



**2015-2019**  
**CHIP**

# **Kewaunee County**

## **Community Health Improvement Plan**

***Be the Change You Wish to See!***

## A Message to Kewaunee County Residents:

In 2015 the Kewaunee County Public Health Department staff began working on our Community Health Assessment. This process took nearly a year and involved many community members, county agencies, and health department partners. Each member of the process shared their thoughts and concerns regarding the health of Kewaunee County and their commitment to: *Be the Change you Wish to See!*

A steering team was formed in the spring of 2015 to guide the community health assessment and to oversee the implementation of the Community Health Improvement Plan. This steering committee will continue to guide the work being done over the next five years by offering leadership and support. Through this engagement process five primary health priority areas were chosen to focus on. They include: Physical Activity, Nutrition and Healthy Foods, Chronic Disease Prevention and Management, Alcohol and Drug Use, and Mental Health. After choosing these focus areas, it was decided that Physical Activity and Nutrition and Health Foods would be combined into one focus area. In addition, it was decided that Chronic Disease Prevention and Management would be addressed individually as well as in each of the other focus areas because chronic disease plays an important factor in all health priorities.

Health priority leaders will formulate committees that will look at county-wide resources and how these resources can be used to meet specific goals for each of our health priority focus areas. We will call on community partnerships to help us reach our goals.

We would like to thank all the individuals who took the time to assist us in this process; the steering committees members, the participants who were engaged at the Community Health Assessment, as well as those that are dedicating their time to work on our three primary health priorities. Without their commitment and time this process would be unattainable.

The Kewaunee County Public Health Department remains committed to the health and overall wellness of this community. We encourage you to join us and work toward making Kewaunee County a healthier community. To view this document online, visit [www.kewauneeco.org](http://www.kewauneeco.org) and click on public health. ***Be the Change You Wish to See!***

Sincerely,

Cindy Kinnard, RN, BSN  
Kewaunee County Health Officer

## **Steering Committee Members:**

Claire Thompson, UW Extension  
Rachel Bauer, RD, Kewaunee Co. PHD  
Janet Lloyd, RN, WI Division of Health  
Cynthia Farrell, RN, Kewaunee C. PHD  
Devin Schmidt, RN, Prevea Health System

Melissa Fleischman, RN, Bellin Health  
Linda Roethle, VP, Bellin Health  
Beth Scheelk, RD, WI Division of Health  
Melissa Patz, RN, Kewaunee Co. PHD  
Cindy Kinnard, RN, Kewaunee Co. PHD

## **Community Health Assessment Attendees:**

- Nancy Christoff, St. Louis Catholic Church
- Janita Zimmerman, Kewaunee Chamber of Commerce
- Kaye Schillin, Kewaunee Co. Board of Health; chairperson
- Linda Roethle, VP, Bellin Health System
- Beth Scheelk, RD, WI Division of Health
- Kari Cornelissen-Wied, DC, Steele Chiropractic Clinic
- Rev. Christopher Jackson, St John's Lutheran Church
- Joyce Tyeptanar, RN, Kewaunee School District
- Phoebe Wendricks
- Jill Jorgensen, UW Extension
- Janet Lloyd, RN, WI Division of Health
- Christ Culotta, WI Division of Health
- Claire Thompson, UW Extension
- Kathy Tulachka, RN, Linden Manner CBRF
- Scott Feldt, Administrator, Kewaunee Co.
- Devin Schmidt, RN, Prevea Health System
- Brenda Vandermause, EMT, Kewaunee Rescue
- Tracy Nollenberg, EM Director, Kewaunee Co. Emergency Management
- Melissa Annoye, MSW, Kewaunee Co. Human Services
- Rebecca Sickels-Wahlers, RN, Algoma School District
- Robin Nelson, DC, Nelson Sivert Chiropractic
- Bob Garfinkel, Kewaunee Co. Board Supervisor / Literacy Partners of Kewaunee Co.
- Don Niles, DVM, Dairy Dreams
- Davina Bonness, Kewaunee Co. Land and Water Conservationist
- Mary Kay Messmann, RN, Linden Manor CBRF
- Glenn Schlender, District Administrator, Luxemburg-Casco School District
- Sarah Kramer, NEW Curative
- Renee Koenig, UW Extension
- Kim Swiggum, RN, Ministry Health System
- Anne Laurent, Literacy Partners of Kewaunee Co.
- Jodi Vandervest, Kewaunee Co. Human Services
- Jenny Daubner, MSW, Caregiver Coalition
- Cynthia Farrell, RN, Kewaunee Co. PHD
- Melissa Patz, RN, Kewaunee Co. PHD
- Rachel Bauer, RD, Kewaunee Co. PHD
- Cindy Kinnard, RN, Kewaunee Co. PHD
- Wendy Hutterer, ADRC of the Lakeshore

## Community Member Invitation Letter:

Dear Kewaunee County Community Partner;

The Kewaunee County Public Health Department is in the process of completing a Community Health Assessment and Community Health Improvement Plan. This process is done every five years to determine where the community will focus its energy to improve the health of Kewaunee County and its residents. We need your help! Could you please participate in our Community Health Assessment and Community Health Improvement Plan by completing this survey? Here is the link: <https://www.surveymonkey.com/s/65ST6FK>. A written copy of the survey has also been enclosed with a self-addressed, stamped envelope if you prefer to mail it back to us. Please return the survey by June 5, 2015.

The health department is also looking for representatives to serve on the community assessment team. The assessment team will include members from healthcare systems, local government, education, public health, community agencies, local businesses, and citizens. This team will examine county and local health data, identify local health focus areas that impact Kewaunee County residents, identify community assets and resources, and help select health priorities for Kewaunee County to focus on over the next five years.

We feel you have a strong connection to our community and would be able to provide insight and direction for this project. We would appreciate having you on our team. We look forward to the opportunity to work together to improve the health of Kewaunee County.

Participation is easy. All you need to do is:

- Attend the community meeting that will be held on September 30, 2015. RSVP to attend the meeting in September by calling (920) 388-7160 or emailing me at [kinnardc@kewauneeco.org](mailto:kinnardc@kewauneeco.org)
- Provide your expertise to help identify focus areas and develop solutions to improve the health of Kewaunee County.

If you are unable to take part in this community meeting, feel free to send a representative from your organization to attend in your place. Please contact me regarding any questions you may have. We look forward to working with you. Thank you for helping to make Kewaunee County a healthy place to live.

Cindy Kinnard, RN, BSN  
Health Officer / Director  
Kewaunee County Public Health Department  
810 Lincoln Street, Kewaunee WI 54216  
(920) 388-7160  
[kinnardc@kewauneeco.org](mailto:kinnardc@kewauneeco.org)

## 2015 Community Health Assessment

### Kewaunee County Community Health Input Survey

Results Summary Compiled by Claire Thompson, UW Cooperative Extension

#### **Background**

The purpose of the 2015 Kewaunee County Community Health Assessment Survey is to identify key health related concerns and strengths of community residents. The survey was administered in person at meeting of the Public Health board and at Senior Meal Sites in Algoma and Kewaunee. The Survey was also made publicly available on the Health Department's website and was promoted through Facebook for two months in the summer of 2015. This survey is not a statistical sample of Kewaunee Residents, so the results cannot be generalized to the whole population. The Kewaunee County Public Health Department and the Kewaunee County UW Extension office provided leadership in designing and administering the survey.

Results of the survey will be included as one reference point among many other pieces of data collected by the State of Wisconsin Division of Public Health staff. All data will be reviewed by the steering committee and community stakeholders as part of the ongoing Community Health Assessment process.

There were 155 people that responded to the survey. Respondents were asked a series of closed and open ended questions about their perceptions of top health concerns and strengths in Kewaunee County.

#### **Health Factors**

Below are the categories of health needs, which originate from the County Health Rankings and Roadmaps (University of Wisconsin Population Health Institute) as health factors and behaviors that are modifiable and measureable at the community level.

1. Oral health
2. Alcohol and other drug use
3. Infectious Disease
4. Physical Activity
5. Mental Health
6. Tobacco Use and Exposure
7. Injury and Violence
8. Reproduction and Sexual Health
9. Growth and Development
10. Health and Nutrition
11. Access to Healthcare
12. Improved and Connected Health Service Systems
13. Chronic Disease Prevention
14. Emergency Preparedness/ Response and Recovery
15. Community Safety
16. Health Literacy
17. Social Support
18. Racism/ Hate Crimes
19. Access to Housing
20. Access to Parks
21. Access to Food
22. Air, Water, and Soil Quality

## Top Health Needs

There were 155 people that responded to the survey. The first question asked the respondents to identify the top health needs in Kewaunee County, according to the above listed factors. The factors were listed and respondents were allowed to choose as many wanted to. The next question was a write-in question that asked them to rank the top three health needs in order of importance. This is where individuals could specify an item that was not on list of defined factors. Below is a ranked list of responses by zip code, age and response set.

### Top Six Perceived Health Needs in Kewaunee County

	Algoma All N=155 N=47	Kewaunee N=41	Luxemburg N=35	Age < 65 N=110	Age > 65 N=31	Write-In Ranking Needs	
<b>Alcohol &amp; Drug</b>	64%	76%	56%	69%	68%	58%	2.0
<b>Air, Water, Soil</b>	54%	66%	39%	63%	56%	48%	1.0
<b>Physical Activity</b>	51%	66%	61%	*29%	52%	52%	6.0
<b>Health &amp; Nutrition</b>	50%	60%	56%	35%	53%	42%	4.0
<b>Mental Health</b>	47%	49%	56%	40%	51%	**32%	3.0
<b>Oral Health</b>	33%	40%	29%	40%	28%	45%	5.0

\* In Luxemburg, Physical Activity followed Access to Healthcare (31%) in the ranking.

\*\* With Seniors age 65+ Mental Health followed Access to Healthcare (39%), Social Support (39%), Tobacco Use (35%), Improved & Connected Health Service Systems (32%) in the ranking.

Survey Respondents			Survey Respondents	
ZIP	Number		Percent	KC Population
ZIP Code 54201	ALGOMA	47	34%	25%
ZIP Code 54205	CASCO	11	8%	10%
ZIP Code 54216	KEWAUNEE	41	30%	30%
ZIP Code 54217	LUXEMBURG	35	26%	35%
ZIP Code 54208	DENMARK	3	n/a	n/a

#### Kewaunee County Age Profile 2014

KC Population	Percent	Survey #	Survey %	
<b>18 to 24 years</b>	1,408	9	3	2%
<b>25 to 44 years</b>	4,590	29	49	34%
<b>45 to 64 years</b>	6,157	39	61	42%
<b>65 years and over</b>	3,736	24	31	22%
Total 18+	15,891		144	

## Access to Care

Access to health care includes medical, dental and mental health care.

There are many aspects to having access to care. Coverage (having health insurance) is essential but does not ensure access. It is also necessary to have:

- ▶ Comprehensive coverage, including of preventive services
- ▶ Providers that accept the individual's insurance
- ▶ Relatively close geographic location of providers to patients
- ▶ Services from a usual and ongoing source

Having a usual and ongoing source of primary care is associated with:

- ▶ Greater patient trust in the provider
- ▶ Good patient-provider communication
- ▶ Increased likelihood that the patient will receive appropriate care

And can lead to:

- ▶ Better health outcomes
- ▶ Fewer disparities
- ▶ Lower costs

Additional barriers to care that may need to be addressed include:

- ▶ Transportation to the provider's office
- ▶ Long waits to get an appointment
- ▶ Lack of knowledge about the importance of preventive care
- ▶ Low health literacy

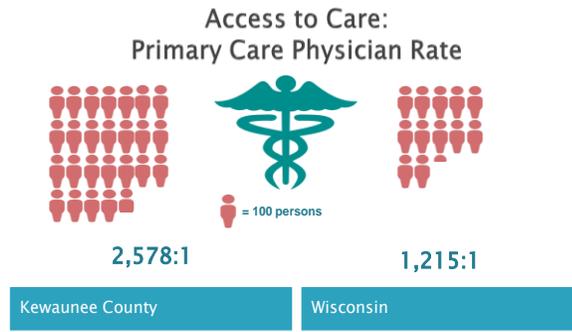
Access to health care impacts:

- ▶ Overall physical, social and mental health status
- ▶ Prevention of disease and disability
- ▶ Detection and early treatment of health conditions
- ▶ Quality of life
- ▶ Preventable death
- ▶ Life expectancy

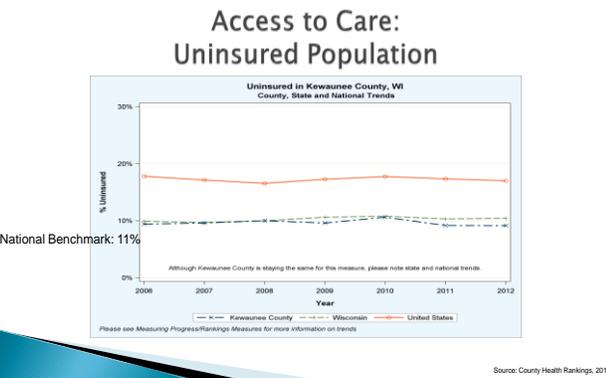
Sources: County Health Rankings (2014); Healthy People 2020

## Kewaunee County Public Health 2015

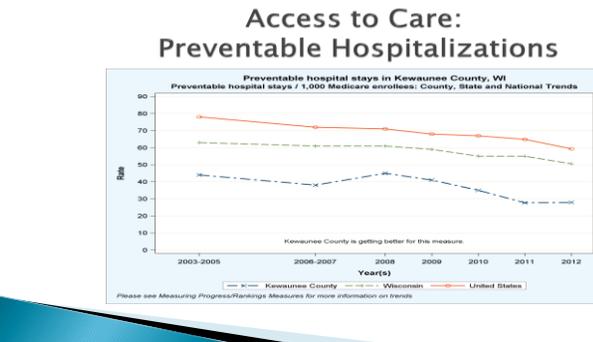
Local Data:



A higher ratio of physicians to the population is associated with a reduction in average mortality in the community.



Kewaunee County is achieving the National Benchmark for Uninsured individuals  
 Kewaunee County – 9%  
 Wisconsin – 10%  
 National Benchmark – 11%



Preventable Hospitalizations is significantly lower than the National Benchmark (per 1,000 Medicare enrollees)  
 Kewaunee County – 28  
 Wisconsin – 51  
 National Benchmark - 49

# Alcohol & Drug Use

An estimated 22 million people per year in the U.S. have drug and alcohol problems. Ninety-five percent (95%) of them are unaware of their problem.

Approximately 88,000 deaths annually in the U.S. are attributed to excessive drinking (2006-2010). It is a leading lifestyle-related cause of death.

Drug and alcohol problems can lead to:

- ▶ Alcohol and drug dependencies
- ▶ Alcohol poisoning
- ▶ Fetal alcohol spectrum disorder
- ▶ Hypertension
- ▶ Heart attack
- ▶ Liver, brain, and heart disease

Substance abuse has a major impact on individuals, families and communities.

Drug and alcohol use can also lead to costly physical, mental and public health problems including:

- ▶ Teenage pregnancy
- ▶ HIV/AIDS and other STDs
- ▶ Domestic violence
- ▶ Child abuse
- ▶ Motor vehicle crashes
- ▶ Physical fights
- ▶ Crime
- ▶ Homicide
- ▶ Suicide

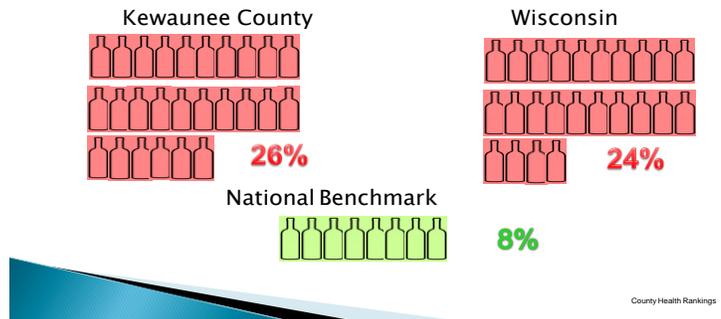
Wisconsin's rates for various measures of alcohol use and abuse are among the highest if not the highest in the nation.

Sources: Centers for Disease Control and Prevention; Healthiest Wisconsin 2020; Healthy People 2020

# Kewaunee County Public Health 2015

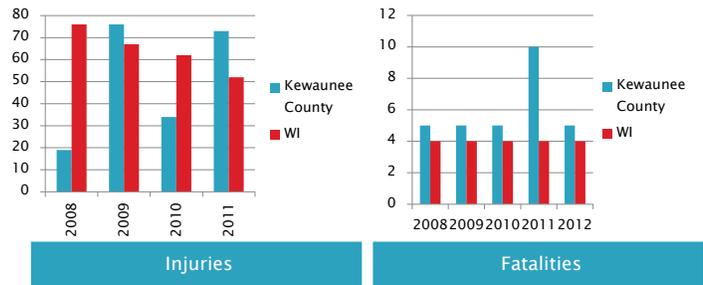
Local Data:

## Alcohol & Other Drugs: Excessive Drinking in Adults



## Alcohol & Drug Use:

### Alcohol Related Motor and Recreation injury and fatalities



Source: WI Epidemiological Profile on Alcohol and Other Drug Use, 2014

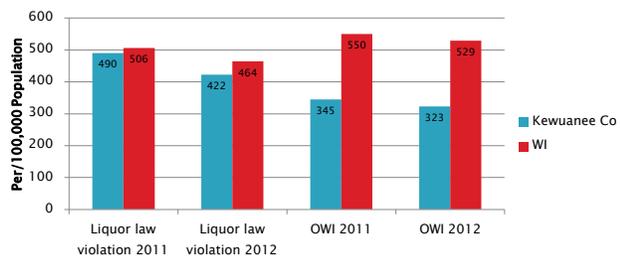
### Kewaunee County :

50% of all driving death involved some level of alcohol in the system

### Wisconsin :

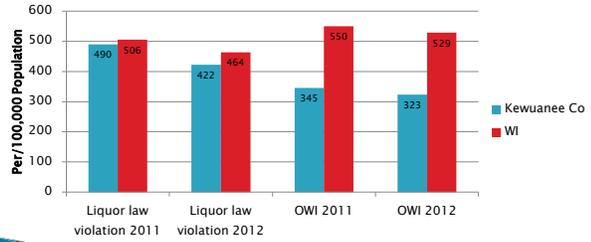
39% of all driving death involved some level of alcohol in the system

## Alcohol and Drug Use: Liquor Law Violation and OWI



WI DHS, Epidemiological Profile on Alcohol and Other Drug Abuse, 2014

## Alcohol and Drug Use: Liquor Law Violation and OWI



WI DHS, Epidemiological Profile on Alcohol and Other Drug Abuse, 2014

## Alcohol & Drug Use: Drug Arrests

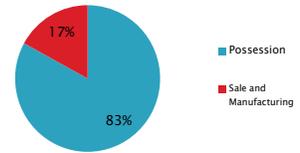
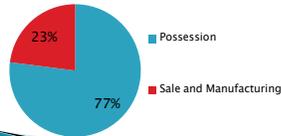
Percent change of arrests

### Kewaunee County

↑ 4% of Overall Arrests  
↑ 11% of All Youth Arrests

### Wisconsin

↑ 7.3% Overall Arrests  
↑ 0.4% Youth Arrests



WI Department of Justice

There has been an increase of 4% of drug arrests in the County

For youth there is an 11% increase in drug arrests.

For total arrests in Kewaunee county, 23% are related to sale and/or manufacturing of drugs. Wisconsin is lower at 17% related to sale and/or manufacturing of drugs.

# Chronic Disease

Chronic diseases include heart disease, stroke, cancer, diabetes, asthma. They can often be prevented through healthy diet, physical activity, eliminating tobacco use and substance abuse. Chronic diseases are important because:

- ▶ They are very costly
- ▶ Effective management can prevent more serious complications

## Diabetes:

- ▶ Affects 29.1 million people in the US (2012)
- ▶ Is the 7<sup>th</sup> leading cause of death (2013)
- ▶ One in every five US health care dollars is spent caring for people with diagnosed diabetes

## Cancer:

- ▶ Is the 2<sup>nd</sup> leading cause of death in the US
- ▶ Risk factors include use of tobacco, physical inactivity & poor nutrition, obesity, UV light exposure
- ▶ Also can be reduced through early screening and vaccination

## Asthma:

- ▶ Affects nearly 40 million people in the US (2011)
- ▶ Can be aggravated by air pollution and certain indoor allergens

## Coronary Heart Disease:

- ▶ Is the leading cause of death in the US
- ▶ Modifiable risk factors include high blood pressure, high cholesterol, cigarette smoking, diabetes, poor diet & physical activity, overweight & obesity

Eighty-four percent of health care spending is generated by the 50% of the population who have one or more chronic diseases (2006).

Sources: National Diabetes Statistics Report, 2014 (CDC); FastStats (CDC); Economic Benefits of Preventing Disease (National Prevention Strategy); Centers for Disease Control and Prevention; Healthiest Wisconsin 2020; Healthy People 2020

# Kewaunee County Public Health 2015

Local data:

## Chronic Disease: Incidence

Chronic Disease	Kewaunee County	Northeast Region	Wisconsin
Diabetes <sup>1</sup>	9%	N/A	9%
Cancer <sup>2</sup>	560.2	561.4	531.1

• Cancer: Incidence 2008-2012 – Kewaunee county has higher incidence than the state

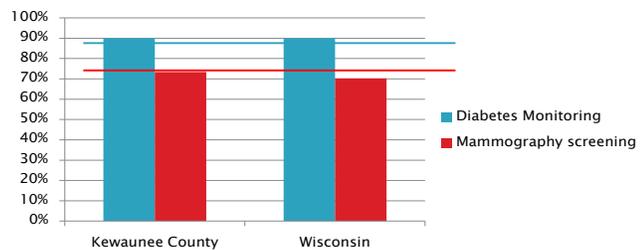
Source: CDC / WI Department of Health Services WISH

## Chronic Disease: Hospitalization

Chronic Disease	Kewaunee County	Wisconsin
Diabetes	All - 1.4	All - 1.3
Cancer	All - 3.6 65+ - 12.6	All - 3.1 65+ - 10.8
Coronary Heart Disease	All - 2.8 65+ - 11.3	All - 3.1 65+ - 12.5
Cerebral Vascular Disease	All - 3.6 65+ - 14.6	All - 2.5 65+ - 11.9

Source: WI Department of Health Services WISH/ WI Public Health Profile 2013

## Chronic Disease Management:



Source: WI Department of Health Services WISH

# Communicable Disease

# Kewaunee County Public Health 2015

Communicable diseases includes:

- ▶ Foodborne & waterborne
- ▶ Respiratory
- ▶ Vaccine-preventable
- ▶ Sexually transmitted
- ▶ Other

Prompt identification and control can reduce illness, death, health care costs and absenteeism.

Viral hepatitis, influenza and tuberculosis are among the leading causes of illness and death in the US. Respiratory infections (including influenza & pneumonia) are the 8<sup>th</sup> leading cause of death in the US (2013).

Food-borne illness:

- ▶ Causes millions of illnesses every year in the US
- ▶ Children under 4 have the highest incidence
- ▶ Adults over 50 are at highest risk of serious complications

Vaccine-preventable diseases:

- ▶ Each year in the US 42,000 adults and 300 children die of vaccine-preventable diseases

Each birth cohort vaccinated with the routine schedule of childhood vaccines:

- ▶ Saves 33,000 lives
- ▶ Prevents 14 million cases of disease
- ▶ Reduces direct health care costs by \$9.9 billion

Sources: Healthiest Wisconsin 2020; Healthy People 2020; Centers for Disease Control and Prevention

Local data:

## Communicable Disease: Major Diseases (All Causes)

	2010	2011	2012	2013	2014	Total
<b>Communicable Diseases</b>						
Pertussis	0	0	7	0	1	8
Influenza – Associated Hospitalization	0	1	6	5	4	16
<b>Enteric Diseases</b>						
Campylobacteriosis	3	3	6	4	7	23
Cryptosporidiosis	4	0	1	2	1	8
<b>Sexually Transmitted Infections</b>						
Chlamydia	10	8	4	9	14	45
Gonorrhea	3	2	1	0	0	6

\* There has been one confirmed case of Lyme's disease over the last 5 years

Source: WI Public Health Information Network – AVR

**42% of Kewaunee County residents 65+ receive Influenza immunization in 2014-2015 season**

**77% of children have completed the recommended immunization series by 24 Months**

- **WI 70.4%**
- **Target 80%**

**80% of children completed series by 36 Months**

# Education

Years of formal education are correlated strongly with:

- ▶ Better work and economic opportunities including:
  - Higher income
  - Better working conditions
  - Access to health care (through work situation)
  - More stability during variations in the job market
- ▶ Better housing
- ▶ Greater sense of personal control
- ▶ More opportunities for healthier lifestyles

Even after controlling for income and insurance status, education still has a significant positive effect on health outcomes.

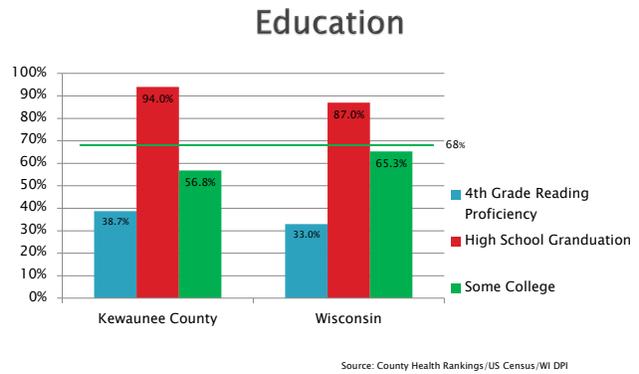
In addition, there are multi-generational health effects. Children born to parents with lower education are at higher risk for decreased cognitive development, increased tobacco and drug use, and a higher risk of some chronic mental and physical diseases.

Reading is a critical predictor of high school success or failure. Poor readers are more likely to drop out of school. Less education negatively impacts health.

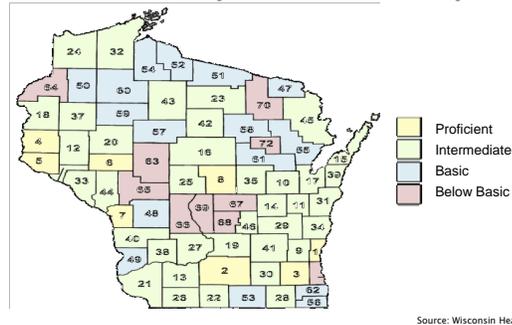
Sources: County Health Rankings (2014); United Way Worldwide (2014); Healthiest Wisconsin 2020; Annie E. Casey Foundation (2014)

# Kewaunee County Public Health 2015

Local data:



## Health Literacy: Adult Illiteracy



Only 3% of college graduates have below basic health literacy skills, while 15% of high school graduates and 49% of adults who have not completed high school have below basic health literacy skills.

# Injury & Violence

Injuries are the leading cause of death in ages 1-44 in the US (2013), with 59% of all deaths in that age group due to injuries.

Injuries include unintentional injuries related to areas such as:

- ▶ Motor vehicle accidents
- ▶ Poisoning
- ▶ Falls
- ▶ Seat belt use

And intentional acts of violence including:

- ▶ Homicide
- ▶ Assault

Injury is a leading cause of disability (in all ages, genders, races/ethnicities, socio-economic status).

Many think of injuries as “accidents” or “acts of fate” but most are predictable and preventable.

The burden of falls in Wisconsin:

- ▶ Falls have surpassed motor vehicle crashes as the most common cause of injury-related death.
- ▶ The vast majority of fall-related deaths (87%) and inpatient hospitalizations (70%) involve people age 65 and older.
- ▶ Hospitalizations and emergency department visits due to falls result in \$800 million in hospital charges each year.
- ▶ Over 70% of the costs for fall-related hospitalizations and emergency department visits are paid by Medicare and Medicaid.

Sources: The Burden of Falls in Wisconsin (2010); Healthy People 2020; County Health Rankings (2014); Centers for Disease Control and Prevention

# Kewaunee County Public Health 2015

Local Data:

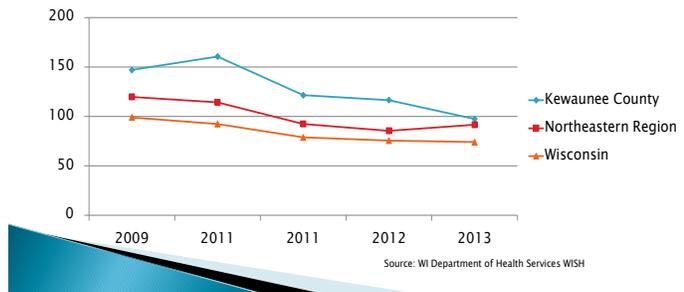
## Injury & Violence: Ranked Cause of Hospitalizations for Injuries

Rank Order	Kewaunee	Rate/100,000	Wisconsin	Rate/100,000
1	Falls	384	Falls	421
2	Unspecified cause of injury	68	Poisoning	130
3	Poisoning	44	Unspecified cause of injury	79
4	Other specified classifiable cause of injury	34	Other specified classifiable cause of injury	54
5	Motor vehicle traffic crash - Occupant	29	Motor vehicle traffic crash - Occupant	39

Source: WI Department of Health Services WISH, 2013

## Non-Traffic related Injuries

Rate of emergency department visits for injuries sustained by non-traffic related vehicles (per 100,000 population) (2009-2013)



Source: WI Department of Health Services WISH

## Non-Traffic Vehicle Related Hospitalization

Snowmobile Injury Hospitalization Rate per 100,000

Age	Kewaunee Co.	WI
All	4.8	2.2
0-14	*	0.6
15-44	13.6	3.3
45-64	*	2.4
65+	*	0.6

ATV Injury Hospitalization Rate per 100,000

Age	Kewaunee Co.	WI
All	10.6	5.1
0-14	15.2	3.8
15-44	16.3	6.5
45-64	3.3	4.7
65+	60.	3.6

WISH, 2009-2013

## Injury & Violence: Deaths Due to Falls in Elderly

Area of Residence	Age of Death			
	All	15 - 44	45 - 64	65+
Wisconsin	17.7	1.3	6.6	111.6
Northeastern	18.0	1.0	6.9	110.3
KEWAUNEE	11.5	*	*	61.5

Source: WI Department of Health Services WISH, 2008-2012

# Mental Health

# Kewaunee County Public Health 2015

Mental health can be defined as a state of successful mental function, resulting in productive activities, fulfilling relationships, ability to adapt and cope with challenges.

Mental health is essential to:

- ▶ Personal well-being
- ▶ Relationships
- ▶ The ability to contribute to society

Mental illness is the most common cause of disability in the U.S.

Thirteen (13) million adults have seriously debilitating mental illness each year in the US.

Approximately 20% of the population experiences a mental health problem during any given year.

Suicide:

- ▶ Is a major preventable public health problem.
- ▶ Is the 10<sup>th</sup> leading cause of death overall in the US with over 40,000 deaths per year (2013).
- ▶ There are an estimated 8-25 attempts for every suicide death.

Mental health issues are associated with increased rates of risk factors:

- ▶ Smoking
- ▶ Physical inactivity
- ▶ Obesity
- ▶ Substance abuse

These physical health problems can in turn lead to:

- ▶ Chronic disease
- ▶ Injury
- ▶ Disability

Sources: County Health Rankings (2014); Healthiest Wisconsin 2020; Healthy People 2020; Suicide Voices of Awareness (2014); Centers for Disease Control and Prevention

Local Data:

## Mental Health

Poor Mental Health Days In 30 days (Goal 2.3 days)



Self-Inflicted Hospitalizations  
Rate per 100,000

Kewaunee County	28
Northeast Region	100.9
Wisconsin	100.7

Source: County Health Rankings / WISH

## Access to Care: Mental Health Provider Rate



2,051:1

623:1

Kewaunee County

Wisconsin

Source: County Health Rankings / HRSA

# Oral Health

Good oral health improves the ability to speak, smile, smell, taste, touch, chew, swallow, and make facial expressions.

Good oral health can prevent:

- ▶ Mouth pain
- ▶ Tooth decay
- ▶ Tooth loss
- ▶ Oral and throat cancer
- ▶ Birth defects
- ▶ Other diseases of the mouth

Good oral health care can prevent other diseases through early detection of diseases that start with oral symptoms but that can affect health in other parts of the body.

People more likely to have poor oral health:

- ▶ People with disabilities
- ▶ People with other health conditions
- ▶ People with lower levels of education and income
- ▶ People from specific racial/ethnic groups

Barriers to adequate oral health care include a lack of dental insurance (public or private) and low reimbursement for dental services.

Over the past 50 years there has been a significant improvement in oral health in the US. This is mostly due to effective prevention and treatment efforts, especially community water fluoridation.

Sources: Healthiest Wisconsin 2020; Healthy People 2020

# Kewaunee County Public Health 2015

Local Data:

## Oral Health Water Sources of Fluoride

- ▶ Access to public water supply – 42.8%
  - Fluoride content at 0.7PPM (optimal level)

Kewaunee	Wisconsin
42.8%	71.7

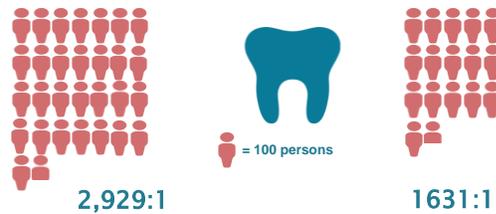
- ▶ Population with access to optimally fluoridated water – 42.8%

Kewaunee	Wisconsin
42.8%	89.4%

Source: COWSS WI DHS/Public Water Supply Fluoridation Census

The municipalities of Algoma (0.9ppm), Kewaunee (1.40ppm) and Luxemburg (0.86ppm) all have sufficient levels of naturally occurring fluoride.

## Access to Care: Dentist Rate



Kewaunee County	Wisconsin
2,929:1	1,631:1

Source: County Health Rankings/ HRSA

- ▶ 3 dentists providing Medicaid service
- ▶ No dentist currently accepting New Medicaid patients
- ▶ 46.6% of 3<sup>rd</sup> grade students have dental sealants applied

# Physical Activity & Nutrition

Regular physical activity in adults can lower the risk of:

- ▶ Early death
- ▶ Coronary heart disease
- ▶ Stroke
- ▶ High blood pressure
- ▶ Type 2 diabetes
- ▶ Breast and colon cancer
- ▶ Falls
- ▶ Depression

Physical activity in children and adolescents can:

- ▶ Improve bone health
- ▶ Improve cardio-respiratory & muscular fitness
- ▶ Decrease levels of body fat
- ▶ Reduce symptoms of depression

A healthy diet reduces risk of a number of chronic diseases, some cancers, oral disease, malnutrition, anemia and others risk factors, diseases and illnesses.

At a healthy weight, one is less likely to:

- ▶ Develop chronic diseases
- ▶ Die at an earlier age

Good nutrition in children is important:

- ▶ To healthy growth & development
- ▶ To maintaining appropriate weight

Annual health care costs are \$1400 higher for people who are obese than for those are not.

When families have ready-access to sufficient and nutritious foods, they are food secure. Ten percent of Wisconsin households are food insecure.

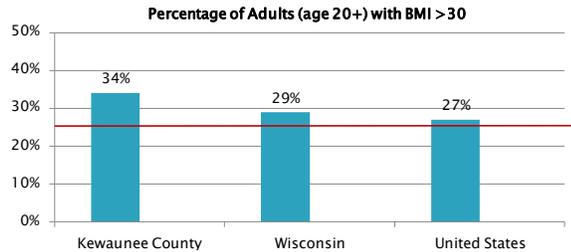
Sources: Healthiest Wisconsin 2020; Healthy People 2020

# Kewaunee County Public Health 2015

Local Data:

## Physical Activity & Nutrition: Adult Obesity

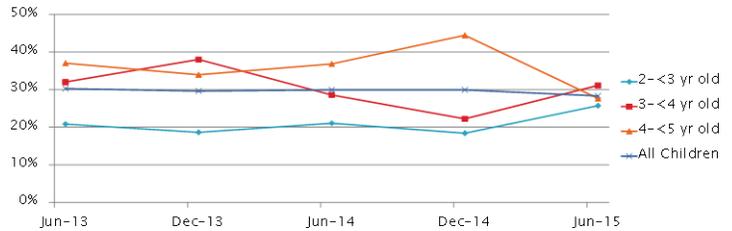
Kewaunee County and Wisconsin



Source: County Health Rankings /BRFSS

## Physical Activity: Youth Overweight

WIC Population Overweight and Obese



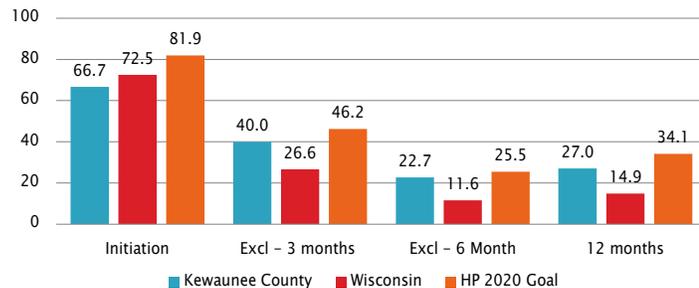
Source: Wisconsin WIC Program, July 2015

Over 40% of WIC participants between the ages of 4 and 5 are considered overweight or obese.

28 % of Kewaunee County adults age 20 and older report no leisure time physical activity as opposed to 21 % In Wisconsin.

In 2015 60% of Kewaunee County residents said they had access to exercise opportunities as compared to 83% of residents in Wisconsin.

## Nutrition and Healthy Food: Breastfeeding\*\*



Source: Wisconsin WIC Program, July 2015

# Reproductive & Sexual Health

# Kewaunee County Public Health 2015

Sexually transmitted infections can lead to:

- ▶ Reproductive health problems
- ▶ Fetal and perinatal health problems
- ▶ Cancer
- ▶ Aiding in HIV transmission

Risks associated with an unintended pregnancy include:

- ▶ Delays in starting prenatal care
- ▶ Decreased likelihood of breastfeeding
- ▶ Increased risk of low birth weight
- ▶ Increased risk of the baby dying in the first year of life
- ▶ Increased risk of the child being abused

Children from unintended pregnancies are more likely to have:

- ▶ Poor mental and physical health
- ▶ Lower educational attainment
- ▶ More behavioral issues as teens

Teen mothers:

- ▶ Are less likely to graduate from high school
- ▶ Earn approximately \$3500 less per year

Teen fathers are more likely to have:

- ▶ Lower educational attainment
- ▶ Lower income

Family planning services help with:

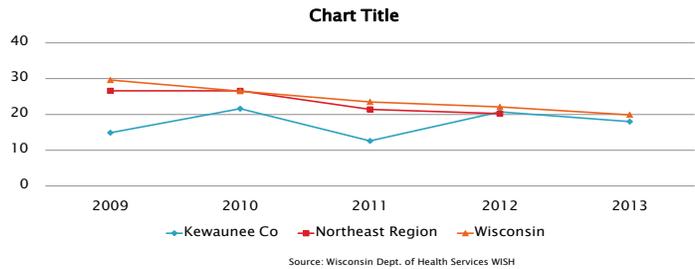
- ▶ Desired birth spacing & family size
- ▶ Improved health outcomes for infants, children, women and families

For every HIV infection prevented, an estimated \$355,000 is saved in the cost of providing lifetime HIV treatment.

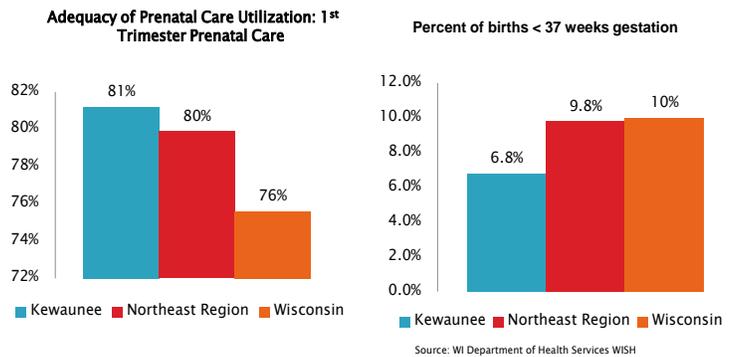
Sources: County Health Rankings (2014); Economic Benefits of Preventing Disease (National Prevention Strategy); Healthiest Wisconsin 2020; Healthy People 2020

Local Data:

## Reproductive & Sexual Health: Teen Birth Rate



## Reproductive & Sexual Health: Adequacy of Prenatal Care



## Tobacco

Tobacco use is the single most preventable cause of death and disease in the U.S.

Every year in the U.S. there are 480,000 deaths due to tobacco. For every death from tobacco use, 20 more people suffer with at least one serious tobacco-related illness.

Every year in Wisconsin there are:

- ▶ Over 6600 deaths due to tobacco use (2008-2012 data)
- ▶ \$3 billion in direct health care costs
- ▶ \$1.6 billion in lost productivity

Tobacco use accounts for 11% of Medicaid costs and nearly 10% of Medicare costs.

Annual health care costs are \$2000 higher from smokers than nonsmokers.

Tobacco use can cause:

- ▶ Cancer
- ▶ Heart disease
- ▶ Lung diseases
- ▶ Premature birth
- ▶ Low birth weigh
- ▶ Stillbirth
- ▶ Infant death

Secondhand smoke exposure can cause:

- ▶ Heart disease
- ▶ Lung cancer
- ▶ Severe asthma attacks
- ▶ Respiratory infections
- ▶ Ear infections
- ▶ Sudden Infant Death Syndrome (SIDS)

Smokeless tobacco use can cause:

- ▶ Cancer of the mouth and gums
- ▶ Periodontitis
- ▶ Tooth loss

Sources: Economic Benefits of Preventing Disease (National Prevention Strategy); Healthiest Wisconsin 2020; Healthy People 2020; Center for Urban Initiatives and Research, University of Wisconsin-Milwaukee (Burden of Tobacco in Wisconsin, 2015); Centers for Disease Control and Prevention

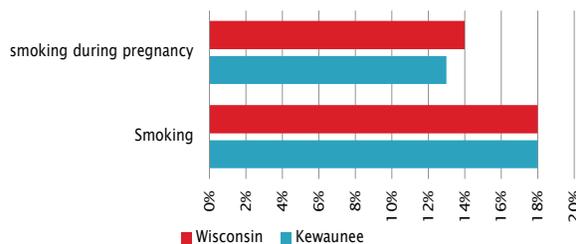
## Kewaunee County Public Health 2015

Local Data:

Nationally, 443,000 deaths are from 'tobacco-related illnesses.

### Tobacco Use: Adult

% adults self-reporting smoking > 100 cigarettes in their lifetime and currently smoking (every day or most days)



Source: County Health Rankings/BRFSS



## Health Priority Focus Area

### Alcohol and Drug Use

**Goal:** Kewaunee County partners including Human Services, Law Enforcement, Schools, Public Health, Probation and Parole, and Corp Counsel will work together to collaboratively intervene on behalf of children who have been exposed to drug-endangered environments or are unsafe in their environments.

**Objective:** Formulate a county-wide Drug Endangered Child (DEC) / Endangered Child Program by the start of the school year 2016-2017.

**Performance Measures:** All public and parochial schools within Kewaunee County will be aware of and take part in the Kewaunee County Drug Endangered Child / Endangered Child Program by the start of the school year 2016-2017.

#### Strategies:

- Meet with both public school districts and parochial schools to explain the program and gain school buy-in.
- Write a memorandum of understanding and protocol for the formation of the Drug Endangered Child program.
- Write an agency specific procedure for the Drug Endangered Child program.
- Track the number of DEC related services provided through Kewaunee County schools.



## Health Priority Focus Area

### Alcohol and Drug Use

**Goal:** Kewaunee County will encourage appropriate methods of disposal for prescription medications.

**Objective:** Increase awareness of the county drug disposal program.

**Performance Measures:** The Kewaunee County Public Health Department will include information regarding the county-wide drug disposal program and sharp disposal program in 3 to 5 county resources and share information with all county based medical providers during annual visits. In addition, Kewaunee County will increase our drug disposal drop off sites from one to two.

#### Strategies:

- Add county drug disposal information to the Kewaunee County Public Health Department website.
- Add county drug disposal information to the Kewaunee County Public Health Department newsletter.
- Use the Kewaunee County Public Health Facebook page for outreach of the county drug disposal program.
- Share resources regarding the county drug disposal program with county medical providers during annual visits.
- Partner with Kewaunee County Law Enforcement and Kewaunee County Emergency Management to have at least two drug collection days.
- Sharp disposal services will be available at the Public Health Department. New sharps containers will be made available for sale at the health department office.



## **Health Priority Focus Area**

### **Alcohol and Drug Use**

**Goal:** Kewaunee County will reduce alcohol and drug related abuse in its residents.

**Objective 1:** Increase awareness of the consequences of alcohol and drug use / abuse in youth and adults. Educate community members of these consequences.

**Performance Measure 1:** Kewaunee County will see a 2% decrease in the overall youth arrest rates involving alcohol or drugs by 2020.

**Performance Measure 2:** Kewaunee County will see excessive drinking rates drop to 23% in adults by 2020.

#### **Strategies:**

- Work with youth in the Kewaunee School District to continue mentoring of middle school students by high school students through Kewaunee County Human Services.
- Continue partnership with Kewaunee County Human Services for CST (Community Support Team) program.
- Offer educational sessions to AODA participants regarding healthy lifestyle / nutrition.
- Work with area school districts to find needed AODA services for youth in their districts.
- Partner with area schools on anti-alcohol/drug use of teens.
- Continue to promote “Parents Who Host Lose the Most” program.
- Provide area school districts with positive messages for students regarding staying sober during homecoming and prom festivities.



## **Health Priority Focus Area**

### **Nutrition & Physical Activity**

**Goal:** Kewaunee County will increase the amount of residents who eat healthy and are physically active.

**Objective:** Increase community awareness and use of existing nutrition and activity programs throughout the county.

**Performance Measures:** Kewaunee County will see a 5% increase in the number of adults who claim they have access to exercise opportunities and a 2% decrease in the amount of adults who claim to have no leisure time physical activity.

#### **Strategies:**

- Reach out to community partners to establish a list of monthly resources for physical activity and nutrition within Kewaunee County.
- Distribute the monthly activity and nutrition events calendar to local schools, daycares, clinics, libraries, and churches.
- Increase awareness of the availability of school district facilities open to the public at no cost.
- Participate in and support the BLISS organization (Breastfeeding Local Initiative Support System) which is a county-wide breastfeeding initiative based in Algoma.
- Distribute diet and exercise information to adults who participate in county blood pressure clinics.
- Distribute diet and exercise information to clients who participate in adult immunization and flu clinics.
- Share diet and exercise information to our partners in the ADRC of the Lakeshore for distribution to their clients.
- Distribute diet and exercise information to individuals participating in the Kewaunee County Adult Health Fair and National Night Out.



## **Health Priority Focus Area**

### **Nutrition & Healthy Foods**

**Goal:** Kewaunee County will offer nutrition support to residents struggling with chronic disease.

**Objective:** Focus on modifying behaviors associated with chronic disease management through diet.

**Performance Measure:** Kewaunee County will witness a 2% reduction in overall adult obesity which will lend to better chronic disease management.

#### **Strategies:**

- Challenge county employees to a “Biggest Loser” challenge to encourage improved overall nutrition choices.
- Encourage all employees of Kewaunee County to make overall better diet choices.
- Encourage all employees of Kewaunee County to choose an active life style and role model this life style with their families and friends.
- Encourage other businesses, school districts, or community partners to begin their own health challenge within their organization.
- Distribute diet and exercise information to adults who participate in county blood pressure clinics.
- Distribute diet and exercise information to clients who participate in adult immunization and flu clinics.
- Share diet and exercise information to our partners in the ADRC of the Lakeshore for distribution to their clients.
- Distribute diet and exercise information to individuals participating in the Kewaunee County Adult Health Fair and National Night Out.



## Health Priority Focus Area

### Physical Activity

**Goal:** Kewaunee County will offer physical activity support to residents struggling with chronic disease.

**Objective:** Focus on modifying behaviors associated with chronic disease management through exercise.

**Performance Measure:** Kewaunee County will witness a 2% reduction in overall adult obesity which will lend to better chronic disease management.

#### Strategies:

- Increase awareness of Strong Bones classes offered through UW Extension
- Increase awareness of Gentle Plus Exercise classes offered in the Luxemburg Community
- Challenge county employees to a “Biggest Loser” challenge to encourage improved physical activity.
- Share physical activity resources with our partners at ADRC of the Lakeshore to distribute among their clients.
- Share physical activity resources with our medical provider partners to distribute among their clients.



## **Health Priority Focus Area**

### **Chronic Disease Prevention and Management**

**Goal:** Kewaunee County medical providers and residents will have an increased awareness of dementia related resources and services for both individuals experiencing the disease and for their caregivers.

**Objective:** Increase awareness of dementia related resources within the county

**Performance Measures:** By January 1, 2018 Kewaunee County will have a fully functioning Dementia Friendly Community Coalition formed by the ADRC of the Lakeshore. ADRC of the Lakeshore will see an increase in referrals for dementia related services by 5%.

#### **Strategies:**

- Partner with the ADRC of the lakeshore to reach out to clinics regarding dementia care resources within Kewaunee County
- Educate clinics, CBRF's and long term care facilities regarding the types of dementia and how to deal with dementia patients.
- Make clinics aware of caregiver resources available in Kewaunee County



## **Health Priority Focus Area**

### **Chronic Disease Prevention and Management**

**Goal:** Kewaunee County medical providers and businesses will have an increased awareness of the types of dementia and how to identify people who may be experiences various levels of dementia.

**Objective:** Increase community awareness of dementia and how to help individuals you encounter within the community who have dementia.

**Performance Measures:** By January 1, 2019 the Kewaunee County Dementia Friendly coalition will have completed outreach to all county CBRF's and long-term care facilities, as well as, 10 businesses / churches on how to interact with or identify with individuals identified within the community who are experiencing dementia.

#### **Strategies:**

- Partners will offer dementia workshops to area business who may encounter individuals experiencing dementia.
- Partners will offer dementia workshops to area CBRF's and long term care facilities who deal with patients and families living with dementia.



## **Health Priority Focus Area**

### **Chronic Disease Prevention and Management**

**Goal:** Kewaunee County medical providers and residents will have an increased awareness of dementia related resources and services for both individuals experiencing the disease and for their caregivers.

**Objective:** Increase resources available to caregivers of individuals with chronic conditions

**Performance Measure:** ADRC of the Lakeshore will see a 5% increase in participation at caregiver related services.

**Performance Measure:** An increase of 5% of caregivers participating in ADRC of the Lakeshore programming will express a feeling of peer support.

#### **Strategies:**

- Partner with ADRC of the Lakeshore to create a dementia resource guide specific for Kewaunee County.
- Distribute the Kewaunee County specific resource guide to all medical providers, long term care facilities, CBRF's and care giver services in Kewaunee County.
- Work with the staff of ADRC of the Lakeshore to ensure a better understanding of the resources available within Kewaunee County.
- Distribute dementia resources through public health programming including monthly blood pressure clinics, adult immunization clinics, flu clinics, adult health fairs, and waiting room resource boards.
- Share dementia resources through Kewaunee County Public Health website, and Kewaunee County Public Health Facebook page.



## Health Priority Focus Area

### Mental Health

#### Goal:

**Objective:** Provide medication management to county mental health clients through Kewaunee County Human Services. Increase outreach to behavioral health clients in regard to crisis triggers

**Performance Measures:** Kewaunee County will note a 2% decrease in the number of calls for crisis services.

#### Strategies:

- Educate all behavioral health clients seen within the Kewaunee County Behavioral Health Clinic of the need to call for prescription drug refills at least one week prior to running out of medication.
- Educate all behavioral health clients seen within the Kewaunee County Behavioral Health Clinic of heat related effects of medications
- Educate all behavioral health clients seen within the Kewaunee County Behavioral Health Clinic on the effects of seasonal affect disorder
- Kewaunee County Public Health Department will screen all PNCC clients for post-partum depression with the use of the Edinburgh Depression Screening tool.
- Will teach all pregnant women seen through public health about post-partum depression.
- Will include articles on mental health wellness on the public health Facebook page and in the health department newsletter.
- Will maintain a log for all medications check in/out of the Behavioral Health Unit.
- Staff will attend all trainings offered on medication management through the Behavioral Health Unit.