

West Central Health Care System Preparedness Coalition

REGIONAL PROFILE

Demographics

- The West Central region has a population of 201,829, making up **3.5% of Minnesota** (MN State Demographic Center).
- 20% of residents are 65 or older. 23% are 18 or younger (U.S. Census Bureau, 2023). Among children 18 or younger, 16% live in single-parent households and 12% live in poverty.

Race/Ethnicity in West Central

Race/Ethnicity	N	%
American Indian or Alaska Native	1,472	0.7%
Asian	1,798	0.9%
Black or African American	3,960	2%
Hispanic (all races)	7,436	4%
Native Hawaiian or Pacific Islander	269 ¹	0.1%
White (Non-Hispanic)	180,989	90%
Another race (Non-Hispanic)	254 ²	0.1%
Two or more races (Non-Hispanic)	4,054	2%

Source: U.S. Census Bureau, 2023³

- An estimated 4.1% of Minnesotans (approximately 237,873 people statewide) identify as **LGBTQ+** (UCLA School of Law, 2023). 38% of LGBTQ+ Minnesotans (roughly 90,000 people) live in Greater Minnesota (Rainbow Health, 2023).

Tribal Nations

The state of Minnesota exists on the ancestral lands of the Dakota and Anishinaabe people and shares borders

with 11 federally recognized Tribal Nations, each with their own sovereign Tribal government. The West Central region does not border the Tribal territorial jurisdictions of any Tribal Nations. However, American Indian people and communities live throughout all parts of the West Central region.

Disability

Statewide, over **1 million** adults (**23%**) not living in institutions⁴ are estimated to have a disability (Centers for Disease Control and Prevention). This rate is higher among adults 65 and older (40%). Individuals may report having more than one disability so there may be overlap between categories.

Disability by type in West Central

Disability Type	%
Ambulatory difficulty	5.4%
Hearing difficulty	4.3%
Independent living difficulty	3.8%
Self-care difficulty	1.9%
Vision difficulty	1.7%
Cognitive difficulty	4.7%

More common among **adults 65+**

More common among **people <65**

Source: U.S. Census Bureau, 2023⁵

In the West Central region, **4,001** people (primarily people with disabilities and older adults) received **long-term services and supports**⁶ using Medical Assistance in January 2021 (Minnesota Department of Human Services, 2023). Of these, **578 people** received services in **institutional settings**⁷ and 3,423 received home and community-based services.

Among West Central residents who are eligible for home and community-based service waivers⁸, **1,737** (54%) receive services in **group home settings**; the remaining 1,479 receive services at home.

Limited data are available on the number of people who have difficulty leaving their homes.⁹

Immigrant/Refugee Status

- Approximately **6,196** West Central region residents (3.1%) were **born outside of the United States** (U.S. Census Bureau, 2023).
- In 2017, there were an estimated **3,000+ migrant farm workers** present on approximately 400 farms across Minnesota (United States Department of Agriculture, 2019).

40 primary refugees¹⁰ arrived in the West Central region from 2020-2022 and settled in Clay, Otter Tail, and Douglas Counties (Minnesota Department of Health Refugee and International Health Program, 2023). 8 arrived from **Ukraine** in 2022.¹¹

Language

- Approximately **9,914** West Central residents aged 5+ (5.3%) primarily speak a **language other than English** at home (U.S. Census Bureau, 2023).
- In the U.S., 24% of Deaf people and 2-4% of people with a little, moderate, or a lot of trouble hearing use **sign language** (Mitchell, R. E., & Young, T. A., 2023). This equates to an estimated **964**¹² West Central region residents.

Residence and Access

- 53% of West Central region residents live in a rural setting (U.S. Census Bureau, 2023).
- At least **1,109 people experienced homelessness** and received emergency shelter, street outreach, and transitional housing services in the West Central region in 2022 (ICA Minnesota, 2023). This estimate does not include people who experienced homelessness and did not seek services.

16% of households have **no broadband internet access** (U.S. Census Bureau, 2023).

- 6% of households have **no vehicle** (U.S. Census Bureau, 2023).

Health and Health Care

- 6.3%** of West Central residents under age 65 (9,624 individuals) have **no health insurance**, which is higher than the statewide rate (5.9%) (Behavioral Risk Factor Surveillance System, 2023).
- 7.9%** of adults 20 or older have been diagnosed with **diabetes**, which is similar to the statewide average (7.8%) (U.S. Census Bureau, 2023).
- Among female Medicare enrollees ages 65-74, 55% received an **annual mammogram**, which is above the statewide rate (45%) (University of Wisconsin Population Health Institute, 2023).
- Among fee-for-service (FFS) Medicare enrollees, 56% received an **annual flu vaccination**, which is similar to the statewide rate (57%) (University of

Wisconsin Population Health Institute, 2023).

- In 2020, there were **1,994 preventable hospitable stays** per 100,000 Medicare enrollees for conditions usually treatable in outpatient settings, which is lower than the statewide average (2,323) (University of Wisconsin Population Health Institute, 2023).

Health Care Providers

There are fewer health care providers available to residents in the **West Central region** compared to the **statewide average** (University of Wisconsin Population Health Institute, 2023). A green checkmark means there are **more providers available** to care for residents.

1 Primary Care Physician for every...	2,707 West Central residents	1,110 Minnesota residents <input checked="" type="checkbox"/>
1 Dentist for every...	1,824 West Central residents	1,307 Minnesota residents <input checked="" type="checkbox"/>
1 Mental Health Provider for every...	702 West Central residents	322 Minnesota residents <input checked="" type="checkbox"/>

Wilkin County has the fewest primary care physicians (1 for every 6,161 residents), Pope County has the fewest dentists (1 for every 3,801 residents), and Grant County has the fewest mental health providers (1 for every 6,153 residents).

Health Facilities

Health care facilities may not meet the needs of everyone in the region equally depending on travel distance, income, or language or accessibility needs. Tribal Nations operate their own public health and health care systems, which should be taken into consideration during emergency planning.

The West Central region includes:

	60 Assisted Living Facilities
	5 Community Mental Health Centers and 2 Psychiatric Hospitals
	8 Hospitals
	0 Indian Health Service, Tribal, & Urban Indian Health Facilities
	1 Intermediate Care Facility for individuals with intellectual disabilities
	22 Nursing Homes/Skilled Nursing Facilities

Source: MDH Health Care Provider Director, 2022; Minnesota Department of Human Services, 2023; Indian Health Service, 2023

Minnesota Department of Health
 Division for Emergency Preparedness and Response
 625 Robert St. N
 PO Box 64975
 St. Paul, MN 55164-0975
 651-201-5700
health.epr@state.mn.us
www.health.state.mn.us

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To obtain this information in a different format, call: 651-201-5700.

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¹ These figures are estimates based on small sample sizes and may not reflect the actual count in the population. They are meant to be used as rough guides to population proportions rather than precise estimates of counts.

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³ The U.S. Census Bureau asks individuals for their ethnicity (Hispanic or non-Hispanic) and race (American Indian or Alaska Native, Asian, Black or African American, Native Hawaiian or Pacific Islander, White, Some other race, or Two or more races). All individuals who selected Hispanic ethnicity are categorized as Hispanic regardless of the race they selected. Most people who identified as Hispanic ethnicity identified their race as White (42%), Some other race (32%), or Two or more races (21%). All other race categories in the chart above do not include people who identified as Hispanic.

⁴ These figures do not include individuals who are incarcerated or living in congregate care settings.

⁵ The labels in this column reflect the exact wording of the survey questions used to collect these data. However, members of the disability community may not prefer or feel represented by the term “difficulty”, which implies deficit; more descriptive and objective language (for example, “Blind or low vision” instead of “Vision difficulty”) is recommended for future data collection. Please refer to the Department’s updated data standards for more guidance.

⁶ Long-term supports and services are defined as services likely needed by a person on an ongoing or continuous basis. This includes the following populations: people with non-developmental disabilities, including physical and psychiatric disabilities (48%), older adults (30%), and people with developmental disabilities (24%). Statewide, 123,158 received long-term supports and services using Medical Assistance in January 2021.

⁷ Institutional settings include nursing homes, intermediate-care facilities, regional treatment centers, and neurobehavioral hospitals.

⁸ Minnesotans are considered eligible for home and community-based waivers if they live with a disability, chronic illness, or are elderly and need a certain level of care. Statewide, 80% of individuals receiving long-term supports and services are waiver-eligible. [Waiver eligibility criteria \(https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/hcbs-waivers.jsp\)](https://mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/hcbs-waivers.jsp) varies by disability, illness, or age.

⁹ Data on people who have previously requested emergency services (i.e., calling 911) due to in-home care emergencies or inadequate care support may be available at the local level.

¹⁰ Primary refugees are people with refugee status who initially settled in Minnesota when they arrived in the US. This number includes Primary refugees, Asylees, Parolees, SIV’s, Amerasians, and Victims of Trafficking.

¹¹ Estimate of Ukrainian Humanitarian Parolees (UHPs) does not reflect all 2022 UHP arrivals since there is no requirement to report to MDH.

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