Welcome!
2016 Health Summit
Logistics/Acknowledgements

- Health Summit Planning Committee
  - Dan Duquette - UW-La Crosse
  - Lori Freit-Hammes – Mayo Clinic Health System
  - Deb Mahr - Kaitlin's Table
  - Brenda Rooney - Gundersen Health System
  - Joanne Sandvick - La Crosse Medical Health Science Consortium
  - Paula Silha - La Crosse County Health Department
  - Sarah Thompson - La Crosse Area Family YMCA

- Population Health Committee
  - Liz Beard – Great Rivers United Way
  - Matthew Bersagel Braley – Viterbo University
  - Dan Duquette – UW-La Crosse
  - Lori Freit-Hammes – Mayo Clinic Health System
  - Betty Jorgenson – Mayo Clinic Health System
  - Catherine Kolkmeier – La Crosse Medical Health Science Consortium
  - Barbara Krieg - Western Technical College
  - Lindsay Menard - La Crosse County Human Services
  - Brenda Rooney - Gundersen Health System
  - Joanne Sandvick – La Crosse Medical Health Science Consortium
  - Paula Silha – La Crosse County Health Department
La Crosse Medical Health Science Consortium - Partnership

• Formed in 1993
• Partners:
  – Gundersen Health System
  – Mayo Clinic Health System
  – University of Wisconsin – La Crosse
  – Viterbo University
  – Western Technical College
  – School District of La Crosse and La Crosse County Health Department added in 2009
• Population Health Committee formed in 2005
First Health Summit
“Forging new partnerships to find new solutions.” If you were King or Queen what would you do to make La Crosse County healthier?
Development of the Healthy County Plan
Dr. Seth Foldy, Health Officer for the State of Wisconsin, spoke on the impact of health policy on health decision-making.

Shared the Healthiest County: La Crosse

Various coalitions, networks and organizations working within the different sectors, but all working towards a common goal
Timeline

Communication plan. How to communicate the Healthy County Initiative and other community health improvement work to all audiences. "Making the healthy choice together!"
**Timeline**

2009

**John McKnight** (Asset-Based Community Development Institute)
Finding and empowering different sectors of the community to be engaged.

“Awakening the Power in Our Community”

2010

2011

2012

2013

2014

2015

2016
Timeline

**Wicked Problems**

- Seemingly intractable with chronic policy failure
- Interdependencies and multi-causal
-难于界定
- No clear solution
- Sit astride organizational boundaries and responsibilities
- Involve changing behavior
- Soaially complex

**Connecting Community Capacity.**

*Wicked Problems - Collective Impact, Bright Spots, a focus on measures of success.*

<table>
<thead>
<tr>
<th>Chronic Disease</th>
<th>Depression Rates</th>
<th>Mental Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth</td>
<td>8.2%</td>
<td>Youth</td>
</tr>
<tr>
<td>College</td>
<td>15.2%</td>
<td>College</td>
</tr>
<tr>
<td>Adult</td>
<td>19.6%</td>
<td>Adult</td>
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<table>
<thead>
<tr>
<th>Injury &amp; Violence</th>
<th>Infectious Disease</th>
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<tbody>
<tr>
<td>Youth</td>
<td>3.4%</td>
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<tr>
<td>College</td>
<td>7.9%</td>
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<tr>
<td>Adult</td>
<td>10.7%</td>
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<tr>
<td>Total</td>
<td>5.2%</td>
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<table>
<thead>
<tr>
<th>Alcohol-Related</th>
<th>Traffic Accidents</th>
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<tbody>
<tr>
<td>Drink and Drive</td>
<td>6.0%</td>
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<tr>
<td>Impaired Driving</td>
<td>11.5%</td>
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<table>
<thead>
<tr>
<th>Progress on Healthy County Plan</th>
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<tr>
<td>Adult</td>
<td>7.0%</td>
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<tr>
<td>Total</td>
<td>5.2%</td>
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Consortium
Jordan Bingham (Health Equity Coordinator for Public Health-Madison & Dane County) “Local health through an equity lens: addressing the social determinants of health through policy, programs and partnerships.”
Karen Timberlake (Population Health Institute) 
“Building a Culture of Health. Are we there yet?”

Denyse Olson-Dorff (Gundersen Health System) 
“Adverse Childhood Experiences Study: Social Determinants of Health”

Encourages us to focus on ROOT CAUSES
49. La Crosse-Onalaska, Wisconsin

> Pct. without health insurance: 7.8%
> Pct. food insecure: 4.8%
> Obesity rate: 22.5%
> 2014 unemployment rate: 4.4%

Wisconsin residents led the nation in binge drinking — 24.4% of adults reported the habit versus 15% of Americans. In the La Crosse-Onalaska area, the binge drinking rate was even higher, at 25.7%. Despite the prevalence of the unhealthy habit, metro area residents were among the least likely to rate their own health poorly. Just 7.3% of area residents reported fair or poor health, well below the statewide share of 11.8% and less than half the national share of 16.0%. As is often the case, relatively strong economic conditions in the La Crosse area may also have helped lead to better health outcomes. The 2014 unemployment rate of 4.4%, for example, was lower than both the state and national jobless rates.
County Health Rankings Model

Health Outcomes
- Length of Life 50%
- Quality of Life 50%

Health Factors
- Health Behaviors (30%)
  - Tobacco Use
  - Diet & Exercise
  - Alcohol & Drug Use
  - Sexual Activity
- Clinical Care (20%)
  - Access to Care
  - Quality of Care
- Social and Economic Factors (40%)
  - Education
  - Employment
  - Income
  - Family & Social Support
  - Community Safety
- Physical Environment (10%)
  - Air & Water Quality
  - Housing & Transit
La Crosse County Rankings out of 72 counties in WI

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<td>Health Outcomes</td>
<td>22</td>
<td>23</td>
<td>21</td>
<td>19</td>
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<td><strong>15</strong></td>
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County Health Rankings Model

Health Outcomes

Length of Life 50%
- Tobacco Use
- Diet & Exercise
- Alcohol & Drug Use
- Sexual Activity

Quality of Life 50%
- Access to Care
- Quality of Care

Health Behaviors (30%)

Clinical Care (20%)
- Education
- Employment
- Income
- Family & Social Support
- Community Safety
- Air & Water Quality
- Housing & Transit

Social and Economic Factors (40%)

Physical Environment (10%)
La Crosse County Health Factor Rankings out of 72 counties in WI

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<td>Health Factors</td>
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<td>4</td>
<td>3</td>
<td>3</td>
<td>6</td>
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<tr>
<td>Health Behaviors</td>
<td>8</td>
<td>5</td>
<td>4</td>
<td>6</td>
<td>4</td>
<td>13</td>
</tr>
<tr>
<td>Clinical Care</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>2</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Social &amp; Economic</td>
<td>11</td>
<td>9</td>
<td>10</td>
<td>8</td>
<td>7</td>
<td>7</td>
</tr>
<tr>
<td>Physical Environment</td>
<td>21</td>
<td>50</td>
<td>60</td>
<td>38</td>
<td>36</td>
<td>53</td>
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</table>
The Wicked Problems
Obesity - La Crosse County

La Crosse County High School Youth (source: YRBS)

<table>
<thead>
<tr>
<th>Year</th>
<th>Overweight</th>
<th>Obese</th>
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</thead>
<tbody>
<tr>
<td>2010</td>
<td>11.6</td>
<td>8.8</td>
</tr>
<tr>
<td>2013</td>
<td>14.1</td>
<td>9.4</td>
</tr>
<tr>
<td>2015</td>
<td>15.7</td>
<td>13.2</td>
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</tbody>
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La Crosse College Students (source NCHA)

<table>
<thead>
<tr>
<th>Year</th>
<th>Very Overweight</th>
</tr>
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<tbody>
<tr>
<td>2009</td>
<td>7.2</td>
</tr>
<tr>
<td>2011</td>
<td>10.2</td>
</tr>
<tr>
<td>2013</td>
<td>7.3</td>
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</tbody>
</table>
Adult obesity in La Crosse County, WI
County, State and National Trends

La Crosse County is staying the same for this measure.

3-year Average

Please see Measuring Progress/Rankings Measures for more information on trends
Tobacco Use

La Crosse County High School Youth (source: YRBS)

La Crosse College Students (source: NCHA)

- Past 30 days
- Smoked daily
- Current smokeless
- e-cig use

2010: 13.5, 10.5, 2.7
2013: 13.5, 10, 7, 5.3
2015: 9.3, 14.3, 5.6

2009: 22.9
2011: 21.8
2013: 15.9

La Crosse County College Students (source: NCHA)
Adult Tobacco Use – La Crosse County
(source: County Health Rankings)
Poor Mental Health days – previous month (Source: BRFS)
Risk for Depression

La Crosse County High School Youth (source: YRBS)

- Sad/hopeless 2+ weeks: 23, 29, 30.7%
- Made serious plan to attempt suicide: 17.8, 16.8, 19.4%
- Attempt suicide: 6.2, 6.6, 7.6%

La Crosse College Students (source: NCHA)

- Very sad: 62, 61.5, 54.4%
- Consider suicide: 5.7, 6.2, 25.3%
- Attempt suicide: 1.1, 1.1, 10.9%
Adolescent Vaccination Rates
La Crosse County 2009-2011 (source: WIR)

- Tdap >1 (age 13-17): 80% 2009, 73% 2010, 53% 2011
- Meningitis: 80% 2009, 73% 2010, 53% 2011
- Female HPV >1 dose: 80% 2009, 73% 2010, 53% 2011
- 3 doses: 37% 2009, 37% 2010, 37% 2011
- Male HPV >1 dose: 8% 2009, 1% 2010, 1% 2011
- 3 doses: 1% 2009, 1% 2010, 1% 2011
Adult Vaccination Rates
La Crosse County 2009-2013 (source: WIR)

- Td/Tdap 19-49, past 10 years: 69%
- Td/Tdap 50-64, past 10 years: 81%
- Td/Tdap ≥65, past 10 years: 59%
- Td/Adap (only) 19-64, since 2005 or past 6 years: 47%
- Herpes Zoster > 60, ever received: 29%
- HPV - females (19-26 years) > 1 dose, ever received: 55%
- HPV - males (19-26 years) > 1 dose, ever received: 6%
- PPSV23 total > 65, ever received: 75%
Sexually transmitted infections in La Crosse County, WI
County, State and National Trends

La Crosse County is getting worse for this measure.

Please see Measuring Progress/Rankings Measures for more information on trends
Risky Alcohol Use

La Crosse County High School Youth
(Source: YRBS)

La Crosse College Students
(Source: NCHA)

LA CROSSE MEDICAL HEALTH SCIENCE CONSORTIUM
Percentage of adults reporting binge or heavy drinking

Wisconsin Average 24%
City of La Crosse Drug Arrests

**Prescription Drugs**
- 2010: 118
- 2011: 118
- 2012: 118
- 2013: 118

**Meth**
- 2010: 67
- 2011: 67
- 2012: 67
- 2013: 67

**Heroin**
- 2010: 47
- 2011: 47
- 2012: 47
- 2013: 47

**"Crack" or Cocaine**
- 2010: 46
- 2011: 46
- 2012: 46
- 2013: 46

**Drug Types:** Prescription Drugs, Meth, Heroin, "Crack" or Cocaine
A different way to think about health:

- Many rankings and comparisons look at county “averages” or what is “minimally acceptable” to the community.
- When we focus on percents or means we tend to think about the average.
County Health Rankings Model

Health Outcomes

Length of Life 50%
- Tobacco Use
- Diet & Exercise
- Alcohol & Drug Use
- Sexual Activity

Quality of Life 50%
- Access to Care
- Quality of Care

Health Factors

Health Behaviors (30%)
- Clinical Care (20%)
- Social and Economic Factors (40%)

Policies and Programs

Physical Environment (10%)
- Education
- Employment
- Income
- Family & Social Support
- Community Safety
- Air & Water Quality
- Housing & Transit
Census tracts in La Crosse County
Social Determinants - Ranking

Weighted scores of:
% non-white
% no hs grad
% unemployed
% poverty
% rental
% disability

PINK = 5 highest risk tracts
GREEN = 5 lowest risk tracts
Where do we live?
How does change happen?
What are our neighbors concerned about?
What is our community working on?

- Housing
- Transportation
- Food systems
- Neighborhood development
How are these related to health?

• Housing (lead, mold, dust, poor air quality, overcrowded, and unsafe, expense)
• Transportation (air pollution, lack of physical activity, traffic-related injuries/deaths, expense)
• Food (poor access, non-nutritional foods are cheaper and convenient, obesity, expense)
• Neighborhoods (chronic stress can lead to anxiety, depression, accelerated aging, keep people indoors, away from neighbors, exercise, healthy foods)
James Longhurst
Personal Story

Active Commuting

...Jackie Eastwood
Caroline Gregerson
Personal Story

Advocating for the Homeless

...Randolph Kjos
Personal Story

Place of Grace

...Tom Thibodeau
Andrew Londre
Personal Story

Why I moved to the Washburn neighborhood

...Adam Hatfield
Puzzle Activity
Table Dialogue

- Share the word on the back of your puzzle piece
- Is the word a wicked problem or a solution?
- Reflect on what you heard today, how do the wicked problems and solutions intertwine?
- Does transitioning from a wicked problem to a solution make you think differently on how you can do your work?
- Raise your hand when you have the puzzle as completed as possible
How is our work like a puzzle?
Tom Thibodeau

Director, Master of Arts in Servant Leadership

Viterbo University
• Enthusiasm
• Engagement
• Empathy
Closing Comments