



Quality & Accessibility of Health Services in Anoka County

Priority Health Issue: **THE QUALITY AND ACCESSIBILITY OF HEALTH SERVICES** are being challenged due to increasing demand and limited, affordable community resources – especially for diverse populations, people with mental health needs, and senior adults.

Health care service delivery issues affect Anoka residents in a variety of ways. They may relate to the availability of services and/or they may relate to the needs of special populations in the county.

Availability of Health Services

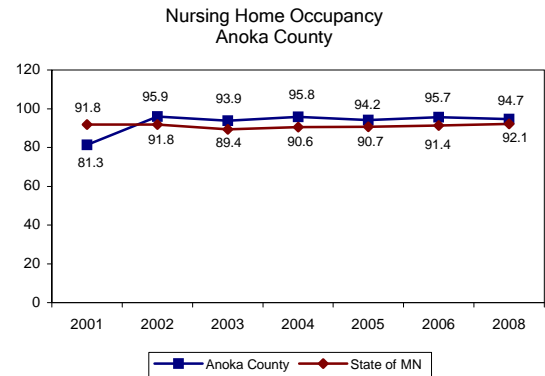
In 2009, there were 489 licensed physicians who listed a primary worksite in Anoka County. There may be other physicians who have not listed an Anoka worksite with the Minnesota Board of Medical Practice.

- This number represents about 15 doctors for every 10,000 people in the county.
- In 2005, the estimation was 16.2 doctors for every 10,000 population.

The Minnesota Department of Health, in 2009, listed the following licensed health providers:

- 54 home care providers.
- 8 supervised living facilities with 164 beds.
- 6 nursing homes.
- 41 providers of housing with services that could include assisted living.

Other registered housing with services may offer home care services through contracts or agreements with licensed home care providers.



Minnesota Department of Health

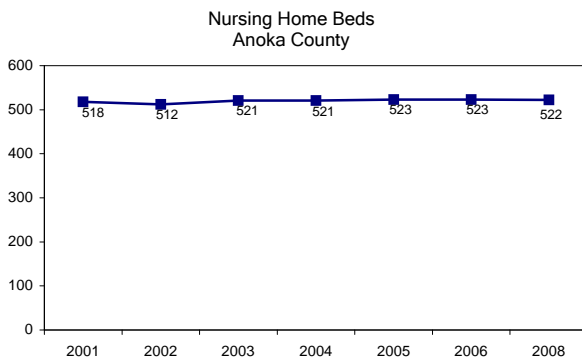
The issue of not having health insurance is a very important factor in being able to access appropriate and timely health services for Anoka County residents. State-wide population surveys are undertaken by the Minnesota Department of Health and the University of Minnesota School of Public Health on a periodic basis to determine the rate of uninsured for state residents.

In 2007, the last year data was available, 7.2% of the state's population was without insurance. It was also estimated that 6.4% of Anoka County's population was without insurance. The increase in the county's unemployment rate is expected to have an impact on what the percentage of uninsured will be in the future.

North Metro Pediatrics has seen a significant increase in the number of children utilizing their services. Most of the children they see do not have health insurance.

Residents' Perspective on Health Services

In the 2009 Community Health Issues Survey, respondents were asked to rate issues as serious, moderate, minor, or none.



Minnesota Department of Health

Looking at health services issues that were marked *serious*, the following were identified:

- The top rated health service issue was the lack or the inadequacy of insurance. Nearly 45% of the responses saw this as their major issue. It was consistent among race, ethnicity, and all age groups.
- Difficulty in getting health services was marked serious within a range of 15% to 26%. In order of difficulty:
 - Dental services – 26%
 - Mental health services for children/youth – 25.5%
 - Mental health services for adults – 24.8%
 - Services for seniors/disabled – 19.2% to 21.7%
 - Health care services – 19.6%
 - Alcohol and drug abuse services – 15% to 16.8%
- Not knowing where or how to get health care services was marked as a serious issue by 19% of the respondents.
- In comparing the combined results of serious and moderate responses to issues, 47% saw language barriers as an issue. African Americans/Blacks and Whites tended to rate it higher than Hispanics. Of the respondents who were Hispanic, 25% said it was a serious issue.

There was a similar response to the issue of cultural knowledge of providers. In fact, 47% saw it as a serious or moderate issue, while 26% of African Americans/Blacks and 23% of Hispanics saw it as a serious issue.

Children in Minnesota who are enrolled in Medical Assistance and Minnesota Care are provided access to child health screening services, referrals for corrective treatment, and dental services through the Child and Teen Check-ups Program.

In the period of October 1, 2007 through September 30, 2008:

- 100% of eligible infants and children up to age two received preventive care.
- 41% of all other eligible children did not receive preventive care.
- 64% of the 24,619 eligible children did not receive any type of dental services.

Needs of Special Populations

Three particular groups of residents were identified in the community assessment process for special focus.

These were: diverse populations—including persons of color, non-English-speaking clients, and those with new and unfamiliar customs and traditions; persons with mental health issues; and senior adults.

Diverse Populations

Anoka County has experienced a steady increase in the diversity of its residents. In 2000, minorities were 6.4% of the county’s population. The U.S. Census estimates that the minority populations could nearly triple by 2020. The 2010 U.S. Census will provide a clearer picture of these populations.

Minority Population Groups

It is estimated by the Minnesota Demographic Center that by 2020 the African-American/Black group will be the largest minority group, followed closely by Asian/Hawaiian/Pacific Islander population, and then the Hispanic/Latino population. The American Indian/Alaskan Native remains a much smaller population in the county.

Student Populations

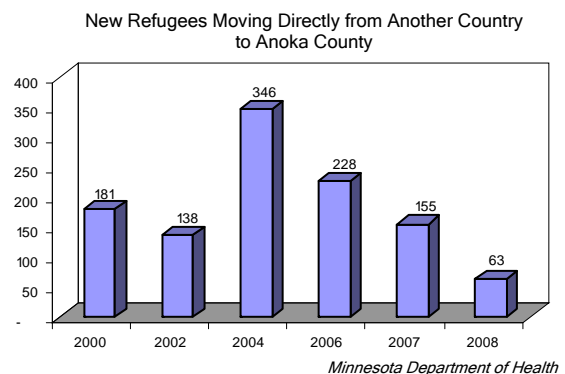
21.7% of the Anoka County School District student population in 2008-2009 were minority students.

13.8% of the students were limited-English speakers.

School district data for the 2006-2007 school year reported over 65 different languages spoken as compared to 41 languages in 2001.

Refugee Populations

A contributing factor to the increasing diversity is the number of primary refugees moving directly to Anoka County from another country.



During the period of January 1, 2007 through December 31, 2007, Anoka County was notified of 155 primary refugee arrivals. This was 5% of the 2,867 total primary refugee arrivals to Minnesota.

They came from the following areas: 47% from sub-Saharan Africa, 50% from Eastern Europe, 3% from Southeast Asia.

In general, they are a young population: 31% were under 15 years old and another 26% were 15-24 years old; 57% of the arrivals were male.

Impact on Health Services

The changing face of the Anoka County population has an impact on health service issues. These include health education issues, cultural perceptions and acceptance of American health practices, language barriers, literacy, availability of appropriate translated materials, and culturally specific supports.

While specific information on disparities in infant mortality rates in Anoka County is not available, the Minnesota Department of Health data show significant differences between overall infant mortality rates and those experienced by minority populations state-wide.

Mental Health

Mental health is an integral part of our overall health. Mental disorders occur across the lifespan, affecting persons of both genders, all educational and socioeconomic groups, and all racial and ethnic groups.

People who have untreated mental health issues use more general health services than those who seek mental health care when they need it. Untreated mental illness places an extraordinary burden on the financial, social, and human resources of the county.

Promoting good mental health, preventing problems early, and providing information and/or services to people who have illness or disability make a difference.

Mental Health Issues

It has been estimated that only 10% to 30% of those in need of appropriate mental health treatment actually receive treatment.

Both national and state agencies have reported that at least 12% of the nation's children and adolescents suffer from one or more mental disorders.

The focus groups in the Anoka County community assessment process noted that there are often significant delays in the time between the identification of a mental health issue in children and youth, and the beginning of treatment for those issues.

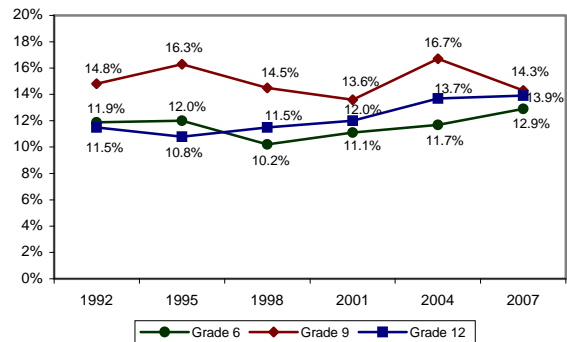
The Anoka Mental Health Project in 2008-2009 identified several issues related to the adult mental health system of care for Anoka County residents. These included such areas as:

- Lack of appropriate placements and community services for patients ready for discharge from inpatient units.
- Bottlenecks at patient discharge from hospitals and for patients waiting for beds at the Anoka Metro Regional Treatment Center (AMRTC).

Student Findings

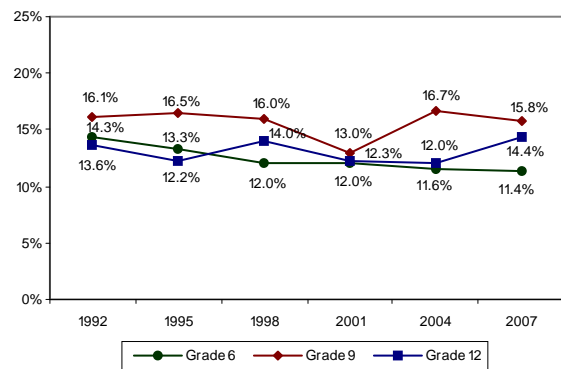
Anoka County students identified mental health issues in the 2007 Minnesota Student Survey. About 11% to 20% of Anoka County students in the 6th, 9th, and 12th grades have consistently reported feelings of sadness and discouragement all of the time, or most of the time.

Students Feeling Sad All or Most of the Time in the Past Month
Anoka County



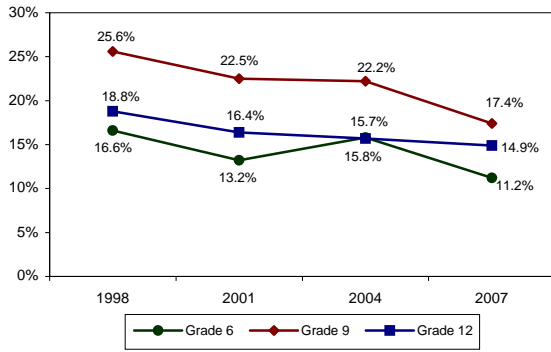
2007 Minnesota Student Survey

Students Feeling Discouraged or Hopeless a Lot in the Past Month
Anoka County



2007 Minnesota Student Survey

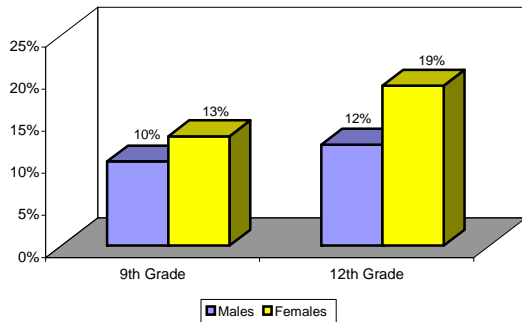
Students Who had Suicidal Thoughts in the Past Year
Anoka County



2007 Minnesota Student Survey

One-fourth of 9th and 12th grade females reported in the 2007 Minnesota Student Survey that they hurt themselves on purpose.

Students Treated for a Mental/Emotional Health Problem
Anoka County



2007 Minnesota Student Survey

Hospital discharge data for Anoka County for 2004-2007 has shown that mental disorders are the leading cause of hospital discharges for 15-19 year olds.

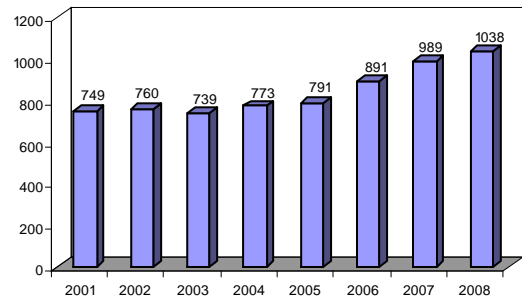
Other Data

- Mental disorders were also the second leading cause of hospital discharges for 20 to 44 year olds in 2007. The highest was for complications of pregnancy and childbirth.
- There were 33 suicides in 2006, 34 in 2007, and 30 in 2008 in Anoka County.

Services Provided

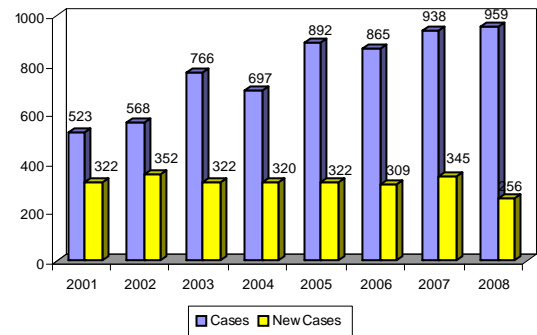
The Anoka County Social Service's caseloads for both children and adult mental health services continue to increase.

Children's Mental Health Cases
Anoka County



Anoka County Social Services Department

Adult Mental Health Cases
Anoka County



Anoka County Social Services Department

Senior Adult Population

For population in Anoka County, the percentage of senior adults, ages 65 and older, is projected to almost double in the year 2020 from what it was in 2000.

The U.S. Census American Community Survey in 2007 estimated that those who were 65 and older made up 8.4% of the county's population and 15.5% of the households.

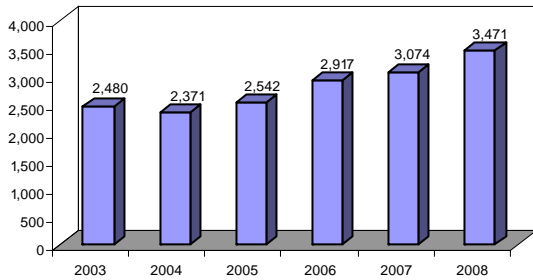
They also estimated that 4.9% were below the poverty level. This is a decrease from the 6.9% reported in the 2000 U.S. Census.

The prevalence of diabetes is of concern in an aging population. The Minnesota Department of Health data showed that in comparative data for 65 to 74 year olds, from 1999 to 2003, the percent of those with diabetes increased from 10.5% to 13.7%.

Since diabetes increases with age, it is anticipated there will continue to be an increase in the number of cases of diabetes in the future.

Both the Anoka County Community Health and Environmental Services Department and the Social Services Department have seen an increase in the number of requests for services from people in the senior adult population.

Public Health Nursing Case Load
Services to Seniors and People With Disabilities *
Anoka County



* Clients who meet eligibility requirements

Anoka County Community Health & Environmental Services

The growing number of senior adults is expected to have a major impact on the range and type of services that will be needed to help them remain independent and healthy, as well as to assure the most appropriate level of care, as needed.

In a report from a community forum sponsored by the Crest View Corporation, the following service issues were identified as those that could be expected to serve the growing senior adult population:

- Greater need for home and community services.
- Additional housing designed for older adults.
- Socialization programs to engage older adults.
- Employment opportunities for older adults.
- Innovative support and programs for family caregivers and others.
- Specialized training for those who care for the elderly.

Sources

Data for this report was derived from the following sources:

Anoka County Community Health & Environmental Services Department
<http://www.anokacounty.us/>

Anoka County Social Services Department
<http://www.anokacounty.us/>

Minnesota Departments of Education, Health, Human Services, & Public Safety, "Minnesota Student Survey 1992-2007 Trends: Behaviors, Attitudes and Perceptions of Minnesota's 6th, 9th, and 12th Graders" (2007)
<http://education.state.mn.us/>

Minnesota Department of Health
<http://www.health.state.mn.us/>