

# South Central Health Care Preparedness Coalition

## REGIONAL PROFILE

### Demographics

- 297,959 people (**5.2% of Minnesota**) live in the South Central region (MN State Demographic Center).
- 19% of residents are 65 or older. 22% 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 South Central

Race/Ethnicity	N	%
American Indian or Alaska Native	699	0.2%
Asian	3,288	1%
Black or African American	5,189	2%
Hispanic (all races)	18,603	6%
Native Hawaiian or Pacific Islander	22 <sup>1</sup>	0.01%
White (Non-Hispanic)	262,535	89%
Another race (Non-Hispanic)	522	0.2%
Two or more races (Non-Hispanic)	5,549	2%

Source: U.S. Census Bureau, 2023<sup>2</sup>

- 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 South 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 South Central region.

### Disability

Statewide, over **1 million** adults (**23%**) not living in institutions<sup>3</sup> 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 South Central

Disability Type	%
Ambulatory difficulty	4.8%
Independent living difficulty	3.6%
Hearing difficulty	3.8%
Self-care difficulty	1.9%
Vision difficulty	1.6%
Cognitive difficulty	4.6%

More common among **adults 65+**

More common among **people <65**

Source: U.S. Census Bureau, 2023<sup>4</sup>

In the South Central region, **5,170** people (primarily people with disabilities and older adults) received **long-term services and supports**<sup>5</sup> using Medical Assistance in January 2021 (Minnesota Department of Human Services, 2023). Of these, **764 people** received services in **institutional settings**<sup>6</sup> and 3,821 received home and community-based services.

Among South Central residents who are eligible for home and community-based service waivers<sup>7</sup>, **2,114** (46%) receive services in **group home settings**; the remaining 2,495 receive services at home.

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

## Immigrant/Refugee Status

- Approximately **11,413** South Central region residents (3.8%) 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).

**7 primary refugees**<sup>9</sup> arrived in the South Central region from 2020-2022; most settled in Faribault County (Minnesota Department of Health Refugee and International Health Program, 2023). 4 arrived from **Ukraine** in 2022.<sup>10</sup>

## Language

- Approximately **17,692** South Central residents aged 5+ (5.9%) 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 **1,423** South Central region residents.

## Residence and Access

- 47%** of South Central region residents live in a **rural** setting (U.S. Census Bureau, 2023).
- At least **519 people experienced homelessness** and received emergency shelter, street outreach, and transitional housing services in the South Central region in 2022 (ICA Minnesota, 2023). This estimate does not include people who experienced homelessness and did not seek services.

**15%** of households have **no broadband internet access** (U.S. Census Bureau, 2023).

- 5% of households have **no vehicle** (U.S. Census Bureau, 2023).

## Health and Health Care

- 6.4%** of South Central residents under age 65 (14,556 individuals) have **no health insurance**, which is higher than the statewide rate (5.9%) (Behavioral Risk Factor Surveillance System, 2023).
- 8.4%** 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, 49% 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, 58% received an **annual flu vaccination** (University of Wisconsin Population Health Institute, 2023).

In 2020, there were **2,642 preventable hospitable stays** per 100,000 Medicare enrollees for conditions usually treatable in outpatient settings, which is higher 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 **South 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 <b>Primary Care Physician</b> for every...	<b>2,259</b> South Central residents	<b>1,110</b> Minnesota residents <input checked="" type="checkbox"/>
1 <b>Dentist</b> for every...	<b>1,697</b> South Central residents	<b>1,307</b> Minnesota residents <input checked="" type="checkbox"/>
1 <b>Mental Health Provider</b> for every...	<b>941</b> South Central residents	<b>322</b> Minnesota residents <input checked="" type="checkbox"/>

Sibley County has the fewest primary care physicians (1 for every 7,358 residents). Le Sueur County has the fewest dentists (1 for every 2,884 residents) and mental health providers (1 for every 2,219 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 South Central region includes:

	<b>74</b> Assisted Living Facilities
	<b>2</b> Community Mental Health Centers and <b>0</b> Psychiatric Hospitals
	<b>14</b> Hospitals
	<b>0</b> Indian Health Service, Tribal, & Urban Indian Health Facilities
	<b>9</b> Intermediate Care Facilities for individuals with intellectual disabilities
	<b>31</b> 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](mailto:health.epr@state.mn.us)  
[www.health.state.mn.us](http://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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<sup>1</sup> 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.

<sup>2</sup> 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.

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

<sup>4</sup> 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.

<sup>5</sup> 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.

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

<sup>7</sup> 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.

<sup>8</sup> 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.

<sup>9</sup> 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.

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