



BELTRAMI COUNTY

MEETING AGENDA

Beltrami County Community Health Board
April 15, 2025
3:00 p.m.

Meeting to be held in the County Board Room
County Administration Building, 701 Minnesota Avenue NW
Bemidji, MN

Minutes can be located on the County Website.

1. **Call to Order and Roll Call - 3:00 p.m.**
2. **Approval of the Agenda** (*Additions/Corrections/Deletions*) – 3:00 p.m.
3. **Approval of January 21, 2025, Meeting Minutes** – 3:05 p.m.
4. **Community Health Board Programs and Services Update** – 3:10 p.m.
5. **Community Health Assessment and Community Health Improvement Plan (CHA/CHIP)** – 3:30 p.m.
6. **Commissioners' comments and agenda additions for next meeting** – 3:50 p.m.
7. **Adjourn** – 3:55 p.m.



Date: April 15, 2025
Beltrami County
Community Health Board

AGENDA BILL

SUBJECT: Approval of the Minutes

RECOMMENDATIONS: Approval, as presented

DEPARTMENT OF ORIGIN: HHS, Public Health Division

CONTACT PERSON (Name and Phone Number): Amy Bowles, CHS Administrator, 333-8116

DATE SUBMITTED: April 9, 2025

CLEARANCES: N/A

BUDGET IMPACT: N/A

EXHIBITS: Minutes from January 21, 2025

SUMMARY STATEMENT:

Copies of the minutes of past meetings are presented for the review and approval of the Community Health Board.

**MINUTES OF THE PROCEEDINGS
OF THE BELTRAMI COUNTY COMMUNITY HEALTH BOARD
January 21, 2025**

The Beltrami County Community Health Board met in regular session on January 21, 2025, at the County Board Room, County Administration Building, Bemidji, Minnesota.

CALL TO ORDER

Chair Craig Gaasvig, called the meeting to order at 2:00 p.m. Board Members John Carlson, Joe Gould, Tim Sumner, and Scott Winger were present.

GENERAL COMMENTS - BOARD CHAIR

None.

APPROVAL OF AGENDA

No additions or corrections were made to the agenda.

GENERAL BUSINESS

Approved Agenda and Amendments

A motion to approve the agenda with no amendments was made by Board Member Carlson, seconded by Board Member Sumner, and unanimously carried.

Approved Minutes

A motion was made by Board Member Carlson and seconded by Board Member Sumner, to approve the October 15, 2024, Community Health Board Minutes. Unanimously carried.

REGULAR AGENDA

Introduction and Overview

With this being the first meeting of the year 2025, Amy Bowles, Public Health Director and Community Health Board Administrator (Community Health Board Services Administrator), began the presentation with some Public Health background information.

- Beltrami County is a Single Community Health Board funded by reimbursements and grants from various sources; Federal, State and Local.
- Required to do annual reporting and to develop and implement the Community Health Assessment/Community Health Improvement Plan (CHA/CHIP).
- Partnership is essential to the Boards success and the health of the community. One example was given of the group consisting of the Community Health Board, North County

Community Health Services, MN Dept of Health and Beltrami County Emergency Management work together in partnership.

- o This partnership is funded through an MDH Grant. (show website). Priorities include improving communication, awareness, and Public Health Education. Funding has supporting the new electronic public Health Library on the website and a CHB YouTube channel.

The CHBs activities in 2024 have included:

- Added funding streams.
- Policy changes.
- Remodel.
- Numerous partnerships with State, Region, and local.
- Added staffing and services.

Chris Muller, Emergency Management Director/PIO, discussed his successes in collaborating with Public Health.

- Four-year collaborative working together on COVID response
- Similar grant requirements and ability to share resources
- Better alignment of county response responsibilities
 - o Example; Red Pine Estates
 - o Emergency Management joined the Housing Collaborative
- Shared grant resources and added flexibility
 - o Example; new technology in the Emergency Management Center at the LEC
- Participation in the Northwest Coalition for emergency response
- Large upcoming project: Emergency Response, Community Shelter exercise in April

Upcoming activities in 2025:

- Reporting in the areas of
 - o Opioid Funding (a separate presentation conducted during a regular County Board Meeting) February 18, 2025
 - o Staffing and Financing updates
 - o CHA/CHIP Report
- Enhance partnerships and increase resources and services
 - o Mobile services is a wish list item

Programs & Services

Reviewed highlights of some of the Community Health Board and Beltrami County Public Health Team work together with community partnerships, identify gaps and having strategic goals to enhance programs, services and partnerships. These goals and partnerships will continue going forward into 2025.

Community Health Assessment and Community Health Improvement Plan
(CHA/CHIP)

The Community Health Assessment Work Group has identified the top 10 health needs in our community and is using the survey and local and state data. This information will be used to compose the CHA. Using this data, the CHIP will follow and focus on a minimum of 2 strategic areas to improve.

Board Member Comments and Agenda Additions

None.

Next regular meeting of the County Board will be April 15, 2025, in the Board Room of the County Administration Building.

MEETING ADJOURNMENT

The Community Health Board meeting was adjourned at 2:58 p.m. by Board Chair, Craig Gaasvig.

Craig Gaasvig, Chair

 1/24/25

Amy Bowles, Community Health System Administrator



Meeting Date: April 15, 2025
Beltrami County
Community Health Board

AGENDA BILL

SUBJECT: Community Health Board Program and Services

RECOMMENDATIONS: Informational

DEPARTMENT OF ORIGIN: HHS, Public Health Division

CONTACT PERSON: Amy Bowles, CHS Administrator #8116

DATE SUBMITTED: 04/08/2025.

CLEARANCES: Anne Lindseth, HHS Director

BUDGET IMPACT: none

EXHIBITS: None.

SUMMARY STATEMENT: Grants distributed to the Community Health Board (CHB) support the programs and services provided for Beltrami residents. This presentation will exhibit how the CHB and Public Health team has strengthened existing community partnerships, where gaps have been identified, and strategic goals considered to enhance our programs, services, and partnerships for 2025.

Added or Enhanced

Tiny Tots and Week of the Young Child – Kami Kelm

One Fruit One Vegetable – Alex Monson

Mobile Services (Dental, Diaper, Milk, Shoes) – MDH/Harvard

NWJC and Evergreen

Stellher – Quarterly Support groups

BASC – Cannabis partnership, diversion program, youth advisory groups

Minnesota Department of Health Infrastructure Grant



Meeting Date: April 15, 2025
Beltrami County
Community Health Board

AGENDA BILL

SUBJECT: Community Health Assessment and Community Health Improvement Plan (CHA – CHIP)

RECOMMENDATIONS: Informational

DEPARTMENT OF ORIGIN: HHS, Public Health Division

CONTACT PERSON: Amy Bowles, Community Health Systems Administrator #8116

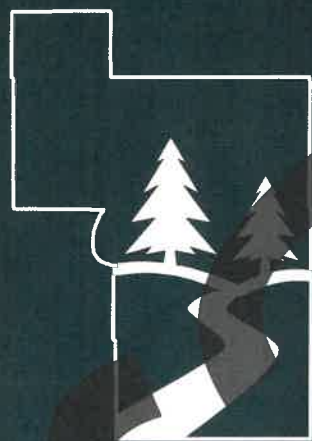
DATE SUBMITTED: 04/08/25.

CLEARANCES: Anne Lindseth, Health and Human Services Director

BUDGET IMPACT: None

EXHIBITS: Draft CHA Report

SUMMARY STATEMENT: The Community Health Assessment Work Group has identified the top 10 health needs in our community and is using this data to compose the CHA. The CHA work group has also identified the top four areas the community identified as areas of improved. This presentation will focus on the draft of the CHA and the next steps.



Beltrami County
**Community Health
Needs Assessment**
2025

Table of Contents

- 3 Our Mission
- 4 About Beltrami County & Our Residents
- 5 Beltrami County Demographics
- 6 10 Areas of Health
- 7 Community Connection
- 8 Chemical Dependency
- 9 Safety & Security
- 10 Beltrami County Housing
- 11 Transportation

- 12 Education
- 13 Access to Healthcare
- 14 Economic Opportunity
- 15 Food Security
- 16 Medical Health
- 17 Improvement Plan
- 18 Health Priorities
- 19 Resources

Thank You

Credits & Acknowledgements:

Hanna Anderson, Beltrami County, Child Protection
Curt Anderson, Beltrami County, Economic Assistance Director
Andrea Dahly, Beltrami County, Assistant County Attorney
Nolan Goss, Beltrami County, Microcomputer Specialist
Commissioner Joe Gould, Beltrami County, District 2, Community Health Board Member
Dave Henkle, Greater Bemidji, Executive Director
Grace Imholte, Bemidji State University, Community Health Intern
Selena Krueth, Capella University, Master's in Public Health Intern
Jeanne Larson, Northern Dental Access, Executive Director
Anne Lindseth, Beltrami County, Director Health and Human Services
Laurel Miller, Beltrami County, Eligibility Specialist
Chris Muller, Beltrami County, Emergency Manager and Public Information Officer
Dr. Jeremy Olson, ISD #21, Bemidji School District
Brian Olson, Beltrami County, Solid Waste Administrator and Public Works Safety Coordinator
Anthony Schaffhauser, DEED Northwest Regional Analyst
Rachael Roy, Beltrami County, Eligibility Specialist
Monica Thul, Beltrami County, Public Health Program Manager
Organizations:
Pinnacle Marketing Group, Bemidji
Sanford Health System, Bemidji and Sioux Falls

The Community Health Board and Public Health extend sincere thanks to community members, workgroup participants, and partner agencies for their vital contributions to the Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP).

Community Members: Your voices helped shape our priorities and ensure the plan reflects real community needs.

Workgroup Members: Your time, expertise, and dedication were essential in creating a clear path forward.

Partner Agencies: Your collaboration and support were key in addressing complex health challenges.

This plan's success relies on continued partnership and engagement. Thank you for your commitment to improving health in Beltrami County.

Amy Bowles, MSN, BSN, RN, PHN
Public Health Director and Community Health Services Administrator
Beltrami County, Health and Human Services
amy.bowles@co.beltrami.mn.us
www.co.beltrami.mn.us/services/public-health/

Our Mission

Our Mission Statement:

To promote community and family strength and work to ensure the safety and well-being of all Beltrami County residents.

Our Guiding Principles & Values:

Health starts in our families, neighborhoods, schools, work-places, and communities. As vested employees of Beltrami County, we live, work, play, learn, and age alongside you. Together, we can ensure that everyone has the chance to see public health working and experience the protection of the services and support offered through the Community.

Preparation for Community Health Improvement

Consider opportunities to apply the **Social Determinants of Health** framework

The **Social Determinants of Health (SDOH)** are the conditions in the environments where people are born, live, learn, work, play, worship and age that affects a wide range of health, functioning and quality-of-life outcomes and risks.



About Beltrami County & Our Residents



Beltrami County, in north-central Minnesota, features dense forests, lakes, wetlands, and varied terrain from rolling hills to flat plains.



Located near the Great Lakes and home to the Mississippi River's headwaters, it offers rich natural resources like timber, water, and fertile farmland.

The Rich History of Beltrami County



Pre-1800s

Native
American
Presence



Early 1800s

Exploration by
Jean-Baptiste
Beltrami



1866

Beltrami County
Established



20th Century

Economic
Diversification



Today

Blending
Nature & Progress

Beltrami Community Health Assessment

From July 5th to September 17th, 2024, we conducted a survey from our community to explore what makes our community healthy through comprehensive data collection and community feedback.

400+
Responses

Surpassed our goal
of 200 responses

0

Borders

No proof of
residency required

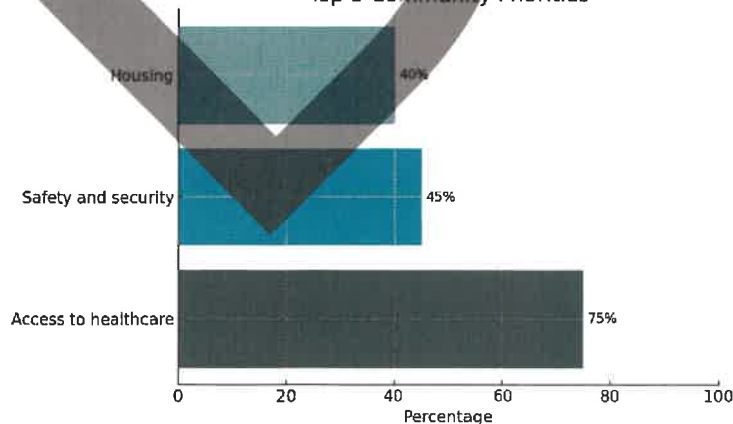
25+

Community
Suggestions

Unique ideas for
improving health

TOP 3 MOST IMPORTANT FACTORS WHEN YOU THINK OF A "HEALTHY COMMUNITY". . .

Top 3 Community Priorities



Beltrami County Demographics

Beltrami County is a part of Economic Development Region 2, which is located in the Northwest Planning Region.

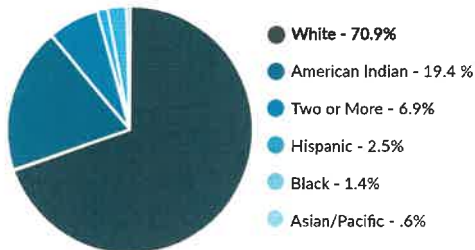


46,718
Residents
Total Population in 2023

1.1%
Growth
Population increase
2020-2023

35.1
Median Age
Younger Than State
Average at 38.6 years

Demographic Diversity



The county is becoming more diverse. Since 2013, the white population declined by 2.2%, while other racial groups increased.

Educational Attainment

Bachelor's Degree or Higher
Lower than state average
Associate's Degree
Lower than state average
Some College
Lower percentage than state average
High School Diploma
Below state average (93.2%)

INCOME & HOUSING

Employment Sectors

\$67,257
Median Household Income
Lower than state average of \$87,556

Cost of Living
Lower than state average

\$222,800
Median House Value
State: \$245,900

Healthcare & Social Assistance
21.9% of jobs
\$65,111 aver. wage

Retail Trade
15.2% of jobs
\$31,566 aver. wage

Public Admin
11.5% of jobs
\$58,236 aver. wage

LABOR FORCE TRENDS in BELTRAMI COUNTY

25,182 AVAILABLE WORKERS in the labor force

18.8% INCREASE in the number of workers (3,986)

6.5% UNEMPLOYMENT (higher than the state's rate)

Future Outlook

- **Population Projection:**
Expected to decline 2.6% from 2025-2035
- **Labor Force:**
Projected to decline slightly by 2035

- **Aging Population:**
75+ age group increasing by 26.6%
- **Employment Growth:**
3.9% job growth by 2032 in NW region





10 Areas of Health



Community
Connection



Chemical
Dependency



Safety &
Security



Beltrami County
Housing



Transportation



Education



Access to
Health Care



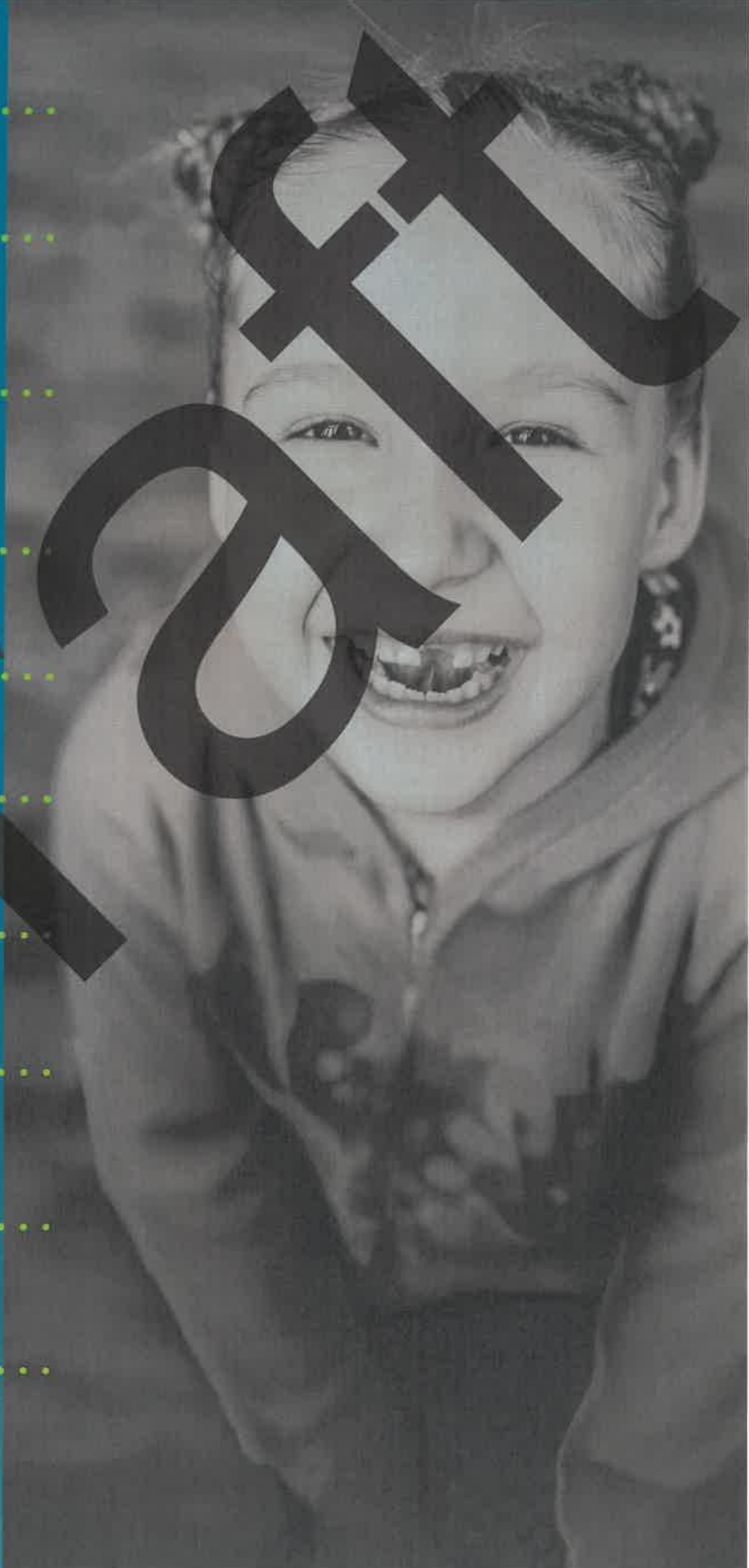
Economic
Opportunity



Food
Security



Medical
Health ⁶



Community Connection



Civic infrastructure provides us with spaces to meet, make our voices heard, engage in cultural activities, enjoy nature and feel like we belong.

These civic spaces support our ability to do things together—whether it's volunteering at the senior center or attending a community advisory council meeting. Civic spaces are created and maintained with intention—sometimes by governing bodies and sometimes by neighbors working together. They provide a foundation for civic action and local solutions.

Examples Are. . .

- Curb cuts for the disabled
- Access to broadband
- Adequately funded schools
- Organizations for social associations
- Access to libraries
- Shared culture
- Resources
- Volunteer opportunities
- Access to social activities, parks & recreational events



Northwest Beltrami County has its challenges due to the distance from where core services are provided. Because of this, the County provides 2 remote clean up days per year that residents in this remote area can bring in all types of waste instead of driving to a transfer station which is 1 hour away.

Making Spaces for Connection

A Shared Culture

Beltrami County integrates local Tribal traditions and practices with following services:

- Families First, NAAC (website)
- Northwest Indian Community Development Center
- Bemidji State University American Indian Resource Center
- Red Lake Indian Health Services Hospital
- Bemidji Area Indian Health Services
- Oshki Manidoo Center
- Mewinza Ondaadiziike Wiigaming
- Indigenous Environmental Network



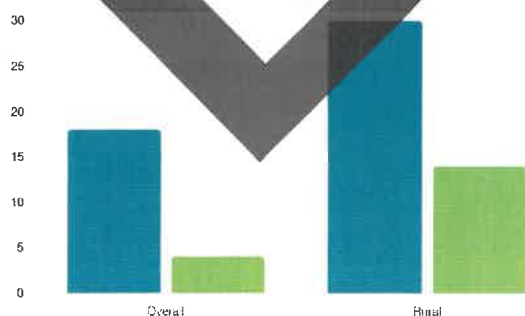
Broadband Access

Broadband Access - % of Households with Broadband Internet



Broadband Access Disparities On Tribal Vs Non-Tribal Lands

% Without Broadband Access by for Tribal Lands and Non-Tribal Lands



Despite Federal Efforts, there is no cohesive national strategy focused on broadband access for Tribal communities

18% of people on Tribal lands lack broadband
4% in non-Tribal areas

• In rural areas, the disparity is worse. . .

30% of people on Tribal lands lack broadband
14% in non-Tribal areas

Some of the reasons for this are:

- Monthly broadband subscription cost is expensive
- Other options for internet outside of home
- Cost of computer is too expensive
- Smartphone does everything online that you need





Chemical Dependency

Substance abuse doesn't only affect the person using drugs or alcohol; it affects the whole community around them as well. Substance use and chemical dependence impact families, crime rates, premature death rates, a person's health, the economy, and it creates stigmas that are difficult to remove.

1 in 10

people with a substance use disorder receive treatment in the U.S.



ALCOHOL

#1 Substance Used at Time of Admission for Treatment in Minnesota, followed by

Methamphetamine

The Bemidji Area

21% one of the highest adult smoking rates in MN
44% highest rate of alcohol related driving deaths according to CHR data

63.45%*

identified **CHEMICAL DEPENDENCY** as the top concern

*survey of 580 respondents on factors negatively affecting health in Beltrami County

#2 GREATEST NEED IN THE COMMUNITY
BEHAVIORAL HEALTH including Substance Abuse

identified during the 100 Cops Initiative

47%* identified ADDICTION TREATMENT as needed service

#1 behavioral & mental health services (66%)

*2014 Stanford Health Survey, for Bemidji area

ALCOHOL

Alcohol is the most commonly used substance & contributes to more deaths, injuries & illnesses than any other drug.

Excessive Drinking

• INCREASES RISK OF SERIOUS HEALTH ISSUES

These Health Issues Include the following:

- Alcohol poisoning
- High blood pressure
- Stroke
- Cancer
- Sexually Transmitted Diseases
- Unintended pregnancy
- Fetal Alcohol Syndrome
- Sudden Infant Death Syndrome
- Suicide
- Interpersonal violence
- Motor vehicle crashes

- INCLUDES BINGE DRINKING (4+ for Women; 5+ for Men at 1 time)

INCLUDES HEAVY DRINKING (8+ for Women; 15+ for Men per week)

INCLUDES ALCOHOL CONSUMPTION by Pregnant Women and Under 21

17.9%
2021 Minnesota Binge Drinking Rate

23.4%
2023 Beltrami County Binge Drinking Rate



10 of 28
Driving Deaths in Beltrami County were alcohol-related in 2024

DRUGS

Drug overdose deaths are a leading cause of premature death.

MAJOR DRUG CONTRIBUTORS:

- Prescribed Opioids (methadone, oxycodone & hydrocodone)
- Illicit Opioids (fentanyl & heroin)

75% of all drug overdose deaths were from opioids in 2021

Higher Risks

AMERICAN INDIAN MINNESOTANS*

10x

more likely to die from a drug overdose

BLACK MINNESOTANS*

3x

more likely to die from a drug overdose

*2021 data

BELTRAMI COUNTY

51%

of all hospital visits for opioid-involved overdoses in NW MN from 2016-22

55

fatal overdose deaths in 2024, up from 42 deaths in 2023 and 2022

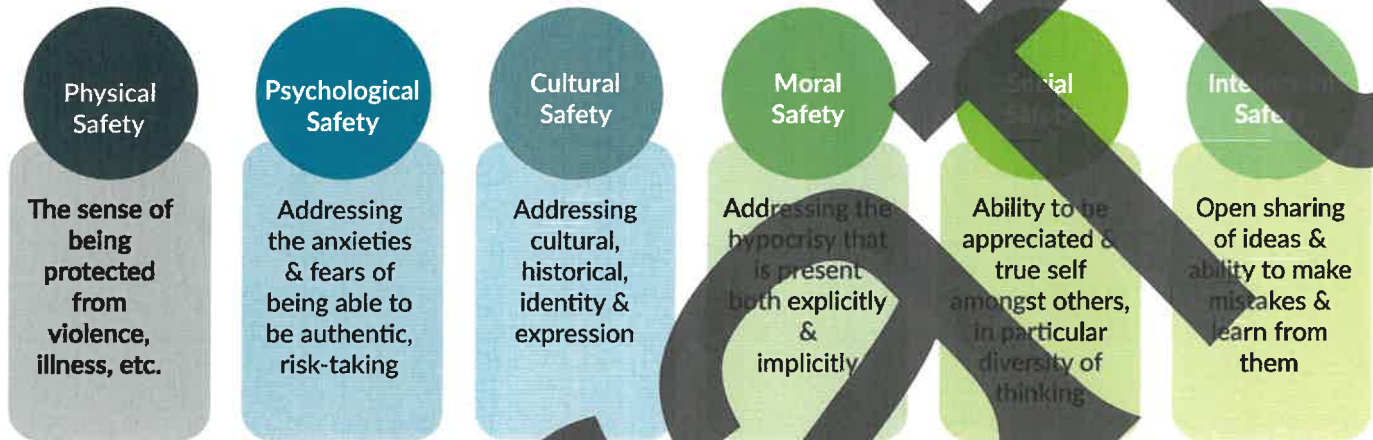


Safety & Security



Feeling safe in a community enhances overall well-being, benefiting both physical and mental health. It reduces stress and anxiety, encourages outdoor and healthy activities, fosters social interactions, positively impacts children, attracts businesses, raises property values, boosts tourism, improves emergency preparedness, and strengthens community bonds.

Safety Considerations



Safety & Security in Beltrami County

2024 Beltrami Community Health Assessment

SAFETY & SECURITY

2nd most important factor for a **HEALTHY** community



SAFETY & SECURITY

3rd most **NEGATIVE** issue impacting Beltrami County

IN 2024

2,410

Group A Offenses in Beltrami County

the highest number comparable in the state

Examples of Group A Offenses:

- Assaults
- Fraud
- Drug Violations

346

Simple Assaults

338

Investigated Simple Assaults

In 2024, Beltrami County was declared a **High-Intensity Drug Trafficking Area (HIDTA)** due to rising drug-related activity by the **the White House's Office of National Drug Control Policy**.
(MPR News)

This designation boosts support, funding, and coordination to help law enforcement fight drug-related activity more effectively.





Beltrami County Housing

Housing is essential for our health and well-being. When people don't have stable housing, they can't participate fully in the community. Affordable housing sets the groundwork for stable living environment and enhanced educational outcomes for children. Affordable housing invites individuals from varied socioeconomic backgrounds, supports physical and mental health, and ensures everyone has a place to call home.



MINNESOTA COUNTIES...

1 in 4 Renter Households & 1 in 10 Homeowner Households

SPEND MORE THAN THEY CAN AFFORD ON HOUSING

The state faces a **severe shortage** of affordable & available rental homes for **extremely low-income households**

79% of all communities experience a deficit of over 100 homes

31% of all communities are facing shortages exceeding 500 homes

BELTRAMI COUNTY...

17,555 Households

Our existing homes are aging & increasingly unaffordable, with few new ones being built



2021 RENTER HOUSEHOLDS

11,936 households

% of rental units before 1970: **34%**

2022 NEW multi-family units permitted: **105**

Median rent: **\$837** = **8%** over 5 years



2021 OWNER HOUSEHOLDS

11,936 | 68% of households

% of houses built before 1970: **25%**

2022 NEW single-family units permitted: **86**

Median home value: **\$176,500** = **5%** over 5 years

* Increases in rent or home value have been adjusted for inflation.

Poverty Rates

16%

Beltrami County

9.3%

Minnesota

Such pressures can lead to eviction and homelessness, both on the rise in Minnesota



EVICTIONS IN THE COUNTY

2022 eviction filings: **80**

Average pre-pandemic monthly filings (2012-19): **89**



HOMELESSNESS IN THE STATE

2022 homelessness: **19,600**

66% were Black, Indigenous, or people of color

Number of homeless children under 18: **8,891**

*on any given night in 2022

Transportation

Transportation plays a crucial role in connecting people to job opportunities, healthcare services, and spaces that support physical activity. It is especially vital for vulnerable populations, including communities of color, older adults, people with disabilities, veterans, and Indigenous communities in remote areas. Ensuring accessible and equitable transportation systems is essential for improving quality of life and fostering economic and social well-being.

Vital Role of Transportation in Community Health



Access to Essential Services

Transportation connects residents to healthcare, work, education and food resources.



Social Connections

Transportation decisions influence how people socialize with family and friends.



Economic Growth

Reliable transportation enables economic opportunities and improves overall human welfare.



Health Outcomes

The physical environment, shaped by transportation, directly impacts community health.



Community Perspectives on Transportation in Beltrami County*



25.86%

Negative Impact

Respondents who identified transportation as a top factor negatively affecting county health.

6.72%

Positive Impact

Those who view transportation as positively affecting county health.

7.07%

Healthy Community

Residents who consider transportation crucial for a healthy community.

28.49%

Diversity

Survey responses from non-White/Caucasian residents, highlighting the importance of inclusive transportation planning.

*2021 Bemidji Community Health Assessment Survey

TRANSPORTATION EQUITY: Addressing Disparities

Vulnerable Populations

Transportation directly impacts access to resources for communities of color, older adults, people with disabilities, veterans, low-income rural, urban and tribal communities.

Policy Impacts

80% of federal investments go to roads and highways, while less than 20% goes to transit systems.

Public Transit Importance

Beltrami County is the 4th largest County in the state by land mass which creates significant transportation challenges for rural populations. The only public transportation exists in the most populous areas.





Education

Education shapes healthier, longer lives and brighter futures for individuals and communities. It plays a crucial role in health by providing better opportunities which lead to healthier lives and better long-term health outcomes.

The Health Advantages of Education



Healthier Choices

Higher education levels are linked to . . .

- Better employment options
- Increased social support
- Facilitating healthier lifestyle decisions

Extended Lifespan

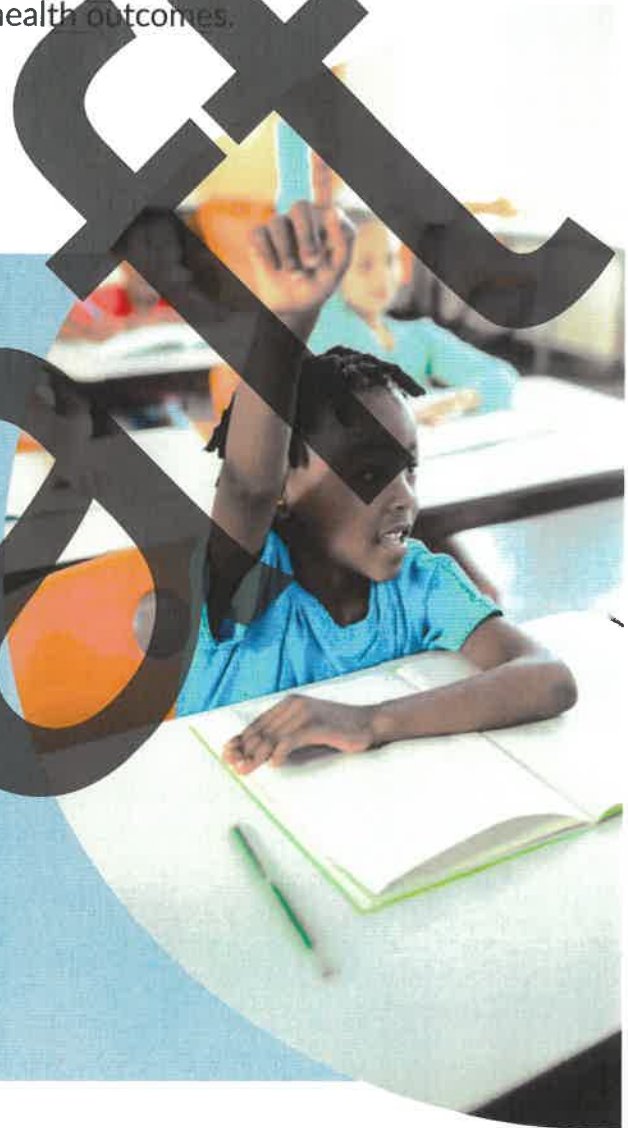
On average, college graduates live 9 years longer than high school dropouts, highlighting education's profound impact on longevity.

Improved Health Literacy

Education enhances health literacy, empowering individuals to navigate health care systems more effectively and make informed health decisions.

Greater Life Control

Higher education fosters a sense of control over one's life, correlating with better health outcomes and fewer chronic conditions.



Local Education Landscape: Bemidji & Beltrami County

84.6%

Bemidji High School Graduation Rate*

Bemidji High School's grad rate, reflecting strong educational outcomes. Also has the largest student population in Beltrami County



92%

Beltrami County High School Graduation Rate

Percentage of Beltrami County adults with a high school degree or equivalent.



\$3,364

Extra Per-Pupil Spending

Amount above required spending in Beltrami County, supporting student achievement to ensure each average level of achievement.



74.9%

Consistent Attendance*

Proportion of Bemidji students attending school 90% of the time or more.

*MN Report Card

Access to HealthCare



Access to quality healthcare is essential for physical, social, and mental well-being. A combination of health insurance, local care options, and a regular source of care ensures individuals can enter the healthcare system, find and afford treatment, and address their health needs effectively. Scan the barcode to the right to learn more about Sanford Health's Community Health Needs Assessment (CHNA) or go to: www.sanfordhealth.org/-/media/org/files/about/community-health-needs-assessment/2024/bemidji-chna-report-2025-2026.pdf

Scan To Learn More



Health Implications of Lack of Dental Care

The lack of dental care access leads to a vicious cycle of health problems like heart disease, stroke, and diabetes.

We must act now to improve transportation options, increase dental professional recruitment, and expand insurance coverage for dental care in Beltrami County.



- Untreated Dental Disease
- Increased ER Visits
- Chronic Health Issues
- Higher Healthcare Costs
- Dangerous Self-Medication

The Dental Care Divide: A Growing Concern in Beltrami County

42%

Struggling Financially*
% Beltrami County residents living at poverty levels or financially struggling

*ALICE

28%

Limited Coverage
% Beltrami County Residents enrolled in MN Health Care Plan with restricted dental benefits

34%

Annual Dental Visits
Percentage of Medicaid enrollees who have an annual dental visit

1:1,260

Dentist to People Ratio
Number of residents per dentist in Beltrami County in 2022

DENTAL CHALLENGES IN BELTRAMI COUNTY

Beltrami County is designated as a Dental Health Professional Shortage Area, meaning there are not enough dentists per capita to meet the community's needs. This is also exacerbated by workforce shortages in allied dental professions.

This crisis disproportionately affects:

- Low-income residents
- Those facing housing & transportation barriers
- Victims of racial discrimination



30% LESS LIKELY to RECEIVE DENTAL TREATMENT*

*Carequest, Open Access 2024





Economic Opportunity

Beltrami County's economy has grown steadily, with rising retail sales and lodging, though recent growth has slowed and construction has declined. While Bemidji ranks among Minnesota's strongest micropolitan areas, many residents face economic challenges, including lower household incomes and high living costs. Access to transportation and affordable wages remain essential for improving economic opportunity in the region.

Beltrami County Economic Growth

55%

Retail Sales Growth
Over Last Decade
Growth only 1% in
the last year

49%

Lodging Increase
Since 2014
Including 4.2% growth
over last year

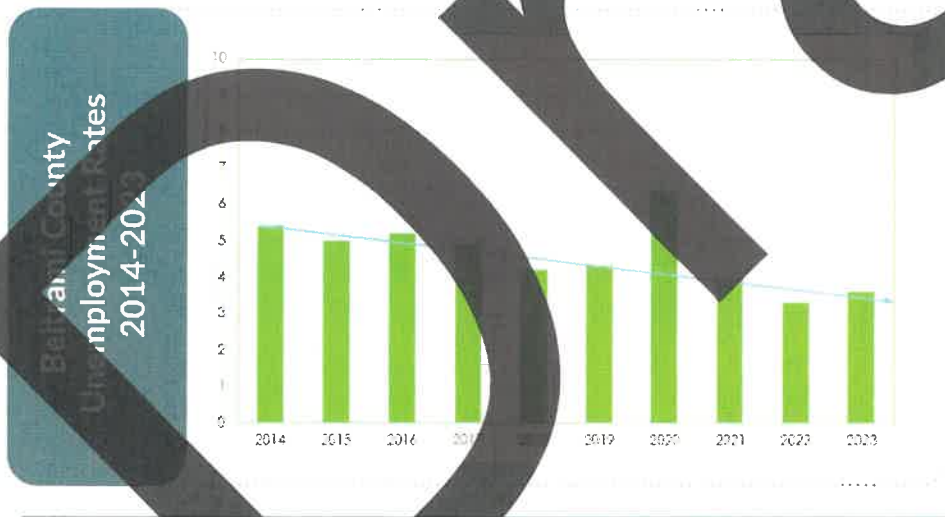
\$22.5

Million in Total
Construction in 2023
Down from \$23.2 million
in 2022

Bemidji Economic Growth

Ranked **114th**
out of **543** micropolitan
areas in the nation for
economic strength

Currently in highest
ranking in the state, behind
Fairbault, Red Wing and
Alexandria



Beltrami County Economic Challenges

22%

Child Poverty
in Beltrami County

\$59,900

Median Household Income
Half of households earn more,
half earn less

\$43.81

Living Wage
Hourly wage needed to
cover basic expenses for
a family of 3



Food Security



Access to healthy, affordable food is essential for survival, growth, energy, and immune function. It also plays a vital role in social and community well-being. Barriers such as food deserts, limited agricultural resources, and reliance on processed foods can negatively impact health. Factors like food assistance, cooking knowledge, and accessibility influence overall well-being. To learn more about food insecurity and sustainability, scan the barcode to the right for the Community Health Board's YouTube channel or go to www.youtube.com/@BeltramiCHB

Scan To Learn More



1 in 7 Children Experience Food Insecurity



What is Food Insecurity?

The USDA defines food insecurity as the lack of consistent access to enough food for a healthy life. It's a critical public health concern affecting the community.



Key Causes of Food Insecurity:

- Unemployment
- Poverty
- Income Instability

Key Ways to Reduce Food Insecurity:

- Food Assistance Programs
- Economic Improvements

Food Security Challenges in Beltrami County

12.9%

(5,027 People)
People face Food Insecurity in Beltrami County

17.1%

Poverty Rate in Beltrami County
This far exceeds the state average

13,576

Households in 2024
Number served by Beltrami County Food Shelf is a 13% increase from previous year

Support & Resources in the Community

3,277

Number of People who received SNAP Benefits in December 2024

60%

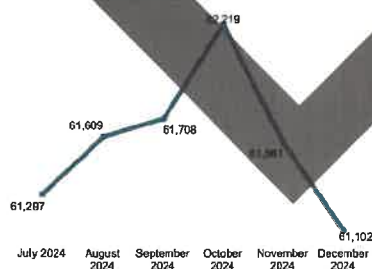
Increase at The Bemidji Community Food Shelf after COVID supports ended in March 2023

18,000

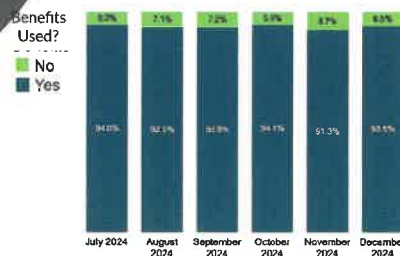
Number of children who were provided crucial assistance to by The Bemidji Community Food Shelf in 2024

Beltrami County WIC Program Usage

WIC Household Issued Benefits

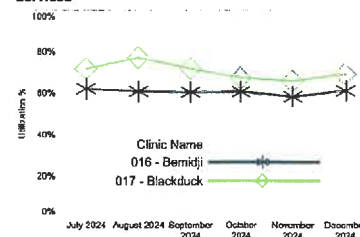


Households Who Have Used ANY Benefits



Utilization of Food Benefits

Clinic Utilization for Beltrami County Health & Human Services



If you or someone you know is experiencing food insecurity, find resources at www.crcinform.org. Apply for SNAP benefits online at MNbenefits or visit the Beltrami County Health and Human Services office at 616 America Ave NW, Bemidji, MN 56601.





Medical Health

Health is a state of physical, mental, and social well-being, where an individual is free from illness or injury and is able to function optimally in daily life. Improving access to safe and convenient transportation can promote active lifestyles. In Beltrami County, health outcomes are worse than the Minnesota average but similar to the national average.

Nearly **40%** of Americans are overweight or obese



Only **25%** of Americans meet recommended physical activity levels



Being overweight or obese, increases the risks for serious health conditions.

Regular physical activity helps reduce these risks.

Serious Health Conditions Include:

- Heart disease
- Stroke
- Type 2 diabetes
- Certain cancers

Leading Causes of Premature & Preventable Death

Beltrami County Health Statistics Comparisons

Suicide Rate

Per 100,000 People



Sexually Transmitted Diseases

Per 100,000 People



Teen Birth Rate

Births per 1,000 females ages 15-19



Improvement Plan



RESULTS OF THE COMMUNITY HEALTH NEEDS SURVEY:

580
Responses*

Goal was set high at 200 responses

Background of the Community Health Needs Survey:

- **Our workgroup** consists of 8 Beltrami County employees
- **Survey launched** July 5/closed September 17, 2024
- **Distributed via:** email, newspaper, newsletters, radio, community meetings, postcards, posters, social media, press release
- **Responses gathered at:** community events, 616 lobby, Bemidji mall, grocery stores, face-to-face requests
- **Focus areas:** downtown Bemidji, Conifer Estates, Ridgeway, Blackduck, Solway, Red Lake, Pongmah, Kelliher
- **Vital support from:** Pinnacle Marketing Group, CRC, students, and committee members

What We Learned:

Manual entry is time consuming, but increased our responses

Paper version allows deviation in answers

Face-to-face requests increased our responses

Community events, tied to education and awareness, were effective

Bringing the survey to the people is essential

The Top 4 Areas* We Will be Focusing on in the CHIP

*Based on ranking in our community survey



Chemical
Dependency



Housing



Safety &
Security



Transportation

To see the Community Health
Needs Survey results in more
detail:

Scan the barcode on the right with
your phone OR. . .

Visit [www.surveymonkey.com/
results/SM-yx38soWsu0w27ZL_
2FldrE7g_3D_3D/](http://www.surveymonkey.com/results/SM-yx38soWsu0w27ZL_2FldrE7g_3D_3D/)



Work Group Recommendations & Next Steps.....




1. Prioritize Issues for the CHIP
2. Form a strong foundation of partnerships, resources, and planning
Priorities will most likely determine stakeholders with a vested interest:
Work Model suggestions: Elected officials, law enforcement, EMS, school staff, media, business leaders, health insurance companies, healthcare professionals, nonprofit organizations
3. Develop a draft of CHIP
4. CHB approval of CHIP





Health Priorities

Health Priority #1 - Chemical Dependency

Action Plan 1: School-Based Prevention



-  **Goal:** Quarterly sober events for recovery support
- Strategy 1:** Restorative interventions for youth (by Dec 2026)
- Strategy 2:** Youth Advisory Committee – 3+ schools (by Dec 2025)
- Strategy 3:** Youth-led radio & social media prevention ads (by Dec 2026)
-  **Policy:** Advocate restorative justice in schools
-  **Metrics:** Track youth participation, ad clicks/shares, recidivism rates
- Partners:** BASC, Trek North, Voyageurs, Bemidji HS, Public Health, Pinnacle

Action Plan 2: Community Engagement



-  **Goal:** Quarterly sober events for recovery support
- Strategy 1:** Celebrate sobriety milestones (2x/year)
- Strategy 2:** Promote on social media, churches, services
- Strategy 3:** Annual sober living resource fair
- Strategy 4:** Assess nature access barriers (by 2027)
-  **Metrics:** # of events, attendance, satisfaction surveys
- Partners:** Stelmer, Face It Together, NVHDC, Public Health, Pinnacle, Nature Everywhere Action Challenge | Children & Nature Network

Health Priority #2 - Housing

Action Plan 1: Sober Living Housing



-  **Goal:** Expand access to sober housing
- Strategy 1:** Repurpose 1 building for recovery housing (by 2029)
- Strategy 2:** Partner with housing, employment, mental health & recovery services
-  **Metrics:** Track youth participation, ad clicks/shares, recidivism rates
- Partners:** BASC, Trek North, Voyageurs, Bemidji HS, Public Health, Pinnacle

Action Plan 2: Affordable Housing Expansion

-  **Goal:** Advocate for accessible, inclusive housing
- Strategy 1:** Support mixed-income housing projects
- Strategy 2:** Build or repurpose 1 affordable unit (by 2029)
- Strategy 3:** Prioritize housing near services, jobs, transit, schools
-  **Metrics:** # units built, people housed, rental aid use, support service engagement
- Partners:** HRDC, Beltrami County, United Way, Housing Collaborative




Health Priority #3 - Safety & Security

Action Plan 1: Increase Safety & Security

-  **Goal:** Strengthen collaboration between first responders & community
- Strategy 1:** Train all Bemidji Fire Dept staff on opioid/co-occurring conditions (by 2026)
- Strategy 2:** Offer training to all county First Responders (by 2029)
- Strategy 3:** Boost public safety via community deputy +5% event engagement yearly (through 2029)
- Strategy 4:** Expand public safety campaign reach by 10% annually (through 2029)
- Strategy 5:** Conduct countywide safety perception survey (by 2027)
- Policy:** Ensure equitable access to safety resources, with focus on underserved groups
-  **Metrics:** Track # of events, media types used, campaign engagement
- Partners:** Local Fire Depts, Police, Sheriff, EMS, Opioid Steering Committee, Sanford & Bemidji Ambulance Services

Health Priority #4 - Transportation

Action Plan 2: Expand Transportation Access

-  **Goal:** Improve transit to healthcare & services
- Strategy 1:** Add public transit to 3 underserved communities (by 2029)
- Strategy 2:** Partner with providers to increase prenatal visits by 2%/year (through 2029)
- Strategy 3:** Launch transit subsidy program for low-income residents (by Dec 2029)
- Strategy 4:** Assess transit barriers for underserved groups (by 2027)
-  **Policy:** Prioritize affordable, equitable transportation for rural & low-income residents
-  **Metrics:** # of subsidies issued, prenatal care trends, survey feedback
- Partners:** Beltrami County, Bemidji Transit, HRDC, CRC, United Way of Bemidji

Resources

About Beltrami County & Our Residents

Beltrami Community Health Assessment, 7.2024 - 9. 2025 Survey Results:
www.surveymonkey.com/results/SM-8_2BC5If_2BWIVA_2BLHZxbBmbCA_3D_3D/

Demographics

MN Employment and Economic Development data from Beltrami County's Profile from Anthony Schaffhausen(?)

Community Connections

Breaking Down Barriers to Broadband Access | U.S. GAO www.gao.gov/blog/breaking-down-barriers-broadband-access
PEW Research Center Survey, *Non-broadband users cite a number of reasons why they do not use high-speed connections*, Survey conducted June 10-July 12, 2015.

Chemical Dependency

The Impact Of Substance Abuse On a Community | We Do Recover
wedorecover.com/blog/the-impact-of-substance-abuse-on-a-community/
Beltrami, Minnesota | County Health Rankings & Roadmaps
www.countyhealthrankings.org/health-data/minnesota/beltrami?year=2024
Minnesota
www.cdc.gov/nchs/pressroom/states/minnesota/mn.htm
MN Public Health Data Access Home - MN Data
data.web.health.state.mn.us/web/mndata/
Opioid Steering Committee | Beltrami County
www.co.beltrami.mn.us/services/public-health/opioid-steering-committee/

Safety & Security

Why Is It Important to Feel Safe in Your Community? - tchrends
tchrends.com/why-is-it-important-to-feel-safe-in-your-community
Minnesota Bureau of Crime Apprehension
cde.state.mn.us/DownloadData/OffenseCountyMunicipalByCountyDownload
Group A Offenses
cde.state.mn.us/home/Glossary
MPR News
www.mprnews.org/story/2024/10/05/federal-hidta-designation-works-to-stop-drug-trafficking-in-beltrami-county-area
HIDTA Program
https://f.io/U9a_AiXs

Housing

Beltrami, Minnesota | County Health Rankings & Roadmaps
www.countyhealthrankings.org/health-data/minnesota/beltrami?year=2024

Education

school-district-data/ / MN State Demographic Center
mn.gov/admin/demography/data-by-place/school-district-data.jsp

Economic Opportunity

Wasn't able to access the Sharepoint resources & websites listed to add to this page:
https://beltramimis.sharepoint.com/:x:/s/CommunityHealthWorkGroup/EZN94cZrSm5FqldQ8_nmoJBkCRmYqUcEtF_nQw2IOhDaA?e=mW85er
Minnesota | County Health Rankings & Roadmaps
countyhealthrankings.org/healthdata/minnesota?year=2024

Food Security

What Is Food Access and Why Is Access to Food Important? straydoginstitute.org/food-access/
Food deserts: Definition, effects, and solutions medicalnewstoday.com/articles/what-are-food-deserts
MN Public Health Data Access Home - MN Data data.web.health.state.mn.us/web/mndata/
Beltrami, Minnesota | County Health Rankings & Roadmaps
www.countyhealthrankings.org/health-data/minnesota/beltrami?year=2024
Minnesota WIC Benefit Utilization Summary - MN Dept. of Health
www.health.state.mn.us/people/wic/localagency/reports/benefits.html

Medical Health

Beltrami, Minnesota | County Health Rankings & Roadmaps
www.countyhealthrankings.org/health-data/minnesota/beltrami?year=2024
MN Public Health Data Access Home - MN Data
data.web.health.state.mn.us/web/mndata/

Health Priorities

Nature Everywhere Action Challenge | Children & Nature Network
www.childrenandnature.org/nature-everywhere-action-challenge/

Community Resources

Bemidji Area Program for Recovery,
403 - 4th St. NW, Bemidji
AA program, 218-536-9008
NA program, 2508 Wash. Ave. SE, Bemidji
Oshki Manidoo Center, 1741 - 15th St. NW, Bemidji
Restore House, 1001 Mississippi Ave. NW, Bemidji
Face It Together, 408 Beltrami Ave. NW, Bemidji
Alano Club, 3802 Greenleaf Ave. NW, Bemidji
Park Place (housing for those with substance abuse),
600 - 3rd St. NW, Bemidji.
Beltrami County Health and Human Services
Sanford Behavioral Health
Stellher Human Services
North Homes Children and Family Services
Kai Shin Clinic
Northern Minnesota Addiction Wellness Center
Nystrom & Associates
Community Behavioral Health Hospital
Woodvale Psychological Services





This Booklet Was Made Possible by:

Beltrami County Community Health Board