

2016-2018

Planning for Action and Monitoring Results

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

Mental Health

- Decrease the number of poor mental health days in Sauk County from 2.7 in 2015 to 2.2 by 2018 and in Columbia County from 2.5 in 2015 to 2.0 by 2018
- Decrease the age -adjusted death rate due to suicide in Sauk County from 17.8 per 100,000 in 2015 to 15.9 by 2018 and in Columbia County from 17.7 in 2015 to 16.0 in 2018.

Mental Health First Aid	
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. In addition, we want to create confidence among those trained to provide assistance if/when they identify individuals who may need mental health assistance.
Performance Measures	Conduct at least one, but as many as three Mental Health First Aid classes of 25 participants during 2017. Participants will include SPH staff, other healthcare providers, and interested community members. Update (February 2017): SPH Foundation will fund four 20-person classes (total of 80 participants) in 2017.
Description	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.

Hope Sauk Prairie	
Community	Sauk Prairie area
Goal	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.
Performance Measures	Sponsor the membership of at least two SPH employees in Hope Sauk Prairie. Support promotion and education efforts as requested by Hope Sauk Prairie. Update (February 2017): SPH has three representatives on the Hope group and is the Foundation is currently discussing options around serving as fiscal intermediary.
Description	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.

Women's Health Adolescence Empowerment Program	
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."
Performance Measures	Establish and pilot-test program in 2017. Determine participation targets. Update (February 2017): The WHST will be meeting with representatives of three community-based programs to learn about what they are doing to promote youth empowerment. From that discussion, the WHST will evaluate opportunities to assist or build upon existing programs.
Description	This program aims to empower young women through journaling, cooking, and fitness programs.

Eat Smart, Move More (Reducing Obesity)

- Decrease the percent of the population with no leisure time physical activity of Sauk County adult residents from 26% in 2015 to 24% in 2018 and in Columbia County from 22% in 2015 to 21% in 2018
- Reduce the percentage of adults with a Body Mass Index (BMI)>30 in the SPH Service Area from 34.6% in 2015 to 32% in 2018

Heart Zone Heart Zone Monitor Program	
Community	Sauk Prairie School district with plans to expand to River Valley, Wisconsin Heights, and Lodi School districts
Goal	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).
Performance Measures:	Annual measurements in the following will be tracked annually. <ul style="list-style-type: none"> • Reduce school age childrens' resting heart rate • Increase the average school age active heart rate zone <p>Update (February 2017): SPH and the SPH Foundation have donated \$10K to River Valley School District to initiate the Heart Zones program. We have also developed a fundraising brochure for each school district to encourage additional giving to the program. Wisconsin Heights and Lodi School Districts have been contacted regarding this project. Lodi has expressed interest in using the system at the grade school levels, but Wisconsin Heights has not yet responded.</p>
Description:	In conjunction with Sauk Prairie Healthcare and the Sauk Prairie Healthcare Foundation, the Sauk Prairie School District 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.

WISCONSIN HEIGHTS COMMUNITY GARDEN MOVE	
Community	Wisconsin Heights School District (Black Earth and Mazomanie)
Goal	Assist with the transition of the Wisconsin Heights community garden governance to a gardener-led structure
Performance Measures	Garden is successfully relocated for 2017 planting season. Update (February 2017): SPH donated \$1,000 to help provide a permanent water supply to the relocated garden.
Description	The Wisconsin Heights Community Garden is located near the corner of Highways 78 and 14, two miles south of Mazomanie. In 2012, the garden covered 1 acre and hosted 28 active garden plots.

SAUK PRAIRIE FOOD PANTRY MOVE	
Community	Sauk Prairie Area Community
Goal	Providing needed equipment and donations to the Sauk Prairie Food Pantry so the pantry can provide cooking classes to community members who want to learn how to eat healthier.
Performance Measures	Update (February 2017): SPH has donated a large supply of kitchen resources, including walk-in chillers and ventilation units to the Sauk Prairie Food Pantry. The list of items and their value is still to be determined.
Description	The Sauk Prairie Food Pantry is relocating to a new building and is including a kitchen to teach the community basic and healthy cooking skills. Sauk Prairie Healthcare donated more than \$11,000 in items to their new building including shelving, appliances, and cabinetry.

RURAL SCHOOL AGE COOKING & NUTRITION LESSONS	
Community	Sauk Prairie area rural grade school, Tower Rock
Goal	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
Performance Measures	<ul style="list-style-type: none"> • Increase the number of preferred fruits and vegetables by 20% in 4th grade students at Tower Rock Elementary. <ul style="list-style-type: none"> ○ Results: 17.5% increase 2015/16 school year. • Educate students on the health benefits of fruits and vegetables evidenced by a knowledge gain of 50% or more from pre- to post-test. <ul style="list-style-type: none"> ○ (Update: February 2017) Results: Average of 43.7% improvement in 2015/16 school year. Average of 45.8% improvement year-to-date 2016/17 school year.
Description:	Sauk Prairie Healthcare's dietician travels to a rural grade school with a high population of ESL students. She teaches one or two children a basic recipe and those students go back to the classroom and teach the other children.

SAUK PRAIRIE BIKE TO SCHOOL DAY	
Community	Sauk Prairie School District
Goal	Using the bike to school day activities as a day to also teach middle school students the benefits of healthy snacking
Performance Measures:	To be determined.
Description:	During the Sauk Prairie School Districts Bike to School day, SPH sends our nutritionist to the middle school to provide healthy snacks for the kids

MAZOMANIE SPLASH PAD	
Community	Wisconsin Heights School District (Black Earth and Mazomanie)
Goal	Sauk Prairie Healthcare has financially assisted with the building of the Mazomanie splash pad to help physical activity for community members during summer months
Performance Measures	To be determined by Splash Pad Coalition. Update (February 2017): SPH donated \$1,000 to this project.
Description	SPH assisted with the building of the Mazomanie splash pad by providing financial support of the construction project

Chronic Conditions

- Reduce the percentage of adults in the SPH Service Area who have been told by a doctor they have diabetes from 6.0% in 2015 to 5.0% in 2018
- Reduce the percentage of adults in the SPH Service Area who report they have high blood pressure from 20.0% in 2015 to 18.0% in 2018 and have high blood cholesterol from 26.0% in 2015 to 23% in 2018.

BREATHE EASY SMOKING CESSATION PROGRAM	
Community	Sauk Prairie Healthcare communities
Goal	Providing a classroom program for those in the community who want assistance quitting smoking.
Performance Measures	Train facilitators and offer six classes in 2017. Class attendance goal is 4 per class – 24 total. Update (February 2017): Six smokers enrolled year-to-date. One individual completed a course that began in 2016.
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.

LODI HEALTH FAIR	
Community	Lodi Area School District
Goal	Educate the community with information regarding diabetes risk and prevention as well as healthy eating tips and physical activity
Performance Measures	To be determined.
Description	SPH joined with Activate Lodi, the Lodi School District, and Reach Out Lodi to bring a morning of activities and informational booths to the Lodi community

DIABETES AWARENESS MONTH ACTIVITIES

Community	Sauk Prairie Healthcare communities
Goal	Educate the community with information regarding diabetes risk and prevention as well as healthy eating tips and exercise.
Performance Measures	<ul style="list-style-type: none">▪ Conduct Diabetes Education Forums: Host three Fireside Chats with a max of 15 attendees. A total of 30 attendees were present (67% of target).▪ Diabetes Pre-Diabetic Classroom Program: A 16 week classroom program 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. <p>Update (February 2017): The 16-week pre-diabetes program will be offered from August – November, 2017.</p>
Description	<p>SPH participated in several diabetes awareness activities in an effort to help identify those who may be pre-diabetic.</p> <p>Activities included:</p> <ol style="list-style-type: none">1. Hosting three evening Fireside Chats<ul style="list-style-type: none">- One to help community members identify if they are at risk- One to inform community members of better eating habits- One to demonstrate indoor activities to do during winter months2. SPH posted diabetic displays at all locations3. Sauk Prairie Hospital lit blue lights to call attention to diabetes