

La Crosse County



La Crosse County Health Department Community Health Assessment

2016

MAKING THE HEALTHY CHOICE TOGETHER

"Protect, promote and improve the health of all people to enhance the quality of life."



THIS PAGE INTENTIONALLY LEFT BLANK

TABLE OF CONTENTS

Acknowledgements..... 2

Process Overview 4

 Data Collection and Analysis..... 4

Community Profile 7

Health Disparities..... 8

La Crosse County Demographics..... 9

Health Focus Area Profiles 10

 Access to Health Services..... 10

 Environmental Quality 11

 Injury and Violence 12

 Maternal, Infant, and Child Health 13

 Mental Health 14

 Nutrition, Physical Activity, and Obesity 15

 Oral Health 16

 Reproductive and Sexual Health..... 17

 Social Determinants 18

 Substance Abuse 19

 Tobacco Use 20

Appendices..... 21

 Appendix A: Glossary of Acronyms and Terms..... 21

 Appendix B: Questionnaires 23

 Key informant Interview Questionnaire 23

 Community Forum Questionnaire 25

 Appendix C: Qualitative Data..... 26

 Key Informant Interview and Community Forum Themes 26

 Health Issues by Population..... 28

 Appendix D: Community Assets to Address Priority Concerns..... 30

 Appendix E: References 32

Acknowledgements

Members of the La Crosse County Health Department Community Health Improvement Plan (CHIP) Development Team include:

- Abbie Loos
- Brenda Lutz-Hanson
- Christine Gillespie
- Diane Panzer
- Jennifer Loging
- Jen Rombalski (not pictured)
- Joe Larson
- Paula Silha



Student Support:

Colton Anderson, *University of Wisconsin-La Crosse, Health Education Masters Intern*

The CHIP development team would also like to express their gratitude to others that have assisted in making the La Crosse County 2015-2016 Community Health Assessment possible:

- Becky Campbell, *Monroe County Health Department*
- Christa Cupp, *Wisconsin Division of Public Health*
- Nicholas Zupan, *Wisconsin Division of Public Health*
- Timothy Ringhand, *Wisconsin Division of Public Health*

To our key informants, thank you for taking the time to tell the stories and needs of those that may not have a strong voice in the community. With your help, our goal as a health department is to address health disparities and to improve the health of all people.

- Audra Martine, *La Crosse County Aging and Disability Resource Center (ADRC)*
- Amy Simonis, *La Crosse County Aging Unit*
- Cecil Adams, *African American Mutual Assistance Network, Inc. (AAMAN)*
- Jackson Jantzen, *The Center – 7 Rivers LGBTQ Connection*
- Kim Cable, *Couleecap*
- Maichor Lee, *Hmong community*
- Megan Marks, *Ho-Chunk Nation*
- Mike Desmond, *Boys and Girls Club of Greater La Crosse*
- Sister Antona Schedlo, *Centro Latino*
- Sandi Valentine, *La Crosse County Veterans Office*
- Va Thao, *Hmong Elders*



To the Towns of Farmington and Greenfield: Thank you for welcoming the health department to your towns and contributing to the Community Health Assessment. This report would not be complete without the input of La Crosse’s rural population.

To the participants of the City of La Crosse community forum at the beautiful Myrick Park Center, thank you for your enthusiastic input into this process. Your passion for community health is commendable.

Members of the Community CHIP Leadership Team include:

Adam Glahn, *Express Employment Professionals*
 Amanda Running, *Express Employment Professionals*
 Bob Matysik, *Scenic Rivers Area Health Education Center*
 Catherine Kolkmeier, *La Crosse Medical Health Science Consortium*
 Christa Cupp, *WI Division of Public Health*
 Christine Gillespie, *La Crosse County Health Department*
 Diane Holmay, *Mayo Clinic Health Systems*
 Jen Rombalski, *La Crosse County Health Department*
 Jenni Loging, *La Crosse County Health Department*

Jason Larsen, *La Crosse Area Family Collaborative*
 Joe Larson, *La Crosse County Health Department*
 Kim Cable, *Couleecap, La Crosse Health and Human Services Board*
 Mark Glahn, *Express Employment Professionals*
 Mary Kay Wolf, *Great Rivers United Way*
 Maumoua Vue, *Hmong Community*
 Pat Stevens, *La Crosse County Convention and Visitors Bureau*
 Paula Silha, *La Crosse County Health Department*
 Sarah Havens, *Gundersen Health System*

Attendees of the Community Partners Meeting include:

Alex Vang, *La Crosse Police Department*
 Ann Kappauf, *New Horizons*
 Bob Matysik, *Scenic Rivers Area Health Education Center*
 Brenda Rooney, *Gundersen Health System*
 Catherine Kolkmeier, *La Crosse Medical Health Science Consortium*
 Catherine Lange, *Mayo Clinic Health System*
 Christa Cupp, *WI Division of Public Health*
 Christine Gillespie, *La Crosse County Health Department*
 Diane Holmay, *Mayo Clinic Health System*
 Jason Larsen, *La Crosse Area Family Collaborative*
 Jen Rombalski, *La Crosse County Health Department*
 Jenni Loging, *La Crosse County Health Department*
 Joe Larson, *La Crosse County Health Department*
 Katie Rommes, *Healthy Families*
 Kim Cable, *Couleecap, La Crosse Health and Human Services Board*
 Maomoua Vue, *La Crosse County Health Department*
 Marilyn Huckenpoehler, *The Parenting Place*
 Mary Kay Wolf, *Great Rivers United Way*
 Mary Temp, *La Crosse County 4H*
 Matt Strittmater, *La Crosse County Human Services*
 Paula Silha, *La Crosse County Health Department*
 Sandi Valentine, *La Crosse County Veterans Service Office*
 Sandy Brekke, *St. Clare Health Mission*
 Sarah Havens, *Gundersen Health System*
 Sarah Spah, *Mayo Clinic Health System*
 Sheila Garrity, *La Crosse Community Foundation*
 Steph Genz, *Mayo Clinic Health System*
 Teresa Pulvermacher, *Logistics Health, Inc. / Riverside Corporate Wellness*
 Vicki Sanwick, *Mayo Clinic Health System*
 Vonter Moua, *Social Security Administration*



Addressing the needs of the community takes a community. A sincere thank you to the residents of La Crosse County for making this a wonderful place to live.

We will protect, promote, and improve the health of all people to enhance the quality of life.

Process Overview

The goal of every local health department is to improve the health of all residents in their jurisdiction. In La Crosse County, this is especially evident through our mission to “Protect, promote and improve the health of all people to enhance the quality of life.”

One of the statutory requirements of all local health departments is to complete a Community Health Assessment (CHA). Health departments use the CHA to inform the Community Health Improvement Plan (CHIP), which serves as a guide for the future efforts to improve the health of a community. The CHIP is a collaborative effort between the health department and members of the community.

The CHIP process began in 2015 with a decision by La Crosse County Health Department (LCHD) leadership to generate a CHA and CHIP that was specific to La Crosse county residents and truly representative of the community’s needs. After careful consideration of the many tools available to aid in the process, the LCHD decided to utilize the Wisconsin Association of Local Health Departments and Boards (WALHDAB) Wisconsin Guidebook on Improving the Health of Local Communities¹ as a framework to guide the CHA process.

Since the summer of 2015, the LCHD has been compiling data about the health of La Crosse County residents. The data, which the LCHD collected in several phases, originates from many sources including both primary and secondary data. The following sections describe the data collection in detail.

Data Collection and Analysis

Phase 1: Secondary Data

The first phase of the CHA process involved an analysis of secondary data sources suggested in the WALHDAB core data set. The WALHDAB core data set is a comprehensive collection of data that focuses specifically on health indicators that can be affected on a local level. Some of the suggested sources included:

- Centers for Disease Control Youth Risk Behavior Survey
- County Health Rankings
- US Census Bureau
- Wisconsin Department of Health Services Public Health Profiles

The LCHD also used Community Commons² as another tool to gather supplemental data to the WALHDAB core data set. Community commons also offers data analysis and graphics that were very useful in understanding and presenting the data.

It is important to note that LCHD utilized the WALHDAB core data set to meet the statutory requirements of collecting, assembling, and analyzing data on the health of the community. In order to further grasp the needs of La Crosse County residents and gain a better understanding of health disparities, the LCHD compiled additional secondary data from local sources.

One of the many great assets available in La Crosse County is the Great Rivers United Way. In addition to the WALHDAB core data set, the LCHD utilized the Great Rivers United Way COMPASS NOW 2015 report,³ which is a community needs assessment for a multi-county region. A key element of the COMPASS NOW report is a survey of area

residents regarding the priority needs in the region. The LCHD CHA incorporates components of the COMPASS report into each health focus area profile.

Phase 2: Primary Data

Key Informant Interviews

In the second phase of data collection, the LCHD concluded that there was a need for additional data regarding underrepresented populations. The LCHD conducted key informant interviews with eleven representatives from several groups including:

- Aging/Elderly/Disabled
- Homeless/Impoverished
- Lesbian, gay, bisexual, transgender, and queer (LGBTQ)
- Minorities: African American, Hispanic, Hmong, Native American
- Veterans
- Youth

The LCHD considered those interviewed as subject matter experts regarding the concerns and health needs of their represented populations. Each person interviewed had firsthand knowledge about and worked within the target populations.

The format of the key informant interviews followed the structure of the community needs identified in the COMPASS NOW 2015 report. Each member of the LCHD CHIP Development Team asked the same questions (Appendix B) to gather input about what each representative felt were the most concerning issues regarding their represented populations. In addition, the individuals discussed the strengths, and barriers to health and quality of life in La Crosse County.

Following the interviews, all key informant responses were combined and analyzed for themes through the following steps:

1. First, several LCHD CHIP team members reviewed the responses to find key words and themes
2. Responses were then analyzed using a word cloud program to find themes
3. Themes from each analysis were compared and recorded

The results of that analysis are included in Appendix C. Key informant quotes and summaries can also be found throughout the health focus area profiles in the CHA.

Community Forums

The final phase of data collection transpired through three community forums held in January 2016. Although 83% of La Crosse County is considered urban, the LCHD held two of the forums in rural La Crosse County. Holding two of the forums in rural settings allowed LCHD to capture the concerns of the rural populations in La Crosse County, as well as involve the rural population in the CHA.



The first two forums occurred in the rural settings of the Town of Farmington and the Town of Greenfield. The final

forum location was the Myrick Park Center in the City of La Crosse. The LCHD used several different methods of communication to invite residents to participate, including: a

media release, flyers throughout the community (both urban and rural), handouts at several grocery stores, and mail stuffers sent to several key rural townships through their yearly tax bills.

Each of the community forums followed the same format. The forum facilitators encouraged residents to voice their opinions on the priority health concerns in La Crosse County, as well as any ideas they had to address those concerns.

To reduce the likelihood and appearance of bias, the moderators of each forum were not LCHD employees. The LCHD captured the opinions of the participants through both meeting notes as well as themes written on poster boards for all participants to review. Participants also recorded ideas and priority health concerns on handouts that the LCHD collected following the forum. Appendix B includes this questionnaire.

Following the community forums, the LCHD identified themes by compiling and analyzing all information in a spreadsheet. Appendix C contains data from the forums. This CHA also incorporates the themes and quotes from forum members throughout the health focus area summaries.

Phase 3: Organizing the CHA

To simplify the CHA information into an easy to reference format, several of the Healthy People 2020 Leading Health Indicators⁵ and Healthiest Wisconsin 2020 Health Focus Area Profiles⁶ serve as guides to organize sections into 11 Health Focus Areas. Each focus area contains a profile overview and a collection of key data highlights. These highlights include snapshots of core data as

well as quotes from the key informant interviews and community forum responses.

A section devoted to health disparities follows the key informant interviews and community forum themes in appendix C. This section identifies many of the major issues faced by minority, disparate, underserved, or underrepresented populations in La Crosse County. It also identifies several of the contributing factors to those health challenges.

Phase 4: Determining priorities

Arguably, the most challenging part of the CHA and the ensuing CHIP was determining the community priorities. While every community strives to overcome each gap and barrier to achieving equitable health, doing so is not always feasible given limited time and funding. Therefore, health departments typically focus on two or three “priority” areas in the CHIP.

To help determine the most pressing priority areas in La Crosse County, the LCHD again sought guidance from key community members. The Community CHIP Leadership Team met on March 18, 2016 for an initial planning meeting. The purpose of the first meeting was to set an agenda for the larger community meeting to rank the health priorities in La Crosse. Members of the leadership team were also tasked to recruit and invite a diverse group of community leaders to partake in the ranking meeting.

On April 14, 2016, 30 attendees met to rank the priority health concerns in La Crosse County. The LCHD CHIP Development Team

first presented the CHA data, then asked participants to rank the health priority areas based not only on the data, but also on their personal experiences within the community. The top ranked concerns, in order, were:

1. Mental Health
2. Substance Abuse
3. Social Determinants
4. Physical Activity, Nutrition, Obesity

After prioritizing the concerns, participants met in groups to list the assets, gaps, and barriers to addressing the top concerns. Appendix D contains those responses.

The last step in the LCHD CHA prioritization process occurred on April 27, 2016 with the final meeting of the Community CHIP Leadership Team. The team determined that the LCHD CHIP should focus on three distinct priority areas:

1. Mental Health
2. Substance Abuse
3. Social Determinants

Following determination of the number of priorities, the team grouped assets, gaps, and barriers into themes. The themes will help determine the LCHD CHIP objectives and work plans to address the three priority health focus areas.

Community Profile

La Crosse County was created in 1851 from previously unorganized territory, and is named for the Native American game "lacrosse." Located in southwest Wisconsin, the county seat is the city of La Crosse.

La Crosse County is the largest populated county on Wisconsin's western border. The geography is diverse and includes prairies, bluffs, forests, lakes, and rivers. County residents share an appreciation for the beauty of their natural surroundings and the abundance of resources offered throughout the area. La Crosse County is bordered by Trempealeau and Jackson counties to the north, Monroe County to the west, Vernon County to the south, and Houston County, Minnesota to the west.

La Crosse is home to several health care institutions, which provide medical services



to the region. Gundersen Health System and Mayo Clinic Health System – Franciscan Healthcare serve the health needs of both La Crosse County residents as well as many people from surrounding areas including Iowa and Minnesota.

La Crosse is also known for its excellent post-secondary education. The University of Wisconsin La Crosse, Viterbo University, Western Technical College, and Globe University all provide a variety of educational opportunities.

Health Disparities

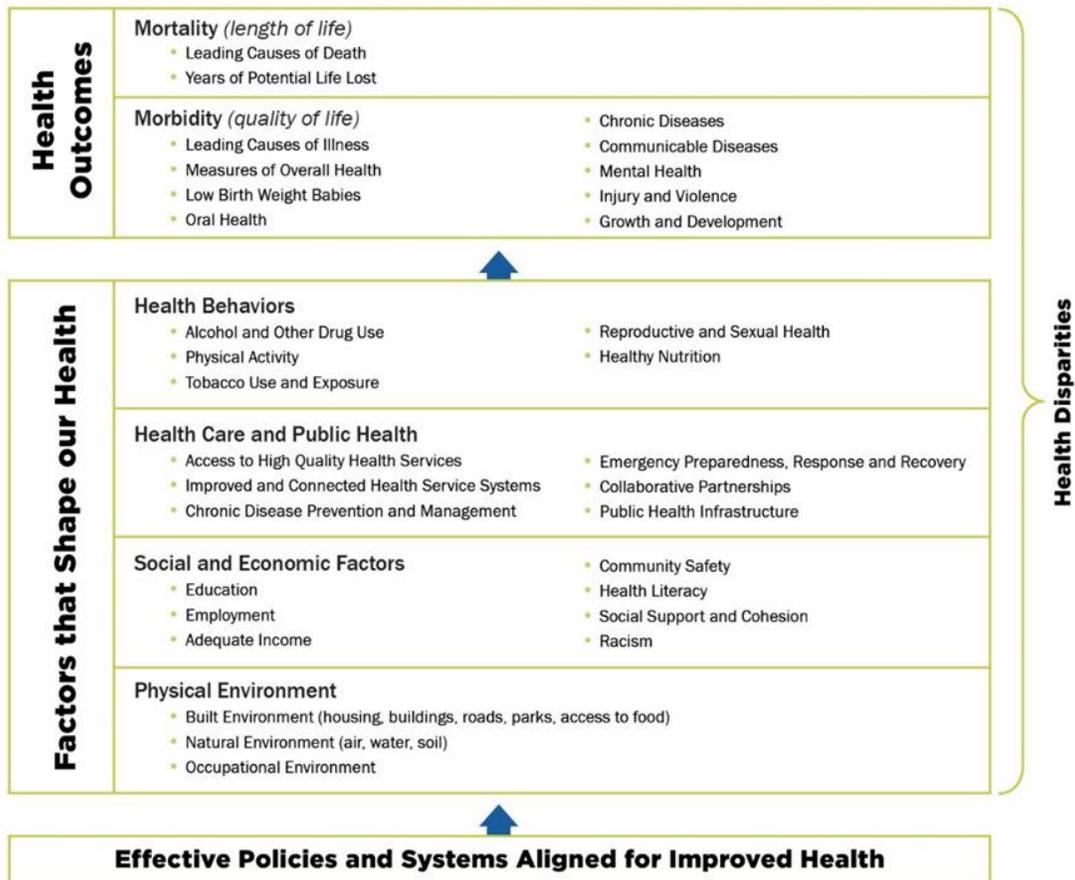
Part of understanding the overall health of a community involves comparing the health status of different groups of people. These groups can be based around race or ethnicity, gender, education, income, age, and more. A gap between the health statuses of different groups is called a health disparity.

A major goal in any Community Health Improvement Plan should be health equity, or the best health for all. It is not possible to address the health of the community or achieve health equity while ignoring health disparities.

An example used in the Wisconsin Association of Local Health Departments and

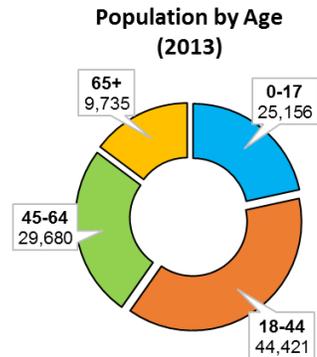
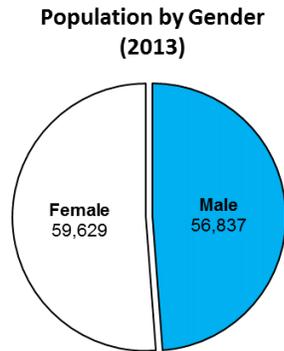
Boards (WALHDAB) guidebook¹ (taken from County Health Rankings and Roadmaps) is with regard to the overall health measure of the elderly in Wisconsin. Based on the Health of Wisconsin Report Card, 2013, Wisconsin’s grade is a “C.” However, the overall grade for the health of African American or Native American elderly is a “D” or “F.” The same happens when examining elderly men versus elderly women. The health of elderly men is much worse overall than the health of elderly women. These are all examples of health disparities.

The diagram below, also from the WALHDAB guidebook on improving the health of local communities¹, shows the determinants of health in more detail and highlights how health disparities affect health outcomes.



La Crosse County Demographics

Total Population: 118,011 (U.S. Census Bureau, 2014)



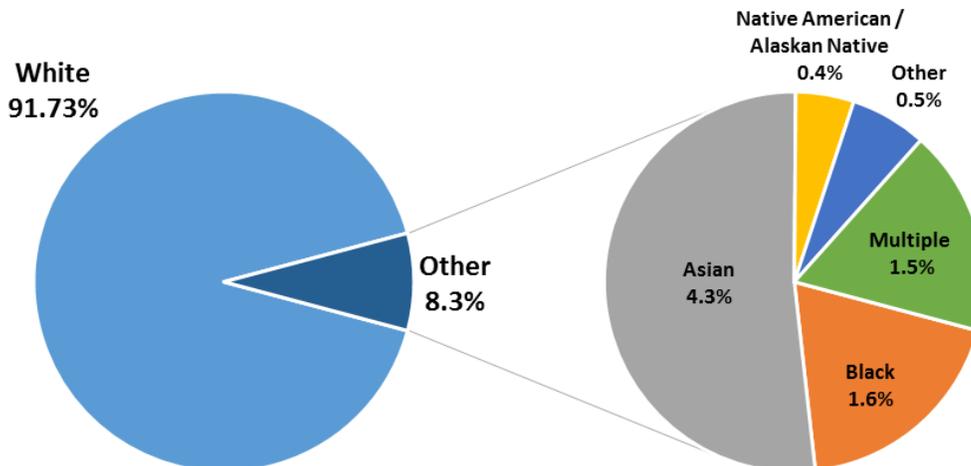
Population (measured in % of overall population)	La Crosse County	Wisconsin	U.S.
Population change from 2000-2010	7%	6%	10%
Families with Children (under age 18)	27%	30%	33%
Population under age 18	21%	23%	24%
Population age 18-64	65%	63%	63%
Population age 65+	14%	14%	13%
Foreign-born Population	3.4%	4.7%	13%
Hispanic Population	1.6%	6.0%	16.6%
Veteran Population	9.6%	9.3%	9.0%
Urban Population	83%	70%	81%
Rural Population	17%	30%	19%

Data Sources: US Census Bureau, Decennial Census 2000-2010, American Community Survey, 2009-2013

Population (measured in % of overall population)	La Crosse	Wisconsin
African American, Asian, American Indian, Alaskan Native, or Hispanic	9.3%	17.5%
Not proficient in English	1.0%	1.6%

Sources: County Health Rankings, 2013, US Census Bureau, Decennial Census, 2000-2010

Population by Race⁴



Health Focus Area Profiles

Access to Health Services

Access to health services is the ability to gain entry into the health care system, access a location where needed services are provided, and find a trusted provider. This topic examines availability, cost, and insurance coverage as factors in access.⁵

Access to comprehensive, quality health care services is a key component of achieving health equity and increasing the quality of life for all people. Regular and reliable access to health services can be beneficial in many ways including:⁵

- Preventing disease and disability
- Detection and treatment of health conditions
- Increased quality of life
- Reduced likelihood of premature death
- Increased live expectancy

With several high quality health care systems in La Crosse County, 64% of COMPASS survey respondents rated overall access to health care as excellent. The key informant interviews and community forums echoed that sentiment, with many citing the health care systems as great assets to La Crosse residents. However, the prohibitive costs of health care surfaced as a major theme in several interviews as well as the forums. One resident commented that it is great that so many people in La Crosse have insurance, but if they can't afford the deductible and co-insurance costs the statistic is misleading.

When community forum participants were asked to rank the top concerns in La Crosse County, access to health services tied for the third ranked health priority.

Community Forum Themes

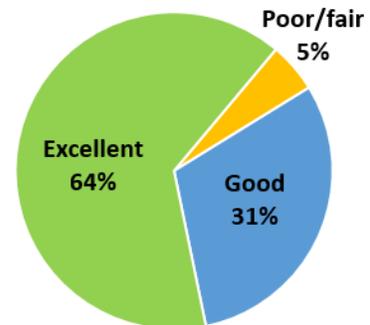
- Great facilities
- Health care costs are prohibitive
- Lack of knowledge of resources

“Some people have health care but deductibles are prohibitive to use”
-City of La Crosse resident

Key informant Theme

Access to mental health care, oral health care, and substance abuse treatment is out of reach for the health disparate population in La Crosse.

How do we rate our access to healthcare?⁴



 <p>Nearly 1 in 5 people aged 18+ self-report that they do not have a regular personal doctor or primary care provider⁷</p>	 <p>90% of residents are insured⁴ The national goal is 100%</p> <hr/> <p>1:710 There is one doctor for every 710 residents in La Crosse⁴</p> <p>There is one doctor for every 1215 people in WI⁴ 1:1215</p>	 <p>1 in 4 adults avoided seeing a doctor because of cost³</p> 
--	---	---

Community Forum Themes

- Radon and cancer are concerns
- Health of natural environment impacts health of residents

*“Our health is only going to be as good as we treat the environment around us”
-Town of Greenfield resident*

Key informant Themes

- Natural environment is a strength of La Crosse County
- Access to nature is very good

Environmental Quality

Environmental quality includes both the natural and the built environment. Environmental hazards include things such as air and water pollution, secondhand smoke, lead and other toxins, and allergens.⁵

The World Health Organization (WHO) defines environment, as it relates to health, as “all the physical, chemical, and biological factors external to a person, and all the related behaviors.”⁸ Environmental health consists of preventing or controlling disease, injury, and disability related to the interactions between people and their environment.

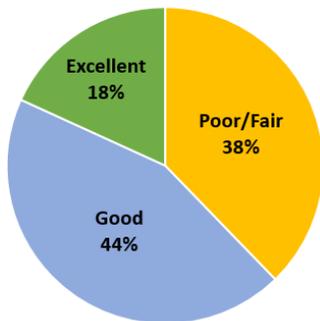
The environment consists of both the natural environment and the built environment. Natural environmental concerns such as poor air and water quality can lead to cancers, asthma, gastrointestinal illness, and a range of other problems. The built environment, such as schools, parks, and transportation systems can also affect health.⁵ For example, bicycling as a primary mode of transportation can increase physical activity as well as reduce pollution and motor vehicle accidents.

COMPASS respondents rated the natural environment as an area of need. In one area specifically, safe bike routes to school, nearly 40% of respondents rated La Crosse as poor or fair. In both the key informant interviews and the community

forums, participants viewed the environment as an overall strength of La Crosse. Several forum participants noted that radon and lead are still concerns and that La Crosse must continue work to preserve the environment.

Although the key informants did not view environmental quality as a concern, community forum participants in the Town of Greenfield ranked it as their number two health priority area. Several cited radon as the biggest environmental concern in La Crosse County.

How do we rate safe bike routes to school or work?⁴



<p>24</p> <p>The number of children that tested positive for elevated blood lead levels in 2015⁹</p>	<p>12%</p> <p>People without adequate access to food in the past year⁴</p>	
<p>0%</p> <p>Population potentially exposed to water exceeding a violation limit in the past year⁴</p>		<p>24-41%</p> <p>Radon tests that exceeded the recommended maximum radon level¹⁰</p>

Injury and Violence

Injuries and violence can be intentional or unintentional, and include things such as motor vehicle crashes, homicide, domestic and school violence, neglect, suicides, and unintentional drug poisoning.⁶

Injuries and violence seem commonplace in society. Often, people accept these incidences as accidents, fate, or part of life. However, most events that lead to injury, disability, or death are not only predictable, they are preventable.⁵

Events such as motor vehicle crashes and physical assaults can cause unintentional and violence-related injuries. These can happen anywhere at any time and can have serious, painful, and debilitating physical and emotional health consequences including:⁵

- Hospitalization
- Brain injury
- Poor mental health
- Disability
- Premature death

In the COMPASS survey, almost 75% of people rated La Crosse as good or excellent at preventing abuse or neglect. Nearly 80% rated efforts to prevent crime as good or excellent.

Injury and violence did not arise as an area of top concern in the community forums, although several participants commented that the rates always need to improve. One key informant noted that some of the crowded and poor living conditions for lower income families can lead to problems with sexual abuse and domestic violence. Many mentioned that supporting families can be a step in the right direction.

Community Forum Themes

- Crime and accidents are connected to addictions
- Fear of injury

“Whatever the rate, it needs to be lowered”

-City of La Crosse resident

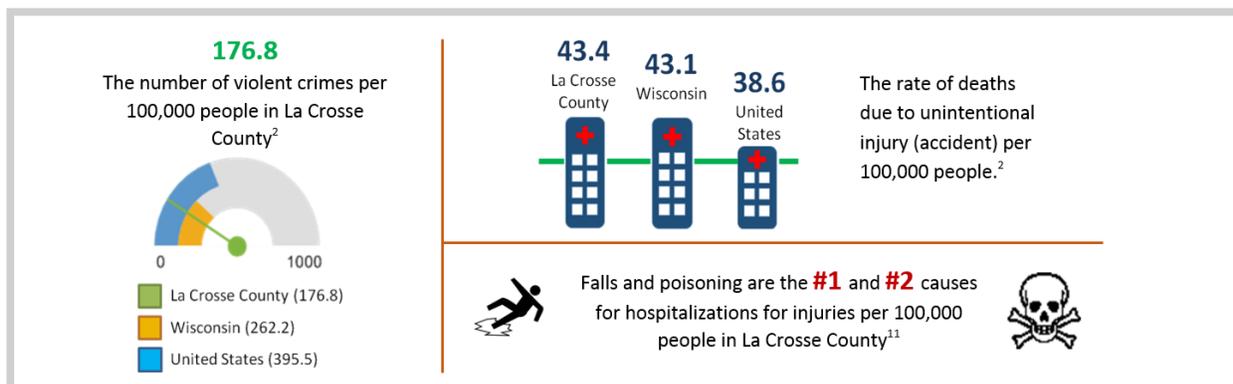
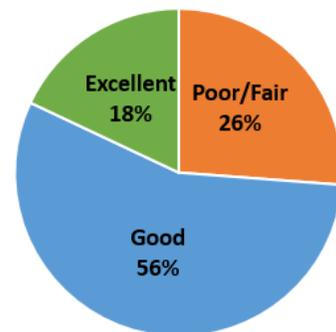
“Seniors would be less afraid if they had a stable neighborhood and knew their neighborhood”

-Key Informant

Key informant Themes

- Crime seems to be increasing in La Crosse
- Youth and families need support to be resilient

How do we rate efforts to prevent abuse or neglect? ⁴



Community Forum Themes

- Promote safety for children

“To have resilient children, it starts with the parents”

-Key informant

“The deterioration of the family has huge impacts on youth”

-Key informant

Key informant Themes

- Affordable, safe housing is a concern for families with children
- Children need a safe environment to thrive
- Families need support
- WIC program is a great resource for families

Maternal, Infant, and Child Health

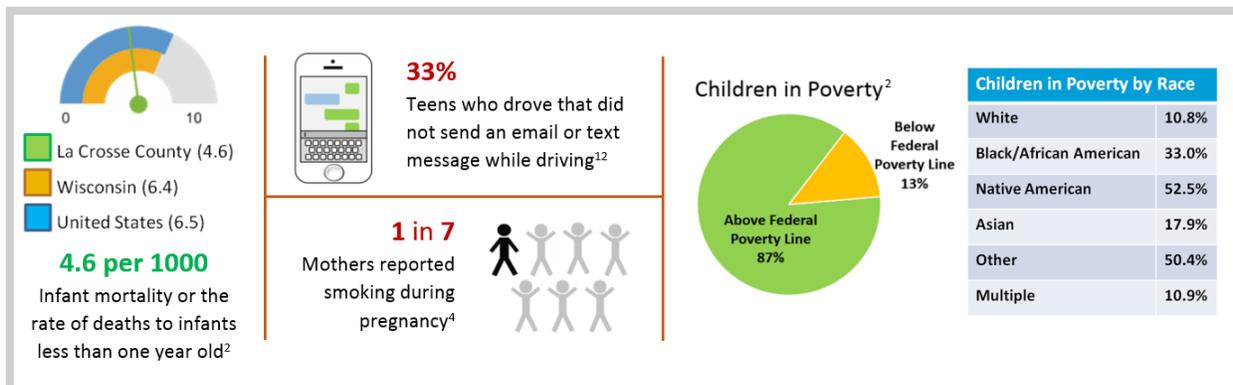
This topic examines the health conditions, behaviors, and systems that affect the quality of life for women, infants, and children. It includes identifying risk factors such as diabetes, hypertension, and depression to prevent future problems.⁵

Healthy People 2020 emphasizes that improving the well-being of mothers, infants, and children is a key aspect of public health in the United States. Their well-being determines the health of future generations. In addition, the health of women and children, whether good or poor, can help to predict the upcoming needs and challenges that communities and the health care system will face.⁵

According to the Healthy People 2020 leading health indicators, in the United States more than 80% of women will become pregnant and give birth to one or more children. From these, almost one third will experience some complications which could include problems such as depression, gestational diabetes, preeclampsia, and cesarean delivery. While still rare, the rate of death during pregnancy has declined very little over the last 20 years.⁵

In the key informant interviews, support for parents and families surfaced as a theme when discussing the health of children. Some mentioned that the Women, Infants, and Children (WIC) program is a good resource available to families.

As a health focus area, maternal, infant, and child health did not arise as a top area of concern in the community health forums. However, issues that affect maternal, infant, and child health such as social determinants, nutrition, physical activity, and access to care all surfaced as priority concerns.



Mental Health

*Mental health is a state of successful performance of mental function, resulting in productive activities, fulfilling relationships with other people, and the ability to adapt to change and cope with challenges.*⁵

According to the World Health Organization (WHO), Mental Health is “a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”¹³ Without achieving mental health, one cannot hope to achieve overall health.

Mental health and physical health are intricately linked to one another. Evidence shows that mental health disorders, especially depression, are strongly associated with the risk for chronic diseases and other physical conditions. Chronic disease can also intensify mental health problems, thus creating a cycle of poor health.⁵ Despite the lack of mental health data available for our community, our state, and even our nation, many people view mental health as a top area of need in the Great Rivers Region.

Recently, mental health has gained heightened awareness around the world. That awareness is also evident in La Crosse. While 93% of COMPASS respondents rated their overall mental health as good or excellent, mental health emerged as one of the top concerns in two of the community health forums. Many participants cited a lack of providers, difficulty accessing services, long wait times, and continued stigma that surrounds mental illness as reasons for concern.

In the key informant interviews, mental health emerged as a significant concern for a majority of representatives. Each found unique ways that mental health affected their represented population. One stated that mental illness is “the biggest epidemic in the entire population.” Others cited barriers to obtaining mental health care and links to substance abuse as concerns.

Community Forum Themes

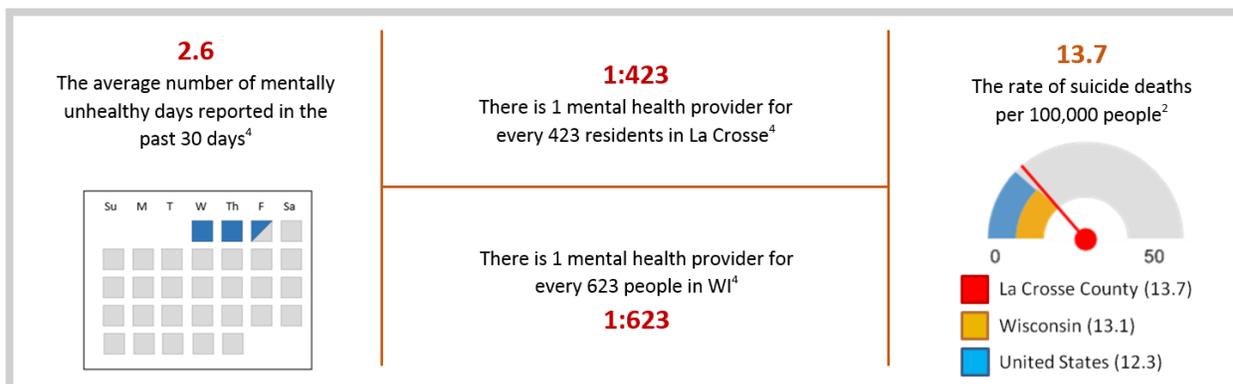
- Cost of services are prohibitive
- Lack of providers and treatment facilities
- Long wait times for care
- Linked to substance abuse and suicide

“This is the biggest epidemic in the entire population”

-Key Informant

Key informant Themes

- Awareness has increased
- Access to mental health care is a major concern
- Stigma and embarrassment



Community Forum Themes

- Promote healthy foods
- Healthy foods cost more
- Obesity linked to health problems
- Lack of rural recreation areas
- Continue programs like *Strong Seniors*

“Youth are more sedentary...overall we are a more sedentary society”

-Key informant

Key informant Themes

- Nutrition is a major concern
- Stress and lack of time to focus on health leads to obesity and other problems

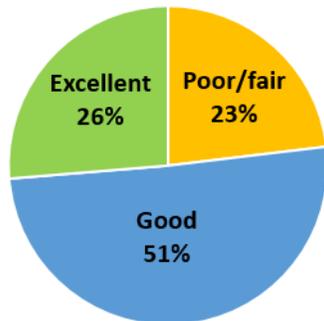
Nutrition, Physical Activity, and Obesity

Nutrition, physical activity, and obesity are three topics that are critical in improving the health of all people. A healthy diet and regular physical activity contribute to the ability to maintain a healthy weight.⁵

Good nutrition, physical activity, and a healthy body weight are vital parts of a person’s overall health and well-being. Each of these are paramount to managing health conditions so they do not worsen over time. The impact of a healthy diet and physical activity on overall health cannot be underestimated. Together, a healthy diet and regular physical activity can help to:⁵

- Achieve and maintain a healthy weight
- Reduce the risk of heart disease and stroke
- Reduce the risk of some cancers
- Strengthen muscles, bones, and joints
- Improve mood and energy level

How do we rate our ability to pay for healthy food choices?⁴



Statistically, La Crosse County does very well overall with regard to low obesity levels and physical inactivity. La Crosse is one of the top performers in the nation in these categories.⁴

In the community health forums, nutrition, physical activity, and obesity rose to the top of the list of health concerns facing residents. This seems to contradict the County Health Rankings data. Several participants cited the ability to access and pay for healthy food choices and options for physical

activity as particular needs. Many participants stated that it is easier to eat unhealthy foods than purchase and prepare healthy foods. Healthy foods are generally more expensive, and people may not have the skills, knowledge, or time to prepare healthy meals. Participants also emphasized that programs such as Strong Seniors have many benefits to overall well-being.

 <p>7% Adults age 20 and over that have diagnosed diabetes⁴</p>	 <p>19% Adults age 20 and over that report no physical activity during leisure time⁴ *La Crosse County is a top performer in the nation (under 20%)</p>	<p>23% Adults age 20 and over that are obese (BMI > 30)⁴ *La Crosse County is a top performer in the nation (under 25%)</p>
<p>3 out of 4 Adults 18+ do not consume an adequate amount of fruits and vegetables each day²</p> 		

Oral Health

The focus in oral health is the prevention of oral disease such as cavities, gum disease, oral and facial pain, and mouth and throat cancers. Good oral health is essential to maintain overall health.⁵

Oral health is a crucial part of maintaining overall health. Good oral health is what allows a person to speak, smile, taste, touch, chew, and swallow. In addition, it also allows a person to make facial expressions to show feelings and emotions, which is a key component to communication. Poor oral health can have serious consequences including painful, disabling, and costly oral diseases. Evidence has also linked oral health problems to chronic diseases including diabetes, heart disease, and stroke. Poor oral health is associated with premature births and low birth weight in pregnant women.⁵

The COMPASS NOW 2015 report listed oral health as an area of need for our community. This was also the case during the key informant interviews, where all representatives listed oral health as a significant concern. Several cited lack of dental insurance coverage as an issue, stating that many dentists do not accept new patients on Medical Assistance (MA). Community forum respondents also mentioned cost as a major barrier to oral health.

Oral health did not arise as one of the overall top concerns in the community health forums. However it did generate conversation in the Town of Greenfield. A common theme in the community forums and the key informant interviews was the lack of providers that accept MA. Many people cannot afford dental insurance, and oral health care is not covered under Medicare.

Community Forum Themes

- Cost of services are prohibitive
- Lack of providers that accept Medical Assistance
- Oral health problems linked to other health concerns

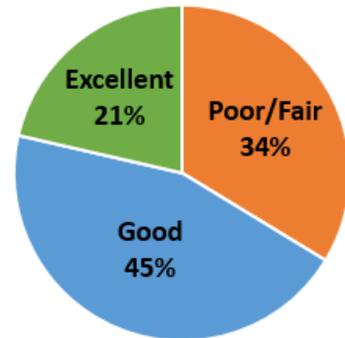
“Oral health care is unreachable. It is something that is just for the rich”

-Key Informant

Key informant Themes

- Lack of insurance
- Access to services is a barrier
- Transportation can be a challenge

How do we rate our ability to pay for dental care?⁴



	<p>86:1 There is 1 dentist for every 86 residents in La Crosse⁴</p>	<p>95% Residents of that have access to public water with a fluoride content at the recommended level¹⁴</p>
<p>34.2% Adults age 18+ who self-report that they have not visited a dentist, dental hygienist, or dental clinic within the past year²</p>	<p>61:1 There is 1 dentist for every 61 people in WI⁴</p>	

Reproductive and Sexual Health

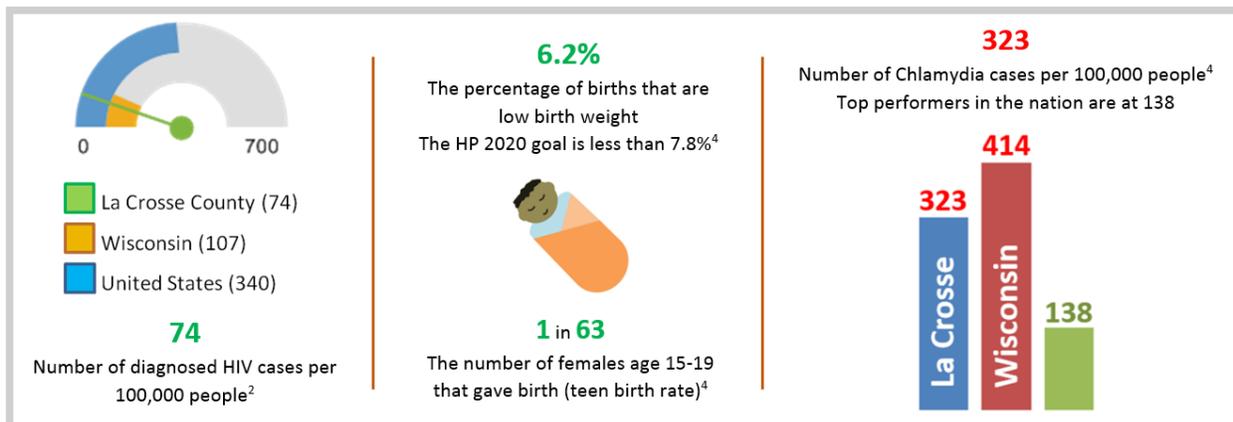
Reproductive and sexual health for both men and women focuses on things such as preventing unintended and adolescent pregnancies, detecting and treating diseases, and decreasing infertility.⁵

Reproductive and sexual health can have a very strong impact on improving the overall health and quality of life in a community. It can also have a considerable impact on health care costs. According to Healthy People 2020, reproductive and sexual health services can: ⁵

- Prevent unintended pregnancies
- Prevent adolescent pregnancies
- Provide prenatal care
- Detect health conditions early
- Detect and treat sexually transmitted diseases (STDs)
- Slow the transmission of human immunodeficiency virus (HIV)
- Decrease infertility rates
- Identify intimate partner violence
- Provide substance abuse referrals
- Advise on nutrition and activity

Social, economic, and behavioral factors can all influence reproductive and sexual health. Social factors such as age, education level, and income can play a big role in care. This topic is also important for both men and women. In addition, there is still a stigma that surrounds those that seek assistance for reproductive and sexual care, especially with regard to HIV. Because of these potential barriers, reproductive and sexual health is an area where health disparities are a major concern.⁵

Although this topic is a focus area in Healthy People 2020 and Healthiest Wisconsin 2020, it did not arise as an area of top concern in the community forums and key informant interviews. Community forum participants and key informants did not offer any comments on this topic. It was also not a specific focus area in the COMPASS NOW 2015 survey.



Social Determinants

Social determinants are a range of personal, social, economic, and environmental factors that contribute to individual and population health. These are things such as education, stable employment, and safe homes and neighborhoods.⁵

According to Healthy People 2020, social determinants are “A range of personal, social, economic, and environmental factors [that] contribute to individual and population health.” Social determinants are things such as access to parks and a safe environment, education, discrimination and bullying, and neighborhood location. Social determinants are a part of the reason for the inequality in health status between members within a community, and those inequalities are widely considered avoidable.⁵

Although not a separate category in the COMPASS NOW 2015 report, nor in the key informant interviews and community forums, components of social determinants were intertwined in many of the questions and topics in each. For example, the COMPASS report added bullying as a community health concern, and asked people about the quality and availability of education.

In the community forums, one participant mentioned that social determinants are a major co-factor in obtaining optimal health and quality of life. Participants felt that social determinants have an influence on all other health factors. Within the key informant interviews, a major theme that arose was inadequate jobs and livable income, which leads to inequalities in things such as access to services and safe, affordable housing.

Community Forum Themes

- Bullying
- Social factors affect all other areas of health
- Affect the ability to know and maintain healthy behaviors

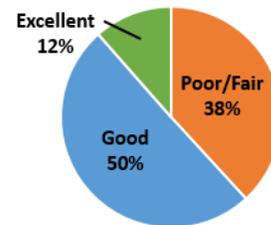
“Seems to have an impact on someone’s ability to grow, learn, and excel”

-Town of Farmington resident

Key informant Themes

- Limited employment
- Lack of livable income and poverty cause stress and poor health outcomes
- Lack of good, safe housing

How do we rate La Crosse as a place where people of different cultural/racial/ethnic backgrounds are included in decision-making?⁴



<p>16.4% in La Crosse 20.7% in the US</p> <p>Adults that receive insufficient social and emotional support⁴</p>	<p>1 in 4 children live in a household headed by a single parent⁴</p>	<p>95.2%</p> <p>Students who receive their high school diploma within 4 years⁴</p> <hr/> <p>Bullying was ranked as the #5 concern by La Crosse County Residents³</p>
--	--	---

Community Forum Themes

- Too easy to access
- Education and awareness
- Culture that promotes excessive use

“We need better plans in place to help with addiction”

-La Crosse resident

“Drinking heavily is acceptable in our culture”

-Town of Farmington resident

Key informant Themes

- Alcohol is a major concern
- Alcohol and drugs are too easy to access
- Substance abuse crosses with mental health
- Link to poverty/income
- Insufficient resources and treatment options

Substance Abuse

Substance abuse involves drugs, alcohol, or both. This area focuses on destructive social conditions, including things such as family disruption, financial problems, domestic violence, child abuse, and crime.⁵

Prescription and illegal drug abuse, as well as alcohol abuse or misuse, are concerns both locally and nationally. Substance abuse has many destructive consequences including family disruption, financial problems, lost productivity, and crime. It can also lead to a number of negative personal and public health outcomes such as:⁵

- Cardiovascular conditions
- Pregnancy complications and teenage pregnancy
- HIV/AIDS
- Sexually Transmitted Diseases (STDs)
- Domestic violence and child abuse
- Motor vehicle crashes
- Suicide and homicide

In the COMPASS NOW 2015 survey, La Crosse County residents ranked illegal drug use as the top issue in the community. Alcohol use ranked second and prescription drug misuse was the fourth ranked issue. Community forum participants also felt strongly about substance abuse and ranked it as the second biggest issue in our community. Some participants noted a lack of treatment options and others mentioned a culture that promotes alcohol use.

During the key informant interviews, nearly all of the representatives indicated that substance abuse is a significant issue. One representative stated that substance use and mental health were “directly connected,” and several others implied that there is a link between the mental health and substance abuse needs in La Crosse.



Tobacco Use

Tobacco use includes smoking cigarettes and the use of pipes, cigars, smokeless tobacco and vaporizers. This category also includes the effects of secondhand and thirdhand smoke.⁵

Of all of the health focus areas, tobacco use is the single most preventable cause of disease, disability, and death. According to the Centers for Disease Control (CDC), tobacco use causes more deaths in the United States than HIV, illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined.¹⁶

Cigarettes, chewing tobacco, cigars, pipes, e-cigarettes, and other tobacco presentations all introduce hazardous chemicals into the body. In addition, smoking can harm even those that do not use tobacco by exposure to secondhand and thirdhand smoke. Secondhand smoke is the smoke created directly from the burning tobacco or the smoke exhaled by a smoker. Thirdhand smoke is the chemicals found on clothing, fabric, or other surfaces exposed to smoke. Tobacco use in any form causes very serious diseases and health problems including:⁵

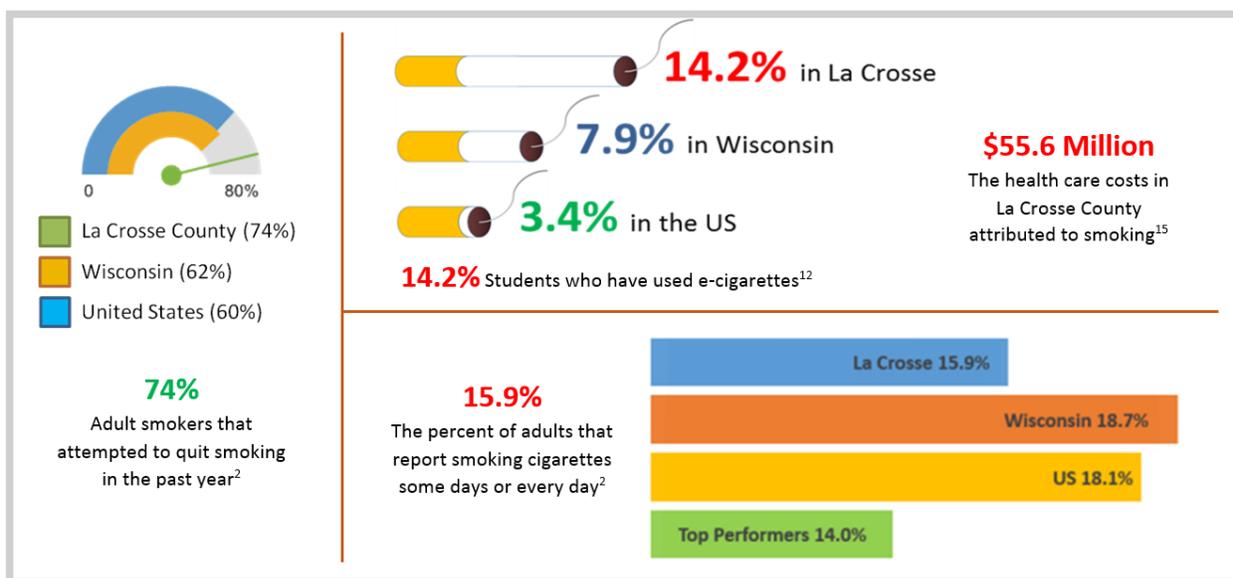
- Cancer of the lungs, bladder, kidney, pancreas, mouth, and throat
- Heart disease and stroke
- Diseases such as emphysema, bronchitis, and chronic obstructive pulmonary disease
- Pregnancy complications including preterm birth, low birth weight, and birth defects
- Gum disease

With the passing of the Wisconsin smoke free law in 2010, tobacco use may have fallen off the radar for many people. COMPASS respondents ranked tobacco as a health issue as 13th out of 18. One forum attendee stated that teen smoking is still a concern, and with the introduction of e-cigarettes in our area, tobacco is seeing a resurgence in the younger population.

Community Forum Themes

- Smoking is still a concern in the younger population

“Tobacco rates are dropping, but not enough”
-La Crosse resident



Appendices

Appendix A: Glossary of Acronyms and Terms

ACES: Adverse Childhood Experiences, which include parents and families that may be experiencing alcoholism, depression, drug use, poverty, smoking, suicide, teen pregnancies, & violence.

Binge Drinking: Defined as consuming more than 4 (women) or 5 (men) alcoholic beverages on a single occasion in the past 30 days.

BMI: Body Mass Index - A common measure expressing the ratio of weight to height. Individuals with a BMI of 25 to 29.9 are considered overweight. Individuals with a BMI of 30 or more are considered obese. For a BMI calculator, visit <http://www.cdc.gov/healthyweight/assessing/bmi/>

Built Environment: The human-made environment that includes homes, schools, workplaces, transportation systems, parks, and other infrastructures.

CDC: Centers for Disease Control and Prevention

CHA: Community Health Assessment – Data collected to provide a general overview of the health of a community.

CHIP: Community Health Improvement Plan – A collaborative effort to address health problems, with the ultimate goal of improving the overall health of the community.

Chronic Disease: A condition lasting longer than three months, which is generally not preventable through vaccination, curable with medication, or self-limiting.

COMPASS NOW 2015: A community health assessment completed as a joint effort of the Great Rivers United Way, area healthcare organizations and foundations, as well as county health departments. The COMPASS NOW 2015 assessment covers 5 counties including La Crosse, Monroe, Trempealeau, and Vernon Counties in Wisconsin and Houston County in Minnesota.

County Health Rankings: A website that measures vital health records for counties throughout all 50 states and provides snapshots of health (www.countyhealthrankings.org).

DHS: Department of Health Services

Federal Poverty Level: The set minimum amount of gross income that a family needs for food, clothing, transportation, shelter, and other necessities. To see the current guidelines, visit <https://www.healthcare.gov/glossary/federal-poverty-level-FPL/>

Health Disparity: A gap in the health statuses of different groups of people, usually across different racial, ethnic, gender, or socioeconomic groups.

Health Equity: A situation in which all groups of people have an equal and fair opportunity to achieve the best possible health.

Heavy Drinking: Defined as drinking more than 1 (women) or 2 (men) alcoholic drinks per day on average.

HIV/AIDS: Human immunodeficiency virus / Acquired immunodeficiency syndrome

LCHD: La Crosse County Health Department

LGBTQ: Lesbian, Gay, Bisexual, Transgender, and Queer

Natural Environment: All living and non-living things that occur naturally on earth, or are not made by or influenced by humans.

Obesity: Defined as individuals that have a BMI of 30 or greater.

Overweight: Defined as individuals that have a BMI of 25 to 29.9.

PCP: Primary Care Provider – A health care practitioner that sees people for common health problems or preventative care. A PCP may be a physician, but could also be an advanced practice practitioner such as a physician assistant or nurse practitioner.

Primary Data: Original data, collected by the person or organization conducting the research.

Secondary Data: Data that has already been collected by some person or organization and that is readily available for others to use.

Social Determinant: The social and environmental conditions in which people are born, live and work that affect a wide range of health and quality-of-life outcomes and risks.

WALHDAB: Wisconsin Association of Local Health Departments and Boards

WIC: Women, Infants, and Children – A special supplemental nutrition program that is for healthcare and nutrition of low-income pregnant women, breastfeeding and non-breastfeeding postpartum women, and infants and children up to age five who are found to be at nutritional risk.

YRBS: Youth Risk Behavior Survey – A national school-based survey that monitors priority health risk behaviors among youth and young adults, and is part of the CDC’s Youth Risk Behavior Surveillance System.

Appendix B: Questionnaires

Key informant Interview Questionnaire

Introduction

La Crosse County Health Department is reaching out to community leaders to hear your thoughts about our community's health and quality of life. Your input will be part of a community health assessment that will be used to develop a health improvement plan for the residents of La Crosse County. You have been selected because of your knowledge and familiarity with our community, especially as a representative of the (organization).

Questions - Your work and thoughts of health and quality of life:

1. Can you tell me about the work you do within your organization?
2. The World Health Organization defines health as: "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". How would you define health from your experiences within our community?
3. What do you like most about living in the La Crosse area?
4. What concerns you most about living in the La Crosse area?

The remaining questions are about your work with the (population) OR (organization):

5. In general, how would you rate the health and quality of life in La Crosse County for the _____ (population)? Poor / Fair / Good / Excellent
 - a. Has health and quality of life improved / stayed the same / declined over the past few years?
 - b. Why do you think it has improved/stayed the same/declined?
6. The Great Rivers United Way just released their 2015 Community Health Assessment called *Compass Now*, which includes La Crosse County. It identified 4 areas of need: Community, Education, Health and Income/Economy. I'd like to ask you questions about each of these areas, and identify if you share these same concerns. Please answer with Yes, No, or Unsure and explain your response.
 - a. **Community**
 - i. Effect of Adverse Childhood Experiences (ACES) on children, which includes parents and families that may be experiencing alcoholism, depression, drug use, poverty, smoking, suicide, teen pregnancies, & violence. Do you see this as a significant concern?
 - ii. Natural Environment, which includes access to nature and opportunities for exercise and physical activity. Do you see this as a significant concern?
 - b. **Education**
 - i. School readiness and success for K-12; i.e. are children ready to learn when they enter kindergarten? Do you feel all children have the same opportunities to become prepared for kindergarten, such as attending pre-school?
 - ii. Youth Resilience is the ability to manage stressors and trauma. Youth resilience is strengthened by: safe, caring, reliable relationships with

adults, encouragement of adolescent voice, choice and responsibility, and promotion the development of self-regulation, self-reflection, self-confidence, self-compassion and character. Resilience can be challenged by family poverty, drug use/abuse, mental health issues, etc. Do you see this as a significant concern?

- iii. Post-Secondary readiness; do you feel high school graduates have the knowledge and skills to be successful for college entry?
- iv. Workforce Readiness and Career Opportunities; do you feel high school graduates have the skills necessary to directly enter the workforce after high school? Do you see this as a significant concern?

c. Health

- i. Chronic Disease, which includes heart disease, stroke, cancer, diabetes and obesity and access to providers. Do you see this as a significant concern?
- ii. Mental Health, which includes depression and anxiety and access to mental health providers. Do you see this as a significant concern?
- iii. Substance Abuse, which includes the use of alcohol and other illicit drugs and access to providers to assist with abuse and addiction. Do you see this as a significant concern?
- iv. Oral Health, which includes dental care and access to providers. Do you see this as a significant concern?

d. Income/Economic

- i. Quality and Availability of Affordable Housing. Do you see this as a significant concern?
 - ii. Poverty and Availability of Jobs with Adequate/Livable Income. Do you see this as a significant concern?
7. With the 4 areas of need we just talked about (Community/Education/Health/Income), which one do you feel has the greatest impact on persons achieving optimal health and quality of life?
 8. Are there other areas of need you feel need to be addressed to improve health and quality of life for:
 - a. Infants/children/adolescents?
 - b. Families?
 - c. Older people?
 - d. Other (ethnic groups, veterans, disabled...)?
 9. What do you feel are the greatest assets/strengths to support health and quality of life in our community?
 10. What do you feel are the biggest barriers to our community attaining optimal health and quality of life?

Community Forum Questionnaire



La Crosse County Community Health Improvement Planning QUESTIONNAIRE

After seeing tonight’s presentation, please list what you think are the **3** most important Health Topic Areas from the list below, with #1 being your biggest concern. (5 minutes for show of hands count)

<p>Access to Health Services: _____ <i>(affordable health insurance coverage, ability to see a doctor when you need to)</i></p>	<p>Environmental Quality: _____ <i>(safe water, radon/lead poisoning in homes, protection of natural environment, safe bike routes to school/work)</i></p>
<p>Injury and Violence: _____ <i>(efforts to prevent: crime and abuse, falls, poisonings, accidental deaths)</i></p>	<p>Maternal/Infant/Child Health: _____ <i>(teens driving while using a cell phone, teen pregnancies, children living in poverty)</i></p>
<p>Mental Health: _____ <i>(your ability to see a mental health provider, insurance coverage, depression, suicide rates)</i></p>	<p>Nutrition/Physical Activity/Obesity: _____ <i>(access to healthy foods, opportunities to exercise, being overweight, diabetes, heart disease)</i></p>
<p>Oral Health: _____ <i>(dental health, access to providers, insurance coverage)</i></p>	<p>Reproductive/Sexual Health: _____ <i>(diseases: HIV, chlamydia, teen pregnancies)</i></p>
<p>Social Factors (Determinants): _____ <i>(single-parent homes, graduating from high school, social/emotional support; services for seniors, bullying)</i></p>	<p>Substance Abuse: _____ <i>(use of illegal drugs and misuse of prescription drugs, heavy use of alcohol, number of drug/alcohol arrests)</i></p>
<p>Tobacco Use: _____ <i>(smoking rates during pregnancy, teens smoking)</i></p>	<p>Other: _____ <i>(please list another health concern)</i></p>

List why you think a particular Health Topic Area is a concern, and include any ideas you have to address it. (30 minutes for sharing)

If you would be interested in participating in a work-group to address a particular issue, please fill in the information below. Meetings will begin later this year.

Name/Phone/Email: _____

Appendix C: Qualitative Data

Key Informant Interview and Community Forum Themes

Health Focus Area	Key Informant Themes	Community Forum Themes
Access to Health Services	<ul style="list-style-type: none"> • Limited behavioral health resources • Cost and insurance are barriers • Strong link to low income or lack of jobs • Good resources in La Crosse 	<ul style="list-style-type: none"> • Great Facilities • Cost of Services and Insurance is a barrier • Lack of knowledge about resources available
Environmental Quality	<ul style="list-style-type: none"> • A strength of La Crosse • Great access to natural spaces 	<ul style="list-style-type: none"> • Radon and cancer link • Health of natural environment impacts personal health • Keep focusing on water quality
Injury and Violence	<ul style="list-style-type: none"> • Crime is increasing • Lack of diversity • Link to substance abuse • Low income/Lack of jobs • Homelessness/Poverty 	<ul style="list-style-type: none"> • Crime and accidents connected to abuse and addiction • Fear of injury • Need to lower crime and domestic abuse rates
Maternal, Infant, and Child Health	<ul style="list-style-type: none"> • Too many children in poverty or homeless • High stress • La Crosse has good education • Adverse Childhood Experiences • Youth and families need support 	<ul style="list-style-type: none"> • Water safety is a concern
Mental Health	<ul style="list-style-type: none"> • Access to services is a barrier • Stigma/Embarrassment • Services not available when needed • This is an emerging issue 	<ul style="list-style-type: none"> • Cost of services is a barrier • Lack of providers and treatment facilities • Long waits for appointments • Presence of stigma • Link to substance abuse • Focus should be prevention • Lack of resources and education

-Continued on next page-

Health Focus Area	Key Informant Themes	Community Forum Themes
Nutrition, Physical Activity, and Obesity	<ul style="list-style-type: none"> • Stress management • Sedentary lifestyle as a contributing factor to obesity • Access to healthy food and recreation • Chronic disease 	<ul style="list-style-type: none"> • Need to promote healthy foods • Education and skills needed to prepare healthy food • Healthy foods cost more • Obesity linked to other health problems • High cost of activities • Lack of options for activity in rural areas
Oral Health	<ul style="list-style-type: none"> • Access and cost are major barriers for low income, homeless, jobless • Lack of dental insurance and providers that accept Medical Assistance (MA) is a barrier • Difficult transportation to facilities that accept MA 	<ul style="list-style-type: none"> • Cost is a major barrier • Lack of MA providers is a barrier • Oral health linked to overall health • Education on resources is needed
Reproductive and Sexual Health	No comments received	No comments received
Social Factors	<ul style="list-style-type: none"> • Income and employment concerns • Homelessness and housing concerns • Racism is still a problem • Presence of stigma and judgmental people • Need more services to address social problems 	<ul style="list-style-type: none"> • Bullying is a problem • Linked to other health areas • Programming is important • Social factors affect knowledge of healthy behaviors
Substance Abuse	<ul style="list-style-type: none"> • Alcohol is major problem • Cross with mental health concerns • Cross with low income/lack of jobs • People self-medicate for health problems • Lack of access to substance abuse treatment 	<ul style="list-style-type: none"> • Education and awareness need • Need positive alternatives • Substances are too accessible • Alcohol use is culturally acceptable • Lack of treatment options • Linked to other health issues • Linked to crime, abuse, neglect • High expense to community
Tobacco	<ul style="list-style-type: none"> • Smoking is an issue in low income populations 	<ul style="list-style-type: none"> • Teen smoking is a growing concern

Health Issues by Population

Population	Health Challenges	Contributing Factors
<p>African American</p>	<ul style="list-style-type: none"> • Food/nutrition • Mental Health • Oral Health • Recreational substance use • Sedentary lifestyle 	<ul style="list-style-type: none"> • Lack of employment • Lack of manufacturing jobs • Low Income/poverty • Poor housing quality • Race relations
<p>Aging and Disabled</p>	<ul style="list-style-type: none"> • Accidents/falls/injury • Cancer, diabetes, Alzheimer’s • Chronic disease • Meals/nutrition • Oral health 	<ul style="list-style-type: none"> • Did not receive routine dental care • Employer discrimination • Isolation • Lack of affordable housing • Limited/fixed income • Medication and health care costs
<p>Hispanic/Latino</p>	<ul style="list-style-type: none"> • Alcoholism • Domestic violence • Homelessness • Mental Health • Obesity/Heart disease • Oral Health • Suicides 	<ul style="list-style-type: none"> • High stress lifestyle • Immigration status • Lack of access to affordable child care • Lack of affordable housing • Poverty • Racism • Stigmas attached to mental illness • Unsafe housing/close living quarters • Working long hours for low pay
<p>Hmong</p>	<ul style="list-style-type: none"> • Alcohol abuse • Caregiver stress • Lead poisoning • Obesity and diabetes • Oral health • Violence 	<ul style="list-style-type: none"> • Lack of dental insurance • Language barriers • Limited affordable housing • Limited jobs • Limited room within the city of La Crosse • Violence • Youth becoming more sedentary
<p>Homeless and Impoverished</p>	<ul style="list-style-type: none"> • Drug and alcohol abuse • Homelessness • Increased crime • Limited access to dental care • Mental Health services • Untreated chronic illness 	<ul style="list-style-type: none"> • Few dental clinics accept Medicaid • Few mental health facilities • History of trauma/abuse • Lack of diversity • Lack of low income housing options • Limited "blue-collar" jobs • Limited awareness of cultural differences • Low income

-Continued on next page-

Population	Health Challenges	Contributing Factors
LGBTQ	<ul style="list-style-type: none"> • Alcohol/drug abuse • Depression • Homelessness • Mental Health • Suicides • Tobacco use 	<ul style="list-style-type: none"> • Confusion with mental illness • Discrimination • Lack of diversity • Lack of access to mental health services • Limited acceptance of LGBTQ population • Limited employment and poor housing
Native American (Ho-Chunk)	<ul style="list-style-type: none"> • Chronic Disease • High rates of cancer • Cardiovascular disease • Mental/Behavioral Health • Substance abuse 	<ul style="list-style-type: none"> • Limited available resources in the Ho-Chunk Nation • Lack of funding for behavioral health • Limited detox and rehab facilities • Lack of trust based on "historical trauma" • Lack of education about behavioral health concerns • Outside health services are not financially covered
Veterans	<ul style="list-style-type: none"> • Depression and anxiety • High rates of chronic disease • Cancer, diabetes, Parkinson's • Oral Health • PTSD • Spouse/family mental health 	<ul style="list-style-type: none"> • Education debt • Forced retirement • Health coverage for people with disabilities • Lack of affordable housing • Lack of jobs • Lack of oral health insurance • Limited credit history • Low income jobs • Transient lifestyle of active duty military
Youth	<ul style="list-style-type: none"> • Family substance abuse • Mental Health • Oral health • Physical activity • Physical health 	<ul style="list-style-type: none"> • Decrease in physical education in schools • Deterioration of the family • Difficult to access medical resources • Few dental clinics accept BadgerCare • Lack of access to affordable child care • Limited safe housing • More difficult for youth to access nature • Overworked parents • Poverty • Single-parent families

Appendix D: Community Assets to Address Priority Concerns

The following is a list of assets in La Crosse County that are already set up to help address the priority health concerns as determined by the La Crosse County Community Health Assessment. These priority concerns are Mental Health, Substance Abuse, and Social Determinants. This list was compiled by the attendees of the Community Partners meeting that was held on April 14, 2016 at the Black River Beach Neighborhood Center in La Crosse.

This list is not intended to be all-inclusive. Attendees of all meetings noted that La Crosse is a very unique and special community where many residents work together to help others. There are many other resources including unofficial groups and people helping people.

Resources to Address Mental Health

Community Program/Resources/Support Groups

AIDS Resource Center of Wisconsin
 Alzheimer's Association
 Boys & Girls Club
 Campaign to Change Direction
 CARING program at Salvation Army
 Catholic Charities
 The Center: 7 Rivers LGBTQ Connection
 Family & Children's Center
 Great Rivers 211
 Independent Living Resources – RAVE
 La Crosse Family Collaborative
 Mental Health Coalition
 NAMI (National Alliance on Mental Illness)
 La Crosse Medical Health Science Consortium
 New Horizons
 Riverfront
 Salvation Army
 Suicide Prevention Initiative/Joe Was Just Joe
 YMCA Teen Center

Government

Crisis intervention team
 Integrated Support & Recovery Services
 Jail services
 Vet Center

Health Care

Essential Health Services
 Gundersen Health System
 Mayo Clinic Health System
 Kaitlin's Table
 Mental Health Crisis Center
 Scenic Bluffs
 St. Clare's Mission

School/Education

La Crosse School District counselors
 Peer support training
 Viterbo University programs

Resources to Address Substance Abuse

Community Programs/Resources/Support Groups

12 step recovery – ANON groups
 AA (Alcoholics Anonymous)
 ADRC – Riverfront
 AIDS Resource Center - needle exchange
 Alcohol Coalition
 Catholic Charities
 Coulee Council on Addictions
 Family Zone at Oktoberfest

Franciscan Sisters of Perpetual Adoration
 Gerhard Hall
 Heroin Task Force
 Local churches and support groups
 Narcan availability
 Prescription medication drop boxes
 Salvation Army
 Social host ordinance

*Resources to Address Substance Abuse (continued)***Government**

La Crosse County ISRS
 La Crosse drug courts
 La Crosse Law Enforcement
 Veterans drug courts
 VA

Health Care

AMS (Addiction Medical Solutions)
 Driftless Recovery Services
 Gundersen and Mayo Clinic Health Systems
 Health system coordinated medical records
 Heroin replacement services
 St. Clare's Mission

*Resources to Address Social Determinants***Community Program/Resources/Support Groups**

4H
 Boys and Girls Club
 Catholic Charities
 Children's Museum
 Churches and the faith community
 City neighborhood programs
 Community gardens
 Consumer Credit Counseling
 Couleecap
 Drug free community grants
 Falls coalition
 Great Rivers United Way
 Habitat for Humanity
 Head Start
 Hillview Urban Agriculture
 La Crosse Family Collaborative
 La Crosse Libraries
 La Crosse Parks and Recreation
 La Crosse Promise
 Local Farmer's Markets
 Local Food Pantries
 Natural environment
 Neighborhood centers
 Neighborhood crime watch
 New Horizons
 Prevention Network – Parents Who Host
 River watch
 Safe Havens for Kids

Salvation Army
 Senior centers/meal sites
 Tri-State Ambulance
 The Parenting Place
 Work Force Connections
 WTC – Business Clothing donation
 YMCA

Government

ADRC
 Job Center
 La Crosse City Police
 La Crosse County Health Department
 La Crosse County Health and Human Services
 Neighborhood police officers
 Neighborhood resource officers
 Senior food share program
 Strong Seniors
 Vet Services offices – VA
 WisCorps – job programs for WTC Project Proven

School/Education

College readiness programs
 Educational institutions (UWL, TC, Viterbo, Globe)
 Education K12
 Rebuilding for learning
 School programs
 Trauma informed care training

Appendix E: References

- ¹ Wisconsin Association of Local Health Departments and Boards. <http://www.walhdab.org/?customsitehome>
- ² Community Commons. <http://www.communitycommons.org/>
- ³ COMPASS NOW 2015. Great Rivers United Way. <http://www.greatriversunitedway.org/our-work/community-needs-assessment/>
- ⁴ County Health Rankings and Roadmaps. Accessed November 24, 2015. <http://www.countyhealthrankings.org/app/wisconsin/2015/rankings/la-crosse/county/outcomes/overall/snapshot>
- ⁵ Healthy People 2020. <http://www.healthypeople.gov/2020/Leading-Health-Indicators>
- ⁶ Healthiest Wisconsin 2020. <https://www.dhs.wisconsin.gov/hw2020/index.htm>
- ⁷ Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System.
- ⁸ Environmental Health. World Health Organization. http://www.who.int/topics/environmental_health/en/
- ⁹ La Crosse County Health Department Childhood Lead Prevention Program
- ¹⁰ Radon. Wisconsin Department of Health Services. <https://www.dhs.wisconsin.gov/radon/index.htm>
- ¹¹ Wisconsin Interactive Statistics on Health. Wisconsin Department of Health Services. <https://www.dhs.wisconsin.gov/wish/injury-hosp/index.htm>
- ¹² 2015 Youth Risk Behavior Survey. La Crosse County.
- ¹³ Mental Health. World Health Organization. http://www.who.int/features/factfiles/mental_health/en/
- ¹⁴ Wisconsin Public Water Supply Fluoridation Census 2013. Wisconsin Department of Health Services. <http://www.dhs.wisconsin.gov/publications/P0/P00103.pdf>
- ¹⁵ The Burden of Tobacco in Wisconsin 2010. University of Wisconsin. http://uwm.edu/cuir/wp-content/uploads/sites/111/2015/06/1_Burden-of-Tobacco-2010_technical-report-4-5-2010.pdf
- ¹⁶ CDC Health Effects of Smoking. http://www.cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/effects_cig_smoking/

THIS PAGE INTENTIONALLY LEFT BLAN

**LA CROSSE COUNTY
HEALTH DEPARTMENT
300 4th St N
La Crosse WI 54601
(608)785-9872**

Visit our website at:

<http://www.lacrossecounty.org/health>

