

# NRHD quick start guide



## GET STARTED TODAY

### If you have 1 hour:

- Visit [powerofrural.org](https://powerofrural.org) and download social media graphics
- Post on Facebook thanking your local health care workers

### If you have 1 day:

- Contact your local clinic or hospital and ask how you can help celebrate
- Write a letter to your local newspaper about National Rural Health Day
- Organize kids to make cards for local clinic staff

### If you have 1 week:

- Plan a small appreciation event
- Find health care data for your area to tailor your messaging
- Invite community leaders to participate

### If you have 1 month:

- Organize a community event with speakers
- Ask for an official proclamation from your mayor
- Partner with local businesses to sponsor appreciation activities

*See the full list of suggested activities for more ideas!*

## IMPORTANT DETAILS

**National Rural Health Day:** Third Thursday in November (November 20, 2025)

**Planning timeline:** Start planning 6-8 weeks before Rural Health Day for best results

### Questions? Need Help? Start here:

Minnesota Department of Health Office of Rural Health and Primary Care (ORHPC)

651-201-3838

[health.orhpc@state.mn.us](mailto:health.orhpc@state.mn.us)

**ORHPC can help with:** Finding data, connecting with partners, and sharing events

# 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](mailto:health.orhpc@state.mn.us)

[ORHPC NRHD website](#)

[NOSORH.org](http://NOSORH.org)

[PowerOfRural.org](http://PowerOfRural.org)