

# 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



# Timeline

## **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**



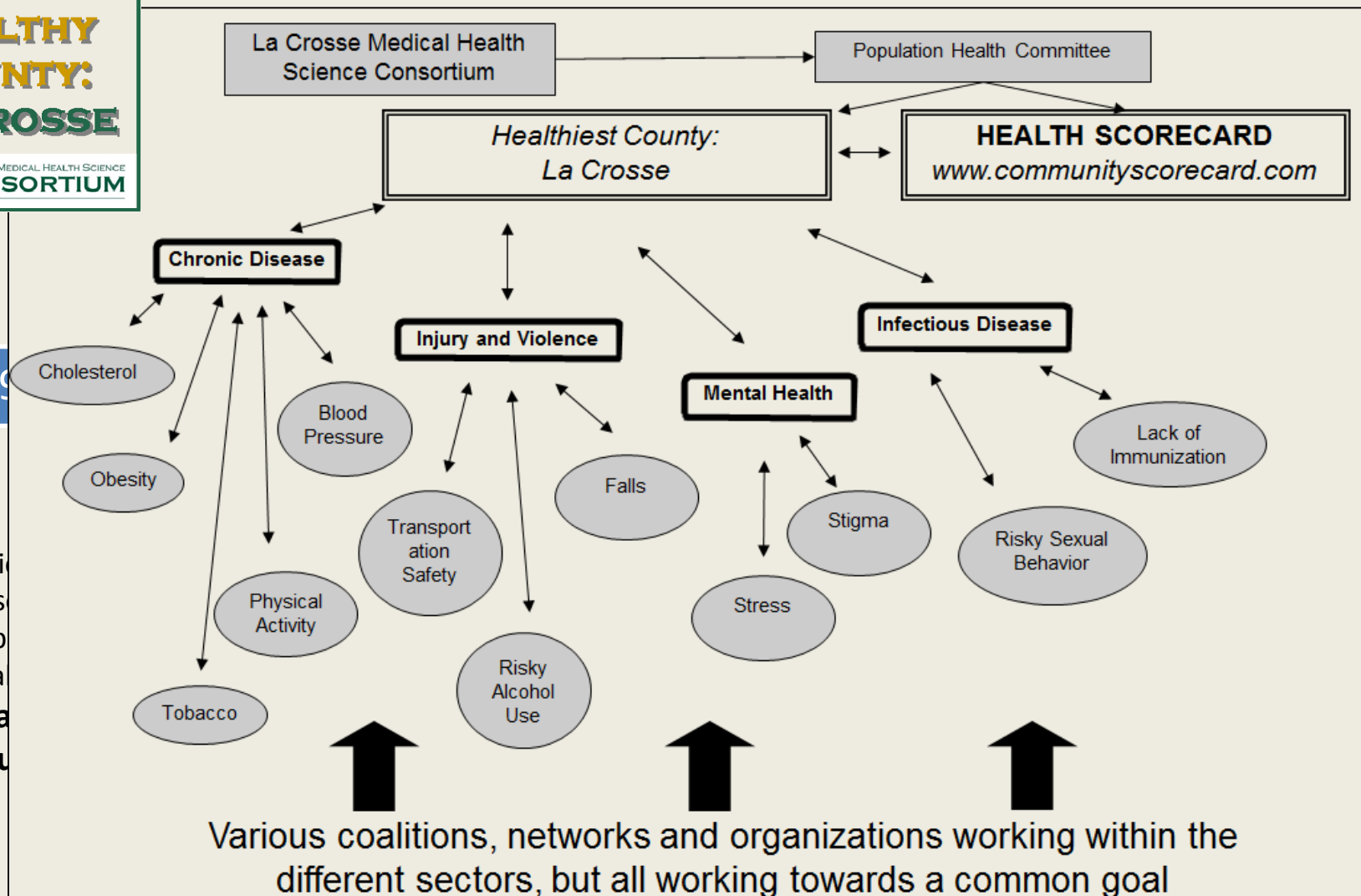


**HEALTHY  
COUNTY:  
LA CROSSE**  
LA CROSSE MEDICAL HEALTH SCIENCE  
CONSORTIUM

# Timeline

2009

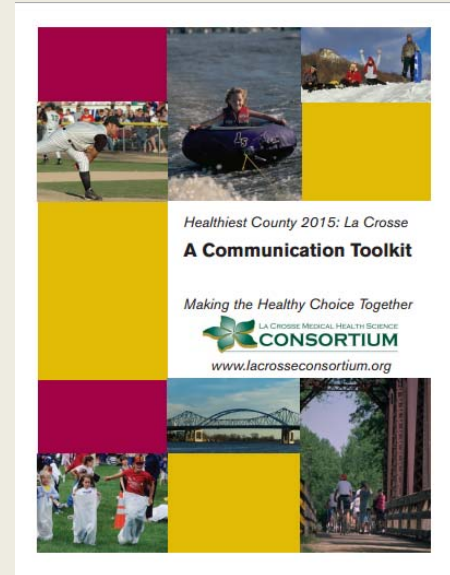
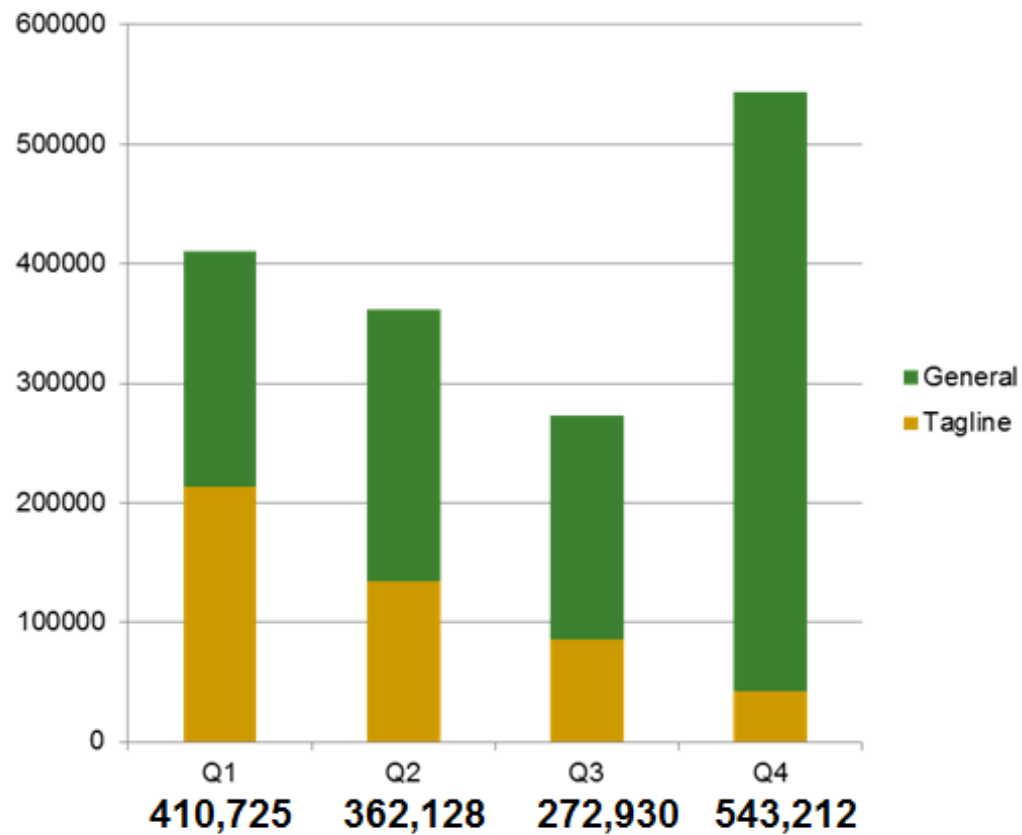
Dr. Offi  
Wis  
imp  
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Sha  
Cou



# Timeline

## Media Impressions by Quarter

Impression Total:  
**1,588,995**

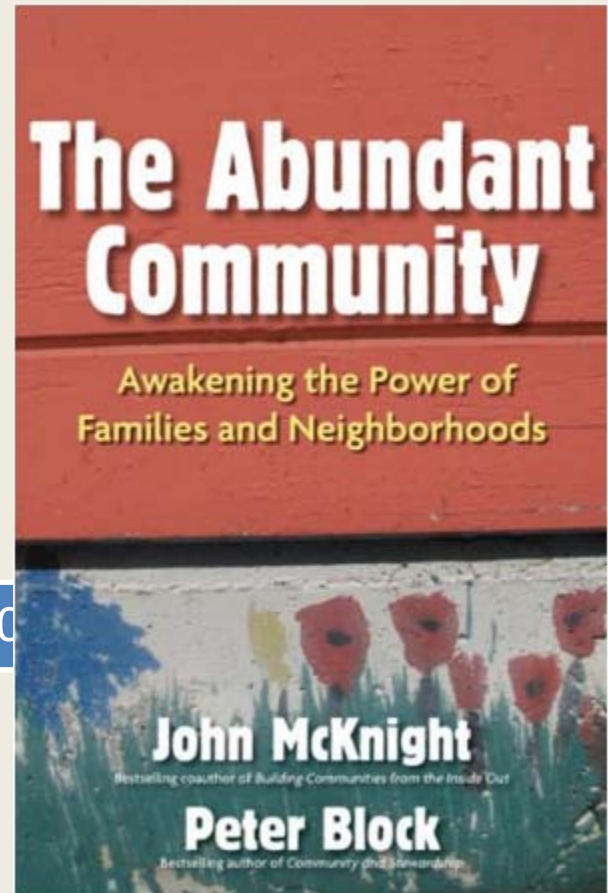


2014 > 2015 > 2016

# Timeline

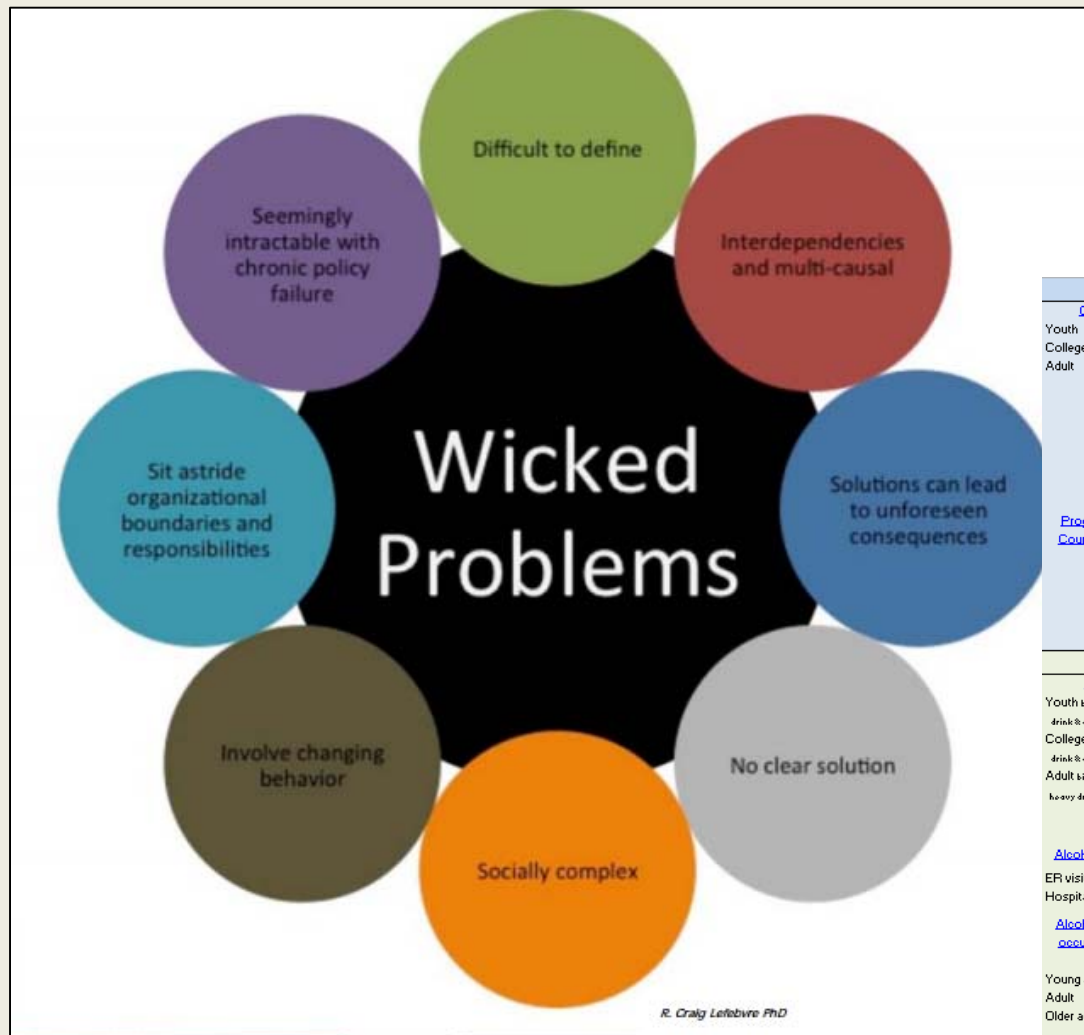















**John McKnight** (Asset-Based  
Community Development Institute)  
Finding and empowering different  
sectors of the community to be  
engaged.  
“Awakening the Power in Our  
Community”



# Timeline

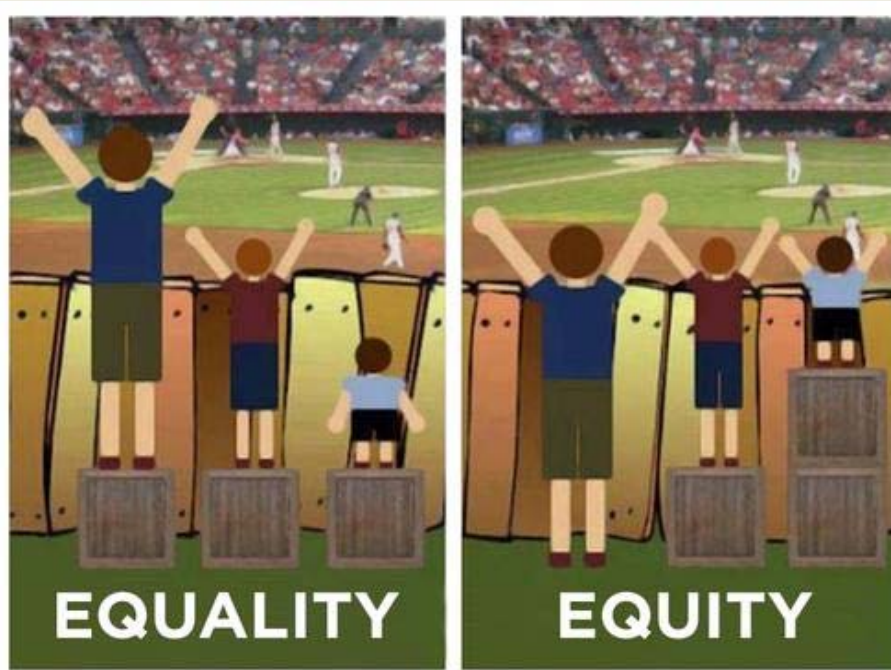
(Population  
Connecting  
“



Chronic Disease				Mental Health			
Obesity Rates		Smoking Rates		Depression Rates		Suicide Statistics	
Youth	8.8% 	Youth	10.5% 	Youth <i>red</i>	28.6% 	Suicide Rates	12.1/100k 
College	10.2% 	College	21.8% 	<i>attempt</i>	6.2% 	Detentions	465.81 
Adult	16.6% 	Adult	10.5% 	College <i>red</i>	54.4% 		
				<i>attempt</i>	1.1% 		
				Adult	NA 		
<a href="#">Progress on Healthy County Plan - Obesity Goals</a>				<a href="#">Progress on Healthy County Plan - Mental Health Goals</a>			



# Timeline



2013

2014

2015

2016

**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.”

health Everyone happiness healthy  
work mental being Culture Bringing Changing  
convenient childhood communities  
feel concerned throughout learn spiritual  
Access  
business value body decisions  
ages attitudes improve  
decision complete Equality lives actions  
efforts creates building resources make connections  
Safe clean comes Daily areas equity bias Live  
behaviors overall community's grass achieving Support  
without play curb among choose people choice around  
Collective lifespan life Good thrive anyone  
Quality Comprehensive Great create along  
all across creating understanding Crosse making  
Coming Individual Inclusive able attribute about  
families place opportunities well wellness change  
Thriving Conscious better physical achieve  
together Collaborations environment Working  
Collaboration Equitable

20



CONSORTIUM

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# Timeline

Today!





Business Technology Investing Economy Special Report

# The Healthiest City in Every State

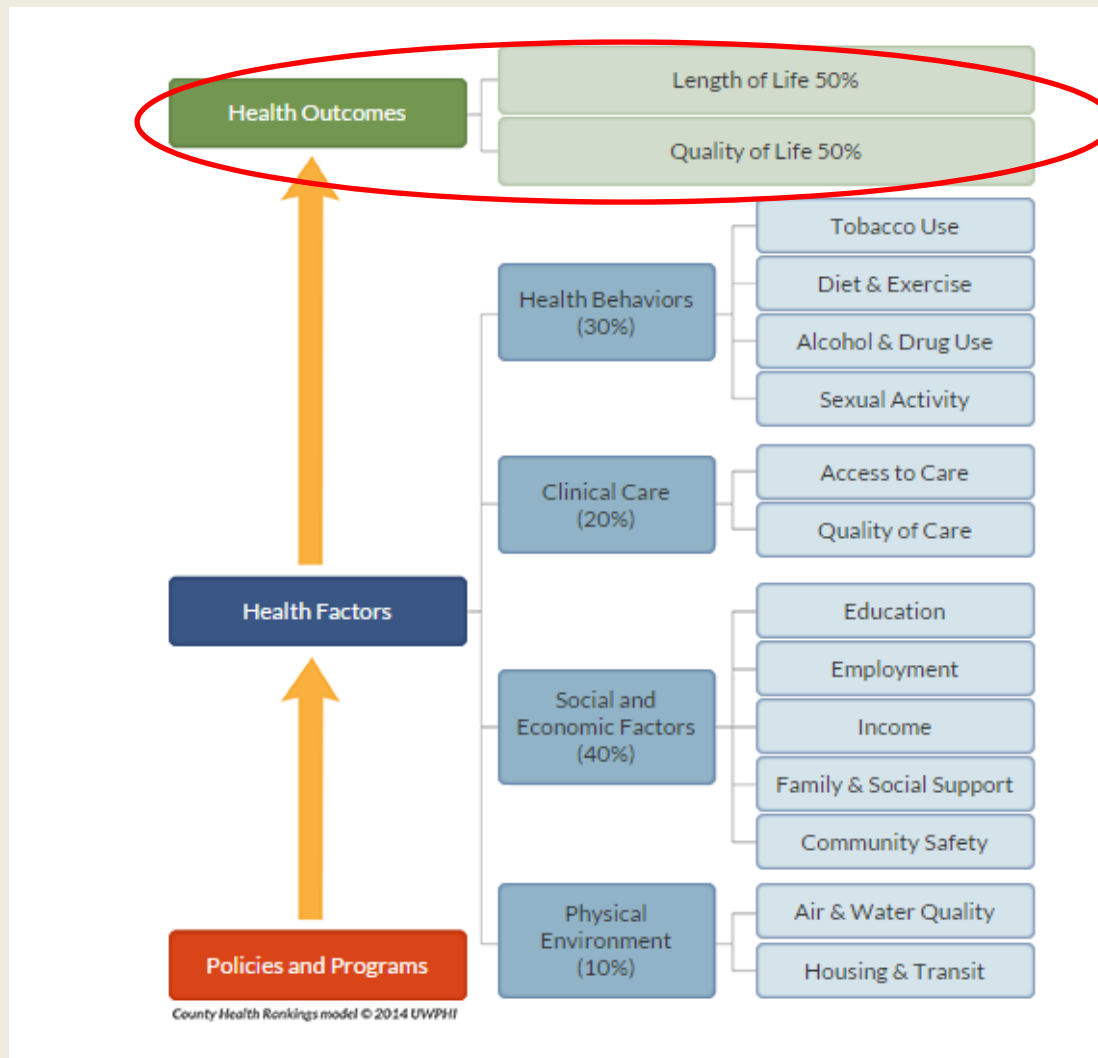
By [Michael B. Sauter](#), [Thomas C. Frohlich](#) and [Samuel Stebbins](#) August 27, 2015 6:00 am EDT

## 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

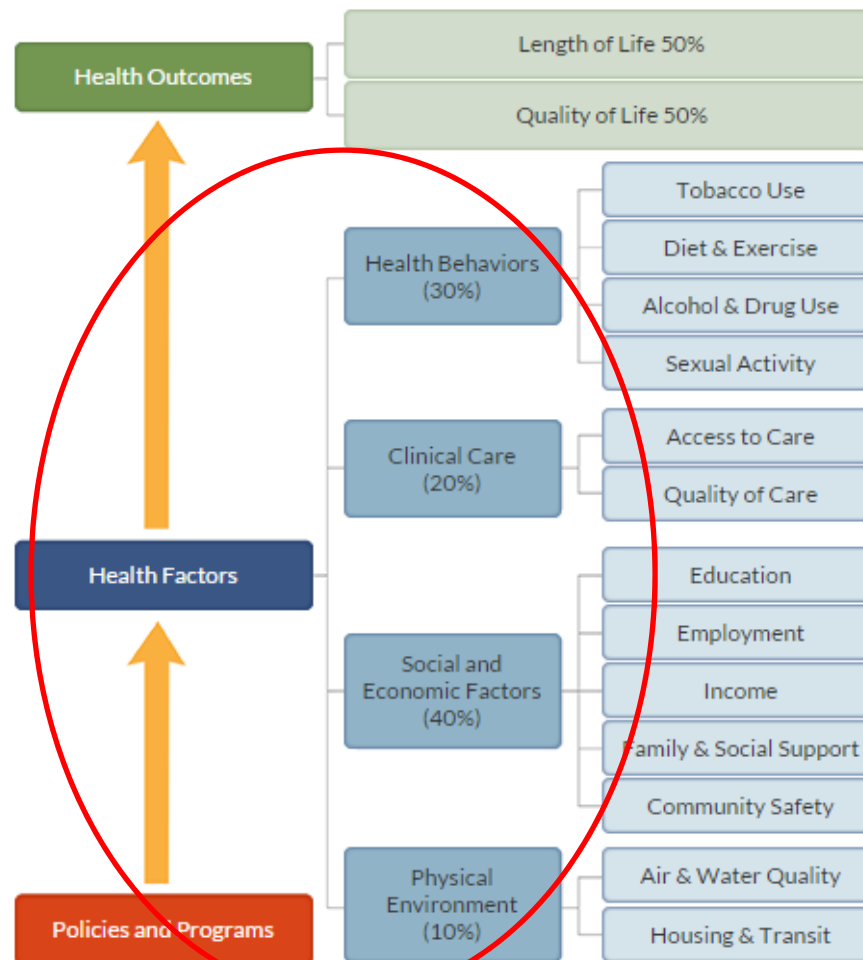


# La Crosse County Rankings out of 72 counties in WI

Measure	2011	2012	2013	2014	2015	2016
Health Outcomes	22	23	21	19	19	15

County Health Rankings & Roadmaps University of Wisconsin  
Population Health Institute. <http://www.countyhealthrankings.org/>

# County Health Rankings Model



County Health Rankings model © 2014 UWPHH

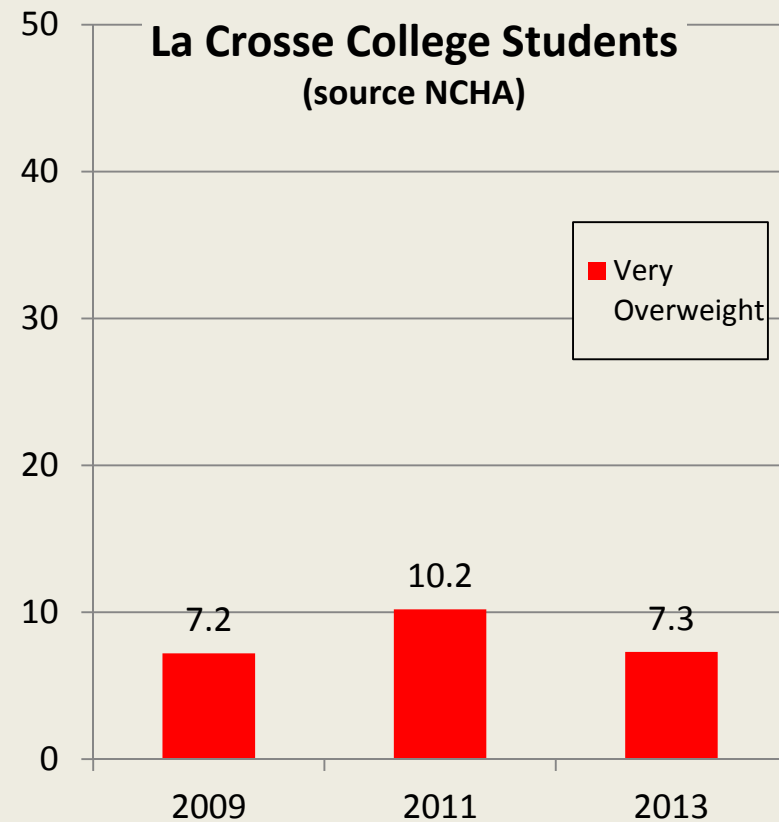
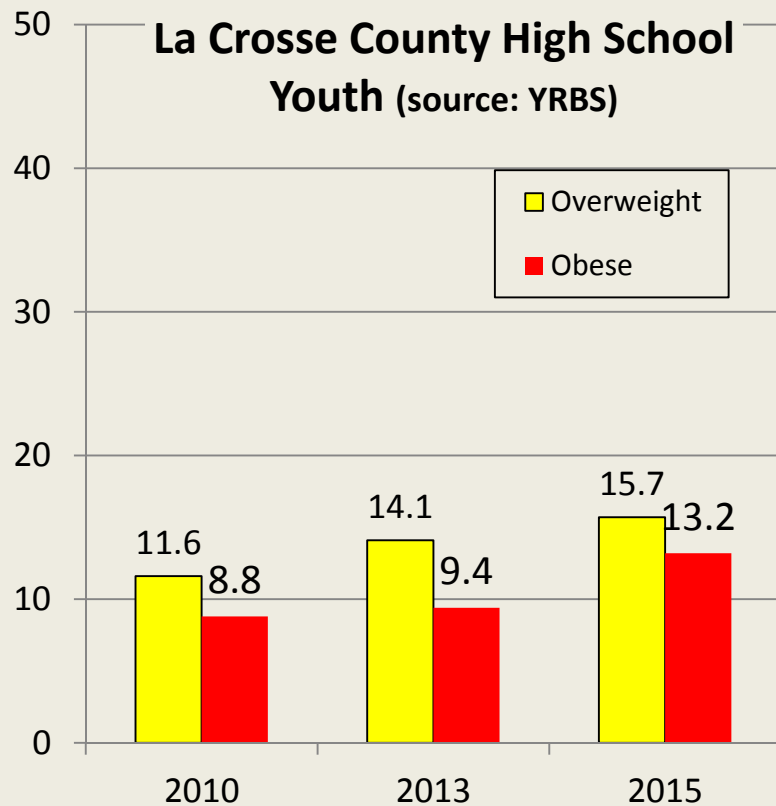
# La Crosse County Health Factor Rankings out of 72 counties in WI

Measure	2011	2012	2013	2014	2015	2016
<b>Health Factors</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>3</b>	<b>3</b>	<b>6</b>
Health Behaviors	8	5	4	6	4	<b>13</b>
Clinical Care	1	2	3	2	2	<b>2</b>
Social & Economic	11	9	10	8	7	<b>7</b>
Physical Environment	21	50	60	38	36	<b>53</b>

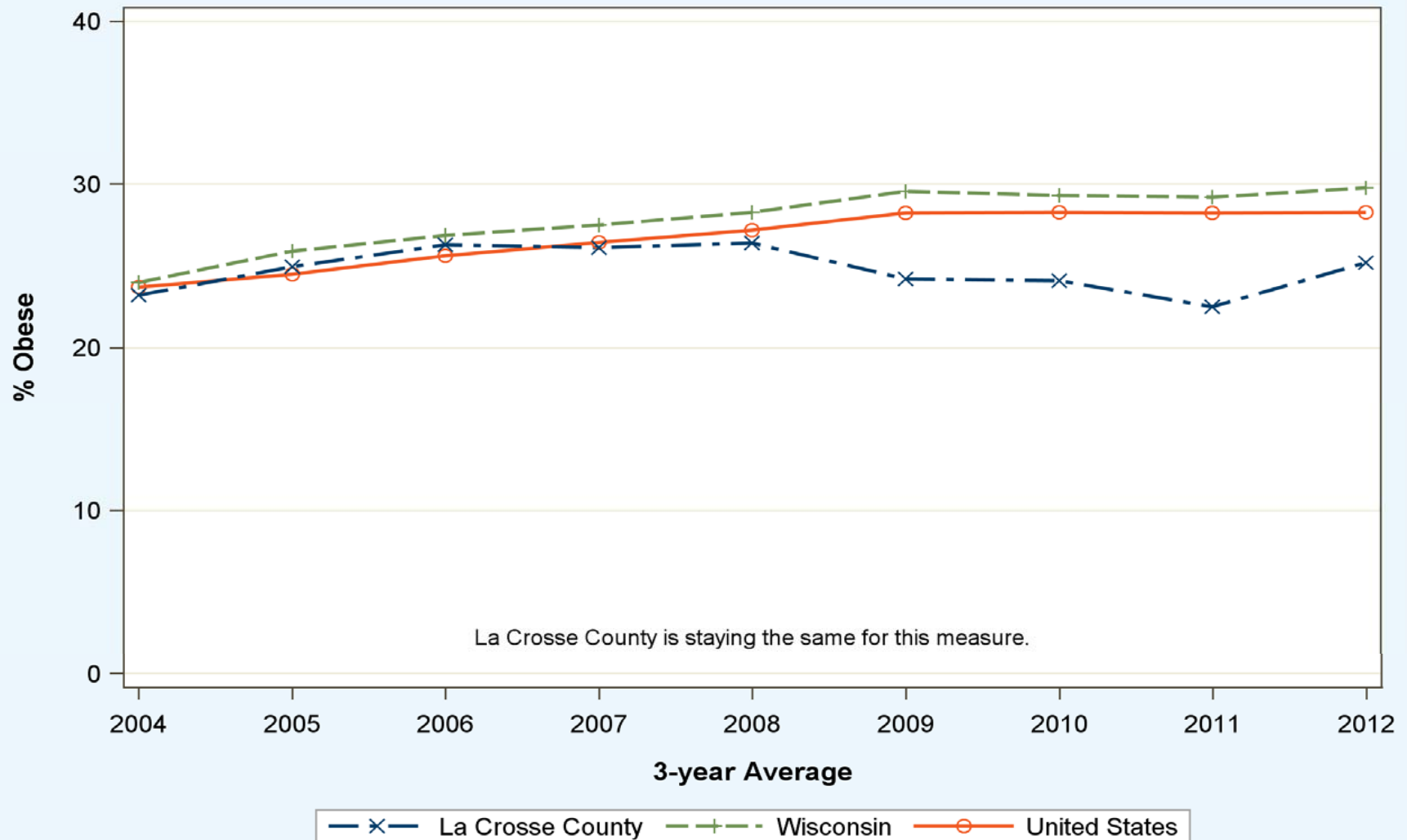


# The Wicked Problems

# Obesity - La Crosse County



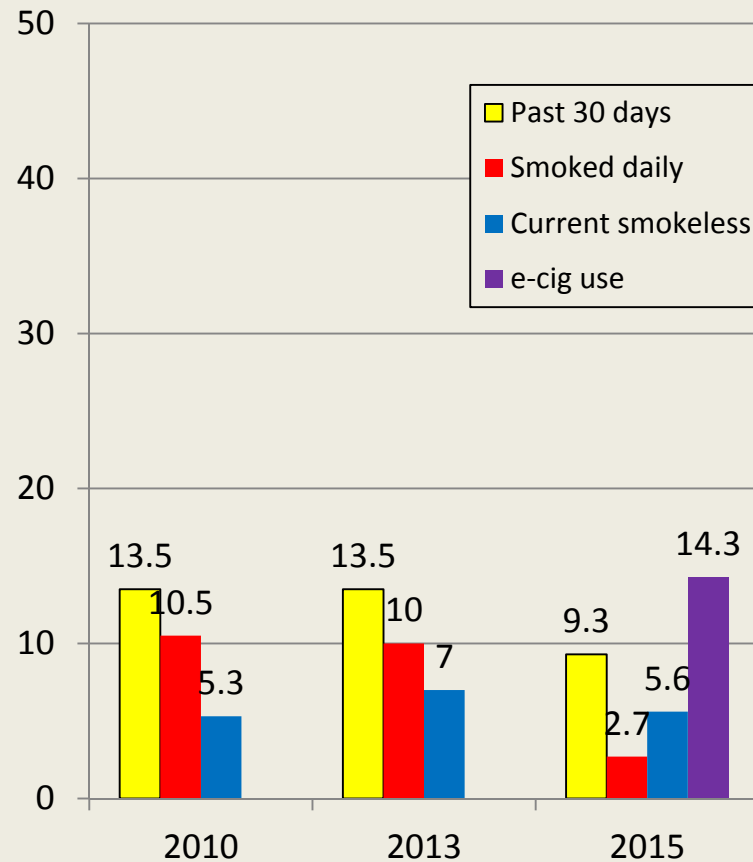
### Adult obesity in La Crosse County, WI County, State and National Trends



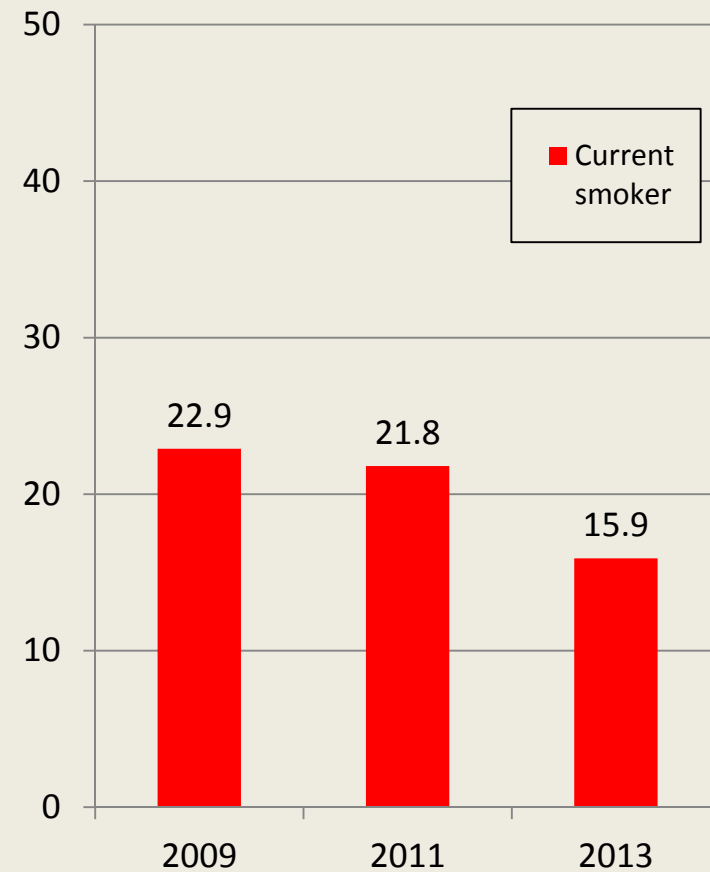
Please see Measuring Progress/Rankings Measures for more information on trends

# Tobacco Use

**La Crosse County High School  
Youth (source: YRBS)**

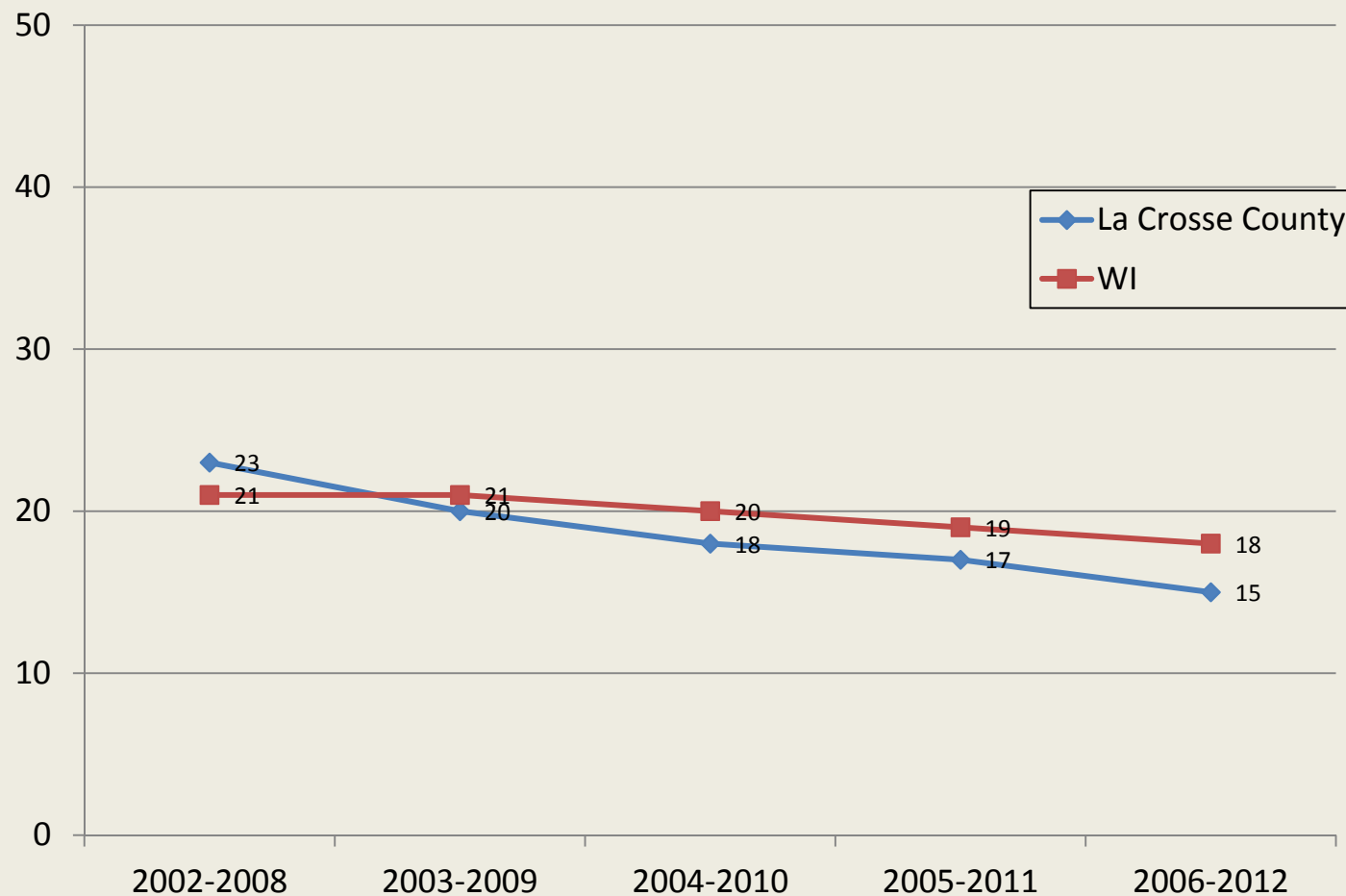


**La Crosse College Students  
(source: NCHA)**

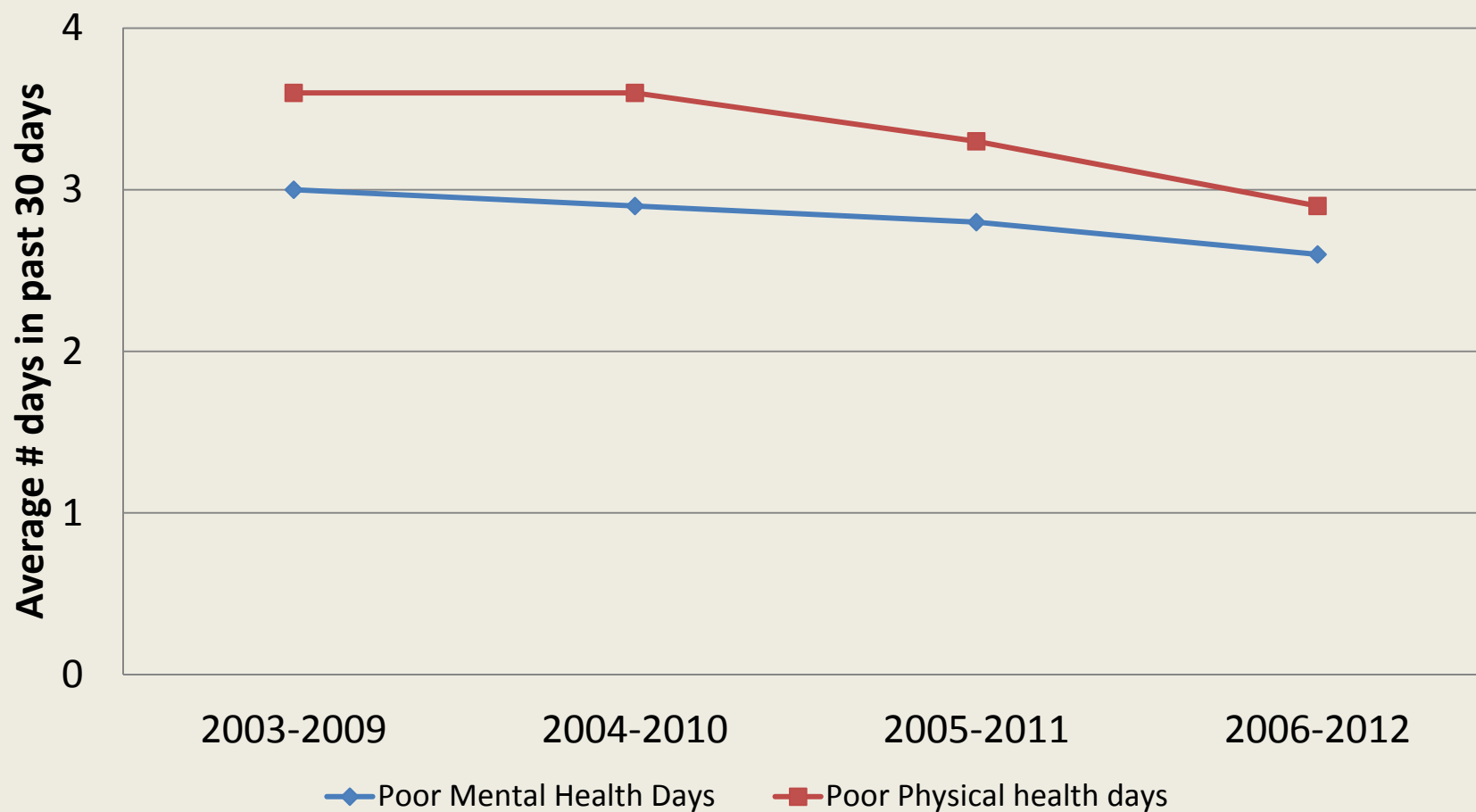


# Adult Tobacco Use – La Crosse County

(source: County Health Rankings)

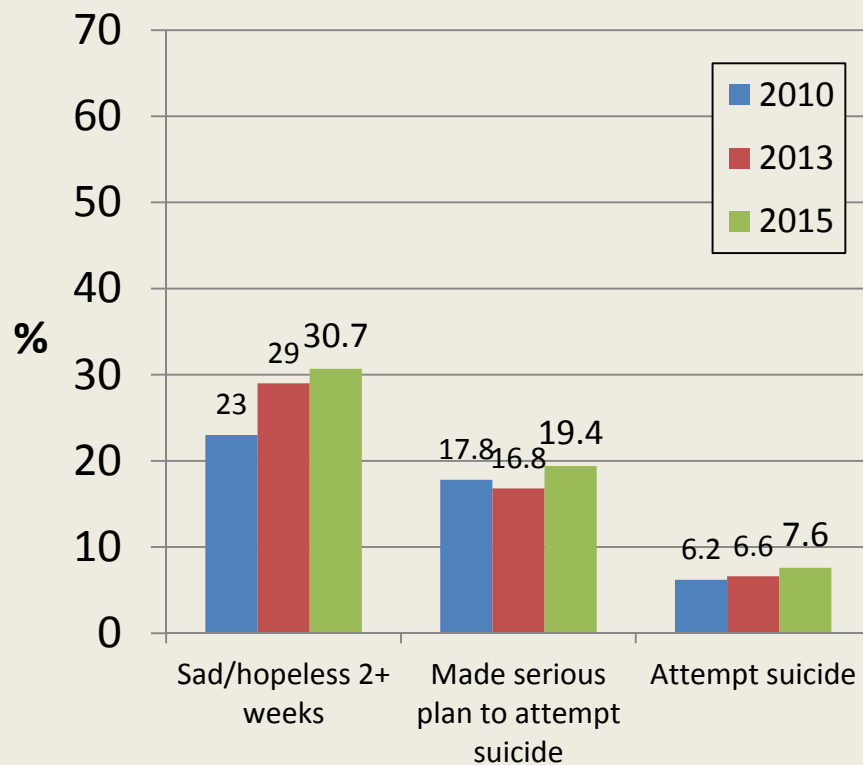


# Poor Mental Health days – previous month (Source: BRFHS)

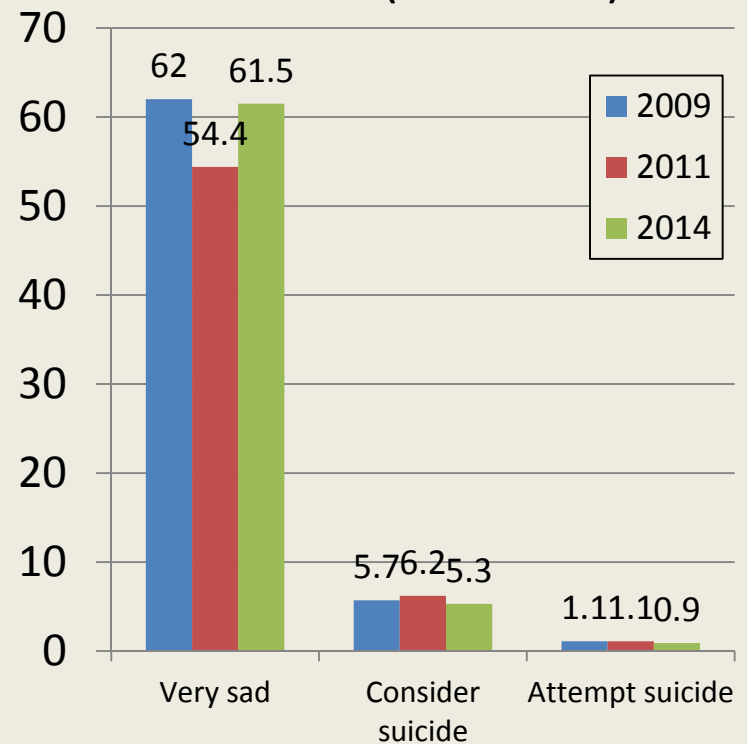


# Risk for Depression

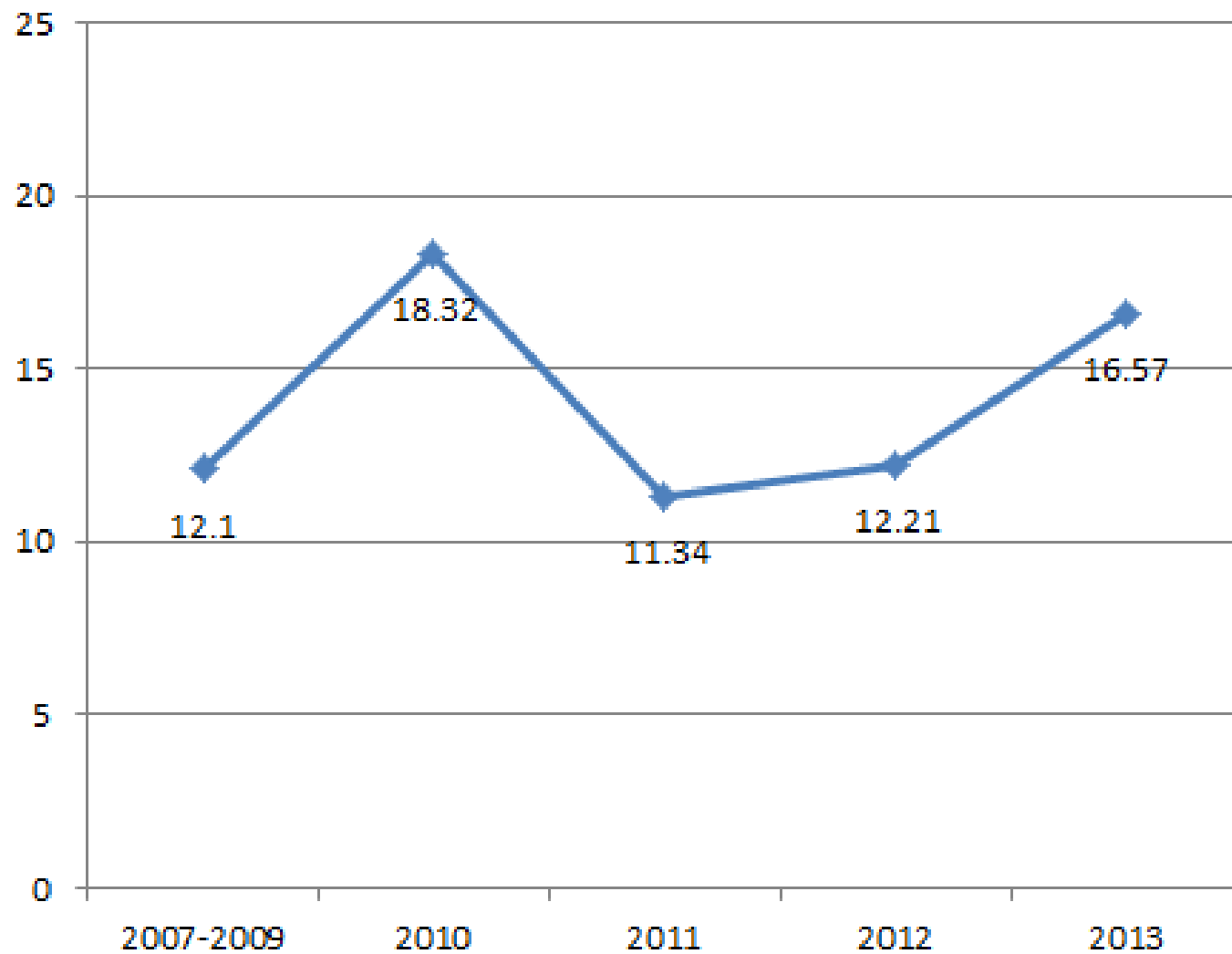
**La Crosse County High School Youth** (source: YRBS)



**La Crosse College Students** (source: NCHA)



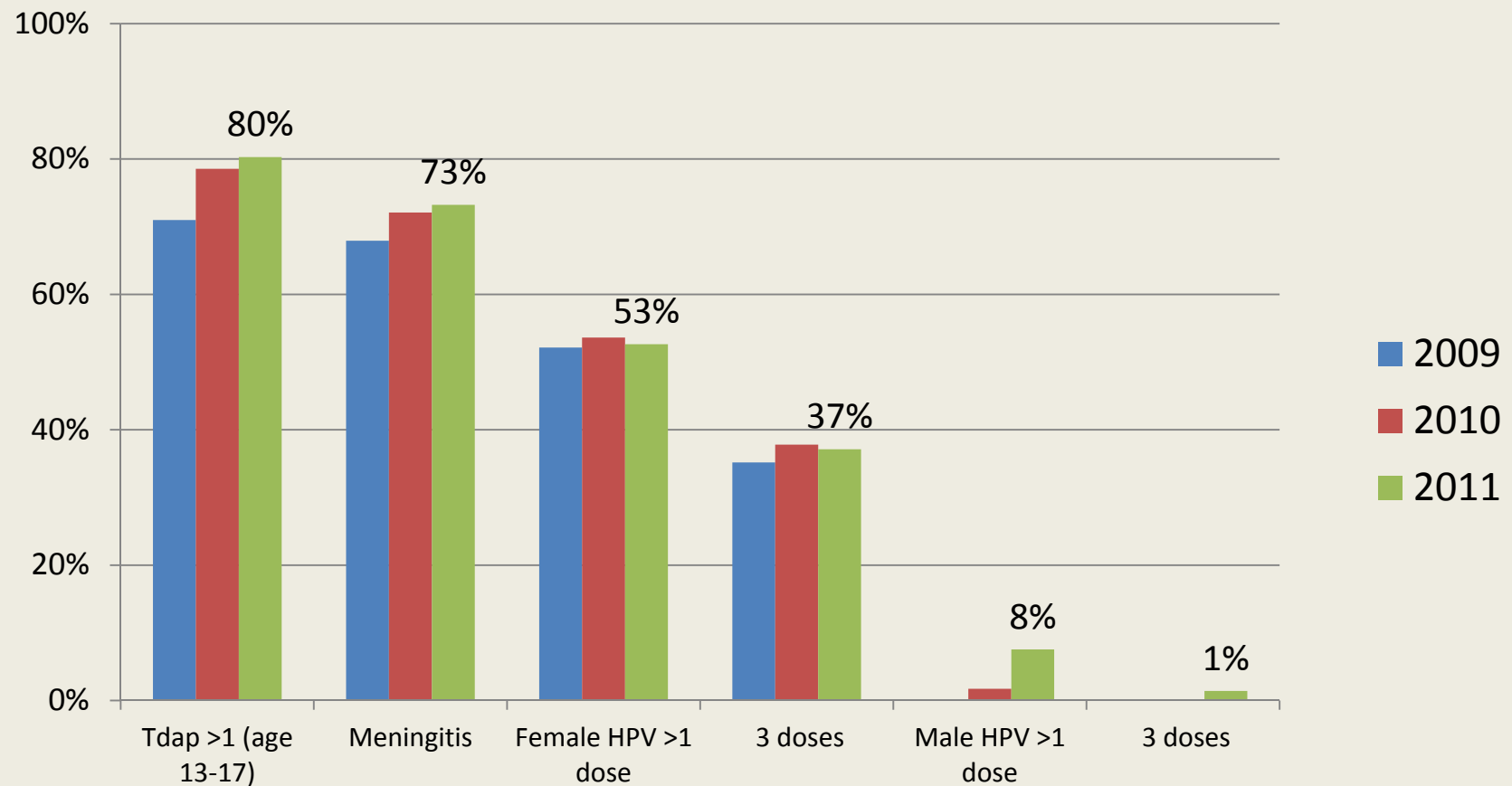
## Suicide rate per 100,000 - all La Crosse County Residents





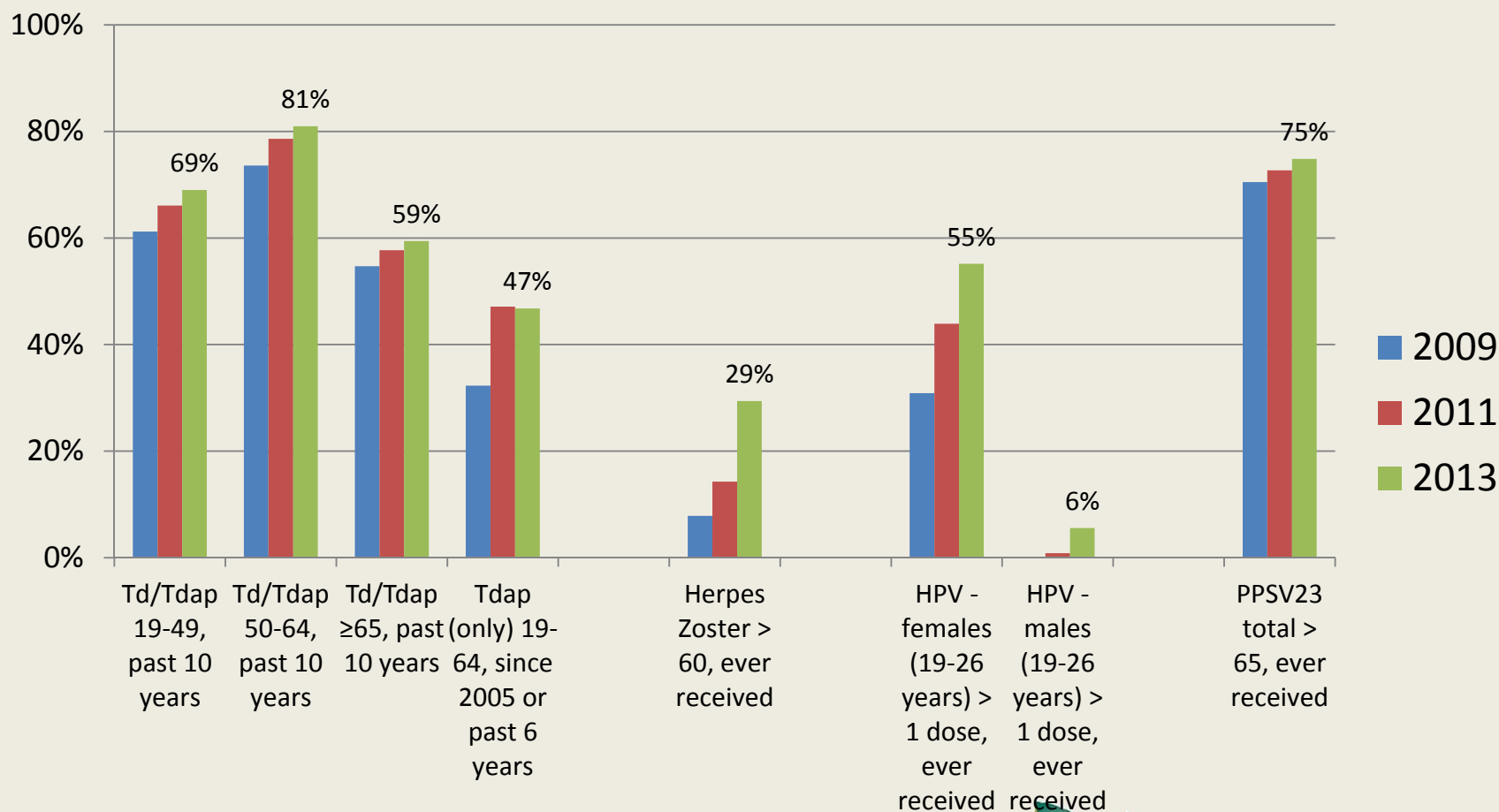
# Adolescent Vaccination Rates

## La Crosse County 2009-2011 (source: WIR)

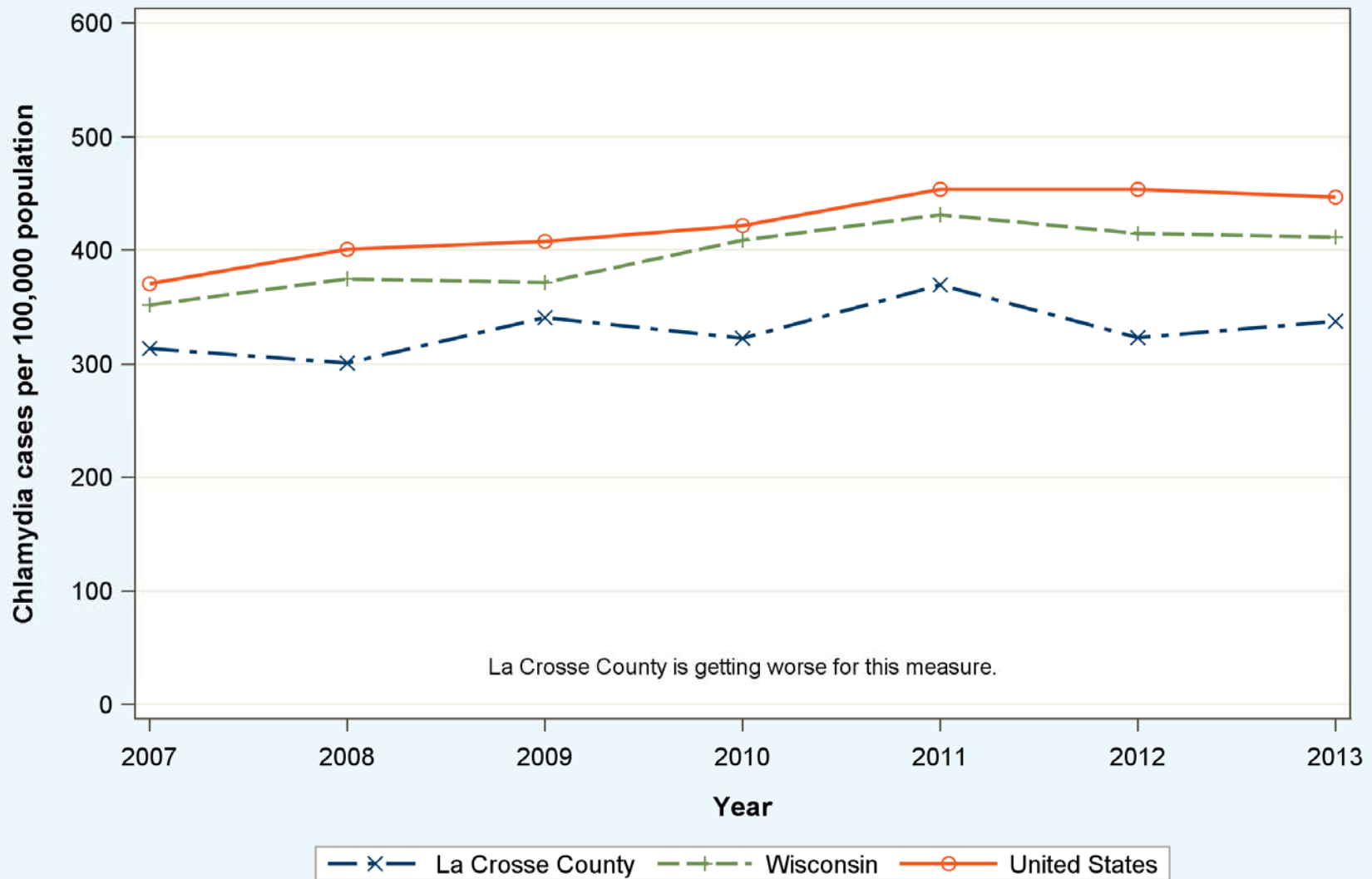


# Adult Vaccination Rates

## La Crosse County 2009-2013 (source: WIR)



### Sexually transmitted infections in La Crosse County, WI County, State and National Trends

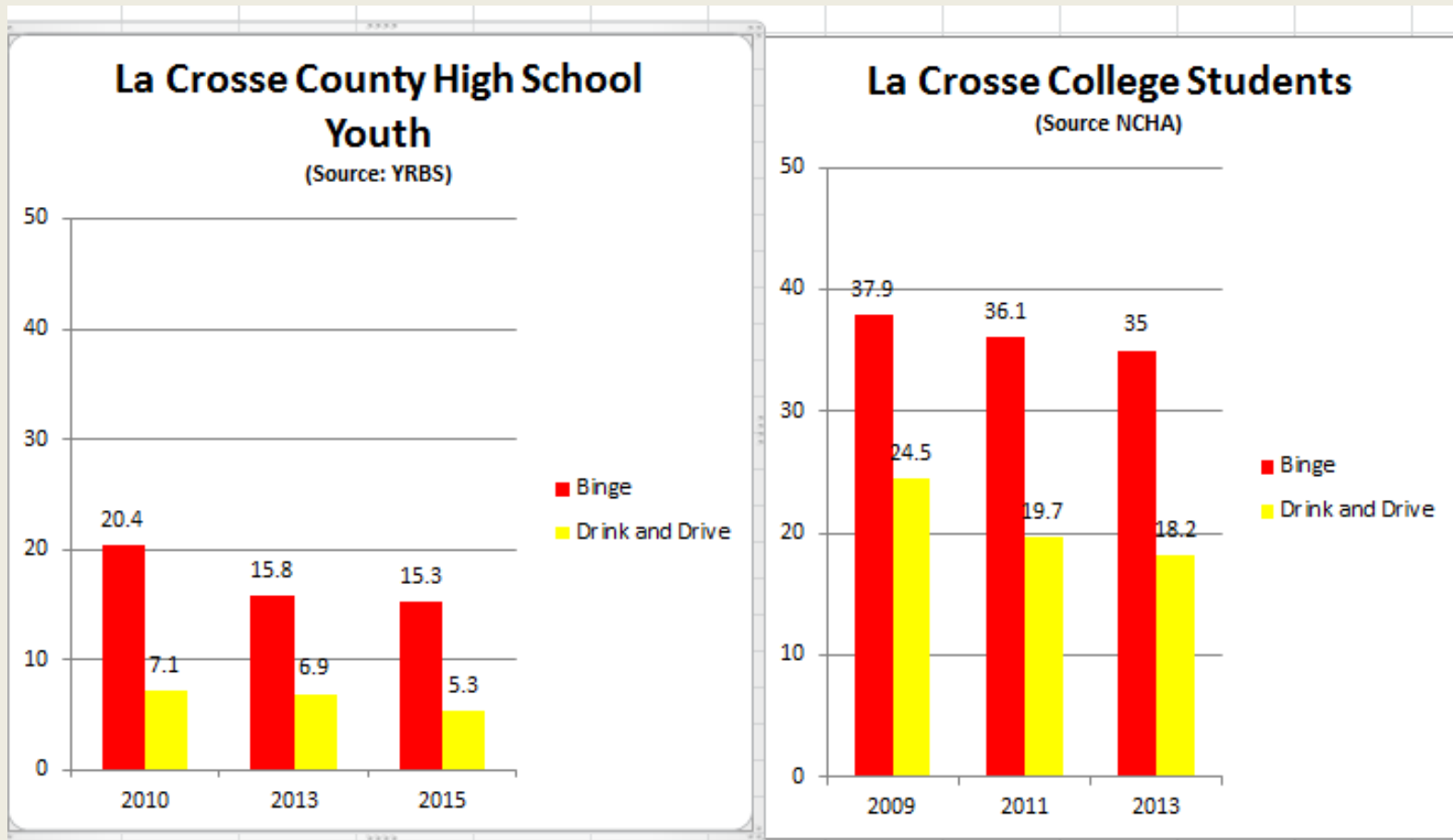


Please see Measuring Progress/Rankings Measures for more information on trends

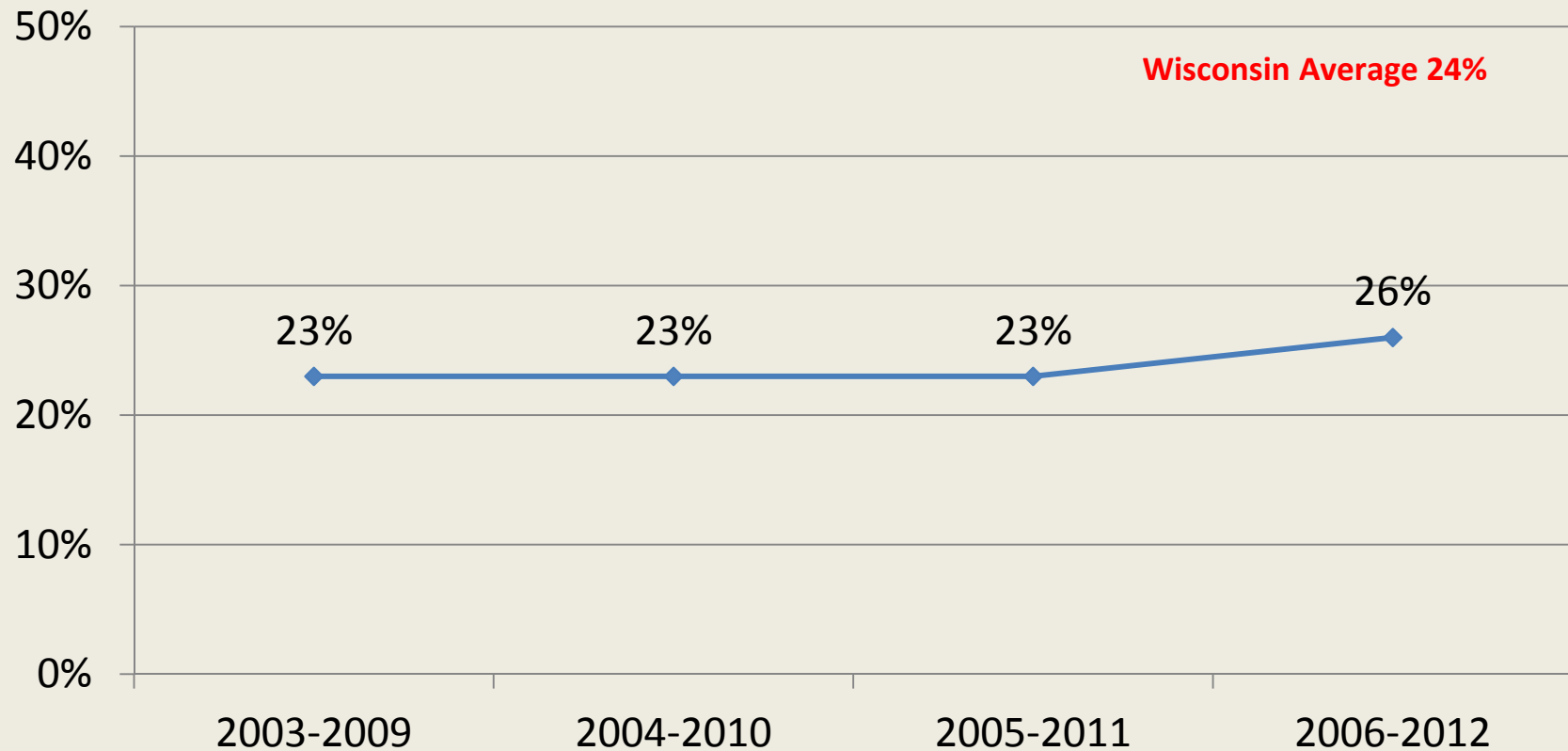
SCIENCE



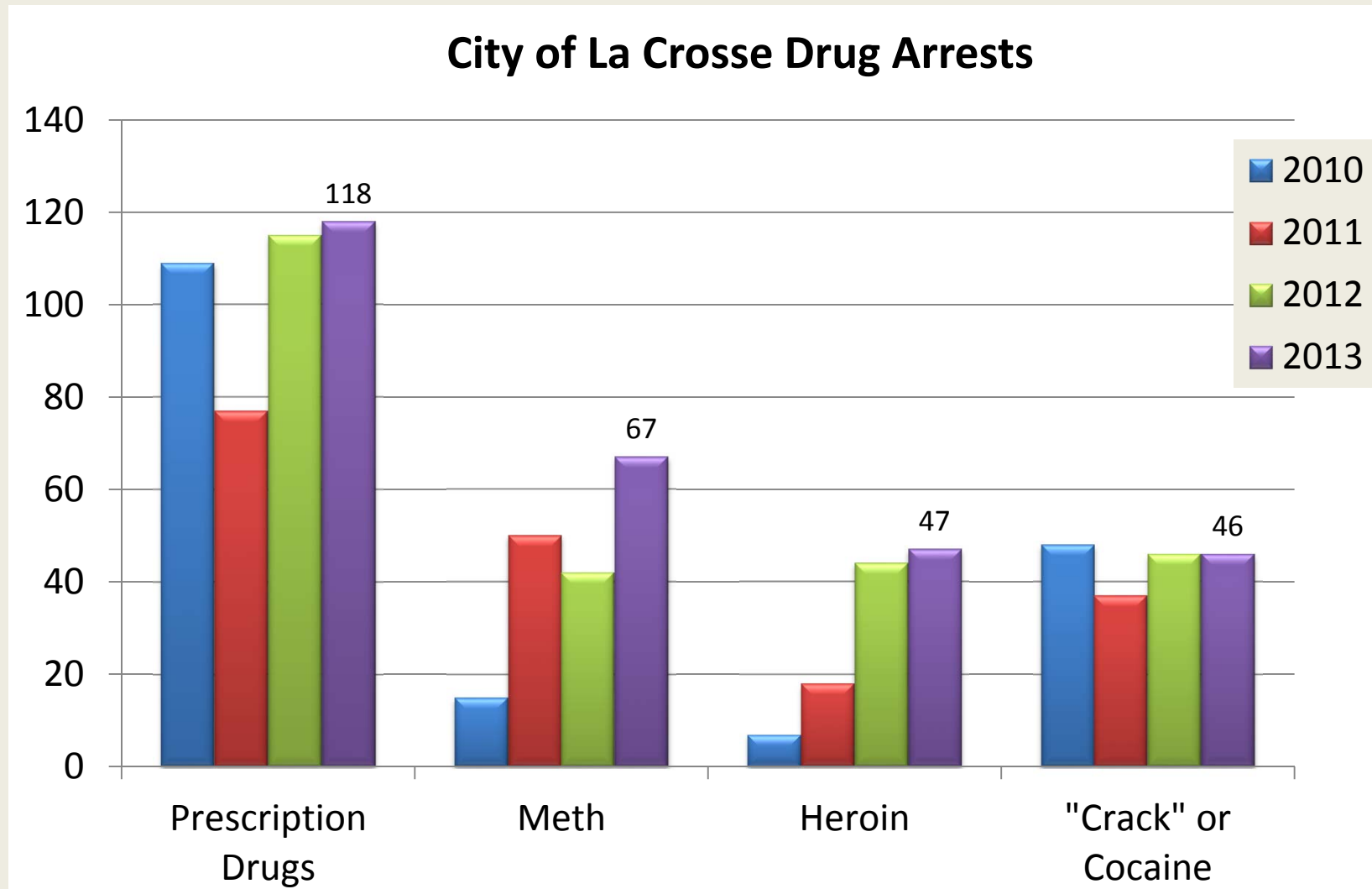
# Risky Alcohol Use



# Percentage of adults reporting binge or heavy drinking

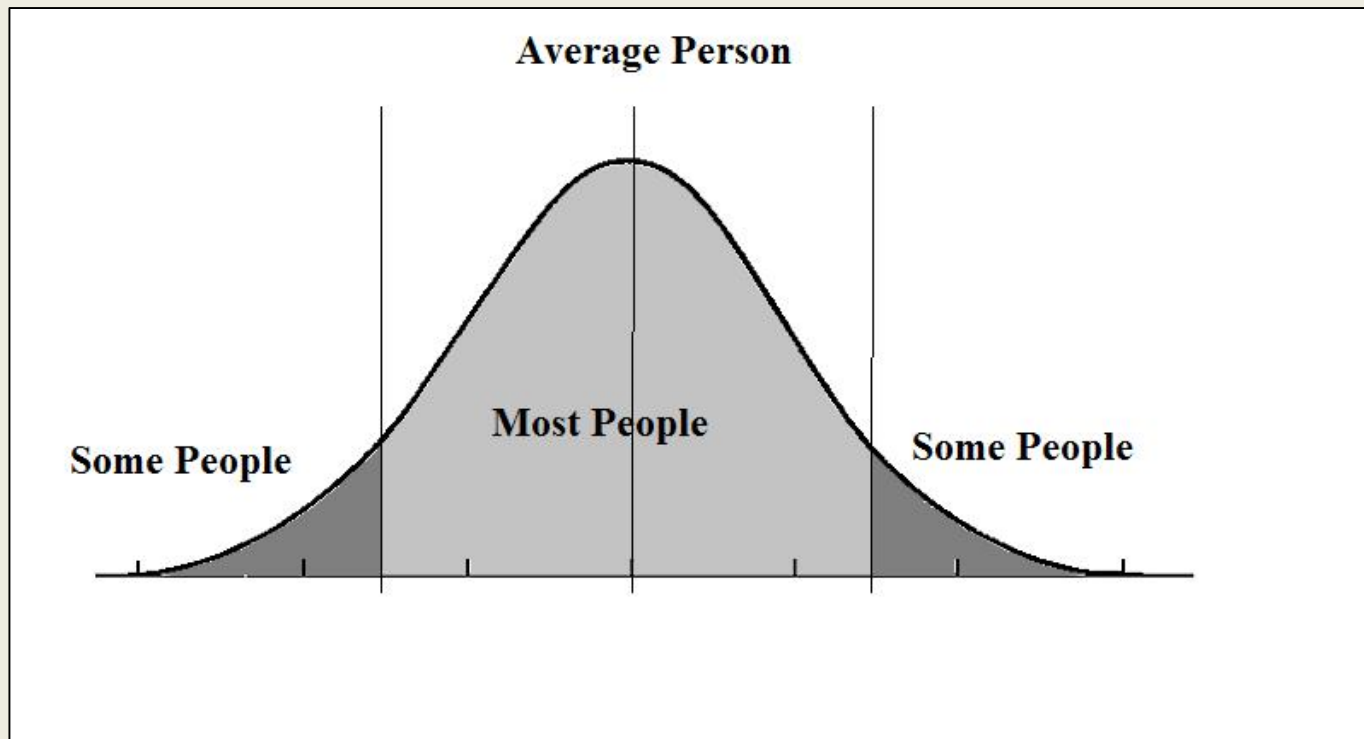


# City of La Crosse Drug Arrests

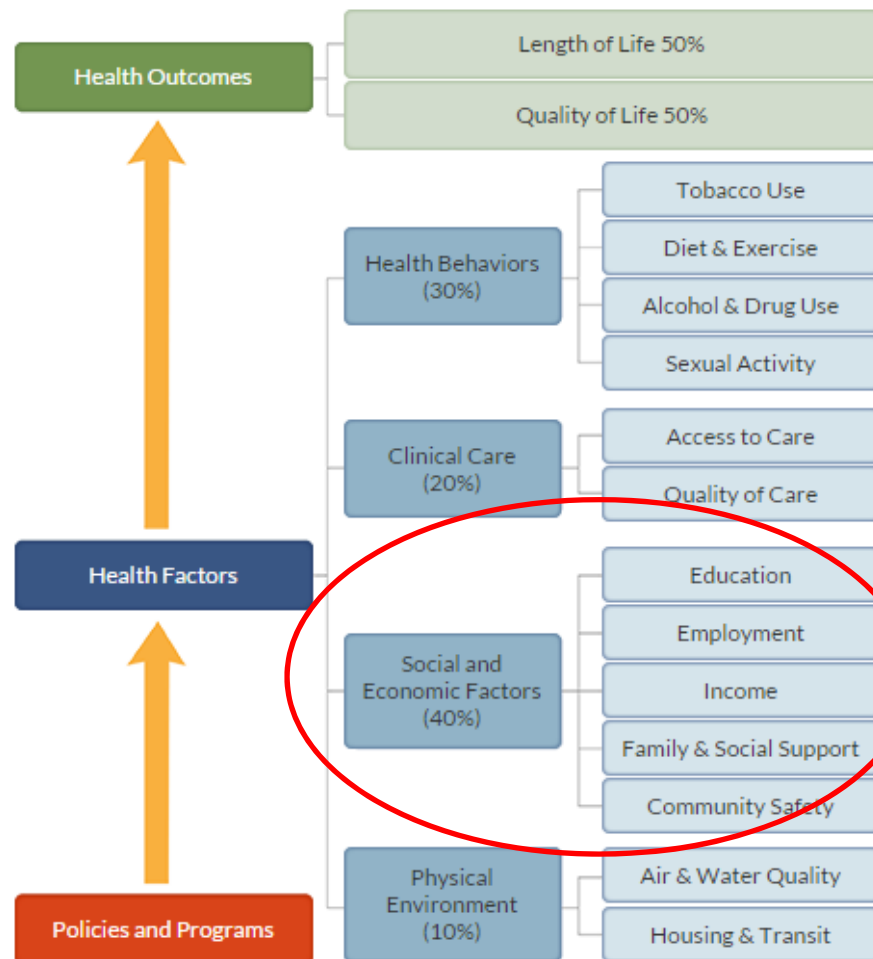


# A different way to think about health:

- 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

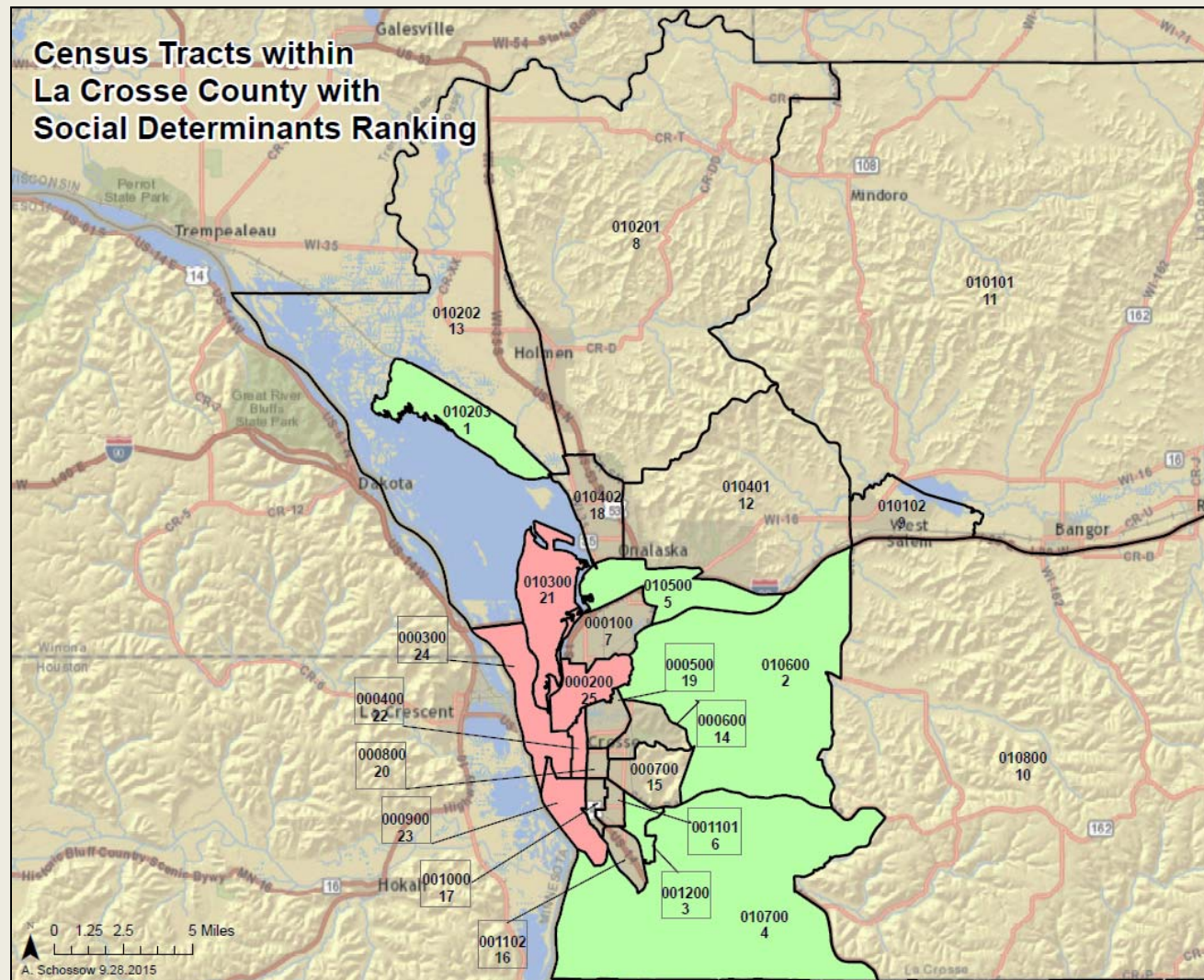


County Health Rankings model © 2014 UWPHI



# Census tracts in La Crosse County

## Social Determinants - Ranking



Weighted scores of:

% non-white  
% no hs grad  
% unemployed  
% poverty  
% rental  
% disability

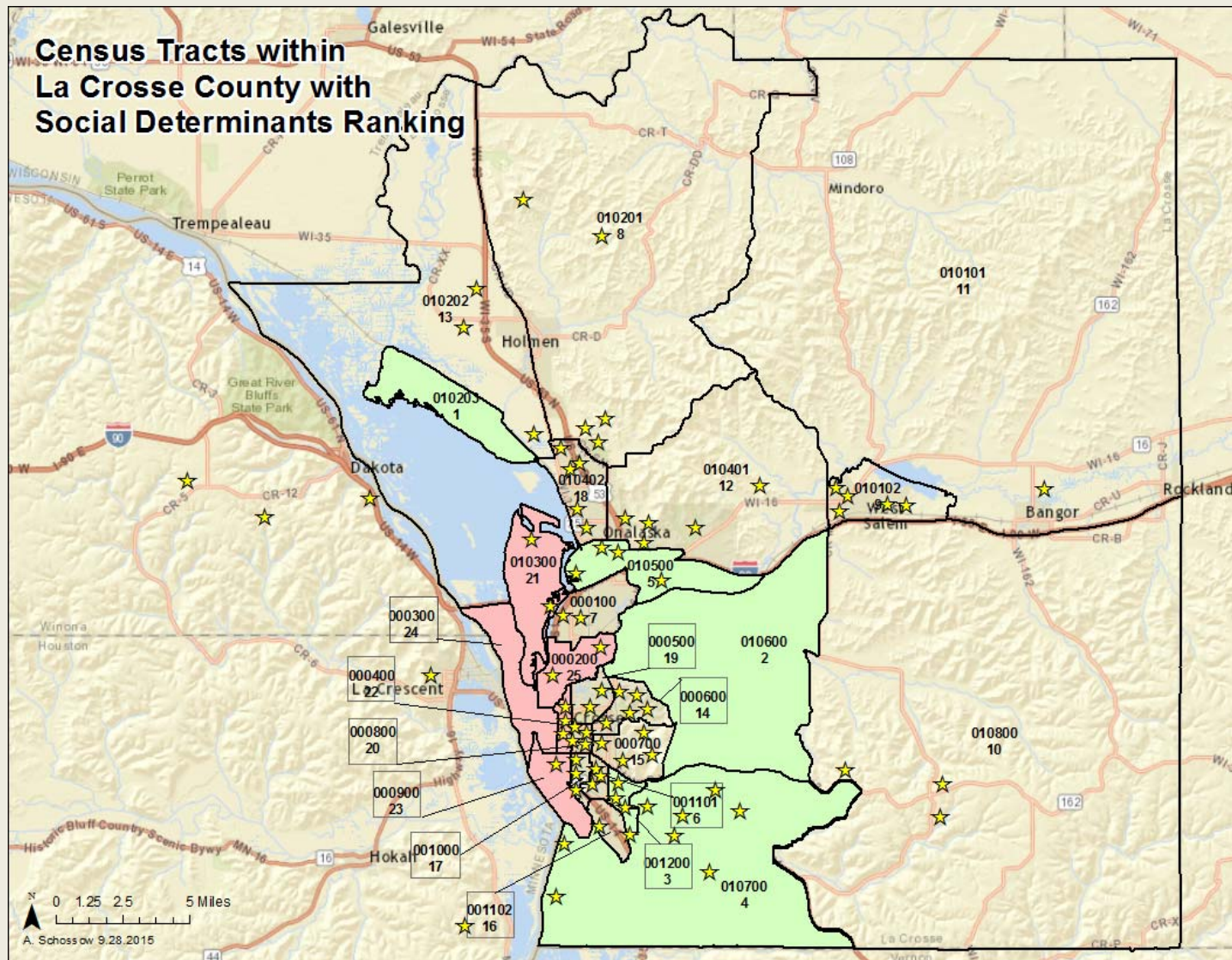
**PINK = 5**  
**highest risk**  
**tracts**

**GREEN = 1**  
**lowest risk**  
**tracts**

LA CROSSE MEDICAL HEALTH SCIENCE  
CONSORTIUM



# 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)



Today!





James Longhurst



# Personal Story

Active Commuting

...Jackie Eastwood





Caroline Gregerson



# Personal Story

## Advocating for the Homeless ...Randolph Kjos



Pam Hartwell



# 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