



Welcome to the
Healthy County La Crosse
Annual Health Summit!



CELEBRATING 2015 ACCOMPLISHMENTS

health Everyone happiness healthy
work mental being Culture Bringing Changing
feel convenient childhood communities
Access concerned throughout learn spiritual
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

WordItOut



SAFE ROUTES TO SCHOOL 5TH ANNUAL WHEEL TO SCHOOL WEEK CHALLENGE



Northern Hills Elementary-Silver Spoke Award winner

Coulee Region Immunization Coalition (CRIC) HPV Campaign



Billboards in La Crosse, Sparta,
& Mauston



- PSAs before every movie at 6 Star Theatre in Sparta
- PSAs on radio, TV, & Facebook



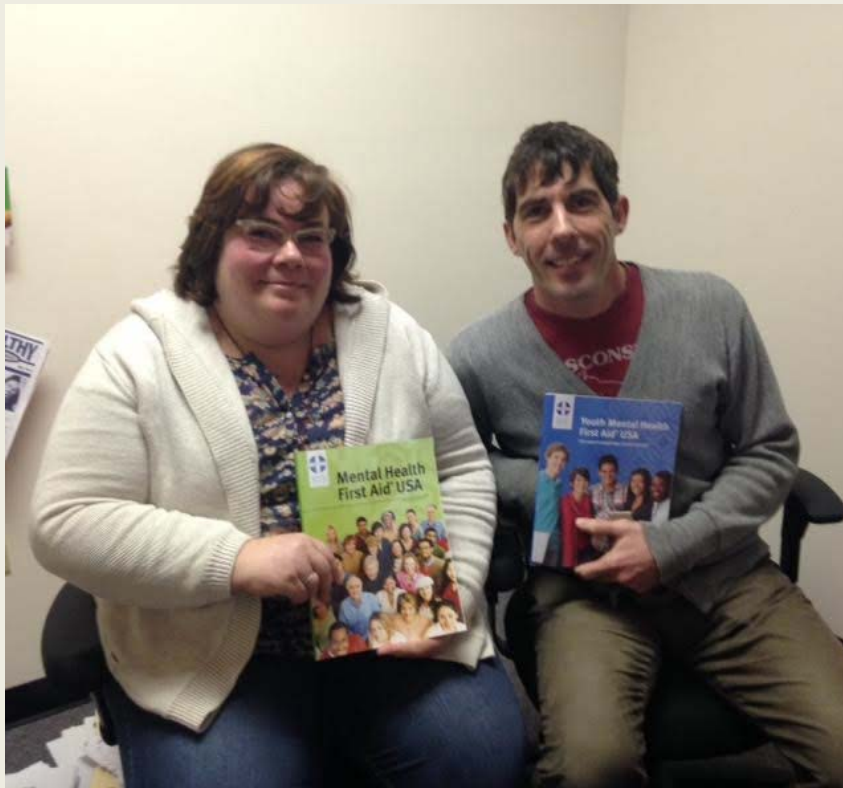
HEALTHY LIVING COLLABORATION

2015 HEALTHY LIVING HEROES



- Youth winner: Alethia Knutson
- Organization: Washburn Neighborhood Association
- Individual: Morgan Drexler
- Honorable Mention: Safe Routes to School Liaisons

MENTAL HEALTH FIRST AID INDEPENDENT LIVING RESOURCES (ILR)



- Facilitated 4 trainings
- 72 participants
- Attendees included general public & representatives from 15+ local businesses & organizations

SAFE ROUTES TO SCHOOL EAGLE BLUFF ELEMENTARY WALKING SCHOOL BUS



Photo courtesy of the La Crosse Tribune

Originally deemed
“unwalkable” because of
school location

HUMAN TRAFFICKING COMMUNITY FORUM

HUMAN TRAFFICKING IN WISCONSIN

Community Forum



Tuesday, Nov 17

8:00 am - 12:00 pm

**Gundersen Health System
Integrated Center for Education
La Crosse, WI**

**Registration not required.
For more information contact
jkreedyt@gundersenhealth.org**

Agenda

- 8:00Arrival and introductions
- 8:30Welcome message and framework for the day
- 9:00Group discussion: Community strengths
- 9:30Signs of trafficking - Jane Straub, victim assistance specialist, Jacob Wetterling Resource Center
- 10:30Group discussion: Community weaknesses
- 11:00Group discussion: Opportunities for change
- 11:30Action steps for future community commitment
- 11:45Closing

GUNDERSEN
HEALTH SYSTEM®

Gundersen Lutheran Medical Center, Inc. | Gundersen Clinic, Ltd. | 16129_1015

80 attendees



WINNER, WINNER, CHICKEN DINNER HOLMEN SCHOOL DISTRICT & COULEE REGION FARM2SCHOOL



- Holmen FFA (Future Farmers of America) raised 450 meat chickens
- Fed 3,000 students for lunch made up of all local ingredients
- Winner of a 2015 Food Management Best Concept Award

SADD CLUB (STUDENTS AGAINST DESTRUCTIVE DECISIONS) GOTCHYA CAMPAIGN



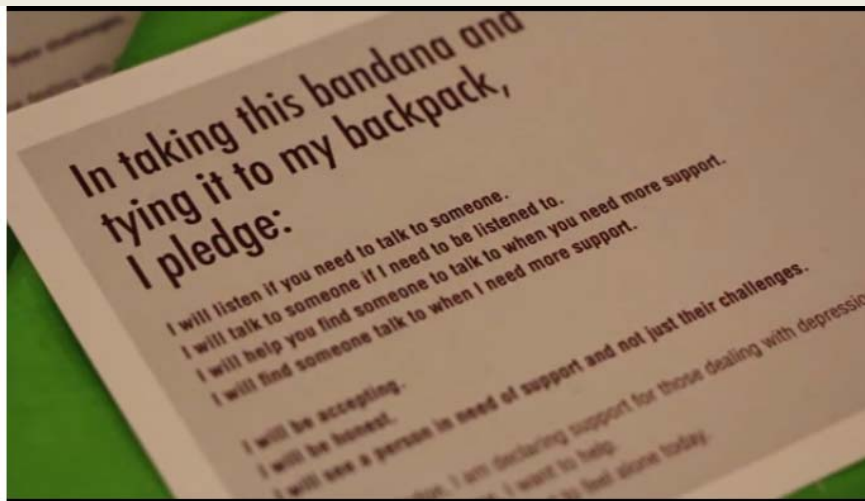
- Campaign to prevent distracted driving
- Students & police teamed up and randomly stopped cars & asked: "where's your cell phone?"
- Total Cars Stopped: 119
 - Students w/ safe behavior: 82
 - Students w/ unsafe behavior: 36




UW-LA CROSSE GREEN BANDANA PROJECT



- 500+ pledges
- Students wear green bandanas and pledge to increase awareness and discussion about mental health



2015 MINUTES IN MOTION



HEALTHY ACTIVE COMMUNITY

Minutes in Motion
Coulee Region Activity Challenge

4,761
Highest annual registration

Over 100
Businesses participate each year

40-50
Schools register each year

THE MIM WEBPAGE HAD OVER 26,641 VISITS
"It was fun being part of a team at work!"
"Thank you for the wealth of wellness information and encouragement!"
"Thanks for offering this program. It is what gets me moving each spring!"

Prizes awarded totaling more than **\$17,500**

TOP 3 IMPROVEMENTS NOTED EACH YEAR:
3 More energy
Improved mood
Increased endurance

43% of participants reported losing weight during the challenge.
Average weight loss was **5.7 lbs.**

40 Million
total minutes reported

35,000 participants ranging in age from **5 to 100** years of age.

People have participated from **13 states.** California the furthest away.

GUNDERSEN HEALTH SYSTEM
Where Caring Meets Excellence

- 4,656 registered
- 138 schools & businesses participated
- 6,815,418 total minutes reported
- The average minutes per person was 2015
- The top 3 improvements:
 - more energy
 - improved mood
 - increased endurance

YMCA MENTAL HEALTH DIRECTOR HIRED



Mental Health Director
Sarah Johnson

PARENTS WHO HOST LOSE THE MOST CAMPAIGN



Could you be at risk for diabetes, heart disease and other chronic diseases?

Join Know Your Numbers - La Crosse County at our first ever, county-wide health screening for area residents.

KNOW YOUR NUMBERS

FREE SCREENINGS



Blood Pressure, Total Cholesterol, Triglycerides, LDL, HDL, Glucose, and BMI

Thursday, April 9
6-9 AM
Town of Holland Town Hall
W7937 County Rd MH
Holmen, WI

Friday, April 10
6-9 AM
Myrick Eco Park
789 Park Dr.
La Crosse, WI

Tuesday, April 14
6-9 AM
YMCA North
400 Mason St.
Onalaska, WI

Wednesday, April 15
6-9 AM
Southside Neighborhood
Community Center
1300 S. 6th St.
La Crosse, WI

Pre-Registration is required

Please call 608-785-9723 by April 1st for an appointment!

Do **NOT** eat or drink anything 12 hours prior to your screening.

Light refreshments will be provided.

If you take medications please do so as directed by your healthcare provider.



76 people participated in free screenings
at 4 different locations



Hillview Urban Agriculture Center



- Emerson Elementary students sample micro greens during a bus trip to the greenhouse and vermicomposting center

LA CROSSE MENTAL HEALTH COALITION SHINING STAR AWARDS

2015 Outstanding CIT Officer



Lieutenant Avrie Schott

2015 Shining Star Award Winner



Randolph Kjos

The Shining Star Award recognizes a person who exhibits courage and dignity in recovery from mental illness. It works towards eliminating stigma by sharing the stories of those who live with mental illness.

Photos courtesy of the La Crosse Tribune



RX DRUG DROPBOX



- **6978.5** pounds of medication disposed in 2015
- **224.0 lbs.:** 2015 Household Hazardous Materials (HHM) special drop off day
- **1559 lbs.:** 2015 HHM collection for the year
- **3959 lbs.:** Gundersen Health System collection

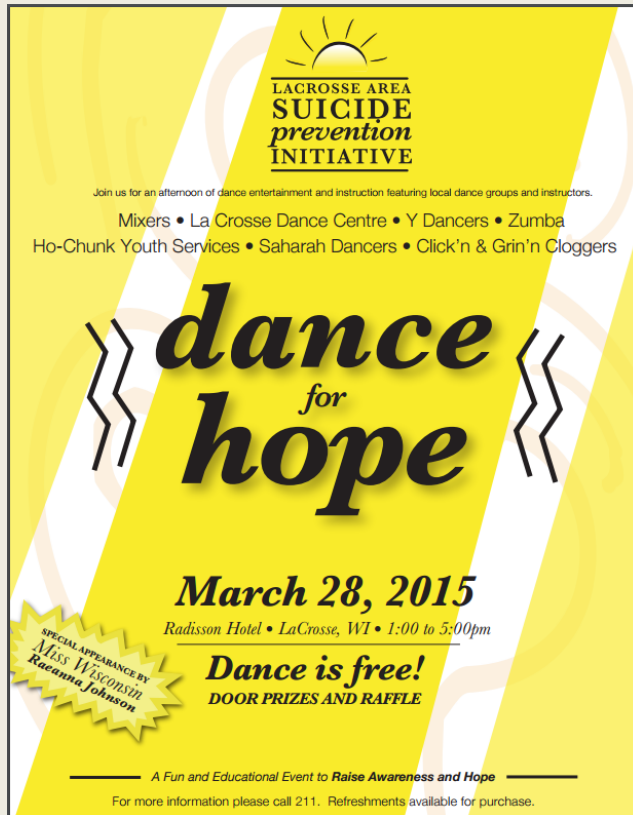
LA CROSSE AREA FAMILY YMCA COMMUNITY FITNESS PROGRAMMING



- 12 employers (a total of 18 different sites)
- 780 YMCA community fitness classes were instructed
- 900 community members participated in community fitness classes

LA CROSSE SUICIDE PREVENTION INITIATIVE

DANCE FOR HOPE



Free community event
to promote awareness
about suicide
prevention, education,
and hope in the
La Crosse area

LA CROSSE AREA FAMILY COLLABORATIVE



Isaac Hoffman
Northside
Neighborhood
Social Worker



Sara Rugg
Southside
Neighborhood
Social Worker

- Started full service delivery in September, 2015
- Partnership of local non-profits, faith organizations, schools, community stakeholders and governmental agencies
- Strive to enhance the self-sufficiency of our community's families

ESSENTIAL HEALTH CLINIC GET YOURSELF TESTED (GYT) & PARTNERS IN PREVENTION

Walk-in STD testing

Thursday, Oct. 22 from 4 to 7 p.m.
1201 Caledonia Street, La Crosse, WI 54603
or make an appointment any time at
Essential Health Clinic (608) 775-8390



HALF of all sexually active young people will get
an STD before age 25. Most won't know it.

Get Yourself Tested. Know your status.

essentialclinic.org



PARTNERS IN PREVENTION 2015

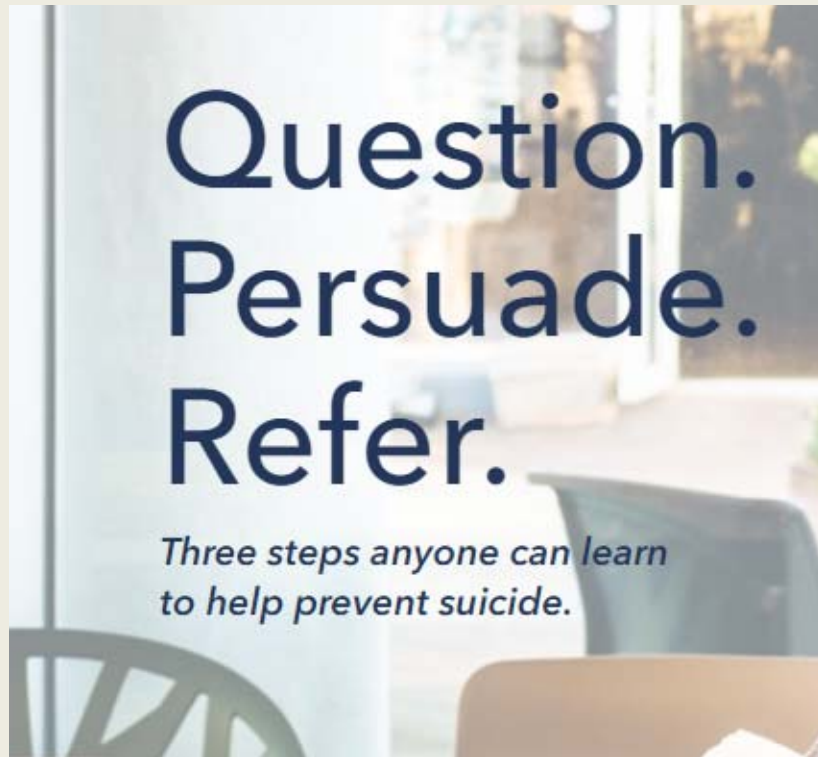
11,345 condoms distributed

41 participating locations

WE'VE GOT YOU COVERED!



QPR TRAINING




90 people trained
between the Suicide
Prevention Summit
and UW-La Crosse
class

FALLS COALITION

Learn How to Prevent Falls
La Crosse County
Falls Prevention
Resource Guide

Visit
www.lacrossestopfalls.org
for additional information



Stand Tall, Don't Fall
Falling Is A Big Deal
Rate Your Risk Quiz
Pills & Spills
Brain Health
Strength & Balance
Nutrition
Be Safe from Head to Toe
Be Safe Not Sorry
Get Connected

**Prevent
FALLING!**



Free information at:
www.lacrossestopfalls.org
or call 211

- 14% of people that Paramedics assist have fallen
- Majority are 60 or older
- Paramedics hand out magnet to residents

YMCA TEEN CENTER



- Grand reopening
Aug 31st
- 43 teens attended
first day
- Visits doubled from
September 2014

PRESCRIPTION DRUG MONITORING PROGRAM (PDMP)



A program designed to allow providers and dispensers of controlled substance medications to check a state wide data base to verify if the patient that they are caring for has had similar prescriptions filled in the past.

Suicide Prevention Summit

209 Participants



Hope Quilt



Connecting children to healthy food and nature



Farm Experiences

Over 1000 children visited Deep Roots
Community Farm -
90% gave kale a thumbs up

School Gardens

Provided multiple educational lessons to
600 children - resulting in 3600 garden
experiences for elementary children

Community Cooking Classes

Held twice weekly cooking classes
for YMCA teens



LA CROSSE COUNTY WELL WORKPLACE INITIATIVE (LCWWI)



- Approved for launch in May 2015 by Wellness Council of America (WELCOA)
- Collaboration between 20+ La Crosse county businesses & organizations
- Goal is to deliver comprehensive, award-winning wellness programs to 18,000 employees in La Crosse County



BOYS AND GIRLS CLUB



- Hired Behavioral Specialist – Laquita Becker
- Over the past year, daily attendance has increased 41% (600 kids per day)

WELLNESS AT WORK MAYO CLINIC HEALTH SYSTEM

- 44 local businesses participated
- Free, ready-to-implement wellness challenges for worksites from Health Tradition Health Plan
- Each kit contains champion guide, incentives, promotional and tracking materials



CAMPAIGN TO CHANGE DIRECTION LOGISTICS HEALTH INC. (LHI)



- Local launch March 23, 2015 – 600+ people attended
- 31 local businesses & organizations pledged to promote the campaign
- Aims to change the story about mental health & wellness in America



YOUTH DRAGON BOAT RACES MAYO CLINIC HEALTH SYSTEM



- Engaged more than 60 kids, many of them at-risk
- Races by youth aged 11-18 years
- Provides healthy physical activity for area youth while helping them learn teamwork, leadership and experience personal development

Veteran's Mental Health Awareness Walk

22 veterans die of suicide every day



May 23, 2015
22 miles
40 participants

Market Basket



- Hamilton Elementary Family Night
- Slow cookers and recipe books were given to each of the families in attendance
- 24 classes held in community

THANK YOU FOR STRIVING TOWARD A CULTURE OF HEALTH IN LA CROSSE COUNTY



WordItOut