



## August 18, 2016 Update of Activities for the *Green Lake County CHIP 2014-2018*

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### Description

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The goal of the Green Lake County *2014-2018 Community Health Improvement Plan* (CHIP) is to create a strategic framework for a comprehensive and focused approach to lead community partners toward the common goal of improving the health of Green Lake County residents. This plan fosters community partnerships as we assess, plan, implement and evaluate programs and activities to address the health needs of Green Lake County residents. Each focus area has specific objectives. This report lists some of the many activities from 2015 in each of those areas. Note that the Healthy Growth and Development focus area objectives are included within the other objectives. The five primary focus areas are:

- A. Healthy Growth and Development (Objectives B6, M5, P3, N3)
- B. Alcohol, Tobacco and Other Drugs (Objectives B1-B6)
- C. Mental Health (Objectives C1-C5)
- D. Physical Activity (Objectives D1-D3)
- E. Healthy Nutrition (Objectives E1-E3).

The Green Lake County Wellness Coalition (GLCWC) which has been in existence for nine years, meets monthly and is comprised of many community members who want to improve the health of Green Lake County residents. In 2013, the Green Lake County Wellness Coalition (GLCWC) created 3 coalition action teams to address the 5 primary CHIP focus areas. Each team reports activities and progress at GLCWC meetings. Some of the many strategies and activities that have been implemented this past year are recorded below. We are excited to see progress in all areas. The website continues to be updated with new events and information ([www.glcwc.org](http://www.glcwc.org)). This allows us to more effectively share information with members and residents. Each of the action groups has a specific tab for updated information. Meeting minutes and agendas can be found at this site as well as updated community resources. Action groups are encouraged to add events and resources regularly. These are some of the many activities we have done from February 2016 through August 2016:

### General Progress (Feb-Aug)

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- June 24<sup>th</sup>, Kathy Munsey, Health Officer presented at the Thedacare Medical Staff meeting to promote communication and strengthen relationships with medical providers who serve our county residents. She gathered input from them for the County needs assessment, discussed current CHIP projects, promoted healthy conversations about mental health and prescription drugs. Other topics included information about the drug drop boxes, and Lyme disease. The presentation was

well received, and will hopefully become an annual opportunity for dialogue with local health care providers.

- ThedaCare has completed their 2016 Needs Assessment, including many key informant interviews with Coalition Partners. A presentation of the priorities was made to the Coalition and completed in the County Needs Assessment. Our Health Officer will be a member of the follow-up CHAT group. Kaye Thompson continues to attend most Coalition meetings.
- Kathy Munsey, Health Officer, met with Governor Scott Walker, during a community listening session in Green Lake in July. She asked him to implement a State-wide Health in All Policy and explained the benefits of that policy in our county, which was adopted by the Green Lake County board in August of 2014. Other requests included secure funding for detection and management of communicable and infectious disease, adopting CMS rule for MA reimbursement for community prevention activities that would help with chronic disease prevention and management. Other attendees included legislators, hospital, chamber and city leaders, students, local business owners, farmers, law enforcement, and parents.
- The 6 county Central WI Healthcare Partnership (CWHP) which sponsored the Health and Economic Development Summit in 2015, continues to meet to work together to do a needs assessment for a shared CHA. Though much of the initial work has been together, our own CHIP will be generated from our specific priorities based on the small group needs assessments with our county residents and providers.
- Following that Summit, the East Central Wisconsin Regional Planning Commission (ECWRPC), researched transportation in our county as part of their “Coordinated Mobility Management Feasibility Study for Waupaca and Surrounding Counties”, June 2016 ([www.ecwrpc.org](http://www.ecwrpc.org)). They have included “mobility management best practices” in their report for our future consideration.
- More than 12 groups of county residents, health care providers, employees and policy makers have completed a needs assessment using the \$10,000 questionnaire for sharing priorities in relation to health in our county. The Amish community also shared their priorities at a recent meeting. These needs assessments have been incorporated into the new Green Lake County CHA for 2017.
- A draft of the new CHA was presented to the Green Lake County Wellness Coalition on 8/15/16. Several recommendations will be included in the updated version. There will be 3 priorities in the new CHIP: Mental Health, ATODA, and Chronic Disease. Based on these priorities, the Coalition will begin meeting next month in 2 subgroups instead of 3 to promote more conversation. Those in the nutrition and physical activity groups will now be part of the Chronic Disease group.
- Stephanie Prellwitz from Green Lake Association presented to the Coalition in July about the impact of safe water on our communities and the economic impact to our region. Green Lake Association works to raise awareness, and implement strategies that protect Green Lake, the local watershed and the many sources of ground water that feed it, promoting safe water and conservation practices.
- UW School of Public Health has offered opportunities for students to work with counties to help with new CHIP documents and identifying evidence-based practices. Kathy has applied for this partnership opportunity.
- The Wellness Coalition and the Health Unit have Facebook pages which are updated several times per week by Shari Krause, Public Health Program Specialist. The

Wellness Coalition is now tracking hits on the website to track community engagement. (More than 1600 hits to date). With active social media we will be able to share ongoing timely information and updates.

- Each month the coalition meeting agenda is emailed to dozens of partners & organizations. Meeting attendance records are kept. Copies of the minutes are emailed to all partners as a way to share information about our activities and progress. When partners email us with events, they are placed on the website calendar. We continue to encourage new partners in the schools, businesses and faith communities.
- In 2016, we plan to further develop our marketing plan, to continue to improve our outreach and sharing of information. A grant application for a ThedaCare grant was written and approved for funds to purchase items to brand and promote the Wellness Coalition and community collaboration. We were awarded \$2000. Funds have been used to purchase chapstick with our logo for the FAIR, promoting Being Active, Eating Well, and Thriving.
- At the Green Lake County Fair, August 4-7<sup>th</sup>, more than 1200 people were greeted, given chapstick and information about the Wellness Coalition. In addition, information at the booth also promoted Healthy Growth and Development through the Real Happy Hour display. A trifold promoted our three action groups and the way residents can be more healthy. Posters addressed smoking cessation, 2<sup>nd</sup> hand smoke, e-cigarettes, Parents Who Host Lose the Most, access to alcohol for youth in the family refrigerator, and sugary beverages.
- Our hospital partners, Agnesian and ThedaCare have regularly attended our Coalition meetings, building communication and sharing resources to meet CHIP objectives.
- Health Department Staff attended the WPHA conference on Public Health Ethics.
- Tracy Soda, PHN presented at the August 3 state-wide PHN conference on Health Equity and the Amish community.
- Health Unit participates in more than 25 local, regional and state coalitions and groups to share public health information and promote the CHIP objectives.
- The Green Lake County Wellness Works Health Fair for all Green Lake County employees focused on the 10 Essential services of Public Health. 86 employees attended and learned about community collaboration for change.
- Green Lake County Health Unit continues to work toward national Public Health Accreditation.
- Green Lake County held a Hazardous Waste Clean Sweep and E-waste on August 12 at the County Highway Facility.

## **A: Healthy Growth and Development**

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- Activities are reported from the three action groups via the objectives in their categories below (See objectives: B6, M5, P3, N3)
- Coalition members, UW Extension, and the Health Unit continue to present the Real Happy Hour, “promoting quality family time together for a healthier community”. Those who stop by the booth are given resources to help support family conversations. A GOOGLE map of all of the presentation locations highlights the many presentations throughout the county to over 720 families, parents, teachers,

professionals, policy makers and community partners. The FAIR display was the 15<sup>th</sup> presentation since Jan. (198 sets of conversation cards were distributed at that event).

- UW Extension just completed an 11 week Girl's Club with 27 girls 8-11 participating. Some of the topics were self-esteem, bullying and self-confidence. Sessions included a lesson, activity and game. They now have 22 girls enrolled at UMOS, adapting the program to meet the needs of the Spanish-speaking students.
- Children and Family Unit just completed "Like a Girl" classes during the summer at the Boys and Girls Club. Group promoted self-esteem and self-confidence for girls 10-15 years old.
- Boys and Girls Club hosted the SMART Girls Sleep Over on June 10<sup>th</sup>.
- On 3/25/16, Tracy Soda, PHN spoke about PH and read a book to kids at Literacy Night at Princeton HS.
- Spring 2016, in conjunction with the Child Death Review Team, the Health Department was awarded a \$1000 grant from the Fox Valley Area Health Care Coalition, to give out life jackets and provide water safety education to our WIC participants. The initiative was chosen because drowning is the leading cause of injury-related death among children ages 1-4. Health department staff partnered with students from UW Oshkosh School of Nursing to create educational materials and an informational board. Each family present at WIC was offered the information during a short one on one interaction highlighting the importance of life jacket use and constant active supervision of children near water. We educated 38 families and provided 59 life jackets to children who did not have them. The response from these families was positive with several sharing that they could not afford to buy life jackets for their children.
- The Healthy Babies Coalition of Green Lake, Marquette and Waushara Counties wrote for and received an ECCS (Early Comprehensive Childhood Systems) grant to help fund their annual workshop which was held April 8, 2016 at All Saints in Berlin. Over 100 healthcare and social service providers in the region attended "Understanding ACES: Building Self-Healing Communities", including the Green Lake County Health and Human Services. Several Health Unit staff were part of the planning team.
- Health Unit continues to be active participant in the Northeast Region Alliance for WI Youth (AWY). Received great information on activities to develop protective factors and reduce high-risk activities related to drugs and alcohol from members, including the Real Happy Hour and Parents who Host Lose the Most.
- The Real Happy Hour was promoted through a wellness challenge with the Green Lake County Employees through Wellness Works. In addition, winter and spring activities were encouraged.
- The Health Unit continues to use the Life Course model for healthy growth and development in all of our meetings and classes. Copies of the model are available for meetings and presentations, to promote healthy growth and development across the lifespan.
- Health Unit partners with a dental hygienist who provides dental cleanings and assessments at the Health Unit Dental Clinic, UMOS(United Migrant Opportunity Services) and Head Start, primarily to children 3 years or older on BadgerCare.

- The ADRC continues to develop, support, assist, and evaluate County-based programs for older adults (over age 60) with the purpose of fostering independence and enhancing the quality of life for older adults in the county. They assist with overcoming barriers to access to care including transportation, and benefits support.
- In late 2015, the health department staff was instrumental in helping to update the bylaws and mission of the Family Resource Council. In addition, the Berlin Community Daycare, with help from this council and the public health staff, wrote for and received a Wisconsin Pyramid Model State Leadership and Wisconsin Alliance for Infant Mental Health grant to host PIWI (Parents Interacting with Infants) classes in their center. Classes were offered in Spring of 2016.

## **B: Alcohol, Tobacco and Other Drugs**

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### **Objective #B1: By 2018, we aim to reduce unhealthy use of alcohol and other drugs by implementing a county-wide prevention campaign.**

- August 2016, health and legal county officials started discussing & drafting a policy to change the smoking codes on County property to include E-cigarettes and smokeless tobacco. Tony Daley, of the Berlin Newspaper included an article in local papers on August 11, 2016 addressing the issue. Following committee work, recommendations will be submitted to the County Board. Press discussion of the topic will also promote awareness of the risks with the newer nicotine-delivery systems. Policy changes are an evidence-based strategy for changing behaviors across the lifespan.
- Instituted the “Parents Who Host Lose the Most” campaign at all 4 school districts with assistance of the Marian University Nursing Students. Met with leaders at all schools and explained the program and shared banners, yard signs, stickers and window clings. Berlin School District used the stickers as the post prom party entry ticket. Parents Who Host Lose the Most information also distributed to GL County employees before graduation time via email and posters in the breakrooms. In April, the Marion University nursing students who participated in this project presented their Under-age Alcohol Prevention Program project to the Health Unit and Children and Family Unit.
- In April 2016 gave presentations to over 50 people at the Berlin and Princeton Senior citizens centers on drug abuse, how to get rid of Rx medications and introduced them to the drug drop boxes now located in GL, Princeton, Berlin and Markesan. Flyers about the drop boxes were developed and they were distributed at 8 county businesses to educate our community about the new drug drop boxes.
- Dorothy Chaney, from Alliance for Wisconsin Youth, was a guest at the May Coalition meeting. She is part of the CHIA project. Her presentation included developing a Strategic Action Plan, using a logic model to address underage drinking in Green Lake County. The sample action plan that evolved out of our group work, included the problem statement, root cause analysis, assessment of local trends, and task lists, outlining responsible people and timeframe for activities. The three action

groups met in small groups to apply the new 7 Strategies for Community Change model to a problem in their area.

- Toolkits for non-profits regarding best practices when serving alcohol at events was distributed to all city clerks in April 2016. This is an effort to reduce alcohol abuse at community events. It included tips on checking ID's, not selling pitchers, use of wristbands, limiting number of sales to an individual etc.
- Health Officer continues to work with Berlin Police Chief on the Social Host ordinance. The Chief took the issues to a state law enforcement legislative group.
- A new brochure has been developed, called "Strategies for Community Events to Prevent Excessive Alcohol Use". It will be distributed throughout the county to the city and municipal clerks to distribute when an organization applies for an event license where alcohol is served. The brochure informs community event organizers and servers about best practices for serving alcohol, to reduce unhealthy use of alcohol in the community, limit the availability of alcohol to underage youth, and decrease the number of alcohol-related accidents in the community.
- In July, the mental health/AOTDA action group met with Berlin School district counselors and Youth Mental health First Aid-AWARE Grant and School Climate Transformation Grant facilitators to discuss next steps and the newly proposed mental health resource website. In addition, Kathy Munsey, HO will try to facilitate with Agnesian Mental Health and County Mental Health Unit staff to move forward in providing and supporting behavioral health resources in the school.
- Green Lake County Heroin Task Force and the Green Lake Area Wellness Coalition gathered information about local initiatives addressing the 5 pillars outlined in *Wisconsin's Heroin Epidemic: Strategies and Solutions*. The results continue to guide our ongoing projects as we work to strengthen all pillars in our prevention efforts.
- All communities continue to have a drug drop box in their police departments. The Sheriff's Department also has a drug drop box at the Green Lake County Government Center that is available 24/7. Numerous press releases have been in local papers to get the word out. It continues to be a success. The Coalition with printing support by Thedacare, developed information cards for local pharmacies and clinics to explain locations and purpose of the drop boxes.
- The county continues to promote the services of the Wisconsin Quit-Line.
- Sandy Bernier from the Tobacco Coalition shared information about E-cigarettes with the 87 staff who attended the Green Lake County Wellness Works Wellness Fair. Tobacco compliance checks continue to be done in our county.
- ADRC offers Med-Wise, an evidence-based medication education program for seniors .
- Narcotics Anonymous group continues at Berlin Memorial Hospital weekly.
- 3 Coalition members attended the Thedacare February Plunge in New London, starting at Rawhide Ranch, exploring the effects of trauma on children. Kaye Thompson from ThedaCare has invited Coalition members to attend the follow-up Community and Professional events on Sept 13-15, 2016.
- Thedacare is developing a CHAT Team (Community Health Action Team) in our county, preparing to explore local health issues through a day long plunge later in the year. Kathy Munsey, GL Co. Health Officer is on the team.
- Two coalition members attended the April 26<sup>th</sup> CHIA conference in Stevens Point on "Presenting data effectively".

**Objective #B2: By 2016 the Drug Endangered Children Group will host two table top reviews per year, including all stakeholders, to discuss process improvement and implement recommended changes to the process.**

- Many drug events have occurred this year in our county, so stakeholders have had many opportunities to utilize their skills and training to help families impacted by drugs in our community.
- DHHS staff from many departments continue to participate in many coalitions to consider ways to protect children at risk, including: Coordinated Community Response (CCR), Sexual Assault Response Team (SART), Drug Endangered Children (DEC), Family Resource Council and the Green Lake Area Health & Wellness Coalition.
- Due to changes in DHHS staff, table top review and the interagency meetings have not been scheduled this quarter.

**Objective #B3: By 2018, decrease the number of Green Lake County residents arrested for operating while intoxicated and driving while under the influence to fewer than 378 per 100,000 (With population of 19,000-goal is under 72)**

- A county map has been completed, based on information from the CHIA project for alcohol density in Green Lake County, highlighting the location of liquor licenses throughout the county.
- Public Health continues to be active in WPHA/WALHDAB which advocates for policy to support non-use and healthy and safe lifestyles in Wisconsin.
- New brochure will be distributed to those who apply for liquor licenses, including temporary/event licenses: "Strategies for Community Events to Prevent Excessive Alcohol Use". In 2016, one of the nursing student projects was to work with the City Clerks who work with liquor licenses to promote best practices.
- CHIA-The ATODA action group received a WAHLDAB grant to assist them in working on Alcohol-related Community Health Improvement. The minimal funding (\$1,000/yr. for 2 years) comes with requirements for trainings and implementation of evidence-based strategies. The Health Officer, a PHN and two community partners have attended seminars to learn about evidence-based strategies. Webinars, CHIA meetings and Chats have continued most months in 2016.
- State Representative Joan Ballweg has attended all of our Heroin Summit events. In addition, she has promoted the legislative changes of the HOPE Agenda (Heroin, Opiate Prevention and Education), targeting the problems and dangers of heroin and opiate addiction. Recent legislation targets prescription drug monitoring and oversight of pain treatment clinics. Her weekly E-Updates and resource links are distributed throughout our county each week. On several occasions she has included the [doseofrealitywi.gov](http://doseofrealitywi.gov) resource
- We continue to be above the evidence-based rate for OWI, so will continue to consider new strategies.

**Objective #B4: By 2018, fewer than 19.4% of high school students will use a tobacco product as reported by the Health Risks Survey.**

- Sandy Bernier, from "Five Counties For Tobacco-free Living" in Fond du Lac, participated in an education booth at the GL Co. Employee Wellness Fair in June 2016. Her topics included E-cigarettes, vaping and smoking risks.

- We have invited school administrators and school nurses to regularly attend Wellness Coalition meetings. It has been recommended that we consider moving our meeting locations to be more inclusive of school staff schedules. For 2016-2017, we hope to travel to the schools to become part of their wellness teams if they allow.
- Berlin School District continues to implement their grants to decrease risks and improve resiliency among county youth.
- We continue to seek opportunities to engage the private and public schools in our Green Lake County communities. By encouraging more schools to utilize the Youth Risk Behavior Survey, we will gain more information about the current issues that face our county teens.

**Objective #B5: By 2018, the percentage of inmates with mental health and ATODA issues who participate in the Recidivism Reduction (RR) Program in the County Jail will increase.**

- Green Lake County is one of 2 counties in the State of Wisconsin receiving funding for the 5<sup>th</sup> fiscal year to continue the RR Program in the County Jail from July 2015-July 2016. From the beginning of the program, in Sept 2010, more than 506 people have been enrolled in the program. The program offers daytime and evening classes and group sessions for males and females.
- The *WI Dept. of Corrections Becky Young Community Corrections Recidivism Reduction Fiscal Year 2015 Report, Oct 2015*, highlighted the Green Lake Recidivism Reduction Project as “a prime example of the positive impact of such joint efforts,” noting the collaboration between Law Enforcement, and Health and Human Services, as well as local education and service agencies. The project collaborates with a number of local education and service agencies including the University of Wisconsin-Extension, Moraine Park Technical College, Ripon College, and the Green Lake County Department of Health and Human Services.
- According to the report, during FY 15-16, Green Lake County Jail served a total of 192 offenders through its RR program, up from 142 the previous year. Part of their program addresses the important determinant of health: education. 8 completed either their GED/HSED or HS in 2016. Those earning a GED/HSED certificate were given option to have graduation photo with cap and gown with the Judge. (Since 2010 there have been a total of 38 Graduates. Some of the other services include employment, therapeutic Community including drug and alcohol support groups, MH groups and wellness. Other education includes skills in employability, basic computer, college/tech school prep and financial literacy. Many of our coalition partners are part of these programs.

**Objective #B6 By 2018, reduce the percent of low birth weight (5.5 pounds) babies to less than 5.2%<sup>4</sup>. (Healthy Growth and Development goal)**

- All first time mothers continue to receive new parent packets by mail, that contain information about risks of smoking and of second hand smoke to children.
- WIC mothers also receive information about smoking cessation and the risks to unborn and small children of second hand smoke through the Wisconsin Women’s Health Foundation First Breath Program. PHN’s continue to offer the First Breath Program.
- In 2015, 11 of 180 babies were born with a low birth weight (6.1%.) Yearly tracking of percentages will continue. (Note that total number of low birth weight babies



was unchanged from 2014, but the total number of births was higher at 195 that year, thus a 5.6% rate in 2014.)

## **C: Mental Health**

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### **Objective #C1: By 2018, all four Green Lake County School Districts will implement the Youth Risk Behavior Survey.**

- Berlin School District scheduled 5 more sessions of Youth Mental health First Aid for Adults and Youth (12-18), May–August. The Boys & Girls Club summer staff participated in the June session.
- Berlin is the only school that has implemented the YRBS. We have been unable to reach Green Lake School District to learn of their timeline for implementing. We hope to discuss the YRBS with Markesan and Princeton School Districts this year., Berlin School District and Markesan School District representatives have attended Coalition and Interagency meetings. Princeton School District representatives have been unable to attend meetings this year, but we will continue to try to include them in discussions to promote mental health and decrease the risk of substance abuse.
- Green Lake School District has been offered a grant from Agnesian Health System to implement the Y Screen program for youth mental health screening and suicide prevention. This could serve as a pilot in Green Lake County. Discussions continue about implementation.
- Ed Kartheiser, the new Director of Behavioral Health Services at Agnesian, is part of our Coalition. He is working with Berlin schools to offer services on their campus. Agnesian has started hiring more psychotherapists to serve in our area. Lauren Villegas, serving the Ripon clinic, has started attending our meetings. Several new providers have joined their team in Ripon, which serves our Green Lake County residents. Jeri Loewe, RN is the new Mental Health Care Navigator at Agnesian in FDL.
- Thedacare has told Berlin School District that they are also working to provide mental health services in Berlin following a recent needs assessment.
- Berlin School District continues to offer Youth Mental Health First Aid. In addition, they are working on developing a web page to serve as a community resource for problem solving and connecting to resources.

### **Objective #C2: By 2016 assess mental health risk and wellness education in local schools, by conducting a survey of the curriculum used in K-12 to promote mental health and wellness, suicide prevention, drug, tobacco and alcohol education, bullying, child abuse prevention, sexual assault and violence.**

- PH continues to be active participant in SART (Sexual Assault Response and Prevention Team). Team includes law enforcement, courts, UW Extension, hospitals, ASTOP and others who work to prevent sexual assault. ASTOP, PH and UW Ext promoted healthy conversations to decrease the risk of assaults at local basketball games in Feb.
- Berlin School District has written for and received a mental health first aide grant and a school climate Transformation Grant. They have hired two full time staff to plan and implement the grant. PH staff and many coalition members have attended the trainings. They are now working on a mental health resource website patterned after the Missoula, MT one.

- Federated Church in Green Lake continues to offer a faith-based sexuality class.
- The CHIA (Community Health in Action) team is working through the process of collecting data on underage drinking.
- Health Officer met with Berlin Police to discuss the topic of underage drinking and alcohol problems in the Berlin Community. Berlin will be the pilot in our county for the Social Host Ordinance because of the data they have already obtained from the Youth Risk Behavior survey.

**Objective #C3: By 2016, regionalize Comprehensive Community Services (CCS) for mental health with Marquette, Juneau, Adams, Waushara, Waupaca and Green Lake counties.**

- The Central Wisconsin Health Partnership (CWHP), which consists of six counties (Adams, Green Lake, Juneau, Marquette, Waupaca and Waushara) was regionally certified by the State to deliver Comprehensive Community Services via a “shared services” model. The certification period began September 1, 2014 for four of the counties with Marquette and Waupaca Counties expecting certification in 2016. This means the State picks up the 40% match counties had previously paid so that 100% of CCS services is now covered. The CCS Program offers a wide range of psychosocial rehabilitation services to Medicaid eligible consumers who need more support than outpatient services alone. This program covers the actual cost of delivering services to our rural and medically underserved population. In Green Lake County the Behavioral Health Services Department is coordinating the services. Recent feedback from Berlin School District, was very favorable in how the program has impacted their students.

**Objective #C4: By 2015, increase awareness of mental health resources in our county by distributing pamphlets to local care providers, schools and faith communities.**

- The Alcohol and other Drug Abuse and Mental Health Resources pamphlet continues to be available on the GLCWC website and in printed form for fairs.
- Mental health tips are included in many county agency newsletters, including GL County employee “Healthy Mondays”, “Head Start Connection”, and “The Senior Sentinel”.
- An Employee Assistance Program (EAP) is offered through Agnesian Healthcare for all employees of GL County. This resource has been promoted by email, in writing and at department visits with county employees.
- Resource boards and pamphlets have been part of the Green Lake County Employee Wellness Events.
- Grapevine RN presentations on mental health, healthy relationships and depression are the new topics for 2016. Health unit will start scheduling community sessions in fall of 2016.
- Thedacare-Berlin offers support groups for patients with a history of Diabetes, Cancer and Stroke.
- Ripon Medical Center which serves our county, offers support groups: Diabetes Support Group, Cancer Support Connection, Life After Loss, Healing Hearts Club, and Alzheimer’s Caregiver Support Group.
- Other community support groups include: Survivors of Suicide Support Group, AA, Al-Anon and Narcotics Anonymous.

- ADRC continues to offer Healthy Living with Chronic Conditions, Healthy Living with Diabetes and Stepping On health promotion classes which also offer socialization for seniors.
- The County Elderly Benefit Specialist meets with seniors at Senior Centers and Libraries throughout the county, to answer their questions and provide information and resources. This helps to improve access to care and financial well-being.
- Congregate Nutrition Program helps to reduce the isolation of older individuals.
- Health and Human Services has explored adopting a *No Wrong Door Policy*, so that when a client has a question, anyone in the department who makes the first contact, helps that individual find the answer to their question or the right person to address their needs.
- ADRC has an Elder Abuse and Neglect program. There were 27 Elder Abuse Investigations in 2015.
- Family Caregiver Program through the ADRC offers a monthly support group, training, loan library, respite care and information and assistance for caregivers. 15 caregivers were served in 2015.
- The ADRC has over 150 volunteers who partner to serve seniors in our county through many programs. As volunteers, the social connections and meaningful work are protective factors in promoting positive mental health.

**Objective #C5 By 2018, continue to participate in the Healthy Babies Coalition with Marquette and Waushara Counties. (Healthy Growth and Development goal)**

- Green Lake County Public Health Nurse and Birth-to-3 Coordinator were represented at Healthy Babies Coalition meetings in April 2016. The Coalition planned and hosted Understanding ACES Building Self-Healing Communities to 100 providers and county staff. All Health unit staff and many of the Child and Family unit attended the conference.

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## **D: Physical Activity**

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**Objective #D1: By 2018, we will decrease the percentage of Green Lake County adults who are physically inactive as measured by the County Health rankings from 26% in 2012, to 21%<sup>4</sup>.**

- “The What Moves You?” pamphlet has been updated for 2016. ThedaCare has printed them for us. They are taken to local health fairs. Many medical providers have them in their waiting areas. Local community recreation offerings, hiking and biking trails, wellness centers, gyms, Zumba and yoga studios, indoor walking, school fitness facilities, indoor swimming facilities, golf disc golf, the Town Square and Green Lake Conference Center activities.
- Katie G. and Amanda K. both attended the Active Communities Workshop in Stevens Point that was organized by Department of Health Services. It was a one-day workshop that included sessions on bike-friendly and walk-friendly communities, and walk audits.
- Jeri and Kathy have been working on collaborating with local physicians to have them prescribe exercise to their patients. They have designed a prescription pad that includes different methods of incorporating exercise in to the patient’s daily lives. Samples were given to the physicians at the Med Staff meeting in June. If they

find it helpful, we will ask Thedacare to print on prescription pads. This is an evidence-based strategy for improving physical activity.

- The Green Lake County worksite wellness program continues to be a model program for other counties throughout the state. Group Health Trust Insurance has again granted funds to help provide a Worksite Wellness program for employees and families. Challenges and weekly Healthy Mondays promote being active, healthy eating, working toward a normal weight, regular doctor visits, managing stress and healthy relationships.
- In May, a 6-week Team Fitness Challenge in conjunction with GHT insurance was started for employees and families to promote physical activity and teamwork. Nine teams participated with prizes awarded for participation and highest scores.
- Agnesian and ThedaCare Berlin continue to reach out to local businesses to offer worksite wellness resources.
- Diabetes Education at ThedaCare-Berlin (CHN) offers monthly diabetes support groups to promote healthy activity. Individual and group Diabetes Self-management Education classes are also taught at 3 CHN locations (20-40 per month), focusing on being active, healthy eating, decreasing risks, taking medications, testing blood sugars and asking for help when needed. The clinic now has two certified diabetes educators, serving patients at 3 locations. Our Health Officer serves on the Diabetes Advisory Committee.
- County Health Unit signed an MOU with the Grapevine project, which offers health education and wellness classes especially for women with information on healthy exercise and nutrition. Three Pre-diabetes sessions have already been completed in 2016 at the Edgewater Apartments and for the TRIAD meetings in Berlin and Green Lake. New topics this year include Heart Health, Advanced Care Planning, Mental Health and Healthy Relationships. A presentation on the Healthy Aging Brain will be done at Our Day at the Green Lake Conference Center in October.
- ADRC continues to offer “Stepping On”, a 7-week evidenced-based fall prevention and exercise class throughout the county. They actively offer community health and disease prevention education programs with an emphasis on fall prevention and chronic disease management. New this fall will be Tai-Chi and Yoga for Seniors.
- The Wellness Coalition helped to disseminate information via emails and the website, promoting participation in county walks and runs, including the Green Lake Greenways 7<sup>th</sup> Annual Gear Up Green Lake Fundraiser Bike Ride June 25<sup>th</sup>, and the Child Abuse Prevention 5K at the Boys & Girls Club in March.
- Berlin 24/7 Fitness has become a provider of the Silver Sneakers program, making gym membership and participation more affordable for our senior population. Personal fitness training is offered to members and non-members by Pam Alf.
- Town Square, in Green Lake continues to offer classes such as Yoga, Pilates, Zumba, and fitness.
- Many of the local high schools offer free dual-use opportunities to walk and use exercise equipment, including the new Berlin Middle School Wellness Center.
- Berlin High School pool is available for community member use for a small fee.
- Strong Women Strong Bones classes are offered by Pam Alf and Nancy Vandervelde.
- Green lake County Wellness Works offered basketball after work at the GL School. During the summer months a golfing club has been formed.

- Green Lake County Wellness Works has an employee wellness library with exercise and walking videos, books and other resources for loan to employees.
- Green Lake Greenways continues to promote biking activity throughout our county. They have recently been awarded another grant to start to build safer bike routes.
- The GLCWC website contains information about becoming active, stretching and outdoor health. It also includes an interactive question to engage viewers. In 2016, as part of our new marketing campaign, the website will be updated.
- Thedacare employees volunteered in Clay Lamberton for Good to Go, a program promoting good nutrition and exercise that they offer at one school in their service area per facility annually. Next year will be another school in the Thedacare Berlin area.

**Objective #D2: By 2018, we will make presentations to each of the 4 major City Councils and County Board about how changes in the built environment and overall environment of Green Lake County can support safe physical activity for a healthier community.**

- Kathy Munsey met with Governor Walker in Green Lake in July. She asked him to please consider a state Health in All Policy, similar to the once implemented by the Green Lake County Board that was approved in 2014. The purpose of the policy is to consider the impact of public policies on health determinants in our county, to realize health-related rights and to improve population health.
- The physical activity action group continues to make presentations utilizing their power point, "Considering Health in Public Policy", which can be presented to public authorities, encouraging them to consider policies that will increase physical activity in their communities. They are working on a schedule of presentations to be done. They presented the power point to the Wellness Coalition for feedback. Since that time they have made presentations to Green Lake School District and the Green Lake City Council. On October 28, 2015 they made a presentation to the Berlin School Board and to the Berlin City Council on 3-8-16. They will continue to work with the schools to support physical activity among students and families.

**Objective #D3 By 2018, the Green Lake County Wellness Coalition will conduct an assessment of all four Green Lake County school districts, and develop a plan for how to best support them in the promotion of physical activity among their students. (Healthy Growth and Development goal)**

- Green Lake Greenways has done community assessments of Safe Routes To School (SRTS) throughout our county. They have initiated the Walking School Bus in all county school districts. Media coverage and press releases have promoted regular activity and the benefits of safe walking for children and adults.
- The Wellness Coalition will continue to try to play an active role in each School District Wellness committee: Princeton, Markesan, Green Lake and Berlin.
- Following completion of the power-point, presentations were made to the Green Lake and Berlin School Boards, as well as the GL City Council, highlighting the positive wellness activities that are already going on in their jurisdiction, and opportunities to make wellness a priority in future decision making.
- Berlin Park & Rec ran a summer activity program for children.
- City of Green Lake Park & Rec ran a summer activity program for children.

- The Boys and Girls Club of the Tri-County Area has hosted many activities for families in our County. The new building features a full size gym, lots of green space in which play equipment will be added, and a garden. A new staff position was also added: Teen and Physical Activity Director.

## **E: Nutrition**

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**Objective #E1: By 2018, Green Lake County Wellness Coalition will implement a multimedia campaign to increase awareness of ways to access nutritious, high quality and affordable foods and beverages, weight-loss resources, and nutrition support groups for chronic conditions.**

- GLCWC website has a nutrition tab that includes updated information for families, farm markets, food pantries, breastfeeding, weight management, diabetes resources and the Women Infants and Children (WIC) Program.
- Health unit chose breastfeeding as the MCH objective for 2016. A breastfeeding support group was started in our county in January. Health unit has worked with local preschools to help them become accredited as breastfeeding friendly.
- As part of the 2016 Employee Wellness Fair at Green Lake County, employees were reminded that the County is a breastfeeding friendly workplace.
- ADRC continues to offer Healthy Living with Diabetes, Healthy Living with Chronic Conditions, and many other classes to help residents learn to make healthy choices and support them in the process.
- Boys & Girls Club has a garden program for their students called the Green Thumb Club.
- UW Extension has an AmeriCorp Intern, to address food insecurity in our county.
- UW Extension has received grant funds from ThedaCare to provide a crockpot class at the Boys and Girls Club to promote healthy nutritious meals and family time.
- In 2016, UW Ext. Family Living Agent has done many presentations focusing on nutrition topics to youth and adults at the Boys and Girls Club, Berlin Public Library, GL County Jail, Berlin Senior Center, Prairie View Head Start., 4-H, Caestecker Public Library, Green Lake Food Pantry, and the Home and Community Education Group. Topics included: "Healthy Eating for a New Year", "Food Label Reading", "Portion Control", "Jam Making", "Healthy Soup Making", "Healthy Cooking on a Budget", "Stretching Food Dollars", "Sugar in Beverages", "Eating More Fruit", and many more. She published a newspaper article on "Don't Hibernate this Winter Season!" She also published "Healthy Cooking Together" and "Screen Time" in the Headstart Parenting the Preschooler newsletter in Spanish and English. She continues to do Wellness Wednesdays at the Green Lake County Correctional Facility on various nutrition and fitness topics.
- ADRC promotes healthy nutrition through their Elderly Nutrition Program and regular Senior Sentinel newsletter articles. Their bimonthly newsletter is delivered to 975 households. In addition 525 mailings were sent to individuals with nutrition and food safety information.

- June-July 2016, 103 Farmers Market Vouchers were given to seniors. Each recipient receives 1:1 nutrition counseling and vouchers totaling \$25, for fresh fruits and vegetables.
- The food pantry operated by the Aging/Long Term Care Unit, served 1482 family households and 3249 individuals from Jan 1-July 31. Each household was provided an average of 45 pounds of food for a month. The bags include fresh potatoes, carrots, margarine, cheese, cereal, canned fruit and vegetables, pasta, peanut butter, and soup.
- The Congregate Nutrition Program (Aging Unit) assists older individuals to live independently by promoting better health through improved nutrition. It reduces the isolation of older individuals through nutrition related and supportive services. The Aging Unit Nutrition/Volunteer Coordinator is trained as a certified ServSafe Professional Food Manager/Nutrition Director and oversees both the Congregate and Homebound Meal Programs. From Jan 1-July 31, 2016, 3913 meals were served at three meal sites throughout the county. Menus are approved by a Nutritionist to ensure that they meet the USDA dietary requirements.
- The Homebound Meal Program served 8545 meals to Green Lake County residents from Jan 1-July 31, 2016, who are unable to go to the meal sites due to health issues (average 1200 per month). Drivers are trained to watch for changing needs and to alert the Resource Specialist/Nutrition Director as necessary.
- In 2016, Healthy Eating for Successful Living in Older Adults has continued to be funded in Green Lake County. 12 attended the spring session in Markesan. The next session is scheduled for September in Princeton. A June presentation at the Princeton Senior Center promoted the program and offered sign-up opportunity.
- Tracy Soda, PHN, participated in Elementary Literacy Family Night at Princeton to read to children and discuss the importance of eating nutritious food to stay healthy to avoid getting sick.
- Dr. Shattuck has regular articles in the Berlin Journal publications. In May he discussed "How much sugar is in your drinks?"
- Green Lake County Food Pantry hours are listed in the Senior Sentinel and on the GLCWC website. They promote access by offering morning and evening hours each month.
- Tracy Soda, PHN presented to Berlin, Markesan and Princeton TOPS groups regarding whole foods, fiber, protein, Healthy fats and importance of calcium.
- Theadacare-Berlin Diabetes Support Group holds 2 sessions monthly Feb-Oct. on varied nutrition, exercise and diabetes self-management topics.
- Green Lake County Wellness Works continues to include healthy nutrition tips in Healthy Monday emails and regular wellness challenges.

**Objective #E2: By 2018, GLCWC members will provide two nutrition education programs each year to Green Lake County residents.**

- A six week nutrition class was started on April 20<sup>th</sup> in the Markesan area for senior citizens. The evidence-based curriculum, "Healthy Eating for Successful Living in

Older Adults”, covers a number of areas surrounding food, nutrition, eating habits and more. The next session is scheduled in Princeton in September.

- UW Extension has provided nutrition education in 2016 through their various programs previously listed.

**Objective #E3 By 2018, all first time moms in the county will receive information about the benefits of breastfeeding and available support services. (Healthy Growth and Development goal)**

- First week of August 2016, press release published in local papers, promoting breast feeding.
- Reminder posters were at the annual Employee Health Fair, that our County is a breastfeeding friendly place of work.
- Each month, all first time moms, as reported on birth certificates, are mailed a packet of information including injury prevention, health promotion, breastfeeding resources, smoking risks, immunizations, healthy family relationships, WIC and post-partum depression. Rural parents are also offered a fee-exempt water test kit.
- Thedacare offers on-line prepared childbirth education.
- The Health Department is working with BFAN (Breastfeeding Alliance of Northeast WI) to designate Breastfeeding Friendly Childcare centers and make them accessible to residents. The Alliance received funding from WALC (Wisconsin Association for Lactation Consultants) and ECCS. In July, the Berlin Community Daycare received its designation. A newspaper press release was published.
- In 2016, county clients continue to be served through the WIC (Special Supplemental Nutrition Program for Women, Infants and Children). Education, breast feeding support, immunizations and dental care are also offered to promote healthy families. WIC participants are offered vouchers totaling \$15 to purchase fresh fruits and vegetables at identified farmers markets.
- For 2016, the Health Dept. selected the MCH objective which will fund them to provide support to daycares in achieving a *Breastfeeding Friendly* designation.

***These are just some of the many activities that the Green Lake County Health Unit and the Wellness Coalition Partners are doing to help Green Lake County Residents be more healthy! We welcome new members and partners. For more information, call the Health Unit at 920-294-4070.***