



BELTRAMI COUNTY

MEETING AGENDA

Beltrami County Community Health Board
July 15, 2025
2:00 p.m.

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

Minutes can be located on the County Website.

1. **Call to Order and Roll Call - 2:00 p.m.**
2. **Approval of the Agenda (Additions/Corrections/Deletions) – 2:00 p.m.**
3. **Approval of April 15, 2025, Meeting Minutes – 2:05 p.m.**
4. **Community Health Board Programs and Services Update – 2:10 p.m.**
5. **Community Health Assessment and Community Health Improvement Plan (CHA/CHIP) – 2:40 p.m.**
6. **Commissioners' comments and agenda additions for next meeting – 2:50 p.m.**
7. **Adjourn – 2:55 p.m.**



Date: July 15, 2025
Beltrami County
Community Health Board

AGENDA BILL

SUBJECT: Approval of the Minutes

RECOMMENDATIONS: Approval, as presented

DEPARTMENT OF ORIGIN: HHS, Public Health Division

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

DATE SUBMITTED: April 9, 2025

CLEARANCES: N/A

BUDGET IMPACT: N/A

EXHIBITS: Minutes from April 15, 2025

SUMMARY STATEMENT:

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

**MINUTES OF THE PROCEEDINGS
OF THE BELTRAMI COUNTY COMMUNITY HEALTH BOARD
April 15, 2025**

The Beltrami County Community Health Board met in regular session on April 15, 2025, at the County Board Room, County Administration Building, Bemidji, Minnesota.

CALL TO ORDER

Chair Craig Gaasvig, called the meeting to order at 3:00 p.m. Board Members John Carlson, Joe Gould, Tim Sumner, and Scott Winger were present.

GENERAL COMMENTS - BOARD CHAIR

None.

APPROVAL OF AGENDA

No additions or corrections were made to the agenda.

GENERAL BUSINESS

Approved Agenda and Amendments

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

Approved Minutes

A motion was made by Board Member Carlson, and seconded by Board Member Sumner, to approve the January 21, 2025, Community Health Board Minutes. Unanimously carried.

REGULAR AGENDA

Programs & Services

Grants distributed by the Community Health Board (CHB) support the programs and services provided to Beltrami County residents. The CHB and Public Health team has strengthened existing community partnerships, where gaps have been identified, and strategic goals considered to enhance our programs, services, and partnerships.

Health & Human Services Social Worker, Kami Kelm discussed her new roll with the Public Health Division and the collaborative work being done with the Bemidji Early Childhood Collaborative (BECC). Most recent work included events for Tiny Tots program and Week of the Young Child initiative.

Family Health Tech, Alex Munson, discussed the One Community One Vegetable community program; one of many community events and opportunities the Family Health Program is involved in.

Community Health Services Administrator, Amy Bowles, also touched on several other program and service partnership, including:

- Mobil Services (dental, diaper, milk, shoes)
- NW Juvenile Center and Evergreen House
- Stellher
- MN Dept of Health Infrastructure Grant with North County CHB
- Cannabis Grant, BASC creation of Youth Advisory Committee
- MN Dept of Health Infrastructure grant (new) to build a partnership with local tribal nations

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

The Community Health Assessment Work Group has identified the top 10 health needs in our community and is using the data to compose the CHA. The CHA work group has also identified the top four areas the community identified as areas of improvement.

Ms. Bowles reviewed the Draft Needs Assessment with the board for any feedback or changes. The consensus of the Board was to rely on the Committee Appointment, Joe Gould, to work on the board behalf during the edits and revisions phase. The completed and recommended 2025 Needs Assessment will be presented to the Beltrami County Board at a future work session. Requested CHB members to submit any suggested edits by May 1, 2025.

Board Member Comments and Agenda Additions

None.

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

MEETING ADJOURNMENT

The Community Health Board meeting was adjourned at 4:00 p.m. Motion by Board Member Carlson and seconded by Board Member Winger. Unanimously carried.

Craig Gaasvig, Chair



5/1/2025

Amy Bowles, Community Health System Administrator



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

AGENDA BILL

SUBJECT: Community Health Board Program and Services

RECOMMENDATIONS: Informational

DEPARTMENT OF ORIGIN: HHS, Public Health Division

CONTACT PERSON: Amy Bowles, CHS Administrator #8116

DATE SUBMITTED: 07/8/2025.

CLEARANCES: Anne Lindseth, HHS Director

BUDGET IMPACT: none

EXHIBITS: None.

SUMMARY STATEMENT: The Community Health Board will receive an overview of specific programs, services, and partnerships supported by the Public Health department's 23 grants. These quarterly presentations provide data-driven insights, highlight emerging community needs, and celebrate successes achieved through effective program oversight and collaborative partnerships that positively impact individuals and communities.



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

AGENDA BILL

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

RECOMMENDATIONS: Approval for community publication, printing, and Submission to MDH of the 2025-2030 CHA CHIP report.

DEPARTMENT OF ORIGIN: HHS, Public Health Division

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

DATE SUBMITTED: 7/08/25.

CLEARANCES: Anne Lindseth, Health and Human Services Director

BUDGET IMPACT: None

EXHIBITS: Final CHA CHIP 2025-2030 Report

SUMMARY STATEMENT: The Community Health Board has completed a comprehensive Community Health Assessment (CHA) for Beltrami County. Following a thorough review of the data and active participation in the assessment process, the Board has identified and approved four top health priorities to guide public health planning and action over the next five years (Community Health Improvement Plan, CHIP).

These priority areas will serve as the foundation for goal setting, program development, and enhanced collaboration with community partners. The Board is committed to working collectively with these partners to implement strategies that will lead to measurable and lasting improvements in community health. By aligning efforts and resources around these key priorities, the Community Health Board aims to create sustainable, positive outcomes for all residents of Beltrami County.

Action Requested by Community Health Services Administrator, Amy Bowles to approval and formal adoption of the CHA report and the CHIP to guide community health planning efforts through the next five-year cycle.



Beltrami County 2025-2030

Community Health
Assessment

Community Health
Improvement Plan

*When we care for one another, we create a
community where everyone thrives.*

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Community Health Improvement Plan (CHIP)

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Credits & Acknowledgements:

Curt Anderson, Beltrami County, Economic Assistance Director
Hanna Anderson, Beltrami County, Child Protection
Andrea Dahly, Beltrami County, Assistant County Attorney
Nolan Goss, Beltrami County, IT Systems Administrator
Commissioner Joe Gould, Beltrami County, District 2,
Dave Hengel, Greater Bemidji, Executive Director
Graci Imholte, Bemidji State University, Community Health Intern
Selena Krueth, Capella University, Master's in Public Health Intern
Jeanne Larson, Northern Dental Access, Executive Director
Anne Lindseth, Beltrami County, Director Health and Human Services
Laurel Miller, Beltrami County, Eligibility Specialist
Chris Muller, Beltrami County, Emergency Manager and Public Information Officer
Brian Olson, Beltrami County, Solid Waste Administrator and Public Works Safety Coordinator
Dr. Jeremy Olson, Bemidji School District Superintendent, Bemidji School District
Rachael Roy, Beltrami County, Eligibility Specialist
Anthony Schaffhauser, DEED Northwest Regional Analyst
Justin Sherwood, Bemidji Fire Chief
Organizations:
Community Resource Connections (CRC), Bemidji
Headwaters Regional Development Commission (HRDC), Bemidji
Paul Bunyan Communications, Bemidji
Pinnacle Marketing Group, Bemidji
Sanford Health System, Bemidji and Sioux Falls
United Way, Bemidji
Editors:
Lisa Monsrud, Beltrami County, Social Services Program Manager
Lacey Lafromboise, Beltrami County, Economic Assistance Program Manager

Thank You

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

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

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

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

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

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

The Community Health Board

Who We Are:

The Community Health Board (CHB) is the governing body for local public health in the state of Minnesota.

The CHB has the responsibilities and authority over designated activities that protect and promote the health of Beltrami County.

Beltrami County's CHB consists of the County Board (Board of Commissioners) and a Community Health Services Administrator (CHS). The CHS Administrator is responsible to provide public health leadership and administer program responsibilities on behalf of the board.

A Note From The Beltrami County Health Services Administrator

As your Community Health Services Administrator, I guide the Community Health Board in reviewing our county's health every five years. The first half of this document highlights key findings from the latest Community Health Assessment and the 2024 community survey.

The second half outlines our Community Health Improvement Plan. Based on data and survey analysis, we've identified four priority areas to enhance county health.

This living plan is reviewed annually to track progress and improve outcomes.



Amy Bowles
MSN, BSN, RN, PHN

Preparation for Community Health Improvement

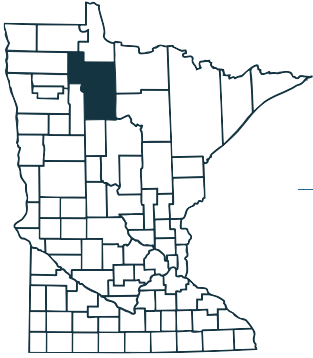
Consider opportunities to apply the **Social Determinants of Health** framework

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



For a list of resources, please refer to the Data & Community Resources pages

About Beltrami County & Our Residents



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



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

The Rich History of Beltrami County



Pre-1800s

Native
American
Presence



Early 1800s

Exploration by
Jean-Baptiste
Beltrami



1866

Beltrami County
Established



20th Century

Economic
Diversification



Today

Blending
Nature & Progress

Beltrami Community Health Assessment

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

580

Responses

Surpassed our goal
of 200 responses

45%

Recreational
Activities

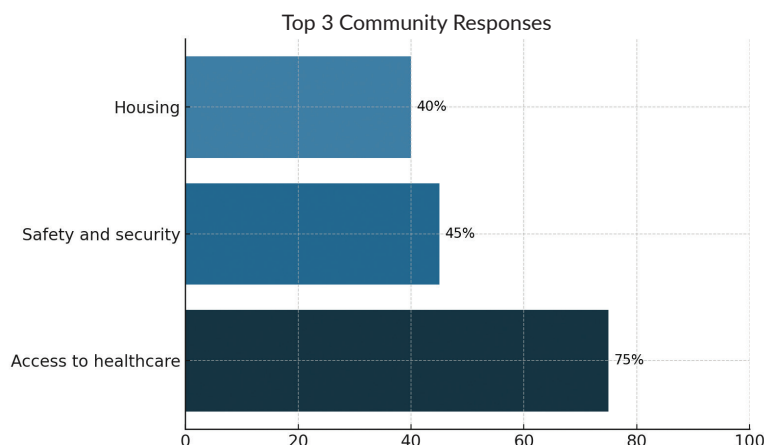
#1 contributor to
the county's health

25+

Community
Suggestions

Unique ideas for
improving health

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



Beltrami County Demographics



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

46,718

Residents
Total Population in 2023

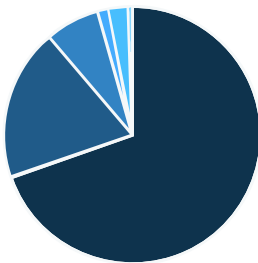
1.1%

Growth
Population Increase
2020-2023

35.1

Median Age
Younger Than State Average at
38.6 years in 2023

Demographic Diversity



● Caucasian - 70.9%
● American Indian - 19.4%
● Two or More Races - 6.9%
● Hispanic - 2.5%
● African Americans - 1.4%
● Asian/Pacific - 0.6%

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

Educational Attainment

- ▼ **Bachelor's Degree or Higher**
Lower than state average
- ▼ **Associate's Degree**
Lower than state average
- ▼ **Some College**
Lower percentage than state average
- ▼ **High School Diploma**
Below state average

2023 INCOME & HOUSING



\$65,900

Median Household Income
Below state average of \$85,100



Cost of Living

Lower than state average



\$222,300

Median House Value
State: \$305,500

2023 Employment Sectors



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



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



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

2023 LABOR FORCE TRENDS in BELTRAMI COUNTY



25,182 AVAILABLE WORKERS in the labor force

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

3.5% UNEMPLOYMENT (higher than the 3.2% state's rate)

Future Outlook.....

● Population Projection:

Expected to decline 2.6% from 2025-2035

● Aging Population:

75+ age group increasing by 26.6%

● Labor Force:

Projected to decline slightly by 2035

● Employment Growth:

3.9% job growth by 2032 in NW region



For a list of resources, please refer to the Data & Community Resources pages

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Community Connections



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

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

Examples Are. . .

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

25%

of Residents Live Close to a Park
Compared to 61% of Minnesotans



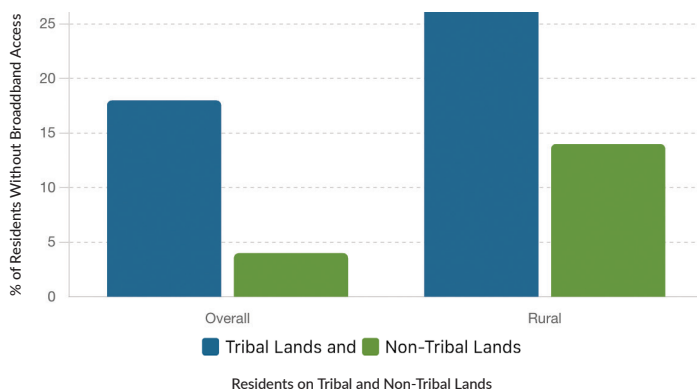
Broadband Access



Broadband Access - % of Households with Broadband Internet



Broadband Access On Tribal and Non-Tribal Lands



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

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

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

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

Some of the reasons for this are:

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



Despite being more connected to people through technology, youth today report increased feelings of loneliness.



For a list of resources, please refer to the Data & Community Resources pages

Community Connections



We have a lot to celebrate as a community these past 5 years. This includes programs that support individual well-being and brings us together. Whether it's access to mental health resources, wellness education, or family services, these efforts not only improve lives but also strengthen the bonds that unify us.

Making Spaces for Connection

A Shared Culture

Tribal traditions and practices are shared among community members in the following spaces:

- Families First, NAAC (website)
- Northwest Indian Community Development Center
- Bemidji State University American Indian Resource Center
- Niimi'idiwin, Red Lake
- Sanford Powwow
- Red Lake Indian Health Services Hospital
- Bemidji Area Indian Health Services
- Oshki Manidoo Center
- Mewinzha Ondaadiziike Wiigaming
- Indigenous Environmental Network
- Beltrami Bicentennial Celebration



WAYS WE CONNECT IN BELTRAMI COUNTY



Festivals & Fairs

Beltrami County Fair
Loop the Lake Festival
Watermark Art Festival
Anishinabe Art Festival
Craft Fair



Sports & Races

Sporting Events
Blue Ox Marathon
Dragon Boat Races
Bemidji Speedway



Family & Community

Tiny Tots
School Activities
Jaycee's Water Carnival
First City of Lights
Kelliher Days
Blackduck Woodcarvers Festival
Solway Summer
Throwback Party



Outdoor Adventures

Camping
Hiking
Fishing
ATV & Snowmobile
Trails
Parks



CHA

Chemical Dependency

Substance use impacts individuals, families, and communities. Building community connection and empowerment is vital to achieving lasting change. Effective recovery efforts require a shift from merely acknowledging individuals—'I see you'—to actively valuing their contributions—'we need you.' This approach fosters a sense of belonging and purpose, which is essential for meaningful recovery and reintegration.

27 million+

people in the U.S. are using
illicit drugs or misusing
prescription drugs in 2023



9.7%
of Minnesotans in 2023
reported having a
**Substance Use
Disorder**

2025



21% one of the highest adult
smoking rates in MN



44% highest rate of alcohol-
related driving deaths



63.45%

of Beltrami County
residents identified
CHEMICAL DEPENDENCY
as the top concern



10 of 28

Driving Deaths in Beltrami
County were alcohol-related
in 2024

ALCOHOL

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

Excessive Drinking

• INCREASES RISK OF SERIOUS HEALTH ISSUES These Health Issues Include:

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

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

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

• INCLUDES ALCOHOL CONSUMPTION by Pregnant Women and Under 21

17.9%

2023 Minnesota
Binge Drinking Rate

23.4%

2023 Beltrami County
Binge Drinking Rate

DRUGS

Drug overdose deaths are a leading cause of premature death.

MAJOR DRUG CONTRIBUTORS:

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

75% of all drug overdose deaths
in Beltrami County were
from opiates in 2021

Higher Risks in Minnesota

AMERICAN
INDIANS

10X

more likely to
die from a
drug overdose

AFRICAN
AMERICANS

3X

more likely to
die from a
drug overdose

BELTRAMI COUNTY

51%

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

55

fatal overdose
deaths in 2024
*up from 42
deaths in 2022-23

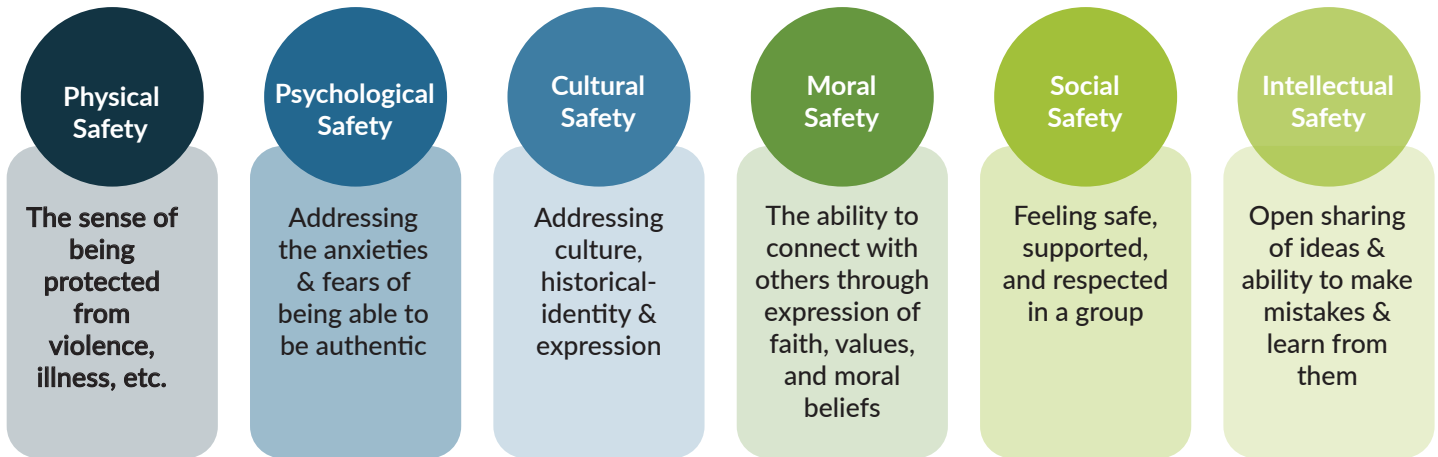


CHA Safety & Security



Feeling safe in a community enhances overall well-being, benefiting both physical and mental health. It encourages outdoor and healthy activities that positively impacts children and families, attracts businesses, and strengthens community bonds.

Safety Considerations



Safety & Security in Beltrami County

2024 Beltrami Community Survey Responses

You spoke and we heard you. Safety and security is required for a thriving community.

SAFETY & SECURITY

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



SAFETY & SECURITY

3rd
most
NEGATIVE issue
impacting Beltrami County

IN 2024
2,410

Group A Offenses in
Beltrami County
the highest among comparable counties
in geography and population

Examples of
Group A Offenses:
• Assaults
• Fraud
• Drug Violations



IN 2024
346
Simple Assaults
Reported
338
Investigated
Simple Assaults

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

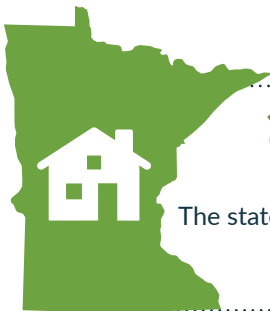
This designation boosts support, funding, and coordination to help law enforcement fight drug-related activity more effectively.



CHA

Beltrami County Housing

Housing sets the groundwork for a stable living environment. Housing is essential to enhance educational outcomes for children and supports a sense of belonging. Affordable housing improves the health of a community by inviting varied socioeconomic backgrounds, improves mental health, and ensures everyone has a place to call home.



MINNESOTA COUNTIES STATISTICS

1 in 4 Renter Households & 1 in 10 Homeowner Households

SPEND MORE THAN THEY CAN AFFORD ON HOUSING

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

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

31% of all communities are facing shortages exceeding 500 homes

BELTRAMI COUNTY STATISTICS

17,555 Households

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



2021 RENTER HOUSEHOLDS

5,619 | 32% of households

35% of rental units before 1970

105 NEW multi-family units approved in 2022

\$837 Median cost for rent =  8% over 5 years



2021 OWNER HOUSEHOLDS

11,936 | 68% of households

25% of houses built before 1970

86 NEW single-family units built in 2022

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



2025 Housing Data

Live in an Area
Defined As Rural:

68%

Beltrami
County

28%

Minnesota

Experience
Overcrowding or
Overpriced Housing:

16%

Beltrami
County

13%

Minnesota

Own a
Home:

69%

Beltrami
County

72%

Minnesota

Poverty and the lack of affordable housing can lead to eviction and homelessness, both of which are on the rise in Minnesota



HOMELESSNESS IN THE STATE IN 2022

2022 homelessness: **19,600**

66% were Black, Indigenous, or people of color

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



For a list of resources, please refer to the Data & Community Resources pages

CHA Transportation



Transportation plays a crucial role in connecting people to job opportunities, healthcare services, and spaces that support physical activity.

Vital Role of Transportation in Community Health



Access to Essential Services

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



Economic Growth

Reliable transportation enables economic opportunities and improves overall human welfare.



Social Connections

Transportation decisions influence how people socialize with family and friends.



Health Outcomes

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



Community Perspectives on Transportation in Beltrami County

26%

Negative Impact

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

7%

Healthy Community

Residents who consider transportation crucial for a healthy community.



TRANSPORTATION EQUITY: Addressing Disparities

Vulnerable Populations

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

Policy Impacts

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

Public Transit Importance

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



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



CHA

Medical Health

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

41% of Beltrami County residents in 2024 have a Body Mass Index (BMI) of 30 or greater



17% of Beltrami County residents in 2024 report themselves in fair/poor health



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

Regular physical activity helps reduce these risks.

Serious Health Conditions Include:

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

Leading Causes of Premature & Preventable Death

2024 Beltrami County Health Statistics Comparisons

Suicide Rate

Per 100,000 People

22	14	14
Beltrami County	Minnesota	United States

Sexually Transmitted Diseases

Per 100,000 People

515.3	395.5	495.5
Beltrami County	Minnesota	United States

Teen Birth Rate

Births per 1,000 females ages 15-19

26	10	17
Beltrami County	Minnesota	United States



For a list of resources, please refer to the Data & Community Resources pages

Access to Healthcare



Access to quality healthcare is essential for physical, social, and mental well-being. A combination of health insurance, local care options, and a regular source of care ensures individuals can enter the healthcare system, find and afford treatment, and address their health needs effectively. Scan the barcode to the right to learn more about Sanford Health's Community Health Needs Assessment (CHNA) or go to: www.sanfordhealth.org/-/media/org/files/about/community-health-needs-assessment/2024/bemidji-chna-report-2025-2027.pdf

Scan To Learn More



Health Implications of Lack of Dental Care

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

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



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

The Dental Care Divide: A Growing Concern in Beltrami County



28%

Limited Coverage

Beltrami County Residents enrolled in MN Health Care Plan with restricted dental benefits in 2024

34%

Annual Dental Visits

Percentage of Medicaid enrollees who have an annual dental visit in 2024

1:1,260

Dentist to People Ratio

Number of residents per dentist in Beltrami County in 2024

DENTAL CHALLENGES IN BELTRAMI COUNTY



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

This crisis disproportionately affects:

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

>> 30% LESS LIKELY to RECEIVE DENTAL TREATMENT

2024



CHA

Economic Opportunity

The increase in retail sales and lodging has helped Beltrami's Economy grow steadily. However, this growth has been slow and construction has declined. While Bemidji ranks among Minnesota's strongest micropolitan areas with 25k-50k residents, many of them face economic challenges, including lower household incomes and high living costs. Access to transportation and affordable wages remain essential for improving economic opportunity in the region.

Beltrami County Economic Growth

55%

Retail Sales Growth
Over Last Decade

Growth only 1% in
the last year

49%

Lodging Increase
Since 2014

Including 4.2% growth
over last year

\$22.5

Million in Total
Construction in 2023

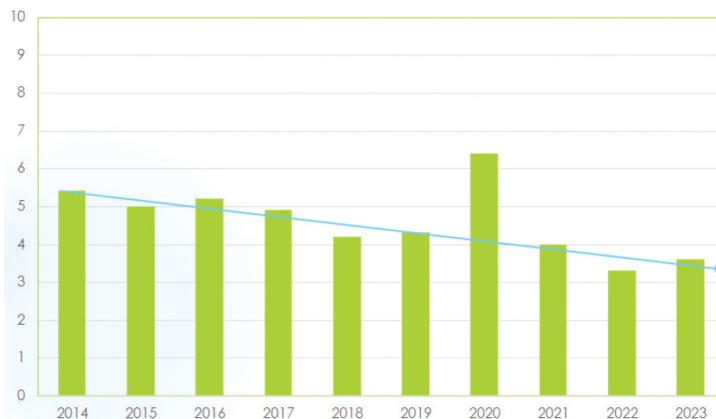
Down from \$33.2 million
in 2022

2023 Bemidji Economic Growth

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

Currently **4th highest**
ranking in the state, behind
Fairbault, Red Wing and
Alexandria

Beltrami County Unemployment Rates 2014-2023



2023 Beltrami County Economic Challenges

22%

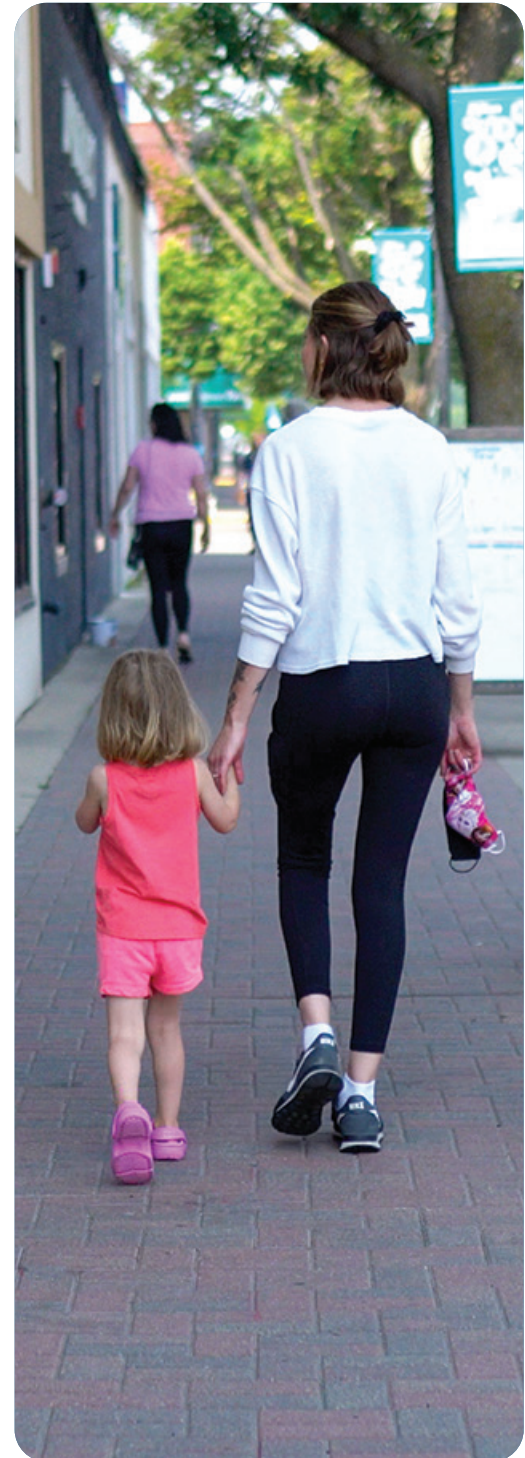
Child Poverty
in Beltrami County

\$69,500

Median Household Income
Below state average of \$85,100

\$43.81

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



CHA Education



Education shapes healthier, longer lives and brighter futures for individuals and communities. It plays a crucial role in health by providing increased opportunities. Education must start early to promote child development, decrease truancy, and ensure high school graduation.

The Health Advantages of Education



Higher Education

The results of higher education are **better employment options**, increased **social support** and it facilitates **healthier lifestyle decisions**.

Extended Lifespan

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

Improved Health Literacy

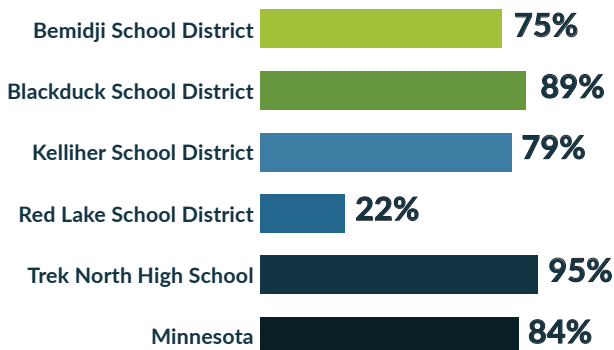
Education enhances health literacy, empowering individuals to **navigate healthcare systems more effectively** and **make informed health decisions**.

Greater Life Control

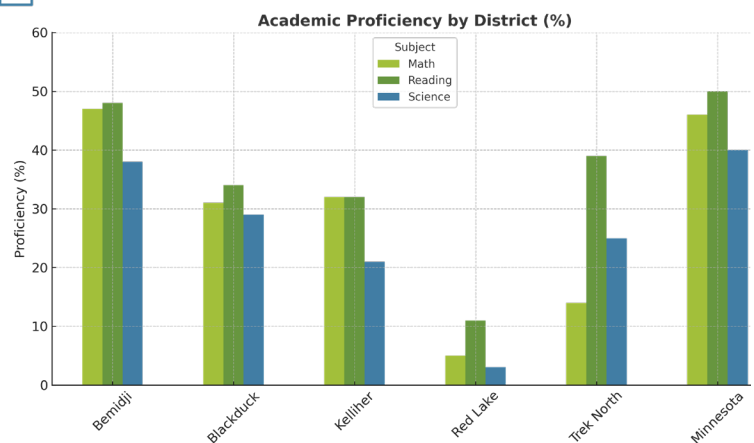
Higher education fosters a **sense of control over one's life**, correlating with **better health outcomes** and **fewer chronic conditions**.



2024 Graduation Rates



2024 Math, Reading & Science Standards

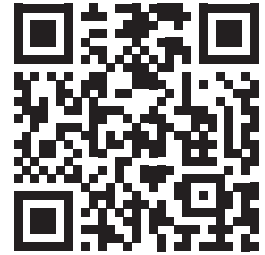




CHA Food Security

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

Scan To Learn More



1 in 7 Children Experience Food Insecurity



What is Food Insecurity?

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



Key Causes of Food Insecurity:

- Unemployment
- Poverty
- Income Instability

Key Ways to Reduce Food Insecurity:

- Food Assistance Programs
- Economic Improvements

-2024- Food Security Challenges in Beltrami County

12.9%

(5,960 People)
People Face Food Insecurity in Beltrami County

17.1%

Poverty Rate in Beltrami County
This far exceeds the state average

13,576

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



Support & Resources in the Community

3,277

Number of People who received SNAP Benefits in December 2024

60%

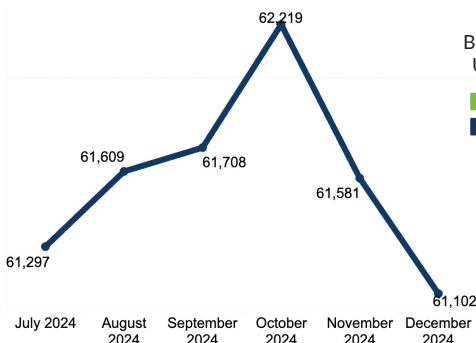
Increase at The Bemidji Community Food Shelf after COVID supports ended in March 2023

18,000

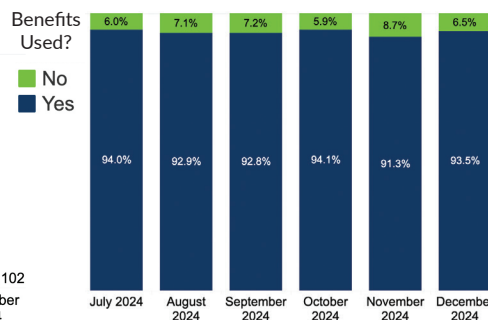
Number of children who were provided crucial assistance to by The Bemidji Community Food Shelf in 2024

Beltrami County WIC Program Usage

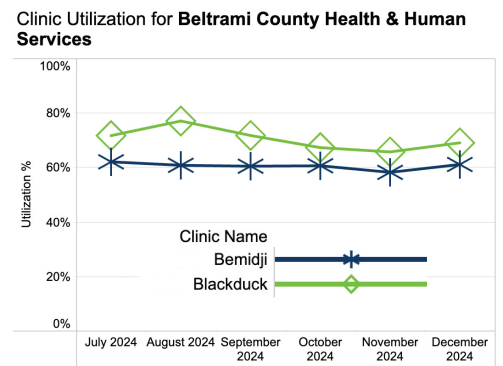
WIC Household Issued Benefits



Households Who Have Used Benefits



Utilization of Food Benefits



For a list of resources, please refer to the Data & Community Resources pages

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

Beltrami County Communities



Stronger together:
a healthy community
begins with each
of us.





CHIP Improvement Plan



RESULTS OF THE COMMUNITY HEALTH SURVEY:

580

Responses

*75% increase from 2019 CHA/CHIP

Background of the Community Health Survey:

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

What We Learned:

Manual entry is time consuming, but increased our responses

Paper version allows deviation in answers

Face-to-face requests increased our responses

Community events, tied to education and awareness, were effective

Bringing the survey to the people is essential

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

*Based on ranking in our community survey



Chemical
Dependency



Housing



Safety &
Security



Transportation

To see the CHB CHA Survey results in more detail:

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

Visit <https://www.co.beltrami.mn.us/our-government/community-health-board/>



Work Group Recommendations & Next Steps.....

1. Prioritize Issues for the CHIP
2. Form a strong foundation of partnerships, resources, and planning
Priorities will most likely determine stakeholders with a vested interest:

Work Model suggestions: Elected officials, law enforcement, EMS, school staff, media, business leaders, health insurance companies, healthcare professionals, nonprofit organizations

3. Develop a draft of CHIP
4. CHB approval of CHIP



For a list of resources, please refer to the Data & Community Resources pages

CHIP Next Steps



ACTION PLAN IMPLEMENTATION

Implementation starts with key strategies from the action plans, ensuring partner alignment and commitment. Quick-win actions like youth-focused prevention campaign and first responder training will be prioritized.

Partner Alignment Quick Wins Timeline Management

Ensure all stakeholders understand their roles and responsibilities

Prioritize high-visibility early actions to build momentum

Establish clear milestones and deadlines for implementation phases

STAKEHOLDER ENGAGEMENT & RESOURCES

Stakeholder Engagement

Ongoing collaboration and regular communication with partners are key to successful action plan implementation.

Timeline Management

Identify diverse funding sources and prioritize resources by impact and community needs.

MONITORING & EVALUATION

We will track the progress of each action plan using predefined metrics. Regular surveys and feedback will help assess the effectiveness of interventions.



HEALTH & EQUITY IMPACT

We will measure outcomes like recidivism, impacts from policy changes, and increased affordable housing, focusing on how these efforts reduce health inequities for low-income and marginalized groups.

PERFORMANCE MEASURES

Specific Performance Indicators

- Track growth in transit use
- Improved safety perceptions
- Higher participation in substance use prevention programs.

Data Collection Approach

Collect **qualitative** and **quantitative** data to assess program impact. This includes **attendance, satisfaction surveys & transportation metrics**

Annual Progress Review

Conduct annual reviews to evaluate CHIP strategy effectiveness, adjust as needed, and ensure goals are met.

REVIEW SCHEDULE



Annual Review

Yearly assessment of progress, challenges, and necessary adjustments



Mid-Term Evaluation (2027)

Comprehensive review to evaluate overall success and modify strategies as needed



Stakeholder Involvement

Ongoing engagement of community partners and affected populations in the review process

CONCLUSION:

By tracking progress, engaging stakeholders, and adapting strategies, we aim to improve health outcomes and ensure all Beltrami County residents, especially the underserved, have the resources to thrive.



CHIP Health Priorities

Health Priority #1 - Chemical Dependency

Action Plan 1: Implement school-based drug prevention campaign

-  **Goal:** Reduce rates of recidivism and/or suspension in youth population by 3% by December 2027.
-  **Strategy 1:** Provide restoratively focused interventions for youth engaging in delinquent behaviors by December of 2026.
- Strategy 2:** Create a Youth Advisory Committee with representation from a minimum of 3 schools in Beltrami County by December of 2025.
- Strategy 3:** Create radio and social media cannabis and substance prevention ads developed by Youth Advisory Committee by December 2026.
-  **Policy Recommendation:** Advocate for the implementation of restorative justice policies in schools to reduce punitive measures and support youth with substance use issues through community-based interventions, focusing on equity for historically marginalized groups.
-  **Metrics:** Measure the number of youth participating in Youth Advisory Committee. Measure the number of “clicks” or “shares” an add receives. Measure the rates of youth recidivism and suspension.
-  **Responsible partners:** Beltrami Area service Collaborative (BASC), Trek North, Voyageurs, and Bemidji High school, Beltrami County Public Health, and Pinnacle Marketing.

Action Plan 2: Increase Community Engagement and Participation in Sober Living Events

-  **Goal:** Support individuals in recovery from substance use disorders through hosting quarterly community-driven sober living events that promote long-term sobriety.
-  **Strategy 1:** Strengthen peer support networks through hosting sobriety milestones celebration twice a year.
- Strategy 2:** Utilize social media, community services, churches, and local treatment facilities to help advertise sober events.
- Strategy 3:** Organize annual sober living resource fair yearly.
- Strategy 4:** Conduct a community-wide assessment to identify existing barriers to nature access, particularly among underserved populations by 2027.
-  **Metrics:** Tracking number of events hosted, tracking number of attendees, and post-event survey to gauge satisfaction and identify ideas for future events.
-  **Responsible partners:** Stellher Human Services, Face It Together, Northwest Indian Community Development Center, Beltrami County Health and Human Services, Pinnacle Marketing, and [Nature Everywhere Action Challenge](#) | [Children & Nature Network](#).

Health Priority #2 - Housing

Action Plan 1: Repurpose or develop housing for sober living residences

-  **Goal:** Increase access to sober housing for individuals in recovery from substance use disorders, ensuring they have support to sustain long-term sobriety.
-  **Strategy 1:** Work with local housing authorities to repurpose one existing building by 2029 to meet the needs of individuals in various stages of recovery.
- Strategy 2:** Partner with local employment agencies, mental health services, recovery programs, and social service agencies to promote independence, support individualized goals, and enhance wraparound services.
-  **Metrics:** Track the number of housing units repurposed, and measure number of individuals who successfully transition from treatment programs to sober living housing.
-  **Responsible Partners:** White Earth and Bemidji Housing Collaborative.

Action Plan 2: Increase affordable housing for individuals and families across diverse socioeconomic backgrounds

-  **Goal:** Advocate for policies that increase funding for housing vouchers and make the application process easier.
-  **Strategy 1:** Encourage mixed-income housing projects that combine affordable housing with market-rate units, creating a diverse and inclusive community.
- Strategy 2:** Build or repurpose one housing unit that is accessible to people in low-to moderate-income brackets by 2029.
- Strategy 3:** Enhance available housing located near schools, public transportation, within walking distance of possible employment, medical centers, parks, mental health services, and retail services.
-  **Metrics:** Track number of housing units created, measure number of people housed, monitor number of people benefiting from rental assistance or subsidies, and track number of people utilizing supportive services.
-  **Responsible Partners:** Headwaters Regional Development Commission (HRDC), Beltrami County, United Way of Bemidji, and Beltrami County Housing Collaborative.

Health Priorities



Health Priority #3 - Safety & Security

Action Plan: Increase sense of safety and security in the county

-  **Goal:** Promote community strategies that encourage collaboration between law enforcement, Health and Human services, emergency responders, fire department, and residents.
-  **Strategy 1:** Support “Operational Readiness for First Responders: Practical Strategies for Addressing Opioid Use Disorder and Co-occurring Conditions” training for all fulltime Bemidji Fire Department staff by end of 2026.
- Strategy 2:** Raise awareness and make available, “Operational Readiness for First Responders: Practical Strategies for Addressing Opioid Use Disorder and Co-occurring Conditions” training for all First Responders in Beltrami County by end of 2029 .
- Strategy 3:** Enhance public awareness deputy position created to promote public safety, enhance community well-being, and build trust between law enforcement and community by increasing the number of attended community engagement events by 5% each year through 2029.
- Strategy 4:** Track and increase public awareness campaign reach (paper, radio, news, podcasts by 10% each year through 2029.
- Strategy 5:** In 2027 conduct a comprehensive community survey to assess public perception of safety and security to track progress and improvements to guide future planning.
-  **Policy Recommendation:** Implement a county wide policy to ensure equitable access to safety resources, services, and training with an emphasis on underserved communities.
-  **Metrics:** Record number of community events attended by deputy, track number and types of media or awareness adds created (paper, radio, news, podcasts).
-  **Responsible Partners:** Bemidji Fire Department, Blackduck Fire Department, Alaska Fire Department, Kelliher Fire Department, Ponemah Fire Department, Solway Fire Department, Bemidji Police Department, Beltrami County Sheriff’s department, Beltrami County Emergency Management, Beltrami County Opioid Steering Committee, Greater Northwest Emergency Medical Services, Sanford Ambulance, and Bemidji Ambulance Services.

Health Priority #4 - Transportation

Action Plan: Expand transportation resources, with an emphasis on underserved areas

-  **Goal:** Enhance transportation services that support access to healthcare related services and appointments.
-  **Strategy 1:** Expand public transportation services to 3 additional underserved communities in Beltrami County by 2029.
- Strategy 2:** Collaborate with stakeholders and healthcare providers to increase prenatal care appointments by 2% each year through 2029.
- Strategy 3:** Establish a transportation subsidy program for low-income individuals in Beltrami County to enhance access to transportation for employment, education, healthcare, community events, and grocery access by December of 2029.
- Strategy 4:** Conduct a community-wide assessment to identify existing barriers to access transportation, particularly among underserved populations by 2027.
-  **Policy Recommendation:** Establish a policy that prioritizes affordable and equitable transportation services for low-income, rural, and underserved populations.
-  **Metrics:** Track number of transportation subsidies issued, measure prenatal care appointments to years prior, and survey results.
-  **Responsible Partners:** Beltrami County, Bemidji Transit, Headwaters Regional Development Commission (HRDC), Community Resource Connections (CRC), United Way of Bemidji, and Sanford Health System.





Data Resources

The Community Health Board

Beltrami Community Health Board
www.co.beltrami.mn.us/our-government/community-health-board/

About Beltrami County & Our Residents

Beltrami Community Health Assessment, 7.2024 - 9. 2025 Survey Results:
<https://www.co.beltrami.mn.us/our-government/community-health-board/>

Beltrami County Demographics

MN Employment and Economic Development data of Beltrami County
mn.gov/deed/data/current-econ-highlights/state-national-employment.jsp

Community Connections

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

Chemical Dependency

US and Minnesota Substance Use
hhs.gov/surgeongeneral/reports-and-publications/addiction-and-substance-misuse/index.html
<https://datatools.samhsa.gov/saes/state>
The Impact Of Substance Abuse On a Community | We Do Recover
wedorecover.com/blog/the-impact-of-substance-abuse-on-a-community/
Beltrami, Minnesota | County Health Rankings & Roadmaps
www.countyhealthrankings.org/health-data/minnesota/beltrami?year=2024
Minnesota
www.cdc.gov/nchs/pressroom/states/minnesota/mn.htm
MN Public Health Data Access Home - MN Data
data.web.health.state.mn.us/web/mndata/
Opioid Steering Committee | Beltrami County
www.co.beltrami.mn.us/services/public-health/opioid-steering-committee/

Safety & Security

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

Beltrami County Housing

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

Transportation

Beltrami Community Health Assessment, 7.2024 - 9. 2025 Survey Results:
<https://www.co.beltrami.mn.us/our-government/community-health-board/>

Medical Health/Access to Healthcare

Beltrami, Minnesota | County Health Rankings & Roadmaps
www.countyhealthrankings.org/health-data/minnesota/beltrami?year=2025
MN Public Health Data Access Home - MN Data
data.web.health.state.mn.us/web/mndata/

Economic Opportunity

Minnesota Employment & Economic Development, Northwest Region
<https://mn.gov/deed/data/regional-lmi/northwest-lmi.jsp>
Minnesota | County Health Rankings & Roadmaps
countyhealthrankings.org/healthdata/minnesota?year=2024

Education

MN Report Card
rc.education.mn.gov/#mySchool/p--3

Food Security

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

Health Priorities

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



Community Resources



Community Resources

AA program: (218) 536-9008; 3802 Greenleaf Ave NW, Bemidji, MN
Alano Club: (218) 444-2525; 3802 Greenleaf Ave NW, Bemidji, MN
Beltrami County Health and Human Services:
(218) 333-8300; 616 America Ave NW, Bemidji, MN
Bemidji Area Program for Recovery: (218) 444-5155; 403 4th St. NW, Suite 300, Bemidji, MN
Community Behavioral Health Hospital - Bemidji: (218) 308-2400; 800 Bemidji Ave N, Bemidji, MN
Face It Together: (218) 444-8753; 408 Beltrami Ave. NW, Bemidji, MN
Kai Shin Clinic: (651) 447-3755; 705 5th St NW D, Bemidji, MN
NA program: 2508 Washington Ave. SE, Bemidji, MN
North Homes Children and Family Services: (218) 751-0282; 4225 Technology Dr NW, Bemidji, MN
Northern Minnesota Addiction Wellness Center: (218) 308-8600; 4851 Stacy Ann Dr NW, Bemidji, MN
Nystrom & Associates: (218) 670-5242; 112 First Street West Bemidji, MN
Oshki Manidoo Center: (218) 751-6553; 1741 15th St. NW, Bemidji, MN
Park Place (housing for those with substance abuse):
(218) 444-8717; 600 3rd St. NW, Bemidji, MN
Restore House: (218) 444 9102; 1001 Mississippi Ave. NW, Bemidji, MN
Sanford Behavioral Health: (218) 333-2035; 1705 Anne St NW Door #3, Bemidji, MN
Stellher Human Services: (218) 444-2845; 519 Anne St NW Suite B, Bemidji, MN
Woodvale Psychological Services: (218) 586-4057; 403 4th St NW #110, Bemidji, MN



Volunteer Opportunities in Beltrami County

- Beltrami County Historical Society
- Bemidji Community Table
- Bemidji Senior Center
- Boys & Girls Club of the Bemidji Area
- Great River Rescue
- Hope House
- Meals on Wheels
- MN Veterans Home
- Northern Minnesota Addiction Wellness Center
- Northwoods Habitat for Humanity
- Ruby's Pantry
- Special Olympics
- YouthBuild Bi-Cap

For the full list,
scan the QR code
or go to

unitedwaybemidji.org/volunteer-agency#



Volunteerism is reflective of how healthy a community is.





Beltrami County Communities



Thank You
For Reading!

A graphic of the state of Minnesota with two evergreen trees and a winding path leading through them.



This Booklet Was Made Possible and in Partnership by:

