

Why participate?



RURAL HEALTH MATTERS

Rural Minnesota communities are the backbone of our state's economy, culture, and identity. Yet rural residents face unique health care challenges that require our attention and support. Rural communities serve as essential health care hubs for surrounding areas, often providing the only accessible care for miles. Rural health care providers often wear multiple hats, serving broader roles in their communities beyond traditional clinical care.

THE CALL TO ACTION

Rural Health Day is more than just recognition—it's a call to action for communities and organizations to:

- **Support rural health care heroes:** Rural health care providers often serve larger geographic areas with fewer resources, demonstrating remarkable dedication to keeping their communities healthy.
- **Address rural health disparities:** Rural residents may face longer travel times to specialized care, limited provider availability, and unique socioeconomic challenges that impact health outcomes.
- **Strengthen rural communities:** When rural health care thrives, entire communities benefit through job creation, economic stability, and improved quality of life that keeps families rooted in rural Minnesota.
- **Build partnerships:** Work together with policymakers, providers, and rural and underserved urban communities to create sustainable solutions for rural health challenges.

CONTACTS & RESOURCES

Office of Rural Health and Primary Care

health.orhpc@state.mn.us

[ORHPC NRHD website](#)

NOSORH.org

PowerOfRural.org

How to participate



IDEAS

- Host a community or organization-wide meeting on National Rural Health Day (NRHD) to discuss how to support rural health
- Produce locally relevant rural health fact sheets or other educational materials
- Add the National Rural Health Day logo to your website, email signature, or presentation slides
- Display National Rural Health Day posters in your office, clinic, or hospital
- Honor staff and volunteers via social media
- Deliver thank you cards to a rural health care team or have local kids make cards
- Commit to a healthy activity and encourage others to join you
- Contact policymakers about rural health needs
- Print National Rural Health Day activity pages for schools or child care centers
- Host a coloring contest and display the completed coloring pages in a public place
- Host a virtual career day and invite local health care professionals to present
- Ask students to interview someone working in rural health and share the stories via local media outlets or social media
- Launch a project to make signs that read, #PowerOfRural or “I ♥ Rural Health” and display them in your community
- Obtain a local proclamation recognizing November 20 as National Rural Health Day
- Offer discounts or deals to rural health professionals
- Donate to local rural health organizations

SHARE YOUR EVENTS

ORHPC wants to know what's happening around Minnesota for National Rural Health Day! Please let us know how your community plans to mark the occasion so we can provide support, assist with promotion and feature your event in our post-NRHD recap.

When sharing on social media, please use #powerofrural, #mymnruralhealth and/or #ruralmnhealthmatters.

