



Community Health Improvement
Implementation Plan
2022-2024

Planning for Action and Monitoring Results

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

Health Priority Key



= Mental Health



= Healthy Lifestyles – eat smarter and move more to prevent chronic medical conditions



= Reduce Social Isolation



= Reduce Substance Abuse



= Housing People Can Afford



Key Priority: Mental Health

- The 2018 Wisconsin County Health Rankings show that in the past 30 days, residents had an average of 4.3 and 3.9 mentally unhealthy days in Sauk and Columbia Counties respectively. In comparison, Sauk County's 2019 rate was 3.4 days.
- Statistics from the 2021 Sauk County Health & Wellness Coalition survey show (SPH area respondents only):
 - Nearly one-third (30.4%) of survey respondents report “challenges obtaining mental health services.”
 - The WI Department of Health Services reports that 16% of individuals with Adverse Childhood Experiences (ACEs) experienced mental health issues in their household.
- According to Sauk County Health survey, 18.7% rate mental health fair or poor.

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: Healthy Lifestyles - Eat Smart and Move More to Prevent Chronic Medical Conditions

- According to County Health Rankings, obesity continues to be a growing issue in the Sauk and Columbia County communities. Adult obesity rates in Sauk and Columbia Counties are 35% and 46% respectively (WI=32%).
- Lack of physical activity is one of the main contributors of obesity. In Sauk County, Physical Inactivity rates better in Sauk County than the State (18%=Sauk, 20%=WI) but worse in Columbia County (25%).
- Sauk County has 93.6 fast food establishments per 100,000 population compared to the State rate of 66.50. This statistic is likely influenced by the abundance of fast food establishments in the Wisconsin Dells area.
- Sauk County and surrounding areas have an abundance of outdoor recreational trails and facilities for residents to use at no cost. Transportation to and from these resources limits access for some people.

Healthy Lifestyle Approaches

1. Youth-Targeted Initiatives

During discussions revolving around obesity in our community focus groups, 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 item is 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. Health Equity Initiatives

According to the CDC, health equity is achieved when every person has the opportunity to attain his or her full health potential and no one is disadvantaged from achieving his potential because of social position or other socially determined circumstances. Sauk Prairie Healthcare will financially support appropriate infrastructure projects to assist SPH communities in ensuring health equity to all within the communities we serve.

Key Priority: Reduce Social Isolation

- According to the 2021 County Health Rankings, minimal contact with others and limited involvement in community life are associated with increased morbidity and early mortality.
- Sauk and Columbia Counties do not differ from the State average on the Social Association metric and in the “Opportunities to gather” question, 12.6% of Sauk Prairie area respondents “strongly disagreed,” “disagreed,” or “neither agreed or disagreed” with the statement.
- There is a unanimous recognition by our Key Informants of social isolation as a problem to be addressed.

Reducing Social Isolation Approaches

Develop social support networks

Social support networks have been identified as powerful predictors of health behaviors, suggesting that individuals without a strong social network are less likely to make healthy lifestyle choices than individuals with a strong network. One study found that people living in areas with high levels of social trust are less likely to rate their health status as fair or poor than people living in areas with low levels of social trust. (Kawachi IK, Bruce P, Glass R. Social capital and self-rated health: A contextual analysis. *American Journal of Public Health*. 1999; 89:1187-1193). Researchers have argued that social trust is enhanced when people belong to voluntary groups and organizations because people who belong to such groups tend to trust others who belong to the same group.

Key Priority: Reduce Substance Abuse

- The WI Department of Health Services reports that 26% of individuals with Adverse Childhood Experiences (ACEs) experienced substance abuse in their household.
- Among adult residents of Sauk County, 20% are current smokers (WI = 17%), 28% drink excessively (WI = 27%)
- During 2017-2019, the number of Drug Overdose Deaths per 100,000 people in Columbia County was 26 (n=44) and 21 (n=40) in Sauk County (National Center for Health Statistics-Mortality Files).

Reducing Substance Abuse Approaches

Collaboration Initiatives

SPH is pleased to support and participate the Sauk County Partnership for Prevention which focuses a majority of its efforts on addressing three types of dangerous drug use in our communities:

- The use of alcohol by youth under age 21
- The use of vaping products by youth under age 21
- The misuse of prescription medication by residents age 12+

Key Priority: Housing that People Can Afford

- Although Columbia County are lower than the state average, Sauk County exceeds the State average for both percentage of households where housing costs exceed 30% of income and occupied housing units with one or more substandard conditions.
- More than half (55.3%) of Community Survey respondents “Strongly Disagree” or “Disagree” that “There are enough safe, affordable houses and apartments in my community.
- The issue of housing was listed by Key Informants as the number one issue affecting the health of our communities. To be clear, focus group members did not limit the “health of the community” to the physical health of individual residents, but rather, their responses had a broader context to include economic, environmental, and cultural vibrancy.

Housing that People Can Afford Approaches

Collaboration Initiatives

Sauk Prairie Healthcare has pledged to work with the county and local entities to address housing concerns for our 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 become capable of participating in the Sauk Prairie Cow Chip 5k Walk as a group. Program is provided free of charge and taught by Wellspring staff.
Approach	Social Circles & Connections Community Education
Community	Sauk Prairie Healthcare communities
Evidence	<p>This program represents scientifically supported community-based social support for physical activity. There is strong evidence that programs such as SPH's 5k Walking Class that provide for medical "prescriptions" for physical activity increase physical activity and physical fitness; especially aerobic exercise and resistance training, which have been shown to maintain mobility among older adults. (https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/exercise-prescriptions)</p> <p>In addition, as a program that provides for activity for older adults, there is strong evidence that this program can improve mental and physical health outcomes, reduce loneliness and social isolation, and improve emotional well-being and quality of life among participant. (https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/community-based-social-support-for-physical-activity)</p> <p>Muller-Riemenschneider 2008* - Müller-Riemenschneider F, Reinhold T, Nocon M, Willich SN. Long-term effectiveness of interventions promoting physical activity: A systematic review. Preventive Medicine. 2008;47(4):354-368.</p> <p>Senter 2013* - Senter C, Appelle N, Behera SK. Prescribing exercise for women. Current Reviews in Musculoskeletal Medicine. 2013;6(2):164-172.</p> <p>Yeom 2009* - Yeom HA, Keller C, Fleury J. Interventions for promoting mobility in community-dwelling older adults. Journal of the American Academy of Nurse Practitioners. 2009;21(2):95-100.</p> <p>² Leung 2015 - Leung P, Orwell M, Orgeta V. Social support group interventions in people with dementia and mild cognitive impairment: A systematic review of the literature. International Journal of Geriatric Psychiatry. 2015;30(1):1-9.</p> <p>³ Noice 2014 - Noice T, Noice H, Kramer AF. Participatory arts for older adults: A review of benefits and challenges. The Gerontologist. 2014;54(5):741-753.</p> <p>⁴ Hertzog 2009 - Hertzog C, Kramer AF, Wilson RS, Lindenberger U. Enrichment effects on adult cognitive development: Can the functional capacity of older adults be preserved and enhanced? Psychological Science in the Public Interest. 2009;9(1):1-65.</p>
Goal	To support and build up endurance of post hip and knee patients to help them successfully complete a 5k walk.
Status	<ul style="list-style-type: none"> 2021's 5k Walking program was virtual in both class format and day of walk due to COVID-19 protocols. Class had 24 participants in the class an additional 12 walking. 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 made up 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
Evidence	<p>There is strong evidence that community-based social support interventions for physical activity increase physical activity as well as physical fitness among adults. These types of programs have also been shown to provide health benefits such as reductions in indicators of cardiovascular risk, including reduced blood pressure, body mass index (BMI), and total cholesterol and depression symptoms. Middle-aged women enrolled in a weight loss program are more likely to lose weight when they experience social support from friends and family.</p> <p>(https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/community-based-social-support-for-physical-activity)</p> <p>CG-Physical activity - The Guide to Community Preventive Services (The Community Guide). Physical activity.</p> <p>Hanson 2015 - Hanson S, Jones A. Is there evidence that walking groups have health benefits? A systematic review and meta-analysis. <i>British Journal of Sports Medicine</i>. 2015;49(11):710-715.</p> <p>Cleland 2012* - Cleland CL, Tully MA, Kee F, Cupples ME. The effectiveness of physical activity interventions in socio-economically disadvantaged communities: A systematic review. <i>Preventive Medicine</i>. 2012;54(6):371-380.</p> <p>Schulz 2015* - Schulz AJ, Israel BA, Mentz GB, et al. Effectiveness of a walking group intervention to promote physical activity and cardiovascular health in predominantly non-Hispanic Black and Hispanic urban neighborhoods: Findings from the Walk Your Heart to Health intervention. <i>Health Education & Behavior</i>. 2015;42(3):380-392.</p>
Goal	Support grassroots initiatives designed to motivate local community members to increase physical fitness.
Status	<ul style="list-style-type: none"> • SPH's Wellness Supervisor, Sandy Drury, is active member on the committee and assists with the Lodi One Mother of a Run. • 2022's run is scheduled for May 7, 2022 • 2021's run occurred on May 16, 2021 • 2020's run was cancelled due to COVID-19 protocols

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
Evidence	<p>There is strong evidence that patient shared decision making (SDM) between health care practitioners and patients who work together and use decision aids to make decisions about a patient's care which are determined by the patient's preferences create beneficial outcomes such as: improved patient knowledge, improved patient decision making, improved patient-provider communication and improved mental health. (https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/patient-shared-decision-making)</p> <p>Cochrane-Stacey 2017* - Stacey D, Légaré F, Col NF, et al. Decision aids for people facing health treatment or screening decisions. Cochrane Database of Systematic Reviews. 2017;(1):CD001431.</p> <p>O'Neill 2017* - O'Neill ES, Grande SW, Sherman A, Elwyn G, Coylewright M. Availability of patient decision aids for stroke prevention in atrial fibrillation: A systematic review. American Heart Journal. 2017;191:1-11.</p> <p>Volk 2016* - Volk RJ, Linder SK, Lopez-Olivo MA, et al. Patient decision aids for colorectal cancer screening: A systematic review and meta-analysis. American Journal of Preventive Medicine. 2016;51(5):779-791.</p>
Goal	Support mental fitness by promoting end-of-life planning (using the La Crosse, WI Respecting Choices Advance Care Planning model).
Status	<ul style="list-style-type: none"> • In April 2020, SPH created and began tracking monthly advance directives on record with patients to assist identifying trends and patterns. • 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. • 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.

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 rural communities
Evidence	<p>There is strong evidence that educational, social, and physical activity programs for older adults improve mental and physical health outcomes, reduce loneliness and social isolation, and improve emotional well-being and quality of life. (https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/activity-programs-for-older-adults)</p> <p>Leung 2015 - Leung P, Orwell M, Orgeta V. Social support group interventions in people with dementia and mild cognitive impairment: A systematic review of the literature. <i>International Journal of Geriatric Psychiatry</i>. 2015;30(1):1-9.</p> <p>Noice 2014 - Noice T, Noice H, Kramer AF. Participatory arts for older adults: A review of benefits and challenges. <i>The Gerontologist</i>. 2014;54(5):741-753.</p> <p>Hertzog 2009 - Hertzog C, Kramer AF, Wilson RS, Lindenberger U. Enrichment effects on adult cognitive development: Can the functional capacity of older adults be preserved and enhanced? <i>Psychological Science in the Public Interest</i>. 2009;9(1):1-65.</p> <p>Cadore 2013 - Cadore EL, Rodriguez-Manas L, Sinclair A, Izquierdo M. Effects of different exercise interventions on risk of falls, gait ability, and balance in physically frail older adults: A systematic review. <i>Rejuvenation Research</i>. 2013;16(2):105-114.</p> <p>RAND-Shekelle 2003 - Shekelle P, Maglione M, Mojica W, et al. Exercise programs for older adults: A systematic review and meta-analysis. Santa Monica: RAND Corporation; 2003: Reprints 1257.</p> <p>Cattan 2005* - Cattan M, White M, Bond J, Learmouth A. Preventing social isolation and loneliness among older people: A systematic review of health promotion interventions. <i>Ageing and Society</i>. 2005;25(1):41-67.</p> <p>Wick 2012* - Wick J. Senior centers: Traditional and evolving roles. <i>Consultant Pharmacist</i>. 2012;27(9):664-7.</p> <p>Johnson 2020* - Johnson JK, Stewart AL, Acree M, et al. A community choir intervention to promote well-being among diverse older adults: Results from the Community of Voices trial. <i>Journals of Gerontology - Series B Psychological Sciences and Social Sciences</i>. 2020;75(3):549-559.</p>
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. In 2022, events are continuing.

Community Education Presentations (Various)



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
Evidence	<p>Engaging community members in community center education programs is a suggested strategy to strengthen social connections, reduce social isolation and to improve health and well-being among participants. However, additional evidence is needed to confirm effects. (https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/community-centers)</p> <p>¹ US DHHS-NPC 2011 - National Prevention Council (NPC). National Prevention Strategy. Washington, DC: Office of the Surgeon General, US Department of Health and Human Services (US DHHS); 2011.</p> <p>² ILR-Ottmann 2006 - Ottmann G, Dickson J, Wright P. Social connectedness and health: A literature review. Ithaca: Cornell University, School of Industrial and Labor Relations (ILR); 2006.</p> <p>³ Aday 2019* - Aday RH, Wallace B, Krabill JJ. Linkages between the senior center as a public place and successful aging. Activities, Adaptation and Aging. 2019;43(3):211-231.</p> <p>⁴ Grzeslo 2019 - Grzeslo J. Building communities, bridging divides: Community technology centers and social capital. The Journal of Community Informatics. 2019:78-97.</p> <p>⁵ CDC-Health equity guide 2013 - Centers for Disease Control and Prevention (CDC). A Practitioner's guide for advancing health equity: Community strategies for preventing chronic disease. Atlanta, GA: US Department of Health and Human Services (US DHHS); 2013.</p> <p>⁶ Rhynes 2013* - Rhynes LT, Hayslip B, Caballero D, Ingman S. The beneficial effects of senior center attendance on grandparents raising grandchildren. Journal of Intergenerational Relationships. 2013;11(2):162-175.</p>
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	<ul style="list-style-type: none"> 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. Sauk Prairie Healthcare provided staff to educate at the Baraboo Lions on 11/21/2019 for diabetes education. 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.

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. A grocery store tour is a hands-on education session where we take the participant and into the real world, meeting at a grocery store and walking them through what a healthy shopping trip looks like, aisle-by-aisle.
Approach	Community Education
Community	Sauk Prairie Healthcare communities
Evidence	None found
Goal	Educate the community about how to shop in a heart-healthy way
Status	<ul style="list-style-type: none"> • 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. • 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 (2020-2021). • The program plans to continue as part of the 2022 Diabetes Prevention Lifestyle Prevention program. Status of continuing as part of cardiac rehab will be based on demand/interest.

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
Evidence	<p>There is some evidence that taste testing fruits and vegetables as part of a multi-component intervention increases fruit and vegetable consumption among children, adolescents, and adults. In addition, exposure to and tasting fruits and vegetables have been shown to increase liking and consumption of fruits and vegetables among children overall and may positively increase children's healthy eating behaviors over the long-term. (https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/fruit-vegetable-taste-testing)</p> <p>Snelling 2017* - Snelling AM, Newman C, Ellsworth D, et al. Using a taste-test intervention to promote vegetable consumption. Health Behavior and Policy Review. 2016;4(1):67-75.</p> <p>Knai 2006* - Knai C, Pomerleau J, Lock K, McKee M. Getting children to eat more fruit and vegetables: A systematic review. Preventive Medicine. 2006;42(2):85-95.</p> <p>Burchett 2003* - Burchett H. Increasing fruit and vegetable consumption among British primary schoolchildren: A review. Health Education. 2003;103(2):99-109.</p>
Goal	Provide healthy snack options at area grocery stores to promote the consumption of fruits and vegetables.
Status	<ul style="list-style-type: none"> • 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. • 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. • 2022: this program is temporarily stalled due to time and staffing restraints

Heart Zones



Description	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.
Approach	Youth Targeted Community Education
Evidence	None found
Community	Sauk Prairie Healthcare community school districts (Sauk Prairie, River Valley, Wisconsin Heights, and Lodi.)
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).
Status	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.

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. Hope Sauk Prairie is an organization made of Sauk Prairie community members dedicated to Suicide Prevention.</p> <p>https://www.facebook.com/HopeSaukPr/</p>
Approach	<p>Reduce Stigma - Community Rally Social Circles & Connections</p>
Evidence	<p>There is evidence that universal school-based suicide awareness and prevention programs reduce suicide attempts among middle and high school students. These programs can also improve students' knowledge and coping mechanisms to address suicidal thoughts and depression. (https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/universal-school-based-suicide-awareness-education-programs)</p> <p>Katz 2013* - Katz C, Bolton S-L, Katz LY, et al. A systematic review of school-based suicide prevention programs. <i>Depression and Anxiety</i>. 2013;30(10):1030-1045.</p> <p>Calear 2016* - Calear AL, Christensen H, Freeman A, et al. A systematic review of psychosocial suicide prevention interventions for youth. <i>European Child and Adolescent Psychiatry</i>. 2016;25(5):467-482.</p> <p>Robinson 2013b* - Robinson J, Cox G, Malone A, et al. A systematic review of school-based interventions aimed at preventing, treating, and responding to suicide-related behavior in young people. <i>Crisis</i>. 2013;34(3):164-182.</p> <p>Cusimano 2011* - Cusimano MD, Sameem M. The effectiveness of middle and high school-based suicide prevention programmes for adolescents: A systematic review. <i>Injury Prevention</i>. 2011;17(1):43-49.</p>
Community	<p>Sauk Prairie community</p>
Goal	<p>The mission of Hope Sauk Prairie is to 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	<ul style="list-style-type: none"> • 2021: Sauk Prairie Healthcare's representative on the board has been changed from Dr. Janelle Hupp to Sauk Prairie Healthcare Foundation Executive Director, Todd Wuerger. • 2022: John Ramthun, the organizations leader, will attempt to begin meeting again.

Hydroponics Tower Garden



Description	<p>Lodi School District life skills teacher Michelle Howe coordinates the Tower Garden with the middle school students. The growing, harvesting, and consumption of the garden produce is done by students.</p> <p>The hydroponic tower garden was made possible by grants from Sauk Prairie Healthcare, Sauk Prairie Healthcare Foundation, and the Wisconsin Society of Science Teachers.</p>
Approach	Youth Targeted Community Education
Evidence	<p>There is evidence that taste testing fruits and vegetables increases fruit and vegetable consumption among children, adolescents, and adults. In addition, exposure to and tasting fruits and vegetables have been shown to increase liking and consumption of fruits and vegetables among children overall and may positively increase children's healthy eating behaviors over the long-term. Hands-on approaches that include taste testing such as cooking demonstrations and gardening activities are more effective than nutrition education alone to encourage children to taste unfamiliar foods. (https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/universal-school-based-suicide-awareness-education-programs)</p> <p>Snelling 2017* - Snelling AM, Newman C, Ellsworth D, et al. Using a taste-test intervention to promote vegetable consumption. Health Behavior and Policy Review. 2016;4(1):67-75.</p> <p>Knai 2006* - Knai C, Pomerleau J, Lock K, McKee M. Getting children to eat more fruit and vegetables: A systematic review. Preventive Medicine. 2006;42(2):85-95.</p> <p>Burchett 2003* - Burchett H. Increasing fruit and vegetable consumption among British primary schoolchildren: A review. Health Education. 2003;103(2):99-109.</p> <p>DeCosta 2017 - DeCosta P, Møller P, Frøst MB, Olsen A. Changing children's eating behaviour - A review of experimental research. Appetite. 2017;113:327-357.</p>
Community	Lodi School District
Goal	Sauk Prairie Healthcare's Nutritionist plans to develop programs to work in conjunction with the Tower Garden classes to instill lifelong growing and eating healthy, locally grown foods in our community youth population.
Status	<ul style="list-style-type: none"> 2021: Middle School blended agriculture students assembled the new Fork Farms Tower Hydroponics Garden. 6th grade science students and 6-8 grade blended agriculture students began growing fresh local produce for the school lunch program. 28 days later, 25 pounds of fresh local lettuce was harvested and used for the school lunch program.

Men's Health Adolescence Empowerment Program



Description	<p>This program aims to empower young men through a programmatic approach design to socially engage youth. Potential programs for the committee to consider are:</p> <ul style="list-style-type: none"> • Cross-age youth peer mentoring: Cross-age youth peer mentoring programs establish an ongoing relationship between an older youth or young adult, usually a high school or college student, and a younger child or adolescent, usually an elementary or middle school student. The more experienced mentor provides the less experienced mentee support, encouragement, and guidance for schoolwork and relationships with others. Mentors and mentees are often paired based on some shared characteristic or circumstance such as age, ability, or interests. Expected beneficial outcomes include: increased social connectedness, increased self-esteem, improved social skills, increased academic achievement, reduced delinquent behavior, improved sense of community, and reduced victimization. • Outdoor experiential education & wilderness therapy: Outdoor education, experiential education, and wilderness therapy programs involve adventure-based activities and outdoor pursuits that emphasize inter- and intra-personal growth through overcoming obstacles. Examples include: camping, challenge courses, rope courses, and wilderness excursions such as trekking, canoeing, sailing, and cycling. Expected Beneficial Outcomes includes: increased self-esteem, improved mental health, reduced recidivism, increased academic achievement, improved physical fitness, improved family functioning, improved social skills and reduced substance abuse. • Summer youth employment programs: Summer youth employment programs (SYEPs) provide short-term jobs for youth, usually 14-24 years old. Placements usually last six to eight weeks and participants typically work 15-30 hours per week. Programs usually focus on creating opportunities for disadvantaged youth and may include additional supports such as a work-readiness curriculum. Expected beneficial outcomes included: decreased crime, decreased violence, increased job skills and increased social emotional skills. • National Fatherhood Initiative's 24/7 Dad: A voluntary, comprehensive fatherhood program designed to help men improve their parenting skills and fathering knowledge. The program focuses on building self-awareness, self-caring, and parenting, fathering, and relationship skills through 12 weekly, two-hour group or individual sessions. Expected benefits would be improved parenting and improved family functioning.
Approach	Social Circles & Connections, Youth Targeted
Evidence	n/a
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



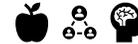
Description	<p>Mental Health Educational Program: Mental Health First Aid is an 8-hour classroom setting program designed to teach how to identify and spot the signs of mental illness, how to respond when identified, and provide the tools and resources to assist those who need assistance.</p> <p>All classes are fully funded with a grant from the Sauk Prairie Healthcare Foundation and were free of charge to all who participated.</p>
Approach	Reduce Stigma - Educational Programs
Evidence	<p>There is evidence that Mental Health First Aid (MHFA) increases participants' understanding of mental health and confidence helping individuals with mental health problems, and modestly improves attitudes toward mental illness, with small reductions in stigma. Researchers suggest MHFA can improve awareness of the importance of mental health and promote service use in rural areas, especially when communities also strengthen treatment infrastructure.</p> <p>https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/mental-health-first-aid</p> <p>Morgan 2018 - Morgan AJ, Ross A, Reavley NJ. Systematic review and meta-analysis of mental health first aid training: Effects on knowledge, stigma, and helping behaviour. Public Library of Science ONE. 2018;13(5):e0197102.</p> <p>RAND-Wong 2015 - Wong EC, Collins RL, Cerully JL. Reviewing the evidence base for Mental Health First Aid: Is there support for its use with key target populations in California? RAND Health Quarterly. 2015;5(1):19.</p> <p>Talbot 2017 - Talbot JA, Ziller EC, Szlosek DA. Mental Health First Aid in rural communities: Appropriateness and outcomes. The Journal of Rural Health. 2017;33(1):82-91.</p>
Community	Sauk Prairie Healthcare communities
Goal	<p>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.</p>
Status	<ul style="list-style-type: none"> • 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. • 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. One in person adult MHFA class was held 12/10 and had 12 participants. This class was aimed at addressing rural/farm lifestyle concerns. • In 2022, Sauk Prairie Healthcare held MHFA classes: 02/23 in Sauk City with 14 participants, 08/18 in Lodi, 12/8 in Sauk City

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
Evidence	<p>There is evidence that intergenerational mentoring and activities improve physical and mental health, cognitive function and well-being, and reduce social isolation among older adults. Such programs also increase positive intergenerational attitudes for both participating older adults and youth. There is also evidence that cross-age youth peer mentoring programs increase social connectedness. Participation in cross-age peer mentoring programs may increase mentees' self-esteem and interpersonal skills. Older adult mentors who participate in intergenerational mentoring programs, such as Experience Corps, can improve physical health, cognitive function, and psychosocial well-being. Available evidence suggests that intergenerational mentoring and activities may improve older adults' sense of self-worth, self-esteem, and life satisfaction.</p> <p>https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/intergenerational-mentoring-and-activities)</p> <p>Keller 2020* - Keller TE, Perry M, Spencer R. Reducing social isolation through formal youth mentoring: Opportunities and potential pitfalls. <i>Clinical Social Work Journal</i>. 2020;48:35-45.</p> <p>Lee 2020a* - Lee K, Jarrott SE, Juckett LA. Documented outcomes for older adults in intergenerational programming: A scoping review. <i>Journal of Intergenerational Relationships</i>. 2020;18(2):113-138.</p> <p>Martins 2019* - Martins T, Midão L, Martinez Veiga S, et al. Intergenerational programs review: Study design and characteristics of intervention, outcomes, and effectiveness. <i>Journal of Intergenerational Relationships</i>. 2019;17(1):93-109.</p> <p>NMRC-Karcher 2017 - Karcher MJ & Berger JR. National mentoring resource center model review: One-to-one cross-age peer mentoring. National Mentoring Resource Center (NMRC), Office of Juvenile Justice and Delinquency Prevention (OJJDP); September 2017.</p> <p>Zhong 2020* - Zhong S, Lee C, Foster MJ, Bian J. Intergenerational communities: A systematic literature review of intergenerational interactions and older adults' health-related outcomes. <i>Social Science & Medicine</i>. 2020;264:113374.</p>
Community	Sauk Prairie Healthcare communities
Goal	<p>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.</p> <p>Improved health outcomes would be: improved cognitive function; improved well-being</p> <p>reduced isolation; and improved intergenerational attitudes. Other potential beneficial outcomes of this program would be: increased self-esteem and improved social emotional skills.</p>
Status	This program has not been able to identify participants.

Prevent T2 Lifestyle Change Program



Description	<p>Diabetes Pre-Diabetic Classroom Program is a 16-session classroom program spanning 4 months with focus on educating pre-diabetic community members on how to slow down or stop diabetes with eating habits, physical activity, and lifestyle choices. The maximum number of participants is 15.</p> <p>SPH's class is an example of a chronic disease self-management (CDSM) program. These CDSM programs support patients' active management of their condition in their daily life through education and behavioral interventions.</p>
Approach	Community Education
Evidence	<p>There is strong evidence that chronic disease self-management (CDSM) programs improve health outcomes such as: improved health, increasing of healthy behaviors, improved quality of life, increased self-efficacy, as well as improved mental health, reduced hospital utilization, improved chronic disease management and improved care for chronic conditions. (https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/chronic-disease-self-management-cdsm-programs.)</p> <p>Massimi 2017 - Massimi A, De Vito C, Brufola I, et al. Are community-based nurse-led self-management support interventions effective in chronic patients? Results of a systematic review and meta-analysis. PLOS ONE. 2017;12(3):e0173617.</p> <p>Zhao 2017* - Zhao FF, Suhonen R, Koskinen S, Leino-Kilpi H. Theory-based self-management educational interventions on patients with type 2 diabetes: A systematic review and meta-analysis of randomized controlled trials. Journal of Advanced Nursing. 2017;73(4):812-833.</p> <p>Cochrane-Zwerink 2014* - Zwerink M, Brusse-Keizer M, van der Valk PDLPM, et al. Self management for patients with chronic obstructive pulmonary disease: Review. Cochrane Database of Systematic Reviews. 2014;(3):CD002990.</p> <p>McGillion 2014 - McGillon M, O'Keefe-McCarthy S, Carroll SL, et al. Impact of self-management interventions on stable angina symptoms and health-related quality of life: A meta-analysis. BMC Cardiovascular Disorders. 2014;14:1-10.</p> <p>Siantz 2014* - Siantz E, Aranda MP. Chronic disease self-management interventions for adults with serious mental illness: A systematic review of the literature. General Hospital Psychiatry. 2014;36(3):233-44.</p> <p>Sidhu 2014 - Sidhu MS, Gale NK, Gill P, et al. A systematic review of lay-led group-based self-management interventions for minority ethnic populations diagnosed with long-term conditions in high income countries. Diversity and Equality in Health and Care. 2014;11(3-4):225-36.</p> <p>Brady 2013 - Brady TJ, Murphy L, O'Colmain BJ, et al. A meta-analysis of health status, health behaviors, and health care utilization outcomes of the chronic disease self-management program. Preventing Chronic Disease. 2013;10:1-14.</p> <p>Franek 2013 - Franek J. Self-management support interventions for persons with chronic disease: An evidence-based analysis. Ontario Health Technology Assessment Series. 2013;13(9):1-60.</p> <p>Cochrane-Foster 2007* - Foster G, Taylor SJC, Eldridge S, Ramsay J, Griffiths CJ. Self-management education programmes by lay leaders for people with chronic conditions. Cochrane Database of Systematic Reviews. 2007;(4):CD005108.</p> <p>van Vugt 2013 - van Vugt M, de Wit M, Cleijne WHJJ, Snoek FJ. Use of behavioral change techniques in web-based self-management programs for type 2 diabetes patients: Systematic review. Journal of Medical Internet Research. 2013;15(12):e279.</p> <p>McDermott 2013* - McDermott MS, While AE. Maximizing the healthcare environment: A systematic review exploring the potential of computer technology to promote self-management of chronic illness in healthcare settings. Patient Education and Counseling. 2013;92(1):13-22.</p> <p>Jones 2014* - Jones KR, Lekhak N, Kaewluang N. Using mobile phones and short message service to deliver self-management interventions for chronic conditions: A meta-review. Worldviews on Evidence-Based Nursing. 2014;11(2):81-88.</p>
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	<ul style="list-style-type: none"> 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.
- In 2022, the spring session is scheduled to begin March 23 and is planned for in person and virtually.

Sauk Prairie Healthcare Behavioral Health Program Development



Description	Created an integrated model of care that addresses patient needs in a timely and coordinated way. Integrating behavioral health into primary care practice brings mental health and/or substance abuse screenings and treatments into a primary care setting. These efforts can include coordination between primary care providers, case managers or behavioral health consultants, and mental health specialists (e.g., psychiatrists). (https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/behavioral-health-primary-care-integration)
Approach	Collaboration Initiatives
Evidence	<p>There is strong evidence that integrating behavioral health into primary care practice improves mental health including reducing depression symptoms. Integrating care has shown to increase patients' adherence to treatment as well as improves their quality of life, patient satisfaction⁶, and engagement with health care providers. (https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/behavioral-health-primary-care-integration)</p> <p>CG-Mental health - The Guide to Community Preventive Services (The Community Guide). Mental health.</p> <p>Raney 2017 - Raney L, Bergman D, Torous J, Hasselberg M. Digitally driven integrated primary care and behavioral health: How technology can expand access to effective treatment. <i>Current Psychiatry Reports</i>. 2017;19:86.</p> <p>Asarnow 2015 - Asarnow JR, Rozenman M, Wiblin J, Zeltzer L. Integrated medical-behavioral care compared with usual primary care for child and adolescent behavioral health: A meta-analysis. <i>JAMA Pediatrics</i>. 2015;169(10):929-937.</p> <p>Cully 2017 - Cully JA, Stanley MA, Petersen NJ, et al. Delivery of brief cognitive behavioral therapy for medically ill patients in primary care: A pragmatic randomized clinical trial. <i>Journal of General Internal Medicine</i>. 2017;32(9):1014-1024.</p> <p>ICER-Tice 2015 - Tice JA, Ollendorf DA, Reed SJ, et al. Integrating behavioral health into primary care. <i>Institute for Clinical and Economic Review (ICER)</i>; 2015.</p> <p>Cochrane-Bower 2011* - Bower P, Knowles S, Coventry, PA, Rowland N. Counselling for mental health and psychosocial problems in primary care: Review. <i>Cochrane Database of Systematic Reviews</i>. 2011;(9):CD001025.</p> <p>Butler 2011* - Butler M, Kane RL, McAlpine D, et al. Does integrated care improve treatment for depression: A systematic review. <i>The Journal of Ambulatory Care Management</i>. 2011;34(2):11-25.</p> <p>Gilbody 2006a* - Gilbody S, Bower P, Fletcher J, Richards D, Sutton AJ. Collaborative care for depression: a cumulative meta-analysis and review of longer-term outcomes. <i>Archives of Internal Medicine</i>. 2006;166(21):2314-21.</p>
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 delayed until a future time when resource constraints allow for it to develop again. Recently, the SPH Behavioral Health team has re-engaged and is focusing efforts on initiating a virtual pediatric behavioral health service with a Madison-based partner. The team is also focusing on geriatric services, especially in area nursing homes.

Sauk Prairie School District Goody 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
Evidence	None found
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	<ul style="list-style-type: none"> • 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. • 2022: Sauk Prairie Healthcare has not had any requests from the school districts to continue this program



Description:	<p>SPH's dietician travels to a rural grade school with a high population of ESL students. He teaches 1-2 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 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. Typical school-based nutrition education programs include educational components such as classroom instruction, nutrition education curricula,</p>
Approach	<p>Youth Targeted, Community Education</p>
Evidence	<p>There is evidence that school-based nutrition education programs increase healthy eating habits for children and adolescents; including increasing fresh fruit and vegetable consumption. (https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/school-based-nutrition-education-programs)</p> <p>Meiklejohn 2016* - Meiklejohn S, Ryan L, Palermo C. A systematic review of the impact of multi-strategy nutrition education programs on health and nutrition of adolescents. <i>Journal of Nutrition Education and Behavior</i>. 2016;48(9):631-646.e1.</p> <p>Wolfenden 2017* - Wolfenden L, Nathan NK, Sutherland R, et al. Strategies for enhancing the implementation of school-based policies or practices targeting risk factors for chronic disease. <i>Cochrane Database of Systematic Reviews</i>. 2017;(11):CD011677.</p> <p>Yip 2016 - Yip C, Gates M, Gates A, Hanning RM. Peer-led nutrition education programs for school-aged youth: A systematic review of the literature. <i>Health Education Research</i>. 2016;31(1):82-97.</p> <p>Wang 2013b* - Wang D, Stewart D. The implementation and effectiveness of school-based nutrition promotion programmes using a health-promoting schools approach: A systematic review. <i>Public Health Nutrition</i>. 2013;16(6):1082-1100.</p> <p>Langford 2014 - Langford R, Bonell CP, Jones HE, et al. The WHO Health Promoting School framework for improving the health and well-being of students and their academic achievement. <i>Cochrane Database of Systematic Reviews</i>. 2014;(4):CD008958.</p> <p>Silveira 2011* - Silveira JAC, Taddei JAAC, Guerra PH, Nobre MRC. Effectiveness of school-based nutrition education interventions to prevent and reduce excessive weight gain in children and adolescents: A systematic review. <i>Jornal de Pediatria</i>. 2011;87(5):382-392.</p>
Community	<p>Sauk Prairie area rural grade school, Tower Rock as well as Lodi and River Valley schools</p>
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>
Status	<ul style="list-style-type: none"> • 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. • 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.

	<ul style="list-style-type: none"> 2022: River Valley School district has expressed an interest and SPH is working on a program to begin fall of 22/23 school year. Lodi School District has expressed an interest for a program that works alongside their new grow-tower.
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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. Walk with a Doc is a community-based social support intervention program aimed to provide for physical activity combined with social support to build, strengthen, and maintain social networks that encourage positive lifestyle behavioral changes.
Approach	Community Education Social Circles & Connections
Evidence	<p>There is strong evidence that community-based social support interventions for physical activity increase physical activity as well as physical fitness among adults. These types of programs have also been shown to provide health benefits such as reductions in indicators of cardiovascular risk, including reduced blood pressure, body mass index (BMI), and total cholesterol and depression symptoms. Middle-aged. (https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/community-based-social-support-for-physical-activity)</p> <p>Sabgir D, Dorn J. Walk with a Doc-a Call to Action for Physician-Led Walking Programs. <i>Curr Cardiol Rep</i>. 2020;22(7):44. Published 2020 May 29. doi:10.1007/s11886-020-01297-y</p> <p>CG-Physical activity - The Guide to Community Preventive Services (The Community Guide). Physical activity.</p> <p>Hanson 2015 - Hanson S, Jones A. Is there evidence that walking groups have health benefits? A systematic review and meta-analysis. <i>British Journal of Sports Medicine</i>. 2015;49(11):710-715.</p> <p>Cleland 2012* - Cleland CL, Tully MA, Kee F, Cupples ME. The effectiveness of physical activity interventions in socio-economically disadvantaged communities: A systematic review. <i>Preventive Medicine</i>. 2012;54(6):371-380.</p> <p>Schulz 2015* - Schulz AJ, Israel BA, Mentz GB, et al. Effectiveness of a walking group intervention to promote physical activity and cardiovascular health in predominantly non-Hispanic Black and Hispanic urban neighborhoods: Findings from the Walk Your Heart to Health intervention. <i>Health Education & Behavior</i>. 2015;42(3):380-392.</p> <p>Bock 2014* - Bock C, Jarczok MN, Litaker D. Community-based efforts to promote physical activity: A systematic review of interventions considering mode of delivery, study quality and population subgroups. <i>Journal of Science and Medicine in Sport</i>. 2014;17(3):276-282.</p> <p>Kassavou 2013 - Kassavou A, Turner A, French DP. Do interventions to promote walking in groups increase physical activity? A meta-analysis. <i>International Journal of Behavioral Nutrition and Physical Activity</i>. 2013;10(1):18.</p> <p>Smith 2017a - Smith GL, Banting L, Eime R, O'Sullivan G, van Uffelen JGZ. The association between social support and physical activity in older adults: A systematic review. <i>International Journal of Behavioral Nutrition and Physical Activity</i>. 2017;14(1):56.</p> <p>Kiernan 2012 - Kiernan M, Moore SD, Schoffman DE, et al. Social support for healthy behaviors: Scale psychometrics and prediction of weight loss among women in a behavioral program. <i>Obesity</i>. 2012;20(4):756-64</p>
Community	Sauk Prairie Healthcare community of Mazomanie and Black Earth
Goal	Goal is to host 12 walks per year across all of Sauk Prairie Healthcare communities.
Status	<ul style="list-style-type: none"> 2019: Wisconsin Heights had weekly walks from May thru September. 2020: All walks were suspended due to COVID-19. 2021: Wisconsin Heights had several walks July through September. 2022: Wisconsin Heights intends to continue the program spring through fall as long as the community is interested in joining.

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
Evidence	<p>Participation in cross-age peer mentoring programs such as this may increase mentees' self-esteem, interpersonal skills, and peer acceptance. Those involved may have greater involvement with, and a more positive attitude about, school than their classmates. (https://www.countyhealthrankings.org/take-action-to-improve-health/what-works-for-health/strategies/cross-age-youth-peer-mentoring)</p> <p>³ NMRC-Karcher 2017 - Karcher MJ & Berger JR. National mentoring resource center model review: One-to-one cross-age peer mentoring. National Mentoring Resource Center (NMRC), Office of Juvenile Justice and Delinquency Prevention (OJJDP); September 2017.</p> <p>⁴ Karcher 2005 - Karcher MJ. The effects of developmental mentoring and high school mentors' attendance on their younger mentees' self-esteem, social skills, and connectedness. <i>Psychology in the Schools</i>. 2005;42(1):65-77.</p>
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	<ul style="list-style-type: none"> • 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.

Substance Misuse

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 serves to provide many of the same programming SPH would offer if sufficient funds were available and the P4P did not exist.

The Sauk County Partnership for Prevention (website: <https://p4psauk.org/>) is an alliance of community members and local organizations that are dedicated to preventing the dangerous use of alcohol, tobacco, and other drugs. The mission of P4P is use collaboration, education, and action, we empower our community to prevent the dangerous use of alcohol and other drugs, and to foster healthy lifestyles for people of all ages.

Sauk Prairie Healthcare supports employee participation with P4P and collaborates in their programming efforts. P4P coordinates the following initiatives and programs aimed at prevention, support, and or recovery for substance abuse:

Youth Vaping

In partnership with the South-Central Alliance for Tobacco Prevention, the Partnership for Prevention coalition is working on several levels to prevent youth use of electronic nicotine delivery systems.

- Partner with local municipalities to help update clean air ordinances to include vaping.
- Collaborate with Sauk County schools to deliver vaping and other drug prevention curriculum to students, update school tobacco policies and signage, and help connect nicotine-addicted teens with resources to quit.
- Educate parents on the latest vape products
- Host annual Let's Talk Drugs panel speaker events to educate the community on drug trends and how to talk to youth and keep them safe.
- Promoting the use of Botvin LifeSkills Training with the goal of implementing this curriculum in Sauk County schools for youth in grades 3-12.

Youth Alcohol Use

To prevent youth alcohol use, our communities need to limit both social and retail access. The Partnership for Prevention coalition encourages adults to say "Not in My House" to underage drinking and urges retailers to comply with the minimum legal drinking age of 21.

- The Not in My House campaign encourages parents and other adults to say "Not in My House" to underage drinking and builds awareness of Wisconsin's Social Host Law by collaborating with retailers, schools, parents, and community members to increase awareness around the WI Social Host Law. Website: <https://notinmyhousewi.org/>
- Alcohol age compliance checks use recruited youth (age 18-20) who attempt to purchase alcohol from local alcohol licensees (e.g. bars, convenience stores) with their own underage ID or no ID. Our coalition partners with local law enforcement to conduct these checks.

Prescription Drug Misuse Prevention

Safely storing prescription medication is crucial. If not stored securely, your medication may more easily fall into the wrong hands. Your prescription drugs may be accessed without your knowledge by young children, family members of all ages, outside visitors, or help hired to work in your home. Certain prescription drugs are misused – taken without a prescription – by people to get high. Commonly misused medications include those used to treat pain, anxiety, sleep disorders, or ADHD.

- Dose of Reality Campaign is a preventative education campaign aimed at reducing prescription painkiller abuse in Wisconsin. In Sauk County, you may take your prescription drugs to confidential drop boxes at the Sauk County Sheriff's Office or the police department in Baraboo, Lake Delton, Reedsburg, Sauk Prairie, Spring Green, or Wisconsin Dells. To find these and additional locations, visit www.DoseOfRealityWI.gov/Drug-TakeBack.
- 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.

Other Substance Misuse Programs

- 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)
- 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 and are offered virtually. Website: <https://www.co.sauk.wi.us/publichealth/you-and-narcan-can-save-life>

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.

Sauk Prairie Healthcare continues many of these efforts into 2022:

- Issues regular community communications using videos and social media posts
- Conducted regular community leader calls for updates and information sharing
- Distributed 10,000 cloth as well as 5,000 donated, home-made masks to community members to encourage masking
- Distributed approximately 1,000 yard signs reinforcing a “We Not Me” campaign of masking, distancing, and hands washing
- Offered weekly community free COVID-19 testing
- Set up a community vaccination site and provided community outreach to address vaccine hesitancy
- SPH Foundation funded the Healthy Roster App to assist students to be safe while participating in local high school athletics.
- Distributed approximately 500 yard signs reinforcing a “Our Best Shot” campaign to encourage vaccination
- Provided community vaccination site to provider booster doses and provided community outreach to the schools to provide vaccination and boosters on site for both students and staff.

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 2020 grants are the following:

6:8 Inc.
ADRC of Eagle County, Sauk County
Black Earth/Mazomanie Recreation Program
Community Food Pantry of Spring Green
Cub Scout Pack 373
Friends of the Lodi Public Library
Heights Unlimited Community Service Center
Ice Age Nordic Cross Country Ski Club
Ice Age Trail Alliance
Joining Forces for Families (Fiscal Agent: Shenanigans4U)
LODI C.R.E.W.
Lodi High School
Mazomanie Municipal Swimming Pool
Mazomanie United Church of Christ
River Valley Community Chorus Inc.
River Valley Early Learning Center and Elementary
Ruth Culver Community Library
Sauk City Fire Department
Sauk City Public Library
Sauk County Health Department
Sauk County Seal-A-Smile Program
Sauk Prairie National Honor Society
Sauk Prairie School District
Sauk Prairie School District
Spring Green Ambulance
St. Aloysius Catholic School

Among the 2021 grants are the following:

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