

# Bismarck-Burleigh Public Health Community Health Improvement Plan 2022-2024



**Public Health**  
Prevent. Promote. Protect.

**Bismarck-Burleigh Public Health**



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Director, Bismarck-Burleigh Public Health



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## Welcome Letter

Bismarck-Burleigh Public Health and Custer Health partnered with CHI St. Alexius Health and Sanford Health in Bismarck to complete a Community Health Needs Assessment for our local area in 2021. This report is designed to summarize the assessment process, frame our community assets relating to health and wellness, and identify implementation strategies that Bismarck-Burleigh Public Health will utilize to address the health and wellness needs in our community.

Bismarck-Burleigh Public Health is continuously planning and collaborating with local health partners to work towards community level changes that are sustainable and will shift social norms relating to the health and wellness of our residents. I applaud the efforts that have been put forth thus far by our colleagues.

The progressive leadership in our local area is something to be proud of. As you read this report, take pride in our community assets, embrace our community needs and engage in becoming part of the solution.

Sincerely,

*Renae Moch, MBA, FACMPE*

Renae Moch, MBA, FACMPE  
Public Health Director  
Bismarck-Burleigh Public Health

## Acknowledgements

Bismarck-Burleigh Public Health would like to acknowledge and thank the City of Bismarck's Administration and City and County Boards of Health for their supportive efforts throughout the collaborative process of conducting the 2021 Community Health Needs Assessment Survey. A special "thank you" goes out to Bismarck City Commissioner, Nancy Guy, and Burleigh County Commissioner, Rebecca Matthews, the portfolio holders for Public Health who have actively participated and provided feedback to our department throughout this process. Your support of this collaboration encourages efficient use of resources and a coordinated effort to improve the health of our community.

In addition, we recognize the Burleigh-Morton Community Health Collaborative Core Group Members for their expertise and leadership throughout the assessment process. This group carried the responsibility of completing a Community Health Needs Assessment for Burleigh and Morton Counties and led efforts to complete the process successfully.

## Community Health Collaborative Core Group Members

### **Renae Moch, MBA, FACMPE**

Public Health Director  
Bismarck-Burleigh Public Health

### **Erin Ourada, MPH, REHS/RS**

Administrator  
Custer Health

### **Erica Solseth**

Interim Director, Foundation Office  
CHI St. Alexius Health

### **Marnie Walth**

Senior Legislative Affairs Specialist  
Sanford Health



Bismarck-Burleigh Public Health also expresses gratitude to the community stakeholders and Bismarck-Burleigh Public Health staff members who participated in planning efforts and facilitated discussions and assisted with prioritizing needs identified through the assessment process.

We also thank the Burleigh and Morton County residents who assisted in survey completion and all others that supported these efforts in any way throughout the assessment process.

Working together we can obtain a healthy and safe community for all residents!

## **Description of Bismarck-Burleigh Public Health**

Bismarck-Burleigh Public Health operates as a City of Bismarck department and is comprised of the following sections: Health Administration, Health Services, Health Maintenance, Environmental Health, Emergency Preparedness and Response, Nutrition Services, Substance Abuse Prevention and Control, Women's Way, and the Business Office. Burleigh County contracts with the City of Bismarck for public health nursing services.

Bismarck-Burleigh Public Health employs public health professionals who work to protect the health of the population for Bismarck and Burleigh County. Public health professionals work to prevent the spread of infectious diseases and food-borne illnesses and stress the importance of preventive care to maintain good health. Public Health promotes and encourages preventive health care and healthy lifestyles for children and families.

Public Health protects the public against injuries and environmental threats by preparing for and responding to natural and man-made disasters and emergencies. Public Health plays a vital role in the development of policies and standards to address the challenges to our community's health.

## **Description of Community Served**

Bismarck-Burleigh Public Health serves the residents of the City of Bismarck and Burleigh County. The City of Bismarck is the capital of the state of North Dakota and the county seat of Burleigh County. The U.S. Census population for Bismarck in 2020 was 73,622 people and 98,458 for Burleigh County with the County's population being 81% urban and 19% rural. Bismarck is the 2nd most populous city in the state of North Dakota.

Bismarck is on the east bank of the Missouri River, directly across the river from the City of Mandan. The two cities make up the core of the Bismarck-Mandan Metropolitan Statistical Area with a population of 128,949 in the metropolitan area. The City of Bismarck experienced a 19.9% growth in population between 2010 and 2019 and Burleigh County experienced a 17.6% growth both surpassing the state's population increase of 13.3% during that time period. In 2019, Forbes Magazine ranked Bismarck as the seventh fastest-growing small city in the United States.

As a hub of retail and healthcare, Bismarck is the economic center of south-central North Dakota. Bismarck-Burleigh County serves as home to higher education facilities such as Bismarck State College, the University of Mary, United Tribes Technical College in addition to several of the state's top businesses including state and local government offices. In addition, both the Burleigh-Morton Detention Center and the North Dakota State Penitentiary are located in Burleigh County.

## **Evaluation of 2018 Community Health Needs Assessment**

Bismarck-Burleigh Public Health participated in a Community Health Needs Assessment (CHNA) in 2018. Public Health collaborated with CHI St. Alexius Health and Sanford Health to complete the CHNA, a requirement of the Affordable Care Act for hospitals to maintain their tax-exempt status.

The key findings are based on the key stakeholder survey, the resident survey and secondary research. The key stakeholder survey ranked key indicators on a Likert scale with 1 meaning no attention needed and 5 meaning critical attention needed. Survey results ranking 3.5 or above are considered to be high ranking. The highly ranked needs of 3.5 or above are considered for prioritization.

The resident survey addresses personal health needs and concern. The secondary research provides further understanding of the health of the community and in many cases the indicators are aligned and validate our findings.

### **Community Health Stakeholders identified the following as key community concerns in 2018:**

#### **Economic Well-Being:**

- Homelessness (4.44)
- Housing for those with chemical dependency, criminal history, etc. (4.33)
- Affordable housing (3.87)
- Hunger (3.62)

#### **Children and Youth:**

- Cost and availability of quality childcare (3.97)
- Substance abuse by youth (3.97)
- Childhood obesity (3.94)
- Teen suicide (3.86)
- Availability and cost of services for at-risk youth (3.79)
- Bullying (3.78)
- Teen tobacco use (3.54)

#### **Aging Population:**

- Cost of long-term care (4.07)
- Cost of memory care (4.03)
- Cost of in-home services (3.69)

#### **Safety:**

- Abuse of prescription drugs (4.27)
- Culture of excessive and binge drinking (3.74)
- Domestic violence (3.74)
- Presence of street drugs (3.71)
- Child abuse and neglect (3.64)
- Sex trafficking (3.63)
- Criminal activity (3.50)

**Health Care Access:**

- Availability of mental health providers (4.27)
- Availability of behavioral health (substance abuse) providers (4.23)
- Access to affordable prescription drugs (3.67)
- Access to affordable health care (3.66)
- Access to affordable health insurance (3.65),
- Coordination of care between providers and services (3.64)
- Availability of non-traditional hours (3.56)

**Mental Health and Substance Abuse:**

- Drug use and abuse (4.53)
- Alcohol use and abuse (4.19)
- Depression (3.90)
- Suicide (3.89)
- Dementia and Alzheimer's (3.63)

Among these community concerns in 2018, Bismarck-Burleigh Public Health chose the following concerns as priorities to include in the agency's strategic plan for 2019-2021:

- Access to Affordable Health Care
- Behavioral Health & Addiction
- Cost of Care & Services for the Aging Population
- Chronic Disease & Obesity

Goals and strategies were implemented to address the priorities above through the public health department's strategic plan. Many of the needs identified through in the 2018 survey still exist and were again identified as needs and priorities in the 2021 Community Health Needs Assessment survey.

## **2021 Community Health Needs Assessment**

Bismarck-Burleigh Public Health and Custer Health collaborated with CHI St. Alexius Health and Sanford Health to complete a Community Health Needs Assessment in 2021 for the Burleigh-Morton County area. With assistance from NDSU Center for Social Research, a community survey was distributed to Burleigh and Morton County.

The survey structure aligned with the social determinants of health and contained a combination of scored responses and open-ended questions. Survey responses were collected between December 2020 and February 2021. A total of 933 of respondents completed the survey.

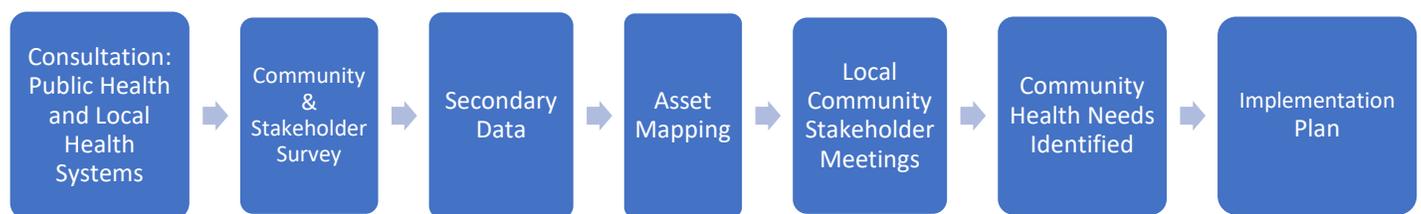
This section of the report contains information regarding the purpose of the assessment and a description of the surveys and information gathered throughout the survey process. Priorities have been identified and key concerns will be addressed through implementation strategies in the next three years.

## Purpose

The purpose of the survey of residents in the greater Bismarck-Mandan area (i.e., Burleigh and Morton counties in North Dakota) was to learn about the perceptions of area residents regarding their personal health, the prevalence of disease, and other health issues in the community. A community health needs assessment identifies the community's strengths and areas for improvement. This Community Health Needs Assessment is a collaborative project of Bismarck-Burleigh Public Health, Custer Health, CHI St. Alexius Health and Sanford Health whose efforts ultimately lead to the implementation of comprehensive strategies for community health improvement in our local area.

## CHNA Process

Bismarck-Burleigh Public Health, in collaboration with Custer Health, CHI St. Alexius Health and Sanford Health, developed a multi-faceted assessment process designed to identify the health concerns of residents in the Bismarck-Mandan-Burleigh-Morton area.



## Limitations of the Study

The findings in this study provide an overall snapshot of behaviors, attitudes, and perceptions of residents living in the community. A good faith effort was made to secure input from a broad base of the community. However, gaps in individual data sources may arise when comparing certain demographic characteristics (i.e., age, gender, income, minority status) with the current population estimates. For example, these gaps may occur due to the difficulty in contacting them through the survey process.

To mitigate limitations, the CHNA evaluates community health from several perspectives; a stakeholder and community survey, meetings with community leaders that have special knowledge and expertise regarding populations, secondary data sources such as the U.S. Census Bureau and County Health Rankings, public comments from previous assessments, and institutional knowledge of public health staff. We extended a good faith effort to engage all community representatives in the survey process.

## Community & Key Stakeholder Survey

Members of the community were asked a series of questions through an online survey designed in partnership with health experts and public health officials to understand the needs of the community. Each respondent was asked to rate community drivers from poor to excellent. Any response other than excellent was offered a follow-up opportunity to comment on the reason. Respondents were

also asked a series of questions specific to their health care access, health care quality, barriers to care, travel to care, and insurance. The survey was sent to a sample of Burleigh and Morton County populations secured through Qualtrics, a qualified vendor. The full set of questions is available in the appendix.

To further promote community involvement the survey was also sent to community stakeholders and elected officials with knowledge and connections amongst medically underserved, low income, or minority populations. Stakeholders were asked to complete the instrument as a resident of the community and forward the survey to their respective populations for greater involvement. Survey data for the local community should be considered directional and best utilized in conjunction with additional data. A total of 933 of respondents from the CHNA area completed the survey.

### **Secondary Research**

The County Health Rankings report for North Dakota serves as the main secondary data source utilized for the community health needs assessment. Alignment of the survey and secondary data allows for greater connection of the data sets. Population data are sourced to the U.S. Census Bureau. Additional data was reviewed from the 2019 Burleigh County Community Health Profile.

### **Health Needs Identification Methodology**

The Center for Social Research at North Dakota State University was retained to develop the initial community health needs list for the community and builds upon their involvement during the previous cycle. The following methodology was used to develop the significant health needs presented later in the report:

- Survey data was stratified into representative groups based upon population: large urban communities, medium sized communities, and rural communities.
- To identify community health care needs, the community's score by question was compared to the average stratified composite of the comparative group. For example, if the composite stratified system-wide average score is 4 and an individual community's average response was 2.5, that would suggest an issue of concern and a potential community health care need to be highlighted in the summary findings.
- Upon determination of a potential strength or need, County Health Rankings (<https://www.countyhealthrankings.org/>) and responses from open-ended questions provided additional insights into the drivers of the respective needs.
- A similar methodology was also used to provide additional insights into findings from County Health Rankings data with relevant health needs highlighted in the survey findings.
- Health needs identified through either the survey or County Health Rankings data but not both were also included in the findings.

## Community Asset Mapping

Asset mapping was conducted to find the community resources available to address the assessed needs. Each unmet need was researched to determine what resources were available to address the needs. Community assets are detailed in the appendix of this document.

## Community Stakeholders Meeting

Community stakeholders were invited to attend a presentation of the findings of the CHNA research. On Wednesday, May 26, 2021 Community Health Stakeholders met virtually to view survey findings. Facilitated discussion took place in small groups. Topics discussed were the survey results and feedback on prioritization of needs.

A total of 54 stakeholders were present for the Community Health Stakeholders meeting representing the following sectors:

- Healthcare/Hospitals/Public Health
- Law Enforcement
- Government Agencies
- Elected Officials
- Educational Institutions
- Service Organizations in the Community
- Other

## Community Health Concerns

The primary and secondary research data was analyzed to develop the top unmet needs. Stakeholders voted via an online poll to determine what top priorities would be further developed into implementation strategies.

Seven health needs were identified by survey responses and County Health Rankings: Healthy Living, Access to Affordable Health Care, Access to Health Care Providers, Mental Health, Long-term Care, Public Transportation, Affordable Housing

These concerns were prioritized by Community Health Stakeholders with 1 being most important and 7 being the least important to address and were ranked as follows:

- 1. Mental Health**
- 2. Healthy Living (Chronic Health Issues/Access to Healthy Food)**
- 3. Access to Affordable Health Care**
- 4. Affordable Housing**
- 5. Access to Health Care Providers**
- 6. Public Transportation**
- 7. Long-term Care**

## 2022-2024 BBPH Priorities

**Bismarck-Burleigh Public Health will address the following health needs for through the departments strategic plan for 2022-2024.**

- **Mental Health/Behavioral Health & Addiction**
- **Healthy Living (Chronic Health Issues/Access to Healthy Food)**
- **Access to Affordable Health Care**

Goals and objectives will be identified through the department's strategic plan which is compiled in a separate document presented and approved by the boards of health for the City of Bismarck and Burleigh County.



# Appendix

# 2021 CHNA SURVEY TEMPLATE

## CHNA Survey Questionnaire

The survey tool was delivered online via Qualtrics. The survey questions are presented below as a reference.

Thank you for your interest in the Community Health Needs Assessment. Your confidential responses are vital to helping understand the factors driving the health needs of the community.

### RESIDENCE

Please enter your county of residence: \_\_\_\_\_

Please enter your zip code: \_\_\_\_\_

What is your current age? \_\_\_\_\_

### COMMUNITY

How would you rate the quality of HEALTH CARE available in your community?

Poor      Fair      Good      Very Good      Excellent      Don't Know  
                             

In your opinion, what is the most important HEALTH CARE issue your community faces?

How would you rate the quality of LONG-TERM CARE, NURSING HOMES & SENIOR HOUSING services in your community?

Poor      Fair      Good      Very Good      Excellent      Don't Know  
                             

Why did you give it that rating?

How would you rate the quality of CHILDCARE, DAYCARE & PRE-SCHOOL services in your community?

Poor      Fair      Good      Very Good      Excellent      Don't Know  
                             

Why did you give it that rating?

**How would you rate the availability of AFFORDABLE HOUSING in your community?**

Poor                  Fair                  Good                  Very Good                  Excellent                  Don't Know  
                                                                                         

**Why did you give it that rating?**

**How would you rate the ability of residents to ACCESS DAILY TRANSPORTATION in your community?**

Poor                  Fair                  Good                  Very Good                  Excellent                  Don't Know  
                                                                                         

**Why did you give it that rating?**

**How would you rate your community's EMPLOYMENT & ECONOMIC OPPORTUNITIES?**

Poor                  Fair                  Good                  Very Good                  Excellent                  Don't Know  
                                                                                         

**Why did you give it that rating?**

**How would you rate your community as being a SAFE place to live?**

Poor                  Fair                  Good                  Very Good                  Excellent                  Don't Know  
                                                                                         

**Why did you give it that rating?**

**How would you rate the ENVIRONMENTAL health of your community?**

*(clean air, clean water, etc.)*

- Poor      Fair      Good      Very Good      Excellent      Don't Know

**Why did you give it that rating?**

**How would you rate the ability of residents to access HEALTHY & NUTRITIONAL FOODS in your community?**

- Poor      Fair      Good      Very Good      Excellent      Don't Know

**Why did you give it that rating?**

**How would you rate the ability of residents to access PHYSICAL ACTIVITY & EXERCISE OPPORTUNITIES in your community?**

- Poor      Fair      Good      Very Good      Excellent      Don't Know

**Why did you give it that rating?**

**YOUR HEALTH AND WELLNESS**

**Overall, how would you rate YOUR current state of health & wellness?**

- Poor      Fair      Good      Very Good      Excellent      Don't Know

What is the biggest HEALTH CARE concern you or your family face on a regular basis?

Are there any health care services that you would like to see OFFERED or IMPROVED In your community?

- Yes Please answer next question
- No Skip to 'Your Health Care Usage' section

Please select the health care services you would like to see OFFERED or IMPROVED In your community. (Select all that apply)

- |                                                               |                                                       |
|---------------------------------------------------------------|-------------------------------------------------------|
| <input type="radio"/> Addiction Treatment                     | <input type="radio"/> Heart Care                      |
| <input type="radio"/> Behavioral Health / Mental Health       | <input type="radio"/> Labor and Delivery              |
| <input type="radio"/> Cancer Care                             | <input type="radio"/> Long-Term Care / Nursing Homes  |
| <input type="radio"/> Chiropractic Care                       | <input type="radio"/> Orthopedics and Sports Medicine |
| <input type="radio"/> Dental Care                             | <input type="radio"/> OBGYN / Womens' Care            |
| <input type="radio"/> Dermatology                             | <input type="radio"/> Pediatrics / Childrens' Care    |
| <input type="radio"/> Emergency / Trama                       | <input type="radio"/> Walk-in / Urgent Care           |
| <input type="radio"/> Eye Services (Ophthalmology, Optometry) | <input type="radio"/> Other (please specify):         |
| <input type="radio"/> Family Medicine / Primary Care          |                                                       |
| <input type="radio"/> General Surgery                         |                                                       |

**YOUR HEALTH CARE USAGE**

Do you currently have a primary care physician or provider who you go to for general health issues?

- Yes
- No

How long has It been since you last visited a physician / provider for a routine check up or screening?

- |                                               |                                             |
|-----------------------------------------------|---------------------------------------------|
| <input type="radio"/> Within the past year    | <input type="radio"/> More than 5 years ago |
| <input type="radio"/> Within the past 2 years | <input type="radio"/> Never                 |
| <input type="radio"/> Within the past 5 years |                                             |

**What has kept you from having a routine check-up?** *(Select all that apply)*

- |                                                             |                                                                   |
|-------------------------------------------------------------|-------------------------------------------------------------------|
| <input type="checkbox"/> Cost/Inability to Pay              | <input type="checkbox"/> No child care                            |
| <input type="checkbox"/> COVID-19                           | <input type="checkbox"/> Wait time for appointments are too long  |
| <input type="checkbox"/> Don't feel welcomed or valued      | <input type="checkbox"/> Clinic hours are not convenient          |
| <input type="checkbox"/> Don't have insurance               | <input type="checkbox"/> Fear / I do not like going to the doctor |
| <input type="checkbox"/> My insurance is not accepted       | <input type="checkbox"/> Nothing / I do not need to see a doctor  |
| <input type="checkbox"/> Lack of transportation             | <input type="checkbox"/> Don't have a primary care physician      |
| <input type="checkbox"/> Distance / lack of local providers | <input type="checkbox"/> Other <i>(please specify)</i> :          |
| <input type="checkbox"/> Getting time off from work         |                                                                   |

**How would you rate your current ability to ACCESS health care services?**

- |                       |                       |                       |                       |                       |
|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Poor                  | Fair                  | Good                  | Very Good             | Excellent             |
| <input type="radio"/> |

Why did you give it that rating?

**In the past year, did you or someone in your family need medical care, but did not receive the care needed?**

- Yes    No    Unsure

**What are the reasons you or a family member did not receive the care needed?**

- |                                                             |                                                                   |
|-------------------------------------------------------------|-------------------------------------------------------------------|
| <input type="checkbox"/> Cost/Inability to Pay              | <input type="checkbox"/> No child care                            |
| <input type="checkbox"/> COVID-19                           | <input type="checkbox"/> Wait time for appointments are too long  |
| <input type="checkbox"/> Don't feel welcomed or valued      | <input type="checkbox"/> Clinic hours are not convenient          |
| <input type="checkbox"/> Don't have insurance               | <input type="checkbox"/> Fear / I do not like going to the doctor |
| <input type="checkbox"/> My insurance is not accepted       | <input type="checkbox"/> Nothing / I do not need to see a doctor  |
| <input type="checkbox"/> Lack of transportation             | <input type="checkbox"/> Don't have a primary care physician      |
| <input type="checkbox"/> Distance / lack of local providers | <input type="checkbox"/> Other <i>(please specify)</i> :          |
| <input type="checkbox"/> Getting time off from work         |                                                                   |

## TRAVELING FOR CARE

Have you or a member of your family TRAVELED to receive health care services outside of your community within the past 3 years?

- Yes     No

If yes, Where did you travel to? (If you traveled more than once, enter the most recent place you traveled to?)

City \_\_\_\_\_ State \_\_\_\_\_

What was the main reason you traveled for care? (select all that apply)

- |                                                                               |                                                                        |
|-------------------------------------------------------------------------------|------------------------------------------------------------------------|
| <input type="radio"/> Referred by a physician                                 | <input type="radio"/> Immediate / faster appointment                   |
| <input type="radio"/> Better / higher quality of care                         | <input type="radio"/> On vacation / traveling / snowbirds              |
| <input type="radio"/> Medical emergency                                       | <input type="radio"/> Cost or insurance coverage                       |
| <input type="radio"/> Needed a specialist / service was not available locally | <input type="radio"/> Don't feel welcomed or valued by local providers |
| <input type="radio"/> Second opinion                                          |                                                                        |

Other (please specify)

## YOUR HEALTH INSURANCE

Do you currently have health insurance?

- Yes     No

Please indicate the source of your health insurance coverage.

- Employer (Your employer, spouse, parent, or someone else's employer)
- Individual (Coverage bought by you or your family)
- Federal Marketplace (Minnesota Care / Obamacare / Affordable Care Act)
- Medicare
- Medicaid
- Military (Tricare, Champus, VA)
- Indian Health Service (IHS)

Other (please specify)

## DEMOGRAPHICS

**What is your biological sex?**

- Male    Female

**Do you, personally, identify as lesbian, gay, bisexual, transgender or queer?**

- Yes    No

**How many people live in your house, including yourself?** \_\_\_\_\_

**How many children under age 18 currently live with you in your household?** \_\_\_\_\_

**Are you Spanish, Hispanic, or Latino in origin or descent?**

- Yes    No

**What is your race?** *(Select all that apply)*

- American Indian or Alaska Native  
 Caucasian or White  
 Asian  
 Native Hawaiian or Pacific Islander  
 Black or African American  
 Other *(please specify)*

**How long have you been a US citizen?**

- I am not a US citizen  
    • Are you planning to become a US citizen?    Yes    No    Prefer not to answer  
 0 - 5 years  
 6 - 10 years  
 More than 10 years

**What language is spoken most frequently in your home?** \_\_\_\_\_

**What is your current marital status?**

- |                                                        |                                 |
|--------------------------------------------------------|---------------------------------|
| <input type="radio"/> Married                          | <input type="radio"/> Divorced  |
| <input type="radio"/> Single, never married            | <input type="radio"/> Widowed   |
| <input type="radio"/> Unmarried couple living together | <input type="radio"/> Separated |

**Which of the following best describes your current living situation?**

- House (*owned*)
- Apartment or House (*rental*)
- Homeless
- Some other arrangement

**What is your primary mode of daily transportation?**

- Automobile/Truck (*owned or leased*)
- Online Ride Service (*Uber / Lyft*)
- Taxi Service
- Public Transportation (*bus / subway / rail*)
- Other (*please specify*)
- Walk
- Bicycle
- Family, Friends or Neighbors
- I do not have a primary mode of daily transportation

**What is the highest level of school you have completed or the highest degree you have received?**

- Less than high school degree
- High school graduate (*high school diploma or equivalent including GED*)
- Some college but no degree
- Associate degree in college (*2-year*)
- Bachelor's degree in college (*4-year*)
- Master's degree
- Doctoral degree
- Professional degree (*JD, MD*)

**Your current employment status is best described as:**

- Employed (*full-time*)
- Employed (*part-time*)
- Self-employed
- Furloughed
- Not employed, looking for work
- Not employed, not looking for work
- Retired
- Disabled or unable to work

**What is your total household income from all sources?**

- Less than \$20,000
- \$20,000 - \$24,999
- \$25,000 - \$29,999
- \$30,000 - \$34,999
- \$35,000 - \$49,999
- \$50,000 - \$74,999
- \$75,000 - \$99,999
- \$100,000 - \$199,999
- \$200,000 or more

Thank you for completing the survey. Your responses ensure more accurate and targeted solutions to address identified health issues.

# BURLEIGH-MORTON CHNA SURVEY

2021 SUMMARY FINDINGS

# METHODOLOGY

## Community Survey

Mixed Mode

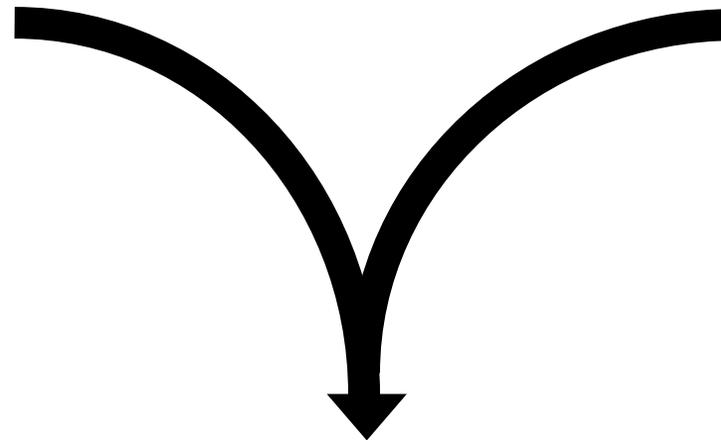
- Online panel
- Stakeholder distribution

Open December-February

787 Total Responses

Survey Structure

- Aligned to social determinants of health
- Combination scored responses and open-ended questions



2021 Health Needs  
Assessment

Research Partner: NDSU  
Center for Social Research

## County Health Rankings



- Overall health outcomes
- Length of life
- Quality of life
- Overall health factors
- Health behaviors
- Clinical care
- Social and economic factors
- Physical environment

# SUMMARY FINDINGS

- Most community health components rated “Good” to “Very Good”
- Burleigh County among healthiest in the state and Morton in the upper-middle range



# IDENTIFIED NEEDS

Seven health needs identified by survey responses and County Health Rankings:

- Healthy living
- Access to affordable health care
- Access to health care providers
- Mental health
- Long-term care
- Public transportation
- Affordable housing

# HEALTHY LIVING

Chronic health issues among the largest concerns

Specific conditions referenced:

- Obesity/overweight
- Diabetes

Healthy food options are available but cost limits access

## Health Outcomes

- 1/3 of adults are obese
- 9% of adults have diabetes

## Situational

- 5% are considered food insecure

## Lifestyle Choices

- 21% physically inactive
- 18% smoke
- 22% drink excessively

# ACCESS TO AFFORDABLE CARE

Cost and ability to afford care also among the largest concerns

15% of respondents did not receive a routine check up in 2020

- COVID
- Inability to afford

15% needed medical care but did not receive

- Inability to pay
- COVID

## Situational

- 6% are uninsured
- Burleigh unemployment rate of 2.4% and Morton at 3.0%

# ACCESS TO PROVIDERS

Respondents rated their personal access to care as “good” to “very good” (3.8/5.0)

but...

Rated the community’s access to services and providers as highest concern, above cost and COVID:

- Primary care, cancer care, dermatology

1/3 traveled outside the community for care in last three years

13% do not have a primary care provider

## Situational

- The community has 1 primary care provider for every 1,080 residents
- The community has 1 dentist for every 1,411 residents

# MENTAL HEALTH

Highest ranked services to offer or improve locally:

- Mental health: 61%\*
- Addiction treatment: 41%\*

## Health Outcomes

- Local adults average 3.7 mentally unhealthy days per month
- 11% of adults average 14 days of mental distress per month
- 16 suicides per 100,000

## Situational

- 1 mental health provider per 474 residents

\* Among those indicating a need

# SENIOR CARE

Overall, quality of long-term care, nursing home, and senior housing rated “good” (3.22/5)

One in five respondents rated “fair” or “poor”, due to staffing issues

One in five also noted long-term care as a service to be offered or improved locally

## Situational

- Burleigh unemployment rate of 2.4% and Morton at 3.0%

# PUBLIC TRANSPORTATION

Public transportation rated “fair” to “good” (2.94/5)

- Service area
- Hours of operation
- Wait times
- Confusion on how to use

Compounded for older residents and those with a disability

# AFFORDABLE HOUSING

Affordable housing rated “fair” (2.46/5)

Housing prices exceed wage earnings, particularly those earning minimum wage

## Situational

- 11% have severe housing problems
- Overcrowded
- High housing costs
- Lack of kitchen facilities
- Lack of plumbing facilities

9% spend half their income or more on housing

## **Secondary Research**

**[2020 County Health Rankings – North Dakota State Report](#)**

**[2019 Burleigh County Community Health Profile](#)**

## **2021 – BISMARCK-MANDAN ASSET MAPPING**

### **Healthy Living**

Healthy living was identified as a top priority in the CHNA survey. Two main areas of concern are obesity and mental health. Though mental health is a topic of its own, it was discussed as a piece of healthy living. Additionally, rather than skilled mental healthcare providers and inpatient facilities, the discussion was largely about increasing access for low to moderate mental health needs. Mental health is important standing alone, but it also makes up and affects healthy living as a whole. Obesity is an issue that community leaders are also passionate about, citing that the community needs better nutritional education, more healthy food options, and better family wellness resources. Healthy people have better outcomes in many other measurable areas, for this reason along with Sanford’s ability to have a meaningful impact on healthy living is why healthy living should be one of the priority health needs for the coming years.

<b>Local Asset Mapping</b>	
<p><b>Drug, Alcohol &amp; Smoking resources:</b></p> <ul style="list-style-type: none"> <li>• ACS Crisis Residential, 3230 E. Thayer Ave., Bismarck</li> <li>• ADAPT, Inc., 1720 Burnt Boat Dr., Bismarck</li> <li>• Alcoholics Anonymous, 232-9930 (many locations to choose from)</li> <li>• Heartview Foundation, 101 E. Broadway Ave., Bismarck</li> <li>• Lutheran Social Services, I-94, Bismarck</li> <li>• New Freedom Center, 905 E. Interstate Ave., Bismarck</li> <li>• Pathways to Freedom, 418 E. Rosser Ave., Bismarck</li> <li>• Sanford Health Behavioral Health, 414 N. 7th St., Bismarck</li> <li>• CHI St. Alexius, 900 E. Broadway Ave., Bismarck</li> <li>• Village Family Services, 107 W. Main Ave., Bismarck</li> <li>• West Central Chemical Dependency Program, 1237 W. Divide Ave., Bismarck</li> <li>• Whole Person Recovery Center, 1138 Summit Blvd., Bismarck</li> <li>• Bismarck Burleigh Public Health, 500 E. Front Ave., Bismarck</li> <li>• Custer Health, 403 Burlington St. SE, Mandan, ND</li> <li>• First Link, 4357 – 13th Ave. S., Bismarck</li> <li>• Teen Challenge, 1406 -2nd St. NW, Mandan</li> <li>• Hope Manor, PO Box 1301, Bismarck</li> <li>• Bismarck-Mandan Face it Together, no physical address)</li> </ul>	<p><b>Children’s Obesity resources:</b></p> <ul style="list-style-type: none"> <li>• Bismarck Parks &amp; Recreation, 400 E. Front Ave., Bismarck</li> <li>• Mandan Parks &amp; Recreation, 2600 – 46th Ave. SE, Mandan</li> <li>• Capitol Ice Complex, 221 E. Reno Ave., Bismarck</li> <li>• Cops &amp; Kids Fishing Program, 221 N. 5th St., Bismarck</li> <li>• MHA Nation, 404 Frontage Rd., New Town, ND</li> <li>• Native American Development Center, 205 N. 24th St., Bismarck</li> <li>• Aquastorm Swim Team, 1601 Canary Ave., Bismarck</li> <li>• Bis-Man Tennis Association, PO Box 1984, Bismarck</li> <li>• Bismarck Midget Football, <a href="mailto:Bismarck youth football@gmail.com">Bismarck youth football@gmail.com</a></li> <li>• Bismarck Soccer League, 919 S. 7th St., Bismarck</li> <li>• Fast Pitch Softball, PO Box 891, Bismarck</li> <li>• BLAST Program, 400 E. Front Ave., Bismarck</li> <li>• Bobcats Youth Hockey, 1200 N. Washington St., Bismarck</li> <li>• Boy Scouts, 1929 N. Washington St., Bismarck</li> <li>• Girl Scouts, 735 Airport Rd., Bismarck</li> <li>• Charles Hall Youth Services, 513 E. Bismarck Expressway, Bismarck</li> <li>• Dakota United Soccer Club, 919 S. 7th St., Bismarck</li> <li>• Great Plains Track &amp; Field, 400 E. Front Ave., Bismarck</li> <li>• YMCA, 1608 N. Washington St., Bismarck</li> <li>• VFW Sports Center, 1200 N. Wash. St., Bismarck</li> <li>• Legion Skating Rink, S. Wash. St., Bismarck</li> <li>• Tatley Skating Rink, Airport Rd &amp; Michigan Ave., Bismarck</li> </ul>
<p><b>Wellness Resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Health Dietitians, 300 N 7<sup>th</sup> St, Bismarck</li> <li>• CHI St. Alexius Dietitians, 900 E Broadway, Bismarck</li> <li>• Sanford Wellness Center Exercise Physiologist/specialists, 2700 46<sup>th</sup> Ave SE, Mandan</li> <li>• Sanford Health Providers, 300 N 7<sup>th</sup> St., Bismarck</li> <li>• CHI ST Alexius Providers 900 E Broadway Bismarck</li> <li>• Gyms: <ul style="list-style-type: none"> <li>o Family Wellness/Sanford Wellness Center, 2700 46<sup>th</sup> Ave SE, Mandan</li> <li>o Anytime Fitness, 141 Ivy Ave, Bismarck</li> <li>o Anytime Fitness, 4600 N 19<sup>th</sup> St., Bismarck</li> <li>o Anytime Fitness, 408 1<sup>st</sup> St. NW, Mandan</li> <li>o Planet Fitness, 2700 State St, Bismarck</li> <li>o Verge Fitness, 517 S 5<sup>th</sup> St, Bismarck</li> <li>o functional Fitness, 1212 Park Ave, Bismarck</li> </ul> </li> </ul>	<p>• Gyms Cont.:</p> <ul style="list-style-type: none"> <li>o FunFitLLC, 1605 Park Ave, Bismarck, ND 58504</li> <li>o CrossFit Tertiary, 3138 N 10th St Suite #3B, Bismarck</li> <li>o Big Muddy CrossFit, 1200 Industrial Dr Suite 2, Bismarck</li> <li>o PDW Fitness, 2000 Schafer St, Bismarck</li> <li>o Bismarck Community Pool, 1601 Raven Dr, Bismarck</li> <li>o Solidcore, 1001 W Interstate Ave Suite 104, Bismarck. And 1401 W Century Ave, Bismarck</li> <li>o Capital Racquet &amp; Fitness Center, 3200 N 10th St, Bismarck</li> <li>o McDowell Gym, 520 W Divide Ave, Bismarck</li> <li>o Missouri Valley Family YMCA, 1608 N Washington St, Bismarck</li> <li>o Ice Dragon Brazilian Jiu-Jitsu and Kickboxing, 1341 S 20th St, Bismarck</li> <li>o Bismarck Brazilian Jiu-Jitsu, 1519 E Broadway Ave, Bismarck</li> <li>o Soul Haven Studio, 209 W Main Ave, Bismarck</li> </ul>

<ul style="list-style-type: none"> <li>o Lincoln Fitness, 109 McDougall Dr #3, Lincoln</li> <li>o Proximal 50 Downtown, 201 W Broadway Ave, Bismarck</li> <li>o Proximal 50 Life Center, 1151 W Divide Ave, Bismarck</li> </ul>	<ul style="list-style-type: none"> <li>o Sanford POWER Center, 3451 N 14th St Suite C, Bismarck</li> </ul>
<p><b>Hunger/Healthy Food Resources:</b></p> <ul style="list-style-type: none"> <li>• Carrie’s Kids, 1223 S. 12th St., Bismarck</li> <li>• United Way, 515 N. 4th St., Bismarck</li> <li>• Great Plains Food Bank, 721 Memorial Hwy., Bismarck</li> <li>• The Banquet at Trinity Lutheran Church, 502 N 4th, Bismarck</li> <li>• Spirit of Life Church Food Pantry, 801 – 1st St. SE, Mandan</li> <li>• Ministry on the Margins, 201 N. 24th St., Bismarck</li> <li>• All Nations Assembly of God, 121 – 48th Ave. SE, Bismarck</li> <li>• Bismarck Emergency Food Pantry, 725 Memorial Hwy, Bismarck</li> <li>• Community Action Program, 2105 Lee Ave., Bismarck</li> <li>• Corpus Christi Church, 1919 N. 2nd St., Bismarck</li> <li>• Crystal River Ministry Center, 924 N. 11th St., Bismarck</li> <li>• Faith Center, 2303 E. Divide, Bismarck</li> <li>• Helping Hands Food Pantry, 1826 – 8th St. N., Bismarck</li> <li>• Salvation Army, 601 S. Wash. St., Bismarck</li> <li>• Hope on the Horizon, 529 Memorial Hwy., Bismarck</li> <li>• Love Your Neighbor Food Pantry – 4909 Shelburne St., Bismarck</li> <li>• River of Hope, 1996 – 43rd Ave. N., Bismarck</li> </ul>	<p><b>Hunger/Healthy Food Resources Cont.:</b></p> <ul style="list-style-type: none"> <li>• Heaven’s Helpers Soup Café – 220 N. 23rd St., Bismarck</li> <li>• United Tribes Technical College Community Meal, 3315 Univ. Dr., Bismarck</li> <li>• Abundance of Grace Food Pantry, 4209 Old Red Trail, Mandan</li> <li>• Riverside School, 406 S. Anderson St., Bismarck</li> <li>• SNAP, 415 E. Rosser Ave., Bismarck</li> <li>• WIC, 2400 E. Bdwy St., Bismarck</li> <li>• Grocery Stores: <ul style="list-style-type: none"> <li>o Dan’s Supermarket, 835 S. Wash. St., Bismarck</li> <li>o Dan’s Supermarket, 3101 N. 11th St., Bismarck</li> <li>o Dan’s Supermarket, 1190 Turnpike Ave. Bismarck</li> <li>o Dan’s Supermarket, 3103 Yorktown Dr. Bismarck</li> <li>o Dan’s Supermarket, 500 Burlington St. SE, Mandan</li> <li>o BisMan Food Co-op, 711 E. Sweet Ave., Bismarck</li> <li>o Asian Market, 220 W. Front Ave., Bismarck</li> <li>o Walmart, 1400 Skyline Blvd., Bismarck</li> <li>o Walmart, 1000 Old Red Trail NW, Mandan</li> <li>o Walmart, 2717 Rock Island Place, Bismarck</li> <li>o Target, 600 Kirkwood Mall, Bismarck</li> <li>o Sam’s Club, 2821 Rock Island Pl., Bismarck</li> <li>o Cashwise Foods, 1144 E. Bismarck Expressway, Bismarck</li> </ul> </li> </ul>

**Access to Affordable Health Care**

Access to affordable, quality health care is important to physical, social, and mental health. Health insurance, local care options, and a usual source of care help to ensure access to health care. Having access to care allows individuals to enter the health care system, find care easily and locally, pay for care, and get their health needs met.

In addition to chronic health issues, cost and the ability to afford needed health care was also a top health care concern that CHNA respondents and their families face on a regular basis. Regarding routine checkups, 15% of CHNA respondents in the Bismarck area had not been to a physician or provider for a routine checkup in the past year (which is similar to comparison markets). When asked why, the second leading concern was cost and the inability to afford care (25%), behind COVID-19 concerns (34%). In addition, 15% of CHNA respondents in the Bismarck area indicated that they or a family member needed medical care in the past year but did not receive it. When asked why, the main reason was due to cost and inability to pay for health care services (27%) followed by COVID-19 concerns (26%).

Access to affordable care was discussed in the community stakeholder meeting. Participants believed that it is a large issue facing the community. It was mentioned that many community members may be unaware of resources or aid available to them to assist with medical bills. Access to affordable care was also mentioned as a component to meeting the economic needs of the community, which includes other cost of living components in addition to access to affordable care.

<b>Local Asset Mapping</b>	
<p><b>Affordable Insurance Coverage resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Health Plan, 1833 E Expressway Bismarck</li> <li>• ND Department of Insurance, 600 E. Blvd. Ave., Bismarck</li> <li>• Medicaid – Burleigh Co. Human Services, 415 E. Rosser Ave., Bismarck</li> <li>• Homeless Coalition, 1684 Capitol Way, Bismarck</li> </ul>	<p><b>Affordable Prescription Drugs resources:</b></p> <ul style="list-style-type: none"> <li>• Prescription Connection, 1701 S. 12th St., Bismarck</li> <li>• ND RX Card, NorthDakotaRXCard.com</li> <li>• ND Prescription Drug Repository Program, 1906 E. Broadway Ave., Bismarck</li> <li>• Needy Meds, NeedyMeds.org</li> <li>• Partnership for Prescription Assistance, PPARX.org</li> <li>• ND Assn. for the Disabled, 1014 S. 12th St., Bismarck</li> </ul>

<ul style="list-style-type: none"> <li>• Prime Care Select, 900 E. Broadway Ave., Bismarck</li> <li>• Bridging the Dental Gap, 1223 S. 12th St., Bismarck</li> </ul>	
<p><b>Affordable Healthcare Resources:</b></p> <ul style="list-style-type: none"> <li>• Northland Community Health Center Bismarck 914 S 12th St. Suite 101 Bismarck, ND 58504</li> <li>• N.D. Medicaid, 600 E. Blvd. Ave., Bismarck</li> <li>• Sanford Patient Navigators, 300 N. 7th St., Bismarck</li> <li>• Custer Family Planning, 701 E. Rosser Ave., Bismarck</li> <li>• Joanne’s Clinic, 1800 E. Bdwy. Ave., Bismarck</li> <li>• UND Ctr. for Family Medicine, 701 E. Rosser Ave., Bismarck</li> <li>• First Choice Clinic, 1120 College Dr., Bismarck</li> <li>• Blue Cross Member Advocate Program, 1- 800-342-4718</li> <li>• Caring for Children, 600 E. Blvd. Ave., Bismarck</li> <li>• Sanford’s Community Care Program, 300 N. 7th St., Bismarck</li> <li>• CHI St. Alexius’ Community Care Program, 900 E. Bdwy, Bismarck</li> <li>• Jerene’s Wish/Warford Orthodontics, 1145 W. Turnpike Ave., Bismarck</li> <li>• ND Assn. for the Disabled, 1014 S. 12th St., Bismarck</li> <li>• Experience Health ND (ND Dept. of Health), 600 E. Blvd. Ave., Bismarck</li> </ul>	<p><b>Affordable Healthcare Resources Cont.:</b></p> <ul style="list-style-type: none"> <li>• Sanford’s Medical Home Program, 300 N. 7th St., Bismarck</li> <li>• Mid Dakota Clinic Medical Home Program, 9th &amp; Rosser, Bismarck</li> <li>• Sanford Case Managers/Social Workers/Parish Nurses, 300 N, 7th St., Bismarck</li> <li>• CHI St. Alexius Case Management/ Social Workers, 900 E. Broadway, Bismarck</li> <li>• Bridging the Dental Gap, 1223 S. 12th St., Bismarck</li> <li>• Ronald McDonald Mobile Clinic, 609 N. 7th St., Bismarck</li> <li>• Bismarck-Burleigh Public Health, 500 E. Front Ave., Bismarck</li> <li>• Custer Health, 403 Burlington St. SE, Mandan</li> <li>• Aid, Inc., 314 W. Main St., Mandan</li> <li>• Burleigh Co. Senior Adults, 315 N. 20th St., Bismarck</li> <li>• Burleigh Veterans Services, 221 N. 5th St., Bismarck</li> <li>• Prescription Connection, 1701 S. 12th St., Bismarck</li> <li>• Salvation Army, 601 S. Wash. St., Bismarck</li> <li>• United Tribes Technical College, 3315 University Dr., Bismarck</li> </ul>
<p><b>Employment Resources:</b></p> <ul style="list-style-type: none"> <li>• Job Service North Dakota – Bismarck Workforce Center, 1601 E Century Ave, Bismarck</li> <li>• Job Service North Dakota, 1000 E Divide Ave, Bismarck</li> <li>• Human Resources, Sisseton St, Bismarck</li> <li>• Veterans Employment Services, 1000 E Divide Ave, Bismarck</li> <li>• Spherion, 1830 E Century Ave #2, Bismarck</li> <li>• Dakota Staffing Solutions Inc., 1310 E Boulevard Ave #6, Bismarck</li> <li>• Professional Employment Prctcs, 200 E Main Ave, Bismarck</li> <li>• National Medical Resources, 2792 E Broadway Ave, Bismarck</li> <li>• Bakken Staffing, 933 Basin Ave, Bismarck</li> <li>• People Ready, 2015 E Main Ave, Bismarck</li> <li>• Hirequest Direct of Bismarck, 214 N 24th St, Bismarck</li> <li>• Burdick Job Corporation, 1601 E Century Ave, Bismarck</li> <li>• Major Employers in descending order (2017): <ul style="list-style-type: none"> <li>o State of North Dakota</li> <li>o Sanford Health</li> <li>o Bismarck Public School</li> <li>o CHI St. Alexius</li> <li>o U.S. Government</li> <li>o City of Bismarck</li> <li>o Bismarck State College</li> </ul> </li> </ul>	<p><b>Major Employers Cont.:</b></p> <ul style="list-style-type: none"> <li>o Mandan Public School District</li> <li>o Aetna</li> <li>o University of Mary</li> <li>o Housing Industry Training</li> <li>o MDU Resources Group</li> <li>o Bobcat/Doosan Company</li> <li>o Missouri Slope Lutheran Care Center</li> <li>o Basin Electric Power Cooperative</li> <li>o Mid-Dakota Clinic</li> <li>o Dan’s Supermarkets</li> <li>o Missouri Valley YMCA</li> <li>o National Information Systems Cooperative (NISC)</li> <li>o Walmart</li> <li>o Burlington Northern Railroad</li> <li>o Cloverdale Foods</li> <li>o Burleigh County</li> <li>o Baptist Home</li> <li>o Scheels Sports</li> </ul>

**Access to Health Care Providers**

While CHNA respondents in the Bismarck area rated their ability to access health care as fairly good (average score=3.80), when respondents were asked about the most important health care issues impacting their community, access to health care services and providers was their top concern (higher than COVID-19 and cost concerns). When the 6% of CHNA respondents who rated their access to health care as poor or fair were asked why they did so, the general theme among responses was long wait times for appointments and few physicians.

Nearly one in three CHNA respondents in the Bismarck area reported traveling outside of their community to receive health care services in the past three years (30%). When asked why, most of those who traveled for care indicated that they needed specialty care or the needed services were not available locally (65%), followed by 31% of respondents who traveled for better or higher quality care. One in eight CHNA respondents in the Bismarck area indicated they do not currently have a primary care physician (13%) (which is slightly lower than the comparison group average). When asked which health care services they would like to see offered or improved in their community, one in five CHNA respondents in the Bismarck area said family medicine or primary care (21%) and cancer care (22%) – and 24% said dermatology. According to CHR, the Bismarck area has one primary care physician for every 1,080 people and one dentist for every 1,411 people (ratios which are similar to the comparison group average).

Access to healthcare providers is an important need in the community. Specifically, stakeholders identified dental care, dermatology, neurology, and pediatric care as areas of need in their community.

<b>Local Asset Mapping</b>	
<p><b>Health Care Provider Resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Medical Center, 300 N 7th St, Bismarck</li> <li>• CHI St. Alexius Health Bismarck Medical Center, 900 E Broadway Ave, Bismarck</li> <li>• Vibra Hospital of the Central Dakotas, 2nd &amp; 3rd Floors, 1000 18th St NW, Mandan</li> <li>• Sanford Children’s Hospital, 300 N 7th St, Bismarck</li> <li>• Sanford North Walk-in Clinic, 3318 N 14th St, Bismarck</li> <li>• CHI St. Alexius Health Century Family Clinic, 300 W Century Ave, Bismarck</li> <li>• Sanford Downtown Walk-in Clinic, 225 N 7th St, Bismarck</li> <li>• Mid Dakota Clinic, 401 N 9th St, Bismarck</li> <li>• Mid Dakota Clinic Gateway Mall Pediatrics, 2700 State St Unit A5, Bismarck</li> <li>• TODAY Clinic Primecare, 401 N 9th St, Bismarck</li> <li>• Mid Dakota Clinic Center For Women, 1000 E Rosser Ave, Bismarck</li> <li>• Sanford Fifth &amp; Broadway Clinic, 515 E Broadway Ave, Bismarck</li> <li>• CHI St. Alexius Health Pinehurst Clinic, 921 W Interstate Ave, Bismarck</li> </ul>	<p><b>Health Care Provider Resources Cont.:</b></p> <ul style="list-style-type: none"> <li>• Sanford East Interstate Ave Clinic, 1800 E Interstate Ave</li> <li>• Mid Dakota Clinic Kirkwood Mall Clinic, 727 Kirkwood Mall, Bismarck</li> <li>• Sanford South Clinic, 1040 Tacoma Ave, Bismarck</li> <li>• Hughes J Md- St. Alexius Specialty Clinic, 900 E Broadway Ave, Bismarck</li> <li>• Northland Health Center, 914 S 12th St #101, Bismarck</li> <li>• Mid Dakota Clinic, 117 W Front Ave, Bismarck</li> <li>• Sanford State Street Clinic, 3318 N 14th St, Bismarck</li> <li>• Sanford East Mandan Clinic, 102 Mandan Ave, Mandan</li> <li>• Sanford Clinic, 222 N 7th St, Bismarck</li> <li>• Sanford North Mandan Clinic, 910 18th St NW, Mandan</li> <li>• Dermatologic Surgery/cosmetic And, 2700 State St, Bismarck</li> <li>• Sanford North Dermatology Clinic, 2830 N Washington St, Bismarck</li> </ul>

**Mental Health**

Mental health includes our emotional, psychological, and social well-being and affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. When CHNA respondents in the Bismarck area were asked which health care services they would like to see offered or improved in their community, most said behavioral and mental health services (64%) followed by addiction treatment (41%). According to CHR, adults in the Bismarck market average about 3.7 mentally unhealthy days each month and 11 % of adults average at least 14 days of mental distress per month. One of the most important measures of mental health within a community is suicide. CHR data indicate that there are 16 suicides for every 100,000 people in the Bismarck area, a rate similar to those in the Fargo.

Mental health the largest single concern facing the community in the stakeholder meeting. Participants felt very passionate about improving mental health in the community. Specifically improving the mental health of the pediatric population, as they struggle the most. There are limited transfer facilities available. There are not enough services for low to moderate mental health needs. Suicide and addiction was and continues to be a concern in the wake of the COVID pandemic. Additionally, community stakeholders noted the homeless have significant mental health needs that need to be addressed. Mental Health is an area that community leaders would like to tackle in the upcoming years and is also one where Sanford Health could make a meaningful difference. The group indicated mental health needs, obesity, and other chronic illnesses all impact healthy living.

<b>Local Asset Mapping</b>	
<p><b>Drug, Alcohol &amp; Smoking resources:</b></p> <ul style="list-style-type: none"> <li>• Ideal Option 549 Airport Road Bismarck</li> <li>• ACS Crisis Residential, 3230 E. Thayer Ave., Bismarck</li> <li>• ADAPT, Inc., 1720 Burnt Boat Dr., Bismarck</li> <li>• Alcoholics Anonymous, 232-9930 (many locations to choose from)</li> <li>• Heartview Foundation, 101 E. Broadway Ave., Bismarck</li> <li>• Lutheran Social Services, I-94, Bismarck</li> <li>• New Freedom Center, 905 E. Interstate Ave., Bismarck</li> <li>• Pathways to Freedom, 418 E. Rosser Ave., Bismarck</li> <li>• Sanford Health Behavioral Health, 414 N. 7th St., Bismarck</li> <li>• CHI St. Alexius, 900 E. Broadway Ave., Bismarck</li> <li>• Village Family Services, 107 W. Main Ave., Bismarck</li> <li>• West Central CD Program, 1237 W. Divide Ave., Bismarck</li> <li>• Whole Person Recovery Center, 1138 Summit Blvd., Bismarck</li> <li>• Bismarck Burleigh Public Health, 500 E. Front Ave., Bismarck</li> <li>• Custer Health, 403 Burlington St. SE, Mandan, ND</li> <li>• First Link, 4357 – 13th Ave. S., Bismarck</li> <li>• Teen Challenge, 1406 -2nd St. NW, Mandan</li> <li>• Hope Manor, PO Box 1301, Bismarck</li> <li>• Bismarck-Mandan Face it Together, no physical address)</li> </ul>	<p><b>Mental Health/Behavioral Health resources:</b></p> <ul style="list-style-type: none"> <li>• Burleigh Co. Social Services, 415 E. Rosser Ave., Bismarck</li> <li>• Dakota Boys &amp; Girls Ranch, 1227 N. 35th St., Bismarck</li> <li>• CHI St. Alexius EAP, 1310 E. Main Ave., Bismarck</li> <li>• Mental Health Assn., 523 N. 4th St., Bismarck</li> <li>• Partnerships Program (W Central Health Services Center), 1237 W. Divide Ave., Bismarck</li> <li>• Pride, Inc., 1200 Missouri Ave., Bismarck</li> <li>• Sanford Health providers, 300 N. 7th St., Bismarck</li> <li>• CHI St. Alexius providers, 900 E. Broadway, Bismarck</li> <li>• The Village, 107 W. Main Ave., Bismarck</li> <li>• West Central Human Service Center, 1237 W. Divide Ave., Bismarck</li> <li>• Veterans Administration, 2700 State St., Bismarck</li> <li>• Northland Community Health Center Bismarck 914 S. 12th St. Suite 101 Bismarck 58504</li> </ul> <p><b>Abuse of Prescription Drugs/Binge Drinking/Street Drugs resources:</b></p> <ul style="list-style-type: none"> <li>• Bismarck Police Dept., 700 S. 9th St., Bismarck</li> <li>• Mandan Policy Dept., 205 – 1st Ave. NW, Mandan</li> </ul>

**Long-Term Care**

Safe, quality, affordable housing is fundamental to a healthy life. Healthy homes can improve lives and provide a foundation of health for individuals and families, but unhealthy homes can just as easily undermine quality of life and even cause poor or substandard health. A safe, quality, and affordable home is paramount to healthy aging.

CHNA respondents in the Bismarck area rated the quality of long-term care, nursing homes, and senior housing as good (average score=3.22); however, the average score was the lowest among similar-sized markets – and one in five respondents rated the quality as poor or fair (21%). When respondents who rated the quality of long-term care, nursing homes, and senior

housing as poor or fair were asked why they did so, responses referenced an overall staffing shortage, a lack of trained staff, and a lack of caring and compassionate staff in long-term facilities, resulting in a lower level of patient care. When CHNA survey respondents in the Bismarck area were asked which health care services they would like to see offered or improved in their community, one in five respondents said long-term care (21%). Although important, long-term care was not discussed significantly by stakeholders during the meeting.

<b>Local Asset Mapping</b>	
<p><b>Resources for the Aging Population:</b></p> <ul style="list-style-type: none"> <li>• AARP, 107 W Main Ave. #125, Bismarck, ND</li> <li>• Burleigh Co. Social Services, 415 E. Rosser Ave., Bismarck</li> <li>• Good Samaritan Home Care, 309 N. Mandan St., Bismarck</li> <li>• Gracefully Aging, 1200 Missouri Ave., Bismarck</li> <li>• Long Term Care Association, 1900 N. 11th St., Bismarck</li> <li>• Lutheran Social Services, 1616 Capitol Way, Bismarck</li> <li>• Sanford Home Care, 910 – 18th St. NW, Mandan</li> <li>• Meals on Wheels, 721 Ave. A., Bismarck</li> <li>• Spectrum Home Care, 1006 E. Central Ave., Bismarck</li> <li>• Visiting Angels, 1102 S. Wash St., Bismarck</li> <li>• Support Systems, Inc., 1929 N. Wash. St., Bismarck</li> <li>• Missouri Slope Care Center, 2425 Hillview Ave., Bismarck</li> <li>• Enable, 1836 Raven Dr., Bismarck</li> <li>• Volunteer Caregiver Exchange, 600 S. 2nd St., Bismarck</li> <li>• Baptist Health Care Center, 3400 Nebraska Dr., Bismarck</li> <li>• Protection &amp; Advocacy, 400 E. Bdwy. Ave., Bismarck</li> <li>• AID Inc. (transportation), 314 W. Main St., Mandan</li> <li>• Capital Area Transit (transport.), 3750 E. Rosser Ave., Bismarck</li> </ul>	<p><b>Resources for the Aging Population Cont.:</b></p> <ul style="list-style-type: none"> <li>• Brandon Hts. Village, 580 Brandon Pl., Bismarck</li> <li>• Crescent Manor, 410 S. 2nd St., Bismarck</li> <li>• Edgewood Vista, 3124 Colorado LN, Bismarck &amp; 3406 Dominion St., Bismarck</li> <li>• Good Samaritan Society, 309 N. Mandan St., Bismarck &amp; 301 Lorrain Dr., Bismarck</li> <li>• Maple View East, 2625 N. 19th St., Bismarck</li> <li>• Maple View North, 4217 Montreal St., Bismarck</li> <li>• Marillac Manor, 1016 N. 28th St., Bismarck</li> <li>• Patterson Place, 420 E. Main Ave., Bismarck</li> <li>• Primrose Retirement Community, 1144 College Dr., Bismarck • St. Vincent’s Care Center, 1021 N. 26th St., Bismarck</li> <li>• St. Gabriel’s Community, 4580 Coleman St., Bismarck</li> <li>• The Terrace, 901 E. Bowen Ave., Bismarck</li> <li>• Touchmark, 1000 W. Century Ave., Bismarck</li> <li>• Valley View Heights, 2500 Valleyview Ave., Bismarck</li> <li>• BBPH Home Health Program, 500 E. Front Ave., Bismarck</li> <li>• CHI St Alexius Palliative Care, 310 N. 9th St., Bismarck</li> <li>• Custer Health, 403 Burlington St. SE, Mandan</li> <li>• Alzheimer’s Assn., 406 W. Main St., Mandan</li> <li>• Vulnerable Adults Aging Services, 600 E. Blvd. Ave., Bismarck</li> <li>• Vulnerable Adult Protective Service, 1237 W. Divide Ave., Bismarck</li> </ul>

**Public Transportation**

Access to daily transportation is a need that was identified in the community, and stakeholders raised specific areas of concern. Getting to an appointment or traveling for basic health needs in general is very difficult with public transportation especially in the afternoon and transportation to and from rural communities is a challenge.

<b>Local Asset Mapping</b>	
<p><b>Transportation Resources:</b></p> <ul style="list-style-type: none"> <li>• West River Transit, 3750 E Rosser Ave Bismarck</li> <li>• Bis-Man Transit, 3750 E Rosser Ave Bismarck</li> <li>• Standing Rock Public Transit, 9299 Highway 24 Fort Yates</li> <li>• Bismarck Transportation Services, (701) 543-6560</li> <li>• Uber, Mobile application-based service</li> <li>• Lyft, Mobile application-based service</li> </ul>	

## **Affordable Housing**

There is a strong and growing evidence base linking stable and affordable housing to health. As housing costs have outpaced local incomes, households not only struggle to acquire and maintain adequate shelter, but also face difficult trade-offs in meeting other basic needs. When the majority of a paycheck goes toward the rent or mortgage, it can be difficult to afford doctor visits, healthy foods, utility bills, and reliable transportation to work or school. This can, in turn, lead to increased stress levels and emotional strain.

CHNA respondents in the Bismarck area rated the availability of affordable housing in their community as less than good (average score=2.46) and lower than any other community health issue. When asked to explain why they rated community access to affordable housing the way they did, CHNA respondents suggested that housing prices in general far exceed average earnings in the community and that wages have not kept pace with the higher cost of living in the area. Respondents added that these higher prices are challenging for the middle class and unattainable for those with lower incomes (e.g., minimum wage).

CHR data suggest that 11% of households in the Bismarck area have severe housing problems (i.e., overcrowded, high housing costs, lack of kitchen facilities, or lack of plumbing facilities) and 9% of households spend at least 50% of their household income on housing costs – both rates are similar to the comparison group average.

Affordable housing is an area of concern within the community. Concern regarding affordable housing for homeless and mentally ill populations was specifically mentioned within the stakeholder meeting. Discussion during the meeting centered on the cost of the housing that is available, not necessarily the availability of housing. Affordable housing is connected to other issues, such as affordable health care and transportation, that would be addressed by improving economic conditions in the community.

<b>Local Asset Mapping</b>	
<p><b>Homelessness resources:</b></p> <ul style="list-style-type: none"> <li>• Abused Adult Resource Center, 218 W. Broadway Ave., Bismarck</li> <li>• Welcome House, 1902 E. Thayer. Ave., Bismarck</li> <li>• AID, Inc., 314 W. Main St., Mandan</li> <li>• Community Action Program, 2105 Lee Ave., Bismarck</li> <li>• Salvation Army, 601 S. Wash. St., Bismarck</li> <li>• Youthworks, 221 W. Rosser Ave., Bismarck</li> <li>• Edwinton Place supportive housing, 1121 S. 11<sup>th</sup> St., Bismarck</li> <li>• United Way Emergency Homeless Shelter, 1140 S. 12th St. Bismarck</li> </ul>	<p><b>Low Income Housing:<sup>1</sup></b></p> <ul style="list-style-type: none"> <li>• Breton Hts. Apts., 4001 Lockport St., Bismarck</li> <li>• Alberta Hts. Apts., 4111 Lockport St., Bismarck</li> <li>• Park Century Apts., 2800 Gateway Ave., Bismarck</li> <li>• Ithica Heights Apts., 2820 Ithica Dr., Bismarck</li> <li>• Brandon Hts. Apts., 580 Brandon Pl., Bismarck</li> <li>• Westgate Apts., 2810 Gateway Ave., Bismarck</li> <li>• Heritage Apts., 112 N. 5th St., Bismarck</li> <li>• Century East Apts., 1715 &amp; 1823 Mapleton Ave., Bismarck</li> <li>• Calgory Apts., 3310, 3420 &amp; 3540 N. 19th St., Bismarck</li> <li>• Century East Apts. II &amp; III, 2939 &amp; 3001 Ohio St., Bismarck</li> <li>• Washington Hts. Apts., 2801, 2809, 2835 &amp; 2843 Hawken St., Bismarck</li> </ul>
<p><b>Employment Resources:<sup>2</sup></b></p> <ul style="list-style-type: none"> <li>• Job Service North Dakota – Bismarck Workforce Center, 1601 E Century Ave, Bismarck</li> <li>• Job Service North Dakota, 1000 E Divide Ave, Bismarck</li> <li>• Human Resources, Sisseton St, Bismarck</li> <li>• Veterans Employment Services, 1000 E Divide Ave, Bismarck</li> <li>• Spherion, 1830 E Century Ave #2, Bismarck</li> <li>• Dakota Staffing Solutions Inc., 1310 E Boulevard Ave #6, Bismarck</li> <li>• Professional Employment Practices, 200 E Main Ave, Bismarck</li> </ul>	<p><b>Housing resources:</b></p> <ul style="list-style-type: none"> <li>• Burleigh Co. Housing Authority, 410 S. 2nd St., Bismarck</li> <li>• Morton Co. Housing Authority, 1500 – 3rd Ave. NW, Mandan</li> <li>• ND Housing Finance Agency, 2624 Vermont Ave., Bismarck</li> <li>• Standing Rock Housing Authority, 1333 – 92nd St., Ft Yates</li> <li>• Dakota Foundation, 600 S. 2nd St., Bismarck</li> <li>• Community Action Program, 2105 Lee Ave., Bismarck</li> <li>• Native American Development Center, 205 N 24th St, Bismarck</li> <li>• ND Hsg. Finance Agency, 2624 Vermont Ave., Bismarck</li> <li>• Pam’s House, PO Box 500, Bismarck</li> <li>• New Awakenings Apts., PO Box 500, Bismarck</li> </ul>

<sup>1</sup> <https://affordablehousingonline.com/housing-search/North-Dakota/Bismarck>

<sup>2</sup> <http://bmda.org/about/major-employers/>

<ul style="list-style-type: none"> <li>• National Medical Resources, 2792 E Broadway Ave, Bismarck</li> <li>• Bakken Staffing, 933 Basin Ave, Bismarck</li> <li>• People Ready, 2015 E Main Ave, Bismarck</li> <li>• Hirequest Direct of Bismarck, 214 N 24th St, Bismarck</li> <li>• Burdick Job Corporation, 1601 E Century Ave, Bismarck</li> <li>• Major Employers in descending order (2017): <ul style="list-style-type: none"> <li>o State of North Dakota</li> <li>o Sanford Health</li> <li>o Bismarck Public School</li> <li>o CHI St. Alexius</li> <li>o U.S. Government</li> <li>o City of Bismarck</li> <li>o Bismarck State College</li> <li>o Mandan Public School District</li> <li>o Aetna</li> <li>o University of Mary</li> <li>o Housing Industry Training</li> <li>o MDU Resources Group</li> <li>o Bobcat/Doosan Company</li> <li>o Missouri Slope Lutheran Care Center</li> <li>o Basin Electric Power Cooperative</li> <li>o Mid-Dakota Clinic</li> <li>o Dan’s Supermarkets</li> <li>o Missouri Valley YMCA</li> <li>o National Information Systems Cooperative (NISC)</li> <li>o Walmart’s</li> <li>o Burlington Northern Railroad</li> <li>o Cloverdale Foods</li> <li>o Burleigh County</li> <li>o Baptist Home</li> <li>o Scheels Sports</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• VA Supportive Housing, 619 Riverwood Dr., Bismarck</li> <li>• Supportive Housing for Veteran Families, 2105 Lee Ave., Bismarck</li> <li>• AID, Inc., 314 W. Main St., Mandan</li> <li>• Community Works, 200 – 1st Ave. NW, Mandan</li> <li>• Money Follows the Person Housing (ND Dept. of Human Services), 600 E. Blvd. Ave., Bismarck</li> <li>• Salvation Army, 601 S. Wash. St., Bismarck</li> <li>• Welcome House, 1902 E. Thayer Ave., Bismarck</li> </ul>
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