



**Public Health**  
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**Fond du Lac County  
Health Department**

# FOND DU LAC COUNTY HEALTH DEPARTMENT

COMMUNITY HEALTH ASSESSMENT

2018



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## Acknowledgments

Thank you to the following individuals and organizations for their role in the 2017 Community Health Assessment. This process would not be complete without their input and input from the residents of Fond du lac County.

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# Community Health Assessment Overview

## Background and Purpose

The purpose of the Community Health Assessment (CHA) process is to identify and address health needs in order to improve the health status of residents. Local Health Departments are required to conduct a CHA regularly and systematically per WI State Statute and not-for-profit hospitals to conduct a CHA every three years per ACA and IRS. The CHA includes a comprehensive collection and analysis of data to identify health issues of primary concern. The CHA serves as the basis for the Community Health Improvement Plan. This process is key in the mission of “Fond du Lac County Health Department prevents disease, protects the community, and promotes health living for all.”



### **Healthy Fond du Lac County 2020 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 2020 Steering Committee. This committee meets quarterly to oversee the Community Health Improvement Process. This committee is supported by key stakeholders from organizations and agencies among various sectors of the community.

Within the steering committee, a CHA Task Force is convened and comprised of members from various agencies in the community that collaborate to assess, identify, address and monitor priority health needs in Fond du Lac County.

The task force believes in the Healthy Fond du Lac County 2020 vision: “A community where all Fond du Lac County children and adults can reach their highest potential for health.”

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 towards health improvement based on the assessment.
- Mobilize the community and key leaders into action to improve health in areas of top concern.

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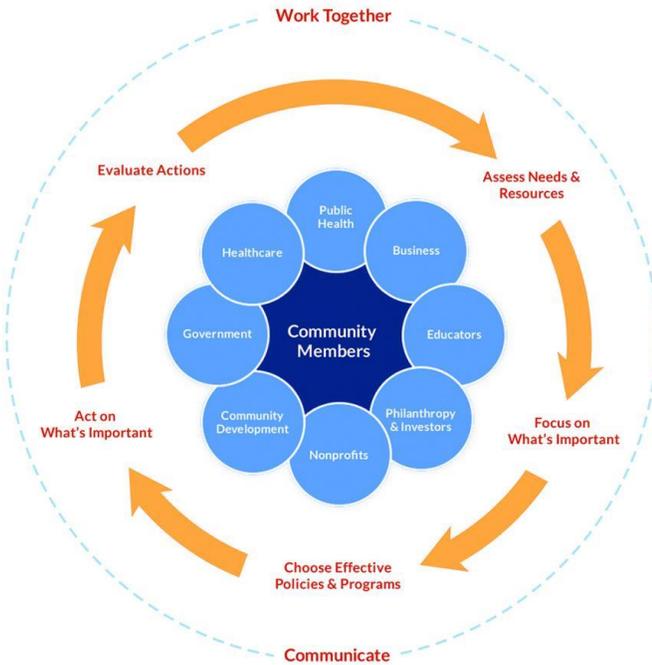
*Healthy Fond du Lac County 2020 Steering Committee Vision:  
“A community where all Fond du Lac area children and  
adults can reach their highest potential for health.”*

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## Process Overview

The 2017 Fond du Lac County Community Health Assessment process began in the fall of 2017 as commissioned by Agnesian HealthCare/SSM Health, Aurora HealthCare, Fond du Lac Area United Way, Fond du Lac County Health Department, Fond du Lac Family YMCA and Fond du Lac School District.

The Fond du Lac County Health Department and Healthy Fond du Lac County 2020 Steering Committee utilized the Wisconsin Guidebook on Improving the Health of Local Communities<sup>1</sup> 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 actions in this step 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 their community
- Identify community assets and resources

### Focus on What's Important

Core actions in this step 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

<b>Dec. 2017</b>	<ul style="list-style-type: none"> <li>• Community Health Survey Report</li> </ul>
<b>Jan. – Mar. 2018</b>	<ul style="list-style-type: none"> <li>• Key Informant Interviews</li> <li>• Priority Health Issues Survey to collect public input and feedback</li> <li>• Collect secondary data</li> </ul>
<b>Mar. 2018</b>	<ul style="list-style-type: none"> <li>• Compile and analyze</li> </ul>
<b>Apr. 2018</b>	<ul style="list-style-type: none"> <li>• Present data to Healthy Fond du Lac County 2020 Steering Committee</li> <li>• Rank and identify priorities</li> </ul>
<b>Jun. 2018</b>	<ul style="list-style-type: none"> <li>• Present priorities to public and community event</li> <li>• Call to action for public</li> </ul>
<b>Jul. – Dec. 2018</b>	<ul style="list-style-type: none"> <li>• Develop CHA Report</li> <li>• Priority action teams begin to develop improvement plans with goals, strategies, and objectives</li> </ul>

## Data Collection and Analysis

The Community Health Assessment is comprised of four different data collection methods to include both primary and secondary data, as well as qualitative and quantitative data. The four methods included: Community Health Survey, Key Informant Interviews, Secondary Data Collection, and the Priority Health Issues Survey.

- The Community Health Survey conducted by JKV Research, LLC., provides primary, quantitative data collected from Fond du Lac County residents. The data gathered provides an overview of behavioral and lifestyle habits, prevalence of risk factors and disease conditions existing within the Fond du Lac County adult population. Aggregate data from four school districts within in Fond du Lac County is included in the Community Health Survey report to provide student data when comparable data was available. The complete report, including the survey methodology, is available on the Fond du Lac County website at <http://www.fdlco.wi.gov>.
- 20 Key Informant Interviews were conducted by the Fond du Lac County Health Department to provide more in-depth, qualitative data on community needs. The key informants identified were considered community experts who can provide valuable insight on pressing health issues in the Fond du Lac County community. The health focus areas ranked most consistently as the top five health issues for Fond du Lac County were: mental health, alcohol and other drug use, chronic disease, nutrition, and physical activity. Nutrition and physical activity were tied in the ranking for being the fourth most pressing health issue. See Appendix B for a complete summary of the Key Informant Interviews.
- The Priority Health Issues Survey was conducted to provide an outlet for the community at large to provide additional input on the preliminary findings from the community health survey and voice concerns on what residents perceive as the most-pressing health issues. The survey was available in hard copy at the health department and online on the health department's website. The survey was distributed and made available at all public libraries in Fond du Lac County (Brandon, Campbellsport, Fond du Lac, North Fond du Lac, Oakfield, and Ripon), senior centers, and at community groups. The survey was promoted on social media, in the newspaper, on the radio, and via email to community partners. The survey was available to take in English and Spanish. Residents were encouraged to review key findings from the 2017 Community Health Survey beforehand to provide additional feedback. 284 residents of Fond du Lac County completed the Priority Health issues survey. The top five health focus areas ranked most consistently at the top five health issues for Fond du Lac County by respondents were: mental health, alcohol and other drug use, injury and violence, nutrition, and physical activity. See Appendix D for a complete summary of the Priority Health Issues Survey.
- Secondary data was collected to compliment and supplement the community health survey and key informant interviews. This data helped to build a community health profile for Fond du Lac County and to be comparable to other counties and state and national benchmarks. The secondary data collected is included in throughout the health focus area profiles and the Fond du Lac County community profile.

Once all data was collected, it was organized into twelve health focus areas, referencing the format used by Healthiest Wisconsin 2020 – Health Focus Area Profiles<sup>2</sup>.

### Analyzing and Determining the Priorities

On April 05, 2018, the CHA Task Force met to review the data collected and identify the CHA priorities. The CHA Task Force determined that there will be three priorities selected and up to two overarching priorities to focus on in the 2018-2021 community health improvement plan. After reviewing the data collected, the CHA Task force combined the health focus areas of physical activity and nutrition into one focus area for voting purposes. The CHA Task Force voted on the priorities using the multi-voting technique using the following prioritization criteria:

1. Actionable at the local level
2. Able to be impacted in 3-5 years
3. Viable strategies exist to impact the issue
4. Affects many people
5. Has a serious impact on population health

The voting of the priorities by the CHA Task Force resulted in the following community health priorities:

1. Mental Health
2. Alcohol and Drug Use
3. Nutrition and Physical Activity

The CHA Task Force unanimously agreed to adopt the following overarching priorities in order to address underlying determinants of health and increase commitment to providing equal and fair opportunities for health:

- Trauma-Informed Care
- Social Determinants of Health

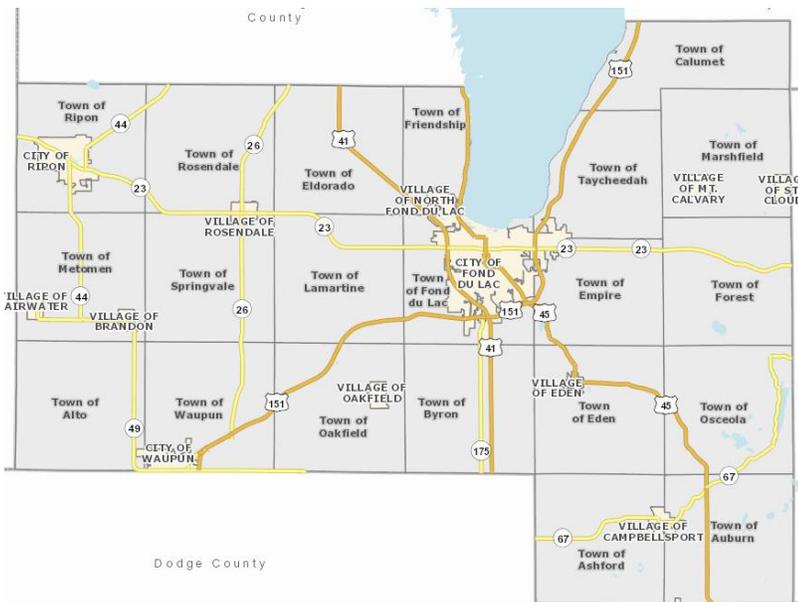
The community health priorities were revealed to the public at a community forum in June 2018. The development of the community health improvement plan will follow.

## Community Profile



With a slogan of “C’mon in, and stay a while” for the City of Fond du Lac, the Fond du Lac County area is respected as a welcoming and safe place to call home for families and businesses. As the Fond du Lac County jurisdiction surrounds the foot of Lake Winnebago, the area is recognized for abundant outdoor recreation opportunities on land and water, among many other features. The approximate population of Fond du Lac County is 102,000 and comprised of a growingly diverse population with yet a fairly-even rural/urban distribution among the 725 square mile land area. The median household income is \$56,376 and 7.7% of the population lives in poverty (US Census, 2016). For more County demographics see page 5. The jurisdiction of Fond du Lac County Health Department includes all of Fond du Lac County.

The county features top USA multinational companies, strong agri-business, and a strong healthcare system. Fond du Lac County offers a variety of quality post-secondary educational opportunities, including Ripon College, Marian University, UW-Fond du Lac and Moraine Park Technical College. Fond du Lac County prides itself in community investment as public and private sectors have taken steps together to improve the quality of life for all residents.



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**Cities:** Fond du Lac, Ripon, Waupun

**Villages:** Brandon, Campbellsport, Eden, Fairwater, Mount Calvary, North Fond du Lac, Oakfield, Rosendale, Saint Cloud

**Towns:** Alto, Ashford, Auburn, Byron, Calumet, Eden, Eldorado, Empire, Fond du Lac, Forest, Friendship, Lamartine, Marshfield, Metomen, Oakfield, Osceola, Ripon, Rosendale, Springvale, Taycheedah, Waupun

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**Map of Fond du Lac County. Fond du Lac County Land Information Department, 2018.**

Fond du Lac County is bordered by five counties: Winnebago County to the north, Calumet County to the northeast, Sheboygan County to the east, Washington and Dodge counties to the south, and Green Lake County to the west. Fond du Lac County is located within an hour drive of the major cities of Madison, Milwaukee and Green Bay and is less than a three-hour drive from Chicago.

## Fond du Lac County Demographics

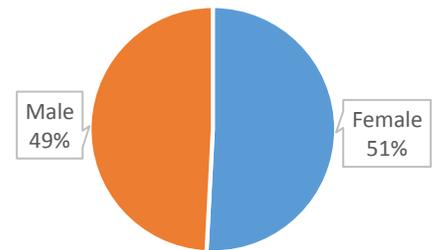
The tables and charts in this section display the demographic summary of Fond du Lac County compared to Wisconsin and the United States.

### Population

**Fond du Lac County:** 102,830

**Wisconsin:** 5,774,977

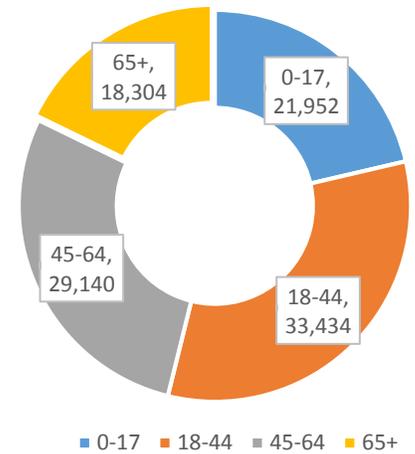
Fond du Lac County  
Population by Gender (2016)



Fond du Lac County Population by Age and Gender, 2016			
Age Group	Males	Females	Total
0-17	11,236	10,716	21,952
18-44	16,855	16,579	33,434
45-64	14,483	14,657	29,140
65+	8,000	10,304	18,304
<b>Total</b>	<b>50,574</b>	<b>52,256</b>	<b>102,830</b>

Source: Office of Health Informatics, Division of Public Health, Wisconsin Department of Health Services (2016)

Fond du Lac County  
Population by Age (2016)



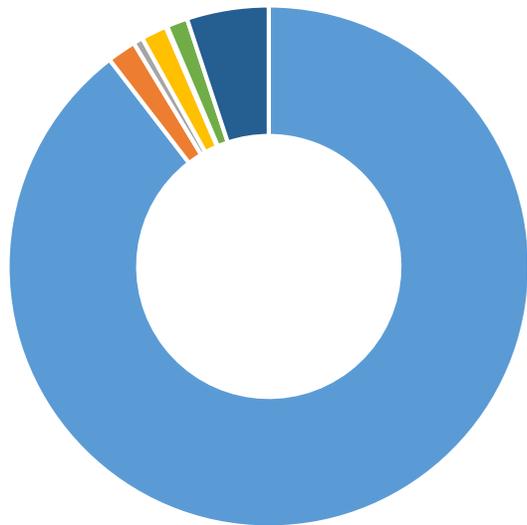
Population (measured in percent of overall population)	Fond du Lac County	WI	U.S.
<b>Population Change from 2010 to 2017</b>	0.9%	1.9%	5.5%
<b>Population under age 18</b>	21.6%	22.1%	22.6%
<b>Population age 65+</b>	18%	16.5%	15.6%
<b>Foreign-born Population, 2012-2016</b>	3.6%	4.8%	13.2%
<b>Veteran Population, 2012-2016</b>	8.5%	8.3%	8%
<b>Rural Population (2010)</b>	35.1%	29.8%	-
<b>Not Proficient in English</b>	1%	1%	-
<b>Language other than English spoken at home, % of person age 5 years +, 2012-2016</b>	6.3%	8.7%	21.1%

Source: US Census Bureau (2016) and County Health Rankings (2018)

Population by Language Spoken in Fond du Lac County (of Population 5 years and over)	
Speak only English	93.7%
Speake a Language other than English	6.3%
<b>SPEAK A LANGUAGE OTHER THAN ENGLISH</b>	
Spanish	4.1%
Other Indo-European languages	1.1%
Asian and Pacific Island languages	1.1%
Other languages	.1%
Source: U.S. Census Bureau, 2012-2016 American Community Survey 5-Year Estimates	

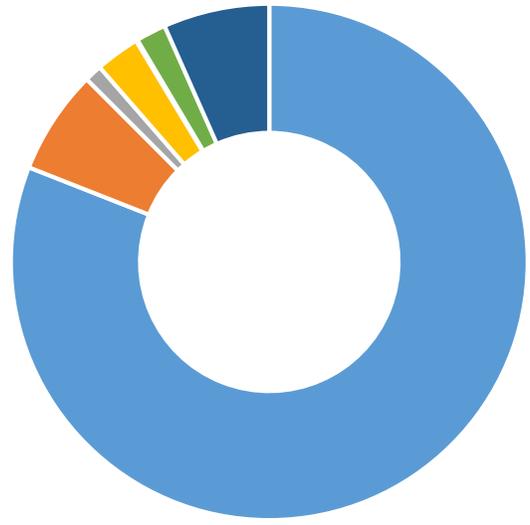
Racial Ethnic Group (Measured in percent of overall population)	Fond du Lac County	WI	U.S.
<b>White, non-Hispanic/Latino</b>	90.1%	81.7%	61.3%
<b>Hispanic or Latino</b>	5.1%	6.7%	17.8%
<b>Black or African American</b>	1.8%	6.6%	13.3%
<b>American Indian and Alaska Native</b>	0.6%	1.1%	1.3%
<b>Asian</b>	1.6%	2.8%	5.7%
<b>Native Hawaiian or Pacific Islander</b>	0.1%	0.1%	0.2%
<b>Two or More Races</b>	1.3%	1.9%	2.6%
Source: US Census Bureau (2016)			

FDL County Population Race and Ethnicity (2016)



- White alone
- Black
- American Indian and Alaskan Native
- Asian
- Native Hawaiian

WI Population Race and Ethnicity (2016)



- White alone
- Black
- American Indian and Alaskan Native
- Asian
- Native Hawaiian
- Two or more races
- Hispanic or Latino

## What Makes a Community Healthy

The World Health Organization 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 from the WI Guidebook on Improving the Health of Local Communities, multiple factors contribute to health outcomes. The diagram displays health outcomes in an upstream manner, with health outcomes being the result of the numerous factors that shape health, including health behaviors, health care and public health, social and economic factors, and the physical environment. The diagram also demonstrates that policies, programs, and systems can 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.



Source: Wisconsin Guidebook v2.0: February 2015 [www.wicomunityhealth.org](http://www.wicomunityhealth.org) Wisconsin Community Health Improvement plans and Processes (CHIPP) Infrastructure Improvement Project 10

## Health Disparities

When identifying health areas to focus on to improve health outcomes, it is important to examine the underlying factors that shape health.

Health behaviors, access to health care, environmental factors and socioeconomic factors all have a role in influencing health and disparities, as displayed in the model below from County Health Rankings. In order to achieve the Healthy Fond du Lac County 2020 vision, “a community where all Fond du Lac County children and adults can reach their highest potential for health”, health disparities must be identified and reduced as part of working towards health equity, striving for the best health for all.

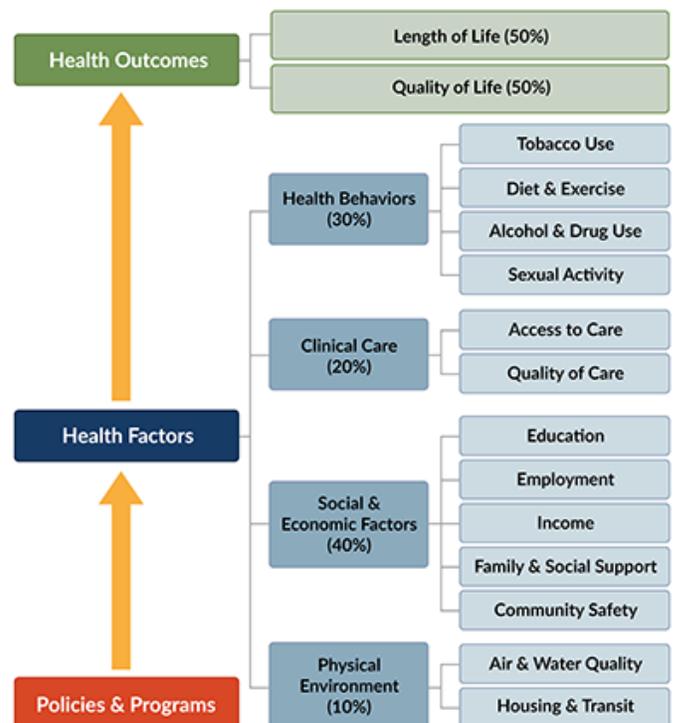
According to the Robert Wood Johnson Foundation:

**Health Equity** means that everyone has a fair and just opportunity to be as healthy as possible. This requires removing obstacles to health such as poverty and discrimination, and their consequences, including powerlessness and lack of access to good jobs with fair pay, quality education and housing, safe environments, and health care.

**Health disparities** are differences in health or in the key determinants of health, such as education, safe housing, and discrimination, which adversely affect marginalized or excluded groups (2017)

Health inequities results from inequities in the social determinants of health, such as housing and employment conditions, which exist due to power imbalances in society. Historically, certain groups have experienced discrimination or been excluded from society which creates inadequate access to key opportunities, oftentimes resulting in economic or social disadvantages. Health equity means reducing and ultimately eliminating disparities in health and its determinants that adversely affect excluded or marginalized groups.

According to Healthiest Wisconsin 2020 Baseline and Health Disparities Report, “Racial/ethnic minority populations, people with lower incomes and less education, people with disabilities, LGBT population, residents of Milwaukee County and of rural areas experience disparities in socioeconomic status, health risk behaviors, and health outcomes” (2014). To better understand the extent to which health disparities exist in smaller populations and at the local level, additional data is needed.



County Health Rankings model © 2014  
University of Wisconsin Population Health Institute

## Core Data Set

The core data reviewed for the Community Health Assessment is organized into data sets as recommended in the Wisconsin Guidebook on Improving Health in Local Communities. The data set follows the framework used by Healthiest WI 2020 and highlights 12 Health Focus Areas. According to WI Department of Health Services Healthiest WI 2020 there were 12 focus areas identified that “would offer the greatest improvements in lifelong health, eliminate health disparities and achieve more equal access to conditions which people can be healthy.” (2018)

- Length of Life
  - Quality of Life
  - Health Care Access
  - Social Determinants of Health
  - Health Focus Areas
1. Nutrition and Access to Healthy Foods
  2. Alcohol and Other Drug Use
  3. Chronic Disease Prevention and Management
  4. Mental Health
  5. Oral Health
  6. Physical Activity
  7. Reproductive and Sexual Health
  8. Tobacco Use and Exposure
  9. Injury and Violence Prevention
  10. Healthy Growth and Development
  11. Communicable Disease
  12. Environmental and Occupational Health

### Code

-  A red circle indicates that data for Fond du Lac County was worse than State data (for the year the data was used)
-  A yellow triangle indicates that data for Fond du Lac County was the same as State data (for the year the data was used)
-  A green circle indicates that data for Fond du Lac County was better than State data (for the year the data was used)

## Length of Life (Mortality)

Key Measures	FDL County	WI	Healthy People 2020 Target	Description of Key Measure
Premature Death (2014-2016)	5,400 	6,000	5,317	Premature Death is calculated by the Years of Potential Life Lost (YPPL) before age 75 per 100,000 population (age-adjusted). For example, when a person dies at 50, this death contributes 25 years of potential life lost.
Infant Mortality (2016)	6.8 	6.2	6.0	Infant Mortality is the rate of infant deaths, prior to his or her first birthday, per 1,000 live births.

Sources: Wisconsin Interactive Statistics on Health (WISH) Data Query System; Healthy People 2020

### Leading Cause of Death per 100,000 population, age-adjusted (2016)

Fond du Lac County	Rate	Wisconsin	Rate
1. Malignant Neoplasms (Cancer)	157.2	Malignant Neoplasms (Cancer)	158.1
2. Diseases of Heart	133.0	Diseases of Heart	154.4
3. Other Causes*	94.2	Other Causes*	121.0
4. Accidents (unintentional injuries)	48.3	Accidents (unintentional injuries)	54.4
5. Cerebrovascular diseases	32.6	Chronic lower respiratory diseases	38.3
6. Chronic lower respiratory diseases	30.9	Cerebrovascular diseases	33.1
7. Alzheimer's disease	29.3	Alzheimer's disease	29.6
8. Intentional self-harm (suicide)	17.3	Diabetes mellitus	19.9
9. Influenza and pneumonia	13.8	Intentional self-harm (suicide)	14.6
10. Diabetes mellitus	12.2	Nephritis, nephrotic syndrome and nephrosis (kidney failure)	12.9

Source: Wisconsin Interactive Statistics on Health (WISH) data query system (2018)

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

## Quality of Life (Morbidity)

	FDL County	WI	Top US	
<b>Low Birth Weight (2016)</b>	7.9% 	7.4%	6%	Percentage of live births with low birthweight (< 2500 grams).
<b>Black (Non-Hispanic)</b>	12.1%	14.9%		
<b>Hispanic</b>	6.8%	6.6%		
<b>White (Non-Hispanic)</b>	7.7%	6.4%		
<b>American Indian/Alaska Native (Non-Hispanic)</b>	X	7.9%		
<b>Laotian or Hmong (Non-Hispanic)</b>	X	6.3%		
<b>Two or More Races (Non-Hispanic)</b>	21.1%	9.2%		

Source: WI DHS, Office of Health Informatics. WISH Data Query System.

An "X" indicates a value that is less than 5 (but more than zero) and is suppressed to protect confidentiality.

Adult General Overall Health	FDL County 2017	WI 2016	US 2016
Excellent or Very Good	 49%	51%	53%
Fair or Poor	 18%	16%	16%

Source: 2017 Fond du Lac County Community Health Survey

Adult Overall Health	FDL County	WI	US	
Poor Physical Health Days (2016)	3.3 	3.6	3.0	Average number of physically unhealthy days reported in past 30 days (age-adjusted).
Poor Mental Health Days (2016)	3.5 	3.8	3.1	Average number of mentally unhealthy days reported in past 30 days (age-adjusted).

Source: County Health Rankings (2018)

## Health Care Access

Health Care Access in Past Year	FDL County 2017	Healthy People 2020 Target
Delayed/Did Not Seek Care Due to Cost (adult)	17%	--
Prescription Medications Not Taken Due to Cost (Household)	8%	3%
Unmet Medical Care (Household)	9%	4%
Unmet Dental Care (Household)	19%	5%
Unmet Mental Health Care (Household)	9%	--
At Least One Unmet Care (Household)	26%	--
Reasons for at Least One Unmet Care (Household) *multiple responses accepted		
Cannot Afford to Pay	48%	
Uninsured	36%	
Insurance Did Not Cover It	23%	
Source: 2017 Fond du Lac County Community Health Survey		

*Respondents 45 to 54 years old were more likely to report they or someone in their household delayed or did not seek medical care because of a high deductible, high co-pay or because they did not have coverage for the care in the past 12 months. Respondents in the bottom 40 percent household income bracket were more likely to report that someone in their household had not taken their prescribed medication due to prescription costs in the past 12 months. Respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report that someone in their household did not receive the dental care needed. Respondents who were unmarried or in households with children were more likely to report there was a time in the past 12 months someone in their household did not receive the mental health care needed. Respondents who were in the bottom 40 percent household income bracket, unmarried or in households with children were more likely to report someone in their household did not receive the health care needed in the past 12 months this.*

# Social Determinants of Health

According to Healthy People 2020 social determinants are “A range of personal, social, economic, and environmental factors [that] contribute to individual and population health.” Social determinants of health are the conditions in which people are born, grow, live, work, and age. 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.

Indicator	FDL County	WI	US	Source
<b>Education</b>				
High school graduate or higher, percent of persons age 25 years+, 2012-2016	91.60% 	91.40%	87.00%	U.S. Census, 2012-2016
Bachelor's degree or higher, percent of persons age 25 years+, 2012-2016	21.90% 	28.40%	30.30%	
<b>Health Literacy</b>				
Below basic literacy skills, percent of persons age 16+, 2003	8% 	7%		U.S. Department of Education, National Center for Education Statistics, 2003 National Assessment of Adult Literacy
<b>Neighborhood and Built Environment</b>				
Severe Housing Problems, percent of households that reported to have at least 1 of 4 housing problems: overcrowding, high housing costs, or lack of kitchen or plumbing facilities	13% 	15%	9% (Top US performers)	County Health Rankings
<b>Social Support</b>				
Children that live in a household headed by a single parent, 2012-2016	27% 	32%		County Health Rankings
<b>Income &amp; Poverty</b>				
Median household income (in 2016 dollars), 2012-2016	\$56,376 	\$54,610	\$55,322	U.S. Census
Persons living in poverty	7.7% 	11.3%	12.3%	U.S. Census
Children in poverty	11% 	16%		County Health Rankings
<b>Food Insecurity</b>				
Food insecurity, percent of individuals without consistent access to adequate food	8.3% 	10.0%		Feeding America

# Nutrition and Access to Healthy Food

As established in the U.S. Dietary Guidelines (2005), good nutrition includes meeting nutrient recommendations yet keeping calories under control. It includes safe handling, preparation, serving, and storage of foods and beverages. It also includes ready and appropriate access to nutritious foods throughout the year for all individuals and families in Wisconsin communities. Adequate and appropriate nutrition is cornerstone to prevent chronic disease and promote good health. (Healthiest Wisconsin 2020 profile, 2010)

## Local Data



### Fruit Consumption

51% of FDL County adults reported to eat the recommend 2 or more servings of **fruit** per day.<sup>1</sup>



*Respondents who were female, in the middle 20 percent household income bracket, unmarried or not overweight were more likely to report at least two servings of fruit.*



### Vegetable Consumption

25% FDL County adults reported to eat the recommend 3 or more servings of **vegetables** per day.<sup>1</sup>



*Respondents who were female, 45 to 54 years old, with a college education, in the middle 20 percent household income bracket or married respondents were more likely to report at least three servings of vegetables on an average day.*



### Breastfeeding Rates

Percent reporting to have ever breastfed.

- **73.7%** FDL County WIC Clients<sup>2</sup>
- 80%** Wisconsin<sup>3</sup>
- 81.9%** Healthy People 2020 Goal<sup>4</sup>

## What the Community Says:

*\*A complete of the Key Informant Interviews and Priority Health Issues Survey is located in the appendix.*

### Themes from Key Informant Interviews:

#### Challenges:

- Most food pantries are located in the city of Fond du Lac, which may cause transportation barriers
- Keeping food resources up to date on resources available
- Food deserts
- Meals during the summer for youth
- Cost of healthier food options; shopping for healthy foods on a budget
- Access to education/knowledge of preparing healthy foods/meals
- Social stigma of food pantries and school backpack program
- School lunches- increasing appeal of healthy foods to youth is challenging

1 2017 Fond du Lac County Community Health Survey  
2 Fond du Lac County Women, Infant, and Children, (WIC) Data  
3 WI DHS 2018  
4 Healthy People 2020

#### Themes from Priority Health Issues Survey:

- Healthy choices are limited at some grocery stores; areas in Fond du Lac County where there is not easy access to healthy foods
- Lack of healthy eating habits may be associated with underlying mental health issue
- Difficulty in making healthy choices at restaurants
- Nutrition education (to help with understand how to make healthier food choices, better manage health conditions, result in a decrease of medication needs for disease management)
- High frequency of bake sales

# Alcohol and Other Drug Use

Alcohol and other drug use means any use of a substance, or uses of substances, that result in negative consequences. This includes a broad array of mood-altering substances that include, but are not limited to, alcohol, prescription substances, and illegal mood-altering substances. Negative consequences or unhealthy uses include, but are not limited to, underage alcohol consumption, binge drinking, operating a motor vehicle while intoxicated, drinking while pregnant, alcohol dependence, alcohol-related hospitalizations, and more. (Healthiest Wisconsin 2020 profile, 2010)

## Local Data



### Alcohol Use

Drank Alcohol in past month.<sup>1</sup>

- **21%** Fond du Lac County (students)
- 33%** Wisconsin (students)
- 68%** Fond du Lac County (adults)



**About 1 in 5 students** reported to have drunk alcohol recently in FDL County.

*Respondents who were in 11th grade, female or with lower academic grades were more likely to report they drank alcohol in the past 30 days. Respondents in 11th grade or with lower academic grades were more likely to report they binged in the past month.*

Binge alcohol use in past month.<sup>1</sup>

- **39%** Fond du Lac County (adults)
- 25%** Wisconsin (adults)
- 17%** U.S. (adults)
- 17%** Healthy People 2020 Goal



**Nearly 2 in 5 adults** reported to have binge drank alcohol recently in FDL County.

*Respondents who were male or 35 to 44 years old were more likely to have binged at least once in the past month.*

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



### Drug Overdose Deaths

Number of drug poisoning deaths per 100,000 population.<sup>2</sup>

- **14** Fond du Lac County
- 16** Wisconsin
- 10** Top U.S. Performers



### Alcohol-impaired driving deaths

Percentage of driving deaths with alcohol involvement.<sup>3</sup>

- **38%** Fond du Lac County
- 36%** Wisconsin
- 13%** Top U.S. Performers

<sup>1</sup> 2017 Fond du Lac County Community Health Survey

<sup>2</sup> 2018 County Health Rankings (CDC WONDER, 2014-2016)

<sup>3</sup> 2018 County Health Rankings (Fatality Analysis Reporting System, 2012-2016)

## What the Community Says:

*\*A complete of the Key Informant Interviews and Priority Health Issues Survey is located in the appendix.*

### Themes from Key Informant Interviews:

#### Barriers/challenges:

- Social acceptance and cultural norm of binge drinking, underage drinking, and alcohol consumption at social event
- Stigma of drug use and alcohol abuse
- Availability of drugs and alcohol
- Navigating the system
- First Operating While Intoxicated OWI offense is seen as a “freebie”
- Lack of mental health care coincides with alcohol and other drug abuse; mental health issues are addressed by self-medicating with alcohol and drugs
- Access to treatment; availability to treatment resources
- Consistent messaging across the county
- Over criminalization and over punishment with drug use; disproportionate representation of drug-related offenses
- Breaking cycles of generational abuse

### Themes from Priority Health Issues Survey:

- Substantial and complex substance use problem in the community
- Need more resources for prevention and treatment of drug use (residential and sober living facilities)
- Need more services for people who do not have adequate insurance coverage or who are at/under poverty level
- Lack of activities that are not connected to consuming alcohol
- Differing perspectives of moderate alcohol consumption and binge drinking
- Social acceptance of drinking at community functions
- Need to address the root cause of substance use and not focus on treating symptoms.

# Chronic Disease Prevention and Management

Chronic diseases are defined as illnesses that last a long time, do not go away on their own, are rarely cured, and often result in disability later in life. Chronic diseases, such as heart disease, stroke, cancer, and diabetes, are leaders in the top causes of death in the Wisconsin and the U.S. Although they are common and costly health problems, they are also preventable due to modifiable health risk behaviors such as physical activity, diet, and alcohol and tobacco use. The goals of chronic disease prevention and management are to prevent disease occurrence, delay the onset of disease and disability, lessen the severity of disease, and improve the health related quality and duration of the individual's life. (Healthiest Wisconsin 2020 profile, 2010)

## Local Data

Health Conditions in the past 3 years <sup>1</sup>	FDL County
Percent of adults reported to have diabetes	7%
Percent of adults reported to have high blood pressure	26%
Percent of adults reported to have high blood cholesterol	27%
Percent of adults reported to have heart disease/condition	9%
Percent of adults reported to have asthma	7%



Respondents who were 45 to 54 years old, married, overweight or smokers were more likely to report high blood cholesterol. Respondents who were 65 and older, overweight, inactive or nonsmokers were more likely to report high blood pressure. Respondents who were 65 and older or inactive were more likely to report heart disease/condition. Respondents 65 and older or in the bottom 40 percent household income bracket were more likely to report diabetes. Respondents who were female, 45 to 54 years old, 65 and older, in the bottom 40 percent household income bracket or unmarried were more likely to report asthma.

Overweight or Obese <sup>1</sup>	FDL County (2017)	WI (2016)	U.S. (2016)	Healthy People 2020 Goal
Overweight (BMI 25+)	73%	67%	65%	66%
Obese (BMI 30.0+)	37%	31%	30%	31%



Respondents who were male, 35 to 44 years old or married were more likely to be classified as at least overweight. Respondents who were 35 to 54 years old, in the bottom 40 percent household income bracket or inactive were more likely to be obese.



### Cancer incidence rate

Number of cases per 100,000 people (age-adjusted).<sup>3</sup>

470.5 Fond du Lac County

467.6 Wisconsin

<sup>1</sup> 2017 Fond du Lac County Community Health Survey

<sup>2</sup> WI DHS Data Query System (2011-2015)

## What the Community Says:

*\*A complete of the Key Informant Interviews and Priority Health Issues Survey is located in the appendix.*

### Themes from Key Informant Interviews:

#### Barriers/challenges:

- Access to care due to multiple factors: limited provider appointment availability, provider specialist shortages, limited insurance coverage, and limited transportation options
- Prescription medications scheduled as easy solution to manage condition; resistance to lifestyle change
- Funding for medications
- Limited access to resources in rural areas; more resources needed for people without insurance; gaps in service for individuals isolated to homes
- Lack of alternative treatment or support options for low-income persons with chronic illnesses
- Over utilization of unnecessary emergency room services
- Patient compliance with medical care

### Themes from Priority Health Issues Survey:

- Tendency to depend on medications to manage chronic conditions versus lifestyle change
- By improving mental and physical health in the community first, then progress can be made in reducing chronic illnesses

# Mental Health

According to the World Health Organization, “Mental health is a state of well-being in which the individual realizes his 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.” (2014)

## Local Data

### Mental Health Condition



reported to have a mental health condition in the past three years.<sup>1</sup>

*Respondents who were female, in the bottom 40 percent household income bracket or unmarried were more likely to report a mental health condition.*

### Stigma



reported that they strongly/slightly agree that “people are caring and sympathetic to persons with mental illness”.<sup>1</sup>



### Considered Suicide

Percentage of adults and youth in FDL County who reported they “considered suicide” in the past year.<sup>1</sup>

**5%** adults

**13%** youth

*Adults- respondents who were female, in the bottom 40 percent household income bracket, unmarried or with a mental health condition were more likely to report this.*

*Students- respondents who were female or with lower academic grades were more likely to report this.*

**98%**

### Treatment works

of adults reported that they strongly/ slightly agree that “treatment can help people with mental illness lead normal lives”.<sup>1</sup>

Self-Inflicted Injury and Death Rates <sup>2</sup>	FDL County	Wisconsin
2017 age-adjusted self-inflicted injury hospitalization rate (per 100,000 population)	40.8 	51.5
2016 age-adjusted death rate by intentional self-inflicted injury/suicide (per 100,000 population)	17.3 	14.6
Number of deaths by suicide (2016)	20	862

<sup>1</sup> 2017 Fond du Lac County Community Health Survey

<sup>2</sup> WI DHS WISH Data Query System (2017)

## What the Community Says:

*\*A complete of the Key Informant Interviews and Priority Health Issues Survey is located in the appendix.*

### Themes from Key Informant Interviews:

#### **Barriers/challenges:**

- Demand for services outweighs supply of providers; provider burn out and high caseloads
- Lack of understanding mental health issues and stigma surrounding mental health
- Access – long wait time between appointments, short appointments, limited services covered with insurance
- Limited services for children and increased needs among student population
- High financial cost and limited funding available for mental health services
- Lack of coping strategies
- Trainings for first responders and in workplace settings
- No long term resources currently available,
- System provides short term solutions, causing for individuals to cycle throughout the system; social system is stressed
- Working in silos or more support needed from other community resources to work collaboratively on the community issue
- Hesitation to explore new opportunities or approaches to address mental health
- Services to meet population specific needs; availability of services in native languages and lack of diversity in provider population, such as to providers for transgender services

### Themes from Priority Health Issues Survey:

- Mental health access; affordability, wait time for appointments, transportation, insurance coverage (Medicare), and lack of quality providers, residential treatment, and sober living facilities
- Need for additional crisis intervention resources; psychologist, psychiatrists, and counselors, especially for youth
- Increase appeal for providers to come and provide care for the Fond du Lac County community
- Need more local mental health services for families
- Stigma contributes to a lack of acceptance of mental health services
- Mental health affects many other areas of health indirectly,
- Loneliness and isolation at all ages; more community gathering places for socialization
- Limited quality mental health services for those who are at/under poverty level

# Oral Health

Oral health is basic to general overall health throughout the life span. It means being free of mouth pain, tooth decay, tooth loss, oral and throat cancer, oral sores, birth defects, gum (periodontal) disease, and other diseases that affect the mouth and surrounding structures. (Healthiest Wisconsin 2020 profile, 2010)

## Local Data

	Fond du Lac County	Wisconsin	U.S.	Healthy People 2020 Goal
Dental Checkup in the past year <sup>1</sup>	69% (2017) 	73% (2016)	66% (2016)	49%
Unmet Dental Care (Household) <sup>1</sup>	19% (2017)			5%

Respondents 35 to 44 years old, with a college education or in the middle 20 percent household income bracket were more likely to report a dental checkup in the past year. Respondents who were in the bottom 40 percent household income bracket or unmarried were more likely to report that someone in their household did not receive the dental care needed.

	Fond du Lac County	Wisconsin
Percent of public water supplies with the recommended amount of fluoride (2013) <sup>2</sup>	89%	
Ratio of population to dentist (2016) <sup>3</sup>	1,520:1 	1,520:1

## What the Community Says:

\*A complete of the Key Informant Interviews and Priority Health Issues Survey is located in the appendix.

### Themes from Key Informant Interviews:

#### Barriers/challenges:

- Lack of local dental providers accepting Medicaid patients
- Childcare and transportation
- Needing to travel outside of county to get check dental ups if using a provider that accepts Medicaid patients

### Themes from Priority Health Issues Survey:

- Affordable dental coverage is a big concern, high cost of insurance
- Local dental providers not accepting Medical Assistance (MA), unless reimbursed at a higher than MA rate
- Lack of affordable dental care options

**1** 2017 Fond du Lac County Community Health Survey

**2** Wisconsin Public Water Supply Fluoridation (2013)

**3** 2018 County Health Rankings (Area Health Resource File, 2016)

## Physical Activity

Physical activity means any bodily activity that enhances or maintains physical fitness and overall health. (Healthiest Wisconsin 2020 profile, 2010) Physical activity is important to maintain and improve overall health. Physical activity continues to be linked with positive health outcomes and can help reduce and manage chronic health conditions. In addition, regular physical activity helps to achieve and maintain a healthy weight and reduce risk for certain health conditions.

### Local Data

Physical Activity in Past Week (students) <sup>1</sup>	FDL County 2017	Wisconsin 2013	U.S. 2013	Healthy People 2020 Goal
Strength training (3 days)	53%		53%	
Seven Days of 60 Minutes of Physical Activity	21%	24%	27%	31.6%

Respondents who were male or not overweight were more likely to report being physically active for at least 60 minutes each day in the past week this. Respondents who were in 10th grade, male, with higher academic grades or who were not overweight were more likely to report exercising to strengthen or tone muscles three or more days in the past week.

Physical Activity in Past Week (Adult) <sup>1</sup>	FDL County 2017
Strength training (3 days)	29%
Moderate activity (5 times a week/ 30 minutes)	43%
Vigorous Activity (3 times a week/ 20 minutes)	32%
Met Recommended moderate or vigorous	54%
Met recommended moderate or vigorous activity and strength training	24%



adults met the recommended amount of physical activity & strength training.

Respondents who were male, 45 to 54 years old, with at least some post high school education or in the top 40 percent household income bracket were more likely to report meeting recommended moderate or vigorous physical activity in the past week.

Access to exercise opportunities <sup>2</sup>	FDL County	Wisconsin	Top US Performers
Percentage of population with adequate access to locations for physical activity (2016)	83%	86%	91%

<sup>1</sup> 2017 Fond du Lac County Community Health Survey

<sup>2</sup> 2018 County Health Rankings

## What the Community Says:

*\*A complete of the Key Informant Interviews and Priority Health Issues Survey is located in the appendix.*

### Themes from Key Informant Interviews:

#### **Barriers/challenges:**

- Cold weather
- Cost prohibitive; cost associated with sports for youth/families
- Fear of falling or underlying health issues
- Technology
- Availability of culturally relevant activities
- Time
- Environment – access to opportunities to be active
- Low rate of students participating in sports

### Themes from Priority Health Issues Survey:

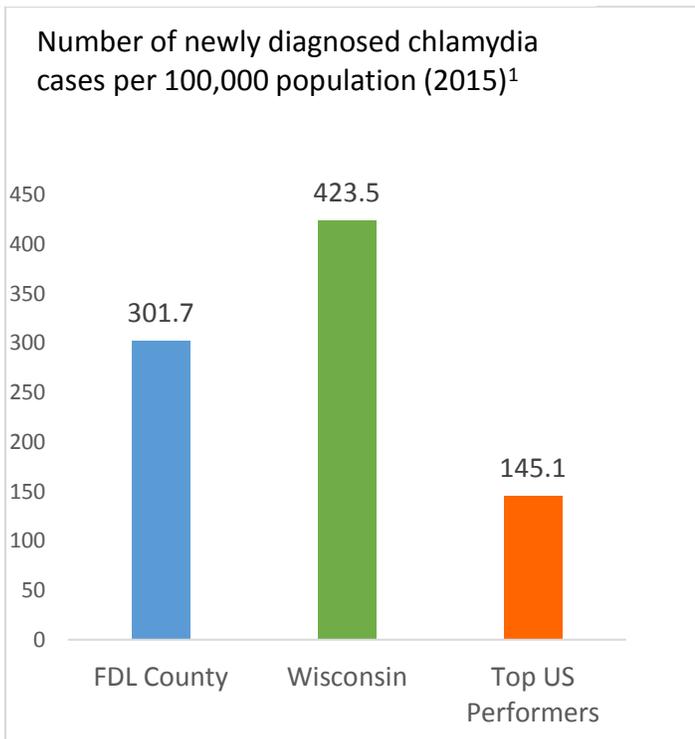
- Time for exercise
- Lack of physical fitness of children
- Better walking/biking trails or paths in and around Fond du Lac
- Cost of fitness centers and proximity and cost for rural population
- Weather – snow and ice in the winter is a barrier to outdoor physical activity and transportation to gyms/activities

# Reproductive and Sexual Health

Access to reproductive and sexual health education and health care across the lifespan is important to maintain sexual health, prevent unintended pregnancies and prevent sexually transmitted diseases/infections. (Healthiest Wisconsin 2020 profile, 2010)

## Local Data

### Sexually Transmitted Infections



### Teen Birth Rate

Number of births per 1,000 female population ages 15-19 (2010-2016)<sup>1</sup>



- 19** FDL County
- 20** Wisconsin
- 15** Top US Performers

### Low Birth Rate

Percentage of births with low birthweight (< 2500 grams) (2016)<sup>2</sup>

- 7.9%** FDL County
- 7.4%** Wisconsin
- 7.8%** Healthy People 2020 Target

## What the Community Says:

\*A complete of the Key Informant Interviews and Priority Health Issues Survey is located in the appendix.

### Themes from Key Informant Interviews:

#### Barriers/challenges:

- Limited sexual health education taught in schools
- Lack of access to specialty services in area

### Themes from Priority Health Issues Survey:

- Lack of family planning clinics in area (loss of Planned Parenthood)
- Difficulty to access birth control/plan pregnancies among low-income population due to lack of resources

**1** 2018 County Health Rankings

**2** WI DHS WISH Data Query System (2016)

# Tobacco Use and Exposure

Tobacco use includes smoking cigarettes and the use of pipes, cigars, smokeless tobacco, e-cigarettes, and vaping products. This focus area also includes preventing tobacco use, providing treatment for tobacco cessation, and protection from secondhand and thirdhand smoke. (Healthiest Wisconsin 2020 profile, 2010)

## Local Data

Adult Tobacco and Vapor Product Use <sup>1</sup>	FDL County 2017	WI 2016	U.S 2016	Healthy People 2020 Goal
Current Smoker (past month)	20% 	17%	17%	12%
Used Smokeless Tobacco (past month)	5% 	4%	4%	
Electronic Vapor Product Use (past month)	4% 	5%	5%	

Respondents who were male, 55 to 64 years old, with a high school education or less or in the bottom 40 percent household income bracket were more likely to report being a smoker. Respondents 45 to 54 years old were more likely to report past month electronic vapor product use. Respondents who were male, 18 to 34 years old or in the top 40 percent household income bracket were more likely to report using smokeless tobacco use in the past month.

Student Tobacco and Vapor Product Use <sup>1</sup>	FDL County 2017	WI 2013	U.S 2015	Healthy People 2020 Goal
Current Smoker (past month)	6% 	12%	11%	16%
Used Smokeless Tobacco (past month)	2% 	8%	7%	
Electronic Vapor Product Use (past month)	11%	-	24%	

Respondents in 11th grade or with lower academic grades were more likely to be smokers. Respondents in 11th grade or with lower academic grades were more likely to use an electronic cigarette in the past month. Respondents who were in 11th grade, male or with lower academic grades were more likely to report smokeless tobacco use.



### Smoking During Pregnancy

Percent of mothers who report smoking during pregnancy (2013-2016)<sup>2</sup>

**16%** FDL County 

**13%** Wisconsin



### Tobacco Sales to Minors

Percent of illegal tobacco sales to minors (2017)<sup>3</sup>

**15.4%** FDL County 

**11.8%** Wisconsin

<sup>1</sup> 2017 Fond du Lac County Community Health Survey

<sup>2</sup> 2018 County Health Rankings

<sup>3</sup> Wisconsin WINS (2017)

## What the Community Says:

*\*A complete of the Key Informant Interviews and Priority Health Issues Survey is located in the appendix.*

### Themes from Key Informant Interviews:

#### **Barriers/challenges:**

- Addiction
- Lack of understanding how harmful vapor products are and how addictive they can be.

### Themes from Priority Health Issues Survey:

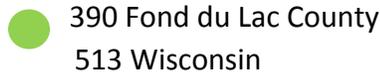
- Youth rates of E Cigarettes use is increasing and with no regulation
- More youth are vaping than smoking cigarettes.

# Injury and Violence Prevention

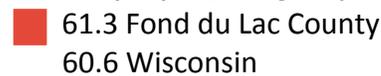
Injuries and violence can be intentional or unintentional. Unintentional injuries are often referred to as accidents despite being highly preventable. Examples include falls, drowning, motor vehicle crashes, suffocation and poisoning. Intentional injuries include those that were purposely inflicted, with the intent to injure or kill someone (including self). Examples include homicide, child maltreatment, sexual assault, bullying and suicide. Injuries are the leading cause of death among Wisconsin people age 1-44 years and are a significant cause of morbidity and mortality at all ages. Though many of these deaths due to injury are unintentional, the majority are also preventable. (Healthiest Wisconsin 2020 profile, 2010)

## Local Data

### Injury hospitalization rate per 100,000 people<sup>1</sup>



### Rate of deaths due to unintentional injury (accidents) per 100,000 people (not age adjusted)<sup>2</sup>

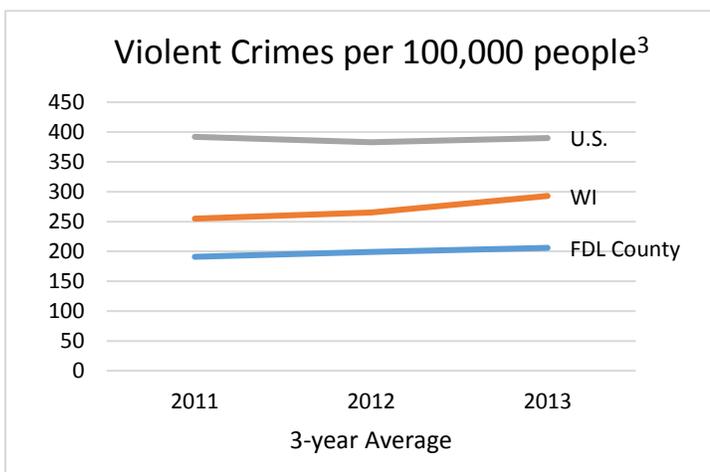


### Top 3 Causes for injury hospitalization (Age-adjusted rate per 100,000 population FDL County)<sup>1</sup>

1. Falls 152.6
2. Poisonings 60.2
3. Motor vehicle traffic crash – occupant 15.6

### Top 5 causes for injury deaths, Fond du Lac County<sup>2</sup>

1. Falls
2. Poisonings
3. Suffocating
4. Firearms
5. Motor Vehicle traffic crash -occupant



Violent crimes are defined as offenses that involve face-to-face confrontation between a victim and perpetrator, including homicide, rape, robbery, and aggravated assault. A community with higher rates of reported violent crimes leads to decreased outdoor healthy behaviors. Fond du Lac County reported 206 violent crimes from 2012 to 2014.

<sup>1</sup> WI DHS WISH Data Query System (2017)

<sup>2</sup> WI DHS WISH Data Query System (2016)

<sup>3</sup> 2018 County Health Rankings

## What the Community Says:

*\*A complete of the Key Informant Interviews and Priority Health Issues Survey is located in the appendix.*

### Themes from Key Informant Interviews:

#### **Barriers/challenges:**

- Injury and violence are connected to mental health issues, alcohol and other drug abuse, and access to care and management of these issues is a barrier
- Change in acceptable behaviors and norms in society, morals and values
- Decline in participation in faith-based organizations
- Increase in gun violence
- Bullying in larger community
- Insufficient resources and support such as the safe shelter, support groups and resources for those impacted by domestic violence

### Themes from Priority Health Issues Survey:

- Concern that crime is on the rise in the community in recent years
- Concern of violence and drug usage
- Untreated mental health issues
- Bullying

# Healthy Growth and Development

Healthy growth and development requires family-centered, community-based, culturally competent, coordinated care and support throughout the life course, including during preconception and prenatal periods. Healthy growth and development in early life have a profound effect on health across the life span. Research studies over the past decade demonstrated the link between early life events and adult chronic diseases and found that babies born at lower birthweights have an increased risk of developing heart disease, diabetes, and high blood pressure in later life. Infants with poor birth outcomes begin life with multiple risk factors that may prevent them from reaching their full health and development potential. (Healthiest Wisconsin 2020 profile, 2010)

## Local Data

**Percent of live births with low birthweights (<2500 grams) (2010-2016)<sup>1</sup>**



▲ 7% FDL County  
7% Wisconsin

**Fourth grade students proficient or advanced in reading (2014-2015)<sup>1</sup>**



● 58% FDL County  
52% Wisconsin



**Percent of births where prenatal care began in first trimester (2017)<sup>2</sup>**

● 79.5% FDL County  
75.8% Wisconsin

**Adults 25-44 with some college or post-secondary education (2012-2016)<sup>1</sup>**



■ 64% FDL County  
68% Wisconsin

## What the Community Says:

*\*A complete of the Key Informant Interviews and Priority Health Issues Survey is located in the appendix.*

### Themes from Key Informant Interviews:

#### Barriers/challenges:

- Lack of support, resource groups, educational activities for parenting – community approach
- Assistance for all income levels
- Youth mental health support
- Support for other facets of community life – job support;
- Health care, childcare, food availability
- Lack of healthy home environments
- Poor lifestyle habits
- Lack of positive role model
- Knowledge of services available to community
- Lack of resources to address isolation/depression
- Stressors such as income

- Lack of knowledge of importance of investing in youth
- Transportation in rural areas – central location of resources

### Themes from Priority Health Issues Survey:

- More resources on parenting;
- Concern for children who do not have supportive families; proactive programs are important
- Need for more education on proper care seat safety; WI meets minimum standards – but falls short of current recommendations; car seat safety check events

<sup>1</sup> 2018 County Health Rankings

<sup>2</sup> WI DHS WISH Data Query System (2017)

# Communicable Disease Prevention and Control

Communicable diseases (infectious diseases) are illnesses caused by bacteria, viruses, fungi or parasites. Examples of a few communicable diseases are Lyme disease, influenza, and whooping cough. Organisms that are communicable may be transmitted from one infected person to another or from an animal to a human, directly or by modes such as airborne, waterborne, foodborne, or vector borne transmission, or by contact with an inanimate object, such as a contaminated doorknob. Communicable disease prevention and control involves the surveillance for and protection from communicable diseases that may result from changes or spread infectious agents. (Healthiest Wisconsin 2020 profile, 2010)

## Local Data

**Percent of population over age 65 that had flu shot in last 12 months (2015-2016)<sup>1</sup>**



**61.5%** FDL County  
**90%** Healthy People 2020 Goal

**Percent of children aged 19 to 35 months that received recommended doses of DTaP, polio, MMR, Hib, hepatitis B, varicella, and pneumococcal (2016)<sup>2</sup>**



**74%** FDL County  
**73%** Healthy People 2020 Goal

Fond du Lac County reported Communicable Diseases	2015	2016	2017
<b>Sexually Transmitted Infections (STI)</b>			
Chlamydia	294	330	316
Gonorrhea	35	104	63
<b>Food/Water Borne Illness</b>			
Campylobacter	33	21	32
Cryptosporidium	18	15	5
E. Coli	1	10	1
Giardia	6	6	11
Salmonella	18	22	24
<b>Vaccine Preventable (except Hep C)</b>			
Pertussis	2	9	5
Hepatitis A	0	0	0
Hepatitis B	1	2	2
Hepatitis C	51	40	34
<b>Tuberculosis (TB)</b>			
Latent disease	12	6	14
Active Disease	2	1	0

## What the Community Says:

\*A complete of the Key Informant Interviews and Priority Health Issues Survey is located in the appendix.

### Themes from Key Informant Interviews:

#### Barriers/challenges:

- Misinformation or myths about vaccines
- Lack of alternate health methods in community
- Perceived lack of susceptibility for pneumonia
- Sexual health education for all age groups

- High rates of STDs in FDL County
- Child vaccination rates

### Themes from Priority Health Issues Survey:

No themes emerged.

<sup>1</sup> DHS (Wisconsin Immunization Registry, 2015-2016)

<sup>2</sup> 2018 County Health Rankings (Wisconsin Immunization Registry, 2016)

# Environmental and Occupational Health

Environmental and occupational health includes the broad and diverse suite of interrelated regulatory and educational programs and services needed in every Wisconsin community to prevent, identify, and mitigate illnesses and injuries resulting from hazards in the natural, built, and work environments. More and more clear associations and linkages are emerging to demonstrate the ways human health is affected by the environments where people live and work. The air we breathe, water we drink, communities where we live and food we eat are increasingly recognized as underlying determinants of health. (Healthiest Wisconsin 2020 profile, 2010) Environmental and occupational health concerns can be described as illnesses and injuries from indoor and outdoor hazards, such as chemicals, contaminated food/water, polluted air, or work hazards.

## Local Data

### Percent of elevated blood lead level among children age 6 and under (2016)<sup>1</sup>



**4.6%** FDL County ●  
**5.0%** Wisconsin

The CDC defines lead poisoning as a blood lead level greater than or equal to 5µg/dL (micrograms per deciliter).

### Percent of housing units built prior to 1950 (2012-2016)<sup>2</sup>



**31%** FDL County ■  
**26%** Wisconsin

This measure is tracked due to older houses that are susceptible to lead or asbestos poisoning.

### Average daily density of fine particulate matter in micrograms per cubic meter (2012).<sup>3</sup>



**9.7** FDL County ■  
**9.3** Wisconsin  
**6.7** Top U.S. Performers

### Percentage of households with at least 1 of 4 housing problems: overcrowding, high housing costs, lack of kitchen facilities, or lack of plumbing facilities.<sup>4</sup>



**13%** FDL County ●  
**15%** Wisconsin  
**9%** Top U.S. Performers

This measure is tracked because poor quality and inadequate housing contributes to health problems such as infectious and chronic diseases, injuries, and poor childhood development.

## What the Community Says:

*\*A complete of the Key Informant Interviews and Priority Health Issues Survey is located in the appendix.*

### Themes from Key Informant Interviews:

#### Barriers/challenges:

- Religious barriers
- Outreach to community for support
- School safe zones/places training
- Lack of non-gender specific bathrooms

### Themes from Priority Health Issues Survey:

- **No themes emerged.**

**1** 2017 WI Environmental Public Health Tracking Program, Fond du Lac County Environmental Health Profile

**2** 2018 County Health Rankings (American Community Survey, 2012-2016)

**3** 2018 County Health Rankings (CDC, 2012)

**4** 2018 County Health Rankings (HUD, 2010-2014)

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## Appendix A: Glossary of Acronyms and Terms

### Glossary of Acronyms and Terms

**Age-Adjusted Rate** - A method of standardization that allows age groups to be compared with each other

**Binge drinking** - four or more drinks on an occasion for females and five or more drinks on an occasion for males.

**CDC** – Center for Disease Control and Prevention

**Prevalence Rate** -The number of individuals who have a particular disease at a fixed point in time

**Rate** -Describes the occurrence of a particular disease in the population over time, usually displayed in units of per 1,000 or per 100,000

**Morbidity** -Another word for disease

**Mortality**- Another word for death

**WISH** – Wisconsin Interactive Statistics on Health

## Appendix B: Summary of Key Informant Interviews

### Summary of Key Informant Interviews

#### Overview

This section summarizes the findings from 20 Key Informant Interviews that were conducted as a part of the 2017 Fond du Lac County Community Health Assessment (CHA). The purpose of the interviews was to collect more in-depth, qualitative information from community experts who can provide valuable insight on pressing health issues in the community.

Key Informants in Fond du Lac County were identified by the Community Health Assessment Task Force members and interviewed by the Fond du Lac County Health Department. Interviews were completed in-person and electronically via questionnaires in February and March 2018. Interview questions were synonymous with the questionnaire (Appendix C) to ensure a consistency in data collection. Interviewees were asked to rank twelve health focus areas from highest to lowest priority, with number one being the top priority health issue to address in Fond du Lac County based on the population served.

#### Interview tool/Questionnaire

Interviewees were asked to rank the 12 health focus areas presented in Wisconsin's State Health Plan from highest to lowest priority, with number one being the top priority health issue to address in Fond du Lac County based on the population their organization serves.

Interviewees were asked the following questions for each of the top four health focus areas they identified:

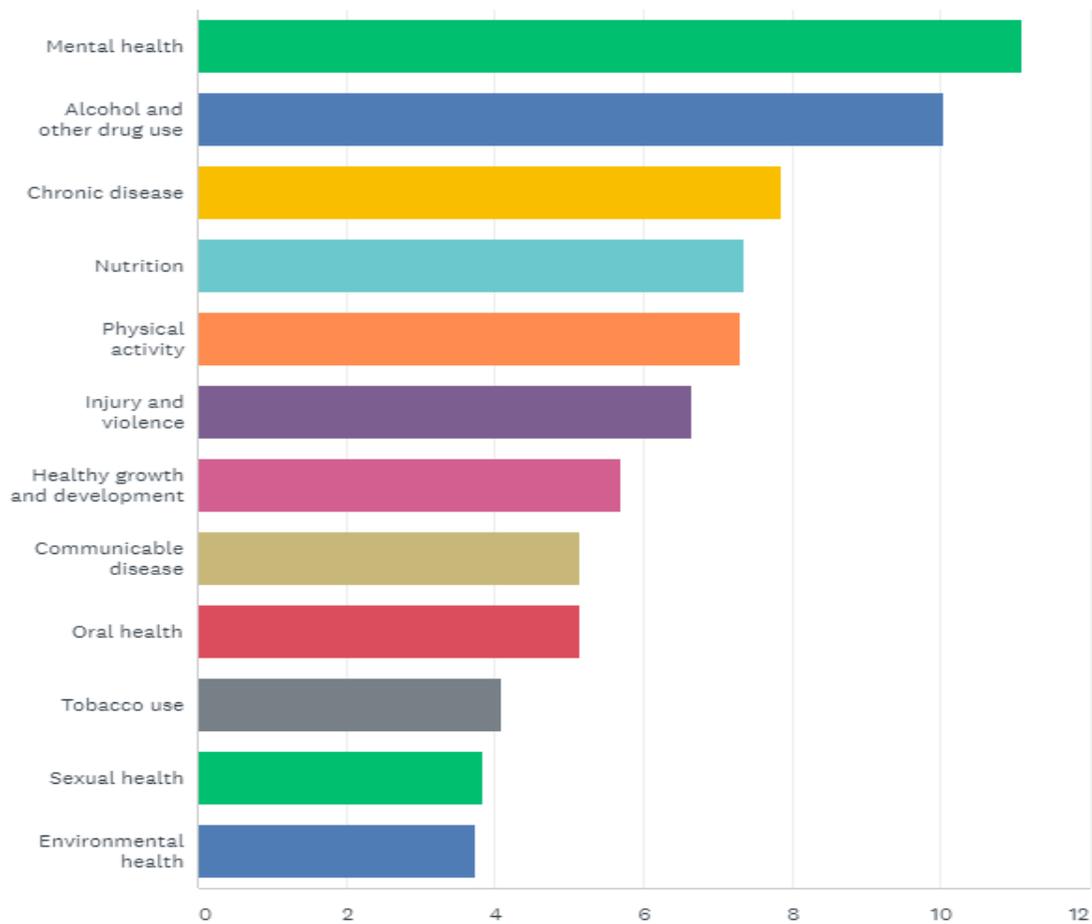
- What are existing strategies to address this health issue? What is working well?
- What are the barriers and challenges in addressing this health issue? What could be done differently?
- What additional strategies are needed to address this health issue?
- Who are the key groups in the community that we could partner with to improve community health and quality of life?
- Is there a subgroup or population where we could target our efforts? (when applicable)

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. This section is the summary of key informant interviews for the 2017 Fond du Lac County Community Health Assessment.

**Limitations:** Twenty key informant interviews were conducted in Fond du Lac County. This summary 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).

## Focus Area Rankings

Figure 1. Ranking of 12 Health Focus Areas by Key Informants



The chart above displays the overall rankings of the 12 health focus areas completed by the 20 key informants. Health focus areas are listed in descending order from most-pressing to least-pressing based on the rankings. Based on the overall rankings, the top five health focus areas ranked most consistently as the most-pressing health priority are: mental health, alcohol and other drug use, chronic disease, physical activity, and nutrition. Environmental health was ranked as the lowest priority most frequently. Health focus areas were weighted by the ranking they received, scoring less if they were ranked lower on the scale and scoring more if they were ranked higher on the scale. Key informants were asked to rank the twelve focus areas 1 through 12, with one being the most-pressing health focus area to address to improve health and twelve being the least-pressing health focus area to improve health.

## Top Five Health Issues

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

1. Mental Health
2. Alcohol and Other Drug Use
3. Chronic Disease
4. Nutrition
5. Physical Activity

Nutrition and physical activity were tied in the ranking for being the fourth most pressing health issue.

## Health Focus Areas Summaries

This section includes a summary of responses for each of the twelve health focus areas. The summaries are based on 20 key informant interviews that were conducted and are not meant to serve as a complete list of Fond du Lac County assets and barriers for each of the health focus areas.

### Mental health

#### Existing Strategies

Key informants named the health care center with 24 beds that requires a 72-hour hold, proactive Crisis Intervention Training (CIT) for Fond du Lac police, active support from law enforcement, collaborations among independent agencies and local health systems, NAMI Fond du Lac County, Fond du Lac County Department of Community Programs, 24-hour emergency hotline, socialization opportunities at senior centers, senior center programs, dementia friendly coalition, several treatment methods for mental health issues in area, employers increasing mental health support services, support groups in the community, The Reporter (newspaper based in Fond du Lac) for media coverage, community partnerships and willingness to work together, Comprehensive Service Integration Fond du Lac County, Inc. (CSI), qualified leadership on coalitions, grant funded program to address suicide prevention focusing on middle-aged men, community-wide focus on trauma-informed care, SHARDS Inc. which provides subsidized mental health services, Treffert Center, Agnesian HealthCare Mental Health Navigators, Healthy Fond du Lac County 2020, Mental Health for Youth First Aid, screening tools (e.g. YScreen, ASQ, ACEs), school and community trainings such as Question, Persuade, Refer (QPR), presence of counselors, social workers, and psychologist at schools, increase in mental health resources by local health systems, and availability of inpatient treatment and opportunities if insured and affordable as strategies to support mental health in the county.

#### Barriers and Challenges:

Key informants mentioned a general misunderstanding of mental illness, stigma, lack of psychiatrists and mental health providers, access to mental health services and providers (long wait time to see provider, long wait time between services, short appointment times, and insurance coverage), high caseloads for providers and provider burn-out, transportation if service is out of town, cost of care, limited resources and funding, alcohol consumption exacerbates mental health issue, no long term resources and solutions in place (breaking the cycle), transgender individuals unable to find provider for services, lack of diversity in provider population, language barriers for services, education on mental illness, access to maintenance mental health care, adverse effects of untreated mental illness (i.e. loss of job, self-harm, addiction issues), some workplaces lack mental health services and support, support for students who have been identified with a mental health issue, high caseload for social workers and psychologist in schools, parent/guardian sign-off for student to receive mental health services at school and connect with additional resources, different approaches in community to address mental health issues and make it challenging to work together, attracting and retaining providers, training for officers and first responders and trainings in the workplace, not willing to explore new opportunities to fix an issue, and limited program funding.

### Additional Strategies Needed

Key informants suggested to address mental health in earlier grade levels such as in middle school, increased screenings for teenagers, care coordination for students and families among school and health centers, timely follow up for people and children in crisis, population-based education on mental health issues, services available and how to navigate them, increase general understanding of mental health, treatment services, and stigma reduction, increase funding and support, explore reason for increase in mental health needs, address provider shortage, increase case management at all levels, incentivize individuals to enter the counseling field, increase community support for underserved populations (low-income, children), increase outreach to different communities in Fond du Lac County, increase trainings for adults through Mental Health for Youth First Aid, adopt universal language for zero suicides, increase provider diversity and languages spoken, increase employer investment in mental health services and programs to improve employee health, address the epidemic of isolation, improve access to more intensive care and assistance, safe zone trainings throughout the community, normalize mental health as an equally important variable to assess regularly, and increase community collaboration in addressing mental health issues.

### Key Community Partners

Key informants suggested the following community partners to improve mental health: NAMI, Agnesian HealthCare, Beacon House, Blandine House, Adult Care Consultants, Berry House, schools, law enforcement, United Way, Social Services, Behavioral Health of local health systems, Fond du Lac County Health Department, faith community, Fond du Lac County Department of Community Programs, independent agencies, CSI members and clients, non-profit organizations, SHARDS Inc., Latinos Unidos, Ebony Vision, United for Diversity, DELT – District Equity Leadership Team of Fond du Lac School District, Humanity Project, Equality Project, LGBTQ+ support groups, Brotherton Indians, Fond du Lac Area Women’s Fund, Fond du Lac Family YMCA, Boys and Girls Club of Fond du Lac, FDL Pride Alliance, and those who work with individuals facing mental health challenges such as clergy, school counselors, physicians, and job agencies.

### Subgroup/population where efforts could be targeted and how efforts could be targeted:

Key informants mentioned this issue affects all and is widespread. Subgroups mentioned where effort may be targeted included children, grades K through 12, African Americans, older adults, individuals who identify as LGBTQ+, women, middle-aged men, veterans and individuals of lower income and have low insurance coverage for mental health or are uninsured. Efforts include affordable care and more help for all people, transportation, and working with school districts to reduce barriers to mental health once they’ve been identified. Additional efforts include working with LGBTQ population and underserved populations to understand needs. Efforts are being targeted at middle-aged men and those identified high at-risk, veterans and individuals who identify at LGBTQ+, with a community collaborative and coordinated approach through a Healthy Wisconsin Partnership Program grant.

### Alcohol and Other Drug Use

Key themes related to alcohol and other drug use include recognition of lack of mental health care coincides with substance use, need for better access to treatment and recovery services, and social acceptance of binge drinking as challenges improving health in this area.

### Existing Strategies

Key informants named inpatient and outpatient treatment and recovery services such as Beacon House and Blandine House, Alcoholics Anonymous and Narcotics Anonymous, Drug Court, Gratitude Club, Department of Community Programs, Agnesian Health Care, and health centers; availability of multiple programs for those who are in need and seek them, Narcan trainings and Narcan availability, Alcohol Tobacco and Other Drug Surveys in select schools, drug drop boxes, law enforcement and community policing, alcohol and tobacco compliance checks, social host ordinance adoption, evidence-based programs in schools, educational campaign “Parents Who Host, Lose The Most”, Drug Free Communities of Fond du Lac County and coordination among public and private sectors, including resource allocation on alcohol and other drug use and strong community partnerships.

### Barriers and Challenges

Key informants mentioned social acceptance of binge drinking and difficulty in ability to influence norms and attitudes towards alcohol use (underage and binge drinking) and drug use, high alcohol outlet density, ease of access to alcohol and drugs, lack of sufficient resources for aging population and lack of treatment and recovery resources for veterans, stigma of drug use, legal barriers, current legislation for drunk driving penalties, vaping and juuling prevalence among youth, general lack of interest among youth to participate in group activities, increasing attendance at AA/NA meetings, opioid prescribing practices in the health care industry, difficulty in accessing treatment, navigating the system, lack of a support system for individuals using a substance, resources are not as readily available for certain populations when ready for change, community partners taking different approaches to address alcohol and other drug use in the County, disconnect among some rural communities, general over criminalization and punishment with illegal drug use in in the justice system, and over policing among minority communities.

### Additional Strategies Needed

Key informants suggested stronger legislation around the consequences of alcohol and drug use, including selling to minors, education on the facts of substance use, strategies are appropriate and culturally sensitive for intended audience, proactive approach with law enforcement, more policies and practices on alcohol reduction, increased access to alcohol and other drug abuse services and programs, increased number providers, need more health insurances to cover addiction and in-patient treatment, prevention education and stigma reduction, alcohol tax, general shift from criminalization to rehabilitation and support, and willingness to try new strategies that have worked in other communities, strategies that help create a culture where alcohol and substance abuse is less socially acceptable, and increase social events and activities in the community that do not permit alcohol use.

### Key Community Partners

Key informants named the following partners to improve community health:

Law enforcement, schools, hospitals, AA/NA, Gratitude Club, schools, colleges and universities, Aurora HealthCare, Agnesian Healthcare/SSM Health, governmental agencies, treatment facilities, Comprehensive Service Integration of Fond du Lac County Inc., Healthy Fond du Lac County 2020, NAMI, Fond du Lac County Department of Community Programs, Life Enforcement program, teenagers, Drug Free Communities Fond du Lac County coalition members, drinking establishments, rural communities, churches, large business community leaders, non-profits, and all sectors of the community.

Subgroup/population where efforts could be targeted and how efforts could be targeted:

Key informants named everyone as this issue crosses all groups and socio-economic levels. It was mentioned that some groups may be affected more by this issue such as low-income neighborhoods where there is a higher alcohol outlet density, vulnerable ages such as middle school youth, and middle aged to older males. To target efforts towards subgroups mentioned it was recommended to use appropriate strategies for the generation targeting and explore and address root causes.

## Chronic disease prevention and management

### Existing Strategies

Primary care, including talking with physicians and registered dietitians, follow up with patients, preventive screenings and managed care, healthcare, Health Risk Assessments that provide rewards to encourage healthier lifestyle (e.g. lower monthly premiums), significant chronic disease and care management programs, education, prevention, qualified and committed health professionals, many dedicated to addressing this issue, providers graded on their management of diseases, and disease prevention is linked to education about healthy eating, exercise, mental health, stress, drug use and preventive exams.

### Barriers and Challenges

Key informants mentioned: difficulty to get an appointment with doctor (access), access proper care (insurance, cost, transportation, support system), medications as easy solution to manage condition, resistance to lifestyle changes, changes in nutrition guidelines and diet recommendations, short diet trends, funding for medications, limited county funding, limited access to resources in rural areas, gaps in services for those isolated to homes, more resources needed for people without insurance and increase in preventive care, patient compliance with medical care, provider specialist shortages, programming to address chronic disease (once diagnosed) is reactive rather than proactive, general lack of understanding illness or disease that was diagnosed, and alternative treatment/support options for low-income persons with chronic illnesses to avoid using emergency room service as a clinic and prevent over-utilization of unnecessary emergency room services.

### Additional Strategies Needed

Increased support for individuals on disability to better manage health, improve education and prevention efforts among populations at higher risks for developing chronic disease, funding to cover costs of preventative care visits, increase understanding of routine care, and long term use of a recommended healthy eating pattern.

### Key Community Partners

Local health systems and health providers, Samaritan Health Clinic, Fond du Lac County Health Department, Fond du Lac County Department of Community Programs, Fond du Lac Area Businesses on Health (FABOH), schools, faith community, senior centers, Fond du lac Family YMCA, Boys and Girls Club of Fond du Lac, churches with a parish nurse program, employers, insurance companies, wellness groups, first responders and community at large is socially responsible.

Subgroup/population where efforts could be targeted and how efforts could be targeted:

Populations served through hospitals were mentioned as a group where efforts could be targeted.

## Adequate, Appropriate, and Safe Food and Nutrition (nutrition)

### Existing Strategies

Key informants named following strategies in place to promote nutrition and food security throughout the county:

*Existing strategies in schools:* healthy food options available, including meal programs (free and reduced school lunch and breakfast), fruit and vegetable programs, backpack buddies (send non-perishable food home with child for weekend), healthy vending machines and snack options, and wellness policies, school gardens, nutrition education included in curriculum, and Physical Education Program grant. Note: not all strategies apply to all school districts in Fond du Lac County.

*Existing strategies in the community:* farmers market, winter farmers market, community gardens, Living Well coalition, food pantries, food drives, meal sites and community agencies addressing food insecurity (such as Salvation Army), Women Infants and Children (WIC) Nutrition Program, FoodShare Nutrition Program, Farmers Market Nutrition Program vouchers, senior meal dining program and home delivered meal program.

### Barriers and Challenges

Key informants named barriers and challenges to food access and healthy eating: staying up-to-date on community food resources, families not making it priority to have sufficient food at home, transportation to food pantries and healthy food options, lack of fresh produce at food pantries, food pantries rely on community donations which may or may not be healthy choices, social stigma with backpack buddies program, cost of healthy food choices, youth access to meals in summertime, school lunches, outreach of nutrition services to homebound individuals, lack of knowledge on healthy food choices, cooking skills, and shopping strategies, access to education on healthy food choices, cooking skills, and meals programs, abundance of fast food options available, and efforts in place and strategies implemented but have not seen reduced rates of overweight or obesity.

### Additional Strategies Needed

Key informants named the following strategies: promotion of resources that are available to families and updated resource list, increased awareness of resource list so it can be utilized; promotion of Community Supported Agriculture (CSA) Produce with a Purpose; nutrition education, available in language and literacy levels appropriate for audience; a way to address FoodShare grace period when income no longer qualifies; cost-effective and evidence-based programs, gardens for families; better the ratio of healthy to less healthy food options available, increased community access to fresh fruits and vegetables; and policies that support healthy food choices.

### Key Community Partners

Key informants named the following partners: Schools, school lunch suppliers, parents, day care facilities, colleges, food pantries or similar agencies, CSA, farmers markets, Envision Greater Fond du Lac, government at all levels, senior centers, healthcare agencies, community organizations, Living Well coalition members, dieticians, hospitals, nursing homes, and medical providers.

Subgroup/population where efforts could be targeted and how efforts could be targeted:

Key informants named everyone, across all groups, as being affected by adequate, appropriate, and safe food and nutrition. Low-income families and individuals were named as a subgroup that experience more challenges and barriers to this health area. It was suggested to engage more consumers in the efforts that are being brought forward and ensure they are culturally sensitive. Efforts could be targeted at schools which have higher rates of students eligible for free and reduced lunches. Efforts could include increased education about healthy food choices for youth and parents and access to healthy food options. Using strategies similar to the back-pack buddies program and addressing summer time challenges were mentioned. It was also mentioned that those aged 50 years and older are a group that could have more efforts to promote nutrition and access to healthy foods and convenience is key.

## Physical activity

### Existing Strategies

Employers and insurance companies incentivize being physically active, Fond du Lac Family YMCA, Fond du Lac Loop trail, 5K events in Fond du lac County, organizations incentivize health club memberships, multiple sectors reinforce and recognize physical activity recommendations and benefits, Living Well coalition and strong community partners at the table, FABOH, Physical Education Program (PEP) grant at Fond du Lac School District, and gyms and exercise rooms available at the schools.

### Barriers and Challenges

Cold weather, time, cost prohibitive, fear of falling or underlying health issues, technology, cost associated with sports for youth and families, lack of active members in coalition, lack of general community awareness of Living Well coalition, activities available in community and in languages spoken, some residents lack environmental opportunities to be active, and low rate of students participating in sports.

### Additional Strategies Needed

Education of benefits of physical activity, increase meaningful connection of being physically active, including intrinsic and extrinsic motivation, increase affordable activities available to the community and affordable, healthy food options, and sustainability plan Living Well Coalition.

### Key Community Partners

Fond du lac Family YMCA, Fond du Lac Area Businesses on Health (FABOH), local health systems and health providers, employers, including healthy workplace employers, schools and athletic departments, Fond du Lac School District Physical Education Program grant, Fond du Lac School District Recreation Department, private and public sectors, and Fond du Lac County.

Subgroup/population where efforts could be targeted and how efforts could be targeted:

Key informants mentioned all populations should be targeted and extra efforts should be made towards lower-income individuals, elderly, persons with disabilities, and gender non-conforming individuals. It was mentioned that efforts should be made to be more inclusive as a whole and to increase engagement with various populations in Fond du Lac County and make culturally responsive efforts.

## Injury and violence

### Existing Strategies

Counselors available in schools and community, School Resource Officers and their positive relationships with youth, bullying prevention policies in schools, community policing, well-trained law enforcement, aggressive District Attorney's office, active shooter trainings, preparedness, education, domestic abuse efforts through ASTOP, Women's fund, and law enforcement, and shared community resources.

### Barriers and Challenges

Some injury and violence issues are connected to mental health issues and alcohol and drug use, access to care for mental health and alcohol and drug abuse, decline in participation in faith-based organizations, lack of family structure, change in acceptable behaviors and norms in society, including morals and values, increase in gun violence, legislative change, bullying in larger community, existing shelters get full rather quickly, lack of adequate support groups and therapeutic resources for those impacted by domestic violence, and addressing multifaceted issues of injury and violence as it relates to alcohol and drug use and mental health.

### Additional Strategies Needed

Addressing mental health challenges and barriers will help address injury and violence, health issues need to be address simultaneously, increase in faith-based communities meeting needs of community members at large; address norms of acceptable versus reported violence, community organizations supporting positive relations among neighborhoods through community events; advocate for programs and policies that address injury and violence issues, funding and quality treatment, and collaborative approaches to breaking cycles of violence.

### Key Community Partners

Faith-based organizations, law enforcement, community coalitions and organizations addressing mental health and alcohol and other drug issues, medical facilities, Fond du Lac Area Women's Fund initiative, schools, Affinity Medical Groups, Latinos Unidos, women's empowerment series ran by Fond du Lac County Department of Social Services, and organizations that serve vulnerable populations such as seniors and persons with disabilities.

### Subgroup/population where efforts could be targeted and how efforts could be targeted:

All populations. Subgroups mentioned include women, youth, and low-income neighborhoods. Efforts include education on domestic abuse for both genders, community policing, community activities, and faith-based organizations for outreach.

## Healthy growth and development

### Existing Strategies

Respondents mentioned activities in the community for youth, school districts, Birth to 3 program, Agnesian Healthcare, Head Start, Supporting Positive Relationship so Our Children Under 6 can Thrive (SPROUT) partnership, Boys and Girls Club of Fond du Lac, Big Brothers Big Sisters Fond du Lac, support groups and agencies in the community which offer mentoring, financial and material support to new moms and parents, school resource officers, and trauma-informed care resources as existing strategies to promote healthy growth and development in the county.

## Barriers and Challenges

Respondents mentioned youth mental health, preventing and addressing instances of childhood trauma, support services for families in employment, healthcare, childcare, and food, lack of healthy home environments, poor lifestyle habits, lack of positive role model, knowing what services are available to community, addressing isolation and depression among families, stressors such as income, lack of knowledge of importance of investing in youth, transportation in rural areas and funding as barriers and challenges to improving healthy growth and development in Fond du Lac County.

## Additional Strategies Needed

Respondents mentioned a community approach and coordination for parenting support, including more educational activities, support groups and resources for parents as a needed strategy to improve health in this area.

## Key Community Partners

Fond du Lac County Health Department, Agnesian HealthCare/SSM Health, Aurora HealthCare, Fond du Lac Area United Way, Family Resource Center, schools, Parent Teacher Organizations, independent agencies, Catholic Charities, Fond du Lac Family YMCA, Boys and Girls Club of Fond du Lac, parents, teachers, law enforcement, SPROUT, 4K sites, Head Start, women's empowerment series, and childcare centers.

## Subgroup/population where efforts could be targeted and how efforts could be targeted:

Key informants mentioned single parent families, parents of children with special needs, low-income families, rural families, minority communities, and middle school aged youth as subgroups. Efforts mentioned include programs outside of school to support middle-school aged youth, increase affordable, quality care, transportation, parenting classes and support groups for families and parents, and to strengthen existing coalitions through shared resources and coordination.

## Communicable disease prevention and control

### Existing Strategies

Local health systems, healthcare facilities, health clinics, Fond du Lac County Health Department, flu clinic and vaccinations, food safety education, public schools, and personal responsibilities such as handwashing.

### Barriers and Challenges

Misinformation about vaccines, flu-shot conversations for families with youth, education about vaccines, lack of alternate health methods in community, perceived lack of susceptibility for communicable disease, ability for parents to easily "opt out" for vaccines, increased amount of people opting out for vaccinations, lack of comprehensive sexual health education in schools, and high rates of sexually transmitted diseases.

### Additional Strategies Needed

Key informants suggested additional efforts to reduce number of youth attending school with flu symptoms and increased education and messaging via social media, news and radio.

### Key Community Partners

Key informants mentioned parents, school districts, local health systems, assisted living facilities, and medical professionals.

Subgroup/population where efforts could be targeted and how efforts could be targeted:

Key informants mentioned those living in assisted living facilities, senior housing and people of all ethnic backgrounds. No strategies were mentioned on how to target efforts.

## Oral health

### Existing Strategies

Key informants mentioned the Save A Smile program, a community resource list of dentist accepting Medicaid patients, and Agnesian HealthCare community assistance.

### Barriers and Challenges

Key informants mentioned a lack of providers in the area accepting Medicaid patients and child care and transportation for dental appointments due to longer travel distance required to visit a dentist that accepts Medical Assistance.

### Additional Needed Strategies

Key informant mentioned awareness and access to oral health.

### Key Community Partners

No comments.

Subgroup/population where efforts could be targeted and how efforts could be targeted:

A key informant mentioned efforts could be target towards the low-income population that does not have dental insurance.

## Tobacco use and exposure

### Existing Strategies

Key informant mentioned smoke-free housing, quit smoking day, and medications to help people quit tobacco use as strategies to improve health in this area.

### Barriers and Challenges

Key informant mentioned addiction, people resuming their smoking addiction after quitting, and a general lack of understanding how harmful and addictive vapor products are as barriers and challenges to this health issue.

### Additional Needed Strategies

Key informant suggested there is more regulation needed on vapor products and more education needed for consumers on this health issue.

### Key Community Partners

5 Counties for Tobacco Free Living Coalition, physicians, health care professionals, and local health systems.

Subgroup/population where efforts could be targeted and how efforts could be targeted:

Key informant suggested that young people are a population that should be targeted but no efforts on how were mentioned.

## Reproductive and sexual health

### Existing Strategies

Key informant mentioned Charis Pregnancy Center, New Beginnings Pregnancy Center, and Aurora HealthCare HIV Specialists as strategies in place to improve reproductive and sexual health.

### Barriers and Challenges

Key informant mentioned limited sexual health education currently being taught and lack of access to specialized services, out of county travel is required.

### Additional Needed Strategies

Key informant suggested teaching comprehensive sexual health education in schools.

### Key Community Partners

Key informant mentioned physicians, Equality Project, and Fond du Lac County Health Department.

### Subgroup/population where efforts could be targeted and how efforts could be targeted:

Key informant mentioned older generations may be a subgroup to target efforts but no comment on how was made.

## Environmental and occupational health

### Existing Strategies

Key informant mentioned Equality Project, community support for equal housing ordinance to include transgender individuals, and LGBTQ+ and Area Association of Commerce partnership on inclusion stickers for local businesses.

### Barriers and Challenges

Key informant mentioned the following as barriers and challenges in relation to individuals who identify as LGBTQ+: religious barriers, outreach to community for support, schools, identifying safe zones, and gender conforming bathrooms.

### Additional Needed Strategies

Key informant suggested the following strategies to improving environmental and occupational health for individuals who identify as LGBTQ+: increase in community outreach for support and increase in safe zone trainings.

### Key Community Partners

Key informant mentioned the Safe Zone program.

### Subgroup/population where efforts could be targeted and how efforts could be targeted:

Key informant named Fond du Lac Schools, UW-Fond du Lac, and older generations as groups where efforts could be targeted but did not comment on how to target efforts.

## Key Informants

Twenty individuals participated in key informant interviews about pressing health issues in the Fond du Lac County community. Key Informants from a variety of organizations participated, gathering an array of perspectives from community experts who serve low-income, minority, and underserved populations and the public.

## Key Informants

Bridgette Amadon, North Fond du Lac School District  
Valerie Barton and Debbie Serwie, ADVOCAP  
Jack Braun, St. Vincent De Paul  
Mike Degere, SSM Health  
Louise Gudex, City of Fond du Lac and County of Fond du Lac Housing Authority  
Dale Hans, NAMI of Fond du Lac County  
Brian Hastings, Memorial Baptist Church  
Dan Hebel, Boys & Girls Club of Fond du Lac  
Amber Kilawee, Fond du Lac Area United Way  
Cathy Loomans, Fond du Lac Senior Center  
Kimberly Mueller, Fond du Lac County Health Department  
Esther Mukand, Department of Senior Services  
Rick Patton, Fond du Lac County Veterans Services  
Marian Sheridan, Fond du Lac School District  
Shavanna Talberts, Fond du Lac School District  
Christopher Szymczak, Equality Project  
Geri Vanevenhoven, Fond du Lac County Department of Community Programs  
Savannah Vang, Hmong Community  
Ryan Waldschmidt, Fond du lac County Sheriff's Office  
Jennifer Walters, Aurora Health Care



**General Questions:**

1. Tell me about your role.
  
2. In general, how would you rate the quality of life in Fond du Lac County for the \_\_\_\_\_ population?                      Poor    Fair    Good    Excellent
  
3. What do you believe are the 2-3 most important characteristics of a healthy community?
  
4. World Health Organization defines health as, “a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity”. How would you define health from your experiences within our community?

Please rank the 12 health focus areas below from highest to lowest priority, with #1 being the top priority health issue to address in Fond du Lac County based on the population you serve.

Healthiest Wisconsin 2020

**WI State Health Plan: 12 Health Focus Areas**

	Adequate, appropriate, and safe food and nutrition
	Alcohol and other drug use
	Chronic disease prevention and management
	Mental health
	Oral health
	Physical activity
	Reproductive and sexual health
	Tobacco use and exposure
	Injury and violence
	Healthy growth and development
	Environmental and occupational health
	Communicable disease prevention and control

We are going to ask you a series of questions for the top 4 most pressing health issues you identified. Please answer the following question for each health issue.

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

What are existing strategies to address this health issue? What is working well? <b>(Strengths)</b>
What are the barriers/challenges in addressing this health issue? What could be done differently? <b>(Challenges)</b>
What additional strategies are needed to address this health issue?
Who are the key groups in the community that we could partner with to improve community health and quality of life?
Is there a subgroup or population where we could target our efforts? (Ex: age, gender, race, ethnicity, low-income, elderly, disabled, neighborhoods, etc.)
If a subgroup is identified, how could we target our efforts towards this subgroup?

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

What are existing strategies to address this health issue? What is working well? <b>(Strengths)</b>
What are the barriers/challenges in addressing this health issue? What could be done differently? <b>(Challenges)</b>
What additional strategies are needed to address this health issue?
Who are the key groups in the community that we could partner with to improve community health and quality of life?

Is there a subgroup or population where we could target our efforts? (Ex: age, gender, race, ethnicity, low-income, elderly, disabled, neighborhoods, etc.)

If a subgroup is identified, how could we target our efforts towards this subgroup?

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

What are existing strategies to address this health issue? What is working well? **(Strengths)**

What are the barriers/challenges in addressing this health issue? What could be done differently? **(Challenges)**

What additional strategies are needed to address this health issue?

Who are the key groups in the community that we could partner with to improve community health and quality of life?

Is there a subgroup or population where we could target our efforts? (Ex: age, gender, race, ethnicity, low-income, elderly, disabled, neighborhoods, etc.)

If a subgroup is identified, how could we target our efforts towards this subgroup?

**Health Issue #4:** \_\_\_\_\_

What are existing strategies to address this health issue? What is working well? **(Strengths)**

What are the barriers/challenges in addressing this health issue? What could be done differently? **(Challenges)**

What additional strategies are needed to address this health issue?
Who are the key groups in the community that we could partner with to improve community health and quality of life?
Is there a subgroup or population where we could target our efforts? (Ex: age, gender, race, ethnicity, low-income, elderly, disabled, neighborhoods, etc.)
If a subgroup is identified, how could we target our efforts towards this subgroup?

## Appendix D: Summary of Priority Health Issues Survey

### Summary of Priority Health Issues Survey

#### Introduction

This section summarizes the findings from the priority health issues survey which was available to the public from March 1, 2018 to March 23, 2018. The purpose of this survey was to gather feedback from the community at large and collect public input on what residents identify as top health concerns in Fond du Lac County. The survey was available in hard copy at the health department and online on the health department's website. The survey was distributed and made available at all public libraries in Fond du Lac County, senior centers, and at community groups. The survey was promoted on social media, in the newspaper, on the radio, and via email to community partners. The survey was available to take in English and Spanish. Residents were encouraged to review key findings from the 2017 Community Health Survey beforehand to provide additional feedback.

#### Interview tool/Questionnaire

Residents were asked to rank the 12 health focus areas, as presented in Wisconsin's State Health Plan, from highest to lowest priority, with number one being the top priority health issue to address and 12 the least-pressing health issue to address in Fond du Lac County.

Residents were asked the following questions in the Priority Health Issues Survey (Appendix D):

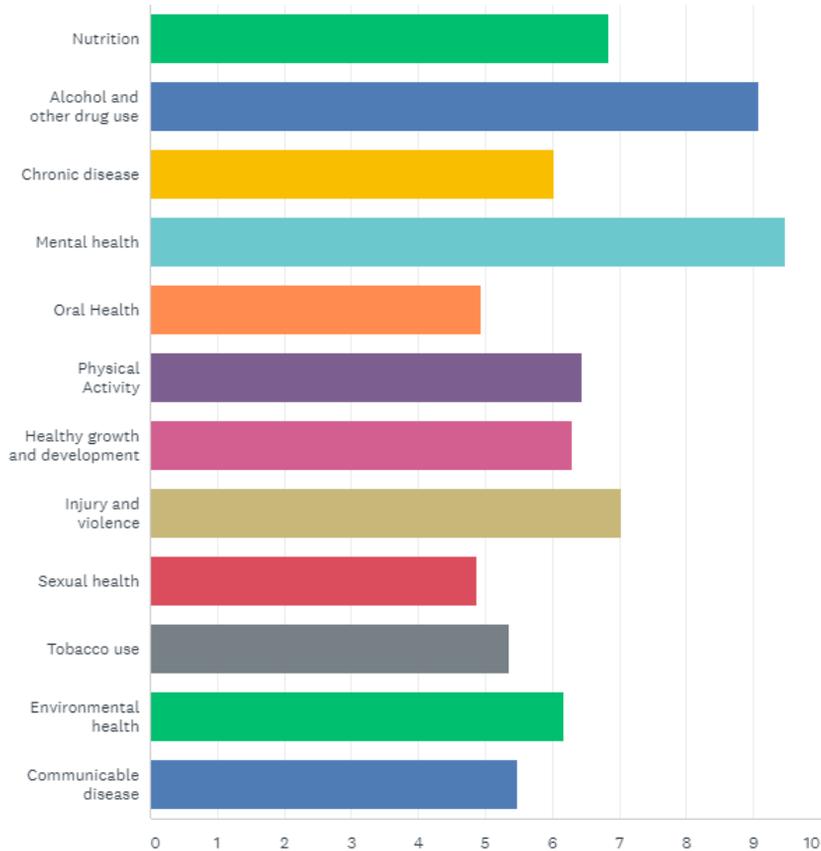
- Please rank the health areas listed below from 1 - 12 in order of biggest to least concern as you see in Fond du Lac County, with #1 will be the most-pressing health issues to address and #12 the least-pressing health issues to address.
- Please share any feedback you have or voice any challenges/difficulties to maintaining or improving health in the areas you identified as top concerns in Fond du Lac County.

All respondents were informed that their participation is voluntary, that their responses will have anonymity, and responses will be part of the 2017 Community Health Assessment. This section is a summary of the 2017 Priority Health Issues Survey.

**Limitations:** 284 residents completed in the Priority Health Issues Survey. The report relies on the views and experiences of a limited number of residents and is not to be generalized as the view of all county residents. Results should be interpreted with caution and in conjunction with other Fond du Lac County data, such as the Fond du Lac County Community Health Survey Report and secondary data.

## Health Focus Area Rankings

Figure 1. Ranking of 12 Health Focus Areas by respondents.



The figure above displays the overall rankings of the 12 health focus areas completed by the 284 residents. Based on the rankings, the top five health focus areas ranked most consistently as the most-pressing health priority are: mental health, alcohol and other drug use, injury and violence, nutrition and physical activity. Reproductive and sexual health was ranked as the least-pressing health area most frequently. Health focus areas were weighted by the ranking they received, scoring less if they were ranked lower on the scale and scoring more if they were ranked higher on the scale. Participants were asked to rank the twelve focus areas 1 through 12, with one being the most-pressing health focus area to address to improve health and twelve being the least-pressing health focus area to improve health.

### Top Five Health Issues

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

1. Mental Health
2. Alcohol and Other Drug Use
3. Injury and Violence
4. Nutrition
5. Physical Activity

## Health Focus Areas Summaries

This section includes a summary of themes that emerged based on responses for each of the twelve health focus areas and single outlying comments were not included. This summary is not meant to be generalized as the view of all Fond du Lac County residents and should be interpreted in conjunction with other community health assessment data.

### Mental health

Respondents mentioned the following challenges and difficulties to improving mental health in Fond du Lac County: difficulty in accessing mental health services, including long wait time to see a provider and between appointments, adequate insurance coverage for needed services, lack of appropriate resources and quality services, and navigating the system. Additional barriers to accessing mental health services are cost, transportation, and homelessness, as those in need may not have basic needs met. Lack of appropriate services for the aging population, youth, those living under the poverty level, and services to address isolation, loneliness, and substance use. Another challenge is a lack of mental health providers, for youth and adults, high provider caseloads, and attracting and retaining mental health professionals in the area. Respondents mentioned stigma surrounding mental health as a barrier and that mental health needs often coincide with substance use, tobacco use, and violence.

### Alcohol and Other Drug Use

Respondents mentioned the following challenges and difficulties to decreasing alcohol and other drug use rates in Fond du Lac County: alcohol and drug problem is a complex issue that is multifaceted, social acceptance of binge drinking, varying perception of moderate alcohol consumption, rising rates of opioid and drug use, lack of resources for prevention and treatment, need for more residential and sober living facilities, lack of services for those with inadequate insurance coverage or who are at/under poverty level, long term drug court and drug treatment is a need, drug education in schools, accessible and affordable alcohol and other drug treatment for all, and alcohol drug use influences other areas of health, such as loss of employment, mental health issues, and crime.

### Chronic disease prevention and management

Respondents mentioned following challenges and difficulties to improving chronic disease prevention and management: improving mental and physical health will lead to improvements in chronic disease prevention and management, lifestyle changes are a challenge and there is dependence on medications to manage chronic disease.

### Adequate, Appropriate, and Safe Food and Nutrition (nutrition)

Respondents mentioned the following challenges and difficulties in improving adequate, appropriate, and safe food and nutrition in Fond du Lac County: areas in Fond du Lac County where healthy food options are limited, and access to health and nutrition education.

### Physical activity

Respondents mentioned the following challenges and difficulties to improving physical activity: access to fitness centers with barriers being cost and transportation, time, weather in wintertime, improved safety on trails and additional walking and biking paths around Fond du Lac.

### Injury and violence

Respondents mentioned the following challenges and difficulties to improving health in the area of injury and violence: recent rise in crime and violence surrounding drug use.

### Healthy growth and development

Respondents mentioned following challenges and difficulties to improving healthy growth and development: increase access to resources on parenting and support for families with young children.

### Communicable disease prevention and control

No themes emerged.

### Oral health

Respondents mentioned following challenges and difficulties to improving oral health: access to dental care for individuals who receive medical assistance or have no dental insurance with barriers including cost and lack of dental providers accepting medical assistance.

### Tobacco use and exposure

No themes emerged.

### Sexual and reproductive health

Respondents mentioned the lack of family planning clinics in the area as a barrier to accessing affordable reproductive and sexual health resources and services.

### Environmental and occupational health

No themes emerged.

# Appendix E: Priority Health Issues Survey Tool

## PRIORITY HEALTH ISSUES SURVEY



### 2017 - FOND DU LAC COUNTY



Image retrieved from www.fdlloop.com

Please rank the health areas 1 -12, with #1 being the most pressing health area to address and #12 the lowest, in order to improve health and well-being of Fond du Lac County residents.

 <b>ACCESS HEALTHY FOODS</b> <input type="checkbox"/>	 <b>HEALTHY MOMS, BABIES, AND KIDS</b> <input type="checkbox"/>
Being able to get enough food to not go hungry. The foods available to eat are safe and include a variety of grains, vegetables, fruits, protein and dairy.	Moms have support for a health pregnancy, one goal being to give birth to a baby at a healthy weight. Babies and children are able to reach developmental milestones as they grow and get help as needed.
 <b>ALCOHOL AND DRUG USE</b> <input type="checkbox"/>	 <b>INJURY AND VIOLENCE</b> <input type="checkbox"/>
Drinking more alcohol than recommended, while under age, during pregnancy, or before or while driving a vehicle. Illegal drug use includes smoking marijuana, using pain killers as not prescribed, etc.	Amount of crime, intentional injuries (slapped, hit, threatened), and accidental injuries (falls, poisonings, crashes) in our community. Could they have been prevented?
 <b>CHRONIC DISEASE</b> <input type="checkbox"/>	 <b>SEXUAL HEALTH</b> <input type="checkbox"/>
A type of sickness that lasts a long time and does not go away on it's own or completely. Examples include: heart disease, stroke, cancer, diabetes, asthma, arthritis, and more.	Able to get education, resources, and services needed to be in control of pregnancies (i.e. birth control and condoms) and prevent and/or treat sexually transmitted diseases (i.e. HIV, Chlamydia).
 <b>MENTAL HEALTH</b> <input type="checkbox"/>	 <b>TOBACCO USE</b> <input type="checkbox"/>
Able to see and cover the cost of a mental health provider if needed. Mental health includes depression, anxiety, emotional problems, and suicide rates.	Use of cigarettes, e-cigarettes, smokeless tobacco, and cigars. Teens and youth smoking under 18 years of age; smoking during pregnancy; breathing in second-hand smoke.
 <b>ORAL HEALTH</b> <input type="checkbox"/>	 <b>HEALTHY ENVIRONMENT</b> <input type="checkbox"/>
Able to see a dentist and cover the cost of going to a dentist if needed.	Safe place to live, work, and play. Safe water to drink, places to eat, air to breath, outdoors to explore, and roads/paths to travel.
 <b>PHYSICAL ACTIVITY</b> <input type="checkbox"/>	 <b>SICKNESSES THAT CAN SPREAD</b> <input type="checkbox"/>
Opportunities to be active/exercise in your environment. Children play 60 minutes a day and adults move 30 minutes/5 days a week to be at a healthy weight for their height.	People help prevent the spread of germs or sicknesses. For example, by: washing hands, handling food properly, getting flu shots, getting vaccinated, preventing tick bites, and more.

**PRIORITY HEALTH ISSUES SURVEY**

**2017 - FOND DU LAC COUNTY**

Please share any feedback you have or voice any challenges/difficulties to maintaining or improving health in the areas of health you identified as top concerns in Fond du Lac County.

If you felt anything was missing from the health area options provided, please describe:

If you are interested in future opportunities to learn more about the priority health needs in Fond du Lac County, please provide an email or phone number below. An event will be held later this year.

Do you LIVE in Fond du Lac County? (circle one)      YES              NO

Do you WORK or go to SCHOOL in Fond du Lac County? (circle one)      YES              NO

Thank you for your feedback!



## Appendix F: Inventory of Community Assets & Resources

### List of Identified Community Assets to Address Priority Concerns

The following is a list of assets and resources in Fond du Lac County that are already in place to help address the priority health concerns identified by the Healthy Fond du Lac County 2020 Steering Committee. The priority concerns are mental health, alcohol and other drug abuse, and nutrition and physical activity. This list is not intended to be all-inclusive.

#### Mental Health

Service Name	Contact Information	Description
<b>Fond du Lac County Health Department</b>	www.fdlco.wi.gov 160 South Macy Street 3rd Floor Fond du Lac, WI 54935 (920) 929-3085	Improves lives by preventing disease, protecting the community, and promoting healthy living for all. M – F: 8 am- 4:30 pm.
<b>Crisis Intervention</b>	459 East 1st Street Fond du Lac, WI (920) 929-3535	Available 24 hours per day, 7 days per week. Walk In Crisis Intervention Services.
<b>Solutions Center</b>	www.solutionfdl.com 39 North Sophia Street Fond du Lac, Wisconsin Crisis line: (920) 923-1700 (800) 852-9571 Offices: (920) 923-1743	Solutions Center offers a multitude of services to those dealing with domestic abuse and homelessness. Domestic Violence Shelter: (920) 923-2880 Men's Shelter: (920) 922-8122
<b>Runaway Hotline</b>	www.1800runaway.org (800) 786-2929	24 hour hotline for children who have run away, or are considering running away.
<b>National Hopeline Network</b>	(800) 784-2433	The Hopeline links callers to a certified crisis center nearest the caller's location.
<b>National Suicide Prevention Lifeline</b>	(800) 273-8255	Suicide prevention and mental health crisis care. For Veterans: Dial then press 1.
<b>St. Agnes Hospital Behavioral Health Services/ Outpatient Mental Health Services</b>	430 East Division Street Fond du Lac, WI 54935 (920) 929-1200	Mental health professionals provide assessment/ treatment for depression, anger, anxiety and stress management, eating disorders, child and adult behavioral disorders, attention deficit disorders, relationship issues and other areas.
<b>Bereavement Center &amp; Grief Relief</b>	1161 West Johnson Street Fond du Lac, WI 54935 (920) 907-3940	Groups offered on specific topics in some groups (such as loss of a spouse or a child) and offer groups for children and teens.

## Mental Health Continued

Service Name	Contact Information	Description
<b>Comprehensive Service Integration of Fond du Lac County (CSI)</b>	www.csifdl.org 72 West 9th Street Fond du Lac, WI 54935 (920) 906-6700 ext. 4703	Outlines available mental health resources in Fond du Lac County. Provides information to help locate the right mental health provider for the client, including insurance coverage.
<b>ASTOP (Assist Survivors/ Treatment/ Outreach/ Prevention)</b>	21 South Marr Street Fond du Lac, WI 54935 (920) 926-5395 Crisis Line: (920) 926-5395 24 hour crisis: (800) 418-0270	Professional staff provides counseling, prevention education, client advocacy services, and medical advocacy services for survivors. All services are free of charge.
<b>Catholic Charities</b>	191 South Main Street Fond du Lac, WI 54935 (920) 923-2550	Provides certified outpatient mental health center and family/individual/couple counseling. Tu & Th: 9am- 5pm for appointments.
<b>Domestic Violence Services – Agnesian Healthcare</b>	21 South Marr Street Fond du Lac, WI 54935 24/7 line: (920) 926-4207 Crisis Line: (920) 926-4290	Provides counseling, treatment programs, advocacy, support and education to individuals who experience domestic violence.
<b>Kathleen Morgan, ATR, LPC</b>	481 East Division Street Suite 400 Fond du Lac, WI 54935 (414) 708-4388	A licensed registered art therapist and licensed professional counselor. She works one-on-one in talk therapy, offers group therapy, classes and art therapy.
<b>Lutheran Social Services</b>	74 South Main Street Suite 103 Fond du Lac, WI 54935 (920) 730-1321	Counseling for children, adolescents, adults, couples and families; specializing in mental health and family issues.
<b>SHARDS INC.</b>	www.shardsinc.org/ 645 Forest Avenue Fond du Lac, WI 54935 (920) 204-6570	Serves the uninsured and underinsured in Fond du Lac County and the surrounding areas by facilitating affordable mental health services.
<b>Coordinated Family Services Program (CFSP)</b>	87 Vincent Street Fond du Lac, WI 54935 (920) 929-3919	Provides intensive services to families with children who have severe emotional disabilities.
<b>Acute Psychiatric Unit</b>	459 East 1st Street Fond du Lac, WI 54935 (920) 929-3513	A licensed specialty psychiatric hospital, providing 24 hour structured inpatient treatment within a locked setting.
<b>University of Wisconsin-Extension: Family Living Program</b>	400 University Drive Room 227 Fond du Lac, WI 54935 (920) 929-3170	Provides education in building family strengths, focusing on parenting, money management, youth development, health and diet concerns.

## Mental Health Continued

Service Name	Contact Information	Description
<b>National Alliance on Mental Illness (NAMI)</b>	<a href="http://namifonddulac.org/">http://namifonddulac.org/</a> 21 East 2nd Street Fond du Lac, WI 54935 (920) 979-0512	Empower those young and old affected by mental illness and reduce stigma through support, education and outreach.
<b>SOS (Survivors of Suicide) Group</b>	<a href="http://www.communityforhope.org">www.communityforhope.org</a> 401 West Fond du Lac Avenue Ripon, WI 54971	Held in Immanuel United Methodist Church first Thursday of the month 6:30 - 8:30 pm.
<b>Comprehensive Community Services Program (CCS)</b>	459 East 1st Street Fond du Lac, WI 54935 (920) 929-3565	For adults and children living with mental health or substance abuse diagnoses which interferes with or limits major life activities.
<b>Friendship Corner</b>	<a href="http://www.namifonddulac.org">www.namifonddulac.org</a> 21 E 2nd Street Fond du Lac, WI 54935 (920) 266-8447	Provides a safe, supportive place for individuals recovering from mental illness to go and gain peer support and friendship. M- Sat: 10 am - 4 pm.
<b>FDL Senior center</b>	151 East First Street Fond du Lac, WI (920) 322-3630	A community focal point and meeting place for people 50 and over. Activities range from social and recreational to educational and travel.
<b>Dementia Friendly Coalition</b>	<a href="http://www.dementiafriendlyfdl.com">www.dementiafriendlyfdl.com</a> (920) 322-3632 <a href="mailto:dementiafriendlyfdl@gmail.com">dementiafriendlyfdl@gmail.com</a>	Works with area businesses to provide employees with specialized training to help them work with customers that may have dementia.
<b>The Reporter</b>	<a href="http://www.fdlreporter.com">www.fdlreporter.com</a> N6637 Rolling Meadows Drive Fond Du Lac, WI 54936 (920) 922-4600	Newspaper based in Fond du Lac for media coverage.
<b>Treffert Center</b>	<a href="http://www.treffertway.com">www.treffertway.com</a> 371 East 1st Street Fond du Lac, WI 54935 (920) 907-3967	K-6 community-engaged public charter school open to all children to provide endless possibilities for the exceptional learner.
<b>Beacon House (women)</b>	<a href="http://www.beaconhousefdl.org">www.beaconhousefdl.org</a> 166 South Park Avenue Fond du Lac, WI 54935 (920) 923-3999	Residential treatment facility for recovering alcohol and/or drug dependent women. Children under 10 years of age may remain with their mother while she stays.
<b>Berry House</b>	178 Sixth Street Fond du Lac, WI 54935 (920) 922-8580	Provides services to those diagnosed with a mental illness and chemical dependency. Dual-diagnosis or mental health needs only; not for those with only AODA needs.
<b>Blandine House (men)</b>	<a href="http://www.blandinehouse.org">www.blandinehouse.org</a> 25 North Park Avenue Fond du Lac, WI 54935 (920) 922-9487	AODA Residential Treatment Facility. For adult males who have completed detoxification and are over 18 years of age. 24 Hours a Day, 7 Days a Week.

## Mental Health Continued

Service Name	Contact Information	Description
<b>Adult Care Consultants</b>	272 North Main Street Fond du Lac, WI 54935 (920) 322-6481	Specializing in community integration for adults and children with mental health needs.
<b>United Way</b>	74 South Main Street Suite 201 Fond du Lac, WI 54935 (920) 921-7010	Focused on the building blocks for a good life.
<b>FDL County Department of Community Programs (DCP)</b>	459 East First Street Fond du Lac, WI 54935 (920) 929-3500 24 Hour Hotline: (920)929-3535	Outpatient mental health services, including individual and group counseling for children/ adolescents/ adults, marital counseling and mediation intervention.
<b>District Equity Leadership Team of Fond du Lac School District (DELT)</b>	www.ebonyvisionfdl.org (920) 744-5169	This team consist of various employees of the FDL School District, parents and community entities and the core issue is addressing race. Partner with Ebony Vision.
<b>Fond du Lac Area Women’s Fund</b>	www.fdlwomensfund.com 116 North Main Street P.O. Box 1171 Fond du Lac, WI 54935 (920) 322-8778	Promotes positive change in the lives of Fond du Lac area women and girls by education, leadership development, financial self-sufficiency, safety, dignity and freedom from violence.
<b>Fond du Lac Family YMCA</b>	www.fdlmca.org 90 West 2nd Street Fond du Lac, WI 54935 (920) 921-3330 Fax: (920) 921-3376	Programs that build a healthy spirit, mind and body for all, our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and a community comes together for the common good.
<b>Boys and Girls Club of Fond du Lac</b>	76 West 2nd Street Fond du Lac, WI 54935 (920) 924-0530	Empowers all young people to reach their full potential as productive, caring, responsible citizens through academic, social and emotional support.
<b>Department of Social Services</b>	87 Vincent Street Fond du Lac, WI 54935 (920) 929-3400	Provides innovative services to promote self-sufficiency and quality of life. Mon-Fri: 8 am-4:30 pm.
<b>LGBTQ+ Support Groups</b>	Paul Clark: (920) 926-4382 Leann Vice-Reshel: (920) 926-4428	Confidential support group for adults 18 and older who identify with the lesbian, gay, bisexual, transgender, queer (LGBTQ) community, and/or seeking support surrounding their sexual orientation.

## Alcohol and Other Drug Abuse

Service Name	Contact Information	Description
<b>Crisis Intervention</b>	459 East 1st Street Fond du Lac, WI 54935 (920) 929-3535	Available 24 hours per day, 7 days per week. Walk In Crisis Intervention.
<b>2-1-1 United Way</b>	<a href="http://www.211now.org">www.211now.org</a> dial 211	24/7 information and referrals.
<b>Beacon House (women)</b>	<a href="http://www.beaconhousefdl.org">www.beaconhousefdl.org</a> 166 South Park Avenue Fond du Lac, WI 54935 (920) 923-3999	Residential treatment facility for recovering alcohol and/or drug dependent women. Children under 10 years of age may remain with their mother while she stays.
<b>Berry House</b>	178 Sixth Street Fond du Lac, WI 54935 (920) 922-8580	Provides services to those diagnosed with a mental illness and chemical dependency. Dual-diagnosis or mental health needs only; not for those with only AODA needs.
<b>Blandine House (men)</b>	<a href="http://www.blandinehouse.org">www.blandinehouse.org</a> 25 North Park Avenue Fond du Lac, WI 54935 (920) 922-9487	AODA Residential Treatment for adult males who have completed detoxification and are over 18 years of age.
<b>Mahala's Hope</b>	<a href="http://www.mahalashope.com">www.mahalashope.com</a> N4590 US Highway 45 Eden, WI 53019 (920) 904-0444	Offers substance abuse and trauma programs using nature-based and equine therapy methods to promote change and recovery. Programs available for women, men and teens.
<b>Alcoholics Anonymous (AA)</b>	Helpline: (920) 922-7512 <a href="http://www.aa.org">www.aa.org</a> <a href="http://www.area75.org/meetings.html">www.area75.org/meetings.html</a>	Provides support for people with alcohol problems. Provides a safe environment for people in recovery.
<b>Gratitude Club</b>	<a href="http://gratitudeclub.net">gratitudeclub.net</a> 295 Ruggles Street Fond du Lac, WI 54935 (920) 921-0143	The club is open to all interested in recovery. Offers meeting rooms and fellowship for a variety of 12-Step programs.
<b>Narcotics Anonymous (NA)</b>	Helpline: (866) 635-2254 <a href="http://www.na.org">www.na.org</a> <a href="http://www.wisconsinna.org">www.wisconsinna.org</a> <a href="http://www.iluana.org/meetings">www.iluana.org/meetings</a>	Recovering addicts who meet regularly to help each other stay clean.
<b>Drug Court</b>	Sarah Shockley, DC Coordinator 459 East 1st Street Fond du Lac WI 54935 920-929-3568 920-929-3500	A three Phase Intervention program for adults involved in the Criminal Justice System due to non-violent, drug/alcohol motivated offenses, who have a difficulty remaining clean and sober.
<b>Al-Anon</b>	<a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>	Support group for friends and relatives who meet to help themselves and others overcome the frustration caused by living with an alcoholic.

## Alcohol and Other Drug Abuse Continued

Service Name	Contact Information	Description
<b>Al-Ateen</b>	<a href="http://www.al-anon.alateen.org">www.al-anon.alateen.org</a>	Support group discussing difficulties in living with an alcoholic family member and to learn effective ways to cope with the problems caused by alcoholism.
<b>NAR-Anon</b>	<a href="http://www.nar-anon.org">www.nar-anon.org</a>	Family Groups are for those affected by someone else's addiction. As a twelve step program offers help by sharing our experience, strength, and hope.
<b>Families United</b>	<a href="http://www.facebook.com/familiesunited">www.facebook.com/familiesunited</a> 315 Eureka Street Ripon, WI 54971	A support group open to anyone who has been affected by addiction. To provide education, support and hope for the future.
<b>SMART Recovery</b>	<a href="http://www.smartrecovery.org">www.smartrecovery.org</a> (866) 951-5357	Offer meetings for self-management and recovery training.
<b>Celebrate Recovery</b>	<a href="http://www.celebraterecovery.com">www.celebraterecovery.com</a> 46 North Main Street Fond du Lac, WI 54935 (920) 913-3311	A Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind.
<b>C.A.R.E (Community Awareness and Recovery Environment)</b>	<a href="http://www.carefordc.org/">www.carefordc.org/</a> 900 Greenvalley Road Suite 2 Beaver Dam, WI 54916 (920) 631-7155	Bring awareness and education to Dodge County and its neighboring communities about substance use disorders.
<b>FDL County Department of Community Programs (DCP)</b>	459 East First Street Fond du Lac, WI 54935 (920) 929-3500 24 Hour Hotline: (920)929-3535	Alcohol and drug abuse counseling services including individual counseling for adolescents, adults, and families, group counseling, recovery groups.
<b>SSM Agnesian Behavioral Health</b>	430 East Division Street 5th Floor Fond du Lac, WI 54935 (920) 926-4200	Detox (inpatient) for up to 72 hours, residential treatment services, day treatment program, intensive outpatient program (IOP), relapse prevention group and one-on-one counseling.
<b>Agnesian HealthCare Samaritan Clinic</b>	St. Agnes Hospital 430 East Division Street Fond du Lac, WI 54935 (920) 926-4841  Waupun Memorial Hospital 620 West Brown Street Waupun, WI 53963 (920) 324-6540 (Waupun)	Provides quality healthcare to the uninsured/low income patients within these counties and to be a force for a healthier community.

## Alcohol and Other Drug Abuse Continued

Service Name	Contact Information	Description
<b>ARC Community Services</b>	www.arccommserv.com 27 3rd Street Suite B Fond du Lac, WI 54935 (920) 907-0460	Provides women-specific AODA treatment, parenting education, counseling, trauma and grief education, case management, job-readiness skills, budgeting/ money management and day treatment. 24 Hour Crisis Intervention.
<b>Premier Care of Wisconsin</b>	23 West Scott Street Fond du Lac, WI 54935 (920) 926-0101	Medication assisted opioid addiction treatment (methadone or suboxone). Behavioral health services and crisis intervention.
<b>Veteran's Outreach &amp; Recovery Program (VORP)</b>	(920) 226-9898	Connect Veterans to community services, provide case management and support, with a special focus on treatment and recovery.
<b>Salute the Troops, FDL</b>	www.salutethetroopswi.org 54 East 1st Street Fond du Lac, WI 54935 (920) 322-3291	Focused on supporting, assisting and raising funds to help Veterans and their families in Fond du Lac & Sheboygan Counties.
<b>Drug Free Communities of Fond du Lac County</b>	www.drugfreefdl.com www.csifdl.org 72 West 9th Street Fond du Lac, WI 54935 (920) 906-6700 Ext. 4704	A collaboration of agency and community members, who have come together to address the growing problem of substance abuse in our community. Host "Parents Who Host, Lose The Most" Campaign.
<b>Aids Resource Center of Wisconsin (ARCW)</b>	633C West Wisconsin Avenue Appleton, WI 54911 (920) 733-2068 / (800) 773-2068	Provide HIV prevention, care and treatment. For local Narcan Trainings visit: <a href="http://www.fdlco.wi.gov">www.fdlco.wi.gov</a>
<b>Drug Drop Boxes</b>	www.drugfreefdl.com (920) 906-6700, ext. 4704	List of Fond du Lac County Drug Drop Box Locations
<b>City of FDL Police Dept.</b>	126 North Main Street Fond du Lac, WI 54935 Phone: (920) 322-3700 Fax: (920) 322-3701	To request an officer, please call the Dispatch Center at (920) 906-5555. Crime Alert: (920) 322-3740
<b>Comprehensive Service Integration of Fond du Lac County (CSI)</b>	www.csifdl.org 72 West 9th Street Fond du Lac, WI 54935 (920) 906-6700 ext. 4703	Outlines available mental health resources providing information to help locate the right mental health provider for the client, including insurance coverage.
<b>National Alliance on Mental Illness (NAMI)</b>	namifonddulac.org 21 East 2nd Street Fond du Lac, WI 54935 (920) 979-0512	Empower those young and old affected by mental illness and reduce stigma through support, education and outreach.
<b>Life Enforcement program</b>	PO Box 503 Fond du Lac, WI 54936 (920) 933-4589 <a href="mailto:contact@lifeenforcement.com">contact@lifeenforcement.com</a>	To inspire and guide our community member's passion and focus it on purposeful Selfless Acts of Kindness.

## Nutrition

Service Name	Contact Information	Description
<b>Fond du Lac School District</b>	www.fonddulac.k12.wi.us 72 West 9th Street Fond du Lac, WI 54935 (920) 929-2900	Offers free or reduced lunches for those who qualify. Healthy vending machines and snack options. School gardens and nutrition education. Wellness policies.
<b>UW-Extension's FoodWise Program</b>	400 University Drive Room 227 Fond du Lac, WI 54935 (920) 929-3170	Serves families and individuals with limited incomes in Fond du Lac and Sheboygan Counties. Offer group classes on healthy eating, food budgeting, and food safety.
<b>Feeding America Eastern Wisconsin</b>	feedingamericawi.org 2911 West Evergreen Drive Appleton, WI 54913 (920) 202-3690	Backpack Buddies is a supplemental weekend feeding program providing nutritious foods for the purpose of nourishing children.
<b>Downtown Fond du Lac Farmers Market</b>	downtownfdl.com <u>Main Street</u> (Sheboygan Street to Western Avenue) Sat: 8 am - 12 pm (May-Oct.) <u>Main Street Plaza</u> W: 11 am - 3 pm (June – Sept.) Fond du Lac, WI 54935	A fun, interactive way to give back to the community by supporting local farmers, producers, and artisans, while educating market visitors about healthy eating habits, good nutrition, and the benefits of “eating fresh and local.”
<b>Fond du Lac Winter Farmers Market</b>	www.facebook.com/fdlwintermkt 19 East 3rd Street Fond du Lac, WI 54935 (920) 923-4172	The Winter Farmers Market will be held indoors to continue providing locally raised food and arts/crafts. Runs Saturdays Nov. thru Feb. 9 am - 12 pm.
<b>Downtown FDL Partnership</b>	131 South Main Street Suite 101 Fond du Lac, WI 54935 (920) 322-2006 info@downtownfdl.com	Dedicated to bringing people, activity, and business to the heart of Fond du Lac.
<b>UW-Extension: Fond du Lac Area Community Garden</b>	(920) 929-3172	Cost of plot varies by size. Starting at \$20 per year. Families can supplement their meals with wholesome food they raised in the community garden
<b>Holy Family Catholic Community Gardens</b>	271 4th Street Fond du Lac, WI 54935 (920) 923-3372	Garden plots open to public to rent and are organic only. \$15 for 20x20 plot, \$20 for 20x40 plot. On church grounds.
<b>Fond du Lac County Department of Senior Services - Mobile Meals</b>	www.fdlco.wi.gov/senior-services (920) 929-3113	Provide one nutritionally balanced hot meal five days per week on a temporary or permanent basis to the home bound.
<b>Fond du Lac County Department of Senior Services - Senior Dining</b>	www.fdlco.wi.gov/senior-services (920) 929-3937	Provide one hot, nutritious meal containing one-third of the daily dietary needs at nine sites throughout the county.

## Nutrition Continued

Service Name	Contact Information	Description
<b>St. Agnes Mobil Meals</b>	(920) 926-4670	Provides a noon hot meal delivered Monday thru Friday.
<b>Senior Meal Dining Sites</b>		Any person 60 and over or married to someone 60+. Provide one hot meal a day (5 times per week). M-F 11:45 am Times vary by location.
<b>Fond du Lac Senior Center</b>	151 East First Street Fond du Lac, WI 54935 (920) 929-3937	
<b>Northgate</b>	350 Winnebago Street North Fond du Lac, WI 54937 (920) 929-3937	
<b>Portland Square</b>	55 North Portland Street Fond du Lac, WI 54935 (920) 929-3937	
<b>Riverview</b>	101 Western Avenue Fond du Lac, WI 54935 (920) 929-3937	
<b>Westnor</b>	653 West Arndt Street Fond du Lac, WI 54935 (920) 929-3937	
<b>Salvation Army</b>	237 North Macy Street Fond du Lac, WI 54935 (920) 923-8220	Receive food once a month. Income guidelines and must be resident of Fond du Lac County. Food Pantry Hours: M, Tu, Th, F: 9am-12:30pm & W: 9-11:30am & 12:30- 5pm.
<b>Presentation Church Food Pantry</b>	706 Michigan Avenue North Fond du Lac, WI 54937 (920) 922-3650	Emergency food is available. Not a regular pantry. Provides food and clothing to anyone in need.
<b>Loaves &amp; Fishes</b>	158 S Military Rd Fond du Lac WI 54935 (920) 921-8215	No eligibility. Hot meal, milk, bakery on Mondays & Wednesdays from 5:00-5:30 pm to Carry-Out or 5:30-6:00 pm for eat in.
<b>Fondy Food Pantry</b>	51 West Division Street Fond du Lac, WI 54935 (920) 322-0369	Food boxes every other month. Pick up times M-Th: 9am- 1pm.
<b>Broken Bread St Paul's Cathedral</b>	51 West Division Street Fond du Lac, WI 54935 (920) 921-3363 Ext. 6 (Church)	No eligibility requirements. Please bring box for groceries. 80% perishable foods, 20% nonperishable foods. Light meal available every Fri. 2:00-6:00pm.

## Nutrition Continued

Service Name	Contact Information	Description
<b>Women Infants and Children (WIC) Nutrition Program</b>	www.fdlco.wi.gov 160 South Macy Street 3rd Floor Fond du Lac, WI 54935 (920) 929-3104	Promote and maintain the health and well-being of nutritionally at-risk pregnant, breastfeeding and postpartum women, infants and children (under age 5). M, W, Th, F: 8 am - 4:30 pm & Tu: 8 am - 5:30 pm.
<b>WIC Farmers Market Nutrition Program</b>	160 South Macy Street 3rd Floor Fond du Lac, WI 54935 (920) 929-3104	Provides WIC participants with nutrition education and vouchers to purchase locally-grown fresh fruits, vegetables and herbs at farmers' markets.
<b>FoodShare Nutrition Program</b>	www.dhs.wisconsin.gov/foodshare Call Center: 1-888-446-1239	Helps people with limited money buy the food they need for good health. M, Tu, Th: 8 am-4 pm/ W & F: 10 am-4 pm
<b>Congregation of Sisters of St. Agnes (CSA)</b>	320 County Road K Fond du Lac, WI 54937 Lisa – (920) 907-2321	A health resource along with wellness education to promote self-responsibility for one's own health and well-being.
<b>Envision Greater Fond du Lac</b>	www.envisiongreaterfdl.com 207 North Main Street (920) 921-9500	Efforts focused on business assistance and promotion. M-Th: 7:30 am - 5 pm & F: 7:30 am - 4:30 pm.
<b>Living Well Coalition</b>	www.livingwellfdl.org (920) 929-3085	Coordinating community efforts to improve the physical health and well-being of all people in FDL through healthy eating and active living.

## Physical Activity

Service Name	Contact Information	Description
<b>Fond du Lac Family YMCA</b>	90 West 2nd Street Fond du Lac, WI 54935 (920) 921-3330	Putting Christian principles into practice through programs that build healthy spirit, mind and body for all.
<b>Fond du Lac Loop Trail</b>	fdlloop.com Fond du Lac Area Convention & Visitors Bureau (920) 923-3010	A 16-mile bicycle/ pedestrian pathway designed to facilitate a safe, healthy, and enjoyable way to explore the Fond du Lac area and its wide variety of scenic landscapes.
<b>City of Fond du Lac Parks, Trails, and Trees</b>	<a href="http://www.fdl.wi.gov">www.fdl.wi.gov</a> 160 South Macy Street Fond du Lac, WI 54935 (920) 322-3590	The City of Fond du Lac offers a wide variety of parks (19 total) and trails to walk and bike.
<b>Fond du Lac County Planning and Parks Department Parks and Trails</b>	<a href="http://www.fdlco.wi.gov">www.fdlco.wi.gov</a> 160 South Macy Street Fond du Lac, WI 54935 (920) 929-3135	Fond du Lac County currently maintains 14 recreational facilities and 6 recreational trails across the county which provide opportunities for hiking, bicycling, walking, swimming, cross-country skiing, snowmobiling and more.
<b>Fond du Lac County Health Department</b>	<a href="http://www.fdlco.wi.gov">www.fdlco.wi.gov</a> 160 South Macy Street 3rd Floor Fond du Lac, WI 54935 (920) 929-3085	Improves lives by preventing disease, protecting the community, and promoting healthy living for all. M - F: 8 am- 4:30 pm.
<b>Fond du Lac Area Businesses on Health (FABOH)</b>	140 North Main Street Fond du Lac, WI 54935 (920) 924-3780	Offers businesses a large, cohesive voice and leverage to provide healthcare on their terms benefiting everyone.
<b>Fond du Lac School District</b>	<a href="http://www.fonddulac.k12.wi.us">www.fonddulac.k12.wi.us</a> 72 West 9th Street Fond du Lac, WI 54935 (920) 929-2900	Physical Education Program (PEP) grant. Gym and exercise rooms available at the schools.
<b>Fond du Lac School District Recreation Department</b>	85 Morningside Drive Fond du Lac, WI 54935 (920) 929-2885	Providing recreation & leisure services to residents of the FDL School District and beyond. M - F: 7:30 am - 4 pm.
<b>Living Well Coalition</b>	<a href="http://www.livingwellfdl.org">www.livingwellfdl.org</a> (920) 929-3085	Coordinating community efforts to improve the physical health and well-being of all people in FDL through healthy eating and active living.