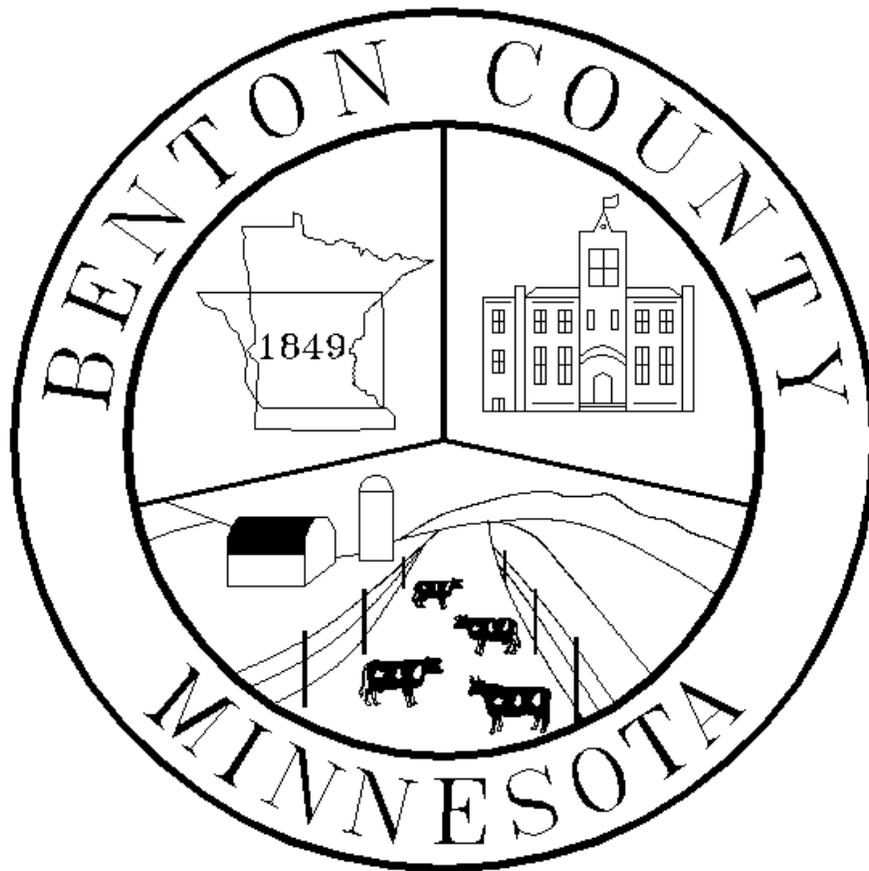


**Benton County**  
**Community Health Assessment and**  
**Action Plan**  
**2008-2009**



# Table of Contents

<b>Introduction</b> .....	4
<b>Community Assessment Process</b> .....	4
• Data Sources .....	5
<b>Community Description</b> .....	6
• History, Traditions, Values, Beliefs.....	7
• Land & Market Value .....	8
<b>Demographic Data</b> .....	9
• Population trends .....	9
• Household trends .....	10
• Ethnicity .....	10
• Age.....	11
• Workforce .....	11
• Socioeconomic.....	12
• Youth profile.....	13
<b>Community Systems Data</b> .....	14
• Health Care System.....	14
• Family System .....	16
• Educational System.....	19
• Religious System .....	20
• Community Resources.....	20
• Community Strengths .....	21
<b>Healthy Community Data</b> .....	22
• Mortality Data.....	22
• Death Rate Data .....	23
• Years of Potential Life Lost.....	24
• Heart Disease .....	26
• Stroke .....	27
• Tobacco/Alcohol Use.....	28
• Exercise.....	30
• Nutrition.....	31
• Hypertension.....	32
• Cholesterol .....	33
• Diabetes.....	33
• Overweight/Obesity .....	34
• Injury.....	35

# Table of Contents

<b>Healthy Community Data (cont)</b> .....	35
• Motor Vehicle .....	36
• Family Health.....	39
• Birth/Death rates (infant/neonate).....	39
• Pregnancy/premature birth/family planning .....	40
• Infant and Child Growth and Development.....	43
• Interpersonal Violence .....	46
<b>Environmental Health Data</b> .....	48
• Water Quality.....	48
• Air Quality .....	49
• Other/Meth.....	50
<b>Infectious Disease Data</b> .....	53
• Sexually Transmitted Diseases .....	53
• Other Communicable Disease.....	54
• Immunization .....	55
<b>Health Care Access Data</b> .....	58
<b>Local Public Health Infrastructure Data</b> .....	60
<b>Disaster Preparedness</b> .....	63
<b>Community Engagement Summary</b> .....	64
<b>MDH- CHAAP Checklist</b> .....	66
<b>Reports Submitted to MDH</b>	
• Community Assessment and Priority Setting Workbook.....	68
• Community Health Issues Improvement Worksheets.....	73
• Capacity Assessment Workbook.....	79
• Capacity Improvement Workbook.....	82
• Community Health Technical Assistance Worksheet.....	88

# Introduction

Minnesota's Community Health System provides the infrastructure for public health in Minnesota. It allows for state and local governments to partner and combine resources to service the community. Community Health Boards are established and supported by local government and made possible by the state Community Health Services (CHS) subsidy. Community Health Service activities are designed to protect and promote the health of the general population within a community health service area. These services emphasize the prevention of disease, injury, disability, and preventable death through the promotion of effective coordination and use of community resources, and by extending health services into the community.

The *Community Health Board* has the general responsibility for development and maintenance of an integrated system of community health services. *Benton County Board of Commissioners* function as the *Community Health Board* (oversees the development, implementation and evaluation of community health services according to Minnesota Statutes, Sections 14 <http://www.health.state.mn.us/divs/chs/mnchs.html> ).

## **Benton County Public Health Unit:**

Under the direction of the board and in accordance with the Local Public Health Act ([Minn. Statutes 145A.10](#) Subd. 5a. duties), *Benton County Public Health Unit* (Public Health Nursing, WIC and Support Staff), functions to:

- Address and implement essential local public health activities.
- Complete an assessment of community health needs.
- Seek community input on health issues and priorities.
- Establish local public health priorities based on identified community health needs.
- Determine the mechanisms by which the Community Health Board (CHB) will address local public health priorities to achieve statewide outcomes within the limits of available funding.

## **Community Health Assessment and Action Planning Process**

Minnesota's Community Health Assessment and Action Planning (CHAAP) process is one component of a larger local public health quality improvement process. Local public health departments in Minnesota use CHAAP to:

- Assess and prioritize the health needs of their communities;
- Assess and prioritize their own internal capacity to meet those health needs; and
- Develop an action plan (community health improvement plan and capacity improvement plan) to meet those needs.

## **The CHAAP is based on six areas of public health responsibility:**

- Assure a local public health infrastructure.
- Prevent the spread of infectious diseases.
- Promote healthy communities and healthy behaviors.
- Assure the quality and accessibility of health services.
- Protect against environmental health hazards.
- Prepare for and respond to disasters and assist communities in recovery.

Excerpts from the Minnesota Department of Health *Community Health Assessment and Action Planning (CHAAP) 2005-2009 Handbook*

# Assessment Data Sources

## Main Sources

- Benton County: <http://www.co.benton.mn.us>
- Minnesota Department of Health Statistics, Profiles and Tables:  
<http://www.health.state.mn.us/divs/chs/profiles2002>  
<http://www.lmic.state.mn.us/datanetweb/health.html>  
<http://www.health.state.mn.us/stats.html#diseases>
- Minnesota Department of Education [http://education.state.mn.us/html/intro\\_mde\\_analysis.htm](http://education.state.mn.us/html/intro_mde_analysis.htm)
- MN Dept. of Planning: <http://www.mnplan.state.mn.us>
- Census 2000: <http://www.census.gov>
- CDC: <http://cdc.gov> Behavioral Risk Factor Surveillance Survey (BRFSS): <http://www.cdc.gov/brfss/>

## Other Data Sources

- Human Services Assessment 2002: A Report on Human Services for Stearns & Benton Counties MDH
- Minnesota Student Survey: <http://www.mnschoolhealth.com>
- Minnesota Retrospective Kindergarten Study Survey
- Refugee Health Statistics <http://www.health.state.mn.us/divs/idepc/refugee/stats>
- Healthy People 2010: U.S. Dept. of Health and Human Services <http://www.healthypeople.gov>
- Minnesota Department of Education [http://education.state.mn.us/html/intro\\_mde\\_analysis.htm](http://education.state.mn.us/html/intro_mde_analysis.htm)
- Benton County Human Service- Public Health
- Benton County Website
- Benton Stearns Ed. District, IEIC Childlink database
- Benton County assessor Brian Koester  
<http://climate.umn.edu/cawap/monsum/monsum.asp>
- <http://aqi.pca.state.mn.us/hourly/region1.cfm?region=St%20Cloud>
- <http://www.pca.state.mn.us/water/groundwater/gwmap/baselinc-sum.pdf>
- <http://www.health.state.mn.us/divs/dpc/adps/refugee/2001data.pdf>
- Benton County Human Services, Child Protection Unit
- <http://www.dps.state.mn.us/ots/general>
- <http://www.health.state.mn.us/injury/midas/ub92/index.cfm>
- Health Care Cost information system data; hospital annual report data.
- <http://www.health.state.mn.us/divs/eh/meth>

## Benchmarking and Goals

In this assessment, data is compared against state and federal data for the purpose of benchmarking Benton County's performance in certain areas against broad norms and trends. It also assesses Benton County's achievement toward county, state and federal public health goals. In some cases, data is compared against 3 other counties: Morrison, Douglas and McLeod (counties found to have a similar profile to Benton County with regard to market value and population) for comparison against peer performance.

**Healthy People 2010:** It is a statement of national health objectives, a national prevention agenda

**Behavioral Risk Factor Surveillance Survey (BRFSS):** Synthetic estimates of state and county level estimated percentages for behavioral risk factors represent the percent of adults considered to be at risk for those behaviors. These estimated percentages were derived through a synthetic estimation method, which adjusts statewide BRFSS percentages by the age and gender.

# Community Description



## Community Defined

Benton County is located in Central Minnesota, approximately one-hour driving distance from the northern suburbs of Minneapolis. A portion of its western border combined with areas in Sherburne and Stearns County is the St. Cloud Metropolitan Statistical Area.

**Total Square Miles:** 408

261,120 total acres

**Population:** 38,688\*

**Young/Old Population:**

(27% < 18 y/o; 11% > 65 yrs y/o)

**Population Change 1990-2000:** ↑ 3.5 %

**Population Diversity:** 94% white

**Cities:** Foley, Gilman, Rice, Royalton (part), St. Cloud (part), Sartell (part) and Sauk Rapids. Most of the County's larger communities (St. Cloud, Sauk Rapids, Sartell, and Rice) are located on its western edge.

**The largest city:** Sauk Rapids, over 10,000 residents.

**Townships :** Alberta, Gilmanton, Glendorado, Graham, Granite Ledge, Langola, Mayhew Lake, Maywood, Minden, St. George and Watab.

**County Seat:** Foley, located near the center of the County.

**Neighboring Counties:** East - Mille Lacs County; South - Sherburne County; West - Stearns County; North - Morrison County.

**Transportation:**

U.S. Highway 23 runs diagonally from southwest to northeast. Benton County

is responsible for the road maintenance of 226 miles and the townships maintain another 288 miles of roads. The railroad runs along the western border as does U.S. Highway 10 and the Mississippi River.

**Land:** 82% agricultural

**Market Value:** appr. 3 billion

**Parks:** Benton Beach Park, Mayhew Lake Park, St. Regis Park and RoseAnna Beach

**Work Force:** trend increasing work force with aging population

**Industry:**

**Historical:** Agriculture and dairying, logging, lumbering, granite quarrying and manufacturing were active industries in the past. The timber and granite supplies have been depleted, so lumber and granite industries are no longer servicing.

**Current Leading Industry-** educational, health and social services

**Median Household Income:** \$46,035

**Below Poverty Level:** 7.1% population

**Home Ownership Rate:** 67.3%\*2000 data

Information sources:<http://www.co.benton.mn.us>  
<http://www.census.gov> Benton County Assessor

\* 2006 estimation

## History, Traditions, Values and Beliefs



Benton County was one of the original nine counties established by the territorial legislature in 1849. The county was named in honor of Thomas Hart Benton, a senator from St. Louis, Missouri, who worked diligently to have Congress enact the Homestead Act.

When the first explorers came to the county, it was inhabited with Sioux and Chippewa Indian tribes. David Gilman established the first pioneer settlement in 1848 in Watab.

He established a trading post. Yankees and immigrants from several European countries settled in the county in the nineteenth century. The most predominant ethnic group was the Germans, who developed the area around Duelm and Mayhew Lake. The second largest ethnic group was the Polish, around the Gilman area.

Sauk Rapids, one of the five original townships created in Benton County in 1858, was named for the rapids of the Mississippi River near downtown. For several years the village was the northernmost point of steamboat navigation on the Mississippi for passengers coming up from the Twin Cities.

The first county seat was in Sauk Rapids. It was moved to Watab Township in 1856 and then back to Sauk Rapids in 1859. In 1901, an election was held that moved the seat to Foley, where it remains

today, along with the courthouse built in 1902 and 1903.

Historical attractions in the county include Peace Rock, a large granite outcropping along the Mississippi River in Watab Township. It was named Peace Rock in 1832 by Henry Schoolcraft when he charted the Mississippi, because it marked the 1825 boundary between the Chippewa territory to the north and the Sioux lands to the south.

The Church of Saints Peter and Paul in Gilman is a highly visible architectural landmark of Polish influence in the community. It has been nominated to the National Register of Historic Places.

The Benton County Museum, located at 218 First Street North in Sauk Rapids, depicts the story of the development of Benton County through the use of artifacts, pictures and printed materials.

Festivals and celebrations in and around Benton County include the Benton County Fair, Granite City Days (St. Cloud), Mississippi Music Fest (St. Cloud), Rapids River Food Fest (Sauk Rapids), Sartell Summer Fest (Sartell), Rice Days, Foley Fun Days and Gilman Days.

Information obtained [online] at:  
[http://www.co.benton.mn.us/about\\_us/](http://www.co.benton.mn.us/about_us/)



Most populated area of Benton County includes the city of Sauk Rapids and small portions of the cities of St. Cloud and Sartell

City of Foley = county seat

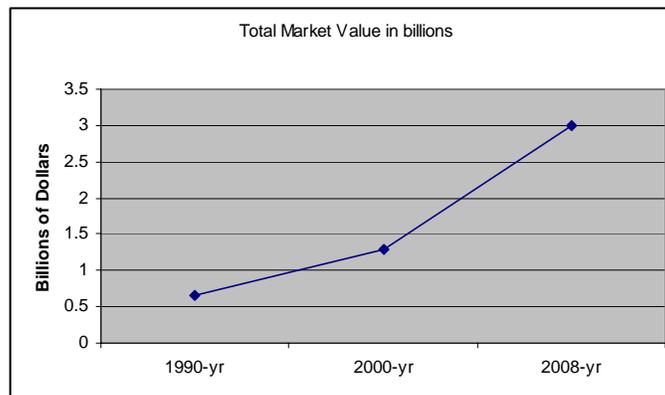
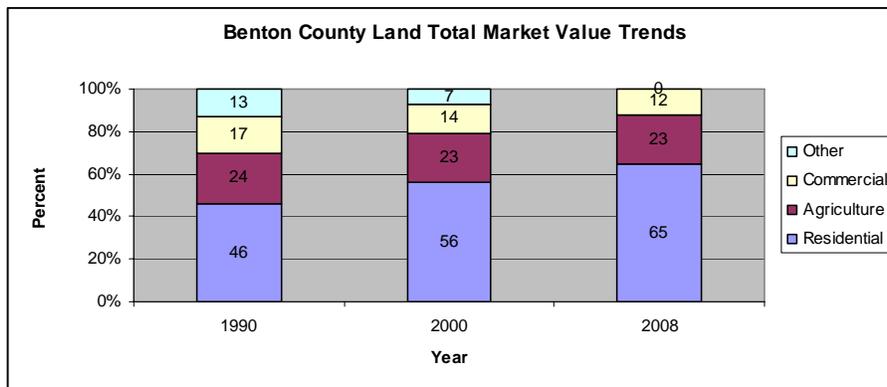
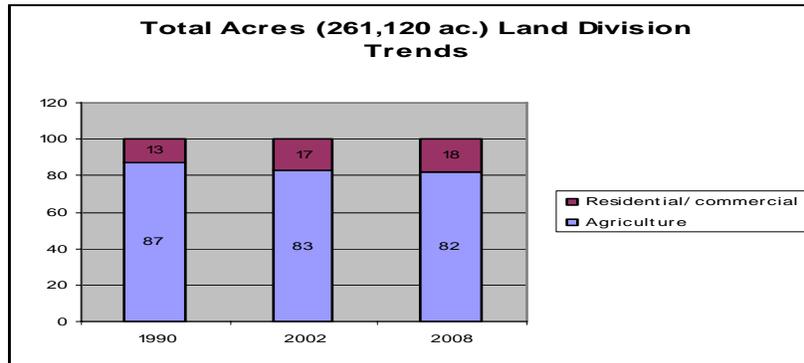
- 7 County Park locations

## Land & Market Value



**Geology:** There are four basic subdivisions to the geology of the central Minnesota area. Glacial till and outwash make up nearly 100% of the land surface. Under the glacial till are small fractions of granite, sandstone, and shale.

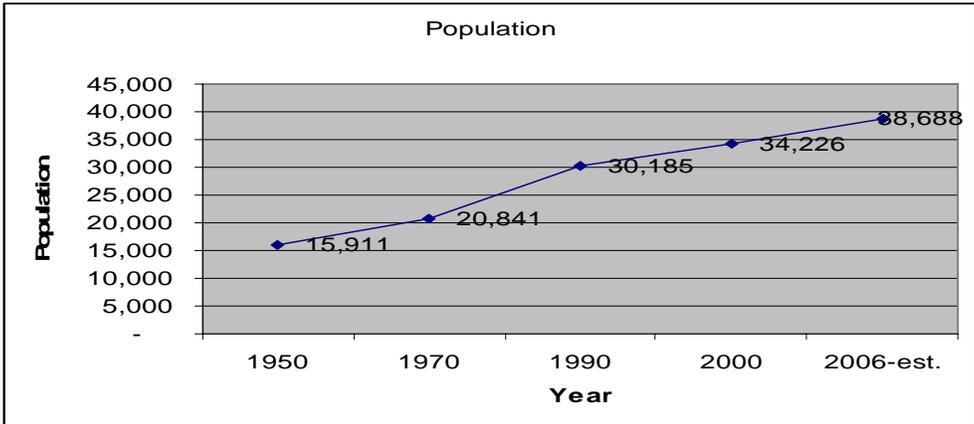
**Land usage:** The majority of land remains agricultural, but trends indicate an agricultural decline at the rate of about 1,000 acres per year as residential acres increase. Benton County is projected to be one of the faster growing residential counties in the state.



\*Total deeded acres and total market values provided by Benton County assessor Brian Koester

# Demographic Data

## Population Trends



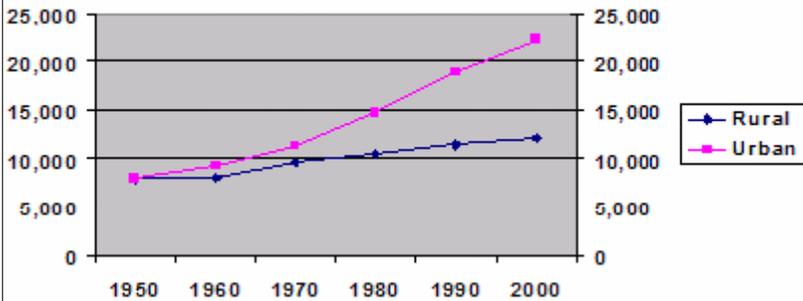
Benton County’s population continues to increase although the rate of growth has declined in the past 10-20 years. Trends from 2001-2005 population data demonstrate Benton County percent increase at 9% exceeds the State of MN (3%).

**Table 2 - Benton County Population Growth**  
**Year Population Raw Change Percent Growth**

1950	15,911	N/A	-1.20%
1960	17,287	1,376	8.60%
1970	20,841	3,554	20.60%
1980	25,187	4,346	20.90%
1990	30,185	4,998	19.80%
2000	34,226	4,041	13.45%
2007*	39,504	5,278	15.42%

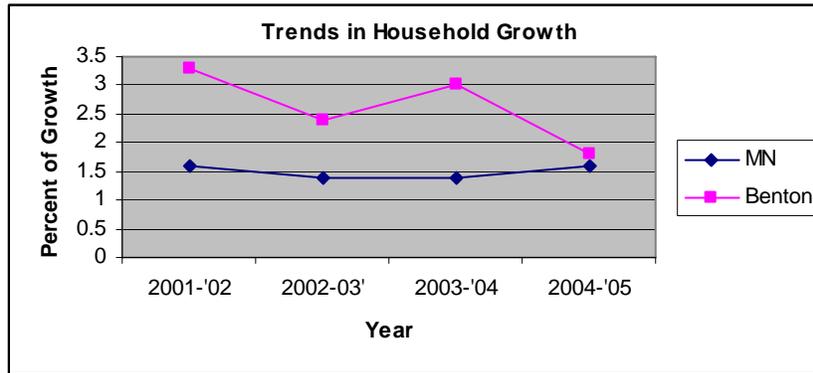
<http://www.co.benton.mn.us/news/documents/LWMP%20-%20Part%201.pdf>

**Figure 1. Benton Co. Population Change**



<http://www.co.benton.mn.us/news/documents/LWMP%20-%20Part%201.pdf>

## Household Trend Estimates

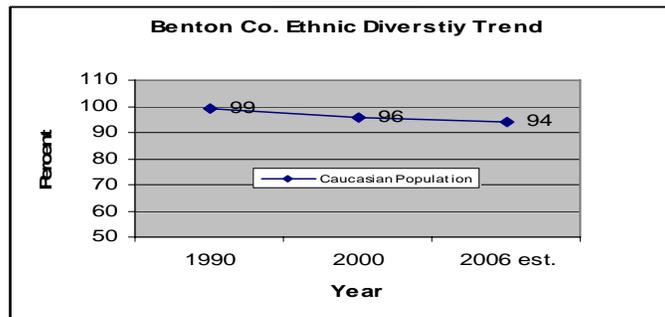


Household Estimates					
	2001	2002	2003	2004	2005
MN	1,923,495	1,953,636	1,980,014	2,007,587	2,039,706
Benton	13,528	13,977	14,311	14,744	15,009

<http://www.health.state.mn.us/divs/chs/Trends/index.html>

Though increased trends in Benton Co. households now reflect statewide static growth, it is believed that when the housing industry and economy regain strength, Benton County trends will rebound accordingly.

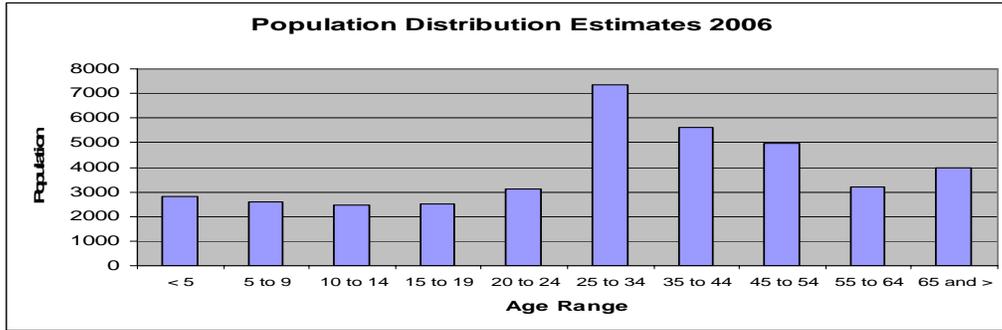
## Ethnicity



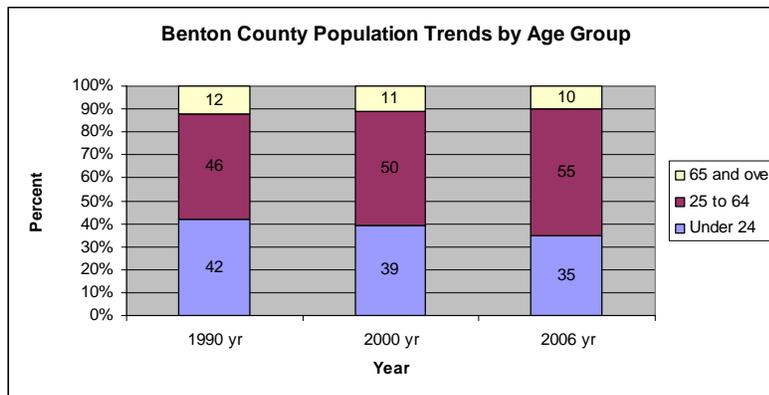
Population by Race/Ethnicity <sup>1</sup>	White	African American	American Indian	Asian	Latino
2002	34,825	468	192	456	380
2006	36,829	554	213	641	530

Benton ethnicity is predominantly Caucasian, although this has gradually decline 5% over the past 15 years. <http://www.health.state.mn.us/divs/chs/Trends/index.html>

## Age Distribution



Population trends indicate an increasing percent of work force aged population (25-64 year olds), a slight decrease in the youth population and a basically unchanged elderly population.



<http://www.health.state.mn.us/divs/chs/Trends/index.html>

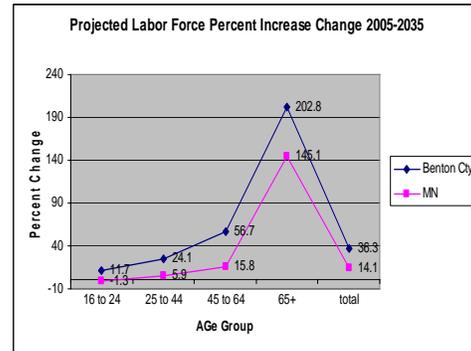
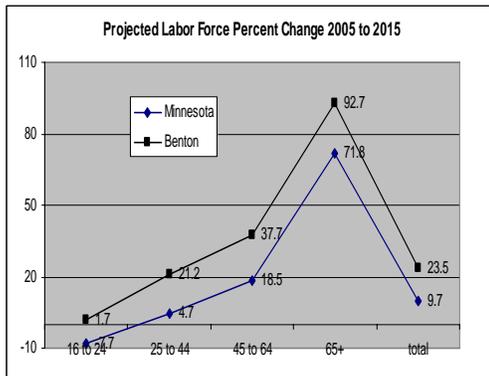
## Work Force

<u>Benton County</u>	2005	2010	2015	2020	2025	2030	2035	Percent Change		
<u>Age Group</u>	<u>Estimated</u>	<u>Projected Labor Force</u>							<u>2005 to 2015</u>	<u>2005 to 2035</u>
16 to 24	4,640	4,800	4,720	4,560	4,850	5,040	5,200	1.7	11.7	
25 to 44	11,910	13,270	14,440	15,190	15,170	15,070	15,110	21.2	24.1	
45 to 64	6,360	7,860	8,760	9,350	9,760	10,250	10,820	37.7	56.7	
65+	550	710	1,060	1,420	1,710	1,930	1,990	92.7	202.8	
<b>Total</b>	<b>23,460</b>	<b>26,630</b>	<b>28,980</b>	<b>30,520</b>	<b>31,480</b>	<b>32,280</b>	<b>33,130</b>	<b>23.5</b>	<b>36.3</b>	

Projected labor force by county, Minnesota, 2005 to 2035

Source: Minnesota Office of the State Demographer

Trends indicate a substantial projected percent increase in the working population in the over 65 years old age group (Baby Boomer generation). Over the next 30 years this group is projected to have a labor force increase of approximately 200%. Benton's labor force in the aging population (>65 years) is projected to increase at a greater percent than that of the state.



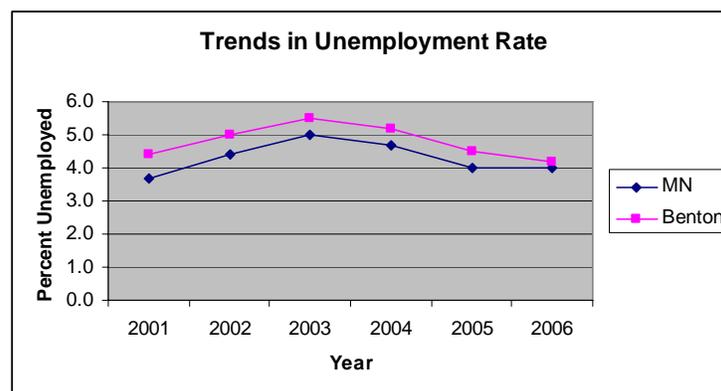
## Other Socio-economic Trends

### Benton County Demographics

Selected Indicators	2002	2003	2004	2005	2006
Total Population <sup>1</sup>	36,316	36,925	38,099	38,505	38,688
Household Estimates <sup>2</sup>	13,977	14,311	14,744	15,009	15,196
Elderly (age 65+) Dependency Ratio*	15.2	14.8	14.9	14.9	14.9
Child (under age 15) Dependency Ratio*	30.7	29.8	29.7	28.6	29.4
Total Dependency (under 15, 65+) Ratio*	45.9	44.7	44.6	43.4	44.3
Unemployed Annual Average <sup>3</sup> - Percent	5.0	5.5	5.2	4.5	4.4
Food Stamp Utilization - Average Monthly Households <sup>4</sup>	624	666	708	696	727

\*Ratio per 100 people age 15-64

<http://www.health.state.mn.us/divs/chs/countytables/profiles2007/index.html>



Both state and county unemployment rates remain stable.

<http://www.health.state.mn.us/divs/chs/countytables/profiles2007/index.html>

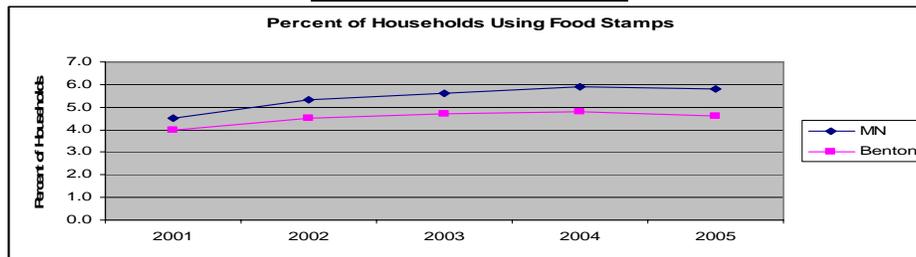
### Percent Below Poverty

Minnesota and Benton County demonstrate similar trends

<b>Benton Income and Poverty</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>
Per Capita Income <sup>5</sup>	\$26,484	\$26,623	\$26,971	\$28,371	\$28,612
Median Household Income <sup>1</sup>	\$42,750	\$43,777	\$45,354	\$46,035	\$45,588
Poverty All Ages <sup>1</sup> - Percent	7.2	7.1	7.3	7.3	8.7
Poverty Ages 0-17 <sup>1</sup> - Percent	8.1	8.0	8.7	8.9	9.5
<b>MN – State Income and Poverty</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>
Per Capita Income <sup>5</sup>	\$32,616	\$33,237	\$34,256	\$36,184	\$37,290
Median Household Income <sup>1</sup>	\$49,619	\$50,157	\$50,750	\$51,202	\$52,048
Poverty All Ages <sup>1</sup> - Percent	7.2	7.5	8.0	8.1	9.2
Poverty Ages 0-17 <sup>1</sup> - Percent	8.7	8.8	10.2	10.6	11.6

<http://www.health.state.mn.us/divs/chs/Trends/index.html>

### Food Stamp Utilization



Benton Co. trends slightly under the state percent of households using food stamps in relation to the total population. <http://www.health.state.mn.us/divs/chs/Trends/index.html>

### Youth Profile

#### Minnesota Trends

<b>Education (PreKindergarten to 12th Grade)<sup>6</sup></b>	<b>School Year</b>			
	<b>2003-04</b>	<b>2004-05</b>	<b>2005-06</b>	<b>2006-07</b>
Total Enrollment	842,915	838,503	838,997	840,565
Students Eligible for Free or Reduced Meals - Percent	28.3	29.5	30.3	30.9
Students with Limited English Proficiency - Percent	6.3	6.8	6.9	7.3
Students Receiving Special Education - Percent	13.5	13.7	13.8	14.0
Dropout Rate per 100 7-12 graders	2.3	2.2	2.2	na

#### Benton County Trends

<b>Education (PreKindergarten to 12th Grade)<sup>6</sup></b>	<b>School Year</b>			
	<b>2003-04</b>	<b>2004-05</b>	<b>2005-06</b>	<b>2006-07</b>
Total Enrollment	5,282	5,331	5,448	5,657
Students Eligible for Free or Reduced Meals - Percent	22.8	24.6	25.9	27.0
Students with Limited English Proficiency - Percent	0.2	0.4	0.5	0.4
Students Receiving Special Education - Percent	14.0	14.0	14.8	15.7
Dropout Rate per 100 7-12 graders	0.2	0.3	0.3	na

<http://www.health.state.mn.us/divs/chs/Trends/index.htm>

# Community Systems

## Health Care System

### EMS

There are 2 ambulance agencies that service Benton County residents: Gold Cross and North Memorial Ambulance Services. North Memorial Ambulance is located in Princeton (Mille Lacs County) and Gold Cross is located in St. Cloud (Stearns County). Gold Cross does house an ambulance and crew at the Sauk Rapids Fire Station. Scene response times vary from 5-20 min. depending on the location within Benton County. Life Link III Air Ambulance, stationed at the St. Cloud Hospital (Stearns County) also services the area.

First responders in the area include Benton County Sheriff, local police and volunteer first responders within the cities of Foley, Rice, Sartell and Sauk Rapids fire departments.

### Hospitals

There are no hospitals located within Benton County

#### **Neighboring counties:**

**St. Cloud Hospital-** located in St. Cloud (Stearns County) is the largest health care facility in the region, serving a population of 560,000 people in a 12 county area of Central MN. The medical staff includes more than 300 physicians and 3,000 employees.

**VA Medical Center-** St. Cloud (Stearns County)

**Fairview Northland Hospital-** Princeton (Sherburne County)

**St. Gabriel's Hospital-** Little Falls (Morrison County)

### Clinics

**Benton County:** one medical clinic, Foley Medical Center (1 MD & 1 CNP)

**St. Cloud Area:** numerous clinics of varying specialties including:

- Abbott Northwestern Specialty Care Center
- Catholic Charities: Caritas Family Services
- CentraCare Health System Clinics -10 locations
- Central MN Mental Health Center
- HealthPartners Central Minnesota Clinics
- Lutheran Social Service Counseling and Therapy
- Mid-Minnesota Family Medicine Center
- St. Cloud Medical Group
- Williams/Integracare Clinic

## Nursing Homes

2006 Nursing Home Occupancy Data for: BENTON County

HFID	Facility	*Bed Capacity	Patient Days	*Occupancy Rate	Total Discharges	Discharge Days	**Average Length of Stay (Days)
00627	COUNTRY MANOR HC & REHAB CTR	165	57,690	95.8	310	63,912	206.2
00629	HERITAGE of FOLEY NURSING CENTER	100	28,706	78.6	119	26,722	224.6
00023	GOOD SHEPHERD LUTHERAN HOME	162	57,632	97.5	201	52,930	263.3
<b>Total</b>	<b>BENTON County</b>	<b>427</b>	<b>144,028</b>	<b>92.4</b>	<b>630</b>	<b>143,564</b>	<b>227.9</b>
<b>Total</b>	<b>State of Minnesota</b>	<b>35,207</b>	<b>11,751,012</b>	<b>91.4</b>	<b>56,320</b>	<b>11,678,865</b>	<b>207.4</b>

**Home Health Care and Assisted Living Facilities**

9 Home Care Providers in Benton County

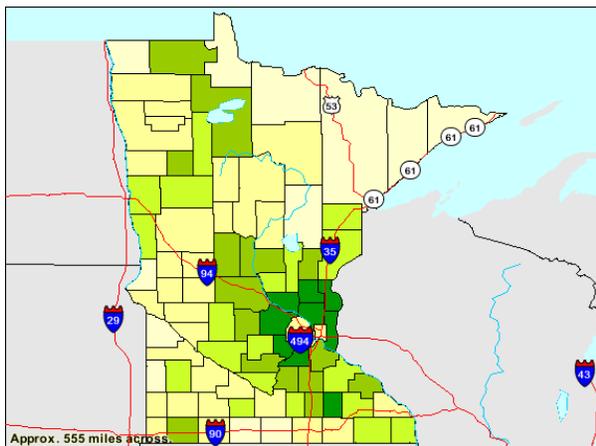
ID	Provider Information
25059	<b>Name:</b> ACCESS INFUSION HEALTHCARE LLC <b>Address:</b> 16 12TH STREET SOUTH SAUK RAPIDS MN 56379
20352	<b>Name:</b> ALTERRA STERLING HOUSE OF SAU <b>Address:</b> 1325 SUMMIT AVENUE NORTH SAUK RAPIDS MN 56379
20206	<b>Name:</b> COUNTRY MANOR ASSISTED LIVING <b>Address:</b> 520 FIRST STREET NE SARTELL MN 56377
02226	<b>Name:</b> COUNTRY MANOR EXTENDED SERV <b>Address:</b> 520 FIRST STREET NE SARTELL MN 56377
24855	<b>Name:</b> GOOD SHEPHERD ASSISTED LIVING <b>Address:</b> 1115 4TH AVENUE NORTH SAUK RAPIDS MN 56379
02397	<b>Name:</b> GOOD SHEPHERD HOME HEALTH CARE <b>Address:</b> 1115 FOURTH AVENUE NORTH SAUK RAPIDS MN 56379
23077	<b>Name:</b> HEARTLAND HOME HLTH C& HOSPICE <b>Address:</b> 605 FRANKLIN AVENUE NORTHEAST ST CLOUD MN 56304
02339	<b>Name:</b> HERITAGE HOME HEALTH & HOSPICE <b>Address:</b> 152 NORMAN AVENUE SOUTH FOLEY MN 56329
03190	<b>Name:</b> PRAIRIE RIVER HOME CARE INC <b>Address:</b> 18 RIVERSIDE AVE S STE 220 SARTELL MN 56377

## Family System

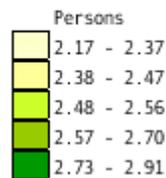
Housing - Census 1990 and 2000

<b>HOUSEHOLDS BY TYPE</b>	1990	2000
<b>Total households</b>	<b>10,935</b>	<b>13,065</b>
Family households (families)	7,562	8,518
Married-couple family	6,305	6,801
Female householder, no husband present	897	1,156
Nonfamily households	3,373	4,547
Householder 65 years and over	1,127	1,157
Households with individuals under 18 years		4829 (37%)
Households with individuals 65 years and over		2422 (18.5%)
Average household size	2.56	2.52
Average family size	3.14	3.09

## Census 2000 Data



### Data Classes



Legend

**Average Household Size: 2000**

Universe: **Households**

Data Set: **Census 2000 Summary File 1 (SF 1)**

**100-Percent Data**

**Minnesota by County**

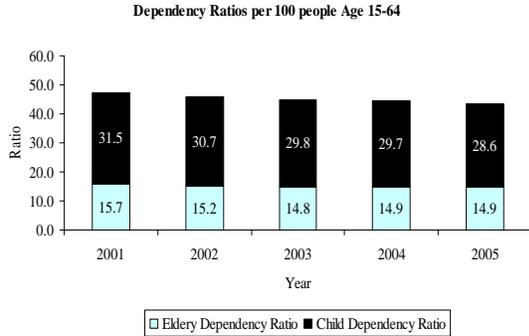
<http://www.census.gov/census2000/states/mn.html>

<b>MARITAL STATUS</b>	Number	Percent
<b>Population 15 years and over</b>	<b>26,635</b>	<b>100.0</b>
Never married	8,065	30.3
Now married, except separated	14,568	54.7
Separated	270	1.0
Widowed	1,612	6.1
Female	1,374	5.2
Divorced	2,120	8.0
Female	1,127	4.2

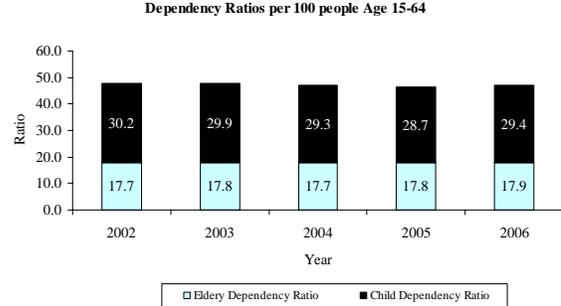
<b>GRANDPARENTS AS CAREGIVERS- Census 2000</b>	Number	Percent
<b>Grandparent living in household with one or more own grandchildren under 18 years</b>	<b>233</b>	<b>100</b>
Grandparents living in household with grandchildren where the Grandparent is responsible for grandchildren	47	20.2
<b>WORKING PARENTS AS CAREGIVERS</b>		
<b>Parents - Own children under 6 years</b>	<b>2,874</b>	<b>100</b>
All parents in family in labor force	2,198	76.5

## Household Dependency Ratio

**Total Dependency Ratio – demonstrates a decreasing trend  
(Number of people under 15 years old and over 64 per 100 people 15-64)**



Benton Co.



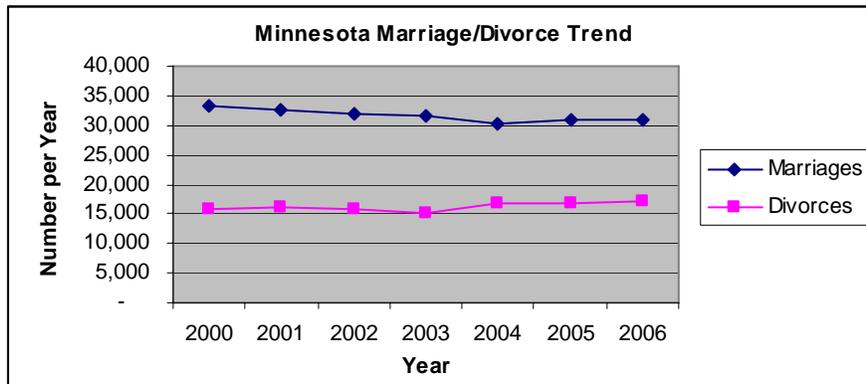
Minnesota State

Source: Minnesota Department of Health Center for Health Statistics

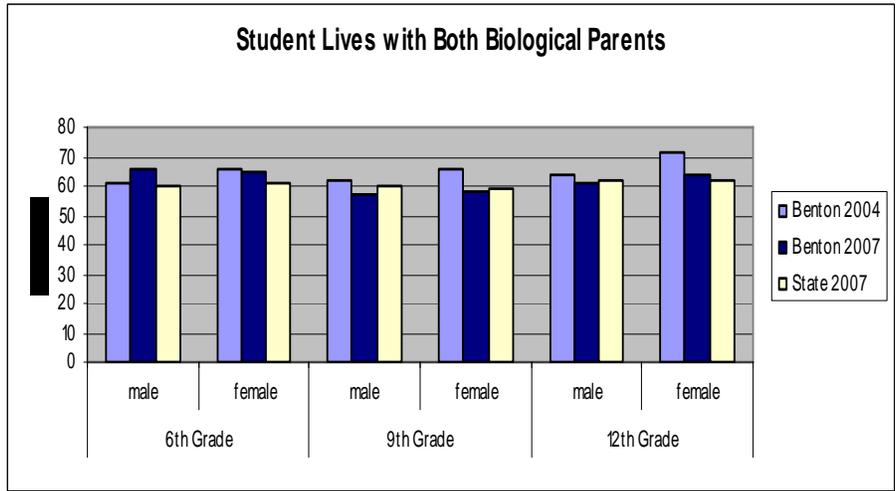
Elderly Dependency Ratio: The number of people 65 and over for every 100 people between the ages of 15-64

Child Dependency Ratio: The number of people under 15 for every 100 people between the ages of 15-64

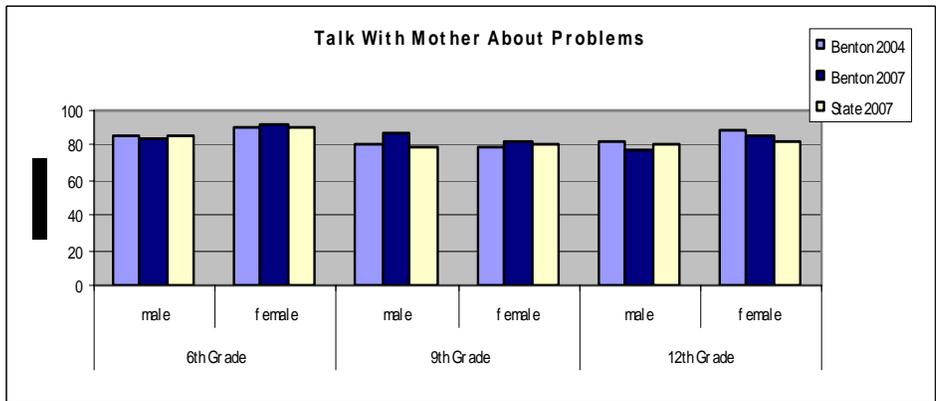
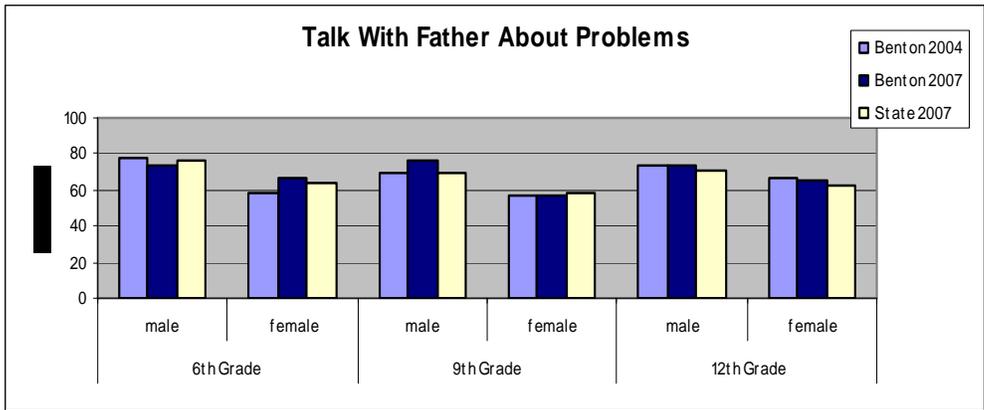
<http://www.health.state.mn.us/divs/chs/Trends/index.html>



<http://www.health.state.mn.us/divs/chs/annsum2.htm>



**Minnesota Student Survey Trends Teen Communication with Parents:**  
 Appr. 80% of teens report ability to communicate with their mother – 60-70% their father



## Educational Systems

<b>Benton County Located</b>		
<b>School District</b>	<b>Phone</b>	<b>Web Site</b>
Foley School District 51	(320) 968-7175	<a href="http://www.foley.k12.mn.us">http://www.foley.k12.mn.us</a>
St. Cloud Area School District 742	(320) 253-9333	<a href="http://www.isd742.org">http://www.isd742.org</a>
Sauk Rapids/Rice School District 47	(320) 253-4703	<a href="http://www.isd47.org">http://www.isd47.org</a>
Sartell School District 748	(320) 253-2440	<a href="http://www.sartell.k12.mn.us">http://www.sartell.k12.mn.us</a>
<b>St. Cloud and Greater Area</b>		
<b>Post-Secondary Information</b>	<b>Phone</b>	<b>Web Site</b>
St. Cloud State University	(320) 255-0121	<a href="http://www.stcloudstate.edu">www.stcloudstate.edu</a>
St. Cloud Technical College	(800) 222-1009	<a href="http://www.sctcweb.tec.mn.us">www.sctcweb.tec.mn.us</a>
St. John's University	(320) 363-2011	<a href="http://www.csbsju.edu">www.csbsju.edu</a>
College of St. Benedict	(320) 363-5011	<a href="http://www.csbsju.edu">www.csbsju.edu</a>
Rasmussen College	(320) 251-5600	<a href="http://www.rasmussen.edu">www.rasmussen.edu</a>
Regency Beauty Academy	(320) 251-0500	N/A
Model College of Hair Design	(320) 253-4222	N/A

### Foley and Sauk Rapids School Districts Two main district located in Benton County

<b>Benton County Public School District Enrollment Trends</b>						
Grade	Sauk Rapids School Dist.			Foley School Dist.		
	2007-08	2000-01	1990-91	2007-08	2000-01	1990-91
PK	52	30	11	24	18	15
KG	282	238	265	107	102	135
1	290	240	254	147	120	146
2	284	212	242	139	105	157
3	261	231	220	131	125	151
4	293	240	254	107	121	158
5	266	236	238	113	130	160
6	248	266	207	126	144	141
7	295	327	224	127	142	163
8	297	288	214	137	148	138
9	298	316	179	127	162	134
10	282	312	180	138	138	114
11	324	274	172	125	150	122
12	293	256	162	127	144	127
<b>Total</b>	<b>3765</b>	<b>3466</b>	<b>2822</b>	<b>1675</b>	<b>1749</b>	<b>1861</b>

Foley School Dist. demonstrates declining enrollment while Sauk Rapids School Dist. increases.

### **Community Education**

Community Education classes are offered to Benton County residents through Foley and Sauk Rapids-Rice School Districts as well as St. Cloud Community Education courses. Community Education Services provides opportunities for people of all ages to participate in special interest classes, attend activities, or use the school buildings and facilities. Flyers and brochures are sent to households to inform residents about upcoming classes and/or events.

The activities and classes offered are:

- Preschool classes
- Early childhood/Family Ed
- Adult classes
- Youth classes
- Indoor Recreation
- Trips and special events
- Summer theatre
- Family Fun Festival
- Summer Athletic camps
- Senior Citizens classes
- Summer Recreation
- General Interest classes
- Health, Wellness and Fitness

### **Religious Systems**

Central Minnesota is noted to be mainly Christian in religious affiliation, predominantly Roman Catholic, based on its ancestry (German/Polish). However, there are a variety of church denominations or affiliations located throughout the county. Several worship centers are located within the St. Cloud Metropolitan Statistical Area as well as throughout Benton County.

Benton County Human Services (including public health) partners with a number of religious based organizations in the St. Cloud area to deliver services. Two main partner organizations are: Catholic Charities and Lutheran Social Services. Other organizations such as the CROSS Center, Youth for Christ, Faith in Action and the Block Nurse Program are some examples of faith-based organizations working in Benton County to provide services.

### **Community Resources**

Numerous Non-religious Community and Volunteer Organizations including:

- Lions Club
- 4-H
- Kiwanis
- American Legion
- Veterans of Foreign Wars
- Women of Today
- C.A.R.E
- United Way 2-1-1: referral to several types of service agencies and support group listings <http://www.211.org/ReferWeb/MainForm.aspx>

### **Benton County Human Services Programs**

The mission of Benton County Human Services is to preserve and maintain the health, safety, dignity and well being of the residents of Benton County while promoting the right to "self determination" and "self sufficiency".

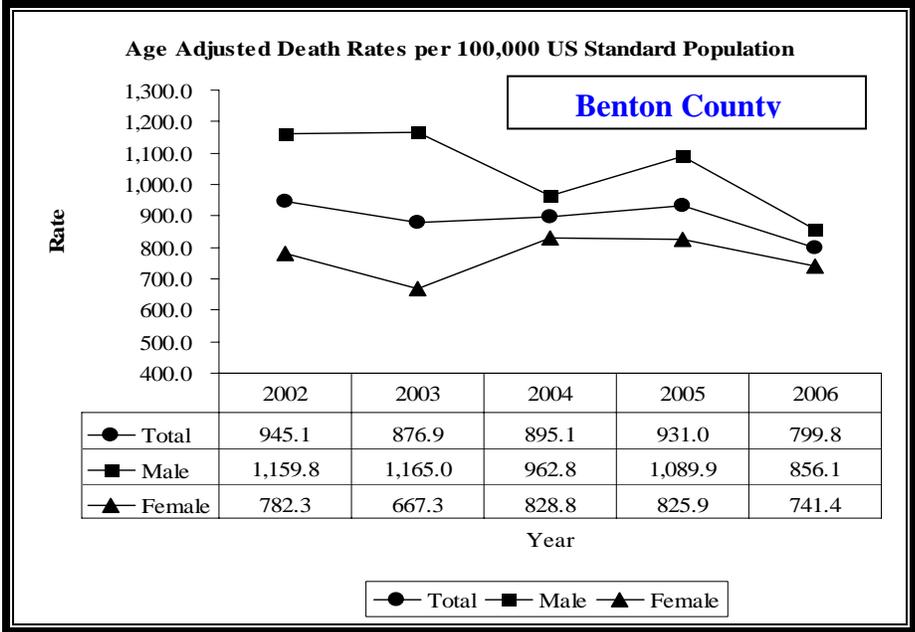
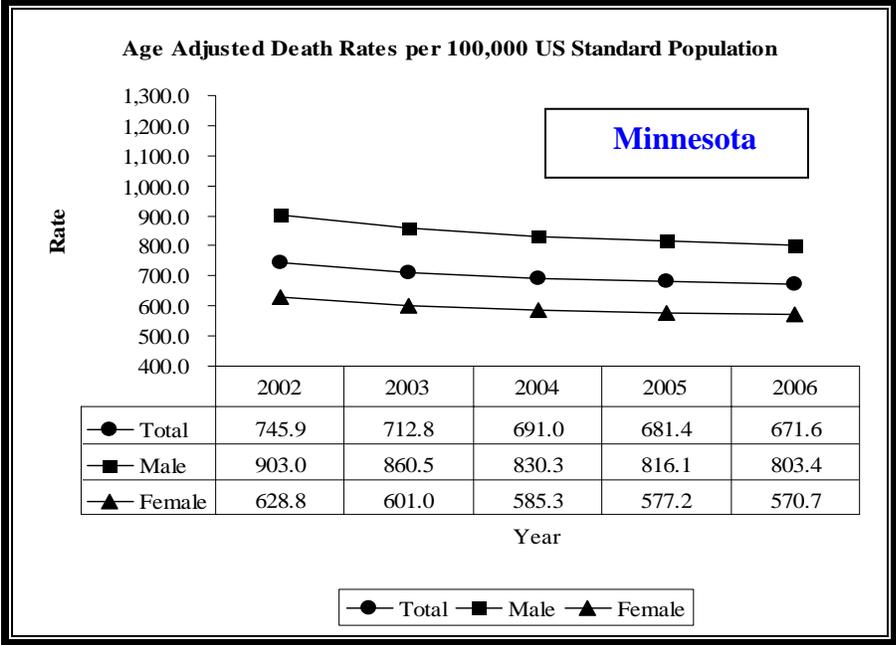
- **Adult Services Department:** Benton County's Adult Services Units and staff provide services to individuals who may have issues related to aging/long term care and community based services, physical and/or developmental disabilities, mental health, chemical dependency or adult protection. Services may include, but are not limited to, information and referral, long term care consultation and/or other screenings and assessments related to services, eligibility determinations, services access and funding, case management/care coordination, and adult protective services.
- **Family & Child Services:** Benton County embraces Federal and State initiatives to provide safety, permanency and well-being to children. The Agency designs and delivers services which will strengthen and assist families. Family preservation services are provided to allow children to safely remain in their home and community. When this is not possible, and as a last resort, out of home placement of children may be necessary. When this occurs, reunification is the primary goal. Social workers assist families in identifying their strength's and needs. They assist in locating resources as close to home as possible. The Department may purchase services or directly provide services when a need is determined. A fee based income may be set.
- **Child Support:** The Federal Government mandates that states provide child support services to ensure that all children receive the financial support they deserve from both parents. In Minnesota these services are administered by local county governments. In Benton County child support services are available through Benton County Human Services. The Child Support Unit in Benton County collects and distributes more than \$4 million annually.
- **Daycare/Foster Care Information**
- **Financial Services** –The Financial Assistance Unit determines initial and ongoing eligibility for the Health Care, Cash, Food Support and Emergency Assistance Programs.
- **Public Health**

### **Community Strengths**

- Continued growth in market value and population
- Strong, increasing working population
- Collaboration between public service agencies and local community organizations

# Healthy Communities Data

## Mortality Data



Source: Minnesota Department of Health, Center for Health Statistics

MN = steady decline; Benton County = > Minnesota's rates.

## **DEATH RATE TRENDS**

<b>Benton - Leading Causes of Death</b>	<b>By Age Group, 2006</b>							
<b>Cause</b>	<b>0-4</b>	<b>5-14</b>	<b>15-24</b>	<b>25-44</b>	<b>45-64</b>	<b>65-74</b>	<b>75+</b>	<b>All Ages</b>
Cancer	0	0	0	1	17	16	43	77
Heart Disease	0	0	0	1	5	9	54	69
Other	0	0	1	2	5	5	42	55
Stroke	0	0	0	0	0	3	26	29
Chronic Lower Respiratory Disease	0	0	0	0	0	6	10	16
Alzheimer's Disease	0	0	0	0	0	2	9	11
Unintentional Injury	0	0	1	3	1	0	4	9
Pneumonia and Influenza	0	0	0	0	0	1	6	7
Diabetes	0	0	0	0	0	1	5	6
Perinatal Conditions	3	0	0	0	0	0	0	3
Septicemia	0	0	0	0	0	1	2	3
Cirrhosis	0	0	0	0	1	0	1	2
Hypertension	0	0	0	0	0	0	2	2
Nephritis	0	0	0	1	0	0	1	2
Suicide	0	0	1	0	1	0	0	2
Congenital Anomalies	1	0	0	0	0	0	0	1
AIDS/HIV	0	0	0	0	0	0	0	0
Atherosclerosis	0	0	0	0	0	0	0	0
Homicide	0	0	0	0	0	0	0	0
SIDS	0	0	0	0	0	0	0	0
<b>Total</b>	<b>4</b>	<b>0</b>	<b>3</b>	<b>8</b>	<b>30</b>	<b>44</b>	<b>205</b>	<b>294</b>
<b>Minnesota - Leading Causes of Death</b>	<b>By Age Group, 2006</b>							
<b>Cause</b>	<b>0-4</b>	<b>5-14</b>	<b>15-24</b>	<b>25-44</b>	<b>45-64</b>	<b>65-74</b>	<b>75+</b>	<b>All Ages</b>
Cancer	13	13	19	272	2,236	2,131	4,381	9,065
Other	48	20	44	269	1,043	868	6,182	8,474
Heart Disease	7	4	16	176	1,016	867	5,420	7,506
Stroke	4	0	7	32	201	230	1,741	2,215
Unintentional Injury	37	34	219	368	415	119	722	1,914
Chronic Lower Respiratory Disease	0	1	2	7	165	356	1,239	1,770
Alzheimer's Disease	0	0	0	0	13	51	1,234	1,298
Diabetes	0	2	2	35	206	230	678	1,153
Nephritis	2	0	1	5	60	71	555	694
Pneumonia and Influenza	5	0	1	6	38	44	535	629
Suicide	0	5	83	208	183	32	39	550
Hypertension	0	0	1	6	40	72	345	464
Cirrhosis	0	0	1	37	159	62	64	323
Septicemia	2	0	1	13	51	36	159	262
Congenital Anomalies	114	7	11	12	33	3	9	189
Perinatal Conditions	163	0	1	0	1	0	0	165
Homicide	10	2	44	45	22	1	3	127
Atherosclerosis	0	0	0	0	10	8	55	73
AIDS/HIV	0	0	1	24	25	3	0	53
SIDS	39	0	0	0	0	0	0	39
<b>Total</b>	<b>444</b>	<b>88</b>	<b>454</b>	<b>1,515</b>	<b>5,917</b>	<b>5,184</b>	<b>23,361</b>	<b>36,963</b>

## **Years of Potential Life Lost (YPLL)**

YPLL is a measure of premature mortality that takes into account the person's age at death. The number of deaths in each category is weighed according to the age group. Deaths in the lower age group are weighed more than those in the higher age group. A larger YPLL can be attributed to one of the following scenarios; a greater number of deaths, younger ages at death, or a combination of both.

Mortality Table 1: Minnesota YPLL to Age 65, 2006

**State of Minnesota -YPLL to Age 65, 2006**

**Benton County-YPLL to Age 65, 2006**

Years of Potential Life Lost			Years of Potential Life Lost		
	Cause	YPLL 65		Cause	YPLL 65
1	Unintentional Injury	29,532.5	1	Perinatal Conditions	187.5
2	Cancer	28,572.5	2	Cancer	170.0
3	Other	23,010.0	3	Other	140.0
4	Heart Disease	15,287.5	4	Unintentional Injury	135.0
5	Suicide	12,225.0	5	Heart Disease	70.0
6	Perinatal Conditions	10,247.5	6	Congenital Anomalies	62.5
7	Congenital Anomalies	8,680.0	7	Suicide	60.0
8	Homicide	4,360.0	8	Nephritis	25.0
9	Stroke	3,120.0	9	Cirrhosis	5.0
10	Diabetes	2,955.0	10	AIDS/HIV	0.0

**State of Minnesota - YPLL to Age 75, 2006**

**Benton County - YPLL to Age 75, 2006**

Years of Potential Life Lost			Years of Potential Life Lost		
	Cause	YPLL 75		Cause	YPLL 75
1	Cancer	67,099.5	1	Cancer	447.0
2	Other	42,736.0	2	Other	251.5
3	Unintentional Injury	41,453.5	3	Perinatal Conditions	219.0
4	Heart Disease	32,855.5	4	Unintentional Injury	187.5
5	Suicide	17,430.5	5	Heart Disease	182.5
6	Perinatal Conditions	11,980.0	6	Suicide	81.0
7	Congenital Anomalies	10,555.0	7	Congenital Anomalies	73.0
8	Stroke	6,947.0	8	Nephritis	35.5
9	Diabetes	6,792.5	9	Chronic Lower Respiratory Disease	33.0
10	Homicide	5,657.0	10	Stroke	16.5

Benton County differs from the State of Minnesota regarding leading causes of YPLL with regard to perinatal conditions and unintentional injuries. <http://www.health.state.mn.us/stats.html>

**How Benton Compares with Like Counties in Regard to Years of Potential Life Lost**

Douglas County - YPLL to Age 65 and 75, 2006				McLeod County - YPLL to Age 65 and 75, 2006			
Years of Potential Life Lost				Years of Potential Life Lost			
	Cause	YPLL 65	YPLL 75		Cause	YPLL 65	YPLL 75
1	Unintentional Injury	255.0	334.0	1	Unintentional Injury	290.0	453.5
2	Cancer	195.0	478.0	2	Other	227.5	339.0
3	Other	140.0	262.5	3	Cancer	195.0	481.5
4	Heart Disease	135.0	258.0	4	Heart Disease	60.0	188.0
5	Congenital Anomalies	62.5	73.0	5	Congenital Anomalies	55.0	65.5
6	SIDS	62.5	73.0	6	Stroke	50.0	92.0
7	Suicide	25.0	35.5	7	Diabetes	45.0	82.0
8	Cirrhosis	15.0	25.5	8	AIDS/HIV	15.0	25.5
9	Diabetes	15.0	25.5	9	Chronic Lower Respiratory Disease	10.0	47.5
10	Chronic Lower Respiratory Disease	5.0	43.0	10	Suicide	5.0	15.5
Morrison County - YPLL to Age 65 and 75, 2006				Benton County - YPLL to Age 65 and 75, 2006			
Years of Potential Life Lost				Years of Potential Life Lost			
	Cause	YPLL 65	YPLL 75		Cause	YPLL 65	YPLL 75
1	Unintentional Injury	357.5	462.5	1	Perinatal Conditions	187.5	219.0
2	Suicide	235.0	308.5	2	Cancer	170.0	447.0
3	Other	145.0	240.5	3	Other	140.0	251.5
4	Heart Disease	135.0	272.5	4	Unintentional Injury	135.0	187.5
5	Cancer	130.0	350.5	5	Heart Disease	70.0	182.5
6	Septicemia	67.5	94.0	6	Congenital Anomalies	62.5	73.0
7	Stroke	45.0	55.5	7	Suicide	60.0	81.0
8	Cirrhosis	25.0	35.5	8	Nephritis	25.0	35.5
9	Diabetes	25.0	41.0	9	Cirrhosis	5.0	15.5
10	Congenital Anomalies	15.0	25.5	10	AIDS/HIV	0.0	0.0

Benton County demonstrates similar patterns to others except with regard to a lower YPLL of *unintentionally injury* and a higher YPLL of *perinatal conditions*.

# Chronic Disease/Morbidity

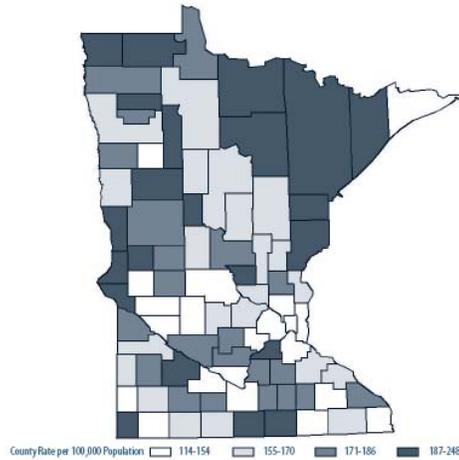
## Heart Disease and Mortality

Benton County ranks 86 out of 87 counties (2<sup>nd</sup> worst in the state) regarding heart disease mortality.

Minnesota Rate: 154 deaths per 100,000 population

Benton Co. rate: 243 deaths per 100,000 population

**Map 1. Heart disease mortality by county of residence – 2001-2005.**  
Minnesota rate: 154 deaths per 100,000 population



### Appendix A. Heart Disease in Minnesota Counties, 2001-2005

State	2005					2001-2005					
	Male	Female	Total Deaths	Crude	Age-Adjusted	Male	Female	Total Deaths	Crude	Age-Adjusted	Ranking
Minnesota	4,111	3,804	7,915	154	141	21,126	20,110	41,236	163	154	-
County	Male	Female	Total Deaths	Crude	Age-Adjusted	Male	Female	Total Deaths	Crude	Age-Adjusted	Ranking
AITKIN	23	13	36	223	122	123	103	226	286	165	34
ANOKA	135	119	254	78	119	790	613	1,403	89	142	12
BECKER	45	37	82	257	195	236	204	440	282	220	82
BELTRAMI	39	28	67	156	157	180	174	354	169	171	43
BENTON	39	60	99	257	273	197	218	415	225	243	86
BIG STONE	15	11	26	474	216	66	70	136	481	221	83
BLUE EARTH	40	49	89	153	136	218	259	477	166	151	17
BROWN	23	33	56	211	120	156	180	336	254	153	18
CARLTON	42	37	79	232	187	209	182	391	237	192	73
CARVER	37	32	69	81	121	170	152	322	82	123	2

<http://www.health.state.mn.us/cvh/documents/mnburdenreport07.pdf>

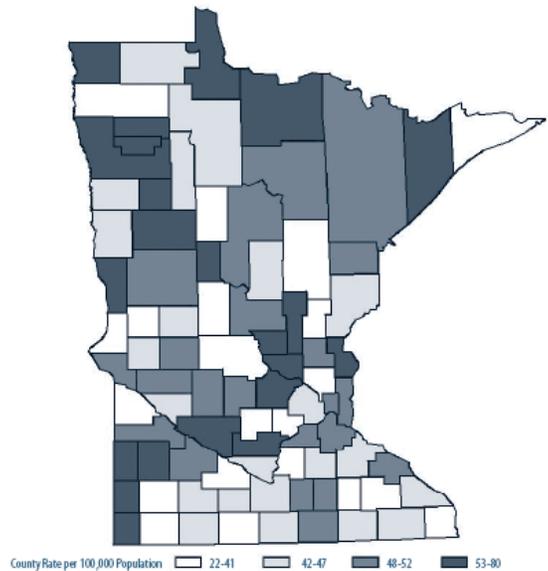
# Stroke and Mortality

## Appendix B. Stroke in Minnesota Counties, 2001-2005

State	2005					2001-2005					
	Male	Female	Total Deaths	Crude	Age-Adjusted	Male	Female	Total Deaths	Crude	Age-Adjusted	Ranking
Minnesota	900	1,472	2,372	46	42	4,979	7,886	12,865	50	48	-
County	Male	Female	Total Deaths	Crude	Age-Adjusted	Male	Female	Total Deaths	Crude	Age-Adjusted	Ranking
AITKIN	4	11	15	93	45	21	31	52	66	38	12
ANOKA	29	47	76	23	35	153	235	388	25	41	21
BECKER	8	11	19	60	45	41	78	119	76	58	76
BELTRAMI	8	8	16	37	37	40	46	86	41	41	22
BENTON	7	13	20	52	54	52	91	143	77	80	87
BIG STONE	4	7	11	201	98	10	26	36	127	53	62
BLUE EARTH	6	16	22	38	30	59	90	149	52	45	37
BROWN	5	15	20	75	45	29	59	88	66	40	15

Map 2. Stroke mortality by county of residence – 2001-2005.

Minnesota rate: 48 deaths per 100,000 population



Benton County ranks 87 out of 87 counties (worst in the state) regarding stroke mortality.

Minnesota Rate: 48 deaths per 100,000 population

Benton Co. rate: 80 deaths per 100,000 population

<http://www.health.state.mn.us/cvh/documents/mnburdenreport07.pdf>

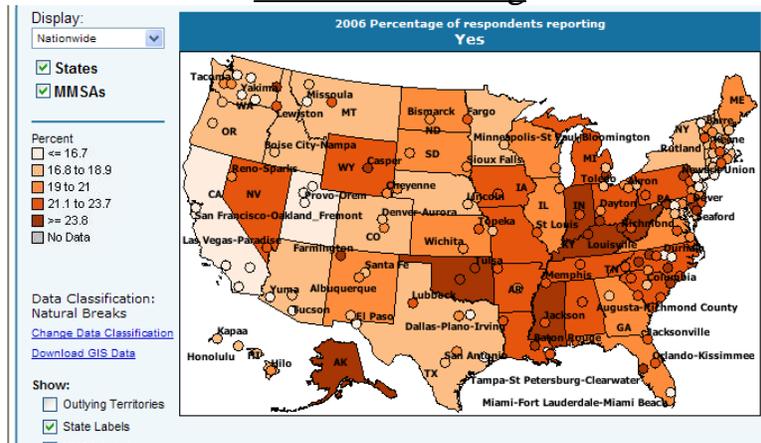
## Risk Factors for Heart Disease and Stroke

<u>Risk Factors</u>	<u>Factor Defined</u>	<u>U.S.</u>	<u>MN</u>
<b>Cigarette Smoking</b>	Adults who are current smokers	19.5%	18.3%
<b>Physical Activity</b>	Adults who during the past month did not participate in any physical activities?	24.1	14.2
<b>Less than 5 fruits/veggies daily</b>	Adults who have not consumed fruits and vegetables five or > per day	73.7	75.2
<b>High Blood Pressure</b>	Adults who have been told that they have high blood pressure	26.1	21.9
<b>High Blood Cholesterol</b>	Adults who have had their blood cholesterol checked and have been told it was high	35.7	32.6
<b>Diabetes</b>	Have been told by the doctor that you have diabetes	8.1	5.7
<b>Overweight or Obese</b>	Classified overweight/obese by BMI	58.4	60.9
<b>Obese</b>	Classified obese by BMI	23.9	24.0

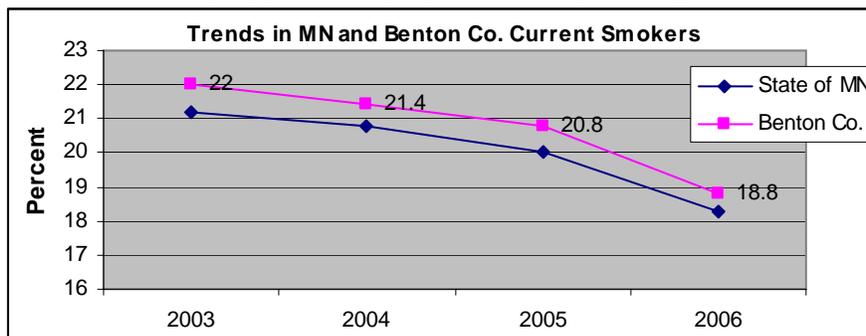
Source: Behavior Risk Factor Surveillance Survey 2005-06

\* Current cigarette smoking, physical inactivity, diabetes, overweight, and obesity data are from the 2006 BRFSS Survey. Fruits and Vegetable consumption, high blood pressure awareness, and high blood cholesterol awareness data are from the 2005 BRFSS Survey.

### Tobacco/Smoking



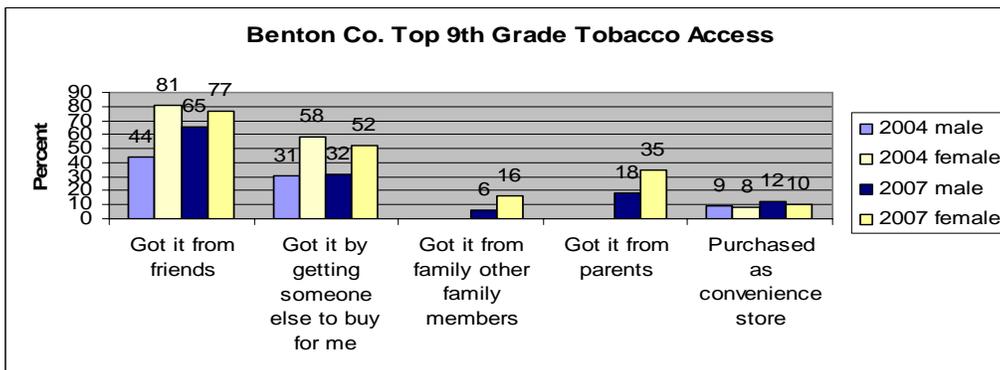
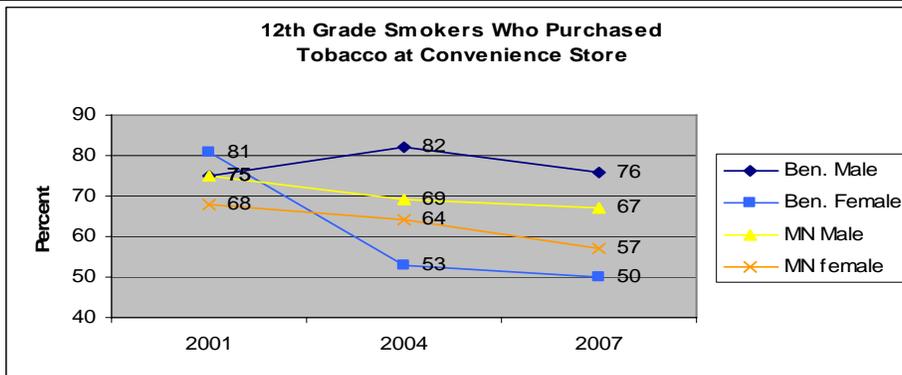
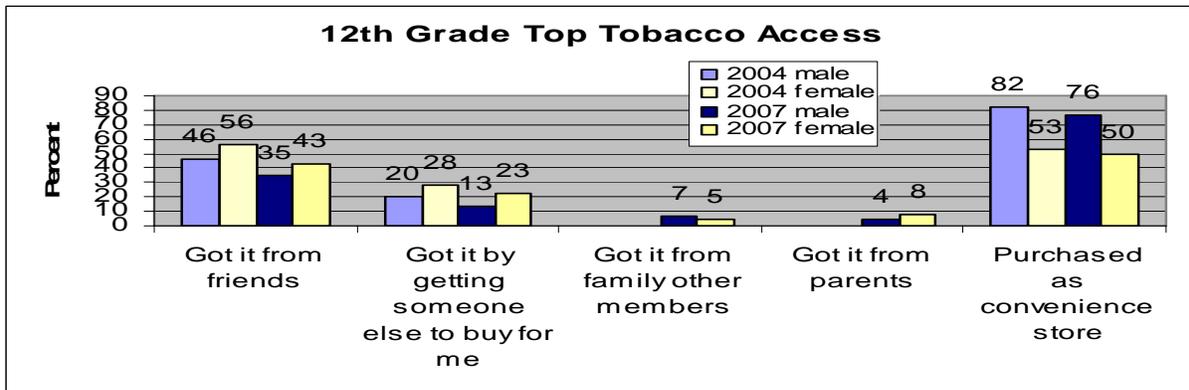
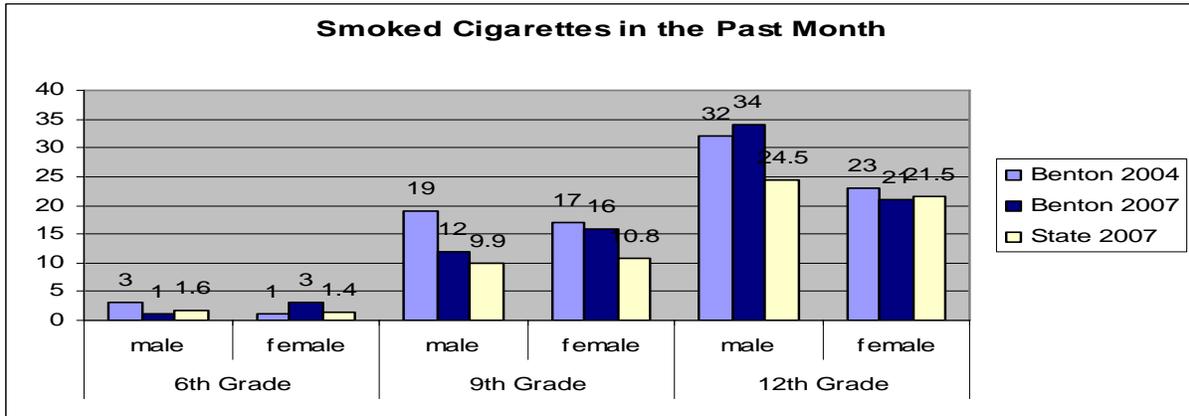
[http://apps.nccd.cdc.gov/gisbrfss/select\\_question.aspx](http://apps.nccd.cdc.gov/gisbrfss/select_question.aspx)



<http://www.health.state.mn.us/stats.html>

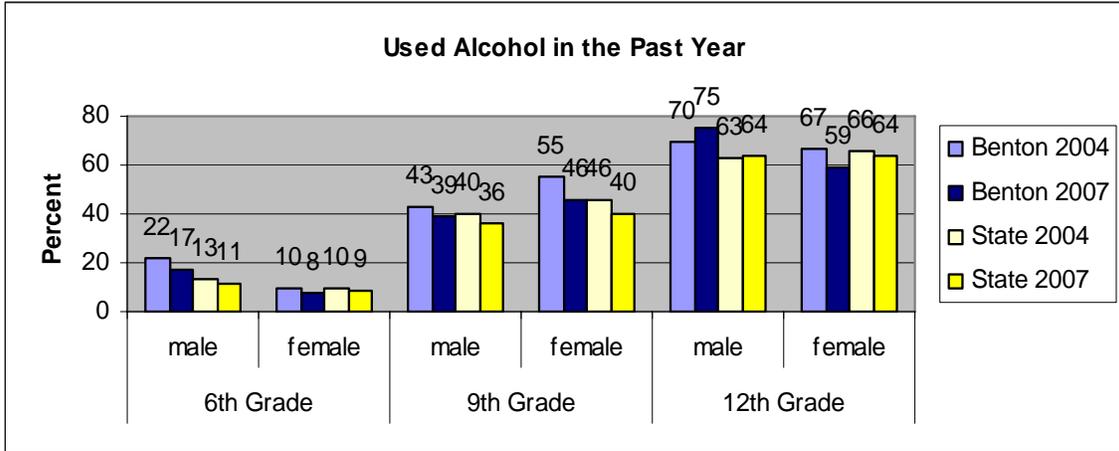
## Youth Smoking Behaviors

### Minnesota Student Survey Data 2004-07



## Youth Alcohol Behaviors

Minnesota Student Survey Data 2004-07



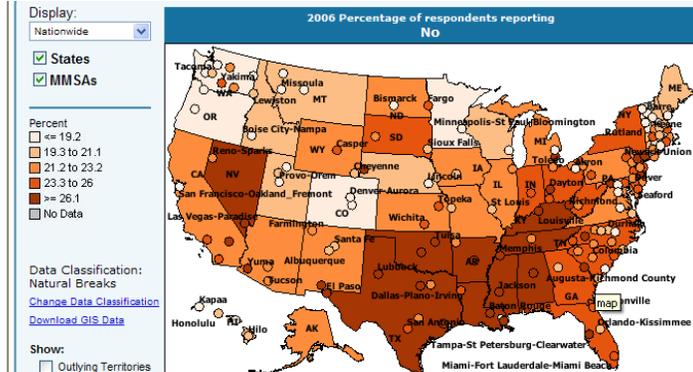
## Adult Alcohol Use

Chronic Drinking*	2003	2004	2005	2006
State of Minnesota	5.6	5.6	5.0	3.9
<b>Benton</b>	<b>5.7</b>	<b>5.8</b>	<b>5.0</b>	<b>3.8</b>
Acute Drinking				
State of Minnesota	20.0	19.9	18.8	17.6
<b>Benton</b>	<b>21.8</b>	<b>21.4</b>	<b>20.6</b>	<b>18.8</b>

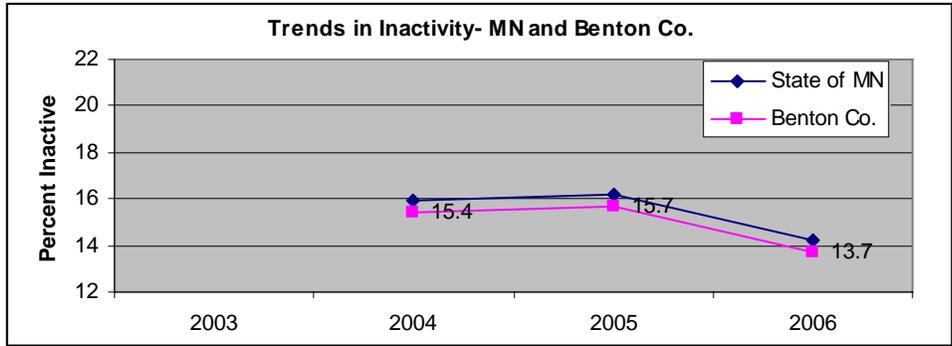
Morbidity and Utilization Table 7: Minnesota Behavioral Risk Factors of Adults

## Exercise- Activity Level

**National Data - 2006:** Survey participants who during the past month did not participate in any physical activities. Minnesota is in top category with physically activity.

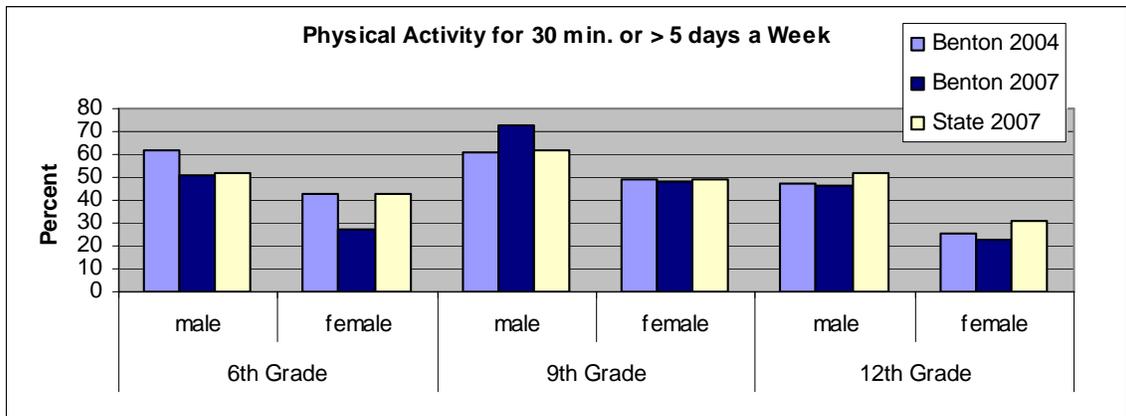


Benton Co. inactivity trends similar to Minnesota



<http://www.health.state.mn.us/stats.html>

### Minnesota Student Survey Data



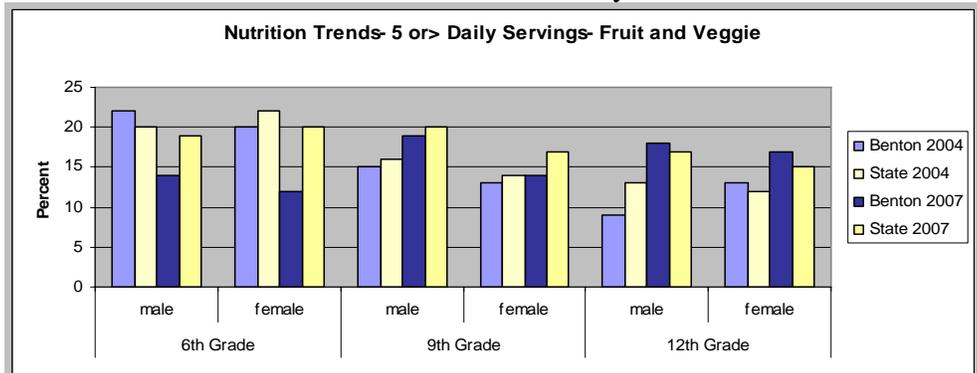
### Healthy People 2010 Goals (based on 1997 data):

<http://www.healthypeople.gov/document/html/objectives/22-01.htm>

- (22.1) Reduce the proportion of adults who engage in no leisure-time physical activity. **Target:** 20 percent.
- (22.2) Increase the proportion of adults who engage in vigorous physical activity that promotes the development and maintenance of cardio-respiratory fitness 3 or more days per week for 20 or more minutes per occasion. **Target:** 30 percent.

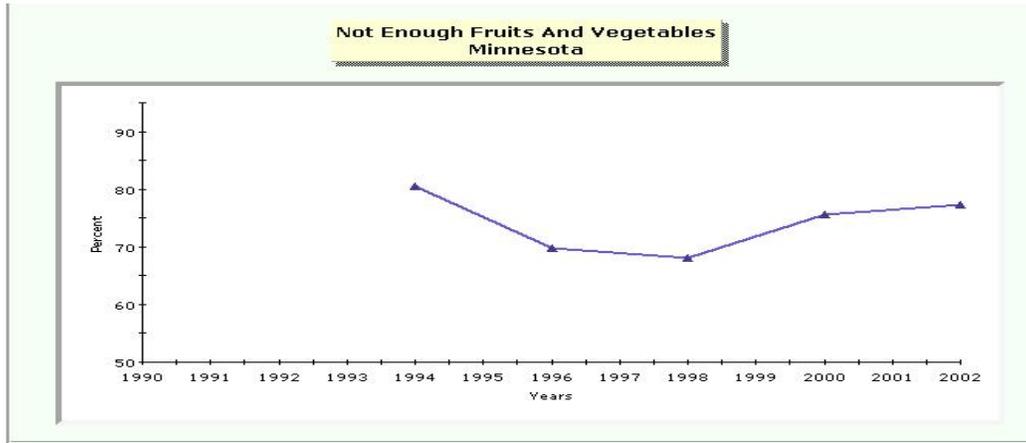
### Nutrition

### Minnesota Student Survey Data



## 2005 Data BRFSS- Adults who have consumed fruits and vegetables five or more times per day

	Consume 5 or more times per day	Consume less than 5 times per day
%	<b>24.5</b>	<b>75.5</b>
CI	(22.5-26.5)	(73.5-77.5)
n	719	2098



Select Another Risk Factor For MN:

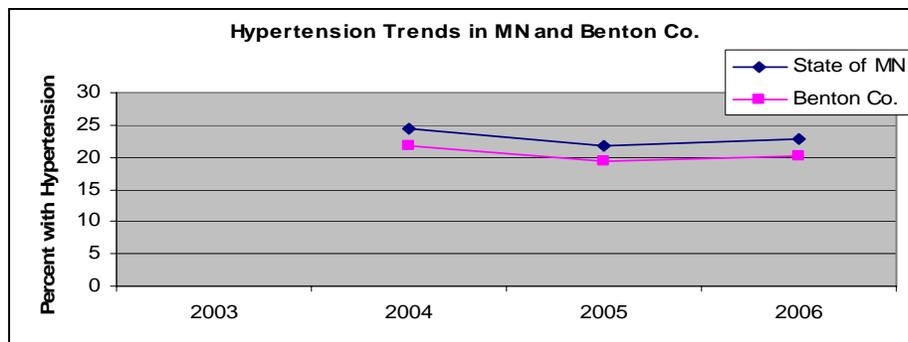
Select Another State For Not Enough Fruits And Vegetables:

<http://apps.nccd.cdc.gov/brfss/Trends/trendchart.asp?qkey=10150&state=MN>

## Hypertension

### BRFSS- National Survey: Minnesota – 2005 Hypertension Awareness Adults who have been told they have high blood pressure

	Yes	No
%	<b>21.9</b>	<b>78.1</b>
CI	(20.3-23.5)	(76.5-79.7)
n	782	2042



<http://www.health.state.mn.us/stats.html>

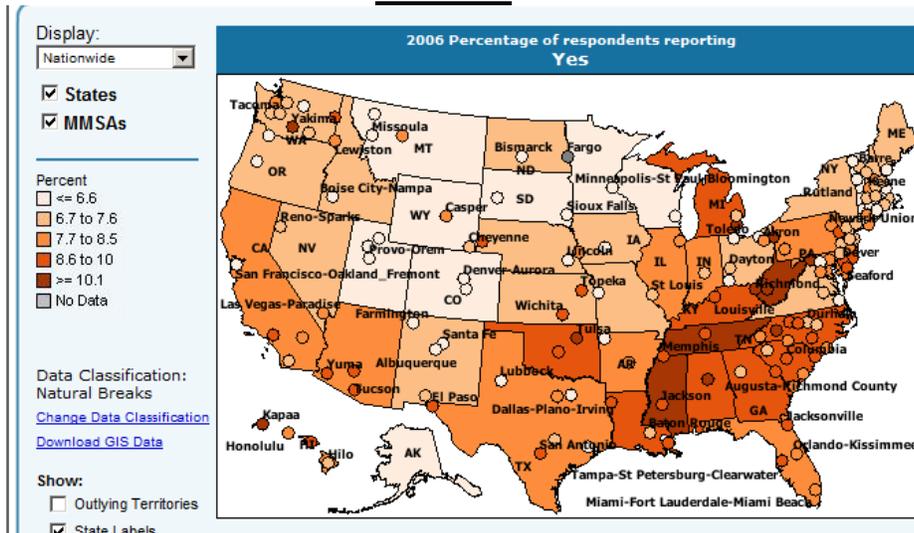
Synthetic state data related to some heart disease/stroke risk factors do not show significant trend differences between MN and Benton County.

## Cholesterol

<b>National Survey: Minnesota – 2005 Cholesterol Awareness. Adults who have had their blood cholesterol checked within the last five years</b>			
<a href="http://apps.nccd.cdc.gov/brfss/display.asp?cat=CA&amp;vr=2005&amp;qkey=1487&amp;state=MN">http://apps.nccd.cdc.gov/brfss/display.asp?cat=CA&amp;vr=2005&amp;qkey=1487&amp;state=MN</a>			
	<b>Checked in past 5 years</b>	<b>Not Checked in past 5 years</b>	<b>Never Checked</b>
%	<b>75.3</b>	<b>5.2</b>	<b>19.5</b>
CI	(73.0-77.6)	(4.2-6.2)	(17.3-21.7)
n	2260	130	356

<b>Adults who have had their blood cholesterol checked and have been told it was high</b>		
	<b>Yes</b>	<b>No</b>
%	<b>32.6</b>	<b>67.4</b>
CI	(30.5-34.7)	(65.3-69.5)
n	873	1538

## Diabetes



### Risk Factors

Among adult Minnesotans without diabetes, significant, common and potentially modifiable risk factors place many at risk for developing diabetes.

- 3 in 5 are overweight or obese.
- 1 in 2 has sedentary lifestyles.
- 1 in 7 has no leisure time physical activity.
- 1 in 5 is current smokers.

### Scope of the Problem

One in four Minnesotans either have diabetes or are at high risk of developing it.

### Long Term Complications

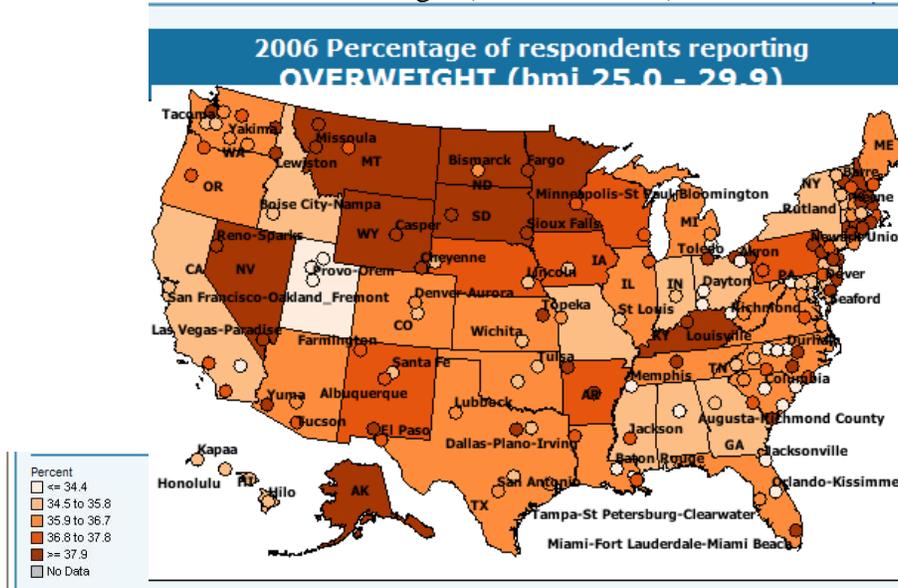
The risk of cardiovascular disease (CVD) and stroke are 2 to 4 times higher in people with diabetes. Over half of all Minnesotans with diabetes have been told by a doctor they have high blood pressure.

- CVD is present in nearly 4 out of every 5 diabetes related deaths in Minnesota.

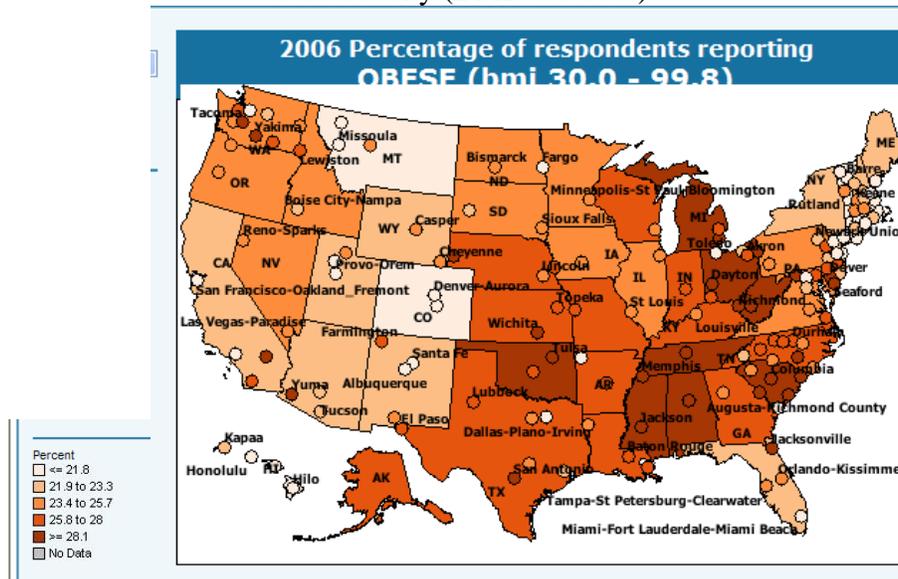
Source: Minnesota Behavioral Risk Factor Surveillance Survey (BRFSS) and 2005 Minnesota death certificates. <http://www.health.state.mn.us/diabetes/FactSheet2008.pdf>

## Overweight/Obesity

U.S. Overweight (BMI = 25-29.9)



U.S. Obesity (BMI= 30-99.8)

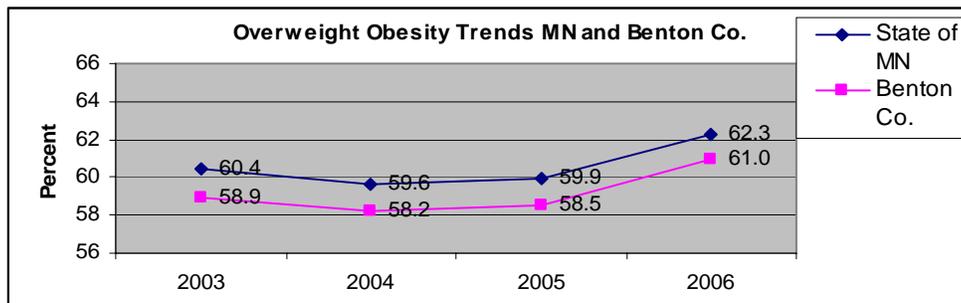


CDC-Behavioral Risk Factor Surveillance Survey <http://apps.nccd.cdc.gov/gisbrfss/map.asp>

2006 Percentage of participation in any physical activities in past month- CDC Behavioral Risk Factor Surveillance Survey- Synthetic Data

<http://apps.nccd.cdc.gov/brfss/Trends/trendchart.asp?qkey=10010&state=MN>

<b>County Synthetic Estimates and State Estimates</b>			
<b>Estimated Percent of:</b>			
	<b>Overweight</b>	<b>Obese</b>	<b>Year</b>
<b>State of Minnesota</b>	<b>60.4</b>		2003
Benton	58.9		
<b>State of Minnesota</b>	<b>59.6</b>		2004
Benton	58.2		
<b>State of Minnesota</b>	<b>59.9</b>		2005
Benton	58.5		
<b>State of Minnesota</b>	<b>37.8</b>	<b>24.5</b>	2006
Benton	36.8	24.2	



### Injury Data

Mortality Table 3a: Number of Fatal Unintentional Injuries, Homicides, Suicides, Falls, Motor Vehicle and Pedestrian Injuries in Minnesota, 2006						
	Minnesota			Benton		
	Under 20 Years	20 Years and Older	All Ages	Under 20 Years	20 Years and Older	All Ages
Unintentional Injury	17	124	141	0	9	9
Homicide	3	7	10	0	0	0
Suicide	6	53	59	0	2	2
Falls	1	36	37	0	2	2
Motor Vehicle	8	38	46	0	3	3
Pedestrian	0	6	0	0	0	0

Benton County has lower incidence of injury mortality compared to the State of Minnesota (see previous YPLL mortality data). <http://www.health.state.mn.us/stats.html>

## Unintentional Injuries

### Benton County 2000 Data

	Cause	YPLL 65 yrs	Cause	YPLL 75 yrs
1	Unintentional Injury	393	Unintentional Injury	529
2	Cancer	210	Cancer	427
3	Other	188	Heart Disease	256
4	Heart Disease	100	Perinatal Conditions	219
5	Suicide	65	Suicide	97

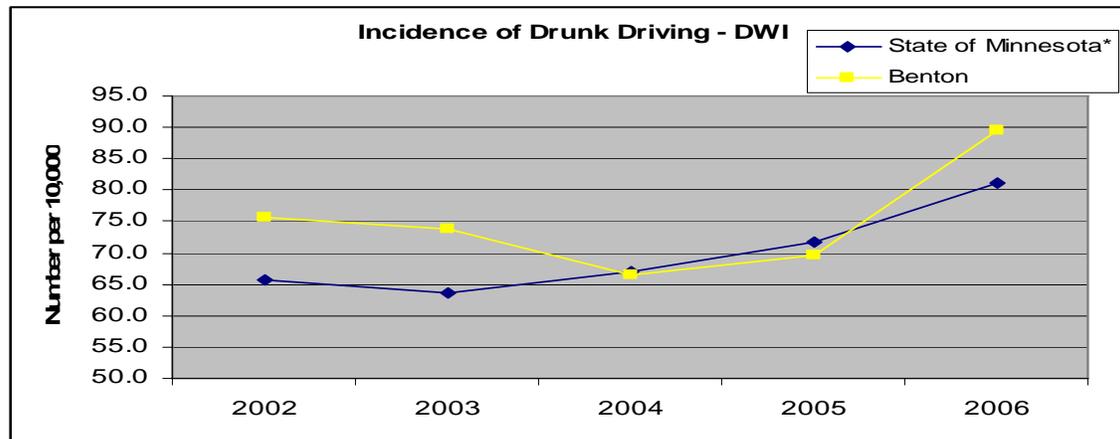
### Benton County 2006 Data

	Cause	YPLL 65 yrs	Cause	YPLL 75 yrs
1	Perinatal Conditions	187.5	Cancer	447.0
2	Cancer	170.0	Other	251.5
3	Other	140.0	Perinatal Conditions	219.0
4	Unintentional Injury	135.0	Unintentional Injury	187.5
5	Heart Disease	70.0	Heart Disease	182.5

## Highway Safety/Motor Vehicle Crash Data

National Survey on Drug Use and Health: State-by-state estimates of the percentage of drivers 18 and older who drove at least once under the influence of alcohol between 2004 and 2006. [Source: Substance Abuse and Mental Health Services Administration.](#)

Wisconsin = 26.4%    North Dakota = 24.9%    Minnesota = 23.5%



Number of DWIs within Benton County Limits					
Year	2002	2003	2004	2005	2006
Number	275	273	253	268	346

Most of Benton County's serious/fatal crashes during 2004-06 occurred along the more heavily traveled eastern portion of the county. Only one of the 19 fatalities recorded during this time periods occurred on Highway 23.

The following grids rank counties on a scale from 1-88 (1 = safest county) in 3 areas: persons severely injured or killed, alcohol related and safety restraint use over two time periods, 2004-2006 and 2002-2004. Benton County shows *improved ranking related to fatality/serious injury and seat belt usage*. Benton County demonstrates *decreased ranking related to alcohol related fatality/injury*. Data provided by Jon Walseth of MN DPS

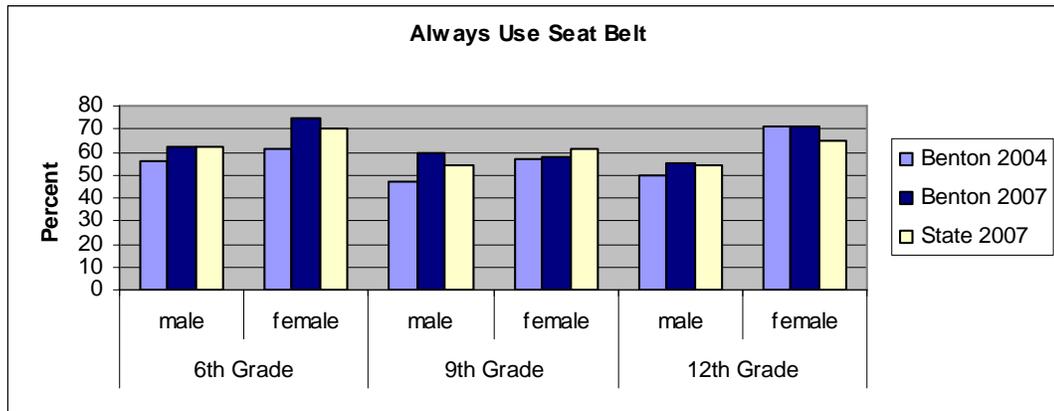
**Motor Vehicle Crashes: Alcohol Related/Seat Belt Use**  
2004-06 Crash Data - Department of Public Safety

Counties	Population Estimate 2006	Number or persons Killed/severely injured per 100,000/pop Rank	Alcohol related fatality/injury per 100,000/pop Rank	Seatbelt use per 100,000/pop Rank
Benton	38,774	58	63	20
Douglas	35,477	51	62	51
McLeod	37,042	60	23	34
Morrison	32,997	66	55	55
Minnesota	5,231,106	88	30	13

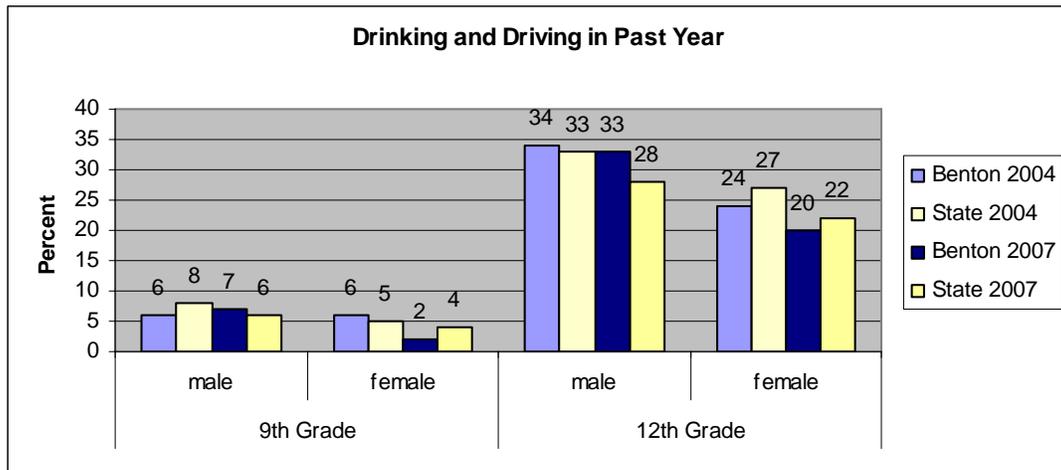
**2002-04 Crash Data - Department of Public Safety**

Counties	Population Estimate 2006	Number or persons Killed/severely injured per 100,000/pop Rank	Alcohol related fatality/injury per 100,000/pop Rank	Seatbelt use per 100,000/pop Rank
Benton	34,226	65	60	46
Douglas	32,821	58	53	79
McLeod	31,712	59	13	18
Morrison	34,898	68	77	67
Minnesota	4,919,479			

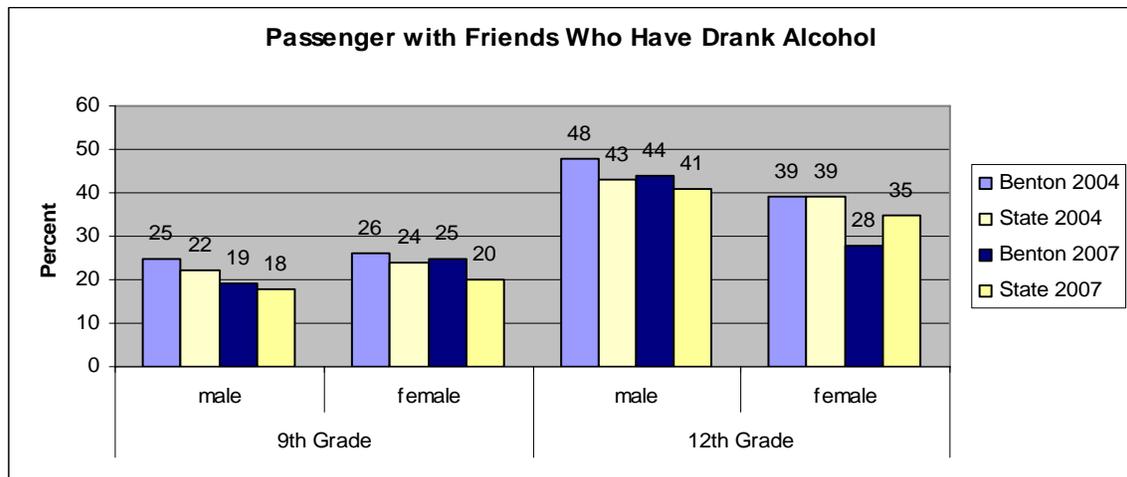
Minnesota Student Survey: Overall increase trend of seatbelt use



Minnesota Student Survey: Benton County 12<sup>th</sup> grade males who drive under the influence of alcohol/drugs remains static, which exceeds state declining percent.



Youth passengers of a driver under the influence declined slightly among 12<sup>th</sup> grade males, and more sharply among 12<sup>th</sup> grade girls.



## Family Health

Benton

	Number of Births	Fertility Rate	Birth Rate	Number of Deaths	Death Rate	Natural Rate of Increase
2006	620	67.1	16.0	294	7.6	8.4
2005	599	63.7	15.6	335	8.7	6.9
2004	577	62.6	15.1	312	8.2	7.0
2003	579	64.3	15.7	296	8.0	7.7

MN

	Number of Births	Fertility Rate	Birth Rate	Number of Deaths	Death Rate	Natural Rate of Increase
2006	73,515	68.5	14.2	36,963	7.2	7.1
2005	70,920	64.8	13.8	37,498	7.3	6.5
2004	70,614	64.3	13.8	37,012	7.3	6.6
2003	70,053	63.9	13.8	37,603	7.4	6.4

<http://www.health.state.mn.us/divs/chs/countytables/>

<b>Benton 2006 Data: Year of Potential Life Lost</b>				
	Cause	YPLL 65 yrs	Cause	YPLL 75yrs
1	Perinatal Conditions	187.5	Cancer	447.0
2	Cancer	170.0	Other	251.5
3	Other	140.0	Perinatal Conditions	219.0
4	Unintentional Injury	135.0	Unintentional Injury	187.5
5	Heart Disease	70.0	Heart Disease	182.5

### Perinatal Conditions

Conditions that occur in the time surrounding childbirth and affect the newborn baby (not the mother's condition). This may include conditions of the baby occurring shortly prior to birth and/or extend into the first month of life.

### Nativity Table 3: Minnesota Infant Mortality by State and County

Benton County							
	Number of Infant Deaths	Infant Mortality Rate*	Neonatal Mortality Rate*	Post-neonatal Mortality Rate*	Fetal Death Rate 2001-2005	Perinatal Death Rate 2001-2005	
	By year	Date by range at right					Rate Range*
2002	4	*	*	*	*	7.4	1998-2002
2003	4	*	*	*	*	7.9	1999-2003
2004	3	*	*	*	*	8.4	2000-2004
2005	9	8.4	*	*	*	10.8	2001-2005
2006	4	8.1	*	*	*	9.1	2002-2006
State of Minnesota							
	By year	Date by range at right					All rates
2002	362	5.7	3.8	1.9	5.5	6.1	1998-2002
2003	327	5.4	3.6	1.9	5.3	6.1	1999-2003
2004	331	5.1	3.4	1.7	5.1	6.1	2000-2004
2005	363	5.0	3.3	1.7	4.9	6.3	2001-2005
2006	381	5.0	3.3	1.7	4.8	6.2	2002-2006

<http://www.health.state.mn.us/divs/chs/countytables/>

**Infant Mortality Rate:** Number of infant deaths under one year of age per 1,000 live births.

**Neonatal Death Rate:** Number of infants dying under 28 days of age per 1,000 live births.

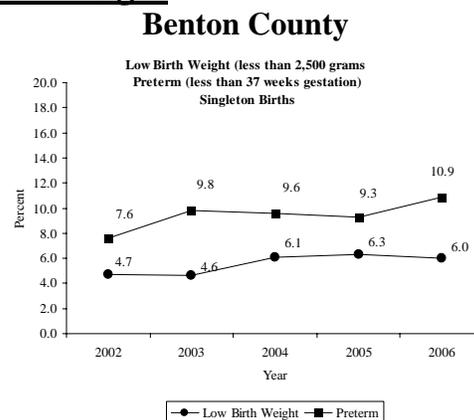
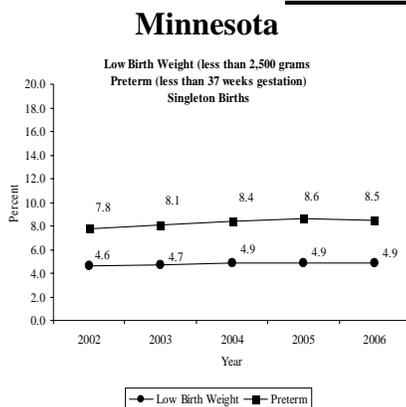
**Postneonatal Mortality Rate:** Number of infant deaths aged 28 days to one year per 1,000 live births.

**Fetal Mortality Rate:** The number of fetal deaths (deaths prior to the complete expulsion or extraction of a product of conception from its mother, irrespective of the duration of pregnancy, only fetal deaths of 20 weeks or more are reported) per 1,000 live births plus fetal deaths.

**Perinatal Mortality Rate:** The number of fetal deaths of 20 weeks or greater plus the number of deaths to infants 0-6 days per 1000 live births plus fetal deaths of 20 weeks or greater.

Benton County	2002	2003	2004	2005	2006
Number Low Birth Weight, Singletons	27	26	34	36	36
Number Premature, Singletons	43	55	53	53	64

### Preterm/Low Birth Weight



## **Fertility and Family Planning**

<http://www.health.state.mn.us/divs/chs/countytables/>

<b>Benton County</b>						
	Pregnancies		Abortions		Percent of Women with 4 or More Births	Percent of Women with Live Births w/in 1 Year
	Number	Rate	Number	Rate		
2006	684	74.0	60	6.6	3.5	3.9
<b>2005</b>	671	71.4	68	7.2	4.5	4.3
2004	644	69.9	67	7.3	4.5	4.8
2003	648	72.0	66	7.3	2.4	4.6

<b>Minnesota</b>						
	Pregnancies		Abortions		Percent of Women with 4 or More Births	Percent of Women with Live Births w/in 1 Year
	Number	Rate	Number	Rate		
<b>2006</b>	86,814	80.8	12,948	12.0	4.7	3.7
2005	83,552	76.2	12,303	11.2	4.7	3.8
2004	83,707	76.2	12,743	11.6	4.6	4.1
2003	83,292	76.0	12,911	11.7	4.4	3.9

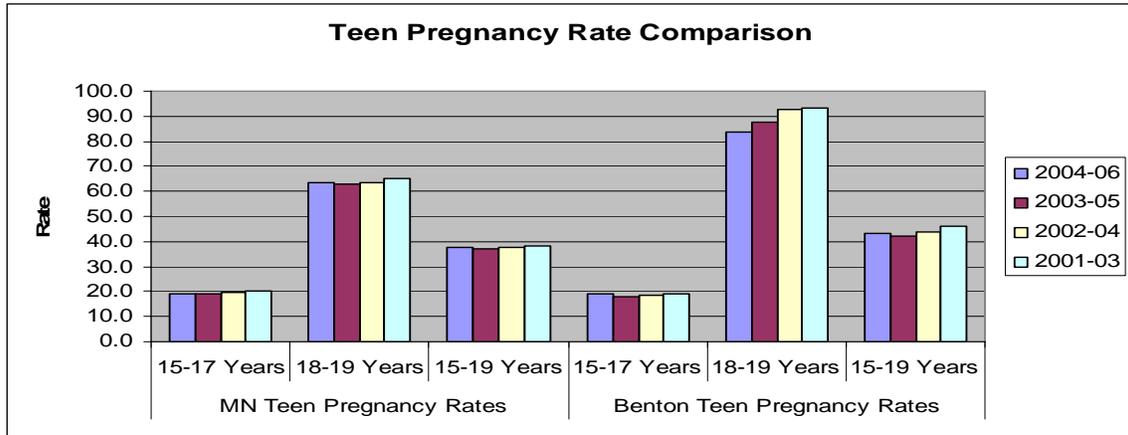
Considerations of data interpretations:

- The data reveal small numbers of perinatal deaths per year (3-4/yr except 9 deaths in 2005) in Benton County
- Benton County's abortion rate is about one-half of Minnesota's abortion rate.

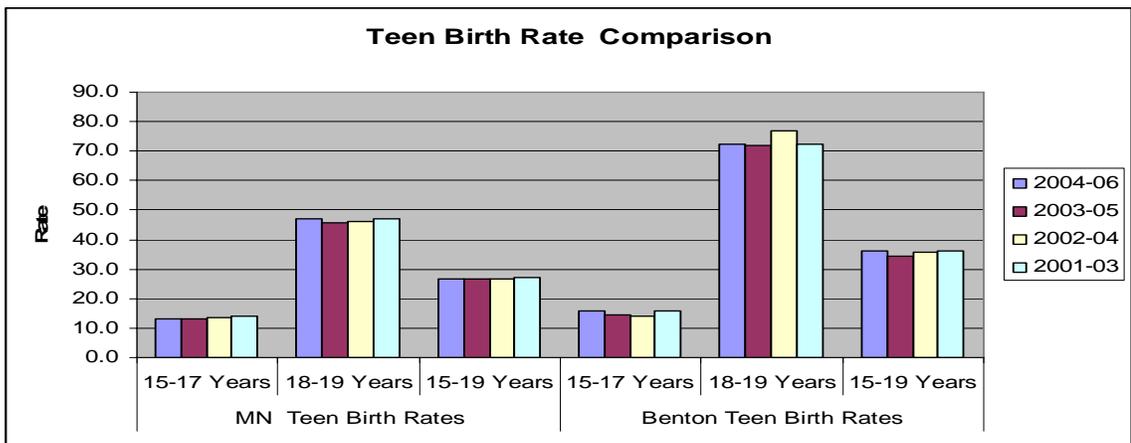
<b>Benton</b>						
	Percent - Births to Unmarried Mothers	Percent - No Father on Birth Certificate	Percent - Mothers Smoked during Pregnancy	Percent - Maternal Education Status		
				Low	Medium	High
2006	33.5	6.6	18.7	5.0	25.6	69.4
2005	34.2	6.5	16.7	5.5	25.9	68.6
2004	29.1	5.5	16.8	6.3	24.5	69.3
2003	29.5	5.2	16.4	5.4	28.0	66.7
<b>State of Minnesota</b>						
2006	31.7	9.4	9.3	10.2	26.8	63.0
2005	29.7	9.0	9.5	9.7	26.8	63.5
2004	29.0	8.1	9.1	9.6	26.9	63.5
2003	27.7	7.5	10.0	9.4	27.2	63.4
<b>Healthy People Goals 2010</b>			<b>1.0</b>	---	---	---

Maternal Educational Status (Low, Medium, High): A calculation of the percentage of mothers who have reached an educational status based on age of mother and number of school years completed.

Teen Pregnancy Rate: The number of pregnancies to a specific age group per 1,000 female population of the specific age group.

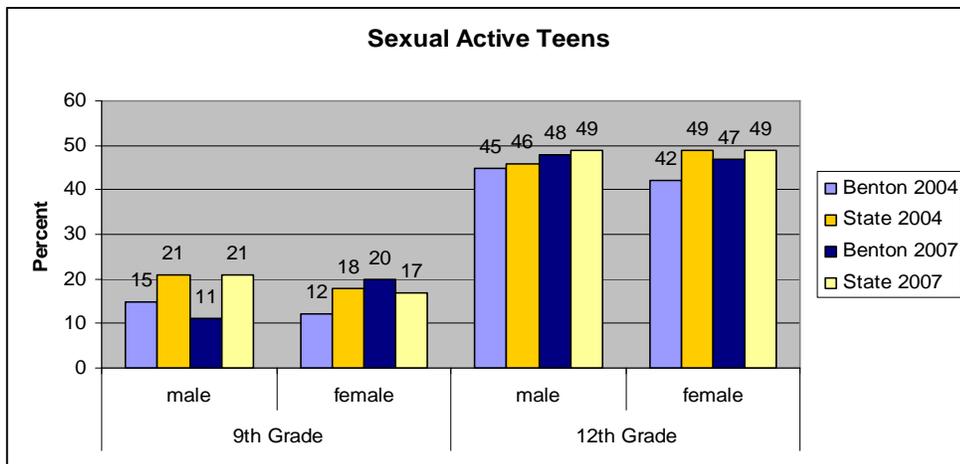


Teen Birth Rate: The number of live births to a specific age group per 1,000 female population of the specific age group. <http://www.health.state.mn.us/divs/chs/countytabels/>



### Teen Sexuality

MN Student Survey Data- Question: Have you ever had sexual intercourse?



## **Benton County Human Services Licensed Child Care List (Online)**

<http://www.co.benton.mn.us/HServices/documents/Daycare.pdf>

Foley Area (Foley, Foreston, Gilman, Duelm): 29 providers

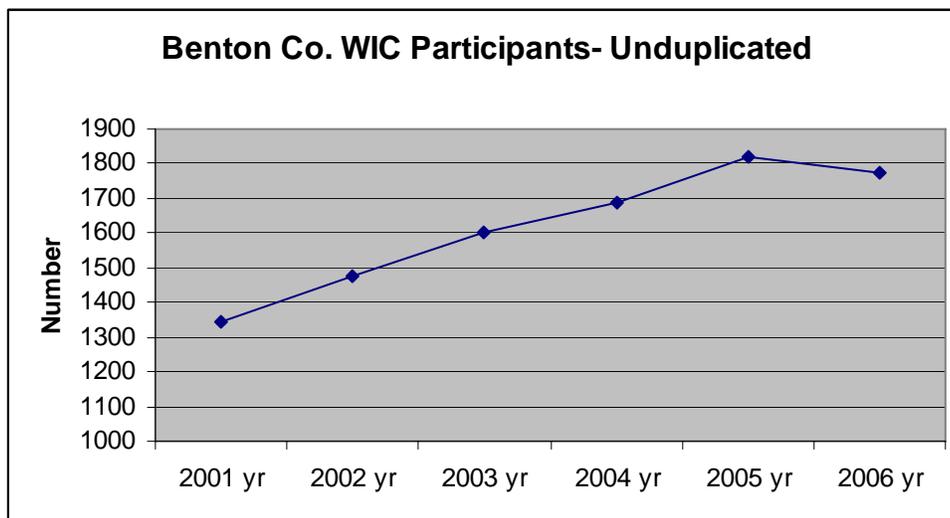
Rice, Little Rock, Royalton Area: 26 providers

Sartell Area: 5 providers

East St. Cloud: 10 providers

Sauk Rapids Area: 77 providers

### **Infant/Child Growth and Development**



<http://www.health.state.mn.us/divs/chs/countytables/>

### **Early Childhood Intervention**

**Children with Special Health Care Needs: Number of Minnesota Children (Birth to Three) tracked by Follow Along Program through the Minnesota Department of Health**

	Total birth to three population	Number	Percent	
	Not given	17,753	Not calculated	2002
State of Minnesota	201,365	16,622	8.4	2004
	100,683	31,667	31.5	2006
	Not given	258	Not calculated	2002
Benton	1,566	234	14.9	2004
	1,683	273	16.2	2006

**Children with Special Health Care Needs: Number of Minnesota Children (birth to 3) with Special Health Care Needs, Number of Minnesota Children (birth to 3) receiving Early Intervention Services**

	A. Estimated Number of children birth to three with a special health care need <sup>1</sup>	B. Number in Early Intervention <sup>2</sup>	C. Percent of estimated number with special need receiving intervention	D. Percentage of the Total Birth to Three Population Served By Early Intervention	
State of Minnesota	11,813	3,523	30	1.79	2003
	13135	3039	23	1.5	2004
	16,824	3,551	21	1.7	2006
Benton	94	35	37	2.23	2003
	110	19	17	1.12	2004
	135	16	12	1.0	2006

<http://www.health.state.mn.us/divs/chs/countytables/>

Only a percentage of estimated children with special needs are receiving intervention with Benton Co. percent less than the state's estimation.

**Children with Special Health Care Needs: Prevalence of special health care needs among children and youth in Minnesota by county (estimated).**

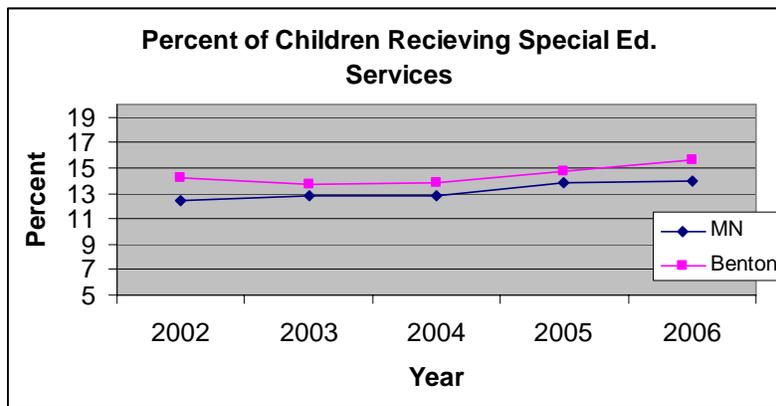
	Number of children with special health care needs birth to age 6 years	Number of children with special health care needs age 6 to 12 years	Number of youth with special health care needs age 12 to 18 years	
State of Minnesota	25,034	51,292	77,827	2003
	24963	49743	77062	2004
	35,931	62,771	82,619	2006
Benton	196	367	565	2,003
	203	372	570	2,004
	294	472	583	2006

There is a greater estimated prevalence of special health care needs among youth age (12-18 year old) children than in young age ranges.

**Children with Special Health Care Needs: Minnesota Children with Special Health Care Needs by State and County, 2004**

	Children with Special Health Care Needs (0 to 18)	Need Medications	Need for Services	Development, Behavioral or Emotional Needs	
<b>State of Minnesota</b>	<b>163,274</b>	<b>123,773</b>	<b>82,954</b>	<b>47,402</b>	<b>2,004</b>
	<b>534,072</b>	<b>256,956</b>	<b>248,851</b>	<b>32,860</b>	<b>2,006</b>
<b>Benton</b>	1,240	940	630	360	2,004
	1,371	1,066	562	419	2,006

<http://www.health.state.mn.us/divs/chs/countytables/>



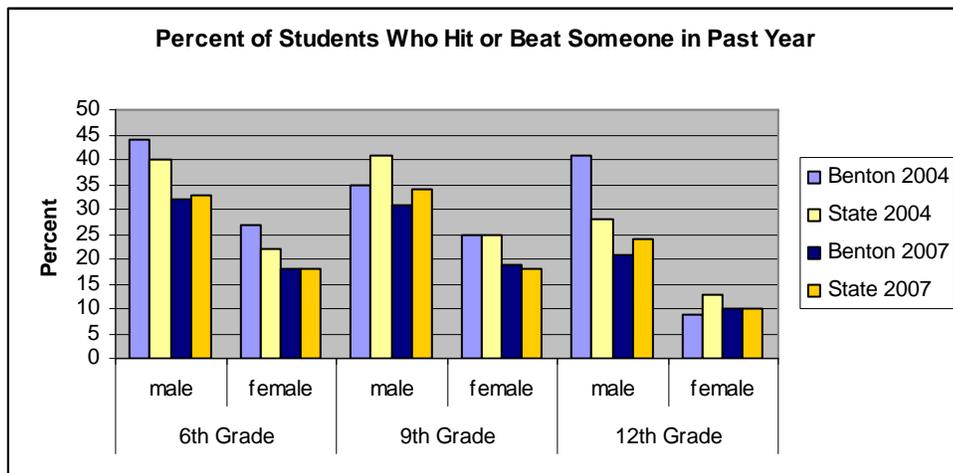
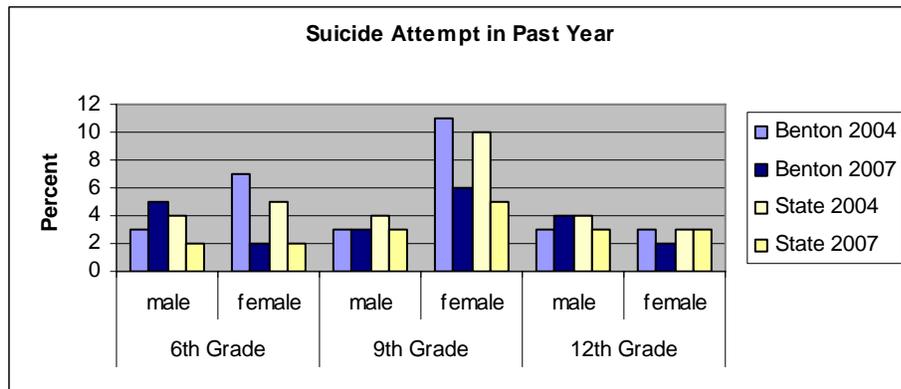
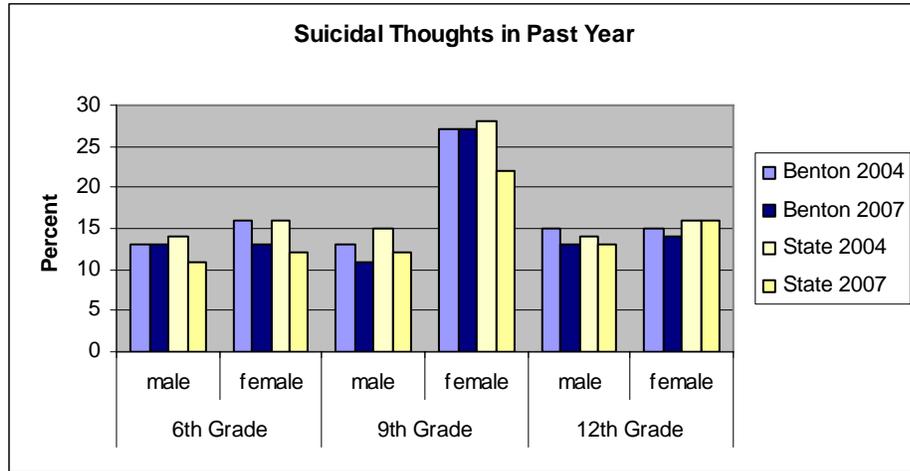
**Children with Special Health Care Needs: Number of Minnesota Children Eligible or on Supplemental Security Income (SSI) or Tax Equity and Fiscal Responsibility Act (TEFRA) by State and County**

	Estimated Number of Children under 18 with a functional limitation	Children under 18 Years on SSI	Children under 19 Years on TEFRA	
<b>State of Minnesota</b>	<b>31,219</b>	<b>9,593</b>	<b>2,478</b>	<b>2003</b>
	<b>30,285</b>	<b>9,996</b>	<b>2,562</b>	2004
	<b>35,202</b>	<b>11,203</b>	<b>3,097</b>	2006
<b>Benton</b>	<b>231</b>	<b>42</b>	<b>34</b>	<b>2003</b>
	230	45	31	2004
	267	76	54	2006

In 2006 there was a significant increase in enrollment into the TEFRA program.

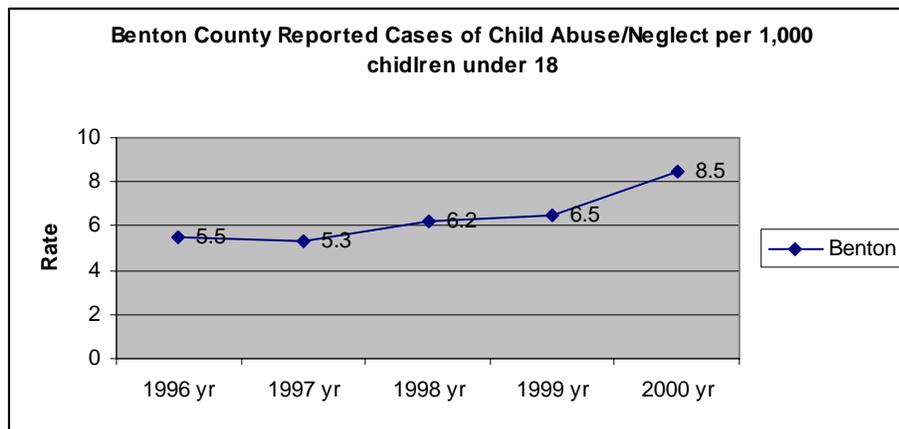
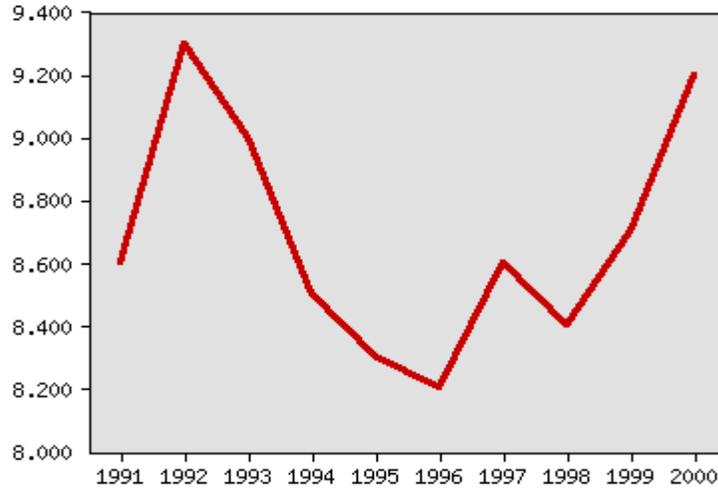
## Interpersonal Violence

### Minnesota Student Survey Data



**State of Minnesota: Abused or neglected children, per 1,000 children under age 18**

Year	
1991	8.6
1992	9.3
1993	9.0
1994	8.5
1995	8.3
1996	8.2
1997	8.6
1998	8.4
1999	8.7
2000	9.2



<http://www.mnplan.state.mn.us/children/indicator.html?id=5&G=23&CI=7>

The data available through the state website is several years old; the last summary report available is 2002.

# Environmental Health

## Water Quality

### **BENTON COUNTY COMPREHENSIVE LOCAL WATER MANAGEMENT PLAN 2008-2018**

<http://www.co.benton.mn.us/news/documents/LWMP%20-%20Part%201.pdf>

This 47 page plan outlines priorities with related goals and actions for Benton County water management. The three priority concerns selected were:

1. Feedlot and Nutrient Management
2. Development
3. Groundwater Quantity and Quality

Excerpts from plan:

#### **Under Groundwater quantity and quality**

*Goal 1:* Protect and maintain groundwater quality resources in Benton County.

It is important to recognize previously identified water quality problems in Benton County. Because of the increasing population, there is also a need to protect drinking water from contamination.

#### **Previously identified water quality problems in Benton County.**

As of 2007, four water bodies within Benton County have been designated as impaired by the MPCA including (mercury impairment listings not included):

Little Rock Creek – Biological impairment, fish & invertebrates

Mayhew Creek - Biological impairment, fish & invertebrates

Little Rock Lake – Nutrient impairment

Mayhew Lake – Nutrient impairment

The causes(s) of these impairments are unknown at this time.

#### **Source Water Assessments of Public Water Systems**

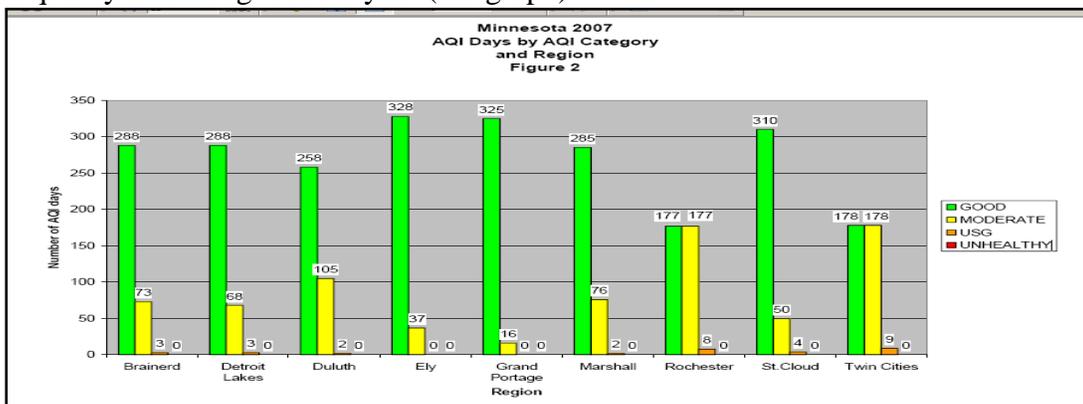
The Minnesota Department of Health (MDH) regularly monitors 71 public water system sites throughout Benton County for contaminants regulated under the federal Safe Drinking Water Act.

The Minnesota Department of Health (MDH) has recently completed "source water assessments" for all of the approximately 7,000 public water systems in the state. Each assessment provides a concise summary of available information regarding the source(s) - such as a well, lake, or river - supplying a public water system. ***Benton County's 71 site assessments (sites located throughout the county) are available online.***

<http://www.health.state.mn.us/divs/eh/water/index.html>

## Air Quality

The Minnesota Pollution Control Agency currently does not have any air quality monitoring sites located in Benton County. The closest monitoring site is located in St. Cloud near the western Benton County border. St. Cloud data trends demonstrate overall good quality air throughout the year (see graph)



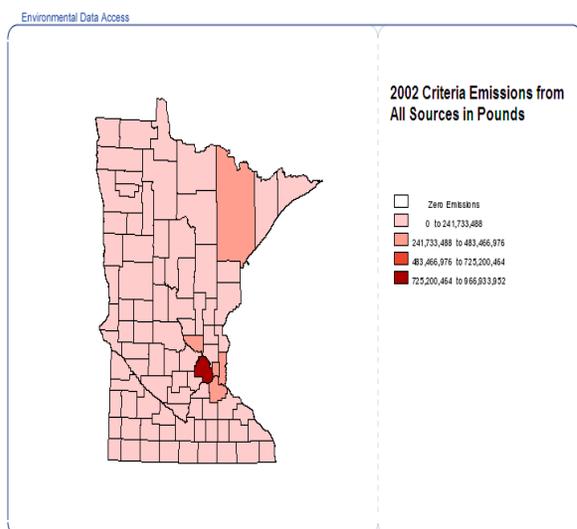
Benton County residents in or near the City of St. Cloud are within a monitoring zone for air quality. In 2007, 4 days of the year fell into the unhealthy range of air quality- all in Dec.'07 (1/2 of Twin Cities' total days).

Trends: Number of Days in Unhealthy Range > 100 AQI

Year	St.Cloud	Twin Cities
2006	0	3
2005	3	8
2004	5	7
2003	2	13

<http://aqi.pca.state.mn.us/index.cfm#cautionary>

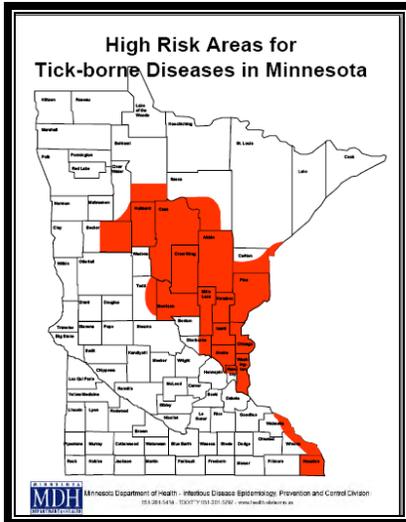
<http://www.pca.state.mn.us/data/edaAir/index.cfm>



<http://www.pca.state.mn.us/data/edaAir/emissions.cfm>

### School Indoor Air Quality Progress 2007

The Minnesota Department of Health (MDH) has tracked school districts' progress in implementing Indoor Air Quality (IAQ) Management Plans. Surveys have been sent yearly to school districts, and the most recent surveys were completed in 2007. Both Foley and Sauk Rapids School Districts met MDH's requirement for indoor air quality. <http://www.health.state.mn.us/divs/eh/indoorair/schools/progress.htm>



Though not designated a high risk area for Tick-borne disease, Benton County's northern and eastern borders abut high risk counties.

There is an increasing trend of lead test performance on children under 6 y/o with less than 1% positive (see below).

<b>Radiation Levels</b>					
<b>Median Strontium-90 Levels (pCi/L) in Pasteurized Milk by Minnesota Site and Year (Environmental Health Table 4)</b>					
	<b>1999</b>	<b>2000</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>
St. Cloud/Little Falls	0.9	1.4	1.8	1.0	1.3
Duluth	1.6	1.8	1.9	1.9	1.6
Bemidji	0.9	0.8	1.0	0.9	1.1
Rochester	0.8	0.8	1.0	0.9	1.0
Hastings	0.9	1.1	1.2	0.9	1.0
Norwood	0.9	0.8	0.8	0.9	<0.8
St. Paul	0.8	1.1	1.1	0.9	1.0
<b>Average (Median)</b>	<b>0.9</b>	<b>1.1</b>	<b>1.1</b>	<b>0.9</b>	<b>1.0</b>

<b>Lead Testing</b>					
<b>Number of Minnesota Children (0 to 72 Months of Age) Tested according to Blood Lead Levels in Micrograms per Deciliter (µg/dL) (Environmental Health Table 1)</b>					
	<b>Number of Children (0 to 72 Months)</b>				
	<b>10 to 14.9 µg/dL<sup>2</sup></b>	<b>15 to 19.9 µg/dL<sup>1</sup></b>	<b>20 µg/dL or Greater<sup>1</sup></b>	<b>Total Tested<sup>2</sup></b>	
State of Minnesota	1,098	157	154	61,710	2003
Benton	5	1	0	308	
State of Minnesota	998	128	122	72,168	2004
Benton	5	0	0	629	
State of Minnesota	929	127	132	78,761	2005
Benton	7	0	0	746	
State of Minnesota	841	239	210	85,746	2006
Benton	3	1	1	871	

<b>Foodborne and Waterborne Diseases</b>						
<b>Benton County Food borne and Waterborne Disease Outbreaks</b> (Environmental Health Table 2)						
<b>Confirmed Food borne</b>	<b>Probable Food borne</b>	<b>Confirmed Waterborne</b>	<b>Probable Waterborne</b>	<b>Non food borne/ Non water borne</b>	<b>Total</b>	
0	0	0	0	0	0	2,003
0	0	0	0	0	0	2004
1	0	0	0	0	1	2005
0	0	0	0	0	0	2006

<b>Hazardous Waste</b>					
<b>Average Hazardous Material Releases, Victims, Evacuations, and Chemicals per Event in Minnesota by State and County*</b> (Environmental Health Table 3)					
	<b>Events/County</b>	<b>Victims/County</b>	<b>Evacuations/County</b>	<b>Average Number Chemicals/Event</b>	<b>YEAR</b>
<b>Agricultural Counties</b>	<b>2.4</b>	<b>0.6</b>	<b>0.2</b>	<b>1.2</b>	2003
Benton	1	0	0	1.0	
<b>Agricultural Counties</b>	<b>2.2</b>	<b>0.4</b>	<b>0.2</b>	<b>1.2</b>	2004
Benton	2	0	0	1.0	
<b>Agricultural Counties</b>	<b>1.9</b>	<b>0.3</b>	<b>0.1</b>	<b>1.1</b>	2005
Benton	1	0	0	1.0	
<b>Agricultural Counties</b>	<b>2.5</b>	<b>0.3</b>	<b>0.3</b>	<b>1.1</b>	2006
Benton	4	0	0	1.0	

### **Nuisance**

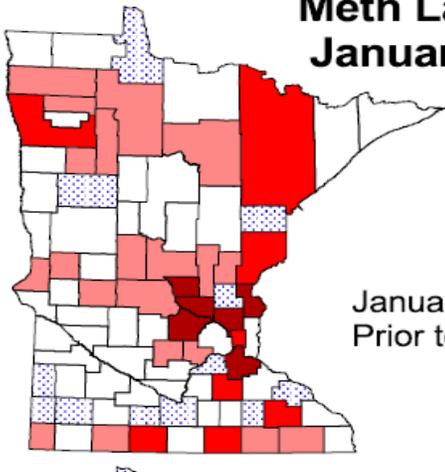
By definition, "public health nuisance" means any activity or failure to act that adversely affects the public health. Public health nuisances may involve some of the following:

- Harborage for rodents and insects caused by abandoned vehicles/equipment
- Animal carcasses
- Accumulations of rotting and non-rotting garbage
- Raw sewage spills
- Animal control cases

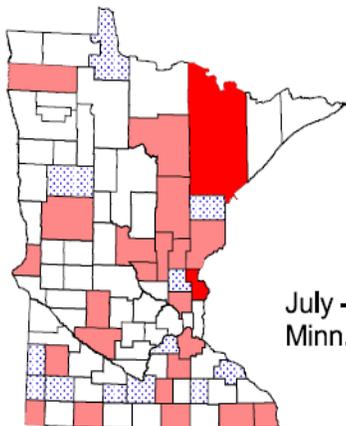
Benton County has policies, procedures and ordinances related to public health nuisances. The Benton County Public Health Supervisor acts in coordination with other county departments. This includes response to nuisance reports and appropriate action according to the defined process for removal and abatement of public health nuisances prescribed in section 145A.08.

**Meth Lab Trends: Since 2006 laws are and ordinances are in place**

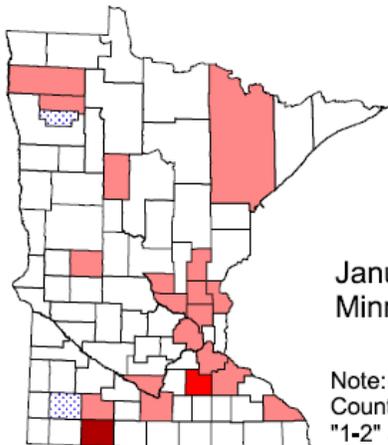
**Meth Labs Discovered in Minnesota,  
January 2005 to June 2006**



January - June 2005  
Prior to Minn. Stat. 152.02 subd. 6



July - December 2005  
Minn. Stat. 152.02 subd. 6 in effect



January - June 2006  
Minn. Stat. 152.02 subd. 6 in effect

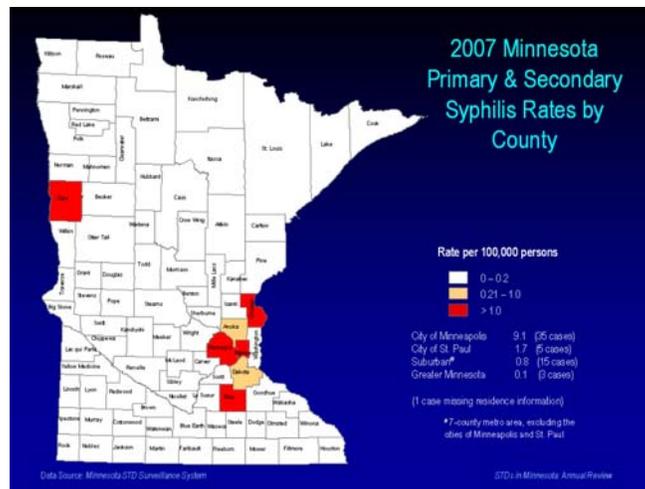
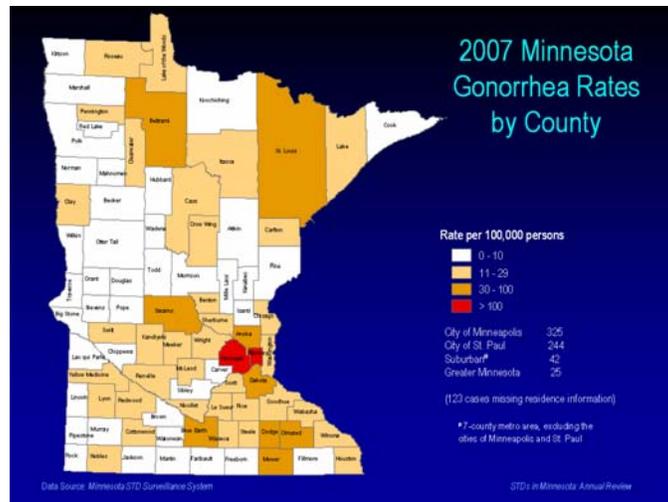
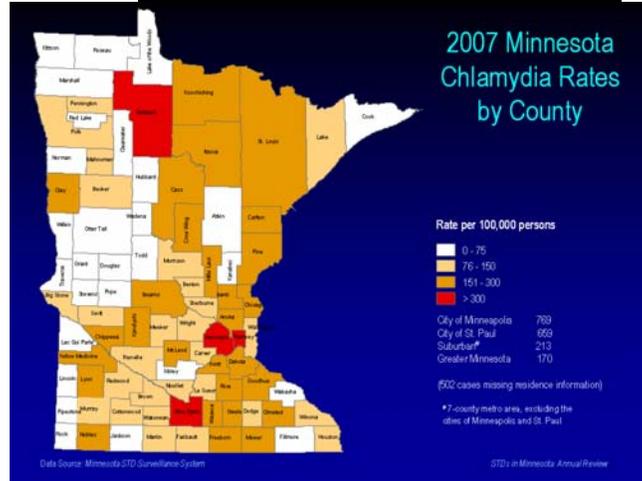
Note: Previous versions of this map showed Isanti County with zero labs. The correct category is "1-2" as shown in this corrected version. 12/20/07

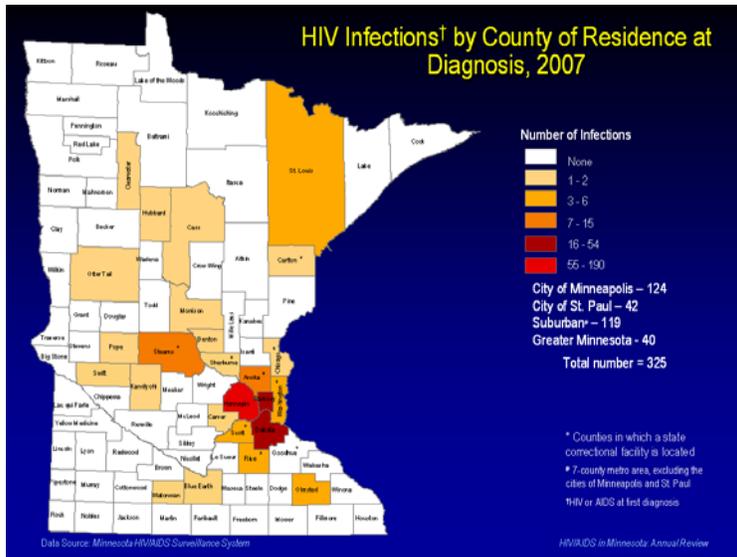


Meth Lab Program, 651-201-4926 or [meth@health.state.mn.us](mailto:meth@health.state.mn.us)

# Infectious Disease

## Sexually Transmitted Diseases





<http://www.health.state.mn.us/divs/idepc/dtopics/stds/stdstatistics.html>

### **Tuberculosis Cases in Benton County 1992-2006**

<b>Year</b>	<b>1992</b>	<b>1993</b>	<b>1994</b>	<b>1995</b>	<b>1996</b>	<b>1997</b>	<b>1998</b>	<b>1999</b>	<b>2000</b>	<b>2001</b>	<b>2002</b>	<b>2003</b>	<b>2004</b>	<b>2005</b>	<b>2006</b>
<b>TB Cases</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>2</b>	<b>1</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>1</b>	<b>0</b>	<b>1</b>	<b>2</b>	<b>0</b>	<b>0</b>	<b>0</b>

<http://www.health.state.mn.us/divs/idepc/diseases/tb/stats.html>

### **Vaccine Preventable Diseases**

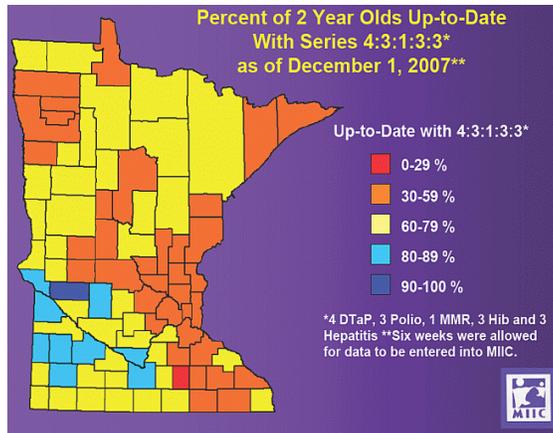
**Morbidity Table 1: Number of Cases of Vaccine Preventable Disease Morbidity in Benton County**

<b>Year</b>	<b>Mumps</b>	<b>Pertussis</b>	<b>Hepatitis A</b>	<b>Hepatitis B</b>
<b>2006</b>	1	5	0	0
<b>2005</b>	1	9	1	0
<b>2004</b>	0	5	0	0
<b>2003</b>	0	0	0	0

<http://www.health.state.mn.us/divs/chs/countytables/>

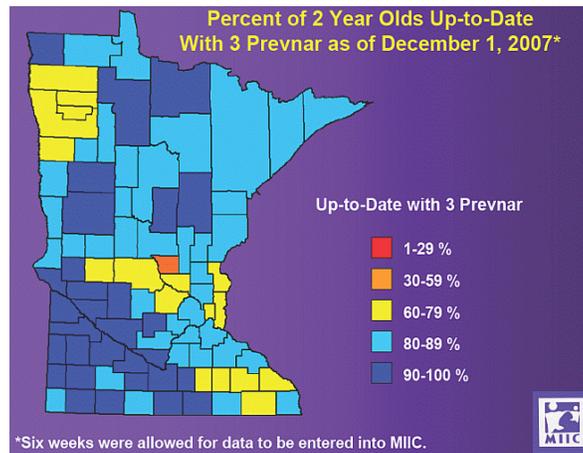
## Immunizations

Data Limitations: MIIC- Minnesota Immunization Information Connection data considers the birth county of residents and does not track if client relocated. There is only one medical clinic in Benton County, most access medical care in Stearns County.



\*4 DTaP, 3 Polio, 1 MMR, 3 Hib and 3 Hepatitis  
 \*\* Six weeks were allowed for data to be in MIIC

<http://www.health.state.mn.us/divs/idepc/immunize/registry/stats/43133.html>

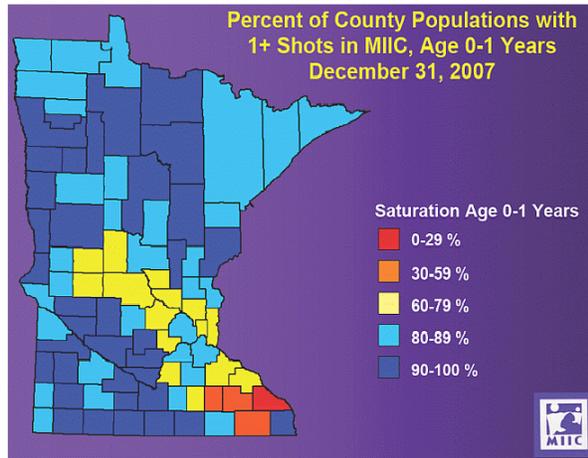


\*Six weeks were allowed for data to be in MIIC.

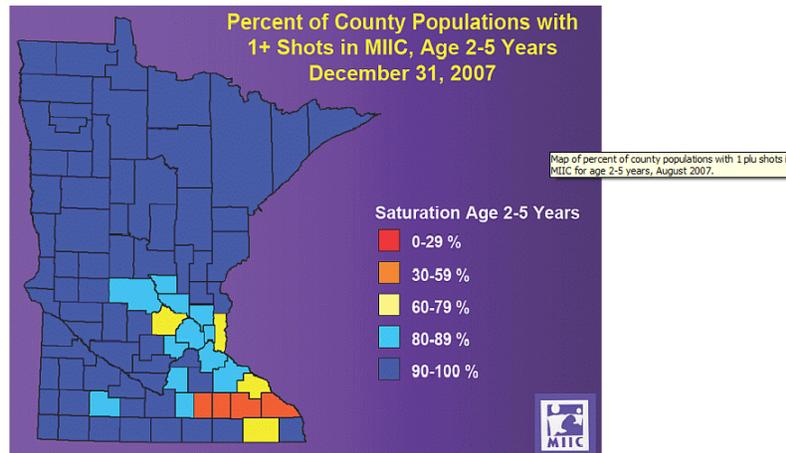
<http://www.health.state.mn.us/divs/idepc/immunize/registry/stats/3prevnar.html>

<b>BENTON COUNTY</b>		
<b>NAME</b>	<b>CITY</b>	<b>PARTICIPATION</b>
BENTON COUNTY PUBLIC HEALTH	FOLEY	Fully Participating
FOLEY MEDICAL CENTER LTD	FOLEY	Fully Participating

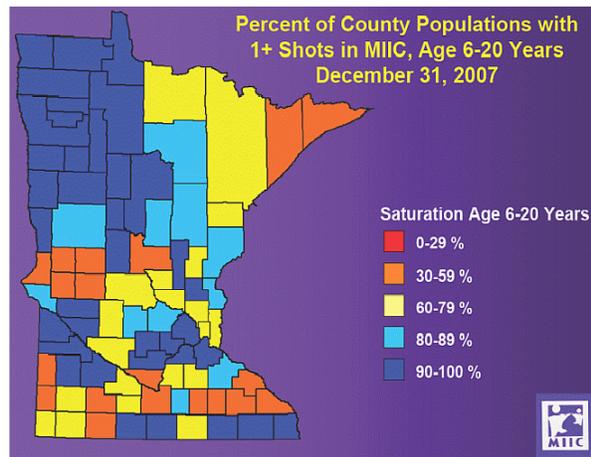
Percent of County Populations with 1+ Shots in MIIC, Age 0-1 Year, December 31, 2007



Percent of County Populations with 1+ Shots in MIIC, Age 2-5 Years, December 31, 2007



Percent of County Populations with 1+ Shots in MIIC, Age 6-20 Years, December 31, 2007



Percent of County Populations with 1+ Shots in MIIC, Age 21-64 Years, December 31, 2007

**Excerpt: Immunization Levels for Child Care Centers 2007-08**

PERCENTAGE PROTECTED\* IN BENTON COUNTY

AGE	ENR	DTP/Td	POLIO	MMR	Hib	VAR	PCV
Infants	22	NA	NA	NA	100.00%	NA	NA
Toddlers	26	92.00 %	92.00 %	88.00 %	100.00 %	77.00 %	100.00 %
Older	19	100.00%	100.00%	100.00%	100.00 %	89.00 %	
Preschoolers	272	93.00 %	96.00 %	98.00 %	98.00 %	90.00 %	
School Age	81	72.00 %	72.00 %	100.00 %		100.00 %	
	<b>398</b>	<b>89.00 %</b>	<b>91.00%</b>	<b>98.00 %</b>	<b>99.00 %</b>	<b>91.00%</b>	<b>100.00%</b>

PERCENTAGE PROTECTED\* IN MINNESOTA

C AGE	ENR	DTP/Td	POLIO	MMR	Hib	VAR	PCV
Infants	6,370	NA	NA	NA	93.00 %	NA	NA
Toddlers	5,269	61.00%	84.00 %	83.00 %	98.00 %	76.00 %	88.00 %
Older	6,129	79.00 %	89.00 %	93.00 %	97.00 %	88.00 %	
Preschoolers	48,88	93.00 %	95.00 %	97.00 %	98.00 %	95.00 %	
School Age	10,29	94.00 %	96.00 %	97.00 %		94.00 %	
**	70,569	90.00 %	94.00 %	95.00 %	97.00 %	93.00 %	88.00%

\* Percentage protected represents children who received 4 or more doses of DTP/Td, 3 or more doses of polio vaccine, 1 dose of MMR vaccine on or after the first birthday, 1 dose of Hib vaccine, and either disease history or 1 or more doses of varicella vaccine. Percentage protected for PCV for toddlers up to 24 months represents those who have received  $\geq 2$  doses and may or may not have a complete series. Hib vaccine is not required for children 5 years of age and older. \*\* Percent of age eligible children completing vaccine series \*\*\* TOTAL excludes infant data (except for Hib)

Report prepared by:  
 Minnesota Department of Health  
 Infectious Disease Epidemiology Prevention & Control  
 Immunization, Tuberculosis & International Health Section  
 June 2008

\* Benton County Childcare Centers average around 90 percent or greater immunization rates.

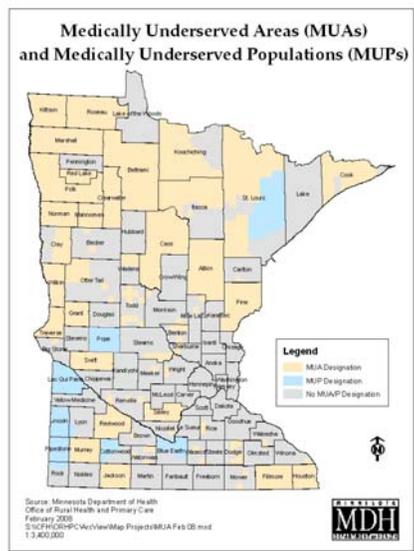
# Health Care Access

**Health Professional Shortage Areas/Medically Underserved Areas in Minnesota:** MUA designation involves the calculation of an Index of Medical Underservice (IMU) based on four variables: Ratio of primary medical care physicians per 1,000 population; Infant mortality rate; Percentage of the population with incomes below the poverty level; and Percentage of the population age 65 or over.

<http://www.health.state.mn.us/divs/orhpc/shortage/index.ht>

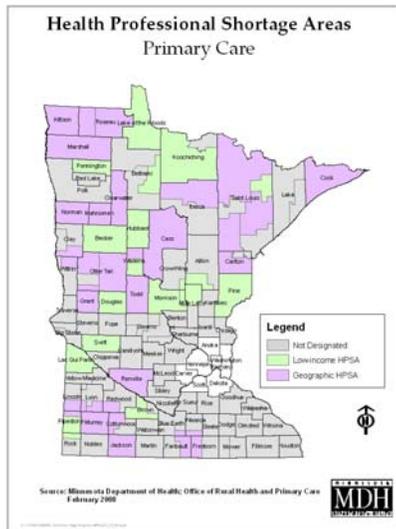
**Mental Health:** The central MN region was the first region to be designated with a shortage in 4/03

**Medically Underserved Area:** Benton County is partially designated as underserved



**Primary Care:** Benton County not designated as underserved

**Dental Care:** Benton County not designated as having a shortage



**Benton County is within MN Corridor Access to Care**  
St. Cloud-Twin Cities-Rochester-Winona Corridor

The 16 counties stretching from Winona and Rochester to St. Cloud contain three metropolitan areas, as well as several major medical centers and higher education institutions.

This corridor accounts for 67 percent of the state’s population, but 80 percent of the state’s physicians (including 85 percent of the state’s specialist physicians). The numbers of primary care physicians, registered nurses and dentists are more in line with the corridor’s share of population.

	N*	Corridor**	Balance of state
<b>Population</b>	<b>5,088,006</b>	<b>67%</b>	<b>33%</b>
<b>All Physicians</b>	9,336	80%	20%
Primary Care	4,709	74%	26%
Specialist	4,627	85%	15%
<b>Registered Nurses</b>	38,261	74%	26%
<b>Licensed Practical Nurses</b>	14,409	53%	47%
<b>Dentists</b>	1,872	72%	28%

\* N = number of respondents working at a primary practice site in Minnesota.

\*\* Corridor counties include Benton, Stearns, Sherburne, Wright, Hennepin, Anoka, Ramsey, Washington, Carver, Scott, Dakota, Rice, Goodhue, Wabasha, Olmsted and Winona.

**Children Access to Healthcare Programs**

<b>Children with Special Health Care Needs: Number of Minnesota Children Eligible or on Supplemental Security Income (SSI) or Tax Equity and Fiscal Responsibility Act (TEFRA)</b>						
	Estimated Number of Children under 18 with a functional limitation	Children under 18 Years on SSI	% of Estimated Children on SSI	Children under 19 Years on TEFRA	% of Estimated Children on TEFRA	Year
<b>State of Minnesota</b>	<b>31,219</b>	<b>9,593</b>	<b>31</b>	<b>2,478</b>	<b>8</b>	<b>2003</b>
	30,285	9,996	33	2,562	8	2004
	35,202	11,203	32	3,097	9	2006
<b>Benton</b>	<b>231</b>	<b>42</b>	<b>18</b>	<b>34</b>	<b>15</b>	<b>2003</b>
	230	45	20	31	13	2004
	267	76	29	54	20	2006

# Local Public Health Infrastructure

## Public Health Department Staffing

<b>Job Description</b>	<b>Number of Staff</b>
Health Administrator	1
Administrative/Business Professional	2
Administrative Staff	3
Public Health Nurse	3
Other Nurse	3
Public Health Educator	1
Public Health Nutritionist	2
Public Health Physician	1
<b>Total Staffing Numbers</b>	<b>16</b>

## Staffing Hours by Public Health Area

<b>Public Health Staffing Time According to Public Health Area</b>							
<b>Public Health Area</b>	<b>Infra-structure</b>	<b>Healthy Communities</b>	<b>Infectious Disease</b>	<b>Environmental Health</b>	<b>Emergency Preparedness</b>	<b>Health Services</b>	<b>Total</b>
<b>FTE</b>	3.65	4.61	0.6	0.02	1.13	1.75	11.76
Percent of staffing time	0.31	0.39	0.05	0.002	0.10	0.15	1.00

## Public Health Program Area Responsibilities

### **Infrastructure**

- Maintain a local governance structure for public health, consistent with state statutes.
- Assess and monitor community health needs and assets on an ongoing basis
- Identify community health and prevention priorities- report to MDH progress
- Develop an action plan
- Convene community members to build community collaborations
- Personnel requirements- staffing

### **Healthy Communities**

- Health Education
  - CHIP- senior clinics
- KIDS Follow Along Program
- Nurse Home Visiting to Assess, Monitor & Educate
- Child Passenger Safety
- C&TC (Child & Teen Checkup) Outreach
- WIC
- TANF
- Various educational offerings- e.g. county and various health fairs

### **Communicable Disease Prevention and Control**

- Refugee Health
- Tuberculosis Follow Up
- Reportable Disease
- Hepatitis B Follow Up
- Immunizations/Schedules

### **Environmental Health**

- Public Health Nuisance Control
- Meth Labs – Community Meth Coalition
- Elevated Blood Lead Follow Up
- Resource for Air, Water & Home Environment

### **Disaster Preparedness**

- Collaborate with community to address potential health issues
- Work with families to help prepare them for possible emergencies.
- Partner with school administrators and nurses on emergency preparedness issues.
- Team with community partners to ensure rapid detection of disease patterns and timely dissemination of accurate information.
- Provide training opportunities and educational resources for health care professionals and others in our community.
- Family Communications Plan (Emergency Plan)
- Works with Emergency Management Department

### **Health Care Access**

- Collaborative with Central MN Children's Mental Health
- PCA Assessment and Waiver screening referral for services
- Referrals made during- CHIP clinics, WIC clinics, MCH visits, KIDS tracking

## Public Health Expenditures

Expenditures by Funding Source								
	Funding Sources	Infra-structure	Healthy Communities	Infectious Disease	Environmental Health	Emergency Preparedness	Health Services	Total
Local Public Health Act Funding	State General Funds	\$27,529	\$57,304	\$5,955	\$1,349	\$ -	\$40,676	\$132,813
	Federal Title V Funds		\$37,921					\$37,921
	Federal TANF		\$32,874					\$32,874
Reimbursed	Medicaid		\$42,930					\$42,930
	Medicare							\$ -
	Private Insurance							\$ -
Local Reimbursements	Local Tax	\$76,834	\$92,463	\$16,621	\$3,763	\$9,548	\$113,526	\$312,755
	Client Fees		\$1,707	\$3,048			\$6,350	\$11,105
	Other Fees						\$585	\$585
	Other Local Funds		\$9,465					\$9,465
Other	Other State Funds		\$6,594			\$2,688	\$38,200	\$47,482
	Other Federal Funds		\$129,818			\$51,976	\$38,200	\$219,994
	<b>Total</b>	\$104,363	\$411,076	\$25,624	\$5,112	\$64,212	\$237,537	\$847,924

**MDH Public Health Planning and Performance Measurement Reporting System 2008:** Infrastructure reporting indicates difficulty filling public health nursing and other nursing positions. Reasons indicated were difficulty attracting candidates due to geographic area and pay/benefits not competitive.

# Disaster Preparedness

## **Emergency Preparedness for the Benton County Human Services, Public Health Unit**

Prepared by Cynthia Heltunen, Public Health Educator [Cynthia.Heltunen@co.benton.mn.us](mailto:Cynthia.Heltunen@co.benton.mn.us)

Public Health Preparedness means preparing for emergencies / disaster situations that may affect the health of the community. These include both natural and manmade disasters. The Public Health Unit works very closely with the Central Region (fourteen counties in central Minnesota) to prepare. This includes collaborating on plans, partnerships, trainings, and exercises.

The focus of the Benton County Public Health Unit has been to assist individuals in preparing themselves, homes, families, and workplaces. Some of the activities include:

- co-hosted, with Stearns County, a business continuity and planning workshop;
- promoted codeReady, the state's initiative to prepare, throughout the county;
- Presented "Are You Ready? Personnel and Family Preparedness" to community groups including the entire staff in the Foley School District;
- assisted with two faith community planning workshops; and
- Developed and promoted a page on the county website regarding personal and family preparedness.

Another initiative of the Public Health Unit is to promote the Medical Reserve Corps. Minnesota uses MN Responds, an online volunteer registry to pre-register, credential, and train volunteers to assist in a disaster/emergency.

Benton County Public Health Unit would play an important role in mass dispensing of prophylaxis or vaccinations to a large number of people, isolation and quarantine of individuals with infectious diseases, special populations that may need assistance in a disaster/emergency, maintaining the respiratory protection plan for the county employees, and the county's response to a pandemic.

Some challenges to emergency preparedness are:

- staff time allotted to preparedness - it could be a full time job to do everything we want and need to do (as required by the state);
- the complexity and variety of issues in public health preparedness;
- the public's inability/unwillingness to prepare, be it financial, personal, or lack of awareness;
- changing diseases and threats to the public's health; and
- Lack of funding to do outreach and community education.

## Community Engagement Summary

Benton County Human Services Public Health Unit conducted a community health survey in the summer of 2008 in order to engage the public at large in the community health assessment process. The survey listed current health issues deemed as “areas of concern” for Benton County by data reports from the Minnesota Department of Health and Minnesota Student Survey. Respondents varied, ranging from local residents to county commissioner. A simple, straightforward approach was employed. The survey was designed utilizing a major problem, moderate problem, minor problem or no problem rating regarding twelve key areas, with a comments area for health problems that were not listed.

The Public Health Unit utilized the free technology available on the internet for collecting data from the community. They created the survey using [www.surveymonkey.com](http://www.surveymonkey.com), and sent the following email to individuals in their e-address books.

*“Benton County Human Services, Public Health Unit is conducting a survey about current health concerns in our community. Please assist us by completing the linked survey. The survey should take approximately five minutes to complete.*

*Clicking on the following link will bring you directly to the survey. If the link (and the numbers/letters following it) extends beyond one line of the message, you will need to copy the entire link, paste it into the address field of your web browser, and then hit "enter".*

[http://www.surveymonkey.com/s.aspx?sm=sBD4FnOTztLhOk\\_2bEpVBtiA\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=sBD4FnOTztLhOk_2bEpVBtiA_3d_3d)

*We would appreciate your assistance with this survey. Please help by forwarding (copy and paste) this email to other Benton County Residents. This survey will close on Friday July 18th.*

*Thank you,”*

This information was placed on the front page of the Benton County website [www.co.benton.mn.us](http://www.co.benton.mn.us) and promoted on the news/talk radio station (WJON) that covers the St. Cloud area. Thirty-six individuals took advantage of this option and completed the survey online. The online format did allow non-residents of the county to complete the survey, and five did.

In order to receive more input, the survey was downloaded and printed off to be distributed by staff at the Public Health booth at the Benton County Fair, August 6 – 10. Thirty individuals completed the survey at the county fair.

Because the online survey is random, and individuals chose to take the survey based on their knowledge of it, we targeted individuals in the younger age groups at the fair, input that was missing from the online collected responses.

The Survey results are as follows:

1. Are you a Benton County resident?

	<b>Response Percent</b>	<b>Response Count</b>
Yes	90.9 %	60
No	7.6 %	5
No Response	1.5 %	1
Total	100 %	66

2. Please mark your age group.

	<b>Response Percent</b>	<b>Response Count</b>
13-18 yrs old	15.2 %	10
19-24 yrs old	6.1 %	4
25-50 yrs old	47.0 %	31
51-64 yrs old	22.7 %	15
65+	6.0 %	4
No Response	3.0 %	2
Total	100 %	66

3. Please mark an X in the appropriate box as you see health problems occur in Benton County. (\*In order of rank per a weighted total points score.)

	<b>Major Problem</b>	<b>Moderate Problem</b>	<b>Minor Problem</b>	<b>No Problem</b>	<b>Total Points</b>
	<b>3</b>	<b>2</b>	<b>1</b>	<b>0</b>	
Underage Drinking	31	30	3	2	156
Drinking and Driving	31	27	5	3	152
Underage Smoking	29	31	3	3	152
Adult Overweight/Obesity	22	40	3	1	151
Adult Addiction of Tobacco/Alcohol	28	26	6	6	142
Adolescent overweight/obesity	18	40	5	3	139
Methamphetamine	23	23	15	5	130
Heart Disease or Stroke	12	36	10	8	118
Lack of access to Mental Health Care	15	26	18	7	115
Teen Pregnancy	15	23	23	5	114
Lack of access to general Health Care	15	25	16	10	111
Low birth weight/premature babies	2	19	38	7	82