



Community Health Profile

ACCESS AND QUALITY OF HEALTH CARE

Ability to access health care is affected by insurance coverage, cost, language and cultural barriers, availability of providers, and transportation. People who are not able to access health care are at increased risk for serious medical problems, premature mortality and poor health outcomes. Inability to access health care often results in receiving medical treatment later in the course of illness and in more costly settings, which increases the financial burden on the health care system.

KEY FACTS

Many people who can't access health insurance through an employer are not able to afford the cost of health insurance available through the Affordable Care Act.

The COVID-19 pandemic placed a lot of stress on hospitals and the health care workforce, resulting in many health care professionals leaving the health care industry.

Elderly and disabled residents often do not access the services that are available to help them stay in their homes.

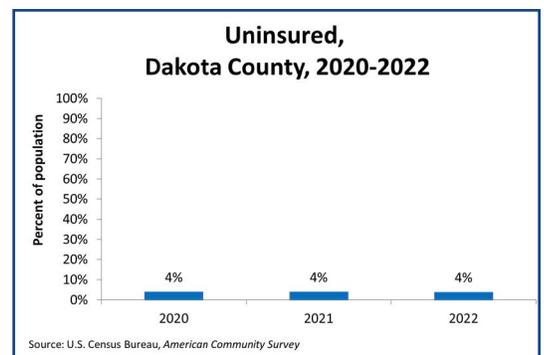
There are limited low-cost services for medical, dental, and mental health available in the county or within a reasonable distance for residents.

Dakota County health system

- There are three hospitals in Dakota County (Fairview Ridges, Regina Medical Center, Northfield Hospital), with a total of 244 beds. There were 14,063 acute inpatient admissions and 85,731 emergency room registrations at these hospitals in 2021.
- There are 33 primary care clinics in Dakota County. In 2022-23, there were an estimated 307 practicing primary care physicians.
- In 2022-23, an estimated 268 dentists were professionally active in Dakota County.

Health insurance coverage

- In 2022, an estimated four percent of Dakota County residents were uninsured, slightly below the state (five percent). This was similar to 2017.
- It is difficult to measure the number of state and county residents who are underinsured, but given the increase in high-deductible plans, use of health savings accounts and limited benefit plans, it is likely that an increasing percentage of people are underinsured.



Minnesota Health Care Programs

- In 2022, 93,930 Dakota County residents were ever eligible for one of the state's publicly-funded health care programs (Medical Assistance and MinnesotaCare).
- In 2022, the payments through Minnesota Health Care Programs for care for Dakota County residents totaled \$1.2 billion, an increase from \$983.5 million in 2021.

Access to medical care

- Nineteen percent of Dakota County adults aged 25 and older who needed medical care delayed or did not get needed medical care in the previous 12 months in 2023, a decrease from 21 percent in 2014.
- Among those who delayed care, 37.5 percent said it was due to cost or lack of insurance, 38 percent because they could not find a provider or get an appointment, and 27 percent said they had work, family or other duties.
- Dakota County hospitals provided \$19.6 million in uncompensated care in 2021, a one percent decrease from 2020.

Long term care

- Licensed facilities in the county include 14 supervised living facilities with a total of 150 beds; 181 assisted living facilities, including 50 that provide dementia care; and nine nursing homes with 871 beds.
- In 2022, the average long-term services and support spending per person in Dakota County was: \$27,956 for older adults and \$45,023 per person for all people receiving long-term services and supports.



Dental Care

- Dakota County children ages 3-18 enrolled in Medical Assistance who had a preventive dental visit in 2020 included 29 percent of children ages 3-5, 37 percent of children ages 6-9, 37 percent of children ages 10-14, and 30 percent of adolescents ages 15-18.
- Many dentists in the county have waiting lists for new Medical Assistance patients.



Quality of care and patient safety

- From 2018-2022, there were 41 adverse events in Dakota County hospitals. 23 events caused serious injury or disability and none caused death.
- In 2022, 2 out of 3 Dakota County hospitals received a 4-star overall rating for patient experience, and one received a 3-star rating from the Centers for Medicare and Medicaid.
- From 2019-2023, 144 substantiated complaints against 44 Dakota County long-term care facilities and home health providers were resolved.

.....
For more information:

- Centers for Disease Control and Prevention www.cdc.gov
- Minnesota Department of Health www.health.state.mn.us
- Minnesota Community Measurement www.mncom.org
- Minnesota Department of Human Services <https://mn.gov/dhs/>
- Kaiser Family Foundation www.kff.org

Emergency Medical Services

- In 2022, the Dakota Communications Center handled 297,156 calls - 174,400 were 911 calls.

The Dakota County Public Health Department is accredited by the national Public Health Accreditation Board.

For more information about the Dakota County community health assessment, email public.health@co.dakota.mn.us or call 651.554.6100.





Community Health Profile

ALCOHOL AND OTHER DRUG USE

The misuse of alcohol and other drugs are important risk factors for chronic disease, death and disability in the United States. An estimated 140,500 deaths annually in the U.S. can be attributed to excessive alcohol use. Alcohol and illicit drug use are associated with unintentional injuries, violence, risky sexual behavior, and illegal behavior, and can lead to liver disease, cancer, heart disease, and neurological and psychiatric problems. Children exposed to alcohol or other drugs during pregnancy can suffer lifelong physical and mental disabilities. Use of alcohol or illicit drugs can lead to dependence in some people, which increases the risk of harmful consequences.

KEY FACTS

Underage drinking in Dakota County has decreased since 1992; however, in 2022, 30 percent of 11th graders used alcohol at least once in the previous year. Seven percent of 11th graders reported drinking five drinks or more on one occasion in the past month.

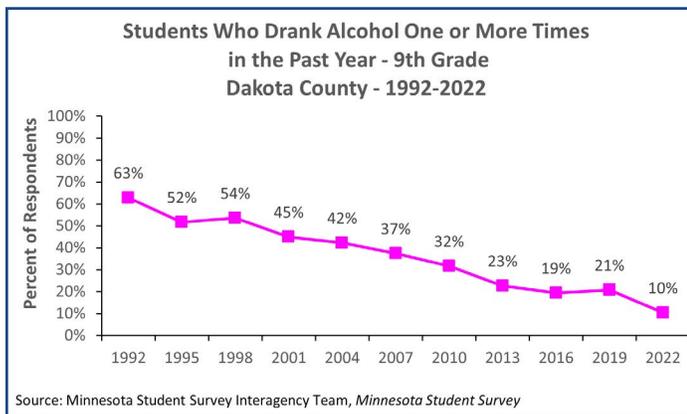
The number of impaired driving incidents in the county decreased from 2018 to 2022, but drinking and driving continues to be a concern.

Marijuana use decreased in 9th graders from 1998 to 2022.

The number of drug overdose deaths increased from 2018 to 2022. This increase was amplified during the COVID-19 pandemic.

Alcohol use by Dakota County youth

- The percent of Dakota County students who reported drinking alcohol one or more times in the previous year generally decreased for 9th graders from 1992 to 2022. In 2022, 10 percent of Dakota County 9th graders and 30 percent of 11th graders reported using alcohol at least once in the previous year, slightly below the state for 9th graders and slightly above the state for 11th graders.



- There was also a decrease in 9th graders who reported frequent drinking (drinking 20 or more times in the past year) from 2004 to 2022. In 2022, Dakota County 9th graders were similar to the state and 11th graders were slightly below the state.
- In 2022, 1.5 percent of Dakota County 9th graders and seven percent of Dakota County 11th graders reported binge drinking (drinking five or more drinks on one occasion) in the past 30 days rates that are slightly below the Minnesota rate for 9th and 11th graders.
- Binge drinking increases by age, peaking between the ages of 21 and 25 for young adults. In 2021, 28 percent of Minnesota college students (aged 18-24) reported binge drinking in the past two weeks.



Dakota County
Public Health Department
www.dakotacounty.us



Youth access to alcohol in Dakota County

- Seven percent of compliance checks conducted in licensed establishments in Dakota County from 2018 to 2022 resulted in an illegal alcohol sale to an underage person.

Alcohol use by adults

- In 2023, 71 percent of Dakota County adults (25 and older) drank alcohol on at least one day in the previous 30 days, a decrease from 76 percent in 2014.
- In 2023, 10 percent of Dakota County adults were considered heavy drinkers, above Minnesota (eight percent). Heavy drinking is defined as: males who drink more than 14 drinks per week, and females who drink more than seven drinks per week.
- Twenty-four percent of Dakota County adults reported binge drinking in the past 30 days (2023), a decrease from 28 percent in 2019. Binge drinking is defined as: males who drink five or more drinks on one occasion and females who drink four or more drinks on one occasion.

Consequences of alcohol use

- In 2022, there were 1,400 impaired driving incidents reported in Dakota County, down from 1,818 in 2018 and below the five-year average of 1,537. Nine percent of Dakota County residents have a driving while intoxicated (DWI) violation on their record.
- Deaths that were attributable to excessive alcohol use, including alcohol abuse & dependence, alcohol poisoning, and alcoholic liver disease increased in Dakota County from 2016 to 2019. However, the rate in 2019 (8.6 per 100,000) was below the state (11.9 per 100,000).

Marijuana use

- In 2023, an estimated 12.5 percent of Dakota County adults reported marijuana use in the previous month (except for medical reasons). The highest rate was among 35-44 year olds (17 percent).
- The rate of Dakota County students who reported using marijuana during the previous 30 days generally dropped for 9th graders from 2007 to 2022. In 2022, three percent of 8th graders, four percent of 9th graders, and 12 percent of 11th graders used marijuana during the previous 30 days, similar to the state for all grades.
- In 2020, 11 percent of Dakota County residents who were admitted to chemical dependency treatment reported marijuana as their primary substance of abuse.

Use of other drugs

- For Dakota County 9th and 11th graders, the use of drugs other than marijuana and prescription drugs declined or remained stable from 2016 to 2022 (2022: four percent or less for both 9th and 11th graders for each of nine other drugs, including psychedelics, MDMA, heroin, and methamphetamine).
- In 2022, three percent of Dakota County 8th graders, two percent of 9th graders and three percent of 11th graders reported using prescription drugs not prescribed to them in the past 12 months.
- Opioids were reported as the primary substance of abuse in 18 percent and methamphetamine in 16 percent of chemical dependency treatment admissions for Dakota County residents in 2020.
- In 2022, there were a total of 58 deaths due to drug overdose in Dakota County residents. The number of drug overdose deaths increased from 2018 to 2022. The proportion of drug overdose deaths that were opioid-related also increased. Sixty-five percent of drug overdose deaths involved heroin or other opiates in 2021.
- Emergency room visits for non-fatal opioid overdoses also more than doubled from 105 in 2018 to 263 in 2021.

.....
For more information:

- Centers for Disease Control and Prevention www.cdc.gov
- MN Department of Public Safety <https://dps.mn.gov>
- National Institute on Drug Abuse www.drugabuse.gov
- Substance Abuse and Mental Health Services Administration www.samhsa.gov

The Dakota County Public Health Department is accredited by the national Public Health Accreditation Board.

For more information about the Dakota County community health assessment, email public.health@co.dakota.mn.us or call 651.554.6100.





Community Health Profile

CHRONIC DISEASE

Chronic diseases, including heart disease, stroke, cancer and diabetes, are among the most common, costly and preventable illnesses. About six out of ten deaths in the United States each year are due to a chronic disease. In addition, the long course of illness for some chronic diseases results in activity limitations and pain, decreasing the quality of life for millions of Americans. Healthy behaviors, such as eating nutritious foods, engaging in physical activity, and avoiding tobacco use can prevent much chronic disease and control its complications.

KEY FACTS

Fifty-seven percent of deaths in Dakota County residents are due to chronic diseases. Three of the five leading causes of death are chronic diseases (cancer, heart disease and Alzheimer's disease)

Cancer is the leading cause of death with lung, breast, prostate and colorectal cancer most common.

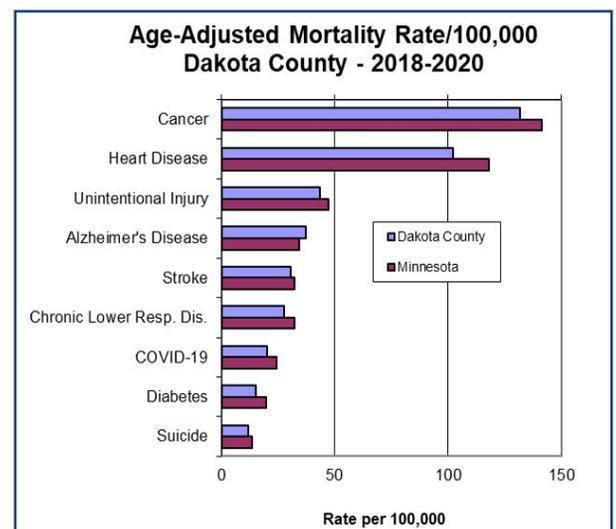
Regular health screenings decreased during the COVID-19 pandemic and access to care in hospitals for non-COVID-19 conditions was limited during surges.

The heart disease death rate increased from 2011 to 2020.

Twenty percent of Dakota County adults have ever been told they have high blood pressure and 26 percent have ever been told they have high cholesterol.

Cancer

- About four out of ten Minnesotans will be diagnosed with cancer in their lifetime.
- Cancer caused 21 percent of the deaths in Dakota County residents in 2021, making it the leading cause of death.
- Four types of cancer (lung, breast, prostate, and colorectal) account for the majority of cancer in both genders.
- In Dakota County, the rate of all new cancer cases decreased from 2007 to 2017, but was above the statewide rate for the period 2015-2019. The rate of new breast cancer cases in Dakota County women increased from 2007 to 2017 and was above the statewide rate for the period 2015-2019.
- 72.5 percent of Minnesota women over age 40 had a mammogram in the past two years (2022). Seventy percent of Minnesotans aged 45–75 received recommended screenings for colon cancer (2022).
- In Dakota County, the rate of new melanoma cases increased by 85 percent from 2007 to 2017.



Source: Centers for Disease Control and Prevention, CDC Wonder



Heart disease and stroke

- Heart disease and stroke accounted for 19 percent of deaths in Dakota County residents in 2021; heart disease was the second and stroke was the sixth leading cause of death.
- The heart disease death rate increased from 2011 to 2020. It was below the state rate for 2018–2020.
- The stroke death rate decreased from 2011 to 2020. It was below the state rate for 2018–2020.
- Twenty percent of Dakota County adults (25 and older) said they had ever been told they had high blood pressure in 2023, a decrease from 22 percent in 2010. Twenty-six percent said they had ever been told they had high cholesterol in 2023, a decrease from 28 percent in 2010.

Alzheimer's Disease

- Alzheimer's disease was the fifth leading cause of death in Dakota County residents in 2021, causing five percent of the deaths.
- The Alzheimer's death rate increased from 2011 to 2020 and was above the state rate for 2018–2020.
- In 2020, it was estimated that 99,000 Minnesotans had Alzheimer's disease. This is expected to increase by 21 percent to 120,000 in 2025.

Chronic lower respiratory disease

- Chronic lower respiratory disease (asthma, chronic bronchitis and emphysema) was the seventh leading cause of death in Dakota County residents in 2021, causing four percent of the deaths.
- Fifteen percent of Dakota County adults (25 and older) said they had ever been told they had asthma, an increase from 13 percent in 2014. Ten percent currently had asthma (2023), an increase from eight percent in 2014.
- In 2022, 12 percent of Dakota County 5th graders, 15 percent of 8th graders, 16 percent of 9th graders and 11th graders said a doctor or nurse had ever told them they had asthma, slightly higher than the state for 5th and 9th graders, similar for 8th graders and slightly lower for 11th graders.
- There were 396 hospitalizations and 3,012 emergency room visits for asthma for Dakota County residents in 2018-2020.



Diabetes

- Diabetes was the eighth leading cause of death in Dakota County residents in 2021, causing 2.5 percent of deaths.
- In 2023, seven percent of Dakota County adults (25 and older) reported ever being told they had diabetes (Type 1 or 2), a decrease from 10 percent in 2014.

Disabilities

- An estimated 42 million American adults have a disability, including physical or mental limitations and hearing or vision impairment.
- In 2022, an estimated 10 percent of Dakota County residents over age five years who were not institutionalized had a disability. This was below the state (11 percent).
- Persons 65 and older were the most likely to have a disability (27 percent in 2022).
- Seventeen percent of Dakota County adults (25 and older) reported activity limitations due to a physical, mental or emotional problem (2023), a decrease from 20 percent in 2014.



.....

For more information:

- Centers for Disease Control and Prevention www.cdc.gov
- Minnesota Department of Health www.health.state.mn.us
- Alzheimer's Association www.alz.org/mnnd
- American Cancer Society www.cancer.org
- American Heart Association <https://www2.heart.org>

The Dakota County Public Health Department is accredited by the national Public Health Accreditation Board.

For more information about the Dakota County community health assessment, email public.health@co.dakota.mn.us or call 651.554.6100.





Community Health Profile

ENVIRONMENTAL HEALTH

Environmental health addresses the health-related aspects of the natural environment and the built environment. The environment includes physical, chemical, and biological factors that are external to us – air, water, food, chemicals, radiation, animals, insects. Certain populations, such as children, pregnant women, and elderly people, are more vulnerable to environmental hazards. Environmental health is a continuously evolving field of study. Much environmental data available is hazard data, which is difficult to link to health outcomes. Another challenge is to understand how chemicals interact and affect human health.

KEY FACTS

Emissions and concentrations of key pollutants are decreasing, but air quality alerts have been increasing due to seasonal wildfire smoke exposure.

Smoking bans in indoor public places have decreased secondhand smoke exposure, but exposure in homes and cars is still a concern.

Nitrates in water are a continuing concern in private wells in certain parts of the county.

Very few children who are tested have elevated blood lead.

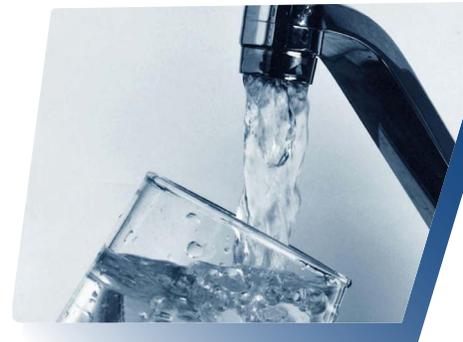
Radon is a serious public health concern in Minnesota. The average radon level in Minnesota is more than three times higher than the U.S. radon level. Thirty-seven percent of homes tested in Dakota County have elevated levels of radon.

Diseases transmitted from insects to humans

- West Nile virus: 11 cases were reported in Dakota County residents from 2017 to 2021. (Note: data were not reported for 2020.)
- Lyme disease: 65 confirmed cases were reported in Dakota County residents in 2021.

Quality of drinking water

- Most Dakota County residents receive their drinking water from public systems (20 community and 115 non-community systems), which are highly regulated and tested regularly.
- About 7,500 households in Dakota County rely on drinking water from private wells.
- Between 1999 and 2019, 38 percent of drinking water wells sampled in Dakota County exceeded the Minnesota Department of Health (MDH) drinking water guidelines for nitrate or the discontinued herbicide cyanazine, with nitrate being the most common contaminant. Eight percent of wells tested in 2001-2022 exceeded the standard for cyanazine. This is primarily an issue in the central and eastern parts of the county where agriculture is the dominant land use.



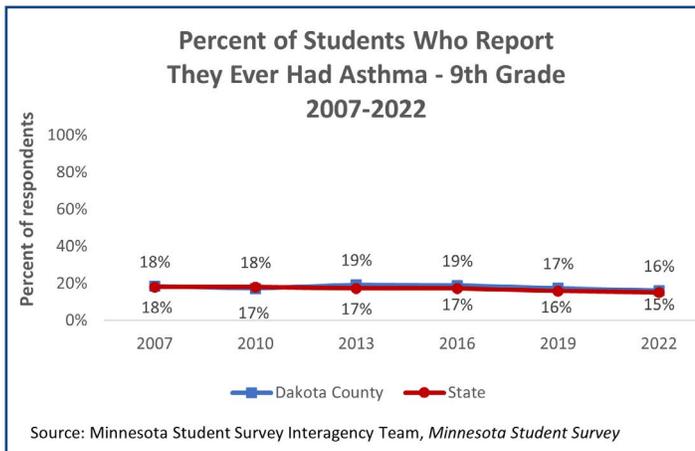
Food/waterborne illnesses

- Giardiasis is the most common waterborne illness. In 2021, there were 17 cases reported in Dakota County residents. The rate was stable from 2017 to 2020, but it decreased in 2021.
- Each year an estimated 48 million U.S. residents gets sick, 128,000 are hospitalized, and 3,000 die of foodborne illness.
- In 2021, 214 cases of foodborne illness were reported in Dakota County residents. Many mild cases are not detected and therefore not reported and not all foodborne illnesses are reportable.



Indoor air

- **Radon:** Among the estimated 2,077 Dakota County properties tested for radon from 2010-2020, 37 percent were at a level above which action is recommended (4.0 pCi/L).
- **Secondhand smoke:** In 2023, three percent of Dakota County adults said someone smokes regularly in their home. Eight percent of Dakota County 5th graders reported riding in a car one or more days in the past seven days with someone who was smoking and 13 percent reported being in the same room as someone who was smoking cigarettes (2022).
- **Asthma:** 12 percent of Dakota County 5th graders, 15 percent of 8th graders, and 16 percent of 9th and 11th graders reported in 2022 that they had ever been told they had asthma. In 2023, 10 percent of Dakota County adults reported that they currently had asthma.



Lead

- Approximately 36 percent of housing units in Dakota County were built before 1980. Lead paint was banned in housing in 1978. Lead-based paint is the greatest source of exposure for children under age six.
- Twenty-three percent of Dakota County children under age six were tested for blood lead levels in 2021, an increase from 2012. The percent of tested children with elevated blood lead levels (5 micrograms/deciliter or greater) was stable from 2012 to 2021 at less than one percent.

Outdoor air

- Emissions and concentrations of key pollutants, especially fine particles and ozone, have decreased in Minnesota, according to the Minnesota Pollution Control Agency; however, current levels of air pollution still have health impacts. In the five-year period 2018-2021, there were six air pollution alert days in the South Metro region. Air quality alert days began to increase in 2021 due to seasonal Canadian wildfire smoke.
- Concentrations of fine particles (PM 2.5) were generally stable from 2018-2020 in Dakota County.
- Of the 19 Dakota County lakes in which fish were tested for mercury, polychlorinated biphenyls (PCBs) or the perfluorocarbon PFOS in 2023, all have some restrictions for children under 15, pregnant women, and the general population.



For more information:

- Centers for Disease Control and Prevention www.cdc.gov
- Minnesota Department of Health www.health.state.mn.us
- Minnesota Pollution Control Agency www.pca.state.mn.us
- U.S. Environmental Protection Agency www.epa.gov

The Dakota County Public Health Department is accredited by the national Public Health Accreditation Board.

For more information about the Dakota County community health assessment, email public.health@co.dakota.mn.us or call 651.554.6100.





Community Health Profile

INFECTIOUS DISEASE

Diseases caused by bacteria, viruses, fungi and parasites are major causes of death, disability, and social and economic disruption for millions of people worldwide. Nearly 70,000 Americans die each year from infectious diseases. Effective public health interventions, such as immunizations and improved sanitation, have significantly decreased infectious disease deaths in the U.S. since the early 20th century. However, trends since the 1980s, including new and re-emerging infections, antibiotic resistance, and increased global travel, have raised the importance of continued vigilance with respect to infectious diseases.

KEY FACTS

There is increasing concern about the health risk posed by new and re-emerging diseases such as COVID-19.

Many children have fallen behind on routine immunizations since the COVID-19 pandemic, and rates of conscientious objection have increased.

The chlamydia rate has decreased in Dakota County residents.

Tuberculosis (TB) cases and contact investigations have become more complex.

Reportable infectious diseases

- In 2021, 2,480 cases of infectious diseases in Dakota County residents were reported to the Minnesota Department of Health.
- Many infectious diseases are not reportable and some that are reportable, like sexually transmitted infections, may go undetected.

Immunizations

- Fourteen immunization series are currently recommended for children birth -18 years. Seven are required for school entry in Minnesota.
- From 87-94 percent of Dakota County kindergarteners and 86-97 percent of 7th grade students were protected by each of the required immunizations, according to parent report for the 2022-2023 school year. Three - five percent of kindergarteners and two - four percent of 7th graders are not vaccinated with at least one vaccine due to conscientious objection.
- In 2023, 62 percent of Dakota County children aged 24-35 months are up-to-date on all seven required immunizations, slightly below the state (63 percent), and a decrease from 68 percent in 2019.

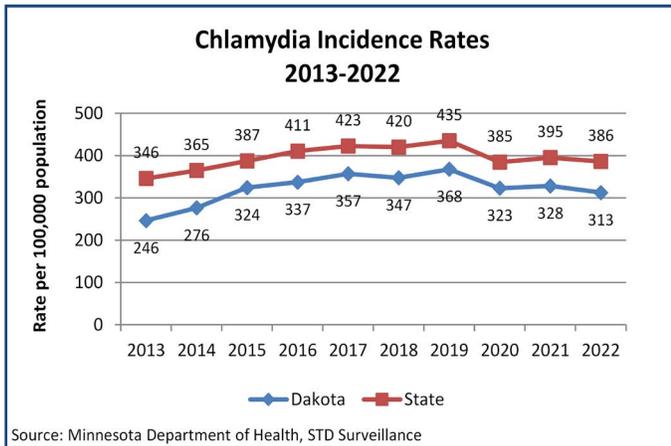
Diseases preventable by immunization

- Pertussis (whooping cough): In 2023, there were two confirmed and probable cases reported in Dakota County residents, three percent of the total cases reported in Minnesota.
- Measles: 22 cases reported in Minnesota from 2019-2023. Minnesota experienced its largest outbreak since 1990 in 2017 (75 cases). There has been one measles case reported in Dakota County since 2013.
- Mumps: eight confirmed and probable cases reported in Dakota County residents from 2017 to 2021.



Sexually transmitted diseases (STDs)

- In 2021, 1,991 cases of STDs were reported in Dakota County residents, excluding AIDS/HIV.
- Chlamydia is the most commonly reported STD, with 1,386 cases reported in Dakota County residents in 2022. The rate increased by 27 percent from 2013 to 2022.
- There were 423 cases of gonorrhea reported in Dakota County residents in 2022. The rate increased by 171 percent since 2013. The largest number of cases ever reported was 116 in 2020.



Cervical cancer

- Human papillomavirus (HPV) can cause changes in cells which increase the risk of cervical cancer. In 2023, 31 percent of Dakota County adolescents aged 13-19 were fully vaccinated for HPV, slightly above the state (29 percent).
- In 2020, 77 percent of Minnesota women aged 21-65 said they had a Pap test to detect cervical cancer in the previous three years, slightly below the national goal of 79 percent and slightly below U.S. overall rate (78 percent).

AIDS/HIV

- In 2022, there were 13 newly diagnosed cases of HIV or AIDS reported in Dakota County residents. The incidence rate was stable from 2018 to 2022 and below the state rate in 2022.
- In 2022, 562 Dakota County residents were living with HIV or AIDS (319 HIV, 243 AIDS). The rate increased from 2018 to 2022, but is below the state in 2022.
- Fourteen Dakota County residents died due to AIDS from 2011 to 2020.

Tuberculosis (TB)

- In 2022, there were 23 cases of active TB and 41 cases of latent TB infection that were managed by Dakota County Public Health.
- In 2021, 11 percent of new culture-confirmed cases in Minnesota residents that were tested were resistant to at least one first-line TB drug.

Seasonal influenza

- On average, 9-41 million people in the U.S. get seasonal influenza every year.
- Seventy-four percent of Minnesota adults 65 and older reported having a flu shot in the previous year (2022), compared to 68 percent nationwide.
- The Centers for Disease Control and Prevention estimated that 51 percent of Dakota County adults (18 and over) were fully immunized against the seasonal flu in the 2020-21 influenza season.

COVID-19 (SARS-CoV-2)

- In 2019, a new coronavirus was identified as the cause of a severe acute respiratory syndrome that first appeared in China. This novel virus caused the largest global pandemic in over a century.
- As of December 31, 2023, there have been 773.8 million confirmed cases of COVID-19 and seven million deaths globally.
- The World Health Organization (WHO) declared an end to the global public health emergency on May 5, 2023.
- From March 5, 2020 - May 5, 2023, there were 138,427 confirmed or probable cases of COVID-19 in Dakota County and 926 deaths (44 percent were people living in long-term care facilities). COVID-19 was the third leading cause of death in 2021.
- A total of 6,592 Dakota County residents were hospitalized (916 in the intensive care unit) during the COVID-19 pandemic.
- Twenty percent of the Dakota County population were up to date with their COVID-19 vaccine series and boosters as of December 19, 2023.

For more information:

- Centers for Disease Control and Prevention www.cdc.gov
- Minnesota Department of Health www.health.state.mn.us
- World Health Organization (WHO) www.who.int/en
- American Academy of Pediatrics www.aap.org

The Dakota County Public Health Department is accredited by the national Public Health Accreditation Board.

For more information about the Dakota County community health assessment, email public.health@co.dakota.mn.us or call 651.554.6100.





Community Health Profile

MATERNAL AND CHILD HEALTH

Ensuring the health of mothers, infants, and children is important for the health of the current generation and future generations. Access to quality care before, during and between pregnancies can reduce complications during pregnancy and ensure positive outcomes for the mother and infant. A positive, supportive environment for mother and infant following birth is also critical for the healthy growth and development of infants. This can set children on the path to reach their full potential.

KEY FACTS

The rate of teen pregnancy has decreased and the percent of births to unmarried mothers has remained stable over the past five years.

More mothers are starting prenatal care after the first trimester.

The majority of 9th and 11th graders who are sexually active report using birth control.

The number of deaths is low, and the rate of infant deaths (deaths under one year of age) has decreased.

The number of preschoolers in Early Childhood Special Education has increased over the past 10 years.

Births have decreased since the COVID-19 pandemic.

Pregnancies and births in Dakota County

- Dakota County had an estimated 84,917 women of childbearing age (15-44 years) in 2022.
- In 2022, there were 4,919 births to Dakota County residents.

Pre-conception risk factors can affect the outcome of a pregnancy

- 45.5 percent of Minnesota women of childbearing age did not take folic acid supplements daily (2016-2020).
- In 2022, two percent of Dakota County mothers smoked during pregnancy, similar to 2021.

Unintended pregnancy

- In 2020, 12 percent of pregnancies in Dakota County residents resulted in induced abortions, slightly above the state. The abortion rate per 1,000 females ages 15-44 decreased from 2016 to 2020, (from 9.0 to 8.2 per 1,000 births).
- 27.5 percent of live births to Dakota County residents in 2022 were to unmarried mothers – a percent that was stable from 2018 to 2022. (NOTE: Not all births to unmarried mothers are unintended).
- Two percent of live births to Dakota County mothers were to mothers younger than 20 years old (2022).
- Thirty-two percent of Minnesota mothers surveyed in 2021 said their pregnancy was unintended.

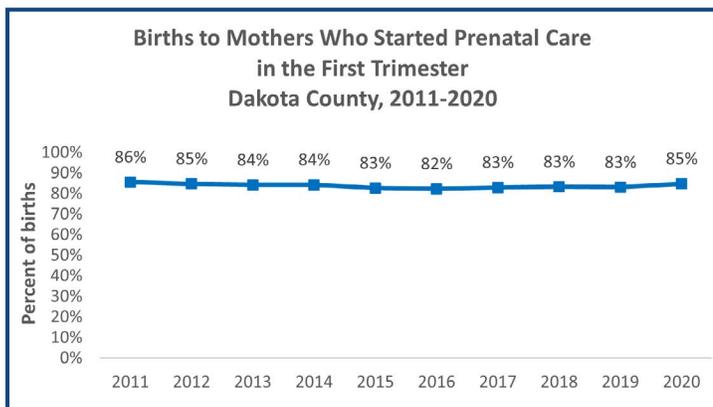
Infant mortality

- In 2021, 14 Dakota County infants under one year died.
- The infant death rate decreased from 2017 to 2021.



Early prenatal care is associated with improved birth outcomes

- Eighty-five percent of Dakota County mothers started prenatal care in the first trimester (2020), a rate that has slightly decreased since 2011.
- In 2020, four percent of live singleton births in Dakota County were low-birthweight, similar to the state. The percentage slightly decreased from 2016 to 2020.
- Seven percent of singleton births in 2020 in Dakota County were preterm, a percentage that is the same as the state overall and was stable since 2016.
- Twenty-eight percent of Minnesota women reported depression during pregnancy or the postpartum period (2021).



Source: Minnesota Department of Health, *County Health* tables

Birth defects

- An estimated 2,000 babies are born each year in Minnesota with a serious birth defect.
- Birth defects were one of the leading causes of death in infants under one year of age from 2017 to 2021 (71 percent of Dakota County infant deaths).
- Seventy percent of birth defects have unknown causes, and 10 percent are due to environmental causes – some preventable.

Teen births and parenting

- The rate of births for 15-19 year olds in Dakota County decreased by 38 percent from the period 2014-2016 to the period 2018-2020.
- The Dakota County rate for 15-19 year olds is below the state for the period 2018-2020.

Adolescent reproductive health

- In 2022, seven percent of Dakota County 9th graders and 27 percent of 11th graders reported ever being sexually active, slightly below the state for both grades.
- In 2022, 93 percent of 9th graders and 96 percent of 11th graders who were sexually active reported using birth control the last time they had intercourse, slightly above the state for both grades.

Children with special health needs

- The preschool population in Early Childhood Special Education grew by 14 percent from 2014 to 2023.
- Seventeen percent of the K-12 population was enrolled in special education in public schools in the 2022-23 school year, slightly below Minnesota.



For information about breastfeeding, see the Nutrition profile.

For more information:

- Bright Futures, American Academy of Pediatrics <http://brightfutures.aap.org/>
- U.S. Centers for Disease Control and Prevention (CDC) www.cdc.gov
- Minnesota Department of Health www.health.state.mn.us
- Association of Maternal & Child Health Programs www.amchp.org
- March of Dimes www.marchofdimes.org

The Dakota County Public Health Department is accredited by the national Public Health Accreditation Board.

For more information about the Dakota County community health assessment, email public.health@co.dakota.mn.us or call 651.554.6100.





Community Health Profile

MENTAL HEALTH

Twenty-three percent of adults in the U.S. lives with a mental illness in any given year, with 5.5 percent experiencing a severe mental illness. Major depressive disorder is the leading cause of disability in the U.S. for 15-44 year olds. According to the U.S. Surgeon General, a range of effective treatments exist for most mental illnesses, yet more than half of all Americans who have a mental illness fail to seek treatment. Good mental health is essential to leading a healthy life.

KEY FACTS

The rate for suicide in adults has decreased.

Forty-four percent of 5th grade students have experienced anxiety.

Autism spectrum disorders have increased.

The majority of students (81 percent) can talk to their parent or guardian about the problems they have.

Mental health disorders have been on the rise since the COVID-19 pandemic.

Mental illness in Dakota County

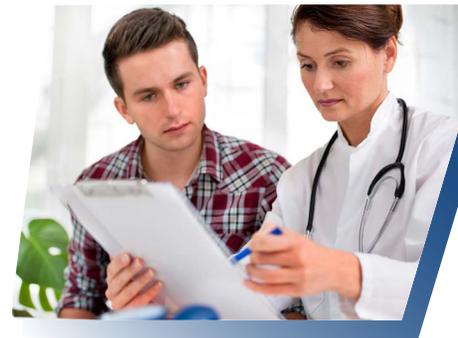
- The rate of hospitalizations of Dakota County residents for depressive disorder and suicidal ideation/attempts decreased from 2016 to 2020.
- Fourteen percent of Dakota County 8th graders, 16 percent of 9th graders, and 21 percent of 11th graders were treated for a mental illness in the previous year (2022). More females than males reported treatment for a mental illness.

Depression

- In 2023, an estimated 24 percent of Dakota County adults (25 and older) reported having ever been told they have depression, an increase from 20 percent in 2014.
- In 2022, 46 percent of Dakota County 8th graders, 48 percent of 9th graders and 58 percent of 11th graders said they were bothered by feeling down, depressed and hopeless in the last two weeks. The percents were slightly above the state for 8th graders, similar to the state for 9th graders, and above the state for 11th graders.

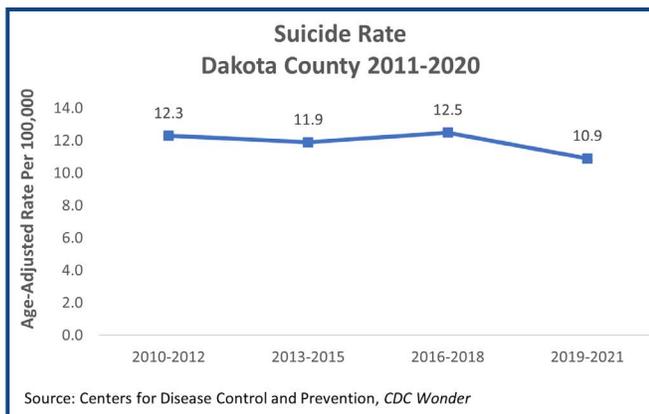
Anxiety and stress

- Thirty percent of Dakota County adults (25 and older) reported having ever been told they have anxiety in 2023, an increase from 19 percent in 2014.
- In 2022, 44 percent of Dakota County 5th graders agreed that they worry a lot, slightly above the state.



Suicide

- There were 40 suicides in Dakota County residents in 2021.



- The suicide rate is higher for males than females. The rate decreased from 2011 to 2020. The Dakota County rate was below the state for the period 2019-2021.
- In 2022, 15 percent of Dakota County 8th graders, 13 percent of 9th graders, and 16 percent of 11th graders said they seriously considered attempting suicide during the past year. These percents are similar to the state for 8th graders, slightly below the state for 9th graders, and slightly above the state for 11th graders.
- In 2022, four percent of Dakota County 8th, 9th and 11th graders reported they had actually attempted suicide during the past year. These percents are similar to the state for 8th and 9th graders and slightly above the state for 11th graders.

Self-injury

- The rate of non-fatal, self-inflicted injuries requiring emergency room or inpatient care decreased in Dakota County from 2018 to 2020.
- In 2022, 24.5 percent of Dakota County 8th graders, 23 percent of 9th and 11th graders reported hurting themselves on purpose during the last year. These percents are similar to the state for 8th graders, slightly below the state for 9th graders, and slightly above the state for 11th graders.

Family connections

- 81 percent of Dakota County students reported that they can talk to their parent or guardian about the problems they are having (2022).

Attention deficit hyperactivity disorder (ADHD)

- ADHD is one of the most common neuro-behavioral disorders in children. It can persist into adolescence and adulthood. About half of those with ADHD also have other behavioral disorders.
- Ten percent of U.S. children ages 3-17 were ever diagnosed with ADHD (2022).

Eating disorders

- During their lifetime, an estimated 0.6 percent of adults suffer from anorexia, one percent from bulimia, and three percent from binge eating disorders.

Autism spectrum disorders (ASD)

- An estimated three percent of Minnesota 8-year olds are affected by an ASD. The rate per 1,000 children is below other U.S. communities.
- More children than ever before are being classified with ASDs. This increase may be due to improved diagnosis.
- Children with autism enrolled in special education in Dakota County public schools increased by 50 percent from school years 2013-2014 to 2022-2023.

.....

For more information:

- Mental Health Association of Minnesota www.mentalhealthmn.org
- NAMI Minnesota www.namimn.org
- Minnesota Department of Health (MDH) www.health.state.mn.us
- National Institutes of Mental Health <https://www.nimh.nih.gov>
- U.S. Centers for Disease Control and Prevention (CDC) www.cdc.gov
- Substance Abuse and Mental Health Services Administration (SAMHSA) www.samhsa.gov

The Dakota County Public Health Department is accredited by the national Public Health Accreditation Board.

For more information about the Dakota County community health assessment, email public.health@co.dakota.mn.us or call 651.554.6100.





Community Health Profile

NUTRITION

Unhealthy eating, along with physical inactivity, is one of the most important risk factors for chronic disease in the United States. A 2019 study found that dietary risks were the fourth leading risk factor driving death and disability in Minnesota. Unhealthy eating, combined with physical inactivity, contributes to the development of obesity and chronic diseases, such as heart disease, stroke, type 2 diabetes, high blood pressure, osteoporosis and certain cancers. Since the late 1970s, the prevalence of overweight and obesity in the United States has nearly doubled in adults, more than doubled in children and more than tripled in adolescents.

KEY FACTS

Overweight and obesity has increased in adults and children.

Breastfeeding initiation among Dakota County infants is high, but only 46 percent of infants in Minnesota are still breastfed at 12 months.

One-fourth or fewer of Dakota County students consumed fruits or vegetables five or more times per day in the previous week.

More people are unable to access healthy food since the COVID-19 pandemic.

Overweight and obesity

- In 2023, 37 percent of Dakota County adults are considered overweight (but not obese) and 24 percent are considered obese. The obesity rate is below Minnesota (34 percent), and is below the Healthy People 2030 goal for obesity in adults (36 percent).
- Among children ages 2-5 enrolled in Dakota County WIC in 2019, 11.5 percent had a body mass index (BMI) greater than or equal to the 95th percentile for their age. This is slightly below the rate for WIC enrollees in the state and below the Healthy People 2030 goal for children ages 2-19 (15.5 percent).

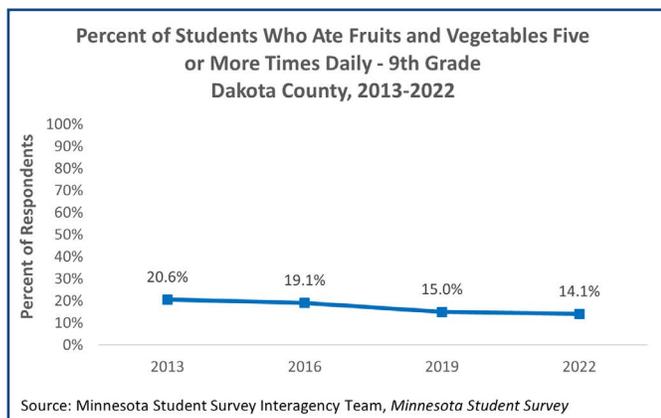
Infant Nutrition

- In 2022, among Dakota County babies for whom breastfeeding status could be determined, 93 percent were breastfeeding upon discharge from the hospital.
- Seventy percent of all Minnesota babies born in 2019 were still breastfed at six months. Only 36.5 percent were exclusively breastfed at six months, below the Healthy People 2030 goal of 42 percent. 46.5 percent of infants served by Dakota County WIC who were born in 2021 were still breastfed at six months.
- Forty-six percent of all Minnesota babies born in 2019 were still breastfed at 12 months, below the Healthy People 2030 goal of 54 percent. Twenty-six percent of infants served by Dakota County WIC who were born in 2021 were still breastfed at 12 months.



Fruit and vegetables

- In 2023, 30 percent of Dakota County adults (25 and older) reported eating five or more fruits and vegetables the previous day. This was a decrease from 39 percent in 2010.



- Fourteen percent of all Dakota County students reported consuming fruits or vegetables (including fruit juice) five or more times per day in the previous week (2023 percents – 8th grade: 16 percent, 9th grade: 14 percent, and 11th grade: 12 percent).

Milk and other beverages

- In 2022, 10 percent of Dakota County students drank milk three or more times the previous day.
- Males reported more milk consumption than females.
- Ten percent of all Dakota County students drank a can, bottle or glass of pop or soda one or more times during the previous seven days in 2022.
- Eight percent of Dakota County students reported drinking sports drink one or more times during the previous seven days (2022).

Inadequate access to food (food insecurity)

- An estimated four percent of the population of Dakota County were food insecure in 2021. An estimated six percent of Dakota County children were food insecure.
- In 2023, five percent of Dakota County adults said that they often or sometimes worried that food would run out before they had the money to buy more.
- The percent of Dakota County households accessing food stamps or Supplemental Nutrition Assistance Program (SNAP) benefits (five percent) is lower than the state (seven percent) in 2022. It was stable from 2018 to 2022.
- In Dakota County, the number of WIC recipients increased by eight percent from 2020 to 2022.
- During the 2022-23 school year, 36 percent of students in Dakota County public and charter schools were eligible for free or reduced-price lunches. This is lower than the state as a whole (43 percent), and this percent increased from 27 percent in the 2018-19 school year. This increase was due to a change in State Legislation for the 2023 school year which expanded eligibility for free and reduced price meals.



For more information:

- Minnesota Department of Health www.health.state.mn.us
- U.S. Centers for Disease Control and Prevention (CDC) www.cdc.gov/nutrition/index.html
- U.S. Department of Agriculture (USDA) www.usda.gov

The Dakota County Public Health Department is accredited by the national Public Health Accreditation Board.

For more information about the Dakota County community health assessment, email public.health@co.dakota.mn.us or call 651.554.6100.





Community Health Profile

PHYSICAL ACTIVITY

Physical inactivity is one of the most important risk factors for chronic disease in the United States, with more than eight percent of deaths annually attributed to physical inactivity. Regular physical activity helps reduce the risk of chronic diseases, such as heart disease, stroke, diabetes, and certain cancers; helps control weight; strengthens bones, muscles, and joints; prevents falls or helps reduce injuries from falls among older adults; and relieves anxiety and depression. People who live in communities that support active living are more likely to engage in physical activity as part of their daily routine, such as walking or biking for transportation.

KEY FACTS

Eight percent of adults do not engage in leisure-time physical activity.

Less than one-fifth of Dakota County students in all grades met the recommended level of physical activity (60 minutes per day) in 2022, and all grades are below the state.

Few Dakota County residents walk or bike to work or school.

Most Dakota County adults consider their neighborhood to be safe from crime.

Physical activity in adults

- The current CDC guidelines for physical activity recommend at least 150-300 minutes of moderate-intensity aerobic activity and muscle-strengthening activity at least two days per week for adults.
- In 2023, 46 percent of Dakota County adults said they were moderately physically active at least 150 minutes per week or were vigorously physically active at least 75 minutes per week, a decrease from 55 percent in 2010.
- Eight percent of Dakota County adults (25 and older) reported no leisure-time physical activity during the previous month in 2023, which was above 12 percent from 2010. Nationally, older adults, women, African-American adults and Hispanic adults are at risk for not getting enough physical activity.

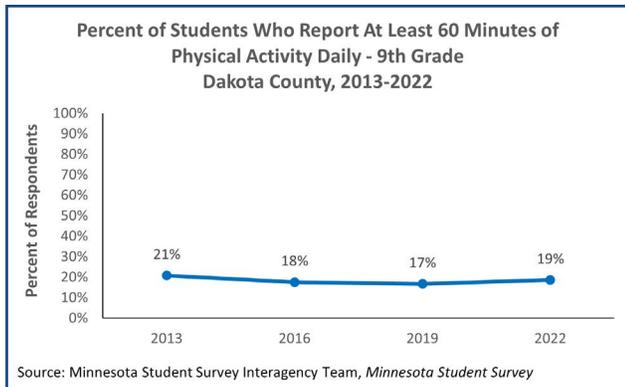
Active Living

- One percent of Dakota County residents 16 years and older who work walked or biked to work in 2022. Statewide, about three percent walked or biked to work.
- Fifty-nine percent of Dakota County adults considered their neighborhood to be safe from crime in 2023.



Physical activity in youth

- The current CDC guidelines for physical activity recommend 60 minutes or more of moderate-to-vigorous physical activity per day for children and adolescents (ages 6 to 17).



- Less than one-fifth (18 percent) of Dakota County students reported engaging in 60 minutes of physical activity every day (2022: 18 percent of 5th graders, 19.5 percent of 8th, 19 percent of 9th graders, and 16 percent of 11th graders).



- In 2022, Dakota County 5th and 8th graders were below the state for engaging in the recommended amount of physical activity; 9th graders were slightly below the state; and 11th graders were similar to the state (statewide percents: 5th and 8th grade: 22 percent, 9th grade: 20 percent, and 11th grade: 16.5 percent).
- More males than females report engaging in the recommended amount of physical activity.

.....
For more information:

- Healthy Places by Design [healthyplacesbydesign.org/](https://www.healthyplacesbydesign.org/)
- MN Dept. of Health (MDH) www.health.state.mn.us
- President's Council on Physical Fitness and Sports www.fitness.gov
- U.S. Centers for Disease Control and Prevention (CDC) www.cdc.gov/physicalactivity

The Dakota County Public Health Department is accredited by the national Public Health Accreditation Board.

For more information about the Dakota County community health assessment, email public.health@co.dakota.mn.us or call 651.554.6100.





Community Health Profile

SOCIAL DETERMINANTS OF HEALTH

The economic and social conditions in which people live and work can influence health and life expectancy. Examples of these social determinants of health are: income, employment, education, housing, early life experiences, social exclusion, and social support. The determinants affect a person's life and work conditions, such as stress levels, access to healthy food, safe places to exercise, exposure to environmental hazards, and availability of early learning opportunities. These exposures interact to increase or decrease the risk for many major diseases, such as heart disease, stroke and Type 2 diabetes.

KEY FACTS

The Dakota County population continues to grow but at a slower rate than in the 1990s.

The population is getting older and is becoming more racially and ethnically diverse.

Poverty is stable or decreasing.

Unemployment is stable but increased during the COVID-19 pandemic.

Educational attainment of adults is high. Although proficiency in math and reading has dropped since the COVID-19 pandemic, Dakota County still has higher scores on standardized tests than most of the metro region.

Thirteen percent of adults do not get the social and emotional support they need and nine percent always or usually feel isolated from others.

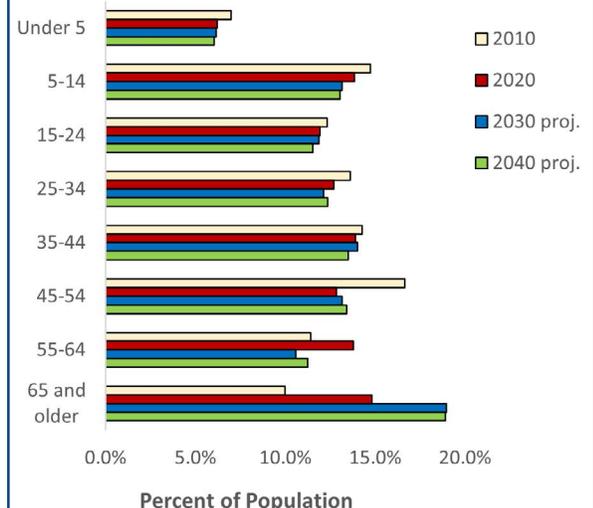
General Population

- Dakota County's population grew from 398,552 in 2010 to 439,882 in 2020 – a 10 percent increase. The state population grew by 7.5 percent during the same period.
- Although the county reached its population growth peak during the 1980s and 1990s, there was still a 10 percent increase during the decade from 2010-2020.
- Dakota County has the third largest population in the state and represents an estimated 7.7 percent of the state's population.

Age distribution

- The median age of Dakota County residents increased from 30.2 years in 1990 to 36.8 years in 2010 – a 22 percent increase. In 2020, it was 38.6.
- The Minnesota State Demographic Center projects that there will be 91,133 Dakota County residents 65 and older in 2035 – an increase of 40 percent from 2020.

**Dakota County Age Distribution
2010, 2020, 2030, 2040**



Source: Minnesota State Demographic Center, Long-Term Population Projections for Minnesota, February 2023



Dakota County
Public Health Department
www.dakotacounty.us



Public Health
Prevent. Promote. Protect.
Dakota County

Racial/ethnic distribution

- In 2022, people of color made up an estimated 25 percent of the Dakota County population. In the 2022-23 school year, 42 percent of Dakota County public and charter school students were students of color. Blacks, Hispanics, and Asian/Pacific Islanders are the largest populations of color in the county.
- The Minnesota State Demographic Center projects that the populations of color in Dakota County will increase by 31 percent from 2020 to 2030. The white population is projected to decrease by four percent in the same period.
- In the 2022-23 school year, 20 percent of Dakota County public and charter school students spoke a language other than English in their home – a total of 160 different languages. Spanish was the most commonly-spoken language after English.

Economic factors

- In 2022, an estimated six percent of Dakota County residents had incomes below the poverty level – slightly below 2010 (seven percent). Dakota County was below the state overall (nine percent) in 2022.
- An estimated seven percent of Dakota County children under 18 lived in households with incomes below the federal poverty level in 2022, below the state (11 percent). Poverty in children under 18 decreased from nine percent in 2018.
- In 2022, the median household income in Dakota County was an estimated \$101,306 – higher than the state (\$84,313) and an increase from 2018 (\$83,288).
- In 2022, unemployment in Dakota County was 2.4 percent, on average. This was similar to the 2.6 percent average in 2018. Dakota County was similar to the state average (2.7 percent) for 2022. In 2020, during the COVID-19 pandemic, the rate rose to 6.3 percent in Dakota County and Minnesota, the highest it had been since 2013.

Housing

- In 2022, an estimated 76 percent of housing in Dakota County was owner-occupied. Forty-nine percent of renter households and 17 percent of homeowners spent 30 percent or more of their monthly household income on housing.
- Foreclosures decreased in the county from a peak of 2,147 in 2010 to 102 in 2022. The number of foreclosures represents less than one percent of all resident parcels in the county.

Transportation

- In 2022, 72 percent of Dakota County workers 16 and older commuted to work alone, similar to Minnesota. These percentages decreased during the COVID-19 pandemic due to more people working from home.
- 4.5 percent of Dakota County workers 16 and older lived in a household with no vehicle available (2022), below the state (seven percent).

Education

- In 2022, an estimated 96 percent of Dakota County residents 25 and older had a high school education or higher; 44 percent had a Bachelor's degree or higher.
- In 2022-23 school year, 48 percent of third grade students in Dakota County public schools did not meet the reading standard. In 2022-23, Dakota County ranked third among metro area counties for third-grade reading scores and eighth-grade math scores.

Community

- In 2023, 13 percent of people eligible to vote were not registered and 12 percent of people of voting age did not vote in the 2020 general election.
- In 2023, 13 percent of Dakota County adults said they rarely or never get the social and emotional support they need. Nine percent said they always or usually feel isolated from others. During the COVID-19 pandemic, it is likely that this percentage increased due to mitigation strategies implemented in the early part of the pandemic.

.....

For more information:

- U.S. Census Bureau www.census.gov
- Minnesota State Demographic Center www.mn.gov/admin/demography/
- MN Department of Education www.education.state.mn.us
- MN Department of Employment and Economic Development www.mn.gov/deed/
- Unnatural Causes – Is Inequality Making Us Sick? www.unnaturalcauses.org/

The Dakota County Public Health Department is accredited by the national Public Health Accreditation Board.

For more information about the Dakota County community health assessment, email public.health@co.dakota.mn.us or call 651.554.6100.





Community Health Profile

TOBACCO USE

Tobacco use is the single most preventable cause of disease, disability, and death in the United States, with tobacco ranking as the leading risk factor driving death and disability in Minnesota. Cigarette smoking is associated with cancer, emphysema, chronic bronchitis, heart disease, and stroke. In addition, there are health effects for non-smokers who are exposed to secondhand smoke, including an increased risk of dying from lung cancer or heart disease, and children are at increased risk of sudden infant death syndrome (SIDS), ear infections and asthma. Mothers who smoke cigarettes during pregnancy are at risk for poor birth outcomes, such as preterm birth, low birth weight, and stillbirth.

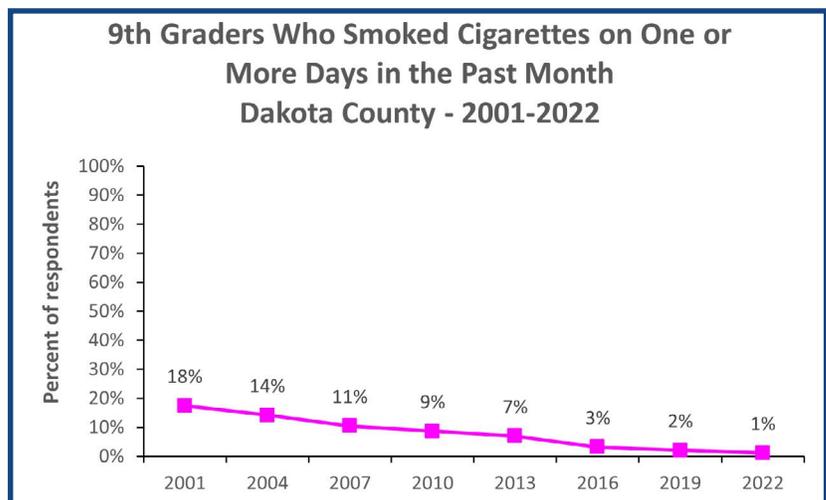
KEY FACTS

Since 2001, the percent of Dakota County students who reported smoking cigarettes on one or more days in the previous month decreased significantly. However, rates of e-cigarette use have increased in adolescents.

The number of adults who smoke cigarettes also decreased in recent years. State law that prohibits smoking in workplaces and public places has decreased secondhand smoke exposure in Minnesota, but exposure in homes and cars is still a concern.

Cigarette smoking by Dakota County youth

- The percent of Dakota County students who reported smoking cigarettes on one or more days in the previous month steadily decreased in 9th graders from 2001 to 2022. The 2022 percentages were similar to or below the state for all grades.
- The percent of students who reported smoking every day during the previous 30 days also steadily decreased in Dakota County 9th graders from 2001 to 2022 (2022 percent: less than one percent of 9th graders).



Source: Minnesota Student Survey Interagency Team, *Minnesota Student Survey*



Dakota County
Public Health Department
www.dakotacounty.us



Use of other tobacco products and e-cigarettes by Dakota County youth

- In 2022, one percent of Dakota County 8th graders and 9th graders, and two percent of Dakota County 11th graders reported smoking cigars or cigarillos during the previous 30 days. The percent is nearly the same as the state for all grades.
- In 2022, one percent of 8th, 9th and 11th graders reported using smokeless tobacco during the previous 30 days, nearly the same as the state for 8th and 9th graders and slightly below the state for 11th graders.
- In 2022, five percent of 8th graders, six percent of 9th graders and 12 percent of 11th graders used an electronic cigarette during the past 30 days, slightly below the state for all grades.

Exposure to secondhand tobacco smoke

- More than 7,300 adult non-smokers die of lung cancer and nearly 34,000 die of coronary heart disease each year due to secondhand smoke exposure.
- The Freedom to Breathe Act (2007) requires all indoor Minnesota workplaces and public places to be smoke-free.
- Thirteen percent of Dakota County 5th graders reported being in a room with someone who was smoking one or more days in the past seven days (2022).
- Eight percent of Dakota County 5th graders reported riding in a car with someone who was smoking one or more days in the past seven days (2022).
- Three percent of Dakota County adults reported that someone regularly smokes inside their home (2023).

Youth access to tobacco in Dakota County

- Ten percent of compliance checks conducted in licensed retail outlets in Dakota County from 2018–2022 resulted in an illegal tobacco sale to an underage person.

Tobacco use by adults

- In 2023, six percent of Dakota County adults (25 or older) currently smoked cigarettes every day or some days, a decrease from 12 percent in 2010.
- Five percent of Dakota County 18–44 year olds currently smoke cigarettes (2023).
- In 2020, three percent of Dakota County mothers reported smoking during pregnancy, slightly below 2019 (four percent).
- In 2023, seven percent of Dakota County adults reported currently using e-cigarettes.



Adult tobacco cessation

- Twenty-four percent of current Dakota County adult smokers stopped smoking for one day or longer in the past 12 months because they were trying to quit (2023).



For more information:

- U.S. Centers for Disease Control and Prevention (CDC) www.cdc.gov
- Minnesota Department of Health (MDH) www.health.state.mn.us
- National Cancer Institute www.cancer.gov/cancertopics/tobacco
- Surgeon General's Reports on Smoking and Tobacco Use www.cdc.gov/tobacco/data_statistics/sgr/index.htm

The Dakota County Public Health Department is accredited by the national Public Health Accreditation Board.

For more information about the Dakota County community health assessment, email public.health@co.dakota.mn.us or call 651.554.6100.





Community Health Profile

UNINTENTIONAL INJURIES

The consequences of injuries can be extensive and wide-ranging. Injuries have physical, emotional, and financial consequences that can impact the lives of individuals, their families, and society. Some injuries can result in temporary or long-term disability. Injuries also place an enormous burden on hospital emergency departments and trauma care systems, accounting for approximately one-third of all emergency department visits and eight percent of all hospital stays.

KEY FACTS

Unintentional injuries are the leading cause of death in 15–24 year olds in Dakota County.

The rate of non-fatal, unintentional injuries is decreasing.

Falls are the leading cause, with older adults most at risk for injury from falls.

In Dakota County, student use of seatbelts when driving or riding is high, but more than half of students reported handling their phone while driving.

Deaths and injuries from unintentional injury

- Unintentional injuries caused 228 deaths in Dakota County residents in 2021.
- Unintentional injuries caused an average of 20,996 emergency room visits or hospitalizations per year in Dakota County residents from 2016 to 2019.
- The rate of unintentional emergency room visit injuries for Dakota County residents decreased by 1.5 percent from 2016 to 2019.

Injury demographics

- Unintentional injuries caused 30 deaths in Dakota County children aged 0-19 from 2018-2021.
- Unintentional injuries caused 218 deaths in Dakota County adults 20 and older in 2021. The rate increased by 26 percent from 2018 to 2021 and was below the state for 2021.
- Unintentional injuries were the leading cause of death in Dakota County 15–24 year olds from 2018 to 2021.
- The highest rates of non-fatal, unintentional injuries are in persons 0-4 years old. Persons 80 and older have the highest rate of fatal unintentional injuries.
- Males have a higher rate of injury than females.



General safety

- For Dakota County residents from 2016 to 2019,
 - there were 25 near-drowning accidents and 11 accidental drowning deaths.
 - there were 95 non-fatal accidental injuries and no deaths due to firearms.
 - there were 229 non-fatal burn injuries and 10 people died in fires.
 - there were 2,185 non-fatal accidental poisonings and 133 deaths due to accidental poisoning.

Note: To protect confidentiality, data on fatal injuries is not reported when the number is small.

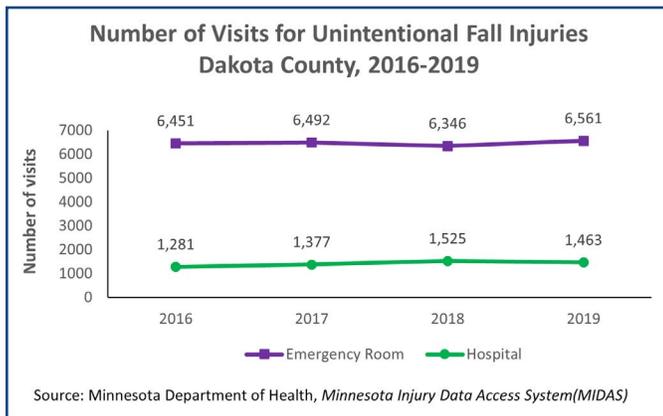


Recreational injuries

- Bicycle crashes increased in Minnesota from 2020 to 2022.

Falls

- Falls are the leading cause of unintentional injuries for Dakota County residents and the leading cause of hospitalized injury among residents over 65.
- In 2019, 53 percent of all unintentional fatal injuries and 40 percent of all unintentional non-fatal injuries were caused by falls.



- The number of unintentional fall injuries for Dakota County residents generally increased from 2016 to 2019.

Motor vehicle crashes

- Motor vehicle crashes that occurred in Dakota County caused an average of 19 deaths per year from 2018 to 2022. The number of deaths from motor vehicle crashes occurring in Dakota County increased from 2018 to 2022.
- Motor vehicle crashes that occurred in Dakota County caused an average of 1,903 non-fatal injuries per year from 2018 to 2022.
- In 2022, eight vehicle occupants who were killed or severely injured in crashes in Dakota County were not wearing seat belts (eight percent of fatal and severe motor vehicle injuries). Five percent of fatal or severe injuries involved inattentive driving and 20 percent involved speeding from 2018-2022.

Traumatic brain

- Traumatic brain and spinal cord injuries may lead to long-term disability with multiple secondary conditions.
- There were 367 hospitalized traumatic brain injury (TBI) events for Dakota County residents in 2019. The number of TBI injuries generally increased from 2016 to 2019.
- The leading cause of TBI injuries is falls. Persons 85 and older are most susceptible to TBI injury from falls.

Automobile safety

- In 2022, 79 percent of Dakota County 9th graders and 87.5 percent of 11th graders said that they always wear a seatbelt when driving or riding in a car, truck or SUV.
- Among Dakota County 11th graders who drive, 59 percent reported handling their phone to send or read text messages, take pictures, use social media, stream videos or video-chat while driving.



For more information:

- *Minnesota Department of Health (MDH)*
www.health.state.mn.us/injury
- *Minnesota Department of Public Safety
Office of Traffic Safety*
www.dps.mn.gov/divisions/ots
- *National Highway Traffic Safety Administration (NHTSA)* www.nhtsa.dot.gov
- *U.S. Centers for Disease Control and Prevention (CDC)*
www.cdc.gov/injury

The Dakota County Public Health Department is accredited by the national Public Health Accreditation Board.

For more information about the Dakota County community health assessment, email public.health@co.dakota.mn.us or call 651.554.6100.





Community Health Profile

VIOLENCE

Violence is a serious public health problem in the United States. From infants to the elderly, it affects people in all stages of life. In 2021, more than 26,000 people in the United States were victims of homicide. The number of violent deaths tells only part of the story; many more survive violence and are left with permanent physical and emotional scars. Violence also erodes communities by reducing productivity, decreasing property values, and disrupting social services.

KEY FACTS

In general, Dakota County is very safe. Homicide rates are low and the rate of alleged child maltreatment is below Minnesota overall.

Most Dakota County students feel safe going to and from school and at school, and many school violence and bullying indicators have decreased; however, as adolescents increase their use of electronic media, the opportunity for online bullying and victimization increases.

Aggravated assaults have decreased.

Reported incidents of sexual violence have generally decreased since 2021, but many incidents go unreported.

Homicide and assaults

- From 2012 to 2021, there were 76 deaths of Dakota County residents due to homicide. The homicide rate was lower than the rate for Minnesota in the period 2018-2021.
- There were 514 aggravated assaults reported to law enforcement in Dakota County in 2023. The number decreased from 2021 to 2023.
- There were 655 assaultive injuries to county residents that required an emergency room visit or hospitalization in 2022.

Maltreatment

- In 2021, 1,509 Dakota County children were alleged to have been maltreated, including those who went through a family assessment or an investigation. Types of abuse in reported cases included: neglect (66 percent), physical abuse (26 percent), and sexual abuse (13.5 percent).
- Many cases of abuse or neglect are not reported to police or social services.

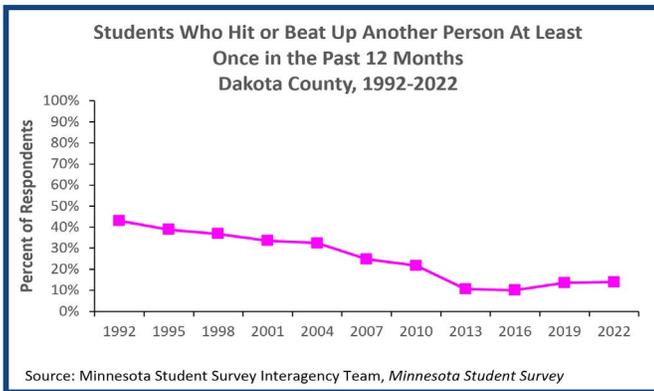
Interpersonal Violence

- In 2022, 951 injuries to county residents due to child or adult abuse required an emergency room visit or hospitalization.
- In 2022, five percent of Dakota County 8th, seven percent of 9th graders, and six percent of 11th graders reported that they ever experienced physical violence and six percent of 9th graders and 12 percent of 11th graders said that they ever experienced sexual violence from an intimate partner.



Violence at school

- The percentage of students in 9th grade who said that they hit or beat up another person at least once in the past 12 months dropped sharply from 1992 to 2016, but increased from 2016 to 2022.



- In 2022, 15 percent of 5th graders, 18 percent of 8th graders, 11 percent of 9th graders, and six percent of 11th graders reported being pushed, shoved, slapped, hit or kicked during the past 30 days.

School safety

- Nearly 95 percent of Dakota County students felt safe going to and from school and nearly 89 percent felt safe at school (2022).

Harassment and bullying at school

- 22.5 percent of Dakota County 5th graders, 16 percent of 8th graders, 12 percent of 9th graders and seven percent of 11th graders reported that another student threatened to beat them up during the past 30 days (2022).
- Twenty-six percent of 5th graders, 31 percent of 8th graders, 25 percent of 9th graders and 21 percent of 11th graders reported being harassed or bullied for their personal appearance during the past 30 days (2022).

Destructive and antisocial behavior

- In 2022, 17 percent of 8th graders, 13 percent of 9th graders, and 14 percent of 11th graders reported that they had damaged or destroyed property in the previous year.
- In 2022, 11 percent of 8th graders, 13 percent of 9th graders and 16.5 percent of 11th graders reported that they had taken something from a store without paying for it in the past year.

Sexual violence

- There were 114 rapes reported in 2023 to Dakota County law enforcement. The number generally decreased from 2021 to 2023.
- In 2022, six percent of Dakota County 8th and 9th graders and nine percent of 11th graders reported being pressured, tricked or forced to do something sexual or have something done sexually to them against their wishes (non-family member).

Internet safety

- In 2022, 23 percent of Dakota County 5th graders, 16 percent of 8th graders, 15 percent of 9th graders, and 10 percent of 11th graders reported that they had been bullied one or more times in the past month through texting, Instagram, Snapchat, or other social media.



For more information:

- Centers for Disease Control and Prevention www.cdc.gov
- MN Department of Health www.health.state.mn.us
- MN Department of Human Services mn.gov/dhs
- MN Center Against Violence & Abuse www.cehd.umn.edu/ssw/centers/mincava

The Dakota County Public Health Department is accredited by the national Public Health Accreditation Board.

For more information about the Dakota County community health assessment, email public.health@co.dakota.mn.us or call 651.554.6100.

