

HEALTH NEWS YOU CAN USE

THE OFFICIAL NEWSLETTER OF PUBLIC HEALTH SAUK COUNTY



**PUBLIC HEALTH
SAUK COUNTY**

Together we thrive

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co.sauk.wi.us/publichealth

A FOREWORD FROM PUBLIC HEALTH SAUK COUNTY

Social determinants of health

What do income, housing, and education have to do with health? More than you might think.

When most of us think of health, we tend to think that the key drivers of health are medical professionals, medical treatment, and care. While these all make up health, they are only a tiny piece of the puzzle.

Recent public health efforts focus on the ways in which our social spheres have an impact on-or determine-our health. It is then fitting that these are called **social determinants of health**.

By applying what we know about social determinants of health, we can move closer to achieving equal health outcomes for all.



Social determinants of health are the conditions in which people are born, grow, live, work, and age.

Social determinants of health are the conditions in which people are born, grow, live, work, and age. These include:

- Health Care & Quality
- Education Access & Quality
- Economic Stability
- Neighborhood & Built Environment
- Social & Community Context

Turn the page to learn more about how each of the social determinants of health are defined.

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Health Care & Quality

- Do you have health care?
- Can you get health care when you need it?
- Are you happy with the services you receive?



Education Access & Quality

- Does your community have good, quality schools?
- Can you afford college or other higher education?



Economic Stability

- Do you have a steady job?
- Can you afford things like healthy foods and housing?



Neighborhood & Built Environment

- Do you feel safe where you live?
- Can you get around your community easily?



Social & Community Context

- Do you feel accepted and supported at home and in your community?
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ENVIRONMENTAL HEALTH: LEAD

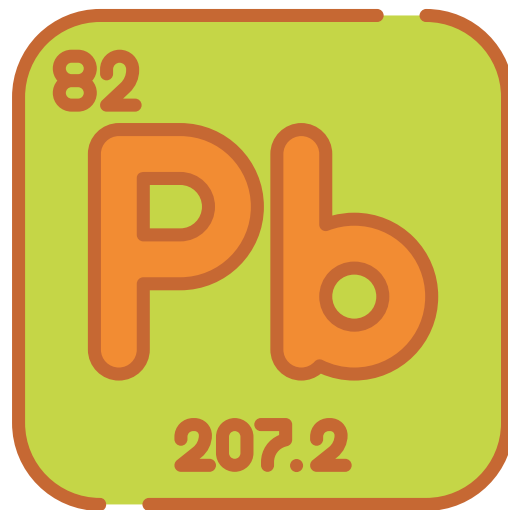
Lead Poisoning Prevention

Lead is a toxic metal that was used in paints and other household materials before it was banned by the U.S. Environmental Protection Agency (EPA) in 1978. Some old plumbing materials like faucets and water fountains may also contain lead.

One of the main sources of lead poisoning in children is lead-based paint. Lead is dangerous to people of all ages, but can be especially harmful to children under six years of age. Children are more at-risk of lead poisoning because they tend to put objects into their mouth. Lead can delay nervous system development in children, which can affect their ability to learn, pay attention, and hear.



One of the major sources of lead poisoning in children is lead-based paint, found mostly in homes built before 1978.



Children who are lead poisoned usually do not look or act sick. Therefore, the only way to know if a child is lead poisoned is to have a blood lead level (BLL) test. The test can be given by a local doctor and results are received shortly after.

Public Health Sauk County's Environmental Health Team advises to have your home looked at if results of a blood test are higher than normal. We can inspect your home and property to determine levels of lead in your home.

If you'd like to learn more about lead, please contact Public Health Sauk County's Environmental Health Team at 608-355-3290.

HAVE A HEALTHY HOLIDAY!



Feast with Family Safely

Feasting with family is part of many holiday celebrations. Follow these tips to help prevent food poisoning, or foodborne illness, during the holidays:

Keep meat, chicken, turkey, seafood, and eggs separate from all other foods at the grocery store and in the refrigerator.

Meat, chicken, turkey, seafood, and eggs can carry germs that cause food poisoning. Use a food thermometer to ensure these foods have been cooked to a safe internal temperature.

Bacteria can grow rapidly in the danger zone between 40°F and 140°F. After food is prepared, keep hot food hot and cold food cold. Refrigerate or freeze any perishable food within 2 hours (1 hour if food is exposed to temperatures above 90°F, such as in a hot car). The temperature in your refrigerator should be set at or below 40°F and the freezer at or below 0°F.

Open Season

Need health insurance? Open Enrollment for 2023 Marketplace health insurance runs November 1, 2022- January 15, 2023, and you can apply for coverage at healthcare.gov. If you need help finding, applying for, or using health insurance, dial 2-1-1.

Practice gratitude & connect with those around you

Practicing gratefulness may be the best kept secret to help reduce stress and feel better.

Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep. If you or someone you know is in crisis or needs support now, call or text 988 or chat [988 lifeline.org](https://988lifeline.org).



HEALTH AND WELLNESS PROGRAMS

Public Health Sauk County offers a variety of **free** programs to help local moms and families. For additional information on any of the programs listed below, contact Public Health Sauk County at 608-355-3290 or visit co.sauk.wi.us/publichealth.



Nurse Family Partnership

Nurse Family Partnership (NFP) connects first-time moms and nurses starting early in pregnancy and continuing after baby is born.



Prenatal Care Coordination

Prenatal Care Coordination (PNCC) connects pregnant women with a nurse.



Car Seat Safety Checks

Certified child passenger safety technicians are trained to teach you how to properly use and install car seats on your own, and can answer any questions you may have about keeping your little one safe while in the vehicle (*see next page for local contact information*).



Women, Infants, and Children (WIC)

The WIC program gives healthy foods, nutrition tips, and breastfeeding support to pregnant women, infants, and children under the age of 5.

HEALTH AND WELLNESS PROGRAMS

FIND A CERTIFIED CHILD PASSENGER SAFETY TECHNICIAN NEAR YOU:



Public Health Sauk County
505 Broadway Street, Suite 372
Baraboo, WI 53913
608-355-3290

Baraboo Police Department
101 South Blvd
Baraboo, WI 53913
608-355-2720

**Reedsburg Area Medical Center:
Birth Center**
2000 N. Dewey Ave
Reedsburg, WI 53959
608-768-6251

Dells- Delton EMS & Delton Fire Dept
45 Miller Drive
Lake Delton, WI 53940
608-254-8404

Sauk Prairie EMS
470 Oak Street
Prairie du Sac, WI 53578
608-643-4183

Hope House
720 Ash Street
Baraboo, WI 53913
608-356-9123

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
Dial 988

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

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

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

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