

U.S. Department of Agriculture Rural Health and Safety Education Stop the Bleed: Empowering North Dakota Rural Communities

The purpose of the U.S. Department of Agriculture Rural Health and Safety Education program is to reduce the number of deaths caused by unintentional injury in **rural North Dakota (ND)** by providing Stop the Bleed (STB) training. **PROGRAM TIMELINE**  **September 1, 2023 through August 31, 2026**

Program Goals:

Educate **rural North Dakotans** about their susceptibility to life threatening bleeds (LTB) and the benefits of learning STB skills; Increase participant confidence to intervene during a life-threatening bleed; Increase participant knowledge on hemorrhage control techniques; Expand the availability of high-quality STB kits and medical devices designed to control severe bleeding.

2023-2025

644

575

6

17

14

North
Dakotans
trained
in STB

Personal
STB kits
distributed
to North
Dakotans

NDSU
School of
Nursing
faculty
delivering
STB training
throughout
North
Dakota

North
Dakotans
trained as
STB
instructors

Instructor
STB training
kits
distributed
to certified
trainers for
STB training
purposes



Post Training Year 1



of STB participants expressed confidence in knowledge to intervene during a bleeding emergency



of STB participants would be willing to assist in a life threatening bleeding emergency



of STB participants felt prepared to apply a tourniquet and confident to pack a bleeding wound



STB sessions have been held in 24 ND counties

IMPACT AND RETURN ON INVESTMENT

Why This Program Matters:

Uncontrolled bleeding is the number one cause of preventable death from trauma. Rural residents are 50% more likely to die from unintentional injuries compared to urban residents and emergency medical service (EMS) response times in rural areas are double those in urban areas. Half of the ND population resides in rural areas where EMS response times can take up to 20-30 minutes and many counties only have one or no EMS available. **North Dakotans have an average travel time of 15.8 minutes to the closest hospital** and research suggests that longer response times are associated with worse outcomes in trauma patients.

NDSU School of Nursing delivers STB training courses throughout **rural ND** as well as trains local rural community members to become certified STB instructors, so that local community members can sustain STB courses in their communities. This program is supported by funding from USDA. Continued investment ensures that NDSU School of Nursing can continue delivering STB training and STB kits to rural communities. Through this program, **federal dollars directly support rural ND citizens and health outcomes.**

