



HEALTH DEPARTMENT

Sauk County 2018

Community Health Needs Assessment

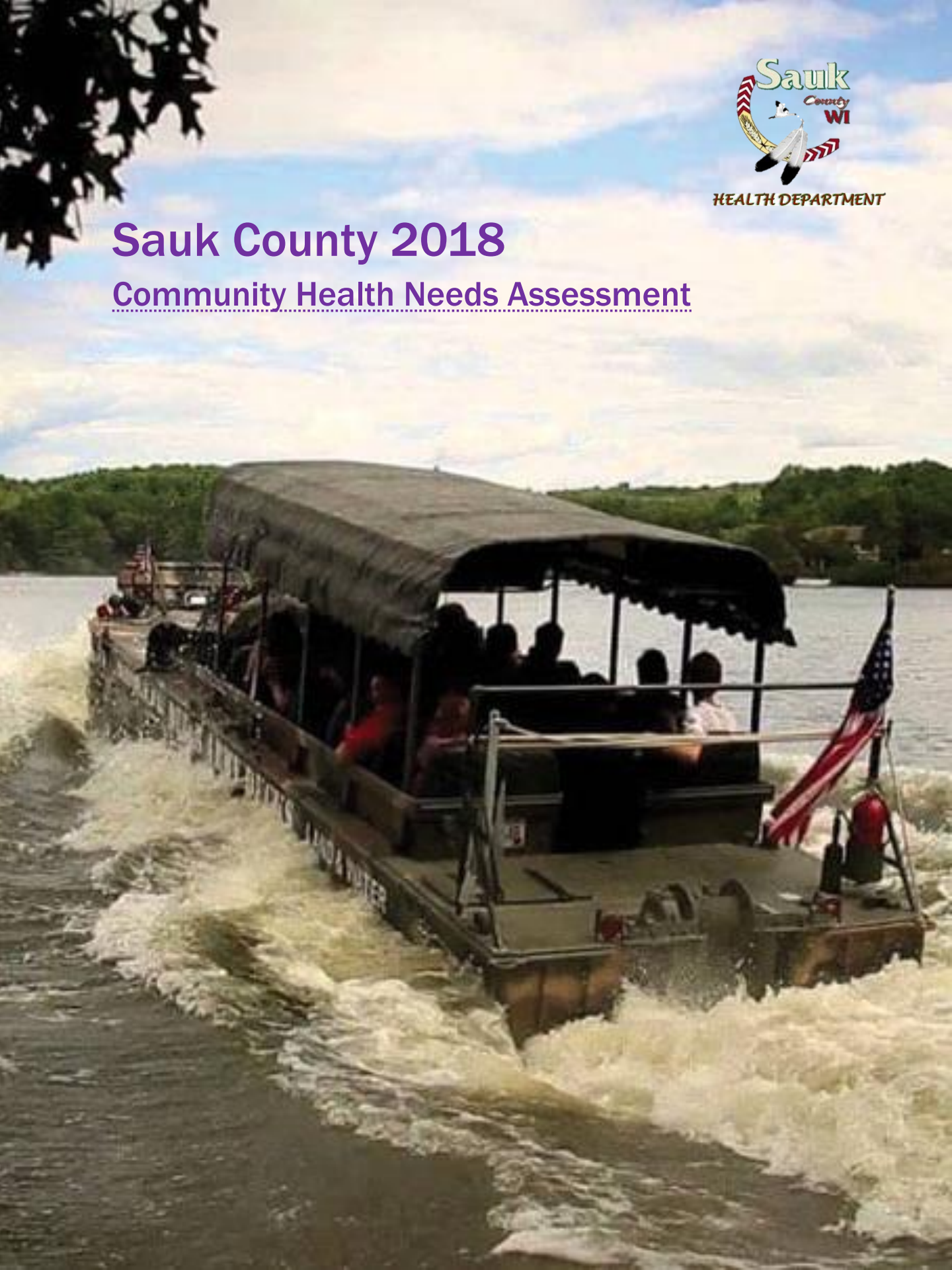




Table of Contents

- Introductory Letter ----- 3**
- Acknowledgements ----- 4**
- About Sauk County ----- 5**
- Community Health Needs Assessment ----- 7**
 - Purpose ----- 7**
 - Process ----- 8**
 - Primary Data Collection ----- 9**
 - Secondary Data Collection ----- 12**
 - Data Review ----- 13**
- Key Findings Summary ----- 31**
- Identification of Health Priorities ----- 36**
- Next Steps ----- 37**
- Community Health Improvement Plan ----- 38**
 - Creating Our Health Community Plan ----- 39**
 - Mental Health ----- 41**
 - Alcohol, Tobacco, & other Drugs ----- 42**
 - Healthy Activity & Nutrition ----- 43**
- Resources ----- 44**
- Appendices ----- 46**





Health Department

505 Broadway Street, Suite 372

Baraboo, WI 53913

Telephone: (608) 355- 3290 Fax: (608)355-4329



Public Health
Prevent. Promote. Protect.

Dear Community Resident,

The Sauk County Health Department serves approximately 64,000 people in the 830 square miles they call home. It is my pleasure to share with you the 2018 Sauk County Community Health Needs Assessment. On behalf of the Board of Health and the Health Department, we hope you will find this information useful in planning and responding to the needs of our community.

This document represents the work of the Sauk County Health & Wellness Coalition. The individual members of this coalition demonstrated a strong commitment to assessing health needs and to working collaboratively with the goal of improving the health of Sauk County's population.

This document is meant to summarize the key findings from numerous data sources. This needs assessment and companion documents can be found on www.co.sauk.wi.us/publichealth.

The top 3 priorities identified by the 2018 assessment are:

- Mental Health
- Alcohol, Tobacco, & other Drugs
- Healthy Activity & Nutrition

I hope that you find this document useful and welcome any comments and suggestions you may have for improving the health of Sauk County's citizens.

Sincerely,

Tara Hayes

Tara Hayes MSN RN

Director/Health Officer

Sauk County Health Department



Acknowledgements

A Community Health Needs Assessment of this scope could not occur without the assistance of many individuals. The Sauk County Health Department gratefully acknowledges the following individuals from the Sauk County Health & Wellness Coalition Steering Committee:

- Cindy Bodendein, Edgewood College
- Jodie Molitor, Reedsburg Area Medical Center
- Tara Hayes, Sauk County Health Department
- Cathy Warwick, Sauk County Health Department
- Jessie Phalen, Sauk County Health Department
- Sara Jesse, Sauk County Health Department
- Cassidy Walsh, Sauk County Health Department
- Staci Dankert, Sauk County Health Department
- Brenda Humbracht, Sauk Prairie Healthcare
- Ken Carlson, Sauk Prairie Healthcare
- Melanie Platt-Gibson, SSM Health – St Clare Hospital
- Tiffany Gantz, SSM Health – St Clare Hospital
- Emorie Harty, Wisconsin Area Health Education Center

We would like to thank all the community members who completed our online survey and those who participated in our focus groups. A special thank you to the Key Informants who took time out of their busy schedules to listen to health data and reports, share their concerns, and comment on their experiences.



Sauk County
Health & Wellness
Coalition

About Sauk County

Sauk County is 830.9 square land miles in the south central region of Wisconsin¹. The county seat is located in Baraboo. The county is more rural than Wisconsin overall, with 46.1 percent of the population in rural areas and the majority in urban, 53.9 percent in 2010². According to the 2017-estimated census, the population was 63,981, which is an 8% increase from the population in 2011³.

There are four small urban communities within the county with a population ranging from 5,000-15,000. One of these communities is Lake Delton in the northeast part of the county. Lake Delton/Wisconsin Dells is a tourist destination and the population swells up to 400,000 during the summer months. Many foreign workers, including Asian, Hispanic and Eastern Europeans, contribute to the workforce in this tourist area. The Ho-Chunk Nation has tribal land in the northeastern area of the county. In the western area of Sauk County, several Amish communities have developed in the last 20 years. The rural areas of Sauk County support a thriving farming community that also employs foreign workers⁴.

Cities:

- Baraboo
- Reedsburg
- Wisconsin Dells*

Townships:

- Baraboo
- Bear Creek
- Dellona
- Delton
- Excelsior
- Fairfield
- Franklin
- Freedom
- Greenfield
- Honey Creek
- Ironton
- La Valle
- Merrimac
- Prairie du Sac
- Reedsburg
- Spring Green
- Sumpter
- Troy
- Washington
- Winfield
- Woodland

Villages:

- Cazenovia*
- Ironton
- Lake Delton
- La Valle
- Lime Ridge
- Loganville
- Merrimac
- North Freedom
- Plain
- Prairie du Sac
- Rock Springs
- Sauk City
- Spring Green
- West Baraboo

*Municipalities located in more than 1 county



<http://madisonregion.org/about-the-region/county-profiles/sauk-county/>

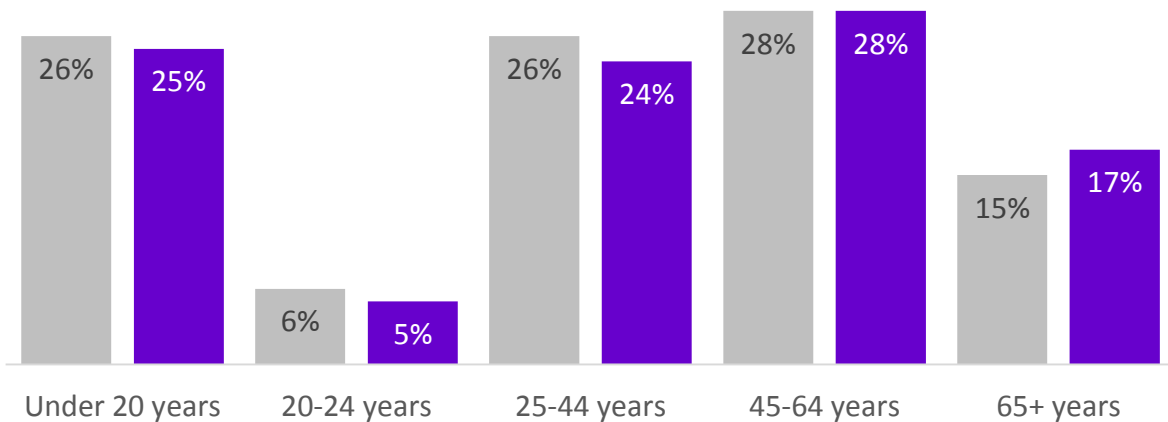
The percentage of the population aged 65 and older has risen from 14.7% in 2010 to 17.0% in 2016. The percentage of the population younger than 44 years continues to decline⁵. According to the 2017 data from the U.S. Census Bureau, Sauk County had the following demographic compositions³:

Population by Race & Ethnicity	2015	2017
White alone, percent	95%	95%
Black or African American alone, percent	0.5%	1%
American Indian and Alaska Native alone, percent	1%	2%
Asian alone, percent	1%	1%
Native Hawaiian and Other Pacific Islander alone, percent	0%	0%
Two or More Races, percent	2%	1%
Hispanic or Latino, percent	5%	5%
White alone, not Hispanic or Latino, percent	92%	91%

The Median Age of Sauk County Residents in 2016: **41.3 years**⁵

Age Distribution⁵

■ 2010 ■ 2016



Community Health Needs Assessment Purpose

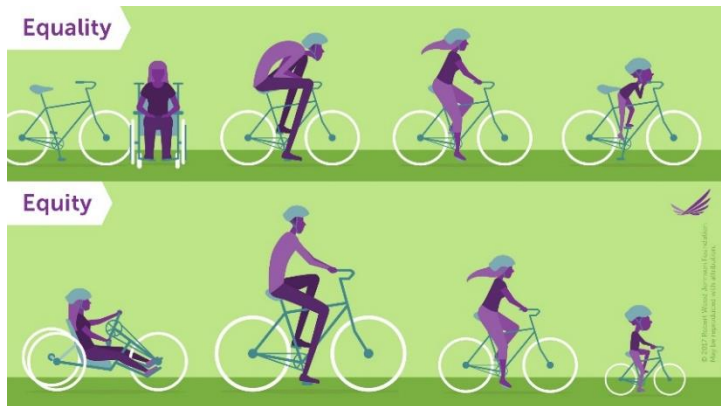
The Health of Sauk County Residents is our first priority, but what does health mean? According to the World Health Organization, health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity⁶.

Where a person lives, learns, works, and plays matters when it comes to health outcomes. Where a person lives determines what resources and opportunities are available for good health, including good schools, safe streets, and job opportunities.

To ensure Sauk County residents receive equitable health services, an assessment of the county is done every 3 years.

Purposes for doing a community health needs assessment:

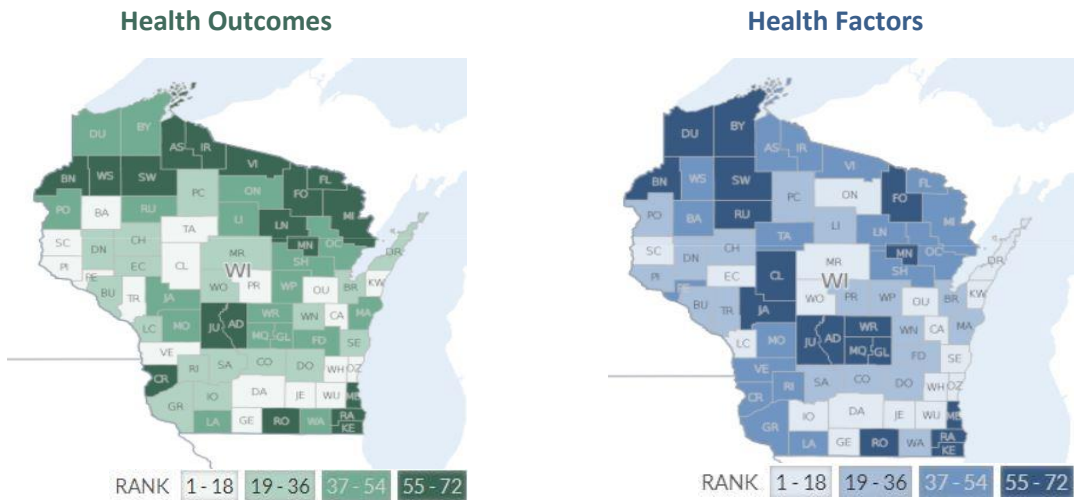
1. To fulfill the Health Department’s responsibility under State Statute HFS 140.04, which requires each local health department to complete a community health needs assessment and to participate in the development of a new local health plan every 5 years.
2. To work collaboratively with local hospitals to assist them in meeting the requirements laid out by the Affordable Care Act and the Internal Revenue Service.
3. To identify updated information on the population’s health status that provides the basis for the identification and prioritization of local health-related issues and the development of a local health improvement plan.
4. To identify health disparities—differences in health and health care among populations. The local health improvement plan will strive for health equity, in which everyone has a fair opportunity to be healthier.
5. To create a process to encourage public and community input into the population’s health needs and the use of available resources.



<https://www.rwjf.org/en/library/features/achieving-health-equity.html>

Community Health Needs Assessment Process

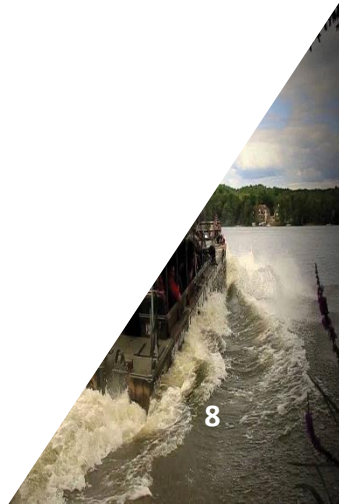
In 2018, County Health Rankings reported that out of 72 Wisconsin counties, Sauk County ranks 21st best for health factors (social and economic factors) and 25th best for health outcomes (death & disease)⁷.



Although the health outcomes and factors rankings have improved from 2015, there is still room for progress. Our goal is to work collaboratively with our community partners to improve the health status for Sauk County. In order to achieve this goal, local stakeholders, collaborated to form the Sauk County Health & Wellness Coalition. This group consists of representatives from:

- **Reedsburg Area Medical Center**
- **Sauk County Health Department**
- **Sauk Prairie Healthcare**
- **SSM Health – St Clare Hospital**

The Sauk County Health & Wellness Coalition collected multiple forms of data to complete the needs assessment process and to determine our top 3 priorities for improvement.



Primary Data Collection

The Sauk County Health Department, in conjunction with the Sauk County Health & Wellness Coalition Steering Committee, collected primary data using three methods.

1. Convenience Survey

To collect primary data, we used an online convenience sample survey that was available for 4 months. The survey opened on April 1, 2018 and closed on July 23, 2018. We created the survey using a compilation of questions from the 2012 Milwaukee County Community Health Survey, the 2015 Healthy Dane Collaborative Survey, the NACCHO Example Community Health Survey, Adverse Childhood Experience (ACE) Questionnaire, 2013 Community Needs Assessment from the Dane County CACCW, and community resiliency and ADRC questions created by the committee. The questions had all undergone a health literacy review.

With the help of the Health & Wellness Coalition Steering Committee, we advertised our survey through newspaper ads in the Baraboo News Republic, online advertisements on the websites, social media sites, radio interviews on Magnum Radio Group stations, press releases to the school districts, internal communications within the coalition entities, and at local events such as the Sauk County Fair. Flyers advertising the survey were created and handed out at local entities including libraries, local businesses, churches, mental health offices, and pharmacies. (See Appendix A for our marketing examples).

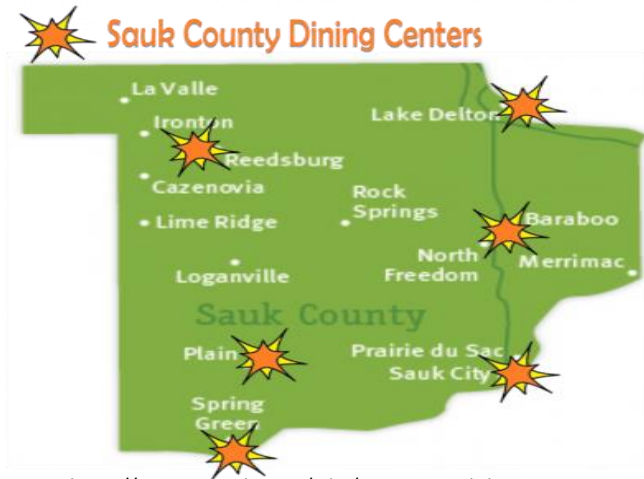
Although the survey was 110 questions long, the survey database (SurveyMonkey) used skip logic so that only questions specifically relevant to the individual survey respondent, based on their previous responses, were shown. The topics of the survey included: demographics, community health perceptions, health care access, chronic disease, physical activity, nutrition, abuse, safety, alcohol and drug use, and community resiliency. Once the surveys were tabulated, the survey results were evaluated and analyzed for health and demographic trends. Survey data was discussed with both the Sauk County Health and Wellness Coalition Steering Committee and the Key Informants.

We received 2,299 responses overall and 1,765 responses from Sauk County residents, allowing us to have a 95% confidence level and a confidence interval of 3.

2. Community Conversations

The second source of primary data was focus groups. We interviewed the elderly population, Hispanic population, and the Amish community since they were not well represented in our convenience survey. We created a list of 14 questions regarding their perception of the health of the community. Topics included community health, access to health care, health literacy, health problems, and food security. With the elderly population, we asked six additional questions about specific issues elderly people face: availability of resources, knowledge of the ADRC, and vaccination rates. There were several attempts to talk with the Amish population, but unfortunately our efforts were futile, and no interviews were conducted. The questions were screened for health literacy and motivational interviewing techniques were incorporated.

To gather focus group data for the elderly population, we went to Sauk County foot clinics and the county ADRC dining centers. To reach the Hispanic population, we interviewed residents of the Bluffview community and Women Infant Children (WIC) clients. Focus group data was coded, analyzed, and presented to the Sauk County Health & Wellness Coalition and our Key Informants.



<https://www.co.sauk.wi.us/adrc/nutrition-and-dining-centers>



<http://bethlehemhouse.net/index.php/focus-group/>

3. Key Informant Conversations

Each entity of the Sauk County Health & Wellness Coalition conducted Key Informant meetings throughout the county. Community members who attended were diverse in their connection to population health. Date, time, location, and participant information for hospital key informant meetings can be found in appendices C-F.

A Sauk County Health Department Key Informant meeting was held on July 27, 2018, with 50 community participants. We organized and presented our data based on the Healthy Wisconsin 2020 initiatives. The ten categories, other than demographics, were:

- Access to High-Quality Health Services (including dental and mental health)
- Emergency Preparedness, Response, and Recovery
- Health Literacy
- Alcohol, Tobacco, and other Drug Use
- Adequate, Appropriate, and Safe Food, Nutrition, & Physical Activity
- Chronic Disease Prevention and Management
- Communicable Disease Prevention and Control
- Environmental and Occupational Health
- Healthy Growth/Development and Reproductive/Sexual Health
- Injury and Violence

We presented on each category with over an hour at the end for key informants to discuss the data presented. At the end of the meeting, the key informants used a nominal group process to determine the top three topics that they felt should be a priority. The entire meeting took about two and a half hours. The Health Department staff used this additional data to select the three priorities for the years of 2019-2021.

Key Informant Meeting

JULY 27TH 2018



Secondary Data Collection

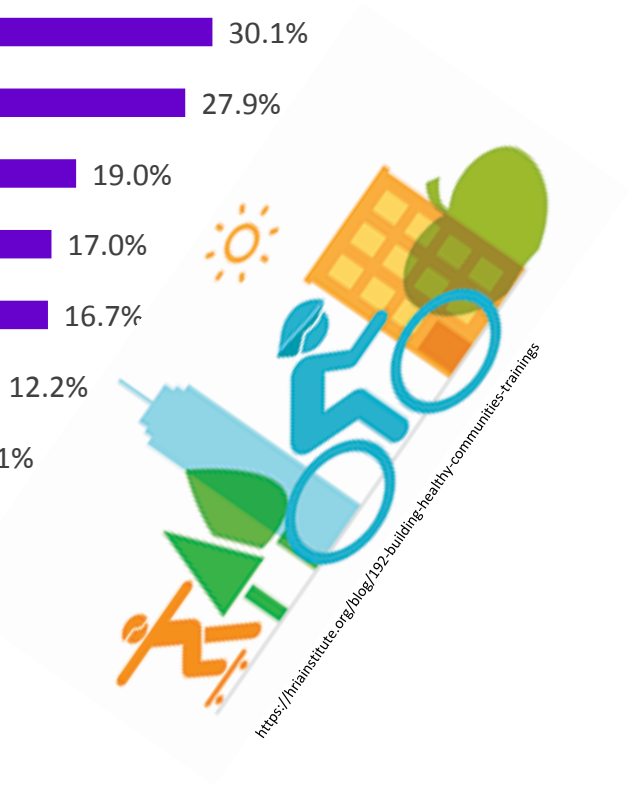
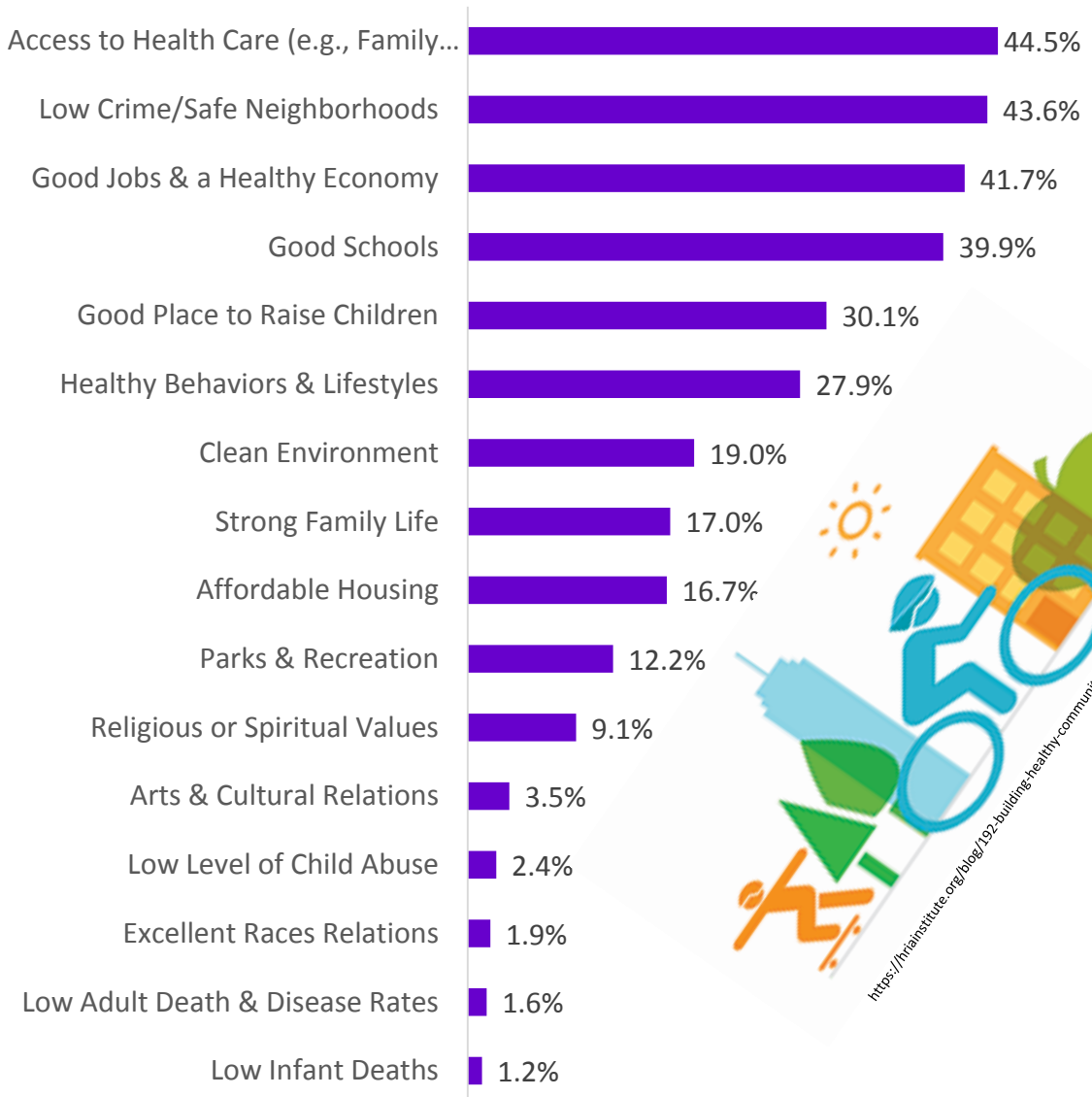
Secondary data was compiled using the following sources:

- County Health Rankings & Roadmaps
- Community Commons
- Wisconsin Department of Health Services
- CDC Behavioral Risk Factor Surveillance System
- CDC Wonder
- Wisconsin Behavioral Risk Factor Survey
- National Center for Chronic Disease Prevention and Health Promotion
- CDC National Vital Statistics System
- Dartmouth College Institute for Health Policy & Clinical Practice
- Sauk County Child Death Review Team
- Wisconsin Immunization Registry
- Wisconsin Interactive Statistics on Health (WISH) Query System
- US Department of Health & Human Services

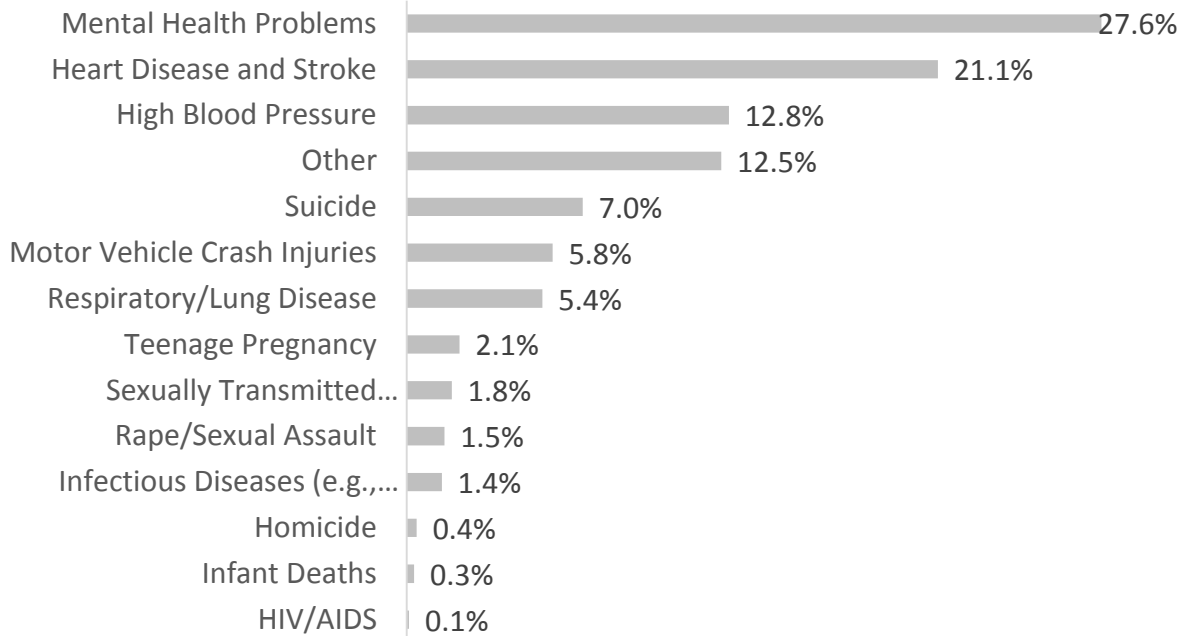


The model above describes the steps needed to improve the health of our community. Working together and communicating encircles the whole process. At the core are the stakeholders that are engaged. Following the arrows, the cycle of health improvement starts with assessing needs and resources. Based on this assessment, the community prioritizes needs, focusing on what's important. Effective policies and programs are chosen, implemented and evaluated.

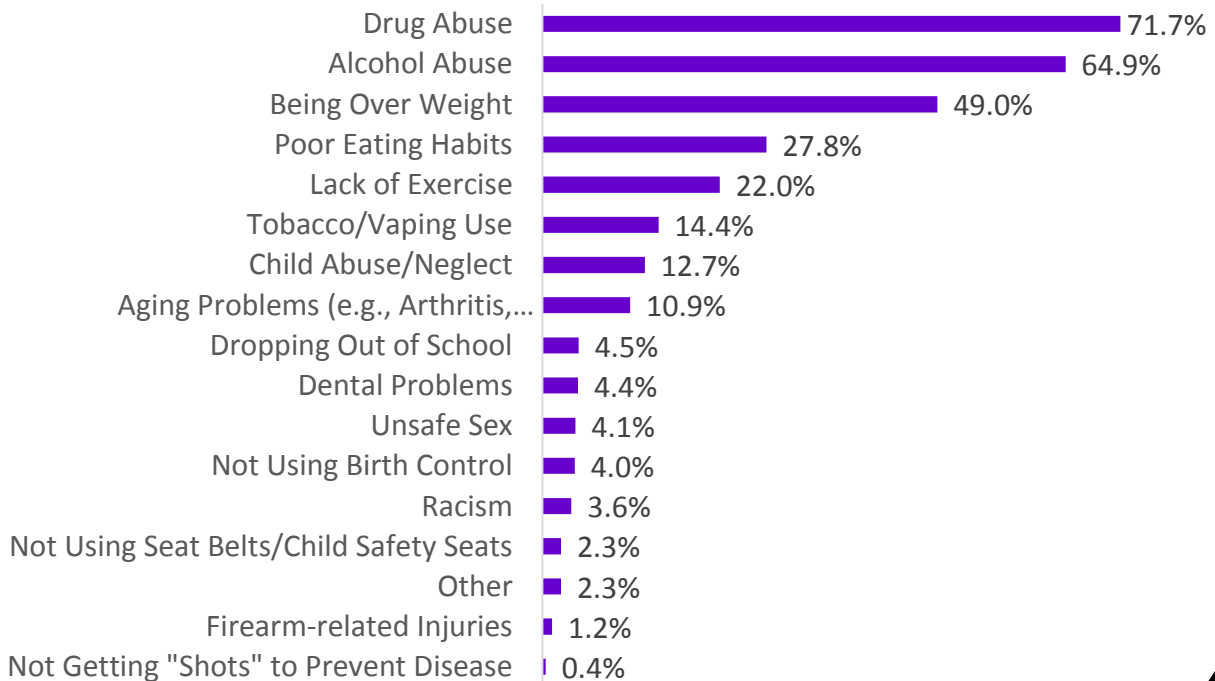
Survey respondents said access to health care was at the top of the list of important factors for a community to be healthy:



Mental health problems were the leading issue facing Sauk County, according to survey respondents.



Drug abuse was the top risky behavior in Sauk County, as cited by survey respondents



Access to High-Quality Health Services

Out of 72 counties for clinical care, Sauk County has risen from 42nd in 2015 to 26th in 2018⁷.

Primary Care:

- There are 100.98 primary care physicians per 100,000 population in Sauk County, which is still higher than the state and national averages. This is however down from 2015, 103.84 primary care physicians⁸.
- 12.5% of respondents reported not taking a prescription medication due to costs in the last year. This is up from 11.9% in 2015.
- The percent of respondents who reported not receiving the medical care needed in the past year remained the same from 2015 to 2018. Of the reasons for not receiving the needed medical care, financial issues being the reason raised from 60% in 2015 to 77.6% in 2018.

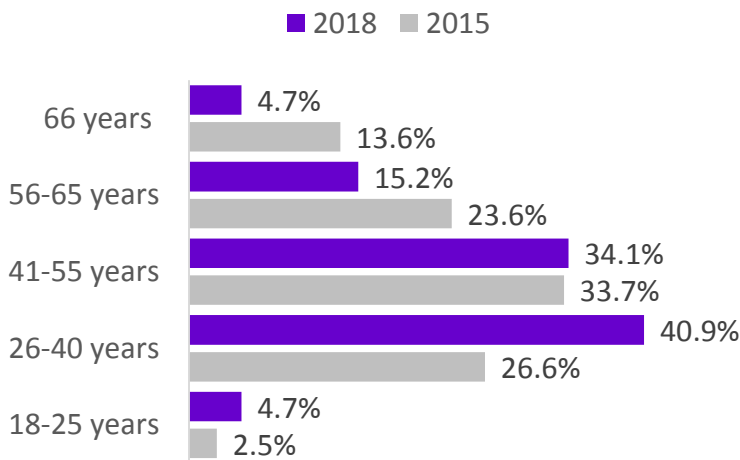
Community Commons as source

	Sauk 2015	WI 2015	Sauk 2018	WI 2018
Primary Care Physicians to Sauk County Residents ⁷	963:1	1215:1	980:1	1250:1

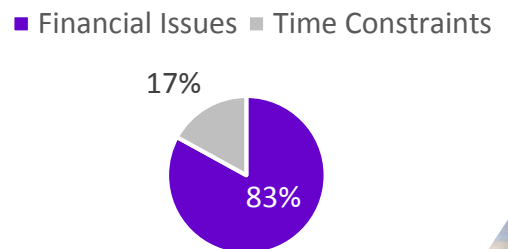
Dental Care:

- There is only one dentist per 1,560 people in Sauk County, which is an improvement from 2015⁷.
- The percentage of residents having had no recent dental visit went up from 27% in 2015 to 33% in 2018⁷.
- Survey respondents who reported receiving dental care went down by 1.4% from 2015 to 2018.

DID NOT Receive Dental Care



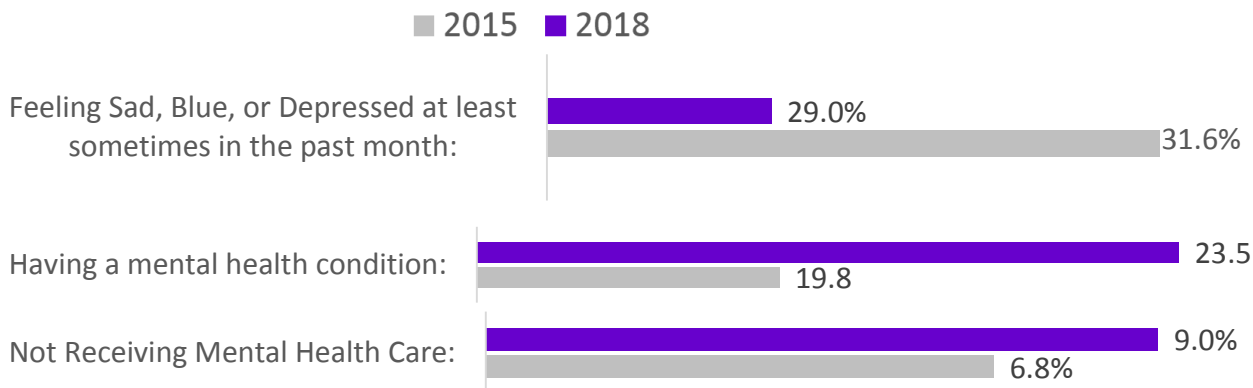
Why Respondents DID NOT Receive Dental Care



Mental Health Care

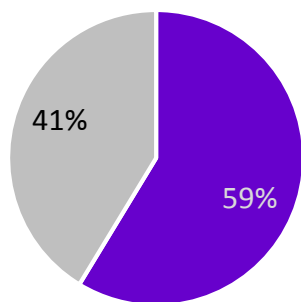
Out of 14, choices, Mental Health was ranked the #1 biggest health problem in our community with 27.6% of respondents choosing this as one of the top three health problems. In 2015, it was ranked as the second leading health problem.

Survey Respondents reported:



Reasons for not Receiving Mental Health Care

■ Financial Issues ■ Lack of Access



Mental Health Providers in Sauk County⁷

2015	2018
929:1	760:1

Sauk County Poverty Level⁷

2015	2018
12%	10%

- From 2012-2016, the age-adjusted suicide rate was 13.9 per 100,000 population, which was higher than both the state (13.84) and national (13) averages⁸.
- In the year of 2015, there were 12 suicide deaths in Sauk County. Since August of 2018, there have been 7 suicide deaths⁹.



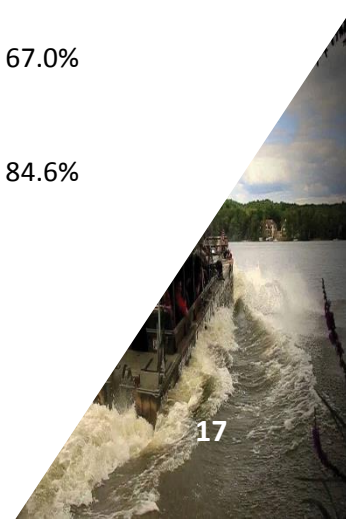
Emergency Preparedness, Response, and Recovery

Community Resiliency is the ability of a community to use available resources to respond to, endure, and recover from adverse situations. The comparisons from respondents in 2015 to 2018 are as follows:

	2015	2018
• Voted in the last Presidential election:	88.9%	76.5%
• Know how to contact elected officials:	81.8%	70.5%
• Regularly attend a church/place of worship:	60.6%	49.5%
• Member of the Parent Teacher Organization at their child's school:	15.9%	7.1%
• Volunteer Regularly:	63.8%	53.8%
• Have Internet access in their home:	91.2%	86.1%
• According to the Sauk County Clerk, 66% of Sauk County residents voted in the 2016 Presidential election, and 67% in the 2012 Presidential election.		
• According to the Sauk County Clerk, 60% of Sauk County residents voted in the 2018 Governor's election, and 54% in the 2014 election.		

Are Citizens ready for an emergency?

• 3-day supply of water in their home:	41.2%	36.0%
• 3-day supply of non-perishable food in their home:	77.6%	67.0%
• Flashlight in their home:	97.7%	84.6%

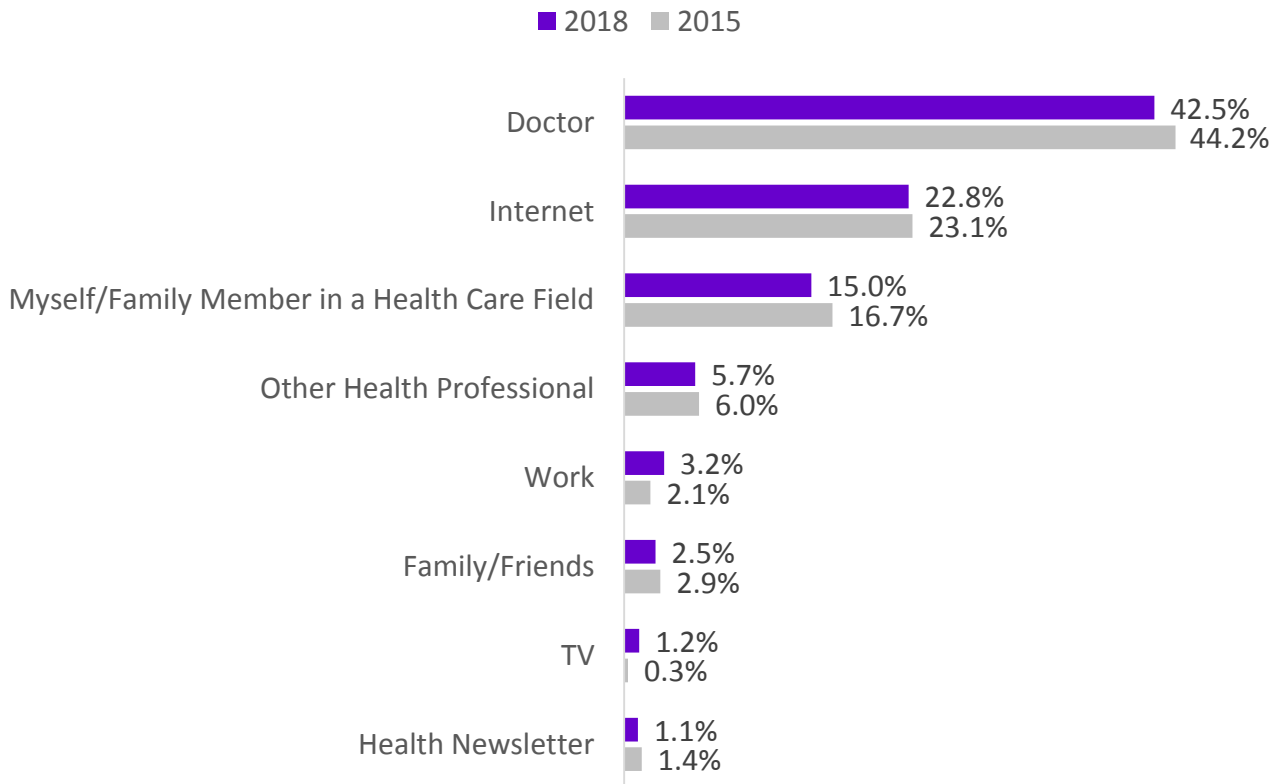


Health Literacy

The most commonly reported health information sources per the convenience survey were:

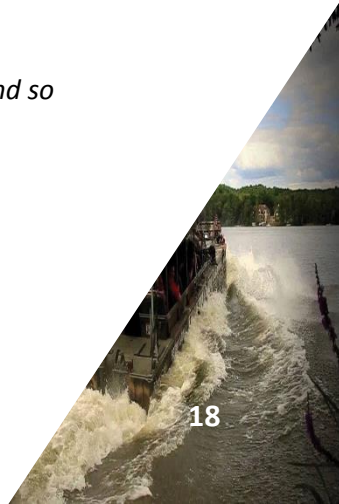
- The Doctors (42.5%)
- The Internet (22.8%)
- Myself/family member in the health care field (15%)

Health Information Sources



According to individuals attending Hispanic focus groups, health care is only sought after when it becomes an emergency or child birth.

- *“We use recipes from generations ago for illness like sore throats, headaches, and so on. Herbs, honey, and fruit juices help with regular ailments.”*



Alcohol, Tobacco, and Other Drug Use

Dangerous Alcohol Use:

Out of 17 choices, excessive alcohol use was ranked the #2 most risky behavior in our community with 64.9% of survey respondents selecting it as one of the top three risky behaviors.

According to *The Burden of Excessive Alcohol Use in Wisconsin* in 2013 the cost of excessive alcohol use in Sauk County was \$71 million, or \$1,146 per resident for that year²⁰. Excessive drinking includes: binge drinking (consuming 5 or more drinks on a single occasion for men and 4 or more for women), heavy drinking (averaging more than 2 drinks per day for men or more than 1 per day for women), any alcohol use by youth under age 21, and any alcohol consumption by pregnant women.



1 in 4 Sauk County adults binge drink or drink heavily⁷.

Convenience survey respondents roughly confirmed the County Health Rankings data: 19.3% admitted to binge drinking in the 2018 survey, down from 37.7% in 2015.

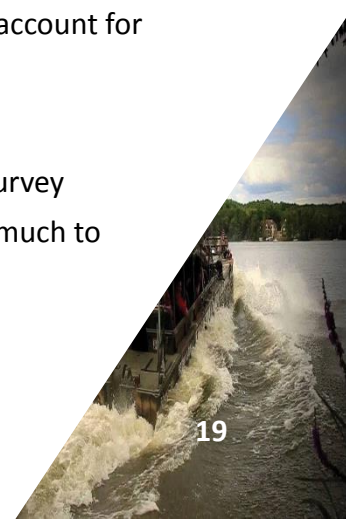
A whopping 43.0% of 2018 survey respondents reported “a problem in the household with alcohol,” up from 35.0% in 2015.



According to the 2017 Youth Risk Behavior Survey, conducted in 3 Sauk County school districts, 26.7% of high school students drank and 13% binge drank in the 30 days prior to taking the survey.

The consequences of excessive drinking include violence, crime, injury, illness, and death. Statewide, alcohol-related falls take nearly twice as many lives as alcohol-related vehicle crashes. Alcohol poisoning and alcohol-related suicide each account for about as many deaths as alcohol-related crashes in our state²¹.

43% of Sauk County’s driving deaths involved alcohol⁷. 4.1% of our survey respondents reported “being in a car when the driver had perhaps had too much to drink,” roughly the same percentage as in 2015.



Tobacco and Nicotine Use:

14% of all deaths in Sauk County were tobacco-related, 2011-2015.

The pretty good news: rates of cigarette smoking in our county have declined to 15% in 2016, below the state average of 17%¹¹. 5.9% of our 2018 survey respondents reported smoking every day, and 57% of the respondents who reported smoking also reported trying to quit in the last year. Our 17.0% rate of smoking during pregnancy, however, is higher than the state average of 13.5%. According to the South Central Wisconsin Tobacco Free Coalition, 83% of our retailers did not sell tobacco products to minors in 2017, up from a low of 60% in 2013.

The bad news: our youth are vaping at epidemic levels. In 2017, the Youth Risk Behavior Survey, conducted at 3 Sauk County high schools, revealed a new trend: 18.0% of students had used electronic cigarette products in the 30 days prior to taking the survey. Current use rates were as high as 1 in 4 students at one high school, over twice the statewide rate of 11.6% of students. Nationally, in 2018 e-cigarette use rose 77% among high schoolers and nearly 50% among middle schoolers, according to preliminary FDA data. E-cigarettes contain many of the same cancer-causing ingredients as cigarettes. Aerosol inhaled during vaping includes heavy metals, volatile compounds, chemicals such as formaldehyde, and acrolein, which can cause irreversible lung damage. These products usually also contain nicotine— a highly addictive drug, especially for youth (American Lung Association).

Other Drug Use:

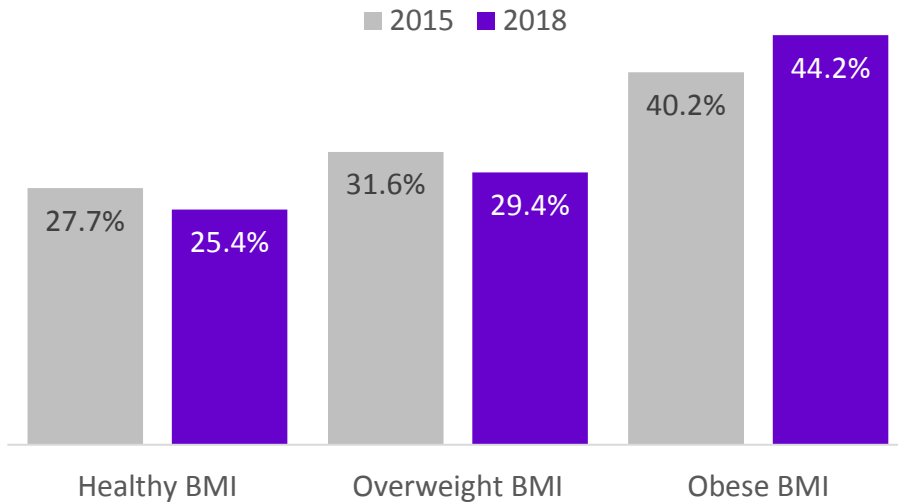
Drug Abuse was ranked the #1 most risky behavior in our county with 71.7% of respondents choosing it as one of the top three risky behaviors. Sauk County has been hard hit by the opioid epidemic, ranking among the worst fifth of Wisconsin counties for rate of opioid overdose deaths (12.8 deaths per 100,000 population, 2013-2015) and opioid-related hospital encounters (61.4 per 100,000 population, 2012-2014)²². These rates have increased in more recent years. Also alarming, our drug crime data indicates that the use of methamphetamines is growing.

Compared to alcohol, tobacco, and nicotine use, far fewer Sauk County residents use illegal drugs or misuse prescription medication. From 2015 to 2018, our survey results showed a slight downward trend for reported problems in the home with prescription or over-the-counter drugs (0.8% in 2018, down from 1.3% in 2015), marijuana (1.1% in 2018, down from 1.7% in 2015), and other street drugs (0.4% in 2018, down from 1.0% in 2015). Problems in the home with heroin stayed constant over the survey years at 0.5%.

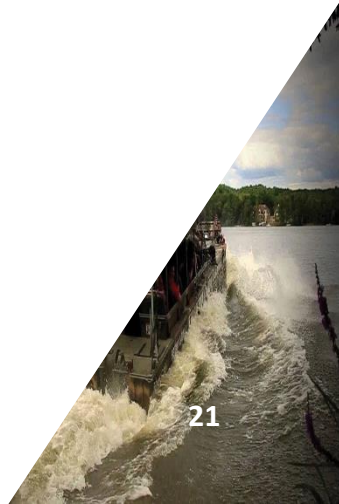
Adequate, Appropriate, and Safe Food, Nutrition & Physical Activity

Obesity:

- Out of 18 choices, being overweight was ranked #3 most important risky behavior in our community with 49% of respondents selecting it as one of the top three risky behaviors.
- The population with an obese BMI in Sauk County has increased from 28% in 2011 to 31% in 2018.



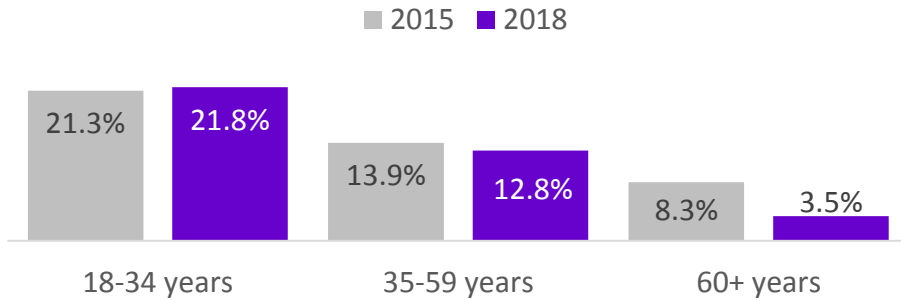
WIC Enrolled Participants	Sauk	WI	Sauk	WI
	2015	2015	2018	2018
Mothers initiated breastfeeding	89%	72%	86.3%	72.3%
Redeemed Farmer’s Market Nutrition Checks	64%	51%	55%	41%



Food and Nutrition:

- There are 5 communities within Sauk County that hold Farmer’s Markets.
- 11% of Sauk County’s population is food insecure⁷. This has not changed since 2015.

18-34 year old residents report running out of food the most often



2015 2018

Respondents rated the availability of nutritious foods in Sauk County as good or better

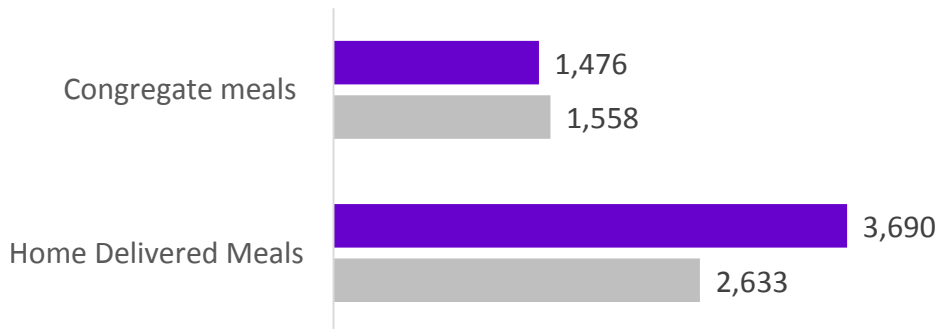
82% 71.7%

Respondents reported sometimes, often, or always running out of food before there was money to buy more in the past year.

13.2% 12.1%

Sauk County Older American’s Nutrition Program
(average of monthly meals)

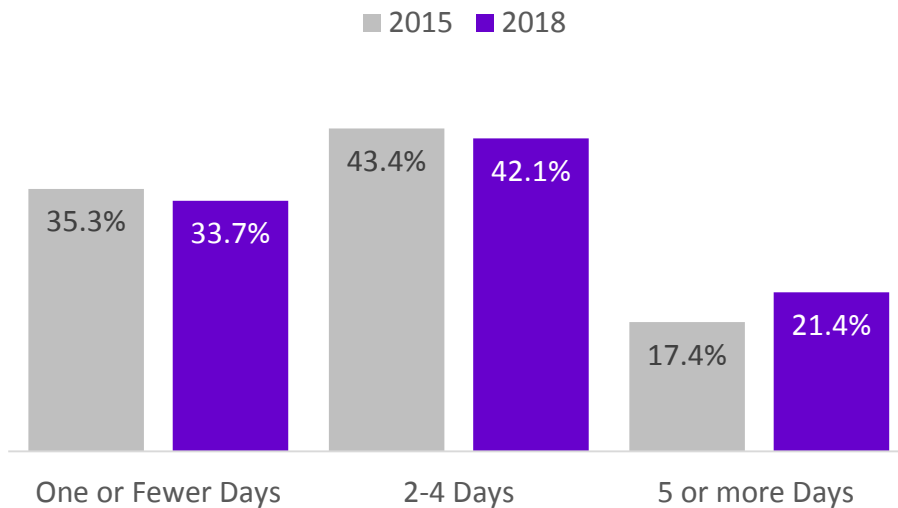
■ 2017 ■ 2015



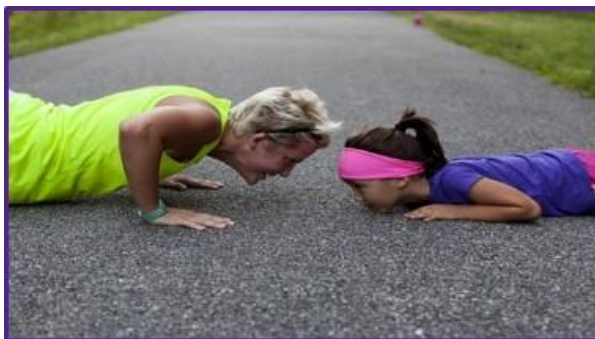
Physical Activity:

- In 2016, Centers for Disease Control and Prevention reported 20% of Wisconsin adults engaging in No leisure-time physical activity¹².

Survey respondents reported working out 2-4 days a week



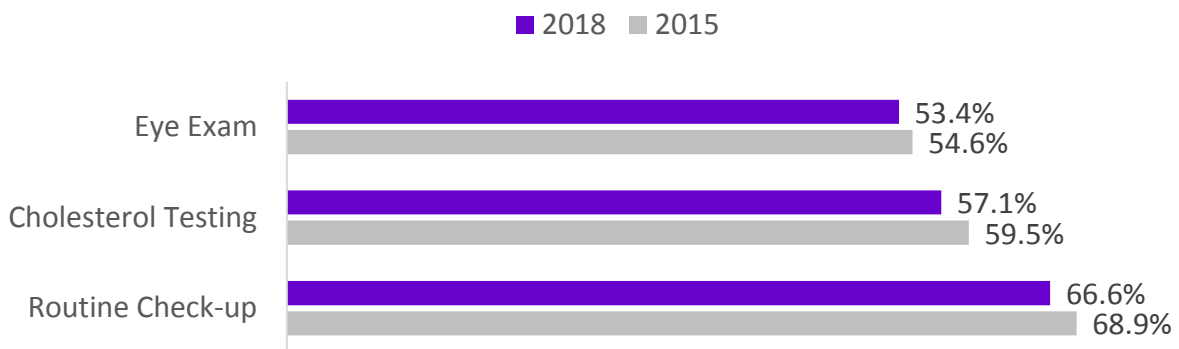
- 8.3% of respondents with children reported that their children were active for one day or less per week.
- There are 5 state parks, 10 county parks, 25 natural areas, and several hiking trails available to residents and tourists¹³.



Chronic Disease Prevention & Management

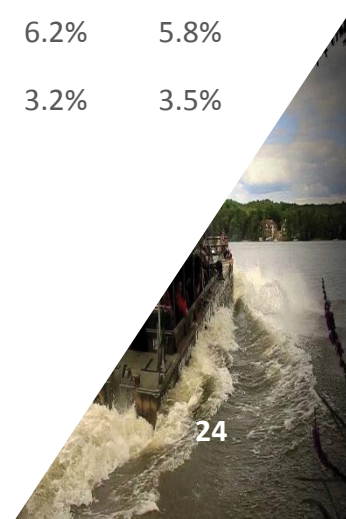
- Out of 14 choices, heart disease and stroke was ranked #2 most important health problem in our county with 21.1% of respondents selecting it as one of the three biggest health problems.
- Out of 14 choices, high blood pressure was ranked #3 most important health problem in our county with 12.8% of respondents choosing it as one of the three biggest health problems.

Respondents Reporting Medical Services in the Past Year



- In 2017, the rate of stroke mortality in Sauk County was 71.7 per 100,000 population, which is significantly higher than the state rate (43.4)¹³.
- In 2015, the rate of stroke hospitalizations in Sauk County is 2.7 per 1,000 people¹⁴.
- In 2015, the heart disease hospitalization rate is 2.9 per 1,000 people in Sauk County¹⁴.
- According to the CDC, in 2013 there were 353 new cases of diagnosed diabetes in Sauk County¹⁵. Currently it is estimated that 10% of Sauk County residents are diagnosed with diabetes⁷.
- The cancer mortality rate per 100,000 population in Sauk County was 180.98 in 2011. This has since dropped to 175.4 in 2016. This is still higher than the state (161.9) and national (160.9) averages⁸.

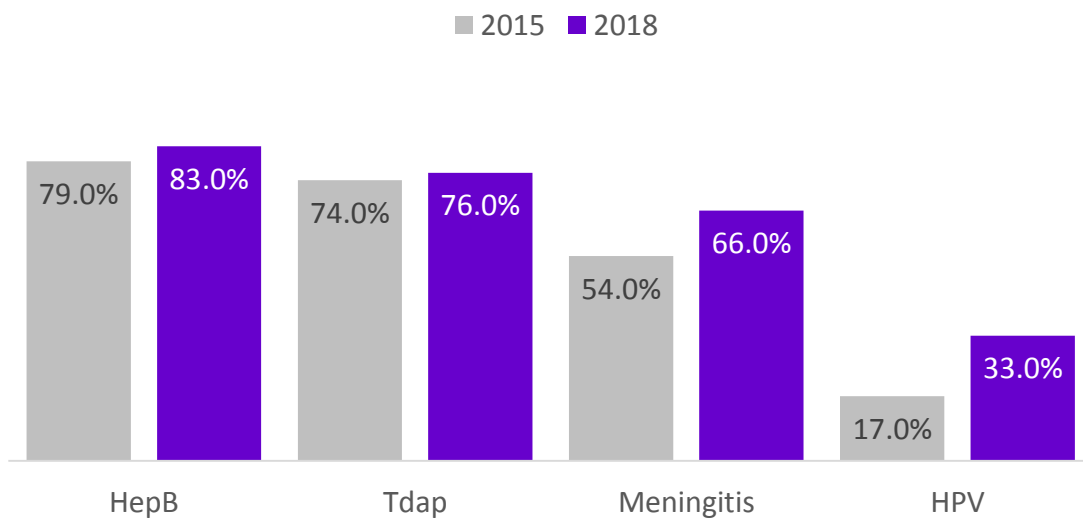
Respondents Reporting Disease	2015	2018
High Blood Pressure	22.7%	22.7%
High Cholesterol	27.5%	27.5%
Heart Disease	4.9%	4.8%
Stroke	0.4%	0.4%
Diabetes	6.2%	5.8%
Cancer	3.2%	3.5%



Communicable Disease Prevention & Control

	2015	2018
• Respondents that received a flu vaccination in the past year:	51.8%	69.8%
• Respondents over age 65 that received a pneumonia vaccine:	74.8%	70.3%
• Out of 74,196 WIR clients (adults and children), only 29% met the flu vaccination benchmark ¹⁶ .		
• Children age 24 months that are up-to-date on their vaccines ¹⁶ :	55%	66%
• Children age 11-19 in Sauk County meeting benchmark criteria ¹⁶ :	15%	32%
• In 2017, pneumonia vaccination coverage for Wisconsin adults was 53.9% for pneumococcal conjugate and 52.5% for pneumococcal polysaccharide ¹⁹ .		

HPV Vaccination Rate has Increased



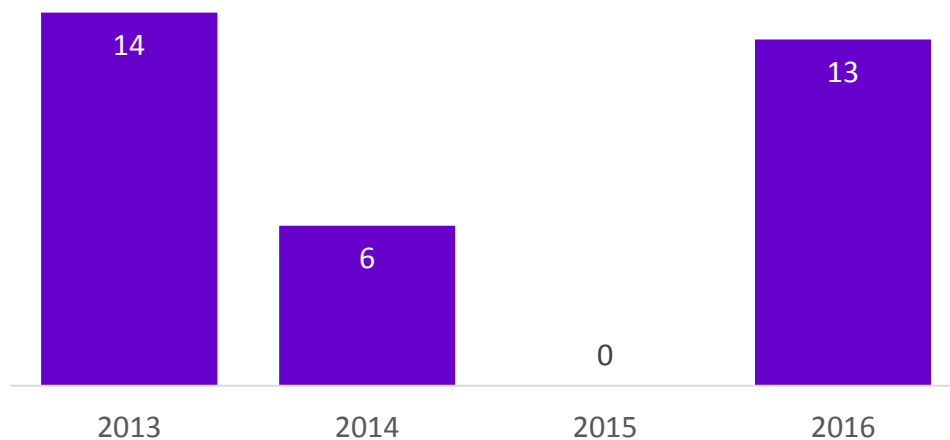
Note: **Herd Immunity** only occurs when vaccination rates are **90% or higher**, meaning that those persons who cannot be vaccinated due to medical reasons are currently *not* protected for any of these communicable diseases.



Environmental & Occupational Health

- 9.9% of respondents reported having asthma.
- 11.8% of respondents who reported having children with asthma, 47.1% reported that their child had an asthma attack in the last year.
- Since 2013 to 2016, there has been less than 15 children in Sauk County with elevated blood lead levels. In 2016, there were only 13 children with elevated blood lead levels¹⁸.
- According to the Sauk County Environmental Health program, in 2017 67 homes in Sauk County were mitigated for Radon. This number has increased from 24 homes in 2014.
- Currently 15% of homes in Sauk County are classified as having severe problems, such as overcrowding, high housing costs, and lack of kitchen/plumbing facilities⁷.
- It is estimated that 81% of Sauk County residents drive alone to work⁷.
- Additionally, it is estimated that 26% of Sauk County residents who drive alone to work also have a long commute (more than 30 minutes)⁷.

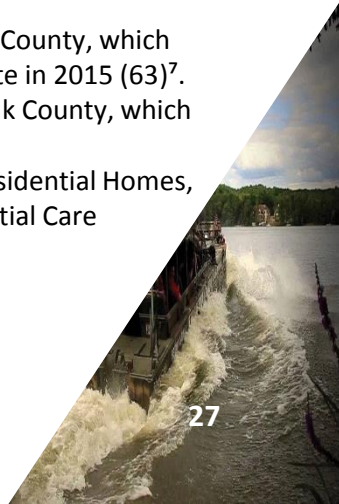
Children with Elevated Blood Lead Levels in Sauk County



Healthy Growth & Development/Reproductive & Sexual Health

	2015	2018
• Female respondents older than 50 having a mammogram in the past 2 years:	86.8%	86.2%
• Female respondents older than 65 having at least 1 bone density scan in their life:	85.8%	86.8%
• Female respondents between the ages of 21 and 65 receiving a pap smear in the past 3 years:	87.1%	83.4%
• Male respondents older than 50 that received a prostate cancer screening in the past year:	51.4%	47.3%
• Respondents older than 50 that had a blood stool test in their life:	47.4%	11.8%
• Respondents older than 50 that have had a colonoscopy in the past 5 years:	58.6%	57%
• Respondents with children that reported their child has a medical home:	88.1%	88%
• Respondents with children that reported their child receives regular preventative care check-ups:	88.1%	89.7%
• Women that were screened in Sauk County for breast cancer through the Wisconsin Well Women Program:	78 Women	55 Women

- In 2014, 65.5% of female Medicare enrollees received a mammogram in the past 2 years, which was lower than the state levels (71.6%)⁸.
- Currently, the teen birth rate in Sauk County is 21 per 1,000 female population aged 15-19, with 47% Hispanic and 19% white⁷.
- The current age-adjusted child mortality rate is 40 per 100,000 children in Sauk County, which has dropped considerably from the state rate (50) and from the Sauk County rate in 2015 (63)⁷.
- Per 1,000 Medicare enrollees, there are 44.6 preventable hospital events in Sauk County, which is lower than the state (45.1) and national (49.9) level⁸.
- As of 2017, there are 18 Adult Family Homes, 328 beds in Community Based Residential Homes, 512 beds in Licensed Wisconsin Nursing Homes, and 168 apartments in Residential Care Apartment Complexes for over 6,000 elderly Sauk County residents¹⁹.



Injury & Violence

Out of 17 Choices, low crime/safe neighborhoods was ranked the #2 most important factor for a community to be healthy with 43.6% of respondents selecting it as one of the top three health factors.

Convenience survey respondents reported:

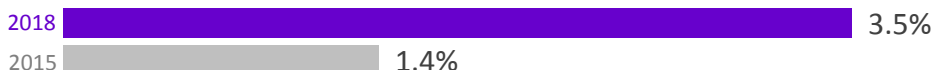
- They felt their children are safe in their community/neighborhood always or nearly always:



- They felt afraid for their personal safety in the past year:



- Being physically abused in the past year:

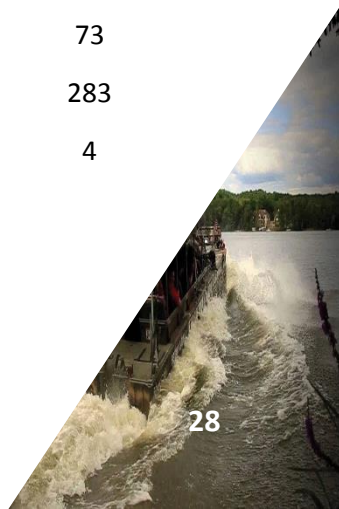


- Being verbally/emotionally abused in the past year:



County Health Rankings for Sauk County⁷:

County Health Rankings Data per 100,000 population	Sauk 2015	WI 2015	Sauk 2018	WI 2018
Motor Vehicle crash deaths	15	11	15	10
Off-road Motor Vehicle Crash-related ER Visits	92	70	82	65
On-road Motor Vehicle Crash-related ER visits	511	585	536	585
Injury Hospitalizations	977	832	930	806
Injury Deaths	71	63	73	73
Rate of Violent Crime Offences	169	255	121	283
Child Abuse	3	4	2	4



One-on-One Conversations:

Understanding that a convenience survey would not reach the entire population of Sauk County, the Health Department decided to venture out into the community and speak directly with populations we felt were under-represented in our other data collection methods. These three groups included the Hispanic, elderly, and Amish populations. Below are the main themes that came out of our focus group data, along with specific quotes that highlight the issues.

Hispanic Focus Groups

Focus groups were conducted in Lake Delton and Sauk City. A translator was present at each focus group. The main health-related issues facing the Hispanic population in Sauk County that were reported are:

Mental Health

- *“Nervous and anxious about being deported or pulled over and this has led to depression and an increase of alcohol consumption”*
- *“Children are especially scared for their family’s safety, worried that family will be separated. This has caused several other problems such as anxiety, depression, and isolation.”*

Alcohol and drug use

- *“Many are becoming depressed because they are scared/nervous so they turn to drinking and drug.”*

Healthy foods and exercise

- *“We eat more Mexican style foods and not so much healthy foods.”*
- *Nutritious foods are easy to get but they don’t last long. “We need more ideas for cooking, lessons on how to prepare foods, and different healthy alternatives.”*
- *There is a lack of motivation and time for physical activity.*

Transportation

- *It is hard to go from a society that has many options for public transportation to a community where it is very limited.*



Elderly Focus Groups

Elderly focus groups were conducted around the county. We visited dining centers in Baraboo, Plain, Sauk Prairie area, Spring Green, and Reedsburg. Additionally, we visited foot clinics in Baraboo, Sauk Prairie area, Plain, and Reedsburg. The main health-related issues face the elderly population in Sauk County that were reported are:

Transportation

- *“Transportation is a huge problem. Many have to wait for a long time for the cabs, the cost for them are expensive, and it adds up quick when you don’t have much to begin with.”*
- *“There are very limited taxis services and their availability is not always reliable. When you call them they say they’ll come at a certain time, but it takes them much longer.”*
- Many of the citizen’s interviewed said they try to drive themselves to avoid this problem, but it’s not the preferred route.

Nutritional food

- *“We wish there were more services to help elderly with the cost of food and they would provide tips on how to be a smart shopper to save money. We also need classes on ways to make food last longer.”*
- *“Occasionally fresh fruits and vegetables can get very expensive, and when you have a limited income it makes it very hard to eat right.”*
- *“We need more services to help seniors with the cost of food.”*
- *“Foods that are good for you are so expensive and when food is affordable it’s not good for you.”*
- *“Less value is placed on healthy foods and meals made at home with family.”*

Alcohol, Tobacco, & other Drugs

- *“Elderly people have a huge problem with pain killers.”*
- *“Doctors are quick to put people on pain medication instead of looking at other approaches to managing pain. The idea of over medicating and premedication blocks and prevents the body from being able to respond to pain.”*

Housing

- *“It’s very difficult to find safe, nice, and affordable housing.”*
- *“If we could be informed of resources earlier it would help adults stay in their homes longer and safer.”*

Mental Health

- The constant worrying of being able to afford food, heat, rent, air conditioning, medication costs, transportation costs, and health care costs in turns causes anxiety and depression.
- *“We need an Adopt a Grandparent program to reduce depression and social isolation. This would help provide older adults with companionship as well as teaching the younger generation the importance of respect for you elders.”*



Key Findings Summary

Strengths of Sauk County

Compared to state and national levels, Sauk County has:

- Lower poverty level than state levels
- Less reported child abuse
- A Health Outcomes ranking that improved from 36th out of 72 counties in 2015 to 25th out of 72 counties in 2018.
- A Health Factors ranking that improved from 33rd out of 72 counties in 2015 to 21st out of 72 counties in 2018.
- Less violent crime offenses
- Less child mortality
- Increased homes with radon mitigation
- Increased vaccination rates
- Decreased percentage of retailers selling tobacco products to minors
- A Clinical Care ranking that improved from 42nd out of 72 counties in 2015 to 26th out of 72 counties in 2018.

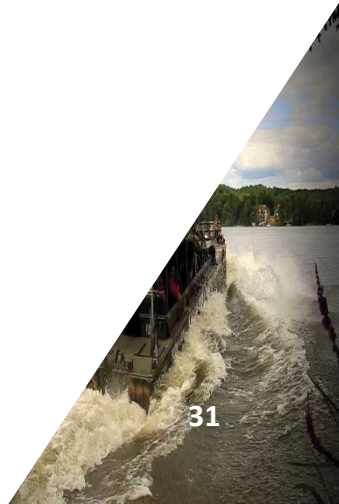
Challenges of Sauk County

Compared to state and national levels, Sauk County residents suffer from various health issues, with some, in no particular order, of the most severe being:

- Obesity/Physical Activity
- Access to Healthy Foods
- Mental Health
- Chronic Disease
 - Stroke
 - Diabetes
- Access to Dental Care
- Alcohol-Impaired Driving Deaths
- Suicide
- Drug-poisoning death rate
- Cancer
- Off-road motor vehicle crash-related ER visits
- Injury Hospitalizations

Other factors contributing to negative health outcomes in Sauk County include:

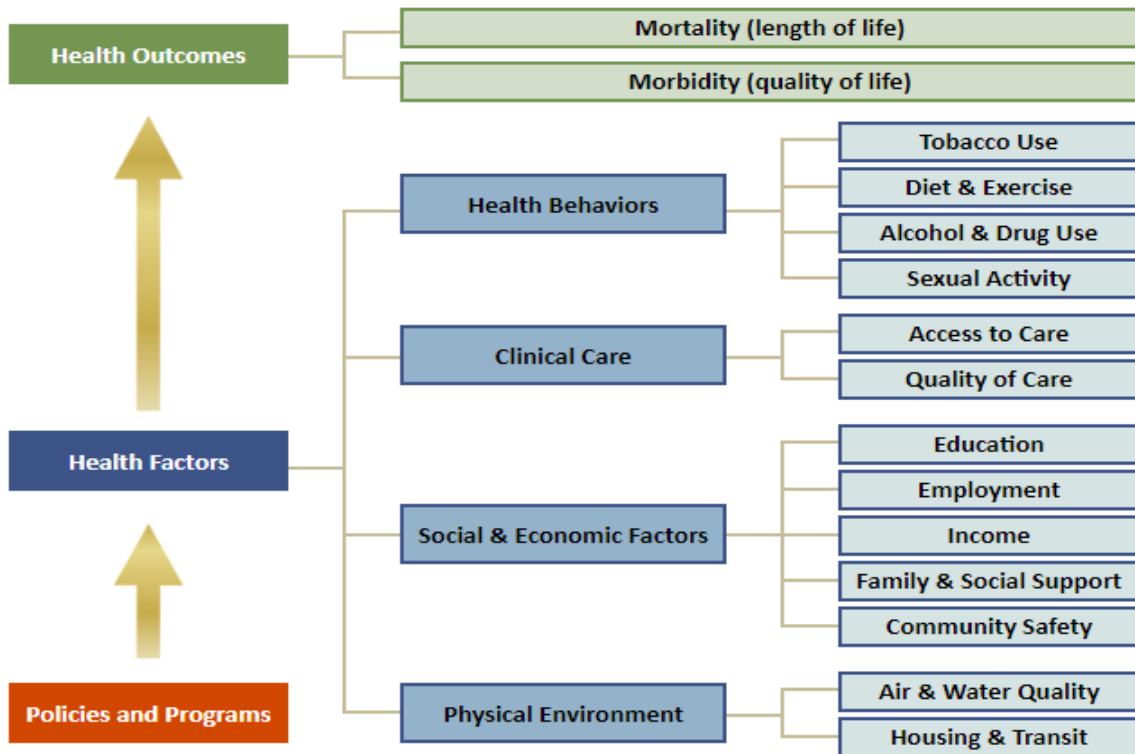
- Overall aging population
- Community resiliency
- Personal safety in neighborhoods
- Physical and emotional abuse



Determining Priorities

The health of individuals and populations are influenced by multiple factors. It is estimated that:

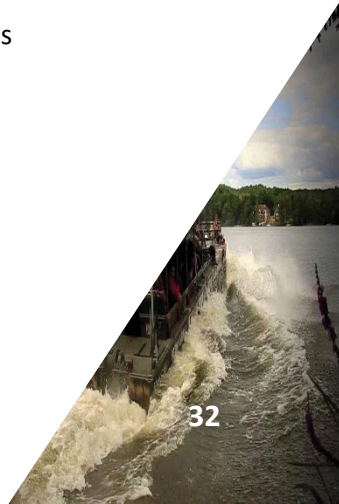
- Social/Economic Factors account for 40% of health outcomes;
- 30% is related to health behaviors;
- 20% to clinical care; and
- The remaining 10% is related to the physical environment.



County Health Rankings model © 2014 UWPHI

Keeping these factors in mind, the Sauk County Health Department, with that help of our Health & Wellness Coalition partners and Key Informants, used the following criteria to help identify the most important public health issues facing Sauk County residents:

- The health consequences
- The issue disproportionately affects a segment(s) of the population
- Sauk County has a worse problem when compared to the state or other counties
- The issue is of concern to community residents and leaders
- National targets for the issue are not being met
- There have been no significant statistical improvements in the trend



Primary Key Informant Data

The key informant meetings discussions with key community stakeholders, were guided by the use of Healthy People 2020 categories. The Health & Wellness Coalition benefited from input derived through consultations of numerous community leaders representing diverse constituencies.

Each entity of the coalition held their own key informant meetings and shared the health concerns addressed at each meeting. The attendee lists for each meeting can be found in appendices C-F.



SSMHealth®

St. Clare Hospital held four key informant meetings:

- June 28, 2018
- July 17, 2018
- July 19, 2018
- July 20, 2018

The health concerns addressed at each meeting:

- Mental Health
- Transportation
- Nutrition/Obesity
- Chronic Disease
- Affordable Housing
- Alcohol and drug abuse
- Diabetes
- Life Skills Education
- Access to Care
- Access to Dentists
- Suicide

“Schools see mental health problems as young as four years old.”

“There are issues with timely pick-up and being attentive while driving”

“It’s revolving door of people overdosing, coming in and being treated and then being sent back out for them to just come back in a few days again.”

“Few youth know how to cook, they don’t want to put the time in, they want it easy, and they want the instant gratification.”

“We need affordable housing especially for the aging population, it’s expensive getting old.”



Reedsburg Area Medical Center held two key informant meetings:

- July 25, 2018
- August 1, 2018

The health concerns addressed at each meeting:

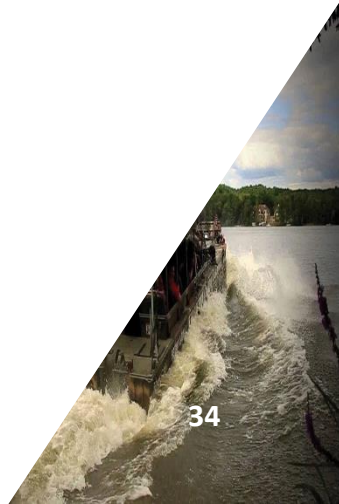
- Access to healthy food and education on preparing
- Transportation
- Affordable Housing
- Job availability
- Mental Health
- Families getting healthy
- Child Trafficking
- Social Media issues
- More specialties availability
- Addiction
- Vaping

“Transportation is often needed to take patients home who are brought to the ER from ambulance transport.”

“Many people cannot read a food label so they don’t know what is a healthy food item.”

“Juuling is a big problem in schools, it’s easily available online or in retail shops.”

“WE need more stress reduction trainings.”



Sauk Prairie Healthcare held four key informant meetings:

- August 13, 2018
- August 16, 2018
- August 23, 2018
- August 27, 2018

The health concerns addressed at each meeting:

- Mental Health Services
- Nutrition
- Transportation
- Drug Abuse
- Suicide
- Communication skills
- Affordable Housing
- Aging problems
 - Isolation
 - Dementia/Alzheimer's
- Access to Care
- Homelessness
- Employment opportunities
- Access to Dental Care
- Tolerance
- Health Literacy

"The homeless population doesn't always look like people sleeping on benches or the sidewalks. This is also when families are living together in too small of a dwelling or couch surfing."

"Children believe that that vaping is not harmful, it's cool."

"EMS is seeing an increase in call volume due to mental health and substance abuse issues."

"There is no current system that can deal with the explosion of need that is coming our way" in regards to mental health and the aging population.

"It's so easy to get annoyed and fed up with the excuses from the same people, but maybe there is really something wrong that's often unseen. Utility disconnections can affect their health and wellbeing but how do you break the cycle? Referrals are made for families but often times those services are not enough or reachable."

Identification of Health Priorities

Based on primary and secondary data review, information provided by experts, and in-depth discussions about health needs, we have identified those three primary health related issues:

1. Mental Health
2. Alcohol, Tobacco, & other Drugs
3. Healthy Activity & Nutrition

A Note on Our Chosen Priorities:

Throughout our data collection process, transportation and affordable housing were clear priorities. However, we did not select them as one of our three priorities because the Sauk County Health Department is unable to directly affect these issues. We have decided to seek out other collaborations addressing these issues within communities in the county, and become members in what is already being pursued.

High rates of unintentional injury and traffic crashes are being addressed by others including law enforcement and state level experts through initiatives such as mandatory seat belt laws, speed limit enforcement, and “not texting while driving” laws. The health department is also looking into a Safe Kids Wisconsin Coalition to bring more injury prevention programming in Sauk County.

Next Steps

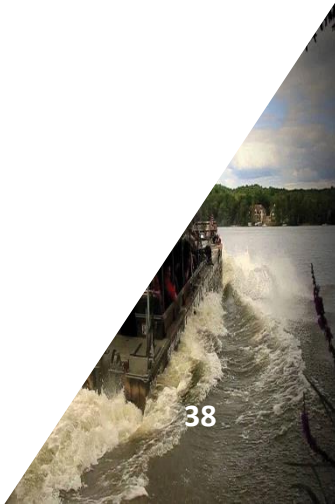
The Community Health Needs Assessment report is part of the Assessment phase of our Community Health Improvement Planning Process, a requirement for all local health departments (see diagram). The information gathered in this report, most notably the priorities that were identified, helped us to determine community issues, factors that impact health, and strengths of the community in Sauk County.

Now that our health priorities have been identified, the Health Department will move into the next phase of the process and will create a Community Health Improvement Plan (CHIP) targeting our 3 priorities. We will collaborate with the Sauk County Health & Wellness Coalition and other community partner/collaborations to more effectively work towards improving the health of Sauk County residents. Together, we will mobilize the community to take action and improve the overall health of Sauk County.





Sauk County Community Health Improvement Plan 2019



Creating Our Healthy Community Plan

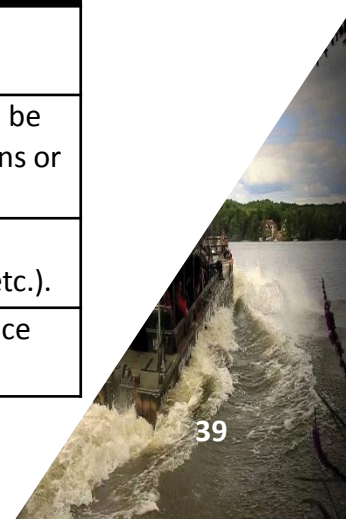
On Wednesday, January 16, 2019, the Sauk County Health & Wellness Coalition team held a Creating Our Healthy Community event. This collaboration was held at Compeer Financial in Prairie du Sac from 8:30am to 11:30am. Invitations were sent to those that attended key informant meetings as well as the general public. Offers to attend were sent through email, phone calls, radio advertisements, and county-wide flyers. Sixty-three people were in attendance including: law enforcement; fitness club owners; school district staff; food pantry staff; health department staff; mental health professionals; Aging and Disability Resource Center; UW Extension; faith-based organizations; medical providers; local hospital partners; and local business representatives.

The goal of the Creating Our Healthy Community Plan event was to identify available resources in the county and find ways to capitalize on them. The day was started with an introduction highlighting the Community Health Needs Assessment (CHNA) process. Statistics from primary and secondary data collected for the CHNA was presented, revealing the top health priorities. The priorities are: Mental Health; Obesity; Chronic Disease; and Alcohol, Tobacco, & other Drugs. This introduction gave the attendees a foundation of understanding for the facilitation of group discussion and planning.

The facilitation portion of the event was based on the World Café conversation model. This method encourages productive conversation, ease of sharing ideas, and a relaxed atmosphere. The Health & Wellness Coalition team developed engaging questions prior to the event in order to spark conversation. The questions for each station are as follows:

Topic Question	Discussion Items
Mental Health	<ul style="list-style-type: none"> Describe the mental health issues you or your organization observe? Identify any “at risk” groups or individual characteristics we should focus on.
	<ul style="list-style-type: none"> List reasons why the issues shown above are not being addressed? Share examples of local efforts that have been effective.
	<ul style="list-style-type: none"> Describe transportation issues and barriers that prevent residents from getting the help they need.
	Develop 3-5 actions you recommend we should take to address this item.

Topic Question	Discussion Items
Obesity Reduction (Eating Smarter, Moving More)	<ul style="list-style-type: none"> What programs and initiatives are currently in place? Describe their (actual and potential) effectiveness.
	<ul style="list-style-type: none"> Identify people/partners in your community who should be connected to this health priority? (Community Champions or Food Access) Why?
	<ul style="list-style-type: none"> Describe barriers that affect this health priority (transportation, access, affordability, time, knowledge, etc.).
	Develop 3-5 actions you recommend we should take to advance this item. (Share “Diet and Exercise” WWFH list).



Creating Our Healthy Community Plan

Topic Question	Discussion Items
Chronic Disease	<ul style="list-style-type: none"> The top three chronic diseases are Diabetes, Heart Disease, and Hypertension (stroke). Chronic disease is interwoven into all of the priorities discussed, how?
	<ul style="list-style-type: none"> Describe the chronic diseases you or your organization observe? Identify any “at risk” groups or individual characteristics we should focus on. What would help?
	<ul style="list-style-type: none"> Describe barriers that affect this health priority (transportation, access, affordability, time, knowledge, etc.).
	Develop 3-5 actions you recommend we should take to advance this item (Identify Partners/Organizations).

Topic Question	Discussion Items
Substance Abuse	<ul style="list-style-type: none"> Describe the substance abuse you or your organization observe. Which drugs should our efforts prioritize for youth? Adults?
	<ul style="list-style-type: none"> What policies or programs are working? Why or why not?
	<ul style="list-style-type: none"> Describe factors that impact this health priority (funding, availability, acceptability).
	Develop 3-5 actions you recommend we should take to advance this item.

The attendees were divided into four large groups and sent to one of the topic stations. At each station the first question was discussed for 15 minutes and then the groups rotated. One person from each group stayed back in order to inform the next group on what was discussed previously. This process continued until the questions were answered. The last step was the development of 3-5 actions. During action development, attendees were given the option to go to the station that interested them the most. At the end of the discussion, each group presented their actions.



The group notes from each discussion question can be found in Appendix G.

The results from the Creating Our Healthy Community Plan event assisted the Sauk County Health Department in developing the action plans for each priority identified in the CHNA.

1. Mental Health
2. Alcohol, Tobacco, & other Drugs
3. Healthy Activity & Nutrition





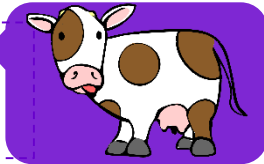
Mental Health

Goal

Decrease the age-adjusted average **death rate due to suicide** in Sauk County from **14.8/100,000** population to **13** by December 31,2021.

Action Plan

By December 31, 2021, using the already existing suicide prevention coalition, increase suicide prevention awareness targeting the rural farmer communities.



By December 31, 2021, maintain our certified trainers from Question, Persuade, and Refer (QPR) in our health department, police department, and school districts.

By December 31, 2021, target QPR classes for professionals that primarily work with individuals suffering from substance use disorder.





Alcohol, Tobacco, & other Drugs

Goals

- By December 31, 2021, **reduce** the availability of commonly **misused prescription drugs**.
- By December 31, 2021, **reduce opioid overdose** age-adjusted death rate from 14.8/100,000 population to **12**.

Action Plan

Through December 31, 2021, provide direct education to at least 500 people per year on safe use, storage, and disposal of commonly misused prescription drugs.



Through December 31, 2021, disseminate lock boxes/bags to at least 200 Sauk County households per year to encourage safe storage of commonly misused prescription drugs.

Through December 31, 2021, disseminate at-home disposal units to at least 200 Sauk County residents per year to encourage safe disposal of commonly misused prescription drugs.



Through December 31, 2021, provide overdose death prevention education and disseminate Narcan to at least 200 people per year.

By December 2021, maintain facilitation of the Sauk County Overdose Death Review team to identify missed opportunities in overdose death prevention.



Healthy Activity & Nutrition



Goal

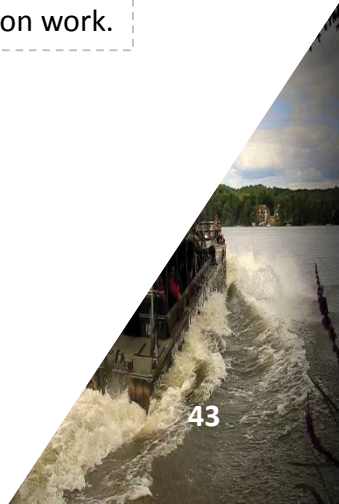
Increase the number of Sauk County children who are **active 5 or more days** a week from 46.5% in 2018 to **48%** by December 31, 2021.

Action Plan

By December 2024, Sauk CAN (Coalition of Activity and Nourishment) will work on collaborating with specific community members, including children, within Sauk County to increase awareness of physical activity opportunities within that community.



By December 2021, the Health and Wellness Coalition Steering Committee will collaborate with Sauk CAN to increase promotional material and will assist in raising funds for coalition work.



Resources

1. Branch, Geographic Products. "2010 Census Gazetteer Files Record Layouts." *Census Bureau QuickFacts*, United States Census Bureau, 1 Sept. 2012, www.census.gov/geo/maps-data/data/gazetteer2010.html.
2. "Wisconsin: 2010 Population and Housing Unit Counts." *Census*, U.S. Department of Commerce, Sept. 2012, www.census.gov/prod/cen2010/cph-2-51.pdf.
3. Census Bureau QuickFacts. (2019). *U.S. Census Bureau QuickFacts: Sauk County, Wisconsin*. <https://www.census.gov/quickfacts/fact/table/saukcountywisconsin/AFN120212>.
4. Sauk County Health Department (2014). *Workforce Development Plan*. Baraboo: Sauk County Health Department, p.1.
5. *American FactFinder - Results*. Factfinder.census.gov. https://factfinder.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=ACS_17_5YR_S0101&prodType=table.
6. World Health Organization. (2018). *Constitution of WHO: principles*. <https://www.who.int/about/mission/en/>.
7. Countyhealthrankings.org. (2011-2018). *Sauk (SA) Health Rankings*. <http://www.countyhealthrankings.org/app/wisconsin/2018/rankings/sauk/county/factors/overall/snapshot>.
8. Community Commons (2018). *Health Indicator Report*. Community Health Needs Assessment (CHNA). Community Commons. <https://www.communitycommons.org/>.
9. Sauk County Death Review Team.
10. Palmersheim KA, Luongo SM. Tobacco Facts 2017. Milwaukee, WI: University of Wisconsin-Milwaukee, Center for Urban Population Health; 2017.
11. Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity, and Obesity. Data, Trend and Maps. <https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html>.
12. Sauk County Parks and Recreation Department. <https://www.co.sauk.wi.us/parksandrecreation>.
13. Wisconsin Dept. of Health Services, Division of Public Health, Office of Health Informatics. Wisconsin Interactive Statistics on Health (WISH) data query system, <https://www.dhs.wisconsin.gov/wish/index.htm>.
14. Wisconsin Department of Health Services. (2017). *Wisconsin Public Health Profiles, 2017: Sauk County*. <https://www.dhs.wisconsin.gov/publications/p4/p45358-2017-sauk.pdf>.
15. Cdc.gov. (2016). *State and County Indicators | County Data | Data and Statistics | Diabetes | CDC*. <https://www.cdc.gov/diabetes/data/countydata/statecountyindicators.html>.
16. Wisconsin Department of Health Services. (2018). *Wisconsin Immunization Registry (WIR)*. <https://www.dhs.wisconsin.gov/immunization/wir.htm>.
17. Wisconsin Immunization Program (WIR). (2018). *Vaccination coverage among Wisconsin adults by vaccine, city or county of residence, and year..* [online] Available at: <https://www.dhs.wisconsin.gov/publications/p02005.pdf>.
18. Wisconsin Department of Health Services. (2018). *Lead Poisoning Data and Data Analysis*. <https://www.dhs.wisconsin.gov/lead/data.htm>.

Resources Continued

19. Aging and Disability Resource Center of Eagle Country. (n.d.). *Sauk County Alternative Housing Options*.
https://www.co.sauk.wi.us/sites/default/files/fileattachments/aging_and_disability_resource_center/page/1725/sauk_county_alternative_housing_options_updated_10.5.17.pdf.
20. Black PD, Paltzer JT. The Burden of Excessive Alcohol Use in Wisconsin. UW Population Health Institute, March 2013.
21. Wisconsin Alcohol Policy Project, University of Wisconsin Law School. Data sources: Wisconsin resident death certificates, Division of Public Health, WI Department of Health Services.
22. Select Opioid-Related Morbidity and Mortality Data for Wisconsin.

We want to hear from **YOU!**

Complete our
Community Health Survey
for a chance to
WIN!



Complete the survey between
April 1 - July 16, 2018 for a chance
to **WIN** one of many great prizes!
<https://www.surveymonkey.com/r/saukhealth>



Thank You!

We want to hear from **You!**

Complete our
Community Health Survey
For a chance to **WIN**
\$1600 worth of prizes!



Complete our survey by
July 16, 2018 for a chance to
WIN 1 of 30 great prizes!
<https://www.surveymonkey.com/r/saukhealth>



Thank You!

We want to hear from **You!**

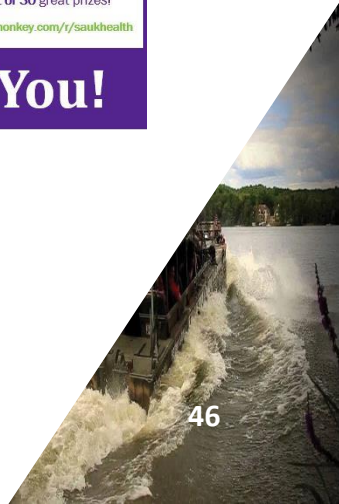
Complete our
Community Health Survey
For a chance to **WIN** a
\$450 Trek Bike Package!
And so much more!



Complete our survey by
July 16, 2018 for a chance to
WIN 1 of 30 great prizes!
<https://www.surveymonkey.com/r/saukhealth>



Thank You!



Appendix B

Community Listening Sessions Questions

1. Tell me what you like best about your community.
2. What do people in your community do to stay healthy?
3. How do you get information about health care services and resources? This includes medical, mental health, dental services, economic support, and health education programs.
4. In this group's opinion, what are the biggest health problems in your community?
5. What keeps people in your community from being healthy?
6. Where do you go for health care? Why do you go there?
 1. Where do you get dental care?
7. How do you get to medical appointments?
 1. How satisfied are you with the way you get to medical appointments? What would make it easier for you to get to your appointments?
8. Think of a time when you, your child, or another family member had a health problem that needed medical or dental attention, but didn't go to the doctor or dentist. Why not? Can you get an appointment when you need one?
9. Health care providers (like doctors, dentists, dental hygienists, and nurses) often give their patients instructions about what to do to get healthy. Think of a time when you were given medical instructions, but you didn't follow them. Why didn't you follow these instructions?
10. Tell me what a healthy community looks like.
11. How easy is it to get nutritious foods (fruits, vegetables, etc.) in your area?
12. In the past year, did you worry about whether food would run out before there was money to buy more? (If yes, how often?)
13. In the past year, did the food you bought run out and there wasn't enough money to buy more? (If yes, how often?)
14. Is there anything else you would like to add, or you think would be helpful for us to know?

Appendix B

Community Listening Sessions Questions Continued

ONLY FOR ELDERLY & AMISH FOCUS GROUPS:

1. What are the three (3) most important issues facing older people in your community? (e.g., Transportation, Financial Security, Health/Medical Bills, Independent Living Assistance, Nutrition, and Affordable Housing)
2. What service or opportunity do you wish was available in your community? (e.g., Socialization Opportunities, Transportation, Shopping, Assistance with Independent Living, and Nutrition)
3. Have you contacted/visited the Aging and Disability Resource Center (ADRC) in Sauk County?
4. Have you gotten a pneumonia vaccine?
5. Have you gotten a shingles vaccine?
6. How often do you get a flu vaccine?

The Sauk County Health Department invites you to our



Key Informants Meeting

Friday July 27th
9:30am-12:00pm

Basement of the
West Square Building
Baraboo, WI



We Need Your Valuable Input!
Join us to discuss the preliminary findings from our
Community Health Needs Assessment
and assist us as we determine our
top health priorities for the next 3 years.



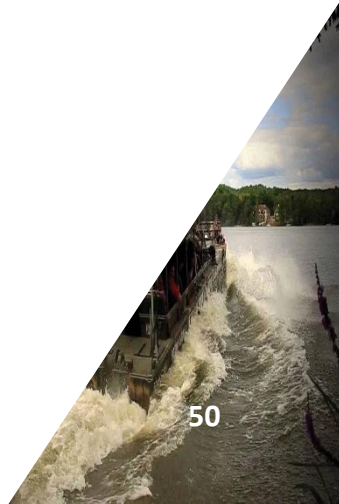
Coffee and light snacks will be provided.
Please RSVP to Cassidy Walsh at
cassidy.walsh@saukcountywi.gov
or call (608) 355-3290 **by Tuesday, July 25th**



Appendix C

Attendees of July 27, 2018 Key Informant Meeting

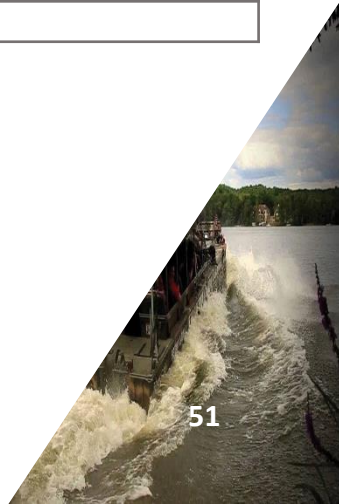
Last Name	First Name	Organization
Alloway	Heather	St Clare - Chronic Disease Management
Baldwin	Regina	Sauk County Criminal Justice Programs Manager
Bjorklund	Lauren	SCHD - NFP Nurse
Bodendein	Cindy	Former Health Officer
Boesl	Sharon	Sauk County Human Services Deputy Director
Bruni	Jody	SCHD - PHN
Buglass	Tracy	Agrace
Dankert	Staci	SCHD - Accreditation Coordinator
Dietz	Andrew	SCHD - Sanitarian
Dye	Shayna	SCHD - EH Manager
Ellinwood	Jill	Integrated Services Program Coordinator
Erbs	Lucinda	Reedsburg Schools - Nurse
Flugaur	Nicholas	Ho-Chunk Nation Emergency Management
Gantz	Tiffany	SSM Health
Gargano Ahmed	Anne	Second Harvest Foodbank: HungerCare Coalition Coordinator
Geick	Ed	City of Baraboo Administrator
Godemann	Heather	Meadow Ridge/Meadow View Administrator, RN
Goldbeck	Sara	Wisconsin Dells Health Services - Director of Social Services
Hanson	Kaleena	Our House
Hayes	Hannah	SCHD - PHN
Hayes	Tara	SCHD - Health Officer
Heath	Deedee	St. Clare Hospital Auxillary Board (Golden Care)
Hollett	Jan	BASCO Assistant
Huelsemann	Justin	SCHD - Sanitarian



Appendix C

Attendees of July 27, 2018 Key Informant Meeting

Last Name	First Name	Organization
Jelinek	Jeff	Sauk County Emergency Management
Jesse	Sara	SCHD - Health Educator
Johnson	Glen	Sauk County Board of Supervisors - District 11
Karls	Nick	Baraboo Schools - Director of teaching & learning
Kowalke	Josh	Reedsburg Area Ambulance – Director
La Rocco	Tammy	SSM Health Home Health
Meise	Angie	SCHD - NFP Nurse
Miller	John	Sauk County Board of Supervisors - District 16
Molitor	Jodie	RAMC - Community Relations Coordinator
Moon	Laura	Second Harvest Foodbank: Service area representative
Neuheisel	Bob	Plain EMS/Fire
Papara	Lesley	Our House
Phalen	Jessie	SCHD - Nurse Manager
Pillsbury	Diane	BASCO
Platt-Gibson	Melanie	St. Clare Hospital - Director of Marketing
Ramsden	Patty	Upland Hills Health Clinic Manager
Reinfeldt	Diane	BOH
Rickey	Gretchen	Therapy Without Walls, LLC
Scharfenberg	Jessica	HealthFirst
Siemers	Sheri	Division of Public Health SRO Health Educator
Stieve	Kevin	Baraboo Fire Department Chief
Vedro	Peter	Sauk County Board of Supervisors - District 15
Vosen	Jennifer	Sauk County Health Care Center
Walsh	Cassidy	SCHD - Health Educator
Wipperfurth	Brianna	ADRC
Wittmann	Marina	ADRC

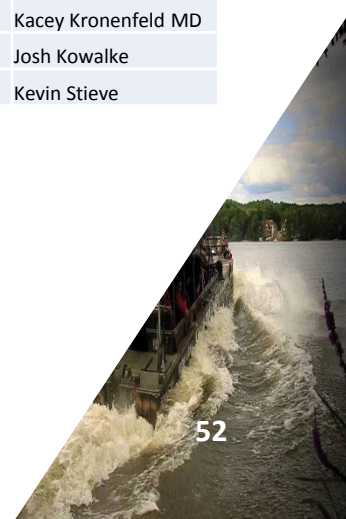


Appendix D

SSM Health – St Clare Hospital Key Informant Meetings



Date	Solicitation Type	Panel Member Title	Panel Member Organization	Panel Member Name
6/28/2018	Focus Group/Key Informant Meeting	Intern	The Sauk County Health Department	Emorie Harty
6/28/2018	Focus Group/Key Informant Meeting	Nursing Student	Edgewood College	Abbie Frederick
6/28/2018	Focus Group/Key Informant Meeting	Dean	UW-Baraboo/Sauk	Ed Janairo
6/28/2018	Focus Group/Key Informant Meeting	Development Manger	Agrace Hospice	Tracy Buglass
6/28/2018	Focus Group/Key Informant Meeting	Executive Director	Baraboo Chamber of Commerce	Bobbie Buettcher
6/28/2018	Focus Group/Key Informant Meeting	Instructor	Edgewood College	Cindy Bodendein
6/28/2018	Focus Group/Key Informant Meeting	Student	Edgewood College	Erica Sharffer
6/28/2018	Focus Group/Key Informant Meeting	Student	Edgewood College	Ashley Vlack
6/28/2018	Focus Group/Key Informant Meeting	Student	Edgewood College	Caitlin Gutierrez
6/28/2018	Focus Group/Key Informant Meeting	Student	Edgewood College	Caitlin Dolan
6/28/2018	Focus Group/Key Informant Meeting	Student Nurse	Edgewood College	Emily O'Rourke
6/28/2018	Focus Group/Key Informant Meeting	Student Nurse	Edgewood College	Jennifer Johnson
6/28/2018	Focus Group/Key Informant Meeting	Executive Director	Boys and Girls Club of West Central WI	Karen DeSanto
7/17/2018	Focus Group/Key Informant Meeting	Quality Improvement Coordinator	Sauk County Health Department	Staci Dankert
7/17/2018	Focus Group/Key Informant Meeting	Intern	Sauk County Health Department	Emorie Harty
7/17/2018	Focus Group/Key Informant Meeting	Director of ED	SSM Health St. Clare Hospital	Cathy Etter
7/17/2018	Focus Group/Key Informant Meeting	Chief/EMS Director	Baraboo District EMS	Dana Sechler
7/17/2018	Focus Group/Key Informant Meeting	Safety and Emergency Coordinator	SSM Health St. Clare Hospital	Kelly Lapp
7/17/2018	Focus Group/Key Informant Meeting	Medical Director, Emergency Physician	Madison Emergency Physicians, SSM Health St. Clare Hospital	Matt Lazio MD
7/17/2018	Focus Group/Key Informant Meeting	SSM Regional EMS Medical Director	Madison Emergency Physicians, SSM Health St. Clare Hospital	Kacey Kronenfeld MD
7/17/2018	Focus Group/Key Informant Meeting	Director	Reedsburg EMS	Josh Kowalke
7/17/2018	Focus Group/Key Informant Meeting	Fire Chief	Baraboo Fire	Kevin Stieve

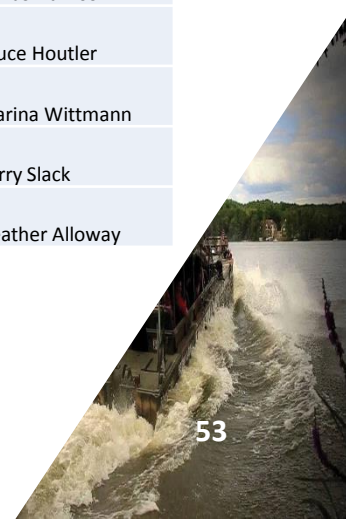


Appendix D

SSM Health – St Clare Hospital Key Informant Meetings



7/17/2018	Focus Group/Key Informant Meeting	EM Director	Baraboo	Jeff Jelinek
7/17/2018	Focus Group/Key Informant Meeting	EMS Director	Dells-Delton EMS	Janene Clark
7/17/2018	Focus Group/Key Informant Meeting	Sheriff	Sauk County Sheriff's Department	Chip Meister
7/17/2018	Focus Group/Key Informant Meeting	Captain	Sauk County Sheriff's Department	Mike Stoddard
7/17/2018	Focus Group/Key Informant Meeting	Director of Public Safety/Police Chief	Lake Delton Police Department, Fire & EMS	Daniel Hardman
7/19/2018	Focus Group/Key Informant Meeting	Quality Improvement Coordinator	Sauk County Health Department	Staci Dankert
7/19/2018	Focus Group/Key Informant Meeting	Intern	Sauk County Health Department	Emorie Harty
7/19/2018	Focus Group/Key Informant Meeting	Health Educator	Sauk County Health Department	Cassidy Walsh
7/19/2018	Focus Group/Key Informant Meeting	Foundation Coordinator	SSM Health at Home	Brittany de la O
7/19/2018	Focus Group/Key Informant Meeting	Aging Program Intern	Sauk County ADRC	Brianna Wipperfurth
7/19/2018	Focus Group/Key Informant Meeting	HIM Supervisor, Quality Data Analyst	SSM Health St. Clare Hospital Baraboo	Stephanie Wilkinson
7/19/2018	Focus Group/Key Informant Meeting	ADRC Director	ADRC	Susan Blodgett
7/19/2018	Focus Group/Key Informant Meeting	Director of Quality and Risk Management and HIM	SSM Health St. Clare Hospital Baraboo	Barbara Talley
7/19/2018	Focus Group/Key Informant Meeting	Diabetes Educator	SSM Health St. Clare Hospital Baraboo	Kelly Perry
7/19/2018	Focus Group/Key Informant Meeting	CMO, SCH	SSM Health St. Clare Hospital Baraboo	Maureen Murphy
7/20/2018	Focus Group/Key Informant Meeting	Quality Improvement Coordinator	Sauk County Health Department	Staci Dankert
7/20/2018	Focus Group/Key Informant Meeting	Intern	Sauk County Health Department	Emorie Harty
7/20/2018	Focus Group/Key Informant Meeting	Health Educator	Sauk County Health Department	Cassidy Walsh
7/20/2018	Focus Group/Key Informant Meeting	President/Owner	Yogi Bear Wisconsin Dells	Brent Gasser
7/20/2018	Focus Group/Key Informant Meeting	Mayor	Baraboo	Mike Palm
7/20/2018	Focus Group/Key Informant Meeting	PAS Manager (Patient Access)	SSM Health St. Clare Hospital Baraboo	Billi Jo Harrison
7/20/2018	Focus Group/Key Informant Meeting	Rehab Services	SSM Health St. Clare Hospital Baraboo	Bruce Houtler
7/20/2018	Focus Group/Key Informant Meeting	Aging Program Specialist	Sauk County Aging and Disability Resource Center	Marina Wittmann
7/20/2018	Focus Group/Key Informant Meeting	District Administrator	School District of Wisconsin Dells	Terry Slack
7/20/2018	Focus Group/Key Informant Meeting	Chronic Disease Coordinator	SSM Health St. Clare Hospital Baraboo	Heather Alloway



Appendix E

Reedsburg Area Medical Center Key Informant Meetings



July 25, 2018

Last Name	First Name	Organization
Dankert	Staci	Sauk County Health Department
Walsh	Cassidy	Sauk County Health Department
Frederich	Abbie	Edgewood College
Vlack	Ashley	Edgewood College
Dolan	Caitlin	Edgewood College
O'Rourke	Emily	Edgewood College
Shaffer	Erica	Edgewood College
Johnson	Jen	Edgewood College
La Rocco	Tammy	SSM Health at Home
Groskreutz	Joel	Thrivent Financial
Dempsey	Nikki	Cardiac Rehab Director at RAMC
Mercer	Carla	RAMC
Wildes	Vicki	RAMC
Bodendein	Cindy	Edgewood Instructor
Crosby	Kyle	Reedsburg Boys & Girls Club
Adelman	Julie	Land's End
Shear	Mary Beth	RAMC Physician
Noble	Jason	RAMC Health & Fitness Coordinator
Molitor	Jodie	RAMC

Appendix E

Reedsburg Area Medical Center Key Informant Meetings



August 1, 2018

Last Name	First Name	Organization
Molitor	Jodie	RAMC
Walsh	Cassidy	Sauk County Health Department
Platt-Gibson	Melanie	SSM Health – St Clare Hospital
Weihing	Mark	EMS
Weihing	Chris	RAMC
Herritz	Emily	RAMC
Compton	Steve	City Administrator
Kennedy	Heather	Director of Dining Services at RAMC
Mihlbauer-Luther	Carmen	Director of Emergency Services at RAMC
Arkin	Cheryl	Financial Investor
Koenecke	Tammy	RAMC Spiritual Care Coordinator
Green	Rochelle	RAMC CME Coordinator

Appendix F

Sauk Prairie Healthcare Key Informant Meetings

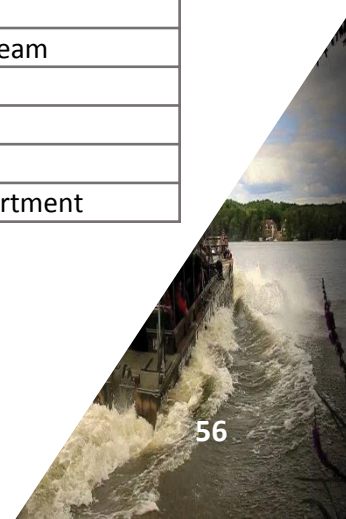


August 13, 2018
Black Earth Village Hall

FIRST	LAST	TITLE	ORGANIZATION
Shellie	Benish	Village Clerk-Treasurer	Village of Black Earth
Paulette	Glunn	Executive Director	Northwest Dane Senior Services
Peter	Huebner	Village Administrator	Village of Mazomanie
Janelle	Hupp	Dr.	Sauk Prairie Healthcare / Wisconsin Heights Clinic
James	Kartman	Officer	Black Earth (am)
Francine	Rask	Serve & Care Coordinator	Second Harvest Mobile Food Pantry
Marybeth	Schall	Owner	Base Camp
Ken	Carlson	Vice President, Planning & Business Development	Sauk Prairie Healthcare
Brenda	Humbracht	Business Development Analyst	Sauk Prairie Healthcare

August 16, 2018
Lodi Woman's Club Public Library

FIRST	LAST	TITLE	ORGANIZATION
Ken	Carlson	Vice President, Planning & Business Development	Sauk Prairie Healthcare
Cindy	Fischer	Coordinator of Pastoral Care	Blessed Trinity Catholic Church
Craig	Freitag	Lieutenant	Lodi Police Department
Brenda	Humbracht	Business Development Analyst	Sauk Prairie Healthcare
Diana	Karls	Director of Comm. Ed. & Rec	Lodi Community Action Team
David	Krey	Dr.	Lodi Clinic
Carla	Peck		Sauk Prairie Healthcare
Steven	Ricks	Coalition Chair	Lodi Community Action Team
Russ	Schafer	EMS Director	Lodi Area EMS
Jim	Schmiedlin	President/Executive Team	Reach Out Lodi
Penny	Schmiedlin	active citizen	Reach Out Lodi
Cassidy	Walsch	Health Educator	Sauk County Health Department



Appendix F

Sauk Prairie Healthcare Key Informant Meetings

August 23, 2018
Sauk Prairie Hospital

FIRST	LAST	TITLE	ORGANIZATION
Ken	Carlson	Vice President, Planning & Business Development	Sauk Prairie Healthcare
Niki	Conway	Clerk/Treasurer	Village of Prairie du Sac
Paul	Fiscus	Administration	Maplewood Nursing Home
Tywana	German	Executive Director	Sauk Prairie Area Chamber of Commerce
Travis	Hilliard	Lieutenant	Sauk Prairie Police Department
Brenda	Humbracht	Business Development Analyst	Sauk Prairie Healthcare
Amy	Lindloff	Clinic Administrator	Prairie Clinic
Beth	Martinka	Director - OB	Sauk Prairie Healthcare
Ellen	Mast	President / Board President	Good Neighbor Clinic
Laura	President-Seeley	MSW	SSM Health at Home
Eric	Scheunmann	Physical Education Teacher	Sauk Prairie Schools
Tom	Sullivan	Dr.	Good Neighbor Clinic
Cliff	Thompson	Superintendent	Sauk Prairie School District
Cassidy	Walsh	Health Educator	SCHD
Kevin	Weber	Director	SP Ambulance

August 27, 2018
Spring Green Community Library

FIRST	LAST	TITLE	ORGANIZATION
Danielle	Bernacchi	APNP	Upland Hills Health
Tara	Buringa	EMT	Spring Green Fire & Ambulance
Ken	Carlson	Vice President, Planning & Business Development	Sauk Prairie Healthcare
Kim	Emerson	Patient Family Services	Upland Hills Health
Tim	Gittings	APT Core Company	American Players Theatre
Brenda	Humbracht	Business Development Analyst	Sauk Prairie Healthcare
Karin	Miller	Business Owner	General Store
Jaime	Radtks	EMS	Spring Green Fire & Ambulance
Cassidy	Walsh	Health Educator	SCHD
Tom	Wermuth	Superintendent	River Valley School District
Tina	White	Marketing Director	Upland Hills Health

Appendix G

Mental Health

Round 1:

Describe the mental health issues you or your organization observe? Identify any “at risk” groups or individuals characteristics we should focus on.

What we are observing:

- Trauma – PTSD
 - Emergency Responders – PTSD
 - Suicides
- Eating Disorders
- Depression/ anxiety
- Stress
- Sleep disorders
- Abuse – Emotional/Physical
- Isolation
- Chronic Mental Health
 - Schizophrenia
 - Bipolar disorders
- Developmental Delays/disorders
- Personality disorders
- Suicides

At risk groups:

- Unemployed/uninsured population
- Children
- Single parents
- Grandparents raising children
- Incarcerated population
- Divorcees
- Veterans
- Homeless population
- Elderly
- Teens in crisis
- Farmers
- Non-citizens
- Those that lost loved ones

Round 2:

List reasons why the issues shown above are not being addressed. Share examples of local efforts that have been effective.

- Lack of money
- No mental health hospitals in the county
- Reimbursement issues
- Shortage of psychiatrists
- In need of more home care services
- Need more preventative resources
- Need better discharge planning
- Better family care coordination/appointments
 - Reminder calls with families
 - Making sure people have transportation (case management type stuff)

Effective Efforts:

- Minnesota is putting psychiatrists in schools
- San Diego program called PERT
 - psych nurse rides along law enforcement
 - There has been a reduction in crisis hospitalizations
- Project Recovery – Flooding program
- Paramedic Program – St Mary’s
- Follow up call backs

Appendix G continued

Mental Health Continued

Round 3:

Describe transportation issues and barriers that prevent residents from getting the help they need.

Transportation Issues & Barriers:

- Liability
- Car repairs
- Cost of gas
- Money in general
- No license
 - People that don't have a license or lost their license
- Taxi services only within city limits
- Insurance
- Service times are normal working times, not available nights & weekends.

Solutions:

- Reduce distance of travel
- Text reminders
- More tele-health
- Community support programs (CSP & CCS)
- ADRC voucher program
- Need more mental health offices
- County wide collaboration with organizations
 - Possible shared bussing
- Local mental health in organizations

Round 4:

Develop 3-5 actions you recommend we should take to address this item.

- Making collaboration the norm
 - Tele-health – video conferencing
 - Add more mental health professionals in different organizations (i.e. clinics, hospitals, schools)
 - Share providers
- Establish long term funding
 - Make sure \$ goes towards treatment and prevention
- Reduce stigma
- Preventative resources/activities
- Preventative mental wellness
 - get set up in advance not in crisis
 - Example: people go to dentist twice a year for prevention – why not see a mental health professional for prevention
- SOS programs in schools
 - Mental health assembly
 - Evidenced based programming
 - Lack of funding to schools & time
- Group therapy/treatment – holistic
 - Nutritional
 - Exercise
 - Education
- Do not want to leave their homes
 - Go to them
 - More referrals/marketing collaboration between organizations
- Summer school programs
- More partnering with:
 - Boys & Girls Club
 - NAMI

Appendix G continued

Obesity

Round 1:

What programs and initiative are currently in place?

- Education & activities with boys & girls club and first responders
- Parkinson's Support Group at Pulse
- Schools have adult leagues
 - Swimming
 - Tennis
 - Basketball
 - Wellness Programs
- Wellspring Center
- Pool Regulations
- Yoga Groups
- Organizations partner with Second Harvest Foodbank
- UW-Extension provides resource guides
- WOW – Wellness on Wednesday in Lodi
- Employee Health Fairs

Round 2:

Identify people/partners in your community who should be connected to this health priority? Why?

- Food Pantries like second Harvest Foodbank
 - Helps with fresh produce
 - Help deliver food to people
 - Develop simple recipes for customers
 - Needs to reduce the carb heavy products at the pantries
- Farm to Table
 - Schools partner with Partner of Defense & Sky High for fruits & veggies
- Farmers Market
 - Product not sold gets brought to the food pantries
- ADRC
 - Shopping busses
 - Meals on wheels
- UW-Extension
 - Classes to help with stretching your food money
- Case Management
 - Diabetic educators
 - Chronic disease management
 - Nurse navigators
- Insurance
 - Case managers
- WIC services
- Schools
 - New Food Pantry
 - Business Partners
 - Aquaponics & hydroponics
 - Summer breakfast & lunch programs
- FoodWise
- 6:8
 - Community meals & cooking classes
- Boys & Girls Club
- Summer School Classes

Appendix G continued

Obesity Continued

Round 3:

Describe barriers that affect this health priority.

- Empowering/motivating people to continue what they learned
- Lack of safe places to have a critical conversation
- Society today wants immediate gratification/quick fix
- Time!!
- Winter – the cold and dark weather affect mood and cause safety issues for kiddos
- Information sharing
- Social media/technology causing a sedentary lifestyle
- Cost, Access, Time (perception), how to use it, lack of role modeling, and transportation create barriers to healthy eating
- Not reaching the target audience and engaging them and giving them the tools to cook
- Language barriers
- Instead of constantly prescribing meds, we need to prescribe movement
- Diet Pills
- Lack of prioritization
- Both parents work
- Lack of emphasis on family meal time
- We have extreme obesity and their caregivers are enabling them
- Lack of money available to educate before they become obese
- We need to change people's value structure – need to make them care

Round 4:

Develop 3-5 actions you recommend we should take to advance this item.

- Need to start young with pregnant moms and at schools
 - Get to the people they are around the most
- Require more physical fitness, nutritional education, mindfulness, & yoga for kiddos and adults at work
- Bring cost down on healthy foods
- Educational Promos
- Need to get people to understand the WHY and that it affects EVERYONE
- Instead of going backwards we need to adjust with the current culture & technology
- Parental Buy-In!
 - FED reward system
- Local Community Funding
 - Partner with community programs already going on
- Identify those that want to change
- Financial support to get cultural awareness
- Make it a social norm
- Gather un-biased facts
- PR of resource guides
- You make a connection before you bring the content

Any implementation
action item will need
5 years to complete

Appendix G continued

Chronic Disease

Round 1:

The top three chronic diseases are Diabetes, Heart Disease, and Hypertension (stroke). Chronic disease is interwoven into all of the priorities discussed, how?

- Lack of physical activity
- Mental Health
- Substance use for coping
- Depression
- E-cigarettes – does the community understand the impact?
- Lack of transportation limits access to healthcare
- Poor insurance, high deductibles, increase of cost
- Lack of access to healthy foods
- Lack of knowledge for food prep
- Dental issues impact chronic disease
- Shortage of healthcare providers
 - Nursing, specialty, general, mental health
- Elderly not able to afford medications
- Too easily to get unhealthy foods
- No access to follow-up care and case managers
- Abuse of ER for primary care
- Inability to navigate healthcare system
- How do you manage chronic disease if you have mental health issues?
- Fatalism – what I've been given is what will happen, my choices don't matter
- Lack of hope – leads to use of opioids
- Falling victim to heredity, using it as an excuse
- Education on controllable vs uncontrollable risk factors
- Peer pressure, following the crowd
- Lack of parenting to teach healthy lifestyle

Round 2:

Describe the chronic disease you or your organization observe? Identify any “at risk” groups or individual characteristics we should focus on. What would help?

Diseases:

- Diabetes
- Obesity
- Inflammation & pain
- Major mental issues
- Asthma
- Substance use disorders
- Auto immune disorders
- GI Disorders
- Developmental disorders
- Heart disease
 - Increase BP
 - Stroke
 - Heart attack

At Risk Populations:

- Low income
- Elderly
- Veterans
- Children
- Uninsured
- Ethnic-Hispanic, Native American
- LGBTQ
- Developmentally disabled
- SSI
- Substance use struggles
- Highly stressed
- Isolated/rural
- No family support/social isolation

What would help:

- Transportation
- Community support systems
- Decrease stigma
- Education
 - Cooking
 - Literacy level
- Better communication systems
 - Social media
- Employer incentives to keep employees healthy
- Long term funding/better program stability
- School buy-in

Appendix G continued

Chronic Disease Continued

Round 3:

Describe barriers that affect this health priority.

- Money/poverty/uninsured due to cost
- Education
 - Idea eating healthy has to be costly
 - Health literacy
 - Literacy in general
- Privacy
- Denial
- Hopelessness
- Apathy
- Transportation
- Decrease in providers
- Lack of access to alternative health care options
- Lack of awareness of what they're eligible for
- Not aware the control one has over chronic disease
- Multiple issues/barriers = compounded
- Language barriers/lack of translators
- Lack of incentives to get treatment/ help others
- Communication between providers
- Technology – some cannot access/not familiar
- Lack of trust/Fear
- Cultural norms/lifestyle “norms”
- Funding for school nutrition programs
- Parenting skills (lack of)
- Legislature changes needed

Round 4:

Develop 3-5 actions you recommend we should take to advance this item.

1. Collaboration between HH, Clinics, Hospitals, EMS/PD
 - Coalition?
 - “Umbrella” Care
2. Better continuous education on prevention and options available
 - Community collaborative effort
3. Provider education
 - ACEs/T.I.C.
 - Know what the patients options are

Appendix G continued

Substance Abuse

Round 1:

Describe the substance abuse you or your organization observe. Which drugs should our efforts prioritize for youth? Adults?

Criteria

- Magnitude
- Trends
- Severity
- Comparisons
- Community readiness
- RX Opioids
 - Need to decrease prescribing rates
- Vaping (JUUL)
 - Increase in use sudden. Use is sneaky = appealing to youth. Low perception of risk in youth and adults
 - Use in pop. age 18 and younger has surged
- Alcohol
 - Magnitude, community consequences, driving, older adults
- Meth
 - Increase in meth use by those with heroin use disorder
- Marijuana: workplace issue

Round 2:

What policies or programs are working? Why or why not

- MAT program
- Narcan
- Education programs
 - Parents, students, healthcare, law enforcement
- PDMP – Prescription drug monitoring program
- Drug Take back program
- Bar Buddies
- ASAM – American Society Addiction Medicine
- Human Services walk in hours
- Women’s shelter, but none for men
- Problem: Lack of resource/info sharing
- NEED: Mentorship programs
- Diversion programs
 - Decrease jail
 - Increase tx
- Funding
 - Not always going where it’s needed
- NEED: Drug Endangered Children program
- Drug/treatment court
- NEED: Child care, transportation
- NEED: Targeted programs for middle school
- Focus on resiliency, not just trauma
- ACEs – Adverse Childhood Experiences and trauma-informed care
 - Starting in schools and agencies
- Shift from punishment to treatment and understanding
- Peer Support

Appendix G continued

Substance Abuse Continued

Round 3:

Describe factors that impact this health priority.

Individual Factors and Community Factors

- Culture: Drinking is accepted; Events are alcohol-focused/involved; Lack of consequences from misuse (Eg OWI); Promoted/accepted in Movies & TV
- Focus on drinking and driving, but there are many other consequences. Does Bar Buddies promote binge drinking?
- Stress and mental health problems: people are self-medicating with drugs
- Peer Pressure: both youth & parents are encouraged to be “cool”
- Parental disapproval decreases youth use, but many parents condone drinking
- Lack of parental supervision

- Babies born dependent on drugs
 - Drug testing for pregnant moms is needed
- Elderly use is going undetected
- Lack of community connections

Accessibility

Acceptance

Affordability

Attractiveness

Round 4:

Develop 3-5 actions you recommend we should take to advance this item.

1. Decrease opioid accessibility:
 - Decrease prescribing
 - Increase proper disposal
 - Doctors to follow up with patients at appts. re disposal
 - Biod. Bags given to patients
2. Legislative ideas
 - Ban flavored nicotine products
3. Education for parents, youth, community on trends (eg vaping)
 - Work with schools
4. Activities sans alcohol/drugs
 - Locations for those in recovery
 - Indoor
 - Low cost or free
5. Alcohol age compliance checks
6. Integrate “alternative” medicine for pain management and for TX of addiction
 - Eg chiropractic, meditation, breathing, acupuncture



HEALTH DEPARTMENT



Public Health
Prevent. Promote. Protect.

