Grant County to develop health improvement plan

Grant County is a great place to raise children, with friendly people and quality healthcare. However, the county is exhibiting declining community engagement and cohesiveness and needs to encourage healthier lifestyles.

Those are the findings of a Grant County community health assessment, conducted in 2014. Grant County’s health needs were assessed by a team including Jacobson Memorial Hospital Care Center in Elgin, the Custer District Health Unit and the Center for Rural Health at the University of North Dakota. Many community members participated through interviews, community group meetings and surveys to conduct the community health assessment in Grant County. The assessment produced the following highlights:

- **Respondents identified the community’s top assets as:**
  - **Friendly and helpful people**
  - **Health care**
  - **A safe place to live**
  - **A good place to raise kids**
  - **The cleanliness of the area**
- Following careful consideration of all results and findings of this assessment, community members determined that the significant health needs or issues in the community are:
  - Attracting and retaining young families
  - Ability to retain doctors and nurses in the community
  - Declining community engagement and cohesiveness
  - Encouraging healthy lifestyles

Data compiled by County Health Rankings show that with respect to health outcomes, Grant County performs very well, landing in the top ten percent of counties nationally. While residents report good overall health, however, the county fares poorly on individual factors that influence health.

Factors in which Grant County was performing especially poorly included:

- **Access to exercise opportunities**
  - The percentage of individuals who live reasonably close to a physical activity site is half the North Dakota average
- **Uninsured residents**
  - Nearly twice the state rate, and the highest rate of any ranked North Dakota county
- **Preventive screening**
  - Considerably less than the state rate
- **Children in poverty**
  - Nearly twice the state rate
- **Inadequate social support**
  - 13 points above the state rate
- "The assessment helps us find out what the community sees as issues in the county and the health improvement plan will be a way for us to address these issues and hopefully work toward creating a healthier community for everyone," says Cutter Levensen with Mitchell.

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KFYR Kafe comes to Elgin

Todd Mitchell, radio personality from KFYR radio, hosted the popular KFYR Kafé from Our Place Café in Elgin on Friday, Feb. 6. Several local business people were featured on the air talking about the many fine qualities of life in Elgin. Pictured is Branch Manager of the First International Bank & Trust, Aaron Levensen with Mitchell.

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Contact Us At:
701-584-2900
g@slo.westriv.com

Area Deaths
Jeannette Quinn, 68
George Gross, 83
Ethel Davenport, 81

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Kindness challenges

Grant County High School and the National Honor Society plans a week of kindness in the form of Random Act of Kindness Week. The challenge began Monday, Feb. 9 and continues through Sunday, Feb. 15.

Monday, high school students were encouraged to say hi and smile to three different people in school, or open a door for someone, or let someone in line before them. As Oscar Wilde commented, "The smallest act of kindness is worth more than the grandest intention."

Tuesday's challenge was to bring in a can of soup for the local food pantry or donate $1.00 towards the pantry. "If you can't feed a hundred people, then just feed one," Mother Teresa. Today’s challenge is to text someone at 3:05 p.m. with an inspiring thought or a snapshot using a hard heart shape. "It's not easy to be kind."

GCHS NHS challenges everyone who reads this article to do a random act of kindness for someone you know, someone you don’t know, or even yourself. "It’s cool to be kind!"

JMHCC Giving Hearts Day

Give from your heart on February 12, when Jacobson Memorial Foundation is participating in Giving Hearts Day, a 24-hour online giving event.

To make a secure online contribution to the Jacobson Memorial Foundation, please contact the hospital or the charity at 701-667-5370 or erin.ourard@jchutterhealth.com. The full report can be accessed at www.jchutterhealth.com or www.jacobsonhealth.org under the "About Us" section.

JMHCC Giving Hearts Day

The bins are full and we have 300 acres of REA corn left to combine!

For more information, or to order, contact AARON FLIESZ, 584-2978
FLORIAN ZINS, 597-3661

JMHCC Giving Hearts Day

We know the North

Grant County Memorial Hospital Community Care Center (JMHCC). You may also donate by sending a check dated February 12, JMHF, PO. Box 367, Elgin, ND 58536.

The Elgin Lions Club has generously pledged to match Giving Hearts Day donations up to $4,000.

"Giving Hearts Day is a way that we can give back to our hospital," says JMHCC President, Shereen Stoller. "We encourage everyone to consider using this online giving event to donate during Giving Hearts Day."