Community Health Needs Assessment 2025

Mayo Clinic Health System in Cannon Falls, Lake City and Red Wing

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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 in Cannon Falls (MCHS in Cannon Falls, MCHS in Lake City and MCHS in Red Wing), **Mayo Clinic Health System in Lake City** (MCHS – Lake City) and **Mayo Clinic Health System in Red Wing** (MCHS – Red Wing) are part of the Southeast Minnesota region of Mayo Clinic Health System (MCHS) in Minnesota, which also includes hospitals in Austin (Mower County) and Albert Lea (Freeborn County), Minnesota.

This CHNA applies to MCHS in Cannon Falls, MCHS in Lake City and MCHS in Red Wing, which support the community through a broad range of inpatient, outpatient, and specialty services. For purposes of this CHNA, the community for the three hospitals is defined as Goodhue County, Cannon Falls, Red Wing, and part of Lake City, all of which are located in Goodhue County.

Cannon Falls

MCHS in Cannon Falls is a 15-bed critical-access hospital and hospital-based clinic in Cannon Falls, Minnesota. It employs 12 clinical providers and has an additional 27 specialists who travel to Cannon Falls regularly to see specialty care patients. MCHS in Cannon Falls serves Cannon Falls and the surrounding area within Goodhue County.

Lake City

MCHS in Lake City has locations in Lake City and Plainview. Its campus comprises an 18-bed critical-access hospital, a hospital-based clinic, and a 90-bed long-term care center in Lake City, Minnesota. The medical center employs eight providers and has 28 specialists who travel to Lake City to see specialty care patients.

Most of Lake City's service area includes Goodhue and Wabasha counties (Lake City is in both counties) in southeastern Minnesota. Even though Goodhue County is defined as the community, Wabasha County was also considered as part of the assessment, as MCHS in Lake City provides services to patients who reside in Wabasha County.

Red Wing

MCHS in Red Wing has locations in Red Wing and Zumbrota, Minnesota, and Ellsworth, Wisconsin. It comprises a 50-bed hospital, a multi-specialty clinic, and a senior living community. The medical center employs 65 clinical providers and 60 specialists who offer specialty care to community patients. Most of Red Wing's service area includes Goodhue County in southeastern Minnesota and, to a lesser extent, Pierce County in west-central Wisconsin.

New Prague Inpatients by Cannon Falls

Mayo Clinic Health System in Lake City

Mayo Clinic Health System in Red Wing

Summary of Community Health Needs Assessment

Every three years, MCHS partners with community stakeholders to conduct the Community Health Needs Assessment in each community where MCHS has a hospital.

In 2025, MCHS in Cannon Falls, MCHS in Lake City and MCHS in Red Wing partnered with Goodhue County Health and Human Services, United Way of Goodhue, Wabasha, and Pierce Counties, and Three Rivers Community Action to create a joint Community Health Needs Assessment. *See Appendix A: Goodhue County 2025 Community Health Needs Assessment*

In 2024, MCHS in Southeast Minnesota coordinated efforts with the public health departments in Freeborn, Mower, and Goodhue Counties to develop and disseminate a mailed survey.

In addition to the random mailed survey, a concerted effort was made to reach underrepresented groups. The survey was given to target populations (through a convenience sample). Together with other feedback mechanisms, we were able to solicit feedback from typically underserved or at-risk populations and gain general perspectives about social and environmental health issues.

Key Informant Interviews were conducted in each community through an online survey and community engagement events. Like the approach used in 2022, we attempted to standardize language around the top issues that emerged in the communities. In 2025, we used Healthy People 2030 topics.
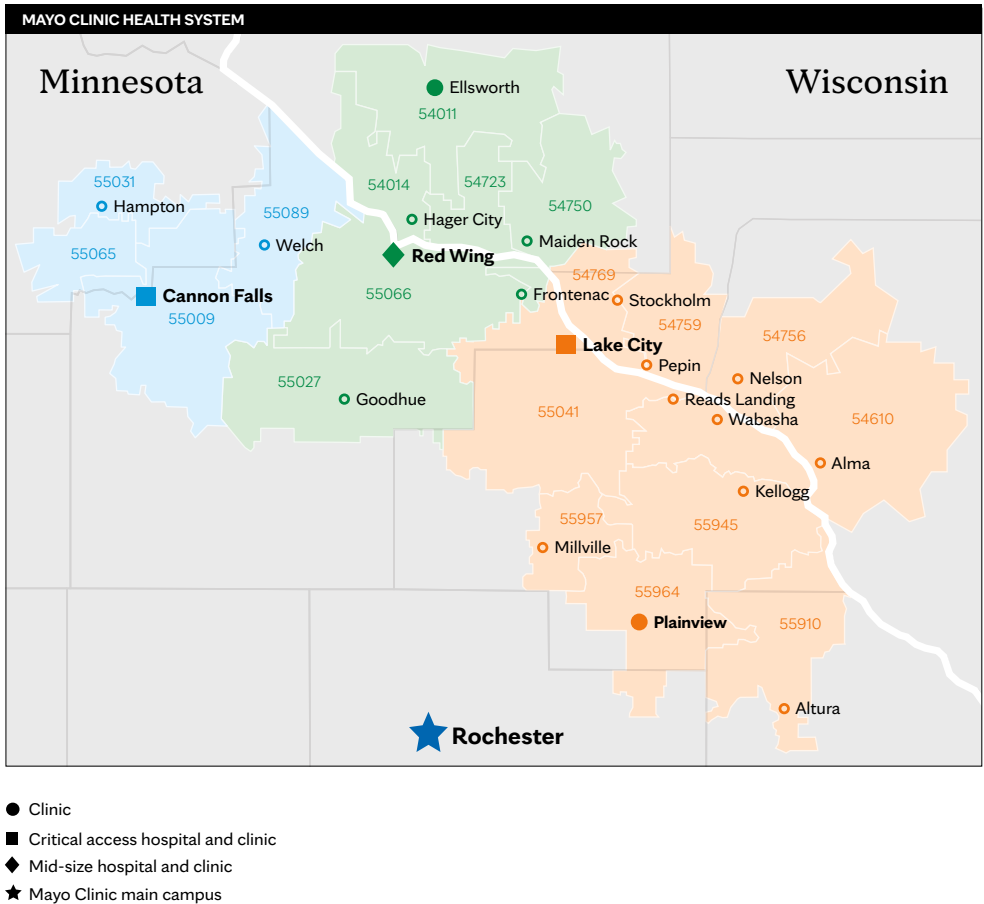
Community Profile

GEOGRAPHIC LOCATION

Goodhue County (Red Wing, Cannon Falls, Lake City)

The population estimate of Goodhue County in July 2023 was 48,035. Cannon Falls, Red Wing and part of Lake City are all in Goodhue County, including Wabasha and Pierce County clinics. The service area of the three hospitals and clinics is outlined in the map below.

DEMOGRAPHIC OVERVIEW

According to the U.S. Census Bureau, the July 2023 population estimate for Goodhue County is 48,035. A 2023 estimate reports that 21.7% of the population is under 18 years old, and 21.3% of residents are 65 or older. The median household income (in 2023 inflation-adjusted dollars) is $82,749, and an estimated 9.3% of people live below the poverty level.

Map legend:
- ● Clinic
- ■ Critical access hospital and clinic
- ◆ Mid-size hospital and clinic
- ★ Mayo Clinic main campus

METRIC	RED WING (2023)	CANNON FALLS (2023)	LAKE CITY (2023)
Population	16,660 Census Reporter	4,216 people Census Reporter	5,021 people (approx.) Data USA
Median age	42.2 years Census Reporter	45.3 years Data USA	48.4 years Data USA
Median household income	$65,259 Census Reporter	$80,515 Census Reporter	$76,125 Data USA
Per capita income	$40,467 Census Reporter	$40,437 Census Reporter	(Not reported)
Poverty rate (% of people)	14 % Census Reporter	5.9 % Census Reporter	6.48% Data USA
Gender breakdown	51.4 % female 48.6 % male (2010) Wikipedia	(Not provided)	51.9% female, 48.1% male (2010) Wikipedia
Age groups	Under 18: 22.5% 18–24: 7.8% 25–44: 23.9% 45–64: 27.7% 65+: 18.2% (2010) Wikipedia	(Not provided)	Under 18: 20.2% 18–24: 6% 25–44: 21.8% 45–64: 27.7% 65+: 23.7 % (2010) Wikipedia
Ethnicity / Race	White: 85% Hispanic: 3.7% Black: 3.2% Two+: 2.3% Data USA	White: 91% Two+: 5% Other (Non-Hispanic): 3.3 worldpopulationreview. comminnesota-demographics.com	White:93% Two+:2.1% Asian: 1.6% Hispanic:1.2% Data USA

SUMMARY INSIGHTS

Red Wing

A mid-sized city with a relatively younger population and moderate-income levels. It has the highest poverty rate among the three cities and a more diverse racial composition, including notable Hispanic and Black populations.

Cannon Falls

The smallest of the three cities, Cannon Falls has the highest median household income and the lowest poverty rate. Its population skews older and is predominantly White, with limited racial diversity.

Lake City

With a population just over 5,000, Lake City has the oldest median age and a household income slightly below that of Cannon Falls. It shows a slightly higher poverty rate than Cannon Falls and is predominantly White, with small Asian and Hispanic populations.

Assessing the Needs of the Community

COMMUNITY INPUT

Mayo Clinic Health System has a long history of engaging the community to identify local healthcare needs and build partnerships. Our leaders and staff serve on local boards, including economic development and Chamber of Commerce committees, service organizations, the community college foundation, and other initiatives important to the community.

PROCESS AND METHODS

Primary data collected for the assessment included key informant interviews, county-wide mailed and online surveys, convenience sample surveys, an online survey, and community engagement events. Written comments regarding the previous CHNA are usually considered; however, no comments related to the previous CHNA were submitted. Mayo Clinic Health System thanks our partners in Goodhue County Health and Human Services, the United Way of Goodhue, Wabasha and Pierce Counties, and Three Rivers Community Action for assisting the CHNA committee and our community with their input.

SURVEYS

Survey instrument

The survey instrument used for the project was adapted from the joint survey conducted in 2021 in Goodhue, Mower, and Freeborn Counties. The county public health agencies and Mayo Clinic Health System worked together in 2018 to select the survey content from the counties' previous surveys with technical assistance from the Minnesota Department of Health Center for Health Statistics. The survey was formatted by the vendor, Survey Systems, Inc. of Shoreview, Minnesota, as a scannable, self-administered English-language questionnaire.

Sample

A two-stage sampling strategy was used to obtain probability samples of adults living in Goodhue, Mower, or Freeborn Counties. For the first sampling stage, a random sample of residential addresses for each county was purchased from a national sampling vendor (Marketing Systems Group of Horsham, Pennsylvania). Address-based sampling was used so that all households would have an equal chance of being sampled for the survey, and Marketing Systems Group obtained the list of addresses from the U.S. Postal Service. For the second sampling stage, the "most recent birthday" method of within-household respondent selection was used to specify one adult from each selected household to complete the survey.

Survey administration

An initial postcard was mailed to 6,000 sampled households in Goodhue, Mower, and Freeborn counties on September 16, 2024, inviting the postcard recipients to take the Community Health Needs Assessment Survey online (2,000 postcards were sent to each county). The postcard had a QR code and a unique password for the household to access the survey. Two weeks later, on September 30, 2024, a paper survey packet that included a cover letter, the survey instrument, and a postage-paid return envelope was mailed to this same group. Two weeks later (October 14, 2024), a reminder postcard was sent to all sampled households, reminding those who had not yet returned a survey to do so, and thanking those who had already responded. The final date for the receipt of surveys was December 13, 2024.

Completed surveys and response rate

Completed surveys were received from 898 Goodhue, Mower, and Freeborn Counties adult residents for an overall response rate of 15.0% (898/6000). There were 344 completed surveys received from adult residents of G, for an overall response rate of 15.0% (898/6000). Three hundred forty-four completed surveys were received from adult residents of Goodhue County. The county-level Goodhue County. The county-level response rates were Goodhue County: 17.2%, Mower County: 13.8%, Freeborn County: 13.7%.

Data entry and weighting

The responses from the completed paper surveys were scanned into an electronic file by Survey Systems, Inc. To ensure that the county-level survey results represent each county's adult population, the data were weighted when analyzed. The weighting accounts for the sample design by adjusting for the number of adults living in each sampled household. The weighting also includes a post-stratification adjustment so that the gender and age distribution of the survey respondents mirrors the gender and age distribution of the adult population aged 18 and over in each county, according to the US Census Bureau American Community Survey 2023 five-year estimates. The Minnesota Department of Health and its senior research scientist assisted in compiling the data by county.

Convenience sample survey instrument

The same survey instrument used for the random sample mailed survey was used to survey a convenience sample of adults in the GCHHS lobby, C.A.R.E. Clinic, and food shelves.

Convenience sample

A convenience sample approach reached adults who are typically underrepresented in mailed survey results. Receptionists at the GCHHS lobby, Three Rivers Community Action, C.A.R.E. Clinic and food shelf volunteers distributed copies of the survey to adults waiting for services. GCHHS hired a Hispanic Outreach of Goodhue County interpreter to interpret the survey for C.A.R.E. Clinic clients who spoke Spanish. The interpreter was at C.A.R.E. Clinic for 7.25 hours from September to October 2024. No surveys were completed at Three Rivers Community Action.

While only 1% of the mailed survey responses were from people of color in 2024, 43% of the convenience sample of adults at the GCHHS lobby, C.A.R.E. Clinic, and food shelves were people of color. While only 12% of the mailed survey responses were from people with a household income of less than $35,000, 68% of the convenience sample adults who completed a survey at the GCHHS lobby, C.A.R.E. Clinic, and food shelves had a household income of less than $35,000. Because the survey respondents were not randomly selected, it is not appropriate to generalize this convenience sample to the entire population of people with a low income or the whole population of communities of color.

Convenience Sample Survey Administration

One hundred and twenty gift cards for $5 were distributed as incentives for people to complete the survey. This included cards from Walmart in Red Wing, and the rest were from local grocery stores: 27 from Family Fare in Cannon Falls and Red Wing, eight from Nilssen's in Zumbrota, and 10 from Island Market in Pine Island. None of the gift cards from Kenyon Market in Kenyon were distributed. Receptionists at the GCHHS lobby and volunteers at C.A.R.E. Clinic and the food shelves provided their initials for gift cards distributed. C.A.R.E. Clinic patients received Walmart gift cards. Food shelf clients received gift cards for their local grocery store. GCHHS lobby customers received their choice of Walmart or local grocery store gift cards. Near the end of data collection, GCHHS receptionists were encouraged to offer two $5 gift cards to lobby customers for completing the survey. Future iterations of the Community Health Needs Assessment Survey may consider larger incentives for completing the survey. All surveys were completed between September and December 2024.

Completed convenience sample surveys

ORGANIZATION	NO. COMPLETED
C.A.R.E. Clinic	34
GCHHS lobby	32
Pine Island Sharing Shelves	7
Zumbrota Area Emergency Food Shelf	14
All Seasons Food Shelf (Kenyon)	2
Red Wing Area Food Shelf	12
Cannon Falls Food Shelf	14
Three Rivers Community Action	0
Total	115

*A response rate cannot be calculated because this was a convenience sample; everyone who wished to complete a survey could do so.

Convenience sample data entry and weighting

The responses from the completed surveys were scanned into an electronic file by Survey Systems, Inc. The data were not weighted for gender or age when analyzed. As a result, the convenience sample overrepresents the responses of females (67% of the sample) and underrepresents adults over 75 (2% of the sample).

See Appendix B: Goodhue County 2024 Community Health Needs Assessment Survey Summary

See Appendix C: Southeast Tri-County Health Survey

See Appendix D: Goodhue County Community Partner Assessment Report

Key Informant Interviews

In the spring of 2025, members of MCHS administrative leadership at each site, Three Rivers Community Action, United Way of Goodhue, Wabasha and Pierce Counties, and the Goodhue County Health and Human Services Healthy Communities team conducted key informant interviews with community leaders. These one-on-one interviews followed the same format but allowed people to report their perceptions of community needs and share insight into current strategies.

Thirty-two key informant interviews were conducted in the communities of Goodhue County. Representatives from the following community stakeholder groups participated:

· Goodhue County Health and Human Services (Board, Public Health)
· C.A.R.E. Clinic
· Sand Prink Consulting, LLC
· RiseUp Partnership
· United Way of Goodhue, Wabasha and Pierce Counties
· Police Department (Cannon Falls, Zumbrota)
· Red Wing EMS
· City Official (Wanamingo, Cannon Falls, Red Wing)
· Library (Red Wing)
· School District (Cannon Falls, Pine Island)
· Red Wing Shoe Company
· Honoring Dakota Project
· Three Rivers Community Action
· Red Wing Family YMCA
· Red Wing Environmental Learning Center
· Red Wing Area Seniors
· Goodhue County Court Services
· NAMI Southeast Minnesota
· Goodhue County Habitat for Humanity
· Chamber of Commerce (Red Wing
· Fernbrook Family Center
· Hiawatha Valley Mental Health Center
· CommonBond
· University of Minnesota Extension

Interviewees in each of the communities were asked to complete online surveys before the interview

"Of the issues that impact health in our community, what are the top three most important related to your sector?"

"For each concern selected, please answer questions on who is affected, why you believe this is a concern, contributing factors, resources available and suggestions."

Interviewees in each of the three communities were asked the same series of questions

"What are the top three concerns facing people in our County?"

"What makes you believe these are concerns, and who is affected by them?"

"What do you think could be done to address these concerns?"

Most frequently mentioned issues

MENTAL HEALTH AND MENTAL DISORDERS
· Lack of services
· Limited access, stress, and concerns about social media

POVERTY
· Meeting needs on low wages
· Inflation and the rising cost of living
· Challenging job market

DRUG AND ALCOHOL USE
· Link between substance use and mental health
· Addiction is a "core issue" that impacts many areas of life

EDUCATION
· Youth behavior and mental health
· Limited resources for children and families
· Truancy and chronic absenteeism
· Lack of support for the public school system

HOUSING AND HOMES
· Insufficient housing
· More affordable housing
· Homelessness services

PRIORITIZATION PROCESS AND CRITERIA

Hanlon Method

In May 2025, the Community Health Assessment committee prioritized eighteen health topics using the Hanlon Method. This method allowed members to rate health issues based on size, seriousness, inequity, and effectiveness of interventions. Size is the number of people potentially affected by the health topic. Seriousness refers to the impact this health topic has on disability, premature death, social burdens, or healthcare costs. Inequity refers to differences in health status by gender, race, income, etc. that are unjust (arbitrary, unnecessary, avoidable). The effectiveness of an intervention refers to effective ways to reduce the problem. The committee narrowed down the list to 10 health topics.

Online Survey and Community Engagement Events

From June to August 2025, community input on the top 10 health issues was gathered at community events and via an online survey.

The online survey asked, "Thinking about the health and well-being of you and your community, what concerns you most?" Respondents were able to select up to three health issues. For each health issue selected, they were asked to choose a factor contributing to it and a strategy for addressing it. The survey was shared with community partners and promoted through social media, and 286 responses were received.

At community engagement events, community members were asked to select three health issues they felt were most impacting Goodhue County residents. For each health topic chosen, they were asked to select a factor contributing to the health issue and a strategy for addressing the health issue. Data was collected through a dot-voting system.

The events around the county where this feedback was collected were:

- Cannon Falls Summer Kick-Off
- Treasure Island Home Run to Health Fair
- Red Wing Concerts in the Park
- FARR Family Festival
- Red Wing Juneteenth Celebration
- Lake City Water Ski Days
- Zumbrota Music in the Park
- Pine Island Farmers Market
- Lake City Market by the Lake
- Red Wing Farmers Market
- Jordan Towers Community Supported Agriculture Pick Up
- Kenyon Farmers Market
- St. Pius V Church Coffee Social
- Red Wing Food Shelf
- Goodhue Farmers Market
- Red Wing River City Days
- RiseUp Partnership Community Youth Council Meeting

Everyone who completed the online survey or provided input at a community engagement event was eligible to enter a raffle to win a $50 gift card.

The input from community engagement events and the online survey was compiled to help narrow our top 10 health issues down to the top three that will be included in the implementation plan. The results from these community engagement events were reviewed with core group partners and Mayo Clinic Health System leaders, and the top three assessed needs were selected. *See Appendix F: Goodhue County Community Engagement Summary*

Addressing the Needs of the Community

The top three issues were identified after reviewing the assessment outcomes with Goodhue Public Health, community partners and Red Wing, Cannon Falls and Lake City MCHS leadership.

Through this process, the following priorities for MCHS hospitals in Red Wing, Cannon Falls and Lake City (all located in Goodhue County) were identified:

These top three health priorities are:

1   **Mental Health**

2   **Chronic Health Conditions**

3   **Health Care Access & Quality**
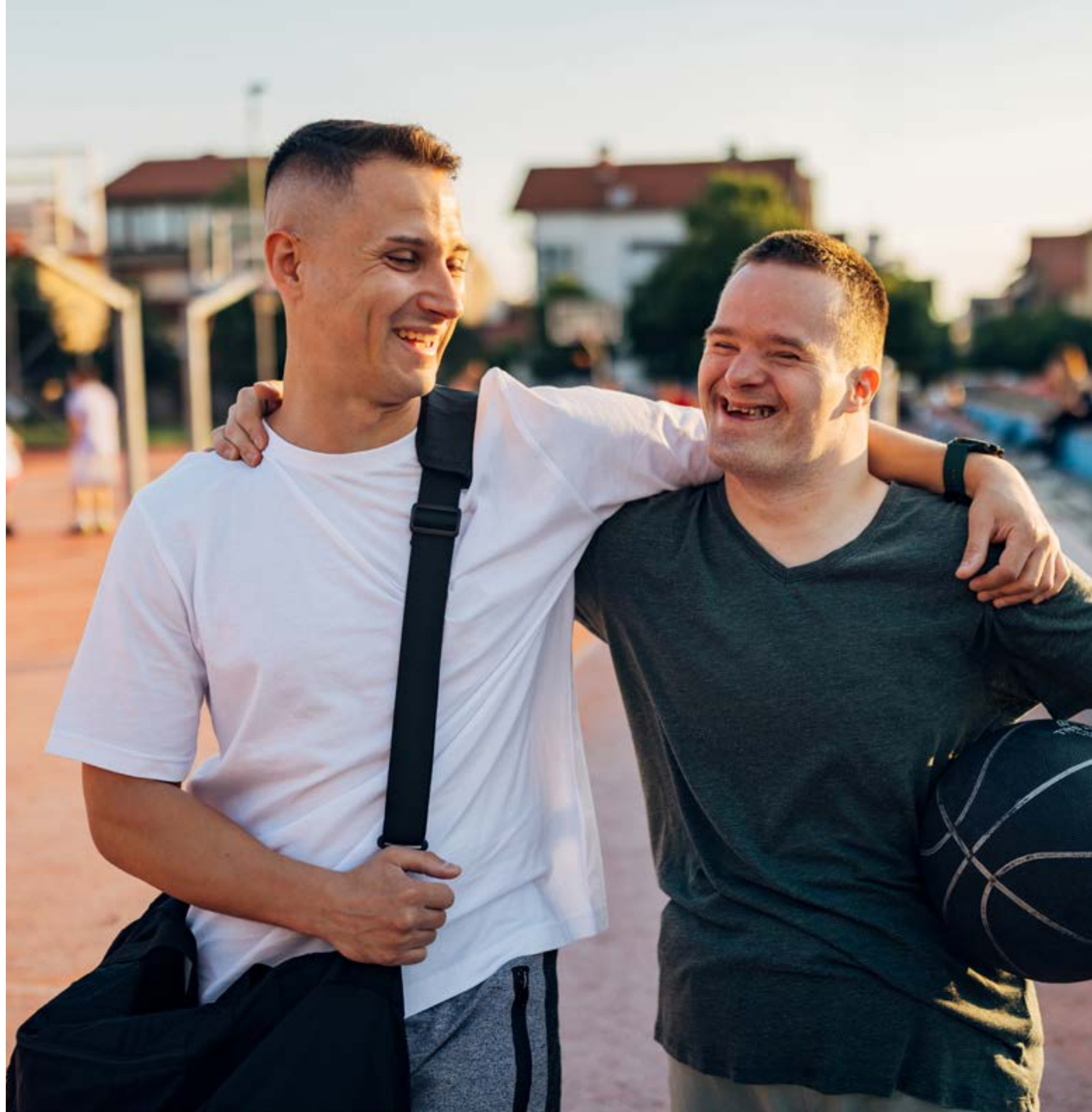
MENTAL HEALTH

According to Healthy People 2030, about half of all people in the United States will be diagnosed with a mental disorder at some point in their lifetime. Mental disorders affect people of all ages and racial/ethnic groups, but some populations are disproportionately affected by these conditions. Mental Health was the top health concern mentioned in key informant interviews, with 84% identifying it as a top issue. Concerns about access to mental healthcare, stress, and social media were frequently raised.

The Minnesota Department of Health defines mental health as more than the absence of disease. *"Everyone has a state of mental health, and this can change across the life span. Not having a mental illness does not guarantee good mental health. Similarly, having a mental illness does not guarantee poor mental health. It includes life satisfaction, self-acceptance, sense of purpose, identity, feeling connected and belonging, empowerment, and resilience, which is the ability to bounce back after setbacks."*

Based on input from the community, a priority will be placed on promoting well-being with a particular focus on awareness of mental health resources, building resilience and improving mental health for all.

CHRONIC HEALTH CONDITIONS

Chronic health conditions, including overweight, obesity, diabetes, heart disease, and stroke, affect many people and are among the leading causes of death in the United States. According to Healthy People 2030, some racial and ethnic minorities are more likely to have obesity, which increases their risk of chronic diseases like diabetes, heart disease, and stroke. Though these conditions are common, "they can often be prevented by controlling risk factors like high blood pressure and high cholesterol through treatment ... Teaching people to recognize symptoms is key to helping more people get the treatment they need" (Healthy People 2030).

HEALTH CARE ACCESS & QUALITY

High-quality healthcare helps prevent disease and improve quality of life. Healthy People 2030 states that some people don't get the healthcare services they need because they don't have health insurance or live too far away from providers who offer them. Interventions to increase access to healthcare services, like lowering costs, improving insurance coverage, and increasing the use of telehealth, can help more people get the care they need.

Health Needs Not Addressed

Understanding that all individual health and wellness efforts are interconnected with the environment, culture, people, policies, systems and programs, it's important to continue to weave in the lesser referenced issues with the priority areas. Identifying the top three areas to address will assist our community partners serving specific groups when seeking funding, determining the relevancy of programming, and future direction for their organizations.

Through the assessment process, the following needs were mentioned, but not addressed directly in this Community Health Needs Assessment:

Social Isolation and Discrimination

People's relationships and interactions with family, friends, co-workers, and community members can majorly impact their health and well-being. Positive home, work, and community relationships can help reduce adverse health impacts. Some people face discrimination, bullying, and social isolation and often do not get the support they need to achieve optimal health. MCHS can support programs and collaborate with organizations focusing on social isolation and discrimination through community engagement and education.

Socioeconomic Factor – Housing

While this is not an area of MCHS's expertise or direct influence, it is essential to the community, and we will play a supporting role. MCHS can support programs and collaborate with organizations that focus on housing, such as Three Rivers Community Action and Goodhue County Health & Human Services. MCHS will also be involved in United Way's Poverty Simulation to increase awareness of the effects of poverty on health.

Available Resources Within the Community

PRIORITY HEALTH TOPIC	MCHS RESOURCES	COMMUNITY RESOURCES
Mental Health	• MCHS Psychiatric Services • Hometown Health Blogs • MCHS Website Wellness Site • MCHS Live Well Resources • MCHS Slim Your Screen Time	• Rise Up Red Wing • FindHelp • Goodhue County Mental and Chemical Health Coalition • CARE Clinic • United Way of Goodhue, Pierce and Wabasha Counties • Support groups
Chronic Health Conditions	• Well-child visits • Immunization clinics • School flu shot clinics • Community Health Care Collaborative • MCHS Dieticians • Sponsor health fair events • Hometown Health Blogs • MCHS Live Well Resources • MCHS Slim Your Screen Time • MCHS Wellness Website	• Goodhue Public Health • Red Wing YMCA • City Parks & Rec • Community Education • FindHelp
Access to Care	• Collateral mailed to homes • Signage within the clinic • MCHS website • MCHS Language Services • Virtual Care Options	• CARE Clinic • Public Health

Evaluation of Prior CHNA and Implementation Strategy

Impact of 2022-2024

The 2022 CHNA priorities and outcomes are noted below.

Mental Health – improved mental health throughout the community and increased access to support.

Substance Misuse – reduced substance misuse through education, collaboration, and advocacy; decreased harm and deaths related to opioid misuse.

Social Connection and Inclusion – increased belonging, unity, and value among priority communities.

Despite efforts to address, mental health was identified as a priority health need in our 2025 Community Health Needs Assessment and will continue to be addressed as part of our implementation strategy.

Listed below are the actions undertaken to address the prioritized health needs from the 2022 Community Health Needs Assessment.

Mental Health: To improve mental well-being throughout the community, the three hospitals implemented or participated in these efforts:

- **Journey to wellness:** provided a self-guided virtual program open to educators, social service agencies, and community members, emphasizing daily journaling with a focus on gratitude.
- **Hometown Health blogs:** produced educational content on community health priorities and shared it through electronic newsletters with schools and academic organizations.
- **Goodhue County Mental and Chemical Health Conveners Committee:** Participated with community organizations, United Way, and public health agencies to address mental health services in Goodhue County. Initiatives included supporting Project Ascend in creating higher education and opportunities for marginalized and disadvantaged young people.
- **Community health communication:** Electronic newsletters were disseminated to stakeholders and leaders in the service area, providing health information on preventive care, access to care, mental health, and community health priority areas.

- **Community outreach health equity group:** Held bi-monthly meetings involving Goodhue County Public Health, outreach to various communities, care clinic, and Goodhue County United Way to share health resources and address barriers to mental health services.
- **Community health fairs:** participated in area health fairs and other community events, sharing educational material on mental well-being and managing mental health.
- **Provider presentations:** hosted presentations on mental health symptoms and preventive care, including mental well-being exercises, for the Red Wing and Cannon Falls communities.
- **Annual youth sports physicals:** sports physicals offered for teens in the service area.
- **Prairie Island Community Health Fair:** I participated in the Prairie Island Indian Community in Goodhue County, which focused on raising awareness about mental health and well-being.
- **Pine Island Health Fair:** participated in the Pine Island Health Fair, focusing on resources available to those struggling with mental health issues and encouraging open conversations about mental wellness.
- **Community contribution funding:** facilitated grants for community organizations with initiatives supporting mental well-being.

Substance misuse: To reduce substance misuse by providing education, collaboration, and advocacy around substance misuse in the community, the three hospitals implemented or participated in the following activities:

- **Opioid settlement task force:** participated as a member of an advisory group to allocate funding through the Minnesota opioid settlement with the aim to mitigate opioid addiction.
- **Rise-Up Red Wing:** partnered with the Rise-Up Red Wing organization to promote education for youth about addiction and mental health awareness.
- **Hope for Harbor's homeless shelter:** supported a 24-hour homeless shelter, offering a substance abuse program.

- **Live well in Goodhue County:** participated in a group focused on policies, systems, and environmental changes related to tobacco use and substance misuse.
- **Mental and Chemical Health Coalition:** participated in the coalition to increase substance abuse knowledge and awareness through community education.
- **National Take Back Day:** Promoted National Take Back Day by providing educational material to community members and educators.
- **Community contribution funding:** facilitated grants for community organizations with initiatives supporting substance misuse.

Social connection and inclusion: To improve social connection and inclusion by increasing a sense of belonging, unity, and value among priority communities, the three hospitals implemented or participated in the following activities:

- **CARE Clinic collaboration:** partnered with the Care Clinic to provide medical, mental health, and dental services for Goodhue County residents living in poverty and without insurance.
- **Community vibrancy events:** participated in local events to foster and encourage connection. These events included the Tour de Pepin, the Feast tradeshow and the Red Wing Arts Festival.
- **Honoring Dakota Project:** supported the Honoring Dakota Project, which provided a space for healing, improved mental health, and educated the community about shared history.
- **Reach Out & Read:** Engaged with the Reach Out & Read program to support literacy, including coordinating pediatric book donations.
- **Community contribution funding:** facilitated grants for community organizations with initiatives supporting areas of social connection and inclusion.

Appendices

Appendix A – Goodhue County 2025 Community Health Needs Assessment

Appendix B – Goodhue County 2024 CHNA Survey Summary

Appendix C – Southeast Tri-County Health Survey

Appendix D – Goodhue County Community Partner Assessment Report

Appendix E – Goodhue County CHNA Key Informant Interview Summary

Appendix F – Goodhue County Community Engagement Summary

Learn more online at mayoclinic.org

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