

# MARQUETTE COUNTY

## Health Assessment and Community Health Improvement Plan

2017-2022

Photos provided by [www.kathleenmcgwin.com](http://www.kathleenmcgwin.com)

**In collaboration with:**



**Central Wisconsin Health Partnership**  
"Wellness with health in mind"



# Executive Summary

Where we live, learn, work, and play affects our health. Understanding the determinants of health, identifying best practices and creating partnerships to implement strategies to combat health related problems is a core function of public health. Every five years, local health departments are required to assess the health needs of the county they serve and develop a plan to address those needs. The 2017-2022 Community Health Improvement Plan provides the framework for improving the health of Marquette County. It also helps to create a shared vision between the Health Department and community partners so that together we can create positive, measurable change in our communities.

This plan addresses the three priority areas that were identified as a result of the 2016 Regional Community Health Assessment: Mental Health, Alcohol and Other Drug Abuse, and Healthy Growth and Development. The complete Community Health Assessment and Improvement plan can always be found here: <http://www.co.marquette.wi.us/departments/health>

The 2016 Community Health Assessment and 2017-2022 Improvement Plan is unique in the fact that it was written in collaboration with the Central Wisconsin Health Partnership (CWHP) to identify regional goals and objectives. Mental health and alcohol and other drug abuse (AODA) are top health concerns for many of the neighboring rural counties, which drives the need for change beyond the community and county levels. As a result, the goals and objectives under the Mental Health and AODA priority areas will be addressed regionally through the work of the CWHP as well as locally by community partners and coalitions. The county specific priority area, Healthy Growth and Development, will be addressed primarily at the county level through the Health Department and community partners and organizations.

The goals and objectives listed under each priority area were strategically chosen to align with the State of Wisconsin Health Improvement Plan. A wide range of strategies to improve health outcomes is included for each priority area to give community partners the opportunity to implement the strategies that will work best for their organization. Many of these strategies also align with those identified in the State Health Improvement Plan. By aligning with the state plan, we will not only help improve the health of our county, but we will also be able to help advance the efforts being made to make Wisconsin the healthiest state to live.

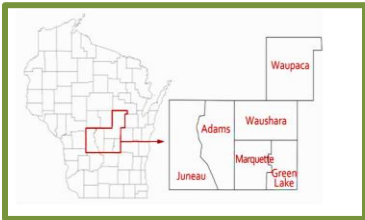


# Acknowledgements

## *The Central Wisconsin Health Partnership*

In order to better meet the needs of the community, the Marquette County Community Health Improvement Plan was developed in collaboration with the Central Wisconsin Health Partnership. The Central Wisconsin Health Partnership (CWHP) is a consortium covering a six-county region including Adams, Green Lake, Juneau, Marquette, Waupaca, and Waushara Counties. The partnership includes county human services and public health departments, a Federally

Qualified Health Center and other interested healthcare advocates and providers in the region.



The partnership worked together to complete the 2016 Community Health Assessment and as a result identified key areas that needed improvement in all six counties. Addressing these health priority areas in a regional Community Health Improvement Plan allows for better sharing of ideas and resources to determine best practices for improving the health of the individual counties and the entire region.

Vision: To be the healthiest counties in Wisconsin

Mission: Improve the health of the public and achieve equity in health status for the Central Wisconsin region

## Steering Committee

- Kathy Munsey, Green Lake County Health Officer
- Julia McCarroll, Green Lake County Health Educator
- Maikio Thomas Omori, Green Lake County Intern
- Patti Wohlfeil, Waushara County Health Officer
- Brenna Root, Waushara County Health Educator
- Trevor Cooper, Waushara County AmeriCorps Member
- Sarah Grossuesch, Adams County Health Officer
- Jayme Schenk, Marquette County Health Officer
- Lauren Calnin, Marquette County Health Educator
- Jed Wohlt, Waupaca County Health Officer
- Terry Harrington, Waupaca County
- Barb Theis, Juneau County Health Officer
- Alyson Horkan, Juneau County Public Health Nurse





# 2016 Community Health Assessment Key Findings

The following section provides a review of the key findings from the 2016 Community Health Assessment. The full Marquette County report can be found on the Marquette County Health Department website.



## Demographics and Determinants of Health

Marquette County is located in Central Wisconsin as serves as a home to approximately 15, 204 residents, according to the 2016 Census Bureau Estimates. The County spans 464 square miles, 100% of which is considered rural. The varying demographic and socioeconomic status of Marquette County residents contributes to health vulnerabilities and disparities in certain populations, including the following:



### Age Composition

The population in Marquette County and the other CWHP counties is aging. Currently, 24% of Marquette County residents are over age 65. That number is expected to increase to 30% by the year 2030. With an aging population comes a unique set of challenges, such as social isolation and shifting health needs of the community



### Average Annual Wage

\$10,205



The average wage for those in CWHP counties is \$35,000 annually. This is over \$10,000 dollars less than the Wisconsin average. Having a lower income is linked to poorer health outcomes.

### Educational Attainment



CWHP counties have a lower number of adults with any form of formal education past high school. This measure is important to consider as the relationship between higher education and improved health outcomes is well know.



### Access to Care

Access to healthcare services is critical to good health outcomes. Access to care includes measures such as uninsured rates and local care options. The majority of CWHP counties all have fewer health, dental, and mental health care providers per 1,000 people when compared to the state average.



# 2016 Community Health Assessment Key Findings

The following section provides a review of the key findings from the 2016 Community Health Assessment. The full Marquette County report can be found on the Marquette County Public Health website.

## CWHP Health Snapshot

### ADULT SMOKING RATE



**27%**

Tobacco use is linked to a variety of chronic diseases. The smoking rate among CWHP adults is higher than the Wisconsin state average.

### HEART DISEASE



**# 1**

Heart disease was the leading cause of death in CWHP in 2013.

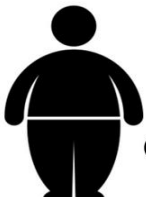


### EXCESSIVE DRINKING



**23%**

Similar to the state average, CWHP counties have an adult excessive drinking rate that nearly doubles that of top U.S. performers.



### OBESITY RATES

**31%**

The average adult obesity rate for the six CWHP counties, which is higher than the state average at 29%.

## Marquette County Key Informant Interview Results

### Community Strengths






- Tight-knit communities
- Local support groups
- Local food pantries available
- Meals on Wheels
- Neshkoro Area Community Center
- Healthy Communities Healthy Youth (HCHY)
- Local clinical services and telehealth
- Treatment Court
- Marquette County Health Department
- Aging and Disability Resource Center (ADRC)

### Community Challenges

- Limited mental health providers
- Limited options for AODA treatment
- No hospital
- Limited services at rural health clinics
- Tobacco use
- Lacking partnerships with medical clinics
- Lack of public transportation
- High free and reduced lunch usage
- Significant increase in FoodShare use
- Financial struggles for many residents
- Location
- Stigma of health conditions



The strategies that also address an overarching priority area have been identified with the corresponding symbol found below.

	<b>Access to Care</b>
	<b>Policy, Systems, and Environmental Change</b>
	<b>Community Collaboration</b>
	<b>Health Equity</b>
	<b>Adverse Childhood Experiences</b>  ** The “Shift Your Perspective” logo is used with the permission of the Wisconsin Department of Health Services.”

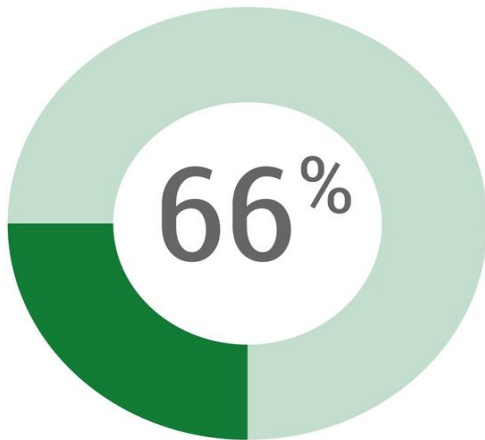


# Priority Area: Mental Health

Mental health can be defined as a state of well-being in which an individual realizes their full potential and is able to contribute to his or her community by working productively, and cope with the stresses of everyday life. Mental health is influenced by many different determinants such as poverty, stressful work conditions, discrimination, poor physical health, and an unhealthy lifestyle (WHO-4). Children are an especially vulnerable population that is at risk for potentially being negatively impacted by parents or family members suffering from mental illness. When children experience adverse events in childhood (ACEs), they are more likely to have poor mental health later in life and often suffer from illnesses such as depression and anxiety. The treatment of mental illness can be quite challenging, especially in rural areas, due to limited access of mental health services, social isolation, and fear of stigmatization. Enhancing protective factors can help create more resilient communities and create a foundation of emotional well-being from the earliest stages of life.



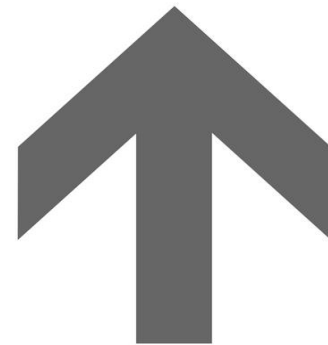
## Snapshot of Marquette County



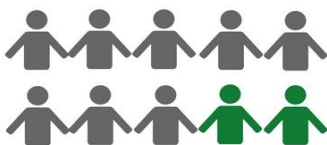
The percent of survey respondent who believe that mental health is the top health priority in our communities  
 Source: Community Needs Assessment Survey



Marquette County only has about **1.00 mental health provider for every 1,000 residents**  
 Source: CHA 2016



Marquette County is almost **double the state rate** of high school students that have attempted suicide.  
 Source: Youth Risk Behavior Survey 2013



Nearly **2 in 10** Marquette County Residents has experienced 4 or more Adverse Childhood Experiences  
 Source: Wisconsin ACE Brief 2011-2012





# Goal:

Improve mental health and decrease suicide rates in CWHP counties

In alignment with the State of Wisconsin's vision of preventing suicide, this goal is aimed at improving individual, family, and community characteristics that can help reduce the likelihood of having negative mental health outcomes such as suicide.

## CWHP Objective:

By 2022, at least one new or existing strategy will be implemented, strengthened, or expanded upon to help increase and enhance mental health protective factors.

### Short-Term Indicators

- Increase in number of community organizations providing trauma informed services
- Decrease in high school youth who report attempting suicide within the last 30 days

### Long Term Indicators

- Decrease Suicide Rates
- Decreased hospitalizations related to suicide attempts

### Possible Strategies

Community Mentorship Programs



Mental Health First Aid



Coping Skills Training



Telemental Health Services



Trauma Informed Communities



Bullying Prevention Programs



Means Restriction Education



# Priority Area: Alcohol and Other Drug Abuse

Abuse of alcohol and other drugs is defined as using these substances, legal or illicit, in a way that results in recurrent failure to fulfill important obligations, recurrent use of substances in a way that is physically harmful, recurrent legal problems, or continued use of alcohol or other drugs despite having social or personal problems as a direct result of using that substance. Alcohol and other drug abuse can create a significant burden on both the state and local counties. In 2013, the economic burden of excessive alcohol use in all six counties totaled \$180.9 million. This large financial burden is largely due to a host of negative outcomes associated with substance abuse such as lost productivity, failure at school, domestic violence, child abuse, and crime. Substance abuse can also lead to a variety of different health problems such as sexually transmitting infections, Hepatitis C, HIV/AIDS, pregnancy complications, and cardiovascular conditions.



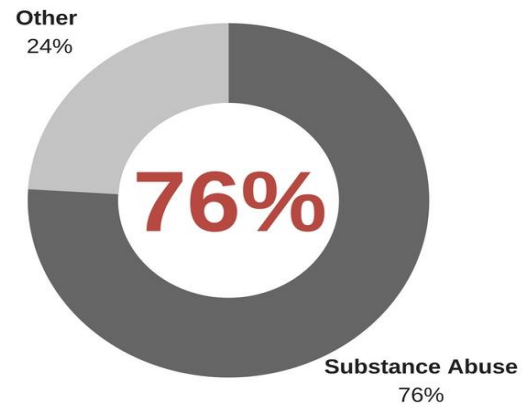
## SNAPSHOT OF MARQUETTE COUNTY



**About 1 in 5** Marquette County adults reported binge drinking or heavy drinking.  
2016 County Health Rankings

**\$17.7 million**

The annual economic cost of excessive alcohol use in Marquette County in 2012.  
Source: The Burden of Excessive Alcohol Use in WI, UW PHI, March 2013



The percent of survey respondents who believe substance abuse is the top health priority in our communities.

Source: Community Health Needs Assessment Survey



In 2014, **about 1 out of 5** of total deaths that occurred in Marquette County had alcohol, tobacco, or other drugs listed as an underlying cause of death.

Source: Wisconsin Public Health Profile, 2016



# Goal:

Decrease alcohol and drug misuse and abuse in CWHP Counties

Preventing and treating drug and alcohol misuse and abuse requires many different partners and strategies across all sectors. This goal is aimed at promoting both new and existing strategies to ultimately reduce deaths associated with substance use disorders.

**CWHP Objective:** By 2022, at least one new or existing strategy will be implemented, strengthened, or expanded to help increase use of outreach, intervention, treatment, and support services.

## SHORT-TERM INDICATORS

- Decrease in drug and alcohol related hospitalizations
- Increase in number of drug court participants
- Decrease in opioid prescribing rates

## LONG-TERM INDICATORS

- Decrease in drug and alcohol related deaths
- Decrease in binge drinking rates among adults
- Decrease in past 30 day use among youth who participate in the YRBS

## Possible Strategies

Drug Court



Prescription Drug Monitoring Program



Naloxone Education and Distribution



Drug Drop Boxes



SBIRT (Screening, Brief Intervention, and Referral to treatment)



Responsible Beverage Server Training



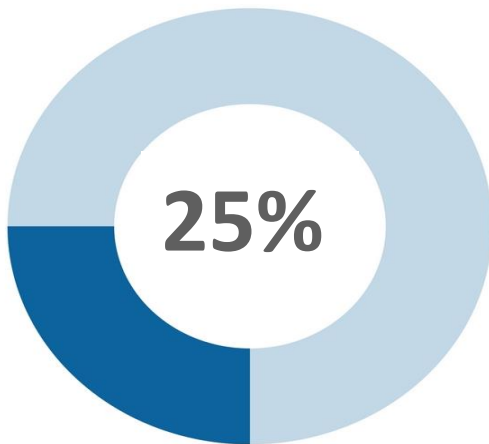
Alcohol Access Restrictions in Public Places



# Priority Area: Healthy Growth and Development

Early growth and development have a profound effect on health across the life span. There is a demonstrated link between early life events and adult chronic diseases such as, heart disease, diabetes, and high blood pressure. Health pathways are built and are an ongoing interactive process of exposures, experiences, and interactions which are changeable based upon our genes, environment, and health behaviors. Lack of physical activity, tobacco use, unhealthy diet, poverty, lack of education, and lack of access to care are just some of the risk factors that can make it difficult for someone to reach their full potential. Increasing protective factors can help to improve health development. Healthy eating and increasing physical activity are two positive mechanisms for overcoming some of these life challenges.

## Snapshot of Marquette County



**One quarter** of County residents do not participate in leisure time physical activity  
Source: County Health Rankings, 2016



**Almost 1 in 5** children, ages 2-5, in the WIC program, are considered overweight or obese

Source: Wisconsin WIC Program, 2015

**2**

Number of medical clinics within Marquette County

Source: Local Data

**0**

Number of hospitals located within Marquette County

Source: Local Data



**One-third (33%)** of County residents are obese

Source: County Health Rankings, 2016



Mothers in the WIC program that report breastfeeding

Source: Wisconsin WIC Program, 2016



# Goal:

Increase and Promote Factors that Support Healthy Growth and Development

In alignment with the State of Wisconsin's vision of having residents that can grow in the healthiest, best way possible from the time in the womb to old age, this goal is aimed at implementing evidence based strategies that help promote healthy growth and development. Strategies will focus on factors that provide a strong foundation for a lifetime of health.

## Objective:

By 2022, one new or existing strategy will be implemented, strengthened or expanded upon to promote healthy growth and development

### Short-Term Indicators

- Increase number of prenatal care coordination clients
- Increase number of day cares with nutrition and physical activity policies

### Long-Term Indicators

- Increase rates of physical activity
- Decrease in obesity rates
- Increase in breastfeeding rates

### Possible Strategies

Healthy Child Development Policies



Community Gardens



Breastfeeding Promotion Programs



Developmental Screenings of Infants and Children



K-12 and Childcare Center Nutrition and Physical Activity Policies



FoodWise Program



# References

Agnesian HealthCare. *Logo Picture*. Retrieved from <http://www.agnesian.com/>

Centers for Disease Control and Prevention, National Center for Health Statistics. *Increase in Suicide in the United States, 1999-2014*. April 2016. Retrieved from <http://www.cdc.gov/nchs/products/databriefs/db241.htm>

Child Abuse and Neglect Prevention Board . *The Influence of Adverse Childhood Experiences on the Health of Wisconsin Citizens in Adulthood*. 2015. Retrieved from [https://preventionboard.wi.gov/Documents/WisconsinACEs2011-13-WEB\\_FINAL\\_3.16.pdf](https://preventionboard.wi.gov/Documents/WisconsinACEs2011-13-WEB_FINAL_3.16.pdf)

Children’s Hospital of Wisconsin. *Wisconsin ACE Brief 2011-12: Wisconsin ACE Map*. Retrieved from <https://preventionboard.wi.gov/Documents/WisconsinACEsBrief%202011-2012.pdf>

County Health Rankings and Roadmaps 2016. *Outcomes and Measures County Comparison*. Retrieved from [http://www.countyhealthrankings.org/app/wisconsin/2016/compare/snapshot?counties=55\\_001%2B55\\_047%2B55\\_057%2B55\\_077%2B55\\_135%2B55\\_137](http://www.countyhealthrankings.org/app/wisconsin/2016/compare/snapshot?counties=55_001%2B55_047%2B55_057%2B55_077%2B55_135%2B55_137)

County Health Rankings and Roadmaps 2016. *Smoking during pregnancy*. Retrieved from <http://www.countyhealthrankings.org/app/wisconsin/2016/measure/factors/10/data>

County Health Rankings and Roadmaps. *Action Center* .Retrieved from <http://www.countyhealthrankings.org/roadmaps/action-center>

Divine Savior HealthCare. *Logo Picture*. Retrieved from <http://www.dshealthcare.com/Main/Home.aspx>

Economic Innovation Group. *The 2016 Distressed Communities Index: An Analysis of Community Well-Being Across the United States*. 2016. Retrieved from <http://eig.org/dci/interactive-maps/u-s-zip-codes>

Egertter S, Braveman P, Sadegh-Nobari T, Grossman-Kahn R, Dekker M. Education Matters for Health. Princeton, NJ: RWJF Exploring the Social Determinants. May 2011. Retrieved from <http://www.rwjf.org/en/library/research/2011/05/education-matters-for-health.html>

Enroll America. *All Counties in Wisconsin: Uninsured Rates by major demographic groups*. Retrieved from <https://s3.amazonaws.com/assets.enrollamerica.org/wp-content/uploads/2015/11/WI-State-Snapshot-County-table.pdf>



Forward Community Investments. *Central Wisconsin Health & Economic Development Summit Summary Report*. October 2015. Retrieved from [http://www.cwhpartnership.org/uploads/2/1/4/8/21489738/cwhealth\\_and\\_ed\\_summit\\_report.pdf](http://www.cwhpartnership.org/uploads/2/1/4/8/21489738/cwhealth_and_ed_summit_report.pdf)

McAlexander KM, Banda JA, McAlexander JW, Lee RE. *Physical activity resource attributes and obesity in low-income African Americans*. *J Urban Health*. 2009 Sep;86(5):696-707. doi: 10.1007/s11524-009-9385-0. Epub 2009 Jul 8 Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/19585244>

Mile Bluff. *Logo Picture*. Retrieved from <http://www.milebluff.com/about-mile-bluff.html>

Moundview. *Logo Picture*. Retrieved from <http://www.moundview.org/>

National Institute on Alcohol Abuse and Alcoholism. *Drinking Levels Defined*. Retrieved from <https://www.niaaa.nih.gov/alcohol-health/overview-alcohol-consumption/moderate-binge-drinking>

Prevent Suicide Wisconsin. *Map of Suicide Rates by County*. 17 Dec 2015. Retrieved from [http://www.preventsuicidewi.org/Data/Sites/16/media/suicide-facts/suicide-rates-by-county\\_2009-to-2013.pdf](http://www.preventsuicidewi.org/Data/Sites/16/media/suicide-facts/suicide-rates-by-county_2009-to-2013.pdf)

Rosenberger RS, Sneh Y, Phipps TT, Gurvitch R. *A spatial analysis of linkages between health care expenditures, physical inactivity, obesity and recreation supply*. *Journal of Leisure Research*. 2005; 37.2:216-235 Retrieved from <http://js.sagamorepub.com/jlr/article/view/545>

SAMHSA's Center for the Application of Prevention Technologies. *The Role of Adverse Childhood Experiences in Substance Abuse and Related Behavioral Health Problems*. Retrieved from <http://www.samhsa.gov/capt/sites/default/files/resources/aces-behavioral-health-problems.pdf>

ThedaCare. *Logo Picture*. Retrieved from <https://www.thedacare.org/>

The WHITE HOUSE, Office of the Press Secretary. *Fact Sheet: What Climate Change Means for Wisconsin and the Midwest*. 6 May 2014. Retrieved from [https://www.whitehouse.gov/sites/default/files/microsites/ostp/WISCONSIN\\_NCA\\_2014.pdf](https://www.whitehouse.gov/sites/default/files/microsites/ostp/WISCONSIN_NCA_2014.pdf)

United States Census Bureau, American Community Survey(ACS). *Data on Educational Attainment*. 2014. Retrieved from <https://www.census.gov/hhes/socdemo/education/data/acs/>

UDS Mapper. *CWHP outline and hospital location*. Retrieved from <http://www.udsmapper.org/mapESA.cfm>

United States Census Bureau. *QuickFacts*. Retrieved from <https://www.census.gov/quickfacts/table/PST045215/00>



United States Department of Labor: Bureau of Labor Statistics. *Labor Force Statistics from the Current Population*  
Retrieved from [http://data.bls.gov/pdq/SurveyOutputServlet?request\\_action=wh&graph\\_name=LN\\_cpsbrief3](http://data.bls.gov/pdq/SurveyOutputServlet?request_action=wh&graph_name=LN_cpsbrief3)

United States Department of Labor: Bureau of Labor Statistics. *May 2015 National Occupational Employment and Wage Estimates* Retrieved from [http://www.bls.gov/oes/current/oes\\_nat.htm#00-0000](http://www.bls.gov/oes/current/oes_nat.htm#00-0000)

University of Wisconsin School of Medicine and Public Health, Carbon Cancer Center. *Community Cancer Profile Marquette County*. March 2013. Retrieved from [http://chdi.wisc.edu/sites/chdi.wisc.edu/files/attachments/Cancer%20Profile%202016%20Green%20Lake%20County\\_0.pdf](http://chdi.wisc.edu/sites/chdi.wisc.edu/files/attachments/Cancer%20Profile%202016%20Green%20Lake%20County_0.pdf)

University of Wisconsin Stevens Point, Center for Watershed Science and Education. *Groundwater Quality Viewer: Nitrates*. Retrieved from [http://gissrv2.uwsp.edu/cnr/gwc/pw\\_web/](http://gissrv2.uwsp.edu/cnr/gwc/pw_web/)

Wisconsin Department of Health Services, Division of Public Health, Office of Health Informatics, Health Analytics Section. *Public Health Profiles, Wisconsin 2016 (P-45358-16)*. August 2016.

Wisconsin Department of Health Services, Division of Care and Treatment Services and Division of Public Health. *Wisconsin Epidemiological Profile on Alcohol and Other Drugs, 2016*. Prepared by the Division of Care and Treatment Services, Division of Public Health, and the University of Wisconsin Population Health Institute. November 2016.

Wisconsin Department of Health Services, Bureau of Environmental and Occupational Health. *Wisconsin Heat Vulnerability Index* Retrieved from <https://www.dhs.wisconsin.gov/images/map-hvi-wi.jpg>

Wisconsin Department of Health Services, Division of Public Health, Bureau of Communicable Diseases. *Lyme Disease Annual Incidence Wisconsin, 2014*. 20 April 2015. Retrieved from <https://www.dhs.wisconsin.gov/tickborne/lyme/2014data.htm>

Wisconsin Diabetes Prevention and Control Program. Division of Public Health, Department of Health Services. *The 2011 Burden of Diabetes in Wisconsin Adult Obesity Rate*. September 2011 Retrieved from <https://www.dhs.wisconsin.gov/publications/p0/p00284.pdf>

Wisconsin's Worknet 2015. *Average Wage*. Retrieved from <http://worknet.wisconsin.gov/worknet/daindustry.aspx?menuselection=da>





# Appendix C: Organizational and Individual Practices to Improve Health

## Alcohol and Other Drug Abuse

### What can state and local governments do to improve AODA?

- Maintain and enforce the legal drinking age, limit alcohol outlet density, and prohibit the sale of alcohol to intoxicated persons.
- Promote the use of drug drop boxes to remove expired or unwanted controlled medications from homes.
- Implement harm reduction strategies to prevent transmission of HIV, hepatitis, and other infectious diseases.
- Implement and sustain tobacco prevention and control programs.

### What can employers and businesses do improve AODA?

- Provide evidence-based incentives to increase tobacco cessation.
- Make work sites tobacco free.
- Implement training programs for owners, managers, and staff that build knowledge on responsible beverage service.

### What can healthcare providers and insurers do to improve AODA?

- Create linkages with and connect patients to community resources such as tobacco quit lines or support groups.
- Identify and screen patient for excessive drinking using Screening, Brief Intervention, and Referral to Treatment (SBIRT).
- Identify, track, and prevent inappropriate patterns of prescribing and misuse of prescription drugs.
- Train prescribers on safe opioid prescription practices and institute accountability mechanisms to ensure compliance.

### What can early learning centers and schools do to improve AODA?

- Promote tobacco free environments.
- Encourage children to participate in extracurricular and out of school activities.
- Teach children about the health risks of tobacco and other drugs.

### What can community organizations, non-profits, and churches do to improve AODA?

- Support community programs that promote healthy youth development.
- Consider hosting support groups such as Alcoholics or Narcotics Anonymous.
- Increase awareness of the proper storage and disposal of prescription medications.

### What can individuals and families do to improve AODA?

- Actively participate in community and prevention efforts.
- Quit using tobacco products and ask a health care provider or call 1-800-QUIT-NOW for support.
- Make homes smoke free and protect children from secondhand smoke.
- Safely store and dispose of medications and never share prescriptions with others.
- Avoid binge drinking and using illicit drugs, seek help from your healthcare provider when needed.

### Are you or your organization already doing great things in the community?

Contact the Health Department if you or your organization are already taking action to improve health or to find out how your organization can partner with public health. We want to hear from you!



## Mental Health

### What can state and local governments do to improve mental health?

- Conduct comprehensive community health assessments and develop community health improvement plans.
- Ensure that those in need, especially vulnerable populations, are identified and referred to mental health services.

### What can employers and businesses do to improve mental health?

- Implement organizational changes to reduce employee stress such as developing clearly defined roles and responsibilities.
- Provide reasonable accommodations such as flexible work schedules and adaptive work stations.
- Ensure that mental health services are included as a benefit on health plan and encourage employees to use those services when needed.

### What can healthcare providers and insurers do to improve mental health?

- Educate parents on normal child development and conduct early interventions to enhance mental and emotional well-being.
- Screen for mental health needs among children and adults.
- Develop integrated care programs to address mental health needs in the primary care setting.

### What can early learning centers and schools do to improve mental health?

- Ensure students have access to comprehensive health services, including mental health or counseling services.
- Implement programs and policies to prevent abuse, bullying, and violence.
- Implement programs to identify risks and early indicators of mental, emotional, and behavioral problems among youth.

### What can community organizations, non-profits, and churches do to improve mental health?

- Provide informational tools to both men and women to promote respectful, nonviolent relationships.
- Provide space and organized activities that encourage inclusion for all people.
- Support child and youth development programs.

### What can individuals and families do to improve mental health?

- Build strong, positive relationships with family and friends.
- Become more involved in the community.
- Encourage children to participate in extracurricular activities.
- Work to make sure children are comfortable talking about problems such as bullying.

### Are you or your organization already doing great things in the community?

Contact the Health Department if you or your organization are already taking action to improve health or to find out how your organization can partner with public health. We want to hear from you!



## Healthy Growth and Development; Healthy Eating and Physical Activity

What can state and local governments do to improve healthy growth and development?

- Include health criteria as a component of decision making (e.g. health in all policies)
- Design safe neighborhoods that encourage physical activity (e.g., include sidewalks, bike lanes, adequate lighting, multi-use trails, walkways, and parks).
- Work with hospitals, daycares, and worksites to implement breastfeeding policies and programs.
- Facilitate collaboration of community partners to create healthier communities.

What can employers and businesses do to improve healthy growth and development?

- Adopt lactation policies that provide space and break time for breastfeeding employees.
- Provide nutrition information to customers, make healthy options and appropriate portion sizes the default.
- Adopt policies and programs that promote walking, bicycling, and other ways of being physically active.
- Implement worksite health initiatives.

What can healthcare providers and insurers do to improve healthy growth and development?

- Screen for obesity by measuring body mass index and deliver appropriate care according to clinic guidelines for obesity.
- Assess dietary patterns and provide nutritional education and counseling.
- Conduct physical activity assessments, provide counseling, refer patient to fitness professional or consider exercise prescription.

What can early learning centers and schools do to improve healthy growth and development?

- Incorporate health education into coursework.
- Eliminate high-calorie, low-nutrition drinks from food vending machine, cafeterias, and schools stores.
- Provide daily physical education and recesses that maximize time spend being physical active.
- Support walk- and bike-to-school programs.
- Make physical activity facilities available to the local community.

What can community organizations, non-profits, and churches do to improve healthy growth and development?

- Develop and institute policies and joint use agreements that encourage shared used of facilities.
- Start a community garden.
- Create a healthy community cook book.
- Offer healthy options such as fruit or salad at community pot luck dinners.
- Offer low or no-cost physical activity programs (e.g., intramural sports, physical activity clubs).

What can individuals and families do to improve healthy growth and development?

- Visit your healthcare provider to receive clinical preventive services.
- Breastfeed babies exclusively for the first 6 months after birth.
- Avoid oversized portions, fill half your plate with fruits and vegetables, make at least half of your grains whole grains, and drink water instead of sugary drinks.
- Adults should engage in at least 150 minutes of moderate-intensity physical activity each week or at least 60 minutes per day for children.
- Consider following the American Academy of Pediatrics (AAP) recommendations for limiting TV time among children.

### Are you or your organization already doing great things in the community?

Contact the Health Department if you or your organization are already taking action to improve health or to find out how your organization can partner with public health. We want to hear from you!

