

COMMUNITY HEALTH NEEDS ASSESSMENT

SMP HEALTH – ST. KATERI HOSPITAL

2025



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BACKGROUND

ABOUT SMP HEALTH – ST. KATERI

History of SMP Health – St. Kateri

The origins of St. Kateri Hospital trace back to 1937, when the Commercial Club of Rolla began promoting the idea of establishing a local hospital to serve the community. With strong backing from local citizens, a committee was formed to meet with the Bishop of the Fargo Diocese to request that a Catholic Order of Sisters equip and operate the facility. After much determination, negotiation, and fundraising, the community's vision came to life. On January 26, 1940, the building was ready for inspection, and just days later, the first patients were admitted. A dedication ceremony for the new twenty-one-bed Rolla Community Hospital was held on July 2, 1940.

SMP Health – St. Kateri Mission:

“SMP Health - St. Kateri in union with the Sisters of Mary of the Presentation, is a Catholic healthcare organization. Through the power and example of Jesus Christ and his gospel values, we are committed to joyfully provide wholistic care and healing with integrity, compassion and respect to all we serve.”

As the community grew, so did the hospital's needs. By 1956, the original facility had outgrown its capacity. A new addition expanded the hospital to fifty beds and introduced several vital services. Just a decade later, the demand for healthcare once again exceeded the available space. A new hospital was built, and the original structure was renovated into a Long Term Care facility, which served the community until 1987.

The dedication and open house for the new hospital were held on October 7, 1973. This facility provided fifty-one beds, employed ninety people, and greatly expanded available services for the Rolla region. In 1988, when Long Term Care services were relocated, the hospital underwent a significant transformation. It was renamed **Presentation Medical Center**, honoring its affiliation with the Sisters of Mary of the Presentation (SMP).

Today, the hospital continues its mission as a 25-bed Critical Access Hospital owned and operated by the SMP Health System, sponsored by the Sisters of Mary of the Presentation.

On September 22, 2021, a new chapter began with the announcement that Presentation Medical Center would be renamed **SMP Health – St. Kateri**, in honor of St. Kateri Tekakwitha, the patron saint of Native Americans. This name reflects both the hospital’s deep Catholic roots and its commitment to serving the diverse people of the region with compassion, dignity, and faith-based care.

ABOUT COMMUNITY HEALTH NEEDS ASSESSMENTS

The Affordable Care Act (ACA), which was enacted March 23, 2010, added new

requirements that hospital organizations must satisfy in order to be described in section 501(c)(3) as a nonprofit hospital. It also instituted new reporting and excise tax.

These new requirements for Charitable 501(c)(3) Hospitals are articulated in section 501(r). The ACA imposes the following new requirements on organizations that operate one or more hospital facilities (Hospital Organizations). Each 501(c)(3) hospital organization is required to meet four general requirements on a facility-by-facility basis:

- Establish written financial assistance and emergency medical care policies
- Limit amounts charged for emergency or other medically necessary care to

individuals eligible for assistance under the hospital’s financial assistance policy

- Make reasonable efforts to determine whether an individual is eligible for assistance under the hospital’s financial policy before engaging in extraordinary collection actions against the individual
- Conduct a Community Health Needs Assessment (CHNA) and adopt an implementation strategy at least once every three years

Our Values

Respect

Treating everyone with importance and kindness.

Compassion

Giving empathy and providing support.

Integrity

Having a moral commitment to truth, purpose, responsibility, trust and professionalism.

Joy

Being comfortable with who we are, enjoying what we do and sharing that with those we serve.

These CHNA requirements are effective for tax years beginning after March 23, 2012. They carry the minimum requirement of once every three years; however, hospitals are not penalized for doing them more often.

IRS ruling 69-545 established the community benefit standard as the basis for a tax exemption. Community benefit is determined if the hospital promotes the health of a broad class of individuals in the community, based on factors that include:

- Emergency room care is open to all, regardless of ability to pay
- Surplus funds are used to improve patient care, expand facilities, train staff, etc.
- The hospital is controlled by independent civic leaders
- All available qualified physicians are privileged

The healthcare reform law, the Patient Protection and Affordable Care Act, added a new provision to the IRS code for not-for-profit hospitals. Under this provision, not-for-profit hospitals must conduct a Community Health Needs Assessment (CHNA) every three years. The health needs identified in the CHNA must be addressed in an action or Community Health

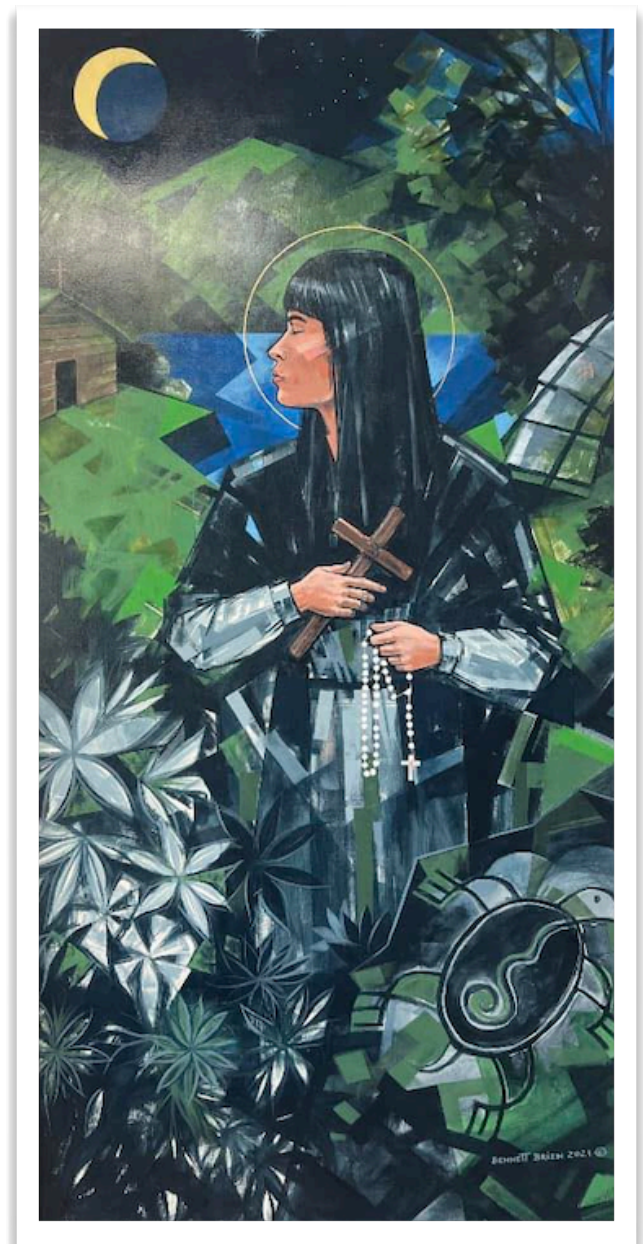
Implementation Plan (CHIP). Other requirements of the new IRS provision include:

- The CHNA must take into account the broad interests of the community
- The assessment must involve individuals with expertise in public health
- The findings must be made widely available to the public

IRS requirements also specify that the deadline for completion of the CHNA is the end of the hospital's tax year starting after March 2012. Failure to complete a CHNA could result in a \$50,000 excise tax and possible loss of tax-exempt status.

SMP Health – St. Kateri engaged Cycle of Business (COB) to assist in:

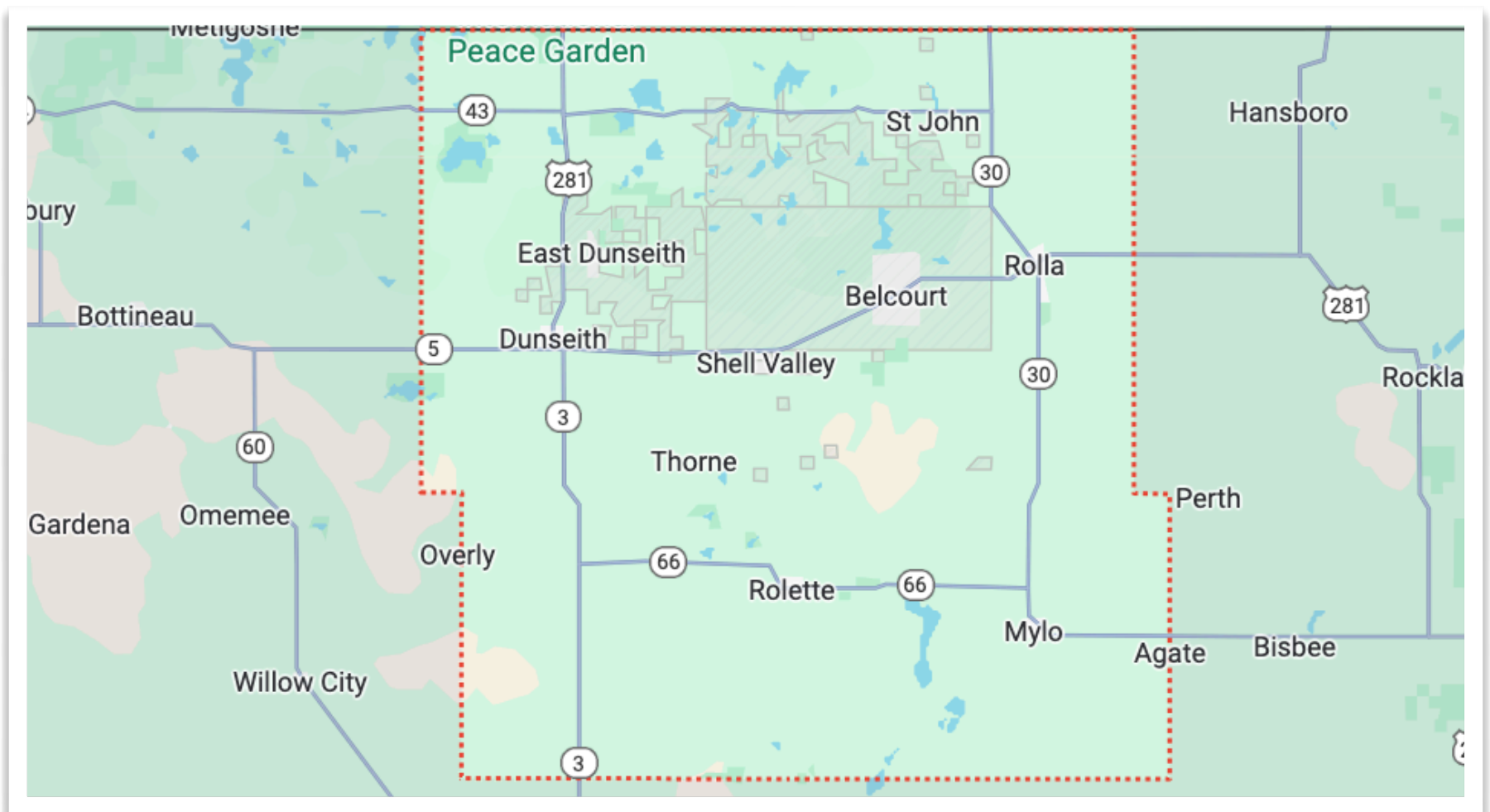
- Completing a Community Health Needs Assessment



St Kateri by local artist Bennett Brien

- Provide SMP Health – St. Kateri with the requirement necessary to be compliant on the IRS Form 990
- Create an initial Community Health Implementation Plan (CHIP) that addresses items to improve the health of the community

SERVICE AREA



For purposes of this CHNA, we defined the SMP Health – St. Kateri Service Area as an area which covers Rolette County, North Dakota. The area covers a population of approximately 12,099 people. Rolette County lies on the Northern edge of North Dakota where it meets the Southern border of Canada. The county is almost square in shape and extends South to include Mylo and Rolette, East to around Agate and Perth and West to near Overly.

Data describing health status rankings at the zip code level was difficult to find. Therefore, data from Rolette County was used to represent the service area. Special note was taken when the focus group took exception with the data provided about the county in general.

SMP Health – St. Kateri has defined its primary and secondary service areas to include the following zip codes:

Community	Zip Code	Population-2020	Population-2023
Agate	58310	0	9
Belcourt	58316	6,922	5,902
Bisbee*	58317	149	189
Dunseith	58329	3,211	2,779
Mylo	58353	138	119
Perth*	58363	122	62
Rolette	58366	1,202	793
Rolla	58367	1,707	1,485
Saint John	58369	1,308	1,012
Willow City*	58384	386	322
Wolford*	58385	232	197
Estimated Service Area Population**		15,377	12,869

* Cities that are not in Rolette County, ND

**Population numbers vary due to zip codes outside of county that are still in primary and secondary service areas

PROCESSES AND METHODOLOGY

Completion of the SMP Health – St. Kateri Community Health Needs Assessment (CHNA) followed a modified outline designed by the Center for Rural Health at the University of North Dakota for the North Dakota Critical Access Hospitals. The sections of this CHNA generally follow their suggested methodology, but have been modified to meet the needs of SMP Health – St. Kateri and Rolette County.

An initial meeting with St. Kateri, and a few representatives of the community, was held to discuss what we currently understood of healthcare needs in the county. General health information about the county was discussed to ensure committee members understood the current state of health in the hospital’s service area. The participants were asked to review the survey that would be distributed to the public, ensuring the overall healthcare needs in the county were being addressed. Their input was assimilated into the survey to make sure we addressed the needs of the communities they represent.

The survey was then given to the members of the committee to distribute throughout the community to try to get a broad and diverse response. The goal was to ensure SMP Health – St. Kateri understood the health needs and desires of the community. Understanding where people were receiving healthcare outside of the community was important in understanding how to provide the services and resources necessary for a healthier county.

The Senior Leadership Team wanted to ensure the CHNA dealt with the opinions of the community and make sure they had created a data driven plan to address what would be appropriate for the hospital to accomplish. The hospital team selected several goals to work on over the next few years that would allow them to better serve the community. These goals were then compiled into a

Community Health Implementation Plan (CHIP) for tracking progress. That plan was started in Cycle of Business' Strategy management system, an online tool to track and monitor progress on the CHIP.

This process allowed SMP Health – St. Kateri to share with the public actions the hospital would take to improve the health in the community. The Hospital CHNA was prepared and taken to the Board of Directors for their input and final approval.

RESOURCES AND SECONDARY INFORMATION

The CHNA for SMP Health – St. Kateri utilized data from:

County Health Rankings. Since it began in 2010, County Health Rankings ranks the health of nearly every county in the nation and is a collaboration between the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute. The program awards grants to local coalitions and partnerships working to improve the health of people in their communities. The information received from this website appears to be from 2019.



Current Census Data. The United States Government conducts a census every few years to gather data on certain demographics in the country. The last census data for Rolette County, North Dakota, was conducted in 2022.

Survey Conducted through the Hospital and Community. A survey was designed with the help of SMP Health – St. Kateri and the focus team to gather information from the community on the immediate needs of the population.

CDC PLACES Project. A nationwide initiative developed by the Centers for Disease Control and Prevention (CDC) to provide local-level data on chronic disease risk factors, health outcomes, and preventive service use.

Broad Interests of the Community were Considered. SMP Health – St. Kateri took special care to find individuals who could help define the healthcare needs of the community representing the youth, the elderly, and varied demographics. The information from their survey was utilized in the creation of the hospital CHNA and CHIP.

The individuals involved in the initial meeting were asked to review the survey, the community demographics, and give their input on the health and wellness needs of the community. Additional efforts were made to reach out to the community in general for input on the survey. A link to the survey was sent out to the major employers in the area, emailed to community partners, and disbursed via social media to extend the reach as far as possible. After a couple of months, the survey had received responses from the community representing all demographics. That information was then brought back to the hospital and community members to discuss what was most important to the community and what the hospital could do to help improve the health and availability of healthcare in the community.

PARAMETERS FOR DATA COLLECTION

COB and SMP Health – St. Kateri used the most recent population and demographic information available to ensure community needs were being met. This included gathering national statistics, as well as the demographics of the service area. The federal government tracks certain health statistics across the U.S. by county. This information was compiled to give a baseline, to show where certain health needs were being met and areas that needed improvement. Areas that needed improvement were considered when working on the implementation plan.

DEMOGRAPHICS

Demographics for the area were collected through the use of census data and other reports. The latest data was as recent as the 2022 Census. Although exact population and demographic information may vary slightly from that articulated in the CHNA, the outcomes of the CHNA will not be affected by any minor discrepancies.

The population of Rolette County, SMP Health – St. Kateri’s primary service area, is approximately 12,869 as of 2023. The following is a basic understanding of the demographics and health situation in Rolette County:



SMP Health – St. Kateri Campus in Winter

Age

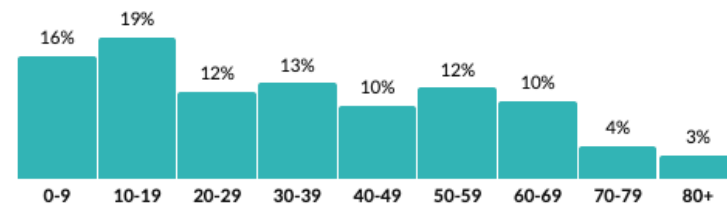
32.1

Median age

about 90 percent of the figure in North Dakota: 35.7

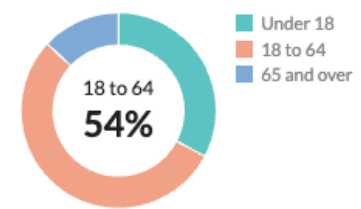
about 80 percent of the figure in United States: 38.7

Population by age range



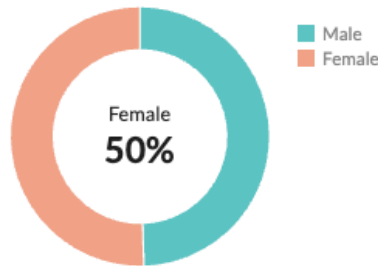
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Population by age category



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Sex



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Race & Ethnicity



* Hispanic includes respondents of any race. Other categories are non-Hispanic.

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- 47% of the population are between the ages of 20 and 59
- 17% are aged 60 or older
- 50% of the population are female
- 18% are White
- 77% are Native American
- 3% are Hispanic

Educational attainment

83.9%

High school grad or higher

about 90 percent of the rate in North Dakota: 93.8%

a little less than the rate in United States: 89.4%

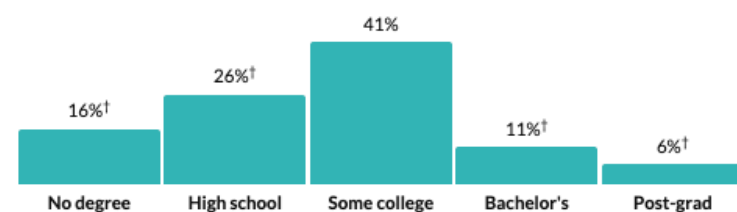
16.6%

Bachelor's degree or higher

about half the rate in North Dakota: 32.3%

about half the rate in United States: 35%

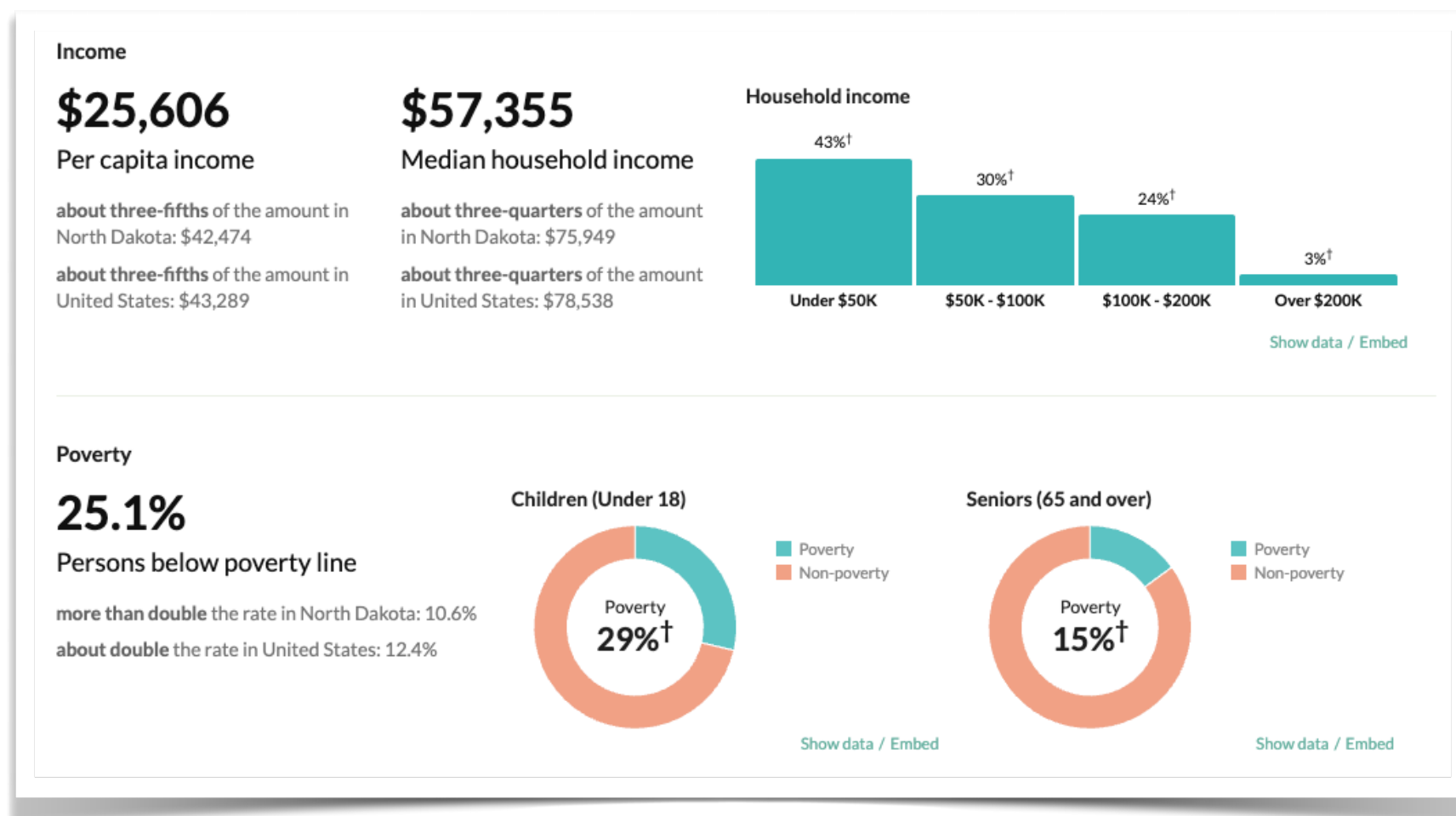
Population by highest level of education



* Universe: Population 25 years and over

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- 83.9% of Rolette County residents have graduated from high school compared to the North Dakota average of 93.8%
- 16.6% of Rolette County residents have a Bachelor's degree or higher



- The median household income in Rolette County is \$57,355 with a per capita income of \$25,606
- 25.1% of the population live below poverty levels as opposed to 10.6% in the State of North Dakota
- 29% of children live in poverty

HEALTH STATISTICS

When it comes to health, Rolette County is seeing some discrepancies, from national United States Averages or the North Dakota averages. In a few areas, the state of North Dakota has better health statistics than the top performing areas of the country.

- People in Rolette County report 5.4 Poor Physical Health Days per person, per year. United States Averages in the U.S. report 3.9 days per person, while the State of North Dakota reports 3.4 days per person.
- People in Rolette County report experiencing 5.6 Poor Mental Health Days per person. This number is slightly higher than North Dakota or United States Averages.
- Air Pollution is at 5.9 compared to 7.3 for United States Averages and 6.0 for North Dakota.

	2022 Rolette County	2025 Rolette County	United States Averages	North Dakota
Poor Physical Health Days	5.5	5.4	3.9	3.4
Poor Mental Health Days	4.8	5.6	5.1	5.0
Air Pollution	6.6	5.9	7.3	6.0

countyhealthrankings.org

- Primary Care Physicians in Rolette County are at a Patient to Physician ratio of 2010:1. National United States Averages are 1330:1.
- Dentists in the county are at a ratio of 1080:1. National United States Averages are 1360:1.
- Mental Health Providers are at a 530:1 ratio compared to 300:1 for United States Averages.

	Rolette County 2022	Rolette County 2025	United States	North Dakota
Primary Care	1770:1	2010:1	1330:1	1290:1
Dentist	1290:1	1080:1	1360:1	1420:1
Mental Health	790:1	530:1	300:1	420:1

countyhealthrankings.org

Rolette County has a mixed statistics when it comes to the following health risk factors:

- 27% of the population reported Poor Health. This is 10% higher than the United States Averages and 13% higher than the North Dakota state averages.
- Adult Smoking is 29% which is 13% higher than the North Dakota average and 16% higher than the United States Averages.
- Adult obesity is currently reported at 45%, compared to both the North Dakota average at 36% and U.S. averages of 34%. This represents a 3% decrease over the past three years.
- Excessive Drinking affects almost a quarter of the population at 22%. Rolette County is slightly lower than the North Dakota average of 25%. In addition, Alcohol-Impaired Driving Deaths sit at 52% and are worse than both the North Dakota 37% rate and the rate of United States Averages 26%.

	2022 Rolette County	2025 Rolette County	United States Averages	North Dakota
Poor Health	28%	27%	17%	14%
Adult Smoking	31%	29%	13%	16%
Adult Obesity	48%	45%	34%	36%
Excessive Drinking	21%	22%	19%	25%
Alcohol-Impaired Driving Deaths	68%	52%	26%	37%

countyhealthrankings.org

When it comes to sexually risky behavior, statistics seem to be high and to be getting worse in the area in 2025:

- Sexually Transmitted Infections are currently sitting at 1550.3 per 100,000 people. These are 3 times higher than we are seeing in United States Averages of 495 and North Dakota averages at 475.6.
- Teen Births are much higher at 49 per100,000 when compared to United States averages of 13 and 14 for North Dakota. This means they are 3.7 times higher.

- An important note is that HIV Prevalence was unavailable in 2022 and 2025. With the amount of STDs reported in the community there seems to be no reporting of these numbers. For reference, the National Average of 387 cases, but higher than North Dakota cases at 84.

	Rolette County 2022	Rolette County 2025	North Dakota	United States
Sexually Transmitted Infections per 100,000	1,128.7	1,550.3	475.6	495
Teen Births per 1000	53	49	14	13
HIV Prevalence	Unavailable	Unavailable	84	387

countyhealthrankings.org

Other areas deserving review:

- The average Life Expectancy for residents of Rolette County is 65.2 compared to 77.1 for United States Averages and 77.8 for North Dakota. In other words people in the United States and North Dakota, will on average live 12 years longer than residents of Rolette County.
- Premature Age Adjusted Mortality designates the people who died before their 75th birthday per 100,000. This means that if Rolette County had a population of 100,000 we should expect 1,020 to pass away before the age of 75. This is over twice the United States Average, and 2.6 times higher than the North Dakota number.
- Mammography Screenings were much lower than the National Averages at 27%; a 3% increase from Rolette County's 2022 data. However, the United States Averages are at 44%. North Dakota is at 53%.
- Flu Vaccinations reported at 43% are 5% lower than those of United States Averages 48% 6% lower than the rate in North Dakota at 49%.
- Physical Inactivity was at 34% compared to 23% for United States Averages and 24% for North Dakota. Access to Exercise was at 66% compared to 43% in 2022, 84% for United

States Averages, and 76% for North Dakota. This means people in Rolette County are becoming more active, as they are finding new access to exercise opportunities.

	2022 Rolette County	2025 Rolette County	United States Averages	North Dakota
Life Expectancy	71.4	65.2	77.1	77.8
Premature Age Adjusted Mortality	680	1,020	410	380
Mammography Screenings	24%	27%	44%	53%
Flu Vaccinations	36%	43%	48%	49%
Physical Inactivity	38%	34%	23%	24%
Access to Exercise	43%	66%	84%	76%

countyhealthrankings.org

A few highlights from this data for Rolette County:

- Mammography Screenings are up by 3% over 2022 numbers. They are still lower than National Averages, which means there is more opportunity there to help the women of the county
- Access to exercise has increased by 23% since 2022 but is still lower than numbers we are seeing across the US.
- Sexually Transmitted Infections and Teen Births are much higher than we would like to see.
- Adult Smoking has been reduced by 2%

DEVELOPING THE CHNA

MEETINGS WITH COMMUNITY MEMBERS AND FOCUS GROUPS

INITIAL MEETING

In March 2025, the SMP Health – St. Kateri partnered with Cycle of Business to initiate a Community Health Needs Assessment (CHNA).

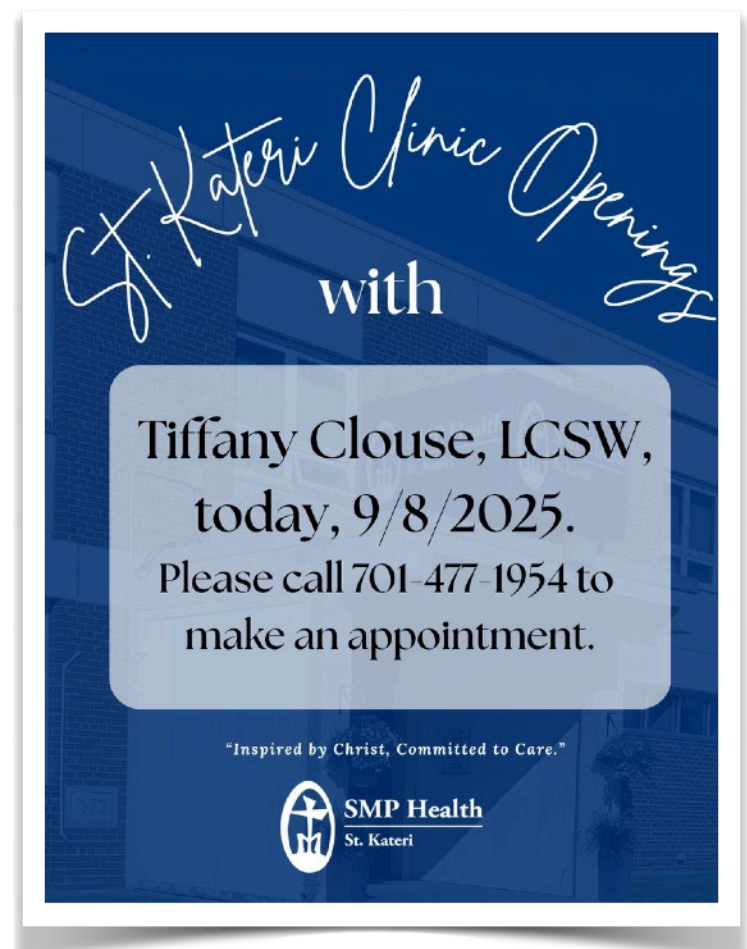
Cycle of Business began by collecting data and input from the community to develop a survey designed to inform both the CHNA and the Community Health Improvement Plan (CHIP).

An initial meeting was held in June of 2025, with community members, including representatives from the healthcare sector and individuals focused on the county's demographic makeup. This engagement ensured a wide range of voices and perspectives were considered in the assessment process.

The public survey was launched later that month to gather critical feedback from residents. Over the following months, responses were collected and analyzed to formulate the goals of the CHNA. Once the data was collected the information was analyzed and discussed in a follow-up meeting with healthcare representatives from the community, to identify and discuss Rolette County's most pressing health concerns. Their input was collected and input into COB's strategy management web tool and then refined into initial plans for the hospital to address.

Recognizing that many health-related challenges identified through the CHNA extend beyond the hospital's direct influence, SMP Health – St. Kateri reviewed the findings to determine which needs it could realistically address. The goal was to ensure the hospital's efforts would have measurable impact within its capacity and role.

The final CHNA and Community Health Implementation Plan were developed in collaboration with Cycle of Business, aligning the data with actionable priorities specific to SMP Health – St. Kateri.



Mental health is a priority in our community

DISTRIBUTION OF SURVEY

SMP Health – St. Kateri worked diligently to maximize the distribution reach of the survey within the community to ensure the validity of the data received. In partnering with the committee members and other stakeholders, the survey was distributed to a large number of community members. Community members were given one month to complete the survey. In total only 37 members of the community began the process with only 17 members completing the survey. This lack of participation was concerning considering it was sent to the Chamber Of Commerce and also to all of the hospital employees. In order to ensure the larger community needs were addressed, additional data was brought in from other resources to make sure there was an accurate picture of health in the community.

COMMUNITY ENGAGEMENT

The process consisted of two meetings. The first meeting focused on a review of the demographics for Rolette County, the health and wellness needs of the community, and the development of a community survey.

The second meeting involved a presentation and discussion regarding the responses from the completed community survey. Cycle of Business sorted and prioritized the survey data, and included additional data, to identify the most important and relevant health issues in the county.

Following the collection and analysis of survey responses, an additional focus group meeting was held. This meeting included individuals selected to represent health care workers in the community. This group reviewed the survey findings and shared insights on the most pressing health and wellness concerns across Rolette County. The healthcare representatives in the room, evaluated the data in the context of the hospital's mission, capacity, and strategic priorities. They discussed which issues could be addressed by the hospital, which issues could be addressed by community partners, and which fell outside the hospital's direct purview, helping to ensure a collaborative and realistic approach to improving community health.

THE SURVEY RESULTS

Before distributing the surveys to the community, questions from COB's previous surveys were reviewed and incorporated. The goal was to inform the hospital about current

community conditions and how its services were being utilized. The survey addressed various aspects of healthcare including general healthcare needs, specialties, the elderly, and general community concerns. These insights provided the hospital with a comprehensive understanding of how to better meet community needs and identify areas that could increase services offered. It is important to note that while the results from the survey were used to inform the hospital to perceptions in the community, the low number of responses were discussed and compared to what the hospital was actually seeing in the community. This process with the addition of health data from national sources helped the hospital have a more accurate idea of the needs in the community.

AWARENESS OF SERVICES AT SMP HEALTH – ST. KATERI

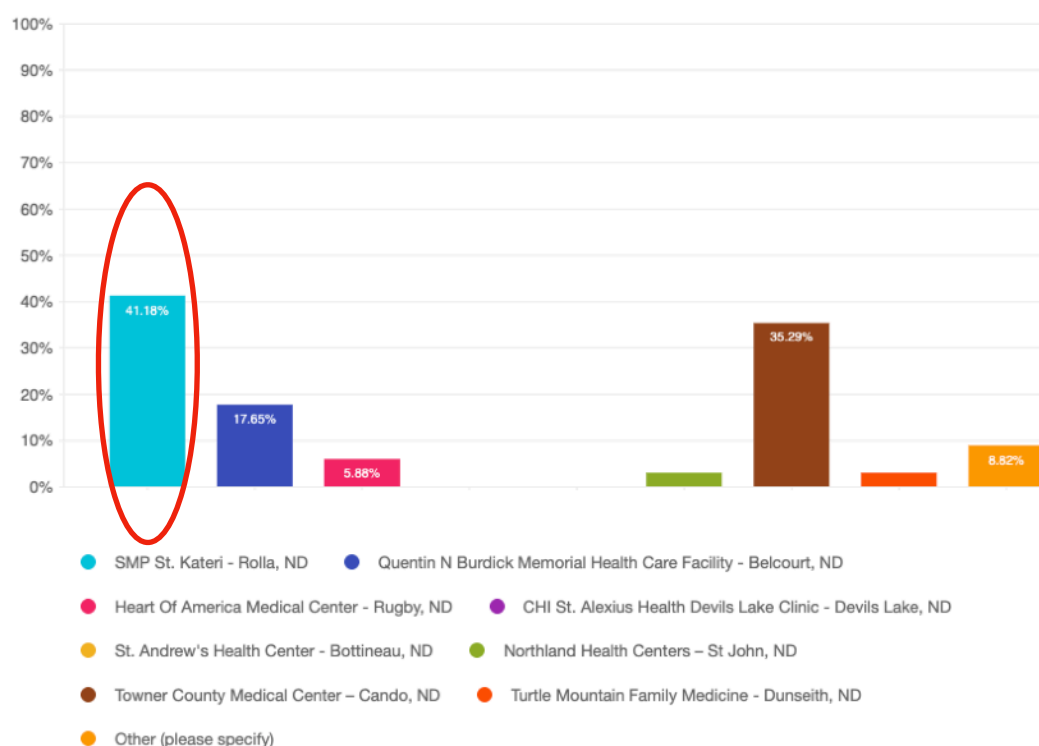
In the survey, 41.18% of respondents indicated that they use SMP Health – St. Kateri or one of its clinics for their primary healthcare needs. This number seems low until you consider that 77% of the population is Native American. Many of these people take advantage of the free services provided by Indian Health Services. In addition, small communities can create awkward situations for individuals who may feel uncomfortable receiving care from friends, acquaintances, or neighbors who work at the hospital. This perceived lack of anonymity can lead patients to travel to other facilities, even for routine services or sensitive procedures.

Beyond privacy concerns, some residents leave the area to access services that SMP Health – St. Kateri does not currently provide.

In many cases, the patient volume is not high enough to support certain specialties, making it impractical to recruit and retain providers in those areas. SMP Health – St. Kateri understands its responsibility to provide accessible, high-quality healthcare services that are both needed and viable. This includes a focus on **primary care, emergency services, and targeted specialties** that align with community needs and available resources.

Where do you usually go for healthcare services?

Answered: 34 Skipped: 3



Importantly, the survey also revealed a gap in awareness regarding services SMP Health – St. Kateri *does* offer. Several participants identified receiving care elsewhere for services that are, in fact, available locally. This disconnect suggests that some residents are unaware of the full scope of care provided by the hospital and its clinics. The most frequently mentioned services being accessed outside the community included **Gynecology, Radiology/Imaging, Orthopedics, Mental Health/Therapy, and Laboratory Services**—most of which are currently offered by SMP Health – St. Kateri.

Improving communication to the community and increasing awareness of available services presents a clear opportunity, especially when promoting preventative care and screenings. By better informing the public, SMP Health – St. Kateri can reduce unnecessary outmigration, increase local utilization, and ensure that more residents receive quality care close to home. This not only enhances patient convenience and continuity of care, but also strengthens the hospital's ability to remain financially sustainable and responsive to the evolving needs of the community.

SERVICES USED AT OTHER LOCATIONS

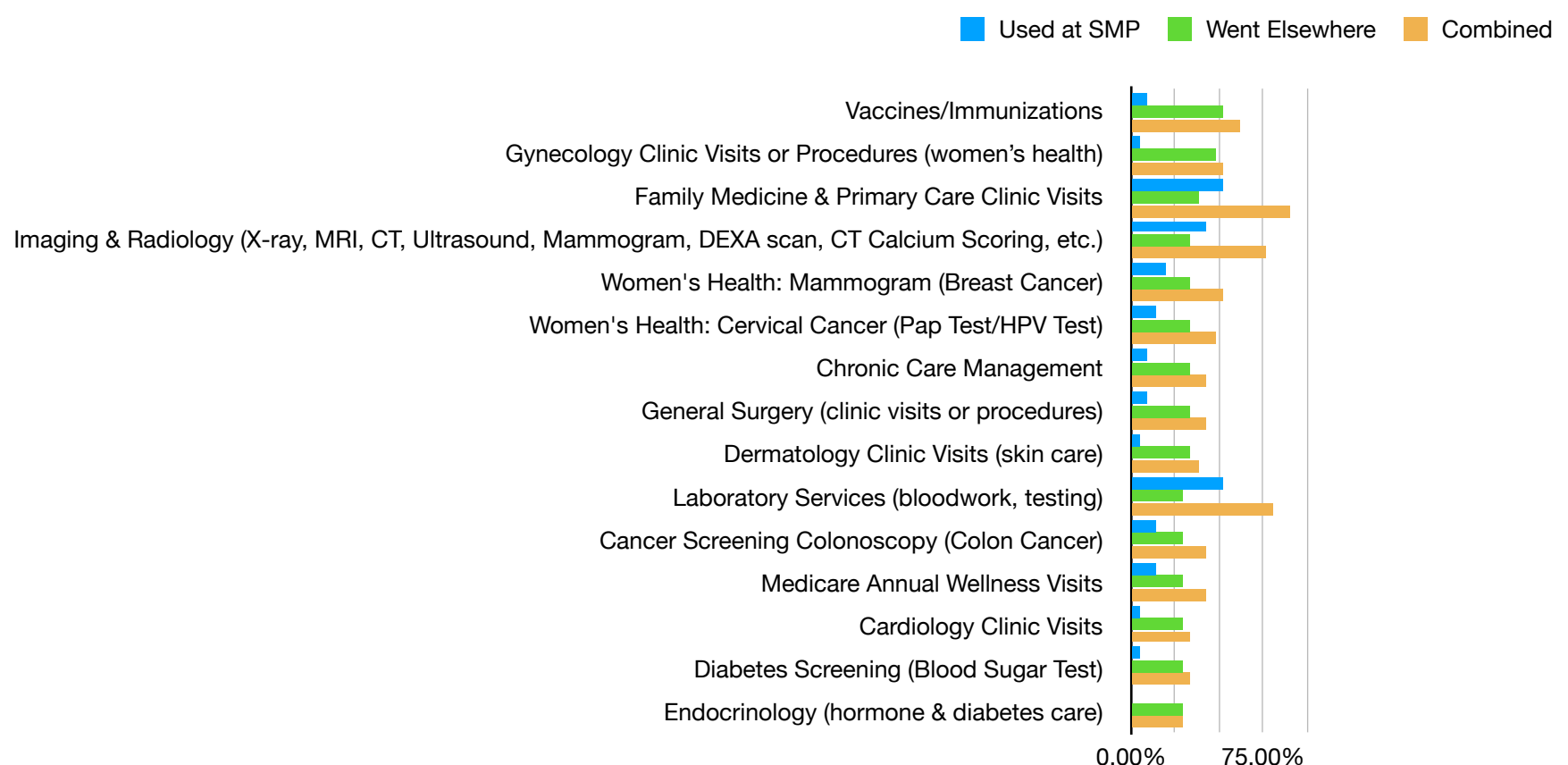
The survey revealed that a significant number of patients sought certain healthcare services outside of SMP Health – St. Kateri, offering valuable insight into patient preferences and gaps in local service utilization. Services were ranked by the total number of respondents who reported receiving them elsewhere.

The top services with the highest number of patients going elsewhere included:

- Vaccines/Immunizations – 52.38%
- Gynecology – 47.62%
- Family Medicine & Primary Care – 38.1%
- Imaging & Radiology – 33.33%
- Mammogram – 33.33%
- Cervical Cancer Screening – 33.33%
- Chronic Care Management – 33.33%

- General Surgery – 33.33%
- Dermatology – 33.33%
- Laboratory Services – 28.57%

The survey data from 21 respondents highlights both the strengths and gaps in service utilization at SMP Health St. Kateri. The highest reported use was for family medicine/primary care and laboratory services, with over half of households (52.38%) using these services locally, while 38.1% sought primary care elsewhere. Imaging and radiology also saw strong use at 42.86%, though one-third still went elsewhere. Preventive and specialty care



services such as women's health screenings, chronic care management, and cardiology had significantly lower local utilization, with only 5–19% of respondents reporting use at SMP, while nearly one-third to one-half received these services elsewhere. Vaccinations were another area where the majority (52.38%) reported going outside the community. Overall, the data suggests that while SMP is well-utilized for core services like primary care, labs, and imaging, many residents continue to leave the area for preventive, specialty, and chronic care, representing both an opportunity and a challenge for the hospital moving forward.

HEALTH PRIORITIES IN THE COMMUNITY

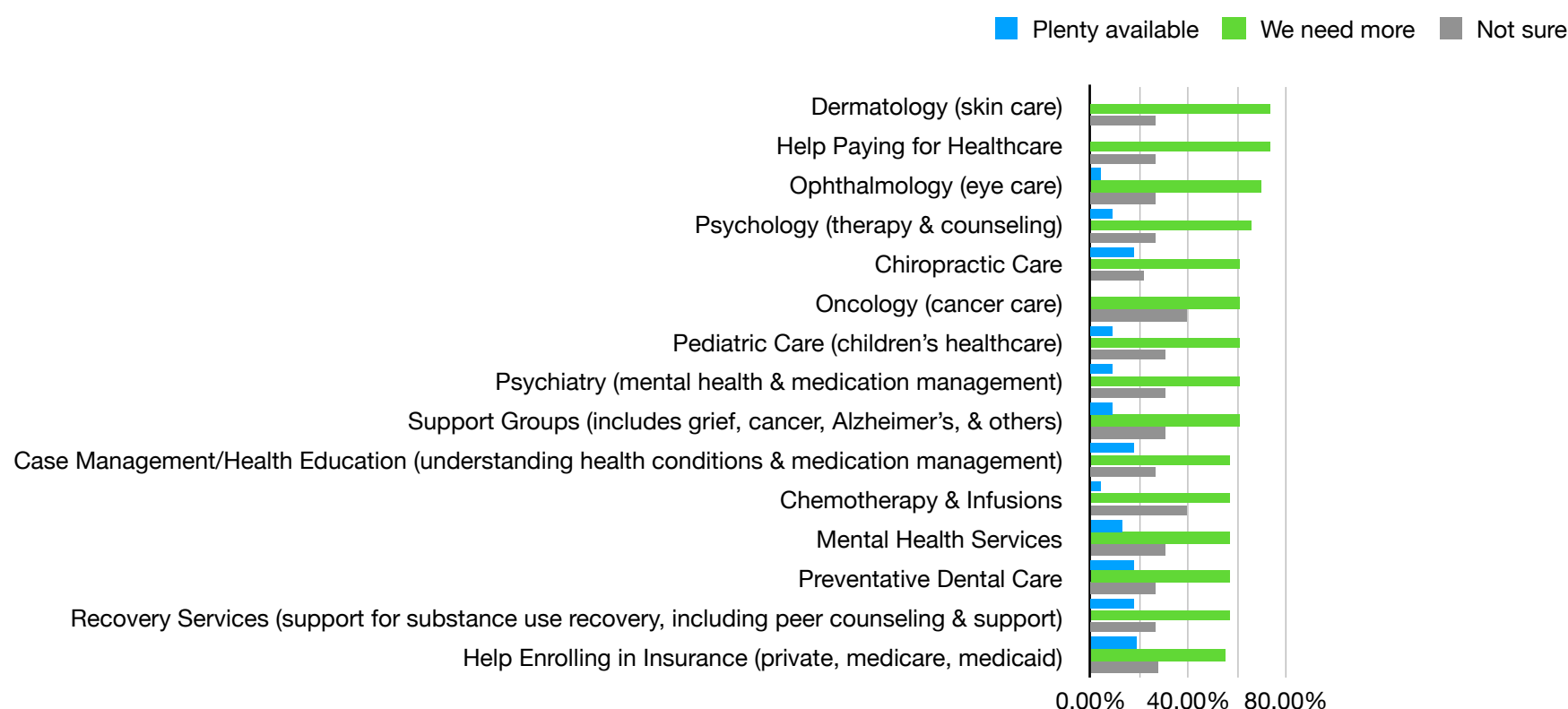
The community survey revealed clear priorities regarding the availability of healthcare services, with residents identifying both specialty medical care and supportive resources as areas of greatest unmet need. Respondents consistently emphasized gaps in access to dermatology, eye care, oncology, pediatrics, and mental health services, as well as challenges with affordability and navigating insurance.

Access to Specialty Care

Survey respondents expressed a strong need for additional specialty services within the community. **Dermatology (73.91%)** and **ophthalmology (69.57%)** topped the list, showing that residents feel limited in their ability to access skin and eye care locally. High demand was also noted for **oncology (60.87%)** and **pediatric care (60.87%)**, two critical areas where gaps in service may cause residents to seek treatment outside the community. The desire for **chiropractic services (60.87%)** further demonstrates the community's interest in a broad range of specialty care options that can support long-term health and wellness.

Mental and Behavioral Health Needs

Mental and behavioral health services also ranked as a top concern. Respondents identified significant needs for **psychology (65.22%)**, **psychiatry (60.87%)**, and **support groups (60.87%)**, all of which reflect a demand for both clinical treatment and community-based resources. Additionally, **mental health services (56.52%)** and **recovery programs for substance use (56.52%)** were highlighted as areas requiring expansion. These results suggest that the community is not only seeking professional counseling and medication



management but also broader recovery and peer support systems to address mental health and addiction challenges.

Chronic Disease and Preventive Services

The survey revealed concern about gaps in ongoing care for chronic conditions and prevention. **Chemotherapy and infusion services (56.52%)** were identified as areas where residents feel services are insufficient, which may contribute to burdensome travel for cancer treatment. **Preventative dental care (56.52%)** and **case management/health education (56.52%)** also ranked highly, showing that residents value proactive approaches to healthcare and want more support in understanding their conditions and managing treatments effectively.

Financial and Insurance Barriers

In addition to clinical services, the community pointed to challenges with affordability and access. **Help paying for healthcare (73.91%)** was identified as one of the top unmet needs overall, highlighting the financial barriers many residents face. Similarly, **assistance enrolling in insurance programs (54.55%)** was cited as an area where more resources are needed. Together, these findings suggest that for many community members, healthcare access is not only limited by available services but also by financial and insurance-related obstacles.

Taken together, the data underscores the need for a balanced approach to expanding services. This approach needs to not only increase access to specialty and preventive care but also addresses the financial and systemic challenges that prevent residents from fully engaging in their health. By listening to the community and investing in areas such as mental health, cancer treatment, pediatrics, and financial assistance, SMP Health St. Kateri has the opportunity to improve health outcomes, reduce the burden of traveling long distances for care, and foster greater trust in the local healthcare system.

CHRONIC CONDITIONS

SMP Health – St. Kateri’s Community Health Needs Assessment identified four chronic conditions as the most prevalent in the service area: **high cholesterol, high blood pressure, diabetes, and mental health issues**. Each of these conditions carries significant implications for long-term health outcomes, quality of life, and healthcare costs, making them critical areas of focus for the hospital and its partners.

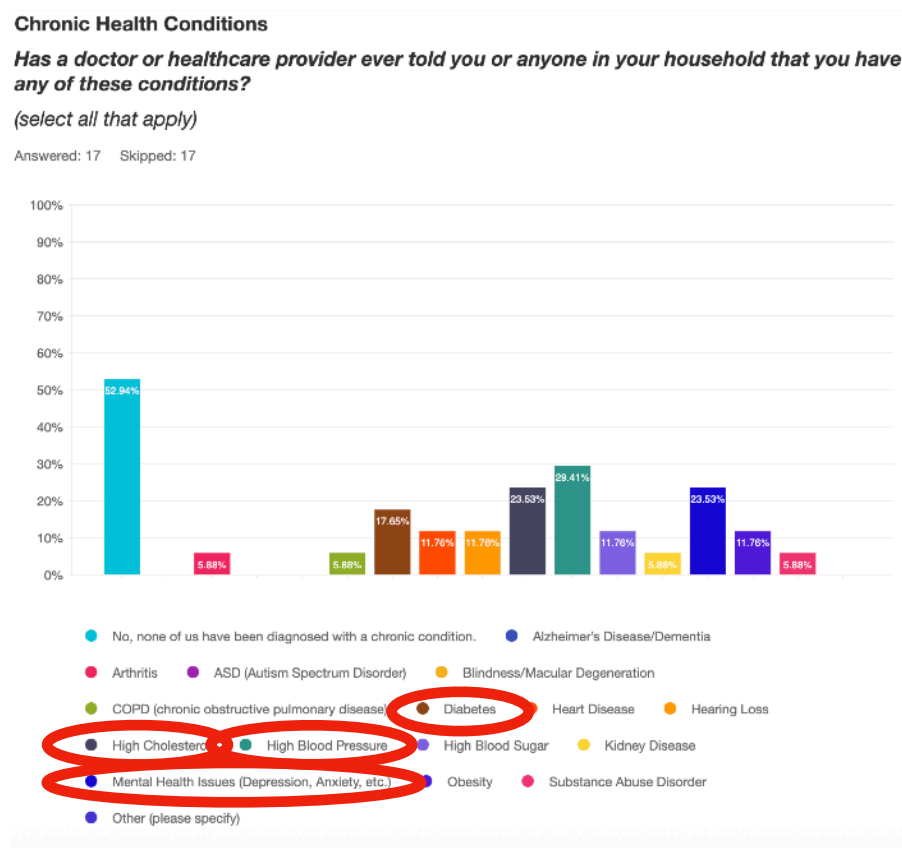
- **High Cholesterol & High Blood Pressure**

These cardiovascular risk factors are closely linked and often co-exist, increasing the likelihood of heart disease and stroke. SMP Health – St. Kateri may want to consider expanding preventive care initiatives, such as community screening events, heart-healthy education programs, nutrition counseling, and partnerships with local gyms or wellness centers to encourage physical activity. Early detection and consistent management through primary care providers are essential in reducing long-term complications.

- **Mental Health Issues**

Mental health continues to be a growing concern, impacting all age groups and often intersecting with physical health conditions. SMP Health – St. Kateri could explore working with outside groups to strengthen mental health services. Building collaborations with schools, employers, and community organizations can further

support mental health awareness and early intervention.



- **Diabetes**

Diabetes management requires a comprehensive approach, including patient education, nutritional support, medication management, and regular monitoring. SMP Health – St. Kateri could enhance care by offering diabetes education classes, promoting screening events, and expanding access to endocrinology services—potentially via tele-health. Partnering with local grocers or

community gardens could also promote healthier eating options for at-risk populations.

Integrating Efforts for Greater Impact

While each condition presents unique challenges, they share common risk factors such as poor diet, inactivity, and limited access to preventive care. Addressing these conditions collectively through integrated wellness programs, community partnerships, and strong primary care engagement can yield the most meaningful health improvements. SMP Health – St. Kateri's role in leading and coordinating these efforts can help reduce the prevalence

and impact of these chronic conditions, ultimately improving the health and vitality of the entire community.

THE ELDERLY

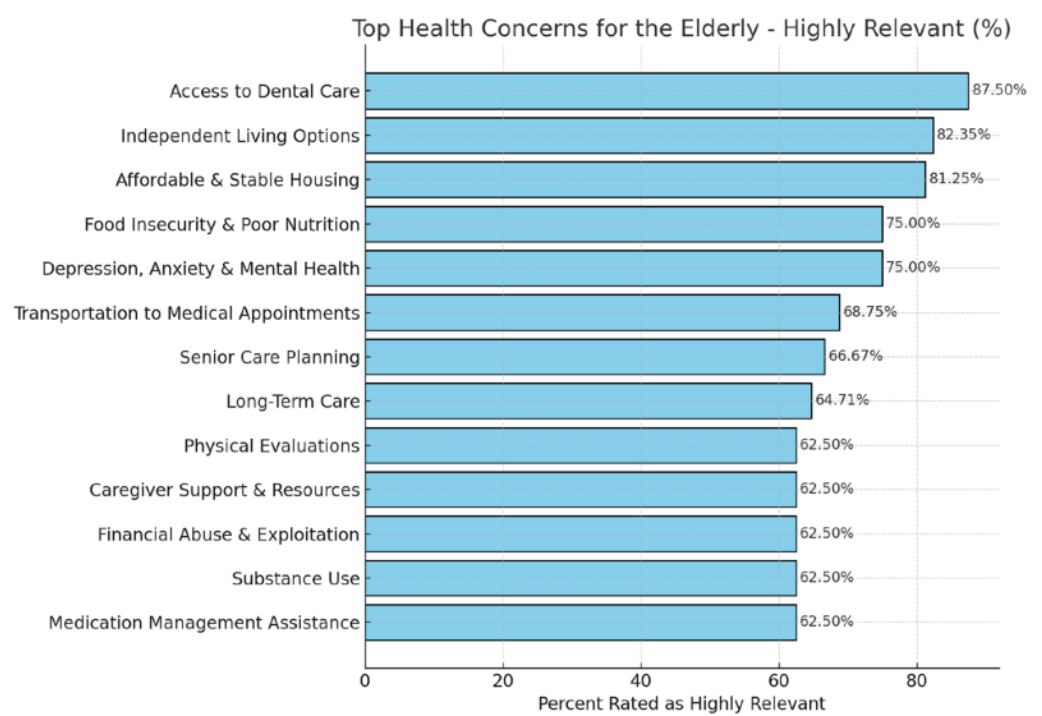
The survey findings reveal that the needs of older adults in the community extend beyond traditional medical care, touching on nearly every aspect of daily life. Concerns clustered into four key themes: **healthcare access and preventive services, housing and independence, nutrition and financial stability, and mental and behavioral health.**

Together, these themes highlight the interconnected challenges seniors face as they age. This ranges from securing safe and affordable housing to accessing reliable transportation, dental care, and nutritious food. They also underscore the importance of addressing social determinants of health alongside clinical services, ensuring that older adults not only receive medical treatment but also the support systems necessary to maintain independence, dignity, and overall well-being. The responses indicate the following categories for areas to consider.

Healthcare Access & Preventive Services

- Access to Dental Care (87.5%)
- Physical Evaluations (62.5%)
- Medication Management Assistance (62.5%)
- Transportation to Medical Appointments (68.75%)

These issues highlight the need for easier access to basic and preventive healthcare services. Barriers include cost, transportation, and limited local availability, which prevent seniors from maintaining their health proactively.



Housing, Independence & Daily Living Supports

- Independent Living Options (82.35%)
- Affordable & Stable Housing (81.25%)
- Senior Care Planning (66.67%)
- Long-Term Care Facilities (64.71%)
- Caregiver Support & Resources (62.5%)

This theme reflects the importance of stability and support in seniors' daily lives. Seniors want independence, but they also need structured options, planning for future care, and strong caregiver support systems.

Nutrition & Financial Security

- Food Insecurity & Poor Nutrition (75%)
- Financial Abuse & Exploitation (62.5%)

These concerns emphasize that seniors face challenges not just in medical care, but in meeting basic needs and protecting themselves from financial harm. Food access and financial security are essential for healthy aging.

Mental & Behavioral Health

- Depression, Anxiety & Mental Health Support (75%)
- Substance Use (62.5%)

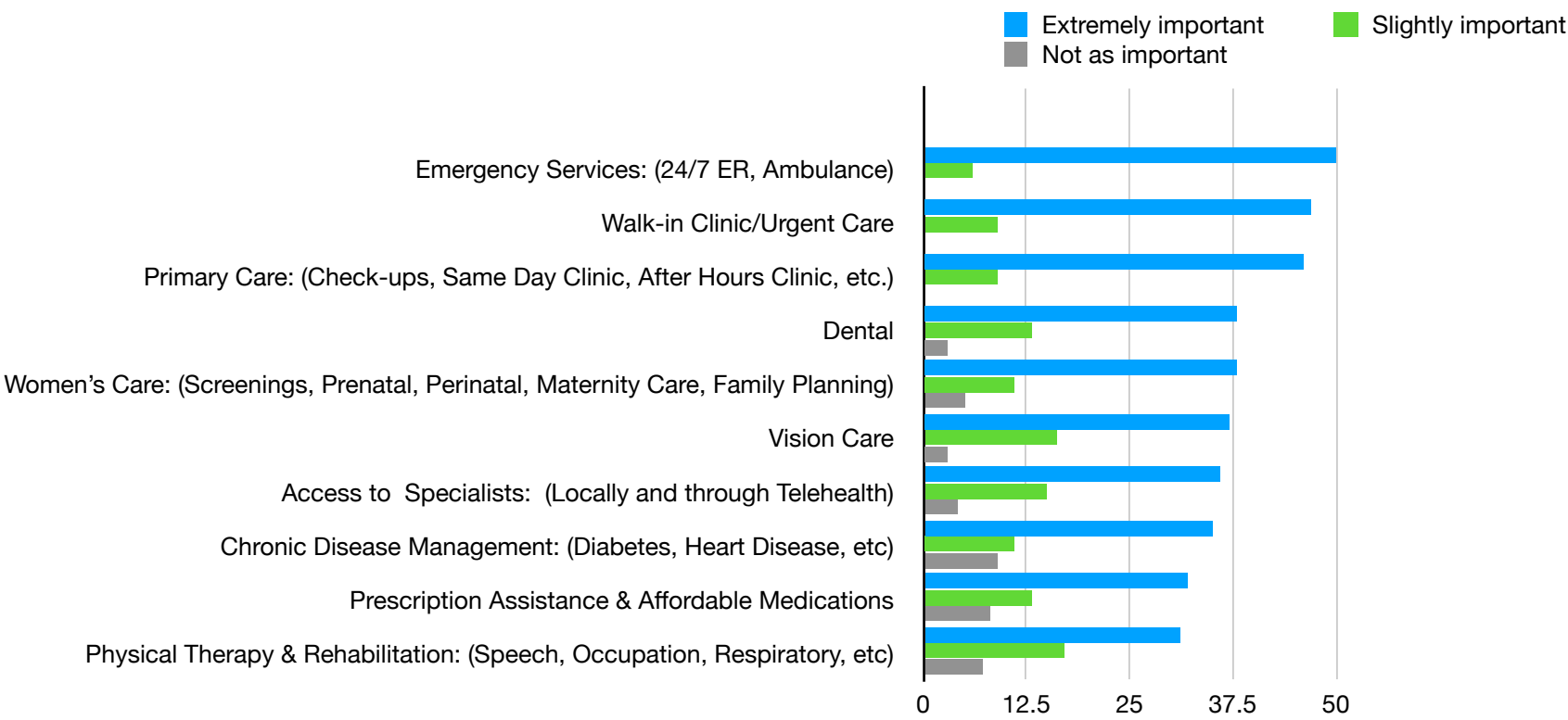
Mental health challenges, including depression, anxiety, and substance use, were recognized as major concerns. These issues often intersect with isolation, chronic illness, and lack of support, making them important areas for targeted services.

By prioritizing these needs, St. Kateri could position itself as a leader in **comprehensive senior care**, ensuring that older adults remain safe, connected, and supported within their own community. This would help Seniors want to stay in the area as they age providing greatly to the community.

IMPORTANT ASPECTS OF HEALTHCARE

SMP Health – St. Kateri sought to understand the healthcare aspects most important to their community. Not surprisingly, urgent care services such as Emergency Room and Ambulance Services topped the list. Walk-in Clinics came next, followed by expanded Primary Care services.

The next three areas of healthcare around expanding access to Dental Care, Women’s Care, getting Vision Care, Specialists, and how to manage Chronic Conditions to stay healthier longer. Other areas that landed in the top 10, were around Prescriptions, and Physical Therapy & Rehabilitation.



These insights emphasize the need for SMP Health – St. Kateri to keep improving their urgent care and look at extending walk-in clinics hours. In addition this survey reinforces the need to expand the range of services and specialists that the hospital offers in order to better serve the community closer to home. Ultimately these aspects of healthcare are the basis of what SMP Health – St. Kateri decided to focus on for their end of service.

INITIAL SURVEY OBSERVATIONS

Through its Community Health Needs Assessment, SMP Health – St. Kateri has identified several priority areas that reflect both the medical and social needs of the community.

Physician and provider retention is a central concern, as maintaining a consistent and

dedicated healthcare workforce is essential for ensuring continuity of care, building trust with patients, and supporting the long-term stability of rural health services. Alongside workforce stability, the promotion of **annual wellness screenings and regular checkups** will play a key role in shifting the focus from reactive care to preventive care, helping community members manage chronic conditions, detect health issues earlier, and improve long-term outcomes.

Another area of focus is the development of **non-skilled long-term care options**, which will provide critical support for elderly residents who do not yet require skilled nursing but need daily assistance to maintain independence and dignity. Complementing this, SMP Health – St. Kateri recognizes the importance of **collaborating with community entities to expand Medicare and Medicaid enrollment**. By helping residents navigate these

programs, the hospital can reduce financial barriers and ensure that more individuals have consistent access to essential healthcare services.

Many of the areas of concern from the Survey will be better addressed by other organizations in the community. The hospital aims to address key service gaps in **mental health and optometry**, both of which were strongly identified as unmet needs through partnering with other entities. Expanding access to counseling, psychiatric care, and vision services will directly improve quality of life while reducing the need for residents to travel long distances for care. Finally, **transportation** remains a significant barrier, particularly for elderly and low-income residents, and addressing this need will be vital to ensuring that expanded services and preventive care efforts are accessible to all.



St Kateri partners with the school to make sure our kids are healthy in their sports.

Together, these priorities reflect a balanced approach—strengthening the healthcare workforce, expanding preventive and supportive care, addressing specialty gaps, and reducing barriers such as cost and transportation—that positions SMP Health – St. Kateri to improve community health in meaningful and sustainable ways.

Why These Areas Matter

Together, these themes show that the community values **accessible primary care, proactive prevention, strong support for seniors, and expanded specialty services**. Each represents both a challenge and an opportunity for St. Kateri to demonstrate leadership and commitment to meeting local needs. By addressing immediate priorities while carefully exploring future possibilities, the hospital positions itself not only as a healthcare provider, but as a long-term partner in sustaining the health and vitality of the community.

IMPLEMENTATION PLAN

COMMUNITY HEALTH IMPLEMENTATION PLAN (CHIP) – ST. KATERI

In addition to conducting a Community Health Needs Assessment (CHNA), hospitals are required to develop a Community Health Implementation Plan (CHIP) to outline strategies for addressing the issues identified in the CHNA. This plan provides a roadmap for how hospitals will respond to community priorities, while also supporting their accountability as nonprofit 501(c)(3) organizations.

SMP Health – St. Kateri CHIP reflects staff decisions, combined with input from community members, regarding the actions needed to address healthcare gaps. Based on survey findings and local input, **three primary areas** have been identified as priorities for action:

1. Attract and Retain Medical Providers

Medical providers are the foundation of any healthcare system, and their presence is critical to ensuring both quality and continuity of care. Without them, hospitals face higher costs from locum tenens coverage, diminished patient experiences, and the erosion of community trust. To safeguard access to high-quality healthcare for the people of Rolette County, St. Kateri Hospital has developed a clear plan to both attract new providers and retain those already serving the community.

The first step in this effort is to **work directly with universities** to engage medical students, physician assistants, and nurse practitioners early in their training. By participating in open houses, career fairs, and outreach events, St. Kateri can build relationships with future providers and showcase the unique opportunities of practicing in a

rural setting. These connections highlight the hospital not just as a workplace, but as a welcoming place to live and grow.

Recruitment will also rely on maintaining a strong presence in established healthcare pipelines. St. Kateri will continue to utilize the **HRSA website** through its status as a National Health Service Corps site, which allows the hospital to offer federal loan repayment and other incentives to providers who choose to serve in rural communities. In addition, the hospital will actively post openings on **healthcare-specific job boards** such as 3RNET, ensuring visibility among those who are actively seeking rural practice opportunities.

1.1 Attract and Retain Physician/Provider
1.1.1 Work with Universities to attract students
1.1.2 Utilize HRSA website to advertise openings
1.1.3 Utilize healthcare specific recruitment sites for job listings
1.1.4 Reach out to providers on healthcare specific recruitment sites

Beyond job postings, St. Kateri understands the importance of **personalized outreach**. Providers identified through recruitment platforms will be contacted directly and invited to explore the area. These visits, fully supported by the hospital, will include tours of the facility, Rolla, the Turtle Mountains, and other local attractions that reflect the lifestyle benefits of living in the region. Each experience will be tailored to the provider’s individual interests, emphasizing the community’s ability to support both professional and personal fulfillment.

Through these combined efforts—university partnerships, strong recruitment platforms, personalized outreach, and a focus on retention—St. Kateri Hospital is building a sustainable provider workforce. This commitment ensures that residents of Rolette County will continue to have access to compassionate, high-quality care for years to come.

2. Promotion of Annual Wellness Screenings and Checkups

St. Kateri Hospital recognizes that preventive care is the foundation of long-term community health. Too often, chronic diseases go undetected until they become serious, leading to higher costs, more complex treatments, and diminished quality of life. To address this, the hospital is committed to creating a strong culture of prevention through the consistent promotion of annual wellness visits, preventive screenings, and case management.

The first priority is to **increase annual wellness visits across the patient population**. These visits provide an important opportunity to review overall health, identify risks, and

connect patients to needed services before conditions become critical. By raising awareness about the importance of these checkups and making scheduling easier, St. Kateri will encourage more individuals to take part in this essential form of care.

1.2 Promotion of Annual Wellness Visits and Screenings

1.2.1 Increase Annual Wellness Visits throughout the patient population.

1.2.2 Increase Preventative Health Screenings

1.2.3 Increase Case Management (i.e. CCM, TCM, etc.)

At the same time, the hospital will **expand access to preventive health screenings**, such as mammograms, colorectal screenings, and diabetes checks. Early detection of illness significantly improves outcomes and reduces the burden of chronic disease. Special attention will be placed on reaching populations who are less likely to receive screenings, ensuring equity in preventive care

access.

To support these efforts, St. Kateri will **increase case management services**, including programs like Chronic Care Management (CCM) and Transitional Care Management (TCM). Case managers will help patients navigate the healthcare system, coordinate follow-up care, and ensure they receive education on how to manage their health effectively. By bridging gaps between diagnosis, treatment, and follow-up, case management strengthens both individual and community outcomes.

These strategies will be guided by data. The hospital will **analyze illness tracking spreadsheets and population health records** to identify patterns, gaps, and opportunities for targeted outreach. This evidence-based approach ensures that education and resources are directed where they are needed most.

Through these combined efforts, St. Kateri Hospital aims to foster a shift in perspective: annual checkups and preventive screenings will no longer be seen as optional, but as vital steps in safeguarding health. By making prevention accessible, personalized, and well-supported, the hospital is building a healthier, more resilient future for the people of Rolette County.

3. Building Non-Skilled Long Term Care

As the population in Rolette County continues to age, the need for **supportive, non-skilled long-term care** is becoming increasingly important. Families want assurance that their loved ones will receive care rooted in dignity, compassion, and attention to overall well-being. St. Kateri Hospital is committed to meeting this need by strengthening and

expanding its non-skilled nursing care services, ensuring that residents can remain close to home rather than seeking options outside the community.

The hospital’s first step will be to **evaluate and eliminate barriers** that may prevent families from choosing St. Kateri’s long-term care services. These barriers may include cost concerns, lack of awareness, or perceptions about the scope and quality of available care. By addressing these issues directly, the hospital can make care more accessible and responsive to community needs.

Hand-in-hand with this effort, St. Kateri will **evaluate, correct, and implement a comprehensive marketing plan**. Many families are not fully aware of the services offered or the peace of mind that comes with keeping their loved ones close. By improving communication and outreach, the hospital will highlight not only the quality of care but also the sense of security and connection that comes from choosing a trusted, local provider.

To better understand why some beds remain unused, St. Kateri will also **perform a root cause analysis**. This process will provide insight into the decision-making of families and will help the hospital adapt its services to meet real concerns—whether those are related to affordability, culture, or the availability of specific amenities. Listening carefully to the community will ensure that long-term care offerings are aligned with family expectations.

Finally, St. Kateri recognizes that long-term care must go beyond meeting daily physical needs. The hospital will **expand and promote activities and pastoral care** to enrich the lives of residents. By offering opportunities for social engagement, creative outlets, and spiritual support, the hospital will create a nurturing environment where residents feel not only cared for but also valued and connected.

Through these combined efforts, St. Kateri Hospital will build a long-term care program that families can trust—one that addresses barriers, responds to community needs, and offers an environment rooted in compassion and respect. In doing so, the hospital continues its mission of serving as a cornerstone of care and support for the people of Rolette County.

1.3 Building Non-Skilled Nursing Care.
1.3.1 Evaluate and Eliminate Barriers
1.3.2 Evaluate, correct, and implement marketing plan
1.3.3 Perform root cause analysis as to why people are not utilizing our beds for their loved ones.
1.3.4 Expand and promote activities and pastoral care

Postponed Areas for Future Exploration

While important, three areas have been identified for **postponed exploration** at a later time. They both would require partnering with other community entities in order to provide the best service to the community. These include:

1.4 Collaborate with community entities (Albertson)

▶ 1.4.1 Mental Health and Substance Abuse (Albertson)

1.4.2 Explore Transportation to and from appointments (Albertson)

- Exploring options to improve Mental Health and Substance Abuse programs in the area.

- Finding better ways to transport those in the community to and from their appointments.

By prioritizing its resources, St. Kateri can focus on the areas of **greatest immediate impact**, while leaving the door open to explore these additional services as demand and capacity allow.

CONCLUSION

The SMP Health – St. Kateri Implementation Plan reflects a thoughtful, realistic approach to improving the health and well-being of the people of Rolette County. Each initiative outlined in this plan builds on the hospital’s mission of compassionate care, community connection, and long-term sustainability.

By focusing first on **attracting and retaining medical providers**, St. Kateri ensures the stability and continuity of healthcare in the region. The **promotion of annual wellness visits, screenings, and case management** fosters a culture of prevention—helping community members take charge of their health before illness progresses. And through the **development of non-skilled long-term care**, the hospital is creating a local option that allows residents to remain close to family and community while receiving dignified, person-centered support.

The hospital also acknowledges that improving community health is an ongoing journey. Some important areas—such as **expanding mental health and substance abuse programs** and **addressing transportation barriers**—have been identified for future exploration. These will require collaboration with other community partners and careful planning to ensure that new programs are sustainable and responsive to local needs.

Together, these efforts represent a unified vision for a stronger, healthier community. SMP Health – St. Kateri remains dedicated to working alongside residents, local leaders, and

partner organizations to build a future where everyone in Rolette County has access to high-quality, compassionate care close to home.

The hospital's dedication to innovation, responsiveness, and inclusivity signals a bright future—not just for SMP Health – St. Kateri, but for the entire county. As these plans take shape and new services emerge, the hospital will remain a constant and trusted presence—rooted in the community and driven by a shared mission to improve health and quality of life for all. The future of healthcare in this region is strong, and SMP Health – St. Kateri is proud to lead the way forward.



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IN CONJUNCTION WITH
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2025