Welcome to the Healthy County La Crosse Annual Health Summit!
CELEBRATING
2015 ACCOMPLISHMENTS
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**

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

Billboards in La Crosse, Sparta, & Mauston
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

Originally deemed “unwalkable” because of school location

Photo courtesy of the La Crosse Tribune
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
jkreedt@gundersenhealth.org

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

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

- 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

The legal drinking age is 21

Thanks! for NOT providing alcohol to teens

PARENTS WHO HOST LOSE THE MOST

Don’t be a party to underage drinking. It’s against the law.
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.
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.
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

- 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

Isaac Hoffman
Northside Neighborhood Social Worker

Sara Rugg
Southside Neighborhood Social Worker
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

GYT
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!

ESSENTIAL HEALTH CLINIC
LA CROSSE MEDICAL HEALTH SCIENCE
CONSORTIUM
QPR TRAINING

Question. Persuade. Refer.
Three steps anyone can learn to help prevent suicide.

90 people trained between the Suicide Prevention Summit and UW-La Crosse class
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 31\textsuperscript{st}
- 43 teens attended first day
- Visits doubled from September 2014
A program designed to allow providers and dispensers of controlled substance medications to check a state wide database 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
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

La Crosse Medical Health Science Consortium
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