



July - Sept 2023

# CHIP Progress Report

# Health Priorities

The 2022-2024 Community Health Improvement Plan (CHIP) consists of 3 health priorities and 9 objectives in total. Health priority areas were developed with input from community members and the CHIP Steering Committee in 2022. Yearly action plans focus on community-driven solutions that address the greatest needs in La Crosse County.



## Behavioral Health

Build a community that prioritizes protective factors for positive childhood experiences and resilient communities.



## Healthy Environment

Collaborate for solutions that build healthier and more accessible neighborhoods where people are connected to what they need where they live.



## Access to Care

Grow a system of care that represents and supports underserved peoples to get the right care at the right time.

# Behavioral Health

Behavioral Health outcomes are related to mental health, substance use, and suicide/self-harm. Long-term indicators for this priority area look at the rate of binge drinking, deaths by suicide and overdose, youth substance use, and overall mental health. Short-term indicators are listed below, along with activity that has happened from July-September 2023.



Objectives	Activity	Data & Progress
Increase protective factors that create resiliency among children and youth	<ul style="list-style-type: none"> <li>• Build partnership with agencies involved in parenting initiatives</li> <li>• Hold ACEs education workshops for parents</li> </ul>	<ul style="list-style-type: none"> <li>• 3 new partnerships were developed</li> <li>• ACEs parent education for Hmong families with 10 attendees</li> </ul>
Decrease negative impacts of self-harm, opioids, and other substances	<ul style="list-style-type: none"> <li>• Needle pick-up and disposal</li> <li>• Narcan trainings and fentanyl strip distribution</li> <li>• Provide referrals for non-traumatic dental pain</li> <li>• Begin reviewing cases for Suicide Death Review Team (SDRT)</li> </ul>	<ul style="list-style-type: none"> <li>• Community sharps boxes have collected 544 lbs. in Q3 totaling 1645 lbs. in 2023</li> <li>• 4 Narcan trainings with 20 people trained</li> <li>• 83 referrals provided to address dental pain</li> <li>• Handed out 12 Public Health Innovator awards at ceremony with 46 attendees</li> <li>• 21 partners recruited for the Suicide Death Review Team</li> <li>• Held 2 case reviews for SDRT</li> </ul>
Improve culture around behavioral health through positive social norms.	<ul style="list-style-type: none"> <li>• Develop materials that focus on normalizing non-alcoholic alternatives</li> </ul>	<ul style="list-style-type: none"> <li>• The Prevention Workgroup has about 9 active partners at meetings</li> <li>• Partners are actively working on material development for normalizing non-alcoholic alternatives</li> </ul>

# Healthy Environment

Healthy Environment outcomes are related to safe housing, food, and physical activity. Long-term indicators for this priority area look at access to healthy foods, food security, quality and safety of homes and rental properties, and physical activity levels. Short-term indicators are listed below, along with activity that has happened from July-September 2023.



Objectives	Activity	Data & Progress
Develop a housing inspection program for La Crosse County	<ul style="list-style-type: none"> <li>Review Act 317 with Corp Counsel</li> <li>Develop relationships with agencies that focus on housing</li> <li>Host focus groups</li> </ul>	<ul style="list-style-type: none"> <li>Developing partnership with County Planning &amp; Zoning, UW-Extension, and Comprehensive Plan partners</li> <li>Discussed collaboration between Comprehensive Plan and CHIP</li> <li>Focus groups on hold</li> </ul>
Increase year-round access to healthy, affordable, and culturally-appropriate foods in low-income and low-access neighborhoods	<ul style="list-style-type: none"> <li>Develop relationships with agencies that focus on food insecurity</li> <li>Host focus groups/community forums</li> </ul>	<ul style="list-style-type: none"> <li>Hosted community conversations in partnership with Family &amp; Children's Center and City Housing Authority</li> <li>Developed solution-oriented themes for food access</li> </ul>
Increase opportunities for active transportation with focus on connectivity between the built environment and modes of transportation	<ul style="list-style-type: none"> <li>Develop school and community partnerships</li> <li>Provide walking and biking events to encourage and educate</li> <li>Assess school policies for walking and biking</li> </ul>	<ul style="list-style-type: none"> <li>Met with County Highway Commissioner and Associate Planner for City of La Crosse</li> <li>Coordinated events for Walking School Bus and International Walk to School Day with schools</li> <li>Set up bike rodeo, helmet demo, and helmet distribution at Night of Wheels event for over 100 families</li> </ul>



# Access to Care

Access to Care outcomes are related to community engagement, public health outreach, and health literacy. Long-term indicators for this priority area look at the percentage of adults reporting fair or poor health, access to healthcare, vaccination rates, and community engagement. Short-term indicators are listed below, along with activity that has happened from July-September 2023.



Objectives	Activity	Data & Progress
<p>Build relationships and increase community engagement with communities that experience health inequities</p>	<ul style="list-style-type: none"> <li>Identify strategy to enhance family, youth, and community engagement</li> <li>Develop relationships with agencies that focus on underserved groups</li> <li>Educate about childhood immunizations</li> </ul>	<ul style="list-style-type: none"> <li>Educational breastfeeding video for Hmong women is on track to be complete by end of year - working on marketing plans</li> <li>113 vaccinations provided</li> <li>80 attendees at Immunization Symposium hosted by LCHD</li> <li>Immunization Coalition is working on boosting immunization rates</li> </ul>
<p>Implement health literacy standards for online and print materials</p>	<ul style="list-style-type: none"> <li>Review and summarize tools for health literacy</li> <li>Use health literacy tools to adapt LCHD website</li> <li>Use health literacy tools to review written materials</li> </ul>	<ul style="list-style-type: none"> <li>Website review began - focus is on ease of reading, goal of 7th-9th grade reading level, and active sentence structure</li> <li>Staff training and practice with health literacy standards is scheduled for November</li> </ul>
<p>Implement public health outreach to underserved and unsheltered residents</p>	<ul style="list-style-type: none"> <li>Establish LCHD staff services in community locations (nurse, social worker, health educator)</li> </ul>	<ul style="list-style-type: none"> <li>Outreach was expanded to First Free Church food pantry nights and public libraries throughout the county</li> <li>8 community members assisted during outreach by social worker and nurse</li> </ul>

# Food & Nutrition Access

Discussions were hosted at a Parent Café with Family & Children's Center and at a Continental Breakfast with City Housing Authority. Families, older adults, and adults with disabilities shared their perspective about food access issues and their creative solutions for improving the food system in La Crosse County.

## Focus Group Themes



### Gardens & Locally Grown Food

- “Healthy foods are way too expensive, that's why the community garden is my favorite place.”
- “Edible plants and trees should be more frequently used to landscape around public spaces and buildings.”
- “Get the community and city to donate unused land to grow foods on.”



### Mobility & Transportation

- “Mobility causes much difficulty in getting food. Uses a walker, cane, and has a manual wheelchair. All make shopping difficult.”
- “Cannot get to the store...car is too expensive to have and the bus ride takes too long...difficult to bring on a stroller.”
- “Have volunteer drivers matched with community members to help get people to food resources when they need it.”



### Stores, Pantries, & Free Meals

- “It's hard where we live - only have convenience stores nearby.”
- “Fresh produce [from food pantry] needed to be used within 2-3 days. Can only go to the pantry once a month, so this only gets you a couple days of fruit/vegetable for the month.”
- “Classes/education and resources for preserving food would be helpful for families.”

## Focus Group Themes (cont.)



### Resources

- “Found out about support networks and resources through peers and programs. It is a lot of legwork to look for resources. Spends the day looking for help.”
- “Need a registry or book to tell you where to go. Get the word out on what exists.”
- “La Crosse County does a good job of feeding people. But I only get a quarter of the food that I used to. The extra resources from COVID have gone away.”



### Budget & Cost

- “Food is affected by all other things...household budget needs to go in large part to expensive housing, childcare, transportation, etc.”
- “Unable to find childcare - which means I cannot get a job. Cannot work without childcare and cannot get child in a center because they don't have space.”
- “Foodshare dollars don't buy much because groceries are so expensive.”



### Policy

- “Concerned about the U.S. food supply...wish we had better food regulations.”
- “Hunger does not feel like a priority.”
- “Lawmakers should care more about feeding people and making access to healthy foods a priority.”

# Next Steps

Meeting with Food and Nutrition Partners to  
discuss improvements in the food system