

HEALTH NEWS YOU CAN USE

THE OFFICIAL NEWSLETTER OF PUBLIC HEALTH SAUK COUNTY



PUBLIC HEALTH
SAUK COUNTY

Together we thrive

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A Foreword from Public Health Sauk County

SOCIAL DETERMINANTS OF HEALTH

Social & Community Context



Our interactions and relationships with family, friends, coworkers, and the community can have a major impact on our health and well-being.



Social Support:

Friendships, social relations, and supportive networks.

Do you feel accepted and supported at home and in your community?



Social Cohesion: Sharing an emotional connection with others

To understand how social and community context impacts your health, it's important to look at conditions, such as:

- Social support
- Social cohesion
- Community engagement
- Equity



Community Engagement:

Working together with others.



Equity: When everyone has a fair and just opportunity for health and well-being.

Mental Health Check-in

Mental Health issues can affect anyone.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, relate to others, and make choices.

An estimated 1 in 5 (21.8%) of Sauk County adults have depression.*



Everyone feels down occasionally, but if your sadness continues for more than 2 weeks with some of the symptoms listed below, it could be depression.

- Feelings of guilt or worthlessness
- Lack of interest or energy for everyday activities
- Loss of interest or pleasure for activities that used to be enjoyable
- Changes in weight or appetite
- Changes in sleep habits or energy level
- Difficulty concentrating
- Suicidal thoughts

If you or someone you know is struggling or in crisis, help is available.

Suicide & Crisis Lifeline:

Call or Text 988 24/7

Uplift WI:

1-534-202-5438 From
Noon-Midnight Daily

*Take a Free Mental
Health Assessment at*

<https://saukcounty.crediblemind.com/>
or scan the QR code above.



Partnership for Prevention

Empowering Sauk County to Prevent Substance Misuse



The Sauk County Partnership For Prevention is an alliance of community members and local organizations that are dedicated to preventing the misuse of alcohol, tobacco, and other drugs.



(608) 355-3290
p4p@saukcountywi.gov

Studies show that the earlier youth use alcohol or other drugs, the more likely they are to have problems with addiction as adults, and the more damage they can do to key parts of their brain – including memory, learning, mood, and mental health.

P4P currently addresses 3 types of substance use in our communities:

- The use of alcohol by youth under age 21
- The use of vaping products and other tobacco products by youth under age 21
- The misuse of prescription drugs by residents age 12+

FREE VIRTUAL WEBINAR



Tuesday, November 28, 2023 from 6-7 PM

Know what to say and do to have successful small talks with youth about vapes and alcohol.

Join LIVE on 11/28/23 at 6PM or watch the recording at a later date. **Get \$20 in Gas Cards** for participating AND taking a short survey after.

Register by scanning the QR code on the right, or call 608-477-3609.



Partnership for Prevention

Empowering Sauk County to Prevent Substance Misuse

Substance Use & The Holidays

Tips for parents and caregivers for the upcoming holiday season

The holiday season can be joy filled and stressful at the same time for everyone. Parents may see their teen experience more challenges in maintaining positive mental health or in pushing boundaries around alcohol and other drugs.



When talking with teens about substance use:

Take advantage of natural conversation starters.

Rather than the dreaded “we need to talk,” you might ask your teen what they think about a situation you witness together, such as seeing someone vaping or hearing a radio ad for beer.

Make it a conversation, not a lecture.

Ask your child questions, such as: What do you know about alcohol? Why do you think teens vape?

Be patient, listen without judgment, and don't interrupt.

Your teen will be more receptive and will appreciate your open, objective attitude.

Be prepared to be an advocate.

Know what treatment resources are available in your community, whether that's substance use treatment or mental health treatment.

Environmental Health: Radon



Radon is the second leading cause of lung cancer in the U.S.

Radon is a naturally occurring gas that is **radioactive**. It can leak into your home and is common in Wisconsin. *It is invisible and has no smell.*

Radon levels often rise during the winter months when buildings and homes are closed up and heated.

We can help 

We can answer your questions regarding radon and radon testing. You can purchase a radon kit from us for only **\$10!** Please note that we take cash or check only.

Radon test kits are sold at the locations noted below:

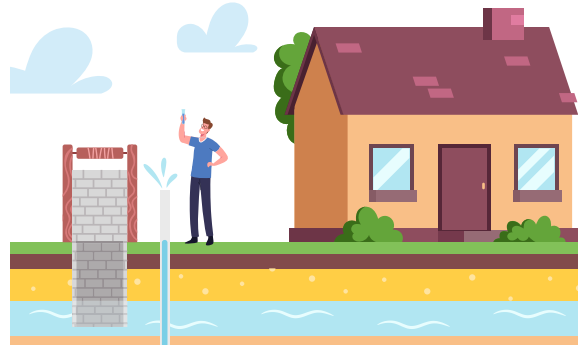
- **Baraboo West Square Building** (3rd Floor), 505 Broadway St, Baraboo, WI 53913
- **Lake Delton Village Offices**, 50 Wisconsin Dells Pkwy S, Wisconsin Dells, WI 53965
- **Reedsburg City Hall**, 134 Locust St, Reedsburg, WI 53959
- **Spring Green Village Offices**, 154 N Lexington, Spring Green, WI 53588
- **Prairie du Sac Village Offices**, 335 Galena St, Prairie du Sac, WI 53578

If you are unable to go to any of these locations, please call us at 608-355-3290. We can mail the test kits for an additional fee.

By providing low cost radon kits at multiple locations throughout the county, we can help make sure that everyone has an equal opportunity to live the healthiest life possible.

Environmental Health: Well Water Testing

In Wisconsin, about 1 out of 3 people get their drinking water from a private well.*



A private well is a way to access groundwater. A well is considered “private” if it has less than 15 connections and serves fewer than 25 people.

Private well systems are not regulated like systems that serve the public.

Private well owners are responsible for ensuring the safety of their own drinking water.

Generally, we suggest sampling your well for bacteria and nitrates **once a year**, or if you notice a change in color, taste, or smell with your water.

If there is a pregnant person or infant younger than 12 months of age in your household, we will provide you with a free well water test kit. Please call 608-355-3290.

For other households, please contact Extension-Sauk County at 608-355-3250 for more information about private well testing. They have several different options available to suit your needs or concerns.



NEED URGENT RESOURCES?

24 Hour Crisis Lines

211 Wisconsin
Dial 2-1-1



Hope House of South Central Wisconsin
1-800-584-6790

National Suicide Prevention Lifeline
Marque (Dial) 9-8-8

Sauk County Crisis Line
1-800-533-5692

Uplift WI (currently only available
from noon to midnight CST)
534-202-5438

Aging & Disability

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



VARC, Inc
(608) 524-3716

Clothing

St. Vincent de Paul of Baraboo
608-356-4649

Living Hope Church
608-356-7979



Families in Transition Support Program
608-253-6405

Food

Beyond Blessed Food Pantry
(608) 844-0052

Central Wisconsin Community
Action Council
(608) 697-4612

Feeding Wisconsin/FoodShare
1-877-366-3635



Second Harvest Foodbank of
Southern Wisconsin
(608) 223-9121

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

Public Health Sauk County
(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



Utilities

Emergency Assistance
608-448-3814

Energy Services for Sauk
(608) 356- 8887



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

Vaccine Resources

Call 1-800-232-0233
TTY 1-888-720-7489



Veteran's Services

Veteran's Service Office
(608) 355-3260

VA Baraboo Outpatient Clinic
(608) 356-9318

