

Community Health Needs Assessment Report

Trinity Kenmare Community Hospital

Kenmare, North Dakota

Published 06/30/22

Introduction:

Trinity Kenmare Community Hospital is a 25-bed, non-profit hospital in Ward County, North Dakota, in the northwest area of the state, approximately 50 miles northwest of Minot and 25 miles from the Canadian border. Our hospital is a Critical Access, Level 5 Trauma Care Center with a 24-hour emergency room.

Trinity Kenmare Community Hospital is committed to preserving and improving the quality of health in the people we serve. Our mission is to excel at meeting the needs of the whole person through the provision of quality healthcare and health related services. Our vision is to be recognized as the preferred regional healthcare provider. Trinity Hospital will achieve and sustain this excellence by:

- Being futuristic and proactive in continuous performance improvements;
- Exceeding professional quality standards and customer expectations;
- Providing sensitivity in service delivery and excellence in skills; and
- Efficient utilization of resources.

Committed to the continuous improvement of quality, the employees, medical staff and board of directors uphold the following values:

- Integrity:** A personal belief that as individuals we uphold our principles and conduct ourselves with honor.
- Accountability:** In recognizing our responsibilities we will be accountable for all that we do.
- Passion:** Personal commitment to make a difference in providing care for others.
- Respect:** A regard for the uniqueness of the human spirit and the dignity of others.
- Teamwork:** Recognizing the value in and contribution from each part of the whole.

Kenmare Hospital was established in 1906. On May 3, 2001, Trinity Health purchased Kenmare Community Hospital from an out-of-state for-profit company. With a tertiary care hospital in Minot, more than 40 specialties, several rural health clinics, and a long-term care facility, Trinity Health provides a full complement of healthcare services to the region. Since 1922, Trinity Health has been committed to looking ahead and improving in ways that provide the best, most compassionate care possible for patients, families, and communities. Throughout its family of

services, Trinity Health seeks to identify and fulfill community needs by meeting and exceeding national standards, and helping people live longer, healthier lives.

Trinity Health has evolved into the region's premier healthcare organization with facilities in several communities as well as partnerships and affiliations throughout the region. Trinity Medical Group is a comprehensive association of primary doctors, specialty physicians and healthcare professionals serving North Dakota and Eastern Montana. Trinity Health continues to lead the way in technology and procedural advancement with professional and support staff committed to the well-being of each individual. Both Trinity Hospitals and Trinity Medical Group are accredited by The Joint Commission. The variety and depth of Trinity's services provides customers a smooth continuum of care from a hospital stay to outpatient services, home care to long-term care. Trinity is proud of its achievements, but our pursuit of quality means we will never be satisfied. We will always be searching for a better quality of life for the communities we serve.

Trinity Kenmare Community Hospital provides the following services to our community:

- 4 Acute Care Beds
- 21 Swing Beds
- 24-Hour ER
- 24-Hour Nursing Care
- Chemotherapy / IV Therapy
- Dietician / Nutrition Services
- EKG / Holter Monitor Services
- Laboratory
- Radiology Services
 - Digital Radiology
 - CT
 - Mobile Mammography
 - Ultrasound
- Pharmacy
- Ancillary Services:
 - Dentistry
 - Female Incontinence Management
 - Optometry
 - Orthopedic Services
 - Health Information Management
 - Mental Health
 - Occupational Therapy
 - Physical Therapy
 - Speech Therapy
 - Wound Care

Trinity Kenmare Community Hospital is pleased to submit this Community Health Needs Assessment. 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) the 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



★ Designed by TownMapsUSA.com

Although our hospital is located in Kenmare, North Dakota, we have historically defined our “community” as a broader area extending approximately 30 miles in all directions and including approximately 5,500 people. Throughout this document, any reference to “community” is meant to indicate this broad service area. Within our broader community, approximately two-thirds of our inpatients and outpatients reside within and immediately around Kenmare—within zip code 58746. Approximately 25% of our patients come from the other areas in our community. The remaining 10% are primarily individuals from around the state and country who happen to need health care while visiting our area.

With a population of approximately 900 people and just one neighborhood, Kenmare is the 86th largest community in North Dakota. Unlike some cities where white-collar or blue-collar occupations dominate the local economy, Kenmare is neither predominantly one nor the other. Instead, it has a mixed workforce of both blue- and white-collar jobs. Kenmare is a city of sales and office workers, service providers, and construction and oil service workers. More than a third of the city’s population works in administrative support, food service and education.

The data presented below pertains to 2021 demographics for North Dakota, Ward County and Kenmare, as obtained from U.S. census data and Data USA.

	North Dakota	Ward County	Kenmare
Population	774,948	68,812	939
Median age	35.5	31.6	45.1
Caucasian	86.9%	87.4%	95.4%
Hispanic or Latino	4.1%	6.4%	1.7%
American Indian	5.6%	2.6%	0.4%
African American	3.4%	4.8%	N/A
Asian	1.7%	1.8%	N/A
Median Household Income	\$65,315	\$68,098	\$60,500
Uninsured Residents	8.1%	7.5%	7.7%
Persons Living in Poverty	10.5%	8.9%	N/A

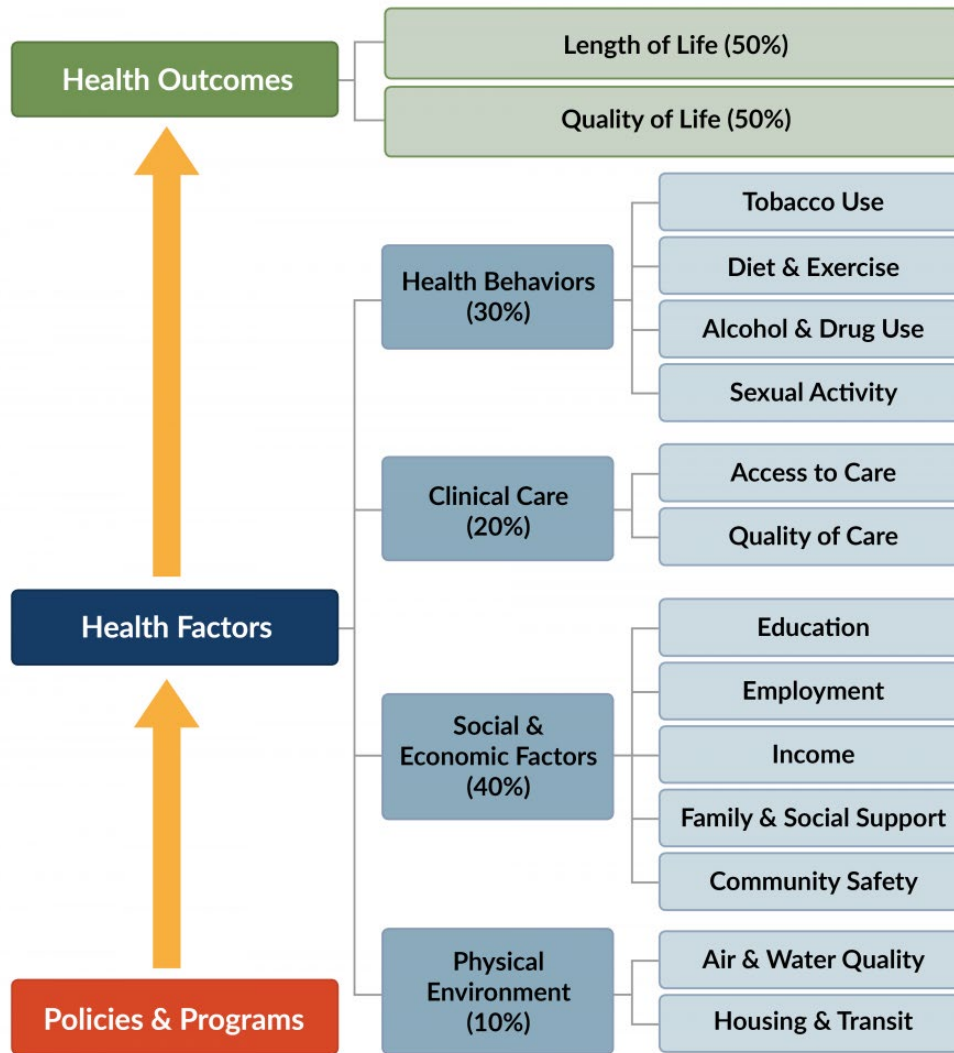
The population size of the city of Kenmare is approximately 0.1% of the state’s population and about 1.4% of Ward County’s population. From the last Community Health Needs Assessment Report in 2019, we noted a increase in population from 887 residents in 2017 to 939 residents in 2021.

A significant age gap exists, with the median age in Kenmare being approximately 10 years higher than the state’s median age and 13.5 years higher than Ward County’s median age. However, the median age in Kenmare has decreased from 52.5 in 2017 to 45.1 in 2021, due to younger families and individuals moving into the community.

Kenmare is a fairly homogenous racial community. Kenmare has a higher percentage of Caucasian individuals and a lower percentage of each racial category than both the state and the county. Hispanic and Native American individuals are the largest minority groups in Kenmare. Due to the geographic location of Kenmare, with no Native American reservations nearby, Kenmare has a lower percentage of Native American individuals than Ward County or North Dakota.

Ward County enjoys greater financial success, as evidenced by the median household income, than North Dakota as a whole. However those figures may be skewed by the presence of Minot in the county, approximately 50 miles southeast of Kenmare. Kenmare’s median household income is approximately \$3,800 lower than the state average and \$7,600 lower than Ward County’s average. In 2017, Kenmare’s median household income was only \$1,800 lower than the state average and \$4,100 lower than the county average, which indicates that median household income is growing slower in Kenmare than in other parts of the county and state.

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.



County Health Rankings model © 2014 UWPHI

Ward County Health Rankings (Out of 48 ND Counties)			
	2022	2019	2016
Mortality (Length of life)	8	2	14
Morbidity (Quality of life)	13	23	30
Overall Health Outcomes	6	7	15
Health Behaviors	16	34	41
Clinical Care	8	2	10
Social & Economic Factors	24	27	12
Physical Environment	33	48	29
Overall Health Factors	19	28	14

In 2022, out of 48 ranked counties, Ward County’s health outcomes ranking improved slightly (from 7th to 6th) while its overall health factors ranking improved more significantly (from 28th to 19th). The slight improvement in health outcomes is the result of a significant increase in Ward

County's morbidity (quality of life) ranking but an offsetting decrease in its mortality (length of life) ranking. In the same period, Ward County experienced drastic improvements relative to other North Dakota counties in the areas of health behaviors (from 34th to 16th) and physical environment (from 48th to 33rd), as well as a smaller improvement in social & economic factors (from 27th to 24th). However, Ward County worsened relative to other counties in the area of clinical care (from 2nd to 8th). Despite improvements, Ward County still falls in the bottom half of the state's counties in social & economic factors and physical environment, indicating that there is room for improvement in those areas.

Because health outcomes are the long-term results of health factors, the current trends indicate that our community members are currently benefitting from relatively positive choices made in the past, but may face worsened future health outcomes as the impact of their current health choices are manifested. However, as the county's health factor rankings improve, the likely impact on future health outcomes should continue to improve as well.

Review of Previous Community Health Needs Assessments

In its 2013, 2016 and 2019 community health needs assessments, Trinity Kenmare Community Hospital identified access to care and substance abuse as significant community health needs. In the 2019 community health needs assessment, Trinity Kenmare Community Hospital added mental health and obesity as significant community health needs. Since June 2019, Trinity Kenmare Community Hospital has taken the following steps to address these health needs.

Access to care

Access to services has been impacted by workforce shortages across all sectors of the local economy. The organization has been successful in recruiting a Nurse Practitioner and PRN Nurse Practitioner to the community to provide access to primary care services. Additionally, another physician assistant opened an independent practice within the city. The community now has two clinics that provide health care services allowing more access to area residents. Trinity Health continues to utilize internal and external recruiting resources in search of more professionals to work within the facility, including registered nurses.

Mental Health

While there are no consumer-driven support groups in the area, the Trinity Kenmare Community Hospital does offer its swing bed residents telehealth services for mental health consults with Trinity Health's mental health providers.

Substance Abuse

Trinity Kenmare Community Hospital hosted a substance abuse support group at the facility prior to the COVID-19 pandemic, however that sponsorship was temporarily halted due to the visitor restrictions and limitations established by federal and state regulators put in place during the past two years. The organization periodically evaluates the status of the pandemic for opportunities to resume this and other activities in the community.

Obesity

Due to the impact of the global COVID-19 pandemic on the community and organization, Trinity Kenmare Community Hospital has not provided any specific services regarding obesity in the past survey period.

Although Trinity Kenmare Community Hospital had more extensive plans to address the significant community health needs identified in prior assessments, most of those plans had to be set aside in response to the COVID pandemic. North Dakota's first case of COVID-19 occurred when a Ward County resident tested positive on March 11, 2020, approximately nine months after the previous community health needs assessment was concluded. As an example of the severity of the COVID pandemic in our community, as of March 2021, North Dakota had the highest coronavirus infection rate per capita in *the world*. However, that rate dropped dramatically due to North Dakota's role as a national leader in vaccine distribution.

Community Health Needs Assessment Methodology

Trinity Health's executives led the planning, conducting, and reporting of the community health needs assessment. We contracted with CliftonLarsonAllen LLP (CLA), 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 interviews with key community stakeholders. These interviews were conducted in the spring of 2022. The primary goal of these interviews was to gather a range of perspectives on the community's health needs, including 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 low-income populations
- Leaders, representatives or members of minority populations
- Leaders, representatives or members of other medically underserved populations, such as young, elderly, and rural individuals

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

- Trinity Kenmare Community Hospital
- First District Health Unit
- Ward County Human Service Zone
- Ward County Sheriff's Department
- Kenmare School District

We believe the individuals who participated on behalf of these organizations and agencies are qualified representatives of the identified groups because the nature of their work brings them into

contact with those groups on a regular basis. For many of the individuals listed, the nature of their occupation requires them to consider the special needs of the groups identified.

Quantitative Data

The following data sources were utilized to supplement the qualitative community interview data in this Community Health Needs Assessment Report.

America's Health Rankings, Obesity in North Dakota

- <https://www.americashealthrankings.org/explore/annual/measure/Obesity/state/ND>

Center for Rural Health, "North Dakota Behavioral Health System Study" Annual Report, 2018

- https://www.hsri.org/files/uploads/publications/ND_FinalReport_042318.pdf

City of Kenmare

- <http://www.kenmarend.com/kenmare/about-kenmare/>

Data USA, Kenmare, ND & North Dakota Data

- <https://datausa.io/profile/geo/kenmare-nd?compare=north-dakota>
- <https://datausa.io/profile/geo/kenmare-nd?compare=ward-county-nd>

KX News, "Gas prices not expected to have big impact on North Dakota tourism, officials say"

- https://pdx.dbd2600efb4a.isolation.zscaler.com/profile/78d0f631-9701-405a-9e43-52a22c17ec76/zia-session/?controls_id=f69e98c2-4772-4f4e-b314-91ea4e2fdc16&original_url=https%3A%2F%2Fwww.kxnet.com%2Fnews%2Fstate-news%2Fgas-prices-not-expected-to-have-big-impact-on-north-dakota-tourism-officials-say%2F

NBC News, "North Dakota and South Dakota set global Covid records. How did they turn the tide?"

- https://pdx.dbd2600efb4a.isolation.zscaler.com/profile/78d0f631-9701-405a-9e43-52a22c17ec76/zia-session/?controls_id=6b39c448-11e0-4951-b772-c25bcb67488c&original_url=https%3A%2F%2Fwww.nbcnews.com%2Fhealth%2Fhealth-news%2Fnorth-dakota-south-dakota-set-global-covid-records-how-did-n1257004

Neighborhood Scout

- <https://www.neighborhoodscout.com/nd/kenmare>

North Dakota Health

- <https://www.health.nd.gov/news/first-case-novel-coronavirus-confirmed-north-dakota-work-continues-prevent-spread>

The Population Health Institute and Robert Wood Johnson Foundation, County Health Rankings

- <https://www.countyhealthrankings.org/app/north-dakota/2022/overview>

The Mayo Clinic, Obesity

- <https://www.mayoclinic.org/diseases-conditions/obesity/symptoms-causes/syc-20375742>

The State of Childhood Obesity, North Dakota

- <https://stateofchildhoodobesity.org/states/nd/>

Trinity Health, Trinity Kenmare Community Hospital

- <https://www.trinityhealth.org/locations/kenmare-community-hospital/>

U.S. Bureau of Labor Statistics, "Consumer prices up 8.5% for year ended March 2022"

- <https://www.bls.gov/opub/ted/2022/consumer-prices-up-8-5-percent-for-year-ended-march-2022.htm>

U.S. Census Bureau Ward County and North Dakota QuickFacts

- <https://www.census.gov/quickfacts/fact/table/wardcountynorthdakota,ND/PST045221>

U.S. Food & Drug Administration, “An Epidemic Continues: Youth Vaping in America”

- <https://www.fda.gov/news-events/congressional-testimony/epidemic-continues-youth-vaping-america-06232021>

U.S. Department of Health & Human Services, North Dakota Adolescent Substance Abuse Facts

- <https://www.hhs.gov/ash/oah/facts-and-stats/national-and-state-data-sheets/adolescents-and-substance-abuse/north-dakota/index.html>

Information Gaps

Although we are unable to identify any specific information gaps, we recognize members of the community representing different organizations and groups may have provided different opinions regarding community health needs, prioritization of those needs, and/or potential responses to the needs.

Analytical Methods Applied

We applied various analytical methods to the available data. During interviews, we asked participants for their input regarding health needs, the prioritization of those health needs, and possible responses to identified health needs. We analyzed the historic prevalence of various health issues in our community and compared those with county, state, and national averages. Finally, we reviewed previously identified health priorities as identified by national, state, and county health organizations.

Request for Feedback

Trinity Kenmare Community Hospital was willing to consider written comments related to its last 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: Administration/CEO
RE: Kenmare Community Health Needs Assessment
1 Burdick Expressway W
Minot, ND 58702

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 Trinity Kenmare Community 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. 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 a diverse team of individuals from Trinity Health who were involved throughout the community health needs assessment process.

Process and Criteria for Prioritizing Identified Health Needs

As with the determination of significance, the prioritization of identified significant health needs was determined based on many factors. The factor given the most weight was the relative importance placed on the health need by the community participants. 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 a diverse team of individuals from Trinity Health who were involved throughout the community health needs assessment process.

Prioritized Community Health Needs

Based on the interviews conducted and research related to city, county, state, and national data, Trinity Kenmare Community Hospital determined that the current prioritization of significant community health needs is as follows:

- Access to health care services – primary health need
- Mental health – secondary health need
- Substance abuse – secondary health need
- Obesity – secondary health need

Access to Care

From the last community health assessment issued, access to care continues to be an issue. The common issues addressed under access to care are difficulties with transportation, limited medical specialty services, limited substance abuse treatment options, limited mental health services, limited home health access, and evening and weekend pharmacy access.

In its most recently conducted community health needs assessment, First District Health Unit identified transportation as one of its significant community health needs for Ward County. Due to Kenmare's rural location, limited transportation options may be a serious constraint for residents to receive proper medical treatment. Patients who need medical attention beyond the services offered by Trinity Kenmare Community Hospital must travel about 50 miles to Minot, about an hour away. Long-distance personal transportation continues to increase in cost with the rising price of vehicles, gasoline, and repairs and maintenance. In April 2020, inflation was approximately 0.3%. Since then, it has risen fairly steadily to a rate of 8.5% in March 2022. This inflation is most visible at the gas pumps, where North Dakota's average price per gallon rose from \$2.75 per gallon in early 2021 to \$3.90 per gallon in April 2022, an increase of approximately 42%. Aside from the rising cost of gasoline, general inflation that makes all goods and services more expensive also results in less money available for transportation-related costs. Finally, even if an individual has a mode of transportation, the time away from work, including approximately two hours of travel time, can also be problematic for those who are working very hard to support themselves and their families. Individuals who lack a reliable vehicle, who cannot afford the costs of the drive to Minot, or who may not have family or friends they can rely on are hit especially hard by this problem, including low-income individuals, elderly individuals, and youth.

Based on the interviews conducted, an issue that continues to persist for Trinity Kenmare Community Hospital is the lack of specialty services offered. Community participants indicated a desire for local access to podiatry, maternity, geriatric and pediatric services, as well as home

health and hospice care. Although all of these services are available in Minot, as discussed previously, the distance is a serious barrier for some of our community members.

Trinity Health is proud to be a member of the Mayo Clinic Care Network. Trinity Health and Mayo Clinic share the commitment that healthcare should be provided close to home whenever possible. We also share a common philosophy to improve the delivery of healthcare through high-quality, data-driven, evidence-based care and treatment. We are working with Mayo Clinic so patients can benefit from leading medical expertise and physician collaboration, while staying near family, friends, and home. This collaborative relationship offers patients peace of mind, and access to the finest medical knowledge available.

Approximately 15% of the residents in Kenmare are age 65 or older. Home health care services are an important aspect of daily life for elderly and disabled individuals in our community. The elderly require more frequent medical attention and may struggle to get to a hospital or clinic to obtain such services. Home health services, in which a trained individual visits an elderly or disabled person in their home, are a valuable alternative for these individuals. Unfortunately, the home health services offered by Trinity Hospitals in Minot do not extend to the city of Kenmare and no other medical providers have chosen to offer these services in the community. The majority of interview participants expressed a desire for home health services to be offered locally. In its most recently conducted community health needs assessment, First District Health Unit identified home health and hospice as a significant community health need for Ward County.

Kenmare's local pharmacy, Kenmare Drug, is open Monday through Friday from 8:30am to 5:30pm. While community members expressed gratitude for the local pharmacy, they also indicated concern about after-hours and weekend incidents for situations such as a person's prescription running out on Friday evening. In such a situation one may not be able to access a refill until Monday morning, which may threaten their health during the gap in medication.

As discussed later in this report, substance and mental health, including access to treatment options, are also significant concerns in the community.

Mental Health

A common concern among community members was mental health among both adults and children. Depression and anxiety were frequently identified for children and young adults while depression and loneliness were frequently identified for older adults. Although each of these issues have been a concern in our community for a long time, community participants agreed that each issue has worsened during the COVID pandemic. In its most recently completed community health needs assessment, First District Health Unit also identified mental health as a significant community health need.

Community participants indicated several factors that negatively influence the mental health of our community members, including:

- Economic/financial struggles among adults and the resulting impact on their children
- Educational stress among children, parents and teachers related to children's struggles with distance learning during the COVID pandemic
- General isolation and loneliness during the COVID pandemic

- Increased time on social media and playing video games, with more exposure to bullying and similar negative influences through those apps and games
- Lack of emotional development during the COVID pandemic leading to disproportionately strong responses to seemingly minor issues, lack of social skills, panic attacks and similar issues

A related issue identified through interviews is the limited availability of mental health treatment services in our community. A single mental health counselor used to offer services one day per week through the Rural Health Consortium, but that service ended during the COVID pandemic. The demand for mental health visits is significantly higher than the time that was provided by that one counselor and has only risen during the COVID pandemic. Interview participants indicated that it would probably take two mental health counselors 2-3 days per week to meet the community's demand. Individuals with more severe issues or more immediate needs, like suicidal tendencies, are forced to look at more distant treatment options—in Minot or further. As discussed previously, distant services are less available for individuals who struggle with such travel, such as low-income, elderly individuals and youth.

Substance Abuse

Interview participants indicated serious concerns about substance abuse in the Kenmare area, although there was some disagreement about the prioritization of those substances. The commonly identified substances were meth, alcohol, and vaping products. Interview participants indicated that meth is commonly found among adults between ages 20-40 while e-cigarettes and vaping products are commonly used among teens and young adults. Interview participants indicated that alcohol abuse impacts all age groups, starting around with children in middle school and becoming a more serious issue in high school. In its most recently conducted community health needs assessment, First District Health Unit also identified substance abuse as a significant community health need.

Between 2018 and 2020, Ward County experienced 20.6 drug overdose deaths per 100,000 people, which is close to double the North Dakota average of 11.6 drug overdose deaths per 100,000 people. Although community participants expressed concern about alcohol abuse, Ward County actually has better alcohol-related statistics than does North Dakota as a whole. In 2019, 22.9% of Ward County adults reported binge drinking or excessively drinking within the last 30 days, compared to 24.1% for North Dakota. Similarly, between 2016 and 2020, 29.4% of driving deaths in Ward County involved alcohol, compared to 41.4% of driving deaths in North Dakota. Unfortunately, Ward County's relatively positive statistics can be misleading since North Dakota ranks as having the second-highest per capita alcohol consumption in the United States. Further, this problem isn't limited to adults. In 2017, 29% of North Dakotan high school students reported consuming at least one alcoholic drink in the last 30 days and 16% reported consuming 4-5 alcoholic drinks (depending on gender) at least once in the last 30 days. Interview participants indicated that the large alcohol consumption problem in Kenmare stems from many factors:

- A history of significant alcohol consumption has created a culture of normalcy among adults, many of whom don't even view it as a problem today.
- Bars are popular gathering locations for socializing during the long winter months.

- ❑ For those who aren't interested in going to a bar, drinking at home is also very common.
- ❑ Adults tend to view alcohol consumption by younger teens as acceptable. Adults indicate that the teens are being supervised, but the area experiences significant drinking and driving rates, especially in the months with nice weather.
- ❑ Alcohol is relatively affordable and easy to obtain.

According to the North Dakota Behavioral Health System Study issued in April 2018, 9.0% of North Dakotan adults self-identified as having a substance abuse disorder, compared to a national average of 7.8%. A survey of North Dakota adults with a substance abuse disorder shows that methamphetamine (“meth”) use increased from 17% of those adults in 2011 to 39% in 2015. In that same timeframe, the percentage of North Dakotan adults with a substance abuse disorder related to alcohol decreased from 80% to 65% and the percentage with a substance abuse disorder related to marijuana stayed constant at 49%. Although the usage rate of meth increased, it's still below the abuse rates of alcohol and marijuana. This indicates that all three substances are a significant concern, although for slightly different reasons.

“Vaping” (i.e., vape pipes, e-cigarettes, hookah pens) has become an epidemic issue at the national level. According to the New York Times, the federal government recognizes the increasing consumption rate of e-cigarettes among minors as a significant national health risk. Although such products are strictly prohibited for consumption by minors, such products are too easily obtainable by youth and appear to be marketed to them. The U.S. Food & Drug Administration and the Centers for Disease Control and Prevention collaborate to conduct the National Youth Tobacco Survey. Survey data from 2018 and 2019 showed that e-cigarettes were used by 1.8 million fewer youth in 2019 than in 2018, which appears promising. However, that trend appears to have been short-lived because between 2019 and 2020 the percentage of high school students who use disposal e-cigarettes increased from 2.4% to 26.5% and the percentage of middle school students who use disposal e-cigarettes increased from 3.0 percent to 15.2%. Additionally, almost 40% of youth who use e-cigarette reported using them at least 20 days per month and almost 25% reported using them every day. The CDC and FDA currently estimate that approximately 3.6 million youth used e-cigarettes in 2020. This aligns with interview participants' concerns regarding the rise of e-cigarettes among Kenmare's high school students.

Obesity

The final significant health issue raised by interview participants is obesity, along with its related health conditions such as type 2 diabetes, heart failure and hypertension. Obesity is well-documented as nationwide problem, but it is an even more significant issue in North Dakota and in Ward County, specifically. In 2021, 33.1% of North Dakota's adults were obese, which placed North Dakota as the 21st most obese state in the U.S. for adults. Even more concerning, in 2021, 10.5% of North Dakota's youth ages 10 to 17 were obese, which placed North Dakota as the 3rd most obese state in the U.S. for children. Within North Dakota, Ward County's situation is even worse with over 38% of all adults being obese.

Obesity has numerous causes including genetics, unhealthy diet, liquid calories, inactivity, some diseases and medications, social and economic issues (i.e. access to healthy foods, access to safe exercise facilities, knowing healthy ways to cook), sleep patterns, stress, and pregnancy. Because

of these various factors, community residents had many thoughts about the causes for our local community's obesity problems. Among those concerns are:

- Inactivity during the COVID-related quarantines and self-isolation
- Increased time on social media and video games during the COVID pandemic
- Limited access to healthy foods, especially during worldwide supply-chain disruptions
- Even more limited access to healthy foods for youth, especially on weekends
- The rising cost of healthy foods, including fruits, vegetables and proteins
- Working parents with less time to prepare healthy meals for themselves and their children
- Lack of knowledge about how to turn healthy foods into tasty meals
- Limited local opportunities for exercise and sports
- A general local culture of “meat and potatoes” meals

Obesity is a major concern across the United States because of the related health issues that it can cause. According to the Mayo Clinic, people with obesity are more likely to develop a number of potentially serious health problems, including:

- Heart disease and strokes: obesity makes you more likely to have high blood pressure and abnormal cholesterol levels, which are risk factors for heart disease and strokes.
- Type 2 diabetes: obesity can affect the way the body uses insulin to control blood sugar levels, which raises the risk of insulin resistance and diabetes.
- Certain cancers: obesity may increase the risk of cancer of the uterus, cervix, endometrium, ovary, breast, colon, rectum, esophagus, liver, gallbladder, pancreas, kidney and prostate.
- Digestive problems: obesity increases the likelihood of developing heartburn, gallbladder disease and liver problems.
- Sleep apnea: people with obesity are more likely to have sleep apnea, a potentially serious disorder in which breathing repeatedly stops and starts during sleep.
- Osteoarthritis: obesity increases the stress placed on weight-bearing joints, in addition to promoting inflammation within the body, which may lead to complications such as osteoarthritis.
- Severe COVID-19 symptoms: obesity increases the risk of developing severe symptoms if you become infected with the virus that causes coronavirus disease 2019 (COVID-19), which may require treatment in intensive care units or even mechanical assistance to breathe.

Conclusion:

Trinity Kenmare Community Hospital conducted this community health needs assessment to better understand our community's current health needs. Based on this information, the hospital is responsible for responding appropriately. An Implementation Strategy, which defines plans responses to these significant community health needs, will be developed and approved by the board of directors no later than November 15, 2022. Upon approval, the Implementation Strategy will be used as a guiding tool in the coming years in attempting to improve the health of our community by effectively serving the needs of its individual residents.

Health Resources:

The following resources are 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 9 of this report.

First District Health Unit and the Ward County Human Service Zone (previously Ward County Social Services) provide support to our community members in numerous ways. The services and programs offered by First District Health Unit include COVID-19, alcohol & addiction, tobacco, employment, environmental health, family planning & sexual health, immunizations, children's health, WIC & nutrition, women's health, HIV/AIDS/STDs & TB, emergency response, and resources for healthy living. The programs and services offered by the Ward County Human Service Zone include child protection & family preservation, and economic assistance. For a complete list of their activities, we recommend visiting their offices and/or websites:

- First District Health Unit – 11 West Division, Suite 102, Kenmare
www.fdh.u.org
- Ward County Human Service Zone – 225 3rd Street SE, Minot
<https://www.co.ward.nd.us/215/Human-Service-Zone>

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

- Trinity Kenmare Community Hospital – 317 1st Avenue NW
- Trinity Community Clinic – Kenmare – 307 1st Avenue NW
- Trinity Medical Group – 307 1st Avenue NW
- Compass Health – 100 1st Avenue SE
- Rural Mental Health Consortium – 317 1st Avenue NW
- Kenmare Drug – 109 1st Avenue NW
- Kenmare Dental Office – 318 1st Avenue NE
- Optometry Clinic of Kenmare – 28 2nd Street NW
- Trinity Kenmare Wellness Center – 115 2nd Street NW

Many additional services, including several substance abuse treatment centers, are available in Minot.