



Public Health
Prevent. Promote. Protect.

Community Health Assessment 2024

LE SUEUR AND WASECA COUNTIES

**Community
Health  Board**
LE SUEUR-WASECA

Le Sueur County | 130 S Park Avenue Le Center, MN 56057 Phone: 507-357-8246 Fax: 507-357-4223 Waseca
County | 1000 Elm Avenue Waseca, MN 56093 Phone: 507-835-0685 Fax: 507-835-0687

Table of Contents

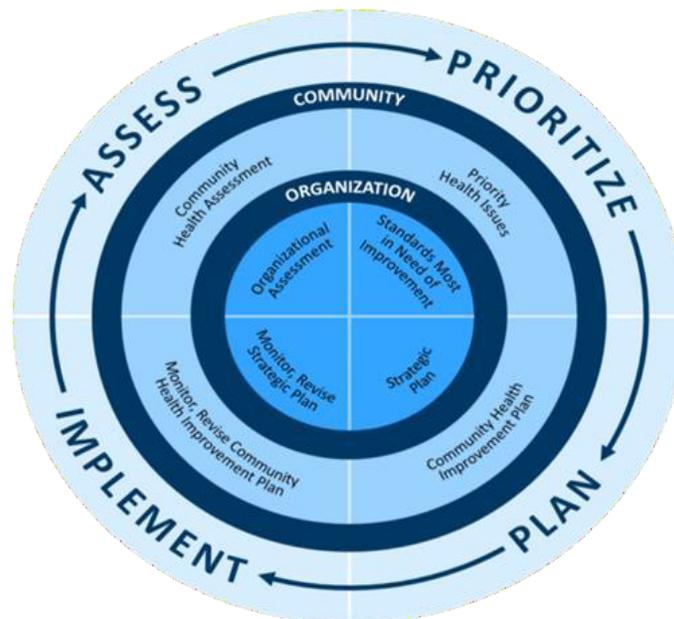
Subject Area	Page
<u>Le Sueur & Waseca Community Health Board</u>	3
<u>Public Health Mission/Vision</u>	4
<u>Summary of Methods</u>	5
<u>Next steps</u>	5-6
<u>Demographics</u>	
<u>Population</u>	6-8
<u>Gender and Race</u>	8 -9
<u>Language</u>	9-11
<u>County Land Size</u>	11
<u>Economic Status</u>	
<u>Household Income</u>	12-15
<u>Poverty</u>	16-18
<u>Unemployment</u>	18-20
<u>Transportation</u>	20-21
<u>Education</u>	
<u>Enrollment</u>	21-22
<u>Education Attainment</u>	23
<u>Graduation Rates</u>	23-24
<u>Environmental Health</u>	
<u>Asthma</u>	24
<u>Air Quality</u>	25-26
<u>Blood Lead Levels</u>	26-27
<u>Radon</u>	27
<u>Carbon Monoxide</u>	28

<u>Health Care Access</u>	
<u>Costs</u>	29-30
<u>Health Insurance Coverage</u>	30-32
<u>Health Behaviors</u>	
<u>Healthy Eating</u>	32-35
<u>Dental Visits</u>	36
<u>Physical Activity</u>	37-38
<u>Infectious Disease</u>	39-40
<u>Mental Health</u>	40-43
<u>Sleep</u>	43-45
<u>Substance Abuse</u>	45-52
<u>Mortality and Chronic Conditions</u>	
<u>Deaths</u>	52-54
<u>Unintentional Injuries</u>	54
<u>Natality</u>	55
<u>Chronic Health conditions</u>	55-59
<u>Violence, Child Abuse, and Neglect</u>	
<u>Violence</u>	60-61
<u>Adverse Childhood Experiences</u>	61-62
<u>Maltreatment Cases</u>	62
<u>Conclusion</u>	63
<u>References</u>	64

Le Sueur & Waseca Community Health Board:

Le Sueur and Waseca County are located in the heart of South-Central Minnesota. Both counties decided to join forces in 1977 under a joint power partnership. This partnership was formed to unite the two counties together and provide the best possible services to the community members. The partnership is often referred to as the Community Health Board. This beneficial partnership of the community health board allows both Le Sueur and Waseca counties to support and compile grant funding to serve the maximum amount of community members. Under this agreement for the past 46 years, the community health board has been able to complete numerous local health assessment and planning programs to receive the greatest return on health in the counties. One requirement of this community health board agreement is to complete a community health assessment, which identifies the top health concerns in the counties every five years. These local health assessments and planning programs benefit the local community members in Le Sueur and Waseca counties and benefit the state of Minnesota as a whole by providing funding for essential programs and services. The community health assessment allows local public health departments to identify gaps and barriers every five years. The gaps and barriers allow public health to reassess their services and help their community members thrive. The services and programs Le Sueur and Waseca County offer include family health, senior services, women, infants, and children (WIC), healthy smiles, environmental health, waiver services, and home care.

Minnesota community health boards have been required to engage in a community health improvement process—beginning with a community health assessment—since the Local Public Health Act was passed in 1976. In Minnesota, community health boards perform community health assessments for the jurisdictions they serve. After completing the community health assessment, public health staff in partnership with the community prioritize the health issues and/or factors impacting health to collectively address during the planning process. Minnesota Department of Health may ask community health boards to periodically rank their communities' priority health issues, to provide a view of statewide priorities, and to fulfill the requirements of Minnesota statute. Below is an image that represents how a community health assessment is one part of the process of maintaining a healthy community in Le Sueur and Waseca County.



Local Public Health
Assessment and Planning Cycle

These images give an overview of the whole assessment and planning cycle community health boards engage in. The community health assessment is located on the upper left-hand of the circle. The community health assessments directly analyze health departments and help create a community health improvement plan.

A community health assessment is foundational to improving and promoting the health of a community. During the assessment, the community health board identifies and describes the health of the community served, the factors that contribute to health challenges, and existing community assets and resources they can mobilize to improve the community's health. The assessment helps ensure that local resources are directed toward where they can make the greatest and most timely impact. All community health boards are encouraged to develop a community health assessment that meets national public health standards.

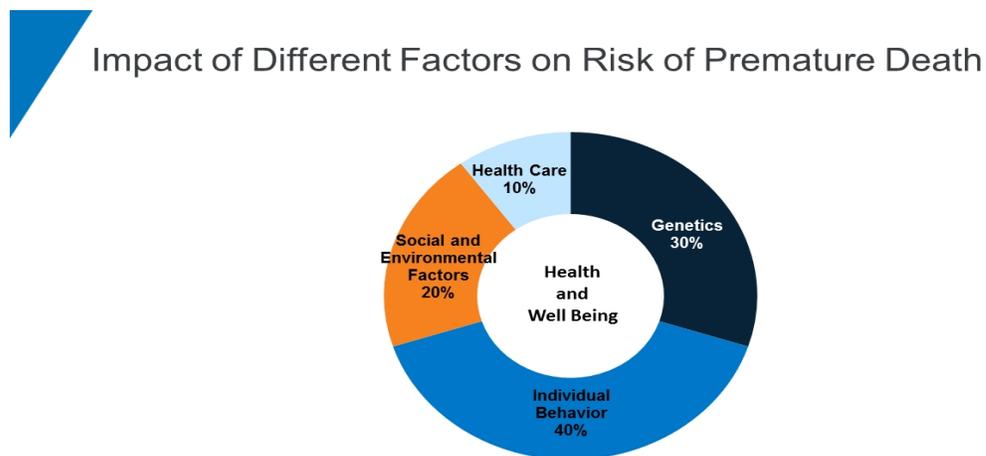
Acknowledgments:

The community health assessment report was put together through the collaboration of Le Sueur and Waseca County's Public Health departments. Le Sueur and Waseca public health departments held joint monthly meetings to ensure the accuracy and collaboration of the community health assessment. The information was gathered through the compiling of various primary and secondary data sources. Including the results of the Adult Community Health Survey, Minnesota Student Survey, and Minnesota Data Access Portal. The findings from this data analysis are reported throughout the document.

Public Health Mission/Vision:

"Public health's role is about protecting, promoting, preserving, and enhancing the health of the community."

The 2030 vision of public health is based on the Social Determinants of Health Model. Social determinants of health include factors like socioeconomic status, education, neighborhood and physical environment, employment, and social support networks, as well as access to health care. Addressing social determinants of health is important for improving health and reducing longstanding disparities in health and health care. This model represents how much of an impact economic factors are in determining the overall health of a person. Combining economic factors with health behaviors are nearly 75% of a person's health. Improving access to these areas gives our community the greatest chance to live out their greatest possibility. Below is a figure that represents the social determinants of the health model.



SOURCE: Schroeder, SA. (2007). We Can Do Better — Improving the Health of the American People. *NEJM*. 357:1221-8.



A large portion of a person's health is dependent on health behaviors and social/economic factors. Focusing on these key areas will help people live an abundant and healthy lifestyle. Community health assessment helps local public health gather data from all five of these sections and report these findings to help local public health departments plan adequately for the 2030 vision of public health.

Summary of Methods

The community health assessment is vital for understanding the community members being served by their local health departments. The assessments allow organizations to pinpoint detailed information pertaining to their geographic location. Another large impact the community health assessment has includes important information to be used for the community health improvement plan. A community health improvement plan is used to identify key indicators from the community health assessment that can be used to improve the health of the community through thorough planning and action. Without the community health assessment, the community health improvement plan would be difficult to assemble, as data collection is a major process of assessing the community and tracking the current planning activities.

The community health assessment process began in the spring of 2022. The first step to incorporating a community health assessment includes a review of the previous community health assessment. The top health indicators from the previous health assessment include mental health, healthy eating, physical activity, and substance abuse. After reviewing the previous community health assessment, the next step includes researching current data trends in both the Le Sueur and Waseca counties, South Central Minnesota, and the state of Minnesota. A total of nine months were used to collect data specific to Le Sueur, Waseca, the state of Minnesota, and Southern Minnesota. The resources for this data collection include surveys, websites, scholarly articles, data dashboards, and tool kits. All these data sources can be found at the end of this report in the references section. After the data collection was compiled, the next step of the community health assessment was to review the data. The data review process was assisted through a collaborative team effort of Le Sueur's and Waseca's Joint Leadership team. After the data review process, Le Sueur and Waseca County combined all the data to look for trends in the State of Minnesota and both Le Sueur and Waseca County. After all the trends were gathered the team generated a list of health topics, which appear in the appendix sections, and reported their findings in this report. The health topics include relevant data that accurately describes the statistics of either Le Sueur County, Waseca County, the state of Minnesota, or Southern Minnesota.

Next steps

The community health assessment is vital to the improvement of every community health member in both Le Sueur and Waseca County. The community health assessment allows local public health departments to take an in-depth look at the communities being served. The data compiled in this report is not only beneficial for local public health departments, but also for other healthcare organizations, community business members, schools, communities, clubs, and organizations, as well as any other group or person who wants to help improve the community, they live in. Following the community health assessment local public health departments will take this data and work on improving the community by identifying the top health concerns in both Le Sueur and Waseca County. This is a separate process, which is referred to as the community health improvement plan. A community health improvement plan is a long-term, systematic effort to address public health problems in a community. It is based on the results of community health assessment activities and is one step in a process to improve community health. The community health improvement plan is developed collaboratively and defines a vision for the community's health; the community health improvement plan is the community's plan, not the community health board's plan for the community. All-in-all the community health assessment feeds right into the community health improvement plan. The community health assessment gathers the data and health risks in the counties, whereas the community health improvement plan creates an action plan to prevent the top health concerns. The community health improvement plan begins shortly after the community health assessment and requires the community's input to identify resources that can benefit the projected outcome of the community health improvement plan. There are numerous planning models to assist the community health improvement plan. New studies are highlighting the importance of building foundations for the Social Determines of Health model. This model emphasizes the accessible factors for a healthy sustainable life. This model brought into the future of public health and other local public health organizations.

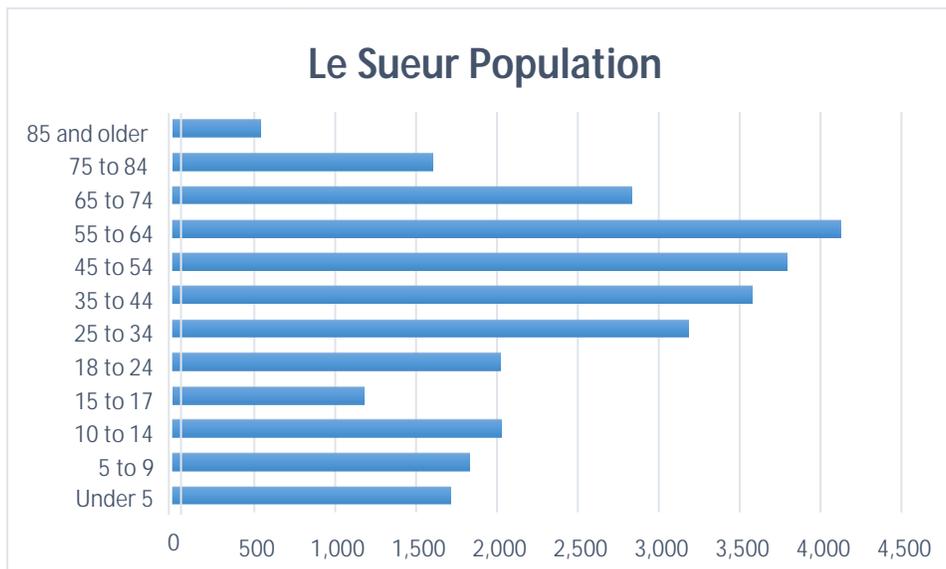
The same broad, community-level partnership established for the community health assessment can guide the community health improvement plan. The community health board or a community partner can lead planning. All community health boards are encouraged to develop a community health improvement plan that meets national public health standards. Minnesota community health boards have been required to engage in a community health improvement process since the Local Public Health Act was passed in 1976. In Minnesota, community health boards perform community health assessments for the jurisdictions they serve. (MDH SOURCE)

Demographics

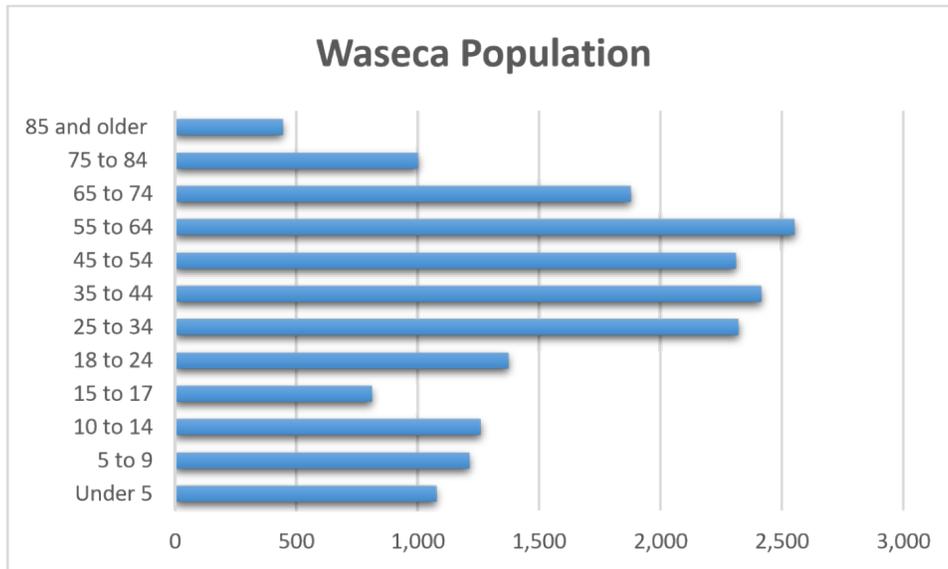
Le Sueur and Waseca County have a combined total population of just over 47,500 people. The population is primarily made up of the age group 25 to 64-year-old community members. The population is split between males and females with the female population being slightly higher than the male population. Both Le Sueur and Waseca counties are home to most of the population being white and including Hispanics as its next highest race. According to the Minnesota Vital Statistics Center, the aging population is increasing. The dependency ratio increased by .5 every year from 2013 to 2017 and continues to grow. Aging presents new challenges to health, including increasing levels of disability. For example, older adults are at increased risk of injuries from falls, over half of which occur at home. Aging also presents new opportunities — volunteering in the community, trying a different career, or taking on a new role in the family.

Population

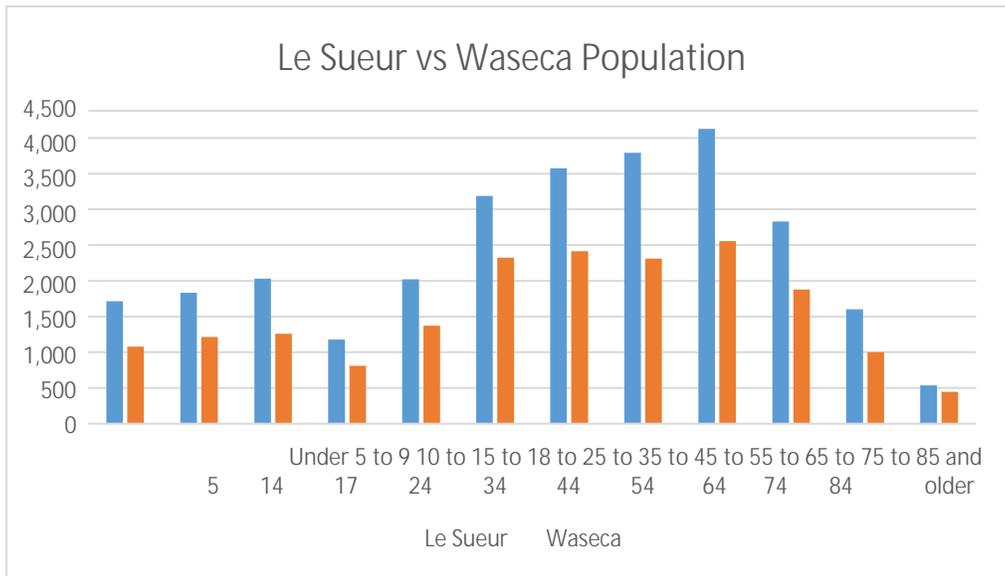
Population is defined as all the inhabitants of a particular town, area, or county. The highest number of residents are in the 55 to 64-year-old class. This trend is consistent between both Le Sueur and Waseca County. The highest populated town is Montgomery in Le Sueur with 3,379 residents and Waseca for Waseca County with 9,241 residents.



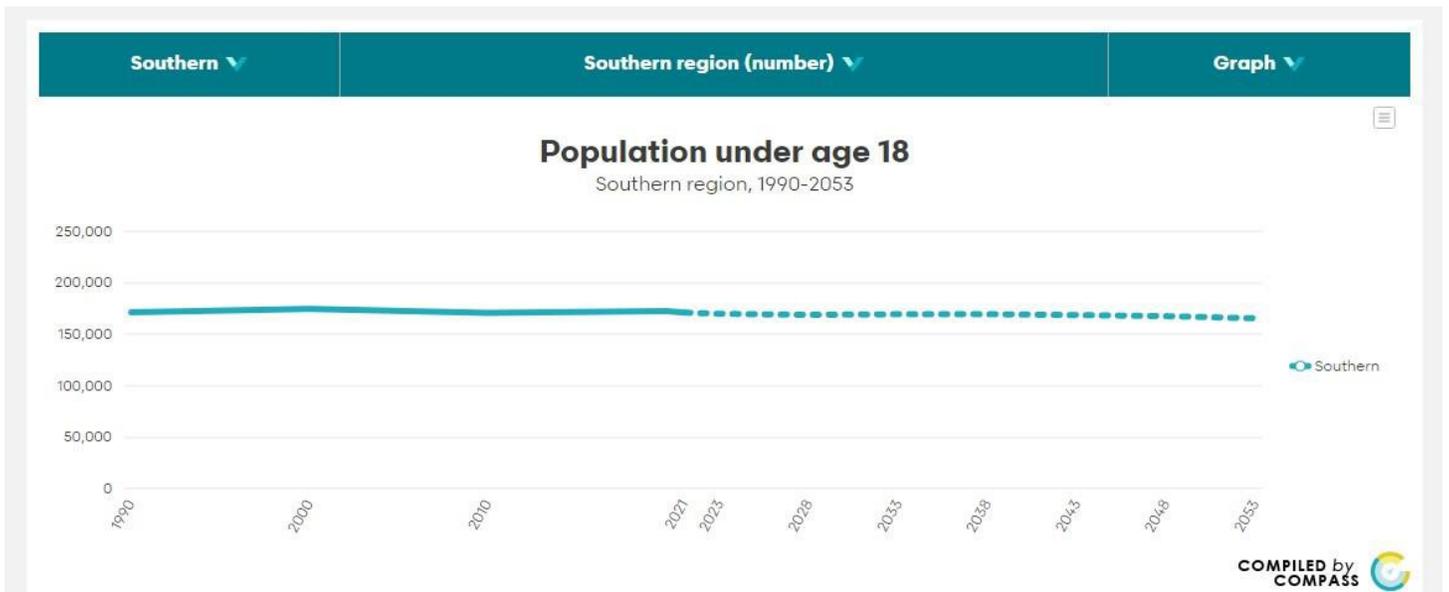
This graph shows the population of Le Sueur County. Le Sueur County’s population is primarily in the 18 to 64 age class, whereas the 55 to 64 age class contains the most amount of people. (Minnesota Compass)



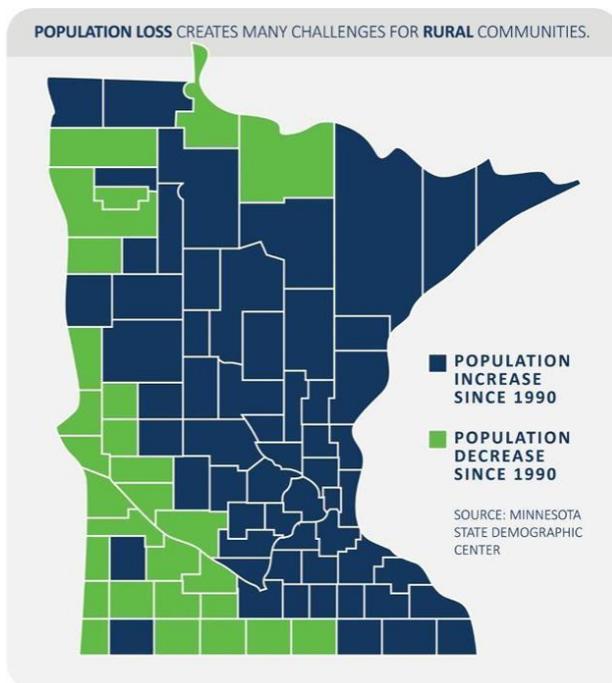
Le Sueur and Waseca populations are very similar in the representation of the age groups. With the most amount of people living in the 55 to 64 age class. (Minnesota Compass)



Another comparison of both Le Sueur and Waseca county's populations. This graph gives a better visual of the people the community health board represents. Although Le Sueur County has a bigger population, both counties are similar when it comes to age-class representation with the most residents in the 18 to 64-year-old age class. (Minnesota Compass)



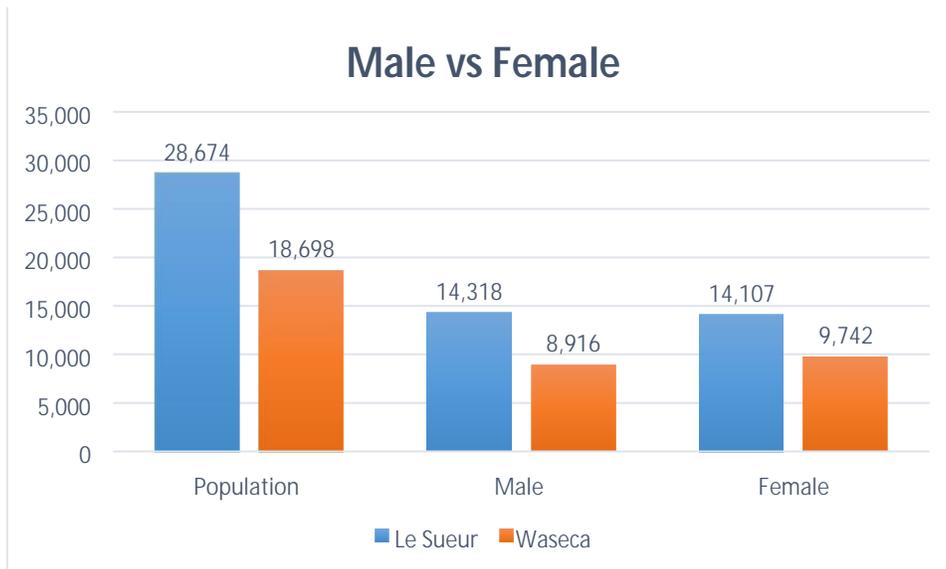
This graph shows the projections of the Southern Minnesota population under the age of 18. Overall, a slight decrease is projected. Declining birth rates have been one reason why this age group is projected to decrease. (Minnesota Compass)



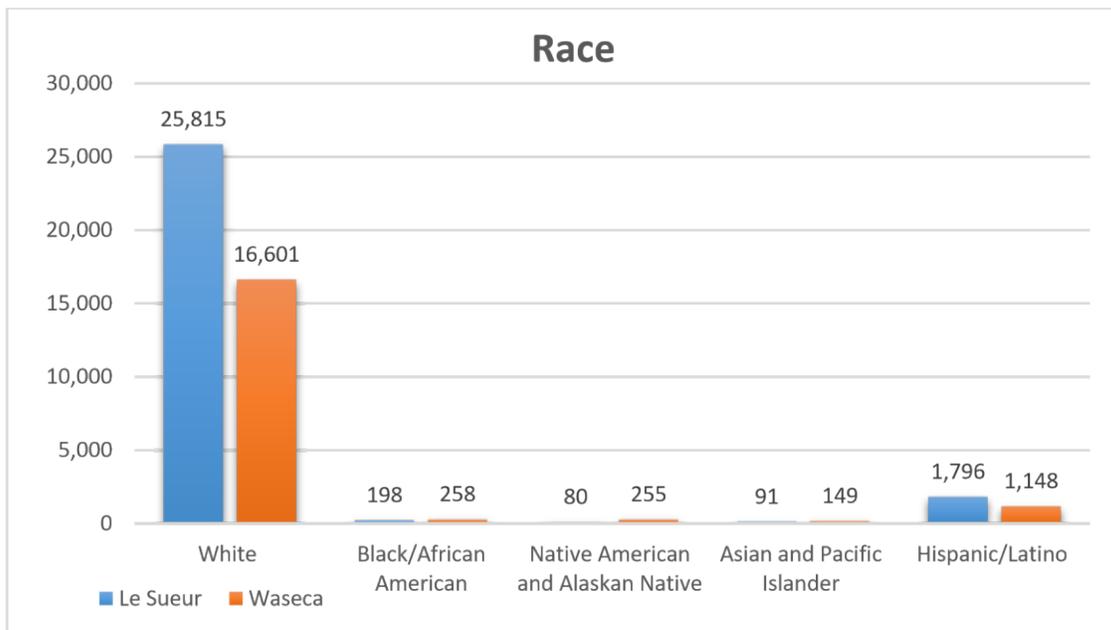
Meanwhile, the population age 65 and older will grow much more rapidly, adding more than half a million people (510,000+) over that same period. By 2035 – for the first time in our state's history – we will have more adults over age 65 than children (Statewide Health Assessment). Le Sueur and Waseca County's older population is expanding.

Gender and Race

Gender refers to the characteristics of women, men, girls, and boys that are socially constructed. This includes norms, behaviors, and roles associated with being a woman, man, girl, or boy, as well as relationships with each other. As a social construct, gender varies from society to society and can change over time.



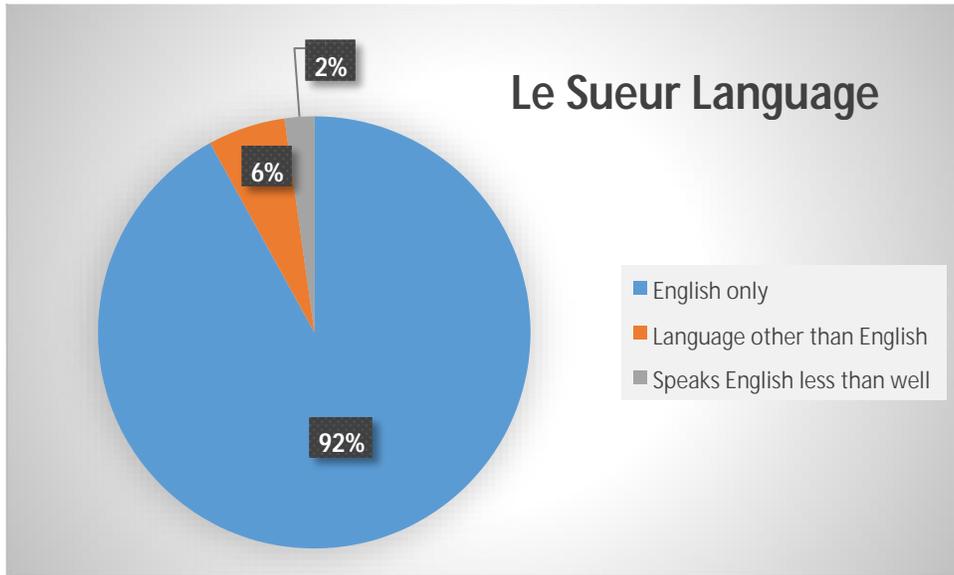
Females are more common in both Le Sueur and Waseca. Although the state of Minnesota has a slightly higher male population. (Minnesota Compass)



The majority of the population in Le Sueur and Waseca County are white. Hispanic/Latino is the next highest. State-wide data is showing results that the minority populations will grow significantly over the next 10 years. (Minnesota Compass)

Language

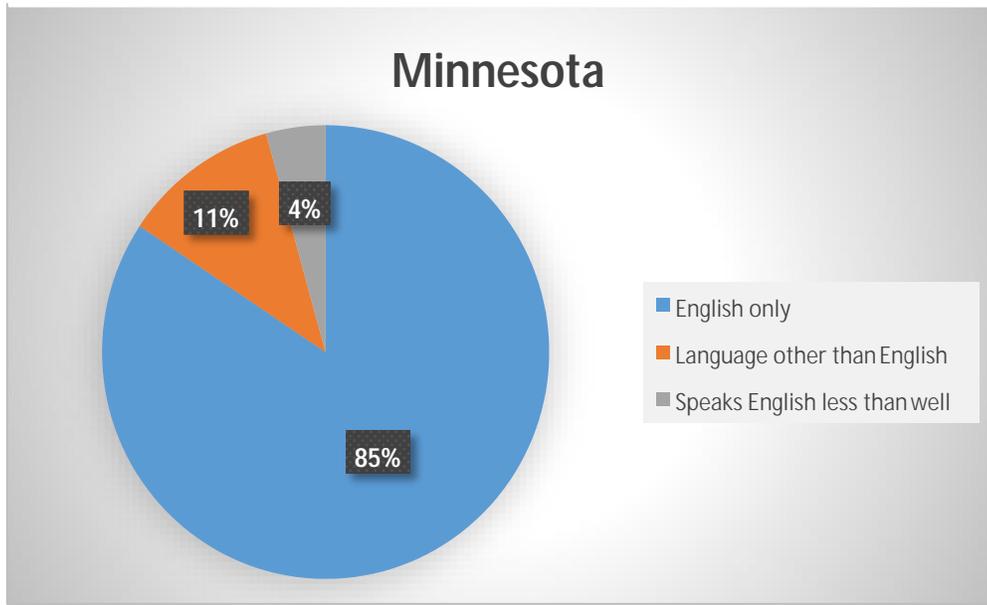
Language is a system of conventional spoken, manual (signed), or written symbols by means of which human beings, as members of a social group and participants in its culture, express themselves. English is the most common language spoken between Le Sueur and Waseca County. With the increase in the minority populations, more languages are being spoken increasing the demand for non-English speaking resources.



Le Sueur County's population primarily speaks English. Le Sueur population is below the state averages for languages spoken. (Minnesota Compass)



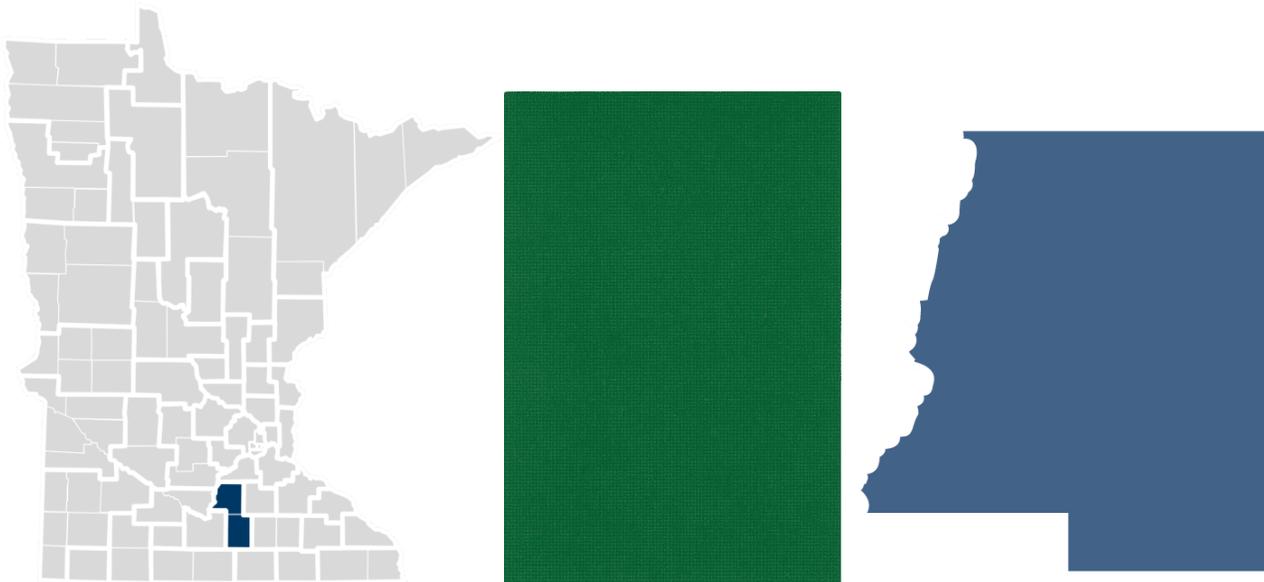
The Waseca County's population primarily speaks English as their primary language. Waseca population is below that state averages for languages spoken. (Minnesota Compass)



The State of Minnesota is more diverse in the number of languages spoken. English is the most common language, but other languages are expected to become more common in the future. (Minnesota Compass)

County Land Size

Land area is the area in square kilometers of the land-based portions of standard geographic areas. The land description of Le Sueur and Waseca counties includes agriculture fields, streams, native grassland areas, and marshes.



(Left) Together as a Community Health Board Le Sueur and Waseca has a total of 872 square miles and average 54 people per square mile.

(Middle) Waseca County has 423 square miles and 44 people per square mile.

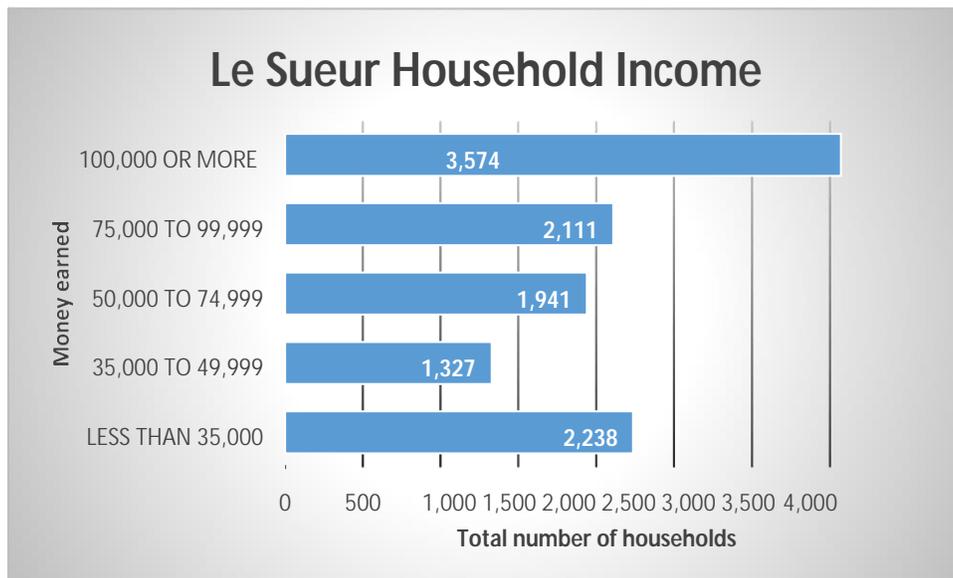
(RIGHT) Le Sueur County has 449 square miles and 64 people per square mile.

Economic Status

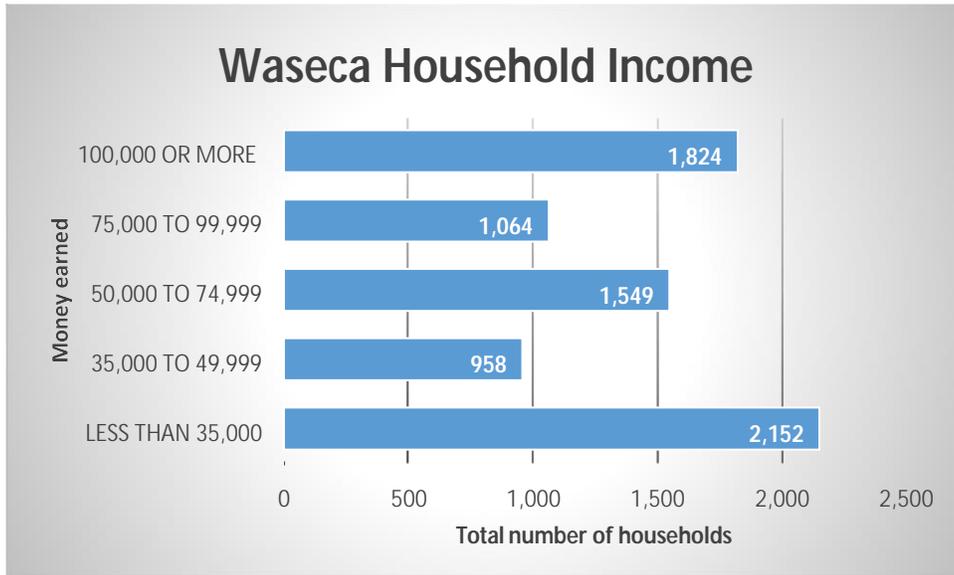
Le Sueur and Waseca County are located in rural areas of Southern Minnesota. The economic status of Le Sueur and Waseca County is relatively lower compared to the state averages. Most of the economic status data was collected through the Minnesota Compass reports.

Household Income

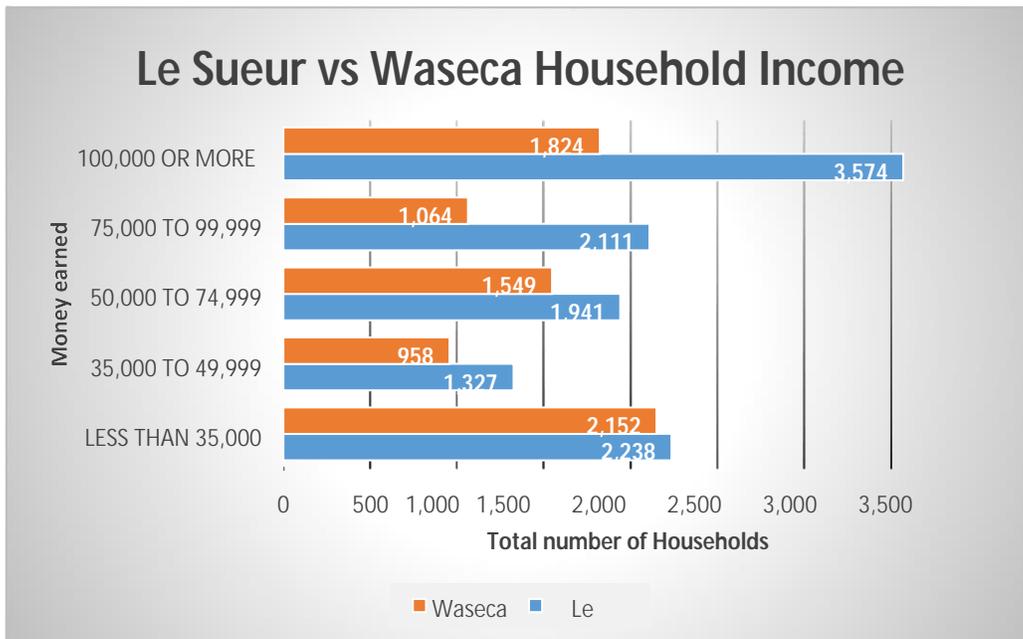
Household income is defined as the gross income of all members in a household above a specific age. Household income is an important measure to know about because household income is used to evaluate the economic health of an area or to compare living conditions between two different areas.



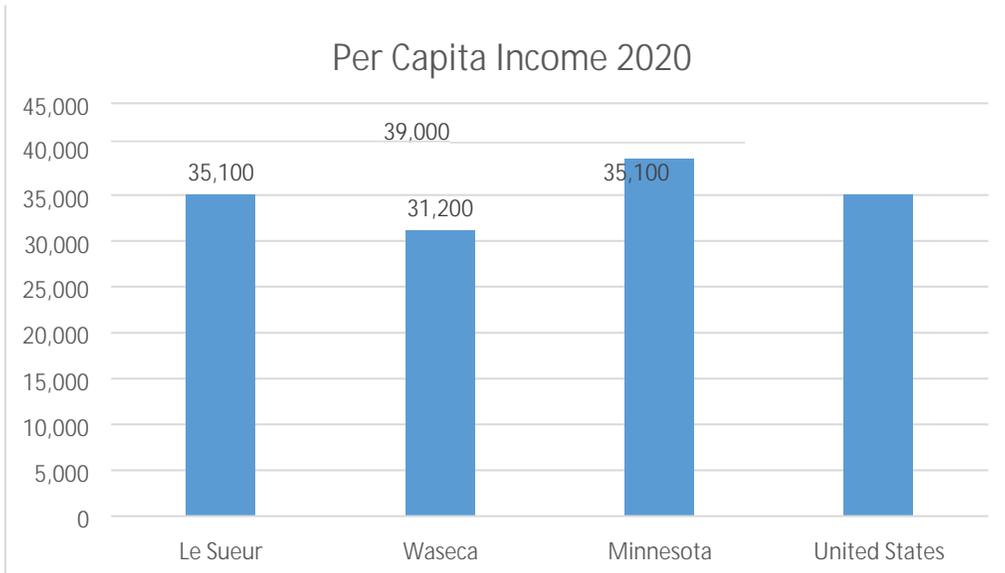
Most community members in Le Sueur County reported their household income to be above \$100,000. Although the next highest household income is less than \$35,000. The population is highest on the two extremes for money earned, which can have a big separation of resources for community members. (Minnesota Compass)



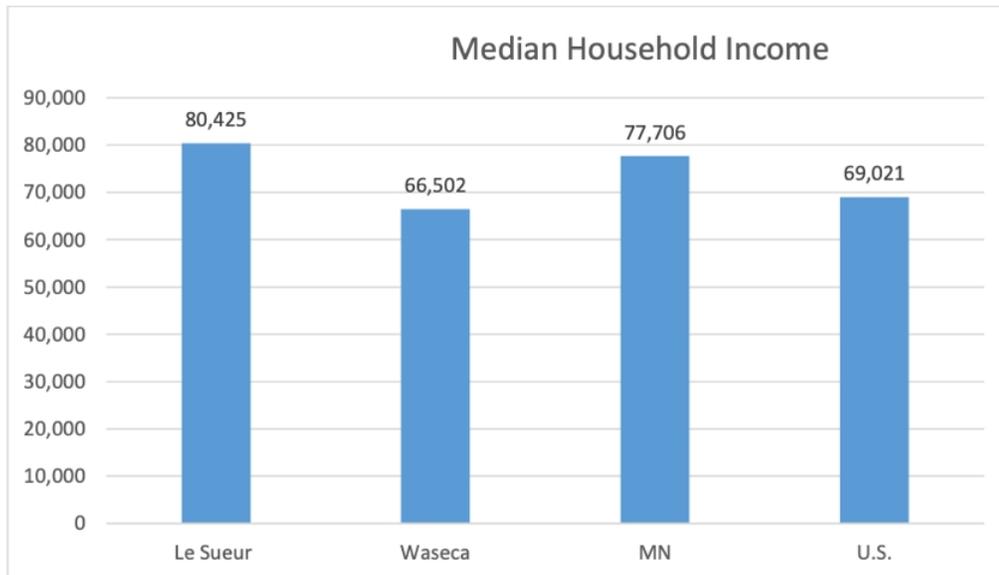
This graph shows Waseca County’s household income. Most Waseca County community members reported a household income of less than \$35,000. Similar to Le Sueur County, the money earned is either the highest amount or the lowest amount. (Minnesota Compass)



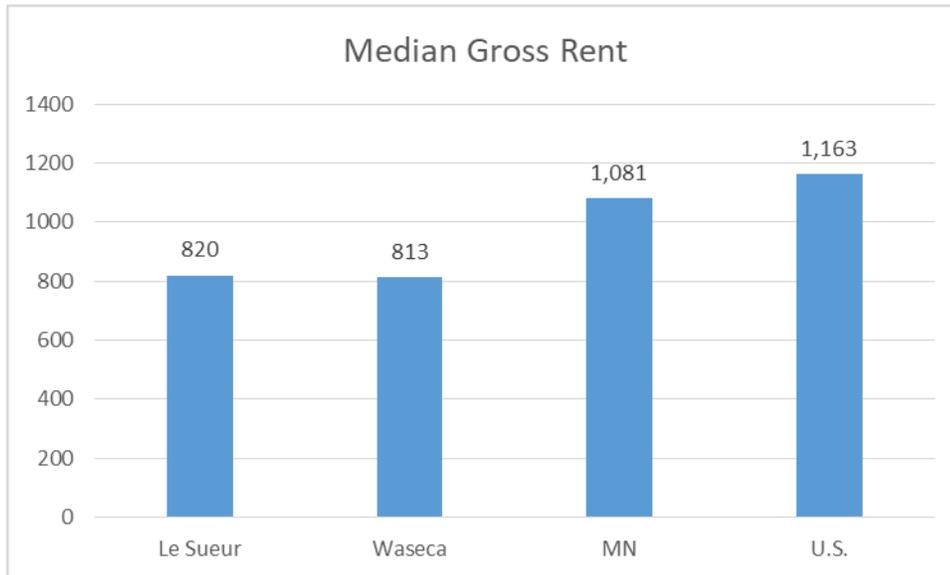
Here is another comparison of both Le Sueur and Waseca Counties side by side. The median household income is \$75,000 for Le Sueur and the median income is \$60,000 for Waseca. (Minnesota Compass)



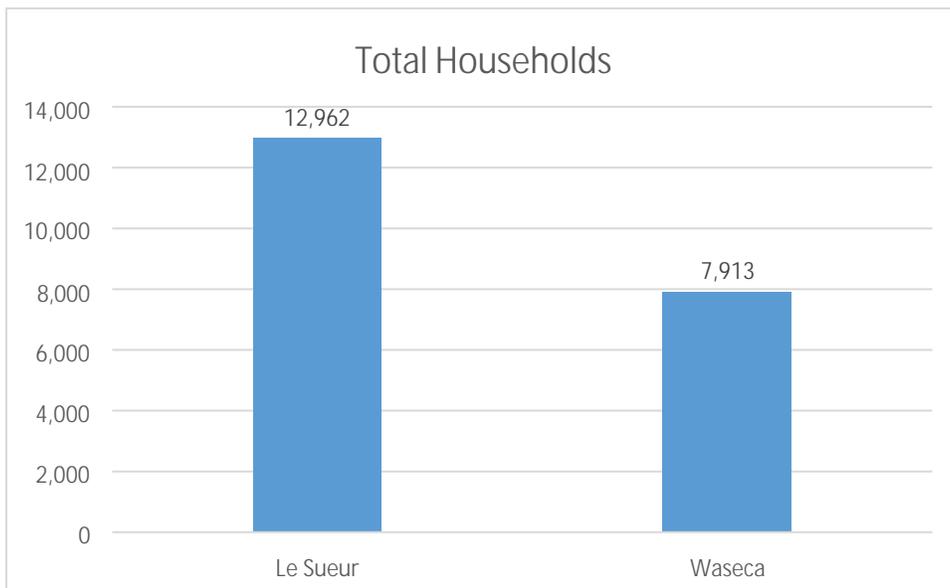
This graph shows the per capita income in each county, as well as Minnesota and the United States. Per Capita income is defined as the average income earned per person in a given area (city, region, country, etc.) in a specified year. Waseca County reported the lowest per capita income. (U.S. Census)



This graph shows the median household income in 2020. Median household income is based on the distribution of the total households and families, which includes those with no income. Waseca County reported the smallest household income. (U.S. Census)



This graph shows the median cost of rent according to the U.S. Census in 2022. Rent rates have been increasing throughout the years. Rent is affordable when tenants pay no more than 30 percent of their income on housing costs and increases in rent are reasonable, transparent, and fair. Rent affordability is a particularly pressing issue given that rent has risen 26.9 percent across the country since October 2019. In 2020, 30 percent of households spent more than 30 percent of their income on housing, while 14 percent spent more than half. Lower-income households and households of color are disproportionately impacted by the housing affordability crisis. (<https://www.networkforphl.org/news-insights/renters-bill-of-rights-access-to-safe-quality-accessible-and-affordable-housing-and-the-right-to-organize/>)

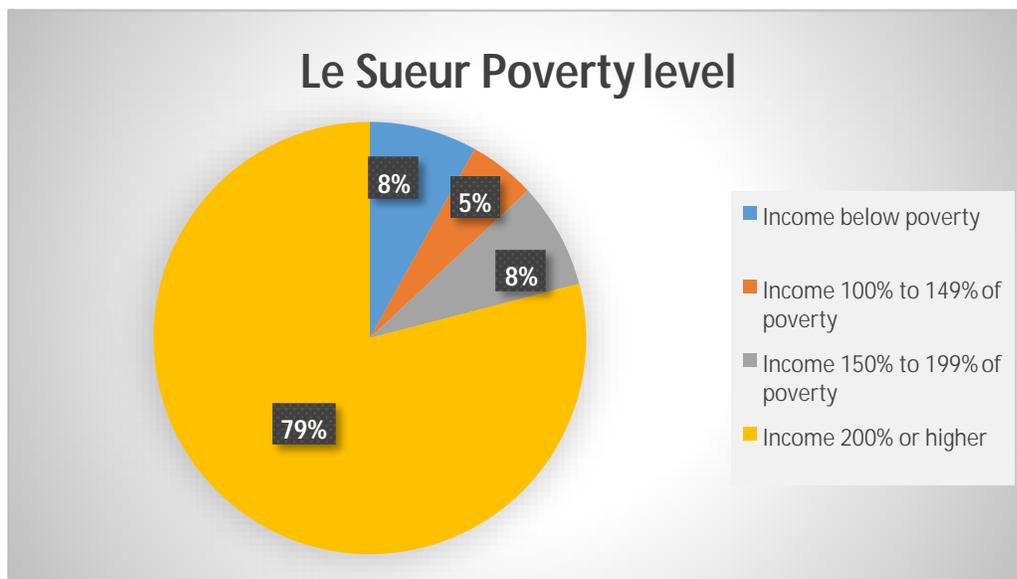


This graph shows the total number of households in both Le Sueur and Waseca County. The Le Sueur- Waseca Community Health reported that 80% of households were owner-occupied housing and 61.9% of housing units were built before 1980 (County Health Tables 2020)

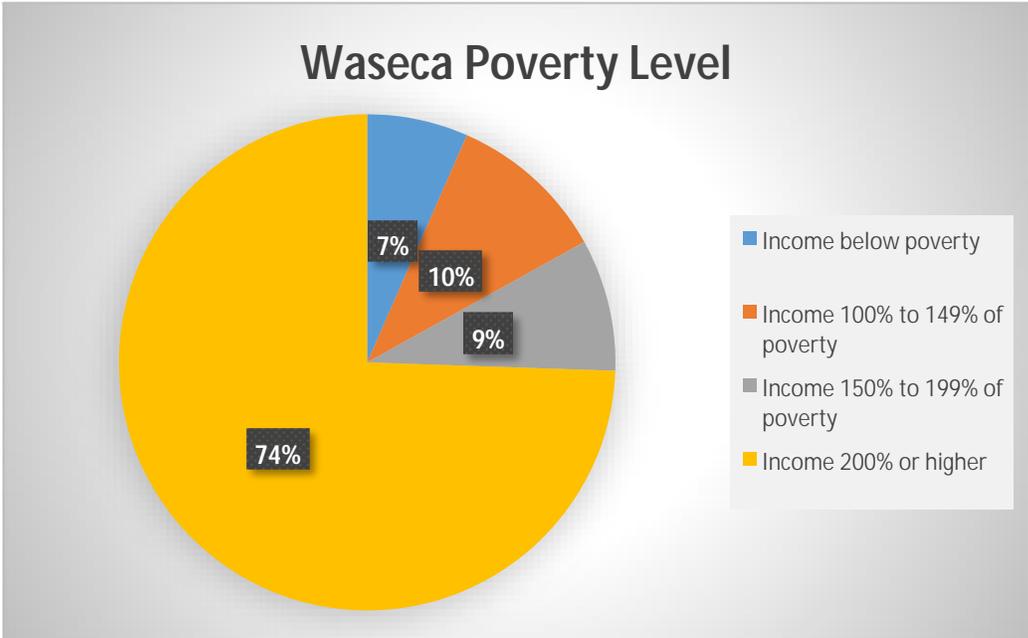
Poverty

Poverty is defined as not having enough money to meet basic needs including food, clothing, and shelter.

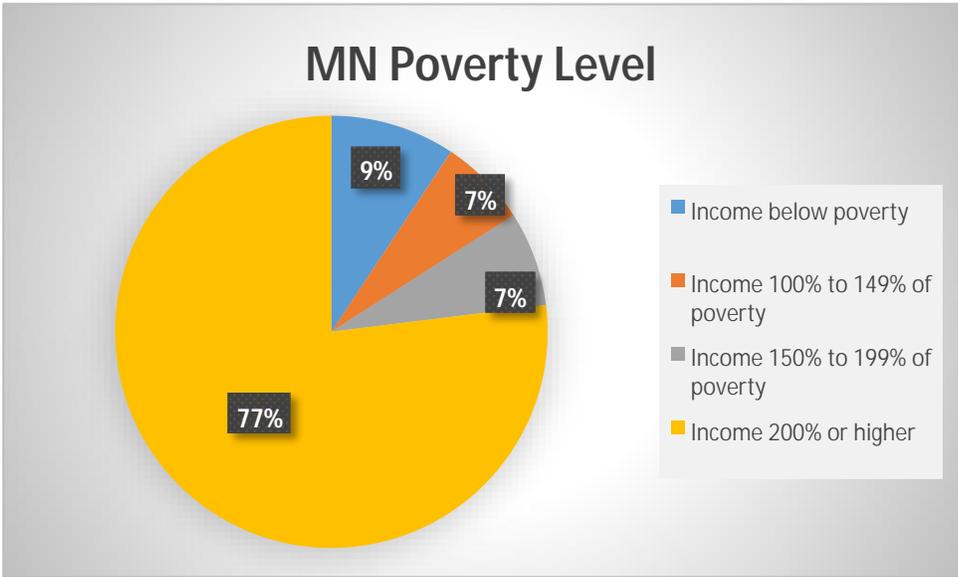
The prevalence of Minnesotans living in poverty increased significantly in 2009, remaining between 11 and 12% for many years, and then decreased significantly in 2014, for people of all ages and for children under 18 years (shown in the chart below). Recently about 9% of people of all ages (and about 11% of children under the age of 18) were in poverty in 2019. Although Minnesota has a lower proportion of people living in poverty than the U.S. average, it affects about one in eleven Minnesotans and one in nine children in Minnesota. (County Health Tables 2020)



The majority of residents in Le Sueur County live above the 200% poverty level. The national federal poverty level is reported at 19,720 for a two-person household. This means that most community members are earning wages of over 39,000. (Minnesota Compass)

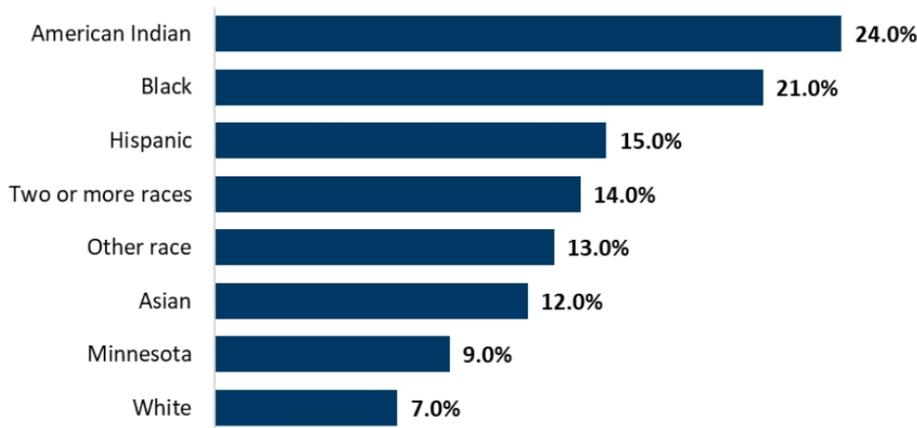


The majority of residents in Waseca County live above the 200% poverty level. Le Sueur County has a slightly higher percentage, but overall, similar in their respective populations. (Minnesota Compass)



This graph shows the state of Minnesota's Poverty level. The percentages are similar to the threshold above the 200 % poverty level, but the state of Minnesota is slightly higher for the 200% poverty level compared to Le Sueur and Waseca County. (Minnesota Compass)

Proportion of People in Minnesota Living Below the Federal Poverty Level, by Race/Ethnicity in. 2021

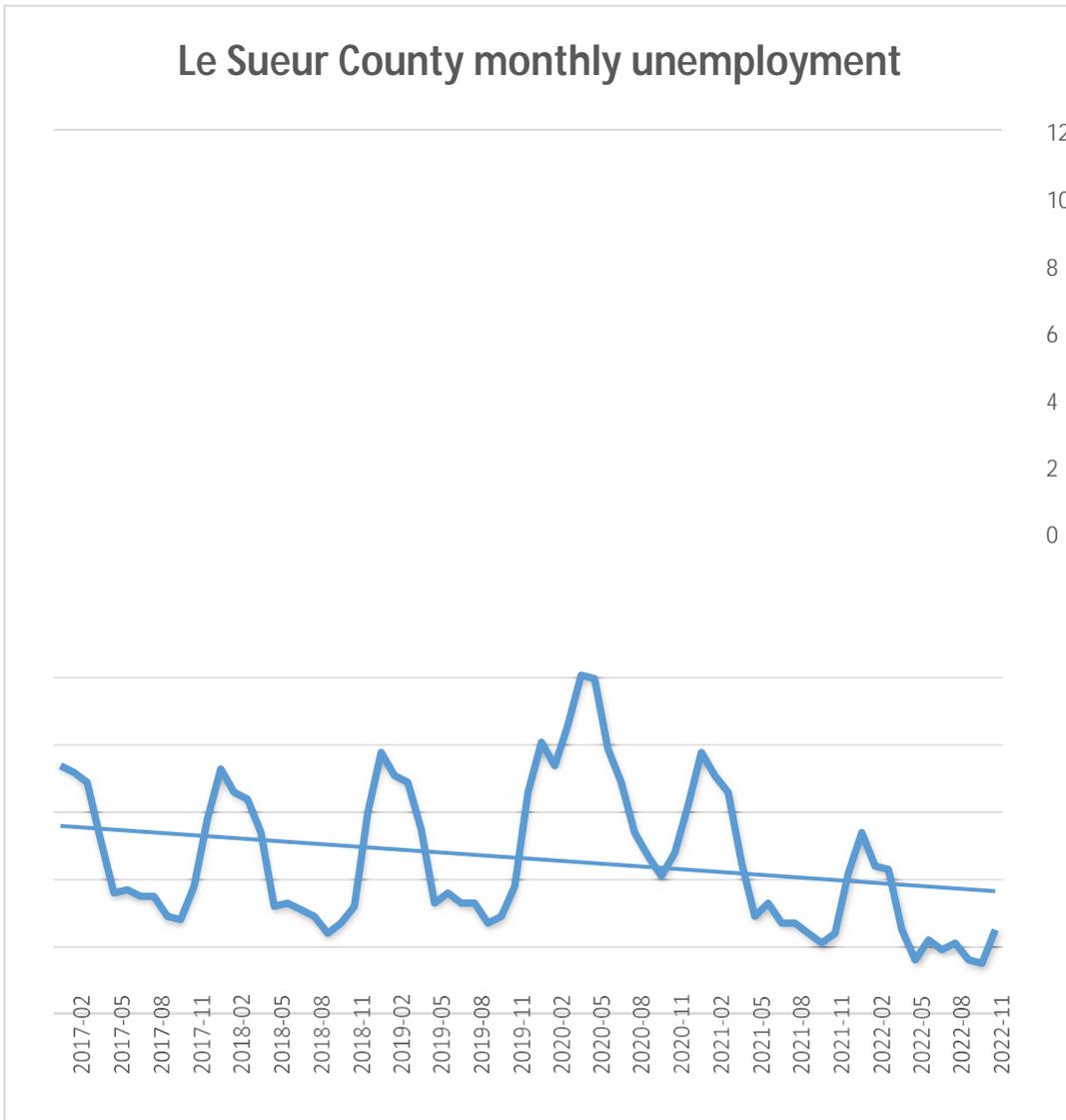


Source: American Community Survey, 2021

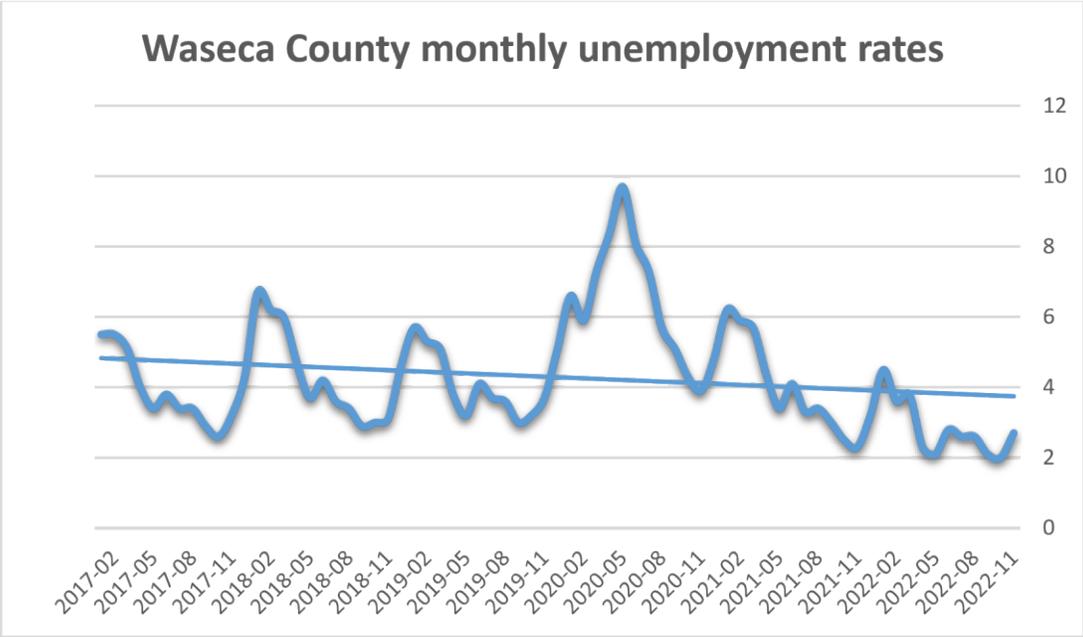
The graph above indicates that 9.8% of all people in Minnesota were at or below the base Federal Poverty Level with American Indian at the highest percentage at 24.0%. Adults that are in poverty have higher rates of chronic conditions and two times the mortality rate than those who are not living in poverty. (American Community Survey, 2021)

Unemployment

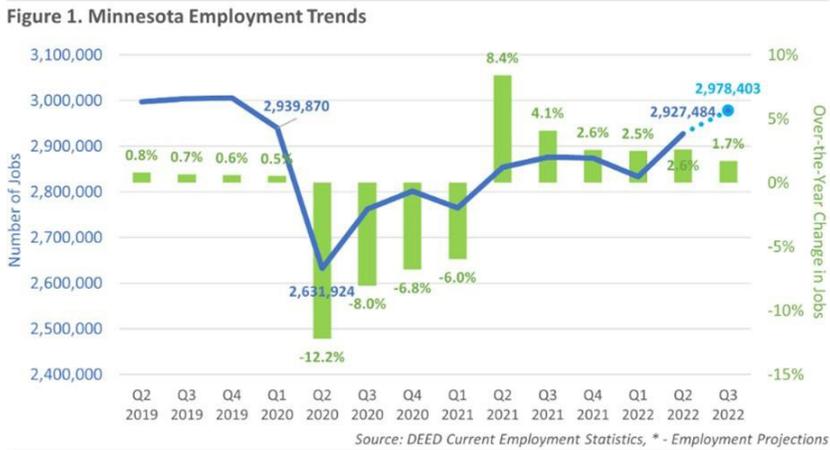
Economic Stability is one of the factors according to the Social Determinants of Health model. Unemployment is defined as a person who is not employed and is seeking employment, who cannot find work. Finding and maintaining a stable reliable income is shown to help community members thrive. Unemployment trends are on a slight decrease from 2017. A few spikes have occurred throughout the years in both Le Sueur and Waseca Counties. Minnesota is also predicting a job market increase (See Below).



This graph shows the unemployment rates for Le Sueur County. The unemployment rates show a slight decrease over time in the past few years. (Bureau of Labor Statistics)



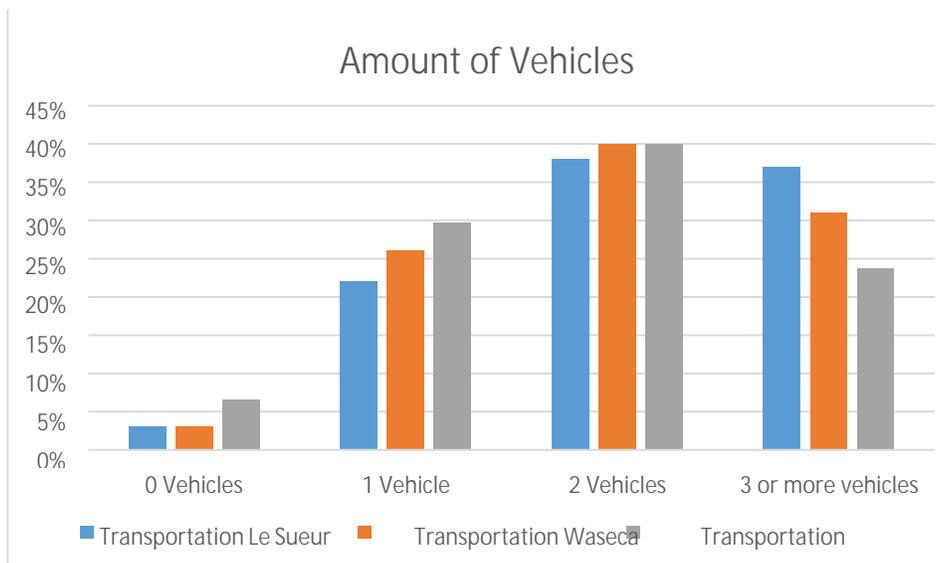
Both Le Sueur and Waseca County are similar in their unemployment rate. Overall, the unemployment rate has been decreasing in both counties in the past few years. (Bureau of Labor Statistics)



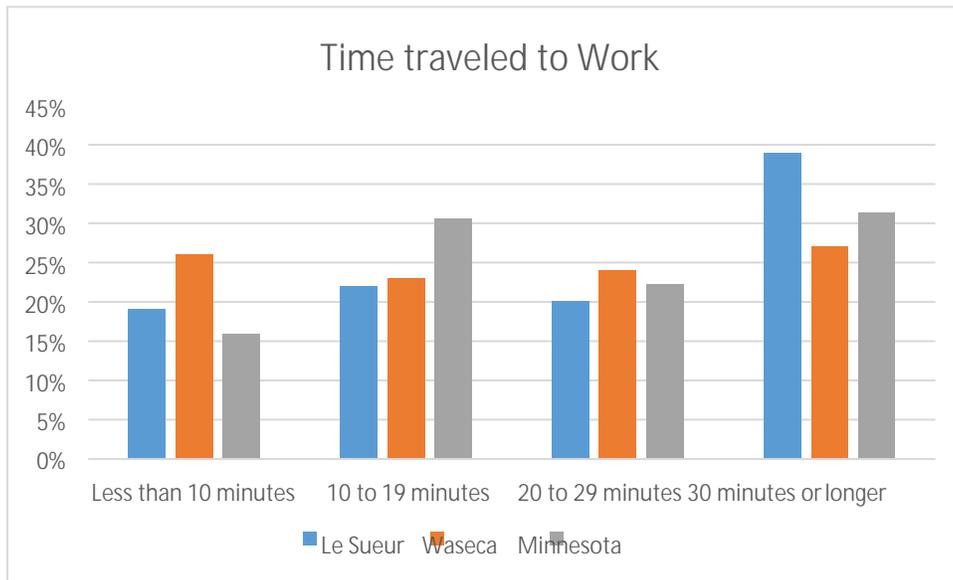
This graph shows Minnesota’s employment trends. A dip occurred in 2020, but an increase in the total amount of jobs is projected to grow. (DEED Current Employment Statistics)

Transportation

Transportation is defined as the movement of persons or goods from place to place and the various means by which such movement is accomplished. Maintaining and having a reliable means of transportation is critical to maintaining a healthy lifestyle. Most residents travel more than 30 minutes or more to work and own two vehicles. Without a proper vehicle, maintaining a good job, active lifestyle, and access to healthy foods becomes a challenge.



This graph shows the percentage of residents who own a vehicle for transportation. Most residents use a vehicle for transportation as two vehicles were the found in households. The data was collected from the years 2017 – 2021. (Minnesota Compass)



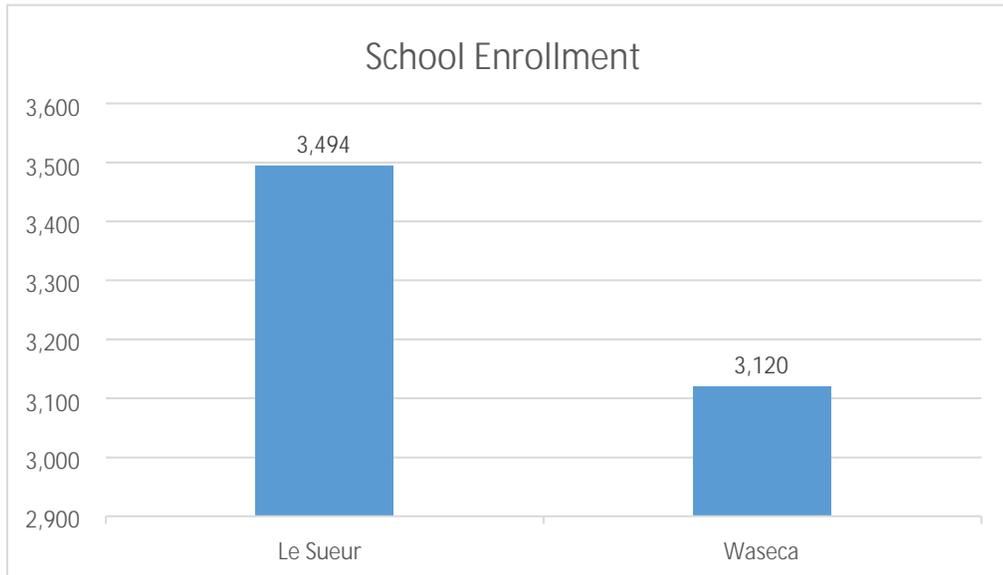
This graph shows the percentage of residents who travel to work. Most residents take 30 minutes or more to work throughout the week. The data collected is from the years 2017-2021. (Minnesota Compass)

Education

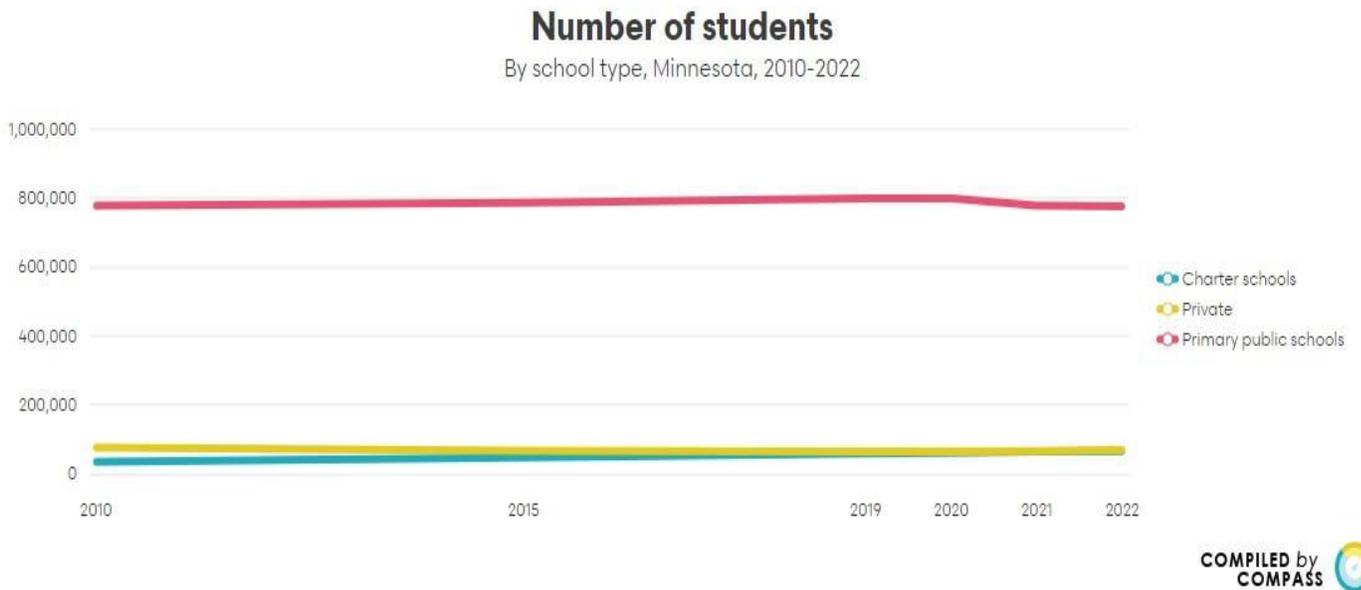
Le Sueur and Waseca County are home to a total of 14 public school districts. Le Sueur has eight including the school districts of Le Sueur-Henderson, Cleveland, Tri-City United (Montgomery-Lonsdale-Le Center), and Waterville-Elysian Morrystown are all headquartered in Le Sueur County. The remaining four districts of Belle Plaine, Mankato, New Prague, and St. Peter are headquartered in different counties but have students living within Le Sueur County. Waseca County has 6 total districts including three public schools Waseca, New Richland-Hartland-Ellendale- Geneva, and Janesville-Waldorf- Pemberton. A total of two private schools: Janesville Trinity and Sacred Heart and one Charter school TEAM Academy. Le Sueur County has a total of 3,494 students enrolled from prekindergarten to 12th grade, whereas Waseca County has 3,120 according to the Minnesota County tables of 2019.

Enrollment

Student enrollment refers to the act of signing up for school and/or specific classes or co-curricular activities at that school. Overall, the state of Minnesota is projecting lower student enrollment in the coming years.



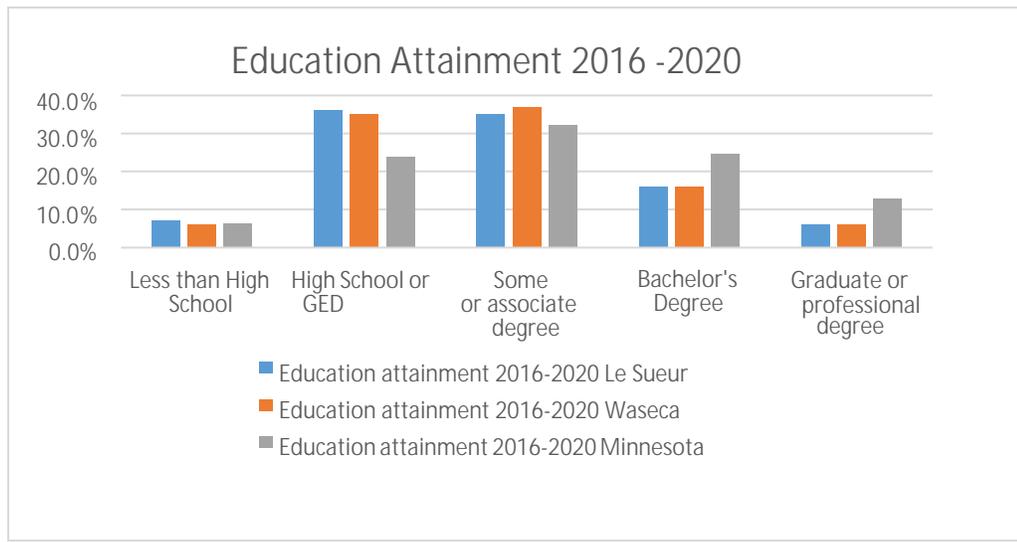
This graph shows the number of students enrolled in pre-kindergarten through 12th grade. (Minnesota Department of Education)



The number of students in the State of Minnesota is slightly decreasing. About 10,000 fewer students are projected to be in kindergarten in 2026. Cuts to budgets are projects due to funding due to enrollment. A total of 3,000 fewer school age children compared from 2021 to 2020. Public schools are losing students to private and charter schools. A total of 23,000 students in 4 years. (Minnesota Compass)

Education Attainment

Education attainment refers to the highest level of education that an individual has completed.



This graph shows the educational attainment for Le Sueur and Waseca County, as well as the state of Minnesota. Most residents have some college completed or an associate degree. The state of Minnesota was significantly higher in bachelor's and graduate degrees compared to Le Sueur and Waseca County. (Minnesota Compass)

Graduation Rates

A graduation rate refers to a student's ability to complete their degree or diploma program within a certain time frame. A strong graduation rate typically highlights students' hard work, teachers' commitment to education, and multiple support systems. The majority of the public-school districts reported better graduation rates than the state of Minnesota.

High School Graduation Rates (Minnesota Department of Education)

	2019	2020	2021	2022
Minnesota	83.7%	83.8%	83.3%	83.6%
Cleveland	97.7%	97.8%	94.3%	95.6%
Le Sueur- Henderson	93.2%	93.4%	77.5%	90.2%
Tri-City United	93.8%	88.7%	89.8%	85.2%
Waterville-Elysian Morristown	93.3%	91.2%	95.8%	96.2%
Janesville	95.2%	96.1%	95.0%	90.3%
Waseca	86.8%	74.1%	80.1%	74.2%
New Richland- Heartland-Ellendale Geneva	91.2%	89.7%	84.4%	84.8%

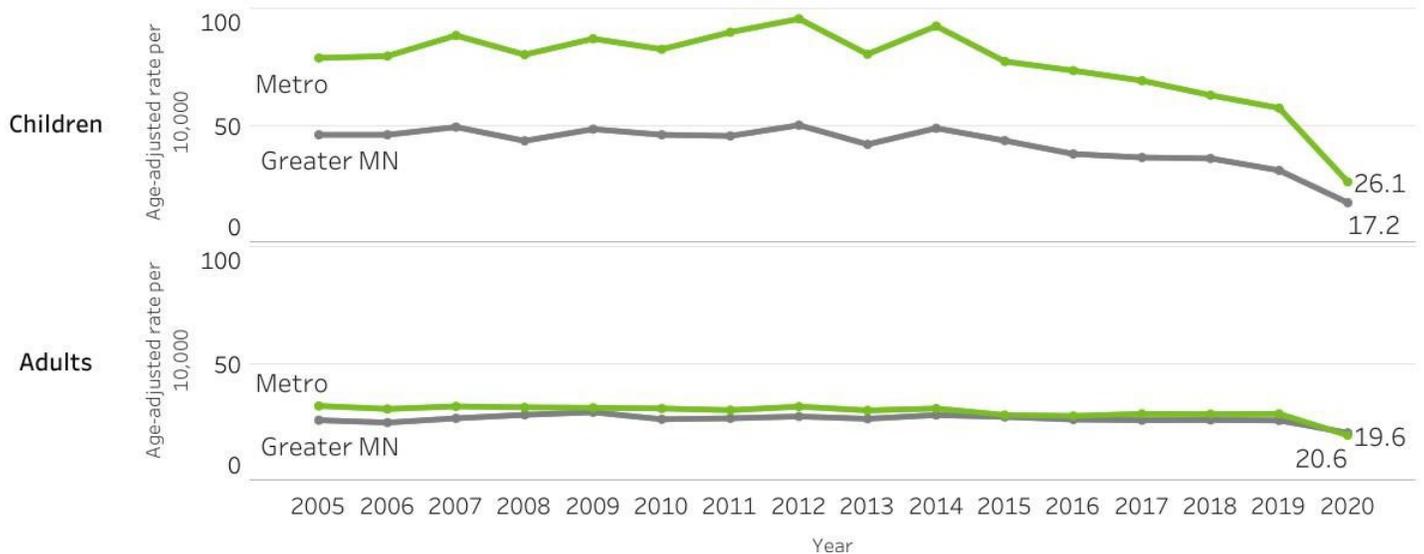
This table shows the graduation rates of the Public Schools in both Counties. Private schools did not have any data to show. The majority of schools' graduation rates have been dropping over the years. (Minnesota Department of Education)

Environmental Health

Environmental health involves the air we breathe, the water we drink, and the safety of risk factors pertinent to a healthy lifestyle. The environmental health services include inspections of food, beverage, lodging, well water programs, and individual sewage treatment systems in Le Sueur and Waseca County.

Asthma

Asthma is a chronic disease in which the bronchial airways in the lungs become narrowed and swollen, making it difficult to breathe. There are many contributing factors to asthma and the triggers vary from person to person. Some of the most common asthma triggers include air pollution, allergies, physical activity, stress, and other health conditions.



This graph shows the asthma hospitalization rates in children and adults in Minnesota. Le Sueur and Waseca County did not have enough reportable cases for data. Children under the age of 18 living in the 7-county Twin Cities metropolitan area have higher rates of asthma emergency department visits compared to those living outside this area in Greater Minnesota. This trend has been consistent over the years, with children under the age of 18 in the Metro area having nearly double the rate compared to those in Greater Minnesota (Top Graph). Since 2000, there has been a dramatic decrease in asthma hospitalization rates among children under the age of 18 in the 7-county Twin Cities metropolitan area. However, despite the decrease, the rates remain the highest in the state. Asthma hospitalization rates among children in Greater Minnesota began decreasing after 2007. Hospitalization rates for adults in the 7-county Twin Cities

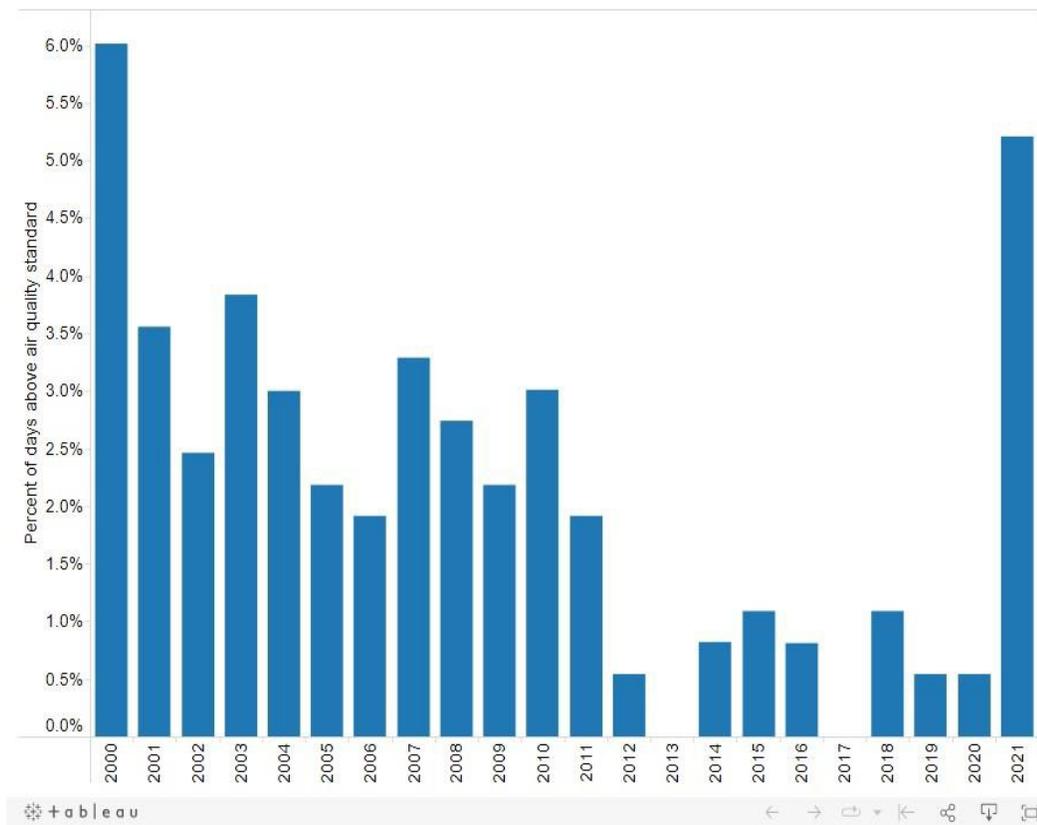
metropolitan area has also been decreasing since 2000 (Bottom Graph), while rates for adults in Greater Minnesota remained stable until 2020. (MN Data Access Portal)

Air Quality

Air quality is defined by the degree to which the air in a particular place is pollution-free. Air quality is monitored and recorded daily to indicate how clean or polluted the air is around you. Poor air quality can affect lung development and pose a risk of asthma, emphysema, and chronic pulmonary disease. Urban areas tended to be linked to higher levels of air pollution.

Days above fine particle standard

Roll over bars for more information



Source: Minnesota Pollution Control Agency 2001-2018/2019. Note: Years with no bars are years in which there were no days above the NAAQS 24-hour average standard of 35 µg/m³. Data are from MPCA PM_{2.5} monitoring locations only.

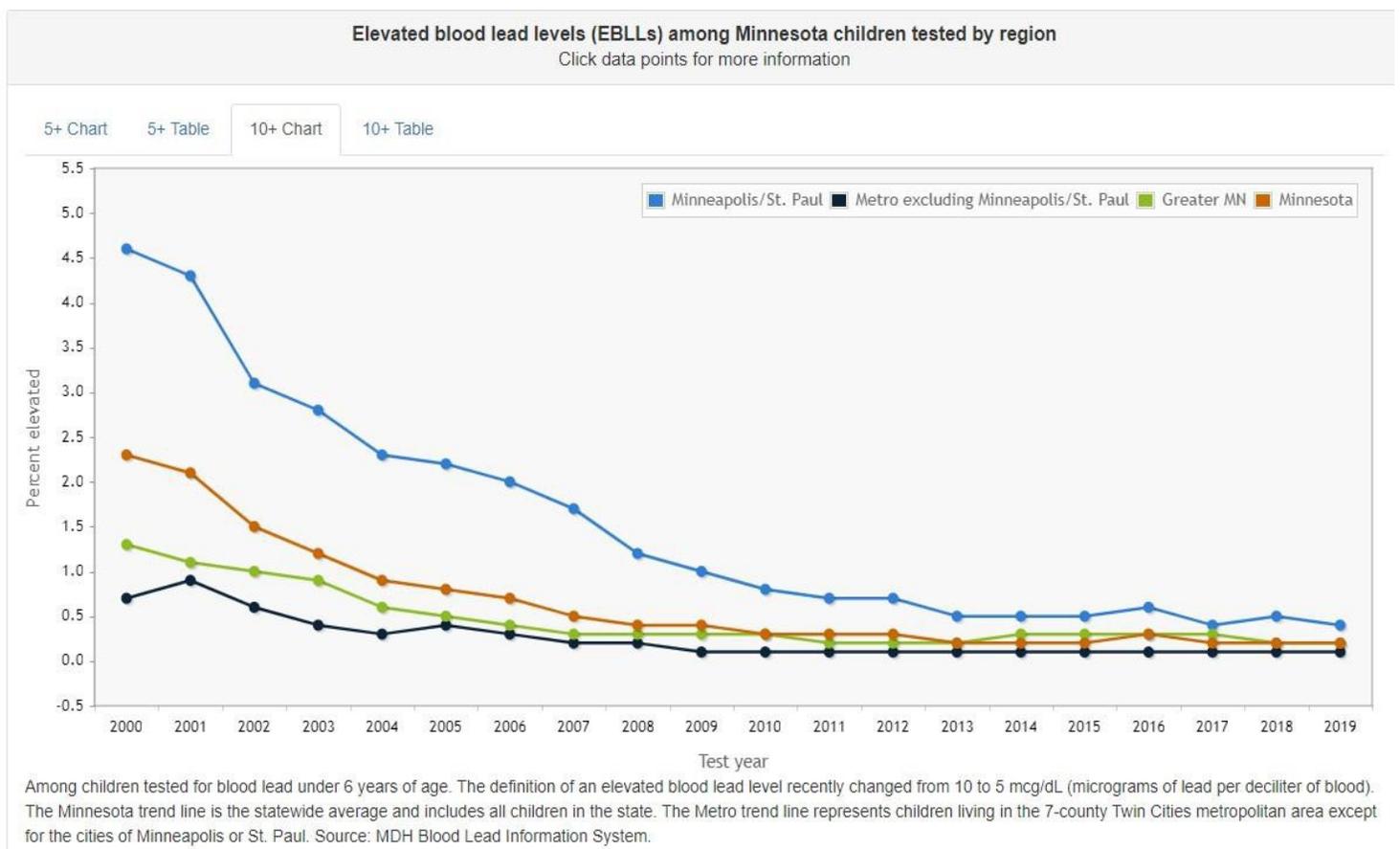
This graph shows the days of poor air quality. Although the days of poor air quality were decreasing, Minnesota (MN still is under the regulations for air quality concerns) with a Fine particle solution (PM 2.5) – 112.8, Le Sueur County Fine particle solution (PM 2.5) – 114.9, and Waseca County Fine particle solution (PM 2.5) – 125.5. The air quality indicators developed for this graph are based on measurements of ground-level ozone and fine particles (also known as PM_{2.5}) in outdoor air. High levels of ozone and PM_{2.5} are the primary cause of poor air quality episodes in much of the US,

including Minnesota. Children and adults who participate in heavy or extended physical activity, and people with respiratory and cardiovascular diseases are especially vulnerable to the harmful effects of air pollution (MN Data Access Portal)

Blood Lead Levels

The amount of lead in blood is referred to as blood lead level, which is measured in micrograms of lead per deciliter of blood (mcg/dL) The Centers for disease control recommends testing for lead in the blood, as there are no symptoms of blood lead exposure.

Children living in neighborhoods with higher rates of childhood poverty are more than 3.5 times as likely to have lead poisoning compared to children living in neighborhoods with lower-than-average poverty rates. (Minnesota Statewide Health Assessment)



This graph shows the blood lead levels of children in Minneapolis/St. Paul, Metro area, Greater MN, and Minnesota as a total. Overall, the blood level leads have been decreasing.

Children with Elevated blood lead levels in Waseca County (5+ mcg/dL) 1 (0.5) A total of 186 children were tested. The pre-housing 1950 is 33.8 %.

Children with Elevated blood lead levels in Le Sueur County (5+ mcg/dL) 2 (0.8%) A total of 266 children were tested. The pre-housing 1950 level is 26.6 %

It is important to protect children and young people from lead exposure. Elevated blood lead levels in young children are linked with adverse health effects, including learning problems, behavioral problems, and even death if exposures are very high. Children less than 6 years of age living in homes built before 1978 are most at risk for lead exposure. Younger children are at greater risk because their bodies absorb lead more easily and their brains are still developing. If you live in an older home or are concerned your child might be exposed to lead, talk to your doctor about testing your child's blood for lead. (Minnesota Data Access Portal)

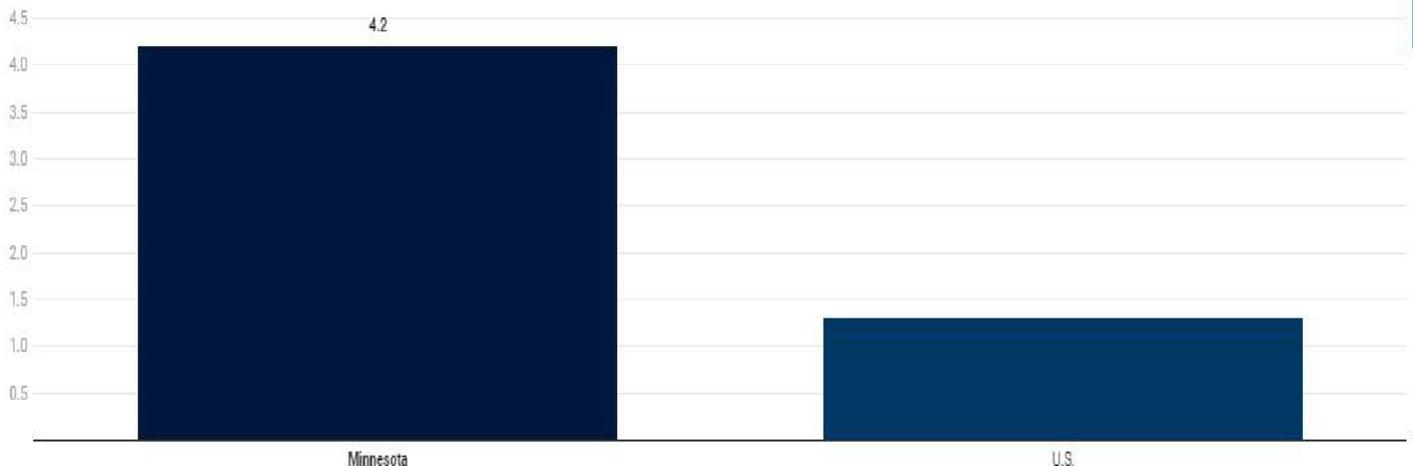
Radon

Radon is a colorless, odorless radioactive gas that naturally comes from the soil. Radon can enter any building—homes, offices, and schools—and result in a high indoor radon level. Radon gives off radioactive particles that, when breathed in, can damage the lining of the lungs causing lung cancer.

Comparing Minnesota and U.S. average radon levels

Measured in pCi/L

Roll over bars for more information



Source: MDH Indoor Air Unit 2010-2020. Average U.S. indoor radon level from EPA. [Get the data](#) [Download image](#) [Created with Datawrapper](#)

The average radon level in Minnesota (4.2 pCi/L) is more than three times higher than the average U.S. radon level (1.3 pCi/L). Radon is a serious public health issue in Minnesota because our soil has high levels of radon. In winter, home heating systems tend to draw in radon gas from the soil, increasing radon levels inside the home.

This graph shows the average radon levels in Minnesota compared to the United States. Minnesota is reporting significantly higher levels of radon compared to the United States. Le Sueur and Waseca County reported that over 40 % of households were over 4pCi/L. Between 2 and 4pCi/L is considered normal. Over 4pCi/L is when a radon mitigation system is recommended.

Radon is becoming a serious public health issue in Minnesota, where 2 in 5 homes tested have radon levels that are a major health risk. Minnesota has high radon levels due to its unique geology and cold climate. During the winter, home heating systems tend to draw in radon gas from the soil, increasing radon levels inside the home. Many Minnesotans also use basements as living spaces, which can increase radon exposure. (MN Data Access Portal)

Carbon Monoxide

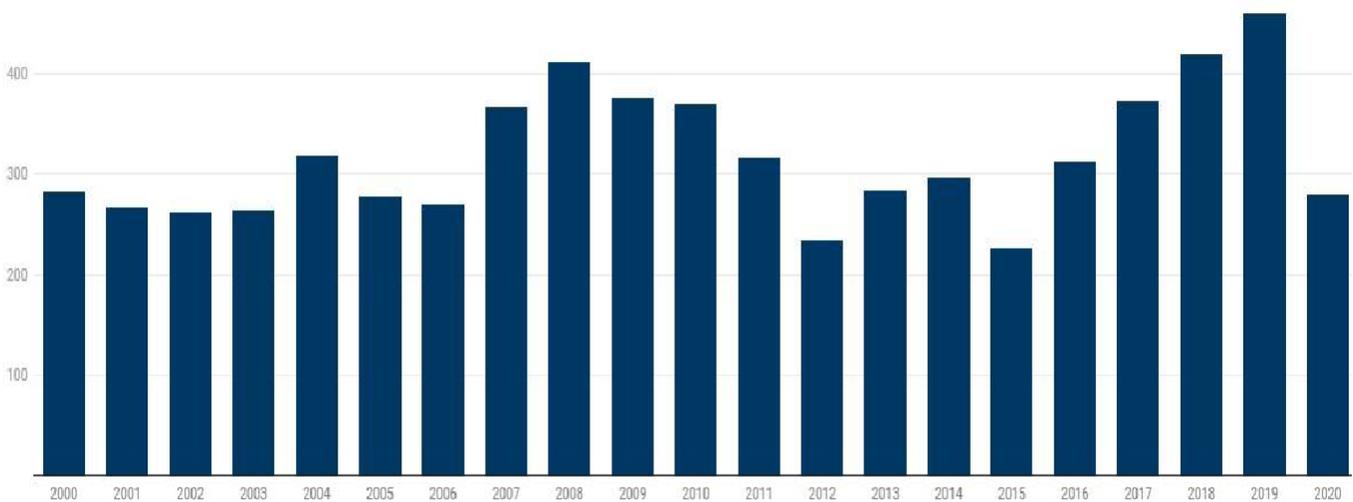
Carbon monoxide (CO) is an odorless, colorless gas that can cause sudden illness or death when inhaled. This is called CO poisoning. Recognize carbon monoxide poisoning symptoms, including headache, nausea, dizziness, vomiting, confusion, and tiredness.

Number of CO poisoning ED visits

Roll over bars for more information

Click on the buttons below to see more data

Rate Number



Source: Minnesota Hospital Association. The break indicates a change in International Classification of Disease (ICD) coding from ICD-9 to ICD-10 on October 1st, 2015. Rates from 2000-2014 should not be compared to rates from 2015 onward.

[Get the data](#) • [Download image](#) • Created with [Datawrapper](#)

Between 2007 and 2009, Minnesota began implementing a law requiring CO alarms in all single-family homes and multi-dwelling buildings.

This graph shows carbon monoxide emergency room visits in the state of Minnesota. Rates have been rising and falling over the years but have remained stable above 225 visits each year. There were not enough significant recorded cases to be shown for either Le Sueur or Waseca County.

Carbon monoxide is in fumes from cars, portable generators, heating systems, and similar things. Each year in Minnesota, especially in winter, unintentional CO Poisonings result in emergency department visits, hospitalizations, and even deaths. CO Poisonings are tragic and costly, and many poisonings can be prevented with the proper use and maintenance of CO alarms. (Minnesota Data Access Portal)

Health Care Access

Health care is an essential necessity to main a healthy lifestyle for each person. Healthcare costs have been on the rise throughout the years. Most Minnesota residents are receiving healthcare costs through employment. Minnesota has been averaging over \$3,000 a year for out-of-pocket spending each year. It ranks as one of the highest out-of-pocket spending states in the United States. These costs include premiums and medical expenses not covered by their medical plan, including copays for doctor and dentist visits, diagnostic tests, prescription medicine, glasses and contacts, and medical supplies. The United States average is \$1,725 a year. Minnesota is almost doubling the United States.

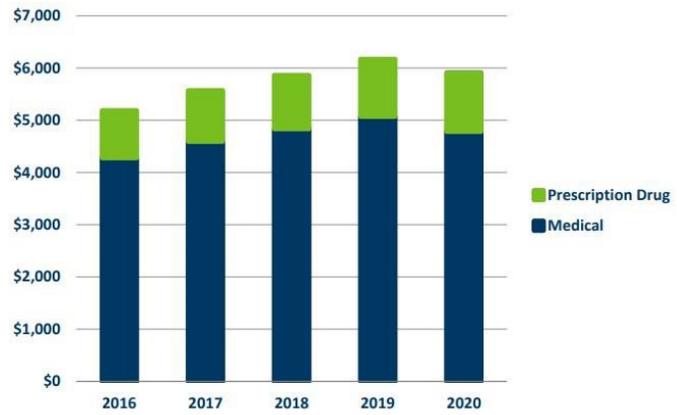
Costs

Found below are a few key graphs and tables that describe the current healthcare in Minnesota. (Minnesota All-Payer Claims)

Key Findings

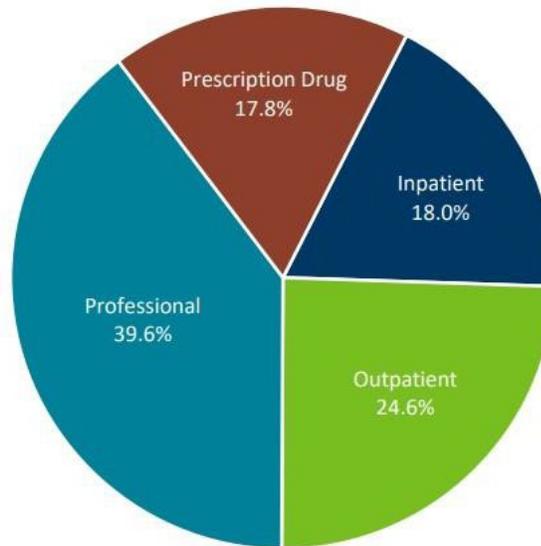
- Health care spending by privately insured Minnesotans grew by 19.0% from 2016 to 2019 and fell 4.2% from 2019 to 2020.
- Most spending growth was due to increasingly higher prices rather than increased use of health care.
- The spending decline from 2019 to 2020 was driven by a decrease in utilization of health care coinciding with the disruption to health care delivery caused by the COVID-19 pandemic. In contrast, health care prices rose each year from 2016 to 2020.
- Payments to doctors and other providers were the largest component of health care spending.

Figure 2: Per-Person Spending by Category 2016 to 2020



Source: Health Economics Program analysis of 2016 to 2020 data from the Minnesota All Payer Claims Database, July 2022

Figure 3: Components of Per-Person Health Care Spending (2016 to 2020, combined)



Source: Health Economics Program analysis of 2016 to 2020 data from the Minnesota All Payer Claims Database, July 2022

Health Insurance Coverage

Le Sueur and Waseca County residents reported nearly 94 % of them had health insurance in 2022. Nearly two-thirds of the residents reported having health insurance through their employer. One-quarter of the residents reported having Medicare and one-fifth of residents bought their health insurance. (Adult Community Health Survey)

Minnesotans Without Health Insurance by Race or Ethnicity

Race/Ethnicity	Percentage
Hispanic	21.6%
American Indian	13.0%
Black non-Hispanic	7.9%
Asian	5.2%
Multiple races/Other	3.6%
White non-Hispanic	2.9%

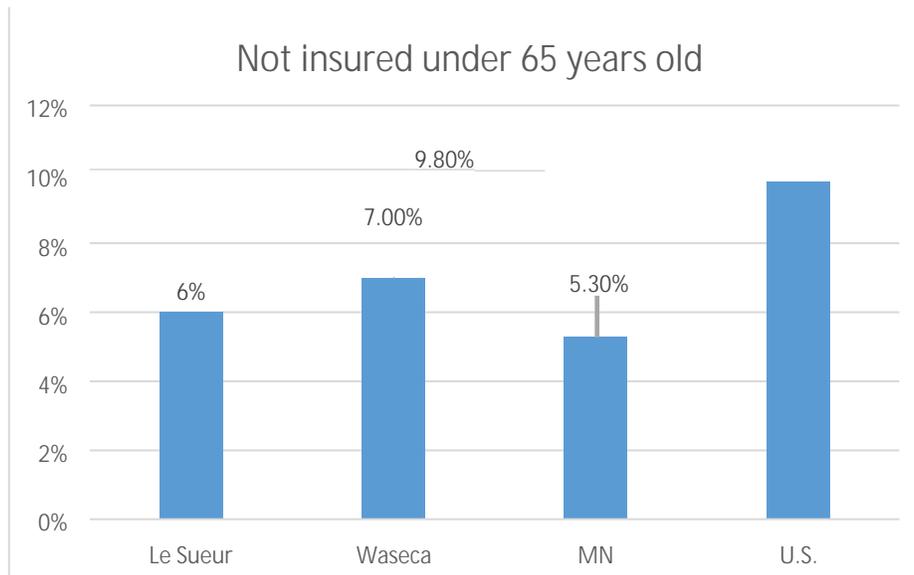
In 2021, 4.0% of people in Minnesota had no health insurance coverage. Among Minnesotans born outside the U.S were uninsured. (Minnesota Statewide Health Assessment)

Minnesotans that identified as Hispanic were the most likely to lack health insurance in 2021. The other categories were not significantly different from each other. (Minnesota Health Access Survey)

Minnesotans Without Health Insurance by Age

Age	Male	Female
0-5	4.3%	0.7%
6-17	4.3%	2.7%
18-25	9.7%	4.0%
26-34	7.0%	4.1%
35-54	6.9%	4.3%
55-64	3.3%	2.6%
65 plus	0.6%	0.5%

Historically, young Minnesotans between 26-34 years old are significantly more likely to be uninsured than the statewide average and this pattern has been consistent over time in the state. In 2021, young adults were not significantly less likely to have health insurance and were statically similar to the statewide average. (Minnesota Health Access Survey)



This graph shows the percentage of people who are not insured under the age of 65 years old. Le Sueur and Waseca Counties, as well as the state of Minnesota are all under the national average of 9.8%. (U.S Census)

Health Behaviors

Healthy eating, physical activity, mental health, and substance abuse were all key indicators in the last community health assessment. Health behaviors make up the largest proportion of the Social Determinants of Health Model. Although this area has been struggling in the last community health assessment, this area has the greatest room to grow as well. Mental health is a big area of change over the past few years. The youth are experiencing a big hit when it comes to suicide, depression, and harmful behaviors. Although physical activity, healthy eating, and substance abuse can all contribute to mental health.

Healthy Eating

Eating healthy means following a healthy eating pattern that includes a variety of nutritious foods and drinks. Access to nutritious foods is a major part of living a healthy lifestyle. Eating enough fruits and vegetables has been shown to increase the longevity of a person's life. Healthy eating is correlated to food insecurity due to those not having access to nutritious and safe foods. Those who cannot attain access and resources to affordable nutritious food tend to lean towards affordable processed foods that are not nutrient dense.

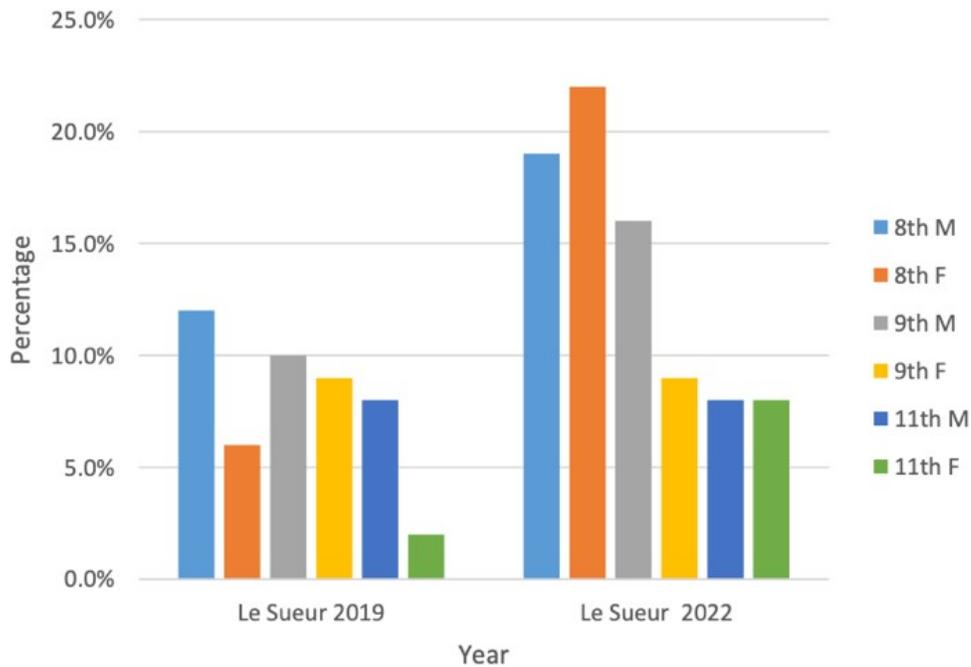
Number of food shelf visits in Minnesota among seniors and children, 2017-2022



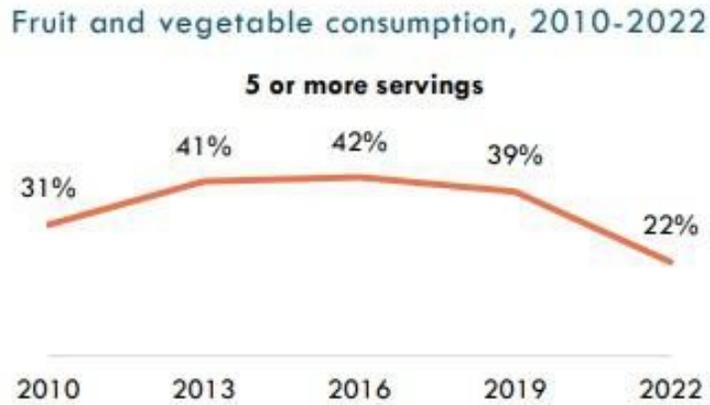
Source: Hunger Solutions, 2023

The graph above shows that Minnesota's visits to food shelves have increased since 2017. Compared to seniors, children had more visits to the food shelf. Almost twice as much and both children and seniors are increasing the number of food visits (Hunger Solutions, 2023).

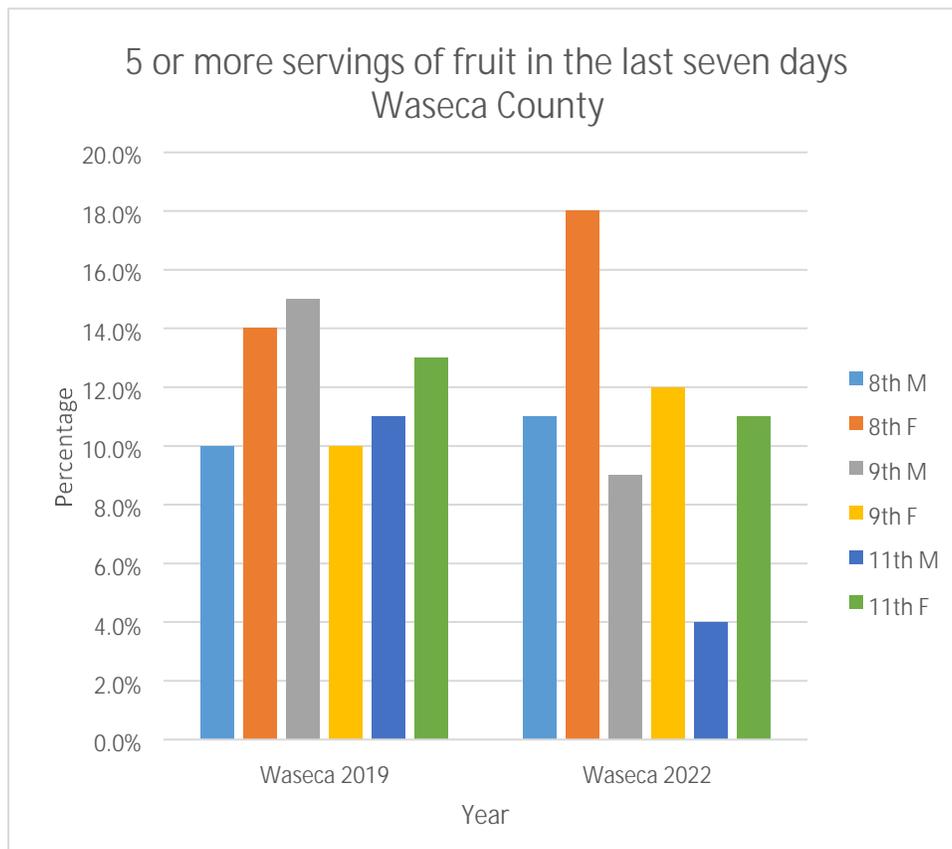
5 or more servings of fruit in the last seven days Le Sueur County



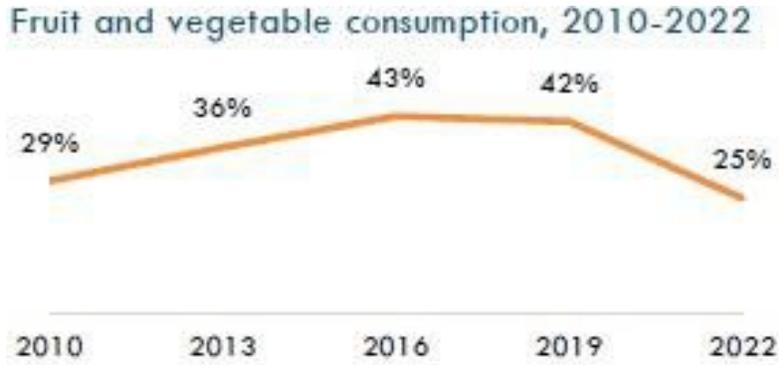
This graph shows the number of students who ate 5 or more servings of fruit in the last seven days. As students get older, less likely they are to eat fruit. No data was available for 2016. (Minnesota Student Survey) Eight percent of students nationally wide did not eat fruit (YRBS)



This graph shows the percentage of adults who ate 5 or more servings of fruit and vegetables in Le Sueur County. Although the adults reported eating more fruits and vegetables than the students, fruit and vegetable consumption is on a downward spiral since 2016. (Adult Community Health Survey)

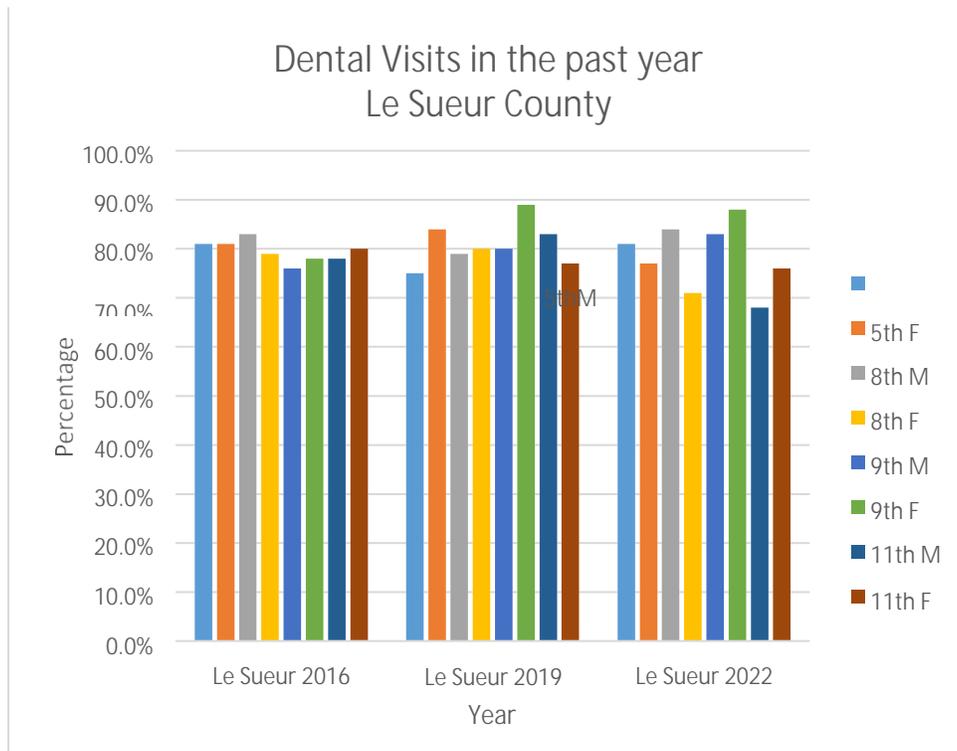


Similar to Le Sueur County, as students get older, the less likely they are to eat fruit. No data was available for 2016. (Minnesota Student Survey)

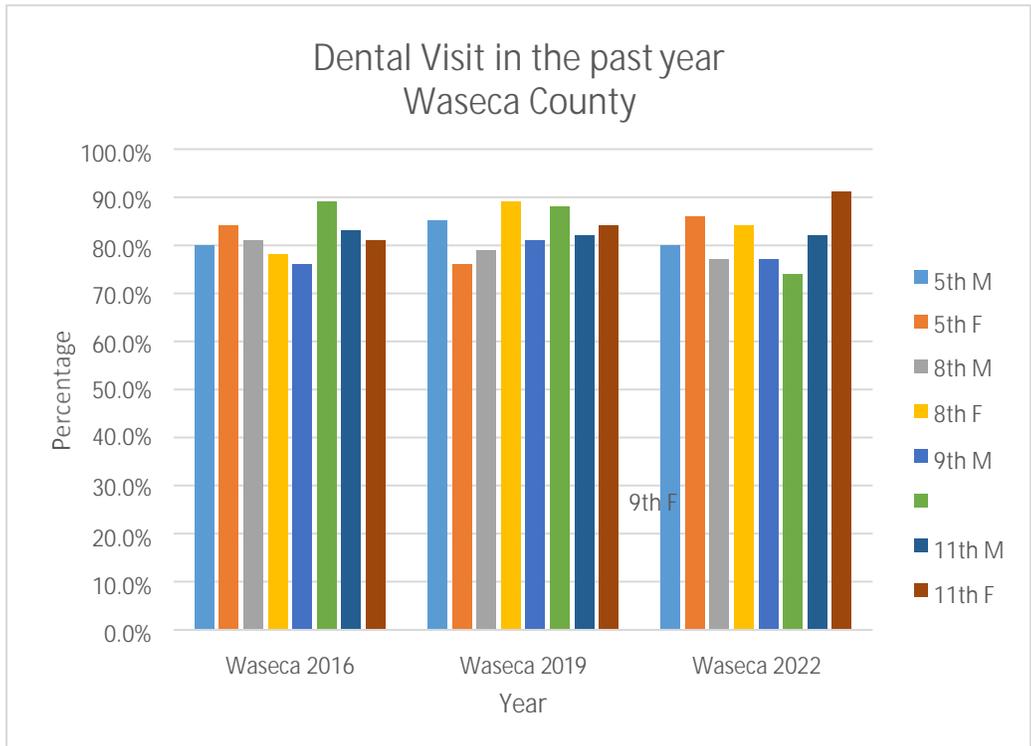


This graph shows the percentage of adults who ate 5 or more servings of fruit and vegetables in Waseca County. Similar to Le Sueur County, adults are consuming less fruits and vegetables. (Adult Community Health Survey)

Dental Visits



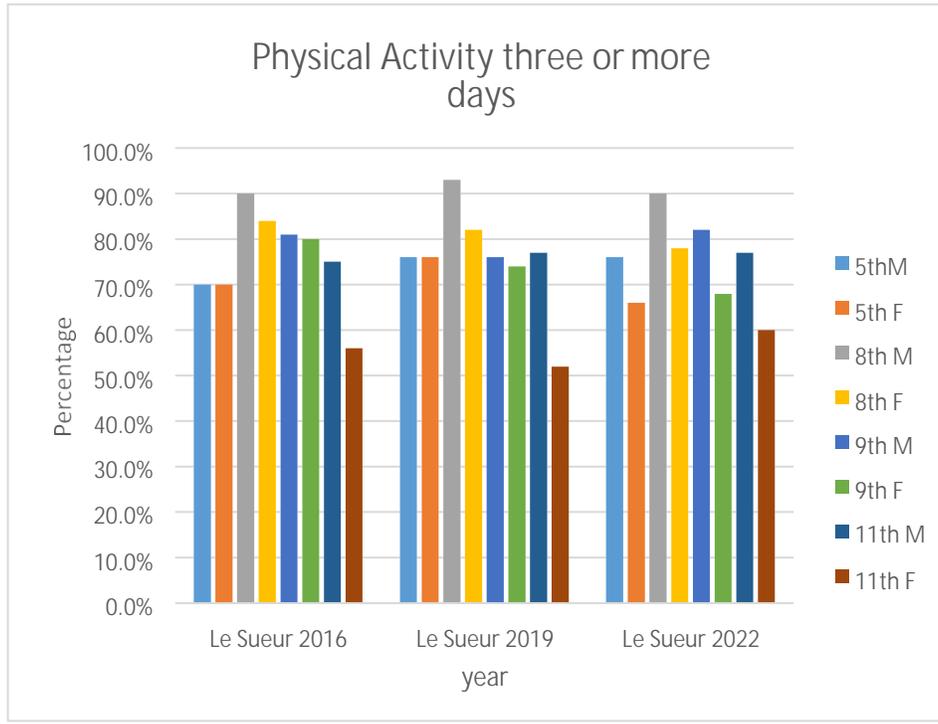
This graph shows the percentage of students who received dental visits in Le Sueur County. The 2022 data had a slight decrease in dental visits but was pretty similar to Waseca’s County data. Similar to students, the adults reported that 80% of them went to the dentist.



The 2022 data was had a slight decrease in dental visits but pretty similar to Waseca’s County data. The adult community health survey found that 81% of adults reported going to the dentist. (Minnesota Student Survey)

Physical Activity

For substantial health benefits, adults should do at least 150 minutes a week of moderate-intensity, or 75 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity.



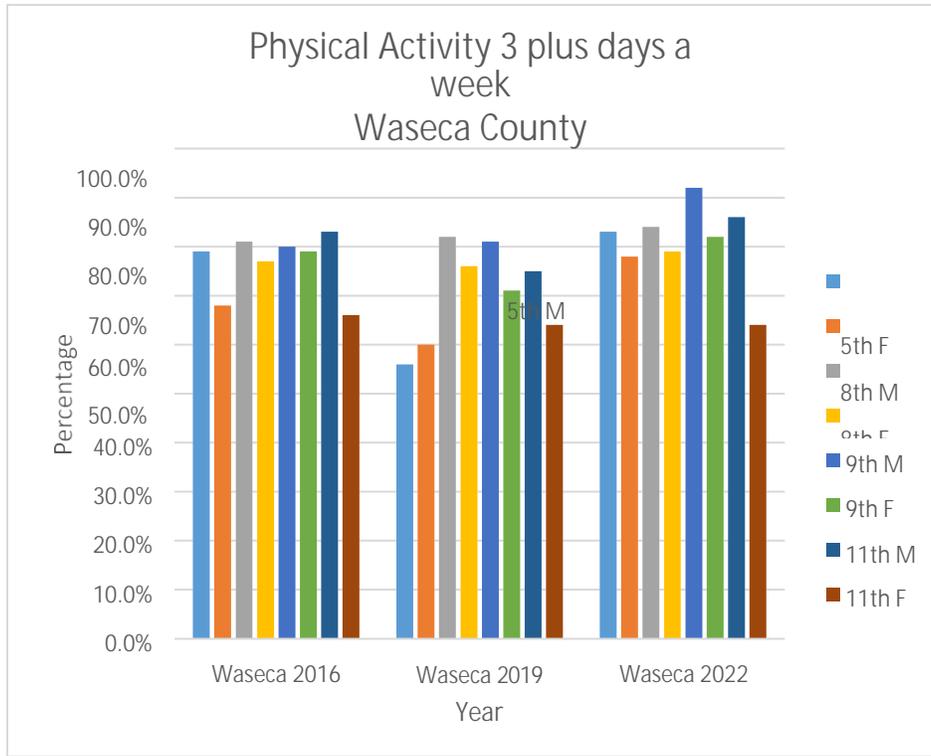
This graph shows the amount of physical activity students were participating in. A total of 60 minutes counted for one day of physical activity. Nearly 3 out of 4 students were physically active 3 days a week. 11th-grade females were the least active out of all the students across all years. (Minnesota Student Survey)



Note. There are no data for vigorous physical activity in 2013.

This graph shows the amount of physical activity adults participated in for Le Sueur County. The Centers for Disease Control recommends 30 or more minutes of moderate physical activity per day five or more days per week or 20 or more minutes of vigorous physical activity per day four or more days per week for adults. In 2022, 39% of respondents reported getting the recommended amount of moderate physical activity, which is a substantial increase since 2019.

Thirty-six percent of respondents participated in vigorous physical activity for four or more days per week. (Adult Community Health Survey)



This graph shows the percentage of students who are active 3 to 7 days a week for 60 minutes. Overall, 11th-grade females are near the bottom. Three days a week is recommended amount of physical activity. The results were similar to Le Sueur County's, which is found above. (Minnesota Student Survey)



Note. There are no data for vigorous physical activity in 2013.

This graph shows the amount of physical activity in Waseca County adults. In 2022, thirty-three percent of respondents reported getting the recommended amount of moderate physical activity, which is an increase over recent years. Forty-four percent of respondents participated in vigorous physical activity for three or more days per week. (Adult Community Health Survey).

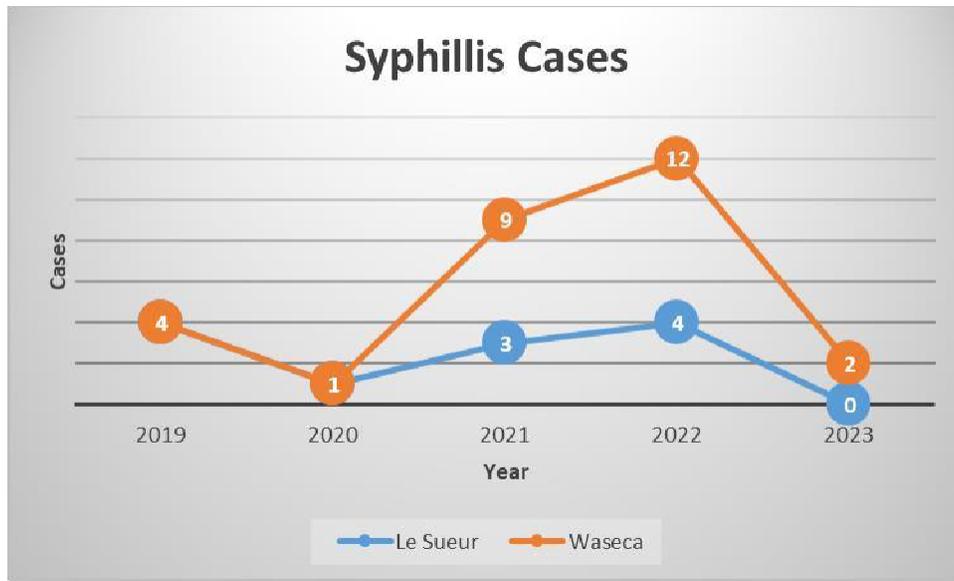
Infectious Disease

Despite the COVID-19 pandemic, STDs remained at near-historic high levels. There were 33,706 STD cases reported in 2021 compared to 33,245 cases in 2020, a 1% increase for the State of Minnesota.

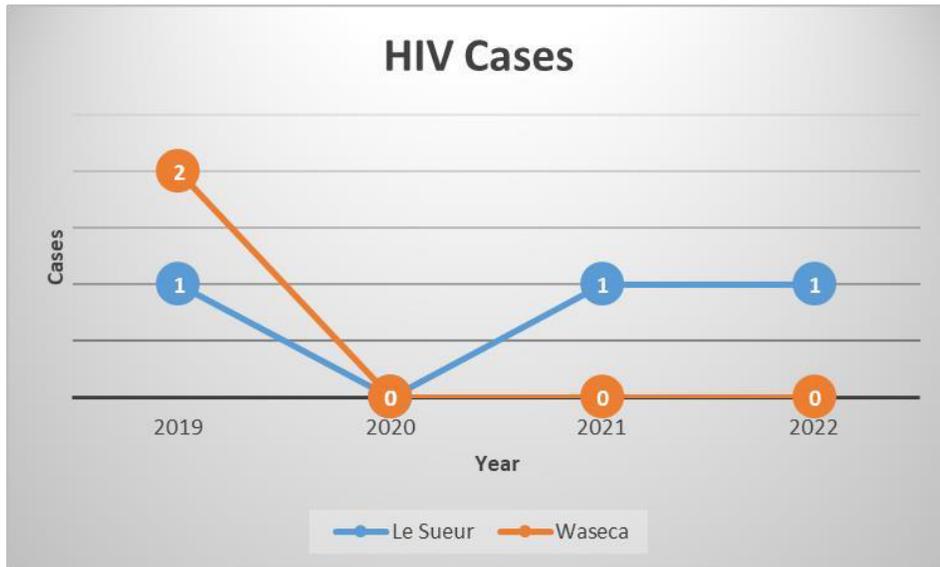
Chlamydia remained the number one reported STD in the state with 22,578 cases reported, a 3% increase from 21,942 cases in 2020. Majority of the cases (53%) occurred in teens and young adults, ages 15 to 24. One out of every three cases occurred in Greater Minnesota, with at least two cases reported in every county.

Gonorrhea remained the second most reported STD in Minnesota with 9,671 cases reported in 2021, a 5% decrease from 2020. 37% of all gonorrhea cases occurred among 15 to 24-year-olds. Almost three-quarters (73%) of the cases occurred in the seven-county Twin Cities metropolitan area.

Syphilis cases increased by (33%) with 1,457 cases in 2021 compared to 1,093 in 2020. New infections continued to be centered within the Twin Cities metropolitan area and among males, particularly among men who have sex with men. However, the presence of syphilis among females, especially those who are pregnant or of child-bearing age, continues to be a concern. Primary and secondary syphilis cases increased by (35%) with 564 cases in 2021. 15 cases of congenital syphilis in infants were reported in 2021. This is a 114% increase from 2020, when seven congenital syphilis cases were reported. (Minnesota Department of Health)



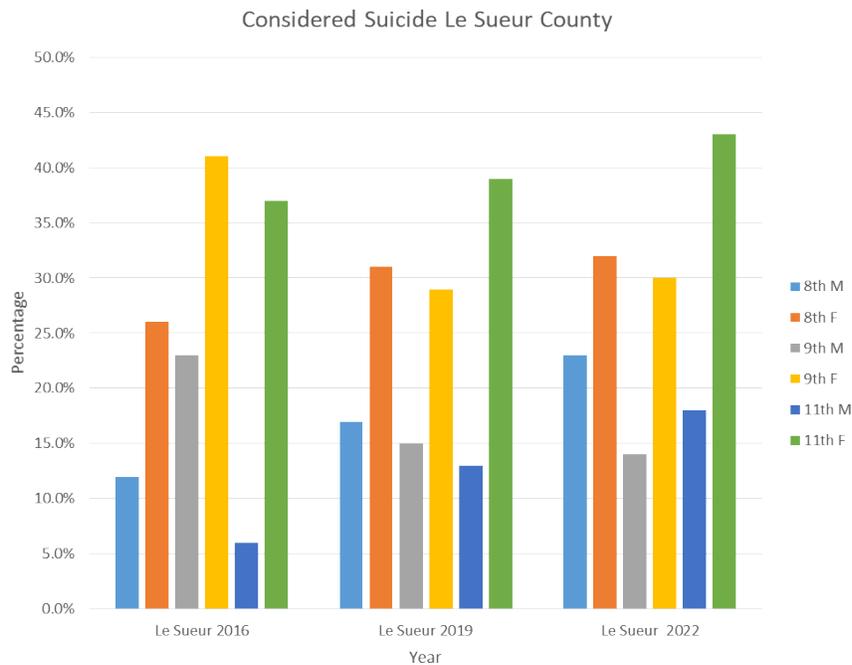
This graph shows the syphilis cases in Le Sueur and Waseca. The number of cases reported is increasing in both counties. Currently, there are 2 syphilis cases in Waseca County in 2023. (Minnesota Department of Health)



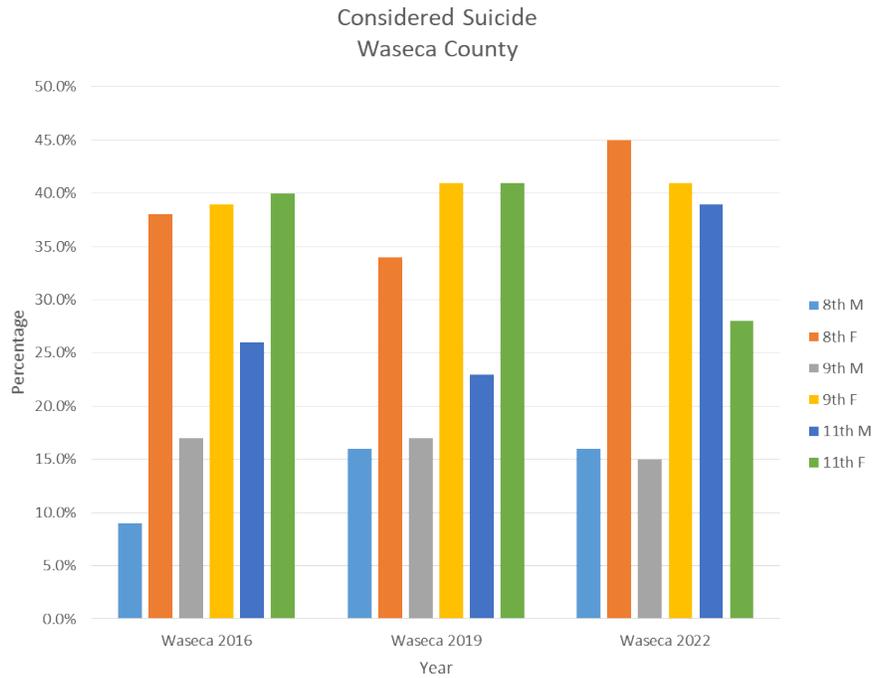
This graph shows the number of HIV cases in Le Sueur and Waseca County. The cases are low in both Le Sueur and Waseca Counties. (Minnesota Department of Health)

Mental Health

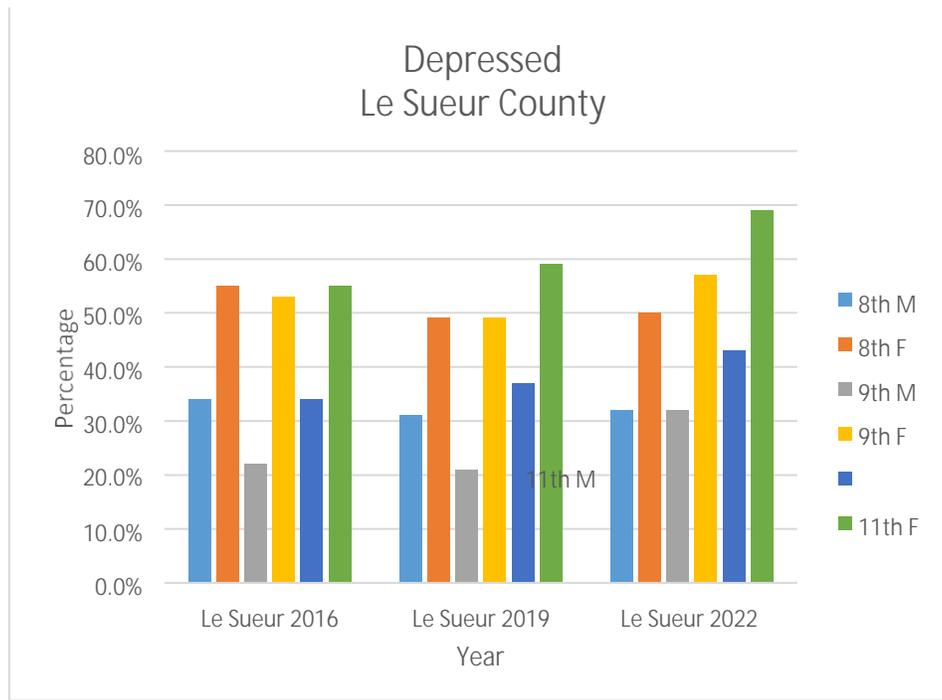
Mental Health has been a topic of interest over the last several years. According to the Center for Rural Health Policy and Development, there is one licensed mental health provider for every 741 residents in the most rural areas of Minnesota. Mental health is not a disease but a daily occurrence that should be thought of and measured every day. Mental health can affect one's ability to engage in healthy behaviors. Mental health resources and diagnoses are increasing throughout the nation and state. Overall, females in the youth population show higher concerns compared to males.



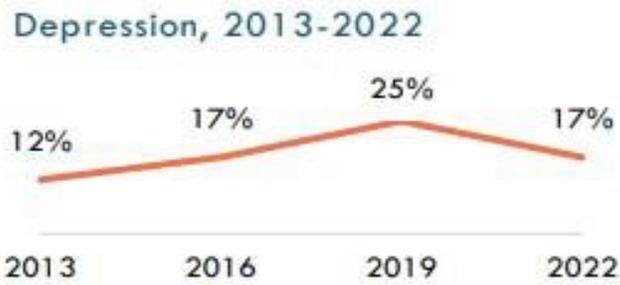
This graph shows the number of students who CONSIDERED suicide. Thoughts of suicide were more common among females rather than males. 1 in 4 female students considered suicide. (Minnesota Student Survey)



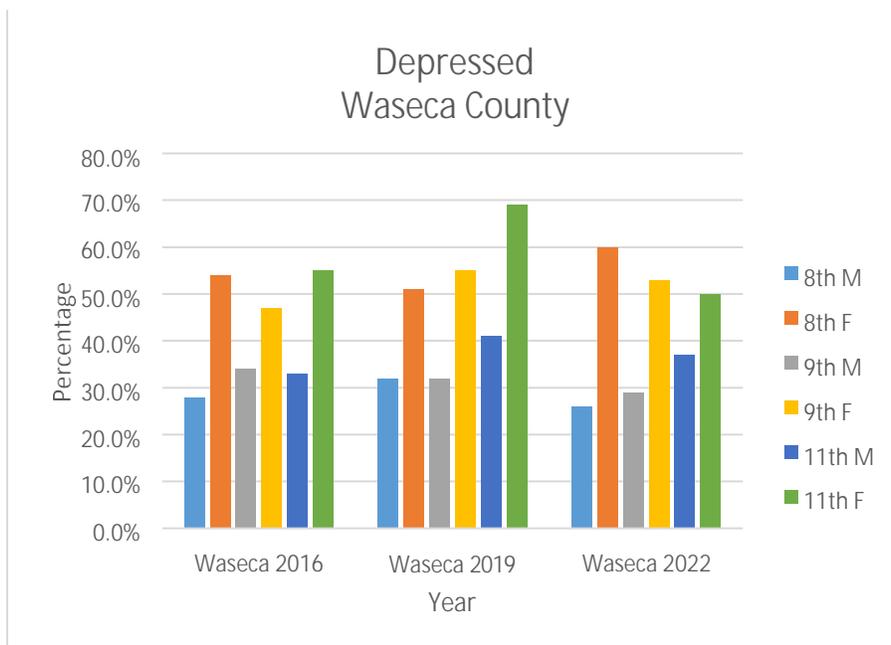
This graph shows the number of students who CONSIDERED suicide in Waseca County. Females were significantly higher across all three years and nearly twice the number of males. Similar to Waseca’s County data. Roughly 1 in 4 female students have thoughts of suicide. (Minnesota Student Survey)



This graph shows the number of students who were depressed. Females across all ages reported being depressed more. Over 50% of female students reported depression and nearly 25% of males reported depression. (Minnesota Student Survey)



This graph shows the percentage of adults who reported being depressed in Le Sueur County. Adults were much lower than the students in the county. (See Above). (Adult Community Health Survey)



This graph shows the number of students who reported being depressed. Females reported higher amounts of feeling depressed than males. Over half of the females reported this behavior. The results are similar to Le Sueur County which are found above. (Minnesota Student Survey)

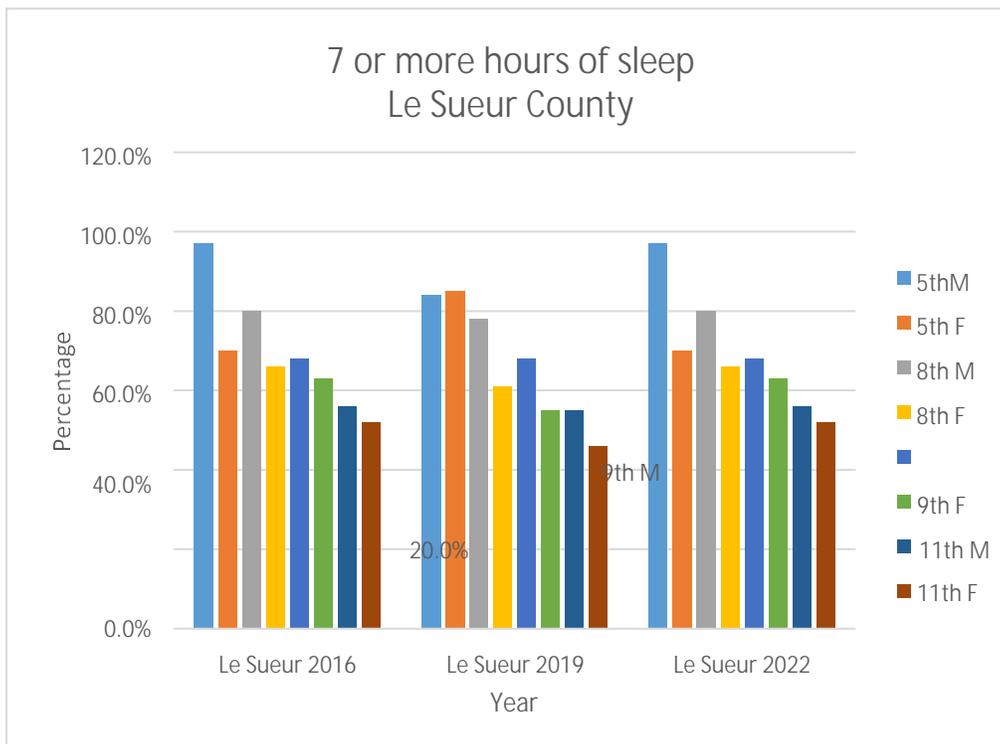
Depression, 2013-2022



This graph shows the percentage of adults who reported being depressed in Waseca County. Adults were much lower than the students in Waseca County. (Adult Community Health Survey)

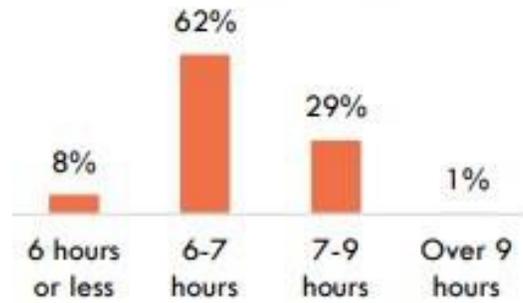
Sleep

Sleep is an important health indicator that can help maintain a healthy lifestyle. Sleep can help aid in recovery, relaxation, lower stress, and improve focus. A consistent sleep schedule has been helpful in predicting and maintaining great mental health.



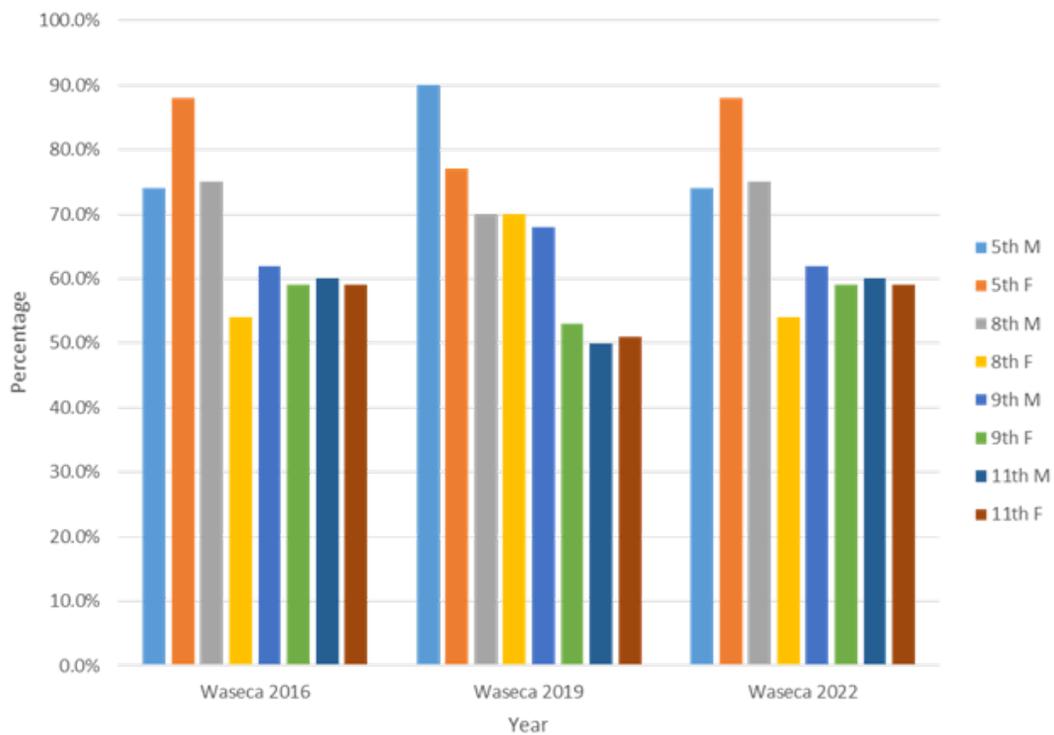
This graph shows the hours of sleep Le Sueur County students are receiving. Females in 11th grade received the worst amount of sleep. This trend was consistent across all years. Another trend is that as students gets older, the less sleep they are receiving. (Minnesota Student Survey)

Hours of sleep per night



This graph shows the number of hours of sleep a night from an adult in Le Sueur County. According to the Centers for Disease Control, 7 hours is the recommended amount. Nearly one third of the population gets the recommended hours of sleep a night in Le Sueur County. (Adult Community Health Survey)

7 or more hours of sleep Waseca County



As students get older, the less sleep students are getting. This trend is consistent throughout the years and comparable to Le Sueur County. (See Above) (Minnesota Student Survey)



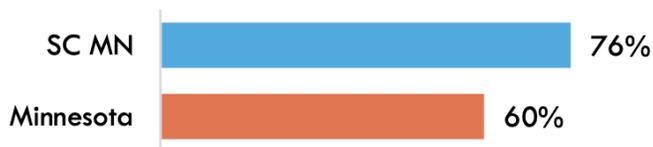
This graph shows the hours of sleep adults get in Waseca County. According to the Centers for Disease Control, 7 hours is the recommended amount. Nearly half of the adults reported getting 7 hours of sleep in Waseca County. (Adult Community Health Survey)

Substance Abuse

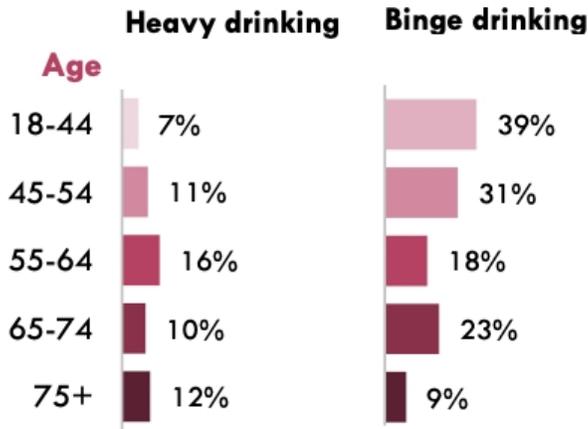
Substance abuse is referred to as any abuse of drugs or alcohol. This includes prescription drugs, tobacco, alcohol, and illicit drugs. Rates have been impacted significantly during the past few years.

Binge drinking is described as consuming 5 drinks or more for a man and 4 drinks or more for women. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), binge drinking is a pattern of drinking alcohol which brings blood alcohol concentration to 0.08 grams of alcohol per deciliter or higher.

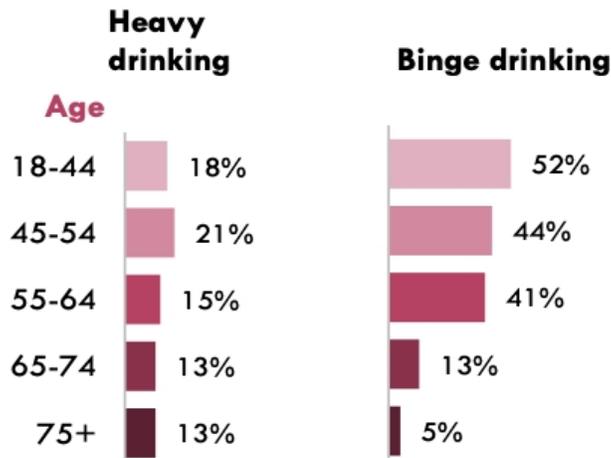
Drinking in the past month by location



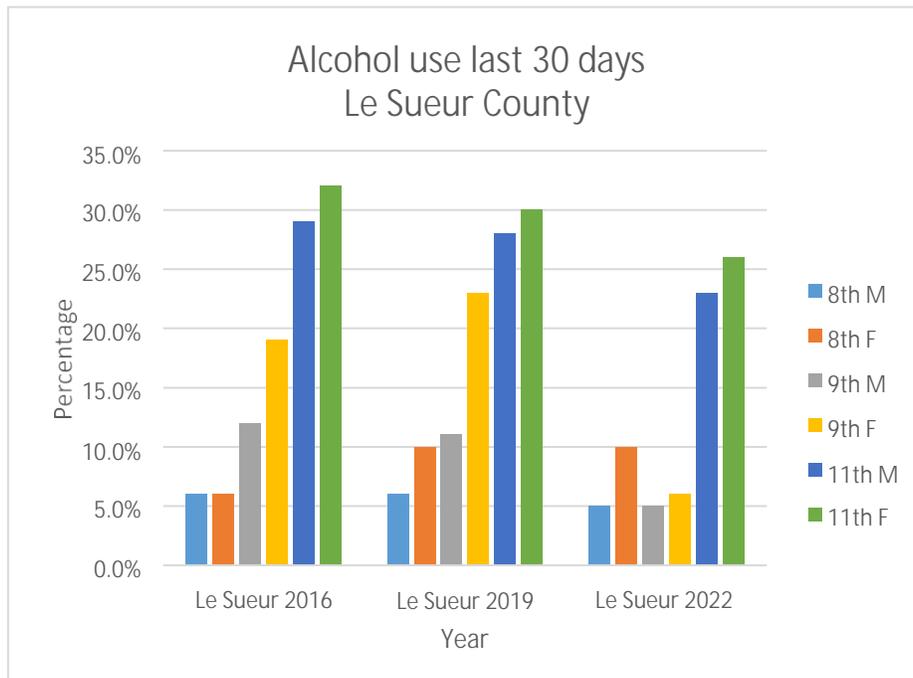
The graph above is from the South-Central Minnesota Community Health Survey for the Five-County Region and the 2021 Behavioral Risk Factor Surveillance System (BRFSS). This graph shows that in the past 30 days, 76% of respondents consumed at least one alcoholic beverage, whereas the 2021 BRFSS data is at 60%.



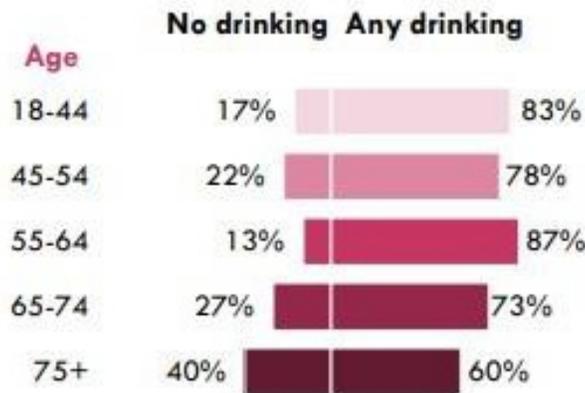
The graph above shows the percentage of respondents in Waseca on heavy drinking and binge drinking in 2022. Younger respondents in the age range of 18-44 had the highest percentage of binge drinking at 39%. (South Central Minnesota Community Health Survey for Waseca County).



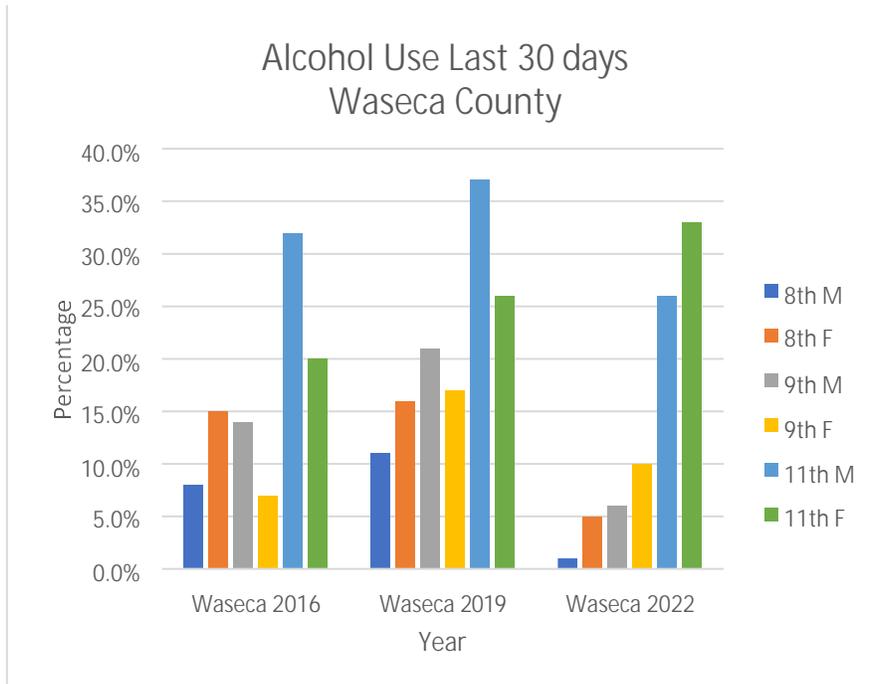
The graph above shows the percentage of respondents in Le Sueur on heavy drinking and binge drinking in 2022. Majority of the respondents binge drink over heavy drinking. Younger respondents in the age range of 18-44 had the highest percentage of binge drinking at 52%. (South Central Minnesota Community Health Survey for Waseca County).



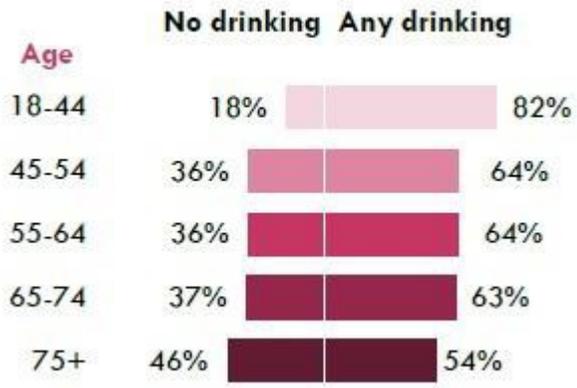
This graph shows the percentage of students who drank alcohol. Similar to Waseca County, a slight decrease in alcohol use over the years, and 11th graders were most likely to drink alcohol. (Minnesota Student Survey) The national average for alcohol consumption among youth was 25 % (YRBS).



This graph shows the percentage of adults in Le Sueur County who drank alcohol in the past 30 days. Majority of people consume alcohol. (Adult Community Health Survey)

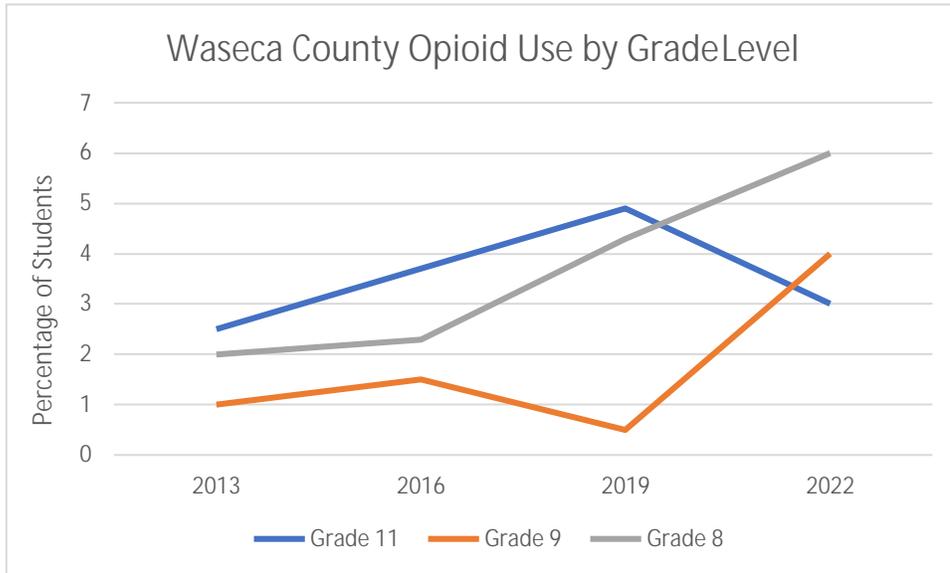


This graph shows the percentage of students who drank alcohol in the past 30 days in Waseca County. As students get older, the more likely they are to drink alcohol. Between 9th and 11th grade seemed to be the biggest jump in drinking alcohol. (Minnesota Student Survey)

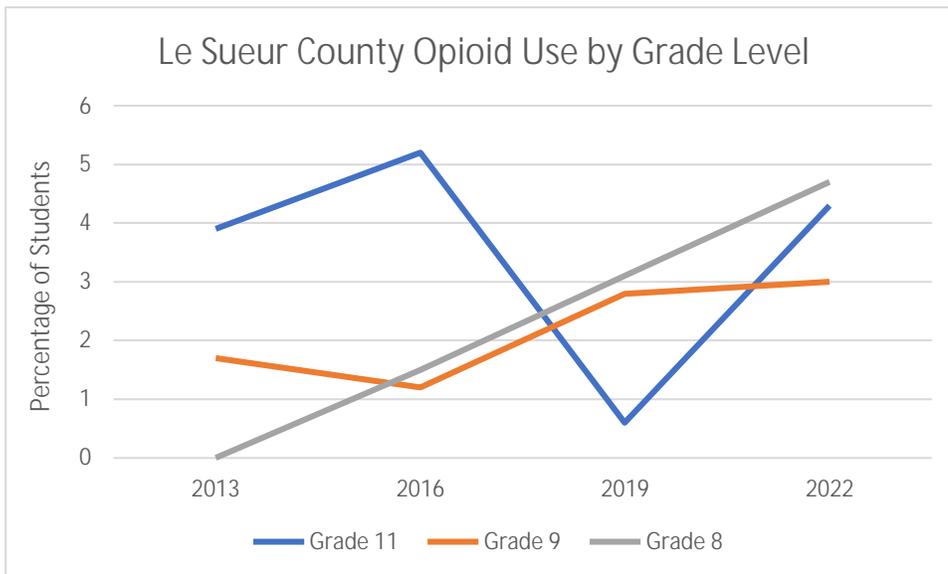


This graph shows the percentage of adults who drank alcohol in the past 30 days. Similar to Le Sueur County, most people drank alcohol regardless of age group. (Adult Community Health Survey)

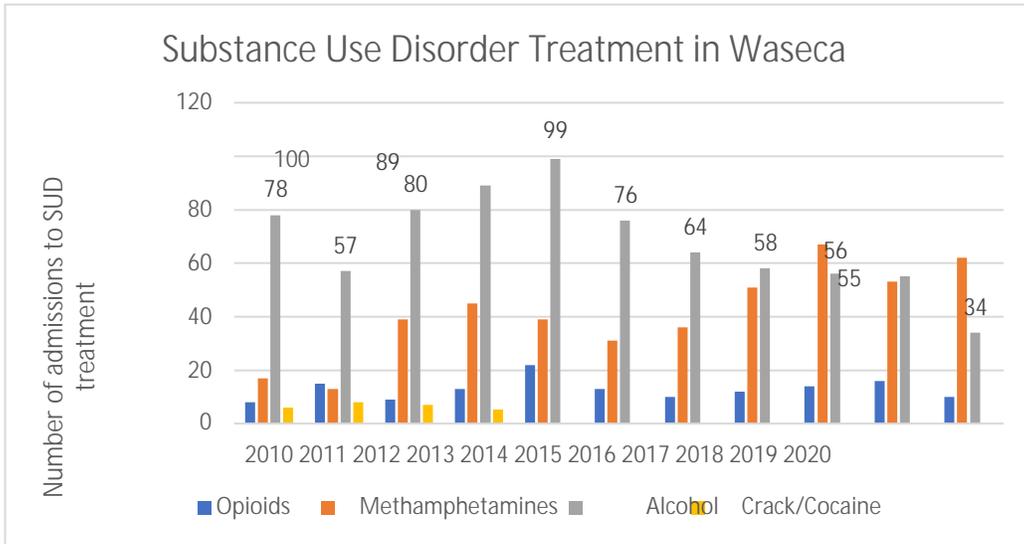
According to the 2023 Minnesota Statewide Health Assessment, the percentage of 8th and 9th graders in Minnesota who reported to misusing pain medication increased from 2019-2022.



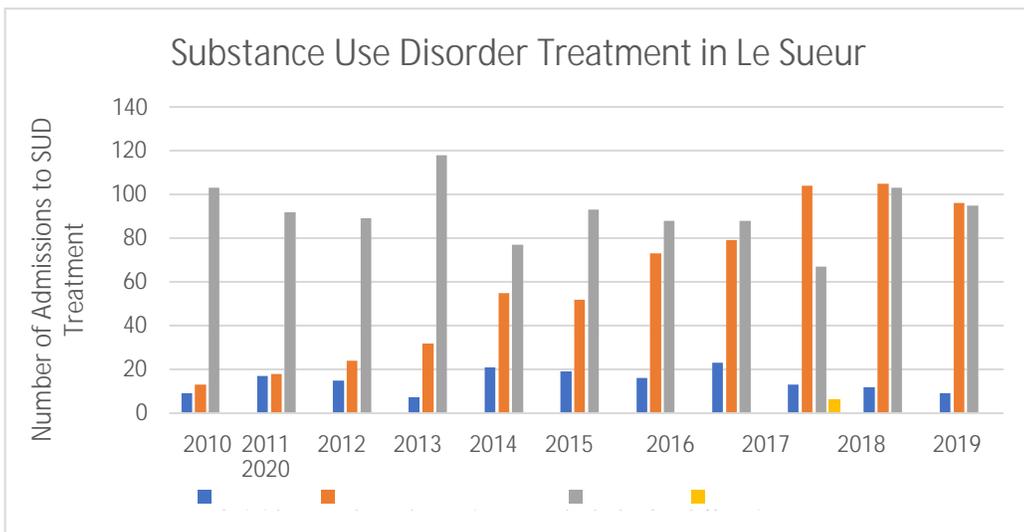
This graph shows the percentage of opioid use and misuse of students in Waseca from 2013-2022. Overall, students in 8th grade had a consistent increase and the highest use of opioids in 2022. (Minnesota Student Survey)



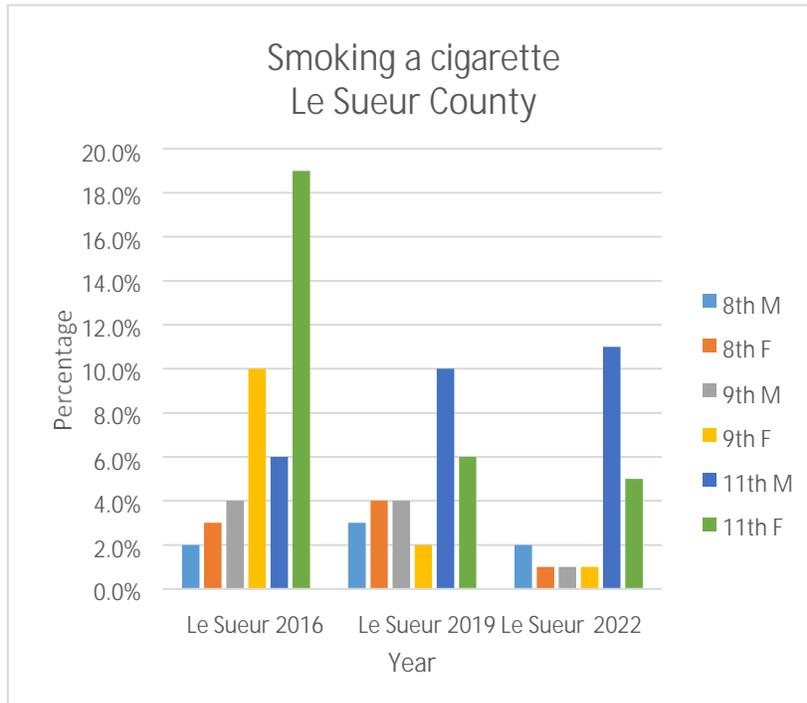
This graph shows the percentage of students that used prescription medication without a prescription from 2013-2022. Overall, students in 8th grade had a consistent increase and the highest use of opioids in 2022. (Minnesota Student Survey).



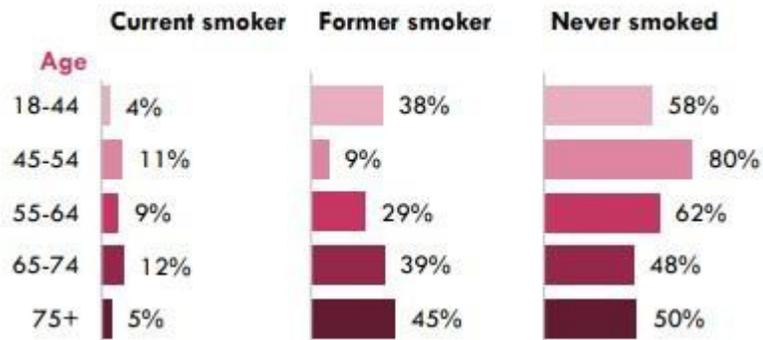
This graph shows the number of people who were admitted to substance use disorder treatment in Waseca from 2010-2020. In 2020, majority of people in Waseca were admitted due to methamphetamine followed by alcohol. (Substance Use in Minnesota SUMN.org).



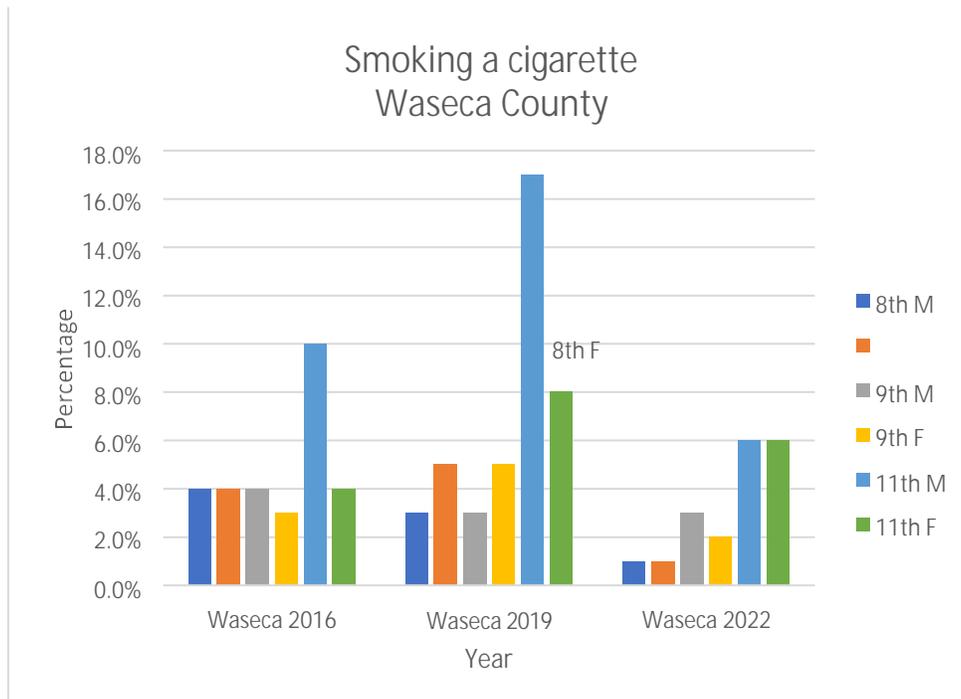
This graph shows the number of people who were admitted to substance use disorder treatment in Le Sueur from 2010-2020. In 2020, majority of people in Waseca were admitted due to methamphetamine followed closely by alcohol. (Substance Use in Minnesota SUMN.org).



This graph shows the percentage of students who smoked a cigarette in Le Sueur County. 11th graders participated in the most amount of smoking. Although rates have decreased over the years, COVID may have had an impact on the percentages. (Minnesota Student Survey) Four percent of high school students smoke cigarettes (YRBS)



This graph shows the percentage of adults who smoke, were former smokers, or never smoked in Le Sueur County. Smoking rates have decreased in younger adults and is most commonly practiced in older adults. (Adult Community Health Survey)



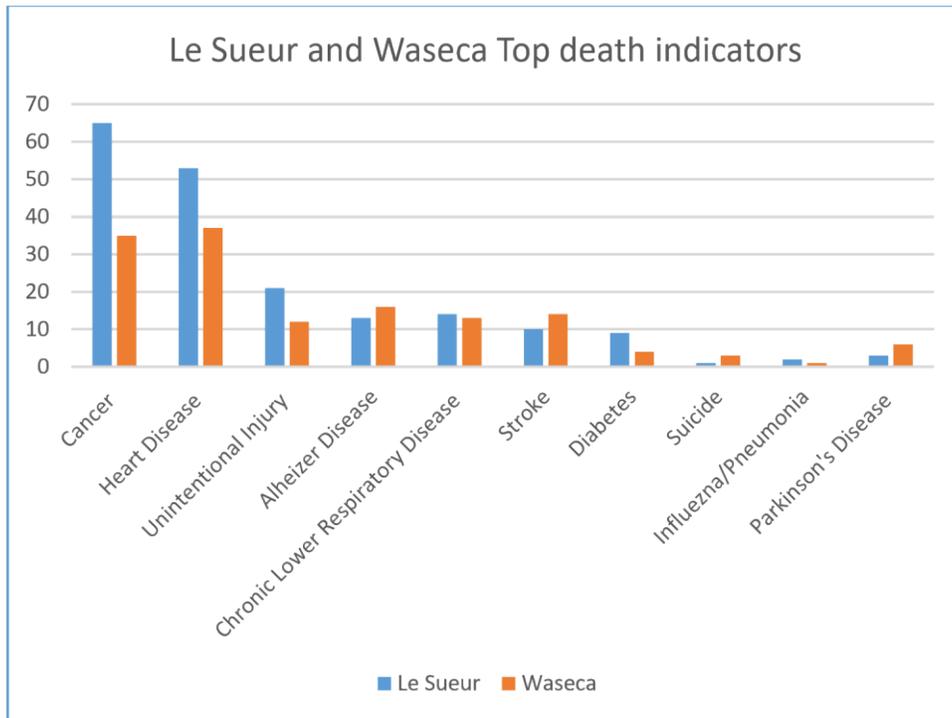
This graph shows the percentage of students who reported smoking a cigarette in Waseca County. Rates have declined but COVID may have had an impact on the percentages. (Minnesota Student Survey)

Mortality and Chronic Conditions

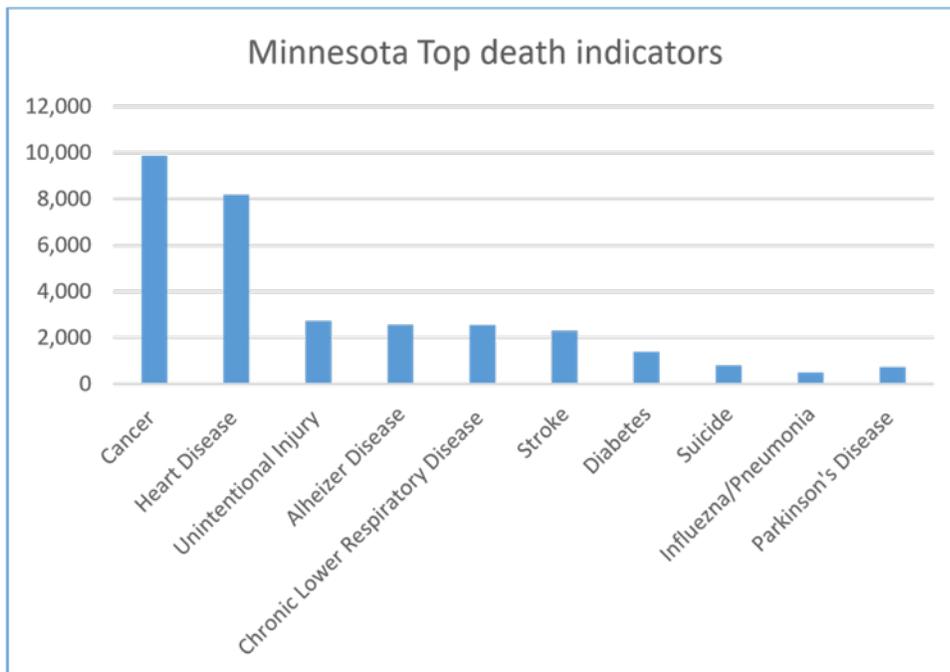
Le Sueur and Waseca County are rural counties. Despite being rural, the death indicators do not differ much at all compared to the State of Minnesota. Cancer and heart disease are still the most common causes of death. The third leading cause of death is unintentional injuries. Unintentional injuries are avoidable. It is Public Health's health role to protect, promote, and enhance the health of the community. Implementing programs and providing education on the awareness and prevention of health risks is a goal of public health.

Deaths

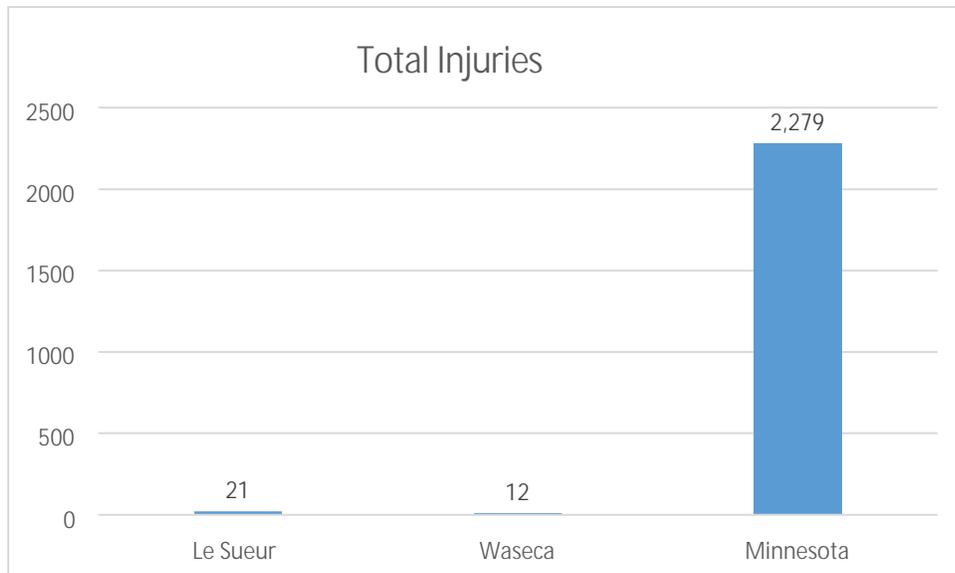
Deaths are separate from injuries and not to be mistaken for each other. Keeping track of deaths allows for programs and projects to be implemented within counties to help prevent avoidable risk factors.



This graph shows the top death indicators in Le Sueur and Waseca County. This data is similar to the state of Minnesota. Cancer and heart disease are the top death indicators as they are nearly double the third death indicator unintentional injury. (2020 County Tables)



This graph shows the top death indicators in the state of Minnesota. Cancer and Heart Disease are the two most prevalent causes of death. (2020 County Tables)



This graph shows the total amount of injuries in 2020. (2020 County Tables)

Unintentional Injuries

The Minnesota injury data system includes data on injuries that occurred in Minnesota where a person visited an emergency department or was hospitalized. An injury is typically something that causes harm or damage to the body that can be unintentional or intentional (assault, homicide, suicide)

	2016	2017	2018	2019
Fall	1,173	1,206	1,225	1,154
Struck By/Against	443	465	419	348
Cut/Pierce	547	350	323	306
Motor Vehicle	260	319	322	328
Overexertion	148	140	225	194
Bites/stings/nonvenomous	48	208	175	189

This table shows the emergency department visits for Le Sueur and Waseca Combined throughout the years. Falls are the number one unintentional injury in counties and states. Nearly times as much compared to the category of struck by/against. (County tables 2020)

Natality

Natality is referred to as the number of births to the size of the population. Providing data on the number of births allows the county to help calculate whether the population is increasing, decreasing, or staying the same. Overall, natality is one of the biggest influences on a population.

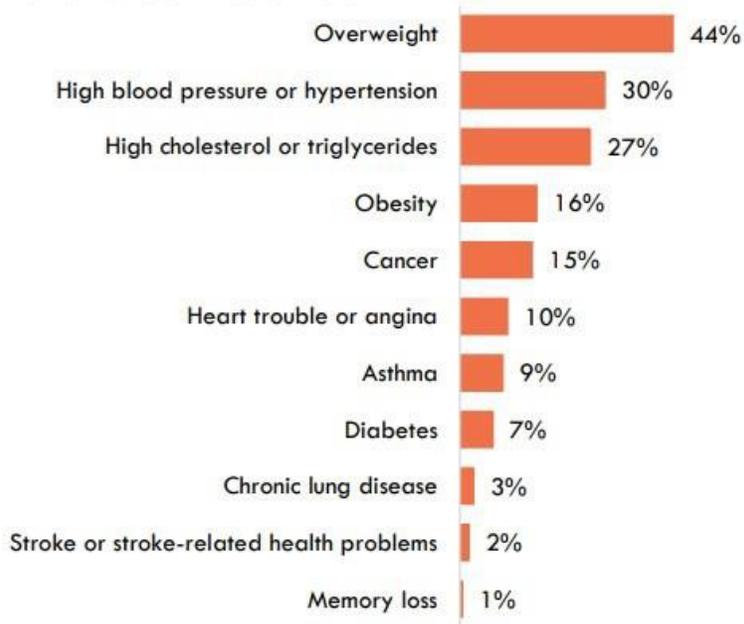
	Le Sueur	Waseca	Minnesota
Number of Births	288	189	66,022
Fertility Rate	57.3%	51.4%	61%
Birth Rate	10%	10.1%	11.7%
Number of Deaths	263	188	45,449
Death Rate	9.1%	10.1%	8.1%
The natural rate of increase	0.9%	0.1%	3.6%

This table collected data from the 2019 County tables. To show the Natality factors across both Le Sueur and Waseca County, as well as the state of Minnesota. Most of the categories were similar in percentages. (County Tables 2020)

Chronic Health conditions

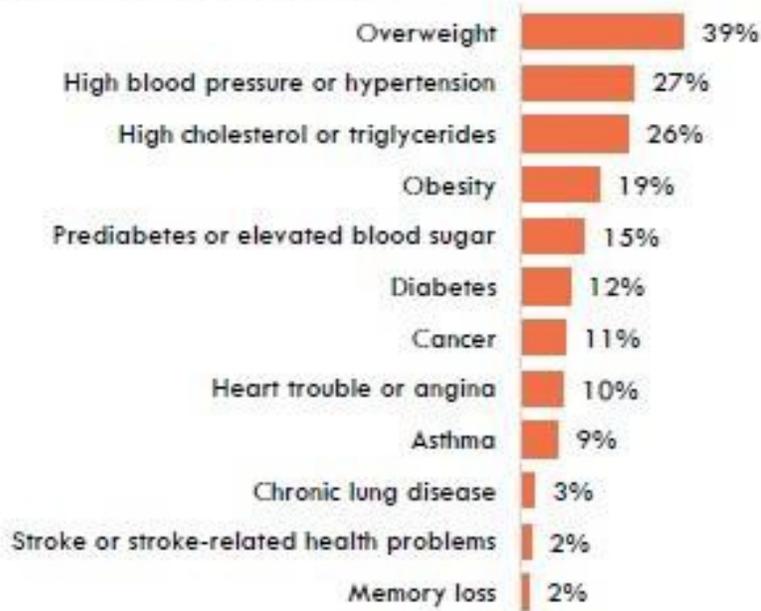
Chronic conditions are classified as conditions that occur over long periods of time. Unhealthy habits may not show right away, but over time health concerns can occur. Chronic conditions data can show great detail of preventable behavior. This allows local health departments to help spread the proper messaging about harmful habits that can impact not only the person demonstrating this behavior but also the people surrounded by the user of these habits.

Chronic health conditions



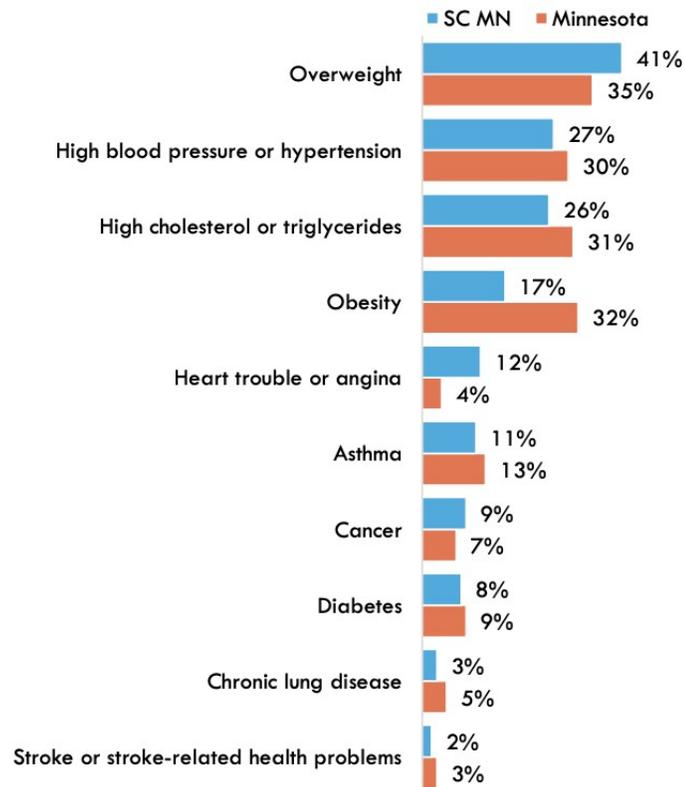
This graph shows Le Sueur’s County Chronic Health conditions. Overall, most of the chronic health conditions are related to the 10 death indicators. Heart disease, diabetes, and stroke were a few common similarities between the death indicators and the chronic health conditions. (Adult Community Health Survey)

Chronic health conditions



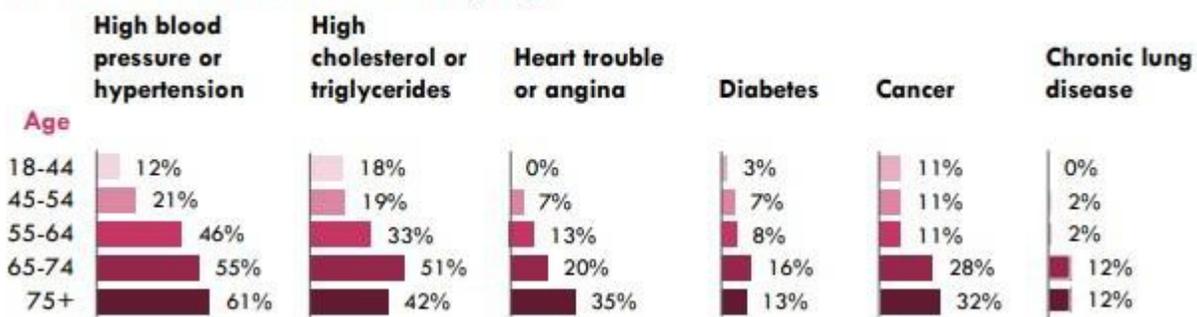
This graph shows Waseca’s County chronic health conditions. The chronic conditions were similar to Le Sueur County. (See Above) (Adult Community Health Survey)

Chronic health conditions



The graph above shows that the most common chronic health conditions are overweight, high blood pressure, and high cholesterol. SC MN residents were more likely to indicate being overweight compared to high blood pressure, high cholesterol, and obesity. (South-Central Minnesota Community Health Survey for the Five-County Region)

Various chronic health conditions by age



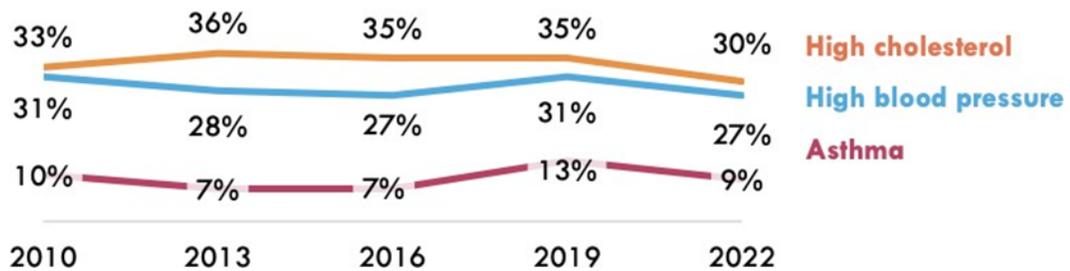
This graph shows various chronic conditions in Le Sueur County. Overall, chronic conditions increase as age increases. A higher percentage of older respondents (age 65 and older) reported high blood pressure, high cholesterol and triglycerides, heart trouble or angina, diabetes, cancer, and chronic lung disease, compared with respondents aged 18-44. (Adult Community Health Survey)

High blood pressure, high cholesterol, and diabetes, 2010-2022



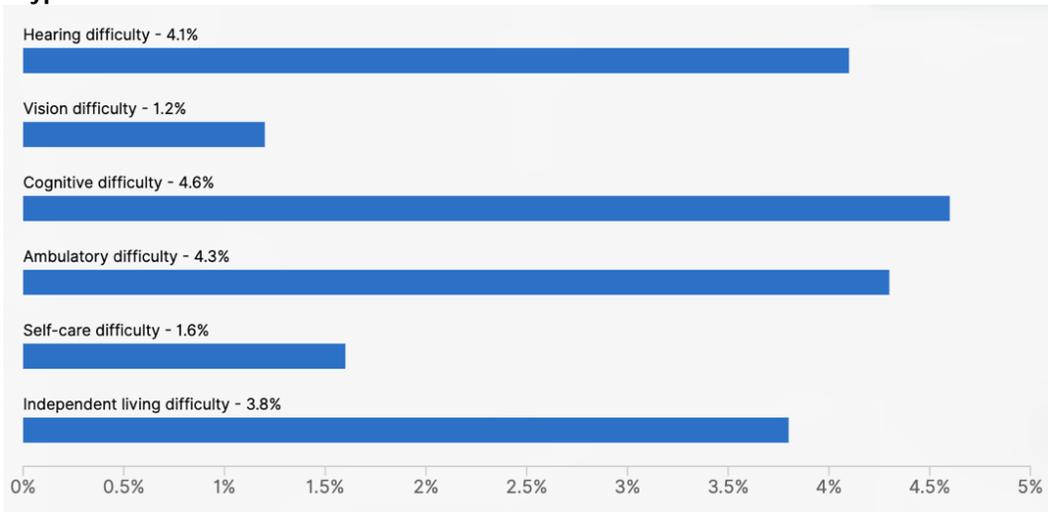
The graph above shows that respondents in Waseca County who reported to having high blood pressure, high cholesterol, and diabetes remained constant from 2010 to 2022. (South Central Minnesota Community Health Survey for Waseca County)

High cholesterol, high blood pressure, and asthma, 2010-2022



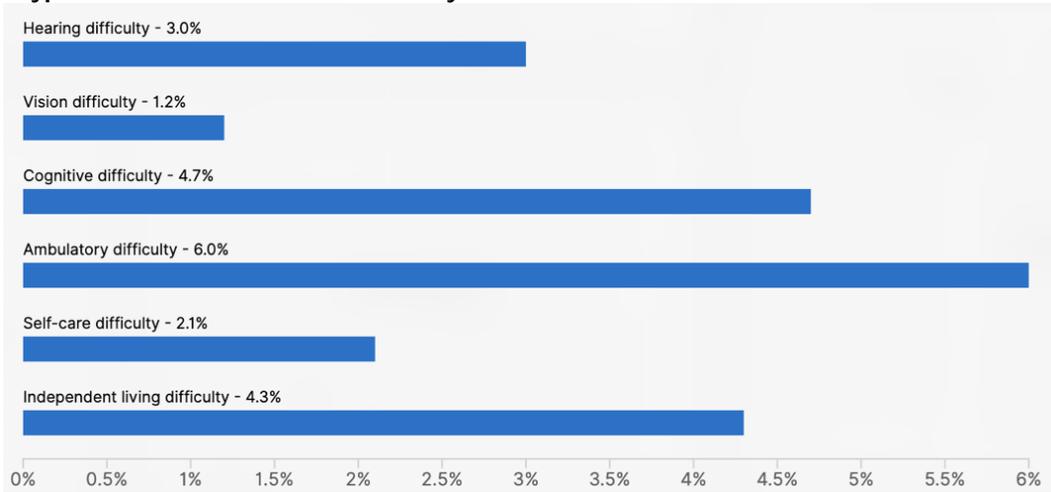
The graph above shows that respondents in Le Sueur County who reported to having high cholesterol, high blood pressure, and asthma remained constant from 2010 to 2022. (South Central Minnesota Community Health Survey for Waseca County)

Types of Disabilities in Le Sueur



The graph above shows that in 2020, 11% of Le Sueur County are living with a disability. The top three highest disabilities would be cognitive (4,6%), ambulatory (4.3%), and hearing (4.1) (US Census 2020)

Types of Disabilities in Waseca County



The graph above shows that there are about 11.6% of people with disabilities in Waseca County. The types of disability include ambulatory difficulty 6.0%, cognitive difficulty 4.7%, independent living difficulty 4.3%, hearing difficulty 3.0%, self-care difficulty 2.1%, and vision difficulty 1.2%. (US Census 2020)

Violence, Child Abuse, and Neglect

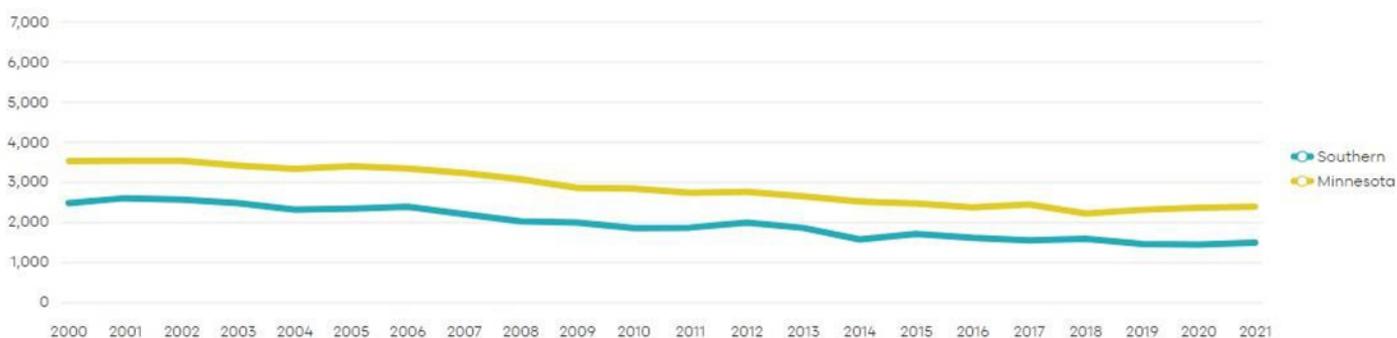
The neighborhoods people live in have a big impact on a person's health and well-being. The physical environment was another component of the Social Determinants of Health Model. Reducing the rates of violence can help a community thrive and feel safer.

Violence

Le Sueur and Waseca Counties are experiencing less crime throughout the years as shown below in the graph. The maltreatment cases have also decreased throughout the years. Child neglect is the biggest maltreatment case throughout both counties and the state of Minnesota.

Serious crime rate per 100,000 residents

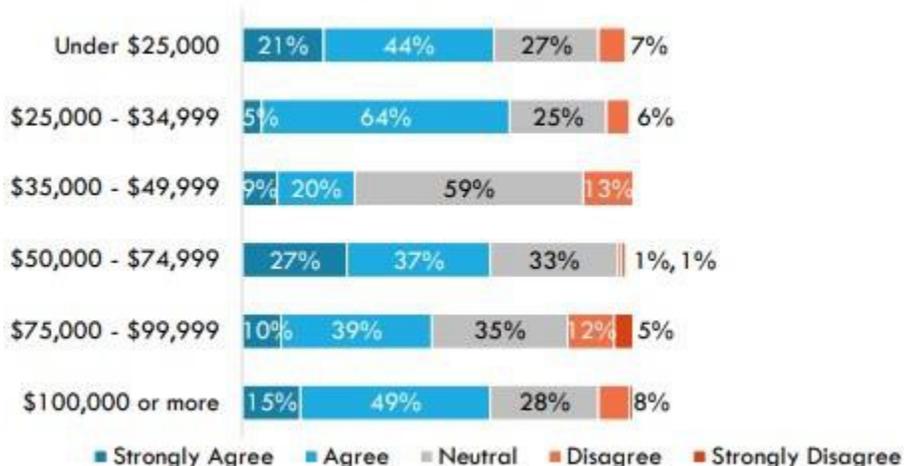
Southern region and Minnesota, 2000-2021



COMPILED by COMPASS

This graph shows the crime rate in Southern Minnesota compared to the state of Minnesota. Overall, the crime rate has been decreasing over time. (MN Compass)

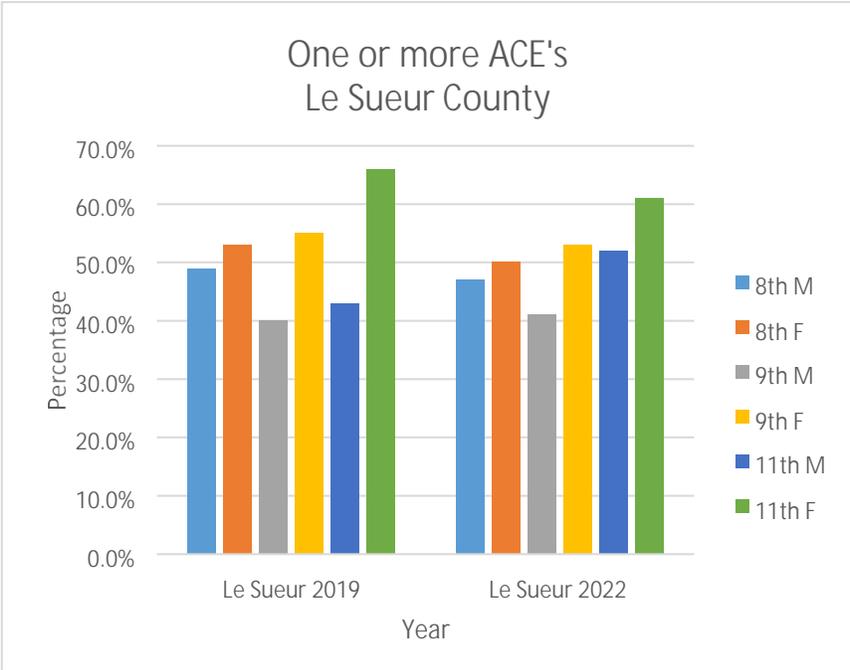
Violence is not a problem



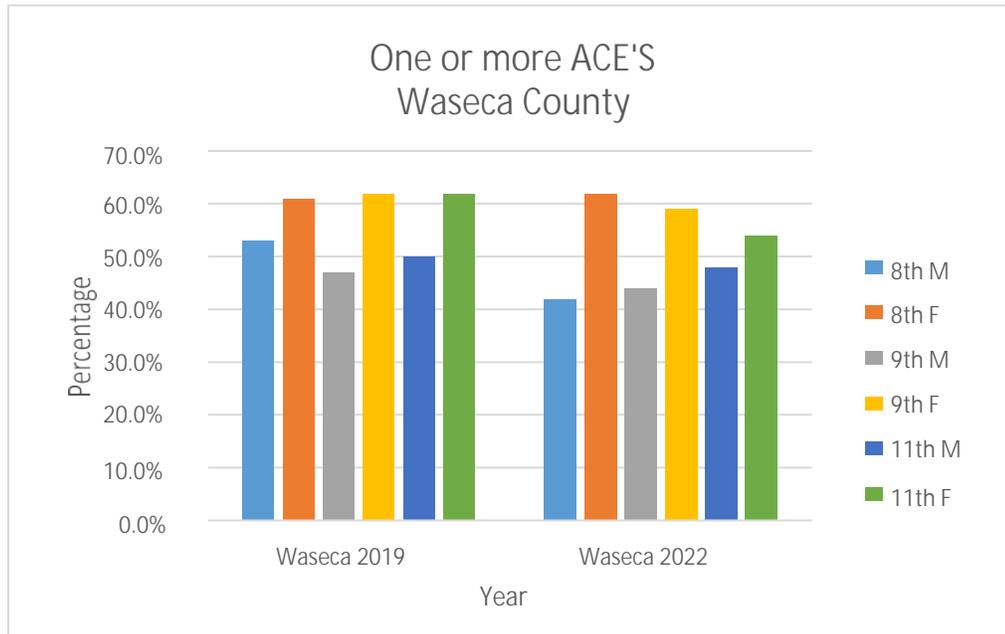
This graph shows the percentage of adults who strongly agreed or strongly disagreed with violence NOT being a problem in Le Sueur County. Overall, most people felt the community is a safe place to live. (Adult Community Health Survey)

Adverse Childhood Experiences

Adverse childhood experiences (ACEs) are traumatic events that happen between ages 1 and 17. These negative experiences affect a child’s brain and health as they grow into adults. ACEs can lead to mental health or chronic health conditions. Lifelong treatment and management of ACEs help a person lead a fulfilling life. Examples of ACEs include violence, abuse (physical, emotional, or sexual), neglect, loss of a friend or family member, divorce, being unhoused, disrupted living situations, and lack of access to healthcare. Overall, 1/3 of MN children have experienced 1 ACE in their lifetime and 14 % of MN children have had 2 ACEs in their lifetime. (Minnesota Department of Health). According to the 2023 Statewide Health Assessment, 13.5% of Minnesota students in 9th and 11th grade had experienced one or more type of sexual violence.



This graph shows the adverse childhood experiences (ACEs) in Le Sueur County. Females reported more ACEs than males across both years and age groups. 40% was the lowest, which is extremely high for Le Sueur County meaning nearly one-half of students reported one ACE. No data was collected for 2016. (Minnesota Student Survey)



This graph shows the number of students who reported one or more Adverse Childhood Experiences (ACEs). The results were similar to Le Sueur County. Females reported more ACEs than males. Overall, a high number of ACEs were reported for both males and females. The criteria for an ACE are found above. (Minnesota Student Survey)

Maltreatment Cases

	Le Sueur	MN Prairie (Waseca, Dodge, and Steele Counties combined)	Minnesota
Neglect	76	401	20,965
Sexual Abuse	9	101	5,048
Mental Injury	6	36	1,554
Physical Abuse	33	123	8,048

This table shows a few reported child maltreatment topics. Waseca's statistics were combined with Dodge and Steele Counties. (2020 County Tables)

Conclusion

The community health assessment is vital to understanding the scope of the community members of Le Sueur and Waseca Counties. Every year communities are constantly growing and changing. This report allows public health and its partners to analyze the communities more thoroughly to ensure the community members' needs are being accessed. This data is helpful to allow public health and its partners to focus on programs that will benefit all community members. The data can more specifically be used to apply for grants and have measurable outcomes of these awarded grants. Although this community health assessment is a brief snapshot of the community all the resources need to be addressed to fulfill the needs of Le Sueur and Waseca County community members. The next step of the data is to collaborate with community members and partners to discuss measurable goals and resources to help Le Sueur and Waseca County thrive. The meetings will be impactful to include anyone who is interested to help other community members. After the community meetings are complete another community health assessment will be conducted in the next 5 years. The next five-year assessment will allow both counties to reassess the work being done and what outcomes the programs, grants, and community meetings have done for the community members.

References

Adult Community Health Survey
Behavior Risks Factors Surveillance System
Birth Factors
Bureau of Labor Statistics
CDC Interactive Atlas
CDC'S Environmental Public Health Tracking
County Health Rankings

DATA.USA

DAANES Report
MAAP
MN All Payer Claims
MN Compass
MN Data Access Portal
MN Health Access Survey
MN Injury Data Access System
MN Student Survey
MN Department of Education

National Institute on Alcohol Abuse and Alcoholism (NIAAA),
Public Health Communications Collaborative
SAMSHA
SHADAC

South Central Minnesota Community Health Survey

Substance Use in Minnesota SUMN.org
State Health Assessment 2017

