



**2026-2028
IMPLEMENTATION
STRATEGY**

RIVERWOOD HEALTHCARE CENTER

TABLE OF CONTENTS

IDENTIFYING SIGNIFICANT HEALTH NEEDS	3
ABOUT RIVERWOOD HEALTHCARE CENTER	4
OUR COMMUNITY HEALTH NEEDS ASSESSMENT (CHNA)	6
Definition of the Community Served	6
How CHNA Data Were Obtained	6
Identifying & Prioritizing Health Needs	6
ADDRESSING THE SIGNIFICANT HEALTH NEEDS	8
HOSPITAL-LEVEL COMMUNITY BENEFIT PLANNING	9
Priority Health Issues to Be Addressed	9
Issues That Will Not Be Addressed & Why	9
2026-2028 IMPLEMENTATION STRATEGY	11
Action Plans	11
Implementation Strategy Adoption	14





IDENTIFYING SIGNIFICANT HEALTH NEEDS

ABOUT RIVERWOOD HEALTHCARE CENTER

Since 1955, Riverwood Healthcare Center (RHCC) has worked hard to ensure all who chose our facility are well cared for. It all started with a hospital and has since grown to include an entire spectrum of care. RHCC is an integrated independent healthcare system located in Aitkin, MN. RHCC's role in the community has transformed beyond the traditional concept of a hospital to a more comprehensive healthcare organization that provides robust support in a variety of ways to improve the overall health and wellness of the community. RHCC's goals are built around achieving the best possible outcomes for our patients. RHCC is a Level III Trauma Center, Comprehensive Advanced Life Support Hospital, and Stroke Ready. RHCC is comprised of a 25-bed, Critical Access Hospital; primary care clinics in Aitkin, Garrison, and McGregor; Specialty Care Clinic, Surgical Center, and Emergency Department in Aitkin; Physical Therapies; and Behavioral Health. Riverwood is accredited by The Joint Commission.

Our mission is...to improve health by providing high quality, compassionate, and personalized care.

Our vision is....to be the region's preferred health system by providing exceptional high-value care.

We value...integrity, compassion, adaptability, respect, and excellence with joy!

It is our mission to provide quality healthcare services with efficiency. Riverwood Healthcare Center provides the following services:

- Primary Care
- Inpatient
- Outpatient
- Emergency Care
- Surgical Services
- Specialty Services
- Women's Health
- Therapy Services
- Radiology
- Lab
- Behavioral Health Clinic



Riverwood Healthcare Center is dedicated to addressing its outreach objectives of serving the entire community, not only those who come through its doors. Building on a long tradition of providing high quality, compassionate and personalized care Riverwood is committed to caring for those within the healthcare system and working with community partners to strengthen the communities in which we serve.

This strategy allows Riverwood Healthcare Center to better understand and reach the most vulnerable sectors of the community, while meeting pressing healthcare needs. The goal is to improve the community's health status by empowering citizens to make healthy life choices

Riverwood Healthcare Center completed its last Community Health Needs Assessment in 2025.



OUR COMMUNITY HEALTH NEEDS ASSESSMENT (CHNA)

Riverwood Healthcare Center recently embarked on a comprehensive Community Health Needs Assessment (CHNA) process to identify and address the key health issues for our community.

Definition of the Community Served

Riverwood Healthcare Center's community, as defined for the purposes of the Community Health Needs Assessment and Implementation Strategy, includes each of the residential ZIP Codes that comprise the hospital's Primary Service Area, including: 56431, 56469, 55760, 56444, 56450.

How CHNA Data Was Obtained

The CHNA incorporated data about the community from multiple sources, including both primary and secondary data:

- A population-based survey among a representative sample of community residents ("RHC Service Area" or "RHC")
- An online survey of public health representatives, health providers, and a variety of other community service providers and stakeholders (the PRC Online Key Informant Survey)
- A review of existing vital statistics, public health, census, and other data

The CHNA allowed for extensive comparison to benchmark data at the state and national levels.

The assessment was conducted on behalf of Riverwood Healthcare Center by PRC, a nationally recognized health care consulting firm with extensive experience conducting Community Health Needs Assessments in hundreds of communities across the United States since 1994.

Identifying & Prioritizing Health Needs

Areas of Opportunity

Significant health needs (or "Areas of Opportunity") were determined in our CHNA after consideration of various criteria, including: standing in comparison with benchmark data; identified trends; the preponderance of significant findings within topic areas; the magnitude of the issue in terms of the number of persons affected; and the potential health impact of a given issue.



Prioritized List of Health Needs

After reviewing the Community Health Needs Assessment findings, internal team members and community stakeholders met to evaluate and prioritize the top health needs for our community. The participants were asked to evaluate each health issue along two criteria: 1) scope and severity of the health issue; and 2) the hospital's/community's ability to impact that issue. Individual ratings for each criterion were averaged for each tested health issue, and then these composite criteria scores were averaged to produce an overall score. This process yielded the following prioritized list of health needs for our community:

1. Mental Health
2. Nutrition, Physical Activity & Weight
3. Disabling Conditions
4. Heart Disease & Stroke
5. Oral Health
6. Cancer
7. Respiratory Disease
8. Injury & Violence





ADDRESSING THE SIGNIFICANT HEALTH NEEDS

HOSPITAL-LEVEL COMMUNITY BENEFIT PLANNING

This summary outlines Riverwood Healthcare Center's plan (Implementation Strategy) to address our community's health needs by 1) sustaining efforts operating within a targeted health priority area; 2) developing new programs and initiatives to address identified health needs; and/or 3) promoting an understanding of these health needs among other community organizations and within the public itself.

Priority Health Issues to Be Addressed

In consideration of the top health priorities identified through the CHNA process — and taking into account hospital resources and overall alignment with the hospital's mission, goals and strategic priorities — it was determined that Riverwood Healthcare Center would focus on developing and/or supporting strategies and initiatives to improve:

- Mental Health
- Heart Disease & Stroke
- Nutrition, Physical Activity and Weight

Issues That Will Not Be Addressed & Why

In acknowledging the wide range of priority health issues that emerged from the CHNA process, Riverwood Healthcare Center determined that it could only effectively focus on those which it deemed most pressing, most under-addressed, and/or most within its ability to influence.



Health Priorities Not Chosen for Action	Reason
Disabling Conditions	Riverwood Healthcare Center acknowledges the importance of addressing disabling conditions and their impact on quality of life. However, given limited resources and the presence of other higher-priority health needs, this area was not selected for focused action.
Oral Health	Riverwood Healthcare Center believes that this priority area falls more within the purview of the county health department and other community organizations. Limited resources and lower priority excluded this as an area chosen for action.
Cancer	Riverwood Healthcare Center recognizes the importance of early cancer detection and maintains screening services as part of its ongoing care. However, given resource constraints and the need to address more urgent health concerns, cancer-specific initiatives were not selected for focused action at this time.
Respiratory	While Riverwood Healthcare Center provides cardiopulmonary services, the advisory committee determined that other health concerns require more immediate attention.
Injury & Violence Prevention	While acknowledging the importance of this health concern, Riverwood Healthcare Center concluded that other pressing needs require immediate attention. Limited resources and alignment with community roles influenced the decision not to pursue this as a priority area.



2026-2028 IMPLEMENTATION STRATEGY

Action Plans

The following displays outline Riverwood Healthcare Center’s plans to address those priority health issues chosen for action in the FY2026-FY2028 period.

Community Health Need: Mental Health	
Goal	Expanding mental health access, reducing stigma, and strengthening community awareness and support.
Target Population(s)	Aitkin County, Garrison, and the Lake Mille Lacs area.
Partnering Organization(s)	<ul style="list-style-type: none"> • Aitkin County Health and Human Services • Schools • City and County Law Enforcement • Regional Mental Health Agencies • Mental Health Committees • Agencies Supporting Mental Health (CARE, ANGELS, ect.)
Action Plan	<ol style="list-style-type: none"> 1. Increase access to Mental Health services. <ol style="list-style-type: none"> a. Expand Riverwoods Mental Health service options including telehealth, workforce development, and additional treatment options. 2. Integrate aspects of Behavioral Health and Primary Care. <ol style="list-style-type: none"> a. Increase depression screenings and strengthen follow-up care across all clinic settings. 3. Reduce stigma and strengthen resources with education and collaboration. <ol style="list-style-type: none"> a. Provide Mental Health training to equip staff to identify and respond to mental health concerns. b. Multi-media education and awareness. c. Collaborate with community partners to provide mental health and suicide prevention training(s) in the community. d. Strengthen community resources through ongoing collaboration with local partners.



Community Health Need: Nutrition, Physical Activity and Weight

Goal

To improve the health of community residents by promoting healthy eating, physical activity, and weight management.

Target Population(s)

Aitkin County, Garrison, and the Lake Mille Lacs area.

Partnering Organization(s)

- Community Health Board – Statewide Health Improvement Project (SHIP)
- Schools
- City of Aitkin, McGregor, and Hill City
- Aitkin County CARE
- ANGLES of McGregor

Action Plan

1. Increase community access to healthy eating on a budget.
 - a. Expand access to resources and education.
 - b. Promote healthy shopping and food options.
2. Increase awareness and participation in community physical activity opportunities.
 - a. Promote community wellness opportunities.
 - b. Support employee wellness at Riverwood.
3. Strengthen integrated clinical practices and expand preventive health screening efforts.
 - a. Enhance care management services.
 - b. Integrate remote patient monitoring (RPM) tools into care workflows for improved chronic disease management.



Community Health Need: Heart Disease and Stroke

Goal

To provide education on the signs and symptoms of heart disease and stroke and when to seek medical attention.

Target Population(s)

Aitkin County, Garrison, and the Lake Mille Lacs area.

Partnering Organization(s)

- Minneapolis Heart Institute
- Minnesota Department of Health
- Aitkin County Public Health
- American Heart Association

Action Plan

1. Expand cardiovascular risk screening and early detection.
 - a. Promote annual physical and preventive visits, emphasizing early identification of hypertension, high cholesterol, and pre-diabetes.
2. Provide education and resources for heart-healthy living.
 - a. Deliver relevant education on heart-healthy nutrition, physical activity, smoking cessation, and medication adherence.
 - b. Collaborate with local partners to offer educational opportunities.
3. Strengthen integrated care for chronic disease management.
 - a. Enhance coordination between primary care, cardiology, care management, rehab services, and community programs supporting patients with hypertension, diabetes, heart failure and prior stroke.
 - b. Support team-based approaches to support lifestyle changes, medication management, and patient engagement in ongoing care.
 - c. Expand remote patient monitoring for cardiovascular conditions.
 - d. Increase awareness of stroke signs and emergency response.



Evaluation of Impact

Riverwood Healthcare Center's Community Health Needs Assessment (CHNA) action plan is expected to have a meaningful and measurable impact on the health and well-being of the communities we serve. By focusing resources on the most significant and actionable priority areas; healthy eating, physical activity, integrated clinical practices, chronic disease management, and cardiovascular health. Riverwood aims to address the root causes of preventable disease and improve overall quality of life. Riverwood will use staff expertise, existing programs and services, technology and tools, facilities and equipment, financial resources to address these health needs.

Implementation Strategy Adoption

On 2/11/2026, the Board of Riverwood Healthcare Center approved this Implementation Strategy to undertake the outlined measures to better address the significant health needs of the community.

This Implementation Strategy document is posted on the hospital's website.

