

Fond du Lac County Health Department

2018-2021 Community Health Improvement Plan 2019 Annual Review



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

Fond du Lac County Health Department

City/County Government Center

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Published February 2020

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Community Health Improvement Plan (CHIP) Overview

In 2018, Fond du Lac County stakeholders and community members came together through various coalition, committee, and work groups to develop the 2018-2021 Community Health Improvement Plan in response to the community health priorities identified through the 2018 Community Health Assessment (CHA). The Healthy Fond du Lac County 2020 Steering Committee identified three health priorities and two overarching health priorities based on 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

2018-2021 Community Health Priorities:

- Nutrition and Physical Activity
- Mental Health
- Alcohol and Other Drug Abuse
- Overarching – Social Determinants of Health
- Overarching – Trauma-Informed Care

The CHIP is a 3-year plan, intended to be a community effort and remain fluid to allow for the greatest community impact. To ensure this, the first annual review of the CHIP was completed in 2019 with the purpose to assess the strategies listed, their feasibility and effectiveness, and make revisions as necessary based on factors such as achieved activities, time-frames, assigned responsibilities, changing health status indicators, and changing level of resources. To ensure an effective review, Public Health Accreditation Board (PHAB) guidance was followed. PHAB standards state: “Effective, community health improvement plans are dynamic. While goals, objectives, and priorities are meant to be long range, strategies may need to be adjusted. Strategies may need revision based on a completed objective, an emerging health issue, a change in responsibilities or a change in resources and assets. All identified tasks and timelines, should be monitored and assessed for progress, and adjustments should be made when indicated to ensure that the plans remains relevant.” (PHAB, 2013)

Special Acknowledgement

Special acknowledgement is given to the following groups and organizations who devoted time and efforts in developing and reviewing the goals, objectives, implementation and tracking progress of the strategies:

- Drug Free Communities of Fond du Lac County
- Living Well FDL Coalition
- Comprehensive Service Integration of Fond du Lac County, Inc.
- Population Health Work Group

A complete membership list of the committees above is located in Appendix A.

2019 CHIP Annual Review and Process

Following the Take Action Cycle (Figure 1) and WI Guidebook on Improving the Health of Local Communities, evaluation is an important step in the community health improvement process. Evaluating and monitoring the progress towards performance measures allows us to measure the impact and be sure that the strategies and efforts of the coalition and committees are effective. CHIP performance measures are tracked annually and updates are shared among community partners on a regular basis. Additionally, the Healthy Fond du Lac County 2020 Steering Committee and priority leads work together to track progress on implementation of strategies and towards objectives on a quarterly basis.

Understanding goals, objectives, strategies

In order to help create a shared vision among stakeholders, community members, and partners, each priority area has identified goals, objectives, and strategies listed to help guide the work plan.

Priorities

The health areas of top concern identified by the Healthy Fond du Lac County 2020 Steering Committee based on the 2018 Community Health Assessment.

Goals

The priority area goals, developed by the priority action teams, are broad statements that provide the long-term vision to guide program objectives and strategies. Goals will be monitored using the indicators that are listed under each priority area.

Performance Measures

The 2019 Annual Review includes the most current available data. If data is unavailable (because there is no new data available) it is indicated in the performance measure tables as n/a.

Objectives

Along with a goal, each health priority area will also have objective(s) listed. The objectives are similar to goals in that they will help guide the progress being made towards improved health outcomes in each priority area. The main difference is that the objectives are more specific, measurable, and specify a timeline for completion. The objectives are set with the intention that they will help to reach the goal. Objectives will also be monitored. New objectives are indicated and designated as new.

Strategies

Strategies that are part of the What Works for Health database have been reviewed and assigned evidence ratings and ratings for potential impact on health disparities. Strategies that were not part of the What Works for Health database do not have an evidence rating listed nor a potential impact listed for the health disparities rating.

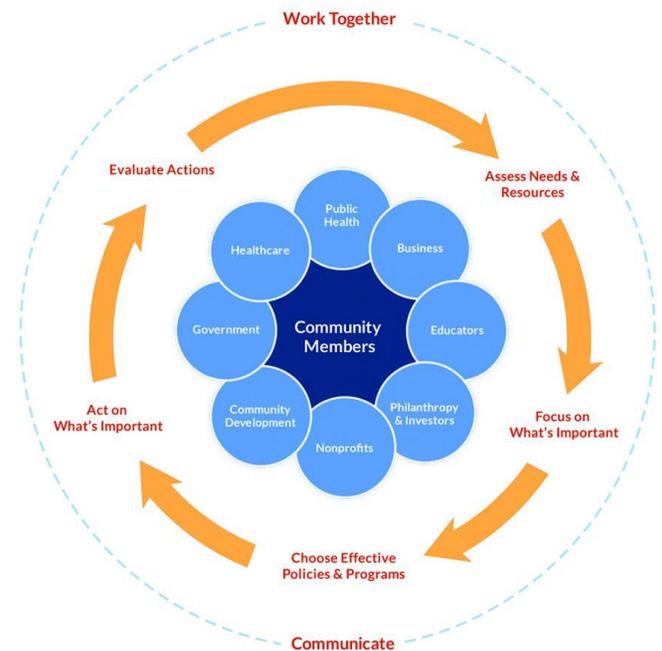


Figure 1: Take Action Cycle

© 2014 County Health Rankings and Roadmaps

Evidence ratings for selected strategies in the report include:

- **Scientifically Supported** - Strategies with this rating are most likely to make a difference. These strategies have been tested in many robust studies with consistently positive results.
- **Some Evidence** - Strategies with this rating are likely to work, but further research is needed to confirm effects. These strategies have been tested more than once and results trend positive overall.
- **Expert Opinion** - Strategies with this rating are recommended by credible, impartial experts but have limited research documenting effects; further research, often with stronger designs, is needed to confirm effects.

Potential impact on health disparities include:

- **Likely to decrease disparities** - Strategies that are likely to reduce differences in health-related outcomes.
- **No impact on disparities likely** - Strategies that generally benefit entire populations.

Monitoring and sustainability

To monitor implementation of the CHIP, documentation and tracking will be completed in a separate document at the county level. Updates will be provided annually to the community through the health department annual report and shared at community events. Continuous monitoring and tracking of community changes (i.e. policy, program, environmental) will help to increase the sustainability of CHIP initiatives.

Opportunities for improvement

Opportunities for improvement for future community health assessments (CHA) and community health improvement plans (CHIP) include:

- Increase the amount of primary data collected
- Increase community engagement with specific populations impacted by an issue within our community
- Incorporate more ways to visually display and distribute data
- Assess the populations most at risk
- Increase connection between community work and Fond du Lac County Health Department's plans for performance management, quality improvement, and strategic planning
- Increase the number of performance measures that can be measured on an annual basis to better monitor progress

Priority Area: Nutrition and Physical Activity

As established in the U.S. Dietary Guidelines (2005), good nutrition includes meeting nutrient recommendations yet keeping calories under control. Physical activity means any bodily activity that enhances or maintains physical fitness and overall health. Nutrition and physical activity are important to maintain and improve overall health and both play a prominent role in obesity prevention and control. Obesity is one of the most critical health issues of our time and is caused by many interacting factors in our society. The burden of obesity and other diet-related chronic diseases are vast and rates continue to rise. Changes at the community level, such as policies, systems, and environment, are more likely to be effective, although they may be more difficult to achieve.



Priority Action Team:
 Living Well Coalition
 Fond du Lac County Health
 Department
 P: 920-929-3085

Snapshot of Nutrition, Physical Activity, and Obesity in Fond du Lac County



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



adults reported eating the recommended servings of fruits and veggies per day.



adults classify as being overweight or obese.

Source: 2017 Fond du Lac County Community Health Survey

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

Performance measures	2021 Goal	2017 Baseline	2018	2019
Percentage of obese Fond du Lac County adults	34%	37%	n/a WI: 32%	n/a
Percentage of overweight/obese Fond du Lac County youth	24%	27%	28%	31%

n/a= no new data available

Goal 1: Increase Physical Activity

Why Physical Activity Matters: Regular physical activity helps improve overall health and fitness, and reduces the risk for many chronic conditions, like heart disease, type 2 diabetes, obesity, and some cancers.

Performance measures	2021 Goal	2017 Baseline	2018	2019
Percentage of Fond du Lac County adults engaging in the recommended amount of physical activity	29%	24%	n/a	n/a
Percentage of Fond du Lac County youth meeting the physical activity recommendation of 60 minutes every day	26%	21%	23%	21%
Percentage of FDL School District students (K-12) in the healthy fitness zone	34%	29%	37.5%	46%

Objective 1.1

By 2021, increase trail usage by 10% from 1496 (2016) total bike/pedestrian counts over a weeklong period to 1646.

Strategy

Bike and pedestrian master plans. Bicycle and pedestrian master plans establish a framework to increase walking and biking trails, and improve connectivity of non-auto paths and trails in a particular locality. Expected outcomes include increased physical activity and increased active transportation.

Evidence Rating

Some evidence

Focus

Community

Impact on Disparities

No impact on disparities likely

Status

The city of Fond du Lac created a bike and pedestrian plan in 2013 and provided a 2018 update to the plan. The plan tracks infrastructure projects that have been completed, projects where progress has been made, and identified future projects and which ones are of priority. City of Fond du Lac also adopted a complete streets policy in 2018. This policy expands on these efforts by ensuring a cohesive and inclusive transportation network that will alleviate inequities, promote physical activity, mitigate traffic congestion, and increase roadway safety. The East Central WI Regional Planning Commission conducted trail counts in July 2019 and the average daily bike/pedestrian traffic count, based on 20 locations in the City of Fond du Lac, was 1,940. The bike/pedestrian counts are based on a two-week snapshot. There was about a 30% increase in trail usage in 2019 when compared to the 2016 baseline counts.

Objective 1.2 | By 2021, implement one physical activity campaign.

Strategy | Community-wide physical activity campaign. Community-wide physical activity campaigns increase participant knowledge about exercise and physical activity as well as their intention to be physically active, and can increase physical fitness among children and adults.

Evidence Rating	Focus	Impact on Disparities
Some evidence	Community	No impact on disparities likely

Status | This objective is not yet complete. One new physical activity opportunity that has been offered to the community is Fondy Slow Rolls. Slow Rolls are community-based bike rides that are inclusive to all and promote being physically active while socializing with community members. Two Slow Rolls occurred in September and October of this year and are planned to start again in the spring of 2020. The Fond du Lac Senior Center is the current lead on coordinating the Fondy Slow Rolls. Other opportunities to promote community-wide physical activity, with an emphasis on older adults, people with disabilities, and youth are being explored.

Objective 1.3 | By 2021, increase the number of teachers in the Fond du Lac School District implementing wearable technology with students to monitor their heart rate from 19 to 21.

Strategy | School-based physical education enhancements (PEP Grant). Efforts to expand or enhance school-based physical education (PE) include lengthening existing classes, adding new PE classes, increasing physical activity during class, training teachers, and updating PE curricula. Expected outcomes include increased physical activity and improved physical fitness.

Evidence Rating	Focus	Impact on Disparities
Scientifically supported	School-based	No impact on disparities likely

Status | The Fond du Lac School District’s Physical Education Program (PEP) grant ended in May of 2019. To sustain the efforts that implemented with the grant, wearable technology that monitors students’ heart rates will continue to be implemented in classrooms. In 2019, this objective was met and 21 teachers were implementing the heart rate monitors to help students reach their target heart rate zone.

Objective 1.4 | By 2021, increase the number of schools in Fond du Lac County participating in safe routes to school from 23 to 27.

Strategy	Safe routes to schools and walking school buses		
	Evidence Rating	Focus	Impact on Disparities
	Scientifically supported	School-based	No impact on disparities likely

Status | There has not been progress made with this strategy in 2019. This will be an area of focus in 2020 to form partnerships that can support and lead this effort.

Goal 2: Increase fruit and vegetable consumption

Why Fruit and Vegetable Consumption Matter: Eating an adequate amount of fruits and vegetables as part of an overall healthy diet can help protect against many chronic diseases, including obesity, heart diseases, type 2 diabetes, and some cancers. Communities can help individuals consume more fruits and vegetables by making them convenient and affordable in the places where people live, learn, work and play. This is particularly important for individuals and families that face food insecurity or lack access to stores selling quality produce at reasonable prices.

Performance measures	2021 Goal	2017 Baseline	2018	2019
Percentage of Fond du Lac County adults eating the recommended 5 servings of fruits and vegetables daily	37%	32%	n/a	n/a
Percentage of Fond du Lac County youth eating the recommended 5 servings of fruits and vegetables daily	22%	17%	18%	18%

Objective 2.1 | A) By 2021, increase Supplemental Nutrition Assistance Program (SNAP) usage at the Wednesday Downtown Fond du Lac (FDL) Farmers Market by 25% from \$278 (2018 YTD) to \$348.
 B) By 2021, increase SNAP usage at the Saturday Downtown FDL Farmers Market by 10% from \$5,000 (2018 YTD) to \$5,500.

Strategy	Increase access to and affordability of fruits and vegetables through fruit and vegetable incentive programs and Electronic Benefits Transfer (EBT) payment at farmers market.		
	Evidence Rating	Focus	Impact on Disparities
	Scientifically supported and expert opinion	Community	Likely to decrease disparities

Status | This strategy is currently in progress. EBT acceptance and EBT Double Days at the Downtown FDL Farmers Market continue to be promoted. 2019 Downtown FDL Farmers market SNAP/EBT usages were at \$155 for the Wednesday Market and \$2,578.00 for the Saturday Market (year to date sales as of Oct 2019). The EBT Double Days program has provided \$523 for EBT matches which is offered on select Saturdays only. It should be noted produce this year was down due to a difficult growing season. This objective many need to be adjusted if there are changes in SNAP eligibility at the federal level. The lead implementing this strategy is the Downtown Fond du Lac Partnership.

Objective 2 .2 | By 2021, increase the number of food forests planted from 4 (2018) to 5.

Strategy | Increase access to fruits and vegetables through the food forest initiative (urban agriculture and community gardens). Community gardens improve access to and consumption of fruits and vegetables. They are suggested to improve food security and increase fruit and vegetable availability in food deserts. Food forests are edible landscapes in community settings. They are intended to increase access to fruits and vegetables and the increase availability of healthy food in food deserts, and suggested to reduce hunger and obesity.

Evidence Rating	Focus	Impact on Disparities
Expert opinion/some evidence	Community	Urban agriculture – likely to decrease disparities

Status | Food Forests have been planted in the parks at Franklin Park and Hamilton Park, and at the Fond du Lac YMCA and Aurora Health Care in Fond du Lac. Additionally, a community garden was added to Hamilton Park in the summer of 2019.

Objective 2.3 | By 2021, increase the number of pounds of produce donated at the FDL Farmers Market by 10% from 3,500 lbs (2018 YTD) to 3,850 lbs.

Strategy | Increase access to fruits and vegetables by expanding the food donation program at the FDL Farmers Market

Evidence Rating	Focus	Impact on Disparities
Expert opinion	Community	Likely to decrease disparities

Status | Currently, there have been ~2,400 pounds of produce donated at the FDL Farmers Market during the 2019 season. Donated produce is provided to area food pantries

(Fondy Food Pantry and Broken Bread) to increase access to fresh fruits and vegetables among residents of lower income. Two factors that may have contributed to lower amounts of produce donated at the Farmers Market this season include issues tracking the pounds of produce donated and lower amounts of produce available to be harvested this season. The lead implementing this strategy is the FoodWise Coordinator of UW-Madison, Division of Extension Fond du Lac County.

Objective 2.4 | By 2021, increase the health promotion programs offered to low-income housing residents from zero to nine.

Strategy | Implement evidence-based health promotion programs at community-based settings.

Evidence Rating	Focus	Impact on Disparities
Scientifically supported	Community/low-income housing	No impact on disparities likely

Status | In progress. Currently, there have been 6 health promotion programs offered to low-income housing residents. SSM Health and Fond du Lac County Health Departments are the leads implementing this strategy.

Goal 3: Increase breastfeeding

Why Breastfeeding Matters: Breastfeeding is the recommended nutrition for infants due to short- and long-term benefits for both babies and mothers. Some of the benefits of breastfeeding for infants include a reduced risk for obesity and diabetes. Some of the benefits of breastfeeding for mothers include a reduced risk of type 2 diabetes, breast cancer, and ovarian cancer.

Performance measures	2021 Goal	2017 Baseline	2018	2019
Percentage of WIC infants ever breastfed	81%	74%	74%	76% (September)

Objective 3.1 | By 2021, increase the number of childcare centers and business centers who have adopted the Ten Steps to Breastfeeding-Friendly Toolkit from seven (2017) to fifteen.

Strategy | Promote support for breastfeeding mothers in the workplace, early childhood education settings, and throughout the community. Expected outcomes include increased breastfeeding rates and improved health outcomes.

Evidence Rating	Focus	Impact on Disparities
Scientifically supported and expert opinion	Community	Likely to decrease disparities

Status | In progress. Currently, seven childcare centers and one business with five sites have adopted the Ten Steps to Breastfeeding Friendly toolkit. On track to meet this goal. The lead for implementing this strategy is a Maternal Child Health Nurse at Fond du Lac County Health Department.

Objective 3.2 | By 2021, increase the attendance at the annual Breastfeeding Celebration from 85 (2018) to 125.

Strategy | Increase access to education and programs that support breastfeeding initiation, exclusivity, and duration.

Evidence Rating	Focus	Impact on Disparities
Not available	Community	Not available

Status | 105 people attended the 2019 breastfeeding celebration, an increase from 2018. The event is open to all Fond du Lac County residents. The goal of the event is to support families in their breastfeeding journey, promote breastfeeding, and help shift breastfeeding as the norm for infant feeding. The lead for implementing this strategy is the Fond du Lac County WIC program in partnership with Fond du Lac County Health Department.

Priority Area: Alcohol and Other Drug Abuse

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, operating a motor vehicle while intoxicated, drinking while pregnant, alcohol dependence, fetal alcohol spectrum disorder, alcohol-related hospitalizations, and more. (WI Department of Health Services, 2010)

**DRUG FREE
COMMUNITIES**

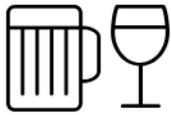
Fond du Lac County

Priority Action Team:

Drug Free Communities
of Fond du Lac County (DFC)

P: 920-906-6573

Snapshot of Alcohol and Other Drug Abuse



About 1 in 5 Fond du Lac County students reported to have drunk alcohol recently.



Adults reported binge drinking.

Binge drinking is defined as 4 or more drinks on an occasion for females and 5 or more drinks on an occasion for males.



is the number of opioid overdose deaths in 2017.

Sources: 2017 Fond du Lac County Community Health Survey, 2017 Student ATOD Survey, Fond du Lac County Medical Examiner's Office

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

Goal 1: Reduce underage drinking and adult binge drinking

Performance measures	2021 Goal	2017 Baseline	2018	2019
Percentage of Fond du Lac County youth who report the community is actively discouraging alcohol use by youth in a way products are advertised, promoted or sold in the past 30 days	49%	47%	45%	47%
Percentage of Fond du Lac County youth who drank alcohol in the past 30 days	17%	21%	19%	21%
Percentage of Fond du Lac County youth who report they bought or drank alcohol at a Fond du Lac County Community Event	4%	6%	5%	6%
Percentage of Fond du Lac County youth who reported binge drinking in the past 30 days	8%	11%	9%	10%
Percentage of adults who reported binge drinking in the past 30 days	35%	38%	n/a	n/a

Objective 1.1 | By 2021, increase the number of festivals evaluated annually throughout Fond du Lac County from seven (2017) to twelve.

Strategy | Community Events Tool-kit. Evaluating community festivals helps to prevent underage drinking and provides education to adults.

Evidence Rating	Focus	Impact on Disparities
Evidence-based	Community	No impact on disparities likely

Status | As of December 2019, fifteen festivals were evaluated. On track to meet this objective. A community events workgroup coordinated by Drug Free Communities of Fond du Lac County is the lead for this objective.

Objective 1.2 | By 2021, increase the number of law enforcement agencies completing annual compliance checks from two (2017) to four.

Strategy | Enhanced enforcement of laws prohibiting alcohol sales to minors. Conducting compliance checks also provides education to adults and builds a culture of preventing underage drinking.

Evidence Rating	Focus	Impact on Disparities
Scientifically supported	Alcohol retailers	No impact on disparities likely

Status | As of Oct. 2019, there were four law enforcement agencies completing annual compliance checks within Fond du Lac County, including the Fond du Lac Police Department, Waupun Police Department, Fond du Lac County Sheriff's Office, and North Fond du Lac Police Department. On track to meet this objective. The lead person implementing this strategy is the Drug Free Communities of Fond du Lac County Coordinator. In 2019, the Green Bay Packers Foundation provided a \$5,000 grant in support of this initiative.

Goal 2: Reduce misuse and abuse of drugs, particularly opioids

Performance measures	2021 Goal	2017 Baseline	2018	2019
Percentage of Fond du Lac County youth who report relative ease in obtaining prescription medication for non-medical use	28%	33%	30%	28%
Number of opioid-related overdose deaths in Fond du Lac County	5	7	6	n/a

Objective 2.1 | By 2021, increase the number Narcan kits distributed annually through community Narcan Trainings from 54 (2017) to 75.

Strategy | Naloxone education and distribution programs. Naloxone education and distribution programs increase knowledge of appropriate overdose response to an opioid overdose and are associated with reduced overdose deaths.

Evidence Rating	Focus	Impact on Disparities
Some evidence	Community	Likely to impact disparities

Status | In 2019, there were six community Narcan trainings held throughout Fond du Lac County. In total, 131 community members were trained on how to administer Naloxone, also known as Narcan, and received a Narcan kit. Currently on track to exceed the goal. The leads for implementing this strategy are the Health Educator of Fond du Lac County Health Department and Drug Free Communities of Fond du Lac County’s Opioid and Other Drug Initiative Coordinator, who collaborated with the Aids Resource Center of Wisconsin (ARCW) to offer the free trainings to community members.

Objective 2.2 | By 2021, increase number of providers using the evidence-informed practice Screening, Brief Intervention, and Referral to Treatment (SBIRT) zero (2017) to 4 or more.

Strategy | Screening, Brief Intervention, Referral and Treatment (SBIRT) program. This practice is used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs.

Evidence Rating	Focus	Impact on Disparities
Scientifically supported	Healthcare providers	No impact on disparities likely

Status | As of December 2019, there was a CME training for Ripon Medical Center providers regarding SBIRT. A planning committee of professionals from SSM Health have developed the screening tools and pathways in working with MetaStar.

Priority Area: Mental Health

According to the World Health Organization, the definition of health is a “State of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.” (2014) Mental health is something we all have, and it varies in its degree from time to time. It is only when there is a significant impact on our thinking, feeling and/or behavior that treatment services or intervention may be required. In general, the sooner one gets treatment, the better the outcome. Having an untreated mental disorder can create serious problems such as increasing the chance of risky behaviors, drug or alcohol addiction, and in extreme cases, death. It also can ruin relationships, cause problems at work, and make it difficult to overcome serious illnesses.



Priority Action Team:

Comprehensive Service Integration
of Fond du Lac County, Inc. (CSI)

P: 920-906-6527

Snapshot of Mental Health

**1 in 5
adults** 
reported to have a mental health
condition in the past three years.

In 2017, 21 people
died by suicide in
Fond du Lac County.
The rate of death by
suicide in Fond du Lac
County is above state
and national levels.

Sources: 2017 Fond du Lac County Community Health Survey,
Fond du Lac County Medical Examiner's Office

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

Goal 1: Decrease number of deaths by suicide through earlier identification of mental distress

Why this matters: It is critical to ensure health care providers are equipped with best practices in identifying and responding to individuals who may be suicidal. Utilizing screening tools, providing professional trainings, and ensuring protocols for various settings in responding to individuals who are suicidal are important for systems to prevent suicide. It is also important to increase the public's knowledge of risk factors for suicide, ability to recognize warning signs of suicide and how to respond. Everyone can have a role in preventing suicide.

Performance measures	2021 Goal	2017 Baseline	2018	2019
The average number of suicides per 3 year period	9 (2019-2021)	19 (2015-17) 2017: 21	17 (2016-18) 2018: 11	18 (2017-19) 2019: 21
Percentage of Fond du Lac County youth who report they “seriously considered suicide”	12%	13%	13%	15%
Percentage of Fond du Lac County adults who report they “considered suicide”	4%	5%	n/a	n/a

Objective 1.1 | The number of individuals who report they “considered suicide” will decrease to 4% of adults, 12% of youth.

Objective 1.2 | The average number of suicides per year in Fond du Lac County will decrease to 9.

Strategy | Increase number of individuals who live and work in Fond du Lac County who are trained as gatekeepers in Question, Persuade, Refer (QPR), Mental Health First Aid for Adults (MHFA), and Youth Mental Health First Aid (YMHFA).

Evidence Rating Some Evidence	Focus Community	Impact on Disparities Likely to decrease disparities
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Status | In progress. Since the beginning of 2019, 966 individuals were trained as gatekeepers in QPR in FDL County. The lead group for implementing this strategy is the CSI’s Prevent Suicide FDL County committee. There were also 60 individuals trained in YMHFA.

Strategy | Promoting use of universal and targeted screening across the lifespan in both clinical and non-clinical settings.

Evidence Rating Scientifically supported	Focus Healthcare providers / community	Impact on Disparities Likely to decrease disparities
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Status | In progress. Agnesian – A member of SSM Health is implementing the Columbia Suicide questionnaire among all providers at Fond du Lac, Ripon, Waupun locations to screen patients for suicide risk. The coalition is exploring ways to encourage the adoption of screening in non-clinical settings.

Goal 2: Reduce stigma around mental health and suicide which can limit help-seeking behaviors

Why this matters: Stigma and discrimination against people with mental health disorders remains a significant barrier to care. Individuals experiencing problems may not want to view themselves as suffering from a mental health disorder because of the negative connotations associated with a mental health diagnosis which may result in not seeking care.

Performance measures	2021 Goal	2017 Baseline	2018	2019
Percentage of adults who agree that, "people are caring and sympathetic towards persons with mental illness"	65%	59%	n/a	n/a

Objective 2.1 | The number of adults who agree that, "people are caring and sympathetic towards persons with mental illness" will increase to 65%.

Strategy | Coordinated messaging campaign (via radio, website, social media, and more), to increase education and awareness of the facts related to mental health conditions, their occurrence in the general population, and the effectiveness of treatment.

Status | In progress. Regular radio slots, monthly newsletters and blogs posts, and social media posts have been coordinated among CSI's Prevent Suicide FDL County committee and Mental Health Access committee. The coalition is currently exploring other avenues to promote messaging among the community and increase awareness of mental health resources.

Strategy | Promote positive mental health and resiliency.

Status | In October 2019, a Warrior Summit was held in Fond du Lac where over 100 people attended to learn how they can support veterans, current service members, and their families. The summit focused on improving emotional and spiritual well-being among those populations, who have been found to be at increased risk of suicide and other negative mental health outcomes.

Strategy | Partner with individuals who have lived experiences to share their stories and inform efforts.

Status | The Warrior Summit featured prominently those with lived experiences to share their stories. Those with lived experiences have joined CSI's Prevent Suicide FDL County committee and have been involved with efforts to start a support group for survivors of suicide loss.

Goal 3: Increase access to behavioral health services across the lifespan, and for those in high-risk groups.

Why this matters: By targeting efforts to work with populations at elevated risk for suicide, there is a better chance of making an impact on suicide. Prevention efforts should remain focused on populations and communities with the highest needs. Groups disproportionately impacted by suicide include veterans, non-Hispanic American Indians/Alaskan Natives and non-Hispanic White populations.

Performance measures	2021 Goal	2017 Baseline	2018	2019
Percent of adults who report that they or someone in their household, "did not get the mental health care needed"	8%	9%	n/a	n/a

Objective 3.1 | The number of adults who report that they or someone in their household, "did not get the mental health care needed" will decrease to 8%.

Strategy | Develop a Pathways to Care Mental Health Navigation Tool for Fond du Lac County adults.

Status | In progress. As of November 2019, the Pathways to Care Mental Health Navigation tool for Fond du Lac County adults has been developed. An interactive web-based version is live, and 10,000 copies were printed and are being distributed throughout the community. The lead for implementing this strategy is CSI's Mental Health Access committee. The committee is currently exploring ideas to promote the tool among the business community.

Strategy | Develop a more universal approach to safety planning across the county, which includes creating a document with a common language and format that can be used across populations and settings.

Status | In progress. A workgroup has formed to address safety planning. The lead for implementing this strategy is CSI's Mental Health Access committee.

Overarching Priority Area: Trauma-Informed Care (TIC)

Trauma-informed care is a strengths-based service delivery approach that is grounded in an understanding of and responsiveness to the impact of trauma, that emphasizes physical, psychological, and emotional safety for both providers and survivors, and that creates opportunities for survivors to rebuild a sense of control and empowerment (SAMSHA, 2014). Trauma-informed practices work to shift the perspective to ask the question “what’s happened to you?” as compared to “what’s wrong with you?”



Priority Action Team:

Comprehensive Service Integration
of Fond du Lac County, Inc. (CSI)

P: 920-906-6700 Ext. 4721

Snapshot of Trauma-Informed Care (TIC)

Fact: **57%** of WI residents have experienced at least one ACE.

The term **Adverse Childhood Experiences (ACEs)** is used to describe traumatic, negative life experiences which occur before age 18 and have potential to impact healthy child development. ACEs can have long-term damaging consequences, and are connected to behaviors that can lead to poor health.

Trauma Informed-Care Work Group Strategy

Trauma-informed approaches to community building

Evidence Rating	Focus	Impact on Disparities
Expert Opinion	Community	Likely to decrease disparities

Goal 1: Increase educational opportunities on trauma-informed care in Fond du Lac County

Objective 1.1 | In partnership with the CSI marketing group, create literature on the importance and role of TIC in our community. Materials will be finalized and ready for distribution to community partners by January 1, 2019.

Status | A cause card for Trauma-Informed Care was created and distributed. The 2018-2021 Community Health Improvement Plan also highlights the importance of TIC and the goal to create a trauma-informed community. The CSI website hosts a list of TIC resources.

Objective 1.2 | Provide a minimum of two public information sessions around trauma-informed care as a culture by December 21, 2019.

Status | Complete. In November 2019, the TIC subcommittee hosted two public events on Building a Trauma Responsive Community. In total, 92 individuals attended representing 34 agencies.

Objective 1.3 | Provide a minimum of two TIC trainings specifically for the organizations who signed a pledge to commit to TIC by December 31, 2020.

Status | Not yet complete. The timeline for the objective was extended due to workgroup capacity and the postponement in finalizing an assessment tool.

Goal 2: Obtain community commitment for trauma-informed care services

Objective 2.1 | Create a list of community-based organizations, churches, schools, childcare programs, clinical services, and government entities to be recruited to join the TIC movement by November 1, 2018.

Status | Complete. A list of agencies and contacts was created.

Objective 2.2 | Create a pledge to be signed by community agencies to signify their commitment to TIC, training, policy updates, and distribution of literature by June 30, 2020.

Status | In progress. At the November 2019, community TIC events, 37 individuals signed a pledge which signified their commitment to creating a trauma-informed Fond du Lac County. Next steps are to follow up with agencies interested in being part of the TIC movement.

Objective 2.3 | Through presentations to community agencies and groups, collect pledges to create a trauma-informed community from a minimum of 40 community partners by August 31, 2020.

Status | Not yet complete. Timeline adjusted to reflect feasibility and workgroup capacity.

Goal 3: Acquire and/or develop a trauma-informed care assessment to deliver to a variety of community organizations

Objective 3.1 | Discuss a potential timeline for public release of the TIC assessment with leadership at United Way of the Fox Valley by December 1, 2018.

Status | In progress. The TIC subcommittee has been in communication with contacts in the Fox Valley. The TIC assessment is set to be released tentatively in early spring of 2020 and it has been indicated we may be able to adapt the tool for Fond du Lac County.

Objective 3.2 | Research other forms of TIC assessments to determine if other templates could serve our needs by December 1, 2018.

Status | Objective abandoned. TIC assessment tools are developed for sectors such as education, health care, or social services. The intent is to adapt the tool created by the Fox Valley.

Objective 3.3 | Select, evaluate, and localize a formal trauma-informed care assessment no later than June 30, 2020.

Status | Not yet complete. Upon release of the TIC assessment tool developed by the Fox Valley, the TIC subcommittee will localize the tool and engage agencies who signed the pledge.

Overarching Priority Area: Social Determinants of Health

The social determinants of health are the conditions in which people are born, grow, live, work, and age. Health begins in these environments where we spend the majority of our time. Research shows that individual health behaviors and access to clinical care only make up about half of what predicts health. Social, economic, and physical environments (often referred to as the social determinants of health) make up the other half of what predicts health outcomes.

Priority Action Team:
Population Health
Work Group

Snapshot of Social Determinants of Health (SDOH)

 **Education**
% of adults over the age of 25 in FDL County that are high school graduates or have an equivalent degree
92% (2012-2016)
92% (2013-2017)

 **Income & Poverty**
FDL County median household income:
\$56,376 (2012-2016)
\$57,798 (2013-2017)
Population living in poverty:
7.7% (2016)
8.6% (2017)

 **Health Care System**
Ratio of Providers to population:
Primary care physicians:
1,820:1 (2015)
1,820:1 (2016)
Dentists:
1,520:1 (2016)
1,490:1 (2017)
Mental Health Providers:
930:1 (2017)
900:1 (2018)

 **Neighborhood & Built Environment**
Severe Housing Problems – household reported to have at least 1 of 4 housing problems: overcrowding, high housing costs, or lack of kitchen or plumbing facilities
13% of households (2010-2014)
12% of households (2011-2015)

 **Community & Social Support**
Adults 65 years and older live alone:
28% (2012-2016)
28% (2018)
Children live in single-parent household:
27% (2012-2016)
27% (2013-2017)

 **Food Insecurity**
FDL County Food insecurity rate:
8.7% (2016)
8.3% (2017)
Child Food insecurity rate:
14.8% (2016)
15.4% (2017)

Data Sources: U.S. Census Bureau, County Health Rankings, Feeding America

Goal 1: Increase awareness of the influence social determinants have in shaping health outcomes

Objective 1.1 | By December 31, 2021, one new or existing strategy will be implemented to build capacity to address the social determinants of health.

Strategy | Example: Establish a health equity team or committee.

Status | FCHD has established a health equity team with the purpose of institutionalizing health equity in internal and external practices to build towards greater equity in the community. The population health group has also agreed to serve as a community-based committee that will work towards addressing the SDOH priority and goals.

Objective 1.2 | By December 31, 2020, the Population Health team will host a series of community conversations (focus groups) in Fond du Lac County to better understand barriers related to social determinants of health.
NEW

Strategy | Community engagement

Status | Not yet started.

Objective 1.3 | By December 31, 2020, the Population Health team will build awareness of racism as a public health issue.
NEW

Strategy | Education on racism as a public health issue.

Status | Not yet started.

Goal 2: Improve health consideration in decision-making

Objective 2.1 | By December 31, 2021, one new or existing strategy will be implemented, strengthened or expanded on to increase health consideration during policy development to eliminate health disparities.

Strategy | Example: Health Impact Assessments and Health in All Policies

Status | The Fond du Lac County Health Department's Health Equity Team is tasked with incorporating health equity considerations into policies in 2020.

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Appendix A: Membership List of Committees and Work Groups

Healthy Fond du Lac County 2020 Steering Committee Members

Erin Brendelson, Fond du Lac School District
 Michael DeGere, DPM, Agnesian Health Care/SSM Health
 Erin Gerred, Fond du Lac County
 JJ Raflik, Fond du Lac YMCA
 Sara Hathaway, Ripon College
 Amber Kilawee, Fond du Lac Area United Way
 Bill Lamb, Fond du Lac City Police Department
 Marian Sheridan, Comprehensive Service Integration of FDL County
 Kim Mueller, Fond du Lac County Health Department
 Lalitha Ramamoorthy, Ph.D., Marian University
 Larry Richardson - Fond du Lac Area Businesses on Health
 Jackie Runge, Fond du Lac Area Foundation
 Marty Ryan, Fond du Lac Noon Rotary
 Jim Salasek, Ph.D., Community Member
 Heather Schmidt, DO, Agnesian Health Care/SSM Health
 Lori Schrage, Moraine Park Technical College
 Michelle Tidemann, UW – Madison, Division of Extension, Fond du Lac County
 Eric Toney, Fond du Lac County
 Jennifer Walters, Aurora Health Care
 Melissa Worthington, Envision Greater Fond du Lac

Drug Free Communities of Fond du Lac County (DFC)

DFC Opioid & Other Drugs Initiative – Steering Committee Membership:
 Kevin Galske, Fond du lac County Sheriff's Office
 Les Mier, Blandine House
 Alex Berg, Drug Free Communities of Fond du Lac County
 Ellen Sorensen, Drug Free Communities of Fond du Lac County
 Sara Faust, Fond du Lac County Health Department

Megan Herdrich, Fond du Lac County Health Department
 Kevin Fessler, Agnesian Health Care/SSM Health
 Jeri Loewe, Agnesian Health Care/SSM Health
 Donna VanBuren, Agnesian Health Care/SSM Health
 Kathy Teletzke, CARE for Recovery
 Laura Berndt, Agnesian Health Care/SSM Health
 Sandy Foote, Co-Chair, Drug Free Communities of Fond du Lac County
 Erik Foster, Fond du Lac Police Department
 Sandy Hardie, Mahala's Hope
 Amy Johannes, Agnesian Health Care/SSM Health, Behavioral Health
 Kim Mueller, Fond du Lac County Health Department
 Matt Bertram, North Fond du Lac School District

Living Well FDL Coalition Membership

Heather Schmidt, Agnesian Health Care/SSM Health
 Dru Mitchell, Fond du Lac School District
 Joyce Mann, Fond du Lac County Health Department
 Kara Kerrigan, Fond du Lac County Health Department
 Sarah Faust, Fond du Lac County Health Department
 Kim Mueller, Fond du Lac County Health Department
 Nicole Wiegert, Agnesian Health Care/SSM Health
 Jeff Butz, Fond du Lac Area Businesses on Health
 Sharon Simon, Fond du Lac School District
 Amanda Miller, Michelle Tidemann, UW – Madison, Division of Extension, Fond du Lac County
 Sean Fitzpatrick, Marian University
 Haleigh Kaiser, Moraine Park Technical College
 Jennifer Walters, Aurora Health Care
 Michelle Bachaus, WI Bike Federation
 Mary Jo Neumann, Fond du Lac YMCA
 Joel Mason, Agnesian Health Care/SSM Health
 Cathy Loomans, Fond du Lac Senior Center
 Karissa Schneider, Boys & Girls Club Fond du Lac

Amanda Cassidy, Fond du Lac County Health Department
 Melanie Kautzer, ADVOCAP
 Oliver Clements, Agnesian Health Care/ SSM Health
 J.J. Raflik, Fond du Lac YMCA
 Rosa Rhoden, UW-Health/Quartz
 Michelle Picard, Fond du Lac School District
 Sam Tobias, Fond du Lac County Planning & Parks
 Terri St. Lawrence, Agnesian Health Care/ SSM Health
 Haley Madson, Downtown Fond du Lac Partnership
 Valerie Graczyk, Community Member/ Summer of Fun Initiative Coordinator
 Kendra Little, United HealthCare

Comprehensive Service Integration of Fond du Lac County, Inc. (CSI)

Mental Health Access Committee Members
 Miranda Amerling, Agnesian Health Care/ SSM Health
 Kimberly Arndt, YScreen
 Erin Brendelson, Fond du Lac School District
 Lindsey Bruins, YScreen
 Jamie Eithun, Mayville Engineering Company
 Sarah Faust, Fond du Lac County Health Department
 Samantha Freimund, North Fond du Lac School District
 Jill Goebel, North Fond du Lac School District
 Doug Hedman, National Guard Chaplain/Local Clergy
 Greg Henderson, Aurora Health Care
 Caitlin Henriksen, Solutions Center
 Tammi Kohlman, Destination Zero/
 Comprehensive Service Integration of Fond du Lac County Inc. (CSI)
 Angie Meilahn, Ripon Area School District
 Aimee Meyer, Delta Center
 Tiffany Parker, Agnesian Health Care/ SSM Health
 Holly Rabe, Oakfield School District
 Jim Salasek, Chair, Community Member
 Tanya Sanderfoot, Ripon Area School District
 Christine Sesing, Fond du Lac School District
 Marian Sheridan, Comprehensive Service Integration of Fond du Lac County Inc. /Community Member

William Tadych, Fond du Lac County Sheriff's Office
 Rob Toepel, Ripon Area School District
 Robyn Williams, Marian University
 Brittani Woods, NAMI Fond du Lac & Fond du Lac County Department of Community Programs

Trauma-Informed Care Committee Members

Sarah Faust, Fond du Lac County Health Department
 Jackie Fiege, Comprehensive Service Integration of Fond du Lac County Inc.
 Sandy Hardie, Mahala's Hope
 Dan Hebel, Boys and Girls Club of FDL
 Nicole Johnson, Solutions Center
 Amber Kilawee, Fond du Lac Area United Way
 Lauren Martin, Co-Chair, Fond du Lac County Department of Social Services
 Carrie Nitz, Green Lake County
 Tiffany Parker, Co-Chair, Agnesian Health Care/ SSM Health
 Matricia Patterson, Family Connections
 Jim Salasek, Community Member
 Christine Schultz, North Fond du Lac School District
 Michelle Tidemann, UW – Madison, Division of Extension, Fond du Lac County
 Clarita Wesley, Catholic Charities of Fond du Lac
 Monica Zindler, Fond du Lac School District

Population Health Work Group

Jessica Dehnel, Agnesian Health Care/ SSM Health
 Sarah Faust, Fond du Lac County Health Department
 Joyce Mann, Fond du Lac County Health Department
 Amanda Miller, UW – Madison, Division of Extension, Fond du Lac County
 Kim Mueller, Fond du Lac County Health Department
 J.J. Raflik, Fond du Lac YMCA
 Heather Schmidt, DO, Agnesian Health Care/ SSM Health
 Nicole Weigert, Agnesian Health Care/ SSM Health
 Jill Wenzel, Agnesian Health Care/ SSM Health
 Deb Winterhack, Agnesian Health Care/ SSM Health