

St. Clare Hospital
707 14th Street | Baraboo, WI 53913



2016-2018

Community Health Needs Assessment



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Message to Our Community



St. Clare Hospital, a member of SSM Health, delivers exceptional, compassionate care to Sauk and Columbia Counties and surrounding areas. 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.

Consistent with our Mission, we will provide these services in collaboration with our medical staff, employees and organizations within our communities. We rely on these relationships to help us identify and develop plans to address high-priority population health needs. We are grateful for the opportunity to partner with local organizations in our efforts to improve the health of our communities.

Over the last 12 months, in collaboration with our community partners, St. Clare Hospital conducted a Community Health Needs Assessment (CHNA) by gathering health-related information from sources including Healthy Communities Institute (HCI) specific to Sauk and Columbia Counties and the surrounding areas. Then we interviewed key health officials and conducted a community health survey to identify concerns about the health of these communities, while assessing the number of area-based programs and organizations that exist to address the community's needs. The identified needs were prioritized based on the level of importance to community members and the hospital's ability to make a significant impact.

The priorities we will address over the next three years include:

- Mental Health
- Chronic Disease
- Obesity

During this time, St. Clare Hospital will further develop its community partnerships and deliver an exceptional experience through high-quality, accessible and affordable care. Please visit our website at stclare.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 community together.

Sincerely,

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

Laura Jelle

President

St. Clare Hospital

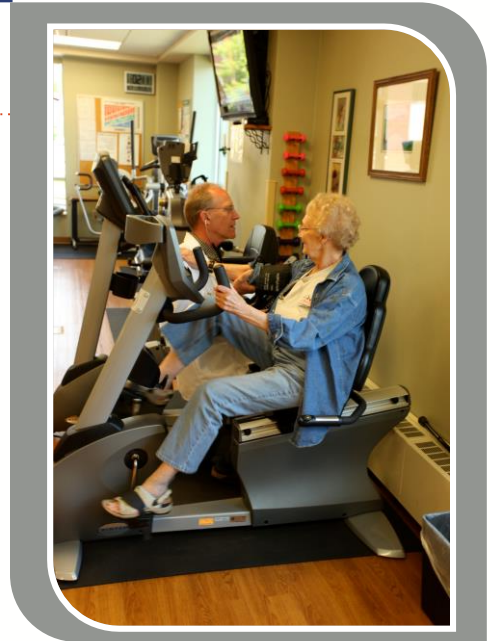


Contact us for more information or to take part in improving the health of our community by calling 608-356-1400 or visit our website at stclare.com.

Background

St. Clare Hospital is pleased to present the 2016 - 2018 (2016 Tax Year) 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 individuals with a deeper understanding of the health needs in their community, as well as help guide the hospital in its community benefit planning efforts and development of an implementation strategy to address evaluated needs. The SSM Health Wisconsin Regional Board approved this CHNA on Nov. 3, 2015. St. Clare Hospital last conducted a CHNA in 2012.

The Affordable Care Act (ACA) requires 501(c)(3), tax-exempt hospitals to conduct a CHNA every three tax years and adopt a strategic implementation plan for addressing identified needs.



Priorities

St. Clare Hospital determined priorities for the 2016-2018 CHNA and strategic implementation plan. Priorities chosen include:

- **Mental health:** Resources include Sauk County Health Department, Columbia County Division of Health, Boys and Girls Clubs of Central Wisconsin, Dean Clinic, EPIC, Northern Region Parish Nurses, Rural Wisconsin Health Cooperative, Wisconsin Dells School District, Baraboo Area School District, Sauk County Sheriff's Department, Baraboo Police Department, Lake Delton Police Department, Columbia County Sheriff's Department, Baraboo District Ambulance Service, Dells/Delton Ambulance, Wisconsin Women's Health Foundation and Hope House
- **Chronic disease:** Resources include Sauk County Health Department, Columbia County Division of Health, Dean Clinic, Northern Region Parish Nurses, Baraboo District Ambulance Service, Dells/Delton Ambulance, Home Health United and St. Clare Meadows Care Center
- **Obesity:** Resources include Sauk County Health Department, Columbia County Division of Health, Boys & Girls Clubs of Central Wisconsin, Dean Clinic, Northern Region Parish Nurses, Wisconsin Dells School District, Baraboo Area School District, St. Clare Health Care Foundation, Central Wisconsin Community Action Council, Ho-Chunk Nation and St. Clare Healthy Living Center

Goals

Mental Health

- Decrease the number of poor mental health days in Sauk County from 2.7 in 2015 to 2.2 by 2018 and in Columbia County from 2.5 in 2015 to 2.0 by 2018
- Decrease the age-adjusted death rate due to suicide in Sauk County from 14.1 deaths per 100,000 persons in 2015 to 13.5 by 2018 and in Columbia County from 21.1 in 2015 to 20.8 by 2018

Chronic Disease

- Reduce the number of age-adjusted deaths due to heart disease in Sauk County from 168.9 deaths per 100,000 persons in 2015 to 165.1 by 2018 and in Columbia County from 160.2 in 2015 to 159.3 by 2018
- Reduce the number of age-adjusted deaths due to diabetes in Sauk County from 12.4 deaths per 100,000 persons in 2015 to 11.8 by 2018 and in Columbia County from 14.8 in 2015 to 14.1 by 2018

Obesity

- Reduce the percentage of Sauk County adult residents who are sedentary from 27.0% in 2015 to 26.0% by 2018 and in Columbia County from 23.0% in 2015 to 21.5% by 2018
- Reduce the percentage of adults with a Body Mass Index (BMI) > 30 in Sauk County from 30% in 2015 to 28% by 2018 and in Columbia County from 35% in 2015 to 33.5% by 2018

About SSM Health and St. Clare Hospital



SSM Health

SSM Health is a Catholic, not-for-profit health system that has provided exceptional care to community members regardless of their ability to pay for more than 140 years. Guided by its Mission and Values, SSM Health is one of the largest integrated delivery systems in the nation, serving the comprehensive health needs of communities across the Midwest.

SSM Health strives to provide a consistently exceptional experience through excellent service and high-quality, accessible and affordable care.

The SSM Health system spans four states, with care delivery sites in Illinois, Missouri, Oklahoma and Wisconsin. SSM Health includes 20 hospitals, more than 60 outpatient care sites, a pharmacy benefit company, an insurance company, two nursing homes, comprehensive home care and hospice services, a telehealth and technology company and two Accountable Care Organizations. With more than 31,000 employees, 1,100 employed physicians and 8,500 medical staff physicians, SSM Health is one of the largest employers in every community it serves.



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

St. Clare Hospital

Highlight of services

St. Clare Hospital 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 integrative medicine in the areas of radiation oncology, dialysis, cardiac rehabilitation, women's breast health, joint replacement and telemedicine.

Community partnerships

St. Clare is the rural hospital site for the University of Wisconsin – Baraboo Rural Training Track Residency Program.

Community benefit

In 2014, St. Clare Hospital provided \$11.3 million in unreimbursed care and \$0.7 million in other community benefits for a total of over \$12 million.

Additional affiliations and partnerships

Dean, which joined the SSM Health system in September 2013, is a for-profit, integrated health care organization based in Madison, Wisconsin. Dean consists of a network of more than 60 clinics in south-central Wisconsin, Davis Duehr Dean eye care, insurance provider Dean Health Plan and pharmacy benefits company Navitus Health Solutions. Approximately 500 physicians provide primary, specialty and tertiary care in the clinics. The system serves more than 400,000 health plan members.

2014

Hospital at a Glance

Admissions: 1,950

Outpatient Visits: 72,937

ER Visits: 20,168

Births: 221

Beds: 100

Employees: 230+

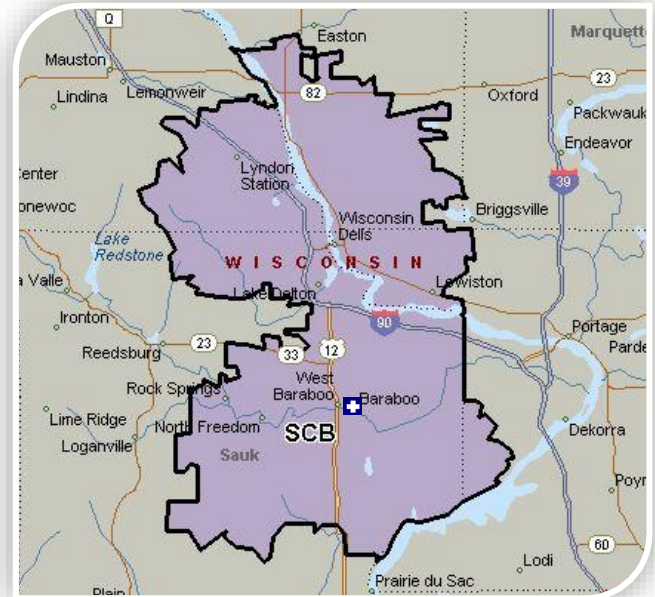
Medical Staff: 230+

Volunteers: 109

About our Community



St. Clare Hospital is located in Baraboo, Wisconsin and defines its community as Sauk and Columbia Counties and adjacent communities. In 2015, this service area had an estimated population of 126,477 people. The following pages of information include demographic and health indicator statistics specific to this community.



St. Clare Hospital

Our community by the numbers

Race/Ethnicity



92.5% White/Non-Hispanic
4.9% African American or Hispanic
2.6% All Others

Education Levels

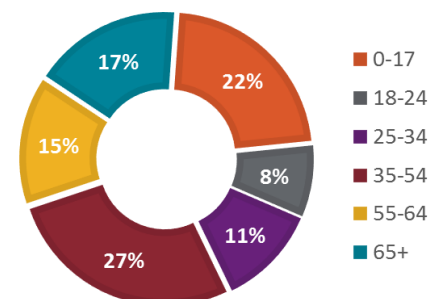


9.6% No High School Degree
36.6% High School Degree
32.8% Some College/Associates Degree
21.1% Bachelor's Degree or Greater

Income Levels



Age Groups



About the data

The data was derived from a variety of sources including the ¹ Healthy Communities Institute (HCI) analytics platform. The HCI website includes the most up-to-date, publicly available data for approximately 140 community indicators from over 20 sources and covering 20 topics in the areas of population health, determinants of health and quality of life. Additional data sources included the ² Wisconsin County Health Rankings, ³ Sauk County Health & Wellness Coalition Survey 2015 and ⁴ Centers for Disease Control and Prevention. Below is a statistical overview of both the strengths and weaknesses within the St. Clare Hospital community that factored into discussions with local stakeholders regarding the priority health needs of the population.

Our community by the numbers

	<p>Obesity</p> <p>33-34% of adults are obese in Sauk and Columbia Counties ¹</p>		<p>Alcohol and Drug Abuse</p> <p>30.6% of adults in Columbia County drink excessively and 35.1% of driving deaths in Sauk County are alcohol related. Drug poisoning deaths are higher in both counties than state average ³</p>
<p>Heart Disease</p> <p>25.4% of adults in Sauk County have high blood pressure. The death rate from coronary heart disease is higher than national average ⁴</p>		<p>Stroke</p> <p>The death rate due to stroke is higher in Sauk and Columbia Counties than both state and national averages ³</p>	
	<p>Mental Health</p> <p>The suicide death rate is higher than both state and national averages in Sauk and Columbia Counties ³</p>		<p>Fewer Preterm Births</p> <p>There are fewer preterm births in Sauk and Columbia Counties compared to state and national averages ³</p>
<p>Diabetes</p> <p>The number of adults with diabetes is higher in Sauk and Columbia Counties than state average ³</p>		<p>Fewer Families in Poverty</p> <p>5.2% of Columbia County families and 7.8% of Sauk County families live under the poverty level, both of which are below state and national averages ¹</p>	
	<p>Access to Dental Care</p> <p>26% of Sauk and 27% of Columbia County residents have not had a dental visit in the last year. ² There are fewer dentists in both counties than state average</p>		<p>Access to Healthy Food</p> <p>Both Sauk and Columbia Counties have a high density of grocery stores and farmers markets ³</p>

Voice of the community

Along with collecting and analyzing data from the Sauk County Health & Wellness Coalition survey and online data sources, St. Clare Hospital held two key informant meetings with stakeholders representing the broad interests of the St. Clare Hospital community. The groups included public health officials and subject matter experts, local law enforcement, as well as St. Clare-affiliated clinicians, administrators and staff. The questions asked were related 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 the meetings, health concerns were identified and stakeholders voted on the top issues.

The issues identified were obesity, mental health, suicide, chronic disease (including heart disease/stroke, high blood pressure and diabetes), access to dental care, excessive drinking, alcohol-impaired driving deaths, drug poisoning, cancer and a higher rate of mothers smoking during pregnancy.

Stakeholder rankings were taken into consideration when choosing the final top three priorities. St. Clare Hospital leadership then voted unanimously to endorse and actively support the identified areas of need as listed below. St. Clare Hospital will continue to collaborate with the Sauk County Health & Wellness Coalition as part of a November 2015 community forum and ideation seminar. The forum will be open to all residents of Sauk and Columbia Counties to share ideas, input and resources to improve population health within its communities. 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 2016-2018 plan.

Key priorities



Mental Health

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

Mental health disorders are the leading cause of disability in the US. An estimated 1 in 17 American adults have a seriously debilitating mental illness. Suicide is the 11th leading cause of death in the US with approximately 30,000 deaths reported annually.



Chronic Disease

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

Chronic diseases and conditions—such as heart disease, stroke, cancer, diabetes and obesity—are among the most common, costly and preventable of all health problems. One of every four adults nationwide have two or more chronic health conditions.



Obesity

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

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

Priority
#1



Do you have a question
about mental health?

Visit our website at
stclare.com

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.¹ Without treatment, the consequences of mental illness for the individual and society can include disability, unemployment, substance abuse, homelessness, incarceration and suicide. The economic cost of untreated mental illness is more than 100 billion dollars each year in the US.²

According to the National Institute of Mental Health, an estimated 13 million American adults (approximately 1 in 17) have a seriously debilitating mental illness. Suicide is the 11th leading cause of death in the US, accounting for the deaths of approximately 30,000 Americans each year.³

Of the 14 choices listed on the 2015 Sauk County Health & Wellness Coalition survey, mental health was ranked the second most significant health problem in Sauk and Columbia County. Specific categories of mental health identified included depression, anxiety and coping.

The main concern with mental health in the community is limited access and the lack of mental health facilities. During interviews, local law enforcement officials stated they often have to drive mental health patients hours away for treatment. Emergency services officials noted increased suicide attempts and substance abuse linked to mental health in the communities.

Additional facts and figures

- The 2015 Wisconsin County Health Rankings show that in the past 30 days, respondents had an average of 2.7 mentally unhealthy days in Sauk County and an average of 2.5 mentally unhealthy days in Columbia County
- Statistics from the 2015 Sauk County Health & Wellness Coalition survey show:
 - 20% of respondents reported being treated for or told by a doctor that they have a mental health condition
 - 31% of respondents reported feeling sad, blue or depressed at least sometimes in the past month
 - 93% of respondents reported receiving the mental health care needed in the past year. Of the reasons for not receiving the needed mental health care, financial issues were the most common at 35%, followed by lack of access at 24%

Sources: ¹World Health Organization, 2014 ²National Alliance on Mental Illness, 2014 ³National Institute of Mental Health

Chronic Disease



Chronic disease burden is more highly concentrated among high-risk populations. The poor are more vulnerable to chronic diseases because of material deprivation and psychosocial stress, higher levels of risk behavior, unhealthy living conditions and limited access to good-quality health care. ¹

As of 2012, approximately half of all adults nationwide, 117 million people, had one or more chronic health conditions and one of four adults had two or more. Seven of the top 10 causes of death in the US are chronic diseases, with heart disease and cancer accounting for nearly 48% of all deaths. ²

From the Sauk County Health & Wellness Coalition survey, St. Clare Hospital collected an abundance of data related to chronic diseases. Of 14 choices, heart disease/stroke was ranked the most important health problem in Sauk and Columbia Counties. Chronic disease is worsening within the community, due in part to an increase in obesity.

Additional facts and figures

- Statistics from the 2015 Sauk County Health & Wellness Coalition survey show:
 - 69% of respondents received a routine check-up in the last year
 - 59% of respondents received cholesterol testing in the last year
 - 54% of respondents received an eye exam in the last year
 - 24% of respondents reported being treated for/told by a doctor in the last 3 years that they have high blood pressure
 - 27% of respondents reported being treated for/told by a doctor in the last 3 years that they have high cholesterol
 - 5% of respondents reported being treated for/told by a doctor in the last 3 years that they have heart disease
 - 6% of respondents reported being treated for/told by a doctor in the last 3 years that they have diabetes
 - 3% of respondents reported being treated for/told by a doctor in the last 3 years that they have cancer
- 25.4% of Sauk County and 24.3% of Columbia County have high blood pressure³
- 65.8% of Sauk County adults and 46.1% of Columbia County adults have high cholesterol, both higher than state and national levels of 36.2% and 38.5%, respectively³
- 12.9% of Sauk County adults and 5.6% of Columbia County adults have heart disease, both higher than state and national levels of 3.9% and 4.4%, respectively³

Sources: ¹World Health Organization ²National Health Institute, 2012 ³Centers for Disease Control and Prevention, "Survey Data & Documentation" August 2015

Priority
#2



Do you have a question
about a chronic disease?

Visit our website at
stclare.com

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.

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.

Obesity continues to be a growing issue in the Sauk and Columbia County communities. Of 18 choices on the 2015 Sauk County Health and Wellness Coalition survey, being overweight was ranked the second most important risky behavior.

Lack of physical activity is one of the main contributors of obesity. It was discussed among the St. Clare Hospital key informants that there are many opportunities for physical activity in the area including outdoor recreation areas, state and local parks, bike trails and river walks. The group cited a perceived lack of interest from the community in using those resources to increase physical activity.

Additional facts and figures

- The percentage of adults who are obese (report a BMI of 30 or more) is 30% in Sauk County and 35% in Columbia County, both higher than 2010 reports of 29% and 27% in Sauk and Columbia Counties, respectively ¹
- Statistics from the 2015 Sauk County Health & Wellness Coalition survey show:
 - Only 27% of respondents reported a healthy BMI
 - 30.5% of respondents reported an overweight BMI
 - 42% of respondents reported an obese BMI
 - Only 17% of respondents reported being physically active for five days or more
 - 36% of respondents reported being physically active for one day or less
 - 25% of Sauk County respondents and 24% of Columbia County respondents reported having no leisure-time physical activity

Source: ¹ Wisconsin County Health Rankings, 2015

Priority
#3



Do you have a question
about weight loss?

Visit our website at
stclare.com

Achieving our Goals, Now and in the Future



SSM Health is committed to improving the health of our communities through collaborative efforts to address unmet needs.

SSM Health

St. Clare Hospital is pleased to make this source of reliable, current community health and population data available to our community. We invite community organizations, planners, policy makers, educational institutions and residents to use this site as a tool to understand and track community health issues, and plan strategies for improvement.

Please visit ssmhealth.com/system for more information.



FIND HEALTH DATA



FIND DEMOGRAPHIC DATA



FIND HEALTH DISPARITIES

Healthy People 2020 Progress Tracker

The Healthy People 2020 progress tracker provides a platform for measuring improvement of population health metrics associated with the US Healthy People 2020 objectives. The health objectives and 2020 goals allow communities to assess their health status through a comprehensive set of key disease indicators and create action plans relative to key priorities.

Indicator	Current and Target	Data	Since Prior Period	Status
Access to Health Services				
Adults with Health Insurance <small>MAP</small>	Current: 78.1 percent Target: 100.0	78.1 100.0 Current Target	↓	TARGET NOT MET
Children with Health Insurance <small>MAP</small>	Current: 93.4 percent Target: 100.0	93.4 100.0 Current Target	↓	TARGET NOT MET
Adolescent Health				
High School Graduation <small>MAP</small>	Current: 62.3 percent Target: 82.4	62.3 82.4 Current Target	↑	TARGET NOT MET

Contact us to learn more at 608-356-1400.

St. Clare Hospital

707 14th Street | Baraboo, WI 53913



SSMHealth

2016-2018

Appendices

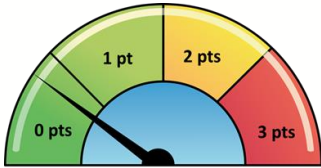


Additional demographic information for service area

DEMOGRAPHIC CHARACTERISTICS											
		Selected Area		USA				2015	2020	% Change	
2010 Total Population		124,863	308,745,538			Total Male Population		63,666	64,610	1.5%	
2015 Total Population		126,477	319,459,991			Total Female Population		62,811	63,897	1.7%	
2020 Total Population		128,507	330,689,365			Females, Child Bearing Age (15-44)		21,594	21,847	1.2%	
% Change 2015 - 2020		1.6%	3.5%								
Average Household Income		\$68,504	\$74,165								
POPULATION DISTRIBUTION					HOUSEHOLD INCOME DISTRIBUTION						
Age Distribution						Income Distribution					
Age Group	2015	% of Total	2020	% of Total	USA 2015		2015 Household Income	HH Count	% of Total	USA	
					% of Total	% of Total				% of Total	% of Total
0-14	23,099	18.3%	22,518	17.5%	19.1%	<\$15K	4,656	9.0%	12.7%		
15-17	5,076	4.0%	5,158	4.0%	4.0%	\$15-25K	5,445	10.5%	10.8%		
18-24	10,203	8.1%	11,358	8.8%	9.9%	\$25-50K	12,825	24.8%	23.9%		
25-34	14,403	11.4%	13,996	10.9%	13.3%	\$50-75K	11,031	21.4%	17.8%		
35-54	34,170	27.0%	31,791	24.7%	26.3%	\$75-100K	7,628	14.8%	12.0%		
55-64	18,273	14.4%	19,190	14.9%	12.7%	Over \$100K	10,041	19.4%	22.8%		
65+	21,253	16.8%	24,496	19.1%	14.7%						
Total	126,477	100.0%	128,507	100.0%	100.0%	Total	51,626	100.0%	100.0%		
EDUCATION LEVEL					RACE/ETHNICITY						
Education Level Distribution					Race/Ethnicity Distribution						
2015 Adult Education Level	Pop Age 25+	% of Total	USA		Race/Ethnicity	2015 Pop	% of Total	USA			
			% of Total	% of Total				% of Total	% of Total		
Less than High School		2,641	3.0%	5.9%	White Non-Hispanic	116,965	92.5%	61.8%			
Some High School		5,782	6.6%	8.0%	Black Non-Hispanic	1,237	1.0%	12.3%			
High School Degree		32,202	36.6%	28.1%	Hispanic	4,894	3.9%	17.6%			
Some College/Assoc. Degree		28,920	32.8%	29.1%	Asian & Pacific Is. Non-Hispanic	824	0.7%	5.3%			
Bachelor's Degree or Greater		18,554	21.1%	28.9%	All Others	2,557	2.0%	3.1%			
Total		88,099	100.0%	100.0%	Total	126,477	100.0%	100.0%			

Source: Truven Health Analytics 2015

Healthy Communities Institute scorecard – Columbia County

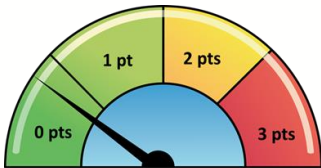


- St. Clare Hospital is pleased to make this source of community health and population data available to our community. We invite community organizations, planners, policy makers, educational institutions and residents to use this site as a tool to understand and track community health issues and plan strategies for improvement
- Indicators below are pre-sorted in order of decreasing severity
- Indicator HCI score correlates with severity gauge pictured
- Updated data can be found online at ssmhealth.com/system

HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
2.83	Age-Adjusted Death Rate due to Colorectal Cancer	deaths/100,000 population	18.9	14.8	15.9	14.5
2.83	Age-Adjusted Death Rate due to Prostate Cancer	deaths/100,000 males	27.4	24.3	22.3	21.8
2.83	Age-Adjusted Death Rate due to Unintentional Injuries	deaths/100,000 population	59.5	44.8	39.2	36.4
2.78	Workers Commuting by Public Transportation	percent	0.1	1.8	5	5.5
2.75	Age-Adjusted Death Rate due to Falls	deaths/100,000 population	18.3	15.6	8.3	7.2
2.75	Age-Adjusted Death Rate due to Suicide	deaths/100,000 population	22	13.2	12.5	10.2
2.58	Age-Adjusted Death Rate due to Motor Vehicle Traffic Collisions	deaths/100,000 population	19.4	9.8	10.7	12.4
2.53	Adults who Drink Excessively	percent	30.6	24.4		25.4
2.5	Age-Adjusted Death Rate due to Chronic Lower Respiratory Diseases	deaths/100,000 population	50.4	39	42.1	
2.5	Breast Cancer Incidence Rate	cases/100,000 females	134.4	124.8	122.7	
2.39	Oral Cavity and Pharynx Cancer Incidence Rate	cases/100,000 population	13.7	11.3	11.2	
2.36	Adults who Smoke	percent	22.6	18.3		12
2.33	Adults who are Overweight or Obese	percent	69.8		63.3	
2.33	Age-Adjusted Death Rate due to Lung Cancer	deaths/100,000 population	51.9	46.8	48.4	45.5
2.28	Adults who are Obese	percent	33.9		27	30.5
2.28	Age-Adjusted Death Rate due to Breast Cancer	deaths/100,000 females	24	21	22.2	20.7
2.28	Age-Adjusted Death Rate due to Kidney Disease	deaths/100,000 population	16	14.3	13.3	
2.25	Solo Drivers with a Long Commute	percent	40.4	25.6		
2.22	Colorectal Cancer Incidence Rate	cases/100,000 population	46.7	41.8	43.3	38.6
2.19	Mothers who Smoked During Pregnancy	percent	16.9	13.7	8.5	1.4
2.11	Age-Adjusted Death Rate due to Cancer	deaths/100,000 population	190.6	174.6	173.8	161.4
2.11	Grocery Store Density	stores/1,000 population	0.1			
2.08	Death Rate due to Drug Poisoning	deaths/100,000 population	13.4	11.3		
2.08	Drinking Water Violations	percent	5.4	4.9		
2.06	Age-Adjusted Death Rate due to Alzheimer's Disease	deaths/100,000 population	30.4	23.5	24	
2.06	Mean Travel Time to Work	minutes	26.1	21.7	25.5	
1.94	Liquor Store Density	stores/100,000 population	10.6	7.1	10.4	
1.89	Workers who Drive Alone to Work	percent	82	80.2	76.3	
1.89	Workers who Walk to Work	percent	2.6	3.3	2.8	3.1
1.83	Fast Food Restaurant Density	restaurants/1,000 population	0.7			
1.81	Mothers who Received Early Prenatal Care	percent	72.1	75.6	74.2	77.9
1.75	Dentist Rate	dentists/100,000 population	48	61		
1.75	Health Behaviors Ranking	(blank)	64			
1.75	Physical Environment Ranking	(blank)	56			
1.75	Primary Care Provider Rate	providers/100,000 population	60	82		
1.72	All Cancer Incidence Rate	cases/100,000 population	470	462.1	459.8	
1.72	SNAP Certified Stores	stores/1,000 population	0.6			
1.67	Houses Built Prior to 1950	percent	29.5	26.9	18.9	
1.67	Lung and Bronchus Cancer Incidence Rate	cases/100,000 population	71	62.1	64.9	
1.61	Age-Adjusted Death Rate due to Cerebrovascular Disease (Stroke)	deaths/100,000 population	37.5	36.4	37	34.8
1.58	Non-Physician Primary Care Provider Rate	providers/100,000 population	57	76		
1.53	Annual Ozone Air Quality	(blank)	2			
1.53	Self-Reported General Health Assessment: Poor or Fair	percent	12	11.8		
1.5	People 25+ with a Bachelor's Degree or Higher	percent	21.3	26.8	28.8	

Source: Healthy Communities Institute

Healthy Communities Institute scorecard – Columbia County (continued)

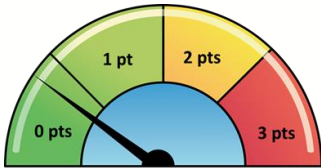


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HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
1.44	Age-Adjusted Death Rate due to Coronary Heart Disease	deaths/100,000 population	97.2	96.6	105.7	103.4
1.44	Single-Parent Households	percent	30.6	30.7	33.3	
1.42	Access to Exercise Opportunities	percent	74.5	82.7		
1.42	Clinical Care Ranking	(blank)	23			
1.42	Mammography Screening: Medicare Population	percent	68	70		
1.42	Morbidity Ranking	(blank)	32			
1.42	Mortality Ranking	(blank)	24			
1.42	Social and Economic Factors Ranking	(blank)	18			
1.42	Student-to-Teacher Ratio	students/teacher	14.3	15.3		
1.39	HIV Diagnosis Rate	cases/100,000 population	1.8	4		
1.39	People 65+ Living Alone	percent	28	29.7	27	
1.31	Diabetic Screening: Medicare Population	percent	89.4	90		
1.28	Unemployed Workers in Civilian Labor Force	percent	5.4	5.4	5.6	
1.25	Adults with Diabetes	percent	8.9	8.8		
1.25	Recreation and Fitness Facilities	facilities/1,000 population	0.1		0.1	
1.22	Low-Income Preschool Obesity	percent	12.5			
1.19	High School Graduation	percent	88.8	87.5	80	82.4
1.17	Asthma: Medicare Population	percent	3.4	4.7	4.9	
1.17	PBT Released	pounds	697			
1.17	Recognized Carcinogens Released into Air	pounds	4948			
1.11	Households with Cash Public Assistance Income	percent	1.9	2.2	2.8	
1.11	Renters Spending 30% or More of Household Income on Rent	percent	44.3	48.4	52.3	
1.08	Children Compliant with Immunization Requirements	percent	99.2	97.9		
1.08	Preventable Hospital Stays	discharges/1,000 Medicare enrollees	49	51		
1.08	Social Associations	membership associations/10,000 population	14	11.8		
1.08	Students Eligible for the Free Lunch Program	percent	28.3	35.3		
1.06	Life Expectancy for Females	years	81.5	81.6	80.8	
1.06	Syphilis Incidence Rate	cases/100,000 population	0	1.7	5.5	
1.03	Babies with Low Birth Weight	percent	6.3	7	8	7.8
1.03	Children with Health Insurance	percent	95.3	95.2		100
1	Adults who are Sedentary	percent	23			32.6
1	Child Food Insecurity Rate	percent	20.1	20.4	21.4	
1	Children with Low Access to a Grocery Store	percent	1.3			
1	Homeownership	percent	65.9	59.4	56.9	
1	Households with No Car and Low Access to a Grocery Store	percent	1.3			
1	Low-Income and Low Access to a Grocery Store	percent	1.7			
1	People 65+ with Low Access to a Grocery Store	percent	1			
1	Violent Crime Rate	crimes/100,000 population	156.2	255.5		
0.97	Infants Born to Mothers with <12 Years Education	percent	9.6	11.8	15.9	
0.97	Premature Death	years/100,000 population	5430.4	5881		
0.94	Chlamydia Incidence Rate	cases/100,000 population	212.2	411.6	446.6	
0.92	Alcohol-Impaired Driving Deaths	percent	28.8	38.8		
0.92	Food Environment Index	(blank)	8.7	8		
0.92	Severe Housing Problems	percent	11.8	15.2		

Source: Healthy Communities Institute

Healthy Communities Institute scorecard - Columbia County (continued)

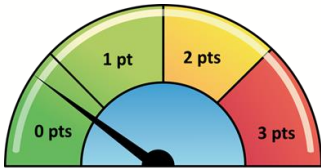


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HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
0.83	Cancer: Medicare Population	percent	6.6	7.4	7.9	
0.83	Chronic Kidney Disease: Medicare Population	percent	10.4	15.8	15.5	
0.83	Life Expectancy for Males	years	77.1	77	76.1	
0.81	Teen Birth Rate	live births/1,000 females aged 15-19	15.9	19.9	26.5	
0.78	Atrial Fibrillation: Medicare Population	percent	7	8	7.8	
0.78	Children Living Below Poverty Level	percent	14.5	18.1	21.6	
0.75	Child Abuse Rate	cases/1,000 children	3.1	3.7	9.1	8.5
0.72	Adults with Health Insurance	percent	89.7	87.2	79.7	100
0.72	Babies with Very Low Birth Weight	percent	1	1.3	1.4	1.4
0.72	COPD: Medicare Population	percent	8.2	8.8	11.3	
0.72	Diabetes: Medicare Population	percent	22.7	23.4	27	
0.72	Per Capita Income	dollars	28273	27523	28155	
0.72	Prostate Cancer Incidence Rate	cases/100,000 males	118.6	139.2	142.3	
0.67	People 25+ with a High School Degree or Higher	percent	91.6	90.4	86	
0.64	Farmers Market Density	markets/1,000 population	0.2		0	
0.64	Poor Physical Health Days	days	2.5	3.2		
0.61	Age-Adjusted Death Rate due to Diabetes	deaths/100,000 population	14.2	18.4	21.3	
0.61	Age-Adjusted Death Rate due to Influenza and Pneumonia	deaths/100,000 population	10.5	14.7	15.4	
0.61	Depression: Medicare Population	percent	12.5	15.6	15.4	
0.61	Families Living Below Poverty Level	percent	5.2	8.8	11.3	
0.61	Households without a Vehicle	percent	3.8	7.1	9.1	
0.61	Hyperlipidemia: Medicare Population	percent	33.4	40.8	44.8	
0.61	People Living Below Poverty Level	percent	9.3	13	15.4	
0.61	Young Children Living Below Poverty Level	percent	16	21.6	24.7	
0.58	Poor Mental Health Days	days	2.5	3		
0.58	Preterm Births	percent	7.3	10	11.4	11.4
0.56	Gonorrhea Incidence Rate	cases/100,000 population	8.8	80.3	106.1	
0.56	People Living 200% Above Poverty Level	percent	75.7	69.4	65.8	
0.5	Food Insecurity Rate	percent	10.5	12.4	15.8	
0.5	People 65+ Living Below Poverty Level	percent	6.8	7.8	9.4	
0.5	Rheumatoid Arthritis or Osteoarthritis: Medicare Population	percent	21	26.1	29	
0.5	Stroke: Medicare Population	percent	2.3	2.6	3.8	
0.39	Hypertension: Medicare Population	percent	42.8	48.9	55.5	
0.39	Osteoporosis: Medicare Population	percent	3.8	5.4	6.4	
0.33	Median Household Income	dollars	57922	52413	53046	
0.25	Infant Mortality Rate	deaths/1,000 live births	3.8	5.9	6.1	6
0.17	Alzheimer's Disease or Dementia: Medicare Population	percent	6.8	8.8	9.8	
0.17	Heart Failure: Medicare Population	percent	11.3	13	14.6	
0.17	Ischemic Heart Disease: Medicare Population	percent	20.8	24	28.6	

Source: Healthy Communities Institute

Healthy Communities Institute scorecard - Sauk County

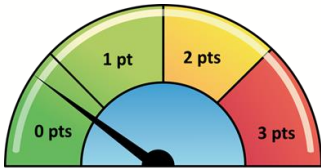


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HCI Score	Indicator	Units	County Value	State Value	National Value	HP2020 Value
2.67	Age-Adjusted Death Rate due to Alzheimer's Disease	deaths/100,000 population	32.6	23.5	24	
2.61	Age-Adjusted Death Rate due to Colorectal Cancer	deaths/100,000 population	18.9	14.8	15.9	14.5
2.53	Infant Mortality Rate	deaths/1,000 live births	8.2	5.9	6.1	6
2.39	Workers Commuting by Public Transportation	percent	0.2	1.8	5	5.5
2.22	Colorectal Cancer Incidence Rate	cases/100,000 population	47.1	41.8	43.3	38.6
2.19	Infants Born to Mothers with <12 Years Education	percent	15.9	11.8	15.9	
2.14	Age-Adjusted Death Rate due to Suicide	deaths/100,000 population	15.4	13.2	12.5	10.2
2.08	Adults with Diabetes	percent	11.2	8.8		
2.08	Death Rate due to Drug Poisoning	deaths/100,000 population	14.2	11.3		
2.06	Adults who are Obese	percent	32.9		27	30.5
2.03	Mammography Screening: Medicare Population	percent	62.6	70		
2	Fast Food Restaurant Density	restaurants/1,000 population	0.7			
1.94	Age-Adjusted Death Rate due to Coronary Heart Disease	deaths/100,000 population	112.2	96.6	105.7	103.4
1.92	Mothers who Smoked During Pregnancy	percent	18.1	13.7	8.5	1.4
1.89	Age-Adjusted Death Rate due to Prostate Cancer	deaths/100,000 males	24.6	24.3	22.3	21.8
1.89	Low-Income Preschool Obesity	percent	16.8			
1.86	Age-Adjusted Death Rate due to Motor Vehicle Traffic Collisions	deaths/100,000 population	13.2	10	10.8	12.4
1.86	Recreation and Fitness Facilities	facilities/1,000 population	0.1		0.1	
1.83	Homeownership	percent	59.6	59.4	56.9	
1.81	Mothers who Received Early Prenatal Care	percent	74.1	75.6	74.2	77.9
1.78	Adults who are Overweight or Obese	percent	69		63.3	
1.75	Premature Death	years/100,000 population	6501.3	5881		
1.72	Age-Adjusted Death Rate due to Cancer	deaths/100,000 population	180.5	174.6	173.8	161.4
1.72	Age-Adjusted Death Rate due to Cerebrovascular Disease (Stroke)	deaths/100,000 population	39.1	36.4	37	34.8
1.69	Annual Ozone Air Quality	(blank)	3			
1.64	Age-Adjusted Death Rate due to Falls	deaths/100,000 population	11	15.6	8.3	7.2
1.64	Children with Health Insurance	percent	93.5	95.2		100
1.61	Adults with Health Insurance	percent	85.9	87.2	79.7	100
1.61	Depression: Medicare Population	percent	15.4	15.6	15.4	
1.58	Clinical Care Ranking	(blank)	42			
1.58	Mortality Ranking	(blank)	50			
1.58	Non-Physician Primary Care Provider Rate	providers/100,000 population	60	76		
1.58	Physical Environment Ranking	(blank)	43			
1.58	Severe Housing Problems	percent	14.1	15.2		
1.58	Students Eligible for the Free Lunch Program	percent	33.8	35.3		
1.58	Student-to-Teacher Ratio	students/teacher	14.6	15.3		
1.53	Poor Physical Health Days	days	3.1	3.2		
1.5	Adults who are Sedentary	percent	27			32.6
1.5	Age-Adjusted Death Rate due to Unintentional Injuries	deaths/100,000 population	45.3	44.8	39.2	36.4
1.5	Households with Cash Public Assistance Income	percent	2	2.2	2.8	
1.5	People 25+ with a Bachelor's Degree or Higher	percent	21	26.8	28.8	
1.5	People 65+ Living Alone	percent	27.8	29.7	27	
1.5	People Living 200% Above Poverty Level	percent	68.8	69.4	65.8	
1.5	Renters Spending 30% or More of Household Income on Rent	percent	47.6	48.4	52.3	
1.47	Annual Particulate Pollution	(blank)	1			

Source: Healthy Communities Institute

Healthy Communities Institute scorecard - Sauk County (continued)

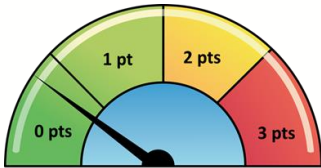


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1.47	Preventable Hospital Stays	discharges/1,000 Medicare enrollees	53	51		
1.44	Age-Adjusted Death Rate due to Lung Cancer	deaths/100,000 population	46.9	46.8	48.4	45.5
1.44	Chlamydia Incidence Rate	cases/100,000 population	282.8	411.6	446.6	
1.44	Grocery Store Density	stores/1,000 population	0.2			
1.44	Violent Crime Rate	crimes/100,000 population	169.4	255.5		
1.42	Alcohol-Impaired Driving Deaths	percent	35.1	38.8		
1.42	Health Behaviors Ranking	(blank)	30			
1.42	Morbidity Ranking	(blank)	21			
1.42	Social and Economic Factors Ranking	(blank)	30			
1.39	People 25+ with a High School Degree or Higher	percent	89.4	90.4	86	
1.39	Per Capita Income	dollars	25988	27523	28155	
1.39	SNAP Certified Stores	stores/1,000 population	0.7			
1.39	Workers who Drive Alone to Work	percent	80.1	80.2	76.3	
1.33	Age-Adjusted Death Rate due to Influenza and Pneumonia	deaths/100,000 population	16.1	14.7	15.4	
1.33	Child Food Insecurity Rate	percent	20.6	20.4	21.4	
1.33	HIV Diagnosis Rate	cases/100,000 population	0	4		
1.33	Households with No Car and Low Access to a Grocery Store	percent	1.6			
1.33	Houses Built Prior to 1950	percent	26.6	26.9	18.9	
1.31	Adults who Smoke	percent	17.1	18.3		12
1.31	Children Compliant with Immunization Requirements	percent	99.4	97.9		
1.31	Diabetic Screening: Medicare Population	percent	89	90		
1.31	Teen Birth Rate	live births/1,000 females aged 15-19	20	19.9	26.5	
1.28	Age-Adjusted Death Rate due to Breast Cancer	deaths/100,000 females	20.2	21	22.2	20.7
1.28	Prostate Cancer Incidence Rate	cases/100,000 males	131.6	139.2	142.3	
1.28	Syphilis Incidence Rate	cases/100,000 population	0	1.7	5.5	
1.28	Unemployed Workers in Civilian Labor Force	percent	5.3	5.4	5.6	
1.25	Dentist Rate	dentists/100,000 population	57	61		
1.25	Solo Drivers with a Long Commute	percent	24.9	25.6		
1.22	Life Expectancy for Males	years	76.7	77	76.1	
1.22	Median Household Income	dollars	52140	52413	53046	
1.17	Asthma: Medicare Population	percent	3.7	4.7	4.9	
1.17	PBT Released	pounds	961			
1.17	Rheumatoid Arthritis or Osteoarthritis: Medicare Population	percent	25.6	26.1	29	
1.11	Gonorrhea Incidence Rate	cases/100,000 population	20.8	80.3	106.1	
1.11	Mean Travel Time to Work	minutes	21.6	21.7	25.5	
1.11	Young Children Living Below Poverty Level	percent	19.5	21.6	24.7	
1.08	Access to Exercise Opportunities	percent	79.7	82.7		
1.08	Adults who Drink Excessively	percent	22.6	24.4		25.4
1.08	Drinking Water Violations	percent	0.1	4.9		
1.08	Food Environment Index	(blank)	8.6	8		
1.08	High School Graduation	percent	91.1	87.5	80	82.4
1.08	Social Associations	membership associations/10,000 population	14.2	11.8		
1.06	All Cancer Incidence Rate	cases/100,000 population	428.3	462.1	459.8	
1.06	Breast Cancer Incidence Rate	cases/100,000 females	114.1	124.8	122.7	

Source: Healthy Communities Institute

Healthy Communities Institute scorecard - Sauk County (continued)



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1.03	Poor Mental Health Days	days	2.7	3		
1	Children with Low Access to a Grocery Store	percent	1.2			
1	Low-Income and Low Access to a Grocery Store	percent	1.6			
1	Oral Cavity and Pharynx Cancer Incidence Rate	cases/100,000 population	10.1	11.3	11.2	
1	People 65+ Living Below Poverty Level	percent	7.8	7.8	9.4	
1	People 65+ with Low Access to a Grocery Store	percent	0.9			
0.94	COPD: Medicare Population	percent	8.3	8.8	11.3	
0.94	Households without a Vehicle	percent	5.1	7.1	9.1	
0.94	Workers who Walk to Work	percent	3.2	3.3	2.8	3.1
0.86	Self-Reported General Health Assessment: Poor or Fair	percent	9.6	11.8		
0.83	Chronic Kidney Disease: Medicare Population	percent	11.3	15.8	15.5	
0.83	Food Insecurity Rate	percent	11.3	12.4	15.8	
0.83	Lung and Bronchus Cancer Incidence Rate	cases/100,000 population	58.2	62.1	64.9	
0.81	Farmers Market Density	markets/1,000 population	0.1		0	
0.78	Children Living Below Poverty Level	percent	14.7	18.1	21.6	
0.78	Families Living Below Poverty Level	percent	7.8	8.8	11.3	
0.78	People Living Below Poverty Level	percent	10.8	13	15.4	
0.75	Primary Care Provider Rate	providers/100,000 population	104	82		
0.72	Age-Adjusted Death Rate due to Chronic Lower Respiratory Diseases	deaths/100,000 population	35.4	39	42.1	
0.72	Babies with Very Low Birth Weight	percent	0.7	1.3	1.4	1.4
0.72	Diabetes: Medicare Population	percent	22.9	23.4	27	
0.72	Ischemic Heart Disease: Medicare Population	percent	21.7	24	28.6	
0.72	Osteoporosis: Medicare Population	percent	4.4	5.4	6.4	
0.67	Life Expectancy for Females	years	81.8	81.6	80.8	
0.64	Babies with Low Birth Weight	percent	5.5	7	8	7.8
0.64	Child Abuse Rate	cases/1,000 children	2.8	3.7	9.1	8.5
0.64	Preterm Births	percent	8	10	11.4	11.4
0.61	Hyperlipidemia: Medicare Population	percent	33.1	40.8	44.8	
0.56	Atrial Fibrillation: Medicare Population	percent	6.7	8	7.8	
0.56	Liquor Store Density	stores/100,000 population	4.7	7.1	10.4	
0.5	Age-Adjusted Death Rate due to Diabetes	deaths/100,000 population	11.9	18.4	21.3	
0.5	Cancer: Medicare Population	percent	6.3	7.4	7.9	
0.5	Single-Parent Households	percent	27.3	30.7	33.3	
0.33	Alzheimer's Disease or Dementia: Medicare Population	percent	7.4	8.8	9.8	
0.33	Stroke: Medicare Population	percent	2.1	2.6	3.8	
0.17	Age-Adjusted Death Rate due to Kidney Disease	deaths/100,000 population	9.1	15.5	13.9	
0.17	Heart Failure: Medicare Population	percent	11	13	14.6	
0.17	Hypertension: Medicare Population	percent	40.7	48.9	55.5	

Source: Healthy Communities Institute

The tax year the hospital last conducted a needs assessment

St. Clare Hospital last conducted a CHNA in 2012.

Existing health care facilities and resources within the community that are available to respond to the health needs of the community

St. Clare Hospital priorities for the 2016-2018 CHNA and strategic implementation plan:

- Mental health: Resources include Sauk County Health Department, Columbia County Division of Health, Boys & Girls Clubs of Central Wisconsin, Dean Clinic, EPIC, Northern Region Parish Nurses, Rural Wisconsin Health Cooperative, Wisconsin Dells School District, Baraboo Area School District, Sauk County Sheriff's Department, Baraboo Police Department, Lake Delton Police Department, Columbia County Sheriff's Department, Baraboo District Ambulance Service, Dells/Delton Ambulance, Wisconsin Women's Health Foundation and Hope House
- Chronic disease: Resources include Sauk County Health Department, Columbia County Division of Health, Dean Clinic, Northern Region Parish Nurses, Baraboo District Ambulance Service, Dells/Delton Ambulance, Home Health United and St. Clare Meadows Care Center
- Obesity: Resources include Sauk County Health Department, Columbia County Division of Health, Boys & Girls Clubs of Central Wisconsin, Dean Clinic, Northern Region Parish Nurses, Wisconsin Dells School District, Baraboo Area School District, St. Clare Health Care Foundation, Central Wisconsin Community Action Council, Ho-Chunk Nation and St. Clare Healthy Living Center

How the data was obtained

St. Clare Hospital, in collaboration with the Sauk County Health & Wellness Coalition, collected data using three methods.

The first was an online survey available for 40 days. The Sauk County Health & Wellness Coalition created the survey using a compilation of questions from the 2012 Milwaukee County Community Health Survey, the 2015 Healthy Dane Collaborative Survey, the NACCHO Example Community Health Survey, Adverse Childhood Experience (ACE) Questionnaire, 2013 Community Needs Assessment from the Dane County CACCW and community resiliency questions created by the coalition. All questions underwent a health literacy review. 1,049 surveys were needed to have a confidence level of 95% and a confidence interval of 3 since the hospital service area has a total population of 61,575. St. Clare Hospital was able to collect 1,288 responses. With the help of the entire coalition, St. Clare Hospital advertised the online survey in various ways:

- Newspaper ads in the Baraboo News Republic, Reedsburg Times Press, Wisconsin Dells Events and the Sauk Prairie Eagle
- Online advertisements on websites and social media sites for each entity in the Health and Wellness Coalition
- Radio interviews on WPQR Baraboo and the Magnum Radio Group stations
- Press releases
- Internal communications within the Coalition entities
- Local events such as the Sauk County Fair, the Baraboo Circus Parade, Reedsburg Little League Tournament, Reedikulus Days and Touch Twice Clinic

Flyers advertising the survey were created and distributed at the events. Flyers were also handed out to local organizations including libraries, Aging and Disability Resource Center (ADRC), Veteran's Office, The Department of Human Services and grocery stores.

Although the survey was 170 questions long, the survey database (Google Forms) used skip logic to only show questions relevant to the survey respondent in regards to their answers to previous questions. Topics of the survey included demographics, community health perceptions, health care access, chronic disease, physical activity, nutrition, abuse, safety, alcohol and drug use and community resiliency. Once the survey responses were tabulated, the survey results were evaluated and analyzed for health and demographic trends. The survey results were discussed among the health coalition.

Focus groups were used to gain information from the community regarding their perceptions of the community's health. This included elderly and Hispanic populations who were not well represented in the survey. A list of 14 questions was created regarding community health perception. Topics included community health, health care access, health literacy, health problems and food security. Six additional questions were asked about specific issues facing elderly people, availability of resources, knowledge of the ADRC and vaccination rates. The questions were screened for health literacy and motivational interviewing and were also translated into Spanish. Data from the elderly population was obtained at foot clinics, dining centers and Golden K's meetings. Data from the Hispanic population was obtained from Lake Delton, Wisconsin Dells and Bluffview community residents, patients at the Touched Twice Clinic and Women Infant and Children (WIC) clients. The focus group data was analyzed and presented to the coalition.

Additional data was compiled using resources from the Wisconsin County Health Rankings & Roadmaps, Community Commons, Wisconsin Department of Health and Human Resources, CDC Behavioral Risk Factor Surveillance System, National Center for Chronic Disease Prevention and Health Population and the Wisconsin Behavioral Risk Factor Survey. Data was also obtained from Healthy Communities Institute (HCI), which can be found on SSM Health's homepage at ssmhealth.com/system. The website platform includes the most up-to-date publicly available data for approximately 140 community indicators from over 20 sources, covering 20 topics in the areas of health, determinants of health, and quality of life. Additional demographic and health impact factors were collected through SSM Health's data analytics platforms.

The health needs of the community

Please see “The Health of Our Community” and “The Health Needs of Our Community” sections for analysis of health indicators specific to the health of the community and the identified priorities to be addressed going forward.

Primary and chronic disease needs and other health issues of uninsured persons, low-income persons and minority groups

To be maximally effective, health programs must meet a tangible need of the community. They must be presented to and accessible by the very people who need them most. The previous study of demographics, community health indicators and community feedback is necessary to assist the hospital in the planning, development, implementation and evaluation of population health programs in order to reduce disease burden within the community. St. Clare Hospital acknowledges the populations for which disparities exist and the unique burdens associated with their demographic status.

It is SSM Health's vision that through our participation in the healing ministry of Jesus Christ, communities, especially those that are economically, physically and socially marginalized, will experience improved health in mind, body, spirit, and environment within the financial limits of the system.

The process for identifying and prioritizing community health needs and services to meet the community health needs

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 large population of people or for which disparities exist, and which put a greater burden on some population groups
- Poor rankings for health issues in Sauk, Columbia and surrounding counties as compared to the state of Wisconsin, other counties or Healthy People 2020 national health goals
- 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

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 and Columbia Counties, as well from the online survey. The online survey identified the top three health needs as mental health, obesity and chronic disease. These needs were enforced by community leaders during the key informant meeting.

Persons representing the community with whom the hospital consulted

St. Clare Hospital benefited from input derived through consultation of numerous community leaders representing diverse constituencies. The leaders associated with community feedback are listed with their affiliations below. Additionally, St. Clare Hospital benefited from guidance and input from individuals with expertise in public/population health.

Date	Solicitation Type	Panel Member Title	Panel Member Organization	Panel Member Name (Optional)
8/7/2015	Focus Group/Key Informant Meeting	Director of Public Safety/Police Chief	Lake Delton Police Department, Fire and EMS	Daniel Hardman
8/7/2015	Focus Group/Key Informant Meeting	District Administrator	School District of Wisconsin Dells	Terry Slack
8/7/2015	Focus Group/Key Informant Meeting	Health Officer	Columbia County Health and Human Services	Susan Lorenz RN MS
8/7/2015	Focus Group/Key Informant Meeting	Rehab Director	St. Clare Hospital	Bruce Houtler
8/7/2015	Focus Group/Key Informant Meeting	Director of Pharmacy	St. Clare Hospital	Cindy Kissack
8/7/2015	Focus Group/Key Informant Meeting	HIM Support Supervisor	St. Clare Hospital	Stephanie Wilkinson
8/7/2015	Focus Group/Key Informant Meeting	Lieutenant	Columbia County Sheriff's Office	Richard Hoege
8/7/2015	Focus Group/Key Informant Meeting	Outreach Manager	Home Health United	Janet Bollig
8/11/2015	Focus Group/Key Informant Meeting	Parks and Recreation Director	City of Baraboo	Mike Hardy
8/11/2015	Focus Group/Key Informant Meeting	Director/Health Officer	Sauk County Health Department	Cindy Bodendein
8/11/2015	Focus Group/Key Informant Meeting	Health Educator	Sauk County Health Department	Cassidy Walsh
8/11/2015	Focus Group/Key Informant Meeting	Systems Analyst	Sauk County Health Department	Staci Dankert
8/11/2015	Focus Group/Key Informant Meeting	Nurse Practitioner	St. Clare Healthy Living Center	Deb Rodriguez
8/11/2015	Focus Group/Key Informant Meeting	Director of Radiation Oncology	St. Clare Hospital	April Holler
8/11/2015	Focus Group/Key Informant Meeting	Golden Care Advisor	St. Clare Hospital	Deedee Heath
8/11/2015	Focus Group/Key Informant Meeting	Director of Social Services	St. Clare Meadows	Charlotte Taylor
8/11/2015	Focus Group/Key Informant Meeting	Vice President of Operations	St. Clare Hospital	Scott Wysocki
8/11/2015	Focus Group/Key Informant Meeting	Chief/EMS Director	Baraboo District EMS	Dana Sechler
8/11/2015	Focus Group/Key Informant Meeting	Captain	Baraboo Police Department	Rob Sinden

Needs the hospital will not address and the reasons

No hospital facility can address all of the health needs present in its community. St. Clare Hospital's implementation strategy focuses on the specified community health need and not on the following needs:

- Alcohol abuse has increased the amount of traffic collisions in Sauk and Columbia County. While alcohol abuse is not an identified priority, the hospital is able to assist with this need through its St. Clare Center alcohol and drug abuse services. The hospital will continue to explore collaborative opportunities available to effectively impact the need.
- Smoking/tobacco use is being addressed by others within the community, including those health experts at a state level, through the implementation of a statewide smoking ban, effective July 2010, and remediation programs. Since 2012, the percentage of adult smokers in both Sauk and Columbia Counties has decreased.
- 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 and speed limit enforcement. As a rural community, farm safety continues to be a priority which the hospital continues to participate in through annual events like Farm Safety Day.
- Malnutrition is an issue that is already being addressed in the community. School districts are offering more programs to bring food to children year round. Food pantries in the community are constantly being refreshed to supply healthy options.
- The lack of dental care in the community proves to be a large issue, but the hospital cannot impact this. Many of the focus group participants mentioned a lack of dentists. Many people do not receive the dental care they need because they either cannot make an appointment, do not have the transportation to get to an appointment or their insurance is not accepted. The hospital will continue to help improve dental health in our communities via a grant 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 northern 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 of which are located in vastly underserved areas.

The St. Clare Hospital implementation strategy includes its ongoing commitment to the community health needs through its St. Clare Health Care 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.

Information gaps that limit the hospital facility's ability to assess all of the community's health needs

St. Clare Hospital observes that, while some health status indicators for Sauk County, Columbia County and its surrounding counties are better than average, they may still represent problems that are highly prevalent, place a heavy burden on our population and might be worsening or fall short of benchmarks.

In addition, aggregate health data for the entire population often masks the unfair, heavy burden on some population groups. There may be an information gap from the input that was received from the Hispanic population. St. Clare Hospital found that it was hard to connect with this population base and is already working to improve this connection to better obtain their feedback on their health care options.

Other hospital facilities participating in St. Clare Hospital CHNA process

St. Clare Hospital created this CHNA collaboratively with the Sauk County Health & Wellness Coalition. Along with St. Clare Hospital, members of the coalition include the Sauk County Health Department, UW-Extension, Reedsburg Area Medical Center and Sauk Prairie health care.

How St. Clare Hospital makes its needs assessment widely available to the public

The St. Clare Hospital 2016-2018 CHNA is available online at stclare.com and upon request from the hospital facility at 608-356-1400. See section on "Going Forward" for more information.

St. Clare Hospital

707 14th Street | Baraboo, WI 53913



2016-2018

Strategic Implementation Plan



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 large population 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, Columbia County and surrounding counties as compared to the state of Wisconsin, other counties or Healthy People 2020 national health goals
- 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

The Sauk County Health & Wellness Coalition 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.

In addition, 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 provided by the County Health Rankings Report for Sauk and Columbia Counties, as well as the online survey. The online survey identified the top three health needs as mental health, chronic disease and obesity. These needs were enforced by community leaders during the key informant meeting.

Priority #1 Mental Health

Priority #2 Chronic Disease

Priority #3 Obesity



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.¹ Without treatment, the consequences of mental illness for the individual and society can include disability, unemployment, substance abuse, homelessness, incarceration and suicide. The economic cost of untreated mental illness is more than 100 billion dollars each year in the US.²

According to the National Institute of Mental Health, an estimated 13 million American adults (approximately 1 in 17) have a seriously debilitating mental illness. Suicide is the 11th leading cause of death in the US, accounting for the deaths of approximately 30,000 Americans each year.³

Of the 14 choices listed on the 2015 Sauk County Health & Wellness Coalition survey, mental health was ranked the second most significant health problem in Sauk and Columbia County. Specific categories of mental health identified included depression, anxiety and coping.

The main concern with mental health in the community is limited access and the lack of mental health facilities. During interviews, local law enforcement officials stated they often have to drive mental health patients hours away for treatment. Emergency services officials noted increased suicide attempts and substance abuse linked to mental health in the communities.

Additional facts and figures

- The 2015 Wisconsin County Health Rankings show that in the past 30 days, respondents had an average of 2.7 mentally unhealthy days in Sauk County and an average of 2.5 mentally unhealthy days in Columbia County
- Statistics from the 2015 Sauk County Health & Wellness Coalition survey show:
 - 20% of respondents reported being treated for or told by a doctor that they have a mental health condition
 - 31% of respondents reported feeling sad, blue or depressed at least sometimes in the past month
 - 93% of respondents reported receiving the mental health care needed in the past year. Of the reasons for not receiving the needed mental health care, financial issues were the most common at 35%, followed by lack of access at 24%

Priority
#1



Do you have a question about mental health?

Visit our website at stclare.com

Sources: ¹World Health Organization, 2014 ²National Alliance on Mental Illness, 2014 ³National Institute of Mental Health

Strategic Implementation Plan Mental Health



Goals

The goals of St. Clare Hospital include:

- Decrease the age-adjusted death rate due to suicide in Sauk County from 14.1 deaths per 100,000 persons in 2015 to 13.5 by 2018 and in Columbia County from 21.1 in 2015 to 20.8 by 2018 (Healthy Communities Institute)
- Decrease the number of poor mental health days in Sauk County from 2.7 in 2015 to 2.2 by 2018 and in Columbia County from 2.5 in 2015 to 2.0 by 2018 (Healthy Communities Institute)



Action plan

- Implement a new tele-psychology program that includes 16 hours of consult time per month for hospital and clinic use with advanced practice providers. Track annual utilization (%) of tele-psychology hours used per month for new program, set to begin in the second quarter of 2016 on St. Clare Hospital's campus
- Provide a minimum of four educational outreach and/or partnership opportunities to various community agencies and/or schools on an annual basis dealing with mental health, suicide and alcohol/drug abuse awareness
- Create and implement a required suicide prevention seminar for all care delivery staff on assessment, triggers, risk and remediation of suicide for both inpatients and outpatients beginning January 2016
- Conduct an annual day-camp for children that provides tools for coping with the effects of drugs or alcohol in the lives of their parents or adults beginning 2017
- Design and deliver four annual education outreach programs to schools and churches that provide tools for dealing with suicide prevention, mental health issues and alcohol/drug abuse
- Build and pilot a mental health five-point assessment tool into St. Clare Hospital's EPIC (electronic health care record system) by the third quarter of 2017
- Conduct Grief Share, a 15-week, bi-annual grief support group at St. Clare Hospital
- Partner with St. Clare Center alcohol/drug abuse residential and outpatient programs to provide spiritual counseling
- Partner with Sauk and Columbia Counties as part of their drug, alcohol and suicide prevention programs
- Provide weekly Hope House presentations in partnership with parish nurses
- Create community awareness of mental health by participating in SSM Wisconsin Northern Region radio programs
- Conduct Grapevine community presentations
- Deliver annual community presentations on "Attitude of Gratitude" and journaling
- Work collaboratively with the local Boys and Girls Club to build a girls mentor/role model program providing coaching on appropriate communication and other socially acceptable behaviors and skills

Community partners and supporting resources

- Sauk County Health Department
- Columbia County Division of Health
- Boys & Girls Clubs of Central Wisconsin
- Dean Clinic
- EPIC
- Northern Region Parish Nurses
- Rural Wisconsin Health Cooperative
- Wisconsin Dells School District
- Baraboo Area School District
- Sauk County Sheriff's Department
- Baraboo Police Department
- Lake Delton Police Department
- Columbia County Sheriff's Department
- Baraboo District Ambulance Service
- Dells/Delton Ambulance
- Wisconsin Women's Health Foundation
- Hope House

Chronic Disease



Chronic disease burden is more highly concentrated among high-risk populations. The poor are more vulnerable to chronic diseases because of material deprivation and psychosocial stress, higher levels of risk behavior, unhealthy living conditions and limited access to good-quality health care. ¹

As of 2012, approximately half of all adults nationwide, 117 million people, had one or more chronic health conditions and one of four adults had two or more. Seven of the top 10 causes of death in the US are chronic diseases, with heart disease and cancer accounting for nearly 48% of all deaths. ²

From the Sauk County Health & Wellness Coalition survey, St. Clare Hospital collected an abundance of data related to chronic diseases. Of 14 choices, heart disease/stroke was ranked the most important health problem in Sauk and Columbia Counties. Chronic disease is worsening within the community, due in part to an increase in obesity.

Additional facts and figures

- Statistics from the 2015 Sauk County Health & Wellness Coalition survey show:
 - 69% of respondents received a routine check-up in the last year
 - 59% of respondents received cholesterol testing in the last year
 - 54% of respondents received an eye exam in the last year
 - 24% of respondents reported being treated for/told by a doctor in the last 3 years that they have high blood pressure
 - 27% of respondents reported being treated for/told by a doctor in the last 3 years that they have high cholesterol
 - 5% of respondents reported being treated for/told by a doctor in the last 3 years that they have heart disease
 - 6% of respondents reported being treated for/told by a doctor in the last 3 years that they have diabetes
 - 3% of respondents reported being treated for/told by a doctor in the last 3 years that they have cancer
- 25.4% of Sauk County and 24.3% of Columbia County have high blood pressure³
- 65.8% of Sauk County adults and 46.1% of Columbia County adults have high cholesterol, both higher than state and national levels of 36.2% and 38.5%, respectively³
- 12.9% of Sauk County adults and 5.6% of Columbia County adults have heart disease, both higher than state and national levels of 3.9% and 4.4%, respectively³

Sources: ¹World Health Organization ²National Health Institute, 2012 ³Centers for Disease Control and Prevention, "Survey Data & Documentation" August 2015

Priority
#2



Do you have a question
about a chronic disease?

Visit our website at
stclare.com

Strategic Implementation Plan Chronic Disease



Goals

The goals of St. Clare Hospital include:

- Reduce the number age-adjusted deaths due to heart disease in Sauk County from 168.9 deaths per 100,000 persons in 2015 to 165.1 by 2018 and in Columbia County from 160.2 in 2015 to 159.3 by 2018 (Healthy Communities Institute)
- Reduce the number age-adjusted deaths due to diabetes in Sauk County from 12.4 deaths per 100,000 persons in 2015 to 11.8 by 2018 and in Columbia County from 14.8 in 2015 to 14.1 by 2018 (Healthy Communities Institute)



Action plan

- Provide a minimum of eight programmatic and/or educational outreach opportunities to various community agencies on an annual basis
- Participate in area health fairs, both community based and business specific, and speak to dietary measures that will decrease obesity, reduce stress and education on strategies and regimes to slow the progression of chronic disease
- Create and utilize a real time readmission interview tool at St. Clare Hospital
- Collaborate with area ambulance services to create and implement a Mobile Integrated Health program using community paramedics
- Provide intensive education and individualized follow up to inpatients and families regarding management of heart failure and diabetes from St. Clare Hospital
- Create and provide education to area nursing homes and assisted living facilities to improve the health of their residents
- Create community awareness of chronic disease options and proactive programming through Dean/St. Clare Hospital's radio show
- Create personalized telephone follow up programming to heart failure patients after discharge from St. Clare Hospital
- Provide appointment access via new area clinic hours for area diabetics to improve self-management skills at Lake Delton and Wisconsin Dells Dean Clinics
- Provide palliative care consults for inpatients and their families to allow for short and long-term goal setting to increase ability to live with chronic illness from St. Clare Hospital
- Create and implement a structured weekly telephone call program to heart failure patients from St. Clare Hospital staff
- Host annual diabetes seminar at St. Clare Hospital for communities served
- Conduct a faith-based 10-week weight loss program through parish nursing program
- Provide spiritual and emotional care programming through St. Clare Hospital to patients and loved ones

Community partners and supporting resources

- Sauk County Health Department
- Northern Region Parish Nurses
- Home Health United
- Columbia County Division of Health
- Baraboo District Ambulance Service
- St. Clare Meadows Care Center
- Dean Clinic
- Dells / Delton Ambulance

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.

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.

Obesity continues to be a growing issue in the Sauk and Columbia County communities. Of 18 choices on the 2015 Sauk County Health and Wellness Coalition survey, being overweight was ranked the second most important risky behavior.

Lack of physical activity is one of the main contributors of obesity. It was discussed among the St. Clare Hospital key informants that there are many opportunities for physical activity in the area including outdoor recreation areas, state and local parks, bike trails and river walks. The group cited a perceived lack of interest from the community in using those resources to increase physical activity.

Additional facts and figures

- The percentage of adults who are obese (report a BMI of 30 or more) is 30% in Sauk County and 35% in Columbia County, both higher than 2010 reports of 29% and 27% in Sauk and Columbia Counties, respectively ¹
- Statistics from the 2015 Sauk County Health & Wellness Coalition survey show:
 - Only 27% of respondents reported a healthy BMI
 - 30.5% of respondents reported an overweight BMI
 - 42% of respondents reported an obese BMI
 - Only 17% of respondents reported being physically active for five days or more
 - 36% of respondents reported being physically active for one day or less
 - 25% of Sauk County respondents and 24% of Columbia County respondents reported having no leisure-time physical activity

Source: ¹ Wisconsin County Health Rankings, 2015

Priority
#3



Do you have a question
about weight loss?

Visit our website at
stclare.com

Strategic Implementation Plan

Obesity



Goals

The goals of St. Clare Hospital include:

- Reduce the percentage of adults with a Body Mass Index (BMI) > 30 in Sauk County from 30% in 2015 to 28% by 2018 and in Columbia County from 35% in 2015 to 33.5% by 2018 (Wisconsin County Health Rankings)
- Reduce the percentage of Sauk County adult residents who are sedentary from 27.0% in 2015 to 26.0% by 2018 and in Columbia County from 23.0% in 2015 to 21.5% by 2018 (Healthy Communities Institute)



Action plan

- Provide a minimum of eight programmatic and/or educational outreach opportunities to various community agencies on an annual basis
- Participate in community-based and business-specific health fairs
- Support local walks, runs, triathlons and other activities which promote fitness with sponsorship funds
- Honor requests from community organizations for speakers at healthy lifestyle presentations
- Create community awareness of Sauk and Columbia County's overweight and obesity program through Dean and St. Clare Hospital's radio programming
- Conduct a faith-based 10-week weight loss program through parish nursing program
- Work collaboratively with Administrative Council and St. Clare Hospital Nutrition Services to offer healthy variety of café options
- Partner to create and implement "Healthy Eating" programs in district schools and local community centers by linking with area farmers and nutritional experts
- Enhance the farm-to-table concept by creating a program of learning in food courses and cooking classes at local schools and community "tables"
- Partner with area businesses to provide for enhanced health and wellness technology options
- Educate the community on the benefits of healthy eating at locations like health fairs and grocery stores
- Write articles promoting fitness in community media and through the hospital's newsletter
- Continue to support and implement a childhood fitness program in collaboration with local school districts titled "Fun & Fit" program for all 3rd grade fitness classes in the Baraboo and Wisconsin Dells school districts
- Create and implement a plan addressing obesity and potential morbid obesity in pregnant women that provides resources, including nutrition and exercise, leading to improved obstetrical health and childbirth outcomes

Community partners and supporting resources

- Sauk County Health Department
- Wisconsin Dells School District
- US Cellular
- Columbia County Division of Health
- Baraboo Area School District
- St. Clare Health Living Center
- Boys & Girls Clubs of Central Wisconsin
- St. Clare Health Care Foundation
- Dean Clinic
- Central Wisconsin Community Action Council
- Northern Region Parish Nurses
- Ho-Chunk Nation

Achieving our Goals, Now and in the Future



SSM Health is committed to improving the health of our communities through collaborative efforts to address unmet needs.

SSM Health

St. Clare Hospital is pleased to make this source of reliable, current community health and population data available to our community. We invite community organizations, planners, policy makers, educational institutions and residents to use this site as a tool to understand and track community health issues, and plan strategies for improvement.

Please visit ssmhealth.com/system for more information.



FIND HEALTH DATA



FIND DEMOGRAPHIC DATA



FIND HEALTH DISPARITIES

Healthy People 2020 Progress Tracker

The Healthy People 2020 progress tracker provides a platform for measuring improvement of population health metrics associated with the US Healthy People 2020 objectives. The health objectives and 2020 goals allow communities to assess their health status through a comprehensive set of key disease indicators and create action plans relative to key priorities.

Indicator	Current and Target	Data	Since Prior Period	Status
Access to Health Services				
Adults with Health Insurance <small>MAP</small>	Current: 78.1 percent Target: 100.0	78.1 100.0 Current Target	↓	TARGET NOT MET
Children with Health Insurance <small>MAP</small>	Current: 93.4 percent Target: 100.0	93.4 100.0 Current Target	↓	TARGET NOT MET
Adolescent Health				
High School Graduation <small>MAP</small>	Current: 62.3 percent Target: 82.4	62.3 82.4 Current Target	↑	TARGET NOT MET

Contact us to learn more at 608-356-1400.