



# Community Health Needs Assessment 2025

Mayo Clinic Health System in Mankato



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# Mayo Clinic Overview

Mayo Clinic is the largest integrated, not-for-profit medical group practice in the world. With this influence, we are committed to innovating in clinical practice, education and research and providing compassion, expertise and answers to everyone who needs healing.

We are focused on building the future, one where the best possible care is available to everyone, and more people can heal at home. Through our research, we relentlessly pursue breakthroughs that yield earlier diagnoses and new cures.

In 2024, Mayo Clinic cared for patients from every state and 135 countries, covering the full spectrum of patient needs from health information and preventive services to serious and complex care. Mayo Clinic has three destination medical center campuses and several hospitals, with locations in Arizona, Florida, Minnesota and Wisconsin. Further extending our reach, Mayo Clinic provided over a million digital outpatient appointments in 2024, an increase of more than 17% from 2023.



## Innovating for new solutions

Mayo Clinic’s unwavering mission is to enhance medical care for the benefit of patients everywhere. Our experts work together to solve patients’ most challenging unmet needs, inspired by our founders’ earliest vision.

Over 150 years ago, brothers Will and Charlie Mayo pioneered an integrated, team-based approach to medicine. Today, that trailblazing spirit drives innovations like Mayo Clinic Platform — a collaborative, digital ecosystem powering new technologies to change how care is delivered everywhere. Mayo Clinic Platform expanded its scope to include data from more than 56 million patients across four continents, enabling solutions that provide earlier, more accurate diagnoses, personalized care, hospital-level care at home and enhanced access to trusted expertise.



## Top rankings for quality care

Our commitment to transforming healthcare has earned Mayo Clinic more top rankings for high-quality patient care than any other healthcare organization. This includes more No. 1 rankings than any other hospital from U.S. News & World Report.



## Building a healthier world

We think big and act boldly to improve the health of communities. We share our knowledge globally, shape policy and partner with others to create lasting — and much-needed — change for a healthier world.



# Mayo Clinic Health System Overview



**Mayo Clinic Health System (MCHS)** provides quality healthcare to local communities by bringing the Mayo Clinic Model of Care closer to home. MCHS consists of 45 clinics, 16 hospitals and other facilities across multiple communities in Minnesota and Wisconsin. MCHS providers bring the knowledge and expertise of Mayo Clinic to these communities and surrounding areas to ensure our patients receive world-class healthcare. MCHS serves more than 600,000 patients each year and is recognized as one of the most successful community healthcare systems in the U.S.

MCHS is elevating and redefining community and rural healthcare. With more than 100 clinical specialties

(medical and surgical services), patients have access to a full spectrum of healthcare options. To best meet the unique needs of the communities, patients receive quality healthcare at MCHS and have access to highly specialized care at Mayo Clinic’s campus in Rochester, Minnesota.

The Bold. Forward. strategy centers on establishing MCHS as a category-of-one community health system by 2030. This strategic approach focuses on people and communities and is supported by three key pillars: Cure, Connect, and Transform. This framework aims to reimagine care in an evolving healthcare landscape, ensuring that diverse patient needs are met through advanced in-person services and innovative digital solutions.

**Mayo Clinic Health System (MCHS) in Mankato** is a 272 bed acute-care hospital in Mankato, Minnesota. It is part of the Mayo Clinic Health System, which includes hospitals in south-central and southeast Minnesota and west-central and Southwest Wisconsin. MCHS Mankato also provides family medicine clinics in Mankato (Eastridge), North Mankato (Northridge), and St. Peter.

Dedicated to putting the needs of our patients first, MCHS in Mankato promotes health and wellness in the community through inpatient and outpatient services, education through blog postings, articles and presentations, staff volunteerism, community giving and charity care.

In 2024, MCHS in Mankato provided over \$7.6 million in charity care and more than \$18.5 million in bad debt. The hospital also contributed more than \$350,000 in community giving grants to organizations, such as Feeding Our Communities Partners, Mankato Youth Place, Partners for Housing, and YWCA Mankato.

In addition, the organization shared health-related education through programs at the Children’s Museum of Southern Minnesota and VINE Adult Community Center, and supported efforts to get communities active through activities, such as the Mankato Marathon and virtual programs like Journey to Wellness.

Annually, the hospital organizes various employee drives to donate items, including a food drive and holiday sharing tree drive. In addition, staff coordinate three employee blood drives held on the hospital campus in partnership with the American Red Cross each year. Employees are actively involved in the community, and our staff engaged in over 75 community volunteer projects last year.

The MCHS Community Health Needs Assessment (CHNA) process advances and strengthens our commitment to health and wellness activities by focusing on high-priority needs in our clinics and communities.





# Summary of Community Health Needs Assessment

Mayo Clinic Health System in Minnesota used a systematic process to evaluate the health needs of our communities and determine health priorities.

The primary quantitative input into the assessment and prioritization process was the Southern Minnesota Needs Assessment data report, created by Joe Visker, Ph.D., Minnesota State University Mankato. This report analyzes existing data gathered from various sources, such as census data, government reports, health department statistics and school surveys.

The primary qualitative input into the process was the collection of community input through a key informant survey, where 19 leaders provided feedback on the top health concerns. Local public health departments reviewed and provided input on the survey questions during development. In addition, a community health prioritization activity was held with stakeholders from local government, business and nonprofit leaders, including an in-person community stakeholder prioritization event on March 20, 2025, with over 60 community stakeholders in attendance. Community health surveys distributed by Blue Earth County, Le Sueur County, Nicollet County, and the Greater Mankato Inclusivity Study results were also reviewed and provided insight.

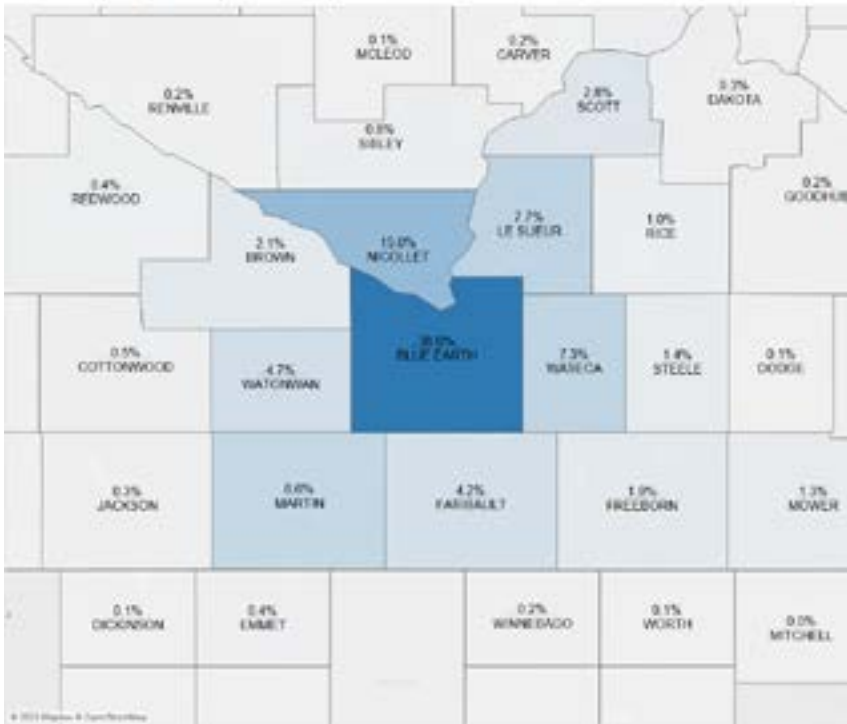


# Our Community

## GEOGRAPHIC LOCATION

Mayo Clinic Health System (MCHS) in Mankato primarily serves communities in Blue Earth, Le Sueur and Nicollet counties in southern Minnesota. More than 60% of MCHS in Mankato inpatients are residents of these counties. The main medical campus is in Mankato, located in Blue Earth

County, and is designated as a sole community hospital and rural referral center for Medicare purposes. MCHS in Mankato is the only hospital in the county. For this CHNA, the community is defined as Blue Earth, Nicollet and Le Sueur Counties.



Mankato Hospital Inpatients by Patient County

## DEMOGRAPHICS

### Population – Number (#) of residents by age (2025 projection)

Source: Minnesota State Demographic Center. (2025). Our projections. Data and reports <https://mn.gov/admin/demography/data-by-topic/population-data/our-projections/>

AREA	SEX	0-17	18-64	65+
Blue Earth	Male	7866	23239	5216
	Female	7366	22136	6259
Le Sueur	Male	3262	8734	2700
	Female	3086	8222	3048
Nicollet	Male	3894	11274	3152
	Female	3957	10255	3843

### Population by Race – Population by race (#) (individual races identified as one race) (2020)

Source: US Census Bureau. (2025). Selection Map. [https://data.census.gov/map/050XX00US27013,27043,27047,27049,27079,27091,27099,27103,27139,27161,27165/DECENNIALSF22010/PCT42?t=001:Race%20and%20Ethnicity&layer=VT\\_2022\\_050\\_00\\_PY\\_D1&loc=44.1598,-93.7084,z7.4807](https://data.census.gov/map/050XX00US27013,27043,27047,27049,27079,27091,27099,27103,27139,27161,27165/DECENNIALSF22010/PCT42?t=001:Race%20and%20Ethnicity&layer=VT_2022_050_00_PY_D1&loc=44.1598,-93.7084,z7.4807)

AREA	WHITE ALONE	BLACK OR AFRICAN AMERICAN ALONE	AMERICAN INDIAN AND ALASKA NATIVE ALONE	ASIAN ALONE	NATIVE HAWAIIAN AND OTHER PACIFIC ISLANDER ALONE	SOME OTHER RACE ALONE	TWO OR MORE RACES	HISPANIC OR LATINO
State	4,423,146	398,434	68,641	299,190	2918	168,44	345,721	345,640
Blue Earth	58205	3970	292	1841	33	1248	3523	3221
Le Sueur	25991	264	102	134	20	700	1463	1872
Nicollet	29744	1707	178	562	15	722	1526	1800

### Medical Assistance – Average monthly eligible individual by counties (#) (2020)

Source: Minnesota Department of Health. (2023). 2020 Minnesota county health tables. 2020 Data by State, County, and Community Health Board (2/15/2023).

	ALL FAMILIES AND CHILDREN	ADULTS WITH NO CHILDREN	ELDERLY	DISABLED	TOTAL
State	725,932	210,458	66,420	113,155	1,115,965
Blue Earth	7730	2578	732	1461	12501
Le Sueur	680	164	112	102	1058
Nicollet	3831	866	278	560	5535

SOCIAL AND ECONOMIC FACTORS

Poverty - % of individuals with income below poverty (2018-2022)

Source: Minnesota Compass. (2025). Location profiles by county. <https://www.mncompass.org/profiles/county>

AREA	INDIVIDUALS WITH INCOME BELOW THE POVERTY LINE (%)
State	9.6
Blue Earth	16.4
Le Sueur	7.4
Nicollet	10.3

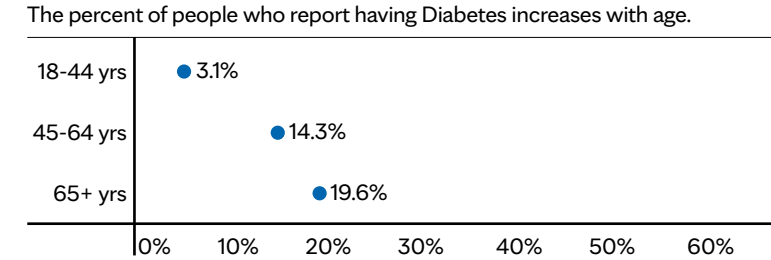
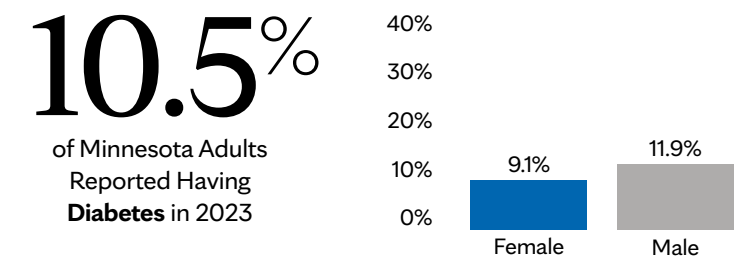
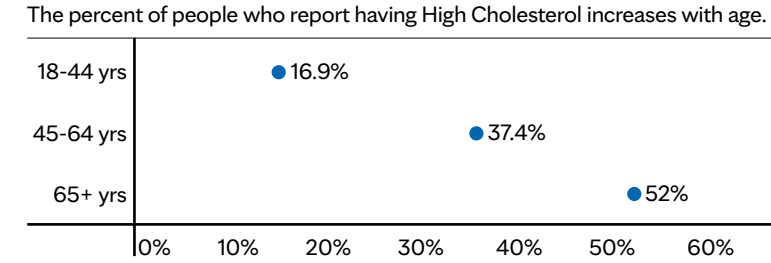
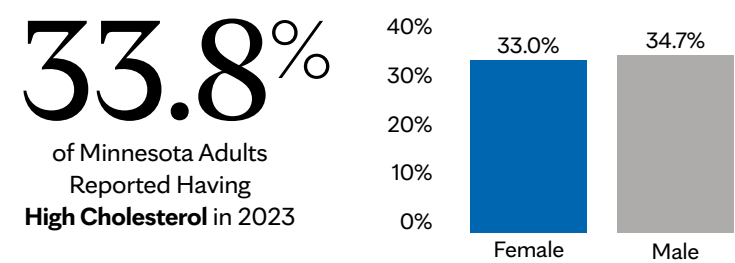
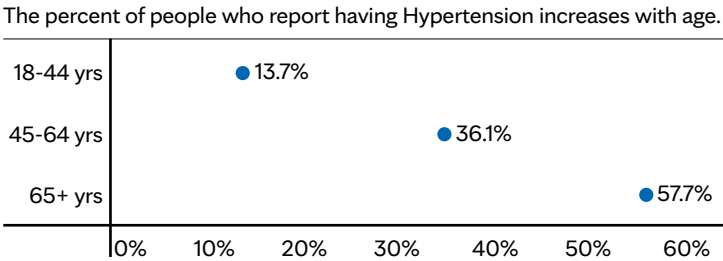
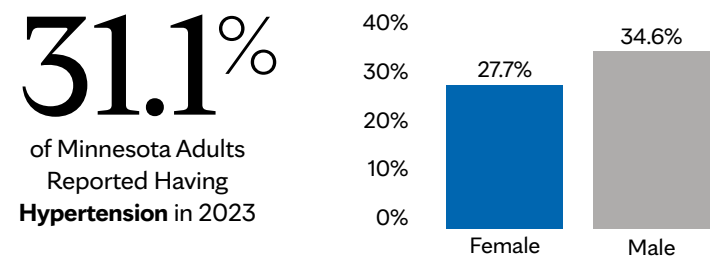
CHRONIC CONDITIONS

Ten Leading Causes of Death – Cause specific death counts (n) (2020)

Source: Minnesota Department of Health. (2023). 2020 Minnesota county health tables. 2020 Data by State, County, and Community Health Board (2/15/2023).

AREA	CANCER (n)	HEART DISEASE (n)	COVID-19 (n)	UN- INTENTIONAL INJURY (n)	ALZHEIMER’S (n)	STROKE (n)	CLRD (n)	DIABETES (n)	CHRONIC LIVER DISEASE (n)	HYPER- TENSION (n)
State	9,940	8,562	5,214	3,308	2,587	2,316	2,211	1,492	895	841
Blue Earth	97	104	27	30	25	20	28	12	7	9
Le Sueur	52	45	19	17	11	5	14	10	4	2
Nicollet	42	49	30	18	9	15	9	7	1	5

CHRONIC DISEASE PREVALENCE DASHBOARD - MN DEPT. OF HEALTH





# Assessing the Needs of the Community

## OVERVIEW

In 2022, Mayo Clinic Health System in Mankato identified and prioritized community health needs in Blue Earth, Le Sueur and Nicollet counties through a comprehensive process that included input from local community and organization leaders, public health officials and hospital leaders. The 2022 Community Health Needs Assessment final report has been posted on the Mayo Clinic Health System “Community Health Needs Assessment” internet page for public review and comment. A link for questions and comments was clearly identified on the CHNA report page. However, no comments have been submitted.

In 2025, the Mayo Clinic Health System in Minnesota’s CHNA process was led by an internal MCHS work group with members from community relations and site leadership. Minnesota MCHS leadership and practice operations provided input. This interdisciplinary work group viewed the community health needs assessment as an opportunity to understand known healthcare needs better and, if possible, identify emerging needs within each of the MCHS communities in Minnesota.

## COMMUNITY INPUT

Community input was received at numerous stages and from various levels of community leaders throughout the CHNA process. Mayo Clinic Health System in Mankato hosted a community leadership luncheon, which included facilitating a community health prioritization activity where 41 attendees participated. In addition, Mayo Clinic Health System sent out key informant surveys to 55 community stakeholders in Blue Earth, Le Sueur and Nicollet Counties, receiving 19 responses. Mayo Clinic Health System also reviewed and considered results from recent public health adult community surveys for Blue Earth, Le Sueur and Nicollet Counties and the Greater Mankato Inclusivity Study.

## PROCESS AND METHODS

### Quantitative Data

Primary quantitative data was collected and analyzed by Minnesota State University, Mankato Health Science

department, led by Dr. Joseph Visker. Dr. Visker and his team used public health information from various publicly available sources for the 11 regional counties in the Southwest and Southeast Minnesota assessment. The complete data report and all sources are available in the Southern Minnesota Needs Assessment (Appendix A), prepared by Dr. Visker.

### Community Input

A key informant survey was sent to community stakeholders, including representatives from traditionally underrepresented, medically underserved, low-income and minority populations. The key informant survey included the following questions:

- Name
- Email
- Sector
- County
- Ability to select up to three top health concerns, and asked to share:
  - Concern
  - Who is affected by this concern/issue?
- Please describe how this issue impacts your community.
- Contributing factors.
- Resources available to address.
- Suggestions.
- Demographics
  - Which gender description best describes you?
  - Age category
  - Race/Ethnicity
  - Additional comments

Mayo Clinic Health System sent out key informant surveys to 55 community stakeholders in Blue Earth, Le Sueur and Nicollet Counties, receiving 19 responses representing education, healthcare, city officials, county public health, businesses/employers, senior resources and social services/nonprofits.

The key concerns were:

TOPIC	#1 CONCERN	#2 CONCERN	#3 CONCERN	TOTAL VOTES
Mental Health	13	3	0	16
Access to Care	3	3	4	10
Basic Needs	2	5	3	10
Chronic Disease	1	0	1	2
Substance Use	0	2	6	8
Infectious Disease	0	1	1	2

County Public Health sent out adult community health surveys in Fall 2022. Local county public health shared results of the adult community health surveys, which included information on overall health, chronic health conditions, emotional and mental health conditions, healthcare providers and insurance coverage, preventive care, reasons for not receiving or delaying needed care, nutrition, physical activity, food accessibility and security, alcohol, tobacco and other drugs, weight and obesity, transportation, personal and community safety, caregiving, COVID-19, community amenities, and respondent characteristics. The Greater Mankato Inclusivity Study took place in Fall 2022. Mayo Clinic Health System reviewed and considered these results as we selected our community health priorities. These surveys are available in Appendix B.

MCHS Mankato hosted a community leader luncheon on March 20, 2025. One of the goals of the luncheon was to ask stakeholders to prioritize community health needs. Slides with data describing these categories were presented:

- Mental Health
- Substance Use
- Maternal and Child Health
- Access to healthcare and community services
- Infectious Disease
- Chronic Conditions
- Basic Needs that Influence Health

Attendees were then given three dots to place on posters representing each category. The green dot represented their highest priority area, and the two blue dots represented their second and third priority areas. Attendees were asked to reflect on the presented data and draw on their experiences and knowledge of the community to vote for three priority areas for Mayo Clinic Health System to help address in the next three years.

Priority selection considerations were also shared, including the size of the problem, availability of solutions, effectiveness of health interventions to impact the problem, seriousness of the problem, potential to impact health disparities and momentum in the community positively.

The Mankato meeting included 44 people voting. Organizations represented included county public health, representatives from medically underserved, low-income and minority populations, government, education, business and more:

- City of Mankato\*
- Mankato Youth Place\*
- Minnesota State University, Mankato
- VINE Faith in Action\*
- Nicollet County Public Health\*
- YWCA Mankato\*
- Blue Earth County Public Health\*
- Lake Crystal Area Recreation Center



- Partners for Housing\*
  - LEEP\*
  - Greater Mankato Growth
  - University of MN Extension\*
  - ISD 77 Community Education and Recreation\*
  - Children’s Museum of Southern Minnesota\*
  - Feeding Our Communities Partners\*
  - Pioneer Bank
  - Taylor Corporation
  - Sign Pro
  - Abdo
- MacLean Power Systems
  - Consolidated Communications
  - Mankato Area Public Schools\*
  - HACER (Hispanic Advocacy and Community Empowerment through Research)\*
  - Region Nine Development Commission
  - Xcel Energy

\* Denotes organizations that work with and would provide input related to community members that are from medically underserved, low-income or minority populations.

The top health priorities were:

HEALTH PRIORITY	1ST CHOICE VOTE	VOTE	TOTAL VOTES
Access to Health Care & Community Services	10	23	33
Mental Health	20	11	31
Basic Needs that Influence Health	9	21	30
Substance Use	2	10	12
Chronic Conditions	1	10	11
Maternal and Child Health	2	4	6
Infectious Disease	0	1	1
Something Else	0	0	0

Participants were then asked to select one of the top three results– Access to Health Care & Community Services, Mental Health or Basic Needs that Influence Health – and work as a table to answer the following questions:

- Which information stands out to you?
- Which findings align with what you already know about residents?

- What opportunities or potential barriers do you see in addressing this health concern?
- Participants were informed of next steps and how their feedback will be considered as priorities are selected. Feedback from this session can be found in Appendix C.



Photos from Mankato meeting.



# Addressing the Needs of the Community

After completing an extensive analysis of the data available and community input, the top community health needs were identified by MCHS in Mankato. Each of these focus areas is equally important; however, they have been ranked by priority:

These top three health priorities are:

- 1 Mental Health
- 2 Access to Care
- 3 Basic Needs that Influence Health

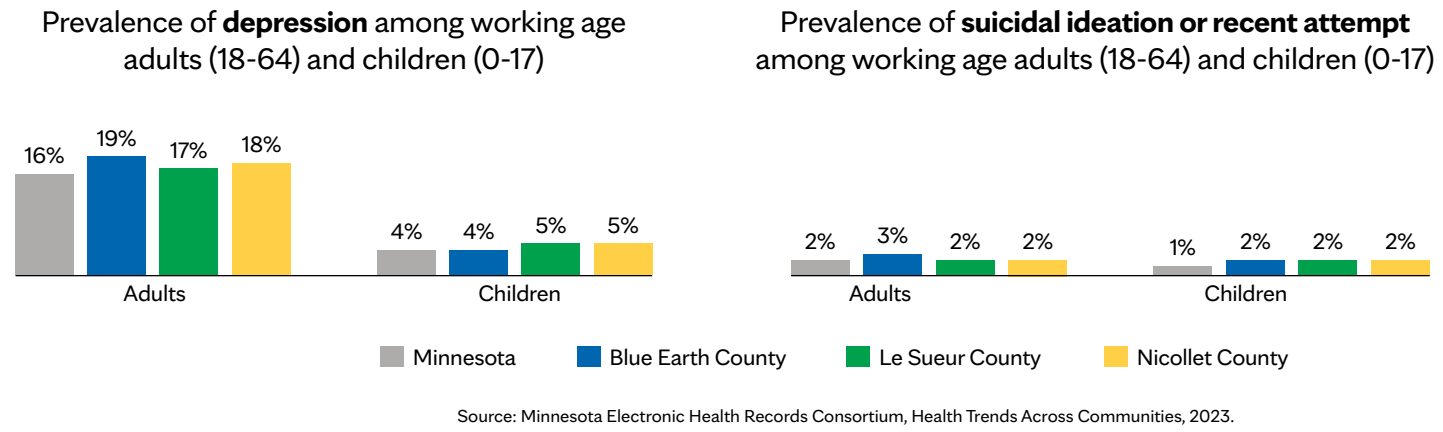




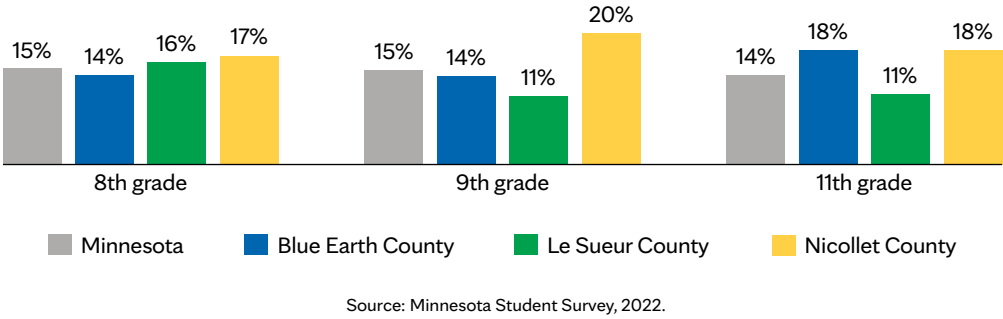
MENTAL HEALTH

This focus refers to the services and support needed to address how we think, act and feel as we cope with life. Mental health is essential for personal well-being, caring for family, interpersonal relationships and meaningful contributions to society. Mental health conditions may include, but are not limited to, depression, anxiety and post-traumatic stress disorder. This focus area will also include substance use.

Mental Health



Suicidal ideation among secondary students, 2022

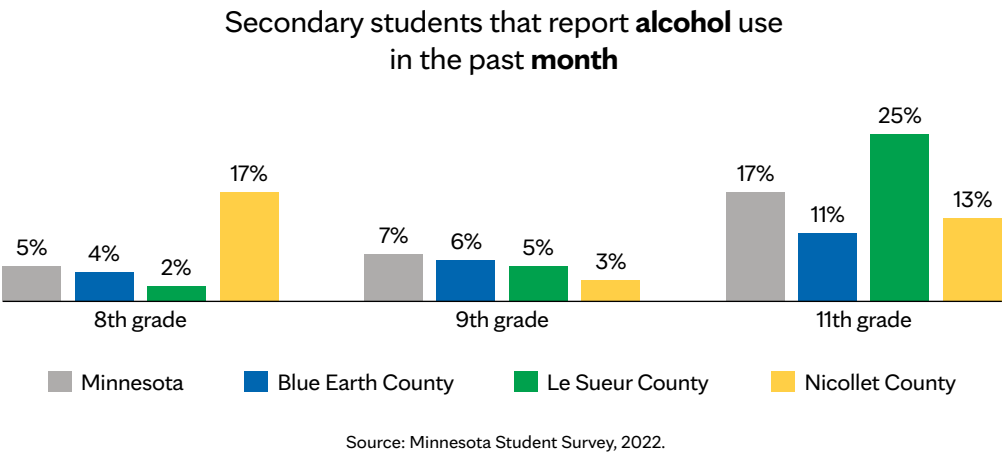
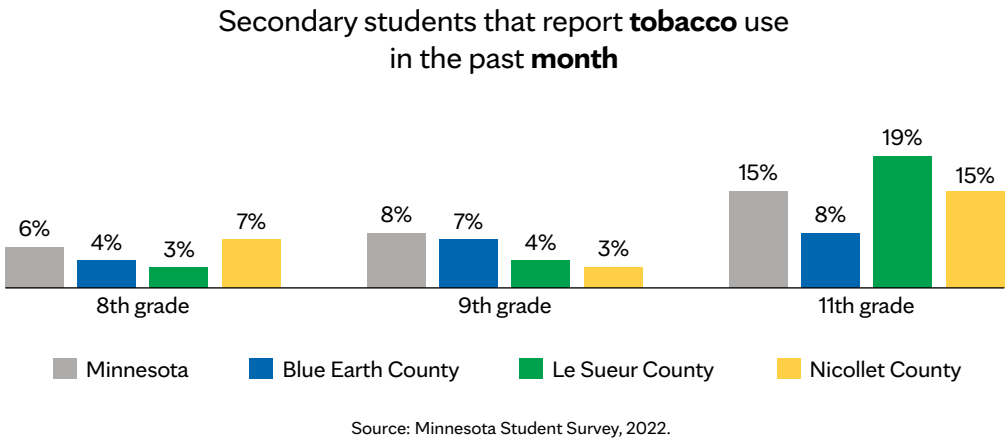


Mental Health Problems - % of students who report any long-mental health, behavioral, or emotional problems last 6 months or more (2022)

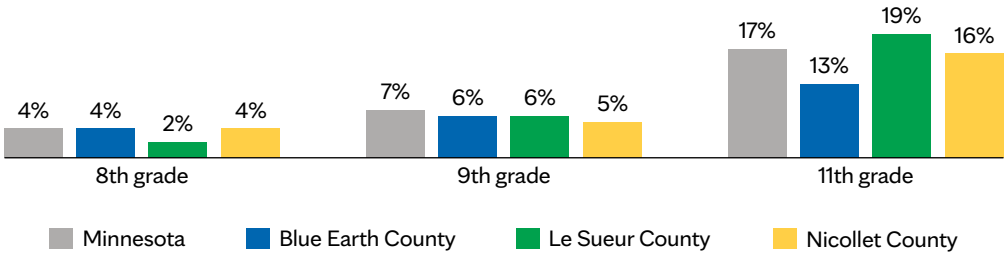
Source: Minnesota Department of Education. (2025). Minnesota student survey reports: 2013-2022. <https://public.education.mn.gov/MDEAnalytics/DataTopic.jsp?TOPICID=242>

AREA	MENTAL, BEHAVIORAL, OR EMOTIONAL PROBLEMS – 8TH GRADE (%)	MENTAL, BEHAVIORAL, OR EMOTIONAL PROBLEMS – 9TH GRADE (%)	MENTAL, BEHAVIORAL, OR EMOTIONAL PROBLEMS – 11TH GRADE (%)
State	25.8	28.2	32.7
Blue Earth	26.4	27.8	34.5
Le Sueur	19.3	27.3	34.9
Nicollet	32.9	32.5	41.1

Substance Use

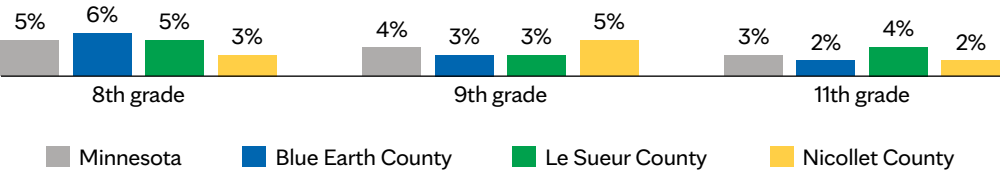


Secondary students that report **marijuana** use in the past year



Source: Minnesota Student Survey, 2022.

Secondary students that report **opioid** use in the past year



Source: Minnesota Student Survey, 2022.

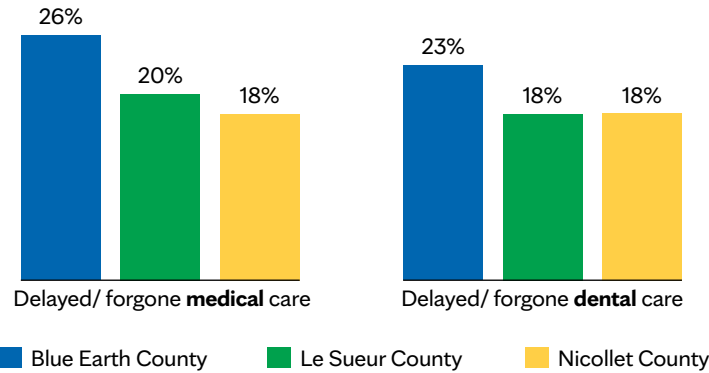
ACCESS TO CARE

This focus refers to the ability and ease of accessing healthcare and community services. Access to care considers barriers such as transportation, knowledge and education of available services, and ease of accessing care through outreach and virtual options. By focusing

on access, we aim to reduce disparities, improve health outcomes, and ensure that every person—regardless of background or circumstance—can live a healthier, more empowered life.

Access to Health Care & Community Services

Residents reported that they delayed or did not receive health care they thought they needed



TOP REASONS FOR DELAYED OR FORGONE CARE



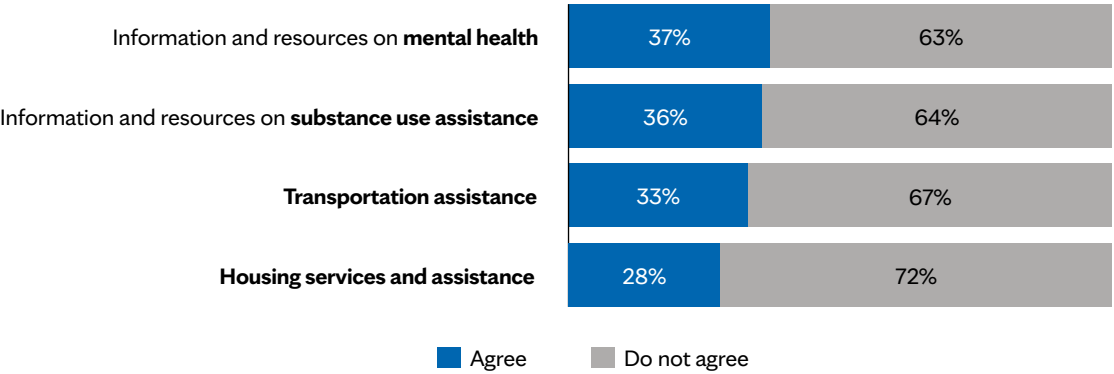
It costs too much.



I didn't think it was serious.

Source: Community Health Survey, 2022-2023.

Greater Mankato residents that agree (and do not agree) the following resources are easy to find



Source: Greater Mankato Inclusivity Study, 2022





There is  
**1 dentist**  
for every...

- 1,290 Minnesotans
- 1,070 Blue Earth County residents
- 3,240 Le Sueur County residents
- 1,280 Nicollet County residents

Source: County Health Rankings and Roadmaps



There is  
**1 mental health provider**  
for every...

- 300 Minnesotans
- 210 Blue Earth County residents
- 2,080 Le Sueur County residents
- 330 Nicollet County residents

### BASIC NEEDS THAT INFLUENCE HEALTH

This focus area refers to the non-medical factors that influence health outcomes. These conditions are where people are born, grow, work, live, and age—examples include access to food and housing. Addressing patients' basic needs has been shown to improve their health outcomes.

Of the 34,883 Mankato Mayo Clinic Health System patients surveyed between January 2024 and January 2025...

**2.9%**

reported **transportation needs**

**6.5%**

reported **food insecurity**

**6.2%**

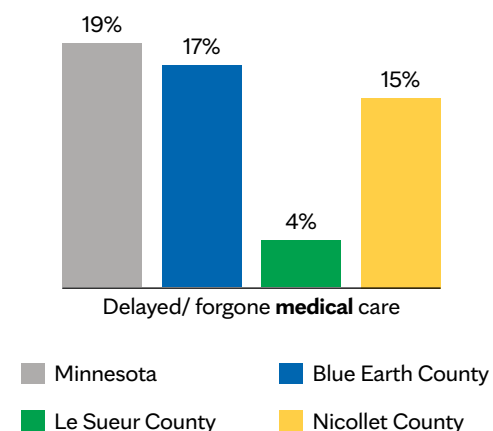
reported **housing needs**

**2.7%**

reported **financial needs**

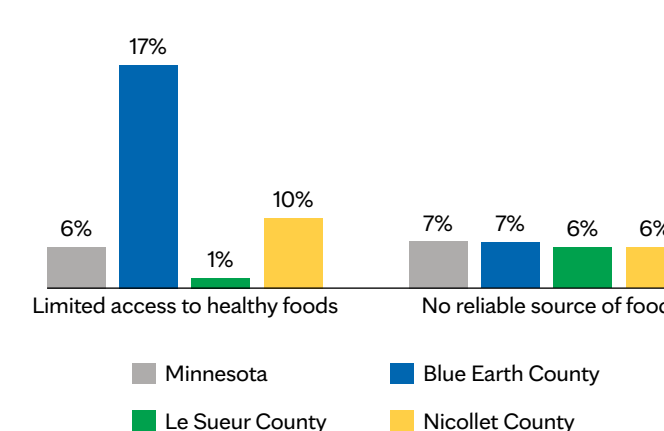
## Basic Needs that Influence Health

Percent of residents eligible for **Medical Assistance** by County, 2020



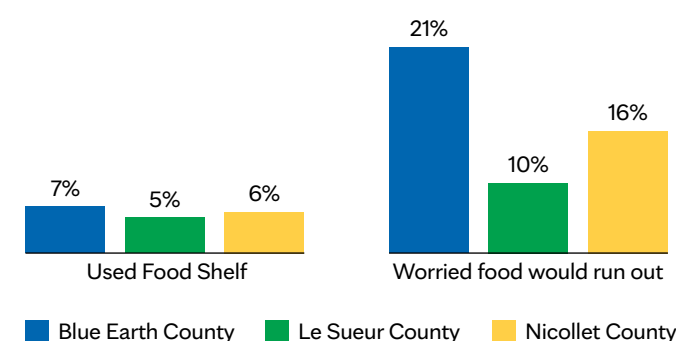
Source: Minnesota Department of Health County Health Tables

Percent of residents that experience the following...



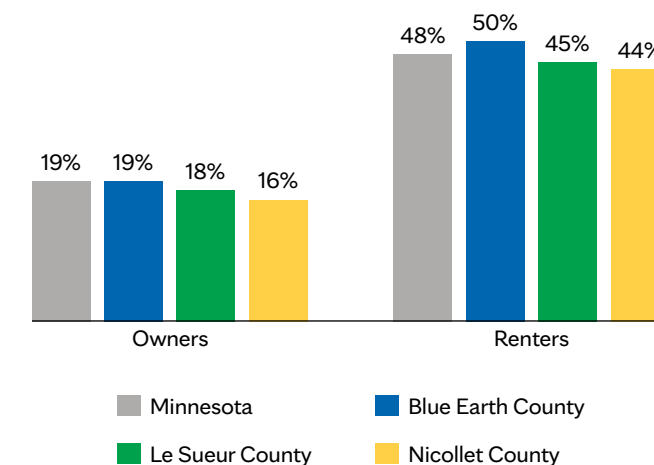
Source: County Health Rankings & Roadmaps, 2019 and 2021

In the past year, adults that...



Source: Community Health Survey, 2022-2023

Percent of households that are **cost-burdened** by home ownership status



Source: Minnesota Housing Partnership, 2023

**PRIORITIZATION PROCESS AND CRITERIA**

Data analysis identified significant community needs, including mental health, substance use, maternal and child health, access to healthcare and community services, infectious disease, chronic conditions and basic needs that influence health.

When asked to prioritize these needs, priority selection considerations were shared, including the size of the problem, availability of solutions, effectiveness of health interventions to impact the problem, seriousness of the problem, potential to impact health disparities and positive momentum in the community.

The Mayo Clinic Health System Minnesota Administrative Leadership Team, made up of practice operations and nursing leaders, was presented with background information on the CHNA process, initial assessment outcomes and top community health themes based on the criteria provided at the meeting on June 19. Over 100 Mayo Clinic Health System Minnesota leaders were part of this meeting. The group supported the priority recommendations of Mental Health, Access to Care, and Basic Needs that Influence Health as the selected health concerns for 2026-2028. The group was also asked to

provide feedback via Forms on any projects or initiatives they are involved with that would fit under these priority needs to help identify strategies and tactics.

The Mayo Clinic Health System Minnesota Executive Operating Team, comprised of top MCHS Minnesota Executives, was presented with the priorities for a vote on July 23, 2025. 10 voting members were present. The group was presented with background information on the CHNA process, initial assessment outcomes and top community health themes based on the criteria provided. Dr. Ghosh, Vice President – Mayo Clinic Health System, Minnesota, motioned to approve the priorities of Mental Health, Access to Care and Basic Needs that Influence Health as the selected health concerns for 2026-2028. All voted in favor. There was no opposition, and the motion passed.

Other needs that were strongly considered were substance abuse and chronic disease. These needs will be addressed through our selected health concerns – mental health, access to care and basic needs that influence health- but given limited resources and other organizations working to address these different needs, they will not be addressed as selected health concerns in this report.

# Available Resources to Meet Health Needs



**Mental health:**

- Adult Child and Family Services
- Blue Earth County Mental Health Services
- Beyond Brink & WEcovery
- Committee Against Domestic Abuse (CADA)
- Counseling Services of Southern Minnesota, Inc.
- Eunoia Family Resource Center
- Fernbrook Family Center
- Lutheran Social Services
- Mankato Mental Health Associates
- Mankato Psychology Clinic
- Mankato Clinic
- Mankato Marriage and Family Therapy
- Minnesota Mental Health Services
- Blue Cross Blue Shield Center for Rural Behavioral Health
- Nystrom & Associates
- Open Door Health Center
- Prairie Care Medical Group
- South Central Crisis Center

**Access to Care:**

- Dental Care, including, but not limited to, Open Door Health Center, Minnesota State University, Mankato Dental Clinic, Pediatric & Adolescent Dentistry, River Valley Dental, and Oz Family Dentistry.

- Medical Care, including, but not limited to, Open Door Health Center, Mankato Clinic, Department of Veterans Affairs Outpatient Clinic
- Transportation assistance, including, but not limited to, TRUE Transit, City of Mankato Public transportation and VINE’s Door2Door Transportation program.
- Vision Care includes, but is not limited to, Ophthalmology Associates, Mankato Clinic Optical Center, and Carlson Tillisch Eye Clinic.
- Help pay for healthcare, including, but not limited to, emergency medical assistance, the Minnesota family planning program, Sage, community alternative care waivers and the prescription savings program.

**Basic Needs that Influence Health:**

- Food assistance, including, but not limited to, ECHO Food Shelf, Feeding Our Communities Partners, Maverick Food Pantry and Salvation Army
- Housing assistance, including, but not limited to, Minnesota Valley Action Council, Connections Shelter and Partners for Housing.
- Substance use, including, but not limited to, House of Hope, Inc., Beyond Brink, Lutheran Social Services and Fountain Centers.
- Financial strain, including, but not limited to, county Human Services departments, Minnesota Department of Human Services, Minnesota Valley Action Council and Salvation Army.



# Evaluation of Prior CHNA and Implementation Strategy

Impact of 2022-2024



Prioritized health needs from the 2022 CHNA included:

- Mental Health
- Addressing social determinants of health

**Updates on strategy accomplishments**

Below are some key implementation actions taken to address the prioritized health needs from the 2022 CHNA. The intended impact of committing financial and human resources to conduct such actions was to provide awareness, education, and assistance to the community to reduce issues related to mental health and social determinants of health.

**Mental Health**

- Two MCHS physicians and one allied health staff member participated in the Youth Mental Health and Suicide Prevention community coalition that provided community presentations and developed and launched the mental health website Greater Mankato Mental Health Hub, which made it easier for families to find mental health resources. MCHS staff have dedicated over 125 hours since 2023 and paid \$3,800 to help with marketing, printing and advertising costs to build community awareness of the website.
- Provided \$37,500 over the past three years to help fund mental health navigator positions within Mankato Area Public Schools to connect families to resources and services.
- Developed the Journey to Wellness program, a free yearlong, virtual, self-guided program designed to make the wellness journey easier. All new monthly topics were developed in 2023 and 2024. 3,500 program participants were from Southwest Minnesota.
- Contributed more than \$120,000 annually in community giving to local organizations impacting mental health, including Mankato Youth Place, One Bright Star, JZ Cancer Fund and more.

**Addressing social determinants of health**

- Provided \$18,000 in funding to Feeding Our Communities Partners for their Stomp Summer Feeding Program and winter break programs in 2023 and 2024. MCHS staff adopted weekly food distribution at Washington Elementary to deliver food packs to classrooms and monthly packing sessions to ensure food packs were ready for distribution. MCHS volunteered 350 hours to these efforts.
- Provided \$20,000 in funding to ECHO Food Shelf for Thanksgiving Meals for families and \$100,000 toward ECHO’s capital campaign. MCHS also provided 130 hours of MCHS staff time volunteering at the Thanksgiving meal distribution events in 2023 and 2024.
- Provided a community garden at Eastridge Clinic to teach gardening skills, healthy eating and healthy recipes to food-insecure patients. Patients also had access to a refrigerator with harvested produce at Eastridge Clinic and Northridge Clinic. Community partners included the University of Minnesota Extension and South-Central Food Recovery.
- Hired a health equity coordinator to help connect patients with identified social determinants of health to community resources. The health equity coordinator referred 472 patients to community resources in 2024, 277 to community resources in 2023, and 420 to community resources in 2025 for food insecurity, transportation, housing and utilities.
- Worked to implement and improve clinical use of Find Help – a community resource database – in the patient electronic health record to help provide just-in-time resources to providers for identified social determinants of health. In addition, MCHS worked with and hosted virtual and in-person trainings with local community-based organizations to accept referrals and use the platform.
- Provided \$6,000 grant to WellShare International for a 3-part series of outreach events focused on targeted community groups with health education and the MCHS mobile health unit providing services. Education topics included women’s health, diabetes and colorectal cancer and were presented in other languages. Over 90 attendees attended the education sessions, and 10 received services in the mobile unit.

# Appendices

**Appendix A – Southern MN Needs Assessment**

**Appendix B – Blue Earth County Adult Community Survey**

[Le Sueur County Adult Community Survey](#)

[Nicollet County Adult Community Survey](#)

[Mankato Community Event Feedback](#)



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