

Central Health Care System Preparedness Coalition

REGIONAL PROFILE

Demographics

- The Central region has a population of 803,816, making up **14% of Minnesota** (MN State Demographic Center).
- 17% of residents are 65 or older. 24% are 18 or younger (U.S. Census Bureau, 2023). Among children 18 or younger, 17% live in single-parent households and 11% live in poverty.

Race/Ethnicity in Central Region

Race/Ethnicity	N	%
American Indian or Alaska Native	6,644	1%
Asian	7,682	1%
Black or African American	19,220	3%
Hispanic (all races)	18,441	3%
Native Hawaiian or Pacific Islander	216 ¹	0.05%
White (Non-Hispanic)	576,097	89%
Some other race (Non-Hispanic)	1,953	0.3%
Two or more races (Non-Hispanic)	18,030	3%

Source: U.S. Census Bureau, 2023²

- 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 Central region borders the Tribal territorial jurisdictions of the **Mille Lacs Band of Ojibwe** and **Leech Lake Band of Ojibwe**. In addition, American Indian people and communities live throughout all part of the Central region.

Disability

Statewide, over **1 million** adults (**23%**) not living in institutions³ 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 Central Region

Disability Type	%
Ambulatory difficulty	5.2%
Independent living difficulty	3.6%
Hearing difficulty	3.8%
Self-care difficulty	2.1%
Vision difficulty	1.6%
Cognitive difficulty	4.7%

More common among adults 65+

More common among people <65

Source: U.S. Census Bureau, 2023⁴

In the Central region, **14,659** people (primarily people with disabilities and older adults) received **long-term services and supports**⁵ using Medical Assistance in January 2021 (Minnesota Department of Human Services, 2023). Of these, **1,468 people** received services in **institutional settings**⁶ and 13,191 received home and community-based services.

Among Central residents who are eligible

for home and community-based service waivers⁷, **5,146** (42%) received services in **group home settings**; the remaining 7,003 received services at home.

Limited data are available on the number of people who have difficulty leaving their homes.⁸

Immigrant/Refugee Status

- An estimated **25,417** Central region residents (3.2%) 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).

174 primary refugees⁹ arrived from 2020-2022; 9 out of 10 settled in Sherburne, Stearns, and Wright Counties (Minnesota Department of Health Refugee and International Health Program, 2023). 26 arrived from **Afghanistan** from 2021-2022 and 95 arrived from **Ukraine** in 2022.¹⁰

Language

- Approximately **39,142** Central residents (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 **3,839** Central residents.



Residence and Access

- **53%** of Central region residents live in a **rural** setting (U.S. Census Bureau, 2023).
- 4.6% of households have **no vehicle** (U.S. Census Bureau, 2023).
- At least **1,653 people experienced homelessness** and received emergency shelter, street outreach, and transitional housing services in the Central region in 2022 (ICA Minnesota, 2023). This estimate does not include people who experienced homelessness and did not seek services.

13% of households have **no broadband internet access** (U.S. Census Bureau, 2023).



Health and Health Care

- **6.5%** of Central residents under age 65 (41,766 individuals) have **no health insurance**, which is higher than the statewide rate (5.9%) (Behavioral Risk Factor Surveillance System, 2023).

8.1% of adults 20 or older have been diagnosed with **diabetes**, which is above the statewide average (7.8%) (U.S. Census Bureau, 2023).

- Among female Medicare enrollees ages 65-74, 45% received an **annual mammogram** (University of Wisconsin Population Health Institute, 2023).
- Among fee-for-service (FFS) Medicare enrollees, 51% received an **annual flu vaccination**, which is lower than the statewide rate (57%) (University of Wisconsin Population Health Institute, 2023).

- In 2020, there were **2,301 preventable hospitable stays** per 100,000 Medicare enrollees for conditions usually treatable in outpatient settings, which is similar to the state average (2,323) (University of Wisconsin Population Health Institute, 2023).

Health Care Providers

There are fewer health care providers available to residents in the **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...	1,957 Central residents	1,110 Minnesota residents <input checked="" type="checkbox"/>
1 Dentist for every...	2,036 Central residents	1,307 Minnesota residents <input checked="" type="checkbox"/>
1 Mental Health Provider for every...	810 Central residents	322 Minnesota residents <input checked="" type="checkbox"/>

Pine County has the fewest primary care physicians (1 for every 4,194 residents), Aitkin County has the fewest dentists (1 for every 3,177 residents), and Benton County has the fewest mental health providers (1 for every 4,607 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 Central region includes:

	175 Assisted Living Facilities
	18 Community Mental Health Centers and 2 Psychiatric Hospitals
	19 Hospitals
	8 Indian Health Service, Tribal, & Urban Indian Health Facilities, including 1 hospital and 1 dental clinic
	3 Intermediate Care Facilities for individuals with intellectual disabilities
	45 Nursing Homes/Skilled Nursing Facilities

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

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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.

² 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.

³ These figures do not include individuals who are incarcerated or living in congregate care settings.

⁴ 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.

⁵ 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.

⁶ Institutional settings include nursing homes, intermediate-care facilities, regional treatment centers, and neurobehavioral hospitals.

⁷ 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.

⁸ 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.

⁹ 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.

¹⁰ Estimate of Ukrainian Humanitarian Parolees (UHPs) does not reflect all 2022 UHP arrivals since there is no requirement to report to MDH.