

A close-up photograph of four women of diverse ethnicities smiling and looking towards the camera. From left to right: a Black woman with braids wearing a red top, an Asian woman with dark hair wearing a pink top, a Hispanic woman with brown hair wearing a plaid shirt, and a white woman with short brown hair wearing a denim jacket over a green shirt. The background is a bright, slightly cloudy sky.

Aging in Rural Minnesota

A comparative analysis of data and policy impacting aging in Minnesota rural and urban regions

This report was supported by a grant from the Minnesota Board on Aging with Federal Older American Act and American Rescue Plan funds, in partnership with the following: Dancing Sky Area Agency on Aging, Arrowhead Area Agency on Aging, Central MN Council on Aging, Minnesota River Area Agency on Aging and Southeastern Minnesota Area Agency on Aging

This report prepared by:



Carrie Henning-Smith, PhD, MPH, MSW, Deputy Director
Ingrid Jacobson, MPH, Researcher
Megan Lahr, MPH, Senior Research Fellow
University of Minnesota
Rural Health Research Center



Rural Health Innovations, LLC, a subsidiary of the
National Rural Health Resource Center
www.ruralcenter.org

Today's Session

Aging in Rural Minnesota: A comparative analysis of data and policy impacting aging in Minnesota rural and urban regions.



Housekeeping

Mute Your Microphone

Use the Chat Feature

Raise Your Hand to Speak

Session is Being Recorded



A photograph of an elderly couple embracing outdoors. The woman, on the left, has short brown hair and is wearing a blue denim jacket over a dark top. The man, on the right, has grey hair and is wearing a light blue button-down shirt. They are both smiling warmly at the camera. The background shows a soft-focus landscape with rolling hills and a bright sun setting or rising, creating a warm, golden glow. A semi-transparent white rectangular box is overlaid on the right side of the image, containing the word "Introduction" in a black, sans-serif font.

Introduction

Introduction

The goal of this project is to inform policy recommendations that will enhance the quality of life and support systems for older adults in rural communities. By leveraging the findings from this comprehensive analysis, key collaborative partners can better advocate for and implement solutions that address the critical needs of this vulnerable population.

A close-up photograph of a person's hand holding a black pen, poised to write on a white notepad. The person is wearing a blue patterned shirt. A semi-transparent white rectangular box is overlaid on the right side of the image, containing the word 'Methodology' in a dark, sans-serif font.

Methodology

Methodology

- Conducted literature review to describe
- Used available data to illustrate differences between 7-county Metro and Greater MN
 - Sociodemographic
 - Affordable Supportive Housing
 - Food Insecurity
 - Transportation
 - Social Well-Being
 - Health Care Access
- Reviewed literature for current best practices and successful interventions



Findings

Literature Review and Data Analysis

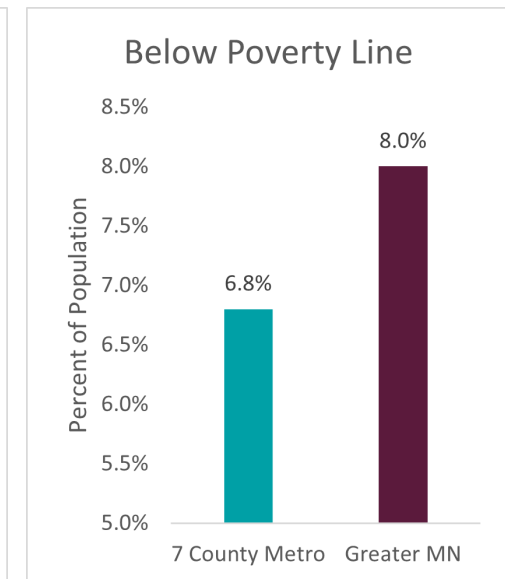
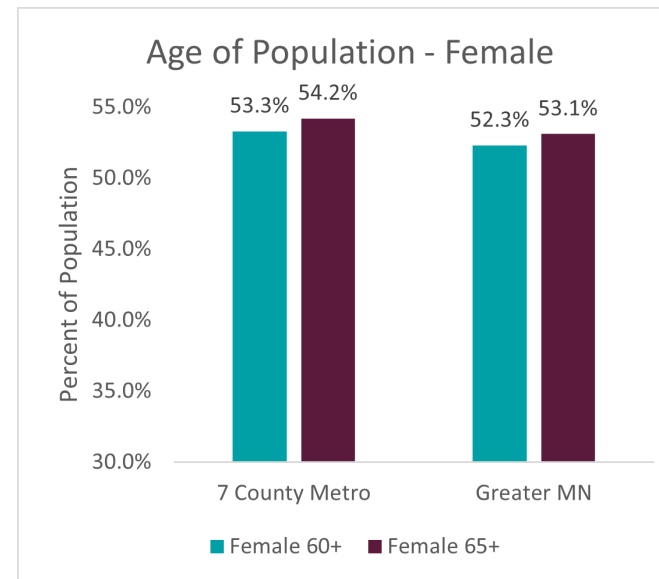
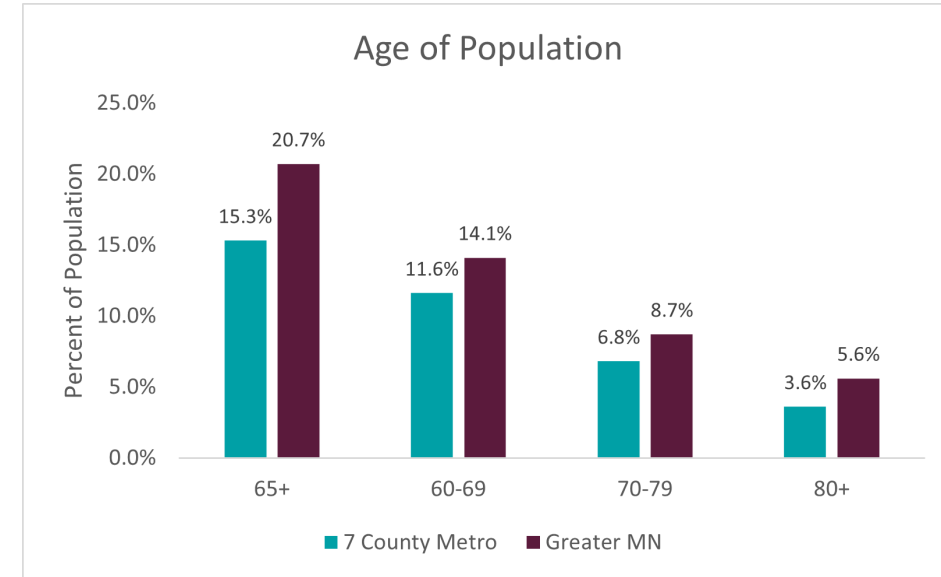


Sociodemographics

Age, Gender, & Poverty

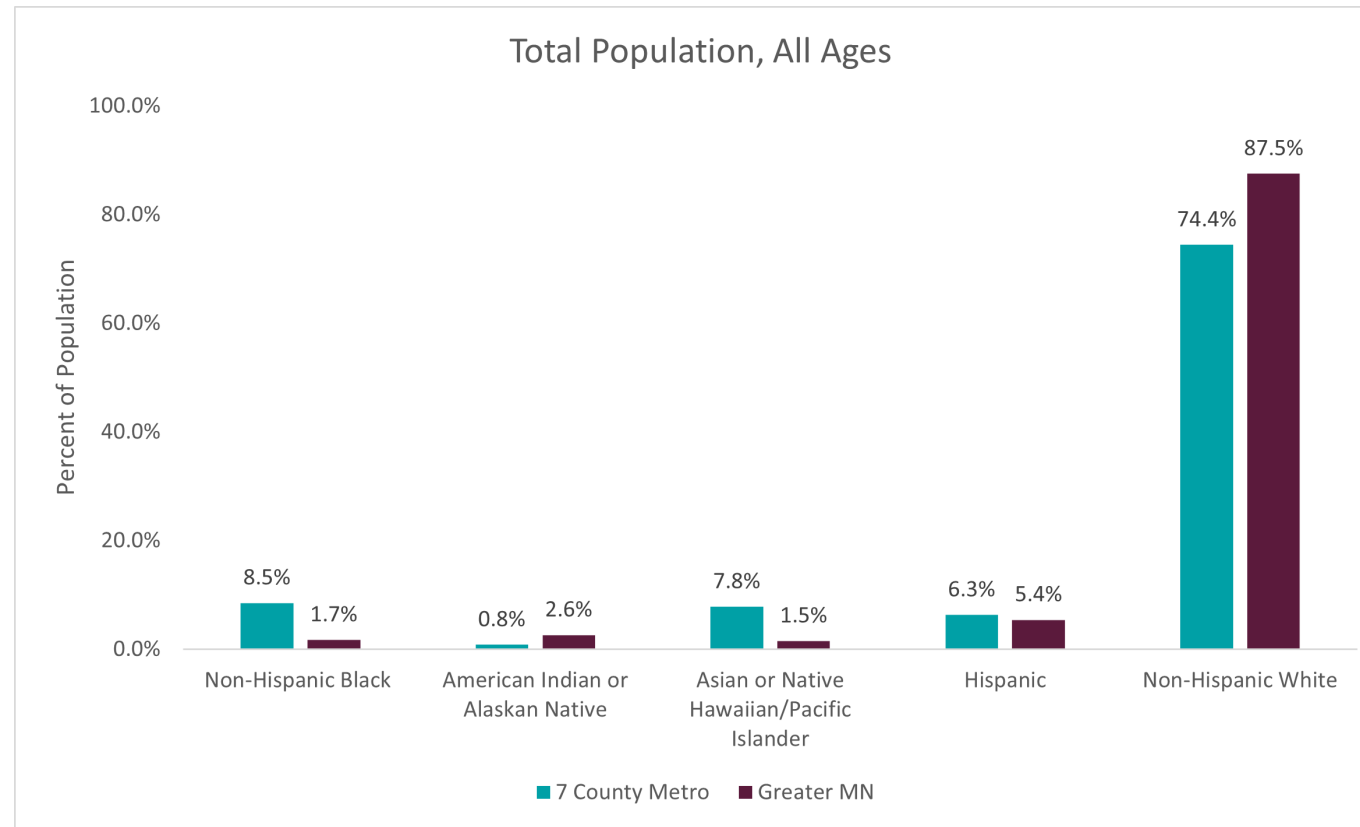
- Older adults (65+) are the fastest growing age group in rural America
- Rural Minnesotans are older, have more chronic conditions and report poorer health, and are more likely to be low income
- Greater Minnesota represents an older population compared to the metro counties for all age groups over 65 years

Data Sources: U.S. Census, Census Reporter, Aging Data Profiles MN



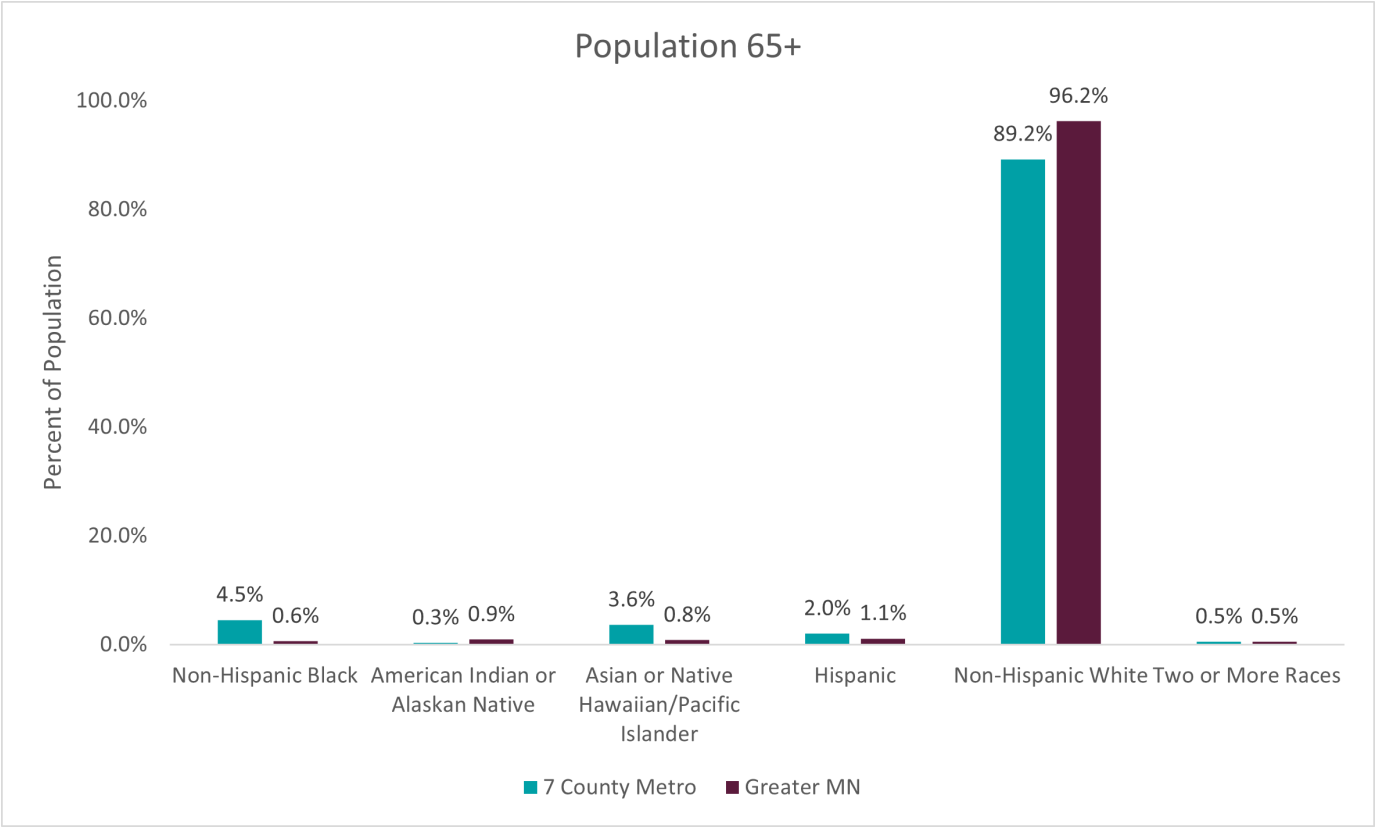
Age and Race

Data Sources: County Health Rankings,
Aging Data Profiles MN



Age and Race

Data Sources: County Health Rankings,
Aging Data Profiles MN



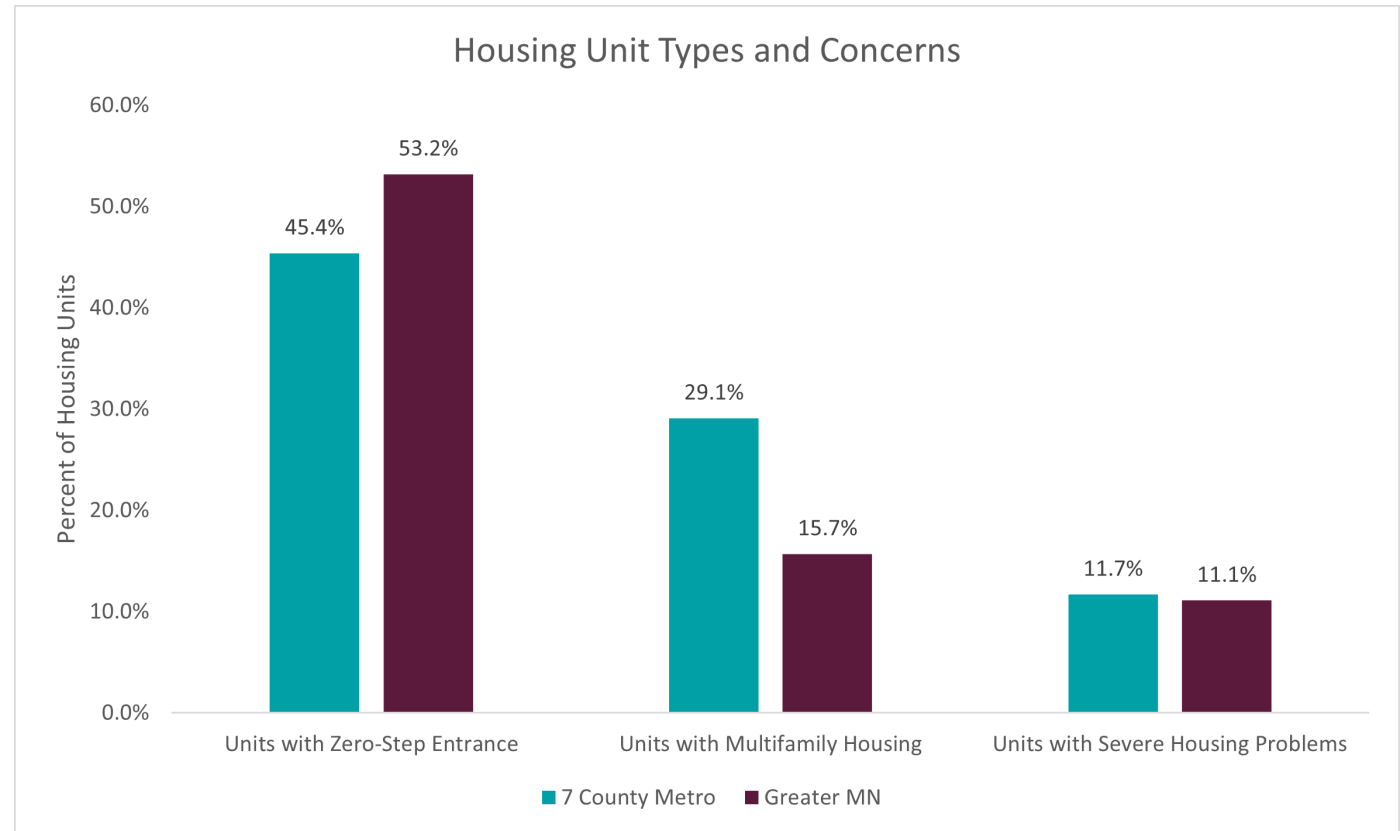


Affordable Supportive Housing

Housing Unit Conditions

- The majority of U.S. older adults believe that the home is the optimal setting to receive long-term care
- The proportion of multi-family housing units in Greater MN is nearly double that of metro counties
- Prevalence of housing units with severe housing programs is similar across regions

Data Sources: AARP Livability Index, County Health Rankings



Severe housing problems defined as units lacking complete kitchen facilities, complete plumbing facilities, household is overcrowded, or household is severely cost burdened

Housing Unit Costs & Value

- In Minnesota, roughly 80% of older adults (both rural and urban) own their home
- Median value of all owner-occupied housing units is considerably higher in metro counties
- Housing costs per month are almost double in the metro counties and housing cost burden is somewhat higher
- Availability of subsidized housing is slightly higher in Greater Minnesota

Data Sources: Census Reporter, AARP
Livability Index

	7 County Metro	Greater MN
Median value of owner-occupied housing units	\$372,000	\$196,764
Housing costs per month	\$1,545	\$873
Housing cost burden (% income on housing)	15.7%	12.5%
Availability of subsidized housing per 10,000 people	160.5	172.0



Food Insecurity

Access to Healthy Foods & Assistance

- In 2022, 9.1% of U.S. households with adults 65 years and older were food insecure at some time during the year
- Greater proportion of adults 65 years and older living in Greater Minnesota have low access to grocery stores
- Individuals living in the metro counties have a higher (healthier) food environment index
- Minimal regional difference in MN in the proportion of households with adults 60 years and older who receive SNAP benefits

Data Sources: Food Access Dashboard, County Health Rankings, Food Research & Action Center

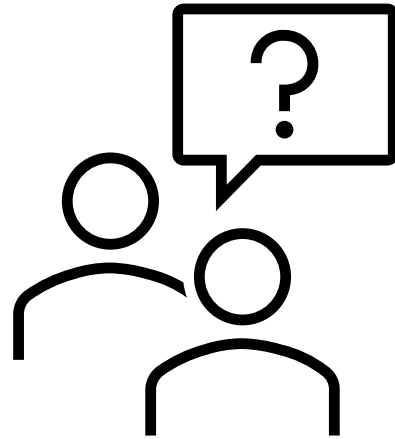
	7 County Metro	Greater MN
Among 65+, with low access to grocery stores	2.7%	4.3%
Food Environment Index	9.4	8.6
Households 60+ with SNAP	6.0%	5.8%

Low access to grocery stores defined as living more than one mile from a supermarket or large grocery in an urban area, or more than 10 miles from such store in a rural area. Food Environment Index ranges from 0-10 with higher values indicating healthier food environments

Pause for Questions

Questions?

- Please type your questions in the chat and AAA staff will combine and ask questions



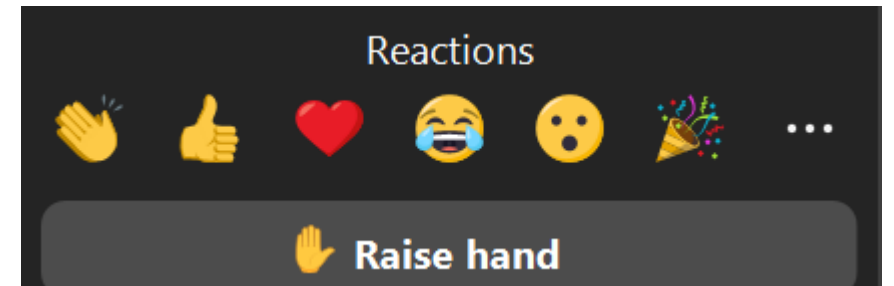
Discussion

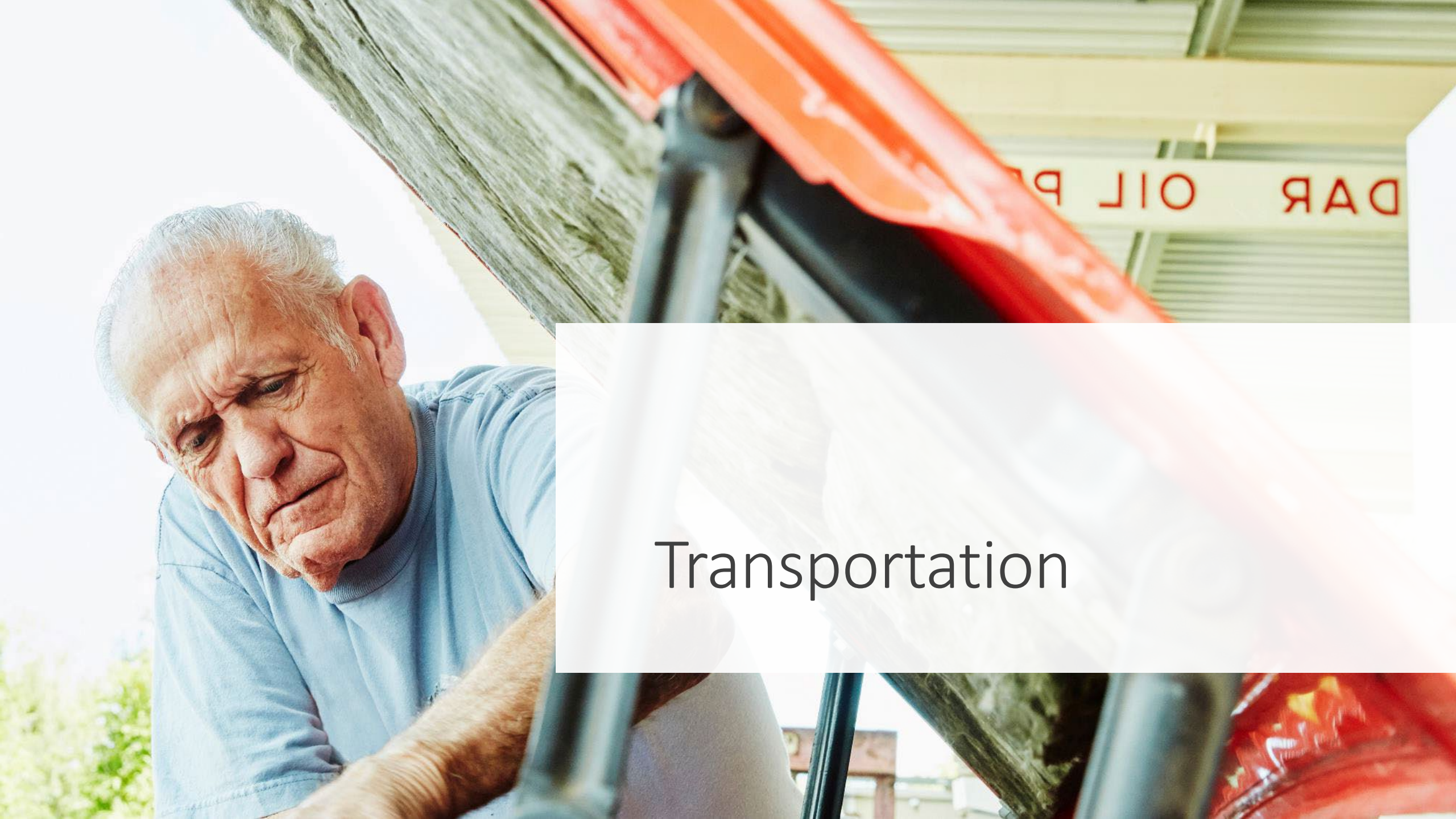
Discussion

- If you have a comment, please use the “Raise Hand” feature and AAA staff will facilitate discussion
 - To access this feature, click on the “React” (heart-shaped) button on the menu bar at the bottom of your Zoom screen, and click on “raise hand”

Questions to Consider:

- What stood out to you that was surprising?
- What do you relate to the most?
- How does this information impact the work that you do?
- How might you use this information going forward?



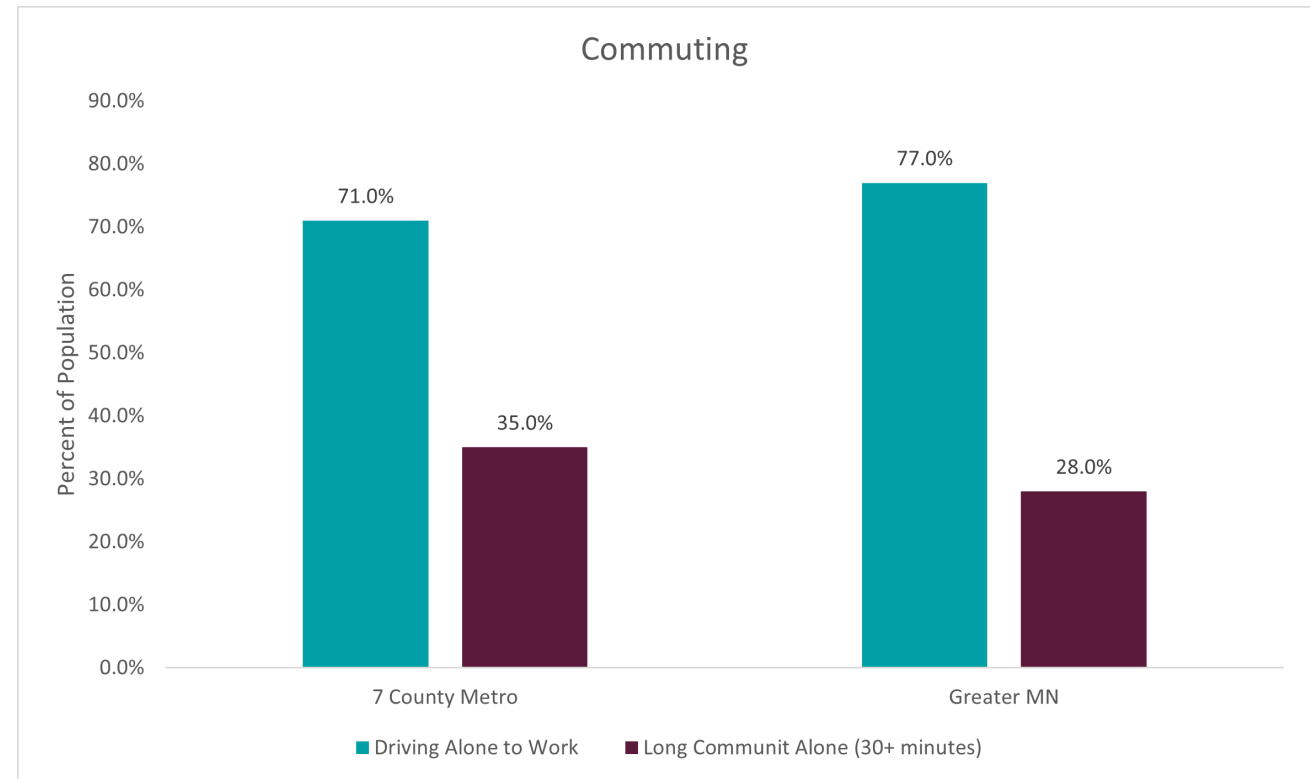


Transportation

Transportation & Commuting

- Greater Minnesota residents are more likely to drive alone to work.
- Metro county residents are more likely to have a commute over 30-minutes spent alone.
- Household transportation costs per year are similar among both regions.

Data Sources: County Health Rankings,
AARP Livability Index



	7 County Metro	Greater MN
Household transportation costs per year	\$16,547	\$17,357

Commuting percentages calculated out of the total workforce, or out of the total workforce that drives along to work.

Transit System Operations & Accessibility

- In Greater Minnesota, half the transit systems operate past 6:00 p.m. on weekdays, almost three-fourths operate on Saturdays, and less than half operate on Sundays.
- It is expected that all metro area transit systems operate during these times.
- The majority of transit stations and vehicles in the metro counties and Greater Minnesota are wheelchair accessible.

Data Sources: MN DOT 2023 Transit Report, AARP Livability Index

	7 County Metro	Greater MN
Greater MN transit systems operating past 6:00 p.m. on weekdays		50%
Greater MN transit systems operating on Saturdays		71%
Greater MN transit systems operating on Sundays		44%
Stations and vehicles ADA-accessible (wheelchair accessible)	90.1%	83.0%

The transit report utilized only provided data for Greater Minnesota. Data includes transition systems with both fixed route and/or dial-a-ride services.

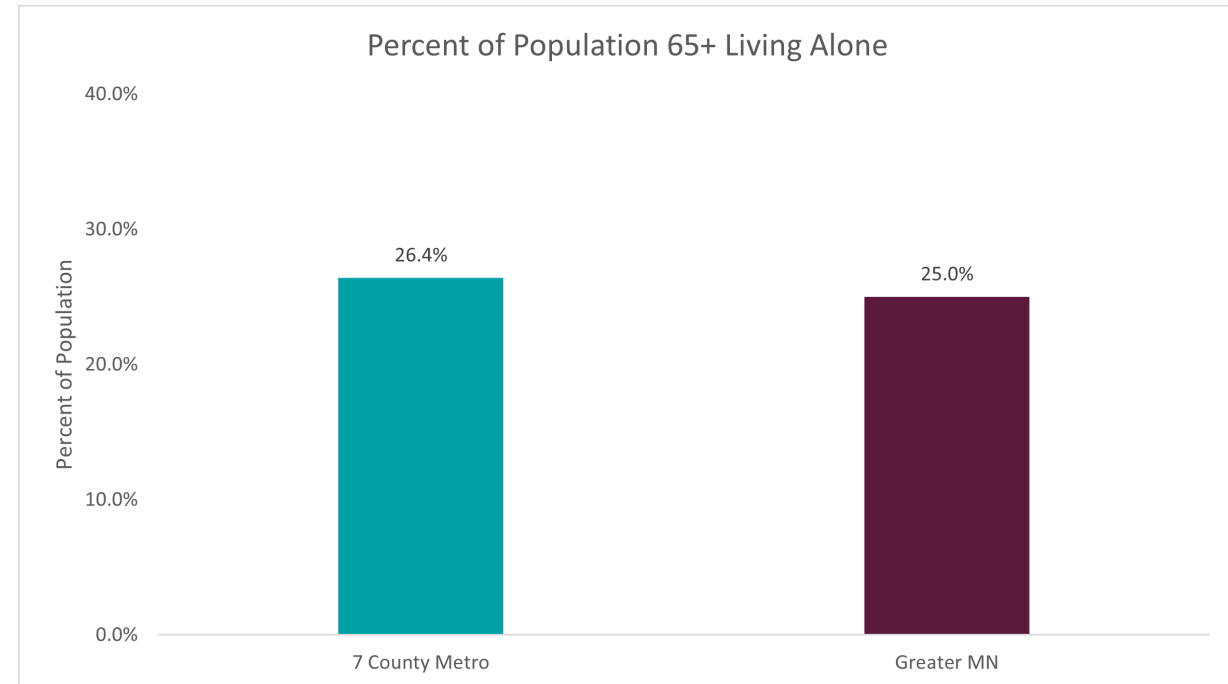


Social Well-Being

Social Connections

- In Minnesota, rates of living alone are similar between rural and urban older adults, with more than one-quarter living alone total.
- Greater Minnesota has twice as many social associations per 10,000 people.
- There is a similar Social Involvement Index between the regions.

Data Sources: County Health Rankings,
AARP Livability Index, Aging Data Profiles MN



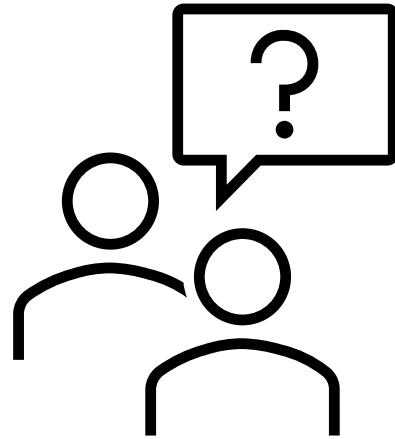
	7 County Metro	Greater MN
Social associations per 10,000 people	8.8	17.9
Social Involvement Index	1.2	1.1

Social Involvement Index ranges from 0-2.5 with higher values indicating more social involvement

Pause for Questions

Questions?

- Please type your questions in the chat and AAA staff will combine and ask questions



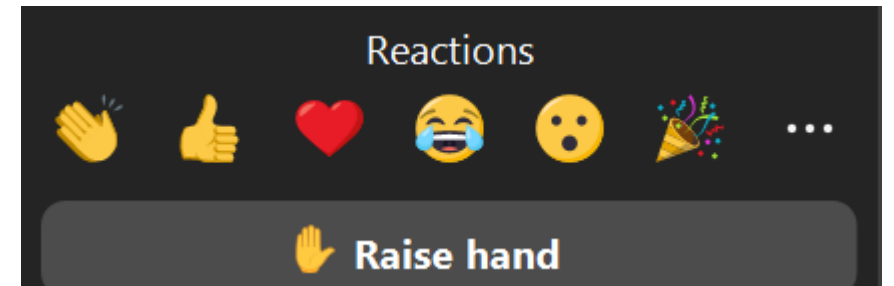
Discussion

Discussion

- If you have a comment, please use the “Raise Hand” feature and AAA staff will facilitate discussion
 - To access this feature, click on the “React” (heart-shaped) button on the menu bar at the bottom of your Zoom screen, and click on “raise hand”

Questions to Consider:

- What stood out to you that was surprising?
- What do you relate to the most?
- How does this information impact the work that you do?
- How might you use this information going forward?



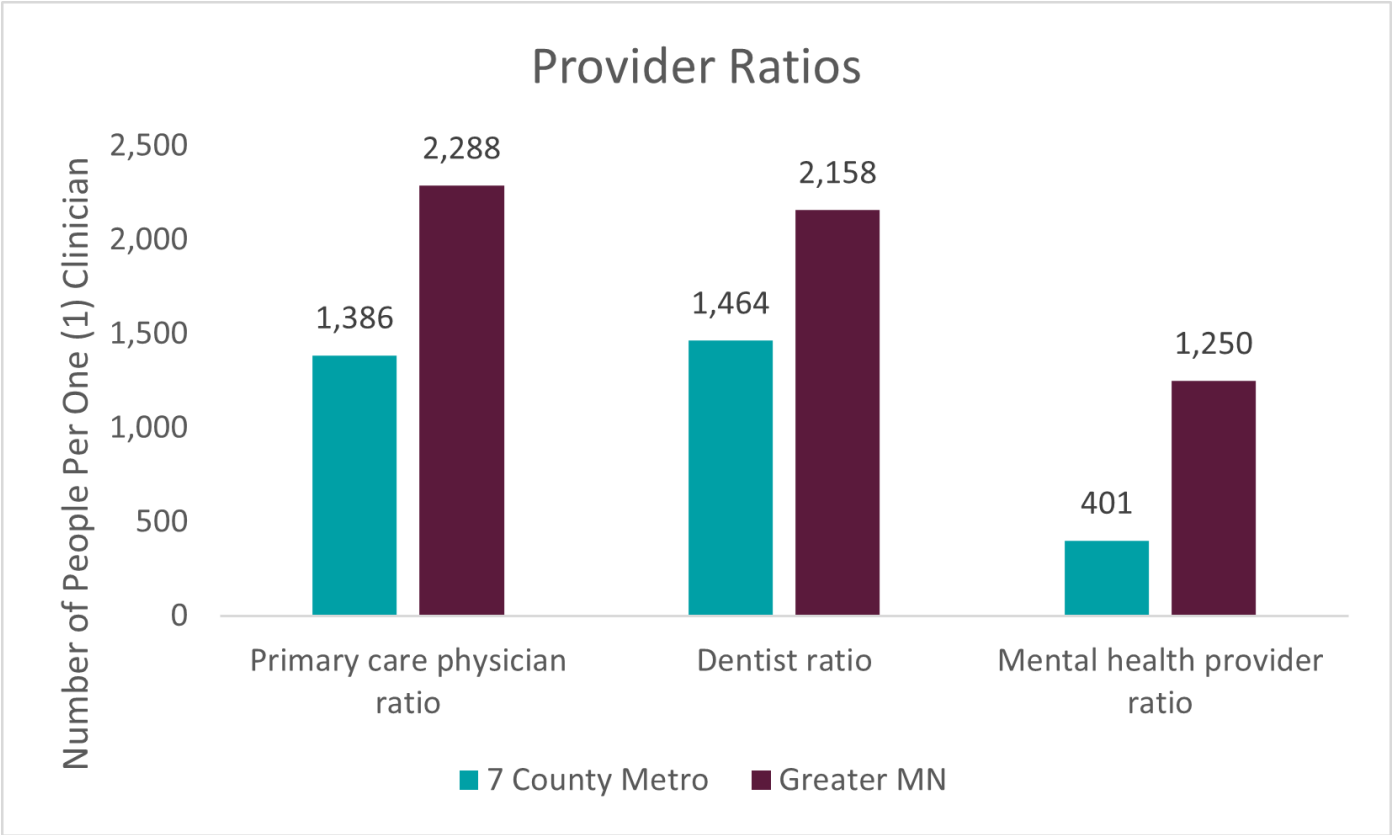


Health Care Access

Provider Access

- U.S. rural areas are much more likely to be health professional workforce shortage areas than urban areas
- U.S. rural areas have a lower ratio of direct care workers to older adults compared to urban areas.
- Greater Minnesota has a HPSA Index much higher than the metro counties.
- Provider access disparities exist in Greater Minnesota for primary care physicians, dentists, and mental health providers.

Data Sources: County Health Rankings, AARP Livability Index



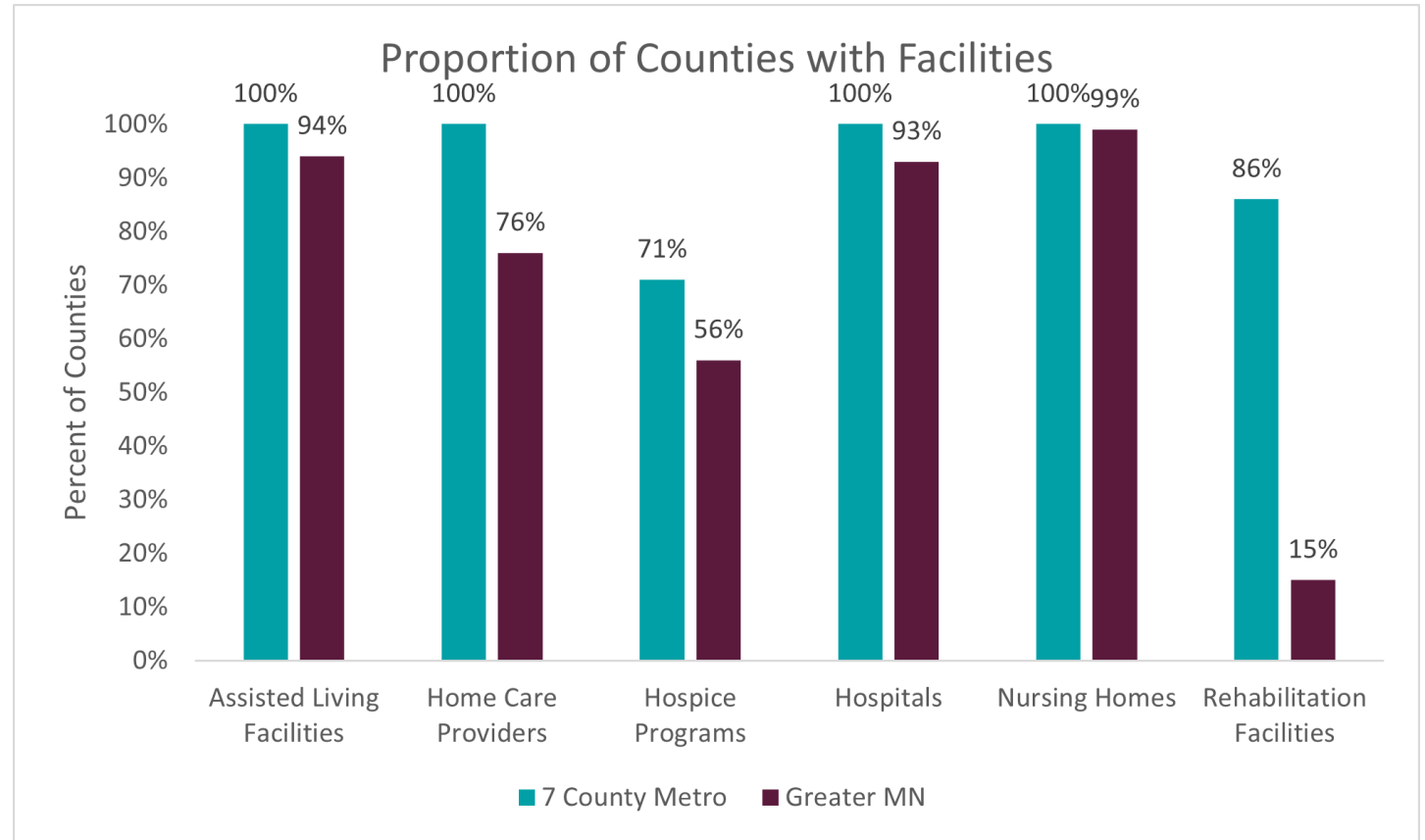
	7 County Metro	Greater MN
Healthcare Professional Shortage Area Index	1.3	9.2

Healthcare Professional Shortage Area Index ranges from 0-25 with higher scores indicating higher levels of shortage

Facility Availability

- All seven metro counties have assisted living facilities, home care providers, hospitals, and nursing homes.
- In Greater Minnesota, the proportion of counties having facilities greatly varies
- Greater Minnesota has far fewer counties with hospice programs and rehabilitation facilities compared to the seven metro counties.

Data Sources: Aging Data Profiles MN

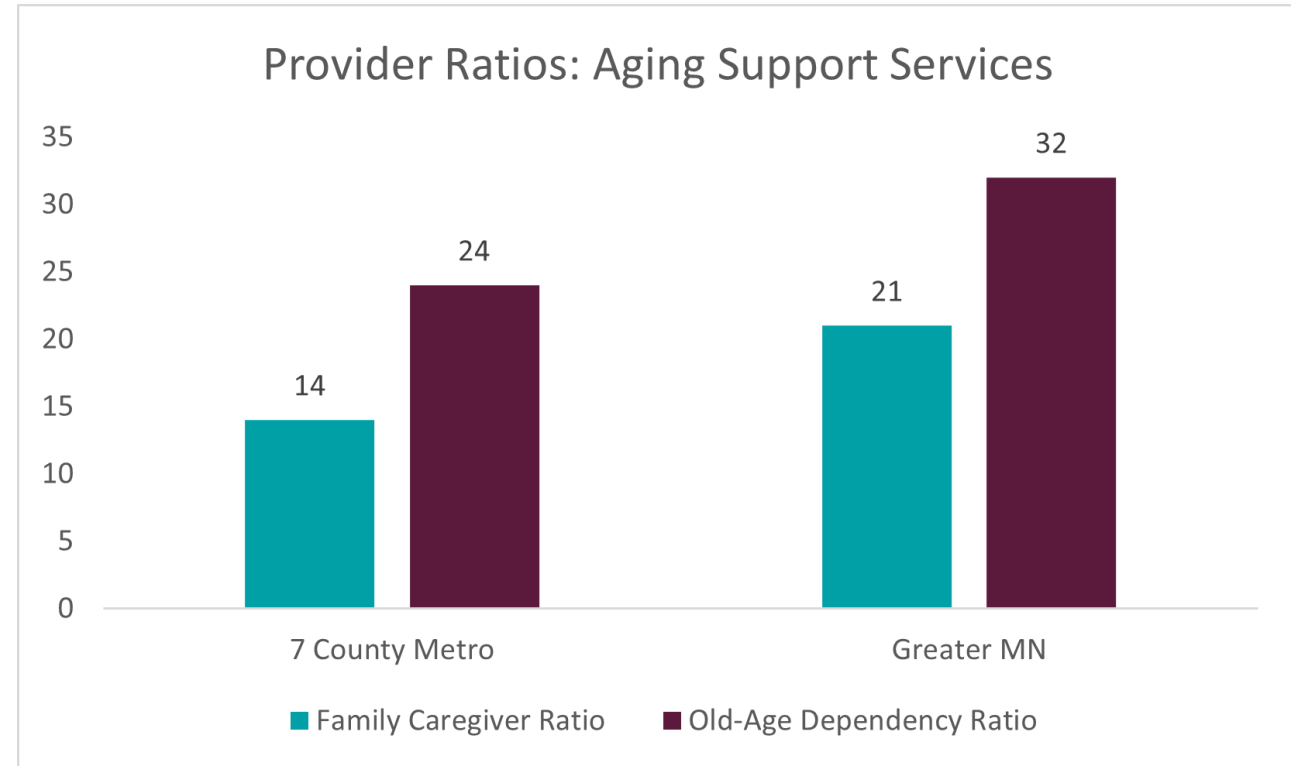


Data shows county in which address for provider organization/facility is located and does not necessarily reflect the full-service area

Aging Support Services

- Across the U.S., the vast majority (80-90%) of all long-term care is provided by informal/unpaid caregivers.
- Minnesota has approximately 640,000 caregivers across rural and urban areas.
- Greater Minnesota has a higher family caregiver ratio and a higher old-age dependency ratio.

Data Sources: LTSS Demographic Dashboard, Aging Data Profiles MN

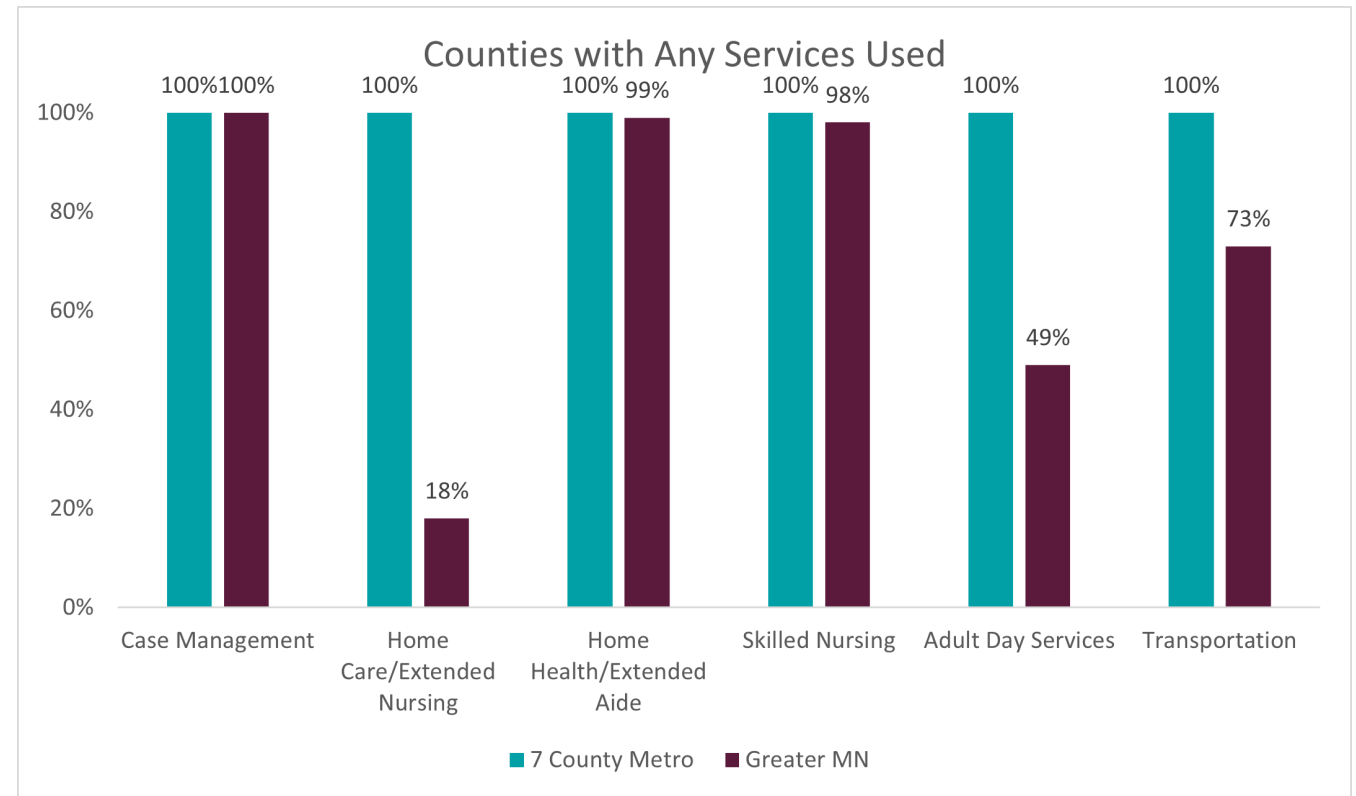


Family caregiver ratio is the number of people ages 85+ per 100 women ages 45-64. Old-age dependency ratio is the number of people ages 65+ per 100 people ages 15-64.

Utilization of Aging Support Services

- All metro area counties have residents using case management services, home care nursing/extended home care nursing, home health aide/extended home health aide, skilled nursing, and transportation assistance.
- The majority of Greater Minnesota counties have case management, home health aide/extended home health aide, and skilled nursing.
- 75% of Greater Minnesota counties have transportation assistance and 49% have adult day services.
- Just 18% have home care nursing/extended home care nursing.

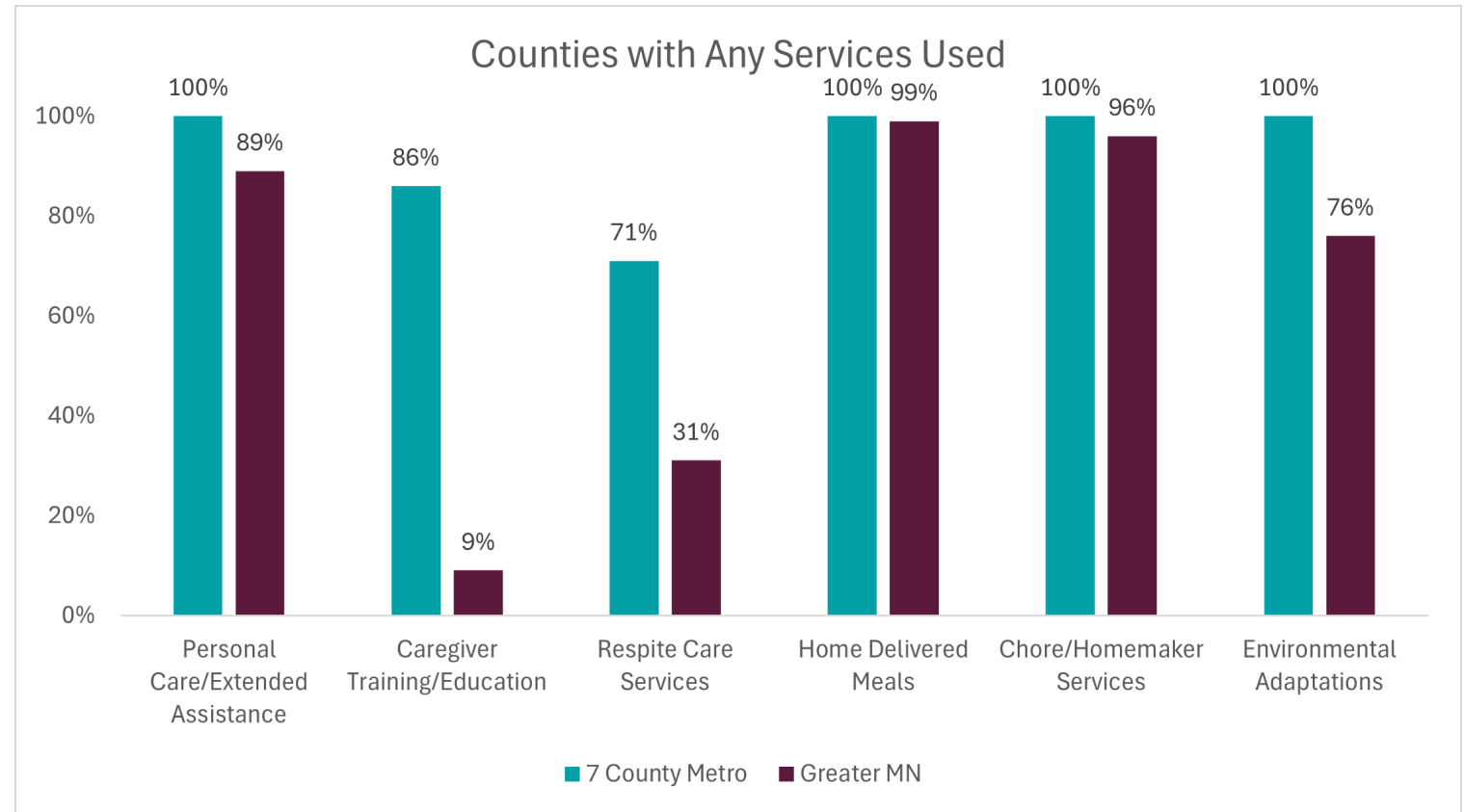
Data Sources: MN DHS Data



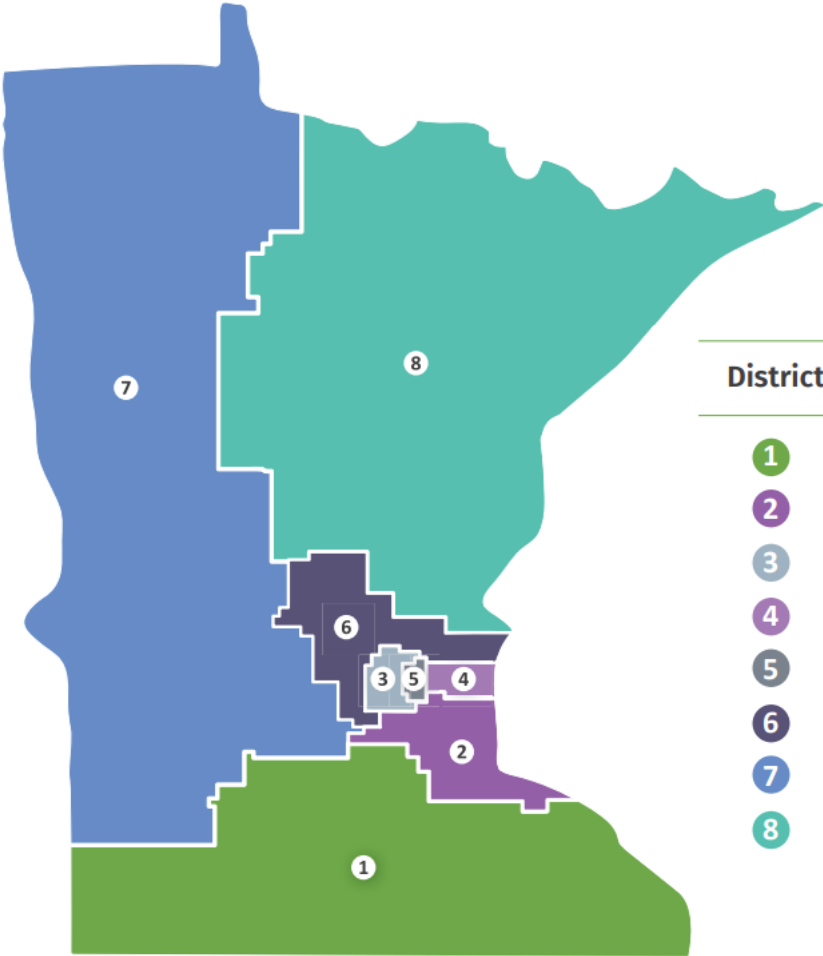
Utilization of Aging Support Services

- All metro area counties have residents using personal care assistance/extended personal care assistance, home delivered meals, chore services/homemaker services, and environmental adaptations. The majority of metro counties also have caregiver training/education and respite care services.
- 76% of the Greater Minnesota counties have residents using environmental adaptations, 31% using respite care services, and 9% using caregiver training/education.

Data Sources: MN DHS Data



Location of Minnesota Grantmakers by Congressional District and Grants Paid, 2019



District	#of Grantmakers	Grants Paid
1	59	▶ \$62 Million
2	46	▶ \$10 Million
3	268	▶ \$320 Million
4	142	▶ \$531 Million
5	258	▶ \$997 Million
6	25	▶ \$10 Million
7	36	▶ \$9 Million
8	84	▶ \$168 Million

Minnesota-Based Grantmaking

- Majority of grantees receiving funding from Minnesota-based foundations are located in the US outside of Minnesota (48.3%) or in the Twin Cities metro (42.1%).
- A small portion of the grantees are based in Greater Minnesota (8.4%).
- Greater Minnesota grantees more often receive funds from community/public foundations.

Data Sources: Minnesota Council on Foundations

Percent of Funding from Minnesota-Based Grantmakers by Location of Grantee, 2021

In US but outside of MN	7 County Metro	Greater MN	International
48.3%	42.1%	8.4%	1.1%

Percent of Funding from Minnesota-Based Grantmakers to Greater MN Grantees by Funder Type, 2021

Community/Public Foundation	Private Foundation	Corporate Foundation and Giving Program
19.6%	7.0%	2.9%

Minnesota-Based Grantmakers Portfolio Funding Allocations to Human Services and Health, 2021

Human Services	Increase from 2019	Health	Increase from 2019
\$638.2 million	+81.7%	\$527.6 million	+73.6%

A healthcare professional, a young woman with dark hair wearing blue scrubs, is smiling warmly while holding the hands of an elderly couple. The couple, consisting of a man and a woman, are both smiling and looking at each other. They are in a bright room with large windows in the background. A semi-transparent white box is overlaid on the left side of the image, containing the text "Policy Analysis".

Policy Analysis

Health Care Access

- Utilize strategies to address provider shortages
 - Loan forgiveness
 - Scope of practice & Innovative provider types
 - Pathway/Pipeline programs
 - Rural training and residency programs
- Address lack of access to facilities and services for older adults in Greater MN
 - Often driven by workforce

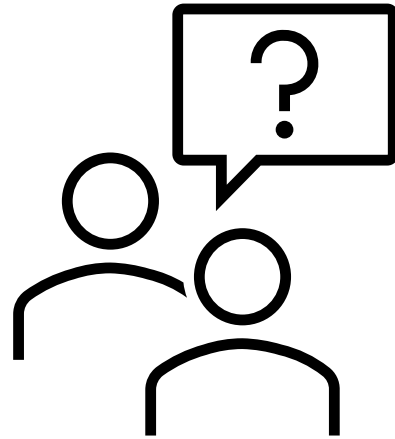
Aging Support Services

- Important to Address Access to Aging Support Services in Greater MN
- Low utilization rates in Greater MN likely indicate lack of access
 - Improve awareness of facilities and services
 - Improve education for older adults and family members
 - Increase access to services *in Greater MN*

Pause for Questions

Questions?

- Please type your questions in the chat and AAA staff will combine and ask questions



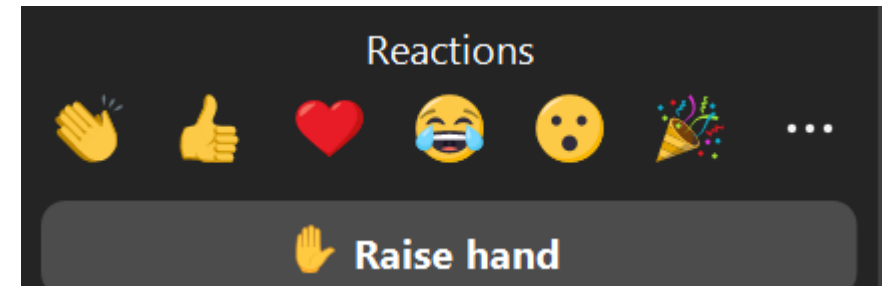
Discussion

Discussion

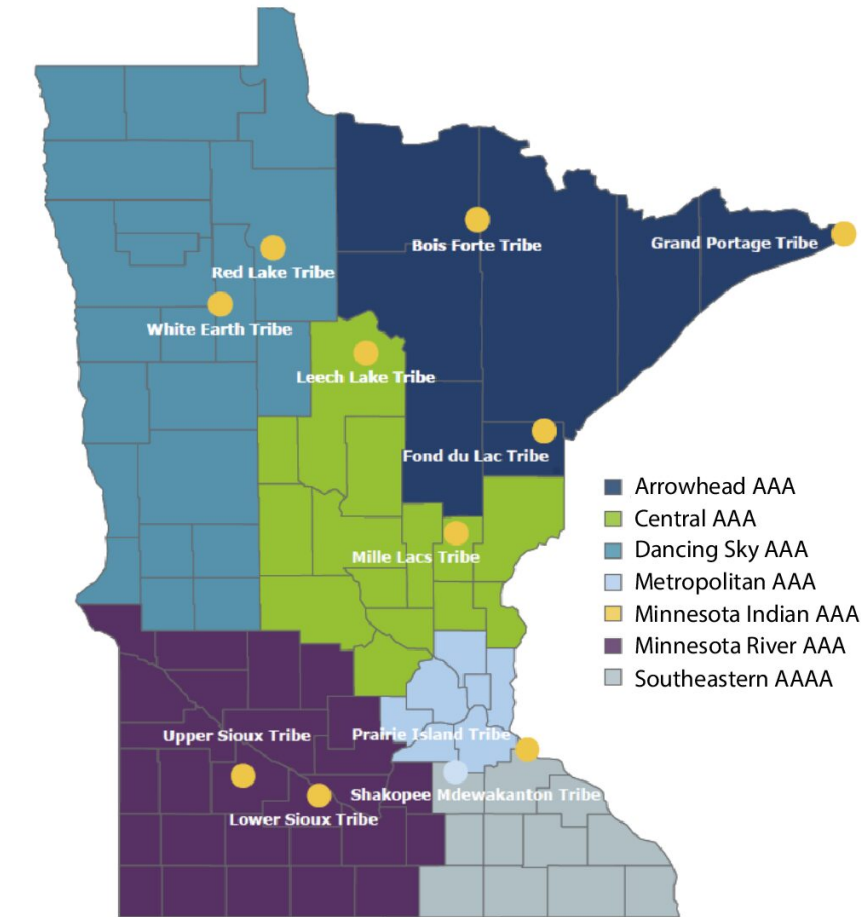
- If you have a comment, please use the “Raise Hand” feature and AAA staff will facilitate discussion
 - To access this feature, click on the “React” (heart-shaped) button on the menu bar at the bottom of your Zoom screen, and click on “raise hand”

Questions to Consider:

- What stood out to you that was surprising?
- What do you relate to the most?
- How does this information impact the work that you do?
- How might you use this information going forward?



Connect with your local AAA



Rebecca Sash, Director of Arrowhead

Jason Swanson, Director of Minnesota River

Lori Vrolson, Director of Central

Laurie Brownell, Director of Southeastern

Michelle Reynolds, Director of Minnesota Indian AAA

Dawn Simonson, President and CEO of Metropolitan

Heather Pender, Director of Dancing Sky

To view the full report please visit <https://mn4a.org/>

Thank You!

