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# RAMC Community Health Improvement Plan – 2019

## Creating Our Healthy Community Plan

On Wednesday, January 16, 2019, the Sauk County Health & Wellness Coalition<sup>1</sup> team held a Creating Our Healthy Community event (*see insert*). This collaboration was held at Compeer Financial in Prairie du Sac from 8:30am to 11:30am. Invitations were sent to those that attended key informant meetings as well as the general public. Offers to attend were sent through email, phone calls, radio advertisements, and county-wide flyers. Sixty-three people were in attendance including: law enforcement; fitness club owners; school district staff; food pantry staff; health department staff; mental health professionals; Aging and Disability Resource Center; UW Extension; faith-based organizations; medical providers; local hospital partners; and local business representatives.

The goal of the Creating Our Healthy Community Plan event was to identify available resources in the county and find ways to capitalize on them. The day was started with an introduction highlighting how we Prioritized our Health Needs<sup>2</sup>, as well as the Community Health Needs Assessment (CHNA) process. Statistics from primary and secondary data collected for the CHNA was presented, revealing the top health priorities of Mental Health; Obesity (Nutrition & Physical Activity); Chronic Disease; and Alcohol, Tobacco, & other Drugs. This introduction gave the attendees a foundation of understanding for the facilitation of group discussion and planning.

The facilitation portion of the event was based on the World Cafe conversation model. This method encourages productive conversation, ease of sharing ideas, and a relaxed atmosphere. The Health & Wellness Coalition team developed engaging questions prior to the event in order to spark conversation. The questions for each station were as follows:

### Mental Health

- Describe the mental health issues you or your organization observe? Identify any “at risk” groups or individual characteristics we should focus on.
- List reasons why the issues shown above are not being addressed? Share examples of local efforts that have been effective.
- Describe transportation issues and barriers that prevent residents from getting the help they need.
- Develop 3-5 actions you recommend we should take to address this item.

The Sauk County Health & Wellness Coalition  
*invites you to attend our*  
**Creating Our Healthy Community Plan**  
**Wednesday, January 16**  
**8:30 am - 11:30 am**  
Compeer Financial  
N Ridge Dr, Prairie Du Sac, WI

We will discuss priorities and plan of action that will dictate our focus for the next three years.

We need your input!

We will provide light snacks and drinks.

RSVPs preferred:  
Cassidy Walsh at  
cassidy.walsh@saukcountywi.gov or (608)355-3290

Working together to  
make Sauk County and  
all of its communities a  
healthier place to live,  
work and play.



Sauk County  
**Health & Wellness**  
Coalition

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### **Chronic Disease**

- The top three chronic diseases are Diabetes, Heart Disease, and Hypertension (stroke). Chronic disease is interwoven into all of the priorities discussed, how?
- Describe the chronic diseases you or your organization observe? Identify any “at risk” groups or individual characteristics we should focus on. What would help?
- Describe barriers that affect this health priority (transportation, access, affordability, time, knowledge, etc.).
- Develop 3-5 actions you recommend we should take to advance this item (Identify Partners/Organizations).

### **Obesity Reduction (Eating Smarter, Moving More)**

- What programs and initiatives are currently in place? Describe their (actual and potential) effectiveness.
- Identify people/partners in your community who should be connected to this health priority? (Community Champions or Food Access) Why?
- Describe barriers that affect this health priority (transportation, access, affordability, time, knowledge, etc.). Develop 3-5 actions you recommend we should take to advance this item.

### **Substance Abuse**

- Describe the substance abuse you or your organization observe. Which drugs should our efforts prioritize for youth? Adults?
- What policies or programs are working? Why or why not?
- Describe factors that impact this health priority (funding, availability, acceptability).
- Develop 3-5 actions you recommend we should take to advance this item.

The attendees were divided into four large groups and sent to one of the topic stations. At each station the first question was discussed for 15 minutes and then the groups rotated. One person from each group stayed back in order to inform the next group on what was discussed previously. This process continued until the questions were answered. The last step was the development of 3- 5 actions. During action development, attendees were given the option to go to the station that interested them the most. At the end of the discussion, each group presented their actions.

The group notes from each discussion question can be found as Appendix<sup>3</sup>.

The results from the Creating Our Healthy Community Plan event assisted Reedsburg Area Medical Center in developing the action plans for each priority identified in the CHNA.

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## Priority #1 – Access to Mental Health

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with normal stresses of life, can work productively and is able to make a contribution to his or her community (*World Health Organization, 2014*)<sup>4</sup>. Without treatment, the consequences of mental illness for the individual and society can include disability, unemployment, substance abuse, homelessness, incarceration and suicide. Of the 14 choices listed on the 2018 Sauk County Health & Wellness Coalition survey<sup>5</sup>, mental health was ranked the most significant health problem in Sauk County. Specific categories of mental health identified included depression, anxiety and coping.

## Mental Health Goals

- Hold steady the number of poor mental health days in Sauk County from 3.4 in 2018 to 3.4 in 2021. (*County Health Rankings*)<sup>6</sup>
  - o Poor Mental Health Days actually increased from 2.7 in 2015 to 3.4 in 2018. (*County Health Rankings*)
- Decrease the age-adjusted average death rate due to suicide in Sauk County from 14.8/100,000 population to 13 by December 31, 2021. (*County Health Rankings*)

## Action Plan

- Collaborate with Journey Mental Health and Sauk County Health & Wellness Coalition to provide mental health first aid training a minimum of two times per year in our service area.
- Collaborate with Sauk County Public Health to provide QPR Suicide-Prevention training (Question, Persuade, Refer) at least 4 x/year to staff and community members to increase knowledge of mental health issues in our area.
- Enhance county-wide collaborations to increase awareness, education, treatment and pre-event intervention with organizations including Rural Safety Days, Sauk County Partnership for Prevention and Recovery, Region 11 Critical Incident and Stress Management group.
- Collaborate with community partners on health initiatives impacting mental health including Boys and Girls Clubs programming, community mental health forums and school district mindfulness programming.
- By December 31, 2021, using the already existing suicide prevention coalition to increase suicide prevention awareness targeting the rural farmer communities.
- Continue to have Spiritual Care Coordinator conduct Grief & Loss Share sessions several times/year for community.
- Provide coping tools for those struggling with the effects of drugs or alcohol in their lives by pairing them up with resources already available in our community.



## Priority #2 – Chronic Disease

According to the Centers for Disease Control<sup>7</sup>, chronic diseases are broadly defined as conditions that last one or more years and require ongoing medical attention and/or limit activities of daily living. As of 2016, approximately 60% of all adults nationwide had one or more chronic health conditions and one of four adults had two or more. Leading causes of chronic conditions include poor nutrition and lack of physical activity.

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

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

- 67.4% of respondents reported receiving a routine checkup in the last year.
- 58.3% of respondents received cholesterol testing in the last year.
- 52.5% of respondents reported having an eye exam in the last year.
- 19.8% of respondents reported being treated for/told by a doctor in the last 3 years that they have high blood pressure.
- 20.3% of respondents reported that they have been told by a physician that they have high cholesterol, most of whom say it is under control.
- 4.7% of respondents reported being treated for/told by a doctor in the last 3 years that they have heart disease.
- 6.1% of respondents reported having been treated or diagnosed by a physician for diabetes.
- 3.1% of respondents reported being treated for/told by a doctor in the last 3 years that they have cancer.
- 15% of Sauk County adults are currently smokers. This indicator is relevant because tobacco use is linked to leading causes of death such as cancer and cardiovascular disease.



## Chronic Disease Goals

- Reduce the number of age-adjusted deaths due to heart disease in Sauk County from 163.5 deaths per 100,000 persons in 2018 to 160.0 by 2021. *(Community Commons)*<sup>8</sup>
- Reduce the number of age-adjusted deaths due to diabetes in Sauk County from 41.5 deaths per 100,000 persons in 2017 to 41 by 2021. *(Community Commons)*

## Action Plan

- Continue to support the collaborative effort of our Pharmacy, Physicians Group and Providers to increase participation in RAMCs Diabetes Care Group
  - Continue to support and spread the word about RAMCs HEALTH 4U obesity & diabetes prevention program
  - Continue to host weekly Farmer's Markets from April through October stressing the importance of eating healthy and how it impacts chronic disease
  - Continue to support and fund the school district's walking program titled "Walking Club" at all 5 elementary schools.
  - Continue to partner with the Reedsburg School District to fund their School Garden during the school year and during summer time, which also provides health options and recipes for families.
  - Partner to enhance farm-to-table options through food courses and cooking classes at our Boys & Girls Club
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- Enhance partnerships with key city, village, township and health coalition leaders to address population-dense areas of high-risk individuals to promote healthy food access / eating options including community meals and Farmer's Markets funding.
  - Participate in area health fairs and educational seminars to provide education and strategies surrounding obesity, stress, COPD, vaping and the progression of chronic disease.
  - Create community awareness of chronic disease options and proactive programming through print, radio and social media
  - Support local activities which promote fitness and lifelong healthy eating
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## Priority #3 – Nutrition & Physical Activity

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

Of 14 choices on the 2018 Sauk County Health & Wellness Coalition survey, being overweight was ranked the third most important risky behavior. *Statistics from the 2018 Sauk County Health & Wellness Coalition Survey show:*

- Only 31% of respondents reported a healthy BMI.
- 33% of respondents reported an overweight BMI.
- 35% of respondents reported an obese BMI.
- Only 20.5% of respondents reported being physically active for five days or more.
- 34.9% of respondents reported being physically active for one day or less.
- 23% of Sauk County respondents reported having no leisure-time physical activity



## Nutrition & Physical Activity Goals

- Increase the number of Sauk County children who are active 5 or more days a week from 46.5% in 2018 to 48% by December 31, 2021. *(Sauk County Health & Wellness Coalition Survey)*
- Reduce the percentage of Sauk County adult residents who are sedentary from 23% in 2018 to 22% by 2021. *(County Health Rankings)*

## Action Plan

- Create community awareness of RAMC's Health4U diabetes and obesity program through radio, print and social media outlets.
- Continue to support and fund the school district's walking program titled "Walking Club" at all 5 elementary schools.
- Continue to partner with the Reedsburg School District to fund their School Garden during the school year and during summer time, which also provides health options and recipes for families.
- Partner to enhance farm-to-table options through food courses and cooking classes at our Boys & Girls Club
- Support partnerships with municipal and health coalition leaders to address population-dense areas of high-risk individuals to promote healthy food access / eating options including community meals and Farmer's Markets funding.
- Continue to hold our weekly Farmer's Market on the hospital grounds from April through October.
- Collaborate with county resources to build on Sauk County's Healthy Communities designation.
- Support local activities which promote fitness.
- Honor requests from community organizations for speakers at healthy lifestyle presentations.
- Promote healthy living through community-based, schools and business-specific health fairs and events.
- Create community awareness of how to live healthy and well in Sauk County through radio programming and print.

## Appendix/Resources

### 1. CHNA Collaborators

- Reedsburg Area Medical Center's 2018 Community Health Needs Assessment was conducted in collaboration with the Sauk County Health & Wellness Coalition. This is the third CHNA cycle that our hospital has been privileged to work with the coalition. Membership includes:
  - Reedsburg Area Medical Center
  - Sauk County Health Department
  - SSM Health St. Clare Hospital - Baraboo
  - Sauk Prairie Health Care



### 2. Prioritizing Health Needs:

- As part of the CHNA requirement, hospitals are required to evaluate the needs that are identified and validated through the data analysis. In order to do so, hospitals must establish specific criteria that will be used to assess each of the identified community needs. The system has recommended criteria and ratings that each hospital can use during prioritization. The method used to evaluate the needs, as well as potential weighting, is customizable based on the hospital's approach.
  - Prior to review of the data, a list of criteria was developed to aid in the selection of priority areas. During the data-review process, attention was directed to health issues that met any of these criteria:
    - Health issues that impact a lot of people, or for which disparities exist, and which put a greater burden on some population groups
    - Poor rankings for health issues in Sauk County as compared to the State of Wisconsin, other counties or Healthy People 2020 national health targets
    - Health issues for which trends are worsening
    - Health issues that are among national and state health priorities or the national targets for the issues are not met
    - Health issues that are of concern to community residents and leaders
  - A two-step prioritization process is recommended. Step one of this process focuses on community-specific criteria that are rated by community members to evaluate the identified needs. This step is subjective and measures community member's perceptions of the identified needs using a strongly agree to strongly disagree 5-point Likert scale. Once the community has evaluated their needs based on their perceptions, step two is that this list is sorted in descending order by priority and then reviewed by an internal prioritization team using system feasibility criteria. The internal criteria are more objective and focused on alignment to key strategies, resources, magnitude of issue and overall capability. Based on internal prioritization, the top ranking priorities establish the areas of focus for the Strategic Implementation Plan.
3. Creating a Healthy Community Group Notes: <https://www.ramchealth.com/media/409621/creating-our-health-community-plan-notes-011619.pdf>
4. World Health Organization. (2018). *Constitution of WHO: principles*. <https://www.who.int/about/mission/en/>.
5. Sauk County Health & Wellness Coalition Survey <https://www.ramchealth.com/media/380325/key-informant-meeting-survey-presentation.pdf>
6. County Health Rankings. Countyhealthrankings.org (2011-2018). *Sauk (SA) Health Rankings*. <http://www.countyhealthrankings.org/app/wisconsin/2018/rankings/sauk/county/factors/overall/snapshot>.
7. Centers for Disease Control and Prevention. National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition, Physical Activity, and Obesity. Data, Trend and Maps. <https://www.cdc.gov/nccdphp/dnpao/data-trends-maps/index.html>.
8. Community Commons (2018). *Health Indicator Report*. Community Health Needs Assessment (CHNA). Community Commons. <https://www.communitycommons.org>