



# 2021 COMMUNITY HEALTH NEEDS ASSESSMENT



**SSM Health**  
**Waupun Memorial Hospital**  
*Serving our community for 70 years*

 **SSMHealth.**  
Waupun Memorial Hospital

620 W. Brown Street  
Waupun, WI 53963

DECEMBER 2021



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# PRESIDENT'S MESSAGE TO THE COMMUNITY

SSM Health Waupun Memorial Hospital has delivered exceptional, compassionate care to Waupun area community for 70 years. We are guided by our Mission – Through our exceptional health care services, we reveal the healing presence of God and 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: Waupun Area School District, The Central Wisconsin Christian School, Dodge County Health Department, Fond du Lac County Health Department, Waupun Senior Center and the City of Waupun.

Over the last 12 months, in collaboration with our community partners, we have conducted a community health needs assessment by gathering health-related information from Healthy Communities Institute (HCI) regarding Waupun, Beaver Dam, Alto, Markesan, Fox Lake, and Brandon. We have also interviewed key health officials, conducted community discussion forums and/or focus groups to identify concerns about the health of these communities and the number of area-based programs and organizations that exist to address their needs. These discussions identified needs that were prioritized based on the level of importance to community members and the hospital's ability to truly make an impact.

Sincerely,

DeAnn Thurmer  
President  
SSM Health Waupun Memorial Hospital/Ripon Community Hospital







## CONSIDERATIONS

The COVID-19 pandemic impacted almost every aspect of our lives, reaching populations across the globe. It affected jobs, transportation, social interaction, and, perhaps most significantly, our health. The effects of COVID-19 can be seen in various health outcomes, described in the sections that follow.

While the experiences of 2020 and the pandemic may not be representative of a typical year, the hardships that we as a county, state, and nation faced brought to light significant inequities that many still face today. Minorities, people of color, low-income individuals, and those with disabilities and limitations continue to face greater struggles in society. These disproportionate outcomes were also seen during the pandemic, to a more severe degree. Such outcomes included job loss, financial hardships, decreased childcare opportunities, and food security, among other concerns.

Throughout this report, much of the qualitative data included reflects the specific challenges faced by people in our county during the pandemic. Key Informant Interviews and Community Conversations provided opportunities for county residents from both central and outer, rural areas to share their personal experiences and identify areas where progress is needed. We value the feedback, good and bad, from all members of our county and strive to incorporate these perspectives and needs into our goals and policies.

While the outcomes of the COVID-19 pandemic were largely negative, we see this as an opportunity to learn and adapt our strategies, policies, and outreach initiatives to better address the evolving health needs of Fond du Lac County. The impacts of the pandemic will not disappear when COVID-19 cases do; efforts must continue to push toward our goal of ensuring equitable health opportunities for all people in our county.

# EXECUTIVE SUMMARY

## Introduction

The SSM Health Greater Fond du Lac Region 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 individuals with a deeper understanding of the health needs in their community, as well as to 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 of Directors approved this CHNA on November 9, 2021. The SSM Health Greater Fond du Lac Region last conducted a CHNA in 2018. 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.

## Purpose

The purpose of the CHNA process is to identify and address health needs in order to improve the health status of residents. The CHNA includes a comprehensive collection and analysis of data and community perspectives to identify health issues of primary concern. The CHNA serves as the basis for the Community Health Improvement Plan. This process is key to developing strategies to address the community's health needs, continue to monitor health trends, and building strong communities.

## Background

The SSM Health Greater Fond du Lac Region has been proud to serve as an active Healthy Fond du Lac County Steering Committee participant since 2008, when the first CHNA process began. The SSM Health Greater Fond du Lac Region partnered with the Fond du Lac County Health Department and Healthy Fond du Lac County Steering Committee to develop the 2021 CHNA.

## Healthy Fond du Lac County Steering Committee

In Fond du Lac County, a unique partnership among community organizations has long been established to develop and implement local health plans to address health conditions impacting residents. Now, this collaboration is known as the Healthy Fond du lac County Steering Committee. This committee meets quarterly to oversee the Community Health Improvement Process. The steering committee, is convened and comprised of key stakeholders from organizations and agencies among various sectors of the community that collaborate to assess, identify, address and monitor priority health needs in Fond du Lac County. The Healthy Fond du Lac County members believes in its vision: "A community where all Fond du Lac County children and adults can reach their highest potential for health."



# EXECUTIVE SUMMARY, CONTINUED

## The goals of the Community Health Assessment include:

- Provide quantitative and qualitative health data to identify, prioritize, and monitor the health needs of the community.
- Develop coordinated and collaborative action plans to address health priorities.
- Engage community leaders to commit resources toward health improvement based on the assessment.
- Mobilize the community and key leaders into action to improve health in areas of top concern.

This CHNA report demonstrates the data collected throughout the process and identifies the top health needs in our service areas in order to improve the health status of the community and those we serve. Below are the top health priorities for SSM Health Waupun Memorial Hospital.

## Priority Health Areas for the 2022-2024 Community Health Improvement Plan (CHIP)

### Mental Health

provider availability,  
affordability, insurance,  
stigma, substance use,  
stress, suicide



### Chronic Disease

diabetes, cardiovascular  
disease, hypertension,  
obesity, food accessibility



### Substance Use

drugs (i.e. narcotics,  
marijuana), tobacco and  
alcohol use



## Community Health Improvement Plan Lenses

**Health Equity** means increasing opportunities for everyone to live the healthiest life possible, no matter who we are, where we live, or how much money we make. Each health area will apply a health equity lens to its initiatives, as well as incorporate initiatives that address social determinants of health, local community conditions, and a trauma informed approach. We understand these are key factors in shaping health outcomes.

**Social Determinants of Health (SDoH)** are the conditions in which people are born, grow, live, work and age. Research shows us that social, economic and physical environments make up about 50 percent of what predicts health outcomes, such as health status and life expectancy. Access to care, social economic factors, cultural competency and other factors surfaced as common health concerns, and were identified as a theme in barriers and challenges to good health.

**Trauma-informed care (TIC)** is a strengths-based service delivery approach. It's grounded in an understanding of and responsiveness to the impact of trauma, and emphasizes physical, psychological, and emotional safety, and creates opportunities to rebuild a sense of control and empowerment.

# ACKNOWLEDGMENTS & COMMUNITY PARTNERS

Thank you to the following individuals and organizations for their role in the 2021 Community Health Needs Assessment. This process would not be complete without their input and input from the residents of Fond du lac County.

## Healthy Fond du Lac County Steering Committee

Alexandria Berg, SSM Health Greater Fond du Lac Region  
 Erin Brendelson, Fond du Lac School District  
 Jeff Butz, Fond du Lac Area Businesses on Health (FABOH)  
 Erin Gerred, Fond du Lac County  
 Alicia Hans, Comprehensive Service Integration of Fond du Lac County Mental Health Access Committee  
 Dan Hebel, Boys and Girls Club of Fond du Lac  
 Molly Jaster, Fond du Lac Area Foundation  
 Amber Kilawee, Fond du Lac Area United Way  
 Amanda Miller, UW-Madison, Division of Extension, Fond du Lac County  
 Kim Mueller, Fond du Lac County Health Department  
 JJ Raflik, Fond du Lac Family YMCA  
 Marty Ryan, Rotary  
 Heather Schmidt, DO, SSM Health Greater Fond du Lac Region  
 Lori Schrage, Moraine Park Technical College  
 Marian Sheridan, Fond du Lac County Board of Health  
 Eric Toney, Fond du Lac County  
 Maria Turner, Fond du Lac Areas Women's Fund  
 Kimberly Udlis, PhD, Marian University  
 Jennifer Walters, Aurora Health Care



## Key Informants

Aaron Goldstein, Fond du Lac Police Department  
 Alicia Hans, NAMI Fond du Lac  
 Amber Kilawee, Fond du Lac Area United Way  
 Amy Johannes, Drug Free Communities  
 Bill Wallner, Ripon Police Department  
 Carmen Greciar, Fond du Lac Department of Community Programs  
 Catherine Wirkus, Fond du Lac County Health Department - RAP Program  
 Cathy Loomans, Fond du Lac Senior Center  
 Chelsea Monroe, Fond du Lac Department of Community Programs  
 Darian Schmitz, REACH Waupun  
 Deann Thurmer, SSM Health Waupun Memorial Hospital, and Ripon Community Hospital  
 Hiram Rabadan-Tores, Latinos Unidos  
 Jaclyn Jaeckels, Fond du Lac ADRC  
 Jeff Butz, Fond du Lac Area Businesses on Health (FABOH)  
 Jeffrey Dodson, First Congregational Church of Ripon

Jennifer Smith, Big Brothers Big Sisters  
 Jeremy Rasch, Waupun Police Department  
 JJ Raflik, Fond du Lac Family YMCA  
 Jolene Schatzinger, Ripon City Council  
 Kara Kerrigan, Fond du Lac County Health Department - WIC  
 Katherine Vergos, SSM Health St Agnes Hospital  
 Kevin Galske, Fond du Lac County Sheriff's Office  
 Kim Mueller, Fond du Lac County Health Department  
 Kim Straughter, ADVOCAP, Headstart  
 Kim Udlis, Marian University  
 Laurice Snyder, Fond du Lac School District  
 Laura Berndt, Fond du Lac County Health Department - MCH  
 Liz Morrell, Fond du Lac ARC  
 Louise Gudex, Fond du Lac Housing Authority  
 Marty Ryan, Fond du Lac County Board, Board of Health  
 Megan Hyland, Lakeland Care  
 Renee Weier, SSM Health St. Agnes Hospital  
 Rick Patton, Fond du Lac Veteran Services  
 Sandy Hardie, Mahala's Hope  
 Sarah Van Buren, Waupun Aging Coalition  
 Shoua Vang, Hmong Association  
 Vicente Lezama Morales, Latinos Unidos

## Community Conversation Hosts

Blue Door Coffee Co., Campbellsport  
 Bread of Life Church, Fond du Lac  
 Brothertown Indians, Community Center  
 Community Table, Waupun  
 Fond du Lac Boys & Girls Club  
 Fond du Lac Public Library



Fond du Lac Pride Alliance  
 Gratitude Club, Fond du Lac  
 NAMI FDL  
 Ripon High School  
 Sacred Heart School, Fond du Lac  
 Solutions Center, Fond du Lac  
 SSM Health St. Agnes Hospital, Fond du Lac  
 Village Grounds, Rosendale





# WHO WE ARE

## Waupun Memorial Hospital

Waupun Memorial Hospital is a 25-bed hospital which provides a full range of inpatient and outpatient services to Waupun and surrounding rural areas. The hospital was dedicated in 1951 as a tribute to veterans in both world wars and to serve the needs of the community. The hospital has a two-story provider clinic. The hospital's staff and volunteers are dedicated to providing services in the areas of laboratory, cardiopulmonary, therapy services, imaging services, MRI, surgical, emergency, outpatient dialysis, medical/surgical services, intensive care, and obstetrics. Waupun Memorial Hospital is a dedicated partner in good health and aims to identify new ways to provide care and extend resources to the most vulnerable in our communities.



## Our Services

- Ambulatory Infusion
- Anticoagulation Management
- Behavioral Health
  - Counseling
  - Domestic Violence Services
- Cancer Care
- Cardiac Rehabilitation
- Cardiopulmonary Services
- Care Management
- Community Care Program
- Diabetes Services
- Dialysis Services - Beaver Dam & Waupun
- 24/7 Emergency Department
- General Surgery
- Hospitalists
- Imaging Services
  - Bone Density
  - Digital Mammography
  - Stereotactic Mammography Needle Breast Biopsy System
- Intensive Care Unit
- Interpreter Services
- Lactation Services
- Medical/Surgical Services
- Nutrition Counseling
- Obstetric/Gynecology Services
- Orthopedics
- Pain Medicine
- Palliative Care
- Podiatry (Foot & Ankle)
- Pulmonary Rehabilitation
- Respiratory Care Services
- Samaritan Clinic
- SANE Program (Sexual Assault Nurse Examiner)
- Special Diet Mobile Meal Program
- Spiritual Care Services
- SSM Health at Work
  - Employee Assistance Program
  - Employee Physical Exams
  - Occupational Medicine
  - Work Injury Care Services
- Surgery Department & Ambulatory Care/ Day Surgery
- Swing Beds
- Therapy Services
  - Dry Needling
- Urgent Care
- Urology
- Volunteer Services
- Women Health

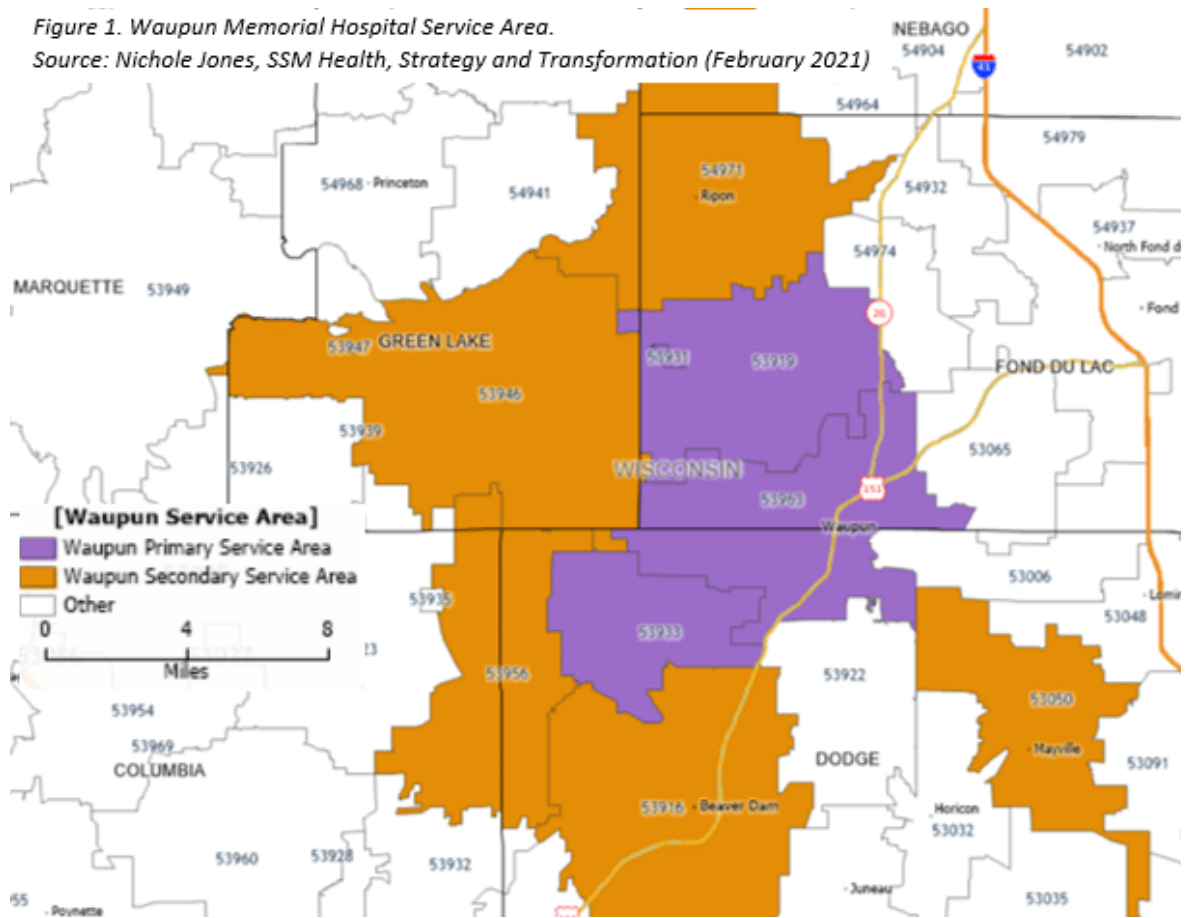


# WHY PLACE MATTERS

For the purposes of this community health needs assessment (CHNA), Waupun Memorial Hospital defines its community as an area similar to its primary service delivery area. The primary service area for the hospital includes part of Waupun and the Brandon area in Fond du Lac County, and part of Waupun and Fox Lake area in Dodge County. The hospital's secondary service area includes the Ripon area, part of Fond du Lac County, and communities in Dodge and Green Lake counties, such as Mayville, Beaver Dam, Randolph, Markesan and Marquette, and a small portion of Columbia county. Given the Waupun Memorial Hospital's location, in the City of Waupun, which is located in both Fond du Lac and Dodge counties, much of the CHNA will focus on these communities and counties. Additionally, partnership with the Fond du Lac County Health Department and Dodge County Health Department were instrumental for coordinated collaboration to help identify the needs of populations within their counties.

Figure 1. Waupun Memorial Hospital Service Area.

Source: Nichole Jones, SSM Health, Strategy and Transformation (February 2021)



## Why Place Matter

Place – where a person lives, works, learns, plays and grows – matters when it comes to health outcomes. Place determines what resources and opportunities are available for good health, including safe streets, good schools, and well-paying jobs. Place can also influence exposure to factors that harm health, including crime and violence, air pollution, and access to healthy foods. Health outcomes are greatly shaped by the opportunity to live in a community that has resources and amenities to support optimal health.

## Service Delivery Area

Approximately 75 percent of Waupun Memorial Hospital's patient population lives within the following mapped primary service area. An additional approximately 15 percent of the patient population lives within the secondary service area.



# ABOUT OUR COMMUNITY

## Geography

Waupun Memorial Hospital is located in Waupun, Wisconsin. The City of Waupun, coined “the city of sculpture,” has one of the country’s largest collection of outdoor sculptures donated by Clarence Shaler. Waupun is home to the Wild Goose State Trail, and is nestled along the southern branch of the Rock River near the northern access points of the Horicon National Wildlife Refuge. The surrounding areas offers an abundance of outdoor recreation. The Waupun area also has a large blue collar workforce with factory workers and two prisons systems Waupun Correctional Institution, and Dodge Correction Institution. Rural farm lands surround Waupun.

## Demographics

When compared to Wisconsin, Fond du Lac County’s population is slightly older and less diverse. The population in Fond du Lac County, Waupun and the SSM Health Greater Fond du Lac Region service area is over 90 percent white and has on average approximately 5 percent Hispanic/Latino population, and between 1 percent to 3 percent Black/African American population. Fond du Lac County has a greater percent of the population with a high school and some college education and has a larger percent of population age 65 and older, compared to Wisconsin.

The percent of population in Fond du Lac County with a household income of \$50,000-\$75,000 is greater compared to Wisconsin, and the percent of individuals living in poverty in Fond du Lac County is less compared to Wisconsin. Additionally, according to the Asset Limited, Income Constrained, Employed (ALICE) index, 24 percent of households are considered an ALICE Household, compared to 23 percent in Wisconsin. An ALICE household describes families who work, earn above the federal poverty level, but do not enough to afford a basic household budget, driving families to make tough choices to support their families, survive and thrive in the community. The highest rates of ALICE are among adults 65 years and older.

Demographic Category	Demographic Factor	Fond du Lac Market Data	Percent	Fond du Lac County	Percent	Wisconsin
Population	Total Population	146,547	-	103,403	-	5,822,434
	Total Male Population	74,543	50.9%	49,220	47.6%	2,892,804
	Total Female Pop.	72,004	49.1%	54,183	52.4%	2,929,630
	Females, Child Bearing Age (15-44)	25,102	17.1%	18,930	34.9%	1,087,648
Age	0-14	24,603	16.8%	17,550	17.0%	17.8%
	15-17	5,546	3.8%	3,655	3.5%	3.8%
	18-24	13,099	8.9%	9,486	9.2%	9.3%
	25-34	17,310	11.8%	11,896	11.5%	12.6%
	35-54	36,904	25.2%	25,991	25.1%	24.6%
	55-64	21,779	14.9%	15,247	14.7%	14.1%
	65+	27,306	18.6%	19,578	18.9%	16.5%
Household Income	<\$15K	-	10.4 %	-	10.2%	10.8%
	\$15-25K	-	9.4 %	-	9.2%	9.3%
	\$25-50K	-	22.1 %	-	22.0%	21.8%
	\$50-75K	-	20.9%	-	20.8%	18.7%
	\$75-100K	-	22.2%	-	21.9%	20.2%
	Over \$100K	-	13.9%	-	14.5%	17.1%
Education Level	Less than High School	2,963	2.9%	1,228	1.7%	2.5%
	Some High School	6,523	6.3%	3,842	5.3%	4.8%
	High School Degree	39,738	38.5%	26,237	36.1%	30.5%
	Some College/Assoc.					
	Degree	32,632	31.6%	24,235	33.35	30.9%
	Bachelor's Degree or Greater	21,443	20.8%	17,170	23.6%	31.3%
Race and Ethnicity	White	-	91.6%%	-	90.8%	84%
	Black	-	3.1%	-	3.3%	6.8%
	Hispanic or Latino	-	4.9%	-	5.3%	7.1%
	American Indian/ Alaskan Native	-	0.4%	-	0.5%	0.8%
	Asian	-	1.6%	-	1.9%	3.1%
	Other Race	-	1.8%	-	1.9%	2.8%
	Multirace	-	1.5%	-	1.6%	2.5%
	Non-Hispanic	-	95.1%	-	94.7%	92.9%
Language	Language other than English spoken at home				5.7%	8.7%
Poverty	Persons below poverty level				6.2%	10.4%

The following factors and data describe the population and demographics of Fond du Lac County, the Greater Fond du Lac Ministries Hospital service area and comparable data for Wisconsin. The data were sourced from the US Census Bureau and contracted data sources

# ABOUT OUR COMMUNITY, CONTINUED

## Underserved and/or Vulnerable Populations

Fond du Lac County and the Waupun Memorial Hospital service area include people who are 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, 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, transgender and queer (LGBTQ) residents; Amish communities around Dalton; and individuals who are incarcerated or people in the criminal justice system.

The Waupun Memorial Hospital service area includes portions of Dodge and Green Lake counties. Green Lake County has a population of 18,913 people. Dodge County has a population of 87,715 people. Both counties include vast rural communities, support a large industrial workforce, and compared to Fond du Lac County have more individuals living in poverty. Some of the large factories employ a considerable Hispanic and Spanish speaking population, are also more persons in poverty in Dodge and Green Lake counties compared to Fond du Lac County. Waupun is also home to three prison systems, Waupun Correctional Institution, Dodge Correctional Institution and John C Burke Correctional Center. Dodge Correctional Institution's operational capacity is 1,165 people, and for the year 2020 saw 5,821 people in their facility. Waupun Correctional Institution has an operational capacity of 1,290 people. Waupun Memorial Hospital has an area dedicated to serving those who are incarcerated from these three facilities, in addition to people who are incarcerated in Oshkosh, Red Granite, Portage, and Kettle Moraine. On average, Waupun Memorial Hospital estimates the service of this population to equate to about 6,000 lives.



# PART 1: OVERVIEW





### Community Health Assessment Process Overview

The 2021 Fond du Lac County Community Health Needs Assessment process began in the fall of 2020 as commissioned by the SSM Health Greater Fond du Lac Region, Fond du Lac Area United Way, Fond du Lac County Health Department, and Fond du Lac School District.

The SSM Health Greater Fond du Lac Region, Fond du Lac County Health Department, and Healthy Fond du Lac County Steering Committee utilized the Wisconsin Guidebook on Improving the Health of Local Communities which is built on the Take Action Cycle by County Health Rankings and Roadmaps. This report highlights steps taken to work together, assess needs and resources, and focus on what’s important.



Take Action Cycle  
© 2014 County Health Rankings and Roadmaps

### Assess Needs & Resources

Core steps include:

- Collect and analyze community health data
- Consider data to analyze health disparities
- Examine data on the underlying determinants of health
- Consider issues and themes identified by stakeholders and they community
- Identify community assets and resources (through key informant interview and community conversations)

### Focus on What’s Important

Core steps include:

- Identify a set of priority community health issues to address
- Align the local health improvement plan with state and national priorities
- Summarize and disseminate the results of the assessment to the community

### Timeline of Events

<b>AUG 2020</b>	□	Mail Health Survey (random sample) <ul style="list-style-type: none"> <li>• Health behavior and access data</li> </ul>
<b>JAN 2021</b>	□	Health Survey Data & Report Received
<b>MAR - APR 2021</b>	□	Public Input Survey (online, anyone) <ul style="list-style-type: none"> <li>• Input on health needs</li> </ul>
<b>APR - AUG 2021</b>	□	Key Informant Interviews & Community Conversations
<b>SEPT 2021</b>	□	Review Data & Input Collected Identify Health Priorities
<b>OCT - DEC 2021</b>	□	Finalize Health Assessment & Priorities Develop Action Teams Goals, Strategies, Objectives

# OVERVIEW OF DATA SOURCES

The Community Health Needs Assessment is comprised of five different data collection methods to include primary, secondary, qualitative, and quantitative data. Once it was collected, it was organized into five health focus areas.

## COMMUNITY HEALTH SURVEY

The Community Health Survey conducted by JKV Research, LLC., provides primary, quantitative data collected from Fond du Lac County residents. The data provides an overview of behavioral and lifestyle habits as well as prevalence of risk factors and disease conditions existing within the Fond du Lac County adult population. The survey was mailed out to a random sample and 674 adults participated. Aggregate data from six school districts in Fond du Lac County is included in the Community Health Survey report to provide student data when available. For a preliminary summary of the Community Health Survey see Appendix A, or view the complete report, including survey methodology, on the Fond du Lac County website at [www.fdlco.wi.gov](http://www.fdlco.wi.gov).

## PUBLIC INPUT SURVEY

The Priority Health Issues Survey was conducted to provide an outlet for the community at large to provide additional input and voice their concerns regarding the most pressing county health issues. The survey was available in hard copy at the health department and online on the health department's website. The survey was available to take in English and Spanish. Residents were encouraged to review key findings from the 2020 Community Health Survey beforehand to provide additional feedback. A total of 284 Fond du Lac County residents completed the survey. The health focus areas ranked most consistently in the top five by respondents were: mental health, alcohol and other drug use, social determinants of health, food security and nutrition and infectious disease. See Appendix B for the tool and Appendix C for a complete summary.

## KEY INFORMANT INTERVIEWS

A total of 37 Key Informant Interviews were conducted to provide further qualitative data regarding community needs. Key informants identified were considered community experts who can provide valuable insight on pressing health issues in the Fond du Lac County community. The top health focus areas ranked most consistently by key informants were: mental health, alcohol and other drug use, social determinants of health, chronic disease, oral health and food security and nutrition. See Appendix D for the Key Informant Interview tool and Appendix E for a complete summary.

## COMMUNITY CONVERSATIONS

New for the 2021 Community Health Assessment was data collected from community conversations. These conversations were organized by members of the SSM Health Greater Fond du Lac Region, Fond du Lac County Health Department and other entities that served as host locations for these events. The purpose of these community conversations was to further engage the public and provide an opportunity for various populations to voice their input that may otherwise have not been heard. 16 community conversations were held across the county, providing further information regarding the health needs of residents in Fond du Lac County. Top needs identified from community conversations include: access to resources, mental health, transportation, access to care and racism. Highlights and themes from these conversations can be found throughout the report. See Appendix F for the community conversations tool and Appendix G for a complete summary.

## SECONDARY DATA

Secondary data was collected from local, state, and national health sources to supplement the community health survey and other data collection information listed above. This data helped build a community health profile for Fond du Lac County and allowed this report to be comparable to other counties as well as state and national benchmarks. The secondary data collected is included in throughout the health focus area and the definition of community profiles.

# ANALYZING AND DETERMINING PRIORITIES

Once all data was collected, it was organized into five key health areas for review: Health Outcomes, Social and Economic Factors, Health Behaviors, Clinical Care and Access, and Physical and Built Environment.

## Analyzing and Determining Priorities

In September 2021, Healthy Fond du Lac County hosted two virtual presentations to review data collected and identify CHNA priorities. The presentations were available for the public to join and in total 45 community members participated. After reviewing the data presented, participants were asked to rank their top three health areas that they feel should be the health areas to prioritize in the Community Health Improvement Plan (CHIP). For the voting process, there were six health areas featured as options based on the key areas that shape health and preliminary results of the data. Participants voted for their top three health areas utilizing the prioritization criteria outlined below.

### Health Areas:

- **Chronic Disease** - diabetes, cardiovascular disease, obesity, hypertension, food accessibility
- **Substance Use** - tobacco, drugs (narcotics, marijuana, etc.), alcohol use
- **Mental Health** - provider availability, affordability, insurance, stigma, substance use, stress, suicide
- **Social & Economic Stability** - poverty, employment, income, housing, literacy, education, crime, social connectedness, racism
- **Clinical Care & Access** - provider availability, affordability/insurance, transportation, stigma, quality of care (dental, mental health, reproductive/maternal, substance use, chronic disease)
- **Physical & Built Environment** - housing, transportation, food accessibility, water, air, outdoor spaces

### Prioritization Criteria

- Affects many people
- Has a serious impact on population health
- Actionable at the local level
- Attainable/realistic ability to be impacted in three to five years
- Viable strategies exist to impact the issue
- Ability to have measurable outcome to see impact
- Community capacity and willingness to address it
- Trending health concern; shows up as a theme in community conversations, interviews, public input survey or other data presented

## Health Priorities

After reviewing the community ranking results, the Healthy Fond du Lac County Steering Committee did a final vote to confirm the top three health priorities listed below to address in the 2022-2024 Community Health Improvement Plan.

**1 Mental Health**



**2 Chronic Disease**



**3 Substance Use**

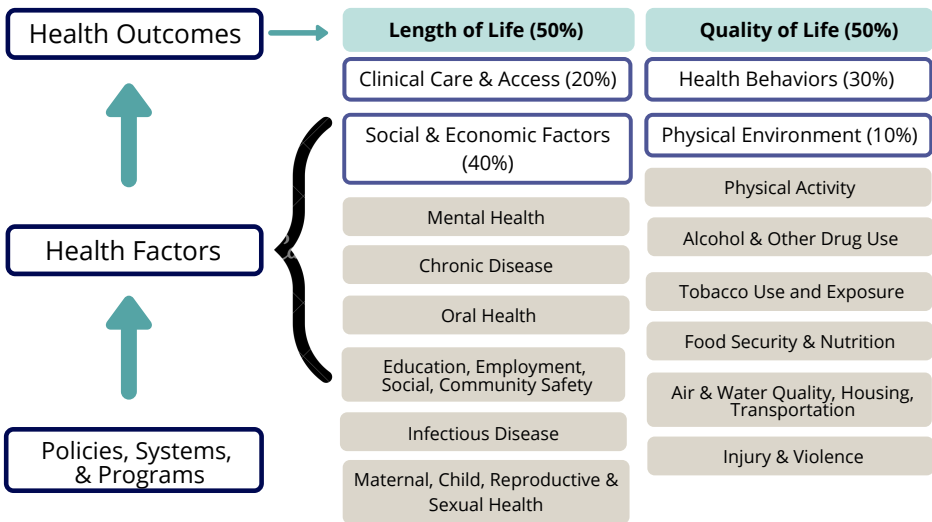


This report completes the "Assess Needs & Resources" and "Focus on What's Important" phases of the health improvement process. Next steps will include the development of the 2022-2024 Community Health Improvement Plan. In the upcoming planning phase, next steps will include choosing effective strategies and multi-level approaches to address the set of identified health priorities. A healthy equity lens will be utilized to ensure strategies address social determinants of health and health inequities which influence health outcomes.



# WHAT MAKES A HEALTHY COMMUNITY

The World Health Organization (WHO) states, “Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity” (2018). As displayed in the diagram below, multiple factors contribute to health outcomes. The diagram displays health outcomes in an upstream manner, in which outcomes are the result of numerous factors that shape health. These factors include health behaviors, healthcare, social and economic factors, and the physical environment. Policies, programs and systems can also have a significant impact on the factors that shape health outcomes and should be an area of focus to reduce health disparities and improve health outcomes.



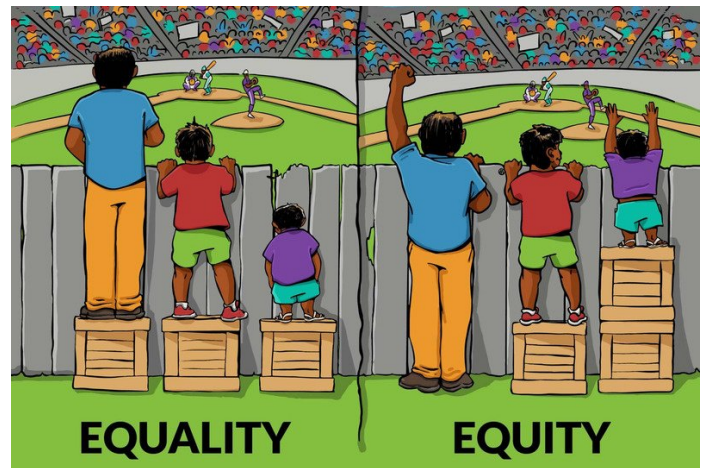
## Health Equity

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” (WHO, 2016). Health is a fundamental human right. Therefore, to address health inequities, interventions need to be effective and sustainable, and focused on empowering those experiencing inequities.

Source: Wisconsin Guidebook v2.0: February 2015 www.wicommunityhealth.org Wisconsin Community Health Improvement plans and Processes (CHIPPP) Infrastructure Improvement Project

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.



Health Equity means increasing opportunities for everyone to live the healthiest life possible, no matter who we are, where we live or how much money we make.

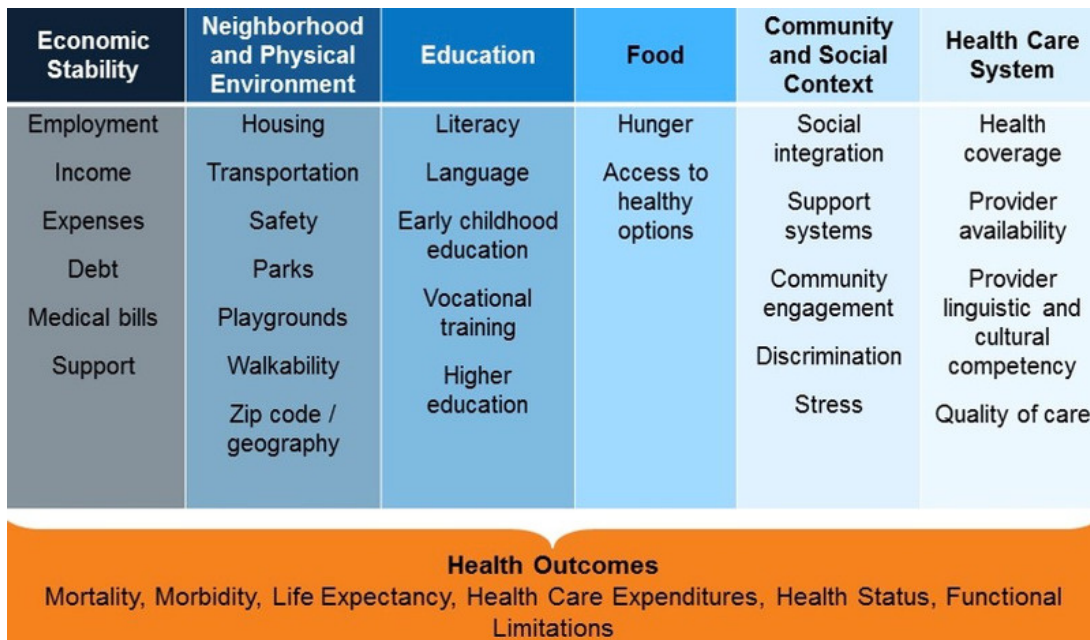
**Health inequities** stem from differences in an individual's social determinants of health, such as housing and employment conditions, and economic or social disadvantages. Minorities and people of color have long experienced racism, discrimination, and exclusion from society, creating inadequate access to key opportunities that persists today.

# WHAT MAKES A HEALTHY COMMUNITY

## 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 percent 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.



## Trauma

Many individuals experience trauma in their lifetime. Trauma is extreme stress that overwhelms a person's ability to cope. It can be an event, series of events, or set of circumstances that harms a person's physical or emotional well-being. The term Adverse Childhood Experiences (ACEs) is used to describe traumatic, negative life experiences which occur before age 18 and have potential to impact healthy child development. ACEs can have long-term damaging consequences, and are connected to behaviors that can lead to poor health. Examples of ACEs include abuse, neglect, exposure to violence, substance use or mental illness in the home. (WI DHS, 2018). **Trauma-informed care** is a strengths-based service delivery approach that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment. (SAMSHA, 2014)

The Healthy Fond du Lac County Steering Committee will include a health equity and trauma informed care lens in the community health improvement planning to ensure strategies address social determinants of health, which influence health outcomes among the three priority health areas.

## **PART 2:** **CORE DATA SET**



# CORE DATA SET

The core data reviewed for the Community Health Assessment came from five main sources: community health survey, priority health issues survey, key informant interviews, community conversations and secondary data. Data collection and surveys often highlighted 13 Health Focus Areas, adapted from the Wisconsin Guidebook on Improving Health in Local Communities. These areas encompass a comprehensive overview of the main components of health. Ultimately, the data presented was organized into five health areas: Health Outcomes, Health Behaviors, Social & Economic Factors, Clinical Care and Access, and Physical and Built Environment

✓ COMMUNITY HEALTH SURVEY

✓ PRIORITY HEALTH ISSUES SURVEY

✓ ONE TO ONE CONVERSATIONS/ INTERVIEWS

✓ COMMUNITY CONVERSATIONS

✓ SECONDARY DATA

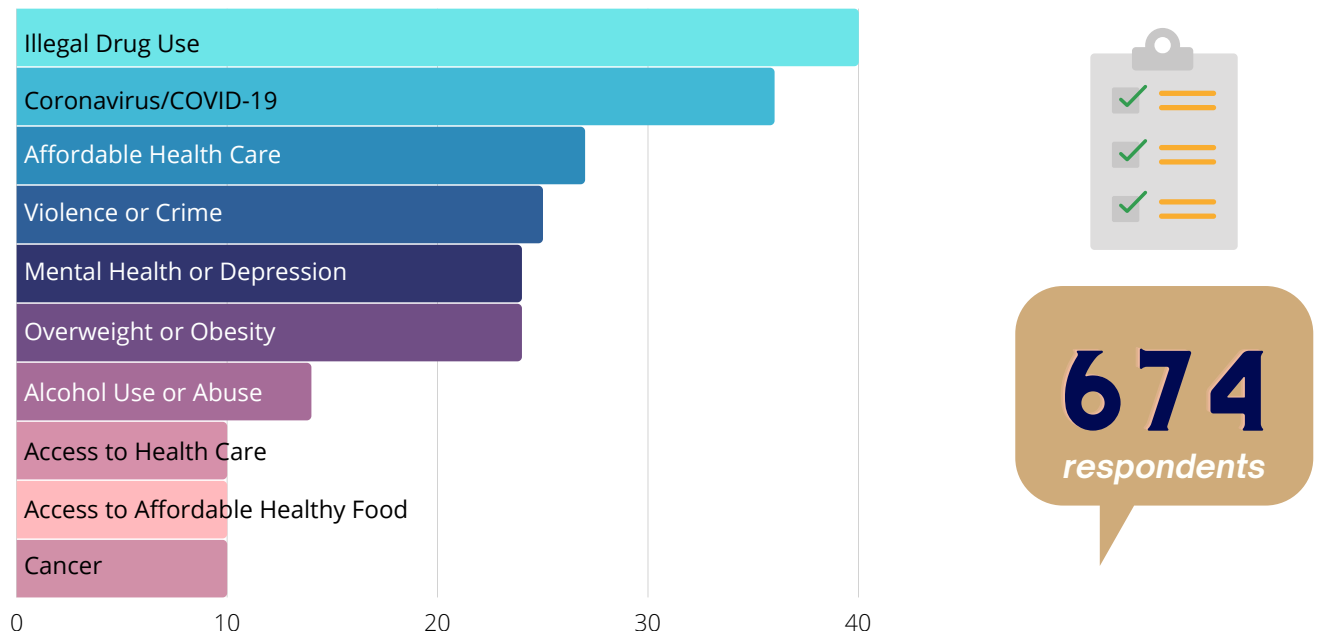


## OVERVIEW OF PRIMARY DATA

### COMMUNITY HEALTH SURVEY

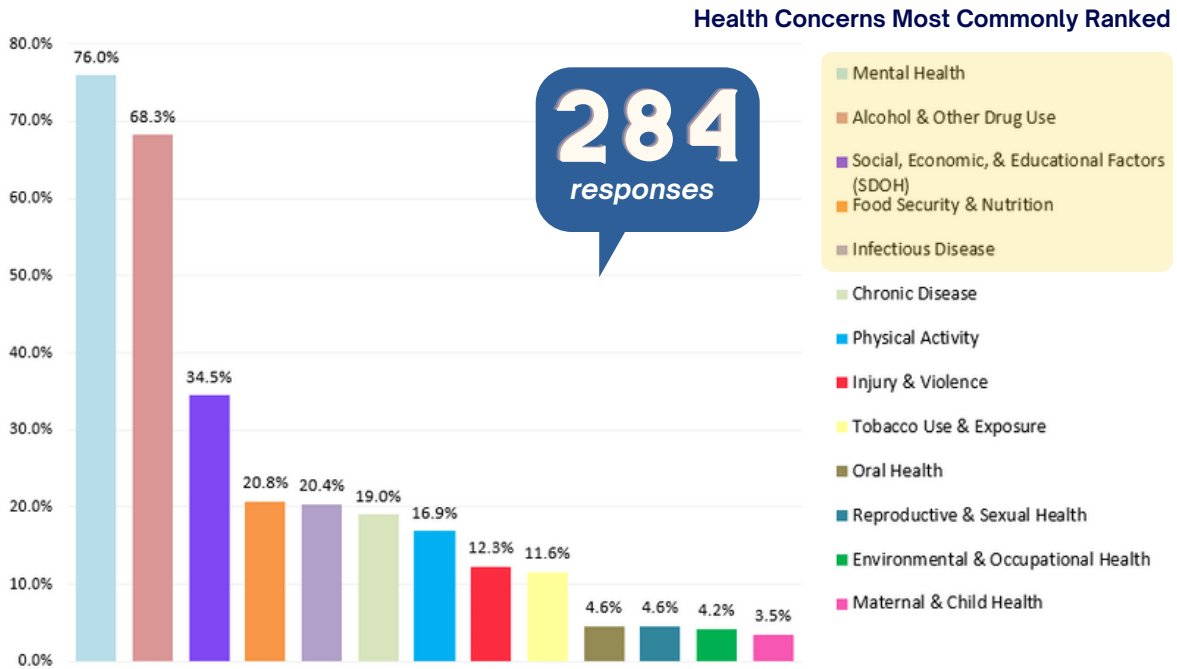
The Community Health Survey provides an overview of behavioral and lifestyle habits as well as prevalence of risk factors and disease conditions existing within the Fond du Lac County adult population. The survey was mailed out to a random sample.

Rank Top 3 Largest Health Concerns - Top 10 responses listed in order from most frequently named to least (percent)



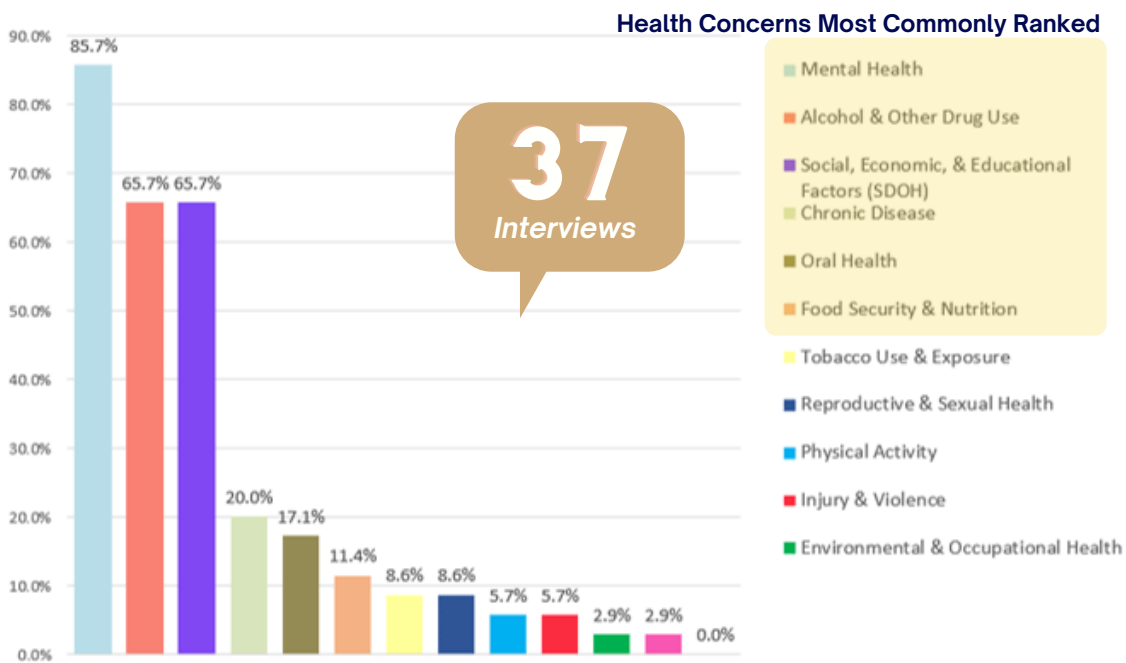
# PRIORITY HEALTH ISSUES SURVEY

The Priority Health Issues Survey was conducted to provide an outlet for the community at large to provide additional input and voice their concerns regarding the most pressing county health issues. The survey was available in hard copy at the health department and online on the health department’s website. The survey was available to take in English and Spanish.



# KEY INFORMANT INTERVIEWS

The Priority Health Issues Survey was conducted to provide an outlet for the community at large to provide additional input and voice their concerns regarding the most pressing county health issues. The survey was available in hard copy at the health department and online on the health department’s website. The survey was available to take in English and Spanish.

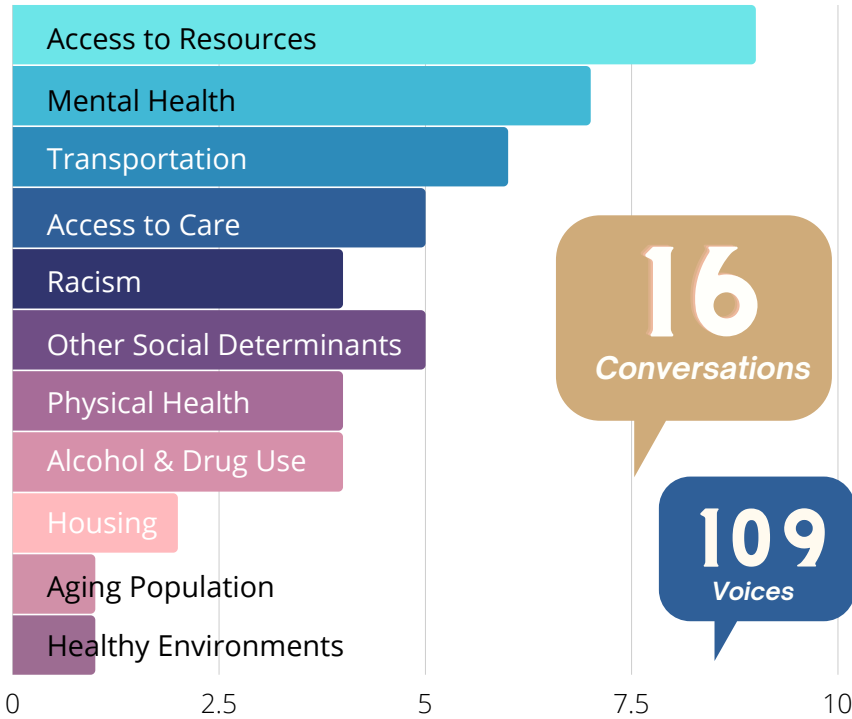




# COMMUNITY CONVERSATIONS

New for the 2021 Community Health Assessment was data collected from community conversations. The purpose of these community conversations was to further engage the public and provide an opportunity for various populations to voice their input that may otherwise have not been heard. 16 community conversations were held across the county, providing further information regarding the health needs of residents in Fond du Lac County.

## Health Concerns Rank by Most Commonly Mentioned



## QUESTIONS WE ASKED:

1. What makes a community healthy?
2. What prevents your community from being healthier?
3. What strengths does your community have?
4. What are the top three health challenges for people in your community and why?
5. What do you like most about living in your community?



The word cloud images reflect common themes that arose during the community conversations when participants were asked what they liked most about their community and what makes a community healthy. Bigger words indicate themes that were mentioned more frequently.

## WHAT DO YOU LIKE MOST ABOUT LIVING IN YOUR COMMUNITY?



## WHAT MAKES A COMMUNITY HEALTHY?





## COMMUNITY CONVERSATIONS

Holding group conversations ensured we heard from a variety of demographic groups within our community and heard their input on health needs. The outreach to engage a variety of groups including rural, urban, youth, adults, non-Hispanic, Hispanic, Indigenous, African-America, persons with disadvantages, etc. helps us apply a health equity lens to the assessment and ensure we are reaching the many demographic groups that make up the Fond du Lac County population. Below you can see differences and commonalities in health needs in each of the various community conversations and groups.

### Latinx Community

- Lacking inclusivity
- Few translators, no Hispanic information center
- Racism
- Opportunities for undocumented citizens

### African American Community

- Lack of communication & understanding between cultures
- Difficulty obtaining & understanding insurance, cost
- Transportation in county
- Physical activity

### Gratitude Club

- Limited public transportation, mental healthcare
- Racial discrimination
- Limited job growth & high paying jobs
- Emergency & crisis response training

### Boys & Girls Club

- Limited healthy/affordable food options
- Limited resources for people with disabilities
- Access to & navigation of mental health treatment
- Racism

### Campbelsport Community

- Lack of entertainment options for youth
- Limited affordable housing
- Alcohol use
- Small businesses & restaurants closing

### Ripon Community

- Limited internet access, transportation, childcare options
- Stigma around accessing resources
- Low diversity
- Resources for people of color, homebound, hearing & vision impaired
- Resources for elderly population

### Housing-Insecure Community

- Limited access to childcare & transportation
- Difficulty getting back on your feet
  - Low paying jobs, resource costs
  - Navigating resources
- Access to care for uninsured
- Limited affordable housing

### Waupun Community

- Addiction and Substance Use
- Mental health
- Transportation / Social Determinants of Health

### FDL Public Library

- Limited public transportation
- Food desert in Fond du Lac
- Affordability of necessities
  - Healthy food, healthcare, physical activity
- Elderly support

### NAMI Community

- Limited mental healthcare & drug use treatment opportunities
  - Few counselors, long wait times
- Accessibility for people with disabilities
- Availability of resources
- Homelessness

### Rosendale-Brandon Community

- Limited dental access for Badgercare, medical assistance recipients
- Public transportation access
- Healthcare & inclusivity for elderly, people with disabilities
- Few employment opportunities

### Pride Alliance

- Inclusivity, welcoming and community connectedness
- Transportation and access to services
- Stigma, cultural competency
- Performing arts

### Brothertown Nation

- Healthcare costs
- Information and Education on Health Concerns & Resources
- Financial Resources and Guidance for End of Life Care

# HEALTH AREA 1: HEALTH OUTCOMES

**KEY**



These icons indicate the rate for Fond du Lac County is worse when compared to Wisconsin (unfavorable trend of a health measure).



This icon indicates the rate for Fond du Lac County is about the same when compared to Wisconsin.



These icons indicate the rate for Fond du Lac County is better when compared to Wisconsin (favorable trend of a health measure).



These icons represent the data shown are for state of Wisconsin and U.S. respectively.



# SECONDARY DATA



## HEALTH OUTCOMES - LENGTH OF LIFE (MORTALITY)

Within Fond du Lac County, the average life expectancy was noted to be 80.1 years of age. Along with this rate, there are 6,000 years of Potential Life Lost (before age 75) per 100,000 people. This number gives insight too the number of deaths that could have been prevented. Fond du Lac County's death rate is 986.9 per 100,000 people. Infant mortality rates of Fond du Lac County and comparable counties are shown in the chart below. Infant mortality is the rate of infant deaths (before they reach 365 days) per 1,000 live births.

Additionally, the rate of Neonatal Abstinence Syndrome (NAS) in Fond du Lac County is 9.6 per 1,000 delivery and newborn hospitalizations (2014, DHS). Fond du Lac County has the 10th highest rate of NAS in Wisconsin. Note, please interpret infant mortality rates with caution as rates fluctuate among small population sizes due to overall less births among certain demographic groups.

### LENGTH OF LIFE (MORTALITY)

**80.1** Average Life Expectancy  
**6,000** Years of Potential Life Lost (before age 75) per 100,000 population  
**986.9** Death Rate per 100,000 population

Infant Mortality Rate (<365 days) per 1,000 Live Births (2017 - 2020)

County of Residence	Mother's Race/Ethnicity			
	All Races	White (Non-Hispanic)	Black/African American (Non-Hispanic)	Hispanic
Fond du Lac	5.6	5.3	17.4	2.6
Milwaukee	9.1	4.3	14.5	7.1
Sheboygan	4.6	4.0	-	9.5
Winnebago	6.0	5.2	14.6	11.6
Wisconsin	5.9	4.6	13.8	6.9

**9.6**  
 rate of **Neonatal Abstinence Syndrome (NAS)** in Fond du Lac County, per 1,000 delivery and newborn hospitalizations

### Leading Causes of Death per 100,000 population, age-adjusted (2019)

Fond du Lac County	Rate	Wisconsin	Rate
1. Diseases of Heart	171.0	Diseases of Heart	158.2
2. Malignant Neoplasms (Cancer)	141.9	Malignant Neoplasms (Cancer)	149.0
3. Other Causes*	118.1	Other Causes*	124.5
4. Accidents (unintentional injuries)	63.4	Accidents (unintentional injuries)	60.4
5. Cerebrovascular diseases	30.4	Chronic lower respiratory diseases	36.6
6. Chronic lower respiratory diseases	28.8	Cerebrovascular diseases	32.2
7. Alzheimer's disease	25.8	Alzheimer's disease	30.4
8. Intentional self-harm (suicide)	20.8	Diabetes mellitus	20.2
9. Nephritis, nephrotic syndrome and nephrosis (kidney failure)	15.2	Intentional self-harm (suicide)	13.9
10. Diabetes mellitus	9.7	Nephritis, nephrotic syndrome and nephrosis (kidney failure)	12.5

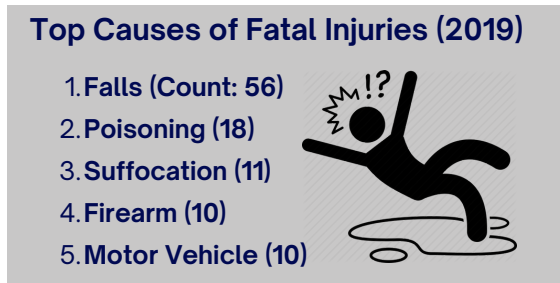
This chart shows the leading causes of death. Fond du Lac County rates are compared in line with the state of Wisconsin rates. Fond du Lac County and Wisconsin share many similarities when it comes to the leading causes of death.

\*Other causes includes vaguely defined "other," "not elsewhere classified," and "unspecified" causes of death.

# HEALTH OUTCOMES - LENGTH OF LIFE (MORTALITY)

## TOP CAUSES OF FATAL INJURIES

The following graphics provide more information about specific types of mortality within Fond du Lac County: top causes of fatal injuries, deaths by drug overdoses, and deaths by suicide. The deaths by suicide graphic notes that in 2019, there were 21.0 deaths per 100,000 population in Fond du Lac County. Compared to 13.9 per 100,000 population in the state of Wisconsin, Fond du Lac County is trending higher than the state average.



### Deaths by suicide, age-adjusted (2019)

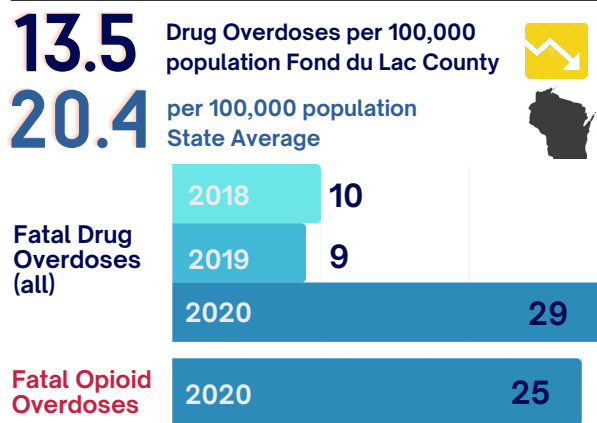



Although any death by a drug overdose is alarming, Fond du Lac County is trending lower than the state as a whole. During the years of 2018-2020, Fond du Lac County had 13.5 drug overdoses per 100,000 population compared to 20.4 per 100,000 population for Wisconsin. It is important to note that in 2020, of the 29 fatal drug overdoses, 25 of them were due to opioids.


## INJURY & VIOLENCE


Rates below, show a variety of experiences from Fond du Lac County residents. Numbers to note are violence/crime reports and youth experiencing threats electronically. Violence and crime reports from adults in Fond du Lac County were at 25 percent - a large increase from 3 percent in 2017. In Fond du Lac County, 19 percent of youth experienced threats via electronics. This number is higher than both the state (17 percent) and the nation (15 percent).

### Deaths by Drug Overdoses (2018-2020)





 **25%** of county adults reported violence or crime




 **8%** of adults experienced physical, emotional, verbal abuse, or were forced to perform sexual acts in the past year

 **21%** of county adults reported at least 1 personal safety situation in the past year reported they used health care or community resources

Up from **3%** in 2017



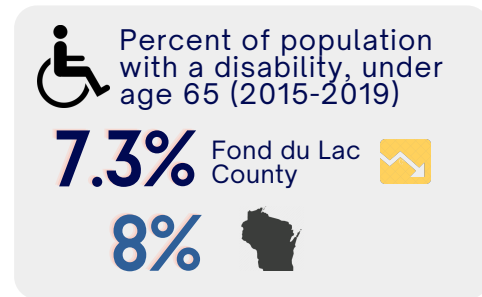
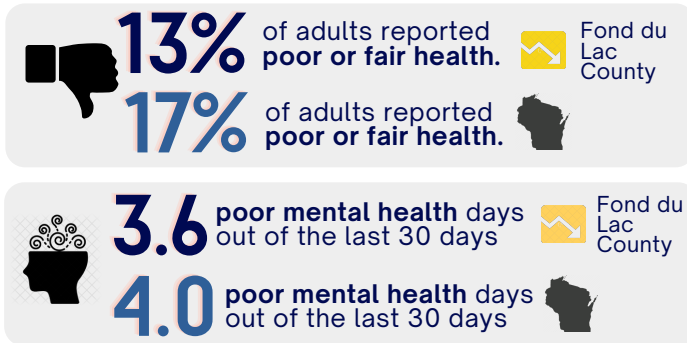
 **19%** of youth were threatened electronically

 **17%**  **15%** 

Sources: 2020 Fond du Lac County Community Health Survey 2020 Student Health Behavior and Experiences Survey

## HEALTH OUTCOMES - QUALITY OF LIFE (MORBIDITY)

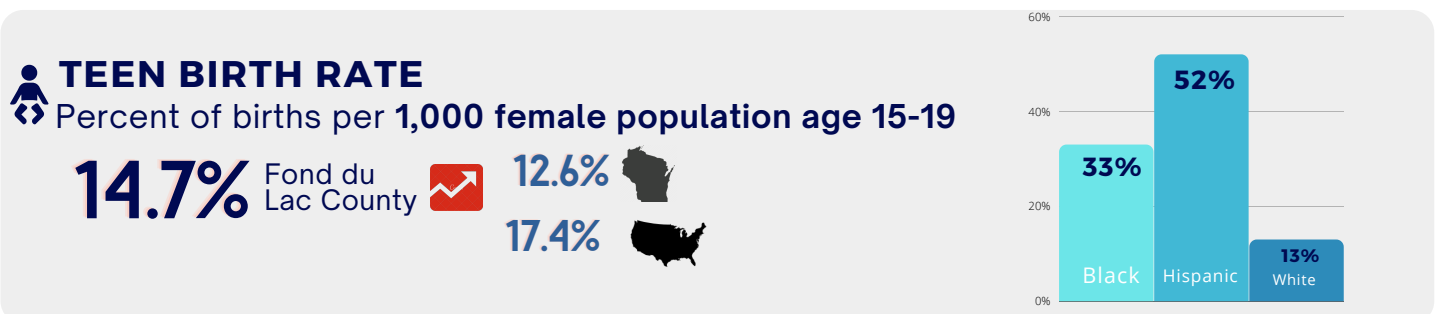
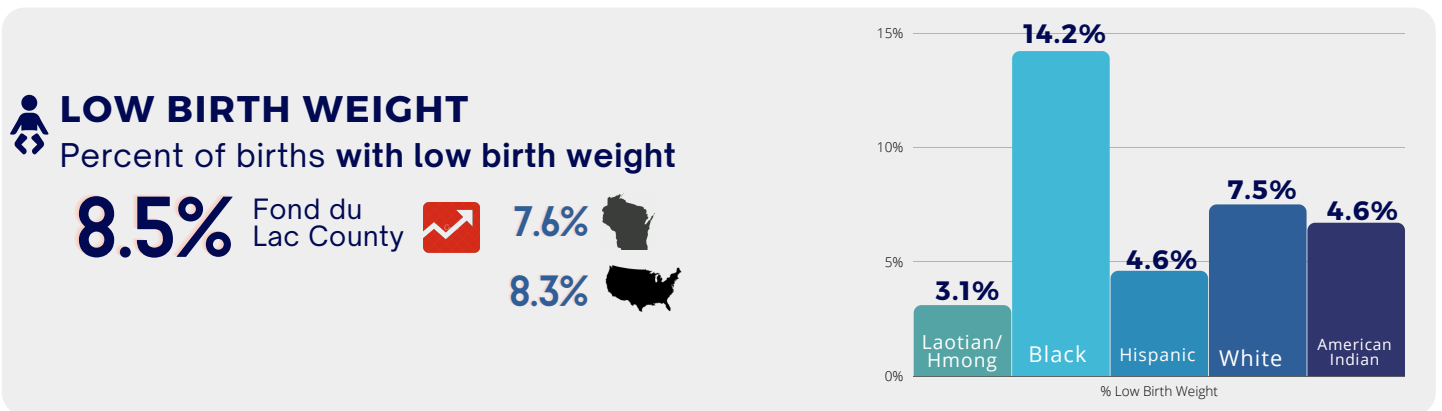
Morbidity, often times known as quality of life encompasses many different factors. The factors that were examined in the (self-reported) findings of the Fond du Lac Community Health Survey were "poor or fair health," "poor mental health days" (in the last 30 days), and whether or not a respondent under age 65 had a disability. These findings are shown through percentages below. Fond du Lac trended lower than the state in each of the factors.



## LOW BIRTH WEIGHT & TEEN BIRTH RATE

Low birthweight (<2,500 grams) can cause serious health problems for some babies. In Fond du Lac County, 8.5 percent of births have a low birth rate. This trends higher than both the state of Wisconsin (7.6 percent) and the United States (8.3 percent). Black mothers have the highest percentage of low birth weights.

The teen birth rate in Fond du Lac county trends higher than the state as a whole (12.6 percent), but not higher than the nation. Teen pregnancy is a marker for current and future risky sexual behavior and adverse outcomes. Teen mothers are much less likely to achieve an educational level at or beyond high school, much more likely to be overweight/obese as adults, and more likely to experience depression and psychological distress.

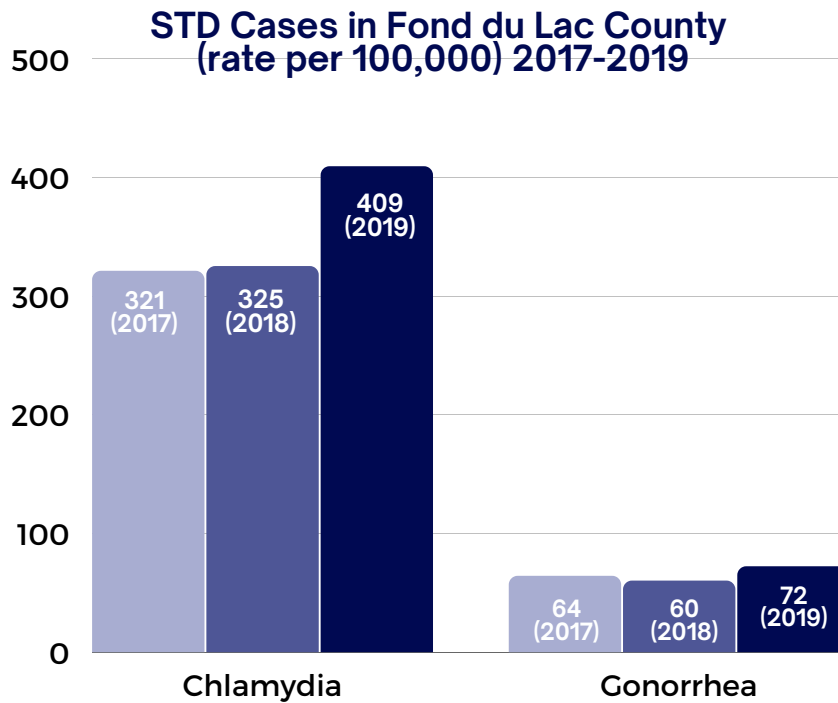


Sources: 2019 Wisconsin Interactive Statistics on Health (WISH)

# HEALTH OUTCOMES - QUALITY OF LIFE (MORBIDITY)

## REPRODUCTIVE & SEXUAL HEALTH

Reproductive and sexual health as a health outcome includes low birth weights, teen birth rates and sexually transmitted disease rates. It also includes education and health care needed to maintain sexual health, prevent unintended pregnancy and sexually transmitted infections, etc. Sexually transmitted diseases, specifically chlamydia incidence rates, are associated with unsafe sexual activity. Sexually transmitted diseases are associated with a significantly increased risk of morbidity and mortality.



### WHAT THE COMMUNITY SAYS ABOUT REPRODUCTIVE, SEXUAL, MATERNAL AND CHILD HEALTH

#### BARRIERS & CHALLENGES

- Access to reproductive health services
- Partnerships
- Autism services for older adults
- Large support groups
- Transportation
- Decrease Title X funding
- Low visibility
- Lack of education and awareness in schools
- Unaware of STD rates in community

#### WHAT WORKS

- Health Department Maternal & Child Health Program
- ADVOCAP
- Headstart
- Birth to Three
- Health Department Sexual Health Clinic
  - helps individuals with low income and no insurance
  - provides testing and education



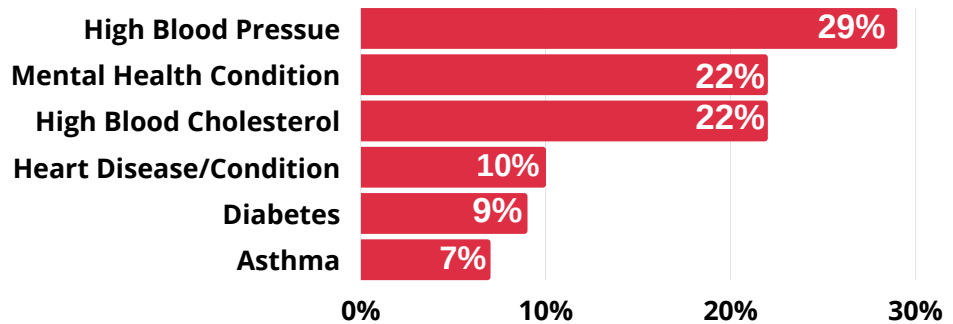
# HEALTH OUTCOMES - QUALITY OF LIFE (MORBIDITY)

## CHRONIC DISEASE

Chronic diseases are illnesses that last a long time, do not go away on their own, are rarely cured, and often result in disability later in life. Multiple health conditions are classified as chronic diseases as shown in the chart below. Additionally, obesity is a complex health issue resulting from a combination of causes and individual factors such as behavior and genetics. Obesity is also associated with poorer mental health outcomes and reduces quality of life.

### HEALTH CONDITIONS

Adults reported having these health conditions in the past 3 years:



**Obesity**

41% Fond du Lac County

34% 32%

**Overweight**

75% Fond du Lac County

70% 67%

**3 in 4** adults classified as at least **overweight**\*\*

**Nearly 1 in 3** **students** were classified as at least **overweight**\*\*

\*\*Body Mass Index greater than or equal to 25.0. BMI is calculated by using kilograms/meter<sup>2</sup>.

## WHAT THE COMMUNITY SAYS ABOUT CHRONIC DISEASE

### BARRIERS & CHALLENGES

- Uninsured individuals lack access to treatment (cost)
- Sedentary lifestyles and social norms
- Early identification of disease (screening)
- Perceived cost of healthy food and gym memberships

### WHAT WORKS

- Workplace wellness initiatives
- Incentives for good health
- School and community programs (nutrition programs)
- Outdoor environments that support health (trails, parks, bike paths)
- Farmers markets
- Community gardens

# **HEALTH AREA 2: SOCIAL AND ECONOMIC STABILITY**



# SOCIAL DETERMINANTS OF HEALTH (SDOH)



According to Healthy People 2030, social determinants are “the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.” This includes availability of community-based resources to meet daily needs (e.g. access to health healthy foods and safe housing), transportation options, social support, socioeconomic conditions, education, discrimination and bullying, neighborhood location, and more. Social determinants are a part of the reason for the inequality in health status between members within a community, and those inequalities are widely considered avoidable.

Healthy People 2030 groups the social determinants of health into five domains:

- HEALTH CARE ACCESS AND QUALITY
- EDUCATION ACCESS AND QUALITY
- SOCIAL AND COMMUNITY CONTEXT
- ECONOMIC STABILITY
- NEIGHBORHOOD AND BUILT ENVIRONMENT



The social determinants of health are present in each and every community, including Fond du Lac. The charts below and on subsequent pages show values for Fond du Lac County in comparison to the entire state of Wisconsin. Income and unemployment are areas where Fond du Lac County trends slightly better than Wisconsin, but high school and post-secondary education rates trend the same and slightly worse, respectively.

### Education

**Percent of adults age 25+ with a High School Diploma**

**92%** Fond du Lac County

**92%**

**% of adults age 25-44 with some post-secondary education**

**65%** Fond du Lac County

**70%**

### Income

**Median Household Income**

**\$65,900** Fond du Lac County

**\$105,400** American Indian

**\$63,200** White

**\$53,500** Hispanic

**\$49,200** Black

**\$64,200**

### Unemployment

**Percent of population, age 16+, unemployed but seeking work**

**2.9%** Fond du Lac County

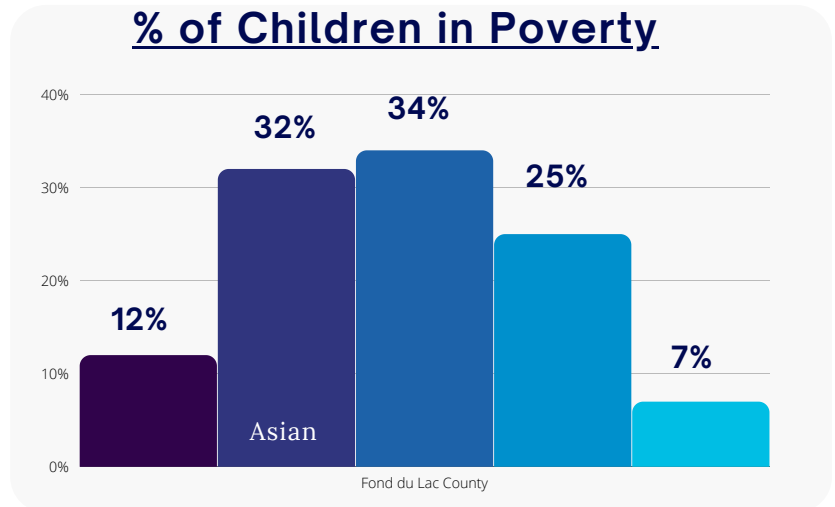
**3.0%**

# SOCIAL DETERMINANTS OF HEALTH (SDOH), CONTINUED



## POVERTY

Continuing the examination of social determinants of health in Fond du Lac County, the charts below outline poverty, children in poverty, percent of children eligible for free or reduced lunch (broken down by school district), and the percent of children in poverty broken down by race. For Fond du Lac County, the overall poverty and children in poverty percentages are trending less than that of Wisconsin. The percent of children who are eligible for free and reduced lunch matches the percentage for the state.



### Poverty



Percent of Fond du Lac County population living below the Federal Poverty Line

**7.3%** Fond du Lac County

**10.4%**

### Children in Poverty



Percent of people under age 18 in poverty

**10.0%** Fond du Lac County

**14.0%**

### Free & Reduced Lunch



Percent of children eligible for free or reduced lunch (2019)

**39.0%** Fond du Lac County

**51.2%** NFDL School District

**49.7%** FDL School District

**40.0%** Waupun Area School District

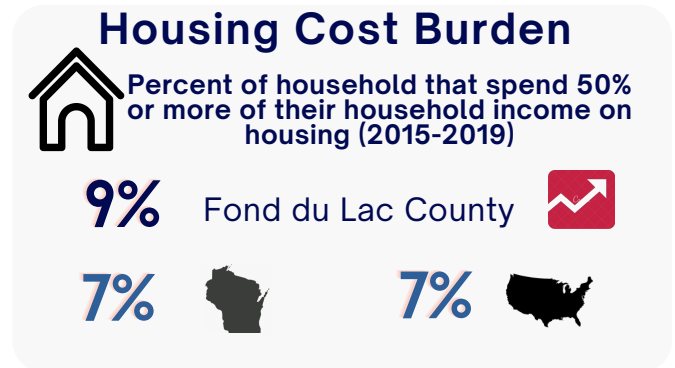
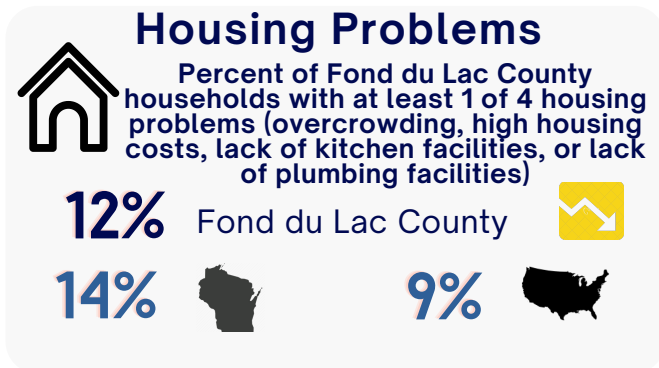
**39.0%**

# SOCIAL DETERMINANTS OF HEALTH (SDOH), CONTINUED



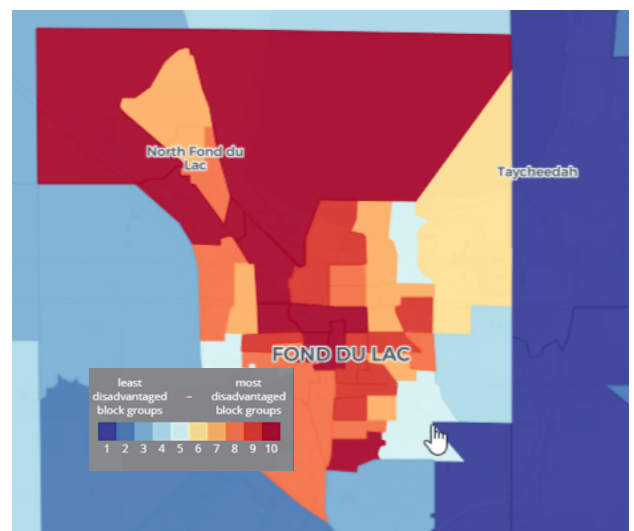
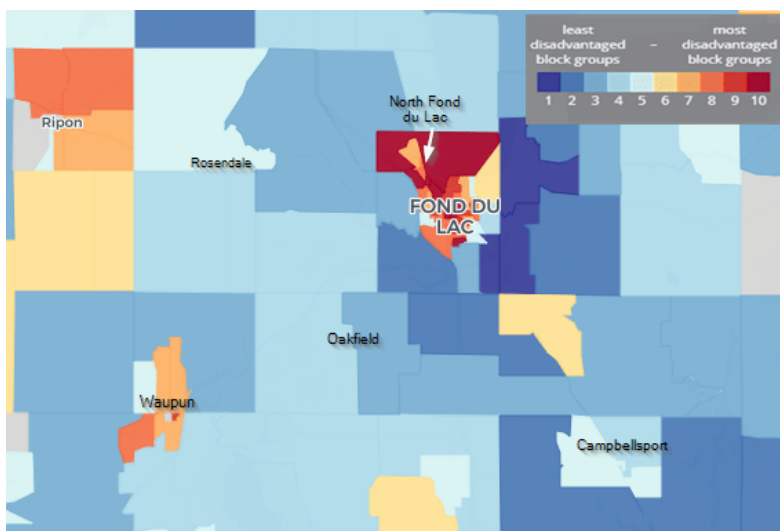
## HOUSING AND NEIGHBORHOODS

Housing is another SDOH, and includes a category called ALICE. ALICE is an acronym for Asset Limited, Income Constrained, Employed – households that earn more than the Federal Poverty Level, but less than the basic cost of living for the county (the ALICE Threshold). Fond du Lac trends better than the state when it comes to housing problems, but trends worse then it comes to housing cost burden. The Neighborhood Atlas maps geographic areas according to the Area Deprivation Index (ADI). ADI illustrates areas that are more or less disadvantaged based on a variety of domains like income, education, employment, and housing quality. In the maps, blue is the least disadvantaged and red is the most disadvantaged. Living in a disadvantaged neighborhood has been linked to a number of healthcare outcomes, including higher rates of diabetes and cardiovascular disease.



## ASSET LIMITED, INCOME CONSTRAINED, EMPLOYED (ALICE)

- 24 percent of county households are considered an ALICE household (WI-23%)
- 12 percent of county households live in poverty (WI-11%)
- 20 percent of single and cohabiting households are ALICE in county
- 11 percent of single and cohabiting households are poverty households in county
- Highest rate of ALICE (36 percent) and poverty (13 percent) households are among adults 65 years and older



Sources: Fond du Lac County ALICE Report (2018), County Health Rankings, Neighborhood Atlas for Fond du Lac County

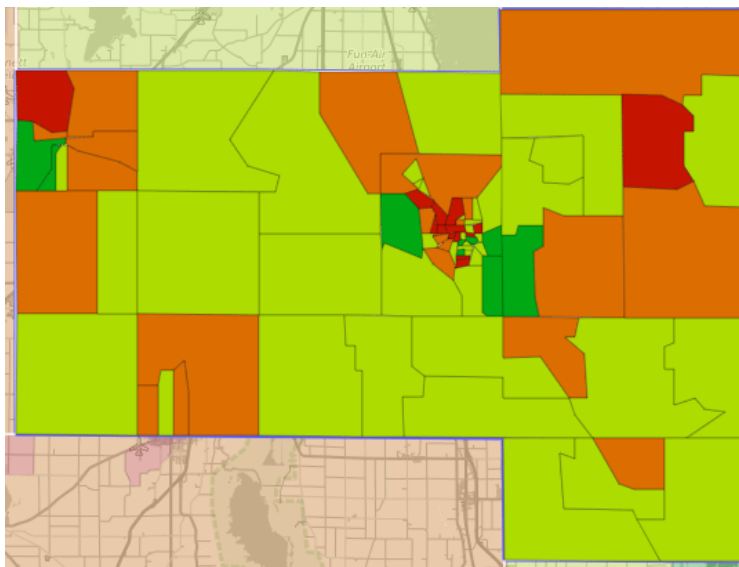


# SOCIAL DETERMINANTS OF HEALTH (SDOH), CONTINUED



## HEALTH LITERACY

The health literacy map estimates the percentage of people who are likely to have below basic or basic skills according to the National Assessment of Adult Literacy (NAAL) criteria. For Fond du Lac County, health literacy estimates range from 177 (red) to 280 (green), with higher numbers indicating higher health literacy. Individuals living in communities with low literacy estimates may be more likely to have problems reading and understanding basic health information, like a pamphlet about a medical condition. Those living in neighborhoods with higher literacy scores may be able to understand basic health information, but could have difficulty with more complex text, such as documents describing medication side effects or insurance coverage.




### Map Information

Health Literacy Levels	Display Options
<span style="color: green;">■</span> Quartile 4 (highest)	<input type="radio"/> Base Map
<span style="color: yellow;">■</span> Quartile 3	<input type="radio"/> NAAL Categories
<span style="color: orange;">■</span> Quartile 2	<input type="radio"/> National Quartile
<span style="color: red;">■</span> Quartile 1 (lowest)	<input checked="" type="radio"/> State Quartile

Source: Health Literacy Data Map, University of North Carolina at Chapel Hill


## SOCIAL AND COMMUNITY CONTEXT



Social engagement and sense of security and well-being are also affected by where people live and impact health. Minimal contact with others and limited involvement in community life are associated with increased morbidity and early mortality.



### Social Associations


Number of membership associations per 10,000 population


**11.7** Fond du Lac County 


**11.5**  **18.2** 

### Disconnected Youth (2015-2019)


Percent of teens and young adults ages 16-19 who are neither working nor in school.


**4%** Fond du Lac County 


**5%** 



### Children in Single Parent Households (2015-2019)


**22%** Fond du Lac County 



**23%** 



### Broadband Access (2015-2019)

Percent of households with broadband internet connection

**82%** Fond du Lac County 


**83%**  **86%** 

# SOCIAL DETERMINANTS OF HEALTH (SDOH), CONTINUED



## 211 WI COUNTS & REQUEST THEMES FOR FOND DU LAC COUNTY (JANUARY TO DECEMBER 2020)

United Way of Wisconsin manages 211 - a platform that can help connect individuals to resources, services, nonprofits, government, or personal assistance. Below are the top requests from the residents of Fond du Lac County.

 **Housing and Shelter**  
*help pay for or finding a low cost, emergency or other place to live*

**614 (16%)** Top request areas:

- Shelters – 105 (17.1%)
- Low-cost housing – 66 (10.7%)
- Rent assistance – 360 (58.6%)

 **Employment & Income**  
*help with unemployment, jobs and job training, insurance, finances and money management*


**134 (3.5%)** Top request areas:

- Unemployment benefits – 39 (29.1%)
- Tax preparation – 28 (20.9%)
- Financial assistance – 36 (26.9%)

 **Food**  
*help buying food, finding, places to pick up food or to eat free or low cost meals*

**163 (4.2%)** Top request areas:

- Help buying food – 39 (23.9%)
- Food pantries – 109 (66.9%)

 **Utilities**  
*requests to help with paying for power, heating, water, phone, internet, and other utilities.*

**171 (4.5%)** Top request areas:

- Electric – 123 (71.9%)
- Water – 20 (11.7%)
- Phone/internet - 14 (8.2%)

Sources: WI 211 Counts

## WHAT THE COMMUNITY SAYS ABOUT SOCIAL DETERMINANTS OF HEALTH (SDOH):

### BARRIERS & CHALLENGES

- Need resources, infrastructure, affordable and accessible housing/shelters for people
- Racial disparities, lack of inclusivity & cultural competence
- Increased health disparities among people of color, LGBTQ+, lower SES groups
- Underrepresentation of Latino communities
- Childcare access
- Economic stability - income, employment, insurance, poverty, financial literacy

### WHAT WORKS

- Collaboration among existing resources & organizations
- Working toward equity & inclusion
- Local food pantries and food resources
- Shelters and literacy support services

# HEALTH AREA 3: HEALTH BEHAVIORS





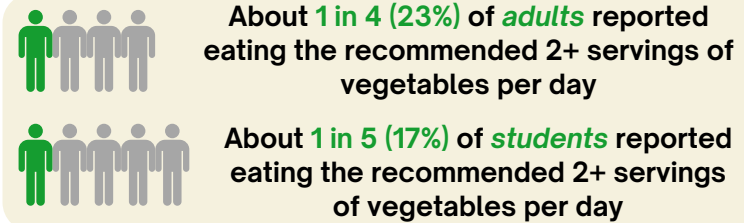
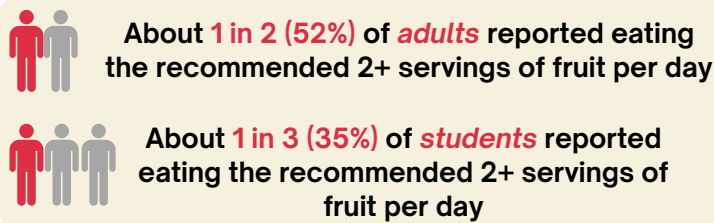


## HEALTH BEHAVIORS

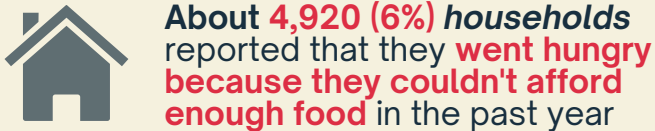
Health behaviors are actions individuals take that affect their health. These actions can benefit an individual's health (staying physically active, eating healthy) or can be detrimental to an individual's health (drug and alcohol abuse, risky behaviors). Health behaviors impact about 25 percent of health outcomes.

## NUTRITION & HEALTHY EATING

A healthy diet is essential for good health and nutrition - it can protect individuals against many chronic diseases (heart disease, diabetes, and cancer). Nutrition habits can be impacted by the availability of healthy, affordable foods.



**Food Environment Index:** Index of factors that contribute to a healthy food environment, from 0 (worst) to 10 (best).



## WHAT THE COMMUNITY SAYS ABOUT NUTRITION & HEALTHY EATING

### BARRIERS & CHALLENGES

- Lack of knowledge on nutrition and how to cook healthy meals
- Access to health foods (grocery store on outskirts in city of FDL and location of bus stops)
- Affordability of healthy foods
- Food pantry hours and options in rural areas

### WHAT WORKS

- Farmers Markets
- Women, Infants, & Children (WIC) Program
- Foodshare/EBT
- Community Gardens
- Food Pantries
- Senior Meal Dining
- Meals on Wheels program

## HEALTH BEHAVIORS, CONTINUED



### PHYSICAL ACTIVITY

Physical activity means any bodily activity that enhances or maintains physical fitness and overall health. Physical activity is linked with positive health outcomes and can help reduce/manage chronic health conditions, as well as helping to achieve and maintain a healthy weight and reduce risk for certain health conditions.

About **half of adults** in Fond du Lac County reported meeting aerobic physical activity guidelines\*



\*Adult Guidelines: 30 minutes of moderate physical activity at least 5 days/week or vigorous activity for 20 minutes 3 days a week

Percent of **students** reporting to be physically active for at least 60 minutes/day for last 7 days

**23%** Fond du Lac County



**22%** 

**30.6%** 

## WHAT THE COMMUNITY SAYS ABOUT PHYSICAL ACTIVITY

### BARRIERS & CHALLENGES

- Sedentary lifestyles as norm
- Funding and space for outdoor activities
- Long winters
- Cost of gym memberships
- Physical activity opportunities for middle and high school age groups that aren't in sports

### WHAT WORKS

- Physical activity opportunities at workplaces (e.g. walking paths)
- Business and non-profits sponsoring/ partnering for events (runs, walks, softball tournaments)
- Recreational programs, summer camps, youth programs, YMCA
- Fond du Lac Loop, state trails, and county parks
- Senior center activities and exercise classes



# HEALTH BEHAVIORS, CONTINUED



## ALCOHOL AND OTHER DRUG USE

Alcohol and other drug use means any use of a substance that results in negative consequences. These substances include (but are not limited to) alcohol, prescription substances, and illegal mood-altering substances. Negative consequences include underage alcohol consumption, binge drinking\*, operating a motor vehicle while intoxicated, alcohol dependence, and more.

### ADULT ALCOHOL USE

Percent of adults reporting to drink alcohol (past month)



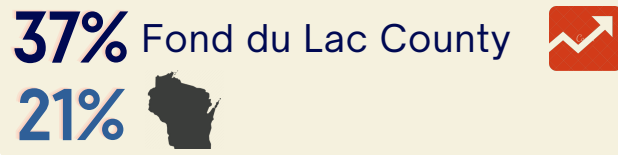
### YOUTH ALCOHOL USE

Percent of students reporting to drink alcohol (past month)



### ADULT BINGE ALCOHOL USE

Percent of adults reporting to binge alcohol (past month)



### YOUTH BINGE ALCOHOL USE

Percent of students reporting to binge alcohol (past month)



\***Binge drinking** is defined as 4+ drinks per occasion for women and 5+ drinks per occasion for men.

### YOUTH MARIJUANA USE

Percent of students reporting to use marijuana (past month)



*Alcohol and drug use are so prevalent here....it is an issue that is being passed down from generation to generation and is becoming the norm which makes it difficult to break the cycle.*

-Key Informant

## WHAT THE COMMUNITY SAYS ABOUT ALCOHOL AND DRUG USE

### BARRIERS & CHALLENGES

- Existing stigma
- Local drinking culture, norms, exposure (alcohol-centric events)
- Treatment options
- Drug availability/access
- Affordable, stable housing
- Increasing underage drinking
- Correlation with untreated mental health issues
- Paused/cancelled support groups/apts

### WHAT WORKS

- Recovery Community
- DFC Coalition
- School Resource Officers
- YScreen and school program
- Jail RAP Program
- Drug Court
- Awareness of resources and local concerns

## HEALTH BEHAVIORS, CONTINUED



### TOBACCO USE AND EXPOSURE

Smoking leads to disease and disability and harms nearly every organ of the body; causing cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD).

E-cigarette usage has continued to increase since 2017. Most e-cigarettes contain nicotine, which is highly addictive. JUUL (one of the most popular e-cigarette devices) has high levels of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.

#### SMOKING Percent reporting to currently smoke (past month)

**ADULTS** 12% Fond du Lac County

↓ down from **20%** in 2017

**STUDENTS** 3% Fond du Lac County

↓ down from **6%** in 2017

#### ELECTRONIC VAPING Percent reporting to currently vape (past month)

**ADULTS** 5% Fond du Lac County

↑ up from **4%** in 2017

**STUDENTS** 3% Fond du Lac County

↑ up from **11%** in 2017

### WHAT THE COMMUNITY SAYS ABOUT TOBACCO USE AND EXPOSURE

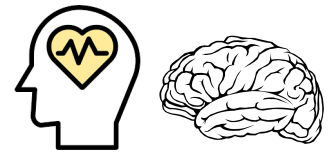
#### BARRIERS & CHALLENGES

- Social acceptance of vaping
- Viewed as safe alternative to smoking
- Long-term health impacts unknown
- Easy access
- Popular among younger adults
- Tobacco industry and advertising

#### WHAT WORKS

- Education and School Programs
- Tobacco Free Living Coalition
- Public policies

# HEALTH BEHAVIORS, CONTINUED



## MENTAL HEALTH

The World Health Organization describes mental health as "a state of well-being in which the individuals realizes her or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community." Many factors in life can affect mental health including traumatic events, substance abuse, injuries, and more.

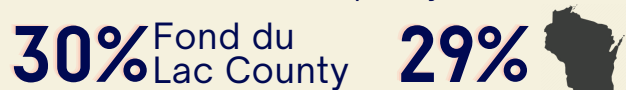
### MENTAL HEALTH CONDITIONS

Percent of adults reporting a mental health condition (last three years)



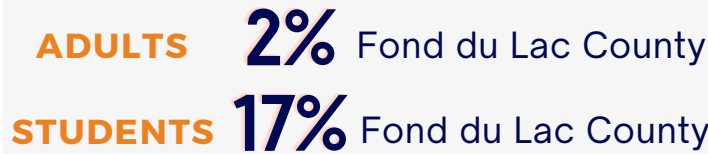
### LOW MOOD - YOUTH

Percent reporting they felt so sad or hopeless almost every day for more than two weeks in a row that they stopped doing some usual activities (past year)



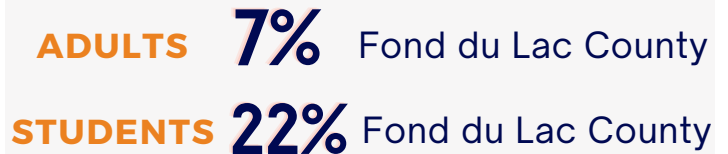
### SELF-HARM

Percent reporting they did something to purposely hurt themselves without wanting to die such as cutting or burning themselves (past year)



### DEPRESSION

Percent reporting they always or nearly always felt sad, blue, or depressed in the last month



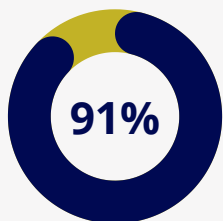
### SUICIDAL IDEATION



Nearly **1 in 15 adults (7%)** reported to consider **suicide**



Nearly **2 in 15 (14%) students** reported to consider **suicide**



of respondents consider **seeing a therapist and taking medication** to treat mental health conditions as a strength

### MANAGING CONDITION

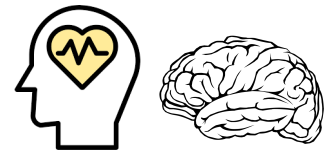
Percent of adults reporting to have their mental health condition under control



### Mental Health Resources in Fond du Lac County:

- National Alliance on Mental Health (NAMI FDL)
- Comprehensive Service Investigation (CSI)
- Department of Community Programs (DCP)
- Service Providers
  - SSM Health Greater Fond du Lac Region
  - Aurora
  - SHARDS, Inc.

# HEALTH BEHAVIORS, CONTINUED



## MENTAL HEALTH-RELATED 211 REQUESTS

211 WI Counts & Request Themes for Fond du Lac County (January to December 2020)

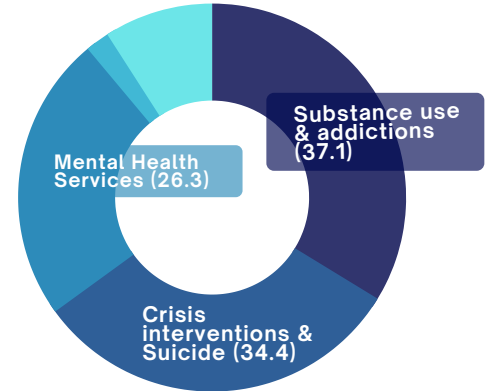
### Mental Health & Addictions

Direct help or help connecting to crisis intervention & suicide hotlines; substance use & addiction resources; counseling, mental health facilities & services

**186**  
**(4.8%)**

Top request areas:

- Substance abuse & addictions – 69 (37.1%)
- Crisis intervention & suicide – 64 (34.4%)
- Mental Health Services – 49 (26.3%)
- Mental Health Facilities – 4 (2.2%)

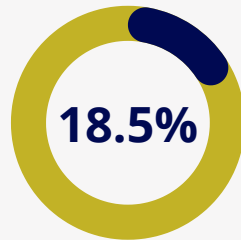


Source: WI 211 Counts

## ESTIMATES OF INDIVIDUALS WITH MENTAL HEALTH NEEDS

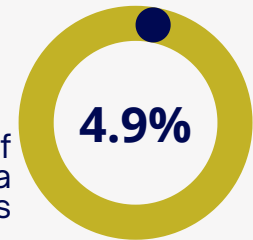
**14,784**

Estimated number of county adults with any mental illness



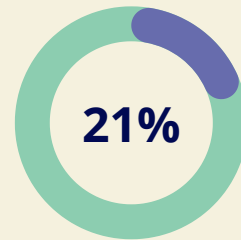
**3,891**

Estimated number of county adults with a serious mental illness



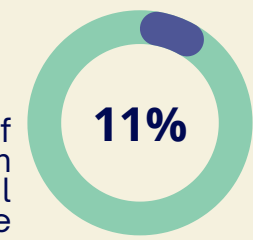
**3,515**

Estimated number of county children with any mental illness



**1,841**

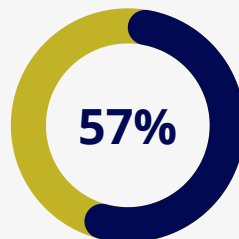
Estimated number of county children with severe emotional disturbance



## MENTAL HEALTH TREATMENT GAP

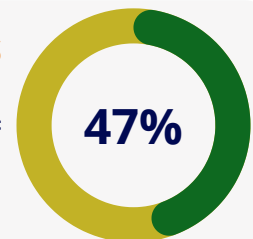
### FOND DU LAC COUNTY ADULTS

Estimated percent of unserved county adults with a mental illness



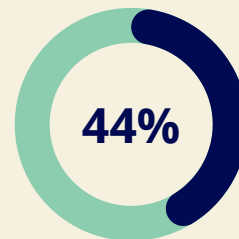
### WI ADULTS

Estimated percent of unserved adults with any mental illness



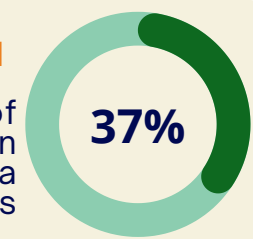
### FOND DU LAC COUNTY YOUTH

Estimated percent of unserved children with a mental illness



### WI YOUTH

Estimated percent of unserved Wisconsin children with a mental illness



Source: DHS Mental Health Needs Assessment (2017)

## HEALTH BEHAVIORS, CONTINUED

### MENTAL HEALTH



### WHAT THE COMMUNITY SAYS ABOUT MENTAL HEALTH

Mental health continues to be recognized as one of the highest priority health issues in the community. As noted below, there are many barriers and challenges for community members seeking mental health service and support. Conversely, there are programs that are working (Destination Zero Suicide, Pathways to Care). Continuing this programming along with developing new programming to diminish the current barriers and challenges is a way to assist those struggling with their mental health.

#### BARRIERS & CHALLENGES

- **Social stigma** as a major barrier to obtaining mental health treatment
- Many community members may feel uncomfortable asking for help or talking about the topic
- Long wait times to see providers
- High costs for services
- Low provider availability
- Lack of services for people who are uninsured or receive medical assistance (i.e.: Medicare, Medicaid)
- Unaware of resources
- Culturally sensitive and diverse providers
- Transportation (outside of town, rural disconnect)

#### WHAT WORKS

- Screenings to earlier identify diagnosis or suicide risk
- Pathways to Care - Mental Health Navigation tool
- Destination Zero Suicide Prevention Initiative (promotes collaboration across sectors including clinical providers, employers, veterans, education, service agencies)
- Education on mental health and continuing conversations to reduce stigma



# HEALTH AREA 4: CLINICAL CARE AND ACCESS



# CLINICAL CARE & ACCESS



## HEALTH CARE ACCESS

When individuals have safe, affordable, easy access to health care, they are more likely to have their health care needs met.

### UNMET HEALTH CARE NEED

Percent of adults reporting someone in their household did not receive the health care needed in the past year

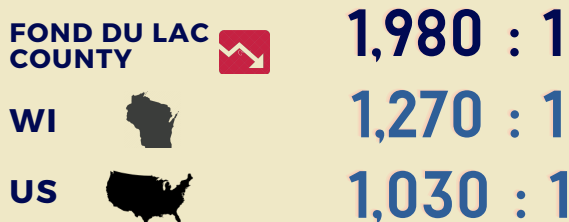


### DELAYED/DID NOT SEEK CARE DUE TO COST

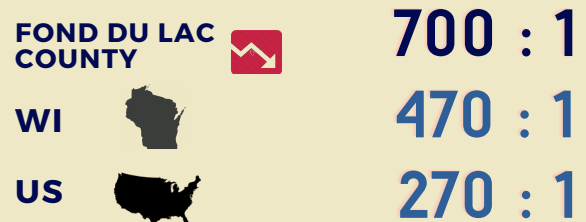
Percent of adults reporting someone in their household delayed or did not seek medical care because of cost



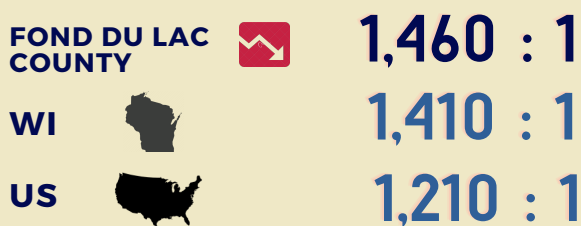
Ratio of population to primary care physicians (2018)



Ratio of population to mental health providers (2020)



Ratio of population to dentists (2018)



### HEALTH INSURANCE

Percent of population under age 65 without health insurance



Sources: 2020 Fond du Lac County Community Health Survey, County Health Rankings

## WHAT THE COMMUNITY SAYS ABOUT ACCESS TO HEALTH CARE

### BARRIERS & CHALLENGES

- Lack of easy access to resources and services
- Persons living in rural communities, with disabilities or language barriers
- Cost, insurance
- Cultural competencies, stigma, representation in health care of diverse population
- Availability of services/providers

### WHAT WORKS

- Telehealth appointments
- Community resources/organizations

## CLINICAL CARE & ACCESS, CONTINUED



### ORAL HEALTH

Preventive oral health care visits can help identify diseases, injuries, and nutrition concerns. Poor oral health is linked to many other health concerns. People with dental insurance coverage are more likely to get oral health care. People with lower income, no insurance, disabilities or in rural community seem to have increased barriers and may be more likely to report having concerns due to the condition of their mouth and teeth, such as experiencing pain.

#### UNMET HEALTH CARE NEED

Percent of adults reporting someone in their household did not receive dental health care needed in the past year

**24%** Fond du Lac County

About **1 IN 5**

**24%** 

of Fond du Lac County adults reported there was a time in the past year when **someone in the household did not receive the dental care needed.**

*Compared to 19% in 2017 and 13% in 2014.*

Ratio of population to dentists (2018)

**FOND DU LAC COUNTY**



**1,460 : 1**

**WI**



**1,410 : 1**

**US**



**1,210 : 1**

#### ORAL HEALTH ED VISITS NON-TRAUMATIC



Rate per 10,000 populations (2019)

**37.6** Fond du Lac County



**39.5**



Sources: 2020 Fond du Lac County Community Health Survey, County Health Rankings, WI DHS Environmental Public Health Data Tracker

## WHAT THE COMMUNITY SAYS ABOUT ACCESS TO HEALTH CARE

#### BARRIERS & CHALLENGES

- Access & affordability
- Expensive
- No providers in Fond du Lac County accept Medicaid (Badgercare) insurance or no insurance
- Decrease in providers participating in Save a Smile Program
- Transportation
- Local public transportation assistance
- Need to travel out of county for those with no insurance or state insurance or disabilities
- Lack of education on importance of dental care

#### WHAT WORKS

- Save a Smile Program
- Increase dental access for children and people with Medicaid
- ADVOCAP
- Aging & Disability Resource Center (ADRC)

# **HEALTH AREA 5: PHYSICAL AND BUILT ENVIRONMENT**





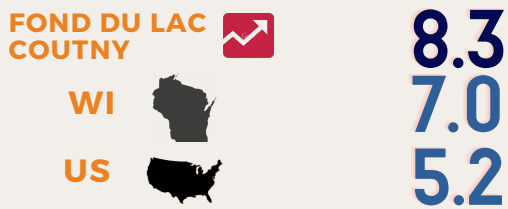


# PHYSICAL & BUILT ENVIRONMENT

The air we breathe, water we drink, communities we live in, and food we eat are recognized as determinants of health (American Public Health Association). Environmental and occupational health concerns include illnesses and injuries from indoor and outdoor hazards, such as chemicals, contaminated food or water, polluted air, and work hazards.

## AIR QUALITY

Average daily density of fine particulate matter in micrograms per cubic meter (PM2.5) (2016)



## ASTHMA

Emergency Department visit rate per 10,000 (2019)



## HEART-RELATED ILLNESS

Age-adjusted rate of hospitalizations for heart attack among person 35+ per 10,000 (2019)



### BARRIERS & CHALLENGES

- Often overlooked & sustainability concern
- Ground and drinking water pollution from factories and chemical runoff
- Additional employer resources
- Need more testing for larger range of contaminants, e.g. PFAS

## LYME DISEASE

Rate of cases per 100,000 (2019)



### WHAT WORKS

- Health Department's Environmental Health Program (well water testing, inspection services, radon testing)



# PHYSICAL & BUILT ENVIRONMENT, CONTINUED



## 211 WI Counts & Request Themes for Fond du Lac County (January to December 2020)

### Transportation Assistance



Help finding low-cost public transportation & long-distance travel options; help paying for auto repairs; transportation to medical appointments.

**44  
(1.1%)**

Top request areas:

- Automobile Assistance – 29 (65.9%)
- Medical Transportation – 8 (18.2%)
- Public Transportation – 4 (9.1%)



Source: WI 211 Counts

### BARRIERS & CHALLENGES

#### Transportation

- Limited bus routes & times
- Limited transportation in rural areas
- Additional public transportation opportunities outside of city limits
- Impacts access to care and basic necessities

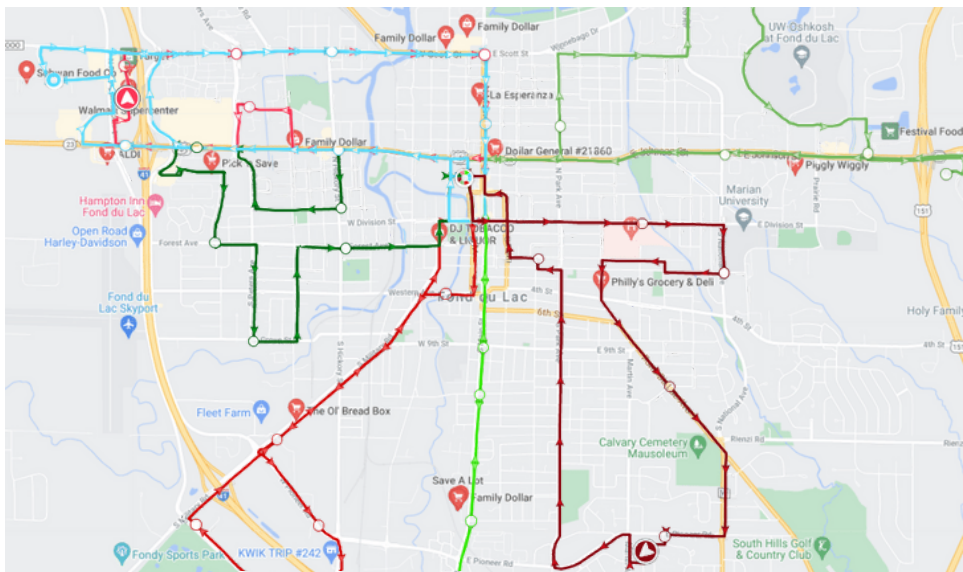
### LIMITED ACCESS TO HEALTHY FOOD

Percent of population who are low-income and do not live close to a grocery store.

**FOND DU LAC COUNTY**



**7%  
5%  
2%**



### FOOD DESERT:

AN URBAN AREA IN WHICH IT IS DIFFICULT TO BUY AFFORDABLE OR GOOD-QUALITY FRESH FOOD.

"MANY PEOPLE WITH LIMITED INCOME LIVE IN FOOD DESERTS—WHERE THEY HAVE PLENTY OF FOOD BUT NONE OF IT HEALTHY"

This map shows the location of grocery stores in Fond du Lac compared to public bus stops.

# **PART 3:**

# **COMMUNITY HEALTH IMPROVEMENT PLANNING**



# 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 system has recommended criteria and ratings that each hospital can use during prioritization. The method used to evaluate the needs as well as potential weighting is customizable based on the hospital's approach.

A two-step prioritization process is recommended. Step one of this process focuses on community-specific criteria that are rated by community members to evaluate the identified needs. This step is subjective and measures community member's perceptions of the identified needs. The community was invited to participate in one of two presentations on the CHNA data findings and vote on their top three perceived health needs. A list of criteria was developed to aid in the selection of priority areas. The criteria included:

- Affects many people
- Has a serious impact on population health
- Actionable at the local level
- Attainable/realistic ability to be impacted in three to five years
- Viable strategies exist to impact the issue
- Ability to have measurable outcome to see impact
- Community capacity and willingness to address it
- Trending health concern; shows up as a theme in community conversations, interviews, public input survey, or other data presented

Once the community portion was complete, community top health needs were weighted and ranked in descending order by priority and then reviewed by the Healthy Fond du Lac County Steering Committee. The steering committee used the same criteria to vote on the top two priority health areas, as well as using system feasibility criteria. The internal criteria are more objective and focus on alignment to key strategies, resources, magnitude of issue, capacity, and overall capability. The steering committee identified and voted to incorporate a third health priority. Based on the steering committee's final prioritization, the top-ranking priorities established the health areas of focus for the 2022-2024 Community Health Implementation Plan.

## Top Three Priority Health Areas

- Mental Health
- Chronic Disease
- Substance Use

The Healthy Fond du Lac County Steering Committee also noted that social determinants of health, and access to care were themes identified as barriers and challenges to good health throughout the assessment process. A health equity lens will be applied throughout the development of the community health improvement plan which will influence health outcomes among the three priority health areas. The development of the 2022-2024 Community Health Improvement Plan (CHIP) will follow.



# 2022-2024 PRIORITY HEALTH AREAS

## PRIORITY 1: MENTAL HEALTH

Mental Health was identified as the number one priority to address in the 2022-2024 Community Health Improvement Plan. Mental health needs in Fond du Lac County may include, but is not limited to needs, barriers and challenges that relate to provider availability, affordability, insurance, stigma, substance use, stress, suicide. Throughout the Community Health Needs Assessment, Mental Health was consistently ranked as a top priority by community members throughout the primary data selection.

### #1 RANKED

in Priority Health Issues Survey and Key Informant Interviews

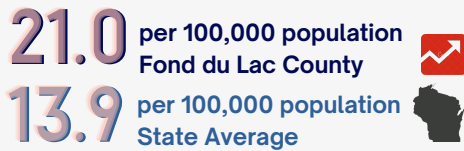
### #2 RANKED

in Community Conversations

### #5 RANKED

in Community Health Survey

### Deaths by suicide, age-adjusted (2019)



### MENTAL HEALTH CONDITION

Percent of adults reporting a mental health condition (last 3 years)



### SELF-HARM

Percent reporting they did something to purposely hurt themselves without wanting to die such as cutting or burning themselves (past year)

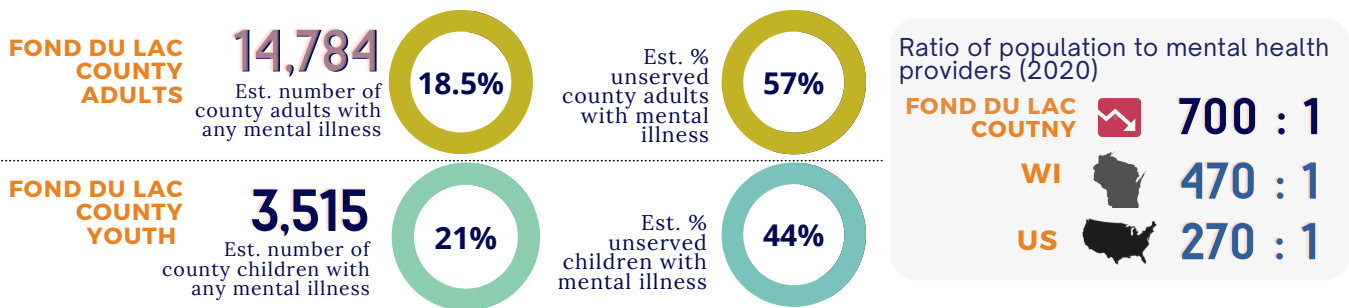


### DEPRESSION

Percent reporting they always or nearly always felt sad, blue or depressed in the past month

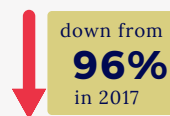


Deaths by suicide in Fond du Lac County was significantly higher when compared to the state. Additionally, about one in five adults reported they had a mental health condition in the last three year and about one in five youth reported that they always or nearly always felt sad, blue or depressed in the past month. The rates of adult and youth mental health needs are high in Fond du Lac County, as well as a need for increase access to mental health care. Fond du Lac County the ratio of population to mental health providers is less favorable compared to the state and less Fond du Lac County residents reported that they have their mental health condition under control.



### MANAGING CONDITION

Percent reporting to have their mental health condition under control



According to Fond du Lac community members responses throughout the assessment, common barriers and challenges to mental health included stigma, availability of services and extensive wait lists, cost and affordability, awareness of and transportation to services, and culturally sensitive and diverse mental health providers and services.

# 2022-2024 PRIORITY HEALTH AREAS

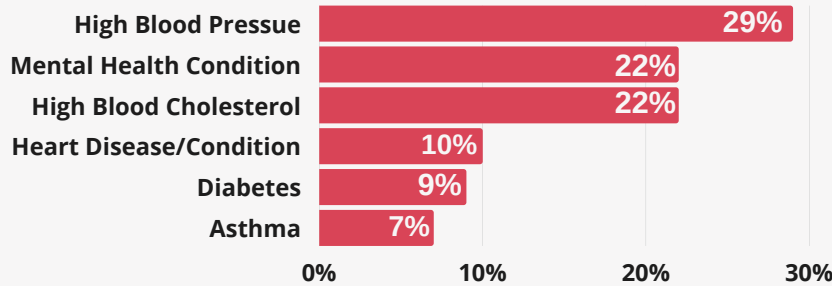
## PRIORITY 2: CHRONIC DISEASE

Chronic Disease was identified as the number two priority to address in the 2022-2024 Community Health Improvement Plan. Chronic diseases are illnesses that may result in disability later in life. Chronic disease needs in Fond du Lac County may include, but is not limited to needs, barriers and challenges that relate to diabetes, cardiovascular disease, obesity, hypertension, food accessibility, health behaviors and access to care. Heart disease, cancer, cerebrovascular diseases, respiratory diseases are in the top ten leading causes of death in Fond du Lac County.

**#4 RANKED** in Key Informant Interviews      **#6 RANKED** in Priority Health Issues Survey

### HEALTH CONDITIONS

Adults reported having these health conditions in the past 3 years:



### LEADING CAUSES OF DEATH

Fond du Lac County	Rate
1. Diseases of Heart	171.0
2. Malignant Neoplasms (Cancer)	141.9
3. Other Causes*	118.1
4. Accidents (unintentional injuries)	63.4
5. Cerebrovascular diseases	30.4
6. Chronic lower respiratory diseases	28.8
7. Alzheimer's disease	25.8
8. Intentional self-harm (suicide)	20.8
9. Nephritis, nephrotic syndrome and nephrosis (kidney failure)	15.2
10. Diabetes mellitus	9.7

\*Rate is per 100,000 population, age adjusted  
Wisconsin Interactive Statistics on Health, 2019

### Obesity & Overweight

Obesity and overweight rates have increased in Fond du Lac County adults and youth. Obesity is a complex health issue resulting from a combination of causes and individual factors such as behavior and genetics. Obesity is also associated with poorer mental health outcomes and reduces quality of life.

**Obesity** **41%** Fond du Lac County      **Overweight** **75%** Fond du Lac County      **Nearly 1 in 3**  **students** were classified as at least **overweight**

### Nutrition and Physical Activity

Health behaviors are actions individuals take that affect their health, which can benefit an one's health (being physically active, eating healthy) or can be detrimental to an one's health (alcohol abuse, risky behaviors). Health behaviors impact about 25 percent of health outcomes. A healthy diet is essential and can protect individuals against many chronic diseases (heart disease, diabetes, and cancer). Nutrition habits can be impacted by the availability of healthy, affordable foods. About 5,000 households reported that they went hungry because they couldn't afford enough food in the past year and about seven percent who are low income, do not live close to a grocery store. About half of Fond du Lac County adults eat their recommended serving of fruits and about half of adults met the recommended amount of physical activity guidelines.

According to Fond du Lac community members responses throughout the assessment, common barriers and challenges to chronic diseases and related health behaviors included, but not limited to, access and affordability to healthy foods, awareness of nutritious food and cooking healthy meals, access to indoor and outdoor recreation, access and affordability of healthcare services. insurance, stigma, transportation, and cultural competencies.



# 2022-2024 PRIORITY HEALTH AREAS

## PRIORITY 3: SUBSTANCE USE

Substance Use was identified as the number three priority to address in the 2022-2024 Community Health Improvement Plan. Alcohol and other drug use means any use of a substance that results in negative consequences. Substance use needs in Fond du Lac County may include, but is not limited to needs, barriers and challenges that relate tobacco, vaping, drugs (narcotics, marijuana, etc.), prescription medications, and alcohol use, mental health and access to care. Negative consequences include underage alcohol consumption, binge drinking, operating a motor vehicle while intoxicated, alcohol dependence, and more. Throughout the Community Health Needs Assessment, substance use was consistently ranked as a top priority.

Although any death by a drug overdose is alarming, Fond du Lac County is trending lower than the state as a whole. During the years of 2018-2020, Fond du Lac County had 13.5 drug overdoses per 100,000 population compared to 20.4 per 100,000 population for Wisconsin. It is important to note that in 2020, of the 29 fatal drug overdoses, 25 of them were due to opioids.

### #1 RANKED

in Community Health Survey (Illegal drugs) Alcohol Use and Abuse ranked #6.

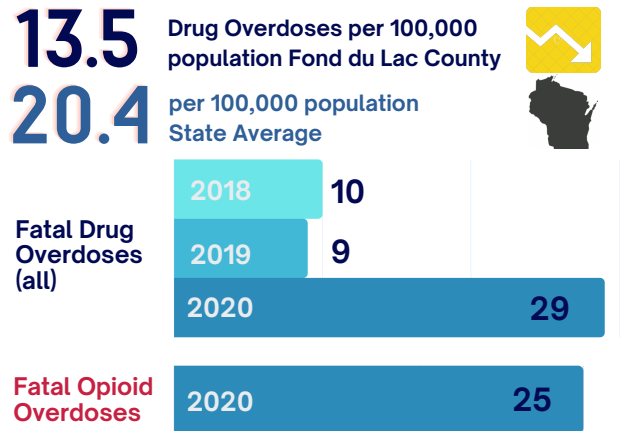
### #2 RANKED

in Priority Health Issues Survey and Key Informant Interviews

### #5 RANKED

in Community Conversations

### Deaths by Drug Overdoses (2018-2020)



### ADULT ALCOHOL USE

Percent of adults reporting to drink alcohol (past month)

74% Fond du Lac County

### ADULT BINGE ALCOHOL USE

Percent of adults reporting to binge alcohol (past month)

37% Fond du Lac County

### YOUTH ALCOHOL USE

Percent of students reporting to drink alcohol (past month)

22% Fond du Lac County

### YOUTH BINGE ALCOHOL USE

Percent of students reporting to binge alcohol (past month)

9% Fond du Lac County

In Fond du Lac County, adult alcohol use and binge drinking is higher compared to the state of Wisconsin. Youth alcohol use and binge drinking is lower than the state, but is still an issue that is often passed down from generation, becoming the norm, and makes it difficult to break the cycle.

According to Fond du Lac community members responses throughout the assessment, common barriers and challenges to substance use included stigma, local cultural norms and exposure, affordable services, treatment services availability and variety, access to substances, and connection between mental health and substance use.

The Healthy Fond du Lac County Steering Committee will also continue to include a health equity lens in the approach to community health improvement planning to ensure strategies address social determinants of health which influence health outcomes among the three priority health areas. The development of the 2022-2024 Community Health Improvement Plan (CHIP) will follow.

# FROM ASSESSMENT TO COMMUNITY HEALTH IMPROVEMENT PLANNING

## NEXT STEPS IN DEVELOPMENT OF 2022-2024 CHIP

**1** Mental Health



**2** Chronic Disease



**3** Substance Use



Now that a set of priority health issues is identified, Healthy Fond du Lac County will engage partners to plan and implement strategies. Agencies and community organizations will meet to discuss which evidence-informed strategies will be selected to include in a three year Community Health Improvement Plan (CHIP). The plan should also consider including multi-level approaches to change, emphasizing policy level change, and addressing existing health inequities and disparities.

Next steps will include defining how we measure success, who is responsible for carrying this work forward, and sharing the plan and results widely with the community.

### Act on What's Important

- Develop a detailed action plan
- Use a workplan to actively track progress
- Maintain momentum

### Evaluate actions

- Evaluate and monitor the process and the outcomes/indicators
- Revise the action plan based on evaluation results

## STATE HEALTH PRIORITIES

When identifying the local health priorities, steering committee members also took into consideration the current state health priorities and assessment data. Healthy Wisconsin, the state health improvement plan, focuses on five key health priorities: **alcohol, nutrition and physical activity, opioids, suicide, and tobacco**. The plan also recognizes the role adverse childhood experiences can have on health and emphasizes incorporating trauma-informed care models into practices.



# POSSIBLE STRATEGIES TO INCLUDE IN THE 2022-2024 CHIP

## PRIORITY 1: Mental Health

- Mental Health Crisis Response Trainings
- Expand Local Mental Health Crisis Line
- Increase Mental Health Resources (i.e. mobile mental health crisis unit)
- Trauma-Informed Care
- Coping Skills Training



## PRIORITY 2: Chronic Disease

- Increase Access to Places for Physical Activity
  - Built Environment
- Chronic Disease Self-Management Classes
- Community Physical Activity Groups



## PRIORITY 3: Substance Use

- Drug Drop Boxes
- Alcohol Compliance Checks by Law Enforcement
- Naloxone Education and Distribution
- Screening, Brief Intervention, and Referral to Treatment (SBIRT)



### Resources for evidence-based strategies and policies:

- **What Works for Health:** <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health>
- **Robert Wood Johnson Foundation:** <https://www.rwjf.org/en/library/collections/health-policy-in-brief.html>
- **Healthy People 2030:** <https://www.healthypeople.gov/2020>
- **ASTHO:** <https://www.astho.org/Programs/Evidence-Based-Public-Health/>
- **The Community Guide:** <https://www.thecommunityguide.org/>

# LIST OF ASSETS AND RESOURCES TO ADDRESS PRIORITIES

## PRIORITY 1: Mental Health

- Youth & adult screening programs in schools and healthcare settings
- School-based programs (e.g. Fondy CARES)
- Fond du Lac Family YMCA and Boys & Girls Club programs
- National Alliance on Mental Illness (NAMI) Fond du Lac - Friendship corner center and programming
- Comprehensive Service Integration (CSI) of Fond du Lac County
- Pathways to Care Mental Health Navigation Tool
- Fond du Lac Area Mental Health Providers (e.g. SHARDS Inc, SSM Health Behavioral Health, etc.)
- United Way and 2-1-1 resources
- SSM Health
- Aurora Health Care
- Rawhide Youth Services (Equine Therapy)
- SHARDS, Inc.
- Delta Center
- Solutions Center
- Berry House
- Department of Community Programs (DCP)
- First responders (e.g. EMS, law enforcement)
- School districts
- Senior centers
- Churches, faith-based community
- Lakeland Care

## PRIORITY 2: Chronic Disease

- Workplace wellness initiatives
  - Nutrition education
  - Health screenings
  - Incentives for good health
- School and community programs
  - YMCA programs
  - Run/Walk events, sport tournaments, etc.
- Environments to support health
  - Trails and bike paths across county (e.g. Fond du Lac Loop) and at local businesses
  - Public parks
- Resources to increased access to healthy foods
  - Farmers markets
  - Community gardens
  - Local food pantries
  - Women, Infants and Children (WIC) program
  - Senior dining program and Meals on Wheels
  - Nutrition education programs (UW-Madison Extension)
- Living Well FDL Coalition
- Senior center activities/exercise classes
- Local hospitals and clinics

## PRIORITY 3: Substance Use

- Drug Free Communities Fond du Lac County Coalition
- Engagement within schools
  - Programs like Anti-Crime Education (ACE)
  - YScreen, school resource officers
  - Connections to AODA Counselors
- Media coverage on resources and concerns
- Telehealth appointments
  - Convenient and increase accessibility
- Drug Court (diversion program and provides connections to treatment services)
- Release Advance Planning (RAP) program
  - Connects inmates with services
  - Vivitrol program to prevent relapse
- Local treatment providers
- Underage drinking prevention efforts
- E.g. wrist banding at fairs, community events best practices
- Strong recovery community in FDL and local support groups
  - Gratitude Club
  - Family resource center
  - Blandine House
- Tobacco Free Living Coalition
- Youth prevention groups
  - Students Taking Action Against Negative Decisions (STAAND)
  - FACT youth group
- Naloxone (Narcan) Distribution and Education

# 2018-2020 COMMUNITY HEALTH IMPROVEMENT REVIEW

The 2018-2020 Community Health Improvement Plan included three priority health areas with two additional overarching goals. Below displays the priority health area goals, performance measures and highlights over the past three years.

## OVERARCHING GOALS:

New overarching Goals in 2018 included Trauma-Informed Care (TIC) and Social Determinants of Health (SDOH). Goals involved were to increase awareness of TIC and SDOH in shaping health outcomes.

## PRIORITY 1: NUTRITION & PHYSICAL ACTIVITY

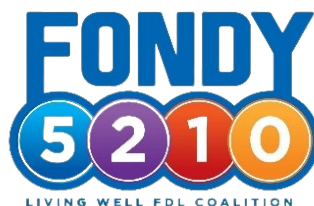
### Goal Statement:

Increase the number of Fond du Lac County residents living at a healthy weight for their height through eating healthier and being more active.

Performance measures	2021 Goal	2017 Baseline	2018	2019	2020
Percentage of Fond du Lac County adults engaging in the recommended amount of physical activity	29%	24%	n/a	n/a	21%
Percentage of Fond du Lac County youth meeting the physical activity recommendation of 60 minutes every day	26%	21%	23%	21%	23%
Percentage of FDL School District students (K-12) in the healthy fitness zone	34%	29%	37.5%	46%	n/a
Percentage of Fond du Lac County adults eating the recommended 5 servings of fruits and vegetables daily	37%	32%	n/a	n/a	26%
Percentage of Fond du Lac County youth eating the recommended 5 servings of fruits and vegetables daily	22%	17%	18%	18%	14%

### Accomplishments & Highlights

- Breastfeeding friendly efforts (workplaces, child care centers, peer support)
- Produce donation program at Fond du Lac Farmers Market (donates produce to local food pantries), increase in local community gardens (access to fresh produce)
- Promote Active Living – use of trails for walking and biking
- FDL School District PEP grant – revised physical education program and increased students physical activity levels and opportunities to be active throughout the day





# 2018-2020 COMMUNITY HEALTH IMPROVEMENT REVIEW



## PRIORITY 2: MENTAL HEALTH

### Goal Statement:

Reduce stigma around mental health and suicide. Increase access to behavioral health services across the lifespan and for those in high-risk groups. Decrease the number of deaths by suicide.

Performance measures	2021 Goal	2017 Baseline	2018	2019	2020
The average number of suicides per 3 year period	9 (2019-21)	19 (2015-17) 2017: 21	17 (2016-18) 2018: 11	18 (2017-19) 2019: 21	17 (2018-20) 2020: 20
Percentage of Fond du Lac County youth who report they "seriously considered suicide"	12%	13%	13%	15%	14%
Percentage of Fond du Lac County adults who report they "considered suicide"	4%	5%	n/a	n/a	7%
Percentage of adults who agree that, "people are caring and sympathetic towards persons with mental illness"	65%	59%	n/a	n/a	n/a
Percentage of adults who agree that they or someone in their household, "did not get the mental health care needed"	8%	9%	n/a	n/a	7%

### Accomplishments & Highlights

- QPR suicide prevention training (question, persuade, refer) - increase number of gatekeepers that can connect individuals to resources and reduce stigma toward mental health and suicide (462 trained in 2020; 1620 to date)
- Destination Zero Grant – supported implementation of screening for suicide during patient visits (Columbia Suicide Screening - implementation continues among SSM Health providers at FDL, Ripon, Waupun, locations)
  - Survivors of suicide loss support group started
  - County Self-Harm Death Review Team (multi-sector)
- Awareness efforts to reduce stigma and share resources on how to navigate mental health resources/services (radio spots, newsletters, CSI website, sticker & window clings with website & crisis numbers)
- Mental Health Pathways to Care Navigation Tool for adults (web-based version, hard copies were distributed throughout community)
- New performance measures identified in 2020, and questions added to the 2020 Community Health Survey: Percentage of adults who agree that they, "consider someone seeing a therapist or psychiatrist as a sign of strength" and "consider someone taking medication to treat a mental health condition as a sign of strength"

# 2018-2020 COMMUNITY HEALTH IMPROVEMENT REVIEW

## PRIORITY 3: ALCOHOL & OTHER DRUGS

### Goal Statement:

Decrease underage drinking, adult binge drinking, and the misuse and abuse of drugs, particularly opioids

Performance measures	2021 Goal	2017 Baseline	2018	2019	2020
Percentage of Fond du Lac County youth who report the community is actively discouraging alcohol use by youth in a way products are advertised, promoted or sold in the past 30 days	49%	47%	45%	47%	47%
Percentage of Fond du Lac County youth who drank alcohol in the past 30 days	17%	21%	19%	21%	22%
Percentage of Fond du Lac County youth who report they bought or drank alcohol at a Fond du Lac County Community Event	4%	6%	5%	6%	6%
Percentage of Fond du Lac County youth who reported binge drinking in the past 30 days	8%	11%	9%	10%	9%
Percentage of adults who reported binge drinking in the past 30 days	35%	38%	n/a	n/a	37%
Percentage of Fond du Lac County youth who report relative ease in obtaining prescription medication for non-medical use	28%	33%	30%	28%	28%
Number of opioid-related overdose deaths in Fond du Lac County	5	7	6	7	25

### Accomplishments & Highlights

- Follow best practices for community events (ID checks for alcohol purchases, signage)
- Law enforcement agencies conduct annual compliance checks (reduce sales to minors for underage drinking)
- Overdose education and prevention, Narcan training, and distribution
- Increase number of providers using the evidence-informed practice Screening, Brief Intervention, and Referral to Treatment (SBIRT)

**DRUG FREE**  
COMMUNITIES

Fond du Lac County

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# 2021 APPENDICES



**SSM Health**  
**Waupun Memorial Hospital**  
*Serving our community for 70 years*

 **SSMHealth.**  
Waupun Memorial Hospital

620 W. Brown Street  
Waupun, WI 53963



# APPENDIX A

## COMMUNITY HEALTH SURVEY

The 2020 Community Health Survey by JKV Research was conducted in August to September 2020. The survey provides data on health behaviors, and the prevalence of risk factors and disease conditions among the adult population, serving as one data source for the CHA. The survey was mailed out to a random sample and 674 adults participated. Aggregate data from six school districts in Fond du Lac County is included in the Community Health Survey report to provide student data when available. The complete report is available on the Fond du Lac County Health Department website at [www.fdlco.wi.gov](http://www.fdlco.wi.gov) or [click here](#).

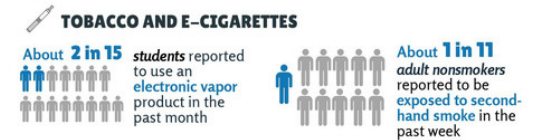
### 2020 FOND DU LAC COUNTY Community Health Survey



Displayed is the 2020 Community Health Survey Preliminary Key Findings Infographic. The infographic is also on the Fond du Lac County Health Department's [website](#).

About the Survey	
<b>What is the Community Health Survey?</b>	The <u>community health survey</u> is a mail survey that gathered data on behavioral and lifestyle habits, and presence of health conditions among the Fond du Lac County adult population in 2020. This <u>survey is one source of data</u> that helps identify top health needs in the county as part of a larger community health assessment.
<b>What do the results mean to me?</b>	The survey results provide a snap shot of health in our community. This document highlights preliminary key findings on the health of our community. As a resident of Fond du Lac County, <b>we want to hear from you</b> about your thoughts on top health concerns and experiences in your community.
<b>Where can I provide my feedback?</b>	Tell us what you see as the most pressing health concerns and challenges to health and wellbeing in the community by taking the <u>Priority Health Issues Survey</u> . We want to hear your voice.

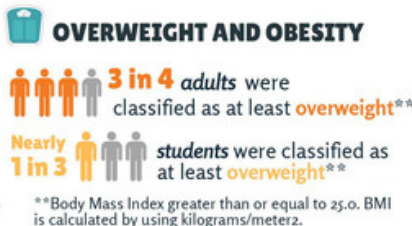
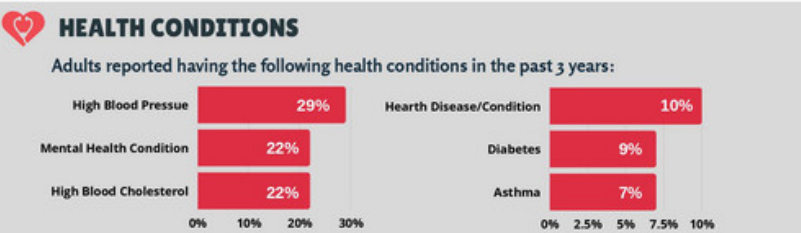
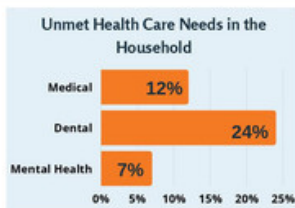
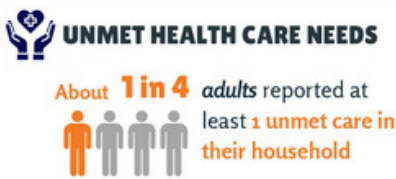
### Fond du Lac County Community Health Survey 2020 Key Findings



- 10 TOP COUNTY HEALTH ISSUES REPORTED**  
 Survey respondents were asked to name the 3 largest health concerns in the county. Below are the top ten responses, listed in order from most frequently named to least.
1. Illegal Drug Use
  2. Coronavirus/COVID-19
  3. Affordable Health Care
  4. Violence or Crime
  5. Mental Health or Depression
  6. Overweight or Obesity
  7. Alcohol Use or Abuse
  8. Access to Health Care
  9. Access to Affordable Healthy Food
  10. Cancer

Sources:  
 1. 2020 Fond du Lac County Student Health Experiences and Attitudes Survey Report, JKV Research, LLC.  
 2. 2020 Fond du Lac County Community Health Survey Report, JKV Research, LLC.

### Survey Key Findings



# APPENDIX B

Displayed is a condensed version of the Priority Health Issues Survey.

## PRIORITY HEALTH ISSUES SURVEY TOOL

### Section 1: About the Survey

The Priority Health Issues Survey is being conducted to better understand the health issues in Fond du Lac County and how to address them. This survey is part of a larger community health assessment for Fond du Lac County. Participation in the survey is voluntary and answers will be anonymous, confidential, and combined with those of all other survey respondents to identify common themes and issues. A summary of the survey results will be shared as part of the community health improvement process to help identify and address health challenges. This survey should take about five minutes to complete. The questions in this survey are based on the Health Areas of the Wisconsin State Health Plan. Thank you for sharing your input and contributing to the community health assessment for Fond du Lac County!

1. Do you live, work, or go to school in Fond du Lac County?  
o Yes o No

### Section 2: Health Areas

For each health area listed below, please indicate if you feel it is a problem in your community.

Health Areas <i>Based on the Healthiest Wisconsin 2010-2020</i>	Check One Box per Health Area			
	Not a Problem	Slight Problem	Moderate Problem	Major Problem
1. <b>Food Security and Nutrition</b> - Having enough nutritious foods for healthy eating (balanced meals, fruits and vegetables) and to not go hungry, access to affordable foods				
2. <b>Alcohol and Other Drug Use</b> - Underage alcohol use, use during pregnancy, binge drinking, negative impacts & use of mood altering substances (i.e. heroin, marijuana) or misuse of prescription drugs				
3. <b>Tobacco use and exposure</b> - Use of cigarettes, e-cigarettes/vapor products, and other tobacco products, prevention of tobacco use, access to services to quit tobacco use, protection from second-hand smoke				
4. <b>Chronic Disease</b> - Preventing and managing diseases that last a long time and usually cannot be cured, i.e. heart disease, diabetes, obesity, cancer, stroke, arthritis, etc.,				
5. <b>Mental health</b> - Mental health conditions such as depression, anxiety, PTSD, etc., access to services/support to address mental health conditions and trauma				
6. <b>Oral health</b> - Keeping teeth, gums, and mouth healthy to prevent mouth pain, tooth decay, tooth loss, access to dental care				
7. <b>Physical activity</b> - Walking, biking, yoga, swimming, playing sports, etc., staying active or exercising to improve overall health, opportunities to be active in your community				
8. <b>Reproductive and sexual health</b> - Education and health care needed to maintain sexual health, prevent unintended pregnancy and sexually transmitted infections, etc.				
9. <b>Injury and violence</b> - Preventing injury from accidents or violence (i.e. falls, crashes, abuse, assault)				
10. <b>Maternal &amp; Child Health</b> - Care and support for healthy growth and development for babies and moms, i.e. prenatal care, regular check-ups, etc.				
11. <b>Environmental &amp; Occupational Health</b> - Illness and injuries from indoor and outdoor hazards (i.e. polluted air, contaminated food/water, chemicals), safe place to live and work				
12. <b>Infectious Disease</b> Prevention and control of illnesses, such as coronavirus/COVID-19, chickenpox, common cold, E. coli, HIV/AIDS, influenza/flu, etc.				
13. <b>Social, economic and educational factors that influence health (Social Determinants)</b> - Discrimination, poverty, housing, education, racism, social support/connectedness, stigma, healthy environments, cultural competency, health literacy, etc.				

**Section 3: Top Health Concerns** - For this next section, choose three health areas that you think are the biggest problem in your community and please comment on why. For each, Please explain why you feel is a top health issue (problem) in the community. What are the barriers and challenges to this health issue?

1. Health Area of Concern #1: \_\_\_\_\_
2. Health Area of Concern #2: \_\_\_\_\_
3. Health Area of Concern #3: \_\_\_\_\_

# APPENDIX C

## PRIORITY HEALTH ISSUES SURVEY SUMMARY

During the priority health issues survey, respondents were able to choose which health issues they felt were most pressing in the community. They also had the opportunity to choose three health areas that they felt were the biggest issues in the community, and share the barriers and challenges to the health issue. Main themes were extracted during the analysis of this data and are shared below.

### MENTAL HEALTH

Mental health, as shown in this report, continues to be a concern for many residents. Access to mental health care is difficult and there are a variety of barriers like cost, limited insurance coverage, long wait lists, limited youth providers, stigma towards mental health conditions, lack of access to culturally and linguistically appropriate care, and difficulty accessing/navigating mental health resources. Potential solutions mentioned by respondents are increasing school-based mental health resources, and providing mental health crisis training for first responders.

### ALCOHOL AND OTHER DRUG USE

In the Fond du Lac community, there is a strong prevalence of drinking culture. Social norms accept frequent alcohol use; many events in the area are alcohol-centric. There is persistent underage drinking and drug use (including opioid overdoses) in the area due to ease of access for youth and adult populations. Solutions mentioned include increasing resources available for AODA treatment, and pairing that treatment with mental health treatment (as mental health conditions and AODA are often concurrent). Additionally, reducing stigma for those seeking treatment would be beneficial.

### SOCIAL, ECONOMIC, AND EDUCATIONAL FACTORS

Respondents noted that Fond du Lac lacks resources and adequate infrastructure for low-income individuals: the homeless shelters are at capacity, public transportation is lacking (especially outside city limits), and there needs to be more affordable housing options. Racial disparities are present, and there is a lack of inclusivity. The community may benefit from additional education and awareness of racism and social determinants of health; there should be increased, culturally competent messaging and health care.

### FOOD SECURITY AND NUTRITION

Food security and nutrition is an area of opportunity for the community - there is an oversaturation of fast food restaurants and advertising for such restaurants, and fast food is more affordable than healthy foods. There is a significant population of school-aged children that are food-insecure and rely on school lunches for guaranteed weekday meals. This indicates that there is a demand for local food pantries; and hours may need to be longer to ensure access for those who work second or third shift. The community would also benefit from more nutrition education or cooking classes.

### INFECTIOUS DISEASE

Due to the COVID-19 pandemic at the time of the survey, many of the respondents' answers were in relation to this. Respondents shared that they are seeing a disbelief in science and spread of inaccurate information - this worsens transmission and spread of diseases like COVID-19 because individuals are not taking proper precautions (like mask-wearing). This may increase the risk of community transmission for the virus that causes COVID-19.



# APPENDIX C, CONTINUED

## CHRONIC DISEASE

Chronic disease refers to the prevention and control of illnesses caused by bacteria, viruses, and parasites. Respondents felt that high cost is a barrier to receiving treatment for chronic diseases (increasing costs of medications/providers). The focus should be on the aging population as they are more affected by chronic disease. Finally, respondents shared that the community needs an environment more conducive to healthy lifestyles.

## PHYSICAL ACTIVITY

The Fond du Lac community has barriers for physical activity: cold weather makes exercise difficult during the winter months, and gym memberships/fitness centers are not always affordable. More emphasis should be placed on increasing childhood physical activity, and the community would benefit from a more walkable environment (promotion of trails, parks, outdoor spaces).

## INJURY AND VIOLENCE

Prevention of injury and violence in a community includes preventing injury from accidents (falls, crashes) or violence (abuse, assault). Fond du Lac community respondents shared that underlying AODA and mental health factors may play a role in injury and violence in the community, and have concerns about increasing domestic violence.

## TOBACCO USE AND EXPOSURE

Survey respondents recognize that vaping and e-cigarette usage has become a serious issue in school age children and adolescents; more legislation to restrict access would be beneficial.

## ORAL HEALTH

Oral health includes keeping one's teeth, gums, and mouth healthy to prevent mouth pain, tooth decay/loss, and access to dental care. One of the largest barriers for individuals to receive oral health care is cost; specifically for individuals struggling with low-income. Medicaid is not accepted by most of the area dental providers.

## REPRODUCTIVE AND SEXUAL HEALTH

Respondents noted that there is inadequate education of reproductive and sexual health in schools, and one of the largest gaps is due to no longer having a Planned Parenthood in the community. A potential solution would be to have resources that are affordable and provide family planning, reproductive health services, and contraceptives.

## ENVIRONMENTAL AND OCCUPATIONAL HEALTH

Environmental and occupational health applies to illness and injuries from indoor and outdoor hazards (polluted air, contaminated food or water, chemical exposure) and ensuring community members have a safe place to live and work. Community members have concerns about ground and drinking water pollution from factories and chemical runoff and recommend increased testing for a larger range of contaminants including per- and polyfluoroalkyl substances (PFAs).

## MATERNAL AND CHILD HEALTH

Maternal and child health refers to care and support for healthy growth and development for babies and mothers (prenatal care, regular checkups, etc.). No themes emerged in the survey.

# APPENDIX D

## KEY INFORMANT INTERVIEW TOOL

### Purpose

Where you live is an important part of your health. The Fond du Lac County Health Department, Agnesian Healthcare, a member of SSM Health, and Fond du Lac Area United Way in partnership with the Healthy Fond du Lac County steering committee want to hear from you about what is going well in your community and what needs improvement. Your input will help us gather more in-depth information and valuable insight on pressing health issues in the Fond du lac County communities. Your responses will help us accomplish the 2020-21 Community Health Assessment and develop local solutions to health issues that can be incorporated into the 2021-2023 Community Health Improvement Plan. This interview should take about 20-30 minutes. Your participation is voluntary, and your responses will be confidential and anonymous. A final report with a summary of responses will be publicized but your name and title will be listed separately. You will have the opportunity to review notes for accuracy following the interview. Thank you for your participation!

### Interviewee

Name:	
Title:	Organization:
Primary Population Served: <i>(i.e. general public, medically underserved, low-income, Spanish-speaking)</i>	
Optional Demographics	
Age:	Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Gender Diverse/Non-binary <input type="checkbox"/> Prefer not to respond
Race/Ethnicity:	
<input type="checkbox"/> African American <input type="checkbox"/> White/Caucasian <input type="checkbox"/> Native American/Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Hispanic/Latino	
<input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> Other	

### Interviewer:

Name:	
Title:	Organization:

I give permission for my responses to these questions to be shared with the organization who interviewed me and the Healthy Fond du Lac County 2020 Steering Committee for the purpose of completing the 2017 Fond du Lac County Community Health Assessment. I understand that my responses will be combined in anonymity and in summary with other interviews and published in a summary report. Complete responses to the survey tool will be filed and secured at the Fond du Lac County Health Department.

Interviewee Signature	Title & Organization	Date
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### Section 1: About our Community

1. How do you feel you can contribute to identifying pressing health issues and solutions in your community? (i.e. work, education, lived experiences, etc.) What perspective do you bring to this process?
2. What do you believe are the 2-3 most important characteristics of a healthy community?
3. How would you rate the quality of life in Fond du Lac County? Poor – Fair – Good – Excellent



# APPENDIX D, CONTINUED

## KEY INFORMANT INTERVIEW TOOL

### Section 2: Health Areas

For each health area listed below, please indicate if you feel it is a problem in your community.

Health Areas <i>Based on the Healthiest Wisconsin 2010-2020</i>	Check One Box per Health Area			
	Not a Problem	Slight Problem	Moderate Problem	Major Problem
1. <b>Food Security and Nutrition</b> - Having enough nutritious foods for healthy eating (balanced meals, fruits and vegetables) and to not go hungry, access to affordable foods				
2. <b>Alcohol and Other Drug Use</b> - Underage alcohol use, use during pregnancy, binge drinking, negative impacts & use of mood altering substances (i.e. heroin, marijuana) or misuse of prescription drugs				
3. <b>Tobacco use and exposure</b> - Use of cigarettes, e-cigarettes/vapor products, and other tobacco products, prevention of tobacco use, access to services to quit tobacco use, protection from second-hand smoke				
4. <b>Chronic Disease</b> - Preventing and managing diseases that last a long time and usually cannot be cured, i.e. heart disease, diabetes, obesity, cancer, stroke, arthritis, etc.,				
5. <b>Mental health</b> - Depression, anxiety, traumatic experiences, chronic stress, etc., services and support to address mental health conditions				
6. <b>Oral health</b> - Keeping teeth, gums, and mouth healthy to prevent mouth pain, tooth decay, tooth loss, access to dental care				
7. <b>Physical activity</b> - Walking, biking, yoga, swimming, playing sports, etc., staying active or exercising to improve overall health, opportunities to be active in your community				
8. <b>Reproductive and sexual health</b> - Education and health care needed to maintain sexual health, prevent unintended pregnancy and sexually transmitted infections, etc.				
9. <b>Injury and violence</b> - Preventing injury from accidents or violence (i.e. falls, crashes, abuse, assault)				
10. <b>Maternal &amp; Child Health</b> - Care and support for healthy growth and development for babies and moms, i.e. prenatal care, regular check-ups.				
11. <b>Environmental &amp; Occupational Health</b> - Illness and injuries from indoor and outdoor hazards (i.e. polluted air, contaminated food/water, chemicals), safe place to live and work				
12. <b>Infectious Disease</b> - Prevention and control of illnesses, such as coronavirus/COVID-19, chickenpox, common cold, E. coli, HIV/AIDS, influenza/flu, etc.				
13. <b>Social, economic and educational factors that influence health (Social Determinants)</b> - Discrimination, poverty, housing, education, racism, social support/connectedness, stigma, healthy environments, cultural competency, health literacy, etc.				

Section 3: Most Pressing Health Issues - Choose 3 health areas from the list above that you think are the biggest health issues in your community and please answer the following questions for each health issue (in order from most to least pressing). For each Health Issue, please answer the following:

Why is this an issue? ( <b>Root/local causes</b> ) (i.e. access, availability, social norms, education, transportation, environment, safety, stigma, workforce/employment, poverty, etc.)
What are existing strategies to address this health issue? What is working well? ( <b>Strengths</b> )
What are the barriers in addressing this health issue? ( <b>Challenges</b> ) What could be done differently?
Who are the key groups in the community that could work together to improve this health issue?
Is there a subgroup or population that this health issue effects more than others? (i.e. age, gender, race, ethnicity, low-income, elderly, disabled, neighborhoods, etc.)
If so, how could we focus efforts toward this subgroup?

Health Issue #1: \_\_\_\_\_

Health Issue #2: \_\_\_\_\_

Health Issue #3: \_\_\_\_\_

# APPENDIX E

## SUMMARY OF KEY INFORMANT INTERVIEWS

This section summarizes the findings from 37 key informant interviews that were conducted as part of the 2021 Fond du Lac County Community Health Assessment (CHA). Interviews were completed in-person and electronically via questionnaires from late March to early July of 2021. Key informants consisted of community members from various areas of expertise and involvement within Fond du Lac County. Key informants were identified and interviewed to supplement other quantitative and qualitative data included in the 2021 Community Health Assessment. The purpose of these interviews was to gather feedback from a variety of community members throughout the county to help further identify top health concerns in Fond du Lac County. These interviews were conducted by members of the Healthy Fond du Lac County Steering Committee. The interviewers followed a standard interview structure that is displayed in Appendix D.

All key informant interviewees were informed that their participation is voluntary, that their responses will have anonymity, and responses will be summarized with other interviews and published in a summary report.

**Limitations:** Thirty-seven key informant interviews were conducted in Fond du Lac County. The report relies on the opinions and experiences of a limited number of community experts identified as being well-connected to the community. However, responses may not be representative of the overall perception of community strengths, needs, and challenges. It is possible that the results could have been considerably different if a different set of informants had been interviewed. Results should be interpreted with caution and in conjunction with other Fond du Lac County data (e.g. community health surveys and secondary data).

**Key Informants:** Key Informants from a variety of organizations participated, gathering an array of perspectives from community experts who serve low-income, minority, underserved populations, and the general public.

Aaron Goldstein, Fond du Lac Police Department	Jolene Schatzinger, Ripon City Council
Alicia Hans, Mental Health Clinician/NAMI Fond du Lac	Kara Kerrigan, Fond du Lac County Health Department - WIC
Amber Kilawee, United Way of Fond du Lac	Katherine Vergos, SSM Health/St. Agnes Hospital
Amy Johannes, Drug Free Communities of Fond du Lac County	Kevin Galske, Fond du Lac County Sheriff's Office
Bill Wallner, Ripon Police Department	Kim Mueller, Fond du Lac County Health Department
Carmen Greciar, Fond du Lac Department of Community Programs	Kim Straughter, ADVOCAP/Headstart
Catherine Wirkus, Fond du Lac County Health Department - RAP	Kimberly Udlis, Marian University
Cathy Loomans, Fond du Lac Senior Center	Laurice Snyder, Fond du Lac School District
Chelsea Monroe, Fond du Lac Department of Community Programs	Laura Berndt, Fond du Lac County Health Department-MCH
Darian Schmitz, REACH Waupun	Liz Morrell, Arc of Fond du Lac
DeAnn Thurmer, SSM Health Waupun Memorial Hospital, Ripon Community Hospital	Louise Gudex, Fond du Lac Housing Authority
Hiram Rabadan-Tores, Latinos Unidos	Marty Ryan, Fond du Lac County Board, Board of Health
Jaclyn Jaeckels, Fond du Lac Aging and Disability Resource Center	Megan Hyland, Lakeland Care
Jeff Butz, Fond du Lac Area Businesses on Health (FABOH)	Renee Weier, SSM Health/St. Agnes Hospital
Jeffrey Dodson, First Congregational Church of Ripon	Rick Patton, Fond du Lac Veteran Services
Jennifer Smith, Big Brothers Big Sisters	Sandy Hardie, Mahala's Hope
Jeremy Rasch, Waupun Police Department	Sarah Van Buren, Waupun Aging Coalition
JJ Raflik, Fond du Lac Family YMCA	Shoua Vang, Hmong Association
	Vicente Lezama Morales, Latinos Unidos

# APPENDIX E, CONTINUED

## Focus Area Rankings

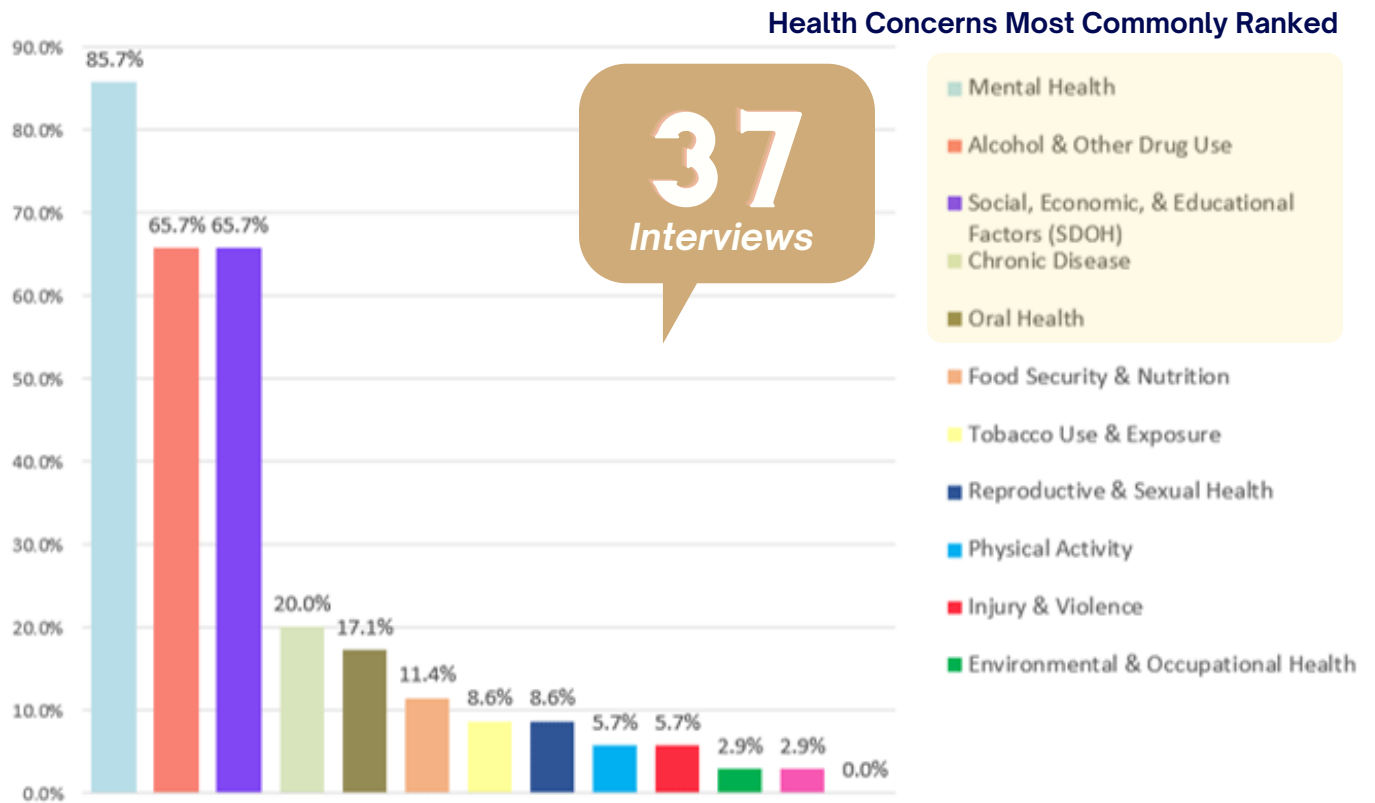
The chart below displays the overall rankings of the 13 health focus areas completed by the 37 key informants. Health focus areas are listed in descending order from most-pressing to least-pressing based the number of times it was ranked in informants' top three.

## Top Five Health Issues

The health focus areas ranked most consistently as top three health issues for Fond du Lac County were:

1. Mental Health
2. Alcohol and Other Drug Use (AODA)
3. Social, Economic, and Educational Factors (SDOH)
4. Chronic Disease
5. Oral Health

## KEY INFORMANT INTERVIEWS



**Figure 1.** This graph shows the percentage of key informants that ranked each health focus area as one of their top three.

# APPENDIX E, CONTINUED

## Health Focus Areas Summaries

This section include a summary of response by the health focus areas. The summaries are based on 37 key informant interviews and are not necessarily a complete list of Fond du Lac County assets and barriers.

## MENTAL HEALTH

### EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Youth & adult screening programs in schools and health care settings
- School-based programs (e.g. Fondy CARES)
- YMCA, Boys & Girls Club programs
- National Alliance on Mental Illness (NAMI) Fond du Lac County center and programming
- Comprehensive Service Integration (CSI) of Fond du Lac County's committees and initiatives
- Destination Zero, Pathways to Care
- Fond du Lac Area Mental Health Providers (e.g. SHARDS, Inc., SSM Health Behavioral Health)
- Expanding the conversation and reducing stigma

### BARRIERS AND CHALLENGES:

- People unaware of resources
  - May visit ER instead of another place
- General lack of mental health understanding
  - Stigma discourages mental health conversations
- Finances/funding
  - Cost of services (especially Medicare & Medicaid)
  - High cost of medication
- Availability of providers
  - Long wait times (up to months)
  - Not enough providers in the area
  - Need for culturally-competent providers to serve people of all backgrounds
- Transportation
  - Rural areas feel disconnected
  - Lack of access to transportation, especially if services are out of town

### KEY PARTNERS TO WORK TOGETHER:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Department of Community Programs (DCP)</li> <li>• First responders (e.g. EMS, law enforcement)</li> <li>• School districts</li> <li>• Senior center</li> <li>• NAMI</li> <li>• CSI</li> <li>• Churches, faith-based community</li> <li>• Lakeland Care</li> <li>• Fond du Lac County Health Department</li> </ul> | <ul style="list-style-type: none"> <li>• Mental health providers</li> <li>• SSM Health</li> <li>• Rawhide Youth Services (Equine Therapy)</li> <li>• SHARDS, Inc.</li> <li>• Delta Center</li> <li>• Solutions Center</li> <li>• Berry House</li> <li>• Ebony Vision</li> <li>• Latinos Unidos</li> <li>• Food pantries</li> </ul> |
|--|--|

### AREAS FOR IMPROVEMENT:

- Department of Community Programs
  - Consider policy changes to fully address local needs
- Increase local mental healthcare capacity
  - Additional providers to serve individuals different income levels, reduce wait times, and increase inpatient capacity
- Start a bigger conversation around mental health
  - CSI's "Question, Persuade, Refer" (QPR) Training could be utilized by major employers & benefit employees
- Promote the services & resources Fond du Lac County has to offer
  - Share how and where to access resources
- Increase mental healthcare connections/resources through public health efforts

### Additional Comments:

Informants noted that anyone can suffer from mental illness, though groups including individuals with limited income, individuals facing alcohol or drug addiction, and individuals experiencing homelessness may be at a higher risk. People who are uninsured, unemployed, or low income have more difficulty accessing and affording treatment. Children, the elderly population, individuals who identify as LGBTQ+, and minority populations may struggle to find appropriate or culturally competent providers and services. Other specific populations who may experience disparities in mental health outcomes are rural farmers, postpartum individuals, and non-English speakers. To increase opportunities to these groups, key informants mentioned increasing youth mental health services, engaging the faith community, and expanding the mental health coalition that can increase outreach to these populations and gain community input. Key informants noted the importance of engaging those experiencing mental illness to ensure that strategies to address disparities take lived experiences into account.

# APPENDIX E, CONTINUED

## ALCOHOL AND OTHER DRUG USE

### EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Strong recovery community in FDL (e.g. Gratitude Club)
- Drug Free Communities Fond du Lac County Coalition
- Engagement within schools
  - Programs like Anti-Crime Education (ACE)
  - YScreen, school resource officers
  - Connections to AODA Counselors
- Media coverage on resources and concerns
- Telehealth appointments
  - Convenient and increase accessibility
- Drug Court (diversion program and provides connections to treatment services)
- Release Advance Planning (RAP) program
  - Connects inmates with needed services
  - Vivitrol program to prevent relapse
- Underage drinking prevention efforts
  - E.g. wrist banding at fairs

### BARRIERS AND CHALLENGES:

- Stigma around alcohol/drug use
  - Racial stereotypes
  - Prevents some from seeking treatment
- Drinking culture (local and statewide)
  - High density of alcohol outlets, high availability
  - Many alcohol-related events
  - High accessibility of alcohol
- Exposure to youth
  - Social norms, family, advertising
- Pandemic-related reduced services
- Continuing increase in drug overdoses
- Fond du Lac's location (near major highways) increases drug availability
- Connection to mental health issues
- Need for stable, affordable housing
- More treatment options for people incarcerated

### KEY PARTNERS TO WORK TOGETHER:

- Drug Free Communities
- Treatment providers
  - SSM Health, Aurora Health Care
  - SHARDS, Inc
- Community & support groups
  - Gratitude Club
  - Family Resource Center
  - Blandine House
- Schools & school counselors
  - Parent & family education
- Law enforcement
- City administrator/mayor
- Fond du Lac Health Department
- DarJune Recovery Support in Green Bay
  - Partnerships with strong support resources in other communities
- Employers

### AREAS FOR IMPROVEMENT:

- In-home AODA treatment options for those with kids and difficult work schedules
- More trauma-informed training for law enforcement
- Emphasize help and treatment rather than punishment
- Adapt/create more community events without alcohol (substance free)
  - Focus on healthy alternatives
- Provide more educational resources for community (family, kids, public)
  - Promote community resources
  - Education on harms of substances
- Increase connections/resources
- Expansion of the Release Advance Planning (RAP) program in the Fond du Lac County jail to connect inmates with treatment services

### Additional Comments:

Low income individuals, youth and young adults, and those with mental health issues are likely to be more affected than others. Because children and adolescents are more susceptible to peer pressure and adult influence, they are vulnerable to AODA early in life, which can impact their adult lives as well. Informants also mentioned that incarcerated individuals may not receive the treatment they need while in jail, which can lead to further concerns upon release.



# APPENDIX E, CONTINUED

## SOCIAL, ECONOMIC, AND EDUCATIONAL FACTORS

### EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Many community organizations and resources
  - Collaboration with existing organizations
- Groups working towards equity and inclusion
  - United for Diversity, Latinos Unidos, Ebony Vision
  - Translators in many areas to increase accessibility for Spanish speakers
- Save a Smile program
- ADVOCAP programming
  - Head Start (children ages three to five)
  - Job centers and career readiness training
  - Vehicle loans
  - Affordable housing
- Local food pantries, Women, Infants, & Children (WIC) program
- Solutions Center
- Fond du Lac Literacy Services

### BARRIERS AND CHALLENGES:

- Segregation and racism
  - Lack of inclusivity and understanding
- Childcare access
- Transportation access
  - Limited bus routes and times
- Income
  - Many minimum wage jobs
  - No insurance or paid time off provided
  - Not enough to afford all necessities
- Stigma
  - Keeps some from asking for help
  - Can make it hard to identify gaps
- Lack of affordable housing
- Underrepresentation of Latino community
- Education
  - Financial, literacy
  - Impacts job outcomes and income

### KEY PARTNERS TO WORK TOGETHER:

- United for Diversity
- Latinos Unidos
- Ebony Vision
- Brothertown Indians
- ADVOCAP
- Department of Community Programs
- Forward Services
- SSM Health
- Health Department
- ASTOP
- NAMI
- St. Vincent de Paul
- Solutions Center
- United Ways
- Churches
- Rotary, Kiwanis, Lions Clubs, etc.

### AREAS FOR IMPROVEMENT:

- Increase inclusivity
  - Businesses and employers can implement cultural competency/racial bias trainings in workplace
  - Community events being inclusive of all groups
- Increase transportation availability
- Raise greater awareness of social issues by promoting equity and inclusion and increasing representation
- Education on personal finances
- Promoting technical colleges as opportunities
- Advocacy of policies that promote equity and inclusion (local and nationally)

### Additional Comments:

Key informants mentioned that minorities, people of color, and members of the LGBTQ+ community are more affected by the social, economic, and educational factors than others. Additionally, those who are elderly, have disabilities, are veterans, undocumented immigrants, incarcerated, have received less education, single parent families, or individuals defined as ALICE (Asset Limited, Income Constrained, Employed), are more often impacted by social determinants. People who may fall into these categories can face racism, lack of representation, limited access to childcare, transportation barriers, health care challenges, and affordable housing issues.

# APPENDIX E, CONTINUED

## CHRONIC DISEASE

### EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Workplace initiatives
  - Nutrition education
  - Health screenings
  - Incentives for good health
- School and community programs
  - Physical activity and nutrition education
  - 5210 program
- Outdoor environments to support health
  - Trails, bike paths across county
  - Public parks
- Farmers markets, community gardens
  - Increased access to healthy foods

### BARRIERS AND CHALLENGES:

- Uninsured population lacks access to treatment
  - Specialists and medications are expensive
- Healthy choices often cost more
  - Gym/YMCA memberships
  - Healthy food costlier than fast food
  - Insurance for preventive care
- Cultural and social norms in Wisconsin
  - Sedentary lifestyle
  - Buffets, oversized restaurant portions
- "Overweight/Obese" labels
- Chronic disease can be hard to identify early
  - Many require specific tests or screenings (ex: high blood pressure)
  - Rely on prevention measures

### KEY PARTNERS TO WORK TOGETHER:

- Health professionals
- Hospitals
- School systems
- Restaurants, gas stations, grocery stores
- Farmers Market
- Healthy Fond du Lac County
- Living Well Coalition
- Employers

### AREAS FOR IMPROVEMENT:

- Work to reduce stigma
  - Remove blame from individual
  - Recognize social determinants of health as factor
- Increase education
  - More emphasis on physical activity and recess in schools
  - Emphasize building healthy habits
  - Implement education/trainings in the workplace
- Focus on prevention methods
  - Screenings in schools, workplaces

### Additional Comments:

Key informants mentioned that low income and working class individuals may be more affected by chronic disease than others. Treatments and medications for chronic diseases can be expensive, and many are unable to afford them. Furthermore, people who are homebound or elderly may face additional challenges. Another concern of key informants was childhood obesity. Some strategies mentioned include education about starting healthy habits young, as well as on the prevention of chronic diseases.

# APPENDIX E, CONTINUED

## ORAL HEALTH

### EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Save A Smile program (SAS)
  - Increases dental access for children and people with Medicaid (Badgercare)
- Education
- Aging & Disability Resource Center (ADRC) & ADVOCAP provide some oral health education

### BARRIERS AND CHALLENGES:

- Few options for those without insurance or with Medicaid, Badgercare
  - Access gap remains
- Save A Smile helps, but can't reach everyone
  - Adults with severe needs only
- Transportation
  - Bus schedule not accommodating
  - Lack of alternative options
- High cost for services
- More education on importance of dental care

### KEY PARTNERS TO WORK TOGETHER:

- Local dentists
- Save A Smile
- Government/Medicaid
- ADRC
- ADVOCAP
- SSM Health

### AREAS FOR IMPROVEMENT:

- Need low-income/medical assistance friendly providers
- Bus stops near dental offices
  - Extended hours
- Dental education
  - Schools

### Additional Comments:

Key informants mentioned that those with medical assistance, including Medicaid (Badgercare) and Medicare, were overwhelmingly the most impacted groups when it comes to oral health, noting the large gap in dental care access due to the lack of available dental providers in the county that accept these forms of insurance coverage. In addition to these populations, people who are low income, uninsured, or undocumented also face hardships in receiving and affording dental care.

The solution mentioned the most was to increase the number of providers who accept medical assistance. The Save A Smile program currently works to address part of this gap, but is limited to assisting adults with urgent dental needs, and children. An expansion of the Save A Smile program or increase in Medicaid reimbursement for dental providers could help more people receive necessary dental care.

# APPENDIX E, CONTINUED

## FOOD SECURITY AND NUTRITION

### EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Farmers market
  - Downtown, central location
  - Many farmers take WIC/EBT
- Community gardens
  - Increase access to fresh, local produce
- Food pantries
  - Multiple locations around Fond du Lac
- Women, Infants, and Children (WIC) program
  - Helps families obtain healthy foods
- Senior dining program and meals on wheels
  - Offered drive-thru pickup during pandemic
  - Promotes food security among older adult population

### BARRIERS AND CHALLENGES:

- Lack of nutrition knowledge
  - How to eat a balanced diet
  - How to cook healthy meals
  - Inaccurate diet/food information
- Access to healthy foods
  - No grocery stores downtown; only on outskirts; food desert
  - Difficult to obtain transportation
  - Buses do not stop close enough to many grocery stores
- Affordability of healthy foods
  - Fresh fruits & vegetables cost more than fast food
  - Price is disincentive to buy healthy foods
- Food pantry options for rural areas
  - Hours for those working alternate hours

### KEY PARTNERS TO WORK TOGETHER:

- Hospitals: SSM Health and Aurora
- WIC
- Community gardens
- Farmers market
- Faith community
- Food pantries
- Agri-business
- UW-Madison Division of Extension
- Habitat for Humanity

### AREAS FOR IMPROVEMENT:

- Expand access to food pantries
  - Extend hours
  - Improve rural access
- Increase transportation opportunities
  - More bus stops at grocery stores
  - Extended bus hours
  - Weekend bus availability

### Additional Comments:

Key informants noted that food security and nutrition impacts everyone, but can impact those with low incomes, disabilities, third-or-late work shifts, and seniors more than others. People with low incomes experience decreased access to food in general, as well as healthy options. While food pantries and farmers markets are helpful, people with alternate work shifts may be unable to access them if their hours do not accommodate these workers. Seniors and people with disabilities may be unable to grocery shop traditionally. Programs like meals on wheels and drive-up meal pickup are helpful, but may need to be expanded if they do not meet the needs of these populations.

# APPENDIX E, CONTINUED

## TOBACCO USE AND EXPOSURE

### EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- School programs like Anti-Crime Education (ACE)
  - Educate about the harms of smoking, vaping
- Tobacco coalition with health department
  - Supports best practice policies for smoking and vaping

### BARRIERS AND CHALLENGES:

- Vaping: Social acceptance
  - Falsely seen as safe alternative to smoking
  - Popular among youth and young people
  - Long-term health impacts unknown
  - Portrayed in media as “trendy”
  - Easy access (e.g. gas stations)
- Tobacco industry (advertising strategies)

### KEY PARTNERS TO WORK TOGETHER:

- Health department
- Tobacco Prevention coalition
- Government
  - City Council, County Board
- People who use tobacco, smoke, vape

### AREAS FOR IMPROVEMENT:

- Increase restrictions on vaping similar to tobacco laws
- More research on health effects of vaping
  - Educate public and youth

#### Additional Comments:

Youth and individuals with mental health conditions or substance use disorders were mentioned by key informants as being more affected than other populations. A main concern with youth is their vulnerability to influence, which could result in the increased rates of vaping. Solutions mentioned were mainly related to increasing availability and visibility of quitting resources to assist people. Additionally, informants mentioned that educational campaigns which focus on the harmful effects of tobacco use and vaping would be helpful, because the effects may not be highlighted enough and are not yet fully known.

## REPRODUCTIVE AND SEXUAL HEALTH

### EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Health department sexual health clinic
  - Helps close gap for individuals with low incomes and without insurance
  - Can be utilized by anyone
  - Provides testing and education

### BARRIERS AND CHALLENGES:

- No Planned Parenthood in Fond du Lac
  - Closet location Oshkosh, Sheboygan, West Bend or services at La Clinica in Wautoma
- Transportation - expensive for long distance
  - Hard to obtain without personal vehicle
- Decreased Title X funding
- Low visibility/knowledge of health department clinic
- Community unaware of increasing sexually transmitted infection (STI) rates

### KEY PARTNERS TO WORK TOGETHER:

- Fond du Lac County Health Department
- Planned Parenthood
- La Clinica
- Charis Pregnancy Center
- Health care providers
- State representatives
- High schools
- Jail

### AREAS FOR IMPROVEMENT:

- Increase education about STIs among public and at schools
- Increase awareness of sexual health clinic at health department
- Partner with Planned Parenthood and other organizations to increase transportation to clinics

#### Additional Comments:

Informants mentioned that young people are likely to be more affected by these issues, as well as people who are uninsured. Both groups may be less likely to have access to comprehensive sexual health education as well as treatment and prevention resources. Informants suggested increasing awareness and education of STIs to help lower the STI rates in the county.



# APPENDIX E, CONTINUED

## PHYSICAL ACTIVITY

### EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Physical activity opportunities in workplaces
  - Businesses with walking paths on site (Grande, SSM Health, etc.)
- Corporations sponsoring events
  - Run/walks, softball tournaments, etc.
  - Partnering with YMCA
- YMCA programs
  - Summer camps
  - Sports programs
- Fond du Lac Loop encourages outdoor activity
- Senior center activities/exercise classes

### BARRIERS AND CHALLENGES:

- Gap for middle school and high school youth who aren't in competitive sports
  - Too old for playgrounds
- Trail maintenance and bike upkeep to attract people
- Sedentary lifestyle is the norm
  - Too much screen time
- Funding and space for development of outdoor activities
- Cost of gym/YMCA memberships
- Long winter discourages outdoor activity

### KEY PARTNERS TO WORK TOGETHER:

- YMCA
- Area businesses/employers
- Schools
- Health department

### AREAS FOR IMPROVEMENT:

- Education on the benefits of exercise, outdoor activity and negative effects of increased screen time
- Encourage workplace incentives for physical activity (e.g. walking trails, longer lunch breaks, free/reimbursed costs for gym memberships)

### Additional Comments:

Though physical activity is something that affects everyone, key informants noted that it is important to focus on youth and adolescents to ensure they have the means necessary to meet physical activity recommendations. Ways to increase physical activity in these groups include adequate recess and gym class time and the promotion of outdoor parks and other activity spaces in the area.

## INJURY & VIOLENCE

### EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- ADRC falls prevention

### BARRIERS AND CHALLENGES:

- Need domestic violence protection
- More senior safety resources
- AODA issues may be connected to violence

### KEY PARTNERS TO WORK TOGETHER:

- ADRC
- Senior resources
- ASTOP

### AREAS FOR IMPROVEMENT:

- Increase awareness of elderly risks for falls
- Increase awareness of domestic violence
  - Resources

No additional comments.

# APPENDIX E, CONTINUED

## ENVIRONMENTAL AND OCCUPATIONAL HEALTH

### EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Fond du Lac County Health Department Environmental Health Program (e.g. well water testing, inspections services)

### BARRIERS AND CHALLENGES:

- Environmental health often overlooked as health concern
- Lack of environmental health conversations
  - Sustainability
- Lack of data on current air/water quality/health
- Employer-provided resources for staff

### KEY PARTNERS TO WORK TOGETHER:

- Health department
- Cities and County
- Chambers of Commerce
- Green Lake Association
- Department of Natural Resources

### AREAS FOR IMPROVEMENT:

- Sustainability committees at city and county levels
- Increased education of importance of environmental health

#### Additional Comments:

Informants mentioned that individuals in unstable housing, or individuals with low income or less education are more impacted by environmental health issues. Ideas to help improve this include increasing education, increasing number of parks or outdoor spaces to ensure everyone has access to green spaces, and implementing a sustainability committee to focus on environmental health issues.

## MATERNAL AND CHILD HEALTH

### EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Existing programs with ADVOCAP, Head Start, Birth to 3
- County Maternal and Child Health services

### BARRIERS AND CHALLENGES:

- No larger support groups in Fond du Lac
  - Hard to travel to support groups in locations outside of Fond du Lac
- Lack of autism services for post-adolescent years

### KEY PARTNERS TO WORK TOGETHER:

- Fond du Lac County Health Department
- Head Start
- Birth to 3 program

### AREAS FOR IMPROVEMENT:

- Increase number of agencies with partnerships (e.g. Department of Social Services)
- Autism services for older youth

No additional comments.

## INFECTIOUS DISEASE

No themes identified.

# APPENDIX F

## COMMUNITY CONVERSATIONS TOOL

### Overview

These Community Conversations are part of the larger Community Health Assessment that is completed every three years in Fond du Lac County through the Fond du Lac County Health Department and SSM Health, and additional community partners. We are collecting information and data through various sources such as the Community Health Needs Assessment, Health Priority Survey, Key Informant Interviews, Community Conversations, and online and local data sources. With these pieces of information we aim to identify health needs and priorities in our communities and develop a Community Health Improvement Plan to address those needs. So thank you for being a part of this process.

We want to hear from you, members in our community and learn what helps and hinders your community's growth, health and well-being, what makes your community strong and healthy, what hurts your community, who is most impacted. Where you live is an important part of your health. As members of this community, we need your help to provide your insights and perspectives, help us identify challenges, barriers and needs in your community, and any successes or what we are doing well to promote a healthy community.

### Conversation Format

Below are the four questions we would like to ask:

1. In your opinion, what makes a community healthy?
2. Now think about your community. What do you think prevents your community from being healthier?
3. What strengths does your community have that could make it a healthier place?
4. What do you see as the top three health challenges for people in your community and why?

# APPENDIX G

## SUMMARY OF COMMUNITY CONVERSATIONS

Over the course of the summer, 16 community conversations were held with small groups of two to 15 participants. The goal of these conversations was to hear from various areas and populations within the county whose voices may otherwise not be heard. Conversations were held in both rural and urban parts of the county and with underserved populations. Community conversations have not been done in previous years and are a new element in the 2021 CHA for Fond du Lac County.

This section contains an overview and summary of themes discussed by conversation participants. A total of 109 participants attended the various conversations and provided important feedback on the health of the county as well as their own communities in particular.

### Word Clouds

Once the responses were gathered from the community conversations, they were compiled and inputted into a word cloud generator to create a visual representation of these community conversations. A word cloud generator enlarges words or phrases that are most commonly repeated; in this application the larger words were the most prevalent answers.

### RESPONSES TO THE QUESTION "WHAT MAKES A HEALTHY COMMUNITY"?



As shown in the word cloud, community members noted that "access to health care," "diversity," "access to food," "communication," and "education" were things that could make a community healthy.

### RESPONSES TO THE QUESTION "WHAT ARE THE TOP THREE HEALTH CHALLENGES?"



As shown in the word cloud, there were many challenges to health in the community - the most frequently recorded answers were "mental health", "racism," "transportation" (to health services/appointments), "health care costs," and "substance use."



# APPENDIX G, CONTINUED

## RESPONSES TO THE QUESTION "WHAT DO YOU LIKE MOST ABOUT LIVING IN YOUR COMMUNITY?"



As shown in the word cloud, there are positives to living in the Fond du Lac community. Common responses were "sense of community," "friendly people," "support," "schools," "events," "church," "spiritual community," and more.

## THEMES BY COMMUNITY CONVERSATION HOST LOCATION

### BOYS & GIRLS CLUB - FOND DU LAC, WI

#### Barriers:

- Limited healthy & affordable food options
- Limited resources for people with disabilities
- Difficulty accessing mental health treatment and resources
- Resources not always visible or easy to navigate

#### Strengths:

- Access to Boys & Girls Club - guest speakers, resources, safe place
- Fair amount of jobs for teenagers
- Some mental health resources through school

#### Top Three Health Challenges

1. **Mental health**
2. **Racism**
3. **Awareness of and access to resources**
  - a. **Especially for people with disabilities**

# APPENDIX G, CONTINUED

## BREAD OF LIFE CHURCH (1 OF 2) - FOND DU LAC, WI

### Barriers:

- Fear of judgment
- Lack of communication between different cultures, races
- Racism, differences in health care treatment
- Lack of cultural competency and understanding between generations
  - Need more education on these topics
- Hard to understand and obtain affordable insurance

### Strengths:

- First black doctor
- Resources available
- Informational packets and brochures
- Understanding of why the Black community has historically not accessed services

### Top Three Health Challenges

1. **Cost of dental, physical, and mental health care**
  - a. **Insurance costs, how to navigate**
2. **Transportation**
3. **Physical activity and fitness**

## BREAD OF LIFE CHURCH (2 OF 2) - FOND DU LAC, WI

### Barriers:

- Lack of positive culture
  - Negativity on local Facebook groups
  - Continuation of harmful stereotypes
- Interactions between Black & White residents
  - Insensitivity towards differences
  - Lack of wanting to learn or understand
  - Poor experiences in health care
- Cost of healthy living
  - Gym memberships, healthy food
- Stigma around mental health, and lack of providers and resources

### Strengths:

- People who are willing to learn
- More diversity coming into community
- Many organizations working to make change

### Top Three Health Challenges

1. **Communication**
  - a. **Advertising events, promoting open discussion, establishing relationships across community**
2. **Racism and treating people with respect**
3. **Access to care and services**
  - a. **Lower costs and wait times**
  - b. **Increase opportunities for physical activity, transportation, childcare**

# APPENDIX G, CONTINUED

## FOND DU LAC PUBLIC LIBRARY - FOND DU LAC, WI

**Barriers:**

- Transportation
  - Bus stop locations, hours (no nights or weekends)
- Lack of awareness of resources
- Elderly support, transportation, care facilities
- Food insecurity
  - Food desert in Fond du Lac
  - Few central grocery stores
  - Lack of knowledge of healthy cooking

**Strengths:**

- Trails and parks that promote outdoor activity
- Community activities and festivals
  - Small business involvement
- Multigenerational, caring, helpful community

**Top Three Health Challenges**

1. **Transportation**
  - a. **Very difficult without car**
2. **Affordability of necessities**
  - a. **Healthy food, mental health care, physical activity**
3. **Sedentary lifestyles**
  - a. **Not enough emphasis on physical activity, less screen time**

## SACRED HEART SCHOOL - LATINO COMMUNITY, FOND DU LAC (1 OF 2)

**Barriers:**

- Lacking inclusivity in county
- Discrimination, hire translators for various services/companies
- No Hispanic/Latino information center
- Need inexpensive recreation centers for kids & teens
- No dedicated space for Hispanic community

**Strengths:**

- Some education about mental and physical health; can build on this
- Existing diversity in county
- Partnerships and trust between community organizations
- Lots of job opportunities

**Top Three Health Challenges**

1. **Racism**
2. **Need more rehabilitation centers. educational, recreational, psychological health programs**
3. **Undocumented citizens cannot obtain driver's licenses**

## SACRED HEART SCHOOL - LATINO COMMUNITY, FOND DU LAC (2 OF 2)

**Top Three Health Challenges**

- |  |                              |
|--|------------------------------|
| 1. <b>Lack of time to cook and gather around the table</b> | 2. <b>Chronic conditions</b> |
|  | 3. <b>Racism</b>             |

# APPENDIX G, CONTINUED

## BLUE DOOR COFFEE CO. - CAMPBELLSPORT, WI

### Barriers:

- Lack of entertainment/activity options for younger age groups
- Limited affordable housing
  - High water bills

### Strengths:

- Local clinic
- Library, parks
- Local services
  - Two daycares, hair salons, Crave restaurant
- Investments in village
  - Water & sewer
  - Updated high school
- Great small business support

### Top Three Health Challenges

1. **Alcohol use**
2. **Some restaurants and small businesses closing**
3. **Vandalism at park**

## RIPON MIDDLE-HIGH SCHOOL - RIPON, WI

### Barriers:

- Limited internet access
- Transportation - bus routes, days, times
- Low diversity, few resources for people of color, homebound, & hearing/vision impaired
- Stigma around asking for help or utilizing community resources
- Need for community education or trainings
  - Environment, diversity & inclusion, etc.
- Not enough childcare opportunities
- Overall funding for social programs/resources

### Strengths:

- Sense of community; friendly people
- Great school district & college in town
- Current opioid & drug prevention initiative
- Liaison officer in schools
- Biking and walking trails, connection to Green Lake
- Small, yet large enough community
  - Hospital, many churches, nonprofits, small businesses
  - Collaboration among these assets

### Top Three Health Challenges

1. **Transportation**
  - **Significant ties to childcare, health care, & employment**
2. **Aging population and community**
  - **Need increased food access & transportation**
  - **Increase resources so people can "age in place"**
3. **Healthy environments**
  - **Stronger infrastructure and preparation for extreme weather**
  - **Increase water testing for chemicals, lead, radon, etc.**

# APPENDIX G, CONTINUED

## NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) FOND DU LAC, WI

### Barriers:

- Limited mental healthcare opportunities
  - Not enough counselors, crisis, respite care
  - Long wait times, high costs
- Accessibility for individuals with disabilities
  - Bus system difficult to navigate, doesn't go to outskirts of town or to North FDL
  - Handicap cab rides cost
- Medical assistance: access to dental care
- Limited affordable housing

### Strengths:

- NAMI - safe space
- Adult Care Consultants (ACC) - 1:1 support
- Activities & events - Farmers market, library, Nova, Gratitude Club
- Help & safety resources - ASTOP, school officers, Drug Free Communities, Comprehensive Service Integration of Fond du Lac County (CSI)

### Top Three Health Challenges

1. **Addiction & mental health treatment**
  - a. **Transportation to treatment**
  - b. **Need more youth mental health providers, more counselors in general**
2. **Availability of resources**
  - a. **Many closed on weekends**
  - b. **Long wait times**
  - c. **Difficult to navigate**
3. **Homelessness**

## GRATITUDE CLUB - FOND DU LAC, WI

### Barriers:

- Lack of ample transportation
- No attraction to move to Fond du Lac
- Racial discrimination
  - Lack of understanding, unequal access
- Limited mental health services
- Limited job growth and high paying opportunities
- Limited funding for public programs

### Strengths:

- Many food pantries in Fond du Lac, Meals on Wheels
- Strong recovery community (AA, Gratitude Club)
- Many helpful organizations & partnerships
- Solutions Center, Charis Pregnancy Center, Salvation Army

### Top Three Health Challenges

1. **Mental health services**
2. **Transportation & connections to county resources**
  - **Has significant impact on access**
3. **Emergency & crisis response**
  - **Referrals & connections to resources**
  - **Need mental health crisis team/ additional training for first responders**



# APPENDIX G, CONTINUED

## SOLUTIONS CENTER - FOND DU LAC, WI

### Barriers:

- Access to childcare and transportation
  - Locations, costly, hours are not long enough
- Difficult to get on your feet
  - Low-paying jobs, taxes, transportation costs, childcare costs are barriers to building savings
  - Benefits decrease with more income but still may not be enough
- Difficult to navigate resources & insurance without case manager
  - Resources can be out of reach if not visible or if uninsured

### Strengths:

- Resources for kids (i.e. Boys & Girls Club, parks, school lunch programs)
- Nonprofits: (i.e. St. Vincent's, Salvation Army, ADVOCAP, Goodwill)
- Food pantries, foodshare
- Solutions Center & shelters
- Rawhide equine therapy for youth
- Connections within community

### Top Three Health Challenges

1. **Barriers for uninsured**
  - a. **Can't access many services**
2. **Housing**
  - a. **Not affordable, many restrictions**
  - b. **Barriers for homeless community**
3. **Access to care**
  - a. **Hard to obtain dental or vision insurance**
  - b. **Costly, hard to navigate**

## VILLAGE GROUNDS - ROSENDALE, WI

### Barriers:

- Limited dental access for people with medical assistance/BadgerCare
- Lack of development, employment opportunities
  - Low school district enrollment
  - Little housing development
- Don't have city water
- Limited transportation
- Few resources for in-home care & assisted living

### Strengths:

- Safe, friendly community
- Strong school district (largest village employer)
- Lion's Club, youth groups through church
- Community events
- Fireman's Picnic, golf outing, sporting events

### Top Three Health Challenges

1. **Public transportation access**
2. **Mental health care access**
3. **Medical care for elderly & people with disabilities**
  - a. **More education, understanding, & inclusivity for more positive interactions**

# APPENDIX G, CONTINUED

## COMMUNITY TABLE - WAUPUN, WI

### Barriers:

- Limited job opportunities with good pay (besides the prison)
- Employers having difficulty hiring
- Transportation
- Childcare access
- No homeless shelter
- Lack of local rehab opportunities
- Substance use and alcohol use
- Limited dental access for people with medical assistance/BadgerCare
- Communication during transitions of care

### Strengths:

- Resources such as the food pantry, REACH Waupun, community garden, senior center, etc.
  - Giving and helpful community
- Low pollution, good water
- Bike trails, fitness centers, Horicon Marsh
- Good doctors

### Top Three Health Challenges

1. **Addiction and substance use**
2. **Mental health**
3. **Transportation/Social Determinants of Health**

## BROTHERTOWN NATION - FOND DU LAC, WI

### Barriers:

- Location of stores/businesses on outskirts of town
- Health care costs
- Cost of extracurricular activities (fees for youth participation)
- More family friendly and youth-based activities

### Strengths:

- Parks and bike trails
- Outdoor recreation opportunities, sports, & activities
- Infrastructure (bridges over train, etc.)
- Strong public safety (EMS, police dept., etc.)
- Clubs and organizations available
- United for Diversity, Lions Club, etc.

### Top Three Health Challenges

1. **Health care costs**
2. **Information and education on health concerns & resources**
3. **Financial resources and guidance for end-of-life care**

# APPENDIX G, CONTINUED

## ST. AGNES HOSPITAL - FOND DU LAC, WI

### Barriers:

- Availability of fast food and processed food
- Lack of emphasis on active transportation
- Transportation and childcare access
- Awareness of food and health care resources
- Jobs not paying livable wages
- Wait lists for health services
- Lack of emphasis on food/healthy eating & mental health
- Limited access to resources for underserved populations

### Strengths:

- Recreation opportunities (loop, trails, etc.)
- Food resources available (food pantries, WIC, farmers, market, etc.)
- Samaritan Clinic and virtual health care capabilities
- Community organizations (non profits, service clubs, etc.)
- Safe community
- Festivals and family activities
- Home care options

### Top Three Health Challenges

1. **Physical activity/exercise and nutrition (more education)**
2. **Mental health (access & more education)**
3. **Drug abuse**

## FOND DU LAC PRIDE ALLIANCE - FOND DU LAC, WI

### Barriers:

- Lack of inclusive & welcoming community
- Community connectedness
- Transportation
  - Access
  - Stigma related to utilization of public transportation
- LGBTQ+ stigma, norms, & stereotypes
- Cultural competency training, especially in health care sector
- Lack of support & promotion for the performing arts

### Strengths:

- Amount of community resources
- Community recognition of pride month
- Strong community leaders/organizations

### Top Three Health Challenges

1. **Mental health (stigma, access, education)**
2. **Social determinants (cultural competency, housing, food security, transportation)**
3. **Health care & physical health (access and awareness)**

