Beltrami County
2025-2030

Community Health Assessment

Community Health Improvement Plan

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

Table of Contents

Credits & Acknowledgements:

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.

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Beltrami County, Public Health Director and Community Health Services Administrator
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www.co.beltrami.mn.us/services/public-health/

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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 conditons 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.

Education Access & Quality

Health Care Access & Quality

Economic Stability

Neighborhood & Built Environment

Social & Community Context

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

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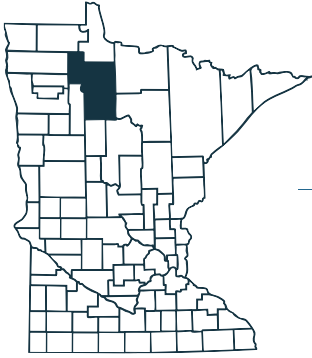
Beltrami County, in north-central Minnesota, features dense forests, lakes, wetlands, and varied terrain from rolling hills to flat plains.

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
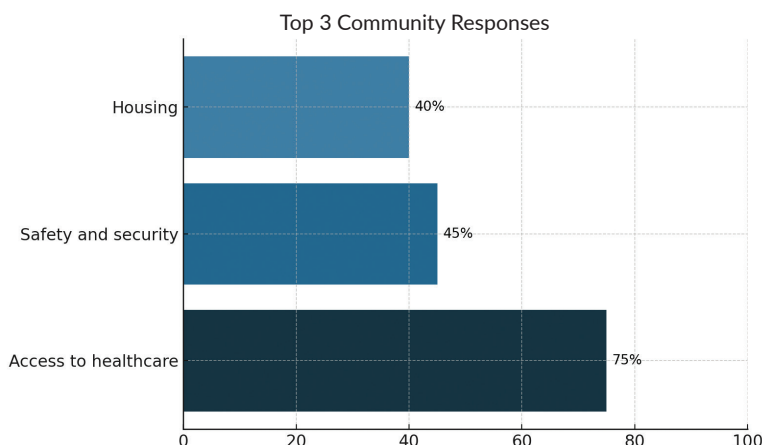
45%
Recreational Activities
#1 contributor to the county's health

25+
Community Suggestions
Unique ideas for improving health

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

Top 3 Community Responses

Factor	Percentage
Housing	40%
Safety and security	45%
Access to healthcare	75%

Beltrami County Demographics

Beltrami County is part of Economic Development Region 2, which is located in the Northwest Planning Region.
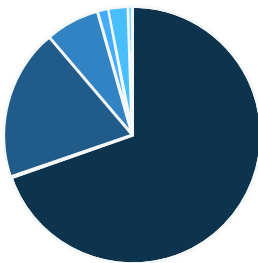
46,718
Residents
Total Population in 2023

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

10 Areas of Health

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
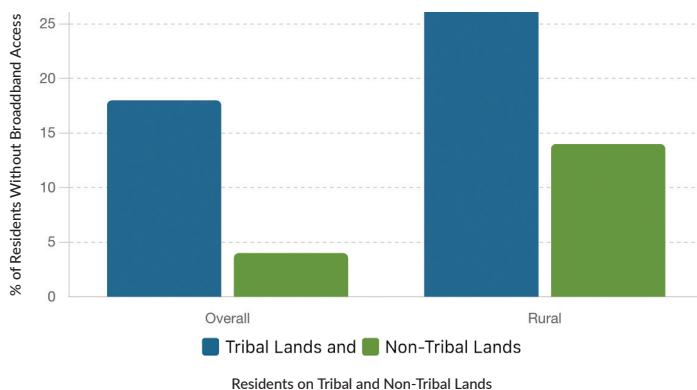## Compared to 61% of Minnesotans

Broadband Access

Broadband Access - % of Households with Broadband Internet

Beltrami County	87%
Minnesota	90%
United States	88%

Broadband Access On Tribal and Non-Tribal Lands

% of Residents Without Broadband Access

Overall | Rural

■ Tribal Lands and ■ Non-Tribal Lands

Residents 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

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

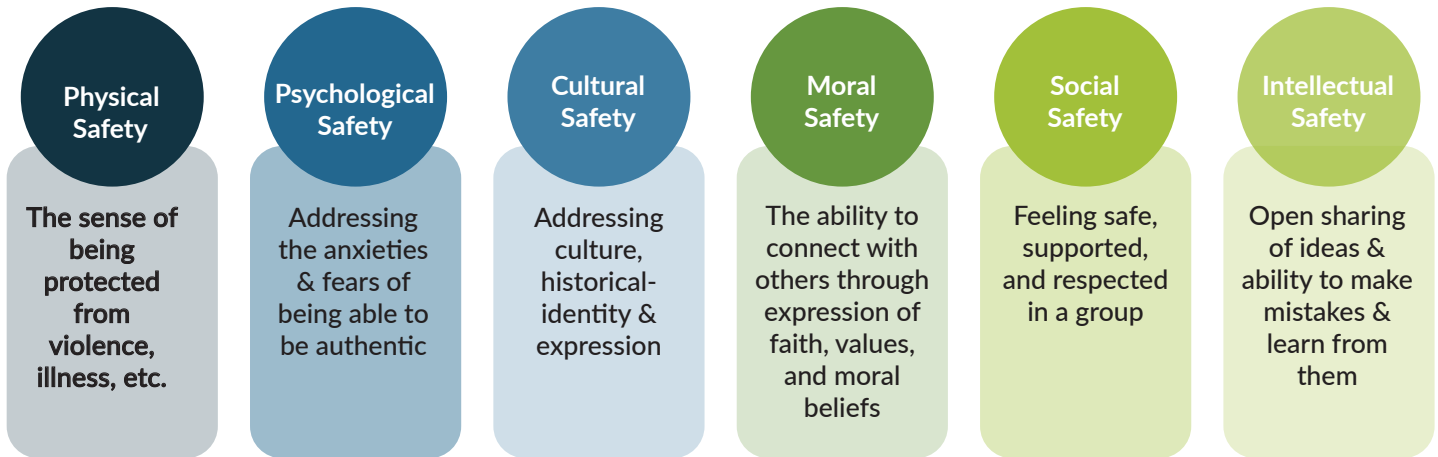**55** fatal overdose deaths in 2024 *up from 42 deaths in 2022-23

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

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

Physical Safety

The sense of being protected from violence, illness, etc.

Psychological Safety

Addressing the anxieties & fears of being able to be authentic

Cultural Safety

Addressing culture, historical-identity & expression

Moral Safety

The ability to connect with others through expression of faith, values, and moral beliefs

Social Safety

Feeling safe, supported, and respected in a group

Intellectual Safety

Open sharing of ideas & ability to make mistakes & learn from them

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.

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.
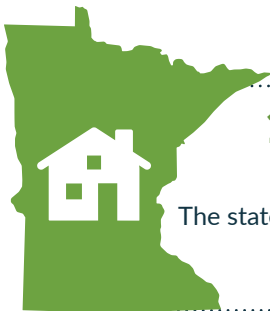
MINNESOTA COUNTIES STATISTICS

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

	Beltrami County	Minnesota
Live in an Area Defined As Rural:	**68%**	**28%**
Experience Overcrowding or Overpriced Housing:	**16%**	**13%**
Own a Home:	**69%**	**72%**

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

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.

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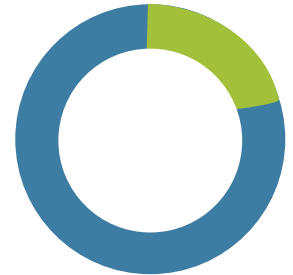
Being overweight or obese, **increases the risks for serious health conditions.**

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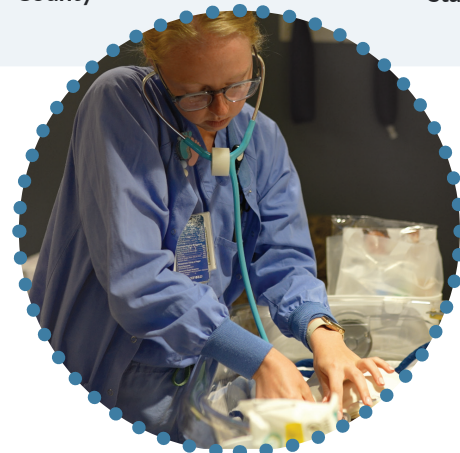
For a list of resources, please refer to the Data & Community Resources pages

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

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
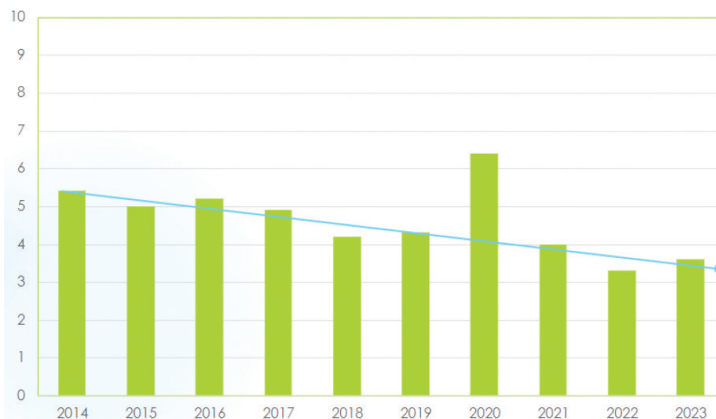
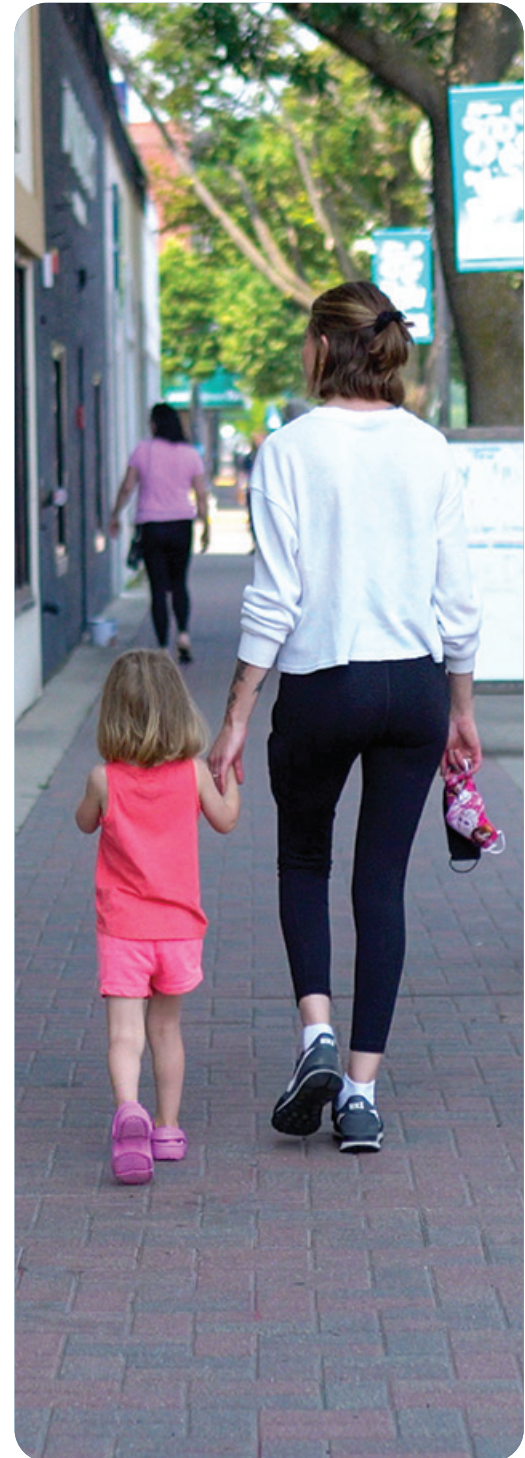## 2023 Beltrami County Economic Challenges

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

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

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

District	Rate
Bemidji School District	75%
Blackduck School District	89%
Kelliher School District	79%
Red Lake School District	22%
Trek North High School	95%
Minnesota	84%
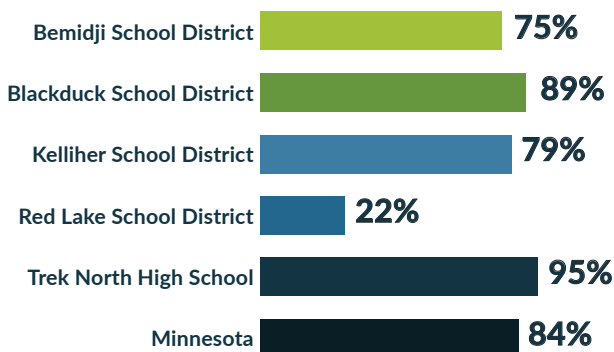
2024 Math, Reading & Science Standards

Academic Proficiency by District (%)

Subject: Math, Reading, Science

District	Math	Reading	Science
Bemidji	47	48	38
Blackduck	31	34	29
Kelliher	32	32	21
Red Lake	5	11	3
Trek North	14	39	25
Minnesota	46	50	40

17
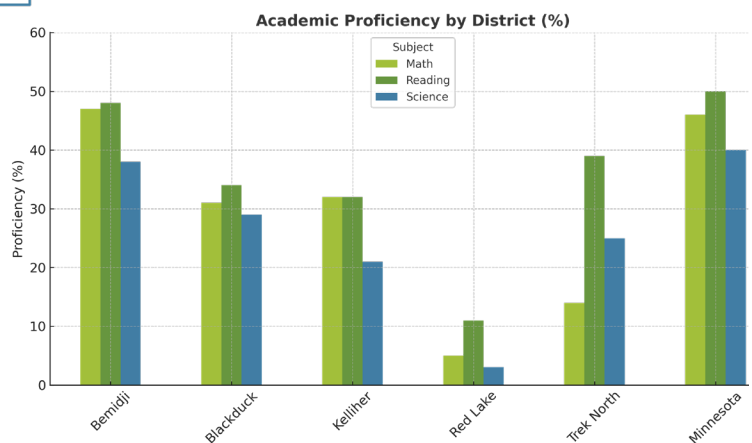
**Access to healthy, affordable food is essential for survival, growth, energy, and immune function. It also plays a vital role in social and community well-being.** Barriers such as food deserts, limited agricultural resources, and reliance on processed foods can negatively impact health. Factors like 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
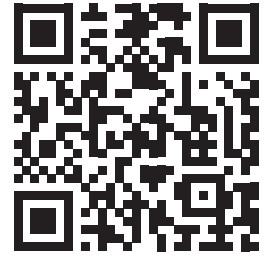
1 in 7 Children Experience Food Insecurity

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
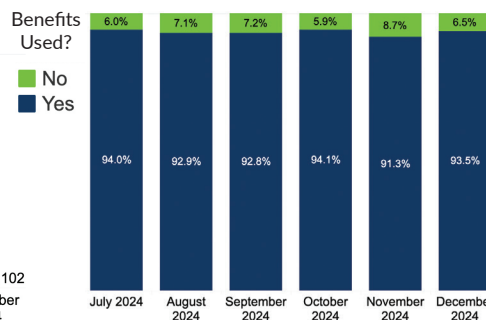
18,000
Number of children who were provided crucial assistance to by The Bemidji Community Food Shelf in 2024
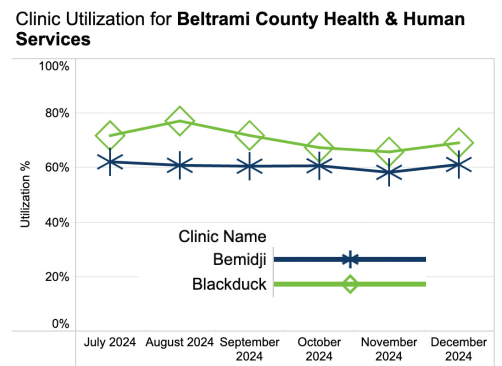
Beltrami County WIC Program Usage

WIC Household Issued Benefits

62,219 (October 2024)
61,609 (August 2024)
61,708 (September 2024)
61,581 (November 2024)
61,297 (July 2024)
61,102 (December 2024)
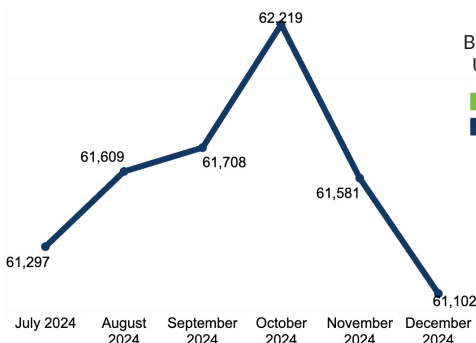
Households Who Have Used Benefits

Benefits Used?
- No (green)
- Yes (blue)

July 2024	August 2024	September 2024	October 2024	November 2024	December 2024
6.0%	7.1%	7.2%	5.9%	8.7%	6.5%
94.0%	92.9%	92.8%	94.1%	91.3%	93.5%

Utilization of Food Benefits

Clinic Utilization for **Beltrami County Health & Human Services**

Utilization %

Clinic Name
Bemidji
Blackduck

July 2024 — December 2024

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.**

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

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/communi- ty-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**

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.

Data Collection → **Analysis** → **Adjustment** → **Reporting**

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.

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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.

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

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, Red Lake 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.

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? - tchtrends
tchtrends.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-traffickingin-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

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.

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RED LAKE NATION

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HONESTY

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