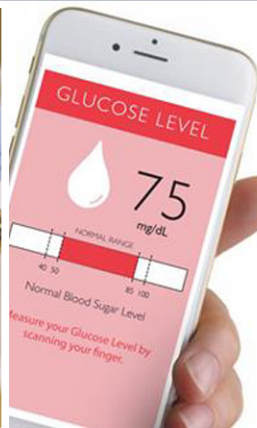


RiverView Health

Community Health Needs Assessment

2016



Introduction

RiverView Health is a non-profit rural healthcare system based in Crookston, Minnesota, that offers a comprehensive continuum of services that include acute care, emergency care, primary care, home care, chemical dependency and long-term care services.

RiverView Health is a community healthcare system dedicated to serving the needs of our region since 1898. Our commitment to serving the Red River Valley is long-established and we are constantly investing time, energy, and resources to provide the best possible healthcare for our region. We are dedicated to reaching out to the community, and providing resources into local groups and organizations that help to make a difference in the health and quality of life in our area. Working together as a team, RiverView Health takes a leadership role in improving the health of the communities we serve.

Our Mission

We deliver a healthcare experience that consistently exceeds patients' expectations through:

Exceptional People – Our people are our foundation. We employ trusted, dedicated professionals who serve with compassion, empathy and respect.

Exceptional Care – Our patients are our focus. We build relationships to deliver personalized care.

Exceptional Outcomes – Our passion is to enhance lives. We engage in best practices to heal people and promote healthy communities.

Our Vision

Riverview Health provides world-class healthcare through a culture of excellence.

RiverView Health provides a continuum of services – medical clinics, surgery, outpatient care, inpatient hospital care, rehabilitation services, and home care. RiverView Hospital is a 25-bed acute care hospital. Our services include:

- Acupuncture & Traditional Chinese Medicine
- Chemical Dependency Treatment
- Diagnostic Imaging
- Direct Laboratory Access
- Emergency Department
- Home Care
- Obstetrics
- Orthopedics
- Surgery
- Specialty and Primary Care
- Sleep Center
- Rehabilitation
 - Occupational Therapy
 - Physical Therapy
 - Speech Therapy
 - Respiratory Therapy
 - Cardiopulmonary Rehab
- Senior Care
 - Adult Day Services
 - Assisted Living
 - Skilled Nursing Facility, memory care

In addition to the hospital, RiverView Health includes:

- RiverView Recovery Center
- RiverView Home Care
- RiverView Memory Care
- RiverView Clinic – North Crookston
- RiverView Clinic – South Crookston
- RiverView Clinic – Second Floor (in RiverView Hospital)
- RiverView Clinic – East Grand Forks
- RiverView Clinic – Fertile
- RiverView Clinic – Red Lake Falls
- RiverView Clinic – Thief River Falls

RiverView Health’s commitment to delivering excellence has been recognized by numerous organizations. RiverView Health has received the Joint Commission’s Gold Seal of Approval. The laboratory on RiverView’s main campus has also been accredited by the College of American Pathologists with the gold standard stamp of quality for laboratories.



RiverView Hospital is pleased to submit this Community Health Needs Assessment Report. We do so both as a matter of compliance with Section 501(r)(3) of the Internal Revenue Code, as mandated in the Patient Protection and Affordable Care Act, and as an obligation to those we serve. As an organization, we have taken this change in law as an opportunity to improve our community service and continuously focus on meeting the changing health care needs of our community.

Consistent with the requirements of Section 501(r)(3), our Community Health Needs Assessment Report is organized as follows:

- Our Community
- Review of Previous Community Health Needs Assessments
- Community Health Needs Assessment Methodology
- Prioritized Community Health Needs
- Health Resources

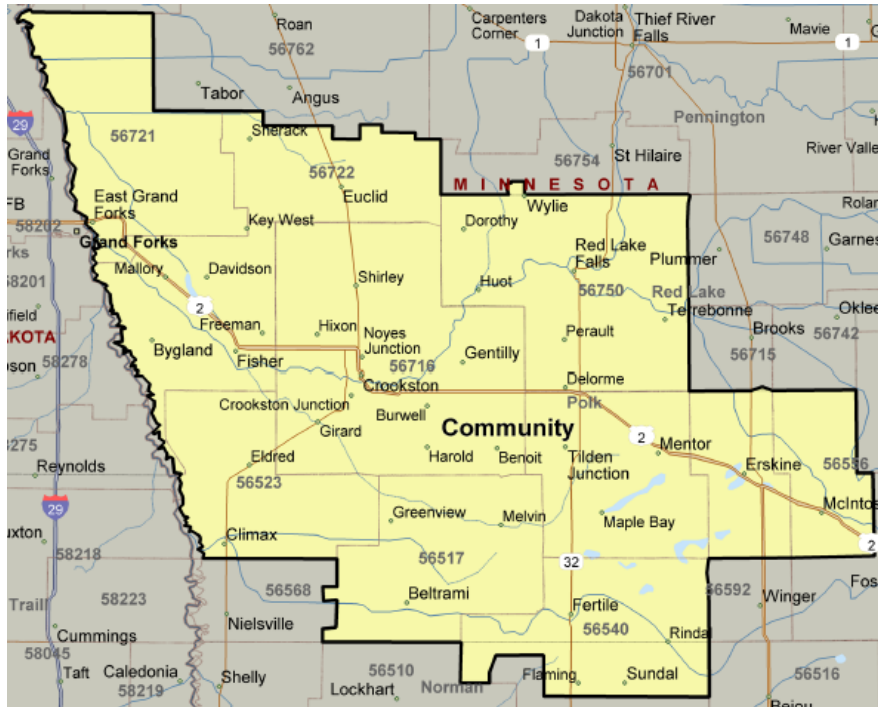
Our Community

RiverView Hospital is located in Crookston, Polk County, Minnesota. We have historically defined our “community” as a much broader regional service area that includes portions of Polk County, Red Lake Counties, and adjacent counties.

To more accurately identify the individuals who access RiverView Hospital for medical care, we analyzed our inpatient and outpatient volume by zip code for calendar year 2015. Over 50% of our volume is from individuals who reside in the 56716 zip code, immediately surrounding Crookston. We define our community as individuals who reside in the following zip codes:

- | | | |
|---------|---------|---------|
| • 56517 | • 56556 | • 56723 |
| • 56523 | • 56716 | • 56736 |
| • 56535 | • 56721 | • 56750 |
| • 56540 | • 56722 | |

This area, covering the southeastern area of Polk County and the eastern area of Red Lake County, captures over 80% of the hospital’s inpatient and outpatient volume during 2015. While we recognize that many individuals travel greater distance to receive their healthcare at RiverView Hospital, we’re limiting our community to this geographic area to facilitate analysis of significant health needs. We believe that an expanded definition of our community would result in substantively identical findings.



For all qualitative data collected during the community health needs assessment, our community is the area defined above. However, for quantitative analysis, we are defining our community as Polk and Red Lake Counties. We do this because a significant amount of publicly available data is provided at the county level.

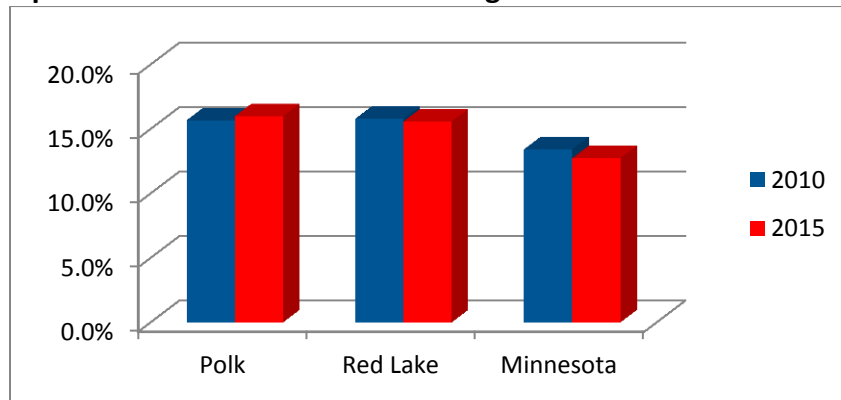
In 2010, the U.S. Census Bureau conducted the nation’s most recent census and published that data by county. Similarly, the Population Health Institute collects and reports health data and demographic data by county on an annual basis. U.S. census data is primarily from the 2010 census, with some figures being estimated based on that census and others being actual data from subsequent years. Population Health Institute data is as of July 2016.

	Polk 2010	Polk 2015	Polk Change	Red Lake 2010	Red Lake 2015	Red Lake Change	MN 2010	MN 2015	MN Change
Population	31,600	31,533	-0.2%	4,089	4,055	-0.8%	5,303,925	5,489,594	3.5%
Age < 18	23.8%	23.5%	-1.3%	24.6%	25.0%	1.6%	24.2%	23.4%	-3.3%
Age 65+	16.5%	17.3%	4.9%	17.1%	19.2%	12.3%	12.9%	14.7%	14.0%
Female	49.9%	49.8%	-0.2%	49.1%	49.8%	1.4%	50.4%	50.3%	-0.2%
Caucasian	93.3%	93.5%	0.2%	96.2%	95.3%	-0.9%	85.3%	85.4%	0.1%
African American	0.9%	1.6%	77.8%	0.2%	0.7%	250.0%	5.2%	6.0%	15.4%
American Indian	1.4%	1.7%	21.4%	1.3%	2.1%	61.5%	1.1%	1.3%	18.2%
Asian	0.7%	1.2%	71.4%	0.1%	0.1%	0.0%	4.0%	4.9%	22.5%
Hispanic	5.4%	6.1%	13.0%	2.5%	3.2%	28.0%	4.7%	5.2%	10.6%
Rural	48.5%	48.5%	0.0%	100.0%	100.0%	0.0%	26.7%	26.7%	0.0%
Median Household Income	\$49,978	\$50,175	0.4%	\$44,658	\$48,188	7.9%	\$56,944	\$61,473	8.0%
Per Capita Health Care Cost	\$7,838	\$8,024	2.4%	\$7,057	\$7,511	6.4%	\$7,646	\$7,828	2.4%
Uninsured Adults	11.3%	11.2%	-0.9%	12.4%	13.0%	4.8%	11.9%	11.0%	-7.6%
Uninsured Children	6.2%	7.3%	17.7%	7.5%	8.0%	6.7%	6.7%	5.9%	-11.9%
Free Lunch-Eligible Children	28.5%	31.8%	11.6%	31.8%	31.1%	-2.2%	28.6%	31.1%	8.7%

Polk and Red Lake Counties are primarily Caucasian, with most minority populations comprising a smaller portion of the community than in Minnesota as a whole. The two exceptions are American Indians, which are more common in both counties than in Minnesota, and Hispanic, which is more common in Polk County than in Minnesota. Between 2010 and 2015, the prevalence of Caucasians increased slightly in both Polk County and the state, although the prevalence decreased in Red Lake County. Most minorities experienced double-digit growth in each county between 2010 and 2015, although this is mostly attributable to the very small percentages in 2010.

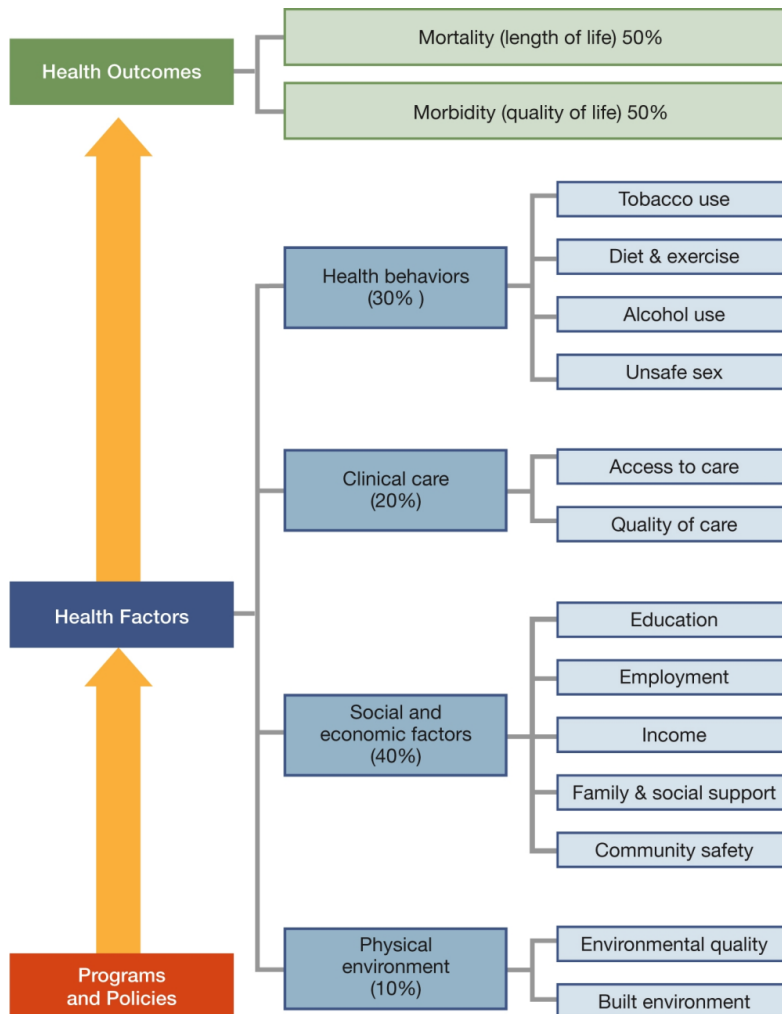
Both Polk and Red Lake Counties have a larger-than-average proportion of elderly individuals. Between 2010 and 2014, both Red Lake County and the state experienced similar increases in the percentage of elderly individuals, although Polk County's growth was much smaller. Additionally, Red Lake County experienced an increase in the prevalence of children while Polk County and Minnesota experienced a decrease.

Per Capita Healthcare Cost as a Percentage of Median Household Income



Both Polk and Red Lake Counties have a median household income below the state average. Additionally, the growth in median household income is significantly slower in Polk County than in Red Lake County and the state. Polk County's per capita healthcare cost is slightly higher than the state average while Red Lake County's is slightly lower than the state average. While Polk County's per capita healthcare cost rose at the same rate as the state average, Red Lake County's per capita healthcare cost rose at a faster rate. Combining these facts, health care costs for the average Minnesotan decreased from 13.4% of median household income to 12.7% of median household income between 2010 and 2015. In Red Lake County, the rate decreased from 15.8% to 15.6% while the rate in Polk County increased from 15.7% to 16.0%. These imply that healthcare became slightly more affordable for Minnesotans and residents of Red Lake County in recent years while healthcare became slightly less affordable for residents of Polk County.

The Population Health Institute ("PHI") publishes annual health data for every county in the United States. The data is aggregated into *health outcomes* and *health factors*. The PHI separates health outcomes into mortality (length of life) and morbidity (quality of life). Health factors are separated into four factors that largely influence the health outcomes: physical environment, society and economics, clinical care, and health behaviors.



In 2013, Red Lake County’s overall health factors ranked 49 and Polk County’s ranked 79 out of 87 counties. By 2016, Red Lake County’s ranking had worsened to 68 while Polk County’s ranking had improved to 60 out of 87 counties. Both Red Lake and Polk Counties have experienced relative declines in overall health outcomes, decreasing by 6 and 8 spots, respectively, although Red Lake County is ranked much higher than Polk County. Because today’s health factors lead to tomorrow’s health outcomes, these rankings indicate that Red Lake County’s individuals are currently experiencing a relatively longer length of life and relatively better quality of life because of good health choices and conditions in the past. However, the trend of relatively poor health factors indicates that individuals should experience relatively shorter lives with lower quality of living in the future because of worse choices and conditions today. In contrast, Polk County is experiencing relatively poor length of life and quality of life as a result of poor historic choices and conditions and that trend is likely to continue in the future, although the health factors are showing some improvement.

Minnesota County Health Rankings (Out of 87 Counties)				
	Polk County		Red Lake County	
	2016	2013	2016	2013
Length of Life	80	65	46	46
Quality of Life	46	39	3	1
Overall Health Outcomes	69	60	20	14
Health Behaviors	77	86	75	46
Clinical Care	41	46	74	41
Social & Economic Factors	50	61	52	54
Physical Environment	46	29	8	33
Overall Health Factors	60	79	68	49

Review of Previous Community Health Needs Assessments

RiverView Hospital conducted a community health needs assessment in 2013 and published the related report in September 2013. In that assessment, the following needs were identified:

- Obesity
- Joint or back pain
- High blood pressure

Based on the 2013 community health needs assessment, RiverView Hospital has taken the following steps to improve the health of our community:

- As a large employer and leader in the community, RiverView Hospital has role modeled an employee wellness program that encourages healthy eating choices and physical activity as a means of managing weight and overall health. The employee wellness program includes:
 - Implementing a healthy choice food policy
 - Offering weight management education opportunities within our facilities
 - Increasing opportunities for physical activities for employees
 - Sponsoring healthy activities in the community
- RiverView Hospital hired a Registered Dietician that specializes in education and planning for healthy diet and weight management, both in Inpatient and Outpatient settings.
- RiverView Hospital implemented a BMI (Body Mass Index) tracking system and targeted patients with high risk factors for support and education.

Community Health Needs Assessment Methodology

RiverView Hospital's executives led the planning, conduct, and reporting of the community health needs assessment. We contracted with CliftonLarsonAllen LLP, a professional services firm, to conduct community interviews and to assist in preparing this Community Health Needs Assessment Report and the hospital's Implementation Strategy.

Interviews

We gathered qualitative information and perspectives on community health needs through one-on-one and small group interviews with key community stakeholders. These interviews were conducted in the spring of 2016. The primary goal of these interviews was to ascertain a range of perspectives on the community's health needs. We gathered information from the following specified groups within our community:

- People with special knowledge or expertise in public health
- Government health departments and other government agencies
- Leaders, representatives or members of medically underserved populations
- Leaders, representatives or members of low-income populations
- Leaders, representatives or members of minority populations.

The following agencies, organizations and businesses participated in the community health needs assessment process by contributing their perspectives, opinions and observations. We thank them for their past and continued assistance.

- Polk County Public Health Department
- Polk County Social Services Department
- RiverView Health
- Tri-Valley Opportunity Council
- Northwestern Mental Health Center
- Crookston Public Schools
- Tri-County Community Corrections

Quantitative Data

The community health needs assessment included consideration and analysis of the following publicly available data:

- American Diabetes Association's The Cost of Diabetes
 - <http://www.diabetes.org/advocacy/news-events/cost-of-diabetes.html>
- Centers for Disease Control and Prevention's Adult Obesity Causes & Consequences
 - <http://www.cdc.gov/obesity/adult/causes.html>
- Centers for Disease Control and Prevention's Diabetes Latest
 - <http://www.cdc.gov/features/diabetesfactsheet/>
- Health Resources and Services Administration Shortage Designation
 - <http://www.hrsa.gov/shortage/>

- Minnesota Department of Health’s Fact Sheet – Children & Adolescent Overweight
 - <http://www.health.state.mn.us/divs/hpcd/chp/cdrr/obesity/pdfdocs/childrenoverweightfactsheet.pdf>
- Minnesota Department of Health’s Quick Facts – Diabetes in Minnesota
 - <http://www.health.state.mn.us/divs/healthimprovement/data/quick-facts/diabetes.html>
- Minnesota Department of Human Services, Alcohol and Drug Abuse Division’s 2016 Substance Abuse in Minnesota report
 - <http://www.sumn.org/~media/466/2016MinnesotaEpiProfile.pdf>
- Polk-Norman-Mahnomen Community Health Services’ 2014 Northwest Region Adult Health Behavior Survey Summary
 - <http://www.evaluationgroupllc.com/#!healthdata/exgwh>
- Population Health Institute’s county health rankings
 - www.countyhealthrankings.org
- U.S. Census Bureau’s 2010 Census QuickFacts
 - <https://www.census.gov/quickfacts/table/PST045215/27125,27119,27>

Information Gaps

RiverView Hospital did not receive direct input from members of the low-income, minority and medically underserved populations in our community, instead obtaining input from individuals and organizations that work with those individuals on a daily basis. Although we are unable to identify any specific information gaps, we recognize that members of those populations may have provided different information if they directly participated. Additionally, we recognize that other individuals who weren’t invited to participate may have provided different input.

Request for Feedback

RiverView Hospital was willing to consider written comments related to its 2013 Community Health Needs Assessment Report and Implementation Strategy, but received no such input. If any reader would like to provide input on this community health needs assessment, they can submit their comment(s), in writing, to the following address:

Attention: Chief Operating Officer
 RE: Community Health Needs Assessment
 RiverView Health
 323 South Minnesota Street
 Crookston, MN 56716

Determination of Significance

While many needs were identified during the community health needs assessment process, this report focuses on those needs that were deemed *significant* by RiverView Hospital. A health need's significance was evaluated based on many factors. The factor given the most weight was the relative importance placed on the health need by the community participants as a whole. Other factors included the number of people in our community impacted by the health need, the impact of that health need on quality of life and length of life, and the impact on low-income, minority, and other medically underserved populations. The decision was made by RiverView Health's Board of Directors.

Prioritization of Significant Community Health Needs

The significant community health needs were then prioritized by RiverView Hospital based on various factors including the number of people impacted, the impact of that health need on quality of life and length of life, RiverView Hospital's ability to respond effectively to the health need, and the estimated effectiveness of feasible interventions. This decision was also made by RiverView Health's Board of Directors.

Prioritized Community Health Needs

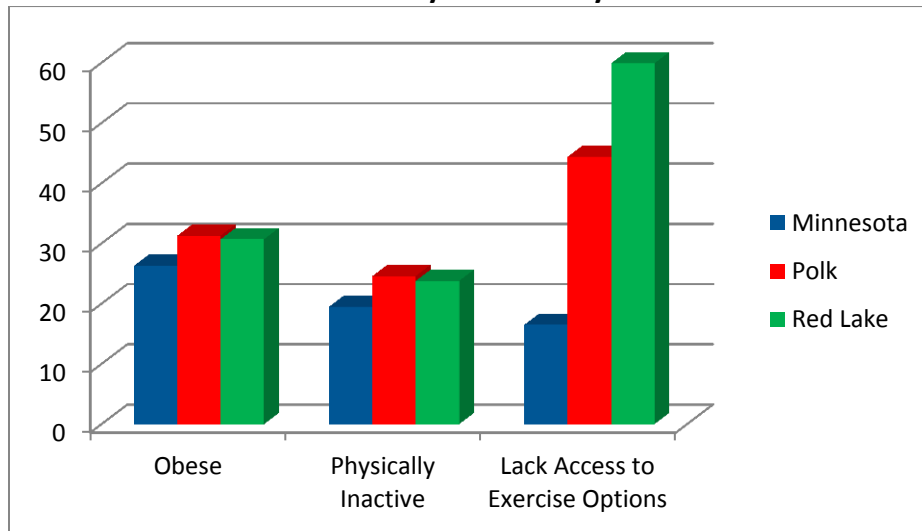
Through the community health needs assessment, RiverView Hospital identified the following significant community health needs and prioritized them in the given order:

1. Obesity and Diabetes
2. Substance abuse and mental health

Obesity and Diabetes

Obesity, resulting from both poor nutrition and lack of physical activity, is a major problem in Minnesota. This was identified as one of the significant community health needs in the 2013 assessment and the community is still concerned with the situation in 2016. In 2013, 26.1% of Minnesota adults were obese while 30.7% of Polk County adults and 32.0% of Red Lake County adults were obese. Between then and 2016, the rates have stayed fairly consistent, increasing to 26.3% of Minnesota adults, increasing to 31.3% of Polk County adults, and decreasing to 30.7% of Red Lake County adults. A 2014 survey found that 73% of Polk County residents were overweight, compared to the Minnesota average of 64%. Interestingly, while 88.7% of Polk County residents indicated that they were in good health, 73% of those individuals were overweight or obese.

Obesity and Activity



While obesity has various causes, diet and physical activity are generally the two leading indicators. In 2015, 24.6% of Polk County adults and 23.8% of Red Lake County adults were physically inactive, compared to the Minnesota average of 19.5%. Similarly, in 2015, 44.4% of Polk County adults and 59.9% of Red Lake County adults lacked access to exercise options, compared to the Minnesota average of 16.5%. Lack of access is related to a lack of places to be physically active, cost, and community infrastructure related to walking and biking.

Nutrition is one of the leading factors for obesity. Unfortunately, nutritional choices are a significant issue in our community. While approximately 1% of individuals in our nation have limited access to healthy food outlets, the rate in Minnesota is 5.9% and the rates in Polk and Red Lake Counties are 8.1% and 10.6%, respectively.

Much of our community includes smaller towns and rural areas. In some instances, the only available grocery source may be gas stations or convenience stores, which tend to provide smaller varieties of healthy foods and charge higher prices. These factors, in combination, indicate the difficulty that some individuals may face in choosing a healthy eating lifestyle. These problems become more severe for low-income individuals. Some healthier foods are more expensive, such as fruits, vegetables and healthy meats compared to the costs of grains and starches. Similarly, healthy meals may take longer to prepare than highly processed “quick” meals, which can be a problem for individuals working longer hours or more jobs. While an in-depth analysis of these last two sentences may indicate their inaccuracy, the perception of their accuracy is common. Because people in our community believe those statements to be true, they may be less likely to try to buy healthy foods and to prepare healthy meals.

Obesity has been linked to more than 60 chronic diseases, including some of the most significant illnesses our nation faces: diabetes, coronary heart disease, hypertension, stroke, high cholesterol, liver and gallbladder disease, sleep apnea, osteoarthritis, depression, and several types of cancer. In 1987, per-capita health care spending for obese adults exceeded spending for adults of normal weight by about 8%. By 2007, that number had increased to 38%. The U.S. Department of Agriculture estimates that over \$71 billion is lost per year in medical costs, lost productivity and lost lives because of unhealthy diets. The overall financial burden in Minnesota in 2006 was estimated to be \$2.8 billion.

In 2012, 29.1 million Americans, or 9.3% of the population, had diabetes. Based on current trends, the U.S. Centers for Disease Control and Prevention (“CDC”) estimates that over a third of American adults could be diabetic by 2050. The rate was even worse for the elderly, at 25.9% of Americans age 65 and older. In 2012, it was estimated that an additional 86 million Americans age 20 and older, more than a third, had prediabetes, a condition in which blood glucose levels are higher than normal but are not high enough to be diagnosed as diabetes.

The diabetes rate in Minnesota is slightly lower than the national rates, with 7.8% of Minnesota adults diagnosed as diabetic in 2015. Unfortunately, the rates in Polk and Red Lake Counties are closer to the national average at 8.6% and 9.1%, respectively.

Similar to obesity, people with diabetes are at an increased risk of serious health complications including vision loss, heart disease, stroke, kidney failure, amputation, and premature death.

Substance Abuse and Mental Health

Substance abuse covers a broad range of health issues, including tobacco, alcohol, prescription drugs and illicit drugs. Each of these is a health need in our state and community, although methamphetamines (“meth”), heroin, opiates, (e.g. Vicodin and Oxycodone) alcohol and tobacco are considered the most significant. Community participants consistently expressed concern over abuse of these substances and a need for additional treatment resources including inpatient acute and emergency care, inpatient post-acute care, outpatient care, and long-term counseling and follow-up services.

The following facts are from the “2016 Substance Abuse in Minnesota” report that was developed for the Minnesota Department of Human Services, Alcohol and Drug Abuse Division:

- The rates of past 30-day marijuana use in Minnesota have remained slightly below the national rates for the past 5 years. The rates for all other measured illicit drugs are also below the national average. Illicit drug use is most common among adults age 18-25.
- Overall, Minnesotans drink slightly more than the national average. They consume about the same amount of beer and wine as the US average, and significantly more alcohol in the form of hard alcohol. Minnesota adults report slightly higher levels of both per capita alcohol consumption and binge drinking than the national average.
- Smoking rates among adults in Minnesota are on par with the national average. Young adults (ages 25-44) tend to smoke more, but rates have decreased slightly.

The tobacco and alcohol consumption rates in our community are fairly consistent with the Minnesota averages. In 2015, 16.3% of Minnesotans smoked tobacco, while the rates were 17.5% and 15.8% in Polk and Red Lake Counties, respectively. The excessive alcohol consumption rate in Minnesota was 21.2% in 2015, while it was 21.5% in Polk County and 21.4% in Red Lake County. This means more than one in five adults in our community admit to excessive alcohol consumption.

Illicit drug use appears to be a greater concern in our community than across the state. The average rate of Polk County adults in prison for drug offenses is almost four times higher than the state rate.

Heroin can cause damage to various organs, including the heart, lungs, liver and kidneys. It can also cause breathing problems, collapsed veins, and poses special problems related to the transmission of HIV, Hepatitis C, and other diseases that can occur with sharing needles. The recent resurgence of opiate-related problems in the United States has increased emergency room visits, crime, homicides, high school drop-outs, and loss of employment.

Similar to illicit drugs, prescription drug abuse is a major concern in our community. Non-medical use of prescription drugs continues to be a problem in Wisconsin. Nationally, emergency department visits involving non-medical use of prescription drugs more than doubled from 2004 to 2008 and emergency department visits for misuse of prescription and over-the-counter drugs are now as common as visits for use of illicit drugs. This trend is most alarming in youth and young adults.

With the rise in certain types of substance abuse, treatment facilities in our area have seen a matching rise in demand, outpacing their ability care for needy individuals. The two greatest needs expressed by community participants are for additional inpatient and transitional care facilities, although the availability of care depends on a person's financial position. Insurance companies have various positions on whether substance abuse treatment is eligible for coverage and, if so, which facilities may be used. As the distance to an allowed facility increases, the problems naturally increase for lower-income individuals. Closer for-profit and non-profit facilities are available, although their availability is based on a person's ability to pay. The facilities, providers, and programs that are willing to serve low-income, uninsured and underinsured individuals are generally overwhelmed by the number of people in need of their care.

Mental health problems, including depression and anxiety among all age groups and dementia among the elderly, occur about as often in our community as in other communities, which is to say that they occur fairly frequently. Stress from the economic depression, including unemployment and underemployment, has added to the normal mental health problems, especially in low-income and Hispanic households. The rate of adults suffering from frequent mental distress in Minnesota is 8.4% while the rate is 8.5% in Polk and Red Lake Counties, meaning that almost one in ten adults in our community acknowledge feeling frequent mental distress.

While the occurrence of mental health problems is not especially high, the lack of accessibility in obtaining diagnoses and effective treatment is a concern. Individuals in our community feel we are lacking psychiatrists, geriatric psychiatrists, pediatric psychiatrists, and other professionals. Additionally, our community's resources that are available to low-income individuals face excessive demand. These beliefs are supported by the U.S. Department of Health, which identifies Polk and Red Lake Counties as mental health professional shortage areas. This designation is given to an area when the psychiatrist-to-population ratio is worse than 1:30,000 (there are more than 30,000 people per psychiatrist). This problem is not specific to our community or to Minnesota. The U.S. Department of Health estimates that our country should have approximately 2,800 additional psychiatrists to serve the national demand.

Conclusion

RiverView Hospital conducted this community health needs assessment to better understand our community and the individuals we serve. The hospital will develop a strategy to respond to the significant community health needs and will create an Implementation Strategy to formalize those responses. That Implementation Strategy will be approved by RiverView Health's board of directors no later than February 15, 2017, and will be used by the organization as a guide for thoughtful, impactful decisions and actions in the coming years.

The following pages include a list of resources currently available in our community to address the significant community health needs discussed in this report. Despite our efforts, we recognize that this list may not be all-inclusive and welcome any information to add available resources and increase its usefulness. Such information can be sent to the address provided on page 8 of this report.

Health Resources

The following resources are available in our community to address the significant health needs that were identified in this community health needs assessment.

The counties' health and social services departments provide support to our community members in numerous ways, including nutrition, physical activity, mental health, substance abuse, violence prevention, and financial support. We recommend that you visit your county's health and/or social services department to obtain further information about the services and programs it offers.

- Polk County Public Health Department
 - 816 Marin Avenue, Suite 125, Crookston
 - (218) 281-3385
 - <http://www.co.polk.mn.us/index.asp?SEC=1A4A7D06-8C85-4A73-80C9-73ECCC1835D4&Type=B> BASIC
- Polk County Social Services Department
 - 612 North Broadway, Room 302, Crookston
 - (218) 281-3127
 - <http://www.co.polk.mn.us/index.asp?SEC=E8083495-735A-4734-80BD-F485FD9FA329&Type=B> BASIC
- Inter-County Nursing Service (serving Red Lake County)
 - 318 Knight Avenue North, Thief River Falls
 - (218) 681-0876
 - <http://www.co.red-lake.mn.us/index.asp?SEC=3B26CD48-0E74-4484-8717-4D5EADB2E6D1&Type=B> BASIC
- Red Lake County Social Services Department
 - 125 Edwards Avenue, Red Lake Falls
 - (218) 253-4131
 - <http://www.co.red-lake.mn.us/index.asp?SEC=C626CF10-DE7F-4E15-B023-BB1D111D3817&Type=B> BASIC

In addition to governmental support, the following health care facilities and related organizations are currently available within our community:

Hospitals

- RiverView Hospital
 - 323 South Minnesota Street, Crookston
 - (218) 281-9200
 - <http://www.riverviewhealth.org/>

Medical Clinics

- RiverView Clinic-North, 323 South Minnesota Street, Crookston
- RiverView Clinic-South, 323 South Minnesota Street, Crookston

- RiverView Clinic-2nd Floor, 323 South Minnesota Street, Crookston
- Altru Clinic, 400 South Minnesota Street, Crookston
- RiverView Clinic-East Grand Forks, 1428 Central Avenue NW, East Grand Forks
- Sanford Health Clinic, 929 Central Avenue NW, East Grand Forks
- Altru Clinic- East Grand Forks, 607 Demers Avenue, East Grand Forks
- RiverView Clinic-Fertile, 306 Mill Street, Fertile
- Altru Clinic, 101 Main Avenue, Fertile
- RiverView Clinic-Red Lake Falls – 105 International Drive, #25, Red Lake Falls
- Altru Clinic, 312 International Drive, Red Lake Falls

Mental Health and Chemical Dependency

- Northwestern Mental Health Center, 603 Bruce Street, Crookston
- RiverView Recovery Center, 721 South Minnesota Street, Crookston
- RiverView Recovery- East Grand Forks, 1424 Central Ave NW, East Grand Forks
- Douglas Place Residential Treatment, 1111 Gateway Drive NE, East Grand Forks

Implementation Strategy

RiverView Health Crookston, Minnesota

Approved 2-23-17

Introduction

RiverView Health is a non-profit rural healthcare system based in Crookston, Minnesota, that offers a comprehensive continuum of services including acute care, emergency care, primary care, home care, chemical dependency and long-term care services.

RiverView Health operates the following service lines – medical clinics, surgery, outpatient care, inpatient hospital care, rehabilitation services, and home care. RiverView Hospital is a 25-bed acute care hospital within RiverView Health

RiverView Health is a community healthcare system dedicated to serving the needs of our region since 1898. Our commitment to serving the Red River Valley is long-established and we are continually investing time, energy, and resources to provide the best possible healthcare for our region. We are dedicated to reaching out to the community, and providing resources to local groups and organizations that help to make a difference in the health and quality of life in our area. Working together as a team, RiverView Health takes a leadership role to improve the health of the communities we serve.

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We deliver a healthcare experience that consistently exceeds patients' expectations through:

Exceptional People – Our people are our foundation. We employ trusted, dedicated professionals who serve with compassion, empathy and respect.

Exceptional Care – Our patients are our focus. We build relationships to deliver personalized care.

Exceptional Outcomes – Our passion is to enhance lives. We engage in best practices to health people and promote healthy communities.

Our Vision

RiverView Health provides world-class healthcare through a culture of excellence.

Review of Previous Implementation Strategies

In June 2013, RiverView Health published a Community Health Needs Assessment Report (“CHNA Report”). In the 2013 CHNA Report, RiverView Health identified obesity, joint or back pain, and high blood pressure as the primary community health needs.

Based on the 2013 community health needs assessment, RiverView Health has taken the following steps since 2013 to improve the health of our community:

- As a large employer and leader in the community, RiverView Health has role modeled an employee wellness program that encourages healthy eating choices and physical activity as a means of managing weight and overall health. The employee wellness program includes:
 - A healthy choice food policy for on campus dining
 - Weight management education opportunities within our facilities
 - Opportunities for physical activities for employees
 - Sponsorship of healthy activities in the community
- RiverView Health hired a Registered Dietician that specializes in education and planning for healthy diet and weight management, both in inpatient and outpatient settings.
- RiverView Health implemented a BMI (Body Mass Index) tracking system and targeted patients with high risk factors for support and education.

Significant Community Health Needs

In June 2016, RiverView Health published its second CHNA Report. In conducting our community health needs assessment, RiverView Health collected information about community health needs through interviews in the spring of 2016. These findings were supplemented with quantitative data obtained from various public sources. Based on that community health needs assessment, RiverView Health identified obesity and diabetes as the primary significant community health need and substance abuse and mental health as the secondary significant community health need.

RiverView Health is pleased to submit this Implementation Strategy. We do so both as a matter of compliance with Section 501(r)(3) of the Internal Revenue Code, as mandated in the Patient Protection and Affordable Care Act, and as an obligation to those we serve. As an organization, we have taken this change in law as an opportunity to improve our community service and continuously focus on meeting the changing health care needs of our community.

Consistent with the requirements of Section 501(r)(3), this Implementation Strategy identifies RiverView Health’s planned response to each significant community health need. If RiverView Health does not plan to address a health need, this Implementation Strategy explains why.

Obesity and Diabetes

RiverView Health will offer initiatives to enhance the education and treatment of obesity and diabetes in the community. According to the Centers for Disease Control and Prevention, obesity is a serious health concern in the United States. In 2010 more than one-third of adults, or about 78 million people, were obese (defined as body mass index [BMI] ≥ 30 kg/m²) and nearly one of five youths aged 2–19 years was obese (BMI ≥ 95 th percentile). Diabetes is the leading cause of kidney failure, lower-limb amputations other than those caused by injury, and new cases of blindness among adults.

In addition to hiring a registered dietician that specializes in education and planning for healthy diet and weight management, RiverView has hired a health coach to offer a team based approach to chronic disease management and obesity. This position will work collaboratively with clinicians, patients and other service providers to better manage chronic conditions in the community including diabetes and obesity. RiverView will formalize that commitment by seeking and attaining certification for a Health Home Model in the state of Minnesota.

RiverView Health will also increase educational opportunities for those seeking education in diabetes and nutrition by offering a Type 2 Diabetes Support Group. The group will provide support for Type 2 diabetics and include resources to make healthy life changes and manage their disease. This group will discuss various topics including dental health, healthy cooking, mental health as well as diet and exercise.

RiverView Health will also offer Type 2 Diabetes Prevention classes in an effort to prevent or reduce the onset of Type 2 Diabetes. Attendees will learn about proper nutrition, diet and exercise tactics as well have an opportunity to network with others that face similar challenges in Type 2 Diabetes prevention.

Substance Abuse and Mental Health

RiverView Health already offers outpatient addiction services through its RiverView Recovery Center. RiverView Recovery Center offers an extensive list of outpatient programs that allow patients the ability to receive high-caliber clinical care while maintaining commitments to work, family and home. Outpatient services are offered at all of RiverView Recovery's locations: Crookston, East Grand Forks, Roseau and Thief River Falls.

Treatments include:

- **Rule 25 Chemical Dependency Assessments:** A comprehensive chemical health assessment
- **Individual Counseling Sessions:** Provided for individuals that have completed treatment and are struggling with thoughts of using.
- **Intensive Outpatient Treatment:** Intensive outpatient therapy includes three group counseling meetings per week, one weekly individual counseling session and regular urine drug and alcohol screening for individuals struggling with addiction that do not meet criteria for residential treatment.

- **Relapse Prevention:** Relapse prevention includes one individual counseling session per week as well as regular urine drug and alcohol screening tests for individuals that have completed treatment, inpatient or intensive outpatient, in the last three years and are struggling with addiction. Relapse prevention is intended for individuals that are not using daily, but want to stop the cycle.
- **Driving with Care 1:** For the first time DWI offender with a blood alcohol level of less than .15 at the time of arrest. Driving with Care 1 is a group education and training program that has proven to reduce recurrence of DWI. New classes begin quarterly.
- **Driving with Care 2:** For the first time DWI offender with a blood alcohol level of more than .15 at the time of arrest, or multiple DWI offences. Driving with Care 2 is a group education and training program that has proven to reduce recurrence of DWI. New classes begin quarterly.

Rather than expand the scope of mental health services we will continue to work with community partners such as the Northwest Mental Health center to ensure the community has adequate access to Mental Health services. Information about the Northwest Mental Health Center can be obtained from their website at: <http://www.nwmhc.org/>.