

Kittson Healthcare

A nonprofit, independent organization
serving northwestern Minnesota.

ONE ORGANIZATION, FULL CONTINUUM

- 12-bed critical access hospital
- Emergency department
- Ambulance service
- Outpatient services
- Lab & medical imaging
- 40-bed long term care facility
- 8-bed assisted living
- Home health
- 2 Rural health clinics (one on site, one satellite)
- Retail pharmacy
- Specialty outreach services



The Frontier Reality

Kittson Healthcare's primary service area of Kittson County is a frontier area.

4,031

Service-area population

1,098

Square miles of land in
Kittson County

Frontier

Low population (less than 6 people per square mile)
geographically distant to the nearest cities or urban areas

Why this matters

Many challenges are driven by geography, sparse population, limited workforce, and lack of specialty services and supports.



The Region We Serve: Kittson County

- **Agriculture-based economy**
Farming and ag-related industries remain foundational
- **Healthcare = major employer**
- **29% age 65+**
Compared with a younger statewide population
- **Public-payer dependent**
Kittson is among MN counties with 28%+ of its population enrolled in Medicare and 1 in 4 residents enrolled in Medicaid



Strengths:

- **100+ Years of Local Commitment:** Independent, locally governed
- **Full Continuum of Care:** Clinic to hospital to home and long-term care
- **Essential Access:** 24/7 emergency and ambulance care when alternatives are far away
- **Collaborative:** Using partnerships, technology, and regional collaboration to meet the needs of our community
- We rely on our **community**, and they rely on us.

Challenges



Low Volume + High Fixed Costs: Readiness must exist 24/7 regardless of patient volume



Workforce: Recruiting & retaining



Distance & Geography: Patients travel significant distances when care isn't available locally



Patient Outmigration: Losing appropriate local care volume further threatens sustainability



A Model That Must Transform: Traditional volume-based healthcare economics don't fit frontier communities.



Rural Hospital Stabilization Program

Funded by the Federal Office of Rural Health Policy · Administered by the National Rural Health Resource Center

Financial and operational assessments

Strengthen service lines

Community engagement

Expanded access to care

FROM THE PROVIDER SIDE

Kittson Healthcare participates in the Rural Hospital Stabilization Program.

