



PUBLIC HEALTH SAUK COUNTY

Together we thrive

Quick Guide to Sauk County Departments

Aging & Disability Resource Center

West Square Building, Room
102, Baraboo, WI 53913
608-355-3289 OR 1-800-482-
3710

Public Health Department

West Square Building, 3rd
Floor Suite 372
Baraboo, WI 53913
608-355-3290 OR 1-800-533-
5692

Veteran's Services

West Square Building, Room
205
Baraboo, WI 53913
608-355-3260

Human Services

West Square Building, 4th
Floor, Baraboo WI 53913
608-355-4200

HEALTH NEWS YOU CAN USE

THE OFFICIAL NEWSLETTER OF PUBLIC HEALTH SAUK COUNTY



What's Inside:

- Say Hello to Public Health
- Going Green & Keeping Clean
- What is WIC?
- Comm(unity): Working Together to Improve Health

A FOREWORD FROM THE SAUK COUNTY HEALTH DEPARTMENT



SAY HELLO TO PUBLIC HEALTH!

Public health is the science and art of promoting and protecting health. The field of public health is a broad one, and topics can range from mental health to nutrition to education.

While a doctor treats people who are sick, public health professionals try to prevent sickness and injury in the first place. We also encourage healthy behaviors. *(Continued)*

Public Health Topics Include:

- Communicable Diseases
- Environmental Health
- Global Health
- Health Equity
- Healthy Housing
- High School Graduation Rates
- Injury & Violence Prevention
- Lead Contamination
- Mental Health
- Nutrition
- Social Determinants of Health
- Substance Misuse
- Tobacco
- Transportation

A FOREWORD FROM THE SAUK COUNTY HEALTH DEPARTMENT



The Sauk County Health Department (also called Public Health Sauk County) protects the health of Sauk County residents and visitors.

We are made up of 3 divisions: Environmental Health, Public Health Programming, and Women, Infant and Children (WIC).

Our 3 divisions work together to make sure that the Sauk County community is a healthy place to live, learn, work, and play.

In this first edition of our newsletter, we're spotlighting Sauk County Environmental Health, the Sauk County WIC program, and taking a look at some of the findings of our 2021 Sauk County Community Health Needs Assessment.

We invite you to learn more about Public Health Sauk County and some of the work we do, as well as the work we can do together to make our community happier and healthier- because together, we thrive.

Public Health Sauk County is made up of 3 divisions:

- Environmental Health
- Public Health Programming
- Women, Infant, Children (WIC)

ENVIRONMENTAL HEALTH

GOING GREEN & KEEPING CLEAN

Environmental health is the branch of public health that works to provide communities with healthy living environments.

Sauk County's Environmental Health team works to keep our community healthy by making sure the water we drink, food we eat, and places we live and stay at are safe and clean. In 2021, our Environmental Health team sold 66 radon kits; conducted 3 home visits to test for lead; and completed 1,104 Environmental Health Inspections.

Our team inspects and licenses public places like campgrounds, pools, tattoo and piercing shops, and restaurants. They can also provide education and information on topics like mercury, pest control, radon, and asbestos.

Want to learn more? Visit:
<https://www.co.sauk.wi.us/environmental-health>.



"In 2021, our Environmental Health team sold 66 radon kits; conducted 3 home visits to test for lead; and completed 1,104 Environmental Health Inspections. "



HEALTH AND WELLNESS PROGRAMS



WHAT IS WIC?

The WIC program (which stands for Women, Infants, & Children) provides a variety of services such as healthy food, information on healthy eating, and health care referrals.

Those who qualify for WIC must be income-eligible* and fit into one of the categories listed below:

- Pregnant
- Breastfeeding a baby under 1 year of age
- Had a baby or was pregnant in the past 6 months
- Infant(under 1)
- Child younger than age 5

** WIC income eligibility is based on 185% of U.S. Department of Health and Human Services poverty guidelines, which is the same criteria as free and reduced-price school lunch. Many working families are part of WIC.*

The Sauk County WIC Staff cares about you and your family. They will provide:

- Breastfeeding support, breastfeeding counseling, and a breast pump if needed
- Nutrition counseling for you and your family's individual health needs
- A WIC Food Card to buy specific foods such as milk, cheese, eggs, cereal, whole grains, tofu; fresh, canned and frozen fruits & vegetables; and baby foods and infant formula
- Height and weight checkups
- Lead and iron testing for your child

WIC staff and services are available by phone only, Monday through Thursday, 8 am to 3:30 pm. Call 608-355-4320 or text 608-963-0635.



COALITIONS FOR COMMUNITY HEALTH IMPROVEMENT

COMM(UNITY): WORKING TOGETHER TO IMPROVE HEALTH



Sauk County's Community Health Needs Assessment (CHNA) is done every 3 years.

What is a Community Health Needs Assessment (CHNA)?

A Community Health Needs Assessment (CHNA) collects health-related information from a given community, usually through surveys, interviews, and secondary data (like U.S. Census data) to identify areas of improvement and form a Community Health Improvement Plan (CHIP). The Sauk County Health Department recently released findings from the 2021 Sauk County Community Health Needs Assessment, which was completed in partnership with our healthcare systems: Reedsburg Area Medical Center, Sauk Prairie Healthcare, and SSM Health-St. Clare.

What topics were covered in the CHNA?

Data was collected on a variety of public health issues, including (but not limited to) social connection, nutrition, physical activity, racial equity, poverty, access to clinical and dental care, and housing.

What were some of the findings of the 2021 Sauk County CHNA?

Some findings include:

- Alcohol, tobacco, and other drug use is higher in Sauk County than in Wisconsin
- Sauk County's food environment ranks among top U.S. performers
- Most residents feel safe
- Sauk County's high school graduation rate is good, but it is significantly lower for economically disadvantaged students
- 3 out of 4 Sauk County survey respondents of color said they experience discrimination always, usually or sometimes
- Childhood poverty has grown from 9% in 2002 to 15% in 2019

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COALITIONS FOR COMMUNITY HEALTH IMPROVEMENT

Sauk County 2021 Community Health Needs Assessment Snapshot

The Sauk County Community Health Needs Assessment surveyed over 1,600 community members, featured 22 key informant interviews and focus groups, and reviewed county secondary data (which includes but is not limited to U.S. Census data, County Health Rankings, and the Sauk County Environmental Health Profile).



TOP 3 COMMUNITY HEALTH PRIORITIES



Mental Health



Affordable Housing



Substance Use

If you are interested in joining Public Health Sauk County's efforts to improve health outcomes in our community, please contact Jodie Molitor at 608-355-4315 or jodie.molitor@saukcountywi.gov.

You can view the complete 2021 Sauk County Community Needs Assessment here: <https://www.co.sauk.wi.us/publichealth/phsc-community-health-assessment>.

NEED URGENT RESOURCES?

24 Hour Crisis

211 Wisconsin (Dial 2-1-1)

Hope House of South Central Wisconsin
(Domestic Violence & Sexual Assault Help)
(608) 356-9123

National Suicide Prevention Lifeline
1-800-273-8255

Sauk County Crisis Line
1-800-533-5692

Aging & Disability

Sauk County Aging & Disability
Resource Center
608-355-3289 OR 1-800-482-3710

VARC, Inc
608-524-3716

Clothing

St. Vincent de Paul
608-356-4649

Living Hope Church
608-356-7979

My Neighbor in Need Program
(608) 644-0504, ext. 18

Families in Transition Support Program
608-253-6405

Utilities

Emergency Assistance
608-448-3814

Energy Services for Sauk
608-356- 8887

Wisconsin Home Energy Assistance
Program (WHEAP)
1-866-432-8947

Veteran's Services

Veteran's Service Office
608-355-3260

VA Baraboo Outpatient Clinic
608-356-9318

Food

Beyond Blessed Food Pantry
(608)844-0052

Central Wisconsin Community Action
Council
608-697-4612

Feeding Wisconsin/FoodShare
1-877-366-3635

Health & Well-Being

House of Wellness
(608) 355-1240

Worksite Wellness Center
608-768-3333

Family Planning Health Services
1-800-246-5743

Infant & Children

Sauk County Head Start/ Family Resource
Center
608-356-3328

Sauk County Public Health
(608) 355-3290

Shelter

Baraboo Area Homeless Shelter
(608) 355-4812

Central Wisconsin Community Action
Council
608-254-8353

Sauk County Housing Authority
(608) 356-3986