Working to Achieve HRSA’s Vision in North Dakota, in Partnership with the Center for Rural Health

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North Dakota Communities

Connecting resources and knowledge to strengthen the health of people in rural communities.

Center for

• Established in 1980
• Focuses on:
  – Education, Training, & Resource Awareness
  – Community Development & Technical Assistance
  – Native American Health
  – Rural Health Workforce
  – Rural Health Research
  – Rural Health Policy
NORTH DAKOTA

- Population – 634,366
- Median age - 38.8
- 47 of 53 counties lost population (1990-2000)
- 66% (35/53) of North Dakota Counties are Frontier Counties
- 19th in size
- 89% of North Dakota counties are entirely or partially HPSA/MUAs
- Average age of RN – 43 years
- 93% of EMTs are volunteers
- 85% of North Dakota Rural Hospitals are CAHs (33/39)

Meeting the Needs of Rural North Dakotans: Local and Regional Impact

- North Dakota Medicare Rural Hospital Flexibility Program (Flex)
  - Engage Communities through Innovative Partnerships: Hospital/School Network
  - Deliver Quality Care: Working Hand-in-Hand
- North Dakota State Office of Rural Health
  - Community Wellness
Engaging Communities through Innovative Partnerships: Hospital/School Network

• Facility:
  – First Care Health Center, Park River

• Speaker:
  – Ruth Jelinek, Marketing & Development

• Funding Source:
  – North Dakota Medicare Rural Hospital Flexibility Program
Inspector Wellness & the Case of the Many Medical Careers
Delivering Quality Care: Working Hand-in-Hand

A Look at Flex Supported Networks
Flex Supported Networks

- Board Training
- Health Information Technology
- Quality Improvement
- CAH Specialist
- Anesthesia Services

Flex Supported EMS Networks

- Health Occupations
- Diabetes Care
- Wellness Services
- Emergency Preparedness
- Hypertension Project
**SORH Grant**

**Core Functions**

1. Collect and disseminate information.
2. Coordinate rural health resources and activities.
3. Provide technical assistance to rural communities and organizations.
4. Improve recruitment and retention of health professionals.
5. Participate in strengthening state, local, and federal partnerships.

**SORH Technical Assistance**

- Presented an overview of the HRSA Rural Health Outreach grant
- Developed and administered survey
- Reviewed the HRSA Rural Health Outreach grant application
- Participated in meetings with Langdon WILL Network members, conducted by the Georgia Health Policy Institute
Wellness Interventions Lasting a Lifetime (WILL) Network

- Facility:
  - Langdon Wellness Center, Langdon, ND
- Presenter:
  - Shannon Tewksbury, Project Director
- Funding Source:
  - HRSA, ORHP, Rural Health Outreach Grant

Community of Langdon

- 2,000 residents, 6 miles south of the Canadian border
- Cavalier County Memorial Hospital - 25 bed CAH
- Provides health care to 13,400 people within a 2,607 square mile service area.
- Nearest level 2 trauma center is located in Grand Forks, 115 miles away
HRSA Rural Health Outreach Grant

- 2005 - $465,000
- To form a network of community members
- Focusing on improving overall wellness
- Part of Cavalier County Strategic Plan
  - Seven benchmarks one of which is health care
  - As a result of writing the strategic plan a USDA Champion Community designation was awarded

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**Structure**

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WILL NETWORK
CCMH   CCJDA   CC Health District   City of Langdon
      Project Coordinator
      Administrative Assistant
       ADHOC Members
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ADHOC Members:

- Cavalier County Staff (job development authority)
- Healthcare Staff (physical therapists, public health)
- Hospital Leadership (hospital CEO)
- Community Support Services (senior meals services, parish nursing)
- Community Leaders (Mayor, City Auditor, City Commissioner)

Primary Focus

- Bridging healthcare to economic development
- Including all dimensions of health and wellness:
  - Physical
  - Psychological, Mental and Emotional
  - Career Health
  - Social networks
  - Financial Health
  - Spiritual Health
  - Personal Relationships/Family
Distribution of Funds

- Equipment
- Website
- Wellness Camps
- Trainings
- Newsletter
- Educational materials
- Marketing/Advertising
- Speakers

Langdon Activity Center
Langdon Activity Center

Playground Before
Playground Now

Playground Now
Playground Now

Impact

- Memberships and attendance have increased at the Langdon Activity Center
- The grant provided an opportunity to reach a large number of people
- Bigger drawing card for the community
- Increased independence
  - Physical Therapy
  - Weight Management
Langdon Activity Center
Membership Revenue

LANGDON ACTIVITY CENTER MEMBERSHIP REVENUE

Success Story

Missy
• Becoming a mother was her wake up call in her quest to lose weight

• Used many of the programs offered through the WILL Network

• Lost 70 pounds and 40 inches!
Success Story

Tom

• After a visit to the doctor, Tom became motivated to lose weight.
• Came in for fitness assessments but exercised on his own.
• Lost 73 pounds!

Success Story

Mary and Nola

• Osteoporosis
• Afraid to exercise
• Learned to exercise correctly through a WILL Network osteoporosis class
• Are now frequently seen at the Langdon Activity Center
Sustainability

- Equipment sustained by the city
- Hospital and public health will share in the continuation of the wellness programs
- County will sustain the website

For more information contact:

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