

2012 Green Lake County Community Health Assessment



Public Health
Prevent. Promote. Protect.

Green Lake County
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GREEN LAKE COUNTY

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To Green Lake County Residents:

It has been five years since the last Community Health Needs Assessment was completed. The assessment, which is to be completed every five years according to state statutes, is the foundation for improving and promoting the health of our residents. It helps us better understand the health issues and priorities in our communities so we can mobilize with our partners to address these concerns.

In 2007, we heard from our community that access to care, particularly access to dental care for low income families was a significant need. We were able to address this need through a successful grant proposal that allowed us to buy dental equipment and have a dental hygienist at the county provide cleanings and sealants for children. We identified tobacco use as a major issue and we advocated for the statewide smoking ban which passed in 2010. Our smoking rates have decreased by 6%! Obesity and lack of physical activity were identified as concerns that can lead to chronic illnesses such as diabetes and heart disease. Mental illness and alcohol and drug abuse were key concerns that were identified. Unfortunately, these issues continue to plague our county.

To complete this Needs Assessment, committee members used primary data, including surveys and focus groups, in addition to secondary data. Whenever possible, we used a review of several years of data to determine trends in health status for Green Lake County. The final report is the result of a broad-based effort to look not only at current health, but also at factors that influence future health such as health and wellness habits, education, environmental data and attitudes that influence health behavior. Many of these factors and attitudes challenge the healthcare system, but can be used to guide us towards a direction that positively impacts health.

The Community Health Needs Assessment is more than a report; it is intended as a resource for community leaders, planners and organizations to use to inform and influence their priorities and decisions. It is also a companion to the Community Health Improvement Plan (CHIP), which is a five-year plan that will commence in 2013. The CHIP will address the top five priority areas identified in the needs assessment. They include:

- Lack of Physical Activity
- Nutrition and Access to Healthy Foods
- Healthy Growth and Development
- Alcohol and Other Drug Abuse
- Mental Health

A very enthusiastic group of community members is committed to improving our health through collaborative efforts. These partnerships must continue in the future if we are to be successful in becoming Wisconsin's healthiest county. Many of the Community Health Needs Assessment partners will join workgroups to identify evidence-based practices or promising practices that have shown to improve these specific health priority areas. I encourage anyone interested in becoming a member of the Green Lake Area Health & Wellness Coalition and working on the health of the county to contact me so you can join our efforts. We welcome all community members.

Finally, I would like to express my sincere thanks to all who so generously supported this project in so many ways. Your efforts ensured that the voice of the community was heard throughout the process.

Yours in good health,

Kathryn S. Munsey, RN
Green Lake County Health Officer

HEALTHIEST WISCONSIN 2020

Everyone Living Better, Longer

Healthiest Wisconsin 2020 was developed in partnership with more than a thousand people, representing a wide variety of stakeholders throughout Wisconsin. The plan sets specific goals and focuses on establishing partners and policies to improve the health of Wisconsin residents.

Goals: Improve health across the life span. Eliminate health disparities and achieve health equity

Mission: Assure conditions in which people can be healthy and members of healthy, safe, and resilient families and communities.

Shared Values: Accountability; alignment; collaboration; community assets; evidence; fairness; infrastructure; justice; leverage; performance improvement; prevention; science; shared leadership; and sustainability.

Overarching Focus Areas: Health Disparities. Social, economic and educational factors that influence health.

Pillar Objectives: Objectives designed to create a sustainable structure to support the plan's goals. These wide-reaching objectives focus on systems, resources, policies, environments and programs.

Focus Areas and Objectives

Alcohol and Drug Use

- ✓ Change underlying attitudes, knowledge & policies
- ✓ Improve access to services for vulnerable people
- ✓ Reduce risky & unhealthy alcohol and drug use

Chronic Disease Prevention & Management

- ✓ Promote sustainable chronic disease programs
- ✓ Improve equitable access to chronic disease management

Communicable Diseases

- ✓ Immunize
- ✓ Prevent disease in high-risk populations

Environmental & Occupational Health

- ✓ Improve quality and safety of food supply and natural, built and work environments
- ✓ Promote safe & healthy homes for everyone

Healthy Growth & Development

- ✓ Assure children receive periodic developmental screening
- ✓ Improve women's health for healthy babies

Mental Health

- ✓ Reduce smoking & obesity among people with mental disorders
- ✓ Reduce depression, anxiety & emotional problems

Injury and Violence Prevention

- ✓ Create safe environments and practices through policies & programs
- ✓ Improve systems to increase access to injury care & prevention services

Nutrition & Healthy Foods

- ✓ Increase access to healthy foods & support breastfeeding
- ✓ Make healthy foods available for all

Oral Health

- ✓ Assure access for better oral health & access to services for all population groups

Physical Activity

- ✓ Design communities to encourage activity
- ✓ Provide opportunities for all to become physically active

Reproductive & Sexual Health

- ✓ Establish a norm of sexual & reproductive health across the life span
- ✓ Establish social, economic & health policies to improve equity in sexual health & reproductive justice

Tobacco Use & Exposure

- ✓ Reduce use and exposure among youth & adults

**Note: Every focus area also emphasizes
equitable access & services to reduce disparities.**

Wisconsin County Health Rankings & Roadmaps

Where we live matters to our health. The health of a community depends on many different factors, including the environment, education and jobs, access to and quality of healthcare, and individual behaviors. Health varies greatly across communities with some places being much healthier than others. The Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute have completed the 2012 *County Health Rankings*, which reports the overall health of each county in Wisconsin. The report ranks Wisconsin's 72 counties according to measures of health outcomes and health factors. Health outcomes measure the current health of the county while health factors are the items that influence health outcomes. Places receiving high ranks (e.g., 1 or 2) are considered "healthiest."

Counties can get a picture of how healthy their residents are by comparing their rankings to other counties, the state as a whole, or the national benchmark. The national benchmark is the point at which only 10% of the nation's counties do better.

These rankings identify areas of health concern, and ultimately serve as both a call to action and a tool to prioritize efforts. Counties can improve health outcomes by addressing all health factors with effective, evidence-informed policies and programs.

The category of Health Outcomes represents the overall health of a county. It is based on an equal weighting of mortality and morbidity factors. According to the 2012 ranking, Green Lake County ranked 61st out of 72 Wisconsin Counties. Only 11 counties ranked lower than Green Lake County.

- ◆ An increasing proportion of the population is reporting poor or fair health—an increase from 13% in 2010 to 19% in 2012.
- ◆ An increased number of poor physical health days per month are being reported. **The 2012 rate is greater than 95% of other counties.**
- ◆ The percentage of individuals reporting poor mental health has declined since 2010; however, it still exceeds the Wisconsin average and remains one of the highest in the state.
- ◆ The 2012 rankings of low weight babies is well below the state average, ranking greater than 90% of state counties.

Mortality (Premature death) represents the years of potential life lost before age 75.
Morbidity represents quality of life.

Mortality		Morbidity	
Year	Rank	Year	Rank
2010	35	2010	44
2011	35	2011	55
2012	56	2012	61

Morbidity	Green Lake	Wisconsin	Benchmark
Poor or fair health	19%	12%	10%
Poor physical health days	4.7%	3.3%	2.6%
Poor mental health days	4.8%	3.0%	2.3%
Low birth weight	4.6%	6.9%	6.0%

Health Factors

Health factors represent those elements which influence the general health of the community. These factors are a good predictor of the future health of residents. Thus, addressing areas of concern through programs and policies should result in improved health. According to the 2012 rankings, Green Lake County has slipped to 43rd (out of 72 counties) in the rankings.

Health Factors included in rankings:

Health Behaviors (30%)

Tobacco use, diet & exercise, alcohol use, sexual activity.

Clinical care (20%)

Access to care, quality of care.

Social & economic factors (40%)

Education, employment, income, family & social support, community safety

Physical environment (10%)

Environmental quality, built environment

Rankings	
Year	Rank
2010	34
2011	25
2012	43

Health Behaviors—#1 Tobacco

Tobacco use and exposure represent the leading overall cause of death in the United States and Wisconsin. In Wisconsin each year an estimated 8,000 people die of tobacco-related illnesses (where tobacco is listed as at least one of the risk factors), an estimated \$2.2 billion is paid in direct health care costs, and an estimated \$1.6 billion is attributed to lost productivity.

Source: Healthiest Wisconsin 2020; The Burden of Tobacco in Green Lake County

Rate of Adult Smoking			
Year	Green Lake	Wisconsin	Nation
2010	26%	21%	16%
2011	25%	21%	16%
2012	20%	20%	14%

Although adult smoking rates have decreased in the last three years, the level is still higher than that of the nation. Even more alarming is that the rate of smoking during pregnancy is increasing.

Smoking During Pregnancy		
Year	Green Lake	Nation
2011	19%	14%
2012	25%	14%

Potential years lost in Green Lake County

Cause of death	Years of potential life lost
Smoking-related cancers	210 years
Cardiovascular disease	100 years
Respiratory disease	90 years
Total	400 years

♦ In Green Lake County approximately 33 individuals die annually of illnesses directly related to smoking.

♦ In 2007 an estimated \$93.1 million in health care costs were paid in Green Lake County as a result of diseases caused by smoking.

♦ In 2007, estimated health care costs of cigarette smoking were approximately \$498 for every man, woman and child in Green Lake County.

Source: *The Burden of Tobacco in Green Lake County, March 2010*

Health Behaviors—#2 Diet & Exercise

Adult Physical Inactivity			
Year	Green Lake	Wisconsin	Nation
2012	26%	23%	21%

In 2012 over a quarter of Green Lake County adults surveyed reported no leisure time physical activity. Physical activity is a preventive factor for many chronic health conditions, such as heart disease, stroke, high blood cholesterol, depression, and bone and joint disease.

Changes in community design can encourage increased physical activity.

Adult Rate of Obesity			
Year	Green Lake	Wisconsin	Nation
2010	27%	25%	24%
2011	27%	28%	25%
2012	30%	29%	25%

The county's rate of adult obesity has also increased. Often, overweight and obesity are the result of an overall energy imbalance due to both eating too many calories and getting too little physical activity. Consuming a healthy amount of calories and healthier foods are important in maintaining health. CDC has released the "My Plate" guidelines to encourage healthy eating.

Consuming a healthy diet leads to a decreased risk of chronic diseases, such as type 2 diabetes, hypertension, and certain cancers, decreased risk of overweight and obesity, and a decreased risk of micronutrient deficiencies. In addition, physical inactivity at the county level is related to health care expenditures. The CDC also sets activity recommendations indicating that physical activity is important for overall health. *Source: 2012 County Rankings & Roadmaps*

Body Mass Index (BMI) is based on weight and height.

BMI 2006-2010	Green Lake County	Wisconsin
Normal (BMI under 25)	31%	36%
Overweight (BMI between 25 and 30)	41%	37%
Obese (BMI of 30 and over)	28%	27%

Source: Wisconsin Behavioral Risk Factor System, 2006-2010, Department of Health Services, Division of Public Health, Bureau of Health Information and Policy

National surveys have shown a positive association between the number of hours children watch television and prevalence of being overweight.

Several reasons may account for this:

- ⇒ TV watching may displace physical activity.
- ⇒ Children may increase caloric intake while watching TV.
- ⇒ Children who watch more TV may be influenced by ads to request, buy or consume more high calorie foods and more snacks.
- ⇒ TV viewing may reduce metabolic rate.
- ⇒ Children watch less TV if they have parents who watch less themselves.

Source: WI Nutrition & Physical Activity State Plan

Health Behaviors—#3 Alcohol

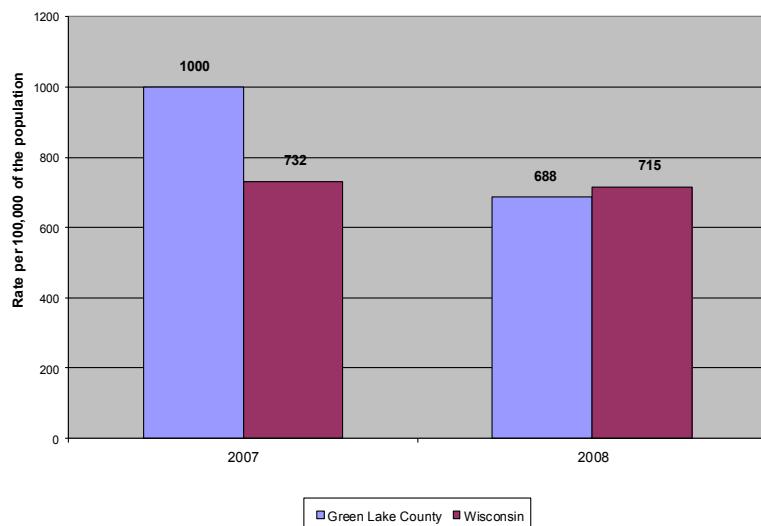
According to the *County Health Rankings*, 24% of Green Lake County residents are estimated to be engaging in excessive drinking.

Alcohol-related deaths are the fourth leading cause of death in Wisconsin. While most people in Wisconsin drink responsibly, safely and legally, Wisconsin ranks at or near the top among states in heavy alcohol drinking.

Consequences of alcohol or drug abuse include motor vehicle and other injuries; fetal alcohol spectrum disorder and other childhood disorders; alcohol- and drug-dependence; liver, brain, heart and other diseases; infections; family problems; and both nonviolent and violent crimes.

Source: *Healthiest Wisconsin 2020, Everyone Living Better Longer.*

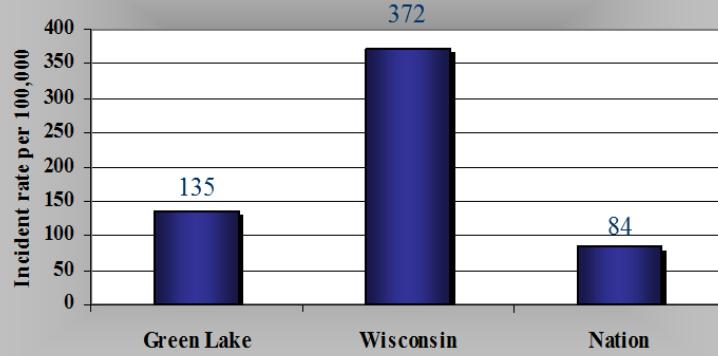
Operating while intoxicated (OWI) per 100,000 population



Source: WI Epidemiological Profile on Alcohol and Other Drug Use, 2010

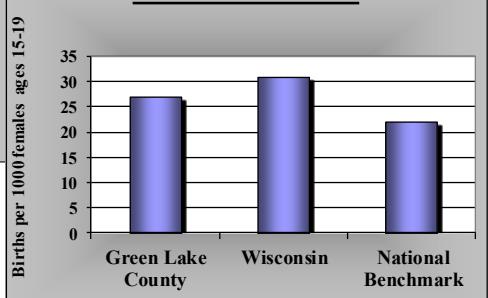
Health Behaviors—#4 Sexual Activity

Sexually Transmitted Infections 2012



Source: Wisconsin County Rankings 2012

Teen Birth Rate 2012



Attention to policies and programs that support and foster reproductive and sexual health is necessary to maintain and lower rates of adolescent and unintended pregnancy, HIV and sexually transmitted infections.

Access to clinical care & quality of care

Primary Care Physicians

Green Lake County	Wisconsin	National Benchmark
1,426:1	1,051:1	631:1

The ratio of primary care physicians to Green Lake County residents may appear to indicate a physician shortage; however, it's important to remember that many county residents have easy access to physician care from nearby surrounding counties. Thus this statistic may over- or underestimate patient access to primary care. In addition, this measure does not report patient satisfaction with the care they receive, how often they make use of primary care services, if the primary care physician in their area accepts their type of insurance, or how long they have to wait to see a provider.

Research does show, however, that access to effective and timely primary care has the potential to improve health outcomes from all health causes, including cancer, heart disease, stroke and infant mortality, as well as improved life expectancy and improved self-rated health.

Source: Wisconsin County Health Rankings 2012

Uninsured Adults

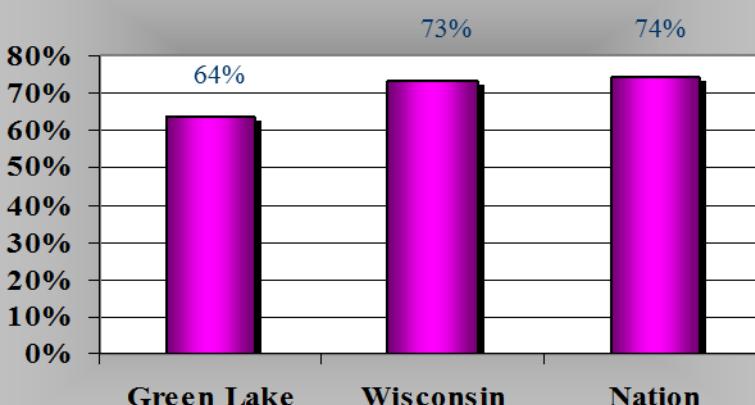
Although having health insurance does not guarantee quality health care, it is a first step to get necessary health care needs satisfied.

Percent of Uninsured Adult Residents

Year	Green Lake	Wisconsin	Target Rate
2010	12%	10%	9%
2011	12%	13%	11%
2012	12%	11%	11%

Source: County Health Rankings 2010, 2011, 2012

Mammogram Screenings 2012



A mammogram every 1-2 years for women in their 40s and 50s reduces the risk of death from breast cancer by about 15%.

Source: NCSL "Chronic Disease Prevention & Health Promotion" October 2012.

Access to clinical care & quality of care

Diabetes Prevalence—Green Lake County

Age Category	Estimate Number Diagnosed (%)	Estimated Number Undiagnosed (1%)	Estimated Total Number (%)
Ages 18-44	90 (1.8%)	30 (0.6%)	120 (2.4%)
Ages 45-64	630 (11%)	240 (4.2%)	870 (15.2%)
Ages 65+	700 (19.8%)	260 (7.4%)	960 (27.2%)
All ages adult*	1,420 (7.5%)	530 (2.8%)	1,950 (10.3%)

*Percent is age-adjusted to the US 2000 standard population. Total percent may not equal the sum of diagnosed percent and undiagnosed percent, due to rounding. Source: The 2011 Burden of Diabetes in Wisconsin

Diabetic Screenings

Year	Green Lake	WI
2010	93%	88%
2011	91%	89%
2012	88%	89%

OTHER INFORMATION

- ◆ People with pre-diabetes have an increased risk of developing type 2 diabetes, heart disease, and stroke. In Green Lake County, an estimated 4,870 people aged 20 years and older have pre-diabetes.
- ◆ The cost of diabetes in Green Lake County adults is staggering. In 2009 for Green Lake County, direct costs were estimated at \$16.7 million, indirect costs were estimated at \$8.3 million, totaling an estimated \$25.0 million.

2010 Hospitalizations—Green Lake County

	Total Number	Diabetes-related (% of total)	Total Charges	Diabetes-related charges (% of total)
All Ages	2,329	462 (19.8%)	\$47,402,200	\$10,158,400 (21.4%)

Community Health Network (CHN) offers a diabetes education program to help diabetics and their families better understand and control diabetes. Since the program's inception in 2007, over 800 doctor-referred patients have taken advantage of this educational service. Overall, the program has helped patients decrease their A1C blood sugar level from 9.49% to 6.85% (recommended goal is under 7%). The CHN program includes educational sessions with certified personnel who focus on diabetes management. In addition to this program, CHN sponsors a Diabetes Health Fair, which annually attracts around 200 area residents.

Chronic Disease

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. Examples of the most common chronic disease include heart disease, stroke, cancer, diabetes, asthma, arthritis, obesity and oral disease. Chronic diseases are among the most common and most costly of all health problems in the U.S. Not only are they costly in terms of human suffering and compromised lifestyles, but also by the direct health care costs that impact the economy and, consequently, all residents. State-wide the costs to the Medicaid system for chronic diseases are staggering.

Chronic Disease

Risk Factors

◆ Insufficient physical activity

Adult recommendation: 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity activity per week.

Children: At least 60 minutes of moderate- or vigorous-intensity each day.

◆ Unhealthy diet

Avoid sugar-sweetened beverages, eat more fruits and vegetables, limit portion sizes and promote breastfeeding infants.

◆ Tobacco Use & Secondhand Smoke

There is no safe level of tobacco use for adults or children. Complete avoidance of all tobacco products is recommended.

◆ Excessive alcohol use

Both the amount of alcohol (heavy drinking) and frequency (binge drinking) are risk factors.

Source: The Epidemic of Chronic Disease in Wisconsin, DHS Wisconsin, 2011

Disease	WI Medicaid Costs
Stroke	\$244 million
Diabetes	\$294 million
Heart Disease	\$106 million
Hypertension	\$408 million
Cancer	\$47 million
Congestive Heart Failure	\$47 million
TOTAL	\$1.1 billion

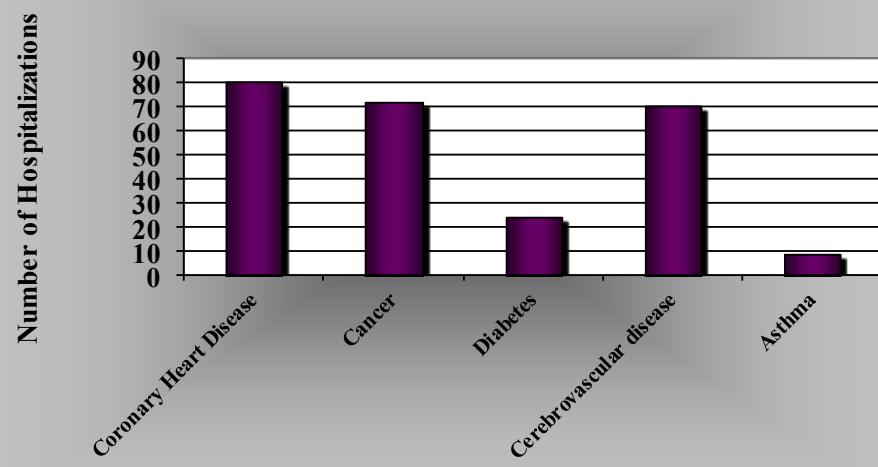
The Epidemic of Chronic Disease in Wisconsin, DHS Wisconsin, 2011

Chronic Disease

Is Preventable!

By eliminating the four risk factors listed above, it is estimated that at least 80% of all heart disease, stroke and type 2 diabetes would be prevented, as would over 40% of all cancers.

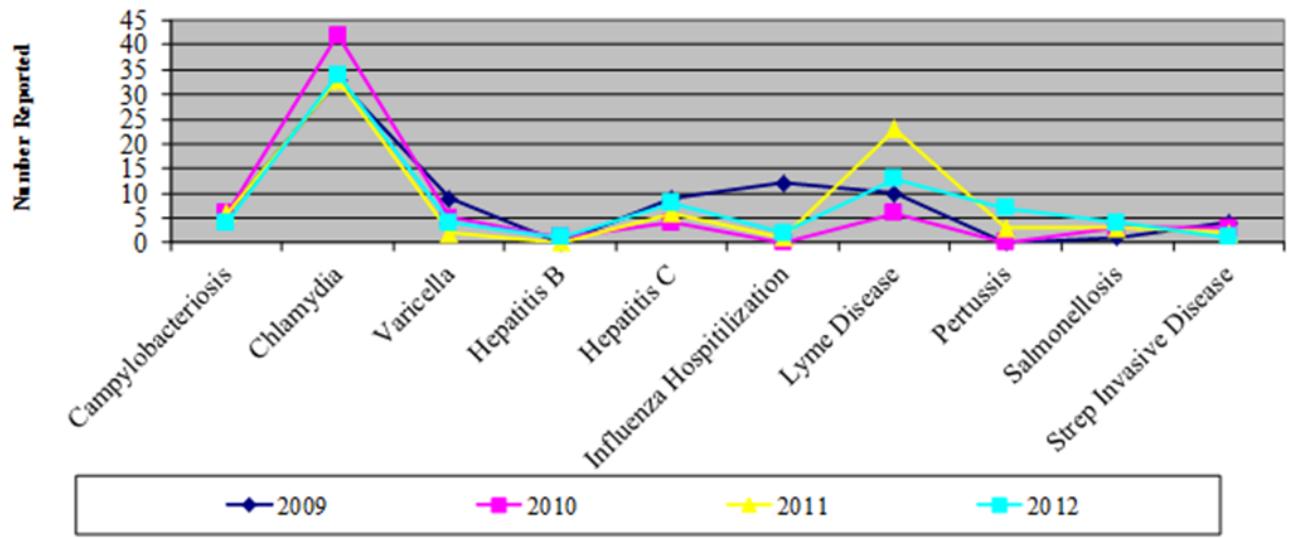
2010 Chronic Disease Related Hospitalizations in Green Lake County



Sources: Wisconsin County Health Rankings 2012, Healthiest Wisconsin 2020

Communicable Diseases

Communicable Diseases Green Lake County 2009-2012



Communicable Diseases are illnesses caused by bacteria, viruses, or parasites.

- ◆ Each year approximately 35,000 cases of communicable disease are reported to health departments in WI.
- ◆ Immunizations, effective surveillance and early intervention are key to preventing more people from becoming infected.

Oral Health

Oral health means being free of mouth pain, tooth decay, tooth loss, oral and throat cancer, birth defects and other diseases that affect the mouth.

Many diseases can start with oral symptoms and many diseases beginning in the mouth can affect health in other parts of the body.

Wisconsin experiences shortages of access for dental and other oral health services, particularly for people receiving Badger Care or those lacking insurance coverage for oral health services.

- 1) 74% of county adults have an annual dental cleaning.
- 2) Green Lake County is not considered a dental health professional shortage area; however, only one dentist will accept Medical Assistance patients.
- 3) Green Lake County received a dental grant in 2012 from the Oshkosh Area Community Foundation to purchase portable dental equipment to be used primarily for children ages 3-5. Three county school districts (Berlin, Green Lake and Markesan) have implemented the Smiles for Life dental program for children.
- 4) Fewer than 50% of residents have access to fluorinated water.
- 5) There is no county-wide sealant program.

Social & Economic Factors

	HS Graduation		Some College	
Year	Green Lake	WI	Green Lake	WI
2010	96%	88%	16%	25%
2011	95%	89%	49%	63%
2012	89%	86%	51%	63%

The *County Health Rankings* uses two measures to represent education—high-school graduation rate and percentage of adults (25+) with post secondary education.

Green Lake County has historically had a greater high-school graduation rate than that of the state of Wisconsin; however, the margin is shrinking.

The gap between the percentage of county adults with some form of post-secondary education and other Wisconsin adults with the same level of education is now more than 10%.

Impact of education on health:

A higher degree of education generally results in higher incomes, on average, and more resources than a job that requires less education or training. Not only does education impact one's economic status, it also reflects on one's health literacy and thus influences health behaviors and lifestyle choices.

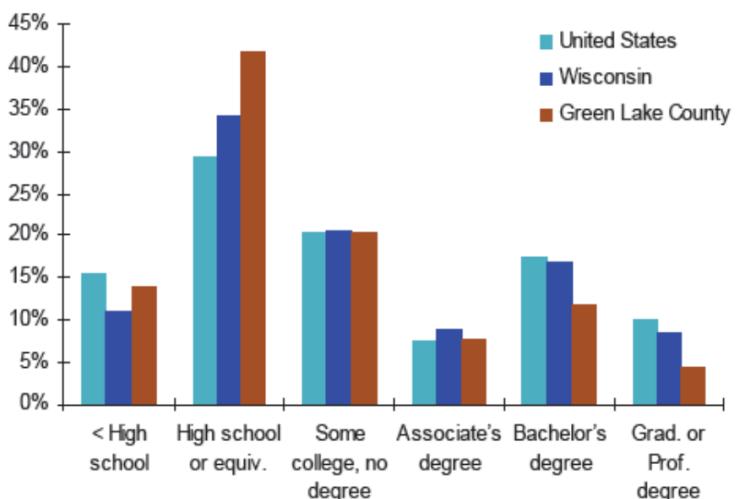
It also affects the ability to purchase health insurance. According to WI Dept. of Health Services data, in 2008 the proportion of people in Wisconsin without health insurance was 19% higher among residents living below the federal poverty guidelines, while another 12% living in "near poverty" lacked insurance.

Although today's high school county graduation rates seem to be on par with the state rate, the educational attainment of older residents differs considerably.

Since the county's overall median age is higher than that of both the state and the nation, this is not a surprising statistic. Green Lake County is primarily a rural area with an emphasis on agricultural endeavors as well as a small population group with a tradition of home schooling.

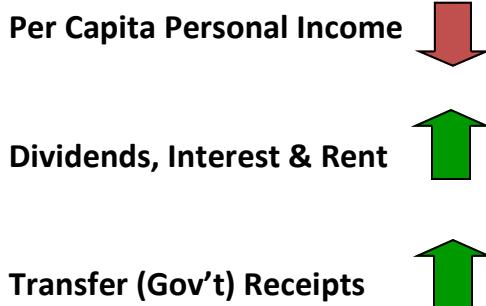
Today's world requires more advanced education and the increasing level of residents pursuing post-high school education reflects that change.

Educational Attainment of Residents
25 or More Years Old

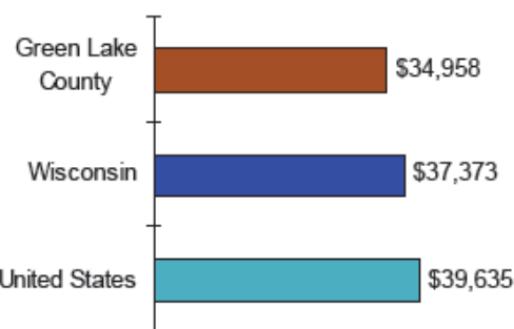


Source: US Census Bureau, American Community Survey, Table B15002, 2005-2009

Social & Economic Factors

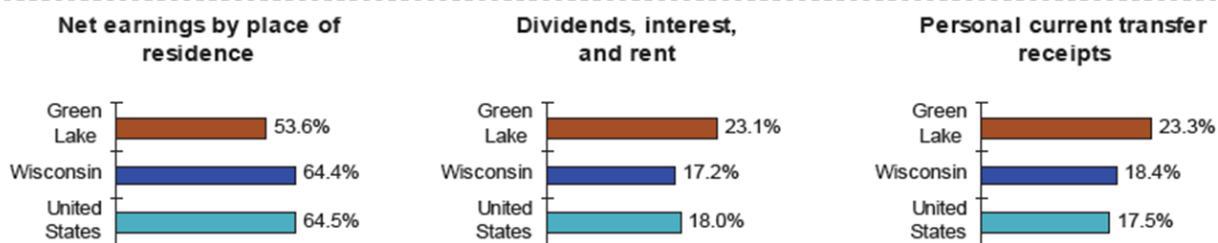


2009 Per Capita Personal Income



Source: US Dept. of Commerce, Bureau of Economic Analysis, 2011

Income Components - 2009



Source: US Dept. of Commerce, Bureau of Economic Analysis, 2011

According to 2010 US Census data Green Lake County has an aging population. That, in part, accounts for the sources of income shown above. It also means that a large segment of the population has special health needs.

Median Age in Years

Green Lake	43.6-51.0 yrs.
Wisconsin	41.1-43.5 yrs.
United States	31.4-40.0 yrs.

Ages 65 or older

Green Lake	19.2%
Wisconsin	13.7%
United States	13.0%

Unemployment

Year	Green Lake	Wisconsin
2010	5%	5%
2011	9.5%	8.5%
2012	9.3%	8.3%

Source: Wisconsin County Health Rankings, 2010-2012

Major Employers:

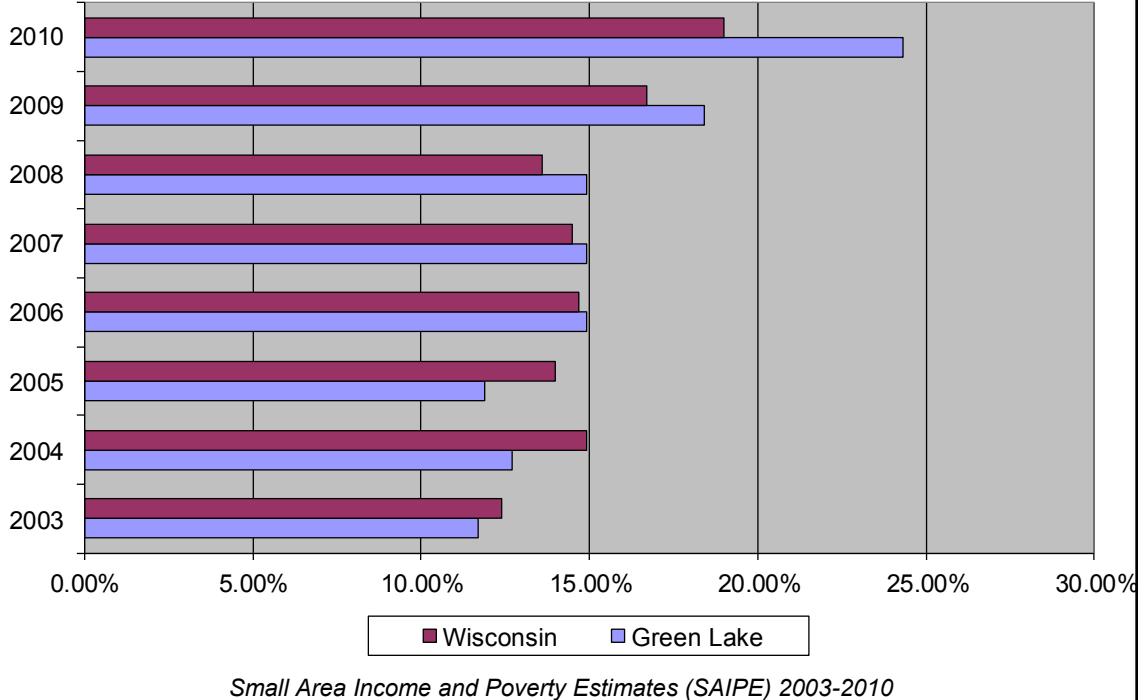
Healthcare (Community Health Network)
Education (Berlin Area School District)
Industry (Grede Iron Foundries)
Tourism (The Heidel House)
Government (Green Lake County)

Unemployment

- Unemployment in Green Lake County is above the state average.
- Unemployment rate is 30% higher during the winter months.

Social & Economic Factors

Children Living in Poverty



Children in Poverty = 24.3%

Poverty: Insufficient income to meet the needs for food, clothing, and shelter

- ◆ An increased number of county children are eligible for free and reduced school lunches.
- ◆ An increased number of children are from families unable to provide routine health care needs.
- ◆ The healthy development of young children provides a strong foundation for later academic achievement, economic productivity, and responsible citizenship, as well as a lifetime of good physical and mental health

Shift in population demographics

In the past few years the Berlin Area School District has experienced a significant shift in student population. Approximately 40% of K-5 students and 34% of 6-12 students now live in single parent, non-traditional households defined as “fragile family” homes. Children from fragile families are disproportionately represented in the ranks of poverty (comprising 60%).

As of the 2012-13 school year, the number of students eligible for free and reduced lunch was 48%. According to a district report, the district serves students with disabilities representing 18% of the student body. Additionally, approximately 5% of students have a parent or family member in the criminal justice system. Approximately 33% of Berlin students grades 3-5 and 50% of students grades 6-12 return to empty, unsupervised homes after most school days.

Source: BASD report 2011-12.

Family & Social Support

When asked the question, "How often do you get the social and emotional support you need?" the **County Health Rankings** reports the percent of the adult population that responds they "never," "rarely," or "sometimes" get the support they need.

Of the Green Lake County residents who responded to this question, 20% reported inadequate social support, above the state average of 17%.

Poor family support, minimal contact with others and limited involvement in community life are associated with increased morbidity and early mortality. Social support networks have been identified as powerful predictors of health behaviors, suggesting

that individuals without a strong social network are less likely to participate in healthy lifestyle choices.

Adults and children in single- or lone-parent households are both at risk for adverse health outcomes such as mental health problems (including substance abuse, depression and suicide) and unhealthy behaviors such as smoking and excessive alcohol use. Not only is self-reported health worse among single parents, but mortality risk also is higher. Likewise children in these household also experience increased risk of severe morbidity and all-cause mortality.

Source: County Health Rankings 2012

Mental health issues are also associated with physical health problems and risk factors such as smoking, physical inactivity, obesity and substance abuse; factors that can lead to chronic disease, injury and disability.

2012 Vulnerable Adult Investigations

Elder Abuse:	Vulnerable Adults:	Protective Placement:
Total: 42 investigations	Total: 12 investigations	Total: 40 reviews
Substantiated: 15	Substantiated: 3	Infirmities of aging: 9
Unsubstantiated: 25	Unsubstantiated: 5	Developmental disabilities: 18
Unable to determine: 2	Unable to determine: 4	Mental Illness: 4
		Degenerative brain disorder: 9

Mental wellness essential for good health

Mental illness is a curable condition that, when left untreated, results in debilitating loss of life and productivity. As mental wellness is essential for our functioning on many levels, poor mental health compromises numerous facets of community life—healthy growth and development, physical activity, nutritional choices, access to social supports, clinical care and employment.

Early intervention and prevention services that strengthen families are most cost effective. Despite widespread recognition of need for mental health services in Green Lake County, stigma and other barriers stand between individuals and available supports. For size of population, our county ranks among the very last in the state on measures of poor mental health days per resident.

Although county services are limited, once engaged, individuals report satisfaction and positive outcomes.

Life Course Model

A happier childhood means a healthier, happier life. For that reason Green Lake County offers a variety of educational and developmental assessment resources to assist families to better provide for children of all ages. Mental health is as important as physical development in the quest for a healthy life.

Community Safety

Violent crimes are offenses that involve face-to-face confrontation between the victim and the perpetrator, including homicide, forcible rape, robbery, and aggravated assault.

High levels of violent crime compromise physical safety and psychological well-being. Crime rates can also deter residents from pursuing healthy behaviors such as exercising out-of-doors. Additionally, some evidence indicates that increased stress levels may contribute to obesity prevalence, even after controlling for diet and physical activity levels.

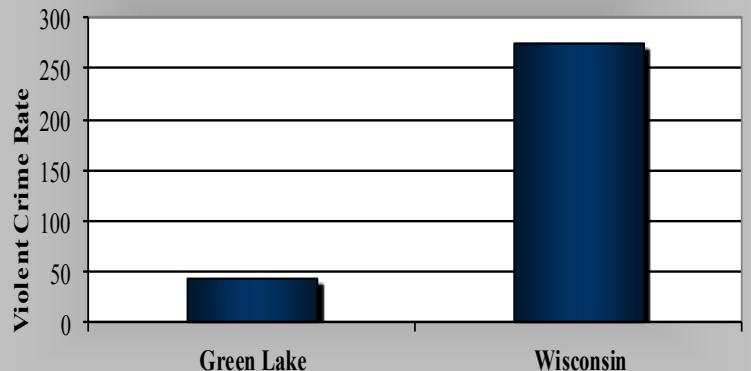
Fortunately, Green Lake County residents experience a low crime rate.

Injuries are the leading cause of death among WI people age 1-44 years.

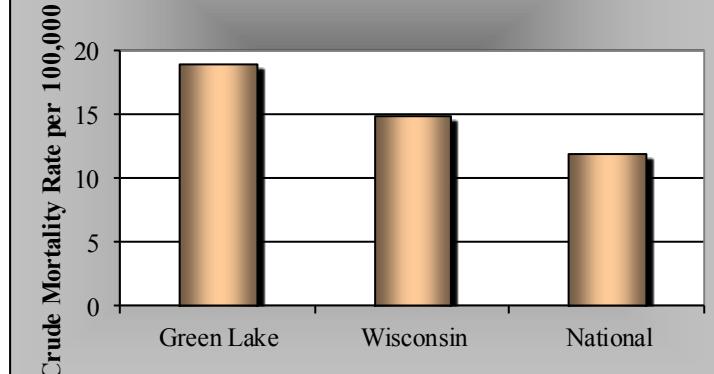
Unintentional injuries are often preventable; they include falls, drowning, motor vehicle accidents, suffocation, and poisoning.

Intentional injuries include those that were purposely inflicted with intent to injure including homicide, child maltreatment, sexual assault, bullying, and suicide.

Violent Crime Rate 2012

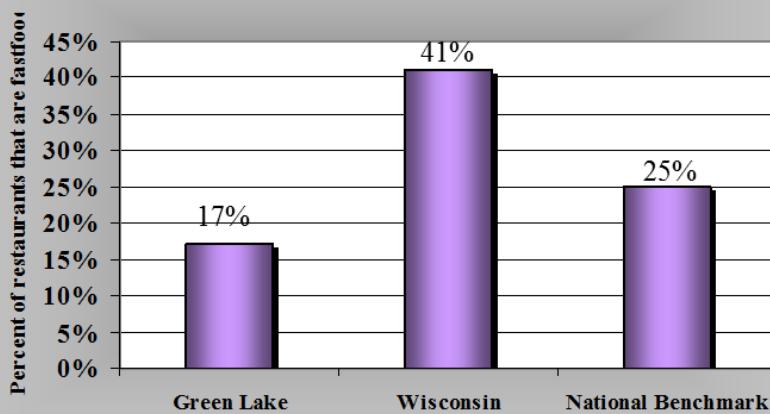


Motor Vehicle Crash Death Rate 2012



Environmental & Occupational Health

Fast Food Restaurants 2012



According to the County Health Rankings, Green Lake County ranked #1 in this category.

Air quality is considered excellent, the county exceed the national benchmark for access to recreational facilities and access to healthy foods, and the area has a limited number of fast food restaurants.

Lead poisonings in Green Lake County and Wisconsin were both at 1%.

This area also focuses on reducing hazards through engineering, regulation, safe work practices and other methods such as safe routes to school.

Community Themes & Strengths Assessment

As part of the 2012 County Needs Assessment, the Health Department met with various county groups and residents. Five group sessions were held with over 100 attendees. The purpose of these sessions was twofold:

- 1) To present an overall health picture of Green Lake County residents.
- 2) To determine areas of most need, based on the Healthiest Wisconsin 2020 Focus areas.

These priority areas will be addressed in the upcoming 2013 County Health Improvement Plan (CHIP).

In addition to selecting priority health areas, members of the community focus group, **Mobilizing for Action Through Planning and Partnerships (MAPP)**, met in discussion groups to consider what existing programs and services are now available to county residents as well as to determine the gaps, needs or concerns for each area. Following is a summary of group findings:

Health Priority Areas

Lack of Physical Activity	88
Nutrition & Access to Healthy Foods	74
Alcohol & Drug Use	73
Mental Health	60
Healthy Growth & Development	53

Priority Area—Physical Activity

Existing Programs:

- ◆ Excellent area bike trails backed by a strong bike advocacy organization
- ◆ Exercise options available for community members at all area schools
- ◆ Swimming pool options available in the area
- ◆ Green Lake City Hall gym
- ◆ Safe Routes to School, Walking School Bus
- ◆ Town Square exercise classes
- ◆ Private fitness centers
- ◆ Community park & rec department offerings
- ◆ Local walk/run events
- ◆ Cross country ski trails
- ◆ Boys & Girls Club activities
- ◆ Senior Center programs
- ◆ 4-H programs
- ◆ Green Lake Conference Center activities and other area commercial opportunities

Priority Area—Physical Activity

Concerns

- ◆ Lack of awareness & community support of exercise options. Need to educate community on health benefits of physical exercise
- ◆ People are seeking free, guided exercise
- ◆ Shortage of facility space or under-utilized space. Offer open gyms on weekends
- ◆ Improve marking of bike routes and unsafe shoulders on county roads for bicyclists
- ◆ Develop community wellness campaigns, awareness days
- ◆ Offer school challenge programs
- ◆ Expand fitness offerings—dance classes, ice & roller rinks, floor hockey, dodgeball/kickball leagues, senior exercise programs
- ◆ Community access to Wii exercise programs
- ◆ Better marketing of all programs
- ◆ Incorporate more physical activity into the school day

Priority Area—Alcohol & Other Drug Use

Existing Programs:

- ◆ **County Programs:** Intoxicated Driver Program, Individual Assessments & Counseling, Jail Recidivism Program, Crisis lines, Information referral, Underage drinking program, 3-party petitions
- ◆ **Community Programs:** AA and ALANON meetings, Liberty Counseling, branch clinics, residential programs, halfway houses
- ◆ **School Programs:** SADD

Priority Area—Alcohol & Other Drug Use

Concerns & Gaps:

- ◆ Lack of school & prevention programs
- ◆ Lack an integrated service approach
- ◆ Lack of funding, insurance coverage
- ◆ Legislative limits/concerns
- ◆ Need more drug education, prescription abuse education
- ◆ Need to make this area a priority; change public attitudes with an assertive advertising campaign

Community Themes & Strengths Assessment

Priority Area—Healthy Growth & Development

Existing Programs:

◆ **Government Programs:**

Badger Care, Social Security, UMOS, Head Start

◆ **Non-Profit Programs:**

Food pantries, Habitat for Humanity, faith-based programs, homeless programs, Care 4 U clinic, Boys & Girls Club

◆ **Public Health Services:**

Immunizations, Maternal & Child Health services, WIC, Birth to Three

◆ **UW-Extension Programs**

◆ **Community Services:**

Child care centers and primary care providers, Town Square, community libraries

◆ **School Systems:** Public & private

Priority Area—Healthy Growth & Development

Concerns & Gaps:

◆ Lack of awareness of available programs

◆ Lack of job training programs for unemployed parents

◆ Lack of education

◆ Lack of transportation

◆ Improve coordination of services

◆ Oversight of programs is difficult
Accountability, quality of leadership, keeping current

◆ Language barriers, communication gaps

◆ Utilize better evaluation & best practices

◆ Diminishing resources

◆ Social justice systems

Priority Area—Nutrition & Healthy Foods

Existing Programs:

- ◆ UWEX WI nutrition education programs
- ◆ Senior nutrition programs (senior meals & meals on wheels), senior voucher program
- ◆ County WIC program
- ◆ Community & county food pantries
- ◆ Local farmers markets & Amish produce auction
- ◆ School free & reduced lunch programs
- ◆ Community Supported Agriculture programs, community gardens & co-ops
- ◆ CHN diabetic education and nutrition program
- ◆ Town Square cooking classes

Priority Area—Nutrition & Healthy Foods

Concerns, Gaps:

◆ Lack of cooking skills

◆ Lack of nutrition knowledge

◆ Limited grant funding

◆ Farm to School programs not in place

◆ Lack of transportation & access to grocery stores

◆ Increased availability of poor food choices

◆ Need help in applying for benefits

◆ Increase education regarding economical, healthy food choices

◆ Better marketing of educational programs

Priority Area—Mental Health

Existing Programs:

- ◆ County programs: Outpatient, case management, collaborative systems of care, crisis stabilization team
- ◆ Private counseling, LaClinica
- ◆ Ripon Medical Center: 1 full-time practitioner, inpatient, , grief counseling, EAP services
- ◆ CESA & School counseling services
- ◆ Five-county consortium working to collaborate & develop strategies
- ◆ Coordination between law enforcement & county for crisis treatment in emergencies

Priority Area—Mental Health

Concerns, Gaps:

◆ Reported high # of poor mental health days

◆ Lack of knowledge about sources for help

◆ Reduce stigma regarding mental health

◆ Limited county resources

◆ Increase training of law enforcement

◆ Increase worksite support

◆ Increase engagement from traditional health care providers & faith-based groups

◆ More prevention, early detection, peer support systems

◆ Large variation of needs (such as age)

◆ Aging population increases number of depression, dementia & related conditions

Forces of Change Assessment

The purpose of this assessment is to highlight trends, events, and factors such as legislation, technology or any other elements that may affect the context in which the community and public health system operates now and in the future. Listed are the forces of changes, the threats posed and the opportunities created. This assessment will help in creating the upcoming Community Health Improvement Plan.

Forces of Change	Threats Posed	Opportunities Created
Healthy Hunger Act	Budget increase for community & schools	Healthier food, better nutrition
Affordable Care Act	Unknown variables affecting medical services	Increased access to dental clinic & behavioral health opportunities & funding
Availability of technology	May lack resources; misinformation may occur	Possible increased access to resources, & information
Increased use, dependency on technology	Decreased face-to-face social interaction, isolation Mental health concerns	Increased production Faster access to information Globalization
Poverty/low income	Unemployment Mental health issues Nutritional, health issues	Funding opportunities Development of more local resources
Budget concerns	Difficult for long-term planning;	Fiscal responsibility
Political changes (elections) Act 10	Divisiveness at community & personal levels Changes at local & county levels	Potential for more local progress Engaged citizens
Environmental concerns	Budget issues Disturb natural environment Increased traffic Bike trail maintenance	Expansion of Green Lake Greenways Increased opportunities for physical activity
Education challenges	Low enrollments School Choice Budget concerns	Virtual/online schools Alternative schools School choice
Aging of the community	Economic burden Transportation issues Lack of healthcare facilities Increase in mental health issues	Employment opportunities for service providers
Cultural diversity	Communications Non-conforming traditional behaviors	Relationship building New partnerships Diversity
Sand mining	Environmental concerns	Job creation
Youth developmental needs	Bullying, social interaction mental health, family dynamics	Education Faith-based involvement

Green Lake County Public Health Department

Our Vision: Green Lake County: Healthy People, Communities and Environment

Our Mission: Assure the health of Green Lake County by promoting and protecting health and preventing disease

10 Essential Public Health Services:

1. **Monitor** health status to identify community health problems.
2. **Diagnose and investigate** health problems and health hazards in the community.
3. **Inform, educate and empower** people about health issues.
4. **Mobilize** community partnerships to identify and solve health problems.
5. **Develop policies and plans** that support individual and community health efforts.
6. **Enforce laws and regulations** that protect health and ensure safety.
7. **Link** people to needed personal health services and assure the provision of health care when otherwise unavailable.
8. **Assure** a competent public health and personal healthcare workforce.
9. **Evaluate** effectiveness, accessibility, and quality of personal and population-based health services.
10. **Research** for new insights and innovative solutions to health problems.

Our Goals:

1. **Provide High-quality Public Health Services**
2. **Maximize Public Health Resources**
3. **Strengthen Communication and Promote Public Health Services.**

Our Programs:

- | | |
|---|--|
| 1. Birth to 3 & Family Support | 7. Maternal & Child Health |
| 2. Communicable Disease/STD's | 8. Prenatal Care Coordination |
| 3. Environmental Program/Human Health Hazards/Nuisances | 9. Public Health Preparedness |
| 4. First Breath | 10. Reproductive Health Services & Referrals |
| 5. Food Safety Licensing & Recreation Program | 11. Tobacco |
| 6. Lead | 12. Wisconsin Well Woman Program |

Hospital Partners

Community Health Network

When community members pooled their resources to form the Berlin Hospital Association in 1911, little did they know how much their hometown hospital would impact the local quality of life for the next 100 years and beyond.

The Berlin Hospital Association, or Community Health Network as it is known today, has evolved from one small hospital serving the Berlin community to include an integrated non-profit network of more than 36 physicians, nurse practitioners, and physician assistants, providing services at two hospitals, walk-in care on the Berlin campus, a nursing home, three rehabilitation locations, home care division, retail pharmacy, and 10 medical centers throughout a four-county service area.

CHN has developed a collage of services that include an anti-coagulation clinic, pre-op education classes for joint replacement, dietary evaluations, lifeline and home safety guides, diabetic counseling, and numerous other informational health programs. CHN's state-of-the-art surgical care center offers 20 private patient rooms, four operating suites, and a comfortable atmosphere for both patient and family members. CHN has developed strong relationships with over 25 outside specialty physicians that offer their services at CHN--specialists in cardiology, urology, pain management, neuro-surgery, ENT, ophthalmology, and podiatry, to name a few.

CHN is the largest employer in Green Lake County, with over 800 employees. As such, CHN supports the communities it serves by sponsoring community and school activities and special events such as a diabetic health fair, a 5k run/walk, a charity golf outing, a 13.1 half marathon, a Night Out for Women's Health, and a Wine and Roses Foundation fundraiser.

At CHN the mission of service has remained the same for over 100 years—to provide superior services to improve the health of those we serve. Through the ever-changing landscape of healthcare, CHN continues to pave the way.

Ripon Medical Center

A member of Agnesian HealthCare, Ripon Medical Center, located at 933 Newbury Street in Ripon, offers a full range of services to help meet the healthcare needs of area individuals and families close to home. The hospital has made a commitment to construct a new state-of-the-art facility by summer 2014. Plans are also in progress to introduce obstetrics care by summer 2013.

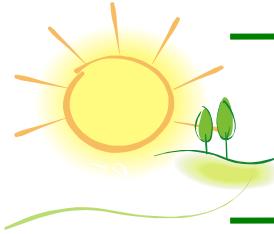
Through continued input from the community, Ripon Medical Center brings healthcare that serves a broad reach of medical disciplines from primary care (family and internal medicine) to specialty care, including behavioral health, cancer care, general surgery, orthopedic and foot surgery, and more.

Ripon Medical Center's services are wide-ranging. Among them are cancer care services available from Agnesian Cancer Center professionals, cardiac rehabilitation including progressive exercise and education for individuals with cardiovascular diseases, and diabetes services with specially-trained associates who provide education for patients with or at risk for diabetes.

The hospital hosts various community education programs throughout the year. Programs include such topics as healthy lifestyles, CPR/first aid, nutrition and weight management, babysitting certification, and support groups for cancer, grief, and heart disease.

Other community outreach services are also available. Among them are an emergency department and urgent care available 24 hours a day, 365 days a year, walk-in care available weekdays 8 a.m.-5 p.m. from nurse practitioners at the hospital's medical office building, and diagnostic imaging services that use sophisticated technology to aid providers in diagnosing and treating health concerns.

Ripon Medical also offers a home care program for those who need continued care after discharge and for those who may need part-time skilled care at home, as well as a mobile meals program that accommodates specific dietary needs for residents in the city of Ripon. Another outreach program, work injury care services, focuses on treating work-related injuries and coordinating follow-up care so that healthcare providers can help employees recover and return to work as soon as possible.



Green Lake Area Health & Wellness Coalition

The Green Lake Area Health & Wellness Coalition organized in 2006 in an effort to bring together various health agencies, schools, businesses and individuals within the area to promote healthy and active lifestyles.

Originally the coalition served as a clearinghouse for health information, with a long-term goal of accessing grant funding. Through the years collaborative efforts successfully resulted in several different grants.

The coalition focuses on the promotion of healthy nutrition, physical activity, worksite wellness, and healthy lifestyle choices. The group has compiled a community handout, "Get Moving—Get Fit," which contains a listing of area opportunities for physical activities.

In 2010 the coalition sponsored a "Let's Move!" event aimed at promoting physical activity in five area communities. Individually, members have successfully organized and promoted a variety of health events in their own communities.

Improving community health is an ongoing challenge; it requires the collaboration of health agencies, schools, businesses, community organizations, and dedicated residents. The coalition is open to everyone interested in improving the health and well-being of all area residents. We welcome your participation.

As we move into creating the 2013 Community Health Improvement Plan, we urge you to join our efforts. We hope to continue meeting with community representatives as we plan ways to make Green Lake County one of the healthiest places to live.



Promoting the importance of exercise are Health & Wellness Coalition members Heather Steffen, representing CHN, and Jeri Loewe of the County Health Department as they prepared to participate in CHN's annual 5K run/walk and health fair.

Summary Report of 2012 County Health Rankings & Roadmaps	Green Lake County	National Benchmark	Wisconsin	Rank (of 72)
Health Outcomes				61
Mortality				56
Premature death	7,113	5,466	6,124	
Morbidity				61
Poor or fair health	19%	10%	12%	
Poor physical health days/month	4.7	2.6	3.3	
Poor mental health days/month	4.8	2.3	3.0	
Low birth weight	4.6%	6.0%	6.9%	
Health Factors				43
Health Behaviors				41
Adult smoking	20%	14%	20%	
Adult obesity	30%	25%	29%	
Physical inactivity	26%	21%	23%	
Excessive drinking	24%	8%	24%	
Motor vehicle crash death rate	19	12	15	
Sexually transmitted infections rate	135	84	372	
Teen birth rate	27	22	31	
Clinical Care				52
Uninsured	12%	11%	11%	
Primary care physicians	1,426:1	631:1	1,051:1	
Preventable hospital stays	56	49	59	
Diabetic screening	88%	89%	89%	
Mammography screening	64%	74%	73%	
Social & Economic Factors				46
High school graduation	89%		86%	
Some college	51%	68%	63%	
Unemployment	9.3%	5.4%	8.3%	
Children in poverty	24%	13%	19%	
Inadequate social support	20%	14%	17%	
Children in single-parent households	22%	20%	29%	
Violent crime rate	44	73	275	
Physical Environment				1
Air pollution-particulate matter days	5	0	5	
Air pollution-ozone days	0	0	1	
Access to recreational facilities	32	16	11	
Limited access to healthy foods	0%	0%	6%	
Fast food restaurants	17%	25%	41%	

Acknowledgements

We would like to express our appreciation to the people of the Green Lake County area who participated in the *2012 Community Needs Assessment* by providing us with invaluable information regarding not only their concerns, but also ideas on ways to improve the health of the county. We appreciate your willingness to share your thoughts, opinions and experiences with the assessment team.

Representatives of those areas listed below attended meetings, provided data, completed surveys and created documents to help move this process along. We thank each of you for the part you played and we look forward to future encounters as we work into the 2013 Community Health Improvement Plan.

ADVOCAP/Head Start	Green Lake County Health Advisory Board
Berlin Boys and Girls Club	Green Lake County Human Services Board
Berlin Public School District	Green Lake County Sheriff's Department
Care 4U Clinic	Green Lake Greenways
Coffee and a Handout	Green Lake HCE
Community Health Network	Green Lake Police Department
Community Options	Green Lake Renewal
Community residents	Green Lake School District
Family Health La Clinica	Health Unit Staff
Family Resource Council Members	Heidel House Resort
Fox River Industries	Markesan School District
Goose Blind Restaurant	Our Lady of the Lake Church
Green Lake Aging & Disability Unit	Princeton Senior Citizens' Center
Green Lake Area Health & Wellness Coalition	Ripon Medical Center
Green Lake Chamber of Commerce	Town Square
Green Lake County Board	United Migrant Opportunities Services
Green Lake County Health & Human Services	UW-Extension

