



Community Health Needs Assessment 2025

Mayo Clinic Health System in St. James



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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 St. James is a 13-bed, critical-access hospital in St. James, Minnesota. It is part of MCHS in Minnesota, which includes a family medicine clinic in St. James, and hospitals in New Prague, Mankato, Fairmont and Waseca.

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

In 2024, MCHS in St. James provided over \$1 million in charity care. The hospital also contributed over \$14,000 in Hometown Health Grants to organizations, such as Watonwan County Food Shelf, St. James Public Schools, and Wellspring Faith in Action.

Mayo Clinic Health System in St. James supported health and wellness in the community by hosting a career exploration class for area high school students. St. James also participated in community events such as Watonwan County Suicide Awareness Event and St. James High School Career Fair. In addition, MCHS in St. James staff partnered with HACER and our Mayo Mobile Health Unit to provide breast cancer screenings. Health education is also communicated through blog postings, newsletter articles and presentations.

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 in our community.



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. This report was created by Joe Visker, PhD, Minnesota State University—Mankato. This report includes an analysis of 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 three leaders provided input on the top health concerns. Local public health departments reviewed and provided input on the survey questions during the development process. 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 May 22, 2025, with over 14 community stakeholders in attendance. The community health survey distributed by Watonwan County was also reviewed and provided insight.

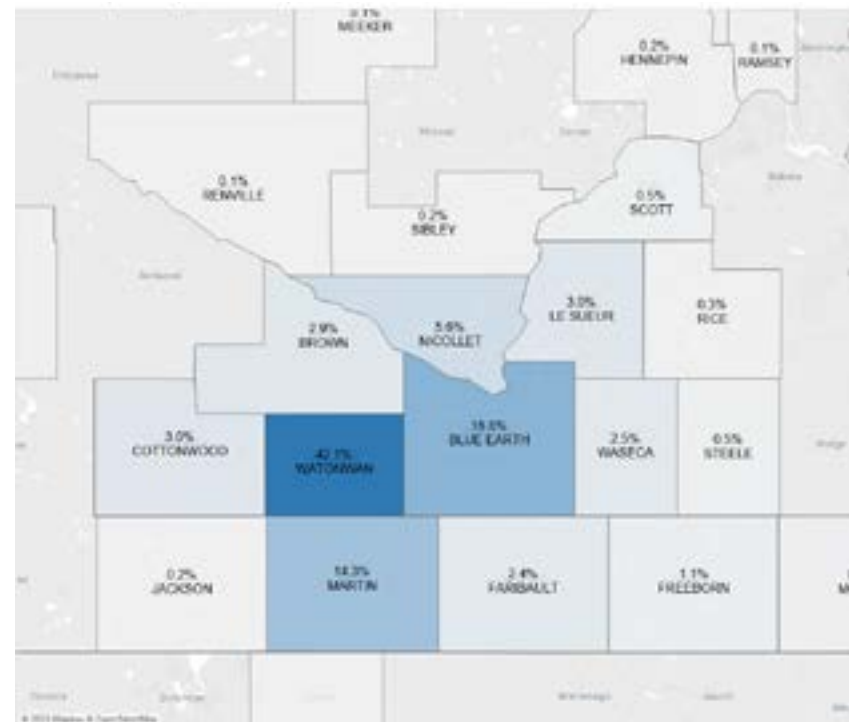


Our Community



MCHS in St. James primarily serves communities in Watonwan County and portions of Blue Earth and Martin counties in southwestern Minnesota. The main medical campus in St. James consists of a family medicine clinic and a critical-access hospital, which is one of two

hospitals in Watonwan County. Although MCHS in St. James serves patients from the other counties, the majority (42%) are from Watonwan County. For purposes of the CHNA, the community is defined as Watonwan County.



St. James 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+
Watonwan	Male	1360	1360	1155
	Female	1363	1363	1254

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

Source: US Census Bureau. (2025). Selection Map. https://data.census.gov/geo//050XX00US27013,27043,27047,27049,27079,27091,27099,27103,27139,27161,27165/DECENNIALS2010/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
Watonwan	8209	48	95	96	-	1749	1056	3227

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
Watonwan	1786	299	165	234	2484

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
Watonwan	13.3

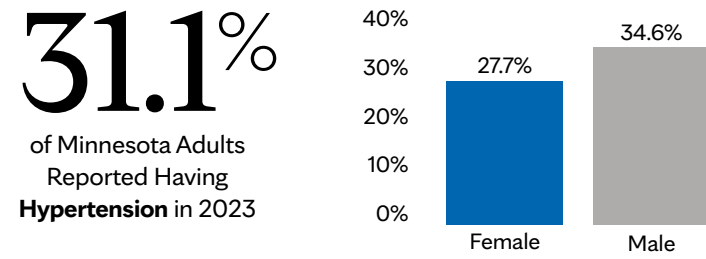
CHRONIC CONDITIONS

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

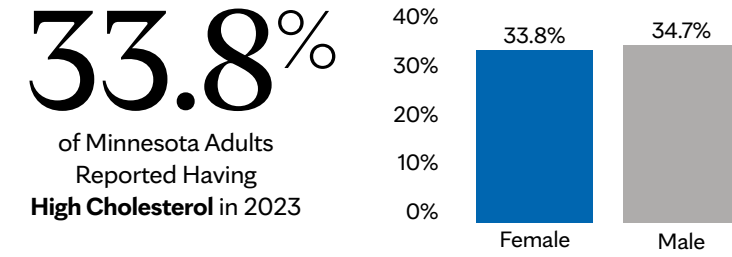
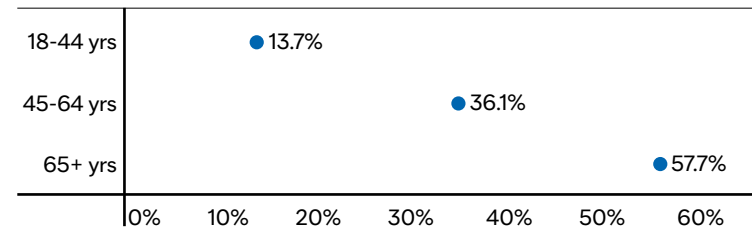
Source: Minnesota Department of Health. (2023). 2020 Minnesota county health tables. 2020 Data by State, County, and Community Health Board (2/15/2023).

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
Watsonwan	35	35	10	7	9	7	10	5	1	4

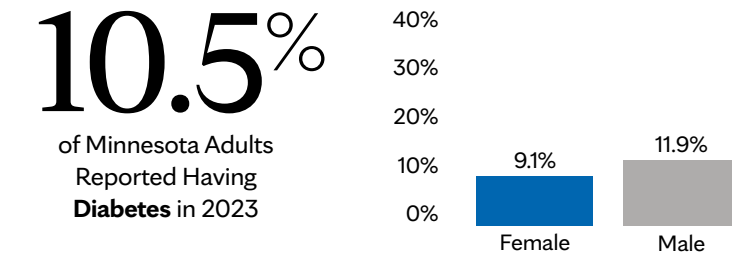
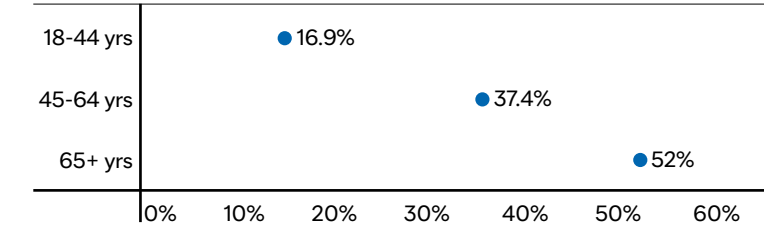
CHRONIC DISEASE PREVALENCE DASHBOARD - MN DEPT. OF HEALTH



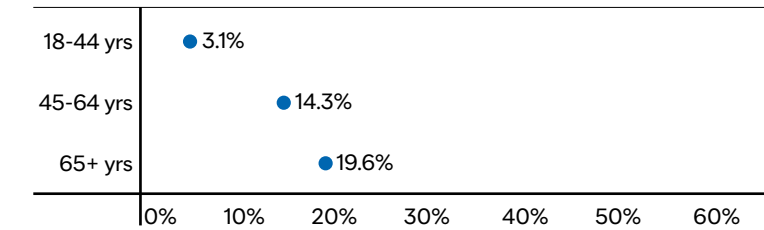
The percent of people who report having Hypertension increases with age.



The percent of people who report having High Cholesterol increases with age.



The percent of people who report having Diabetes increases with age.



Assessing the Needs of the Community

OVERVIEW

In 2022, Mayo Clinic Health System in St. James identified and prioritized community health needs in Watonwan County through a comprehensive process that included input from local community and organization leaders, public health officials and hospital leadership. 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 CHNA process was led by an internal MCHS work group with members from community relations and site leadership; input was provided by Minnesota health system leadership and practice operations. This interdisciplinary work group viewed the community health needs assessment as an opportunity to better understand known healthcare needs 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 a variety of levels of leadership throughout the CHNA process. Mayo Clinic Health System in St. James hosted a community leaders’ luncheon, which included the facilitation of a community health prioritization activity where 14 attendees participated. In addition, Mayo Clinic Health System sent out key informant surveys to 18 community stakeholders in Watonwan County, receiving 3 responses. Mayo Clinic Health System also reviewed and considered results from recent public health adult community surveys for Watonwan County.

PROCESS AND METHODS

Quantitative Data

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

department, led by Dr. Joseph Visker. Dr. Visker and his team pulled data from a variety of publicly available sources for the eleven regional counties included in the Southwest and Southeast Minnesota assessment. The full 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 these 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 key informant surveys to 18 community stakeholders in Watonwan County. Three responses were received representing county public health, the faith community and social services/nonprofits.

The key concerns were:

TOPIC	#1 CONCERN	#2 CONCERN	#3 CONCERN	TOTAL VOTES
Mental Health	1		1	2
Access to Care	2	1		3
Basic Needs		2		2
Chronic Disease				0
Substance Use			1	1
Infectious Disease				0
Maternal Child Health			1	1

County Public Health sent out adult community health surveys in 2021. 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, overweight and obese, ways to get around, personal and community safety, caregiving, COVID-19, community amenities, and respondent characteristics. These results were reviewed and considered by Mayo Clinic Health System as we selected our community health priorities. The survey is available in Appendix B.

MCHS St. James hosted a community leader luncheon on May 22, 2025. One of the goals of the luncheon was to ask stakeholders to prioritize community health needs. Data slides were presented on these categories:

- 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 was to

represent their number one priority area, and the two blue dots were their second and third priority areas. Attendees were to draw on the data and their experiences in and knowledge of the community to vote for three priority areas you’d suggest Mayo Clinic Health System focus on 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 positively impact health disparities and momentum in the community.

The St. James meeting had 14 people voting. Organizations represented included county public health, representatives from medically underserved, low-income and minority populations, government, education, business and more:

- City of St. James*
- Watonwan County Public Health*
- Mayor of St. James
- Pioneer Bank
- Community Member
- Watonwan County Emergency Management*
- Watonwan County Food Shelf*
- St. James Chamber of Commerce

*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	6	5	11
Mental Health	5	5	10
Basic Needs that Influence Health	1	8	9
Substance Use	1	2	3
Chronic Conditions	0	3	3
Maternal and Child Health	0	2	2
Infectious Disease	0	1	1
Something Else	1	2	3

Participants were then asked to select one of the top three results: access to healthcare and community services, mental health or basic needs that influence health, and work as a table to answer these 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 the next steps and how their feedback would be considered as priorities were selected. Feedback from this session can be found in Appendix C.



Photo from St.James meeting



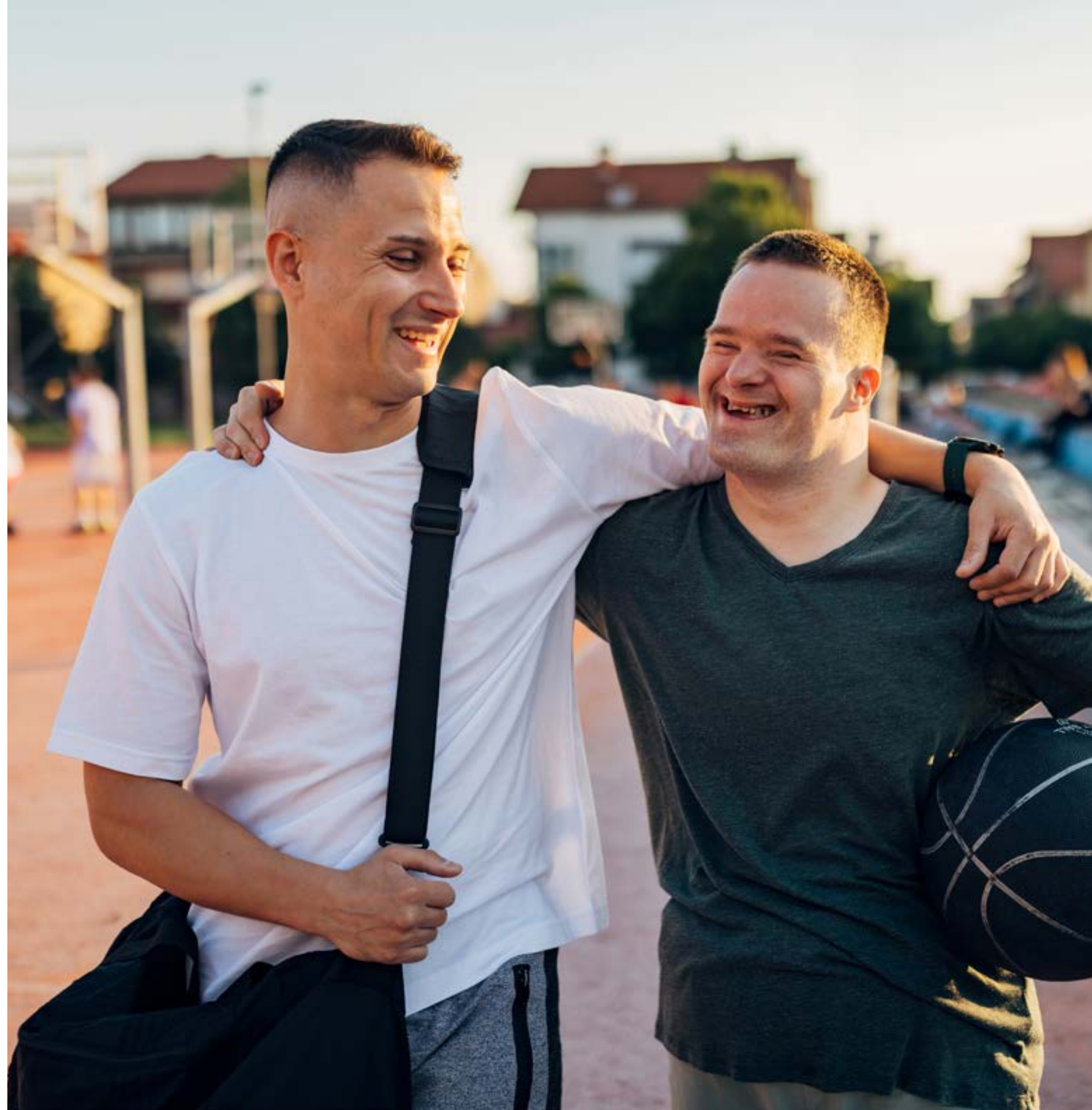
Photo from St.James meeting

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 St. James. 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**



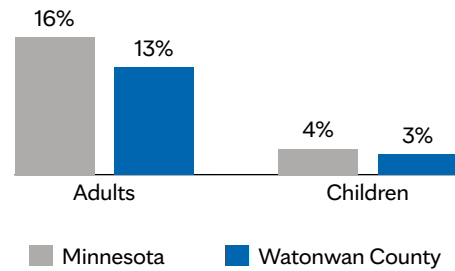
MENTAL HEALTH

This focus area 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

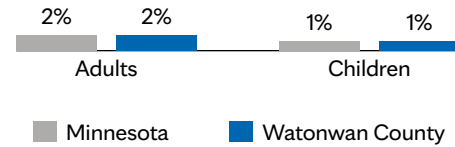
and meaningful contributions to society. Mental health conditions may include, but are not limited to, depression, anxiety and post-traumatic stress disorder. This focus area will also include substance use.

Mental Health

Prevalence of **depression** among working age adults (18-64) and children (0-17), 2023

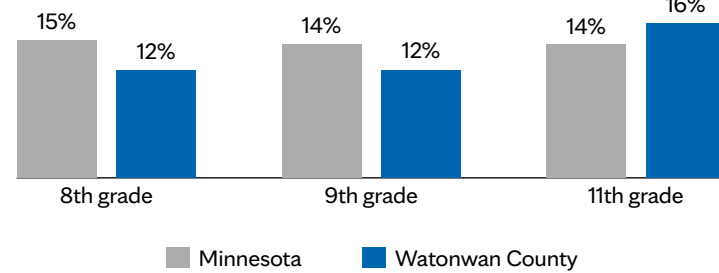


Prevalence of **suicidal ideation or recent attempt** among working age adults (18-64) and children (0-17), 2023



Source: Minnesota Electronic Health Records Consortium, Health Trends Across Communities.

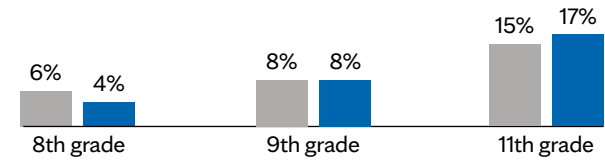
Suicidal ideation among secondary students, 2022



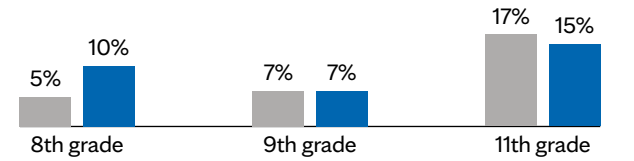
Source: Minnesota Student Survey.

Substance Use

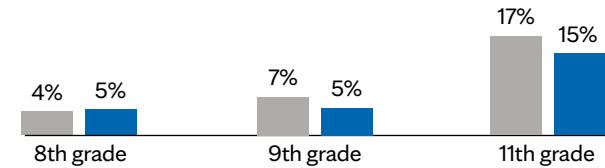
Secondary students that report **tobacco** use in the past **month**, 2022



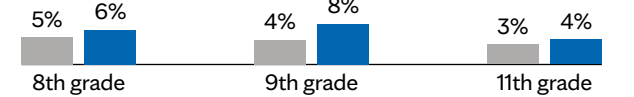
Secondary students that report **alcohol** use in the past **month**, 2022



Secondary students that report **marijuana** use in the past **year**, 2022



Secondary students that report **opioid** use in the past **year**, 2022



Minnesota Student Survey.

Source: Minnesota Student Survey.

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
Watonwan	20.6	27.3	21.3

ACCESS TO CARE

This focus area 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.

Of the 4,601 St. James Mayo Clinic Health System patients surveyed between January 2024 and January 2025...

3.2% 
reported **transportation needs**

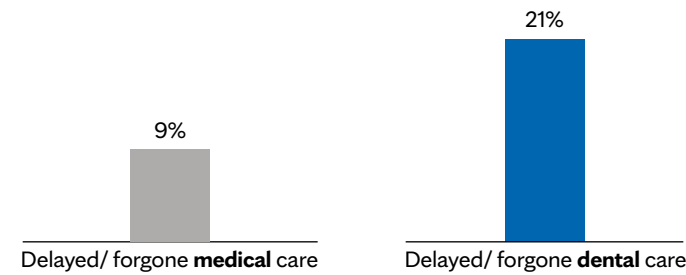
6.9% 
reported **housing needs**

2.6% 
reported **financial needs**


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



Source: Community Health Survey, 2022.

 It costs too much.

 I had to work, family or other obligations


Prenatal Care - % receiving prenatal care in the first trimester (2020-2022)

Source: Health Resources and Services Administration [HRSA]. (n.d.). *Maternal and infant health mapping tool.* <https://data.hrsa.gov/maps/mchb>

AREA	INDIVIDUALS RECEIVING PARENTAL CARE IN THE FIRST TRIMESTER (%)
State	-
Blue Earth	84.8
Faribault	86.3
Freeborn	85.3
Goodhue	86.3
Le Sueur	86.2
Martin	82.8
Mower	83.3
Nicollet	84.2
Scott	84.3
Waseca	84.9
Watonwan	73.5

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

- 1,290 Minnesotans
- 1,850 Watonwan County residents

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

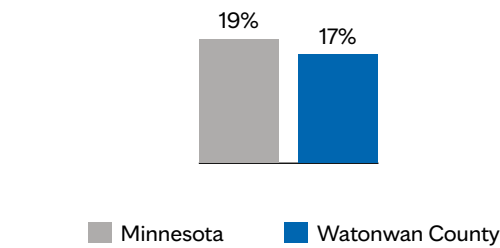
- 300 Minnesotans
- 1,580 Watonwan County residents

Source: County Health Rankings and Roadmaps, 2025.

BASIC NEEDS THAT INFLUENCE HEALTH

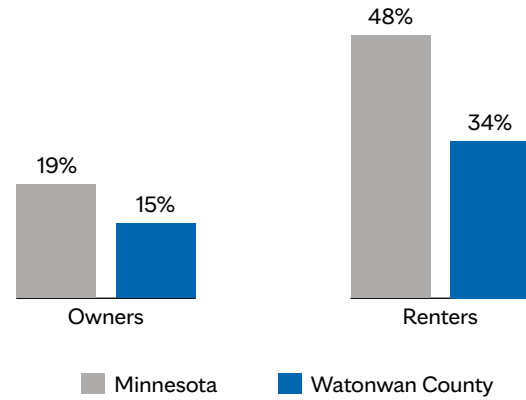
This focus area refers to the non-medical factors that influence health outcomes. These conditions are the conditions in which people are born, grow, work, live, and age—examples include access to food and housing. Addressing a patient’s basic needs has been shown to improve their health outcomes.

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



Source: Minnesota Department of Health County Health Tables, 2020.

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



Source: Minnesota Housing Partnership, 2023.

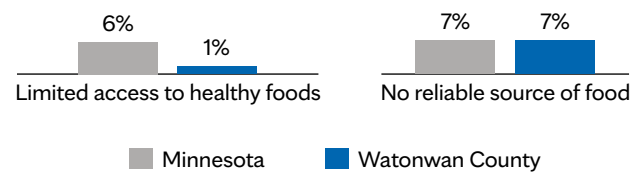
Between January 2024 and January 2025, **330 Mayo patients** of the 4,601 surveyed in St. James reported they have experienced **food insecurity** in the past year. This represents **7.2%** of patients surveyed.

In the past year, adults that...



Source: Community Health Survey, 2022.

Percent of residents that experience the following...



Source: County Health Rankings and Roadmaps, 2019 and 2021.

PRIORITIZATION PROCESS AND CRITERIA

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

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

The Mayo Clinic Health System Minnesota Administrative Leadership Team, made up of practice operations and nursing leaders, was presented 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 was supportive of 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, made up 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 in Minnesota, made a motion 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. 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 other needs, they will not be addressed as selected health concerns in this report.

Available Resources to Meet Health Needs



Mental Health:

- Sioux Trails Mental Health Center, St. James
- Life Dimensions Counseling, LLC
- Madelia Community Hospital & Clinic
- Watonwan County Human Services
- South Central VA Clinic
- South Central Crisis Center

Access to Care:

- Dental Care, including, but not limited to St. James Family Dentistry and Apple Tree Dental (Madelia).
- Medical Care, including, but not limited to Madelia Health – St. James Clinic and Regenerative Health Clinic.
- Transportation assistance, including, but not limited to, Take Me There (TMT), Wellspring Senior Transportation, Watonwan County Transportation and Veteran Service Offices.
- Vision Care, including, but not limited to Elevate My Eyes, Olson Optical and Timothy Pinke Optometrist.

- Help pay for health care, 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, Watonwan County Food Shelf, Mountain Lake Community Food Shelf and free and reduced school nutrition programs.
- Housing assistance, including, but not limited to, Minnesota Valley Action Council, Watonwan County Human Services and area assisted living facilities.
- Substance use, including, but not limited to, Alcoholics Anonymous, Brown County Detox Center, House of Hope, Narcotics Anonymous, and QUITPLAN
- Financial strain, including, but not limited to, county Human Services departments, Minnesota Department of Human Services, and Minnesota Valley Action Council

Evaluation of Prior CHNA and Implementation Strategy

Impact of 2022-2024



Appendices

Prioritized health needs from the 2022 CHNA included:

- Mental Health
- Addressing Social Determinants of Health

Updates on strategy accomplishments

Below are some of the 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 in order reduce occurrences of issues related to mental health and social determinants of health.

Mental Health

- Developed 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.
- Provided over \$31,000 in funding to improve mental health through physical activity and connection by supporting St. James Splash Pad project, St. James Bike Share Program, St. James School Mental Health Project and City of Trimont Playground Project.
- MCHS St. James representatives participated with a booth at the Watonwan County Suicide Awareness Event in September 2024 and 2025.

- Collaborated with Truman, St. James, Madelia and Butterfield-Odin elementary schools in 2023 to host Wellness Week to reinforce healthy habits at school and home. Donated well-being backpack tags to over 1,000 students.

Addressing Social Determinants of Health

- Partnered with HACER (Hispanic Advocacy and Community-Engaged Research) organization and SAGE (Minnesota Dept of Health) to host a breast cancer and cervical cancer screening event in March 2024 with the Mayo Mobile Unit and Mayo Mammo Unit. HACER provided education before the event. 17 mammograms and 13 pap tests were completed. MCHS covered the costs of participants who did not have insurance and did not qualify for SAGE.
- Provided over \$15,000 in funding to address social determinants of health, including: Watonwan County Food Shelf, SHIP Friends in the Kitchen project, and Power of Produce project.
- Utilized two MCHS-employed community health workers to focus on the Spanish-speaking community and to improve health conditions related to chronic disease.

[Appendix A – Southern MN Needs Assessment](#)

[Appendix B – Watonwan County Adult Community Survey](#)

[Appendix C – Community Feedback Results](#)

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