

Overarching Priorities

Social Determinants of Health

The social determinants of health are the conditions in which people are born, grow, live, work and age.

We recognize that health begins in these environments where we spend the majority of our time.

Research shows that individual health behaviors and access to clinical care only make up about half of what predicts health. Social, economic, and physical environments (often referred to as the social determinants of health) make up the other 50% of what predicts health outcomes.

Examples of social determinants include:

- availability of community-based resources to meet daily needs (e.g. access to healthy foods, safe housing)
- transportation options
- education, language, and literacy
- access to health care
- social cohesion and social support
- socioeconomic conditions
- and neighborhood and built environment.

OUR GOALS

- Increase awareness of the influence social determinants have in shaping health outcomes.
- Improve health considerations in decision-making.

Trauma-Informed Care

Priority Action Team: CSI

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)

Many individuals experience trauma in their lifetime. 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 and being exposed to violence, substance abuse, or mental illness in the home. (WI DHS, 2017)

OUR GOALS

- Increase community commitment for trauma-informed care services.
- Increase educational opportunities on trauma-informed care in Fond du Lac County.
- Implement a trauma-informed care assessment among a variety of community organizations.

Working together to create a trauma-informed community.

REFERENCES

SAMSHA. (2014). Key Terms: Definitions. Retrieved from https://www.samhsa.gov/samhsaNewsLetter/Volume_22_Number_2/trauma_tip/key_terms.html

WI Department of Health Services. (2017). ACEs. Retrieved from Healthy Wisconsin: <https://healthy.wisconsin.gov/content/aces>



- Erin Brendelson - Fond du Lac School District
Michael DeGere, DPM - Agnesian HealthCare/SSM Health
Erin Gerred - Fond du Lac County
Greg Giles - Fond du Lac YMCA
Sara Hathaway - Ripon College
Amber Kilawee - Fond du Lac Area United Way
Bill Lamb - Fond du Lac City Police Department
Linda Matheson, Ph.D. - Marian University
Kim Mueller - FDL County Health Department
Kelly Norton - St. Mary's Springs Academy
Lalitha Ramamoorthy, Ph.D. - Marian University
Larry Richardson - FABOH
Jackie Runge - Fond du Lac Area Foundation
Marty Ryan - Rotary
Jim Salasek, Ph.D. - Community Member
Heather Schmidt, DO - Agnesian HealthCare/SSM Health
Lori Schrage - Moraine Park Technical College
Michelle Tidemann - UW- Extension Fond du Lac County
Eric Toney - Fond du Lac County
Jennifer Walters - Aurora Health Care
Melissa Worthington - Envision Greater Fond du Lac

Our mission is to assess, identify, address and monitor priority health needs through community collaboration.

Our vision is a community where all Fond du Lac area children and adults can reach their highest potential for health.

For more information, call the Fond du Lac County Health Department at 920-929-3085.

FOND DU LAC COUNTY COMMUNITY HEALTH IMPROVEMENT PLAN

2018-2021



Health Matters to All of Us.

Business and community leaders throughout Fond du Lac County recognize that today's health needs have become more complex and expansive than ever before.

These concerns must be approached jointly by physicians, local health providers, educators, hospitals, businesses and the public. The efforts of those groups must be coordinated and aimed, directly and indirectly, at preventing disease and disability.

Fond du Lac County is doing just that through the work of Healthy Fond du Lac County 2020 and the development and implementation of the 2018-2021 Fond du Lac County Health Improvement Plan. This plan establishes goals and measurable objectives to address the three most pressing health concerns of nutrition and physical activity, mental health, and alcohol and other drug abuse; and overarching priorities of social determinants of health and trauma-informed care.

To learn more and get involved with any of these initiatives, contact Fond du Lac County Health Department at (920) 929-3085 or visit www.fdlco.wi.gov and search "Healthy 2020".

Priority Action Team Contact Information

Living Well Coalition - Fond du Lac County Health Department 920-929-3085

Comprehensive Service Integration (CSI) of Fond du Lac County, Inc. 920-906-6700 Ext. 4721

Drug Free Communities of Fond du Lac County (DFC) - 920-906-6700 Ext. 4704

Over the next three years as community leaders, we want to work collaboratively with our friends and neighbors to:

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

Priority: Nutrition and Physical Activity
Priority Action Team: Living Well Coalition

OUR STRATEGIES

- Implement a three-pillar approach from the Centers for Disease Control & Prevention, which promotes systems and policy changes that increase fruit and vegetable consumption, increase physical activity, and increase exclusive breastfeeding in infants to one year.
- Support community wellness initiatives.
- Increase access to fresh fruits and vegetables.
- Implement a community-wide physical activity campaign.

OUR MEASURE OF SUCCESS BY 2021

- The number of adults who report to eat the recommended five servings of fruits and vegetables per day will increase to 37% (adult), 22% (FDL County youth).
- The number of adults who report to meet the recommended amount of physical activity and strength training per week will increase to 29%.
- The number of FDL County youth who report to meet the recommended amount of 60 minutes of physical activity daily will increase to 26%.
- The number of WIC moms who report to initiate breastfeeding their infants will increase to 81%.
- The number of adults who report to have a BMI equal to or greater than 30 (obese) will decrease to 34%; and FDL County youth who report a BMI equal to or greater than 25 (overweight/obese) will decrease to 24%.

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

Priority: Mental Health
Priority Action Team: CSI

OUR STRATEGIES

- Increase the number of gatekeepers in FDL County who are able to assess, provide or connect consumers to services.
- Promote use of universal and targeted screenings across the lifespan in both clinical and non-clinical settings.
- Promote a stigma-free approach to mental/behavioral health and wellness through an educational campaign.
- Develop a universal approach to safety planning across the county.
- Develop a Pathways to Care: Mental Health Navigation Tool for FDL County adults.

OUR MEASURE OF SUCCESS BY 2021

- The number of adults who report they "considered suicide" will decrease to 4% (adult), 12% (FDL County youth).
- The number of adults who agree that, "people are caring and sympathetic towards persons with mental illness" will increase to 65%.
- The number of adults who report that they or someone in their household, "did not get the mental health care needed" will decrease to 8%.
- The average number of suicides from 2018-2021 will decrease to 9.

Mental Health: We ALL have it!

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

Priority: Alcohol and Other Drug Abuse
Priority Action Team: DFC

OUR STRATEGIES

- Work with communities to implement best practices as described in the Community Events Tool Kit.
- Conduct compliance checks of licensed alcohol outlets and social host ordinances.
- Utilize a social media/marketing campaign to raise awareness, and actively discourage binge drinking and over-consumption.
- Work with emergency departments, urgent care facilities and dentists to develop a standardized prescribing pathway for pain protocol.
- Implement a four-pillar approach to address opioid abuse.

OUR MEASURE OF SUCCESS BY 2021

- The number of FDL County youth who report the community is actively discouraging alcohol use by youth in a way products are advertised, promoted or sold will increase to 49%.
- The number of FDL County youth who report they bought or drank alcohol at a Fond du Lac County community event will decrease to 4%.
- The number of FDL County youth who report they drank alcohol in the past 30 days will decrease to 17%.
- The number of FDL County youth who report relative ease in obtaining prescription medication for non-medical use will decrease to 28%.
- The number of adults who report binge drinking in the past 30 days will decrease to 35% (adults), 8% (FDL County youth).
- The number of opioid-related overdose deaths will decrease to 5.