

St. Clare Hospital - Baraboo

707 14th Street | Baraboo, WI 53913



2019 - 2021

Community Health Needs *Implementation* Strategy



Table of Contents



Assessment

Message To Our Community [3]

Executive Summary [4]

About Us [5]

The Health Needs Of Our Community [6]

Our Progress since 2015 [7]

Implementation

Strategic Implementation Plan [8]

Priority #1 – Mental Health..... [9]

Priority #2 – Obesity and Nutrition [11]

Priority #3 – Chronic Disease..... [13]

Going Forward [15]

Appendices

Prioritizing Health Needs [17]

Process Tools [18]

Health Needs Not Addressed [19]

Sauk County Demographics.....[20]

CHNA Collaborators [23]



Message to Our Community



St. Clare Hospital - Baraboo, a member of SSM Health, has delivered exceptional, compassionate care to Sauk County, and the surrounding communities, for 96 years. Inspired by our founding Franciscan Sisters of Mary and guided by our Mission – Through our exceptional health care services, we reveal the healing presence of God – we cherish the sacredness and dignity of each person as demonstrated through our Values of compassion, respect, excellence, stewardship and community.

Our sustained community commitment can be seen through our collaborative partnerships with residents and organizations. We rely on these relationships to help us identify and develop plans to address high-priority community health needs. We are grateful for the opportunity to partner with the following organizations and businesses: St. Clare Foundation, Boys and Girls Clubs of West Central Wisconsin, Sauk County Health Department, Sauk County Health & Wellness Coalition, Baraboo and Wisconsin Dells area school districts, county and local law enforcement agencies, Ho-Chunk Nation, Hope House, county and local emergency response teams, Sauk County Aging and Disability Resource Center, the City of Baraboo, Village of Lake Delton, City of Wisconsin Dells, local, county and state government officials and many others.

Over the last 12 months, in collaboration with our community partners, we have conducted a community health needs assessment by gathering health-related information regarding Sauk County and the surrounding communities. We have conducted a community health needs survey, interviewed key health officials, conducted community discussion forums and focus groups to identify concerns about the health of these communities and the number of area-based programs and organizations that exist to address their needs. These discussions identified needs that were prioritized based on the level of importance to community members and the hospital's ability to truly make an impact. The priorities we will address over the next three years include:

- Mental Health
- Obesity and Nutrition
- Chronic Disease

During this time, St. Clare Hospital will further develop its community partnerships and deliver an exceptional experience through high-quality, accessible and affordable care to all residents. Please visit our website at ssmhealth.com to learn more about how we will continue to make a difference in our community. I welcome your thoughts on how we can create a healthier Sauk County.

Sincerely,

A handwritten signature in black ink that reads "Laura Walczak".

Laura Walczak
President & CEO
SSM Health St. Clare Hospital - Baraboo



Executive Summary



background

St. Clare Hospital is pleased to present the 2018 Community Health Needs Assessment (CHNA). This CHNA report provides an overview of the health needs and priorities associated with our service area.

The goal of this report is to provide a deeper understanding of the health needs in the communities we serve, as well as a guide to help the hospital in its community health improvement implementation planning efforts and development of an strategy to address evaluated needs.

priorities

St. Clare Hospital – Baraboo determined priorities for the 2018 CHNA to include:

- **Mental Health** - a major public health concern due to limited access to resources and the lack of mental health facilities, with many patients having to drive hours for treatment. Out of the 14 choices listed on the 2018 Sauk County Health & Wellness Coalition survey, mental health was **ranked as the #1 health problem in our community**. All key informant groups brought Mental Health to the forefront of the discussion. Mental illness, especially depression, escalates the risk for many physical health problems, particularly long-lasting conditions such as type 2 diabetes, stroke and heart disease.

Over the last 12 months, collaborating with community partners, we conducted a health survey to identify needs and prioritize them based on the importance to community members and the hospital's ability to make an impact

The SSM Health Wisconsin Regional Board approved this CHNA November 15, 2018. St. Clare Hospital last conducted a CHNA in 2015. The Affordable Care Act (ACA) requires 501(c)(3), tax-exempt hospitals to conduct a CHNA every three years and adopt a strategic implementation plan to address identified the needs.



- **Chronic Disease** – a growing concern with heart disease and diabetes increasing across Sauk County due to an aging population and obesity rates. Of 14 choices, heart disease/stroke was **ranked the second most important health problem in our community**
- **Obesity and Nutrition** - the disorder associated with illnesses directly caused or worsened by significant weight and lack of nutritional foods or food knowledge. Obesity is a continual issue in our community. Of the 14 choices on the 2018 Sauk County Health & Wellness Coalition survey, being overweight was **ranked the third most important risky behavior**.

strategies

Mental Health

Hold steady the number of poor mental health days in Sauk County from 3.4 in 2018 to 3.4 in 2021. (*County Health Rankings*)

Reduce the number of mental health patients inpatient or outpatient at St. Clare Hospital with a suicidal attempt or ideation as a primary or secondary diagnosis from 12 per year ending 2018 to 10 by 2021.

Chronic Disease

Reduce the number of age-adjusted deaths due to heart disease in Sauk County from 163.5 deaths per 100,000 persons in 2018 to 160.0 by 2021. (*Community Commons*)

Hold steady the percentage of adults with diabetes in Sauk County from 10% in 2018 to 10% by 2021. (*County Health Rankings*)

Reduce the number of age-adjusted deaths due to diabetes in Sauk County from 41.5 deaths per 100,000 persons in 2017 to 41 by 2021. (*Community Commons*)

Reduce the number of heart failure readmissions to St. Clare Hospital from Sauk County from 16 in August 2018 to 14 by 2021.

Obesity and Nutrition

Reduce the percentage of Sauk County adult residents who are sedentary from 23% in 2018 to 22% by 2021. (*County Health Rankings*)

Reduce the number of emergency department visits at St. Clare Hospital for uncontrolled diabetes from Sauk County residents from 70 in September 2018 to 60 in 2021.

About SSM Health and St. Clare Hospital - Baraboo



SSM Health

SSM Health is a Catholic not-for-profit health system serving the comprehensive health needs of communities across the Midwest through a robust and fully integrated health care delivery system. Headquartered in St. Louis, SSM Health has care delivery sites in Missouri, Illinois, Oklahoma and Wisconsin. The health system includes 24 hospitals, more than 300 physician offices and other outpatient care sites, 10 post-acute facilities, comprehensive

Through our exceptional health care services, we reveal the healing presence of God.

home care and hospice services, a pharmacy benefit company, an insurance company, a technology company and an Accountable Care Organization.

With more than 10,000 providers and 40,000 employees in four states, SSM Health is one of the largest

employers in every community it serves. An early adopter of the electronic health record (EHR), SSM Health is a national leader for the depth of its EHR integration.

SSM Health St. Clare Hospital - Baraboo

highlight of services

St. Clare Hospital - Baraboo is Sauk County's largest hospital and offers a comprehensive array of acute inpatient services, along with an ambulatory network consisting of convenient care, primary care and specialist providers.

St. Clare Hospital provides access to state-of-the-art medicine in the areas of radiation oncology, total joint replacement, women's health services, cardiac rehab, sleep studies, chronic disease education and other specialty care services.

community partnerships

We are proud to be part of community projects that work to improve health outcomes in the areas we serve including the UW – Baraboo Rural Training Track Residency Program; Boys and Girls Clubs; Sauk Cty Development Corp; UW Platteville – Sauk Cty and more.

community benefit

In 2017, St. Clare Hospital provided \$5,634,541 in community benefit, comprised of \$1,500,702 in charity care; \$900,002 in community services; and \$3,233,837 in unpaid costs of Medicaid and other public programs.

Examples of our community benefit programs include: Teen Mental Health Summit; mental health first aid training; personal care products for area food pantries; mindfulness yoga in classrooms; Fun n' Fit third grade programming; farm to school nutrition; diabetes food boxes; health fairs; job shadowing and education career days.

additional affiliations and partnerships

SSM Health WI is a community-based network of leading physicians/providers, hospitals, post-acute care facilities, 85 physician offices and outpatient care sites. Navitus pharmacy benefit services company and Dean Health Plan, with over 425,000 members, are also partners.

Hospital at a Glance

Admissions	2,014
Outpatient Visits	82,170
ER Visits	22,248
Births	210
Beds	100
Employees	300+
Medical Staff	230+
Volunteers	147
Charity Care	\$1,500,702

The Health Needs of Our Community



In addition to the primary research collected from the Sauk County Health & Wellness Coalition survey and the secondary research from online data sources, St. Clare Hospital held four key informant meetings with stakeholders representing the broad interests of the St. Clare Hospital community, as well as attended four additional forums. The groups included law enforcement, public health officials and subject matter experts, community leaders, St. Clare-affiliated clinicians, administrators and staff. Each meeting was discussion-based with a discussion lead probing for information relating to general community issues and concerns, issues in the community that promote poor health, issues related to health care access and perceptions of local community health care. At each meeting, the top health concerns were identified and stakeholders voted on which issues were of top priority.

The issues identified were **mental health, obesity and nutrition** (lack of nutrition education), **chronic disease (diabetes)**, drug and alcohol addiction, lack of transportation, lack of affordable housing, dental health, access to healthcare and suicide.

Stakeholder rankings were taken into consideration when choosing the final top three priorities. St. Clare Hospital leadership endorsed and actively supports the identified areas and will continue to collaborate with the Sauk County Health & Wellness Coalition as part of a January 2019 community forum and ideation seminar. It will be open to all residents of Sauk and surrounding counties to share ideas, input and resources to improve population health. While the results will be available after approval of this document by the SSM Health Wisconsin Regional Board, they will be considered as part of potential additional collaborative opportunities for the 2019-2021 plan.

key priorities

Mental Health



Mental health was confirmed by community feedback and data research to be a health needs priority.

Approximately 1 in 5 adults in the U.S. experiences mental illness in a given year. Among the 20.2 million adults in the U.S. who experienced a substance use disorder, 50.5% had a co-occurring mental illness. Suicide is the 10th leading cause of death in the U.S., the 3rd leading cause of death for people aged 10–14 and the 2nd leading cause of death for people aged 15–24.

(National Alliance on Mental Illness, <https://www.nami.org/learn-more/mental-health-by-the-numbers>)

Obesity and Nutrition



Obesity was an issue expressed in the community feedback and was verified by data research.

Obesity affects about 93.3 million U.S. adults. Obesity-related conditions include heart disease, stroke, type 2 diabetes and certain types of cancer, some of the leading causes of preventable death.

Obesity is a result of combined causes and contributing factors including behavior, genetics, physical activity and food options.

(CDC, <https://www.cdc.gov/obesity/data/adult.html>)

Chronic Disease



Chronic disease, inclusive of diabetes and heart disease, was confirmed by community feedback and data to be a health needs priority.

One in two adults in the US has a chronic disease and one in four adults has two or more. Chronic diseases such as heart disease, cancer and diabetes are the leading causes of death and disability in the United States.

Behaviors contributing to chronic disease are poor nutrition and lack of physical activity.

(CDC, <https://www.cdc.gov/chronicdisease/about/index.htm>)

Our Progress Since 2015



Our last Community Health Needs Assessment was conducted in 2015. Below are the health needs we identified, the strategies we implemented to address them and the progress that has been made.

Mental Health

Goals	Source	Release Date	Baseline	CY16TD	CY16YE	CY17TD	CY17YE	CY18TD	CY18YE
Reduce the age adjusted death rate due to suicide from 11.8 deaths per 100,000 (2012-14) to 11.2 deaths per 100,000 by 2018 in Sauk County and in Columbia County from 23.7 deaths per 100,000 (2012-14) to 23.0 deaths per 100,000 by 2018 (Healthy Communities Institute/Community Commons - 2018)	HCI/CC	2yr lag	11.8 23.7 (2012-2014)	11.8 23.7 (2012-2014)	11.8 23.7 (2012-2014)	14.9 24.5 (2013-2015)	14.9 24.5 (2013-2015)	13.9 24.7 (2017)	13.0-16.0 16.0-20.2 (2018)
Decrease the number of Poor Mental Health days in Sauk County from 3.5 in 2014 to 3.0 by 2018 and in Columbia County from 3.3 in 2014 to 2.8 by 2018 (HCI/County Health Rankings '18)	HCI/CHR	1-2yr lag	3.5 3.3 (2014)	3.5 3.3 (2014)	3.5 3.3 (2014)	3.4 3.2 (2015)	3.4 3.2 (2015)	3.4 3.4 (2017)	3.4 3.4 (2018)
Reduce the number of mental health patients (inpatient and out-patient observation) to St. Clare Hospital with a suicidal attempt or ideation as a primary or secondary diagnosis from 23 a year ending 2015 to 21 by 2018 (Trendstar)	Trendstar	Ad hoc	23	6	15	8	13	8	9

Obesity and Nutrition

Goals	Source	Release Date	Baseline	CY16TD	CY16YE	CY17TD	CY17YE	CY18TD	CY18YE
Reduce the percentage of adults with a Body Mass Index (BMI) >30 in Sauk County from 28.1% in 2015 to 27.1% by 2018 and in Columbia County from 34.8% in 2015 to 32.8% by 2018 (County Health Rankings - 2018)	HCI/CHR	2yr lag	28.1% 34.8% (2012-2014)	28.1% 34.8% (2012-2014)	28.1% 34.8% (2012-2014)	28.1% 34.8% (2012-2014)	28.1% 34.8% (2012-2014)	31% 35% (2018)	31% 35% (2018)
Reduce the percentage of Sauk County residents who are sedentary from 34.2% (2012-14) to 33.5% by 2018 and in Columbia County from 24.9% (2012-14) to 24.0% by 2018. (HCI/County Health Rankings - 2018)	HCI/CHR	2yr lag	34.2% 24.9% (2012-2014)	34.2% 24.9% (2012-2014)	34.2% 24.9% (2012-2014)	34.2% 24.9% (2012-2014)	34.2% 24.9% (2012-2014)	23% 22% (2018)	23% 22% (2018)
Reduce the number of emergency department visits at St. Clare hospitals for uncontrolled diabetes from Sauk and Columbia county residents from 348 in 2015 to 336 in 2018 (Trendstar)	Trendstar	Ad hoc	348	57	107	70	134	53	407

Chronic Disease

Goals	Source	Release Date	Baseline	CY16TD	CY16YE	CY17TD	CY17YE	CY18TD	CY18YE
Reduce the number of age-adjusted deaths due to heart disease in Sauk County from 113.1 (2012-14) deaths per 100,000 persons to 112.5 by 2018 and in Columbia County from 88.3 (2012-14) deaths per 100,000 to 87.7 by 2018 (HCI/Community Commons - 2018)	HCI/CC	2 yr lag	113.1 88.3 (2012-2014)	113.1 88.3 (2012-2014)	113.1 88.3 (2012-2014)	113.4 85.9 (2013-2015)	113.4 85.9 (2013-2015)	163.5 165.2 (2017)	105.4-130.0 84.8-105.4 (2018)
Reduce the number of heart failure readmissions to St. Clare Hospital from Sauk and Columbia Counties from 15 year ending December 2015 to 13 by 2018 (Trendstar)	Trendstar	Ad hoc	15	2	5	10	10 (+4 to St. Mary's)	16	20
Reduce the number of age adjusted deaths due to diabetes in Sauk County from 17.6 deaths per 100,000(2012-14) to 17.1 deaths per 100,000 in 2018 and in Columbia County 18.0 deaths per 100,000 (2012-14) to 17.5 per 100,000 in 2018 (Healthy Communities Institute/Community Commons - 2018)	HCI/CC	2yr lag	17.6 18.0 (2012-2014)	17.6 18.0 (2012-2014)	17.6 18.0 (2012-2014)	23.4 19.7 (2013-2015)	23.4 19.7 (2013-2015)	41.5 19 (2017)	23.5-30.5 17.9-23.5 (2018)

Strategic Implementation Plan



Data for the health needs study was collected and analyzed from the Sauk County Health & Wellness Coalition 2018 county survey and online data sources. Additionally, **St. Clare Hospital - Baraboo** held key informant meetings with stakeholders representing the broad interests of the organization's community that included public health officials, subject matter experts, emergency services teams, engaged public-minded individuals, as well as St. Clare-affiliated clinicians, administrators and staff. County health concerns were identified and stakeholders voted on the top issues.

The strategic implementation plan was derived from the validated survey results, programming within the county that is currently available and new collaborations that have the potential to enhance programming effectiveness and results. In addition, the Sauk County Health & Wellness Coalition held a January 16, 2019 community forum and ideation seminar, open to all interested individuals, to share ideas, input and resources to improve population health within its communities. The results were considered and have resulted in value-added collaborative programming presented in the St. Clare Hospital 2019-2021 plan.



Priority #1 **Mental Health**

Priority #2 **Obesity and Nutrition**

Priority #3 **Chronic Disease**



Priority #1 - Mental Health

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with normal stresses of life, can work productively and is able to make a contribution to his or her community (World Health Organization, 2014) Without treatment, the consequences of mental illness for the individual and society can include disability, unemployment, substance abuse, homelessness, incarceration and suicide. Of the 14 choices listed on the 2018 Sauk County Health & Wellness Coalition survey, mental health was ranked the most significant health problem in Sauk County. Specific categories of mental health identified included depression, anxiety and coping.

Approximately 1 in 5 adults (18.5%) in the U.S. experiences mental illness in a given year (this statistic is the same for the Sauk County area). The economic cost of untreated mental illness is more than \$193 billion in lost earnings each year in the U.S. (National Alliance on Mental Illnesses, 2018)

According to the National Institute of Mental Health, an estimated 9.8 million American adults have a seriously debilitating mental illness. Suicide is the 10th leading cause of death in the US and more than 90% of people who die by suicide show symptoms of a mental health condition (National Institute of Mental Health).

The main concern with mental health in the community is limited access and the lack of mental health facilities. Our key informant groups consistently cited terms like “alienation” and “isolation” as mental health-related factors among youth and the elderly.

The 2018 Wisconsin County Health Rankings show that in the past 30 days, respondents had an average of 3.4 mentally unhealthy days in Sauk County.

Statistics from the 2018 Sauk County Health & Wellness Coalition Survey show:

25.3% of respondents reported being treated for, or told by a doctor, that they have a mental health condition.

27.4% of respondents reported feeling sad, blue or depressed at least sometimes in the past month.

Nearly 1 in 12 (8.8%) of respondents report they did not receive the mental health care they thought they needed in the last 12 months. Cost and lack of insurance coverage were cited by 2 of 5 (43.6%) of those respondents who did not receive care. One in four (25.5%) respondents said they were unable to get an appointment.

Of special note, Wisconsin leads the nation in farm bankruptcies for the third straight year and dairy farms in the state closed at the highest pace this century (2018 U.S. Bankruptcy Courts data). There is an increasing need in Sauk County for mental health resources as farmers struggle under increased economic stress, low milk prices and flooding.



Priority #1

action plan

- Collaborate with Journey Mental Health and Sauk County Health & Wellness Coalition to provide mental health first aid training two times per year in our service area.
- Enhance county-wide collaborations to increase awareness, education, treatment and pre-event intervention with organizations including Rural Safety Days, Sauk County Partnership for Prevention and Recovery, Region 11 Critical Incident and Stress Management group.
- Collaborate with hospital foundation on twice-yearly Healthy Community Partnership grants directed to organizations collaborating on health initiatives impacting mental health including Zoo camp, Boys and Girls Clubs programming, community mental health forums and school district mindfulness programming.
- Collaborate with SSM Health Regional team on Time For Kids Ambassador programming.
- Collaborate with service area health care providers to collate and share mental health resources for the agricultural community.
- Expand clinical and hospital-based mental health tools including implementation of Columbia Suicide Screening for high risk patients, addition of licensed clinical social worker, outpatient AODA clinical counselor and ED referral process for suboxone
- Conduct an annual Grief Share 15-week mental health support group for individuals who have experienced a life-changing loss.
- Create community awareness of mental health by participating in St. Clare Hospital radio programs.

community partners

- Sauk County Health & Wellness Coalition
- Dean Medical Group
- Baraboo and Wisconsin Dells School Districts
- Magnum Radio Group
- Boys and Girls Clubs of Baraboo / Reedsburg
- Reedsburg Area Medical Center

supporting resources

- Sauk County Partnership for Prevention and Recovery
- Journey Mental Health Center
- Pulse Fitness
- Time For Kids Partnership – WISC TV 3
- Rural Sauk County Safety Days
- Baraboo Economic Development Council

Mental Health Goals

Hold steady the number of poor mental health days in Sauk County from 3.4 in 2018 to 3.4 in 2021. (*County Health Rankings*)

Reduce the number of mental health patients (inpatient or outpatient) at St. Clare Hospital with a suicidal attempt or ideation as a primary or secondary diagnosis from 12 per year ending 2018 to 10 by 2021. (Trendstar / EPIC)





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Priority #2 – Obesity and Nutrition

Obesity is defined as a life-long, progressive, life-threatening, genetically related and costly disease of excess fat storage. This disorder is associated with illnesses directly caused or worsened by significant weight. Morbid obesity (or clinically severe obesity) is defined as being over 200% of ideal weight, more than 100 pounds overweight, or a body mass index (BMI) of 40 or higher, at which serious medical conditions occur as a direct result of the obesity. Obesity and unhealthy weight management can also contribute to the development of other diseases such as diabetes and heart disease. Of 14 choices on the 2018 Sauk County Health & Wellness Coalition survey, being overweight was ranked the third most important risky behavior.

Throughout the US, the number of individuals considered overweight or obese continues to rise. In addition to being costly for the nation's health care system, obesity also can lead to, or complicate, other health conditions including heart disease, stroke, diabetes and certain types of cancer.

According to Community Commons, the number of fast food restaurants per 100,00 population is 82.5, compared to the state rate of 63.95 and the U.S. rate of 77.06. The presence of these types of restaurants does not in and of itself cause obesity. This indicator is relevant because it provides a measure of healthy food access and environmental influences on dietary behaviors.

Obesity continues to be a growing issue in Sauk County communities. Lack of physical activity is one of the main contributors of obesity as discussed among the St. Clare Hospital key informant groups. Given the wide variety of venues to be physically active, there may be a lack of interest in utilizing the areas resources that encourage exercise and motion.

The percentage of adults who are obese (report a BMI of 30 or more) is 31% in Sauk County, higher than 2015 report of 30% countywide.

Statistics from the 2018 Sauk County Health & Wellness Coalition Survey show:

Only 31% of respondents reported a healthy BMI.

33% of respondents reported an overweight BMI.

35% of respondents reported an obese BMI.

Only 20.5% of respondents reported being physically active for five days or more.

34.9% of respondents reported being physically active for one day or less.

23% of Sauk County respondents reported having no leisure-time physical activity.



Priority #2

St. Clare Hospital – Baraboo Obesity and Nutrition Priority



action plan

- Collaborate with hospital foundation on twice-yearly Healthy Community Partnership grants directed to organizations collaborating on health initiatives impacting obesity including fresh food boxes from local food pantries, Boys and Girls Clubs healthy eating programs for members and senior citizens, community-based nutritional meals, fitness programs.
- Collaborate with hospital foundation on childhood fitness in local school districts titled “Fun & Fit” program for all 3rd grade fitness classes in the Baraboo and Wisconsin Dells school districts.
- Partner to enhance farm-to-table options through food courses and cooking classes at local schools and community “tables.”
- Support partnerships with municipal and health coalition leaders to address population-dense areas of high-risk individuals to promote healthy food access / eating options including community meals and Farmer’s Markets funding.
- Collaborate with county resources to build on Sauk County’s Healthy Communities designation.
- Support local activities which promote fitness.
- Partner with Outlets at the Dells to implement a county-wide Saturday morning fitness program for children incorporating movement, healthy food options and fun.
- Honor requests from community organizations for speakers at healthy lifestyle presentations.
- Promote healthy living through community-based, schools and business-specific health fairs and events.
- Create community awareness of how to live healthy and well in Sauk County through St. Clare Hospital’s radio programming.

community partners

- Sauk County Health & Wellness Coalition
- Dean Medical Group
- Baraboo and Wisconsin Dells School Districts
- Magnum Radio Group
- Boys and Girls Clubs of Baraboo / Reedsburg
- Outlets at the Dells

supporting resources

- Baraboo, Wisconsin Dells, Lake Delton Food Pantries
- St. Clare Health Care Foundation
- County-wide service groups / clubs
- Sauk County Coalition for Activity & Nutrition
- UW-Platteville Sauk County

Obesity Goals

Reduce the percentage of Sauk County adult residents who are sedentary from 23% in 2018 to 22% by 2021. (*County Health Rankings*)

Reduce the number of emergency department visits at St. Clare Hospital for uncontrolled diabetes from Sauk County residents from 70 in September 2018 to 60 in 2021. (Trendstar / EPIC)





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Priority #3 - Chronic Disease

According to the Centers for Disease Control, chronic diseases are broadly defined as conditions that last one or more years and require ongoing medical attention and/or limit activities of daily living. As of 2016, approximately 60% of all adults nationwide had one or more chronic health conditions and one of four adults had two or more. Leading causes of chronic conditions include poor nutrition and lack of physical activity.

From the Sauk County Health & Wellness Coalition Survey, of the 14 most important health problems choices, heart disease and stroke were ranked second and third.

Chronic disease burden is more highly concentrated among high-risk populations. The poor are more vulnerable to chronic diseases because of material deprivation and psychological stress, higher levels of risky behavior, unhealthy living conditions and limited access to good-quality healthcare.

Statistics from the 2018 Sauk County Health & Wellness Coalition Survey and the County Health Rankings show:

67.4% of respondents reported receiving a routine checkup in the last year.

58.3% of respondents received cholesterol testing in the last year.

52.5% of respondents reported having an eye exam in the last year.

19.8% of respondents reported being treated for/told by a doctor in the last 3 years that they have high blood pressure.

20.3% of respondents reported that they have been told by a physician that they have high cholesterol, most of whom say it is under control.

4.7% of respondents reported being treated for/told by a doctor in the last 3 years that they have heart disease.

6.1% of respondents reported having been treated or diagnosed by a physician for diabetes.

3.1% of respondents reported being treated for/told by a doctor in the last 3 years that they have cancer.

15% of Sauk County adults are currently smokers. This indicator is relevant because tobacco use is linked to leading causes of death such as cancer and cardiovascular disease.



Priority #3

St. Clare Hospital – Baraboo Chronic Disease Priority



action plan

- Provide expanded hospital-based palliative intensive education care to outpatients for management of heart failure, COPD and diabetes.
- Work collaboratively with hospital foundation to expand access to services in Baraboo and Wisconsin Dells to improve follow up care.
- Collaborate with hospital foundation on twice-yearly Healthy Community Partnership grants directed to organizations collaborating on health initiatives impacting chronic disease and diabetes including fresh food boxes from local food pantries, Boys and Girls Clubs nutritional dietary programming for members and senior citizens, community-based nutritional meals.
- Enhance partnerships with key city, village, township and health coalition leaders to address population-dense areas of high-risk individuals to promote healthy food access / eating options including community meals and Farmer's Markets funding.
- Participate in area health fairs and educational seminars to provide education and strategies surrounding obesity, stress, COPD, vaping and the progression of chronic disease.
- Create community awareness of chronic disease options and proactive programming through St. Clare Hospital's radio show.
- Improving chronic disease management through personalized telephone follow up programming to heart failure patients after discharge from St. Clare Hospital.
- Host monthly diabetes and chronic disease support groups at St. Clare Hospital for population/s and communities served.

community partners

- Sauk County Health & Wellness Coalition
- Municipal leadership in Baraboo, Wis Dells, Lake Delton, Reedsburg, Sauk City and surrounding villages
- Baraboo, Dells, Delton Food Pantries
- St. Clare Foundation
- Boys and Girls Clubs of Baraboo/Reedsburg

supporting resources

- Sauk County Aging and Disability Resource Center
- Dean Medical Group
- Baraboo and Wisconsin Dells School Districts
- Magnum Radio Group
- SSM Health At Home
- SSM Health St. Clare Meadows Care Center

Chronic Disease Goals

Reduce the number of age-adjusted deaths due to heart disease in Sauk County from 163.5 deaths per 100,000 persons in 2018 to 160.0 by 2021. (*Community Commons*)

Reduce the number of heart failure readmissions to St. Clare Hospital from Sauk County from 16 through August 2018 to 14 by 2021. (*Trendstar / EPIC*)

Reduce the number of age-adjusted deaths due to diabetes in Sauk County from 41.5 deaths per 100,000 persons in 2017 to 41 by 2021. (*Community Commons*)



Going Forward



Achieving our Goals, Now and in the Future

We are committed to improving the health of our community through focused and collaborative efforts to address unmet needs.

online tools

Visit us online at
ssmhealth.com

 facebook.com/ssmhealth

 [@ssmhealth](https://twitter.com/ssmhealth)

co.sauk.wi.us/publichealth

Health is more than what happens at the doctor's office. It is a wide range of factors that influence how long and how well we live. From education and income, to what we eat and how we move, to the quality of our housing and the safety of our neighborhoods. St. Clare Hospital uses the following data resources to strategically develop, evaluate and evolve health issues based on the changing needs of Sauk County.

Sauk County Health & Wellness Coalition (co.sauk.wi.us/publichealth)

County Health Rankings & Roadmaps (countyhealthrankings.org)

Community Commons (communitycommons.org)

Sauk County
W I S C O N S I N



County Health Rankings & Roadmaps

Building a Culture of Health, County by County

A Robert Wood Johnson Foundation program



For more information, contact our St. Clare Hospital – Baraboo
Community Benefits team at (608) 356-1400

St. Clare Hospital - Baraboo

707 14th Street | Baraboo, WI 53913



SSMHealth.

2019 - 2021
Appendices

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prioritizing health needs

As part of the CHNA requirement, hospitals are required to evaluate the needs that are identified and validated through the data analysis. In order to do so, hospitals must establish specific criteria that will be used to assess each of the identified community needs. The system has recommended criteria and ratings that each hospital can use during prioritization. The method used to evaluate the needs, as well as potential weighting, is customizable based on the hospital's approach.

Prior to review of the data, a list of criteria was developed to aid in the selection of priority areas. During the data-review process, attention was directed to health issues that met any of these criteria:

- Health issues that impact a lot of people, or for which disparities exist, and which put a greater burden on some population groups
- Poor rankings for health issues in Sauk County as compared to the State of Wisconsin, other counties or Healthy People 2020 national health targets
- Health issues for which trends are worsening
- Health issues that are among national and state health priorities or the national targets for the issues are not met
- Health issues that are of concern to community residents and leaders

A two-step prioritization process is recommended. Step one of this process focuses on community-specific criteria that are rated by community members to evaluate the identified needs. This step is subjective and measures community member's perceptions of the identified needs using a strongly agree to strongly disagree 5-point Likert scale. Once the community has evaluated their needs based on their perceptions, step two is that this list is sorted in descending order by priority and then reviewed by an internal prioritization team using system feasibility criteria. The internal criteria are more objective and focused on alignment to key strategies, resources, magnitude of issue and overall capability. Based on internal prioritization, the top ranking priorities establish the areas of focus for the Strategic Implementation Plan.

See Tables One and Two, page 18, for further detail

The Sauk County Health & Wellness Coalition also considered indicators that relate to previous CHNAs from all of its entities. Along with this data, St. Clare Hospital also took into consideration the primary health issues listed in the hospital's last CHNA.

Finally, St. Clare Hospital examined "social determinants of health" or factors in the community that can either contribute to poor health outcomes or support a healthy community. This data was derived by the County Health Rankings Report for Sauk County, as well as from the online survey.

The online survey identified the top three health needs as mental health, heart disease & stroke and drug problems, with obesity listed as the fourth health need. During our key informant meetings, these needs were discussed with mental health continually at the top of the list of priorities. Key informants repeatedly emphasized obesity and nutrition in all meetings, which placed it at a higher priority over substance abuse.

Below are examples of the external and internal prioritization process tools.

Table 1

External Prioritization: Have your community partners or community members on your CHNA work team complete the ranking below. A high "total priority score" indicates the highest prioritized, most pressing need.

Instructions: For each of the identified community needs, please select the rating that best describes your agreement with the statements below and write it in the box below the question.

	5: Strongly Agree	4: Agree	3: Neutral	2: Disagree	1: Strongly Disagree	
	Severity	Importance to Community	Impact	Existing community resources		
Identified Community Needs	In my opinion, this is a serious health need within this community.	In my opinion, addressing this health need is very important to this community.	In my opinion, addressing this health need will improve the quality of life within this community.	In my opinion, there are no resources for addressing this health need within this community.	Total Priority Score	0
						0
						0

Table 2

Internal Prioritization: Once community members have created a list of priorities, using the newly prioritized list of needs, complete the ranking below. A high "total priority score" indicates the highest prioritized most pressing need.

Instructions: Please rank each of the identified needs using the following criteria and scale.

	Magnitude	Alignment with Mission, Key Strategies & Priorities	Resources Needed to Address the Issue	Hospital's ability to Impact	
5	Greater than 10% unfavorable as compared to benchmark	Consistent with 2 or more SFHRP strategies	No additional resources needed; service is currently in place	Can provide a service likely to measurably improve the community's health status	Total Priority Score
3	10% unfavorable as compared to benchmark	Consistent with one of the SFHRP strategies	Minimal resources needed to extend a current service	Can provide a service likely to measurably improve the community's health status with expertise from a community organization partner	
1	Equal to or more favorable as compared to benchmark	Inconsistent with the SFHRP strategies	Requires significant resources	Don't have the ability to measurably improve this need	
Identified Community Needs					0
					0

Needs St. Clare Hospital will not address and the reasons

There is an unlimited number of issues to which a health care institution could devote resources. Time, people and money often are limiting factors for why we are unable to do more. However, prevailing wisdom suggests an organization like St. Clare Hospital must focus on a few high priority projects and make every effort to avoid duplication, while encouraging collaboration and coordination with other organizations and community groups. As St. Clare Hospital assessed unmet health needs and determined its priorities, we also evaluated those issues we could not address or were being addressed by others.

Alcohol abuse has increased the amount of traffic collisions in Sauk County. While alcohol abuse is not an identified priority, the hospital is able to care for patients with acute alcohol-related conditions until other resources are identified. The hospital will continue to explore collaborative opportunities available to effectively impact the need.

High rates of unintentional injury and traffic accidents are being addressed by others including law enforcement and state level experts through initiatives such as mandatory seat belt laws, speed limit enforcement and “no texting” laws. As a rural community, farm safety is a priority which the hospital continues to participate in through annual events like Rural Safety Days.

The lack of dental care in the community is a prevalent issue. Many focus group participants mentioned a lack of dentists, transportation issues to an appointment and insurance that is not accepted as barriers to good dental hygiene. As a hospital, St. Clare is not able to dramatically impact the provision of dental care, but will continue to help improve dental health in our communities via a grant we provide for the Seal-A-Smile school program.

Cancer is currently being addressed at St. Clare Hospital through its Radiation Oncology Program which has been in operation since 2005. It is a strong contributor to the hospital’s market leading position as a regional provider of health care services in the SSM Wisconsin central service area. St. Clare Hospital is fulfilling the SSM Health vision of “improved health in mind, body, spirit and environment” by keeping quality care close to home and empowering patients and their support networks. Without this program, patients would have no other option than to travel more than 100 miles round trip to Madison, Wisconsin for a typical five-day per week treatment plan lasting up to eight weeks. St. Clare Hospital sees patients from its home-base community of Baraboo, as well as 84 surrounding zip codes, some located in vastly underserved areas.

The St. Clare Hospital implementation strategy includes its ongoing commitment to the community health needs through its St. Clare Foundation Healthy Community Partnership Grants that provide up to \$10,000 in funding for projects, programs and activities that advance the health and wellness of those living in the greater Baraboo-Lake/Delton-Wisconsin Dells area. As a result, the implementation strategy allows St. Clare Hospital to address the needs found in the CHNA through a combination of hospital-related programs and grants.

An important health issue not selected as a priority and why

Throughout the data collection process, Alcohol, Tobacco and Drug Abuse was a high priority issue, especially given the current problems associated with opioid use and addiction.

However, this issue was not selected as one of St. Clare Hospital's top priorities as the Sauk County Partnership for Prevention and Recovery (SCPPR) serves to provide the same programming St. Clare Hospital would offer if sufficient funds were available and the SCPPR did not exist.

St. Clare Hospital supports employee participation with SCPPR and collaborates in their programming efforts.

SCPPR coordinates the following programs:

- Save A Life with Spray Narcan Trainings
- Bi-lingual training of area residents in the use of Narcan
- Overdose Death Review Team Investigation and analysis of deaths due to overdose. The team has developed 22 recommendations to help prevent future overdose deaths.
- Education and Community Outreach.

The coalition meets monthly. Recently, they coordinated with the Wisconsin Attorneys General Office on a targeted promotional campaign to raise awareness about the importance of properly storing prescription narcotics. They also plan education events at area schools over the next several months across Sauk County.

Sauk County Demographics

	Sauk County 2018	Wisconsin 2018
<u>Population</u>	63,949	5,778,708
<u>% below 18 years of age</u>	22.7%	22.3%
<u>% 65 and older</u>	17.8%	16.1%
<u>% Non-Hispanic African American</u>	0.9%	6.3%
<u>% American Indian and Alaskan Native</u>	1.5%	1.1%
<u>% Asian</u>	0.7%	2.8%
<u>% Native Hawaiian/Other Pacific Islander</u>	0.0%	0.1%
<u>% Hispanic</u>	4.9%	6.7%
<u>% Non-Hispanic white</u>	91.1%	81.7%
<u>% not proficient in English</u>	1%	1%
<u>% Females</u>	50.2%	50.3%
<u>% Rural</u>	46.1%	29.8%

Wisconsin County Health Rankings & Roadmaps

	Sauk County 2018	Wisconsin 2018
<u>Male population 0-17</u>	7,146	659,600
<u>Male population 18-44</u>	10,622	1,003,259
<u>Male population 45-64</u>	8,730	789,397
<u>Male population 65+</u>	4,859	419,300
<u>Total male population</u>	31,357	2,871,556
<u>Female population 0-17</u>	6,751	630,421
<u>Female population 18-44</u>	9,806	968,609
<u>Female population 45-64</u>	8,841	795,855
<u>Female population 65+</u>	6,009	508,536
<u>Total female population</u>	31,407	2,903,421
<u>Population growth</u>	1%	1%

Wisconsin County Health Rankings & Roadmaps

Sauk County Quality of Life and Health Behaviors

Quality of Life	Sauk County	Error Margin	Top U.S. Performers	Wisconsin
<u>Poor or fair health</u>	13%	12-14%	12%	15%
<u>Poor physical health days</u>	3.4	3.2-3.6	3.0	3.6
<u>Poor mental health days</u>	3.4	3.2-3.6	3.1	3.8
<u>Low birthweight</u>	6%	5-7%	6%	7%

Wisconsin County Health Rankings & Roadmaps

Health Behaviors in Sauk County	Error Margin	Top U.S. Performer	Wisconsin	
<u>Adult smoking</u>	15%	15-16%	14%	17%
<u>Adult obesity</u>	31%	27-36%	26%	31%
<u>Food environment index</u>	8.7		8.6	8.8
<u>Physical inactivity</u>	23%	18-29%	20%	21%
<u>Access to exercise opportunities</u>	77%		91%	86%
<u>Excessive drinking</u>	25%	24-26%	13%	26%
<u>Alcohol-impaired driving deaths</u>	43%	35-49%	13%	36%
<u>Sexually transmitted infections</u>	321.9		145.1	423.5
<u>Teen births</u>	21	19-24	15	20

Wisconsin County Health Rankings & Roadmaps

Sauk County Clinical Care, Social & Economic Factors

Clinical Care	Sauk	Error	Top U.S.	Wisconsin
<u>Uninsured</u>	7%	6-8%	6%	7%
<u>Primary care physicians</u>	980:1		1,030:1	1,250:1
<u>Dentists</u>	1,560:1		1,280:1	1,520:1
<u>Mental health providers</u>	760:1		330:1	560:1
<u>Preventable hospital stays</u>	44	40-49	35	45
<u>Diabetes monitoring</u>	91%	84-99%	91%	90%
<u>Mammography screening</u>	65%	59-72%	71%	72%

Social & Economic Factors	Sauk	Error Margin	Wisconsin
<u>Poverty</u>	10%	8-12%	12%
<u>Older adults living alone</u>	28%		29%
<u>Hate crimes</u>			1
<u>Child abuse</u>	2		4
<u>Injury hospitalizations</u>	930	855-1,005	806
<u>Fall fatalities 65+</u>	123	84-162	128

CHNA collaborators

The SSM Health St. Clare Hospital – Baraboo 2018 Community Health Needs Assessment was conducted in collaboration with the Sauk County Health & Wellness Coalition. This is the third CHNA cycle that our hospital has been privileged to work with the coalition. Membership includes:

- Sauk County Health Department
- SSM Health St. Clare Hospital - Baraboo
- Reedsburg Area Medical Center
- Sauk Prairie Health Care

The SSM Health St. Clare Hospital – Baraboo 2018 CHNA is available online at www.ssmhealth.com/locations/st-clare-hospital-baraboo and upon request from the hospital at 608-356-1400.