



2021 COMMUNITY HEALTH ASSESSMENT

Fond du Lac County Health Department
Serving our community since 1966



Public Health
Prevent. Promote. Protect.

**Fond du Lac County
Health Department**

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3RD FLOOR
FOND DU LAC, WI 54935
www.fdlco.wi.gov**

DECEMBER 2021

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 Kimberly Udlis, PhD, Marian University
 Jennifer Walters, Aurora Health Care



Community Conversation Hosts

Blue Door Coffee Co., Campbellsport
 Bread of Life Church, Fond du Lac
 Community Table, Waupun
 Fond du Lac Boys & Girls Club
 Fond du Lac Public Library
 Gratitude Club, Fond du Lac

NAMI Fond du Lac
 Ripon High School
 Sacred Heart School & Holy Family, Fond du Lac
 Solutions Center, Fond du Lac
 Village Grounds, Rosendale
 Brothertown Indian Nation Community Center, Fond du Lac
 Fond du Lac Pride Alliance
 St. Agnes Hospital, Fond du Lac

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 Vicente Lezama Morales, Latinos Unidos



CONSIDERATIONS

The COVID-19 pandemic impacted almost every aspect of our lives, reaching populations across the globe. It affected jobs, transportation, social interaction, and, perhaps most significantly, our health. The effects of COVID-19 can be seen in various health outcomes, described in the sections that follow.

While the experiences of 2020 and the pandemic may not be representative of a typical year, the hardships that we as a county, state, and nation faced brought to light significant inequities that many still face today. Minorities, people of color, low-income individuals, and those with disabilities and limitations continue to face greater struggles in society. These disproportionate outcomes were also seen during the pandemic, to a more severe degree. Such outcomes included job loss, financial hardships, decreased childcare opportunities, and food security, among other concerns.

Throughout this report, much of the qualitative data included reflects the specific challenges faced by people in our county during the pandemic. Key informant interviews and community conversations provided opportunities for county residents, from both urban and rural areas, to share their personal experiences and identify areas where progress is needed. We value the feedback, good and bad, from all members of our county and strive to incorporate these perspectives and needs into our goals and policies.

While the outcomes of the COVID-19 pandemic were largely negative, we see this as an opportunity to learn and adapt our strategies, policies, and outreach initiatives to better address the evolving health needs of Fond du Lac County. While we continue to feel the impacts of the pandemic, efforts must continue to push towards our goal of ensuring equitable health opportunities for all people in our county.



BACKGROUND AND PURPOSE

The purpose of the Community Health Assessment (CHA) process is to identify and address health needs in order to improve the health status of residents. Local Health Departments are required to conduct a CHA regularly and systematically per WI State Statute and not-for-profit hospitals to conduct a CHA every three years per ACA and IRS. The CHA includes a comprehensive collection and analysis of data to identify health issues of primary concern and serves as the basis for the Community Health Improvement Plan. This process is a key piece to our mission of Fond du Lac County Health Department: "prevents disease, protects the community, and promotes health living for all."

Healthy Fond du Lac County Steering Committee

In Fond du Lac County, a unique partnership among community organizations has long been established to develop and implement local health plans to address health conditions impacting residents. Now, this collaboration is known as the Healthy Fond du lac County Steering Committee. This committee meets quarterly to oversee the Community Health Improvement Process. This committee is supported by key stakeholders from organizations and agencies among various sectors of the community. Members, on behalf of their respective agencies, collaborate to assess, identify, address and monitor priority health needs in Fond du Lac County. The committee believes in the Healthy Fond du Lac County vision:

“A community where all Fond du Lac County children and adults can reach their highest potential for health.”

The goals of the Community Health Assessment include:

- Provide quantitative and qualitative health data to identify, prioritize, and monitor the health needs of the community.
- Develop coordinated and collaborative action plans to address health priorities.
- Engage community leaders to commit resources towards health improvement based on the assessment.
- Mobilize the community and key leaders into action to improve health in areas of top concern.



ABOUT OUR COMMUNITY

The Fond du Lac County area is respected as a welcoming and safe place for both families and businesses to call home. As the Fond du Lac County jurisdiction surrounds the foot of Lake Winnebago, the area is recognized for abundant outdoor recreation opportunities among many other features. The approximate population of Fond du Lac County is just over 100,000, and is comprised of an increasingly diverse population with a fairly even rural/urban distribution among the 725 square mile land area. The median household income is \$62,391 and 7.3% of the population lives in poverty (US Census Estimates, 2019). For additional county demographics see the following page. The jurisdiction of Fond du Lac County Health Department includes all of Fond du Lac County.

The county features top multinational companies, strong agri-business, and a strong healthcare system. Fond du Lac County offers a variety of quality post-secondary educational opportunities, including Ripon College, Marian University, UW-Oshkosh at Fond du Lac, and Moraine Park Technical College. Fond du Lac County prides itself in community investment as public and private sectors have taken steps together to improve the quality of life for all residents.

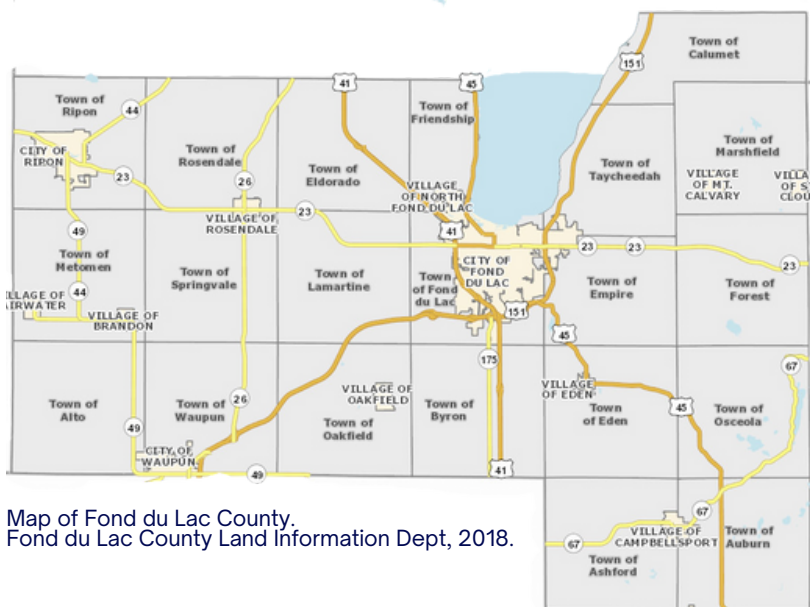
Fond du Lac County is bordered by five counties: Winnebago County to the north, Calumet County to the northeast, Sheboygan County to the east, Washington and Dodge counties to the south, and Green Lake County to the west. Fond du Lac County is located within an hour drive of the major cities of Madison, Milwaukee and Green Bay and is less than a three-hour drive from Chicago.

Fond du Lac County

Cities: Fond du Lac, Ripon, Waupun

Villages: Brandon, Campbellsport, Eden, Fairwater, Mount Calvary, North Fond du Lac, Oakfield, Rosendale, Saint Cloud

Towns: Alto, Ashford, Auburn, Byron, Calumet, Eden, Eldorado, Empire, Fond du Lac, Forest, Friendship, Lamartine, Marshfield, Metomen, Oakfield, Osceola, Ripon, Rosendale, Springvale, Taycheedah, Waupun



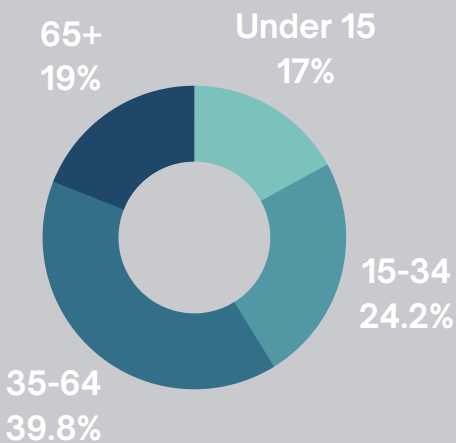
Map of Fond du Lac County.
Fond du Lac County Land Information Dept, 2018.

DEMOGRAPHICS

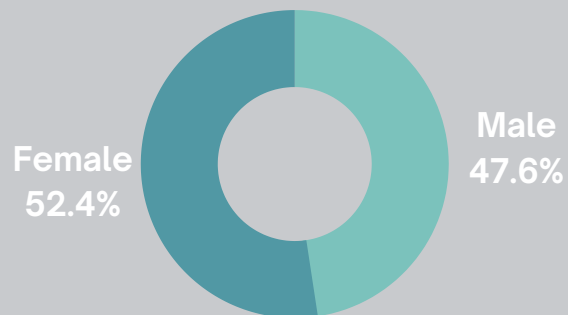
The charts in this section display the demographic summary of Fond du Lac County based on the U.S. Census Bureau's 2019 Estimates and 2020 data.

The population in Fond du Lac County is predominantly white, about 87% of the population. Additional races and ethnicities that make up the population in Fond du Lac County include Black/African American (2.2%), Hispanic/Latino (6.4%), 1.2% Asian, and American Indian (0.3%). Fond du Lac County has a greater percent of the population with a high school and some college education and has a larger percent of population age 65 and older, compared to Wisconsin. The percent of population in Fond du Lac County with a household income of \$50,000-\$75,000 is greater when compared to Wisconsin, and the percent of individuals living in poverty in Fond du Lac County is less compared to state.

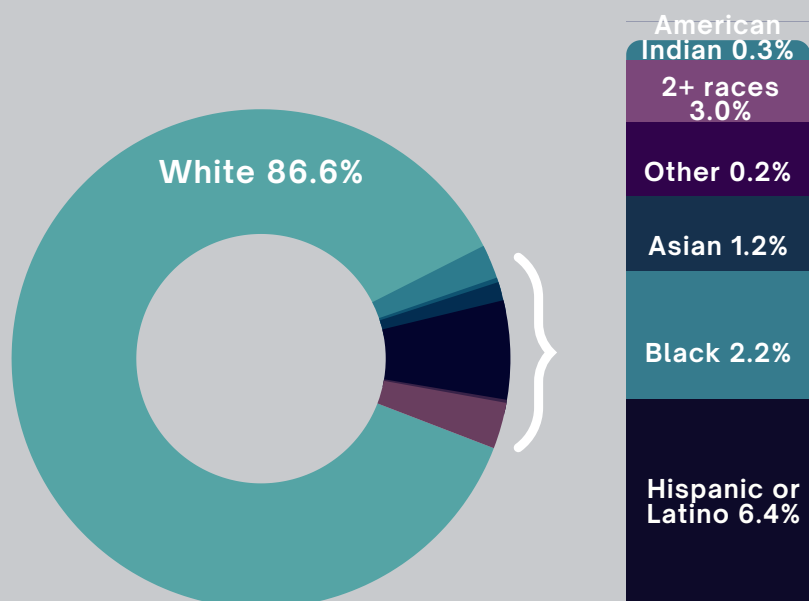
Population by Age



Population by Gender



Population by Race and Ethnicity



Median Age



Total Population

Fond du Lac
County:
103,403



Sources:
2019 US Census and 2020 US Census

DEMOGRAPHICS

Additional Demographic Information

Demographic Category	Demographic Factor	Fond du Lac County	FDL Co Percent	Wisconsin	WI Percent
Population ¹	Total Population	103,403		5,822,434	
	Total Male Population	49,220	47.6%	2,892,804	49.7%
	Total Female Population	54,183	52.4%	2,929,630	50.3%
	Females, Child Bearing Age (15-44)	18,930	34.9%	1,087,648	37.1%
Age ¹	0-9	12,730	12.3%	671,801	11.5%
	10-19	11,510	11.2%	748,773	12.8%
	20-29	11,510	11.2%	762,036	12.8%
	30-49	24,563	23.8%	1,422,153	24.4%
	50-64	22,009	21.3%	1,197,775	20.5%
	65+	19,578	19%	1,019,896	17.6%
Household Income ¹	<\$14,999	-	6.0%	-	8.4%
	\$15,000 - \$34,999	-	16.1%	-	17.1%
	\$35,000 - \$49,999	-	13.8%	-	13.1%
	\$50,000 - \$74,999	-	20.6%	-	19.0%
	\$75,000 - \$99,999	-	14.9%	-	14.2%
	Over \$100,000	-	28.6%	-	28.1%
Education Level (population age 25+) ¹	Less than high school and some high school	5,070	7.0%	290,862	7.3%
	High school graduate (include equivalency)	26,237	36.1%	1,223,392	30.5%
	Some college or associate's degree	24,235	33.3%	1,242,652	30.9%
	Bachelor's degree or higher	17,170	23.6%	1,258,379	31.3%
Race & Ethnicity ²	Hispanic or Latino	6,717	6.4%	447,290	7.6%
	Not Hispanic or Latino	97,437	93.6%	5,446,428	92.4%
	American Indian and Alaskan Native (one race)	355	0.3%	48,384	0.8%
	Asian (one race)	1,241	1.2%	174,267	3.0%
	Black (one race)	2,321	2.2%	366,508	6.2%
	2+ Races	3,125	3.0%	203,746	3.6%
	Other Race (alone)	214	0.2%	17,613	0.3%
	White (one race)	90,150	86.6%	4,634,018	78.6%
Language (population age 5+) ¹	Speak only English	-	94.3%	-	91.3%
	Speak a language other than English	-	5.7%	-	8.7%
	Spanish	-	3.5%	-	4.6%
	Other Indo-European language	-	1.3%	-	1.9%
	Asian and Pacific Island languages	-	0.8%	-	1.8%
	Other languages	-	0.1%	-	0.4%
Poverty ³	Persons in poverty	-	7.3%	-	10.4%

CONSIDERATIONS FOR UNDER-SERVED AND/OR VULNERABLE POPULATIONS

When assessing the health of the population in Fond du Lac County, we must consider the health of people who are high risk of not receiving adequate medical care due to being uninsured/underinsured, are experiencing health disparities, or facing barriers related to geography, language, financial circumstances, transportation, stigma, accessibility to technology or knowledge of technology, medication compliance due to cost or coverage, access to healthy foods and low-income housing.

Potentially medically underserved populations include the rural, poor and older adults who may be without adequate transportation; Black, Indigenous and other Persons Of Color (BIPOC) individuals who may be experiencing discrimination and racial or ethnic health disparities; non-English (primarily Spanish) speaking individuals who may also be undocumented; low-socio-economic status (SES) and homeless individuals; lesbian, gay, bisexual, transgender and queer (LGBTQ) residents; and incarcerated individuals or people in the criminal justice system.

The Fond du Lac County community health assessment process included an equity plan to ensure that the needs of more vulnerable populations were considered.

Sources:

1) 2019 US Census Data (American Community Survey)

2) 2020 US Census Data (Decennial Census Redistricting Data)

3) 2019 US Census Data (Small Area Income and Poverty Estimates)

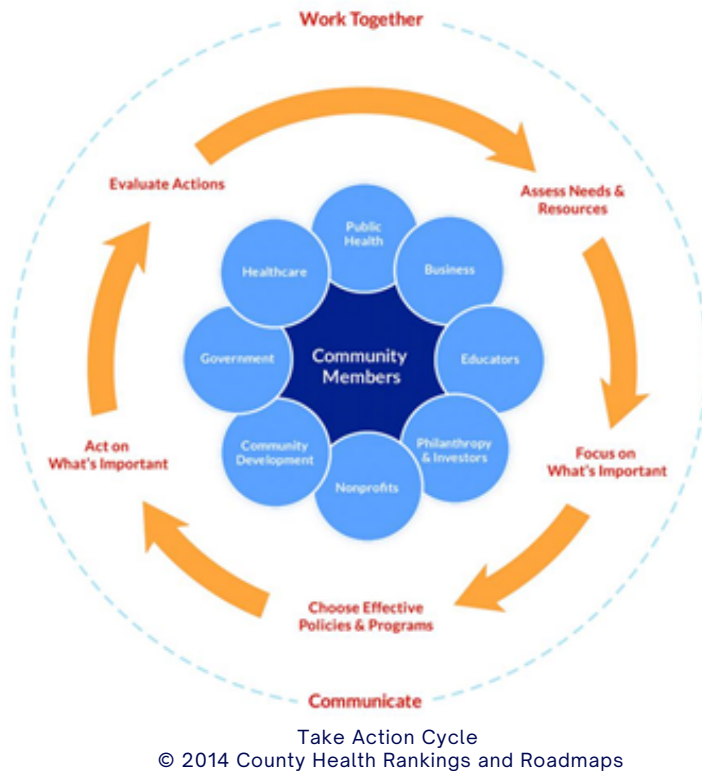
PART 1: **OVERVIEW**



PROCESS OVERVIEW

The 2021 Fond du Lac County Community Health Assessment process began in the fall of 2020 as commissioned by SSM Health Greater Fond du Lac Region, Fond du Lac Area United Way, Fond du Lac County Health Department, and Fond du Lac School District.

The Fond du Lac County Health Department, SSM Health Greater Fond du Lac Region and Healthy Fond du Lac County Steering Committee utilized the Wisconsin Guidebook on Improving the Health of Local Communities which is built on the Take Action Cycle by County Health Rankings and Roadmaps. This report highlights steps taken to work together, assess needs and resources, and focus on what's important.



Assess Needs & Resources

Core steps include:

- Collect and analyze community health data
- Consider data to analyze health disparities
- Examine data on the underlying determinants of health
- Consider issues and themes identified by stakeholders and the community
- Identify community assets and resources (through key informant interviews)

Focus on What's Important

Core steps include:

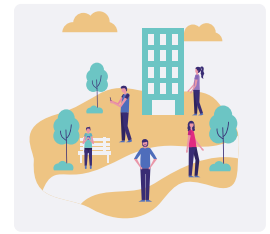
- Identify a set of priority community health issues to address
- Align the local health improvement plan with state and national priorities
- Summarize and disseminate the results of the assessment to the community

Timeline of Events

AUG 2020	<div>□</div> Mail Health Survey (random sample) <ul style="list-style-type: none"> • Health behavior and access data
JAN 2021	<div>□</div> Health Survey Data & Report Received
MAR - APR 2021	<div>□</div> Public Input Survey (online, anyone) <ul style="list-style-type: none"> • Collected input on health needs
APR - AUG 2021	<div>□</div> Key Informant Interviews & Community Conversations
SEPT 2021	<div>□</div> Reviewed Data & Input Collected on Top Health Needs Identified Health Priorities
OCT - DEC 2021	<div>□</div> Finalize Health Assessment & Priorities Begin next steps to form Priority Action Teams and develop goals, strategies, & objectives

OVERVIEW OF DATA SOURCES

The Community Health Assessment is comprised of five different data collection methods to include primary, secondary, qualitative, and quantitative data. Once data was collected, it was organized into five health focus areas.



COMMUNITY HEALTH SURVEY

The Community Health Survey conducted by JKV Research, LLC., provides primary, quantitative data collected from Fond du Lac County residents. The data provides an overview of behavioral and lifestyle habits as well as prevalence of risk factors and disease conditions existing within the Fond du Lac County adult population. The survey was mailed out to a random sample and 674 adults participated. Aggregate data from six school districts in Fond du Lac County is included in the Community Health Survey report to provide student data when available. A [summary of key findings](#) and the [complete report](#), including survey methodology, is available on the Fond du Lac County website at www.fdlco.wi.gov.

PUBLIC INPUT SURVEY

The Priority Health Issues Survey was a public input survey conducted to provide an outlet for the community at large to provide input and voice their concerns regarding what they see as the top 3 health issues in the county. The anonymous survey was available in English and Spanish at the health department (hard copy) and online. Residents were encouraged to review key findings from the 2020 Community Health Survey beforehand to provide additional feedback. A total of 284 residents completed the survey. The top 5 health focus areas ranked most often by respondents were: mental health, alcohol and other drug use, social determinants of health, food security and nutrition, and infectious disease. See Appendix A for the tool and Appendix B for a complete summary.

KEY INFORMANT INTERVIEWS

A total of 37 Key Informant Interviews were conducted to provide qualitative data regarding community needs. Key informants interviewed were considered community experts who can provide valuable insight on pressing health issues in the Fond du Lac County community. The top health focus areas ranked most consistently by key informants were: mental health, alcohol and other drug use, social determinants of health, chronic disease, oral health, and food security and nutrition. See Appendix C for the interview tool and Appendix D for a complete summary.

COMMUNITY CONVERSATIONS

Community conversations were a new data collection technique used for this year's assessment. Conversations were organized by members of the Fond du Lac County Health Department, SSM Health Greater Fond du Lac Region, and local entities that served as host locations for these events. The purpose of community conversations was to further engage the public and provide an opportunity for various populations to voice their input that may otherwise have not been heard. A total of 16 community conversations were held across the county. Top needs identified from the conversations included access to resources, mental health, transportation, access to care, and racism. Highlights and themes from these conversations can be found throughout the report. See Appendix E for the community conversation guide and Appendix F for a complete summary.

SECONDARY DATA

Secondary data was collected from local, state, and national health sources to supplement other data gathered. This data helps build a community health profile for Fond du Lac County and allows data comparisons to take place with other counties as well as state and national benchmarks. The secondary data collected is included throughout the report.

ANALYZING AND RANKING PRIORITIES

Once all data was collected, it was organized into 5 key health areas for review: Health Outcomes, Social and Economic Factors, Health Behaviors, Clinical Care and Access, and Physical and Built Environment.

Analyzing and Determining Priorities

In September 2021, Healthy Fond du Lac County hosted two virtual sessions to review data collected and identify health priorities. The presentations were available for the public to join and in total 45 community members participated. At the end of the session, participants were asked to rank their top 3 health areas that they feel should be prioritized to address in a Community Health Improvement Plan based on the data that was reviewed. For the voting process, there were 6 health areas featured as options based on the key areas that shape health and preliminary results of the data. Participants voted for their top 3 health areas utilizing the prioritization criteria outlined below.

Health Areas

- Chronic Disease
- Substance Use
- Mental Health
- Social & Economic Stability
- Clinical Care & Access
- Physical & Built Environment

Prioritization Criteria

- Affects many people
- Has a serious impact on population health
- Actionable at the local level
- Attainable/realistic ability to be impacted in 3-5 years
- Viable strategies exist to impact the issue
- Ability to have measurable outcome to see impact
- Community capacity and willingness to address it
- Trending health concern; shows up as a theme in community conversations, interviews, public input survey or other data presented

HEALTH PRIORITIES

After reviewing the community ranking results, the Healthy Fond du Lac County Steering Committee did a final vote to confirm the top 3 health priorities listed below to address in the 2022-2024 Community Health Improvement Plan.

1 Mental Health



2 Chronic Disease



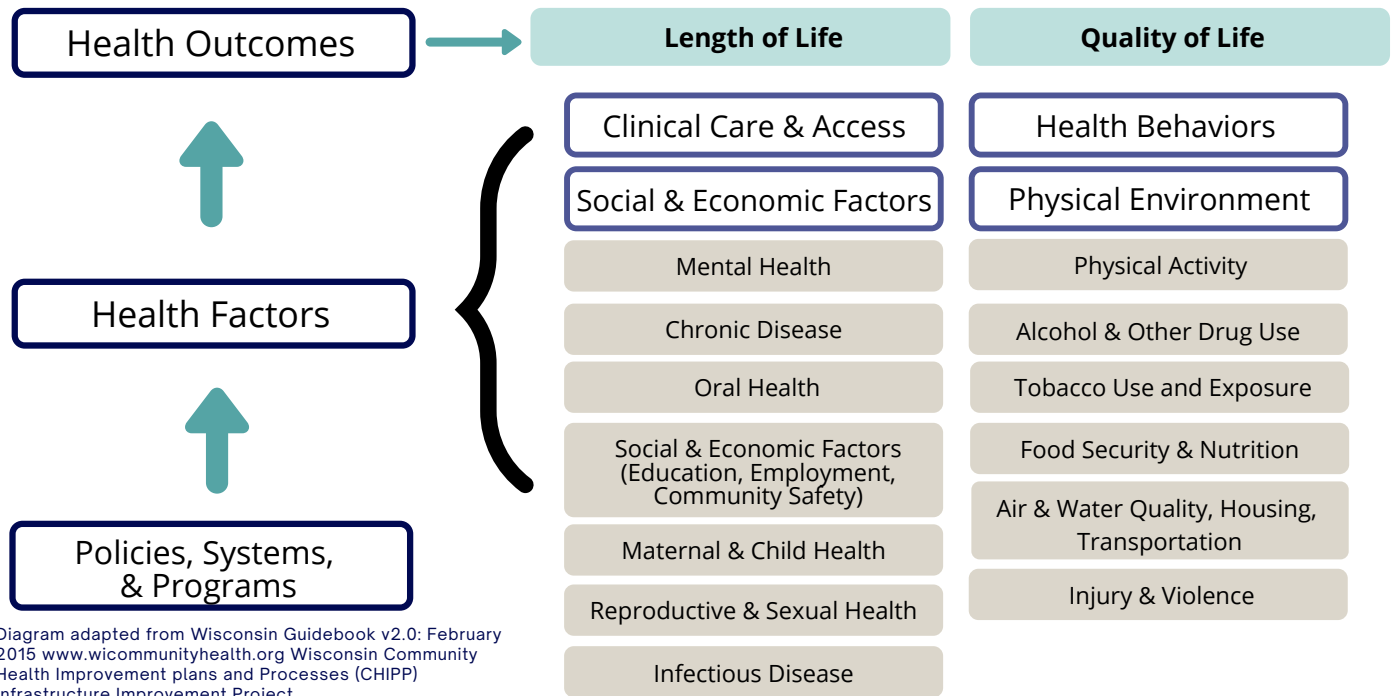
3 Substance Use



This report completes the "Assess Needs & Resources" and "Focus on What's Important" phases of the health improvement process. Next steps will include the development of the 2022-2024 Community Health Improvement Plan. In the upcoming planning phase, next steps will include choosing effective strategies and multi-level approaches to address the set of identified health priorities. A healthy equity lens will be utilized to ensure strategies address social determinants of health and health inequities which influence health outcomes.

UNDERSTANDING WHAT MAKES A COMMUNITY HEALTHY

The World Health Organization (WHO) states, “Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity” (2021). As displayed in the diagram below, multiple factors contribute to health outcomes. The diagram below displays health outcomes in an upstream manner, in which outcomes are the result of numerous factors that shape health. These factors include health behaviors, healthcare and access, social and economic factors, and the physical environment. Policies, programs and systems can also have a significant impact on the factors that shape health outcomes and should be an area of focus to reduce health disparities and improve health outcomes.



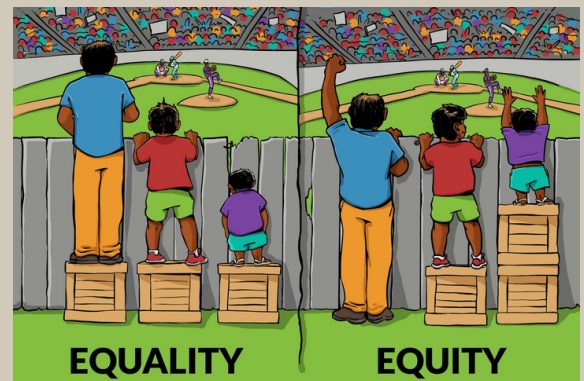
HEALTH EQUITY, DISPARITIES AND INEQUITIES

Health equity is defined as “the absence of avoidable or remediable differences among groups of people, whether those groups are defined socially, economically, demographically, or geographically...” (WHO, 2021a). Health is a fundamental human right. Therefore, to address health inequities, interventions need to be effective and sustainable, and focused on empowering those experiencing inequities.

Health disparities are differences in health status and mortality rates across population groups, which can sometimes be expected, such as cancer rates in the elderly versus children.

Health inequities stem from differences in an individual's social determinants of health, such as housing and employment conditions, and economic or social disadvantages, that are systemically avoidable, unfair, and unjust. Minorities and people of color have long experienced racism, discrimination, and exclusion from society, which creates inadequate access to key opportunities that still persists today.

Health equity means increasing opportunities for everyone to live the healthiest life possible, no matter who we are, where we live, or how much money we make.



PART 2: **CORE DATA SET**



CORE DATA SET

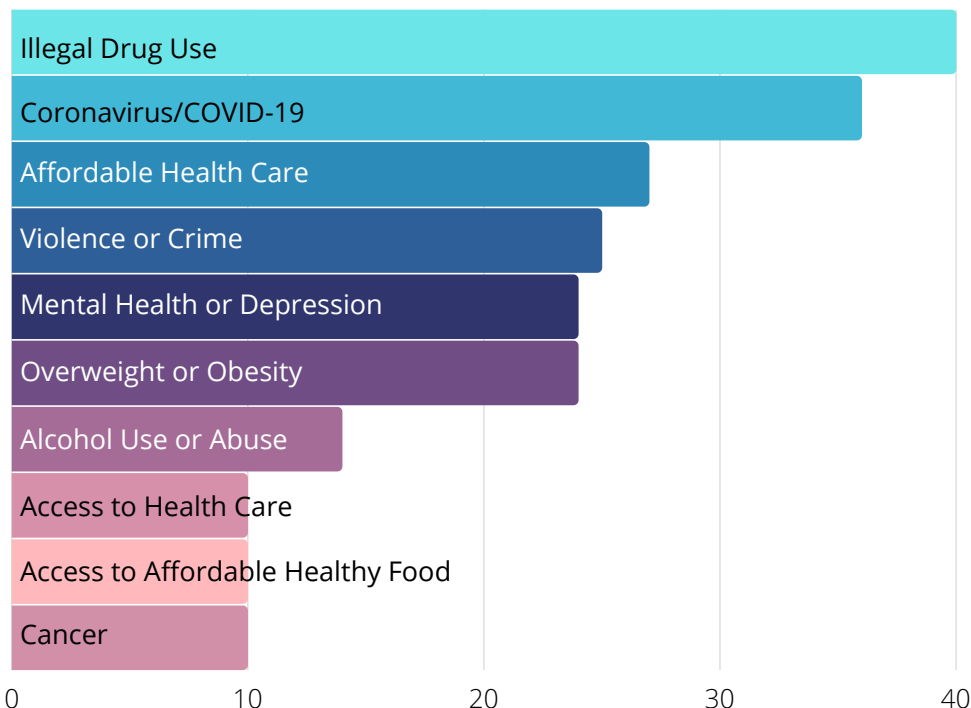
The core data set reviewed for the Community Health Assessment came from five main sources: community health survey, priority health issues survey, key informant interviews, community conversations and secondary data. Data collection and surveys often highlighted 13 areas of health adapted from the Wisconsin Guidebook on Improving Health in Local Communities. These areas encompass a comprehensive overview of the main components of health. Ultimately the data presented was organized into 5 health areas: Health Outcomes, Social and Economic Factors, Health Behaviors, Clinical Care and Access, and Physical and Built Environment.



OVERVIEW OF PRIMARY DATA

COMMUNITY HEALTH SURVEY

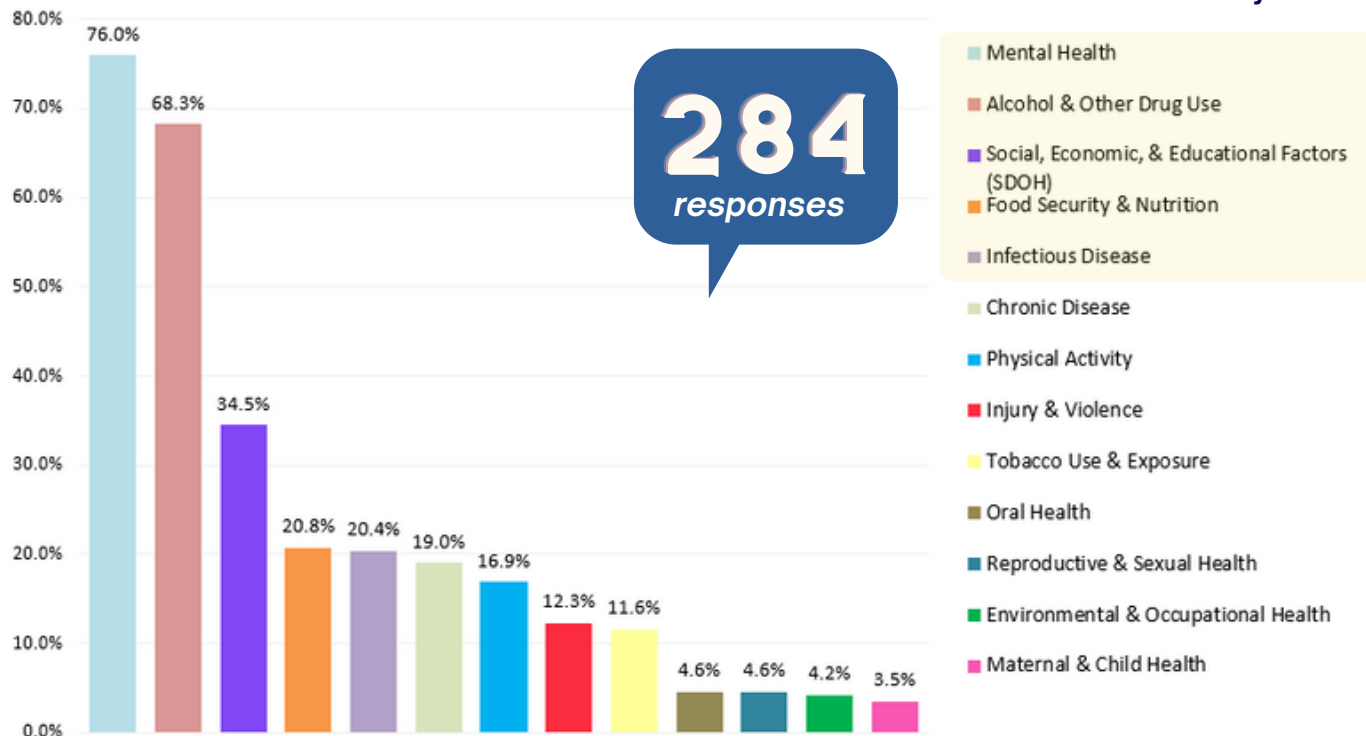
Ranked Top 3 Largest Health Concerns - Top 10 responses listed in order from most frequently named to least (percent)



674
respondents

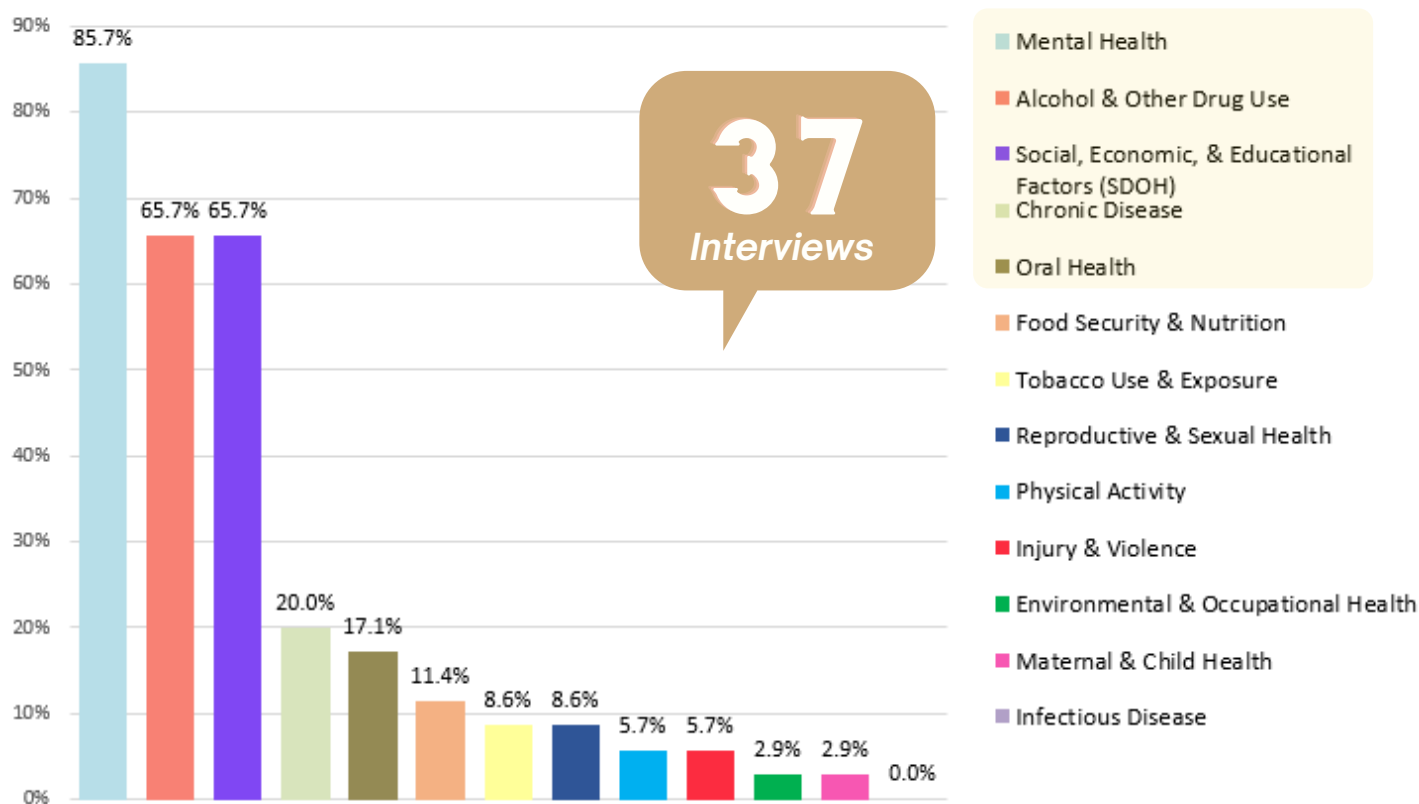
PUBLIC HEALTH INPUT SURVEY

Health Concerns Most Commonly Ranked



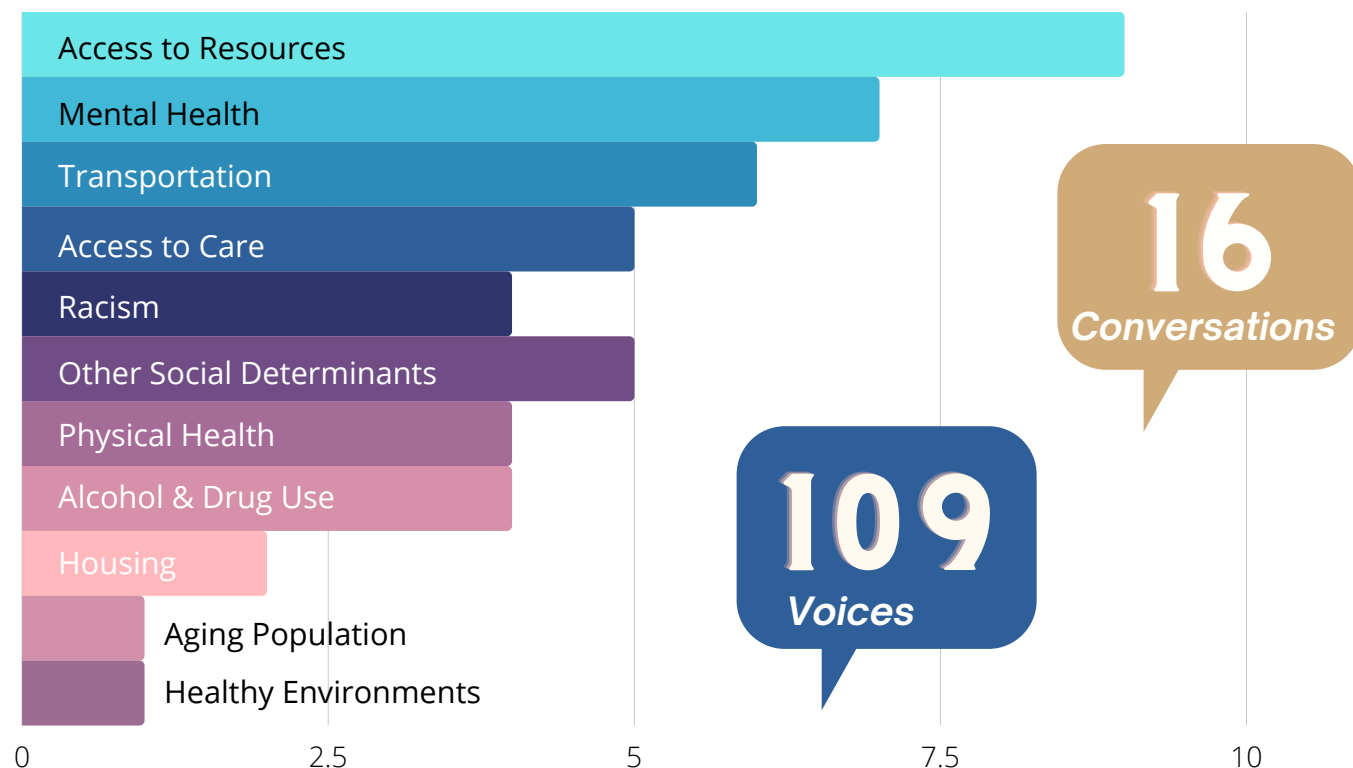
KEY INFORMANT INTERVIEWS

Health Concerns Most Commonly Ranked



COMMUNITY CONVERSATIONS

Health Concerns Ranked by Most Commonly Mentioned



QUESTIONS WE ASKED:

1. What makes a community healthy?
2. What prevents your community from being healthier?
3. What strengths does your community have?
4. What are the top three health challenges for people in your community and why?
5. What do you like most about living in your community?



WHY PEOPLE LOVE LIVING IN FOND DU LAC COUNTY:

1. Friendly people and a welcoming community environment
2. Parks, trails, and outdoor spaces to be active and have fun
3. Abundance of resources and nonprofit organizations that collaborate for the good of the county
4. Small-town feel and safe communities
5. Great school districts and colleges within the county

COMMUNITY CONVERSATIONS

Commonly Mentioned Concerns by Conversation Group:

Rosendale-Brandon Community

- Limited dental access for Badgercare, medical assistance recipients
- Public transportation access
- Healthcare & inclusivity for elderly, people with disabilities
- Few employment opportunities

NAMI Community

- Limited mental healthcare & drug use treatment opportunities
 - Few counselors, long wait times
- Accessibility for people with disabilities
- Availability of resources
- Homelessness

Pride Alliance

- Inclusivity, welcoming and community connectedness
- Transportation and access to services
- Stigma, cultural competency
- Performing arts

Ripon Community

- Limited internet access, transportation, childcare options
- Stigma around accessing resources
- Low diversity
- Resources for people of color, homebound, hearing & vision impaired
- Resources for elderly population

Latinx Community

- Lack of inclusivity
- Few translators, no Hispanic information center
- Racism
- Opportunities for undocumented citizens

African American Community

- Lack of communication & understanding between cultures
- Difficulty obtaining & understanding insurance, cost
- Transportation in county
- Physical activity

Gratitude Club

- Limited public transportation, mental healthcare
- Racial discrimination
- Limited job growth & high paying jobs
- Emergency & crisis response training

Boys & Girls Club

- Limited healthy/affordable food options
- Limited resources for people with disabilities
- Access to & navigation of mental health treatment
- Racism

Waupun Community

- Addiction and Substance Use
- Mental health
- Transportation / Social Determinants of Health

Housing-Insecure Community

- Limited access to childcare & transportation
- Low paying jobs, resource costs
- Navigating resources
- Access to care for uninsured
- Limited affordable housing

Fond du Lac Community

- Limited public transportation
- Food desert in Fond du Lac
- Affordability of necessities (healthy food, healthcare, physical activity)
- Elderly support

Campbellsport Community

- Lack of entertainment options for youth
- Limited affordable housing
- Alcohol use
- Small businesses & restaurants closing

Brothertown Nation

- Healthcare costs
- Information and education on health concerns & resources
- Financial resources and guidance for end of life care

HEALTH AREA 1: HEALTH OUTCOMES

KEY



These icons indicate the rate for Fond du Lac County is worse when compared to Wisconsin (unfavorable trend of a health measure).



This icon indicates the rate for Fond du Lac County is about the same when compared to Wisconsin.



These icons indicate the rate for Fond du Lac County is better when compared to Wisconsin (favorable trend of a health measure).



These icons represent the data shown are for state of Wisconsin and U.S. respectively.



LENGTH OF LIFE (MORTALITY)

Within Fond du Lac County, the average life expectancy was noted to be 80.1 years of age. Along with this rate, there are 6,000 years of Potential Life Lost (YPLL) (before age 75) per 100,000 people. This number gives insight to the number of deaths that could have been prevented. Fond du Lac County's death rate is 986.9 per 100,000 people. Finally, the infant mortality rate (death before infant reaches 365 days) is 5.6 per 1,000 live births. Leading causes of death and information about specific causes of death, infant mortality, and injury and violence in the community are provided on the following pages.

80.1**Average Life Expectancy****6,000****Years of Potential Life Lost**
(before age 75) per 100,000 population**986.9****Death Rate**
per 100,000 population**5.6****Infant Mortality Rate (<365 days)**
per 1,000 live births

LENGTH OF LIFE (MORTALITY) CONTINUED

LEADING CAUSES OF DEATH

The following chart (from Wisconsin Interactive Statistics on Health) shows the leading causes of death per 100,000 population, age adjusted, as of 2019. Fond du Lac County rates are compared in line with the state of Wisconsin rates. Fond du Lac County and Wisconsin share many similarities when it comes to the leading causes of death which includes heart disease and cancer .

Fond du Lac County	Rate	Wisconsin	Rate
1. Diseases of Heart	171.0	Diseases of Heart	158.2
2. Malignant Neoplasms (Cancer)	141.9	Malignant Neoplasms (Cancer)	149.0
3. Other Causes*	118.1	Other Causes*	124.5
4. Accidents (unintentional injuries)	63.4	Accidents (unintentional injuries)	60.4
5. Cerebrovascular diseases	30.4	Chronic lower respiratory diseases	36.6
6. Chronic lower respiratory diseases	28.8	Cerebrovascular diseases	32.2
7. Alzheimer's disease	25.8	Alzheimer's disease	30.4
8. Intentional self-harm (suicide)	20.8	Diabetes mellitus	20.2
9. Nephritis, nephrotic syndrome and <u>nephrosis</u> (kidney failure)	15.2	Intentional self-harm (suicide)	13.9
10. Diabetes mellitus	9.7	Nephritis, nephrotic syndrome and <u>nephrosis</u> (kidney failure)	12.5

*Other causes includes vaguely defined “other,” “not elsewhere classified,” and “unspecified” causes of death.

LENGTH OF LIFE (MORTALITY) CONTINUED

TOP CAUSES OF FATAL INJURIES

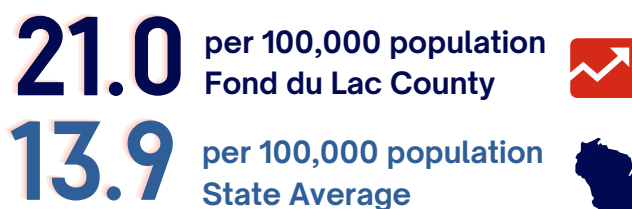
The following graphics provide more information about specific types of mortality within Fond du Lac County: top causes of fatal injuries, deaths by drug overdoses, and deaths by suicide. The deaths by suicide graphic notes that in 2019, there were 21.0 deaths per 100,000 population in Fond du Lac County. Compared to 13.9 per 100,000 population in the state of Wisconsin, Fond du Lac County is trending higher than the state average.

Top Causes of Fatal Injuries (2019)

1. Falls (Count: 56)
2. Poisoning (18)
3. Suffocation (11)
4. Firearm (10)
5. Motor Vehicle (10)

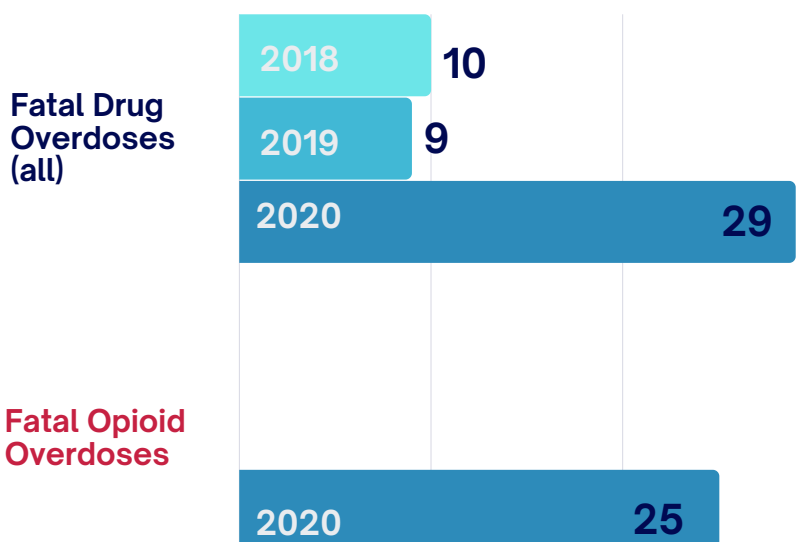
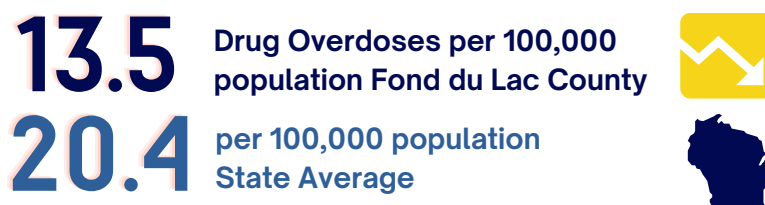


Deaths by suicide, age-adjusted (2019)



Although any death by a drug overdose is alarming, Fond du Lac County is trending lower than the state as a whole. During the years of 2018-2020, Fond du Lac County had 13.5 drug overdoses per 100,000 population compared to 20.4 per 100,000 population for Wisconsin. It is important to note that in 2020, 25 of the 29 fatal drug overdoses were due to opioids.

Deaths by Drug Overdoses (2018-2020)



LENGTH OF LIFE (MORTALITY) CONTINUED

INFANT MORTALITY

Infant mortality rates of Fond du Lac County, Wisconsin, and comparable counties are shown in the chart below. Infant mortality is the rate of infant deaths (before they reach 365 days) per 1,000 live births.

Additionally, the rate of Neonatal Abstinence Syndrome (NAS) in Fond du Lac County is 9.6 per 1,000 delivery and newborn hospitalizations (2014, DHS). Fond du Lac County has the 10th highest rate of NAS in Wisconsin.

Infant Mortality Rate (<365 days) per 1,000 Live Births (2017 - 2020)

County of Residence	Mother's Race/Ethnicity			
	All Races	White (Non-Hispanic)	Black/African American (Non-Hispanic)	Hispanic
Fond du Lac	5.6	5.3	17.4	2.6
Milwaukee	9.1	4.3	14.5	7.1
Sheboygan	4.6	4.0	-	9.5
Winnebago	6.0	5.2	14.6	11.6
Wisconsin	5.9	4.6	13.8	6.9

9.6

rate of **Neonatal Abstinence Syndrome (NAS)** in Fond du Lac County, per 1,000 delivery and newborn hospitalizations

*Please interpret infant mortality rates with caution as rates fluctuate among small population sizes due to overall less births among certain demographic groups.

WHAT THE COMMUNITY SAYS ABOUT MATERNAL & CHILD HEALTH:

WHAT WORKS

- Health Department's Maternal & Child Health Program
- ADVOCAP
- Head Start
- Birth to Three Program

NEEDS IMPROVEMENT

- More agency and community partnerships
- Autism services for older adults
- Increase large support groups and transportation to groups

LENGTH OF LIFE (MORTALITY) CONTINUED

INJURY AND VIOLENCE

The following rates show a variety of experiences from Fond du Lac County residents. Numbers to note are violence/crime reports and youth experiencing threats electronically. Violence and crime reports from adults in Fond du Lac County were at 25% - a large increase from the reported 3% in 2017. In Fond du Lac County, 19% of youth experienced threats electronically. This number is higher than both the state (17%) and the nation (15%).



25%

of county adults reported violence or crime



Up from
3%
in 2017



8%

of adults experienced physical, emotional, verbal abuse, or were forced to perform sexual acts in the past year



21%

of county adults who reported at least 1 personal safety situation in the past year reported they used health care or community resources



19%

of youth were threatened electronically



Fond du Lac County

17%



15%



WHAT THE COMMUNITY SAYS ABOUT INJURY & VIOLENCE:

WHAT WORKS

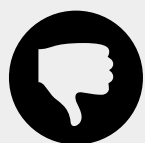
- ADRC Fall Prevention

BARRIERS & CHALLENGES

- Domestic violence protection and senior safety resources
- Substance abuse issues connected to violence
- Increasing domestic violence
- Awareness of resources

QUALITY OF LIFE (MORBIDITY)

Morbidity, often times known as quality of life encompasses many different factors. The factors that were examined in the (self-reported) findings of the Fond du Lac Community Health Survey were "poor or fair health", "poor mental health days" (out of the last 30 days), and whether or not a respondent under age 65 had a disability. These findings are shown through percentages below. Fond du Lac trended lower than the state in each of the factors.



13%

of adults reported
poor or fair health



Fond du Lac
County

17%

of adults reported
poor or fair health



WI



3.6

poor mental health days
out of the last 30 days



Fond du Lac
County

4.0

poor mental health days
out of the last 30 days



WI



7.3%

of population with a
disability, under age 65
(2015-2019)



Fond du Lac
County

8.0%

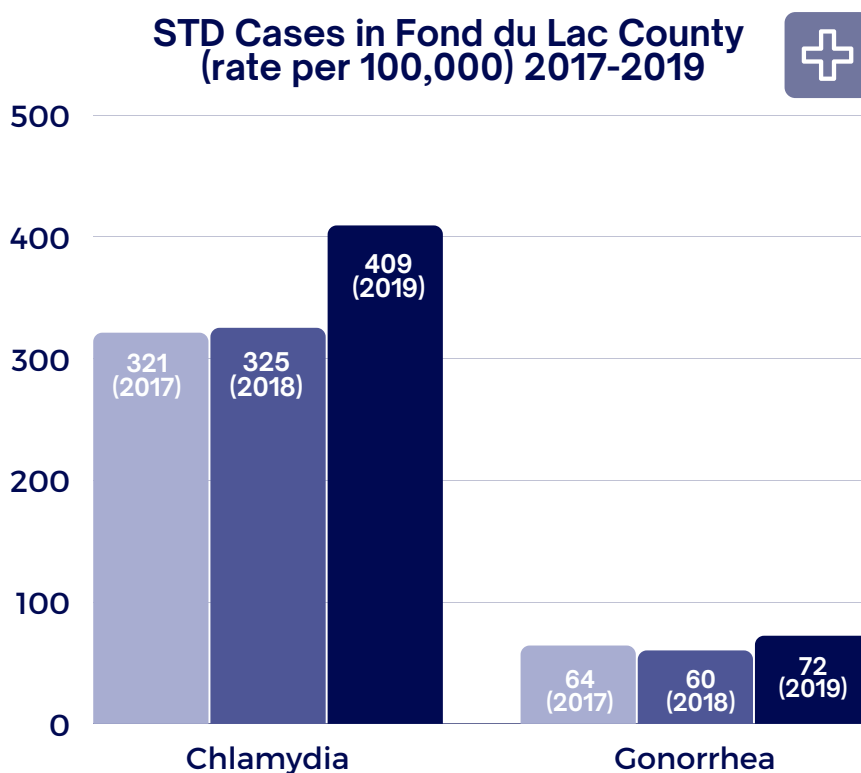


WI

QUALITY OF LIFE (MORBIDITY) CONTINUED

REPRODUCTIVE & SEXUAL HEALTH

Reproductive and sexual health as a health outcome includes low birth weights, teen birth rates and sexually transmitted disease (STD) rates. It also includes education and health care needed to maintain sexual health, prevent unintended pregnancy and STDs, etc. Sexually transmitted diseases, specifically chlamydia incidence rates, are associated with unsafe sexual activity. Overall, STDs are associated with a significantly increased risk of morbidity and mortality.



WHAT THE COMMUNITY SAYS ABOUT REPRODUCTIVE AND SEXUAL HEALTH

BARRIERS & CHALLENGES

- No Planned Parenthood, lack of family planning, reproductive health services, contraceptives
- Transportation
- Decrease Title X funding
- Low visibility
- Lack of education and awareness in schools
- Unaware of STD rates in community

WHAT WORKS

- Health Department Sexual Health Clinic
 - helps individuals with low income and no insurance
 - provides testing and education

QUALITY OF LIFE (MORBIDITY) CONTINUED

LOW BIRTH WEIGHT & TEEN BIRTH RATE

Low birthweight can cause serious health problems for some babies. In Fond du Lac County, 8.5% of births have a low birth rate. This trends higher than both the state of Wisconsin (7.6%) and the United States (8.3%). Black mothers have the highest percentage of low birth weights.

The teen birth rate in Fond du Lac County trends higher than the state as a whole (12.6%), but not higher than the nation. Teen pregnancy is a marker for current and future risky sexual behavior and adverse outcomes. Teen mothers are much less likely to achieve an educational level at or beyond high school, much more likely to be overweight/obese as adults, and more likely to experience depression and psychological distress.



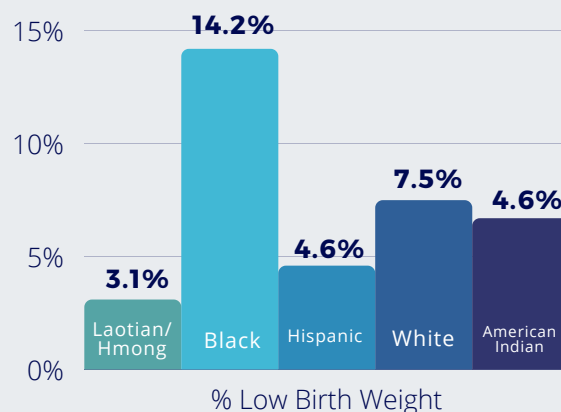
LOW BIRTH WEIGHT

Percent of births with low birth weight (<2,500 grams)

8.5% Fond du Lac County

7.6% WI

8.3% US



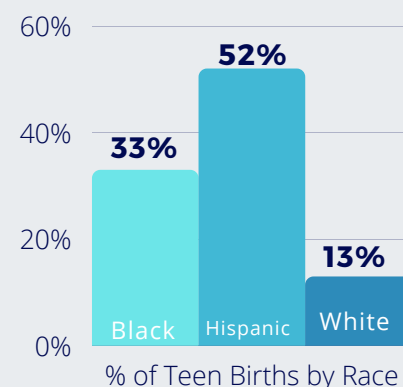
TEEN BIRTH RATE

Number of births per 1,000 female population age 15-19

14.7 Fond du Lac County

12.6 WI

16.7 US



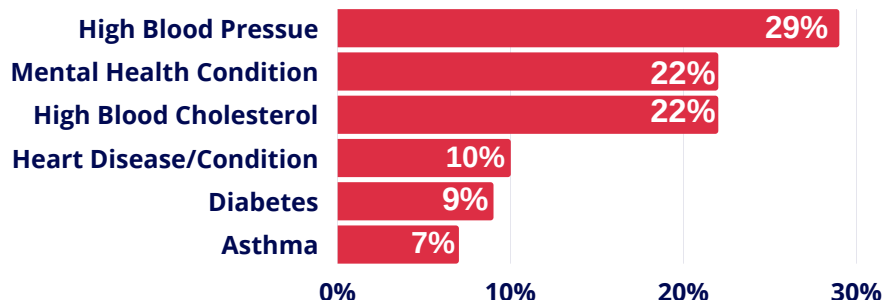
QUALITY OF LIFE (MORBIDITY) CONTINUED

CHRONIC DISEASE

Chronic diseases are illnesses that last a long time, do not go away on their own, are rarely cured, and often result in disability later in life. Multiple health conditions are classified as chronic diseases as shown in the chart below. Additionally, obesity is a complex health issue resulting from a combination of causes and individual factors such as behavior and genetics. Obesity is also associated with poorer mental health outcomes and reduces quality of life.

HEALTH CONDITIONS

Adults reported having these health conditions in the past 3 years:



Obesity

41% Fond du Lac County

34% WI

32%

Overweight

75% Fond du Lac County

70% WI

67%



3 in 4 adults classified as at least **overweight****



Nearly 1 in 3 students were classified as at least **overweight****

**Body Mass Index greater than or equal to 25.0. BMI is calculated by using kilograms/meter².

WHAT THE COMMUNITY SAYS ABOUT CHRONIC DISEASE

BARRIERS & CHALLENGES

- Uninsured individuals lack access to treatment (cost)
- Sedentary lifestyles and social norms
- Early identification of disease (screening)
- Perceived cost of healthy food and gym memberships

WHAT WORKS

- Workplace wellness initiatives
- Incentives for good health
- School and community programs (nutrition programs)
- Outdoor environments that support health (trails, parks, bike paths)
- Farmers markets
- Community gardens

HEALTH AREA 2: SOCIAL & ECONOMIC STABILITY



SOCIAL DETERMINANTS OF HEALTH (SDOH)

According to Healthy People 2030, social determinants are “the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.” This includes availability of community-based resources to meet daily needs (e.g. access to health healthy foods and safe housing), transportation options, social support, socioeconomic conditions, education, discrimination and bullying, neighborhood location, and more. 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.

Healthy People 2030 groups the social determinants of health into 5 domains:

- HEALTHCARE ACCESS AND QUALITY
- EDUCATION ACCESS AND QUALITY
- SOCIAL AND COMMUNITY CONTEXT
- ECONOMIC STABILITY
- NEIGHBORHOOD AND BUILT ENVIRONMENT



The social determinants of health are present in each and every community, including Fond du Lac. The charts below and on subsequent pages show values for Fond du Lac County in comparison to the entire state of Wisconsin. Income and unemployment are areas where Fond du Lac County trends slightly better than Wisconsin, but high school and post-secondary education rates trend the same and slightly worse, respectively.

Education



% of adults age 25+ with a High School Diploma

92%

Fond du Lac County



92%



WI



% of adults age 25-44 with some post-secondary education

65%

Fond du Lac County



70%



WI

Income



Median Household Income

\$65,900

Fond du Lac County



\$105,400 American Indian

\$63,200 White

\$53,500 Hispanic

\$49,200 Black

\$64,200



WI

Unemployment



% of population, age 16+, unemployed but seeking work

2.9%

Fond du Lac County



3.0%

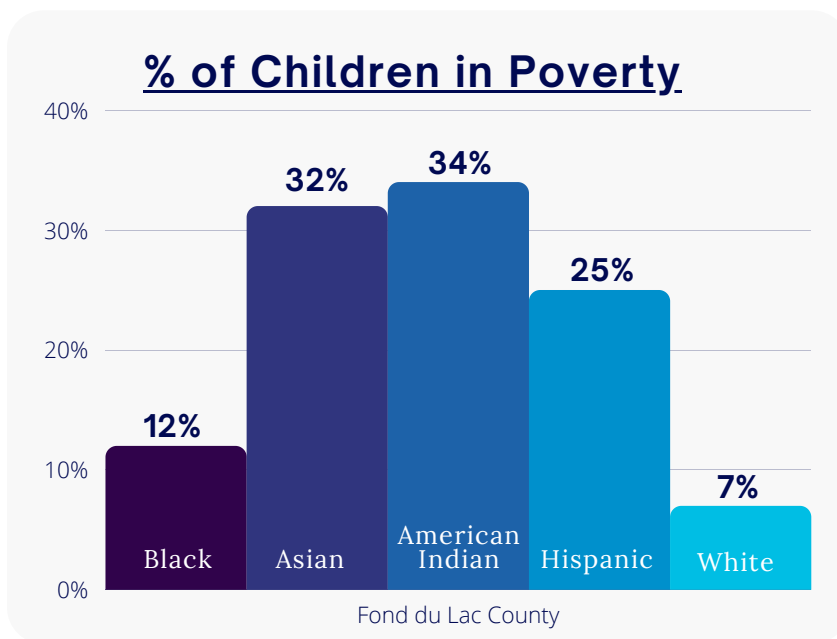


WI

SOCIAL DETERMINANTS OF HEALTH (SDOH) CONTINUED

POVERTY

Continuing the examination of social determinants of health in Fond du Lac County, the charts below outline poverty, children in poverty, percent of children eligible for free or reduced lunch (top 3 highest school districts displayed), and the percent of children in poverty broken down by race. For Fond du Lac County, the overall poverty and children in poverty percentages are trending less than that of Wisconsin. The percent of children who are eligible for free and reduced lunch matches the percentage for the state.



Poverty



% of Fond du Lac County population living below the Federal Poverty Line

7.3% Fond du Lac County

10.4% WI

Children in Poverty



% of people under age 18 in poverty

10.0% Fond du Lac County

14.0% WI

Free & Reduced Lunch



% of children eligible for free or reduced lunch (2019)

39.0% Fond du Lac County

51.2% NFDL School District

49.7% FDL School District

40.0% Waupun Area School District

39.0% WI

SOCIAL DETERMINANTS OF HEALTH (SDOH) CONTINUED

HOUSING AND NEIGHBORHOODS

Housing is another SDOH, and includes a category called ALICE. ALICE is an acronym for Asset Limited, Income Constrained, Employed — households that earn more than the Federal Poverty Level, but less than the basic cost of living for the county (the ALICE Threshold). Fond du Lac County trends better than the state when it comes to housing problems, but trends worse when it comes to housing cost burden. The Neighborhood Atlas maps geographic areas according to the Area Deprivation Index (ADI). ADI illustrates areas that are more or less disadvantaged based on a variety of domains like income, education, employment, and housing quality. In the maps, blue is the least disadvantaged and red is the most disadvantaged.

Housing Problems



% of Fond du Lac County households with at least 1 of 4 housing problems (overcrowding, high housing costs, lack of kitchen facilities, or lack of plumbing facilities).

12% Fond du Lac County



14% WI



9%



Top performer

Housing Cost Burden



% of household that spend 50% or more of their household income on housing (2015-2019)

9% Fond du Lac County



7% WI



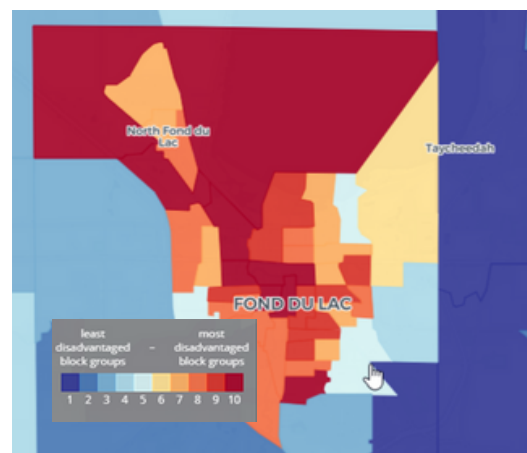
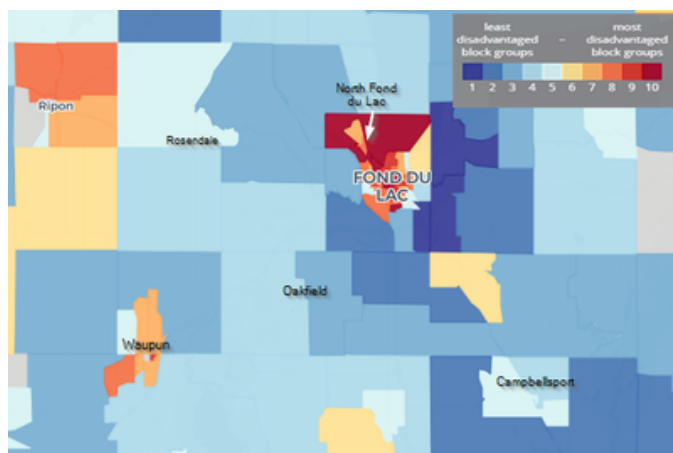
7%



Top performer

ASSET LIMITED, INCOME CONSTRAINED, EMPLOYED (ALICE)

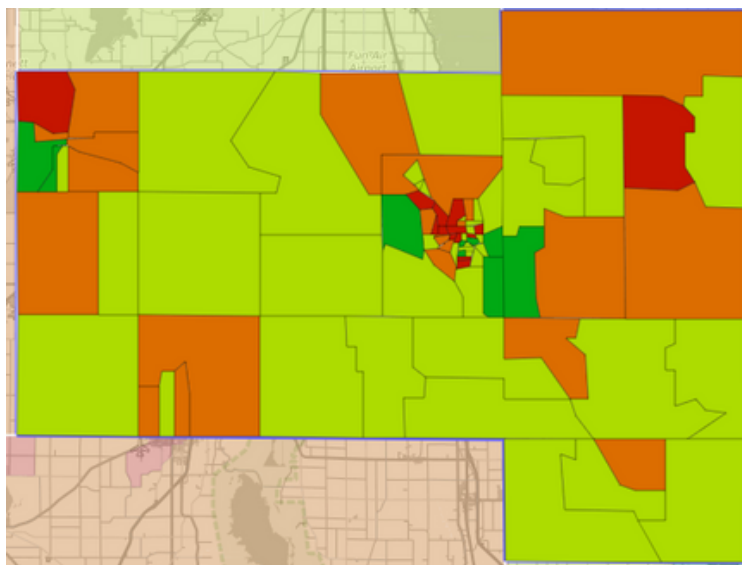
- 24% of county households are considered an ALICE household (WI-23%)
- 12% of county households live in poverty (WI-11%)
- 20% of single and cohabiting households are ALICE in county
- 11% of single and cohabiting households are poverty households in county
- Highest rate of ALICE (36%) and poverty (13%) households are among adults 65 years and older



SOCIAL DETERMINANTS OF HEALTH (SDOH) CONTINUED

HEALTH LITERACY

The health literacy map estimates the percentage of people who are likely to have below basic or basic skills, according to the National Assessment of Adult Literacy (NAAL) criteria. For Fond du Lac County, health literacy estimates range from 177 (red) to 280 (green), with higher numbers indicating higher health literacy. Individuals living in communities with low literacy estimates may be more likely to have problems reading and understanding basic health information, like a pamphlet about a medical condition.



Map Information

Health Literacy Levels	Display Options
<div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: green; margin-right: 5px;"></div> Quartile 4 (highest) </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: yellow; margin-right: 5px;"></div> Quartile 3 </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: orange; margin-right: 5px;"></div> Quartile 2 </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; background-color: red; margin-right: 5px;"></div> Quartile 1 (lowest) </div>	<div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; border: 1px solid black; margin-right: 5px;"></div> Base Map </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; border: 1px solid black; margin-right: 5px;"></div> NAAL Categories </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; border: 1px solid black; margin-right: 5px;"></div> National Quartile </div> <div style="display: flex; align-items: center;"> <div style="width: 15px; height: 15px; border: 1px solid black; margin-right: 5px;"></div> State Quartile </div>

Source: Health Literacy Data Map,
University of North Carolina at Chapel Hill

SOCIAL AND COMMUNITY CONTEXT

Social engagement and sense of security and well-being are also affected by where people live and impact health. Minimal contact with others and limited involvement in community life are associated with increased morbidity and early mortality.

Social Associations



Number of membership associations
per 10,000 population

11.7

Fond du Lac County



11.5



WI

18.2



Top performer

Disconnected Youth (2015-2019)



% of teens and young adults ages 16-19
who are neither working nor in school

4%

Fond du Lac County



5%



WI



Children in Single Parent Households (2015-2019)

22%

Fond du Lac County



23%



WI

Broadband Access (2015-2019)



% of households with broadband
internet connection

82%

Fond du Lac County



83%



WI

86%



Top performer

SOCIAL DETERMINANTS OF HEALTH (SDOH) CONTINUED

211 WI COUNTS & REQUEST THEMES FOR FOND DU LAC COUNTY (JAN- DEC 2020)

United Way of Wisconsin manages 211 - a platform that can help connect individuals to resources, services, nonprofits, government, or personal assistance. Below are the top requests from the residents of Fond du Lac County.



Housing and Shelter

help paying for or finding a low cost, emergency or other place to live

**614
(16%)**

Top request areas:

- Shelters – 105 (17.1%)
- Low-cost housing – 66 (10.7%)
- Rent assistance – 360 (58.6%)



Employment & Income

help with unemployment, jobs and job training, insurance, finances, and money management

**134
(3.5%)**

Top request areas:

- Unemployment benefits – 39 (29.1%)
- Tax preparation – 28 (20.9%)
- Financial assistance – 36 (26.9%)



Food

help buying food, finding places to pick up food or to eat free or low cost meals

**163
(4.2%)**

Top request areas:

- Help buying food – 39 (23.9%)
- Food pantries – 109 (66.9%)



Utilities

requests to help with paying for power, heating, water, phone, internet, and other utilities

**171
(4.5%)**

Top request areas:

- Electric – 123 (71.9%)
- Water – 20 (11.7%)
- Phone/internet – 14 (8.2%)

WHAT THE COMMUNITY SAYS ABOUT SOCIAL DETERMINANTS OF HEALTH (SDOH):

BARRIERS & CHALLENGES

- Need resources, infrastructure, affordable and accessible housing/shelters for people
- Racial disparities, lack of inclusivity & cultural competence
- Increased health disparities among people of color, LGBTQ+, lower SES groups
- Underrepresentation of Latino communities
- Childcare access
- Economic stability - income, employment, insurance, poverty, financial literacy

WHAT WORKS

- Collaboration among existing resources & organizations
- Working toward equity & inclusion
- Local food pantries and food resources
- Shelters and literacy support services

HEALTH AREA 3: HEALTH BEHAVIORS



HEALTH BEHAVIORS

Health behaviors are actions individuals take that affect their health. These actions can benefit an individual's health (staying physically active, eating healthy) or can be detrimental to an individual's health (drug and alcohol abuse, risky behaviors). Health behaviors impact about 25% of health outcomes.

NUTRITION & HEALTHY EATING

A healthy diet is essential for good health and nutrition - it can protect individuals against many chronic diseases (such as heart disease, diabetes, and cancer). Nutrition habits also can be impacted by the availability of healthy, affordable foods.



About **1 in 2 (52%)** of **adults** reported eating the recommended 2+ servings of fruit per day



About **1 in 3 (35%)** of **students** reported eating the recommended 2+ servings of fruit per day



About **1 in 4 (23%)** of **adults** reported eating the recommended 2+ servings of vegetables per day



About **1 in 5 (17%)** of **students** reported eating the recommended 2+ servings of vegetables per day

Food Environment Index

Index of factors that contribute to a healthy food environment, from 0 (worst) to 10 (best).

8.7

Fond du Lac
County



9.0

WI



8.7



Top Performer



About **4,920 (6%)** **households** reported that they **went hungry because they couldn't afford enough food** in the past year

% of population who are low income and do not live close to a grocery store

7%

Fond du Lac
County



5%

WI



WHAT THE COMMUNITY SAYS ABOUT NUTRITION & HEALTHY EATING

BARRIERS & CHALLENGES

- Lack of knowledge on nutrition and how to cook healthy meals
- Access to health foods (grocery store on outskirts in city of FDL and location of bus stops)
- Affordability of healthy foods
- Food pantry hours and options in rural areas

WHAT WORKS

- Farmers Markets
- Women, Infants, & Children (WIC) Program
- Foodshare/EBT
- Community Gardens
- Food Pantries
- Senior Meal Dining
- Meals on Wheels program

HEALTH BEHAVIORS CONTINUED

PHYSICAL ACTIVITY

Physical activity means any bodily activity that enhances or maintains physical fitness and overall health. Physical activity is linked with positive health outcomes and can help reduce/manage chronic health conditions, as well as helping to achieve and maintain a healthy weight and reduce risk for certain health conditions.



About **half of adults** in Fond du Lac County reported meeting aerobic physical activity guidelines*

*Adult Guidelines: 30 minutes of moderate physical activity at least 5 days/week or vigorous activity for 20 minutes 3 days a week

% **students** reporting to be physically active for at least 60 minutes/day for last 7 days

23% Fond du Lac County



22% WI



30.6%



Goal

WHAT THE COMMUNITY SAYS ABOUT PHYSICAL ACTIVITY

BARRIERS & CHALLENGES

- Sedentary lifestyles as norm
- Funding and space for outdoor activities
- Long winters
- Cost of gym memberships
- Physical activity opportunities for middle and high school age groups that aren't in sports

WHAT WORKS

- Physical activity opportunities at workplaces (e.g. walking paths)
- Business and non-profits sponsoring/ partnering for events (runs, walks, softball tournaments)
- Recreational programs, summer camps, youth programs, YMCA
- Fond du Lac Loop, state trails, and county parks
- Senior center activities and exercise classes

HEALTH BEHAVIORS CONTINUED

ALCOHOL AND OTHER DRUG USE

Alcohol and other drug use means any use of a substance that results in negative consequences. These substances include (but are not limited to) alcohol, prescription substances, and illegal mood-altering substances. Negative consequences include underage alcohol consumption, binge drinking*, operating a motor vehicle while intoxicated, alcohol dependence, and more.




ADULT ALCOHOL USE

% of adults reporting to drink alcohol (past month)

74% Fond du Lac County



65%  WI



YOUTH ALCOHOL USE

% of students reporting to drink alcohol (past month)

22% Fond du Lac County



30%  WI

ADULT BINGE ALCOHOL USE

% of adults reporting to binge alcohol (past month)

37% Fond du Lac County



21%  WI

YOUTH BINGE ALCOHOL USE

% of students reporting to binge alcohol (past month)

9% Fond du Lac County



13%  WI

*Binge drinking is defined as 4+ drinks per occasion for women and 5+ drinks per occasion for men.

YOUTH MARIJUANA USE

% of students reporting to use marijuana (past month)

10% Fond du Lac County



20%  WI

"Alcohol and drug use are so prevalent here....it is an issue that is being passed down from generation to generation and is becoming the norm which makes it difficult to break the cycle."

-Key Informant

WHAT THE COMMUNITY SAYS ABOUT ALCOHOL AND DRUG USE

BARRIERS & CHALLENGES

- Existing stigma
- Local drinking culture, norms, exposure (alcohol-centric events)
- Treatment options
- Drug availability/access
- Affordable, stable housing
- Increasing underage drinking
- Correlation with untreated mental health issues
- Paused/cancelled support groups/apts.

WHAT WORKS

- Recovery Community
- DFC Coalition
- School Resource Officers
- YScreen and school program
- Jail RAP Program
- Drug Court
- Awareness of resources and local concerns

HEALTH BEHAVIORS CONTINUED

TOBACCO USE AND EXPOSURE

Smoking leads to disease and disability and harms nearly every organ of the body; causing cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD).

E-cigarette usage has continued to increase since 2017. Most e-cigarettes contain nicotine, which is highly addictive. JUUL (one of the most popular e-cigarette devices) has high levels of nicotine. According to the manufacturer, a single JUUL pod contains as much nicotine as a pack of 20 regular cigarettes.



SMOKING

% reporting to currently smoke (past month)

ADULTS

12% Fond du Lac County



down from
20%
in 2017

STUDENTS

3% Fond du Lac County



down from
6%
in 2017



ELECTRONIC VAPING % reporting to currently vape (past month)

ADULTS

5% Fond du Lac County



up from
4%
in 2017

STUDENTS

14% Fond du Lac County



up from
11%
in 2017

WHAT THE COMMUNITY SAYS ABOUT TOBACCO USE AND EXPOSURE

BARRIERS & CHALLENGES

- Social acceptance of vaping
- Viewed as safe alternative to smoking
- Long term health impacts unknown
- Easy access
- Popular among younger adults
- Tobacco industry and advertising

WHAT WORKS

- Education and School Programs
- Tobacco Free Living Coalition
- Public policies

HEALTH BEHAVIORS CONTINUED

MENTAL HEALTH

The World Health Organization describes mental health as "a state of well-being in which the individuals realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community". Many factors in life can affect mental health, including traumatic events, substance abuse, injuries, and more.

MENTAL HEALTH CONDITIONS

% of adults reporting a mental health condition (last 3 years)

About **1 IN 5**



22%



Fond du Lac County

LOW MOOD - STUDENTS

% reporting they felt so sad or hopeless almost every day for 2+ weeks in a row that they stopped doing some usual activities (past year)

30%

Fond du Lac County

29%



SELF-HARM

% reporting they did something to purposely hurt themselves without wanting to die such as cutting or burning themselves (past year)

ADULTS

2%

Fond du Lac County

STUDENTS

17%

Fond du Lac County

DEPRESSION

% reporting they always or nearly always felt sad, blue, or depressed in the last month

ADULTS

7%

Fond du Lac County

STUDENTS

22%

Fond du Lac County

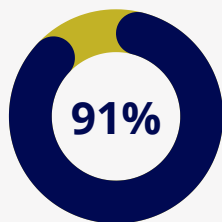
SUICIDAL IDEATION



Nearly **1 in 15 adults (7%)** reported to consider **suicide**



Nearly **2 in 15 (14%) students** reported to consider **suicide**



of respondents consider **seeing a therapist and taking medication** to treat mental health conditions as a strength

MANAGING CONDITION

% of adults reporting to have their mental health condition under control

79%

Fond du Lac County



down from
96%
in 2017

Mental Health Resources in Fond du Lac County:

- National Alliance on Mental Health (NAMI FDL)
- Comprehensive Service Investigation (CSI FDL County)
- Department of Community Programs (DCP)
- Local Service Providers such as St. Agnes Hospital/SSM Health, Aurora Healthcare, SHARDS Inc.

HEALTH BEHAVIORS CONTINUED

MENTAL HEALTH-RELATED 211 REQUESTS

211 WI Counts & Request Themes for Fond du Lac County (Jan - Dec 2020)

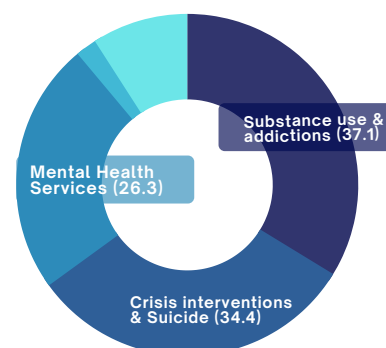
Mental Health & Addictions

Direct help or help connecting to crisis intervention & suicide hotlines; substance use & addiction resources; counseling, mental health facilities & services

186
(4.8%)

Top request areas:

- Substance abuse & addictions – 69 (37.1%)
- Crisis intervention & suicide – 64 (34.4%)
- Mental Health Services – 49 (26.3%)
- Mental Health Facilities – 4 (2.2%)



ESTIMATES OF INDIVIDUALS WITH MENTAL HEALTH NEEDS

14,784

Estimated number of county adults with any mental illness

18.5%

3,891

Estimated number of county adults with a **serious** mental illness

4.9%

3,515

Estimated number of county children with any mental illness

21%

1,841

Estimated number of county children with severe emotional disturbance

11%

MENTAL HEALTH TREATMENT GAP

FOND DU LAC COUNTY ADULTS

Estimated percent of unserved county adults with a mental illness

57%

WI ADULTS

Estimated percent of unserved adults with any mental illness

47%

FOND DU LAC COUNTY YOUTH

Estimated percent of unserved children with a mental illness

44%

WI YOUTH

Estimated percent of unserved Wisconsin children with a mental illness

37%

HEALTH BEHAVIORS CONTINUED

WHAT THE COMMUNITY SAYS ABOUT MENTAL HEALTH

Mental health continues to be recognized as one of the highest priority health issues in the community. As noted below, there are many barriers and challenges for community members seeking mental health service and support. Conversely, there are programs and resources that are working, for example the Destination Zero Suicide initiative and Pathways to Care tool. Continuing these programs and initiatives along with developing new programming to diminish the current barriers and challenges is a way to assist those struggling with their mental health.

BARRIERS & CHALLENGES

- **Social stigma** as a major barrier to obtaining mental health treatment.
- Many community members may feel uncomfortable asking for help or talking about the topic
- Long wait times to see providers
- High costs for services
- Low provider availability
- Lack of services for people who are uninsured or receive medical assistance (ie: Medicare, Medicaid)
- Unaware of resources
- Culturally sensitive and diverse providers
- Transportation (outside of town, rural disconnect)

WHAT WORKS

- Screenings to earlier identify diagnosis or suicide risk
- Pathways to Care - Mental Health Navigation Tool
- Destination Zero Suicide Prevention Initiative (promotes collaboration across sectors including clinical providers, employers, veterans, education, service agencies)
- Education on mental health and continuing conversations to reduce stigma

HEALTH AREA 4: CLINICAL CARE AND ACCESS



CLINICAL CARE AND ACCESS

HEALTHCARE ACCESS

When individuals have safe, affordable, and easy access to healthcare (including mental and oral), they are more likely to have their healthcare needs met.

UNMET HEALTH CARE NEED

% of adults reporting someone in their household did not receive the health care needed in the past year




OVERALL 27% Fond du Lac County
MEDICAL - 12%
DENTAL - 24%
MENTAL HEALTH - 7%

DELAYED/DID NOT SEEK CARE DUE TO COST

% of adults reporting someone in their household delayed or did not seek medical care because of cost

23% Fond du Lac County 
11% WI  **12%** US 




Ratio of population to primary care physicians (2018)

FOND DU LAC COUNTY  **1,980 : 1**
WI  **1,270 : 1**
US  **Top Performer 1,030 : 1**

Ratio of population to mental health providers (2020)

FOND DU LAC COUNTY  **700 : 1**
WI  **470 : 1**
US  **Top Performer 270 : 1**

Ratio of population to dentists (2019)

FOND DU LAC COUNTY  **1,460 : 1**
WI  **1,410 : 1**
US  **Top Performer 1,210 : 1**

WHAT THE COMMUNITY SAYS ABOUT ACCESS TO HEALTHCARE

BARRIERS & CHALLENGES

- Lack of easy access to resources and services
- Persons living in rural communities, with disabilities or language barriers
- Cost, Insurance
- Cultural competencies, stigma, representation in healthcare of diverse population
- Availability of services/providers

WHAT WORKS

- Telehealth appointments
- Community resources/organizations

CLINICAL CARE AND ACCESS CONTINUED

HEALTH INSURANCE

Lack of health insurance coverage is a significant barrier to accessing needed health care and to maintaining financial security.

% of population **under age 65** without health insurance

FOND DU LAC COUNTY



6%

WI



7%

US



6%

Top Performer

% of population **under age 19** without health insurance

FOND DU LAC COUNTY



4%

WI



4%

US



3%

Top Performer

211 WI COUNTS & REQUESTS: FOND DU LAC COUNTY

Healthcare & COVID-19 Requests

Clinics, hospitals, doctors, health services, insurance; help paying medical bills

2,008 (52.3%)

Top request areas:

- COVID-19 Testing - 850 (42.3%)
- All other COVID - 639
- Medical Providers - 68 (3.4%)
- Nursing homes & Adult Care - 44 (2.2%)
- Health Insurance - 34 (1.7%)
- Dental & Eye Care - 23 (1.1%)

ORAL HEALTH

About
1 in 5



24%

of Fond du Lac County adults reported there was a time in the past year when **someone in the household did not receive the dental care needed.**

Compared to **19% in 2017**
13% in 2014



Oral Health ED Visits (non-traumatic)

Rate per 10,000 populations (2019)

37.6 Fond du Lac County



39.5 WI



WHAT THE COMMUNITY SAYS ABOUT ORAL HEALTH

BARRIERS & CHALLENGES

- Access & Affordability
- Lack of providers in Fond du Lac County accepting Medicaid (Badgercare)
- Decrease in providers participating in Save a Smile Program
- Local public transportation assistance
- Lack of education on importance of dental care

WHAT WORKS

- Save a Smile Program
- Increase dental access for children and people with Medicaid
- ADVOCAP
- Aging & Disability Resource Center (ADRC)

HEALTH AREA 5:

PHYSICAL AND BUILT ENVIRONMENT



PHYSICAL & BUILT ENVIRONMENT



The air we breathe, water we drink, communities we live in and food we eat are recognized as determinants of health (American Public Health Association). Environmental and occupational health concerns include illnesses and injuries from indoor and outdoor hazards such as chemicals, contaminated food or water, polluted air, and work hazards.

AIR QUALITY

Average daily density of fine particulate matter in micrograms per cubic meter (2016)

FOND DU LAC COUNTY

WI

US



Top Performer

8.3
7.0
5.2



BARRIERS & CHALLENGES

- Often overlooked & sustainability concern
- Ground and drinking water pollution from factories and chemical runoff
- Additional employer resources
- Need more testing for larger range of contaminants, e.g. PFAS

ASTHMA

Emergency Department visit rate per 10,000 (2019)

FOND DU LAC COUNTY

WI



23.7
32.6



WHAT WORKS

- Health Department's Environmental Health Program (well water testing, inspection services, radon testing)

HEART-RELATED ILLNESS

Age-adjusted rate of hospitalizations for heart attacks among person 35+ per 10,000 (2019)

FOND DU LAC COUNTY

WI



35.2
28.7



WHAT THE COMMUNITY SAYS

How the following groups ranked "Physical and Built Environment"

Key Informant Interviews: #8

Priority Health Issues Survey: #11

Community Conversations:

- Transportation: #3
- Housing: #6
- Healthy environments: #7

LYME DISEASE

Rate of cases per 100,000 (2019)

FOND DU LAC COUNTY

WI



24.2
37.7



PHYSICAL & BUILT ENVIRONMENT CONTINUED

211 WI Counts & Request Themes for Fond du Lac County (Jan - Dec 2020)



Transportation Assistance

Help finding low-cost public transportation & long-distance travel options; help paying for auto repairs; transportation to medical appointments.

**44
(1.1%)**

Top request areas:

- Automobile Assistance – 29 (65.9%)
- Medical Transportation – 8 (18.2%)
- Public Transportation – 4 (9.1%)



BARRIERS & CHALLENGES

Transportation

- Limited bus routes & times
- Limited transportation in rural areas
- Additional public transportation opportunities outside of city limits
- Impacts access to care and basic necessities

LIMITED ACCESS TO HEALTHY FOOD

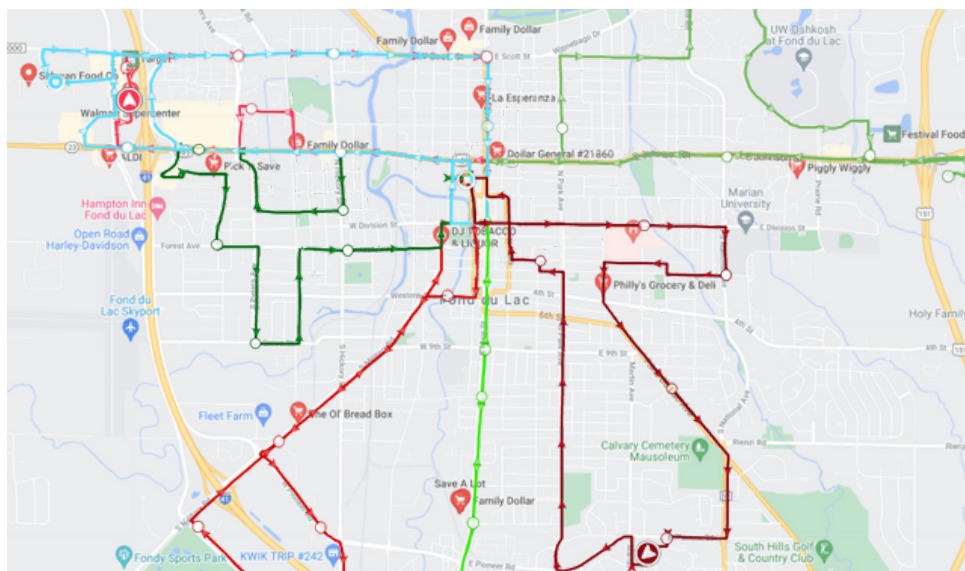
% of population who are low-income and do not live close to a grocery store.

**FOND DU LAC
COUNTY**



Top
Performer

**7%
5%
2%**



This map shows the location of grocery stores in Fond du Lac compared to public bus stops.

FOOD DESERT:

AN URBAN AREA IN WHICH IT IS DIFFICULT TO BUY AFFORDABLE OR GOOD-QUALITY FRESH FOOD.

"MANY PEOPLE WITH LIMITED INCOME LIVE IN FOOD DESERTS—WHERE THEY HAVE PLENTY OF FOOD BUT NONE OF IT HEALTHY"

PART 3:

COMMUNITY HEALTH IMPROVEMENT PLANNING



FROM ASSESSMENT TO COMMUNITY HEALTH IMPROVEMENT PLANNING

NEXT STEPS IN DEVELOPMENT OF 2022-2024 CHIP

1 Mental Health



2 Chronic Disease



3 Substance Use



Now that a set of priority health issues is identified, Healthy Fond du Lac County will engage partners to plan and implement strategies. Agencies and community organizations will meet to discuss which evidence-informed strategies will be selected to include in a 3 year Community Health Improvement Plan (CHIP). The plan should also consider including multi-level approaches to change, emphasizing policy level change and addressing existing health inequities and disparities.

Next steps will include defining how we measure success, who is responsible for carrying this work forward, and sharing the plan and results widely with the community.

Act on What's Important

- Develop a detailed action plan
- Use a workplan to actively track progress
- Maintain momentum

Evaluate actions

- Evaluate and monitor the process and the outcomes/indicators
- Revise the action plan based on evaluation results

STATE HEALTH PRIORITIES

When identifying the local health priorities, steering committee members also took into consideration the current state health priorities and assessment data. Healthy Wisconsin, the state health improvement plan, focuses on five key health priorities: **alcohol, nutrition and physical activity, opioids, suicide, and tobacco**. The plan also recognizes the role adverse childhood experiences can have on health and emphasizes incorporating trauma-informed care models into practices.



POSSIBLE STRATEGIES TO INCLUDE IN THE 2022-2024 CHIP

PRIORITY 1: Mental Health

- Mental Health Crisis Response Trainings
- Expand Local Mental Health Crisis Line
- Increase Mental Health Resources (i.e. mobile mental health crisis unit)
- Trauma-Informed Care
- Coping Skills Training



PRIORITY 2: Chronic Disease

- Increase Access to Places for Physical Activity
 - Built Environment
- Chronic Disease Self Management Classes
- Community Physical Activity Groups



PRIORITY 3: Substance Use

- Drug Drop Boxes
- Alcohol Compliance Checks by Law Enforcement
- Naloxone Education and Distribution
- Screening, Brief Intervention, and Referral to Treatment (SBIRT)



Resources for evidence-based strategies and policies:

- **What Works for Health:** <https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health>
- **Robert Wood Johnson Foundation:** <https://www.rwjf.org/en/library/collections/health-policy-in-brief.html>
- **Healthy People 2030:** <https://www.healthypeople.gov/2020>
- **ASTHO:** <https://www.astho.org/Programs/Evidence-Based-Public-Health/>
- **The Community Guide:** <https://www.thecommunityguide.org/>

LIST OF ASSETS AND RESOURCES TO ADDRESS PRIORITIES

PRIORITY 1: Mental Health

- Youth & adult screening programs in schools and healthcare settings
- School-based programs (e.g. Fondy CARES)
- Fond du Lac YMCA and Boys & Girls Club programs
- National Alliance on Mental Illness (NAMI) Fond du Lac - Friendship corner center and programming
- Comprehensive Service Integration (CSI) of Fond du Lac County
- Pathways to Care Mental Health Navigation Tool
- Fond du Lac Area Mental Health Providers (e.g. SHARDS, Inc, Doll & Associates, Treffert Center, etc.)
- United Way and 2-1-1 resources
- Agnesian Healthcare/SSM Health
- Aurora Health Care
- Rawhide Youth Services (Equine Therapy)
- SHARDS, Inc.
- Delta Center
- Solutions Center
- Berry House
- Department of Community Programs (DCP)
- First responders (e.g. EMS, law enforcement)
- School districts
- Senior centers
- Churches, faith based community
- Lakeland Care

PRIORITY 2: Chronic Disease

- Workplace wellness initiatives
 - Nutrition education
 - Health screenings
 - Incentives for good health
- School and community programs
 - YMCA programs
 - Run/Walk events, sport tournaments, etc.
- Environments to support health
 - Trails and bike paths across county (e.g. Fond du Lac Loop) and at local businesses
 - Public parks
- Resources to increased access to healthy foods
 - Farmers markets
 - community gardens
 - local food pantries
 - Women, Infants and Children (WIC) program
 - Senior dining program and Meals on Wheels
 - Nutrition education programs (UW-Madison Extension)
- Living Well FDL Coalition
- Senior center activities/exercise classes
- Local hospitals and clinics

PRIORITY 3: Substance Use

- Drug Free Communities Fond du Lac County Coalition
- Engagement within schools
 - Programs like Anti-Crime Education (ACE)
 - YScreen, school resource officers
 - Connections to AODA Counselors
- Media coverage on resources and concerns
- Telehealth appointments
 - Convenient and increase accessibility
- Drug Court (diversion program and provides connections to treatment services)
- Release Advance Planning (RAP) program
 - Connects inmates with services
 - Vivitrol program to prevent relapse
- Local treatment providers
- Underage drinking prevention efforts
- E.g. wrist banding at fairs, community events best practices
- Strong recovery community in FDL and local support groups
 - Gratitude Club
 - Family resource center
 - Blandine House
- Tobacco Free Living Coalition
- Youth prevention groups
 - Students Taking Action Against Negative Decisions (STAAND)
 - FACT youth group
- Naloxone (Narcan) Distribution and Education

2018-2021 COMMUNITY HEALTH IMPROVEMENT REVIEW

The 2018-2021 Community Health Improvement Plan included three priority health areas with two additional overarching goals. Below displays the priority health area goals, performance measures and highlights over the past three years.

OVERARCHING GOALS:

New overarching goals in 2018 included Trauma-Informed Care (TIC) and Social Determinants of Health (SDOH). Goals focused on increasing awareness of roles TIC and SDOH have in shaping health outcomes.

PRIORITY 1: NUTRITION & PHYSICAL ACTIVITY

Goal Statement:

Increase the number of Fond du Lac County residents living at a healthy weight for their height through eating healthier and being more active.

Performance measures	2021 Goal	2017 Baseline	2018	2019	2020
Percentage of Fond du Lac County adults engaging in the recommended amount of physical activity	29%	24%	n/a	n/a	21%
Percentage of Fond du Lac County youth meeting the physical activity recommendation of 60 minutes every day	26%	21%	23%	21%	23%
Percentage of FDL School District students (K-12) in the healthy fitness zone	34%	29%	37.5%	46%	n/a
Percentage of Fond du Lac County adults eating the recommended 5 servings of fruits and vegetables daily	37%	32%	n/a	n/a	26%
Percentage of Fond du Lac County youth eating the recommended 5 servings of fruits and vegetables daily	22%	17%	18%	18%	14%

Accomplishments & Highlights

- Breastfeeding friendly efforts (workplaces, child care centers, peer support)
- Produce donation program at Fond du Lac Farmers Market (donates produce to local food pantries), increase in local community gardens (access to fresh produce)
- Promote Active Living – use of trails for walking and biking
- FDL School District PEP grant – revised physical education program (PEP) and increased students physical activity levels and opportunities to be active throughout the day



2018-2021 COMMUNITY HEALTH IMPROVEMENT REVIEW



PRIORITY 2: MENTAL HEALTH

Goal Statement:

Reduce stigma around mental health and suicide. Increase access to behavioral health services across the lifespan and for those in high-risk groups. Decrease the number of deaths by suicide.

Performance measures	2021 Goal	2017 Baseline	2018	2019	2020
The average number of suicides per 3 year period	9 (2019-21)	19 (2015-17) 2017: 21	17 (2016-18) 2018: 11	18 (2017-19) 2019: 21	17 (2018-20) 2020: 20
Percentage of Fond du Lac County youth who report they "seriously considered suicide"	12%	13%	13%	15%	14%
Percentage of Fond du Lac County adults who report they "considered suicide"	4%	5%	n/a	n/a	7%
Percentage of adults who agree that, "people are caring and sympathetic towards persons with mental illness"	65%	59%	n/a	n/a	n/a
Percentage of adults who agree that they or someone in their household, "did not get the mental health care needed"	8%	9%	n/a	n/a	7%

Accomplishments & Highlights

- QPR suicide prevention training (question, persuade, refer) - increasing the number of gatekeepers that can connect individuals to resources and reduce stigma towards mental health and suicide (462 trained in 2020; 1620 to date)
- Destination Zero Grant – supported implementation of screening for suicide during patient visits (Columbia Suicide Screening - implementation continues among Agnesian/SSM Health providers at Fond du Lac, Ripon, and Waupun locations)
 - Survivors of suicide loss support group started
 - County Self-Harm Death Review Team (multi-sector) started
- Awareness efforts to reduce stigma and share resources on how to navigate mental health resources/services (radio spots, newsletters, csifdl.org website, sticker & window clings with website & crisis numbers)
- Mental Health Pathways to Care Navigation Tool for adults ([web-based version](#), hard copies were distributed throughout community)
- New performance measures identified in 2020, and questions added to the 2020 Community Health Survey: Percentage of adults who agree that they, "consider someone seeing a therapist or psychiatrist as a sign of strength" and "consider someone taking medication to treat a mental health condition as a sign of strength"

2018-2021 COMMUNITY HEALTH IMPROVEMENT REVIEW

PRIORITY 3: ALCOHOL & OTHER DRUGS

Goal Statement:

Decrease underage drinking, adult binge drinking, and the misuse and abuse of drugs, particularly opioids.

Performance measures	2021 Goal	2017 Baseline	2018	2019	2020
Percentage of Fond du Lac County youth who report the community is actively discouraging alcohol use by youth in a way products are advertised, promoted or sold in the past 30 days	49%	47%	45%	47%	47%
Percentage of Fond du Lac County youth who drank alcohol in the past 30 days	17%	21%	19%	21%	22%
Percentage of Fond du Lac County youth who report they bought or drank alcohol at a Fond du Lac County Community Event	4%	6%	5%	6%	6%
Percentage of Fond du Lac County youth who reported binge drinking in the past 30 days	8%	11%	9%	10%	9%
Percentage of adults who reported binge drinking in the past 30 days	35%	38%	n/a	n/a	37%
Percentage of Fond du Lac County youth who report relative ease in obtaining prescription medication for non-medical use	28%	33%	30%	28%	28%
Number of opioid-related overdose deaths in Fond du Lac County	5	7	6	7	25

Accomplishments & Highlights

- Promoted best practices for community events (ID checks for alcohol purchases, signage)
- Law enforcement agencies conducted annual compliance checks (reduces sales to minors for underage drinking)
- Overdose education and prevention - provided Narcan training and distribution to reduce overdose deaths
- Increased number of providers using the evidence-informed practice Screening, Brief Intervention, and Referral to Treatment (SBIRT)

DRUG FREE
COMMUNITIES

Fond du Lac County

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APPENDIX A: PRIORITY HEALTH ISSUES SURVEY TOOL

Section 1: About the Survey

The Priority Health Issues Survey is being conducted to better understand the health issues in Fond du Lac County and how to address them. This survey is part of a larger community health assessment for Fond du Lac County. Participation in the survey is voluntary and answers will be anonymous, confidential, and combined with those of all other survey respondents to identify common themes and issues. A summary of the survey results will be shared as part of the community health improvement process to help identify and address health challenges. This survey should take about 5 minutes to complete. The questions in this survey are based on the Health Areas of the Wisconsin State Health Plan. Thank you for sharing your input and contributing to the community health assessment for Fond du Lac County!

- Do you live, work, or go to school in Fond du Lac County?
☐ Yes ☐ No

Section 2: Health Areas

For each health area listed below, please indicate if you feel it is a problem in your community.

Health Areas <i>Based on the Healthiest Wisconsin 2010-2020</i>	Check One Box per Health Area			
	Not a Problem	Slight Problem	Moderate Problem	Major Problem
1. Food Security and Nutrition - Having enough nutritious foods for healthy eating (balanced meals, fruits and vegetables) and to not go hungry, access to affordable foods				
2. Alcohol and Other Drug Use - Underage alcohol use, use during pregnancy, binge drinking, negative impacts & use of mood altering substances (i.e. heroin, marijuana) or misuse of prescription drugs				
3. Tobacco use and exposure - Use of cigarettes, e-cigarettes/vapor products, and other tobacco products, prevention of tobacco use, access to services to quit tobacco use, protection from second-hand smoke				
4. Chronic Disease - Preventing and managing diseases that last a long time and usually cannot be cured, i.e. heart disease, diabetes, obesity, cancer, stroke, arthritis, etc.,				
5. Mental health - Mental health conditions such as depression, anxiety, PTSD, etc., access to services/support to address mental health conditions and trauma				
6. Oral health - Keeping teeth, gums, and mouth healthy to prevent mouth pain, tooth decay, tooth loss, access to dental care				
7. Physical activity - Walking, biking, yoga, swimming, playing sports, etc., staying active or exercising to improve overall health, opportunities to be active in your community				
8. Reproductive and sexual health - Education and health care needed to maintain sexual health, prevent unintended pregnancy and sexually transmitted infections, etc.				
9. Injury and violence - Preventing injury from accidents or violence (i.e. falls, crashes, abuse, assault)				
10. Maternal & Child Health - Care and support for healthy growth and development for babies and moms, i.e. prenatal care, regular check-ups, etc.				
11. Environmental & Occupational Health - Illness and injuries from indoor and outdoor hazards (i.e. polluted air, contaminated food/water, chemicals), safe place to live and work				
12. Infectious Disease Prevention and control of illnesses, such as coronavirus/COVID-19, chickenpox, common cold, E. coli, HIV/AIDS, influenza/flu, etc.				
13. Social, economic and educational factors that influence health (Social Determinants) - Discrimination, poverty, housing, education, racism, social support/connectedness, stigma, healthy environments, cultural competency, health literacy, etc.				

Section 3: Top Health Concerns - For this next section, choose 3 health areas that you think are the biggest problem in your community and please comment on why. For each, Please explain why you feel is a top health issue (problem) in the community. What are the barriers and challenges to this health issue?

1. Health Area of Concern #1: _____
 What are the barriers and challenges to this health issue?

2. Health Area of Concern #2: _____
 What are the barriers and challenges to this health issue?

3. Health Area of Concern #3: _____
 What are the barriers and challenges to this health issue?

APPENDIX B

During the priority health issues survey, respondents were able to choose which health issues they felt were most pressing in the community. They also had the opportunity to choose 3 health areas that they felt were the biggest problem in the community, and share the barriers and challenges to the health issue. Main themes were extracted during the analysis of this data and are shared below.

MENTAL HEALTH

Mental health, as shown in this report, continues to be a concern for many residents. Access to mental health care is difficult and there are a variety of barriers like cost, limited insurance coverage, long wait lists, limited youth providers, stigma towards mental health conditions, lack of access to culturally and linguistically appropriate care, and difficulty accessing/navigating mental health resources. Potential solutions mentioned by respondents are increasing school-based mental health resources, and providing mental health crisis training for first responders.

ALCOHOL AND OTHER DRUG USE

In the Fond du Lac community, there is a strong prevalence of drinking culture. Social norms accept frequent alcohol use; many events in the area are alcohol-centric. There is persistent underage drinking and drug use (including opioid overdoses) in the area due to ease of access for youth and adult populations. Solutions mentioned include increasing resources available for AODA treatment, and pairing that treatment with mental health treatment (as mental health conditions and AODA are often concurrent). Additionally, reducing stigma for those seeking treatment would be beneficial.

SOCIAL, ECONOMIC, AND EDUCATIONAL FACTORS

Respondents noted that Fond du Lac lacks resources and adequate infrastructure for low-income individuals: the homeless shelters are at capacity, public transportation is lacking (especially outside city limits), and there needs to be more affordable housing options. Racial disparities are present, and there is a lack of inclusivity. The community may benefit from additional education and awareness of racism and social determinants of health; there should be increased, culturally competent messaging and healthcare.

FOOD SECURITY AND NUTRITION

Food security and nutrition is an area of opportunity for the community - there is an oversaturation of fast food restaurants and advertising for such restaurants, and fast food is more affordable than healthy foods. There is a significant population of school-aged children that are food-insecure and rely on school lunches for guaranteed weekday meals. This indicates that there is a demand for local food pantries; and hours may need to be longer to ensure access for those who work 2nd or 3rd shift. The community would also benefit from more nutrition education or cooking classes.

INFECTIOUS DISEASE

Due to the COVID-19 pandemic at the time of the survey, many of the respondents' answers were in relation to this. Respondents shared that they are seeing a disbelief in science and spread of inaccurate information - this worsens transmission and spread of diseases like COVID-19 because individuals are not taking proper precautions (like mask-wearing). This may increase the risk of community transmission for the virus that causes COVID-19.

APPENDIX B (CONTINUED)

CHRONIC DISEASE

Chronic disease refers to the prevention and control of illnesses caused by bacteria, viruses, and parasites. Respondents felt that high cost is a barrier to receiving treatment for chronic diseases (increasing costs of medications/providers). The focus should be on the aging population as they are more affected by chronic disease. Finally, respondents shared that the community needs an environment more conducive to healthy lifestyles.

PHYSICAL ACTIVITY

The Fond du Lac community has barriers for physical activity: cold weather makes exercise difficult during the winter months and gym memberships/fitness centers are not always affordable. More emphasis should be placed on increasing childhood physical activity, and the community would benefit from a more walkable environment (promotion of trails, parks, outdoor spaces).

INJURY AND VIOLENCE

Prevention of injury and violence in a community includes preventing injury from accidents (falls, crashes) or violence (abuse, assault). Fond du Lac community respondents shared that underlying AODA and mental health factors may play a role in injury and violence in the community, and have concerns about increasing domestic violence.

TOBACCO USE AND EXPOSURE

Survey respondents recognize that vaping and e-cigarette usage has become a serious issue in school age children and adolescents; more legislation to restrict access would be beneficial.

ORAL HEALTH

Oral health includes keeping one's teeth, gums, and mouth healthy to prevent mouth pain, tooth decay/loss, and access to dental care. One of the largest barriers for individuals to receive oral health care is cost; specifically for individuals struggling with low-income. Medicaid is not accepted by most of the area dental providers.

REPRODUCTIVE AND SEXUAL HEALTH

Respondents noted that there is inadequate education of reproductive and sexual health in schools, and one of the largest gaps is due to no longer having a Planned Parenthood in the community. A potential solution would be to have resources that are affordable and provide family planning, reproductive health services, and contraceptives.

ENVIRONMENTAL AND OCCUPATIONAL HEALTH

Environmental and occupational health applies to illness and injuries from indoor and outdoor hazards (polluted air, contaminated food or water, chemical exposure) and ensuring community members have a safe place to live and work. Community members have concerns about ground and drinking water pollution from factories and chemical runoff and recommend increased testing for a larger range of contaminants including per- and polyfluoroalkyl substances (PFAs).

MATERNAL AND CHILD HEALTH

Maternal and child health refers to care and support for healthy growth and development for babies and mothers (prenatal care, regular checkups, etc.). No themes emerged in the survey.

APPENDIX C: KEY INFORMANT INTERVIEW TOOL

Purpose

Where you live is an important part of your health. The Fond du Lac County Health Department, Agnesian Healthcare, a member of SSM Health, and Fond du Lac Area United Way in partnership with the Healthy Fond du Lac County steering committee want to hear from you about what is going well in your community and what needs improvement.

Your input will help us gather more in-depth information and valuable insight on pressing health issues in the Fond du lac County communities. Your responses will help us accomplish the 2020-21 Community Health Assessment and develop local solutions to health issues that can be incorporated into the 2021-2023 Community Health Improvement Plan.

This interview should take about 20-30 minutes. Your participation is voluntary, and your responses will be confidential and anonymous. A final report with a summary of responses will be publicized but your name and title will be listed separately. You will have the opportunity to review notes for accuracy following the interview. Thank you for your participation!

Interviewee

Name:	
Title:	Organization:
Primary Population Served: <i>(i.e. general public, medically underserved, low-income, Spanish-speaking)</i>	
Optional Demographics	
Age:	Sex: <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Gender Diverse/Non-binary <input type="checkbox"/> Prefer not to respond
Race/Ethnicity:	
<input type="checkbox"/> African American <input type="checkbox"/> White/Caucasian <input type="checkbox"/> Native American/Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Hispanic/Latino <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> Other	

Interviewer:

Name:	
Title:	Organization:

I give permission for my responses to these questions to be shared with the organization who interviewed me and the Healthy Fond du Lac County 2020 Steering Committee for the purpose of completing the 2017 Fond du Lac County Community Health Assessment. I understand that my responses will be combined in anonymity and in summary with other interviews and published in a summary report. Complete responses to the survey tool will be filed and secured at the Fond du Lac County Health Department.

Interviewee Signature

Title & Organization

Date

Section 1: About our Community

- How do you feel you can contribute to identifying pressing health issues and solutions in your community? (i.e. work, education, lived experiences, etc.) What perspective do you bring to this process?
- What do you believe are the 2-3 most important characteristics of a healthy community?
- How would you rate the quality of life in Fond du Lac County? Poor – Fair – Good – Excellent

APPENDIX C (CONTINUED)

Section 2: Health Areas

For each health area listed below, please indicate if you feel it is a problem in your community.

Health Areas <i>Based on the Healthiest Wisconsin 2010-2020</i>	Check One Box per Health Area			
	Not a Problem	Slight Problem	Moderate Problem	Major Problem
1. Food Security and Nutrition - Having enough nutritious foods for healthy eating (balanced meals, fruits and vegetables) and to not go hungry, access to affordable foods				
2. Alcohol and Other Drug Use - Underage alcohol use, use during pregnancy, binge drinking, negative impacts & use of mood altering substances (i.e. heroin, marijuana) or misuse of prescription drugs				
3. Tobacco use and exposure - Use of cigarettes, e-cigarettes/vapor products, and other tobacco products, prevention of tobacco use, access to services to quit tobacco use, protection from second-hand smoke				
4. Chronic Disease - Preventing and managing diseases that last a long time and usually cannot be cured, i.e. heart disease, diabetes, obesity, cancer, stroke, arthritis, etc.,				
5. Mental health - Depression, anxiety, traumatic experiences, chronic stress, etc., services and support to address mental health conditions				
6. Oral health - Keeping teeth, gums, and mouth healthy to prevent mouth pain, tooth decay, tooth loss, access to dental care				
7. Physical activity - Walking, biking, yoga, swimming, playing sports, etc., staying active or exercising to improve overall health, opportunities to be active in your community				
8. Reproductive and sexual health - Education and health care needed to maintain sexual health, prevent unintended pregnancy and sexually transmitted infections, etc.				
9. Injury and violence - Preventing injury from accidents or violence (i.e. falls, crashes, abuse, assault)				
10. Maternal & Child Health - Care and support for healthy growth and development for babies and moms, i.e. prenatal care, regular check-ups.				
11. Environmental & Occupational Health - Illness and injuries from indoor and outdoor hazards (i.e. polluted air, contaminated food/water, chemicals), safe place to live and work				
12. Infectious Disease - Prevention and control of illnesses, such as coronavirus/COVID-19, chickenpox, common cold, E. coli, HIV/AIDS, influenza/flu, etc.				
13. Social, economic and educational factors that influence health (Social Determinants) - Discrimination, poverty, housing, education, racism, social support/connectedness, stigma, healthy environments, cultural competency, health literacy, etc.				

Section 3: Most Pressing Health Issues - Choose 3 health areas from the list above that you think are the biggest health issues in your community and please answer the following questions for each health issue (in order from most to least pressing). For each Health Issue, please answer the following:

Why is this an issue? (Root/local causes) (i.e. access, availability, social norms, education, transportation, environment, safety, stigma, workforce/employment, poverty, etc.)
What are existing strategies to address this health issue? What is working well? (Strengths)
What are the barriers in addressing this health issue? (Challenges) What could be done differently?
Who are the key groups in the community that could work together to improve this health issue?
Is there a subgroup or population that this health issue effects more than others? (i.e. age, gender, race, ethnicity, low-income, elderly, disabled, neighborhoods, etc.)
If so, how could we focus efforts toward this subgroup?

Health Issue #1: _____

Health Issue #2: _____

Health Issue #3: _____

APPENDIX D: SUMMARY OF KEY INFORMANT INTERVIEWS

This section summarizes the findings from 37 key informant interviews that were conducted as part of the 2021 Fond du Lac County Community Health Assessment (CHA). Interviews were completed in-person and electronically via questionnaires from late March to early July of 2021. Key informants consisted of community members from various areas of expertise and involvement within Fond du Lac County. Key informants were identified and interviewed to supplement other quantitative and qualitative data included in the 2021 Community Health Assessment (CHA). The purpose of these interviews was to gather feedback from a variety of community members throughout the county to help further identify top health concerns in Fond du Lac County. These interviews were conducted by members of the Healthy Fond du Lac County Steering Committee. The interviewers followed a standard interview structure that is displayed in Appendix C.

All key informant interviewees were informed that their participation is voluntary, that their responses will have anonymity, and responses will be summarized with other interviews and published in a summary report.

Limitations: Thirty-seven key informant interviews were conducted in Fond du Lac County. The report relies on the opinions and experiences of a limited number of community experts identified as being well-connected to the community. However, responses may not be representative of the overall perception of community strengths, needs, and challenges. It is possible that the results could have been considerably different if a different set of informants had been interviewed. Results should be interpreted with caution and in conjunction with other Fond du Lac County data (e.g. community health surveys and secondary data).

Key Informants

Key Informants from a variety of organizations participated, gathering an array of perspectives from community experts who serve low-income, minority, and underserved populations and the general public.

Aaron Goldstein, Fond du Lac Police Department
 Alicia Hans, Mental Health Clinician / NAMI Fond du Lac
 Amber Kilawee, United Way of Fond du Lac
 Amy Johannes, Drug Free Communities of Fond du Lac County
 Bill Wallner, Ripon Police Department
 Carmen Greciar, Fond du Lac Department of Community Programs
 Catherine Wirkus, Fond du Lac County Health Department - RAP
 Cathy Loomans, Fond du Lac Senior Center
 Chelsea Monroe, Fond du Lac Department of Community Programs
 Darian Schmitz, REACH Waupun
 Deann Thurmer, Waupun Memorial Hospital, Ripon Medical Center
 Hiram Rabadan-Tores, Latinos Unidos
 Jaclyn Jaeckels, Fond du Lac Aging and Disability Resource Center
 Jeff Butz, Fond du Lac Area Businesses on Health (FABOH)
 Jeffrey Dodson, First Congregational Church of Ripon
 Jennifer Smith, Big Brothers Big Sisters
 Jeremy Rasch, Waupun Police Department
 JJ Raflik, Fond du Lac YMCA

Jolene Schatzinger, Ripon City Council
 Kara Kerrigan, Fond du Lac County Health Department - WIC
 Katherine Vergos, Agnesian/St. Agnes Hospital
 Kevin Galske, Fond du Lac County Sheriff's Office
 Kim Mueller, Fond du Lac County Health Department
 Kim Straughter, ADVOCAP/Headstart
 Kimberly Udlis, Marian University
 Laurice Snyder, Fond du Lac School District
 Laura Berndt, Fond du Lac County Health Department-MCH
 Liz Morrell, the Arc of Fond du Lac
 Louise Gudex, Fond du Lac Housing Authority
 Marty Ryan, Fond du Lac County Board, Board of Health
 Megan Hyland, Lakeland Care
 Renee Weier, Agnesian
 Rick Patton, Fond du Lac Veteran Services
 Sandy Hardie, Mahala's Hope
 Sarah Van Buren, Waupun Aging Coalition
 Shoua Vang, Hmong Association
 Vicente Lezama Morales, Latinos Unidos

APPENDIX D (CONTINUED)

Focus Area Rankings

The chart below displays the overall rankings of the 13 health focus areas completed by the 37 key informants. Health focus areas are listed in descending order from most-pressing to least-pressing based the number of times it was ranked in informants' top three.

Top Five Health Issues

The health focus areas ranked most consistently as top three health issues for Fond du Lac County were:

1. Mental Health
2. Alcohol and Other Drug Use (AODA)
3. Social, Economic, and Educational Factors (SDOH)
4. Chronic Disease
5. Oral Health

KEY INFORMANT INTERVIEWS

Health Concerns Most Commonly Ranked

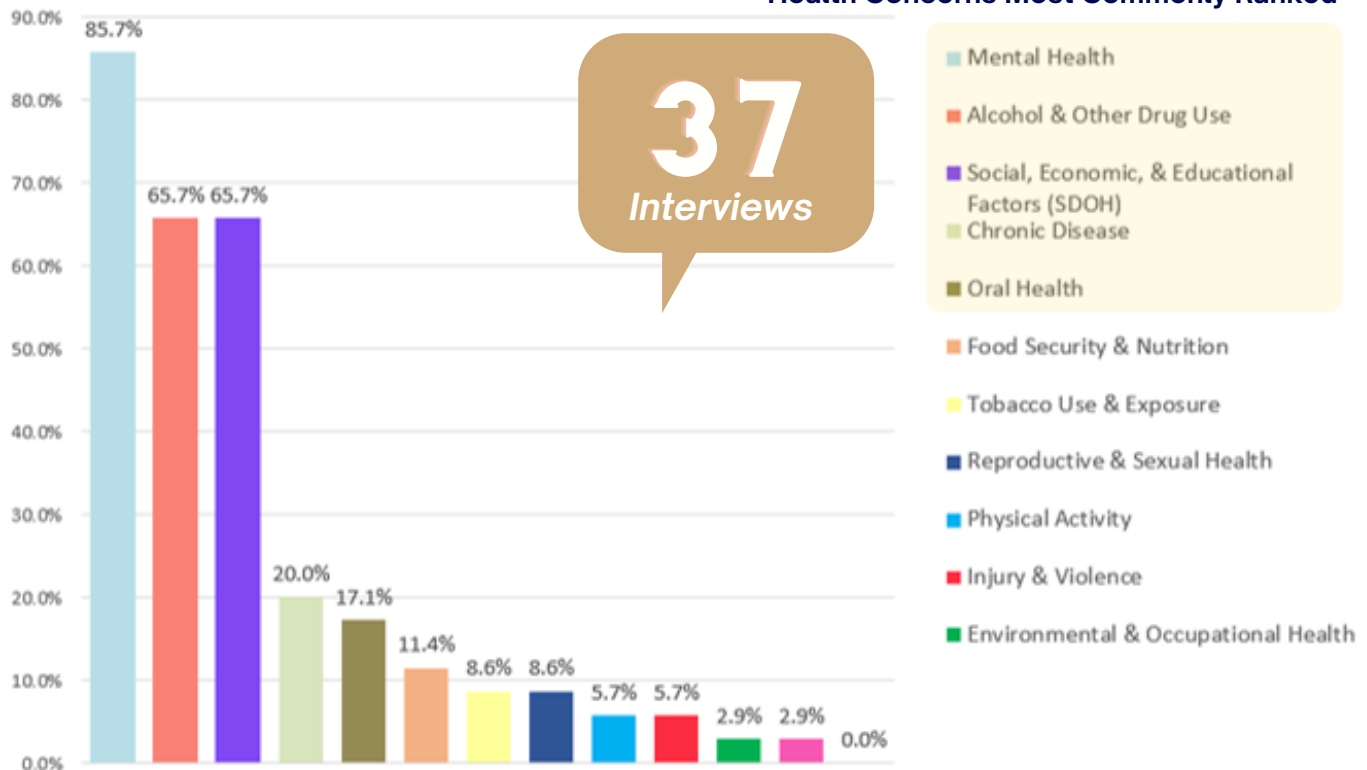


Figure 1. This graph shows the percentage of key informants that ranked each health focus area as one of their top three.

APPENDIX D (CONTINUED)

Health Focus Areas Summaries

This section include a summary of response by the health focus areas. The summaries are based on 37 key informant interviews and are not necessarily a complete list of Fond du Lac County assets and barriers.

MENTAL HEALTH

EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Youth & adult screening programs in schools and healthcare settings
- School-based programs (e.g. Fondy CARES)
- YMCA, Boys & Girls Club programs
- National Alliance on Mental Illness (NAMI) Fond du Lac County center and programming
- Comprehensive Service Integration (CSI) of Fond du Lac County's committees and initiatives
- Destination Zero, Pathways to Care
- Fond du Lac Area Mental Health Providers (e.g. SHARDS, Inc, Doll & Associates, Treffert Center)
- Expanding the conversation and reducing stigma

BARRIERS AND CHALLENGES:

- People unaware of resources
 - May visit ER instead of another place
- General lack of mental health understanding
 - Stigma discourages mental health conversations
- Finances/funding
 - Cost of services (especially Medicare & Medicaid)
 - High cost of medication
- Availability of providers
 - Long wait times (up to months)
 - Not enough providers in the area
 - Need for culturally-competent providers to serve people of all backgrounds
- Transportation
 - Rural areas feel disconnected
 - Lack of access to transportation, especially if services are out of town

KEY PARTNERS TO WORK TOGETHER:

- | | |
|--|---|
| • Department of Community Programs (DCP) | • Mental health providers |
| • First responders (e.g. EMS, law enforcement) | • Agnesian/SSM Health |
| • School districts | • Rawhide Youth Services (Equine Therapy) |
| • Senior center | • SHARDS, Inc. |
| • NAMI | • Delta Center |
| • CSI | • Solutions Center |
| • Churches, faith based community | • Berry House |
| • Lakeland Care | • Ebony Vision |
| • Fond du Lac County Health Department | • Latinos Unidos |
| | • Food pantries |

AREAS FOR IMPROVEMENT:

- Department of Community Programs
 - Consider policy changes to fully address local needs
- Increase local mental healthcare capacity
 - Additional providers to serve individuals different income levels, reduce wait times, and increase inpatient capacity
- Start a bigger conversation around mental health
 - CSI's "Question, Persuade, Refer" (QPR) Training could be utilized by major employers & benefit employees
- Promote the services & resources Fond du Lac County has to offer
 - Share how and where to access resources
- Increase mental healthcare connections/ resources through public health efforts

Additional Comments:

Informants noted that anyone can suffer from mental illness, though groups including individuals with limited income, individuals facing alcohol or drug addiction, and individuals experiencing homelessness may be at a higher risk. People who are uninsured, unemployed, or low income have more difficulty accessing and affording treatment. Children, the elderly population, individuals who identify as LGBTQ+, and minority populations may struggle to find appropriate or culturally competent providers and services. Other specific populations who may experience disparities in mental health outcomes are rural farmers, postpartum individuals, and non-English speakers. To increase opportunities to these groups, key informants mentioned increasing youth mental health services, engaging the faith community, and expanding the mental health coalition that can increase outreach to these populations and gain community input. Key informants noted the importance of engaging those experiencing mental illness to ensure that strategies to address disparities take lived experiences into account.

APPENDIX D (CONTINUED)

ALCOHOL AND OTHER DRUG USE

EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Strong recovery community in FDL (e.g. Gratitude Club)
- Drug Free Communities Fond du Lac County Coalition
- Engagement within schools
 - Programs like Anti-Crime Education (ACE)
 - YScreen, school resource officers
 - Connections to AODA Counselors
- Media coverage on resources and concerns
- Telehealth appointments
 - Convenient and increase accessibility
- Drug Court (diversion program and provides connections to treatment services)
- Release Advance Planning (RAP) program
 - Connects inmates with needed services
 - Vivitrol program to prevent relapse
- Underage drinking prevention efforts
 - E.g. wrist banding at fairs

BARRIERS AND CHALLENGES:

- Stigma around alcohol/drug use
 - Racial stereotypes
 - Prevents some from seeking treatment
- Drinking culture (local and statewide)
 - High density of alcohol outlets, high availability
 - Many alcohol-related events
 - High accessibility of alcohol
- Exposure to youth
 - Social norms, family, advertising
- Pandemic-related reduced services
- Continuing increase in drug overdoses
- Fond du Lac's location (near major highways) increases drug availability
- Connection to mental health issues
- Need for stable, affordable housing
- More treatment options for people incarcerated

KEY PARTNERS TO WORK TOGETHER:

- Drug Free Communities
- Treatment providers
 - SSM Health, Aurora Healthcare
 - SHARDS, Inc
- Community & support groups
 - Gratitude Club
 - Family Resource Center
 - Blandine House
- Schools & school counselors
 - Parent & family education
- Law enforcement
- City administrator/mayor
- Fond du Lac Health Department
- DarJune Recovery Support in Green Bay
 - Partnerships with strong support resources in other communities
- Employers

AREAS FOR IMPROVEMENT:

- In-home AODA treatment options for those with kids and difficult work schedules
- More trauma-informed training for law enforcement
- Emphasize help and treatment rather than punishment
- Adapt/create more community events without alcohol (substance free)
 - Focus on healthy alternatives
- Provide more educational resources for community (family, kids, public)
 - Promote community resources
 - Education on harms of substances
- Increase connections/resources
- Expansion of the Release Advance Planning (RAP) program in the Fond du Lac County jail to connect inmates with treatment services

Additional Comments:

Low income individuals, youth and young adults, and those with mental health issues are likely to be more affected than others. Because children and adolescents are more susceptible to peer pressure and adult influence, they are vulnerable to AODA early in life, which can impact their adult lives as well. Informants also mentioned that incarcerated individuals may not receive the treatment they need while in jail, which can lead to further problems upon release.

APPENDIX D (CONTINUED)

SOCIAL, ECONOMIC, AND EDUCATIONAL FACTORS

EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Many community organizations and resources
 - Collaboration between existing orgs
- Groups working towards equity and inclusion
 - United for Diversity, Latinos Unidos, Ebony Vision
 - Translators in many areas to increase accessibility for Spanish speakers
- Save a Smile program
- ADVOCAP programming
 - Head Start (children ages 3-5)
 - Job centers and career readiness training
 - Vehicle loans
 - Affordable housing
- Local food pantries, Women, Infants, & Children (WIC) program
- Solutions Center
- Fond du Lac Literacy Services

BARRIERS AND CHALLENGES:

- Segregation and racism
 - Lack of inclusivity and understanding
- Childcare access
- Transportation access
 - Limited bus routes and times
- Income
 - Many minimum wage jobs
 - No insurance or paid time off provided
 - Not enough to afford all necessities
- Stigma
 - Keeps some from asking for help
 - Can make it hard to identify gaps
- Lack of affordable housing
- Underrepresentation of Latino community
- Education
 - Financial, literacy
 - Impacts job outcomes and income

KEY PARTNERS TO WORK TOGETHER:

- United for Diversity
- Latinos Unidos
- Ebony Vision
- Brothertown Indians
- ADVOCAP
- Department of Community Programs
- Forward Services
- SSM Health/Agnesian Healthcare
- Health Department
- ASTOP
- NAMI
- St. Vincent de Paul
- Solutions Center
- United Ways
- Churches
- Rotary, Kiwanis, Lions Clubs, etc.

AREAS FOR IMPROVEMENT:

- Increase inclusivity
 - Businesses and employers can implement cultural competency/racial bias trainings in workplace
 - Community events being inclusive of all groups
- Increase transportation availability
- Raise greater awareness of social issues by promoting equity and inclusion and increasing representation
- Education on personal finances
- Promoting technical colleges as opportunities
- Advocacy of policies that promote equity and inclusion (local and nationally)

Additional Comments:

Key informants mentioned that minorities, people of color, and members of the LGBTQ+ community are more affected by the social, economic, and educational factors than others. Additionally, those who are elderly, have disabilities, are veterans, undocumented immigrants, incarcerated, have received less education, single parent families, or individuals defined as ALICE (Asset Limited, Income Constrained, Employed), are more often impacted by social determinants. People who may fall into these categories can face racism, lack of representation, limited access to childcare, transportation barriers, healthcare challenges, and affordable housing issues.

APPENDIX D (CONTINUED)

CHRONIC DISEASE

EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Workplace initiatives
 - Nutrition education
 - Health screenings
 - Incentives for good health
- School and community programs
 - Physical activity and nutrition education
 - 5210 program
- Outdoor environments to support health
 - Trails, bike paths across county
 - Public parks
- Farmers markets, community gardens
 - Increased access to healthy foods

BARRIERS AND CHALLENGES:

- Uninsured population lacks access to treatment
 - Specialists and medications are expensive
- Healthy choices often cost more
 - Gym/YMCA memberships
 - Healthy food costlier than fast food
 - Insurance for preventive care
- Cultural and social norms in Wisconsin
 - Sedentary lifestyle
 - Buffets, oversized restaurant portions
- "Overweight/Obese" labels
- Chronic disease can be hard to identify early
 - Many require specific tests or screenings (ex: high blood pressure)
 - Rely on prevention measures

KEY PARTNERS TO WORK TOGETHER:

- Health professionals
- Hospitals
- School systems
- Restaurants, gas stations, grocery stores
- Farmers Market
- Healthy Fond du Lac County
- Living Well Coalition
- Employers

AREAS FOR IMPROVEMENT:

- Work to reduce stigma
 - Remove blame from individual
 - Recognize social determinants of health as factor
- Increase education
 - More emphasis on physical activity and recess in schools
 - Emphasize building healthy habits
 - Implement education/trainings in the workplace
- Focus on prevention methods
 - Screenings in schools, workplaces

Additional Comments:

Key informants mentioned that low income and working class individuals may be more affected by chronic disease than others. Treatments and medications for chronic diseases can be expensive, and many are unable to afford them. Furthermore, people who are homebound or elderly may face additional challenges. Another concern of key informants was childhood obesity. Some strategies mentioned include education about starting healthy habits young, as well as on the prevention of chronic diseases.

APPENDIX D (CONTINUED)

ORAL HEALTH

EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Save A Smile program (SAS)
 - Increases dental access for children and people with Medicaid (Badgercare)
- Education
- Aging & Disability Resource Center (ADRC) & ADVOCAP provide some oral health education

BARRIERS AND CHALLENGES:

- Few options for those without insurance or with Medicaid, Badgercare
 - Access gap remains
- Save A Smile helps, but can't reach everyone
 - Adults with severe needs only
- Transportation
 - Bus schedule not accommodating
 - Lack of alternative options
- High cost for services
- More education on importance of dental care

KEY PARTNERS TO WORK TOGETHER:

- Local dentists
- Save A Smile
- Government/Medicaid
- ADRC
- ADVOCAP
- SSM Health

AREAS FOR IMPROVEMENT:

- Need low-income/medical assistance friendly providers
- Bus stops near dental offices
 - Extended hours
- Dental education
 - Schools

Additional Comments:

Key informants mentioned that those with medical assistance, including Medicaid (Badgercare) and Medicare, were overwhelmingly the most impacted groups when it comes to oral health, noting the large gap in dental care access due to the lack of available dental providers in the county that accept these forms of insurance coverage. In addition to these populations, people who are low income, uninsured, or undocumented also face hardships in receiving and affording dental care.

The solution mentioned the most was to increase the number of providers who accept medical assistance. The Save A Smile program currently works to address part of this gap, but is limited to assisting adults with urgent dental needs, and children. An expansion of the Save A Smile program or increase in Medicaid reimbursement for dental providers could help more people receive necessary dental care.

APPENDIX D (CONTINUED)

FOOD SECURITY AND NUTRITION

EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Farmers market
 - Downtown, central location
 - Many farmers take WIC/EBT
- Community gardens
 - Increase access to fresh, local produce
- Food pantries
 - Multiple locations around Fond du Lac
- Women, Infants, and Children (WIC) program
 - Helps families obtain healthy foods
- Senior dining program and meals on wheels
 - Offered drive-thru pickup during pandemic
 - Promotes food security among older adult population

BARRIERS AND CHALLENGES:

- Lack of nutrition knowledge
 - How to eat a balanced diet
 - How to cook healthy meals
 - Inaccurate diet/food information
- Access to healthy foods
 - No grocery stores downtown; only on outskirts; food desert
 - Difficult to obtain transportation
 - Buses do not stop close enough to many grocery stores
- Affordability of healthy foods
 - Fresh fruits & vegetables cost more than fast food
 - Price is disincentive to buy healthy foods
- Food pantry options for rural areas
 - Hours for those working alternate hours

KEY PARTNERS TO WORK TOGETHER:

- Hospitals: Agnesian/ SSM Health and Aurora
- WIC
- Community gardens
- Farmers market
- Faith community
- Food pantries
- Agri-business
- UW-Madison Division of Extension
- Habitat for Humanity

AREAS FOR IMPROVEMENT:

- Expand access to food pantries
 - Extend hours
 - Improve rural access
- Increase transportation opportunities
 - More bus stops at grocery stores
 - Extended bus hours
 - Weekend bus availability

Additional Comments:

Key informants noted that food security and nutrition impacts everyone, but can impact those with low incomes, disabilities, third-or-late work shifts, and seniors more than others. People with low incomes experience decreased access to food in general, as well as healthy options. While food pantries and farmer's markets are helpful, people with alternate work shifts may be unable to access them if their hours do not accommodate these workers. Seniors and people with disabilities may be unable to grocery shop traditionally. Programs like meals on wheels and drive up meal pickup are helpful, but may need to be expanded if they do not meet the needs of these populations.

APPENDIX D (CONTINUED)

TOBACCO USE AND EXPOSURE

EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- School programs like Anti-Crime Education (ACE)
 - Educate about the harms of smoking, vaping
- Tobacco coalition with health department
 - Supports best practice policies for smoking and vaping

BARRIERS AND CHALLENGES:

- Vaping: Social acceptance
 - Falsely seen as safe alternative to smoking
 - Popular among youth and young people
 - Long term health impacts unknown
 - Portrayed in media as “trendy”
 - Easy access (e.g. gas stations)
- Tobacco industry (advertising strategies)

KEY PARTNERS TO WORK TOGETHER:

- Health department
- Tobacco Prevention coalition
- Government
 - City Council, County Board
- People who use tobacco, smoke, vape

AREAS FOR IMPROVEMENT:

- Increase restrictions on vaping similar to tobacco laws
- More research on health effects of vaping
 - Educate public and youth

Additional Comments:

Youth and individuals with mental health conditions or substance use disorders were mentioned by key informants as being more affected than other populations. A main concern with youth is their vulnerability to influence, which could result in the increased rates of vaping. Solutions mentioned were mainly related to increasing availability and visibility of quitting resources to assist people. Additionally, informants mentioned that educational campaigns which focus on the harmful effects of tobacco use and vaping would be helpful, because the effects may not be highlighted enough and are not yet fully known.

REPRODUCTIVE AND SEXUAL HEALTH

EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Health department sexual health clinic
 - Helps close gap for individuals with low incomes and without insurance
 - Can be utilized by anyone
 - Provides testing and education

BARRIERS AND CHALLENGES:

- No Planned Parenthood in Fond du Lac
 - Closet location Oshkosh, Sheboygan, West Bend or services at La Clinica in Wautoma
- Transportation - expensive for long distance
 - Hard to obtain without personal vehicle
- Decreased Title X funding
- Low visibility/knowledge of health department clinic
- Community unaware of increasing sexually transmitted infection (STI) rates

KEY PARTNERS TO WORK TOGETHER:

- | | |
|--|-------------------------|
| • Fond du Lac County Health Department | • State representatives |
| • Planned Parenthood | • High schools |
| • La Clinica | • Jail |
| • Charis Pregnancy Center | |
| • Healthcare providers | |

AREAS FOR IMPROVEMENT:

- Increase education about STIs among public and at schools
- Increase awareness of sexual health clinic at health department
- Partner with Planned Parenthood and other organizations to increase transportation to clinics

Additional Comments:

Informants mentioned that young people are likely to be more affected by these issues, as well as people who are uninsured. Both groups may be less likely to have access to comprehensive sexual health education as well as treatment and prevention resources. Informants suggested increasing awareness and education of STIs to help lower the STI rates in the county.

APPENDIX D (CONTINUED)

PHYSICAL ACTIVITY

EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Physical activity opportunities in workplaces
 - Businesses with walking paths on site (Grande, SSM Health, etc.)
- Corporations sponsoring events
 - Run/walks, softball tournaments, etc
 - Partnering with YMCA
- YMCA programs
 - Summer camps
 - Sports programs
- Fond du Lac Loop encourages outdoor activity
- Senior center activities/exercise classes

BARRIERS AND CHALLENGES:

- Gap for middle school and high school youth who aren't in competitive sports
 - Too old for playgrounds
- Trail maintenance and bike upkeep to attract people
- Sedentary lifestyle is the norm
 - Too much screen time
- Funding and space for development of outdoor activities
- Cost of gym/YMCA memberships
- Long winter discourages outdoor activity

KEY PARTNERS TO WORK TOGETHER:

- YMCA
- Area businesses/employers
- Schools
- Health Department

AREAS FOR IMPROVEMENT:

- Education on the benefits of exercise, outdoor activity and negative effects of increased screen time
- Encourage workplace incentives for physical activity (e.g. walking trails, longer lunch breaks, free/reimbursed costs for gym memberships)

Additional Comments:

Though physical activity is something that affects everyone, key informants noted that it is important to focus on youth and adolescents to ensure they have the means necessary to meet physical activity recommendations. Ways to increase physical activity in these groups include adequate recess and gym class time and the promotion of outdoor parks and other activity spaces in the area.

INJURY & VIOLENCE

EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- ADRC Falls prevention

BARRIERS AND CHALLENGES:

- Need domestic violence protection
- More senior safety resources
- AODA issues may be connected to violence

KEY PARTNERS TO WORK TOGETHER:

- ADRC
- Senior resources
- ASTOP

AREAS FOR IMPROVEMENT:

- Increase awareness of elderly risks for falls
- Increase awareness of domestic violence
 - Resources

No additional comments.

APPENDIX D (CONTINUED)

ENVIRONMENTAL AND OCCUPATIONAL HEALTH

EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Fond du Lac County Health Department Environmental Health Program (e.g. well water testing, inspections services)

BARRIERS AND CHALLENGES:

- Environmental health often overlooked as health concern
- Lack of environmental health conversations
 - Sustainability
- Lack of data on current air/water quality/health
- Employer-provided resources for staff

KEY PARTNERS TO WORK TOGETHER:

- Health department
- Cities and County
- Chambers of Commerce
- Green Lake Association
- Department of Natural Resources

AREAS FOR IMPROVEMENT:

- Sustainability committees at city and county levels
- Increased education of importance of environmental health

Additional Comments:

Informants mentioned that individuals in unstable housing, or individuals with low income or less education are more impacted by environmental health issues. Ideas to help improve this include increasing education, increasing number of parks or outdoor spaces to ensure everyone has access to green spaces, and implementing a sustainability committee to focus on environmental health issues.

MATERNAL AND CHILD HEALTH

EXISTING STRATEGIES (STRENGTHS AND ASSETS):

- Existing programs with ADVOCAP, Head Start, Birth to 3
- County Maternal and Child Health services

BARRIERS AND CHALLENGES:

- No larger support groups in Fond du Lac
 - Hard to travel to support groups in locations outside of Fond du Lac
- Lack of autism services for post-adolescent years

KEY PARTNERS TO WORK TOGETHER:

- Fond du Lac County Health Department
- Head Start
- Birth to 3 program

AREAS FOR IMPROVEMENT:

- Increase number of agencies with partnerships (e.g. Department of Social Services)
- Autism services for older youth

No additional comments.

INFECTIOUS DISEASE

No themes identified.

APPENDIX E: COMMUNITY CONVERSATIONS TOOL

An overview of the Community Conversations facilitation tool.

Overview

Community Conversations are part of the larger Community Health Assessment that is completed every three years in Fond du Lac County through the Fond du Lac County Health Department and Agnesian/SSM Health, and additional community partners. We are collecting information and data through various sources such as a Community Health Survey, Priority Health Issues Survey, Key Informant Interviews, Community Conversations, and additional data sources. With these pieces of information we aim to identify health needs and priorities in our communities and develop a Community Health Improvement Plan to address those needs. Thank you for being a part of this process.

We want to hear from you, members in our community and learn what helps and hinders your community's growth, health and wellbeing, what makes your community strong and healthy, what hurts your community, and who is most impacted. Where you live is an important part of your health. As members of this community, we need your help to provide your insights and perspectives, help us identify challenges, barriers and needs in your community, and any successes or what we are doing well to promote a healthy community.

Conversation Format

Below are the four questions we would like to ask:

1. In your opinion, what makes a community healthy?
2. Now think about your community. What do you think prevents your community from being healthier?
3. What strengths does your community have that could make it a healthier place?
4. What do you see as the top three health challenges for people in your community and why?
5. What do you like most about living in your community?

Over the course of the summer, 16 community conversations were held with small groups of 2 to 15 participants. The goal of these conversations was to hear from various areas and populations within the county whose voices may otherwise not be heard. Conversations were held in both rural and urban parts of the county and with underserved populations. Community conversations have not been done in previous years and are a new element in the 2021 CHA for Fond du Lac County.

Word Clouds

RESPONSES TO THE QUESTION "WHAT MAKES A HEALTHY COMMUNITY"?



As shown in the word cloud, community members noted that "access to healthcare", "diversity", "access to food", "communication", and "education" were things that could make a community healthy.

RESPONSES TO THE QUESTION "WHAT ARE THE TOP 3 HEALTH CHALLENGES?"



As shown in the word cloud, there were many challenges to health in the community - the most frequently recorded answers were "mental health", "racism", "transportation" (to health services/appointments), "healthcare costs", and "substance use".

APPENDIX F (CONTINUED)

RESPONSES TO THE QUESTION "WHAT DO YOU LIKE MOST ABOUT LIVING IN YOUR COMMUNITY?"



As shown in the word cloud, there are positives to living in the Fond du Lac Community. Common responses were "sense of community", "friendly people", "support", "schools", "events", "church", "spiritual community", and more.

THEMES BY COMMUNITY CONVERSATION HOST LOCATION

BOYS & GIRLS CLUB - FOND DU LAC, WI

Barriers:

- Limited healthy & affordable food options
- Limited resources for people with disabilities
- Difficulty accessing mental health treatment and resources
- Resources not always visible or easy to navigate

Strengths:

- Access to Boys & Girls Club - guest speakers, resources, safe place
- Fair amount of jobs for teenagers
- Some mental health resources through school

Top Three Health Challenges

1. **Mental health**
2. **Racism**
3. **Awareness of and access to resources**
 - a. **Especially for people with disabilities**

APPENDIX F (CONTINUED)

BREAD OF LIFE CHURCH (1 OF 2) - FOND DU LAC, WI

Barriers:

- Fear of judgment
- Lack of communication between different cultures, races
- Racism, differences in healthcare treatment
- Lack of cultural competency and understanding between generations
 - Need more education on these topics
- Hard to understand and obtain affordable insurance

Strengths:

- First black doctor
- Resources available
- Informational packets and brochures
- Understanding of why the Black community has historically not accessed services

Top Three Health Challenges

1. **Cost of dental, physical, and mental healthcare**
 - a. Insurance costs, how to navigate
2. **Transportation**
3. **Physical activity and fitness**

BREAD OF LIFE CHURCH (2 OF 2) - FOND DU LAC, WI

Barriers:

- Lack of positive culture
 - Negativity on local Facebook groups
 - Continuation of harmful stereotypes
- Interactions between Black & White residents
 - Insensitivity towards differences
 - Lack of wanting to learn or understand
 - Poor experiences in healthcare
- Cost of healthy living
 - Gym memberships, healthy food
- Stigma around mental health and lack of providers and resources

Strengths:

- People who are willing to learn
- More diversity coming into community
- Many organizations working to make change

Top Three Health Challenges

1. **Communication**
 - a. Advertising events, promoting open discussion, establishing relationships across community
2. **Racism and treating people with respect**
3. **Access to care and services**
 - a. Lower costs and wait times
 - b. Increase opportunities for physical activity, transportation, childcare

APPENDIX F (CONTINUED)

FOND DU LAC PUBLIC LIBRARY - FOND DU LAC, WI

Barriers:

- Transportation
 - Bus stop locations, hours (no nights or weekends)
- Lack of awareness of resources
- Elderly support, transportation, care facilities
- Food insecurity
 - Food desert in Fond du Lac
 - Few central grocery stores
 - Lack of knowledge of healthy cooking

Strengths:

- Trails and parks that promote outdoor activity
- Community activities and festivals
 - Small business involvement
- Multigenerational, caring, helpful community

Top Three Health Challenges

1. Transportation
 - a. Very difficult without car
2. Affordability of necessities
 - a. Healthy food, mental healthcare, physical activity
3. Sedentary lifestyles
 - a. Not enough emphasis on physical activity, less screen time

SACRED HEART SCHOOL - LATINO COMMUNITY, FOND DU LAC (1 OF 2)

Barriers:

- Lacking inclusivity in county
- Discrimination, hire translators for various services/companies
- No Hispanic/Latino information center
- Need inexpensive recreation centers for kids & teens
- No dedicated space for Hispanic community

Strengths:

- Some education about mental and physical health; can build on this
- Existing diversity in county
- Partnerships and trust between community organizations
- Lots of job opportunities

Top Three Health Challenges

1. Racism
2. Need more rehabilitation centers. educational, recreational, psychological health programs
3. Undocumented citizens cannot obtain driver's licenses

SACRED HEART SCHOOL - LATINO COMMUNITY, FOND DU LAC (2 OF 2)

Top Three Health Challenges

1. Lack of time to cook and gather around the table

2. Chronic conditions

3. Racism

APPENDIX F (CONTINUED)

BLUE DOOR COFFEE CO. - CAMPBELLSPORT, WI

Barriers:

- Lack of entertainment/activity options for younger age groups
- Limited affordable housing
 - High water bills

Strengths:

- Local clinic
- Library, parks
- Local services
 - Two daycares, hair salons, Crave restaurant
- Investments in village
 - Water & sewer
 - Updated high school
- Great small business support

Top Three Health Challenges

1. Alcohol use
2. Some restaurants and small businesses closing
3. Vandalism at park

RIPON MIDDLE-HIGH SCHOOL - RIPON, WI

Barriers:

- Limited internet access
- Transportation - bus routes, days, times
- Low diversity, few resources for people of color, homebound, & hearing/vision impaired
- Stigma around asking for help or utilizing community resources
- Need for community education or trainings
 - Environment, diversity & inclusion, etc.
- Not enough childcare opportunities
- Overall funding for social programs/resources

Strengths:

- Sense of community; friendly people
- Great school district & college in town
- Current opioid & drug prevention initiative
- Liaison officer in schools
- Biking and walking trails, connection to Green Lake
- Small, yet large enough community
 - Hospital, many churches, nonprofits, small businesses
 - Collaboration among these assets

Top Three Health Challenges

1. Transportation
 - Significant ties to childcare, healthcare, & employment
2. Aging population and community
 - Need increased food access & transportation
 - Increase resources so people can 'age in place'
3. Healthy environments
 - Stronger infrastructure and preparation for extreme weather
 - Increase water testing for chemicals, lead, radon, etc

APPENDIX F (CONTINUED)

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) FOND DU LAC, WI

Barriers:

- Limited mental healthcare opportunities
 - Not enough counselors, crisis, respite care
 - Long wait times, high costs
- Accessibility for individuals with disabilities
 - Bus system difficult to navigate, doesn't go to outskirts of town or to North FDL
 - Handicap cab rides cost
- Medical assistance: access to dental care
- Limited affordable housing

Strengths:

- NAMI - safe space
- Adult Care Consultants (ACC) - 1:1 support
- Activities & events - Farmers market, library, Nova, Gratitude Club
- Help & safety resources - ASTOP, school officers, Drug Free Communities, Comprehensive Service Integration of Fond du Lac County (CSI)

Top Three Health Challenges

1. **Addiction & mental health treatment**
 - a. **Transportation to treatment**
 - b. **Need more youth mental health providers, more counselors in general**
2. **Availability of resources**
 - a. **Many closed on weekends**
 - b. **Long wait times**
 - c. **Difficult to navigate**
3. **Homelessness**

GRATITUDE CLUB - FOND DU LAC, WI

Barriers:

- Lack of ample transportation
- No attraction to move to Fond du Lac
- Racial discrimination
 - Lack of understanding, unequal access
- Limited mental health services
- Limited job growth and high paying opportunities
- Limited funding for public programs

Strengths:

- Many food pantries in Fond du Lac, Meals on Wheels
- Strong recovery community (AA, Gratitude Club)
- Many helpful organizations & partnerships
- Solutions Center, Charis Pregnancy Center, Salvation Army

Top Three Health Challenges

1. **Mental health services**
2. **Transportation & connections to county resources**
 - **Has significant impact on access**
3. **Emergency & crisis response**
 - **Referrals & connections to resources**
 - **Need mental health crisis team / additional training for first responders**

APPENDIX F (CONTINUED)

SOLUTIONS CENTER - FOND DU LAC, WI

Barriers:

- Access to childcare and transportation
 - Locations, costly, hours are not long enough
- Difficult to get on your feet
 - Low-paying jobs, taxes, transportation costs, childcare costs are barriers to building savings
 - Benefits decrease with more income but still may not be enough
- Difficult to navigate resources & insurance without case manager
 - Resources can be out of reach if not visible or if uninsured

Strengths:

- Resources for kids (i.e. Boys & Girls Club, parks, school lunch programs)
- Nonprofits: (i.e. St. Vincent's, Salvation Army, ADVOCAP, Goodwill)
- Food pantries, foodshare
- Solutions Center & shelters
- Rawhide equine therapy for youth
- Connections within community

Top Three Health Challenges

1. **Barriers for uninsured**
 - a. **Can't access many services**
2. **Housing**
 - a. **Not affordable, many restrictions**
 - b. **Barriers for homeless community**
3. **Access to care**
 - a. **Hard to obtain dental or vision insurance**
 - b. **Costly, hard to navigate**

VILLAGE GROUNDS - ROSENDALE, WI

Barriers:

- Limited dental access for people with medical assistance/ Badgercare
- Lack of development, employment opportunities
 - Low school district enrollment
 - Little housing development
- Don't have city water
- Limited transportation
- Few resources for in-home care & assisted living

Strengths:

- Safe, friendly community
- Strong school district (largest village employer)
- Lion's Club, youth groups through church
- Community events
- Fireman's Picnic, golf outing, sporting events

Top Three Health Challenges

1. **Public transportation access**
2. **Mental healthcare access**
3. **Medical care for elderly & people with disabilities**
 - a. **More education, understanding, & inclusivity for more positive interactions**

APPENDIX F (CONTINUED)

COMMUNITY TABLE - WAUPUN, WI

Barriers:

- Limited job opportunities with good pay (besides the prison)
- Employers having difficulty hiring
- Transportation
- Childcare access
- No homeless shelter
- Lack of local rehab opportunities
- Substance use and alcohol use
- Limited dental access for people with medical assistance/ Badgercare
- Communication during transitions of care

Strengths:

- Resources such as the food pantry, REACH Waupun, community garden, senior center etc.
 - Giving and helpful community
- Low pollution, good water
- Bike trails, fitness centers, Horicon Marsh
- Good doctors

Top Three Health Challenges

1. Addiction and substance use
2. Mental health
3. Transportation / Social Determinants of Health

BROTHERTOWN NATION - FOND DU LAC, WI

Barriers:

- Location of stores/businesses on outskirts of town
- Healthcare costs
- Cost of extracurricular activities (fees for youth participation)
- More family friendly and youth-based activities

Strengths:

- Parks and bike trails
- Outdoor recreation opportunities, sports, & activities
- Infrastructure (bridges over train, etc.)
- Strong public safety (EMS, police dept., etc.)
- Clubs and organizations available
- United for Diversity, Lions Club, etc.

Top Three Health Challenges

1. Healthcare costs
2. Information and education on health concerns & resources
3. Financial resources and guidance for end of life care

APPENDIX F (CONTINUED)

ST. AGNES HOSPITAL - FOND DU LAC, WI

Barriers:

- Availability of fast food and processed food
- Lack of emphasis on active transportation
- Transportation and child care access
- Awareness of food and health care resources
- Jobs not paying livable wages
- Wait lists for health services
- Lack of emphasis on food/healthy eating & mental health
- Limited access to resources for underserved populations

Strengths:

- Recreation opportunities (loop, trails, etc.)
- Food resources available (food pantries, WIC, farmers, market, etc.)
- Samaritan Clinic and virtual healthcare capabilities
- Community organizations (non profits, service clubs, etc)
- Safe community
- Festivals and family activities
- Home care options

Top Three Health Challenges

1. **Physical activity/ exercise and nutrition (more education)**
2. **Mental health (access & more education)**
3. **Drug abuse**

FOND DU LAC PRIDE ALLIANCE - FOND DU LAC, WI

Barriers:

- Lack of inclusive & welcoming community
- Community connectedness
- Transportation
 - Access
 - Stigma related to utilization of public transportation
- LGBTQ+ stigma, norms, & stereotypes
- Cultural competency training, especially in health care sector
- Lack of support & promotion for the performing arts

Strengths:

- Amount of community resources
- Community recognition of pride month
- Strong community leaders/organizations

Top Three Health Challenges

1. **Mental health (stigma, access, education)**
2. **Social determinants (cultural competency, housing, food security, transportation)**
3. **Healthcare & physical health (access and awareness)**