

Community Health Improvement Implementation Plan



2019-2021

April 30, 2019

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Planning for Action and Monitoring Results

The purpose of the CHNA is to provide data and direction to drive our Community Health Improvement Plan (CHIIP). The following information summarizes actions taken, or planned, by SPH to address the health needs identified in the CHNA.

Health Priority Key

-  = Mental Health
-  = Eat Smart, Move More (Reducing Obesity)
-  = Chronic Conditions
-  = Substance Abuse



Key Priority: Mental Health

- Maintain or decrease the number of poor mental health days in Sauk and Columbia Counties from 3.4 in 2018 by 2021.
- Maintain or decrease the age-adjusted death rate due to suicide in Sauk County from 13.9 per 100,000 in 2018 and in Columbia County from 24.7 in 2018.
- Maintain or decrease the percent of population who experience a lack of social or emotional support in Sauk County from 12.8%.

Mental Health Approaches

1. Reduce Stigma Initiatives

One of the key action items brought forth in the January 2019 Creating Our Healthy Community Summit, was the call to reduce the negative stigma surrounding mental health. The negative stigma surrounding mental health is all too common and is a barrier to help, support, and treatment for those in need. Stigma can be towards others or even judging oneself. Unfortunately, mental health stigma can lead to the intentional or unintentional discrimination of others, the lack of understanding by family, friends, and co-workers which can cause missed calls for help, and most importantly, the reluctance of those who need help to seek treatment or support. In combination between in-house programs and working with coalitions in our communities, Sauk Prairie Healthcare is addressing the stigma of mental health in several ways.

- Educational Programs: Education reduce-stigma interventions are campaigns that present factual information about the stigmatized condition with the goal of correcting misinformation or contradicting negative attitudes and beliefs. These marketing campaigns counter inaccurate stereotypes and myths with factual information.
- Community Rally Strategies: Reduce stigma protest strategies are a formal objection to negative representations of people with mental illness or the nature of these illnesses. These programs are often carried out at the grassroots level by those who have experienced discrimination and by advocates on their behalf and include community demonstrations and rallies to draw attention to the issue.
- Contact intervention Programs: Contact-based behavioral health anti-stigma interventions involve those who have and are living with the experience of mental illness to interact with the public describing their challenges and stories of success. These programs help create a sense of empowerment and boosting self-esteem. Contact with people with mental health disorders occur in person through video/ over the internet.

2. Social Circles & Connections Initiatives

The second action items brought forth in the January 2019 Creating Our Healthy Community Summit when discussing mental health, was the need of programs to encourage interactivity, engagement and socialization. Socialization provides many benefits to one's mental health. With all age groups, social interaction and engagement is associated with better mental health, self-confidence, empowerment, increased feelings of well-being and decreased feelings of depression.

3. Collaboration Initiatives

A third mental health action items brought forth in the January 2019 Creating Our Healthy Community Summit was the need for all players to collaborate with regards to identifying, treating, and support programs for those in need of mental health care. There are many advantages offered by collaborating, from leveraging resources, reducing duplicate efforts and increasing the number of people affected by your initiatives. Sauk Prairie Healthcare is truly fortunate to be a partner of the Sauk County Health and Wellness Coalition.



Key Priority: Eat Smart, Move More (Reducing Obesity)

- Maintain or decrease the percent of the population with no leisure time physical activity of Sauk County adult residents from 23% in 2018 and in Columbia County from 22% in 2018.
- Reduce the percentage of adults with a Body Mass Index (BMI)>30 in the SPH Service Area from 34.7% in 2018.
- Reduce the baseline average recovery rate among SPH community kids utilizing the Heart Zones technology during the 2018-2019 school year.

Eat Smart, Move More (Reducing Obesity) Approaches

1. Youth-Targeted Initiatives

During discussions revolving around obesity in our community during the January 2019 Creating Our Healthy Community Summit, one of the key action items brought forth was the need to begin programs with young kids in our communities. By educating and providing hands on fitness and nutrition programs with our communities' kids, we will begin to instill a way of life in our kids that will continue into adulthood.

2. Community Education Initiatives

A second health and fitness action items brought forth in the January 2019 Creating Our Healthy Community Summit was the need to provide community education. The participants felt that further education of adults is important to begin to change the norm and reinforce healthy nutrition and physical activity behaviors and lifestyles.

3. Infrastructure Projects Initiatives

Sauk Prairie Healthcare will financially support infrastructure projects to assist SPH communities in ensuring health equity to all within the communities we serve.



Key Priority: Chronic Conditions

- Maintain or reduce the percentage of adults in the SPH Service Area who have been told by a doctor they have diabetes from 5.6% in 2018.
- Maintain or reduce the percentage of adults in the SPH Service Area who report they have high blood pressure from 18.5% in 2018.
- Maintain or reduce the percentage of adults in the SPH Service Area who report they have high blood cholesterol from 19.4% in 2018.
- Maintain or reduce the age-adjusted rate of diabetes among adults 20 and older which is 10% and 8% for Sauk and Columbia Counties respectively, compared to the Wisconsin rate of 9%.
- Maintain or reduce the percentage of adults in Sauk and Columbia County who regularly smoke cigarettes from 15.0%.

Chronic Conditions Approaches

1. Community Educational Initiatives

The first action items brought forth in the January 2019 Creating Our Healthy Community Summit was the need for community-wide education campaigns. Education campaigns regarding chronic health conditions that present factual information with the goal of correcting misinformation may be the key to affect lifestyle changes that could possibly prevent or delay the onset of lifelong chronic health symptoms.

2. Collaboration Initiatives

Discussions about chronic health conditions in our community at the January 2019 Creating Our Healthy Community Summit emphasized the need for all players to collaborate with regards to treatment and follow up programs for those identified with heart disease and/or diabetes. Collaborative efforts among healthcare providers and support agencies can reduce duplication, avoid unnecessary costs, improve transitions of care, and potentially make a positive impact on a greater number of people in Collaboration Initiatives the community.

Health Initiatives and Programs (alphabetically ordered by title)

5k Walking Class		
Description	Training program designed for post hip and knee replacement community members who are motivated to get active. When successfully completing the class, they are capable of participating in the Sauk Prairie Cow Chip 5k Walk. Program is provided free of charge and taught by Wellspring staff.	
Approach	Social Circles & Connections Community Education	
Community	Sauk Prairie Healthcare communities	
Goal	To support and build up endurance of post hip and knee patients to help them successfully complete a 5k walk.	
Status	2019's 5k Walking Class program had 10 participants enrolled; of those 2 participated via from home due to living far away. 2020's 5k Walking program was switched to a virtual format class and walk due to COVID-19 and had >100 participants.	

Activate Lodi		
Description	Activate Lodi is a group of community members and businesses in Lodi whose goal is to provide education and activities for all ages and ability levels to create healthy life-long habits.	
Approach	Collaboration Initiatives	
Community	Sauk Prairie Healthcare communities - Lodi	
Goal	Support grassroots initiatives designed to motivate local community members to increase physical fitness.	
Status	SPH's Wellness Supervisor, Sandy Drury, is active member on the committee and assists with the Lodi One Mother of a Run. 2020's run was cancelled due to COVID-19. 2021's run is scheduled for May 16.	

Advance Directives Campaign



Description	In an effort to reduce moral distress among families and physicians faced with critical choices about treatments for patients who lack decision-making capacity, tools such as advance directive documents will facilitate necessary discussions regarding the continuation/discontinuation of life-sustaining treatment.																										
Approach	Community Education																										
Community	Sauk Prairie Healthcare communities																										
Goal	Support mental fitness by promoting end-of-life planning (using the La Crosse, WI Respecting Choices Advance Care Planning model).																										
Status	<p>In April 2020, SPH created and began tracking monthly advance directives on record with patients to assist identifying trends and patterns.</p> <p>Beginning in May 2020, the Advance Directives Task Group identified 1 day per month in River Valley and 2 days per month in Sauk Prairie where they schedule appointments to assist community members wishing to complete these documents.</p> <p>In an effort to increase community awareness of the importance and ease of advance care planning, the Advance Care Planning team promoted Sauk Prairie Healthcare's services by creating an instructional video as well as implemented methods to accommodate safe distancing while working with families on completing advance directives.</p> <p>Active advance directives monthly:</p> <div data-bbox="358 1136 1317 1709" style="border: 1px solid gray; padding: 10px; margin: 10px 0;"> <p style="text-align: center;">Advance Directives at SPH (03/20-03/21)</p> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr> <th>Month</th> <th>Active Advance Directives</th> </tr> </thead> <tbody> <tr><td>Mar-20</td><td>380</td></tr> <tr><td>Apr-20</td><td>750</td></tr> <tr><td>May-20</td><td>1080</td></tr> <tr><td>Jun-20</td><td>1150</td></tr> <tr><td>Jul-20</td><td>1080</td></tr> <tr><td>Aug-20</td><td>1080</td></tr> <tr><td>Sep-20</td><td>1100</td></tr> <tr><td>Oct-20</td><td>980</td></tr> <tr><td>Nov-20</td><td>980</td></tr> <tr><td>Dec-20</td><td>1120</td></tr> <tr><td>Jan-21</td><td>1220</td></tr> <tr><td>Feb-21</td><td>1600</td></tr> </tbody> </table> </div>	Month	Active Advance Directives	Mar-20	380	Apr-20	750	May-20	1080	Jun-20	1150	Jul-20	1080	Aug-20	1080	Sep-20	1100	Oct-20	980	Nov-20	980	Dec-20	1120	Jan-21	1220	Feb-21	1600
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Ag Mental Health Awareness



Description	Sauk Prairie Healthcare is committed to collaborating with local farm groups and Sauk County Health Department. The coalition is a group of concerned citizens working to prevent suicide through awareness, education, collaboration, and improved access to mental health care. Through conversations with those dealing with mental health issues, the team strives to bring the community, especially farmers and their families, together to reduce the stigma of mental health.
Approach	Reduce Stigma – Contact Intervention Social Circles & Connections Collaboration Initiatives
Community	Sauk Prairie Healthcare communities
Goal	Support grassroots initiatives designed to prevent suicide and other mental health issues within the agricultural communities.
Status	Sauk Prairie Healthcare has one employee actively involved with The Farmer Angel Network which is a collaboration of Sauk Co. Public Health, Extension Sauk Co., Project Recovery, local churches and concerned farmers whose goal is to support area farmers through a time of depressed farm income, challenging cropping season and the highest rate of farm bankruptcies that are occurring. Mental health awareness and support resources are the key focus of this effort. The Farmer Angel Network supports area farmers and educate the public about the issues farmers are facing. Their goal is to help create strong rural communities that support agriculture by providing education, resources, and fellowship with a focus on mental health. Between January 2020 and April 2021, the organization hosted or provided more than 20 events or educational sessions for area farmers to partake in.

Aging Mastery



Description	The Aging Mastery Program® (AMP) is designed to inform, encourage, and support older adults as they take steps to improve their lives and engage with their communities. Sauk Prairie Healthcare provides a fitness instructor to assist with the program being offered by the Sauk Prairie Community Center.
Approach	Community Education Collaboration Effort
Community	Sauk Prairie Communities
Goal	Provide staff support as needed for class instruction
Status	2019 and 2020 classes were cancelled due to lack of participants.

Breathe Easy Smoking Cessation/Vaping Awareness



Description	Providing an American Lung Associates Freedom from Smoking in-person program that provides a step-by-step plan for quitting smoking in eight class sessions over seven weeks. The class format encourages participants to work on the process and problems of quitting, both individually and as part of a group.
Approach	Community Education Youth Targeted
Community	Sauk Prairie Healthcare communities
Goal	Providing education programs for those in the community who want assistance quitting smoking or vaping.
Status	<p>03/05/2020: Vaping Cessation and Breath Easy Smoking Cessation committee was formed and is actively working with are schools to provide services as the school district feel are wanted or needed.</p> <p>04/30/2020: Unfortunately, this the group did not identify an area specifically that Sauk Prairie Healthcare could assist with moving forward. Susan Baumann-Duran with Sauk Prairie School District had shared that the schools are not able to run a formal tobacco/vaping program in the class rooms due to staff resources being unavailable and an already full curriculum. She noted that the middle school health teachers include education on smoking and vaping. When asked if SPH could assist with initiatives the only interest they expressed was the health education day done in the past.</p> <p>The committee was suspended due to COVID-19 pandemic initiatives taking priority. With the current state of COVID and the school districts not accepting help, offering additional education would not likely be approved. Committee Chair will follow up with the American Lung Association and inquire about teen resources and share with Susan/SP Schools.</p>

Community Education Presentations	
	
Description	SPH's nutritionists will work collaboratively with partner community groups to present nutrition and/or physical activity presentation at the following community events to increase the knowledge of the community members:
Approach	Community Education Collaboration Initiatives
Community	Sauk Prairie Healthcare communities
Goal	Sauk Prairie Healthcare's nutritionists, diabetic educators, and health fitness educators will go out into the community and provide education information regarding nutrition and exercise.
Status	<p>Sauk Prairie Healthcare staff provided educators to Reach Out Lodi's WOW (Wellness on Wednesday) educational presentations: 02/06/2019, 03/06/2019, 01/2020, and 02/2020 for nutrition, diet, and/or exercise.</p> <p>Sauk Prairie Healthcare provided staff to educate at the Baraboo Lions on 11/21/2019 for diabetes education.</p> <p>To protect everyone's safety and emphasize to the community the importance of avoiding gatherings to decrease spread of COVID-19, all in person community education presentations were suspended during the pandemic.</p>

Crisis Intervention Partnership	
	
Description	The Sauk County Health and Wellness Coalition, which Sauk Prairie Healthcare is part of, is collaborating with the Sauk County Health Department to offer 2-day Crisis Intervention trainings aimed at hospital workers, EMT, and Fire personnel. The program uses a combination of role plays, post situation huddles, and educational speakers to bring awareness and to teach those in first response situations how to create a connection and de-escalate crisis situations.
Approach	Collaboration Initiatives
Community	Sauk Prairie Healthcare communities
Goal	Provide first responders training to teach connection and the ability to de-escalate situations involving persons in mental health crisis. Two-day training provided summer of 2019.
Status	01/01/2020: Program was cancelled due to lack of interest from the public.

Grocery Store Tours	
Description	Sauk Prairie Healthcare's Cardiac Rehab Specialist/Nutritionist schedules grocery store tours to educate past and current cardiac patients on heart healthy shopping techniques and tricks.
Approach	Community Education
Community	Sauk Prairie Healthcare communities
Goal	Educate the community about how to shop in a heart-healthy way
Status	<p>In 2020, Sauk Prairie Healthcare cardiac rehab staff provided grocery store tours as part of the cardiac patients' monthly rehab. In addition, a grocery store tour is provided to participants in the Diabetes Prevention Program prior to the COVID-19 pandemic.</p> <p>To protect everyone's safety and emphasize to the community the importance of avoiding gatherings to decrease spread of COVID-19, all grocery store tours were suspended during the pandemic.</p>

Healthy Fruit Baskets for Kids	
Description	It can be difficult to grocery shop with bored or whiny child making the entire process more difficult for everyone involved and lead to parents making impulsive decision and skip label reading. To encourage healthy eating and to help keep kids entertained, providing a free fruit snack may be all it takes to allow parents the additional few minutes to fully read labels and make healthy shopping decisions.
Approach	Youth Targeted Community Education
Community	Sauk Prairie Healthcare communities
Goal	Provide healthy snack options at area grocery stores to promote the consumption of fruits and vegetables.
Status	<p>Sauk Prairie Healthcare's Dieticians will begin discussions with grocery stores to identify is local grocery stores are willing to partner with SPH on providing free fruit to children when parents are shopping.</p> <p>In 2020, Sauk Prairie Healthcare hosted food drives at all primary care clinic locations as well as Sauk Prairie Hospital and Wellspring Campus in an effort to educate staff on food insecurities and healthy options for food pantry donations. Effort included promotion through employee newsletter.</p>

Heart Zones	
	
Description	<p>In conjunction with Sauk Prairie Healthcare and the Sauk Prairie Healthcare Foundation, the school districts of Sauk Prairie, River Valley, Wisconsin Heights, and Lodi hopes to have every student in the district wearing Heart Zone heart monitors while in physical education classes. The monitors, worn on the wrist, provide the students real-time feedback of their physical performance by allowing them to view their heart rate on the screen as it moves between the 4 different activity zones. The goal of each student is to have 20 minutes of activity within the “orange” zone during their classroom time as well as document a decrease in recover heart rate throughout the school year.</p>
Approach	<p>Youth Targeted Community Education</p>
Community	<p>Sauk Prairie Healthcare community school districts (Sauk Prairie, River Valley, Wisconsin Heights, and Lodi.)</p>
Goal	<p>Create an environment of heart health awareness by implementing the Heart Zones program in every school district in the primary service area (Lodi, River Valley, Sauk Prairie, and Wisconsin Heights).</p>
Status	<p>During the COVID-19 pandemic, the community schools reported that they were able to get creative and resourceful and were able to use the heart rate monitors when students returned to school even with concerns of virus transmission because they were able to purchase enough heart rate monitor straps for every student, so children had to share. The schools also developed a system so they can keep the straps organized and safe so they aren't getting lost. Heart Zones was accommodating and gave discounted costs on straps so this would be possible. Due to the lack of use during the height of the pandemic, they will not have any significant recovery heart rate data for 2020-2021 school year.</p>

Hope Sauk Prairie	
	
Description	<p>Being visible in Sauk Prairie Hospital restrooms and other private locations, the support number for Hope SP can be seen and taken for those who want to call for assistance.</p>
Approach	<p>Reduce Stigma – Community Rally Social Circles & Connections</p>
Community	<p>Sauk Prairie community</p>
Goal	<p>The mission of Hope Sauk Prairie is to prevent suicide and to share resources and education to lower the likelihood that our community will lose a member to suicide. Sponsor the membership of at one SPH employee in Hope Sauk Prairie. Support promotion and education efforts as requested by Hope Sauk Prairie. SPH has three representatives on the Hope group and is the Foundation is currently discussing options around serving as fiscal intermediary.</p>

Status	Sauk Prairie Healthcare's representative on the board has been changed to Sauk Prairie Healthcare Foundation Executive Director, Todd Wuerger.
Men's Health Adolescence Empowerment Program 	
Description	This program aims to empower young men through a programmatic approach design to socially engage youth.
Approach	Social Circles & Connections Youth Targeted
Community	Sauk Prairie Healthcare communities
Goal	Establish and carry out empowerment programming for at-risk teens throughout the primary service area. Lead by the SPH Men's Health Steering Team (MHST), we believe "Healthy Boys = Healthy Men = Healthy Communities."
Status	No updates identified.

Mental Health First Aid 	
Description	Mental Health Educational Program: Mental Health First Aid is an 8-hour classroom setting program designed to teach how to identify and spot the signs of mental illness, how to respond when identified, and provide the tools and resources to assist those who need assistance.
Approach	Reduce Stigma - Educational Programs
Community	Sauk Prairie Healthcare communities
Goal	Provide the knowledge to staff and those in the community how to identify the signs of mental illness and know of the resources available for help. We want to create confidence among those trained to provide assistance if/when they identify individuals who may need mental health assistance. In addition, we would like to reach out to the rural community specifically due to the increase in suicides among farmers.
Status	<p>In 2019, Sauk Prairie Healthcare conducted 3 separate, in person community adult mental health trainings in for a total of 44 participants. The classes were held in Spring Green on 08/14, Lodi (ROL) on 09/07 & 09/14, and at the Sauk Prairie Hospital on 11/01 & 11/08.</p> <p>In spring of 2020, all scheduled in person MHFA classes were cancelled due to the COVID-19 pandemic. This included a class scheduled in Sauk City at 6:8 and a class scheduled in Black Earth at the Village Hall. In response to the concern and danger for gatherings, virtual classes were added to the schedule to address both youth and adult mental health. The YMHFA were held virtually on 08/20 & 08/22, 09/16 & 09/18 and had 28 participants. The Adult MHFA classes were held virtually on 07/28 & 0730, 08/10 & 08/12 and had 17 participants.</p>

	<p>In 2021, Sauk Prairie Healthcare continued with the virtually taught classes and scheduled an Adult MHFA on 04/20 and 04/22 with 7 participants attending. Two Youth MHFA classes are scheduled on 06/22, 06/24 and 08/02 & 08/04.</p> <p>All classes were fully funded with a grant from the Sauk Prairie Healthcare Foundation and were free of charge to all who participated.</p>
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Planting a Seed	
	
Description	Plant a Seed is a pilot program that would partner a gardener (novice or experienced) with a person who once gardened but no longer is able (or possibly a person who wants to learn to garden) creating an opportunity to use the garden help a socially isolated person interact with others.
Approach	Social Circles & Connections Community Education Collaboration Initiatives
Community	Sauk Prairie Healthcare communities
Goal	Pilot Program. Provide a mentoring encounter between a gardener (novice or experienced) with a person who once gardened but no longer is able (or possibly a person who wants to learn to garden). Our goal would be to identify a minimum one partnership in 2019 to identify how the program would be structured and work.
Status	This program has not been able to identify participants.

Prevent T2 Lifestyle Change Program	
	
Description	Diabetes Pre-Diabetic Classroom Program is a 16-session classroom program spanning 12 months with focus on taking pre-diabetic community members and educating them how to slow down or stop diabetes with eating habits, physical activity, and lifestyle choices. The maximum number of participants is 15.
Approach	Community Education
Community	Sauk Prairie Healthcare communities
Goal	Educate the community with information regarding diabetes risk and prevention as well as healthy eating tips and exercise.
Status	In 2019, SPH offered a spring session with 8 participants enrolled. Average active weekly minutes recorded by the group was 187 minutes/week. The fall session had 19 participants enrolled. Of this fall group, the average A1c dropped .2%; average self-reported activity minutes was 249 minutes/week; average weight loss was 2.6%; average class attendance was 74%. (Class had 3 participants identified as being diabetic who were not in above A1c statistic who decreased their A1c by 23%, 4% and 39%.)

In 2020, the spring session began in March, but due to the COVID-19 pandemic, the program had to be ended early due to safety concerns. The team re-grouped and created a virtual program that was launched in the fall of 2020. The fall, virtual program had 7 participants with an 88% attendance rate. The average A1c started at 5.85% and end at 5.70% (a .15% drop.) The average self-reported activity minutes for the class was a duration of 160.2 activity minutes/week. There was not enough data points reported to effectively track weight loss for this group. In 2021, a spring program was planned, but was cancelled due to the lack of participants. The Team is planning an in person fall program assuming it is safe to do so at that time. The current plan is to also offer a virtual option as a back-up for those not able to make it in person on a given week.

Sauk CAN (Sauk County Coalition for Activity and Nourishment)	
	
Description	Sauk CAN is a coalition of community members and businesses throughout Sauk County whose goal is to provide education and activities for all ages and ability levels to address activity and nourishment in our communities.
Approach	Collaboration Initiatives
Community	Sauk Prairie Healthcare communities
Goal	Support grassroots initiatives designed to motivate local community members to increase physical fitness and improve diets choices.
Status	Sauk CAN was resurrected in January 2020 and is led by Sauk County Health Department. SPH has identified two employees as community members who participate in monthly meetings. All meetings since January 2020 have been on hold due to the COVID-19 pandemic.

Sauk Prairie Healthcare Behavioral Health Program Development	
	
Description	Created an integrated model of care that addresses patient needs in a timely and coordinated way
Approach	Collaboration Initiatives
Community	Sauk Prairie Healthcare communities
Goal	Integrate behavioral health providers into the SPH rural health clinics.
Status	Due to the COVID-19 pandemic, this initiative was put on hold and delayed until a future time when financial and time constraints allow for it to develop again.

Sauk Prairie School District Good Bags



Description	Working in collaboration with the Sauk Prairie School District, SPH Dieticians provide easy to follow healthy recipes that are compiled into a book and provided to grade school children for summer breaks with the intention for families to eat healthy during breaks from school.
Approach	Collaboration Initiatives Youth Targeted Community Education
Community	Sauk Prairie Healthcare communities
Goal	Provide easy and healthy recipes for snacks and meals for families to encourage healthy eating during summer break; helping community children and their families eat healthier.
Status	Electronic healthy eating guides with family recipe ideas were provided to the school district for printing and distribution for summer break 2020. This was a one-time program in 2020 that was not planned for repeat in 2021.

Sauk Prairie Stir It Up!



Description :	Sauk Prairie Healthcare's dietician travels to a rural grade school with a high population of ESL students. He teaches one or two children who become the "chef" a basic recipe. Those students go back to the classroom and teach the other children how to make the recipe. The recipes are sent home with the kids in the entire class for the kids to share with/teach the parents. The program fosters an introduction to nutrition and cooking with healthy foods while focusing on the family environment.
Approach	Youth Targeted Community Education
Community	Sauk Prairie area rural grade school, Tower Rock
Goal	<p>Teach school age children a few basic, healthy recipes. They then share that knowledge with the rest of their class as well as their parents and family. Conduct Pre and post-program testing to demonstrate programs efficacy in achieving outcomes of healthy food recognition and increasing understanding of basic nutrition. 8 visits annually with Tower Rock Elementary (one per month during the school year) with goal of 40 kids during each full school year.</p> <p>Future Goal: Pilot an expansion of 2-4x per year stir it up programming with Bridges and Grand Avenue schools (2-3 year goal).</p>
Status	<p>Tower rock school completed 5/8 presentations where students demonstrated an increase in the identification of fruits and vegetables from 67% to 81% from the beginning of the year to the end of the year for 2021 despite an abbreviated program. River Valley had only one class of before/after data was made available but those students demonstrated an increase in correct identification of fruits and vegetables from 61% to 83% from Oct 2019 – May 2020.</p> <p>For the 2020-2021 school year, a virtual program was planned with Tower Rock but could not be effectively carried out due to COVID-19 related limitations. In response to this, links to healthy recipe videos were made available to be used in the classrooms at Tower Rock. River Valley Elementary school opted out of this year related to COVID-19 pandemic related challenges.</p> <p>Current plan is to resume in-person Stir It Up programming in the fall of 2021.</p>

Walk with a Doc	
Description	Community walks are organized that are led by a local physician. The doctor begins the walk with a brief discussion about a health topic, followed by a casual walk for approximately 1 hr.
Approach	Community Education Social Circles & Connections
Community	Sauk Prairie Healthcare communities
Goal	Goal is to host 12 walks per year across all of Sauk Prairie Healthcare communities.
Status	2019: Wisconsin Heights had weekly walks from May thru September. 2020: Walks were suspended due to COVID-19.

Women's Health Adolescence Empowerment Program	
Description	This program aims to empower young women through journaling, cooking, and fitness programs.
Approach	Social Circles & Connections Youth Targeted
Community	Sauk Prairie Healthcare communities
Goal	Establish and carry out empowerment programming for at-risk teens throughout the primary service area. Lead by the SPH Women's Health Steering Team (WHST), we believe "Healthy Girls = Healthy Women = Healthy Communities."
Status	In 2019, 12 of Wisconsin Heights Schools female students participated in the program on 12/13 at Culvers Franchising Headquarters. In 2020, 18 of Lodi Schools female students participated in the program on 02/19 at Culvers Franchising Headquarters. To protect everyone's safety and emphasize to the community the importance of avoiding gatherings to decrease spread of COVID-19, all Adolescence Empowerment classes were suspended during the pandemic.

COVID-19 Pandemic Response

During 2020-2021, SPH was faced with directing resources toward response efforts to the COVID-19 Pandemic. To protect our patients, staff and community members as well as slow the progression of the COVID-19, SPH enacted its emergency response plan. As part of this response effort, SPH embarked upon the following initiatives in an effort to lead the community safely through the pandemic:

- a. Issues regular community communications using videos and social media posts
- b. Conducted regular community leader calls for updates and information sharing
- c. Distributed 10,000 cloth as well as 5,000 donated, home-made masks to community members to encourage masking
- d. Distributed approximately 1,000 yard signs reinforcing a “We Not Me” campaign of masking, distancing, and hands washing
- e. Offered weekly community free COVID-19 testing
- f. Set up a community vaccination site and provided community outreach to address vaccine hesitancy
- g. SPH Foundation funded the Healthy Roster App to assist students to be safe while participating in local high school athletics.



Substance Abuse

Throughout the data collection process, Alcohol and Drug Abuse was high priority issue, especially the current problems associated with opioid use and addiction. However, this issue was not selected as one of SPH’s top priorities because the Sauk County Partnership for Prevention and Recovery (SCPPR) serves to provide many of the same programming SPH would offer if sufficient funds were available and the SCPPR did not exist.

SPH supports employee participation with SCPPR and collaborates in their programming efforts. SCPPR coordinates the following initiatives and programs aimed at prevention, support, and or recovery for substance abuse:

Dose of Reality Campaign

Preventative education campaign aimed at reducing prescription painkiller abuse in Wisconsin.

Drop In Center

Support initiative that provides for a physical location open to anyone looking for a sober place to connect with others in recovery of any kind. (First location: Baraboo WI opened in February 2019)

Education and Community Outreach

The Sauk County Partnership for Prevention and Recovery (SCPPR) coalition meets monthly. The coalition meets monthly. Recently, they coordinated with the Wisconsin Attorneys General Office on a targeted promotional campaign to raise awareness about the importance of properly storing prescription narcotics. Sauk Prairie Healthcare has one representative on the committee.

Let’s Talk Drugs

One program out of the SCPPR School Prevention STAT that aims at educating parents on how to talk to their children about drugs, including panel discussions and speakers from the UW Madison, South Central WI Tobacco Free Coalition, Sauk County Health Department, UW Extension, and representatives from the local police departments and school.

Med Take Back Day

Aims to provide a safe, convenient, and responsible means of disposing of prescription drugs in the community. Collaborative effort between Sauk Prairie Healthcare and Sauk Prairie Police.

2019 dates: April 27, October 26.

2020 dates: October 24

2021 dates: April 24

Overdose Death Review Team

Investigation and analysis of deaths due to overdose. The team has developed 22 recommendations to help prevent future overdose deaths.

Peer Support Program

Support program that provides for a real person available to anyone looking for a drug rehab support person to assist them in the recovery process.

Save a Life with a Spray: Narcan Trainings

Support program that teaches the participant the signs of opioid overdose and how to respond safely and effectively. This includes bi-lingual training of area residents in the use of Narcan.

SBIRT Pilot Program

Screening, briefing, intervention, referral and treatment program in pilot stages to identify those who require and want follow-up support and treatment; and then to provide that follow-up assistance.

Healthy Life Initiative Grants

Healthy Life Initiative Grants are grants that Sauk Prairie Healthcare Foundation provides to the community. The purpose of the Healthy Life Initiative Grant program is to advance the health of our communities by funding new or expanded screening, educational, preventive and wellness projects or by funding research which can be applied to such projects. Area non-profit organizations apply for the money. A committee consisting of members of the Foundation's Grants & Gifts Committee and members at large select the recipients.

Among the 2019 grants are the following:

6:8 for Garden and Orchard	
Black Earth/Mazomanie Recreation Program supporting recreational events for youth	
Cycling Without Age for a tri-shaw bicycle	
District One EMS for AHA-mandated CPR mannequins and free community bike helmets	
Heights Unlimited Community Service Center for food, personal essentials, community services	
Joining Forces for Families (Fiscal Agent: Shenanigans4U) for Wisconsin Heights summer and after-school recreation program	
Prairie Clinic for wearable fitness trackers and food scales to assist patients in weight management	
River Arts Inc. for Coffee + Coloring	
Sauk City Public Library for Foodwise at the Library	
Sauk Prairie Area Food Pantry for their Feed our Future Project	
Sauk Prairie High School for the biking curriculum for students	
Sauk Prairie Middle School for the biking curriculum for students	
Sauk Prairie Schools for CPR/AED/First Aid instructor starter package with CPR monitor and AED	

Among the 2020 grants are the following:

6:8 for Circles Program	
Arena Police Dept.	
Dane County Dept of Human Services	
George Culver Community Library	
Good Neighbor Clinic	
Lodi Area EMS	
Lodi Public Library	
Lodi School District (2)	
Mazomanie United Church of Christ	
Prairie Clinic (2)	
Ruth Culver Community Library	
Sauk County Health Dept.	
Sauk Prairie Area Food Pantry	
Sauk Prairie School District	
Wisconsin Heights Community Garden	
Ice Age Nordic (Ski Club)	
Ice Age Trail Alliance Inc. Saunters	