.3%	2.4%	1.7%	2.4%	1.7%	2.2%	2.7%	2.9%

Bites and Stings, Nonvenomous	3.1%	2.2%	3.0%	2.0%	1.7%	2.0%	2.3%	0.0%
Other Specified, Classifiable	2.3%	3.3%	2.6%	3.2%	4.9%	3.4%	3.0%	2.5%
Other Specified, Foreign Body	1.5%	1.1%	1.0%	0.0%	1.1%	2.7%	2.3%	0.6%
Poisoning, Non-drug	1.4%	0.9%	1.0%	0.8%	1.9%	1.1%	0.5%	0.6%
Hot Object/Substance	1.0%	0.8%	0.3%	1.0%	0.2%	1.1%	0.5%	1.2%
Pedal Cyclist, Other	1.0%	1.0%	0.0%	1.5%	0.0%	0.6%	0.6%	2.0%
Machinery	0.9%	1.3%	2.3%	1.3%	1.1%	1.7%	1.0%	0.6%
Natural/Environmental, Other	1.0%	1.6%	1.3%	1.3%	2.8%	1.4%	1.3%	2.3%
Motor Vehicle-Non-traffic	0.8%	1.4%	0.7%	1.5%	2.8%	1.1%	1.1%	0.8%
Other Land Transport	0.6%	0.1%	2.0%	0.4%	0.6%	0.9%	1.1%	0.6%
Bites and Stings, Venomous	0.6%	0.5%	0.3%	0.4%	0.4%	0.3%	1.0%	0.0%
Other Specified, NEC	0.5%	0.5%	0.0%	0.2%	1.1%	0.6%	0.9%	0.4%
Motor Vehicle Traffic-Motorcyclist	0.4%	0.3%	0.0%	0.5%	0.2%	0.2%	0.2%	0.0%
Other Specified, Child/Adult Abuse	0.4%	0.2%	1.0%	0.2%	0.0%	0.0%	0.3%	0.2%
Fire/Flame	0.3%	0.5%	0.0%	0.2%	1.3%	0.6%	0.2%	1.2%
Pedal Cyclist	0.3%	0.2%	0.3%	0.2%	0.4%	0.2%	0.3%	0.2%
Suffocation	0.3%	0.1%	0.0%	0.0%	0.0%	0.2%	0.6%	0.0%
Motor Vehicle Traffic-Pedestrian	0.3%	0.1%	0.0%	0.1%	0.0%	0.2%	0.2%	0.0%
Firearm	0.3%	0.3%	1.3%	0.1%	0.6%	0.0%	0.2%	0.4%
Pedestrian, Other	0.1%	0.1%	0.0%	0.2%	0.4%	0.2%	0.0%	0.0%
Other Transport	0.1%	0.1%	0.0%	0.1%	0.2%	0.0%	0.1%	0.0%
Drowning/Submersion	0.0%	0.1%	0.0%	0.1%	0.0%	0.2%	0.1%	0.0%
Motor Vehicle Traffic-other	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%
Motor Vehicle Traffic-Unspecified	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%

Source: Minnesota Department of Health. (117)

Alzheimer's Disease

A population estimate using the 2020 bridged-race postcensal from the National Center for Health Statistics lists Lincoln County with the highest Alzheimer's disease prevalence of 13.2% followed by Pipestone County at 13.0%. Five of the six counties are in the top 20 of prevalence estimates. (118)

Percent of Adults 65 years and older with Alzheimer's Disease Dementia, 2020 Estimate

	Lincoln	Lyon	Murray	Pipestone	Redwood	Rock
Prevalence	13.2	11.7	11.9	13	12.1	12.1

Source: Alzheimer's and Dementia. (118)

Stroke

Stroke rates have gone down in Minnesota and SWHHS since 1997-2001. SWHHS saw a reduction of 30.5 points from 1997-2001 to 2016-2020. Four of the counties have rates that are higher than Minnesota's 2016-2020 rate. The highest is Pipestone with a 2016-2020 rate of 55.0. This rate is 22.6 points higher than Minnesota.

Stroke Age Adjusted* Mortality Rates, All Ages, Per 100,000 1997-2020

	1997-2001	2002-2006	2007-2011	2012-2016	2016-2020
Minnesota	57.4	45.0	35.4	32.7	32.4
SWHHS	69.3	50.5	42.4	35.7	38.8
Lincoln	45.0	89.8	60.5	44.7	29.8
Lyon	26.8	74.4	49.2	40.3	23.8
Murray	38.5	58.9	29.4	32.0	42.5
Pipestone	36.9	57.6	55.7	53.6	55.0
Redwood	39.6	60.6	51.2	39.2	48.9
Rock	34.5	79.4	61.5	46.3	40.9

*Age adjusted death rate - the total number of deaths per 100,000 persons, age adjusted to the 2000 U.S. standard population.

-- Rates not calculated for fewer than 20 deaths in the 5-year period.

NOTE: Due to small numbers of events for some of the specific causes, age-adjusted rates are based on 5 years of cause-specific data for each geography

Source: Minnesota Department of Health. County Health Tables. (67)

Percent of "Have you ever been told by a doctor or other health professional that you had...stroke or stroke-related health problems?", By Age, 2023

	18-34	35-44	45-54	55-64	65-74	75 or older
16 Co Region	0.6	1.3	1.1	2.5	6.8	9.4
SWHHS	0.4	0	2.4	1.3	7	9.1
Lincoln	0	0	2.8	1.3	7.7	14.1
Lyon	0	0	3.8	0.6	7.8	9.2
Murray	0	0	0	0.9	7	15.5
Pipestone	0	0	0	2.5	3.8	7.1
Redwood	0	0	4.2	2.7	6.9	3.3
Rock	3.1	0	0	0	7.6	9.4

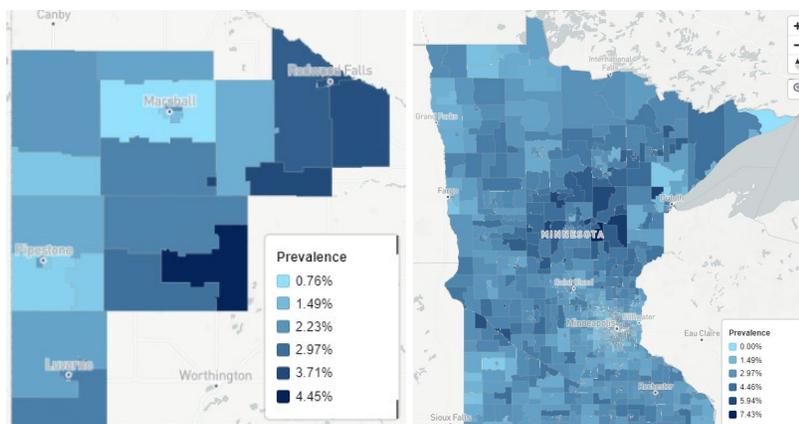
Source: 2023 Southwest MN Adult Health Survey. (6)

Chronic Lower Respiratory Disease (CLRD)

Chronic Lower Respiratory Disease is a group of four-lung disease: chronic obstructive pulmonary disease (COPD), chronic bronchitis, emphysema, and asthma.

COPD prevalence in the six SWHHS counties (2.6%) is 0.4 percentage points higher compared to 2.2% in Minnesota. (102)

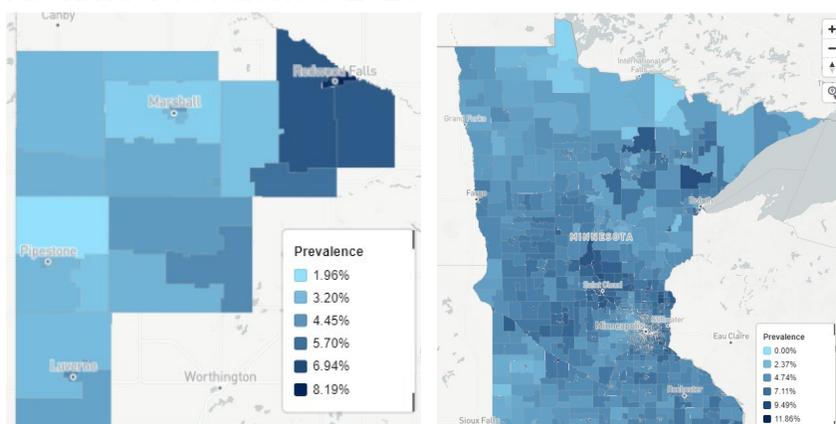
COPD Prevalence 2023



Source: Minnesota Electronic Record Consortium. (102)

Asthma prevalence in the six SWHHS counties (4.6%) is 1.1 percentage points lower compared to 5.7% in Minnesota. (102)

Asthma Prevalence 2023



Source: Minnesota Electronic Record Consortium. (102)

The percentage of adults with asthma does not seem to increase with age. SWHHS adult ages 18-34 have the highest percentage of asthma with 15.4%. There is an 8.4 percentage point difference between the highest and lowest percentage groups. The group with the lowest response to having asthma was the 35-44 year old age group with 7.0%. (6)

Percent of "Have you ever been told by a doctor or other health care professional that you had ASTHMA?", by Age, 2023

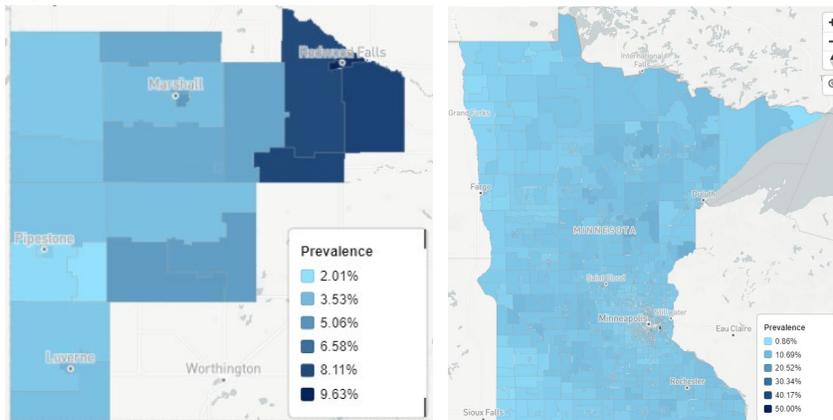
	18-34	35-44	45-54	55-64	65-74	75 or older
16 Co Region	14.7	8.2	12.4	8.6	8.9	8.7
SWHHS	15.4	7.0	10.0	8.2	10.6	9.7
Lincoln	22.7	0	5	4.2	5.8	7.5
Lyon	12.7	8.3	8.5	8.7	11.4	13.7
Murray	17.0	15.6	5.0	12.3	10.4	7.3
Pipestone	16.6	5.1	3.8	4.1	7.9	12.7
Redwood	27.6	2.1	19.1	10.2	10.9	7.8
Rock	0	8.9	12.6	5.8	13.9	5.5

Source: 2023 Southwest MN Adult Health Survey. (6)

Diabetes

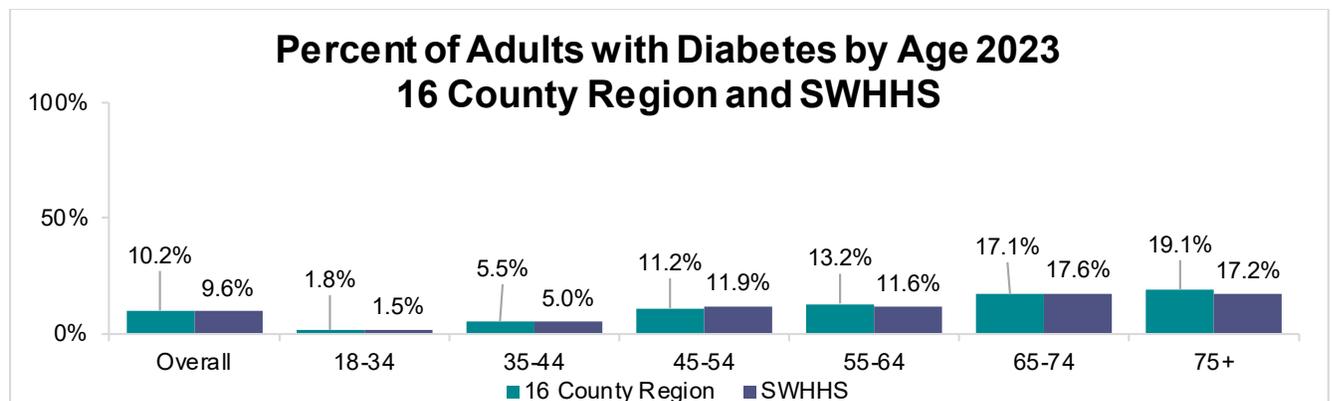
Type II Diabetes prevalence in the six SWHHS counties (5.0%) is 1.2 percentage points lower compared to 6.2% in Minnesota. (102)

Type II Diabetes Prevalence 2023



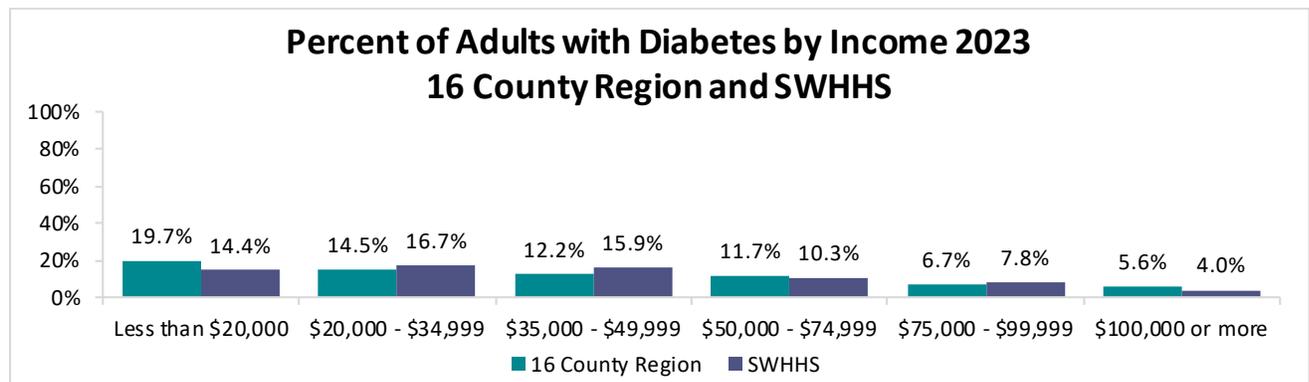
Source: Minnesota Electronic Record Consortium. (102)

The percentage of adults with diabetes increased as age increased. The 16 County Region had 19.1% of 75 year old or greater with diabetes while SWHHS had 17.2%. (6)



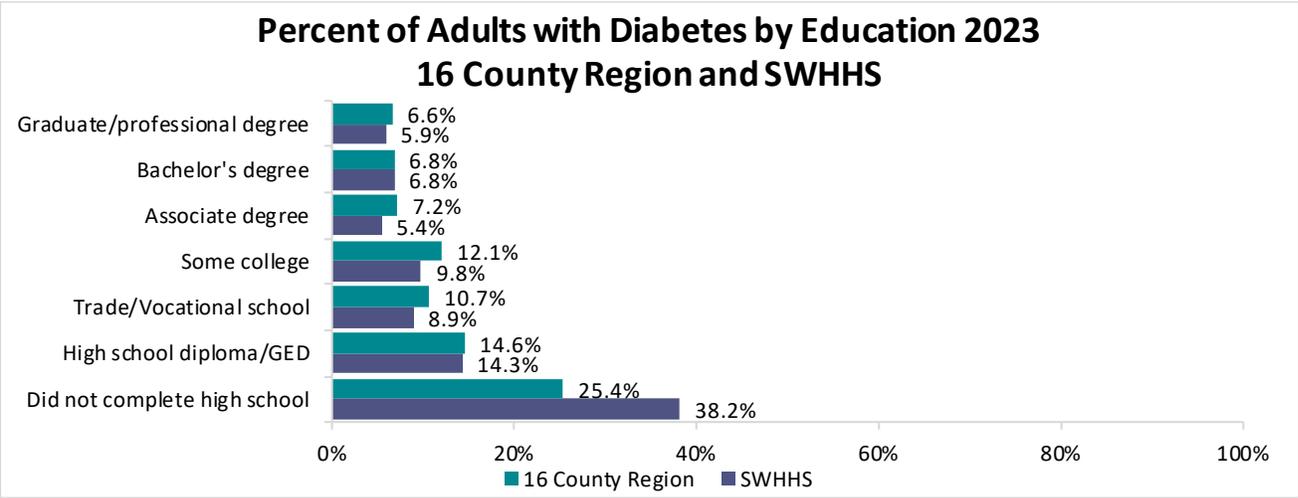
Source: 2023 Southwest MN Healthy Communities Survey. (6)

Diabetes percentages in adults decrease the more income the respondents had. SWHHS saw a 10.4 percentage point difference between \$100,000 or more and less than \$20,000 groups. (6)



Source: 2023 Southwest MN Healthy Communities Survey. (6)

Diabetes percentages in adults decrease the more education the respondents had. SWHHS saw a 32.3 percentage point difference between graduate/professional degree and those that did not complete high school. (6)



Source: 2023 Southwest MN Healthy Communities Survey. (6)

Chronic Liver Disease

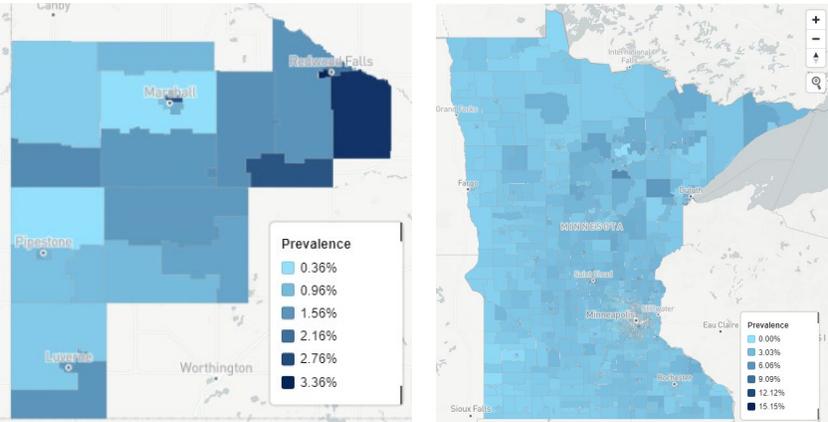
Chronic liver disease affects 1.8% of the United States population. It can have several different causes such as excessive use of alcohol, viral hepatitis, autoimmune disease, obesity, along with other causes not listed here. It was the ninth leading cause of death in SWHHS counties in 2020.

Metabolic dysfunction-associated steatotic liver disease (MASLD), previously known as nonalcoholic fatty liver disease happens when fat levels in the liver exceed five to ten percent of the liver's weight. If left untreated, the liver will become inflamed and cause a scar buildup called cirrhosis. (119)

Alcohol-related liver disease can occur when a person drinks in excess over a period. Alcohol-associated fatty liver develops in most heavy drinkers. The alcohol causes extra fat to build up in the liver cells. The condition can be reversed if a person stops drinking. Alcohol-associated hepatitis is inflammation or swelling of the liver. The swelling can destroy liver cells and cause scarring. This scarring is called cirrhosis. (119)

Alcohol prevalence in the six SWHHS counties (1.6%) is 0.8 percentage points lower compared to 2.4% in Minnesota. (102)

Alcohol Prevalence 2023



Source: Minnesota Electronic Record Consortium. (102)

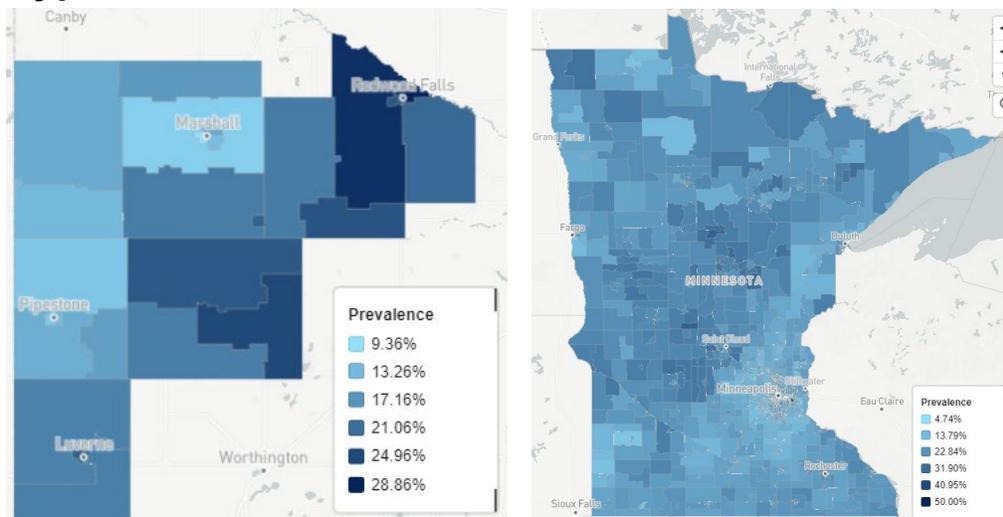
Viral hepatitis is another cause of chronic liver disease. The most common strains of hepatitis are hepatitis A (HAV), hepatitis B (HBV), and hepatitis C (HCV). (119)

The leading cause of liver failure is hepatitis C (HCV) in the United States. Often, people that have contracted HCV do not know that they have it. It is estimated between 3.2 million Americans are infected with 75% not knowing they have contracted the virus. The Centers for Disease Control and Prevention recommend being tested at least once if a person is at low risk for contracting the virus. (119)

Hypertension

Hypertension prevalence in the six SWHHS counties (20.3%) is 3.6 percentage points higher compared to 16.7% in Minnesota. (102)

Hypertension Prevalence 2023



Source: Minnesota Electronic Record Consortium. (102)

In the 2023 Southwest Minnesota Healthy Communities Survey, participating SWHHS counties reported a slightly lower rate of physician-diagnosed hypertension/high blood pressure 33.4% than the 16-county region as a whole with 33.7%. Hypertension rates between 2015 and 2023 surveys have increased by 1.5 percentage points. (6)

Percent of “Have you ever been told by a doctor or other health professional that you had...high blood pressure/hypertension?”

	2015	2019	2023
16 County Region	32.2	31.2	33.7
SWHHS	30.8	30.2	33.4
Lincoln	47.1	39.7	39.5
Lyon	25.0	24.7	32.0
Murray	34.1	36.6	38.8
Pipestone	35.6	32.7	36.3
Redwood	30.8	30.3	30.2
Rock	28.5	30.6	31.2

Source: Southwest MN Healthy Communities Survey. (92)(93)(6)

Age does have a factor when it comes to hypertension. By age 75 or older 63.8% of adult respondents said they had hypertension while 9.7% of ages 18-34 did. (6)

Percent of “Have you ever been told by a doctor or other health professional that you had...high blood pressure/hypertension?”, By Age, 2023

	Overall	18-34	35-44	45-54	55-64	65-74	75+
16 County Region	33.7	7.0	17.4	31.8	45.1	56.1	66.3
SWHHS	33.4	9.7	18.7	28.4	42.7	57.9	63.8
Lincoln	39.5	30.8	23.0	28.4	38.1	58.3	57.8
Lyon	32.0	8.5	17.5	33.1	49.1	62.8	59.1
Murray	38.8	16.4	27.0	27.6	38.2	56.9	69.3
Pipestone	36.3	0.0	27.7	39.1	43.9	61.1	66.1
Redwood	30.2	6.0	12.0	20.5	37.0	55.0	66.6
Rock	31.2	12.8	15.4	18.6	42.0	49.4	65.5

Source: 2023 Southwest MN Healthy Communities Survey. (6)

Income can play a role in hypertension. There is some evidence when hypertension is cross-tabulated against the income categories. The \$100,000 or more category is the lowest at 20.8% while the less than \$20,000 is 30.3%. (6)

Percent of “Have you ever been told by a doctor or other health professional that you had...high blood pressure/hypertension?”, By Income, 2023

	Less than \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	\$75,000 - \$99,999	\$100,000 or more
SWHHS	30.3	50.0	45.0	34.2	29.9	20.8

Source: 2023 Southwest MN Healthy Communities Survey. (6)

Education level can play a role in hypertension. There is some evidence when hypertension is cross-tabulated against the education categories. Bachelor’s degree category is the lowest at 21.5% while the “did not complete high school” is 68.0%. Graduate/professional degree was slightly higher than bachelor’s degree by 0.5 percentage points. (6)

Percent of “Have you ever been told by a doctor or other health professional that you had...high blood pressure/hypertension?”, By Education, 2023

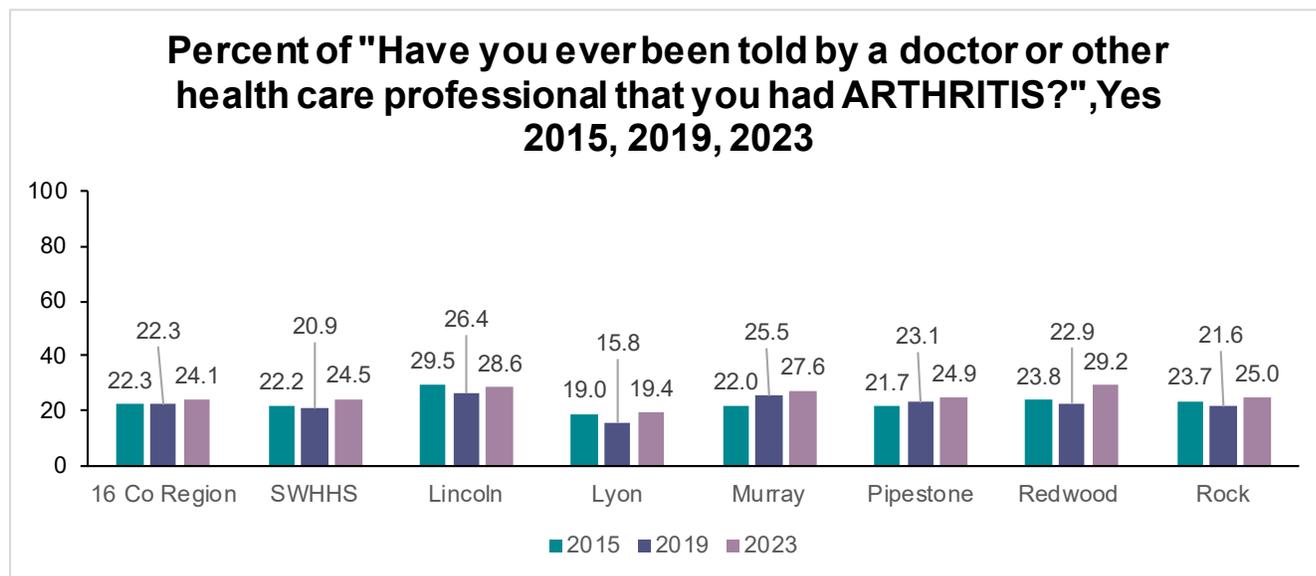
	Did not Complete High School	High school Diploma/ GED	Trade/ Vocational School	Some college	Associate degree	Bachelor's degree	Graduate/ professional degree
SWHHS	68	45	40.4	41	26.6	21.5	22

Source: 2023 Southwest MN Healthy Communities Survey. (6)

Arthritis

Over 100 medical conditions affecting the musculoskeletal system are considered to be in the arthritis family of disease like osteoarthritis, rheumatoid arthritis, gout, fibromyalgia and juvenile arthritis. Arthritis conditions affect the joints and are a major cause of disability in Minnesota with 45.5% reporting an arthritis related disability. People age 18-64 who have been diagnosed with arthritis, report 34.3% have limitations to the type of work they can do or in the ability to work, which can limit income. In Minnesota in 2017, 19.7% or 830,000 adults were living with arthritis. Of those living with arthritis, 43 percent have activity limitations. (120)

In the 2023 Southwest Minnesota Healthy Communities Survey, 24.5 percent of SWHHS adults surveyed said a doctor or other health care professional had told them that they had arthritis. Of those that said yes to being diagnosed with arthritis, there is a 20.6 percentage point difference in those with income less than \$20,000 than those with income greater than \$100,000. When those diagnosed with arthritis are looked at by education level, there is a 16.4 percentage point difference between those with a high school education/GED compared to those with a graduate/professional degree. (6)



Source: Southwest MN Healthy Communities Survey. (92)(93)(6)

Percent of "Have you ever been told by a doctor or other health care professional that you had ARTHRITIS?", Yes by Income, 2023

	Less than \$20,000	\$20,000 - \$34,999	\$35,000 - \$49,999	\$50,000 - \$74,999	\$75,000 - \$99,999	\$100,000 or more
16 Co Region	37.1	28.8	27.2	25.6	20.3	16.5
SWHHS	32.6	34.3	32.2	26.2	20.6	14.8

Source: Southwest MN Healthy Communities Survey. (6)

Percent of "Have you ever been told by a doctor or other health care professional that you had ARTHRITIS?", Yes by Education, 2023

	Did not complete high school	High school diploma/GED	Trade/Vocational school	Some college	Associate degree	Bachelor's degree	Graduate/professional degree
16 Co Region	25.0	32.2	31.9	30.4	21.6	16.2	15.2
SWHHS	25.9	33.9	27.0	37.1	19.4	15.2	17.5

Source: Southwest MN Healthy Communities Survey. (6)

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