

2021

Community Health Needs Assessment



SSM Health St. Clare Hospital - Baraboo

707 14th street | Baraboo, WI 53913

Message to Our Community

SSM Health St. Clare Hospital- Baraboo, a member of SSM Health, has delivered exceptional, compassionate care to 58 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: Sauk County Health Department, Sauk County Health & Wellness Coalition, Baraboo and Wisconsin Dells area school districts, Ho-Chunk Nation, Hope House, County and Local Emergency Response Team, Local Law Enforcements, Sauk County Aging and Disability Resource Center, The City of Baraboo, Boys and Girls Club and the St. Clare Foundation.

This Community Health Assessment (CHA) represents a point-in-time view of the health of Sauk County. This document is intended to serve as a guide for the development of the Community Health Improvement Plan (CHIP) and is also intended to inform community understanding of how certain factors, including the social determinants of health (SDOH), impact the health status of some community members more than others. Our sincere hope is this assessment serves as a tool for organizations serving Sauk County to identify how they can influence the health of our community. This effort could be utilizing the data provided to strengthen existing programs and services or working towards addressing policies and systems that contribute to the disparities and sub-optimal health outcomes that we see.

From the assessment and a process of prioritization **Mental Health, Affordable Housing** and **Alcohol, Tobacco and other Drug Abuse (ATODA)** have been identified as the topics for the Community Health Improvement Plan (CHIP). We know that addressing these topics will require collective action to not just improve mental health, affordable housing and ATODA at the individual level, but to improve at the population level through addressing systems, policies, and environments. We look forward to taking actions together.

Sincerely,

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



Executive Summary

Background

St. Clare Hospital is pleased to present the 2021 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 a strategy to address evaluated needs. The SSM Health Wisconsin Regional Board approved this CHNA on November 9, 2021.

The SSM Health Wisconsin Regional Board approved this CHNA report for 2021. St. Clare Hospital last conducted a CHNA in 2018. 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.



Priorities

SSM Health St. Clare Hospital – Baraboo determined priorities for the 2022-2024 CHNA and strategic implementation plan. Priorities chosen include:

Mental Health– A major public health concern due to limited access to resources and lack of mental health facilities with many patients having to drive for hours for treatment. All key informant groups brought mental health to the forefront of the discussion. According to the US county health rankings 2021 reports, clinical care accounts for 20% of Sauk County's health outcomes. Clinical care includes access to care and quality of life. According to the CDC, mental and physical health are equally important components of overall health. For example, depression increases the risks of many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease and stroke. Similarly, the presence of chronic conditions can lead to mental health illness.

Affordable Housing -According to the US county health rankings 2021 reports, physical environment accounts for 10% of Sauk County's health outcomes . All key informant groups and survey respondents brought affordable housing to the forefront of the discussion. 28% of Sauk County households spend 30% or more of their income on housing. Households that rent are more likely to have a high housing cost burden:45% of Sauk County renters.

Alcohol, Tobacco and other Drug Abuse (ATODA)-According to the US county health rankings 2021 reports, health behaviors account for 30% of Sauk County's health outcomes. ATODA is higher in Sauk County than in Wisconsin and is generally much higher than in Top U.S Counties. This Priority was voiced as a concern for Sauk County and therefore a top priority for the 2022-2024 CHNA. Alcohol outlet are places where someone can buy alcohol to drink on premises(such as bars) or elsewhere (such as liquor stores) and Sauk county has 290 alcohol approved licenses. That means our alcohol outlet density is a 2.26 rate of alcohol licenses per 500 people.

Strategies

Mental Health - Increase community awareness, promote current resources available and collaborate with community partners to determine which social determinants of health are most impacting Sauk County community members. Address inequalities prevalent in Sauk County including income and insurance.

Affordable Housing- Develop coordinated and collaborative action plans to address affordable housing. Engage community leaders to commit resources towards health improvement based on the assessment which includes affordable housing.

Alcohol, Tobacco and other Drug Abuse (ATODA) - Increase community awareness, promote current resources available and collaborate with community partners to determine which social determinants of health are most impacting Sauk County community members. Address inequalities prevalent in Sauk County including access to care and insurance.

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About SSM Health and St. Clare Hospital

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. Headquarter 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 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.

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

SSM Health - St. Clare Hospital

Highlight of services

St. Clare Hospital offers a comprehensive range of acute inpatient services, along with an ambulatory care consisting of primary care and specialty care providers. Services include radiation oncology, total joint replacement, women's health services, cardiac/pulmonary rehab, sleep studies, chronic disease education and other clinical departments.

Community benefit

In 2020, SSM Health St. Clare Hospital – Baraboo provided \$3,342,514 in net community benefit, comprised of \$333,122 in charity care; \$896,113 in community services; and \$2,113,279 in unpaid costs of Medicaid. Through our investment in community benefit programs, we focus to enhance the health of all who live in our area. In 2020, we gave \$71,000 and collaborated with the following organizations: Sauk County Health Department, Sauk County Justice,

Diversion and Support (JDS) Programs, Sauk County Health and Wellness Coalition, WorkSmart Network at the Sauk County Job Center, Wisconsin Department of Workforce Development's Vocational Rehabilitation Programs, Wisconsin Department of Workforce Development's Wisconsin Job Service and Satori House Recovery.

Additional affiliations and partnerships

The connection with SSM Health Dean Medical Group offers patients a seamless health care experience. Patients receive exceptional care from the moment they begin their journey with SSM Health. The heritage of healing continues today with a deep-rooted commitment to providing personal and compassionate care.

Hospital at a glance

Admissions | 1,604

Outpatient visits | 67,952

ER visits | 18,381

Births | 159

Beds | 100

Employees | 420

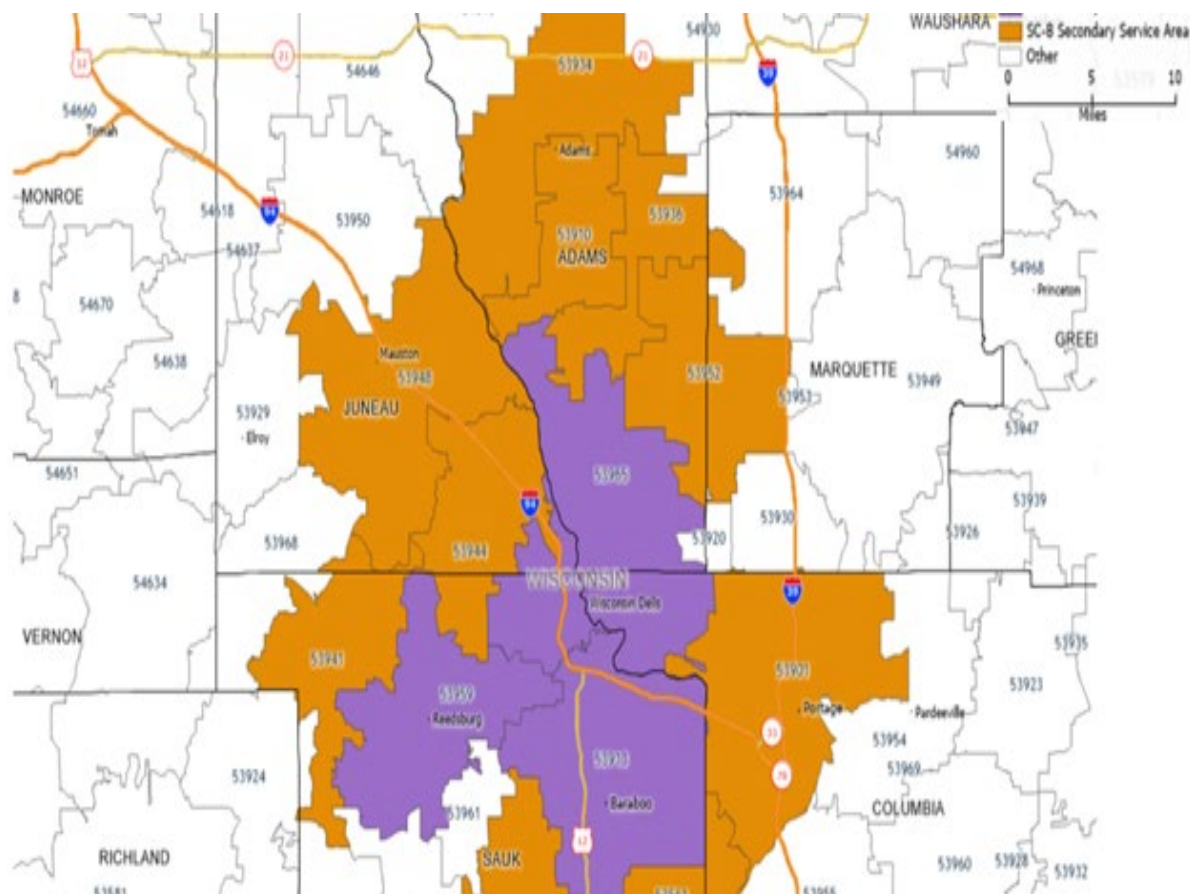
Medical staff | 348

Volunteers | 152

Charity care | 333,122

Definition of Community

For the purposes of this community health needs assessment (CHNA), St. Clare Hospital defines its community as Sauk County and the surrounding portions of adjacent Adams, Columbia and Juneau counties within the hospital's primary and secondary service areas. Given the hospital's partnership with the Sauk County Health Department and participation in the Sauk County Health and Wellness Coalition and Sauk County Data Council, much of the needs assessment will focus on the community within Sauk County. St. Clare Hospital will also coordinate and collaborate with the Adams and Columbia County public health departments on the needs of populations within their counties that are also located within the hospital's primary service delivery area.



Geography - St. Clare Hospital is located at 707 14th Street in Baraboo, Wisconsin. Baraboo is the county seat of Sauk County and the county's largest city. According to the U.S. Census, Baraboo had an estimated population of 12,138 and Sauk County had an estimated population of 64,442 in 2019. Baraboo occupies approximately 3,356.5 acres along the Baraboo River. It is approximately 40 miles north-northwest of Madison, Wisconsin's capital and second largest city. Sauk County includes rolling country sides, farmlands, Devil's Lake State Park and much of the Wisconsin Dells tourism area. Baraboo has a balanced economic base of manufacturing, tourism, agriculture and technology, excellent schools public elementary and high schools, plus a two-year University of Wisconsin campus, Baraboo-Sauk County, and access to high-quality healthcare.

Service delivery area - Approximately 75% of St. Clare Hospital's patient population lives within the following mapped primary service area. An additional approximately 15% of the patient population lives within the secondary service area. The primary service area is limited to portions of Sauk County and small portions of Adams, Columbia and Juneau Counties while the secondary service area also extends into a portion of Marquette County. According to the federal Health Resources and Services Administration (HRSA), all of Sauk County and all or almost all of the St. Clare Hospital service areas are designated as Rural Health Areas.

About our Community

Demographics: The following factors and data from U.S. Census Bureau provide some useful information about the Sauk County portion of the St. Clare Hospital Community. Sauk County’s population is less diverse and slightly older than the populations of Wisconsin and the United States, as a whole. The percent of individuals living in poverty is roughly the same as both Wisconsin and the United States.

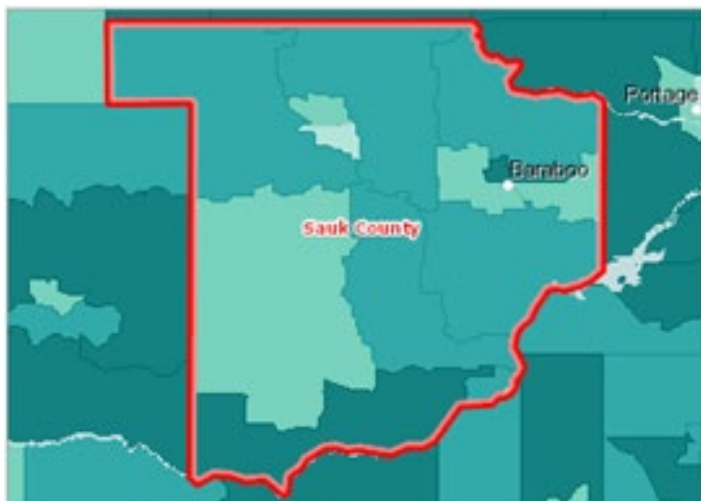
Demographic Category	Demographic Factor	Sauk County	Wisconsin	United States
Race and Ethnicity	Black or African American alone, percent	1.3%	6.7%	13.4%
	American Indian and Alaska Native alone, percent	1.4%	1.2%	1.3%
	Asian alone, percent	0.7%	3.0%	5.9%
	Two or More Races, percent	1.4%	2.0%	2.8%
	Hispanic or Latino, percent	5.4%	7.1%	18.5%
	White alone, not Hispanic or Latino, percent	90.4%	80.9%	60.1%
	White alone, percent	95.1%	87.0%	76.3%
Poverty	Persons in poverty, percent	10.2%	10.4%	10.5%
Health Insurance	Persons without health insurance, under age 65 years, percent	7.2%	6.8%	9.5%
Education	High school graduate or higher, percent of persons age 25 years+, 2014-2018	90.7%	91.9%	87.7%
	Bachelor's degree or higher, percent of persons age 25 years+, 2014-2018	23.8%	29.5%	31.5%
Age	Persons under 5 years, percent	5.9%	5.7%	6.0%
	Persons under 18 years, percent	22.7%	21.8%	22.3%
	Persons 65 years and over, percent	19.1%	17.5%	16.5%



About our Community

Demographics: The following factors and data describe the population and demographics of the St. Clare Hospital service areas:

Demographic Category	Demographic Factor	2019 Data	Percent
Population	Total Population	109,298	
	Total Male Population	55,387	50.5%
	Total Female Population	53,911	49.3%
	Females, Child Bearing Age (15-44)	18,098	16.6%
Age	0-14	18,915	17.3%
	15-17	4,113	3.8%
	18-24	8,705	8.0%
	25-34	12,277	11.2%
	35-54	27,328	25.0%
	55-64	16,482	15.1%
	65+	21,478	19.7%
Household Income (45,370 households, average household income of \$72,727)	<\$15K	3,725	8.2%
	\$15-25K	4,378	9.6%
	\$25-50K	11,169	24.6%
	\$50-75K	9,355	20.6%
	\$75-100K	6,671	14.7%
	Over \$100K	10,072	22.2%
Education Level (77,565 population over 24 years of age)	Less than High School	2,035	2.6%
	Some High School	5,045	6.5%
	High School Degree	29,342	37.8%
	Some College/Assoc. Degree	25,527	32.9%
	Bachelor's Degree or Greater	15,616	20.1%
Race and Ethnicity	White Non-Hispanic	98,760	90.4%
	Black Non-Hispanic	1,681	1.5%
	Hispanic	5,268	4.8%
	Asian & Pacific Is. Non-Hispanic	855	0.8%
	All Others	2,734	2.5%



Median Age by Tract, ACS 2015-19

- Over 45.0
- 40.1 - 45.0
- 35.1 - 40.0
- Under 35.1
- No Data or Data Suppressed
- Sauk County, WI

About our Community

Under-represented or More Vulnerable Portions of the Population:

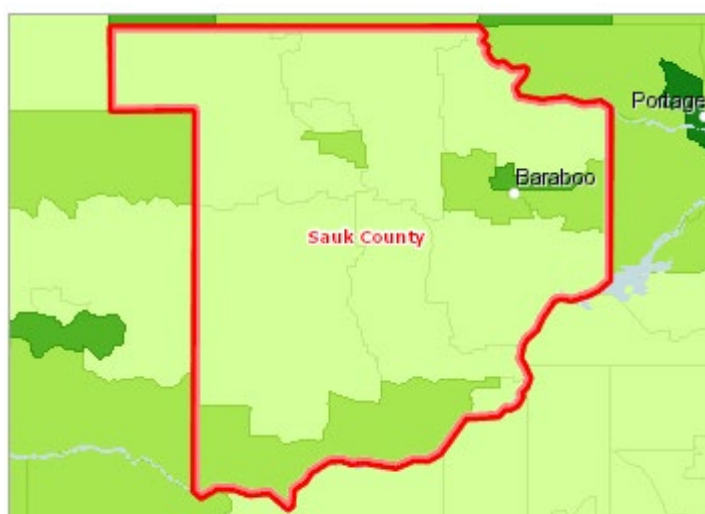
Sauk County and the St. Clare Hospital service areas includes people who are at high risk of not receiving adequate medical care due to being uninsured/underinsured, are experiencing health disparities, or facing barriers related to geography, language, financial circumstances, and transportation, stigma, accessibility to technology or knowledge of technology, medication compliance due to cost or coverage, access to healthy foods and low-income housing.

Potentially medically underserved populations include the rural poor and older adults who may be without adequate transportation; Black, Indigenous and other persons of color (BIPOC) individuals who may be experiencing discrimination and racial or ethnic health disparities; non-English (primarily Spanish) speaking individuals who may also be undocumented; low socio-economic status (SES) and homeless individuals; lesbian, gay, bisexual and queer (LGBTQ) residents; and incarcerated individuals or people engaged in the criminal justice system.

The Ho-Chunk Nation’s House of Wellness is located in Sauk County and serves many tribal members. The Sauk County community health assessment process included an equity plan to ensure that the needs of more vulnerable populations were considered.

People with disabilities may also be a more vulnerable or under-served population within the community. The following data from the U.S. Census QuickFacts indicates a higher percentage of people with a disability within the City of Baraboo than are in Sauk County, Wisconsin or the United States. Persons living with disabilities may be less able to thrive and may face greater challenges in respect to access to health care and other essential services.

Health Factor	Baraboo	Sauk County	Wisconsin	United States
People with a Disability, Under Age 65 (2015 - 2019)	10.5%	7.9%	8.0%	8.6%



Disabled Population, Percent by Tract, ACS 2015-19

- Over 18.0%
- 15.1 - 18.0%
- 12.1 - 15.0%
- Under 12.1%
- No Data or Data Suppressed
- Sauk County, WI

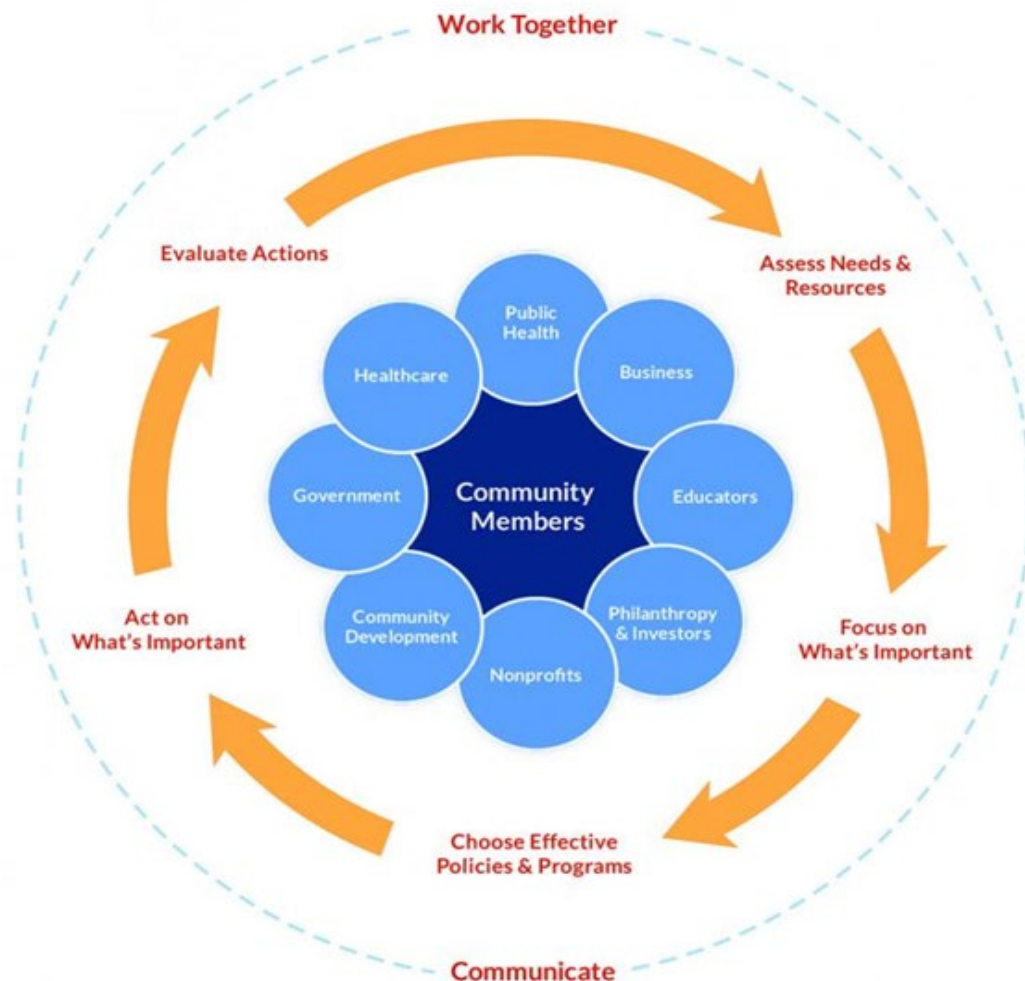
Community Partners

We are proud to be part of community projects that work to improve health outcomes in the areas we serve including the University of Wisconsin – Baraboo Rural Training Track Residency Program; Boys and Girls Clubs; Sauk County Development Corp; UW Platteville – Sauk County Campus Board; Journey Mental Health; Central Wisconsin Community Action and more.

Community health coalitions - The individual members of this coalition demonstrate a strong commitment to assessing health needs and to work collaboratively with the goal of improving the health of Sauk County's population.

The members of the committee represent:

- Reedsburg Area Medical Center
- Sauk County Health Department,
- Sauk Prairie Healthcare
- SSM Health- St Clare Baraboo



Hospital's Role in Conducting the Assessment

SSM Health St. Clare Hospital – Baraboo worked closely with the Health & Wellness Steering Committee to develop the 2021 Sauk County Community Health Assessment (CHA). The hospital was an active member in the Sauk County Community Health Assessment workgroup, has a representative serving as an advisor to the Health & Wellness Steering Committee and assisted in inviting community members to conversations to gather and collect community perspectives. The process benefited from input from several individual community leaders representing diverse constituencies.

Primary Data

SSM Health St. Clare Hospital – Baraboo sought and received input from the Sauk County Public Health Department. The hospital also worked closely with the Health & Wellness Steering Committee to develop the 2021 Sauk County Community Health Assessment (CHA). Community perspectives and data gathered during this endeavor were incorporated into the SSM Health St. Clare Hospital – Baraboo Community Health Needs Assessment. Community perspectives were gathered from multiple activities, including a community survey, key informant interviews, and focus groups (community conversations).

Secondary Data

In addition to a review of demographics, we gathered and reviewed data from broad sources to set the initial direction and priorities of the community health needs assessment. The secondary data was derived from a variety of unbiased sources including the County Health Rankings, 211 Count data from Sauk County, Community Commons, Wisconsin Hospital Association CHNA Dashboard and the Wisconsin Department of Health Service

Sauk County Community Health Assessment Spring of 2021

Community Survey: 1,612 Responses (about 3% of the county population of 64,000 in 2019)

11 Key Informant Interviews

11 Focus Groups

Secondary Data: County Health Rankings and other sources



Community Input

Community health survey

A community perception survey of individuals who live, work, learn, or play in Sauk County, was conducted from **February-May 2021 with 1,612 responses received**. Over and under-represented data from our survey can be found in the table below.

Over Represented Groups	Analysis (Survey Vs. Census)	
	Survey	Census
Female	72%	50%
Middle aged (ages 35 64)	61%	40%
Married	67%	54%
Homeowners with mortgages	54%	43%
Well educated (bachelor's degree or higher)	48%	30%
White non Hispanic	91%	95%



Under Represented Groups	Analysis (Survey Vs. Census)	
	Survey	Census
Men	25%	50%
Under age 24	NA	31%
Single	11%	27%
Renters	16%	31%
High school degree as highest education	22%	34%
Latinos	2%	5%



The Survey was balanced by key informant interviews and focus groups that underrepresented minority groups

- Ho-chunk Nation Tribal Members
- African Americans
- Latinos
- LGBTQ
- Renter
- Rural
- Singles
- Low income
- Disabled
- People living with chronic disease
- Young People

Primary and Secondary data

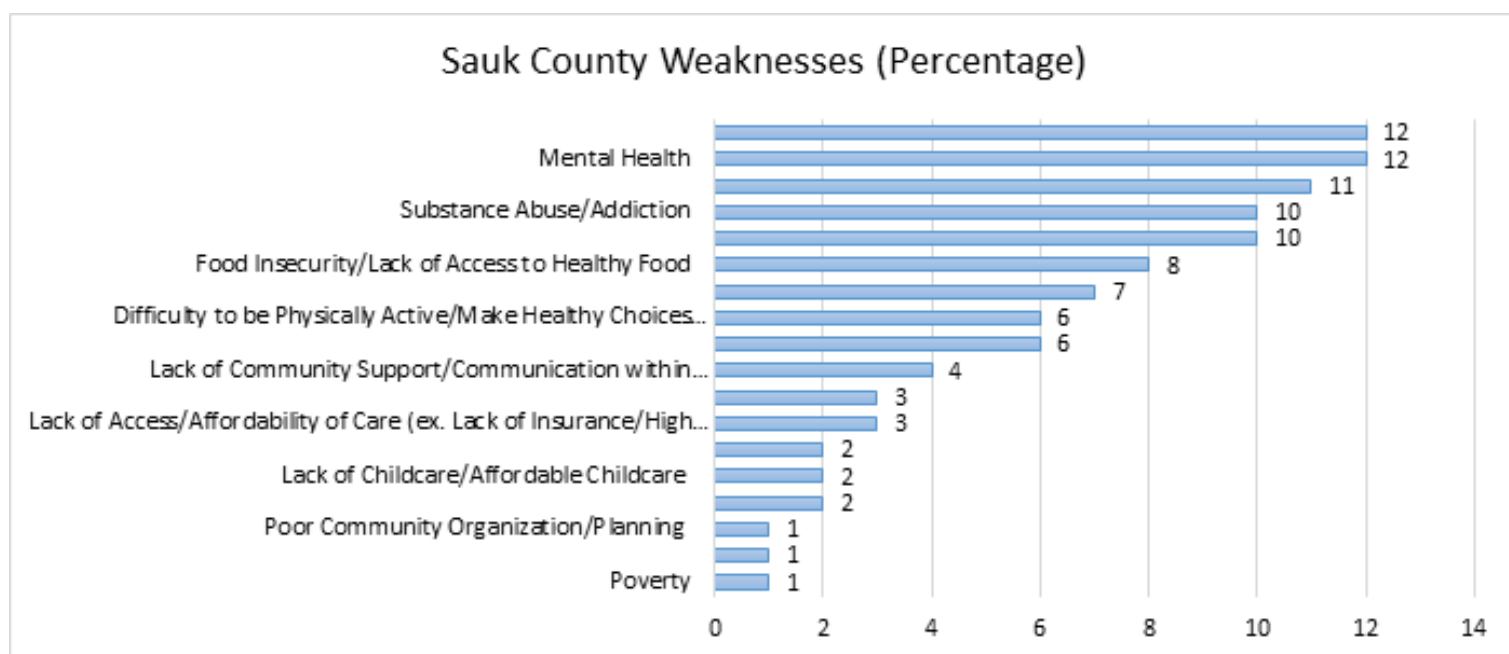
Community Health Survey:

The top 12 areas of improvement identified by the community health survey are:

- (1) Mental Health
- (2) Obesity/Healthy eating/Physical activity
- (3) Alcohol, tobacco, & other drugs
- (4) Sexual Health
- (5) Dental Care
- (6) Chronic Disease Prevention
- (7) Educational attainment
- (8) Poverty, esp. Childhood
- (9) Living Wages & Affordable housing
- (10) Social disconnection
- (11) Discrimination
- (12) Transportation access

Community Conversation and Key Informant Interviews:

Key informant interviews and community conversations were conducted with members of the community in order to hear on a personal level about their opinions on the county's critical health needs and overall strengths. There was an emphasis on connecting with underrepresented groups within the community in order to gain their perspective about health in Sauk County. This method of data collection allowed for greater understanding of the community beyond the secondary data and statistics that were also analyzed. Below represent the number tallies of frequency topics that came up within the Sauk County community conversation and key informant interviews.



The Health of Our Community

What makes our communities healthy? The health and wellness steering committee has broken down our primary and secondary data into four categories: Health behaviors, clinical care, social and economic factors and physical environment.

Health Behaviors

	Voiced by community as a top priority	Worse than state	Getting worse	Inequities
Alcohol, Tobacco, and Other Drug Use	Y	Y	Y	High ACE score*, mental health challenges, Native American
Healthy Eating	Y			Income
Obesity		Y	Y	Income, High ACE score
Physical Activity				
Sexual Health			Y	High ACE score

Clinical Care

	Voiced by community as a top priority	Worse than state	Getting worse	Inequities
Access to Mental Health Care	Y	Y		Income, insurance
Access to Dental Care	Y	Y		Income, insurance
Chronic disease prevention		Y	Mammography	Income, insurance

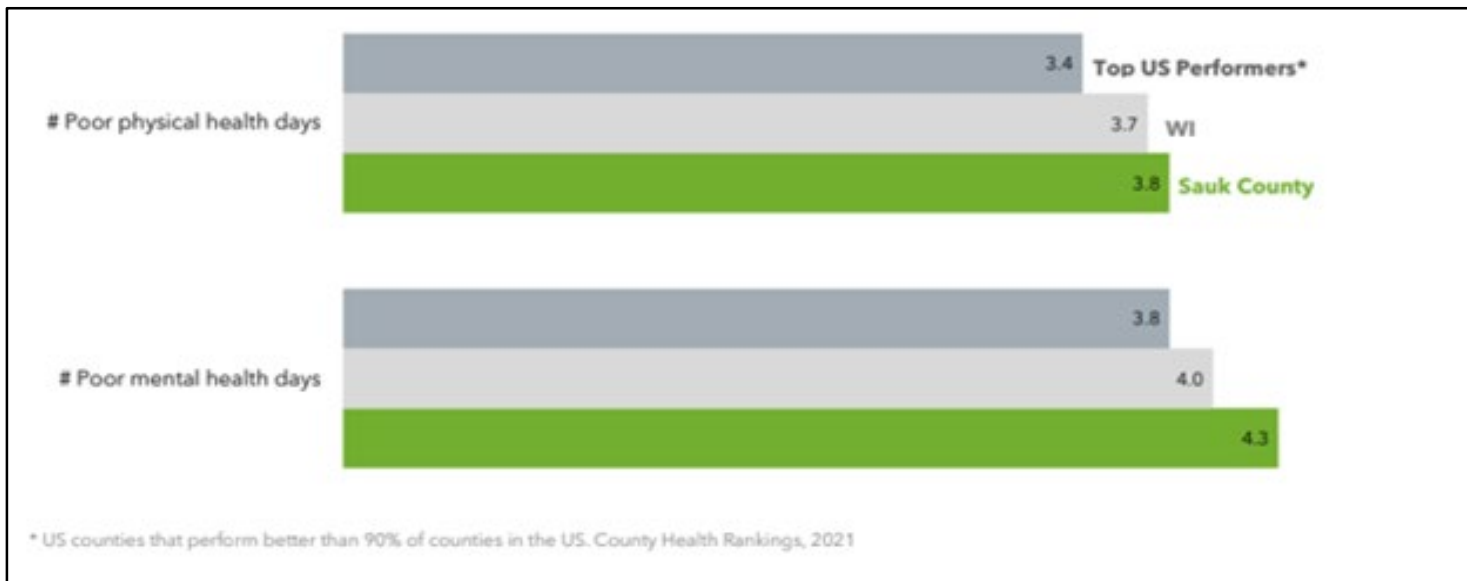
Social Economic Factors

	Voiced by community as a top priority	Worse than state	Getting worse	Inequities
Educational Attainment		Y		Income, race/ethnicity, High ACE score
Childhood Poverty		Y	Y	Income, race/ethnicity, High ACE score
Living Wages	Y			Income, race/ethnicity, High ACE score
High ACEs		Y		Income, race/ethnicity
Social connectedness	Y			Income, race/ethnicity
Discrimination	Y			Race/ethnicity

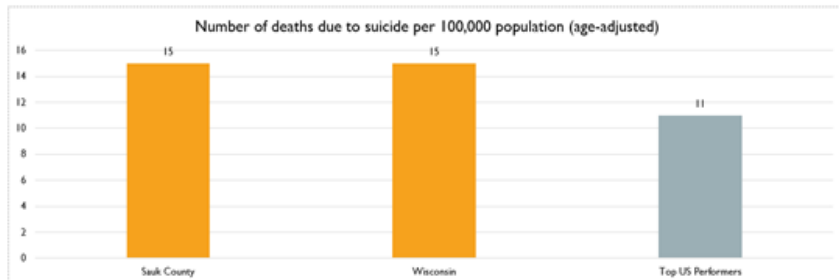
Physical Environment

	Voiced by community as a top priority	Worse than state	Getting worse	Inequities
Affordable Housing	Y			Income, disability status
Transportation access	Y			Income, disability status, age, criminal justice history

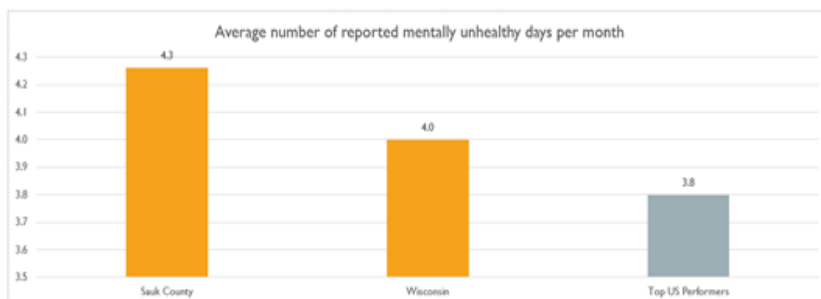
Mental Health: Secondary Data



SUICIDES



REPORTED MENTALLY UNHEALTHY DAYS



• **12%** of survey residents said everyone in their household could get the **health services** they needed only **sometimes, rarely or never**.

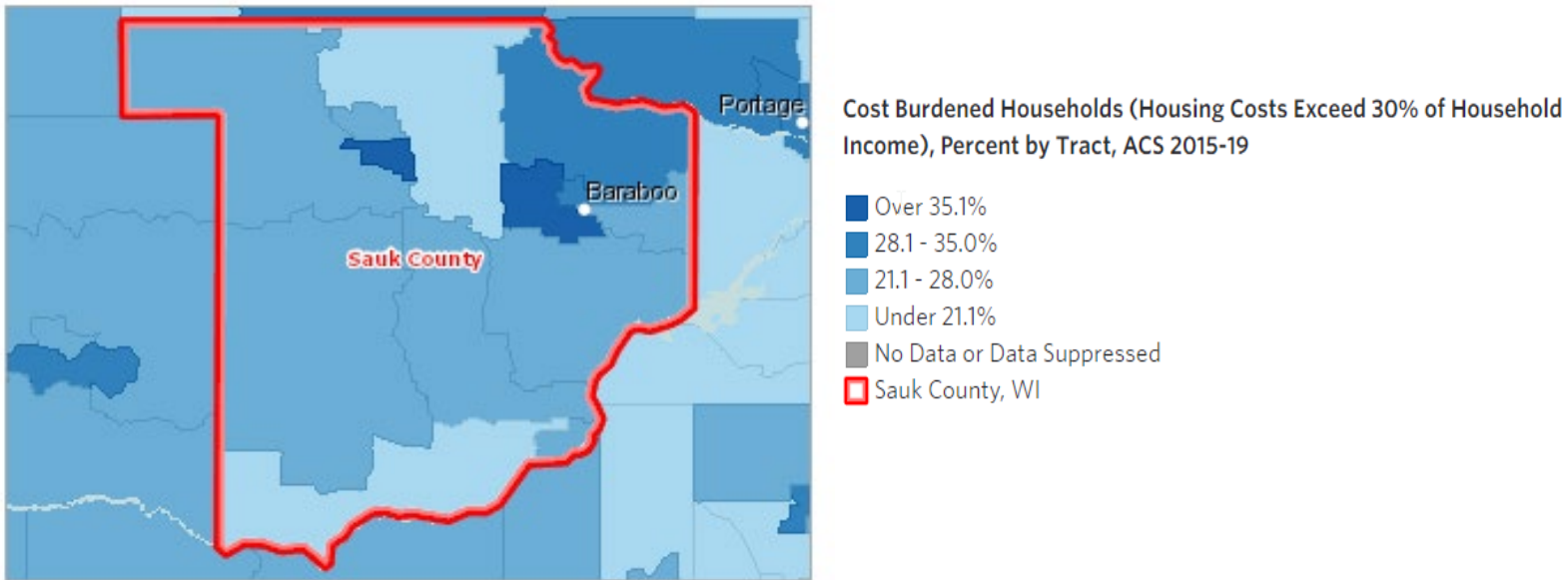
• **31%** of survey residents said **mental services** are a challenge to obtain.

• **27%** of survey residents said **physical health services** are a challenge to obtain.

Affordable Housing: Secondary Data

Safe, affordable housing is imperative to the health of an individual and for a thriving community. Evidence shows housing and health can be understood as supporting the existence of four pathways. First, the health impacts of not having a stable home (the stability pathway). Second, the health impacts of conditions inside the home (the safety and quality pathway), third, the health impacts of the financial burdens resulting from high-cost housing (the affordability pathway) and lastly, the health impacts of neighborhoods, including both the environmental and social characteristics of where people live (the neighborhood pathway).

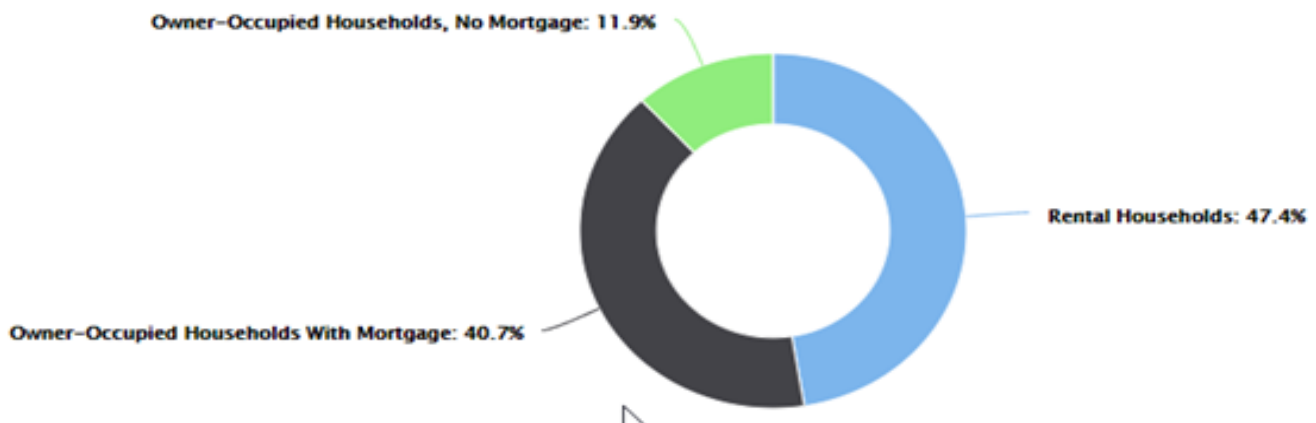
Housing Costs - Cost Burden



- This indicator reports the percentage of the households where housing costs are 30% or more of total household income. This indicator provides information on the cost of monthly housing expenses for owners and renters. The information offers a measure of housing affordability and excessive shelter costs. The data also serve to aid in the development of housing programs to meet the needs of people at different economic levels.

Cost Burdened Households by Tenure, Total

Sauk County, WI



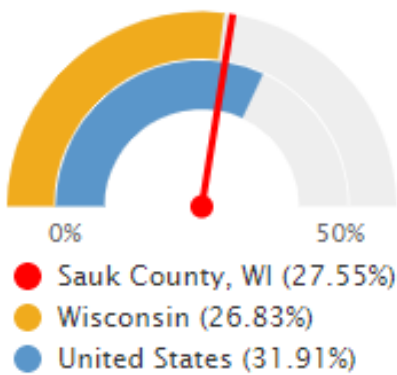
Affordable Housing: Secondary Data

Housing Quality - Substandard Housing

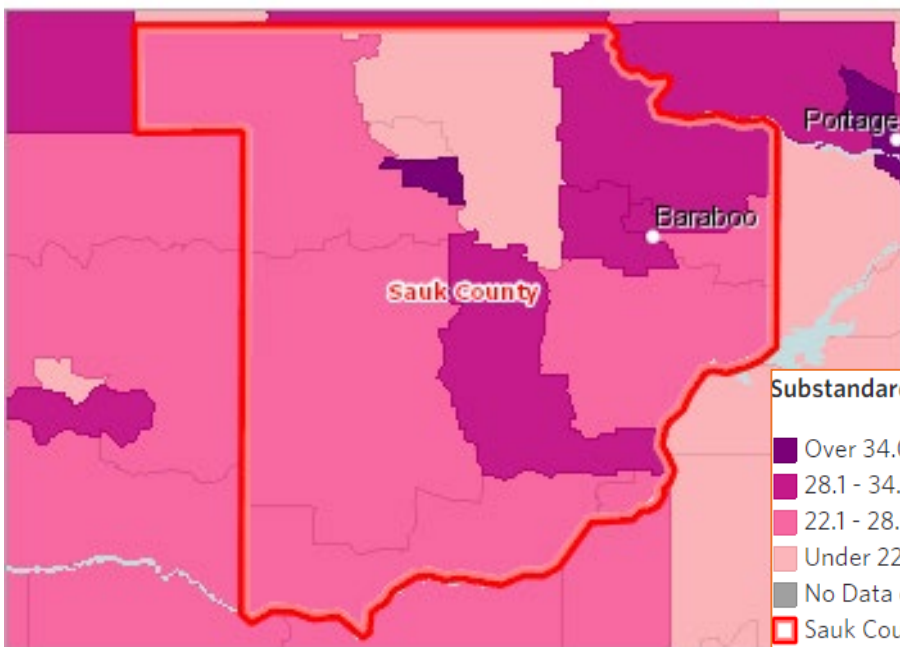
This indicator reports the number and percentage of owner- and renter-occupied housing units having at least one of the following conditions:

- 1) lacking complete plumbing facilities
- 2) lacking complete kitchen facilities
- 3) with 1 or more occupants per room
- 4) selected monthly owner costs as a percentage of household income greater than 30%
- 5) gross rent as a percentage of household income greater than 30%.

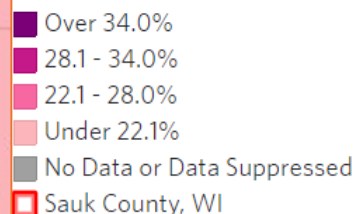
Occupied Housing Units with One or More Substandard Conditions, Percent



Selected conditions provide information in assessing the quality of the housing inventory and its occupants. This data is used to easily identify homes where the quality of living, and housing can be considered substandard. Of the 26,222 total occupied housing units in the report area, 7,223 or 27.55% have one or more substandard conditions.



Substandard Housing Units, Percent of Total by Tract, ACS 2015-19

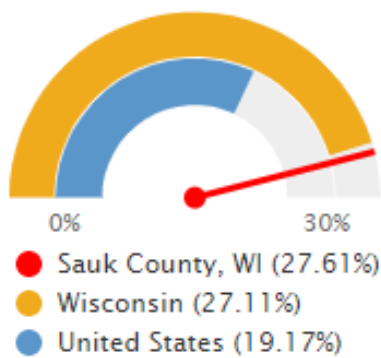


Alcohol, Tobacco and other Drug Abuse (ATODA): Secondary Data

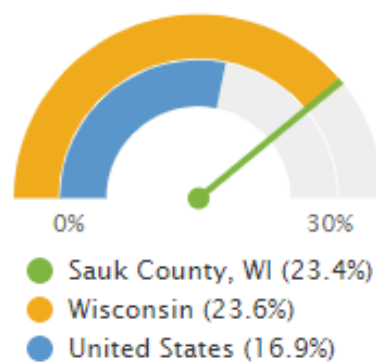
In Sauk County 27.61% adults self-reported excessive drinking in the last 30 days which is greater than the state rate of 27.11%.

Excessive drinking is defined as the percentage of the population who report at least one binge drinking episode involving five or more drinks for men and four or more for women over the past 30 days, or heavy drinking involving more than two drinks per day for men and more than one per day for women, over the same time period. Alcohol use is a behavioral health issue that is also a risk factor for several negative health outcomes, including: physical injuries related to motor vehicle accidents, stroke, chronic diseases such as heart disease and cancer, and mental health conditions such as depression and suicide. There are several evidence-based interventions that may reduce excessive/ binge drinking; examples include raising taxes on alcoholic beverages, restricting access to alcohol by limiting days and hours of retail sales, and screening and counseling for alcohol abuse (Centers for Disease Control and Prevention, Preventing Excessive Alcohol Use, 2020).

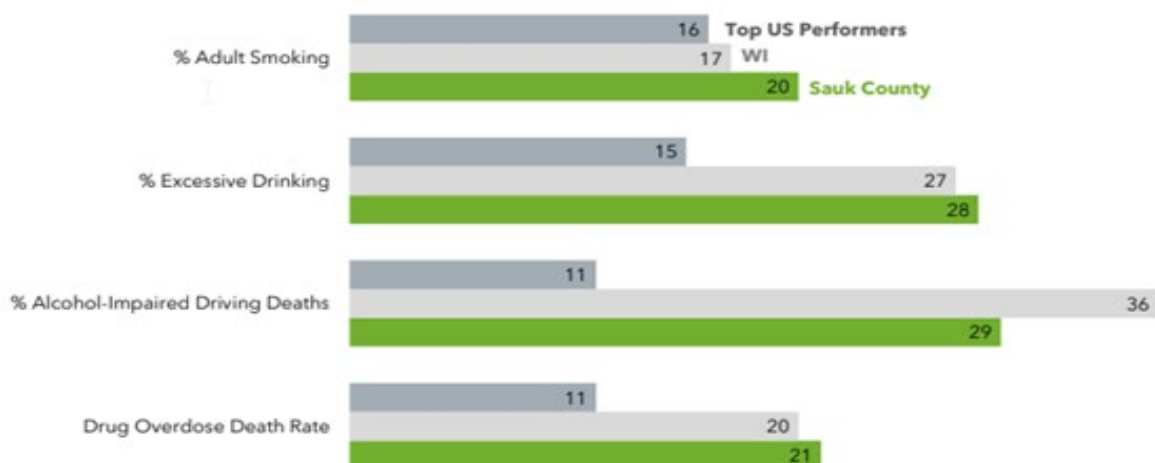
Percentage of Adults Self-Reporting Excessive Drinking, 2018



Percentage of Adults Binge Drinking in the Past 30 Days



Alcohol, tobacco, and other drug use is higher in Sauk County than in Wisconsin and is generally much higher than in top U.S. counties.

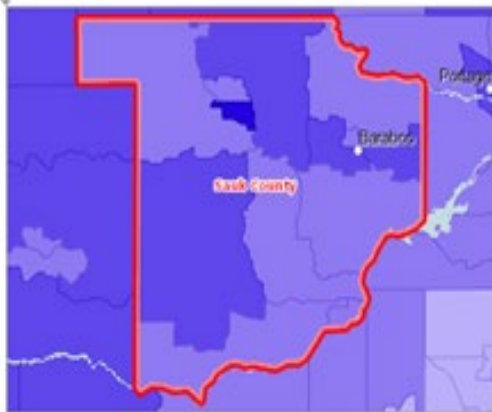


County Health Rankings, 2021

Alcohol, Tobacco and other Drug Abuse (ATODA): Secondary Data

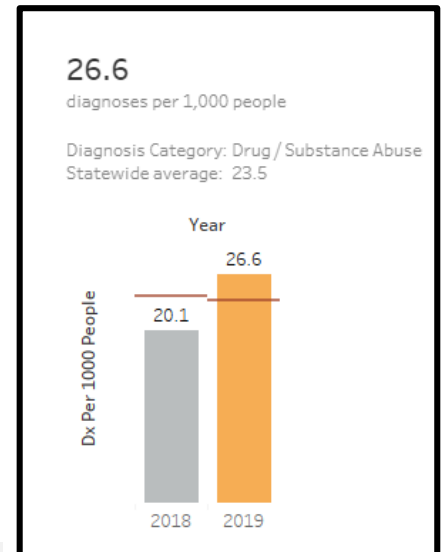
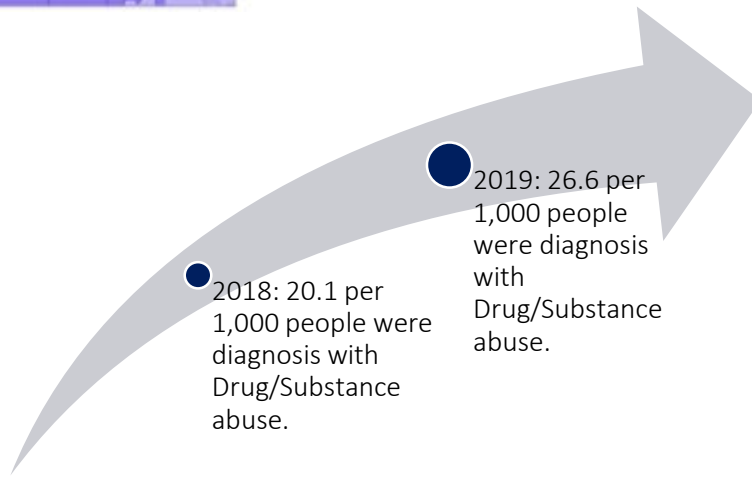
This indicator reports the percentage of adults aged 18 and older who report having smoked at least 100 cigarettes in their lifetime and currently smoke every day or some days.

Within the Sauk County area there are 18.7% adults who have smoked or currently smoke.

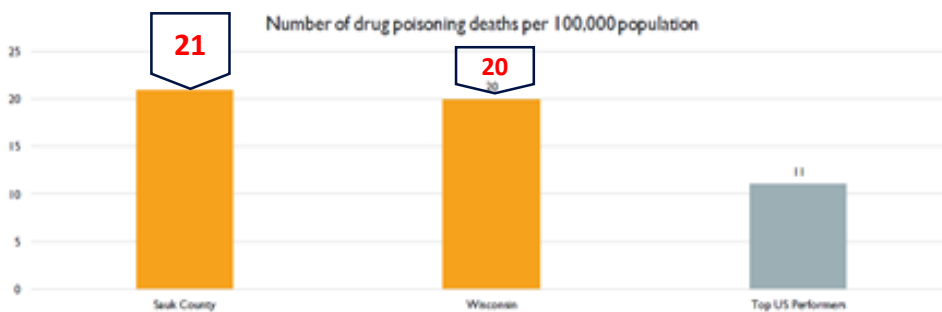


Current Smokers, Adult, Percent of Adults Age 18+ by Tract, CDC BRFSS PLACES Project 2018

- Over 25.0%
- 20.1% - 25.0%
- 15.1% - 20.0%
- Under 15.1%
- No Data or Data Suppressed
- Sauk County, WI



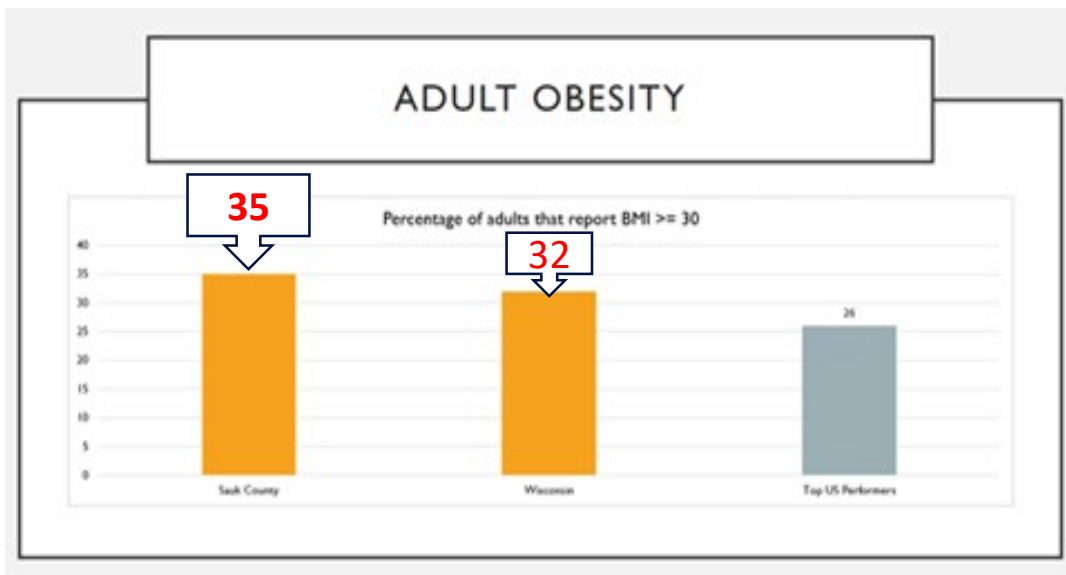
DRUG OVERDOSE DEATHS



Per the Sauk County Health rankings, there are **21** reported drug poisoning deaths per **100,000** population.

Obesity: Secondary Data

Measuring morbidity and mortality rates allows assessing linkages between social determinants of health and outcomes. By comparing, for example, the prevalence of certain chronic diseases to indicators in other categories (e.g., poor diet and exercise) with outcomes (e.g., high rates of obesity and diabetes), various causal relationships may emerge, allowing a better understanding of how certain community health needs may be addressed.



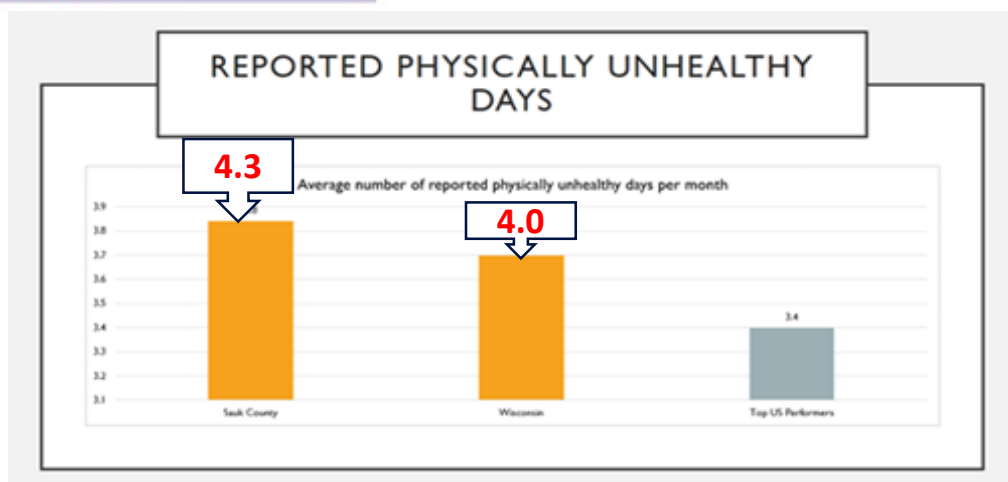
8% of the population lack adequate access to foods.



No Leisure-Time Physical Activity, Adults Age 20+, Percent by County, CDC NCCDPHP 2017

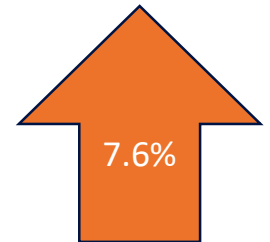
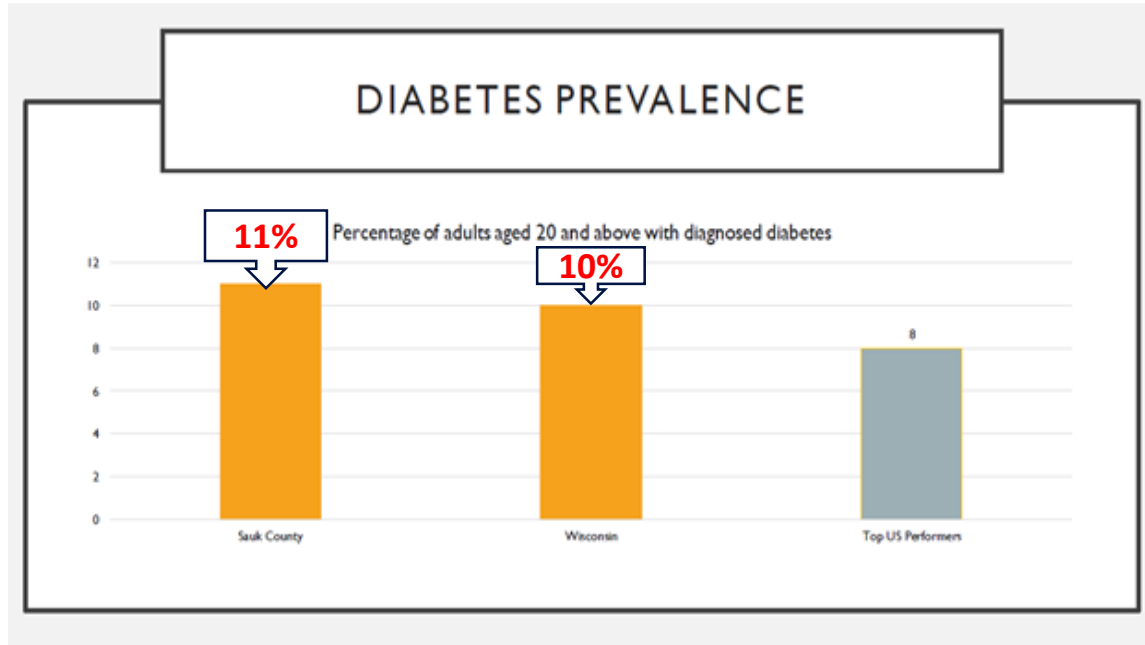
- Over 29.0%
- 26.1 - 29.0%
- 23.1 - 26.0%
- Under 23.1%
- No Data or Data Suppressed
- Sauk County, WI

2% of the population are low income and do not live close to a grocery store.

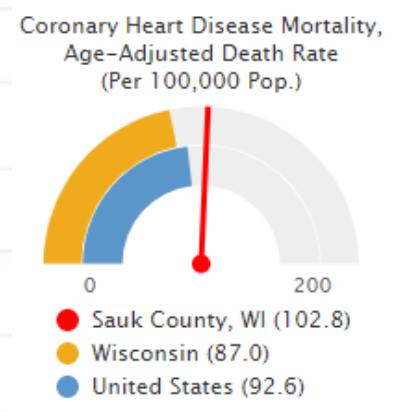
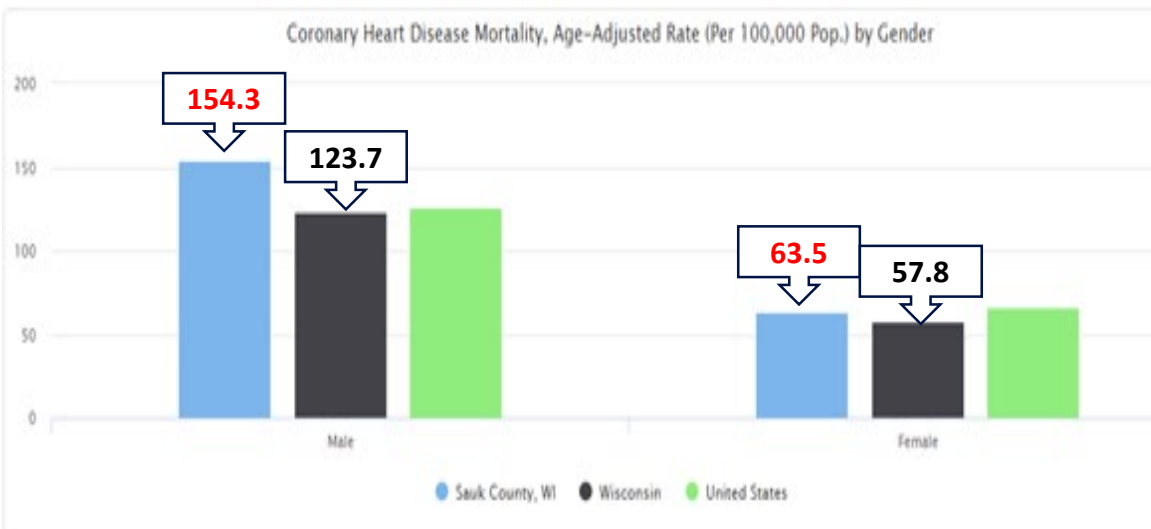


Chronic Disease: Secondary Data

Individuals' social determinants of health, including education level, income, diet, and exercise, were strongly associated with the development of a chronic disease. 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.



Diabetes diagnosis has been trending up in Sauk County since 2015



Comparing 2011 to 2018 high blood pressure among Medicare population is back on the rise from 42.7% to 45.1%

Medicare Population with High Blood Pressure by Year, 2011 through 2018

This indicator reports the percentage of the Medicare fee-for-service population with high blood pressure over time.

Report Area	2011	2012	2013	2014	2015	2016	2017	2018
Sauk County, WI	42.7%	41.8%	42.1%	41.7%	45.3%	45.6%	46.2%	45.1%

Prioritization of 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 method used to evaluate the needs as well as potential weighting is customizable based on the hospital's approach.

A two-step prioritization process was used. 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 your internal prioritization team using system feasibility criteria. The internal criteria are more objective and focus 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.

The Health & Wellness Steering Committee considered the Social Determinants of Health (SDoH) when developing the community health survey and identifying priority areas. These social determinants can either contribute to poor health outcomes or support a healthy community including Access to Care, Education, Community Support, Economic Stability and the Built Environment.

Upon completion of primary data collection, the Sauk County Data council met monthly to analyze the community health survey, community conversations, and key informant interview responses. The analysis consisted of creating a quantitative method for measuring the qualitative data and applying a healthy equity lens to fully understand each area of improvement identified by Sauk County residents. During the data-review process, attention was directed to health issues that met any of these criteria:

- Magnitude: how many people are affected?
- Severity: how bad is it?
- Time trend: is it getting better or worse?
- Comparisons: how do we compare to the state?
- Community readiness: is it feasible to achieve success?
- Disparities: are some groups impacted more?

Although they were not identified as one of the top three priorities, we will always recognize the need to address chronic disease and obesity and their impact on mental health, affordable housing and ATODA.

2022-2024 Priority Areas

Priority 1: Mental Health

31%

of survey residents said mental services are a challenge to obtain!

- 15% of adults reporting fair or poor health.
- 12% of survey residents said everyone in their household could get the **Health services** they needed only **sometimes, rarely or never**
- 13% of adults reporting 14 or more days of **poor mental health per month**

Priority 2: Affordable Housing

28%

Of the population live in cost burdened households(housing cost are 30% or more of total household income.

- 8% of the population lack adequate access to foods.
- 40% of children enrolled in public schools are eligible for free lunch or reduce price lunch
- 2.45% of occupied housing units are **lacking complete kitchen facilities.**

Priority 3: Alcohol, Tobacco and other Drug Abuse (ATODA)

28%

Of adults self-reported excessive drinking in the last 30 days.

- 26.6 per 1,000 people were diagnosis with Drug/Substance abuse.
- As of 2019 there were **21** reported **drug poisoning deaths** per 100,000.
- Within the Sauk county area there are **18.7%** **adults** who have **smoked or currently smoking.**

Impact of Previous Priorities

Priority 1: Mental Health

- At St. Clare's Hospital in Baraboo, SSM Health staff partnered with academic experts and county agencies to design and fund an educational training program for individuals engaged in Sauk County, Wisconsin's criminal justice system. The intent was to create a pathway out of the criminal justice system and into employment which should result in improved access to health care and a better quality of life for the individuals and their families
- In 2019, SSM Health formalized an agreement with the Sauk County Health Department, created an Education Navigator position and transferred funds to start the project. A Navigator with a background in alternative adult education was hired in January 2020 and, in the project's first six months, the Navigator provided services, training and educational incentives to 36 people involved in Sauk County's criminal justice system.

Priority 2: Chronic Disease

- 2018 goal: reduce heart failure readmissions to St. Clare Hospital from 16 annually to 14 annually. We achieved this goal reaching 12 readmissions in 2020. St. Clare Hospital continues to provide community support through our chronic disease outpatient program and the Better Breathers support group.
- Cardiac Rehab expanded their Functional Capacity Program to include patients with hypertension, hyperlipidemia, obesity and Diastolic/Systolic Heart Failure.

Priority 3: Obesity and Nutrition

- With funding from the St. Clare Foundation endowment, programming and grants were provided in 2020 to local agencies and organizations:
 - Fun 'n Fit Program for 3rd Graders in Baraboo and Wisconsin Dells school districts
 - Beyond Blessed Food Pantry – Fresh Meat for Pantry Participants
 - Central Wisconsin Community Action Council – Fresh Produce, Dairy and Hygiene Items
 - Happy Kids Network – Vine Street Market for Middle & High School Snacks
 - Kids Ranch – Healthy Snacks and Wellness Programming
 - Sauk County Children's Giving Tree – Food In Crisis Program
- St. Clare Hospital has provided Meals on Wheels for over 20 years. Changes include:
 - Providing gluten-free meals and diabetic-friendly fruit options.
 - Adapted to Covid-19 restrictions in order to reduce exposure for our volunteers and high-risk community members (e.g., Daily meal delivery was replaced with once-weekly delivery that includes 5 prepped meals.)

Health Equity Lens

Health equity and empowerment lens

Equity is defined as “the absence of avoidable or remediable differences among groups of people, whether those groups are defined socially, economically, demographically, or geographically” (World Health Organization, 2016). Health is a fundamental human right, therefore, to address health inequities interventions need to be effective and sustainable, focused on empowering those experiencing inequities (WHO, 2016).

A characteristic common to groups that experience health inequities—such as poor or marginalized persons, racial and ethnic minorities, and women—is lack of political, social or economic power. Research indicates a strong relationship between self-reported racism and discrimination with negative mental health outcomes and negative health-related behaviors.



Research also indicates that chronic stress from experiencing discrimination, such as racism, throughout the lifespan can lead to negative health outcomes. These outcomes are seen even after controlling for differences such as socio-economic status and access to adequate health care. The effect can include the following:

- Higher blood pressure
- Lower immune function
- Higher rates of nicotine and alcohol use and poor nutritional intake
- Lower rates of exercise and social support
- Higher rates of infant mortality

Social determinants of health (SDoH)

The social determinants of health are the non-medical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life. Examples of these factors include safe and affordable housing, access to quality education, public safety, availability of healthy foods, accessible health care services, and positive social support systems.

Research shows that the social determinants can be more important than health care or lifestyle choices in influencing health. For example, numerous studies suggest that social determinants account for between 30-55% of health outcomes. In addition, estimates show that the contribution of sectors outside health to community health outcomes exceeds the contribution from the health sector. By applying what we know about SDOH, we can not only improve individual and community health but also advance health equity.

The Community Health survey was rooted in questions regarding the social determinants of health. Based on the community feedback, three health priorities, identified as social determinants of health, were further reviewed and analyzed for the Health & Wellness Steering Committee's final decisions.



SSMHealth®

2021

Appendices

SSM Health St. Clare Hospital - Baraboo

707 14th street | Baraboo, Wi 53913

Appendix A: Primary Data

Community Health Survey Questions

The following questions asked respondents to respond between Strongly Agree, Agree, Neither Agree or Disagree, Disagree, Strongly Disagree or Not Applicable or Not Sure.

- I get along with most of my neighbors.
- "Typically, there are opportunities for people like me to gather in my community (for example, at events, parks, places of worship, community centers, and libraries).
- My community has enough jobs that pay a living wage.
- "Schools in my community provide high-quality education for children.
- There are enough safe, affordable houses and apartments in my community.
- My community is a good place to raise children.
- "I feel accepted in my community.
- "I receive useful information about health and services from my local public health department and/or healthcare providers.
- I feel safe in my community.
- The police help me feel safer in my community.
- Decisions in my community are made with resident participation. That is, leaders listen to resident concerns and take appropriate action.

The following questions asked respondents to respond between Always, Often, Sometimes, Rarely or Never. Additional follow up questions were asked based on initial response.

- My household has transportation that we can depend on to meet our daily needs. Transportation includes, for example: car, truck, bike, rides from family/friends, Uber/Lyft, ride sharing, carpooling, taxi, or walking.
- "My household can get healthy food to eat.
 - Why is getting healthy food a challenge for your household? Please select all that apply:
- "Everyone in my household can get the health services we need, including services for physical health, dental health, mental health, and substance use-related health.
 - Which types of health services are difficult to get for you and/or other household member(s)?
 - Why is getting these health services a challenge for you and/or other household member(s)?
- "I and/or someone in my household experiences discrimination in my community.
 - What type(s) of discrimination have you and/or your household member(s) experienced in your community? "I or my household member(s) have experienced discrimination based on _____."
 - In what situations have you and/or your household member(s) experienced discrimination in your community?

Appendix A: Primary Data

Community Health Survey Questions

The following questions helped us better understand our community members. Respondents had the choice to not answer any questions and all responses were confidential and anonymous.

- "How would you rate your physical health, in general?"
- Thinking about your mental health, which includes stress, depression and problems with emotions, how would you rate your mental health, in general?
- What is your gender?
- What is your sexual orientation?
- With which race/ethnicity do you identify?
- What language(s) do you speak at home?
- What is your age group?
- What is the highest level of education you completed?
- What is your employment status?
- How would you describe your current financial situation?
- What is your annual household income before taxes?
- Do you consider yourself to be a person with a disability?
- Please select the type(s) of disabilities that apply to you.
- Do you currently have health insurance?
- Do you currently have dental insurance?
- Including yourself (if you are an adult), how many adults (age 18 and over) live in your household?



Appendix B: Primary Data Community Conversations & Key Informant Interviews

- In your opinion, what makes a community healthy?
- Imagine you are designing a healthy community. What would it look like? What would make it a healthy place to live?
- What about issues like housing, good-paying jobs, and social connection—how big of a role do these issues play in making a community healthy?
- Now think about your community. What do you think prevents your community from being healthier?
- What prevents people in your community from being healthy, making healthy decisions, and accessing healthcare?
- What strengths does your community have that we could build on to make it a healthier place?

The words from our community



Appendix C: Secondary Data

Data Source	Description
American Community Survey (US Census Bureau)	The American Community Survey (ACS) helps local officials, community leaders, and businesses understand the changes taking place in their communities. It is the premier source for detailed population and housing information about our nation.
County Health Rankings and Roadmaps	The annual Rankings provide a revealing snapshot of how health is influenced by where we live, learn, work and play. It provides a starting point for change in communities.
Wisconsin Dept of Health Services – Data and Statistics	Health-related data from over 100 federal and state data tracking and database systems.
Community Commons	Community Commons is a site that holds curated tools, resources, and inspirational stories to drive public health work forward. Data tools, maps, and tables on this site are created to build healthy, equitable, and sustainable communities.
211 Counts	2-1-1- Counts offers data about the top requests- the most important basic needs of callers such as food, shelter, and clothing.
Wisconsin Hospital Association CHNA Dashboard	The Mapping Tool allows hospitals, and community partners, the opportunity to identify areas of need in their community by analyzing clinical conditions and community characteristics. Using data from both the WHA Information Center and American Community Survey, the tool allows for specific analysis down to the census tract level of individual communities.

Appendix D: Secondary Data County Health Rankings

SAUK COUNTY HEALTH RANKINGS

Health Outcomes



Sauk (SA) is ranked in the higher middle range of counties in Wisconsin (Higher 50%-75%)

Health Factors



Sauk (SA) is ranked in the higher middle range of counties in Wisconsin (Higher 50%-75%)

Health Outcome	Sauk County	Trend	Wisconsin
Premature Death	5,900	Improving	6,300
Poor/Fair Health	15%	Neutral	15%
Poor Physical Health Days	3.8	Worsening	3.7
Poor Mental Health Days	4.3	Worsening	4.0
Low Birthweight	6%		7%
Diabetes Prevalence	11%	Worsening	10%
Adult smoking	20%	Worsening	17%
Adult Obesity	35%	Worsening	32%
Physical Inactivity	18%	Improving	20%
Excessive Drinking	28%	Worsening	27%
Alcohol Impaired Driving Deaths	29%	Improving	36%
Sexually Transmitted Infections (STIs)	401.7		483.5
Teen Births	15		15
Limited Access to Healthy Food	2%		9%
Drug Overdose Deaths	21	Worsening	20
Preventable Hospital Stays	4,411	Improving	3,747
Injury Deaths	86	Worsening	84
Residential Segregation Black/White	64		76
Suicides	15	Neutral	15
Air Pollution	6.8		7.0